



# Cue Sheet

October  
2006

The Newsletter of the Elmhurst Bicycle Club  
Over 28 years and still riding

A club serving the Western Suburbs, Northern Illinois, and beyond.  
We ride anywhere, any time of day or night, year round. Come join the fun!

## Southeast Minnesota Self-Contained Tour

Take your pick: hills, wind or rain. This year's self-contained tour had them all, plus the usual ample helpings of adventure, camaraderie and fun, carefully organized by **Gerry Fekete** and **Phil Keller**.

Thirteen EBC members and one guest converged on Houston, Minnesota, for six days of riding and camping. In addition to Gerry and Phil, participating were **Mary Jo Bolan**, **Betty Bond**, **Tom Coogan**, **Carole Danillo**, **Dick Diebold**, **Carol Nield**, **Nancy Rice**, **Jerry Ringier**, **Al Stanke**, **Ellen Weber**, **Lew Worthem** and Marilyn Wilkerson of the Arlington Heights Bicycle Association.



Above: Tom Coogan, Phil Keller, Betty Bond, Mary Jo Bolan, Carol Nield and Gerry Fekete are set to depart from Houston, MN.

Left: Day 1 started with a lovely ride up the Root River Trail.

The 335-mile tour took six days, the route being roughly in a circle centered on the city of Rochester. Dick and Jerry rode to Houston from their homes in Schaumburg and Lombard, and Dick rode from Houston all the way home for a total of 1,000 miles! Tom Coogan also rang up some bonus miles when he rode alone to and from Frontenac State Forest Preserve — Tom was so far ahead of the rest of the bunch that he was unaware that the others had decided to shorten the route. Tom rejoined the group at lunch the next day, welcomed by plenty of smiles and questions.

Everyone's legs and equipment held up admirably, not to mention the appetites. In fact, while stopping for dinner in Dodge Center, Carole and Lew were interviewed by the local newspaper. Be sure to read the report on page 7.

Give self-contained touring a try! You'll be glad you did.

Below: On day 5, the rain started and continued through day 6. Here, Mary Jo Bolan, Carole Danillo, Ellen Weber, Tom Coogan, Gerry Fekete and Dick Diebold are ready to face the weather.



Need  
More  
Information?

The club constitution and by-laws, information on rider and ride leader responsibilities, ride schedules, awards program, member mileage, how to join the club, and much more are available online at: [www.elmhurstbicycling.org](http://www.elmhurstbicycling.org). If you're not near a computer and need ride information, try the EBC Hotline at 630-415-BIKE (630-415-2453)

## Elmhurst Bicycle Club Officers and Board Members

President  
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**Lew Worthem**  
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**Standing committees** are people who volunteer their time and efforts. They are the people who make the many activities of EBC possible. They call upon you to get things done. **Say Yes!**

Advocacy  
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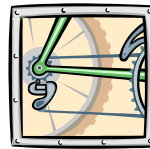
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Sergeant at Arms  
**Mike Struglinski**  
708-246-2089

Assistant Ride Captain  
**Nancy Rice**  
630-717-9923  
riceken@netzero.net



## New Links in the Chain Joining the EBC

**BEN BOUDREAUX**  
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bboudrea\_at\_bsamaildotcom

**KEN BROADSTREET**  
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kbstreet69\_at\_sbccglobaldotnet

**ANN ENGELMANN**  
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engs85\_at\_aoldotcom

**KEN, SANDY & JOSEPH GLINKA**  
VILLA PARK  
sglinka1\_at\_comcastdotnet

**MATTHIEU RAMEY**  
EVERGREEN PARK  
greenvelo\_at\_yahoodotcom

\*Why the odd email addresses? We disguise our members' email addresses as a measure to foil spammers who might try to harvest addresses from our on-line newsletter. Please change "member\_at\_domaindotcom" to "member@domain.com."

## Editorial Guidelines

*Cue Sheet* welcomes articles, comments, notices, action photos and want ads. Remember to keep it interesting, timely, and pithy. Proof-reading or at least a pass through the spelling checker is a must!



Please keep fancy formatting to a minimum, as items will have to be reformatted for publication. The editor retains the right to reduce or revise copy, as well as to decide when and if it is printed. It is your input that makes *Cue Sheet* the best bike club newsletter anywhere!

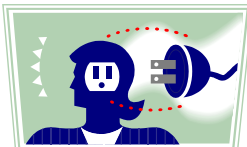
The submission deadline for each issue is Sunday evening following the monthly club meeting. Send items to:

**Lew Worthem**, Newsletter Editor  
Phone: 630-834-5281 or 630-835-7270,  
Email: [EBCNews\\_at\\_worthemdotcom](mailto:EBCNews_at_worthemdotcom)

## Staying Connected

Please inform us of any additions or changes to your address, phone number, or email address. It's our way of updating the EBC Directory on an ongoing basis. Send changes to:

**Mary Moroney**, Database Manager  
P.O. Box 902, Elmhurst, IL 60126  
Or email: [cycling33\\_at\\_comcastdotnet](mailto:cycling33_at_comcastdotnet)

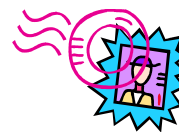


## EBC Hotline—630-415-BIKE

Call for ride updates, membership, and general information. To announce a late addition to the ride schedule, call **Nancy Rice**, 630-717-9923, or e-mail **Nancy** at [riceken\\_at\\_netzerodotnet](mailto:riceken_at_netzerodotnet).

EBC Website [www.elmhurstbicycling.org](http://www.elmhurstbicycling.org)

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## Newsletter Collating Party

Friday, Oct. 27, 7:00 P.M., at the home of **Judy** and **Charlie Mikesell** in Villa Park.  
Call Judy at 630-833-1036 for details.

## By the Numbers



### Membership as of 9/17/06

Type	Memberships	Members
Family	71	168
Individual	176	176
Total	247	344

### Ridership as of 9/14\*

Year	Miles	Events
2006	132,529	542
2005	116,886	525

\* Please note that year-to-year mileage comparisons are not exact due to delays in ride sheet submissions. Some ride sheets may not be turned in for two months or longer.

## Nancy Shack's Trivia Question

What is a "Dan Henry?"

For the answer, see

[http://en.wikipedia.org/wiki/Dan\\_Henry](http://en.wikipedia.org/wiki/Dan_Henry)



# October 2006

## ELMHURST BICYCLE CLUB CALENDAR

Compiled by Steve Josephs, VP and Ride Captain

### Ride Scheduling Guidelines

The deadline for submissions to next month's Ride Schedule is Sunday evening following the monthly meeting. Use the electronic ride submission form on the club website, call Ride Captain **Steve Josephs**, 630-655-8710, email Steve at [stevejosephs\\_at\\_yahoodotcom](mailto:stevejosephs_at_yahoodotcom), or see Steve at the monthly meeting.

You can submit a late ride addition by emailing or calling **Nancy Rice**, [riceken\\_at\\_netzerodotnet](mailto:riceken_at_netzerodotnet), 630-717-9923. Late ride additions are posted to the listserver and listed on the website and the **HOTLINE**, 630-415-BIKE. To be considered for club mileage, late ride additions must be listed for a minimum of 3 days.

**You must not cancel or alter a scheduled ride solely by means of the list server unless there are very extenuating circumstances. If you cannot attend a ride that you have scheduled, then you must arrange for a substitute ride leader. Of course, sometimes this will not be possible, but do your best to be considerate to your fellow members.**

**Attention ride leaders!** Please use miles per hour to describe the pace of a ride. Please 8-10 = very slow 14-16 = medium  
discontinue listing a ride at a "medium," "moderate," etc., pace. Use the following as a 10-12 = slow 16-18 = fast  
guide if you are used to using "slow, medium, fast, etc." to describe the ride pace: 12-14 = moderate 18-20+ = very fast

APPROVED SNELL or ANSI HELMET IS RECOMMENDED ON ALL RIDES. USE OF HEADPHONES IS PROHIBITED BY THE ILLINOIS VEHICLE CODE, AND THEREFORE IS NOT ALLOWED ON ELMHURST BICYCLE CLUB RIDES. CALL THE EBC RIDE HOTLINE 630-415-BIKE FOR UPDATES.

### Disclaimer—Elmhurst Bicycle Club Release and Liability Waiver

For liability protection and insurance purposes, it is the policy of the Elmhurst Bicycle Club ("EBC") to require all of its members to sign the Release and Liability Waiver which is a part of the EBC Membership Application. Guests of the EBC (which term includes all non-members of EBC) who wish to participate in any EBC bicycle ride **must** sign the equivalent release and liability waiver contained on the EBC Ride Sheet before the ride starts. Any guest refusing to sign the release and liability waiver may **not** participate in the ride. Should the ride continue, however, with the participation of the non-signing guest, the ride will no longer be considered to be an EBC sponsored or sanctioned ride.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sun., October 1	6:00 AM 8:30 AM 11:00 AM	33, 66 or 100 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Triple Loop Century</b> Dave is offering a century broken into three loops totaling 100 miles, all starting and ending at Panera. Come out and ride any or all of the loops. One short rest stop per loop. Dave will have his car parked at Panera so you can store personal items. He'll also have food and drink to refuel after each loop.
Sun., October 1	7:30 AM	25-35 miles 16-18+ mph	Panera Bread Elmhurst	Tom Mara 630-833-5739	<b>Earlier Sunday Fast Ride</b> Join Tom for an earlier 16-18+ mph fast ride. One short stop.
Sun., October 1	8:00 AM	22-32 miles 12-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	<b>Sunday with Petra</b> Medium paced Sunday morning ride. Rain, snow or temps below 30F cancel.
Sun., October 1	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walter Chlipala 630-832-9390 or Joanne DeZur 630-833-7688	<b>Sunday Morning Ride</b> A 2-1/2 to 3 hour Sunday morning ride. We usually do not ride in rain. Any questions, call Walt or Joanne.
Sun., October 1	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	<b>Sunday Morning Very Fast Ride</b> A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., October 1	Noon	Determined by riders who show	Gazebo Glen Ellyn	Determined by riders who show	<b>Weekly Show and Go</b> The riders who show will decide ride leader, distance and pace.
Mon., October 2	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>Night Court MNR</b> The Monday Night Ride rolls on into October! Bring Lights!
Tues., October 3	9:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6250	<b>IMAX Ride</b> Naperville ride through residential streets to Fat Bean Coffee Shop and back.
Tues., October 3	5:30 PM	20-25 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	<b>Tuesday Night Ride</b> This will be a *non-stop* semi-nocturnal exploration of Eastern DuPage and Western Cook counties. Paths and sneaks may be included. ** Strong lights and bright clothing are required ** Check EBC email for route updates. Bad weather one hour before cancels the ride.

The time of the event shown in the calendar is the actual departure time. Please allow time for bicycle assembly and inspection, filling of water bottles, inflating tires, etc.. prior to departure. The advertised pace will be at the discretion of the ride leader to allow for resistance to the wind and terrain. The pace is considered to be the maximum speed attained on a level road without appreciable head wind or tailwind. Please select the ride that best fits your ability. Know for yourself whether you are comfortable to sustain the pace and finish the advertised distance.



Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., October 4	9:00 AM	52 miles 17-19 mph	Sunset Knoll Park Lombard	Isaac R. Samayoa 630-627-3852	<b>From Lombard to St. Charles</b> Ride to St. Charles via Wayne at a sustained pace 17-19 mph. We'll stop for a sandwich in St. Charles. Be back before 1:00 PM. Cue sheets will be available.
Wed., October 4	9:00 AM	38 miles 12-14 mph	Highland Woods Golf course in Hoffman Estates. Enter on Ela Rd. between Algonquin Rd. & Central Rd	Hank Niedballa 630-629-1569	<b>WOW Ride</b> WOW Ride - Adapted from Willow Creek Community Church ride thru South Barrington Hills, on paved country road. (Optional) lunch stop at Penny Pub.
Wed., October 4	6:30 PM	Distance TBD 11-13 mph	Parking lot Maple and Park Lombard	Determined by riders who show	<b>Wednesday Night Intermediate Pace Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed., October 4	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders who show	<b>Wednesday Night Fast Pace Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs., October 5	9:00 AM	50 miles 17-19 mph	Soccer field St. Charles	Bill Schwartz 630-963-6250	<b>Sycamore</b> Fast paced hill training ride to Sycamore and back with stop in Sycamore for food and then return via Maple Park
Thurs., October 5	6:00 PM	25-35 miles 16-18+ mph	Depot Elmhurst	Tom Mara 630-833-5739	<b>Thursday Night Fast Ride</b> This is a fast ride on long stretches of road. It leaves promptly at 6pm; one short stop. Bring lights. Call Tom with questions.
Fri., October 6	9:00 AM	42 miles 14-16 mph	Sunset Knoll Park Lombard	Isaac R. Samayoa 630-627-3852	<b>From Lombard to Wayne</b> We'll ride to Wayne on an easy, comfortable 14-16 mph pace. We'll stop for a snack at Country Store and be back by noon. Cue sheets will be available.
Sat., October 7	8:00 AM	60 miles 12-15 mph	Depot Elmhurst	Petra Hoffman 630-290-5173	<b>Adler and Sullivan's Charnley-Persky House Tour</b> Celebrate Louis Sullivan's 150th Birthday with a ride to and tour of the Charnley-Persky House on N. Astor St., Chicago. Tour begins at 10 am so an early start is needed. Tour costs are: \$10 adults, \$5 Seniors. We'll lunch afterwards at The Handlebar Grill. ... a pivotal work of modern architecture, designed by two luminaries in Chicago architecture-Louis H. Sullivan and his protégé, Frank Lloyd Wright. In Charnley-Persky House the architects rejected historical details common to Victorian architecture in favor of abstract forms that later became the hallmarks of modern architecture. Saturday tours also include the Albert F. Madlener House at 4 West Burton Place.
Sat., October 7	9:00 AM	Determined by riders who show	Depot Elmhurst	Determined by riders who show	<b>Weekly Show and Go</b> The riders will determine the ride leader, distance and pace
Sun., October 8	7:30 AM	25-35 miles 16-18+ mph	Panera Bread Elmhurst	Tom Mara 630-833-5739	<b>Earlier Sunday Fast Ride</b> Join Tom for an earlier 16-18+ mph fast ride. One short stop. Call Tom with any questions.
Sun., October 8	8:00 AM	22-32 miles 12-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	<b>Sunday with Petra</b> Medium paced Sunday morning ride. Rain, snow or temps below 30F cancel.
Sun., October 8	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walter Chlipala 630-832-9390 or Joanne DeZur 630-833-7688	<b>Sunday Morning Ride</b> A 2-1/2 to 3 hour Sunday morning ride. We usually do not ride in rain. Any questions, call Walt or Joanne.
Sun., October 8	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., October 8	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	<b>Sunday Morning Very Fast Ride</b> A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., October 8	Noon	Determined by riders who show	Gazebo Glen Ellyn	Determined by riders who show	<b>Weekly Show and Go</b> The riders who show will decide ride leader, distance and pace.
Mon., October 9	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>Columbus Day MNR</b> Come out and see what we discover on this nocturnal expedition! Bring Lights!
Tues., October 10	9:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6250	<b>IMAX Ride</b> Naperville ride through residential streets to Fat Bean Coffee Shop and back.
Tues., October 10	5:30 PM	20-25 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	<b>Tuesday Night Ride</b> See Oct. 3 ride description.
Wed., October 11	9:00 AM	52 miles 17-19 mph	Sunset Knoll Park Lombard	Isaac R. Samayoa 630-627-3852	<b>From Lombard to St. Charles</b> Ride to St. Charles via Wayne at a sustained pace 17-19 mph. We'll stop for a sandwich in St. Charles. Be back before 1:00 PM. Cue sheets will be available.

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., October 11	9:00 AM	24 miles 10-12 mph	Virgil Gilman Trail Aurora	Joanne DeZur 630-833-7688	<b>Virgil Gilman Annual Fall Colors</b> Snack at Waubensee College, cafeteria open or bring your own.
Wed., October 11	6:30 PM	Distance TBD 11-13 mph	Parking lot Maple and Park Lombard	Determined by riders who show	<b>Wednesday Night Intermediate Pace Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed., October 11	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders who show	<b>Wednesday Night Fast Pace Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs., October 12	9:00 AM	50 miles 17-19 mph	Soccer field St. Charles	Bill Schwartz 630-963-6250	<b>Sycamore</b> Fast paced hill training ride to Sycamore and back with stop in Sycamore for food and then return via Maple Park
Thurs., October 12	7:15 PM		Community Bank Elmhurst	Ray Dal Lago 630-543-4655	<b>Monthly Club Meeting</b> Board meeting precedes club meeting.
Fri., October 13	9:00 AM	42 miles 14-16 mph	Sunset Knoll Park Lombard	Isaac R. Samayoa 630-627-3852	<b>From Lombard to Wayne</b> We'll ride to Wayne on an easy, comfortable 14-16 mph pace. We'll stop for a snack at Country Store and be back by noon. Cue sheets will be available.
Sat., October 14	9:00 AM	50 Miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>Pines of Argonne</b> Pines of Argonne - Ride to and through Waterfall Glen Forest Preserve. on streets and trails ranging from mild to wild! Mountain Bike recommended.
Sat., October 14	9:00 AM	45 miles 12-15 mph	Depot Elmhurst	Petra Hoffman 630-290-5173	<b>OctoberFest in Chicago</b> Celebrate OctoberFest with a ride to the Goose Island Brewery and Brew Pub in Chicago; tour and sample their Goose Island Cream Soda and Root Beer. On the way back, a stop at Margie's Candies is needed for a taste of old fashion Chicago Ice Cream.
Sat., October 14	9:00 AM	Determined by riders who show	Depot Elmhurst	Determined by riders who show	<b>Weekly Show and Go</b> The riders will determine the ride leader, distance and pace
Sun., October 15	7:30 AM	25-35 miles 16-18+ mph	Panera Bread Elmhurst	Tom Mara 630-833-5739	<b>Earlier Sunday Fast Ride</b> Join Tom for an earlier 16-18+ mph fast ride. One short stop.
Sun., October 15	8:00 AM	22-32 miles 12-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	<b>Sunday with Petra</b> Medium paced Sunday morning ride. Rain, snow or temps below 30F cancel.
Sun., October 15	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walter Chlipala 630-832-9390 or Joanne DeZur 630-833-7688	<b>Sunday Morning Ride</b> A 2-1/2 to 3 hour Sunday morning ride. We usually do not ride in rain. Any questions, call Walt or Joanne.
Sun., October 15	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., October 15	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	<b>Sunday Morning Very Fast Ride</b> A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., October 15	Noon	Determined by riders who show	Gazebo Glen Ellyn	Determined by riders who show	<b>Weekly Show and Go</b> The riders who show will decide ride leader, distance and pace.
Mon., October 16	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>National Boss Day MNR</b> Ease the aggravation with an after work bike ride! Headlights and taillights required.
Tues., October 17	9:00 AM	15-20 miles 9-11 MPH	Depot Villa Park	Walter Chlipala 630-832-9390	<b>New Adventure Ride</b> New Adventure ride with a coffee stop. We don't ride in rain.
Tues., October 17	9:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6250	<b>IMAX Ride</b> Naperville ride through residential streets to Fat Bean Coffee Shop and back.
Tues., October 17	5:30 PM	20-25 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	<b>Tuesday Night Ride</b> See Oct. 3 ride description.
Wed., October 18	9:00 AM	35 miles 12-14 mph	Fullersburg Woods	Mary Jo Bolan 630-887-9652	<b>Ride to I and M Canal</b> Ride one loop of the I and M Canal paved trail. Stop for a snack or sandwich, or bring your own.
Wed., October 18	9:00 AM	52 miles 17-19 mph	Sunset Knoll Park Lombard	Isaac R. Samayoa 630-627-3852	<b>From Lombard to St. Charles</b> We will ride to St. Charles via Wayne at a sustained pace 17-19 mph. We'll stop for a sandwich in St. Charles. Be back before 1:00 PM. Cue sheets will be
Wed., October 18	6:30 PM	Distance TBD 11-13 mph	Parking lot Maple and Park Lombard	Determined by riders who show	<b>Wednesday Night Intermediate Pace Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed., October 18	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders who show	<b>Wednesday Night Fast Pace Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.

Date	Time	Distance	Start	Ride Leader	Ride Description
Thurs., October 19	9:00 AM	50 miles 17-19 mph	Soccer field St. Charles	Bill Schwartz 630-963-6250	<b>Sycamore</b> Fast paced hill training ride to Sycamore and back with stop in Sycamore for food and then return via Maple Park
Thurs., October 19	6:00 PM	25-35 miles 16-18+ mph	Depot Elmhurst	Tom Mara 630-833-5739	<b>Thursday Night Fast Ride</b> This is a fast ride on long stretches of road. It leaves promptly at 6pm; one short stop. Bring lights. Call Tom with questions.
Fri., October 20	9:00 AM	42 miles 14-16 mph	Sunset Knoll Park Lombard	Isaac R. Samayoa 630-627-3852	<b>From Lombard to Wayne</b> We'll ride to Wayne on an easy, comfortable 14-16 mph pace. We'll stop for a snack at Country Store and be back by noon. Cue sheets will be available.
Sat., October 21	9:00 AM	Determined by riders who show	Depot Elmhurst	Determined by riders who show	<b>Weekly Show and Go</b> The riders will determine the ride leader, distance and pace
Sun., October 22	7:30 AM	25-35 miles 16-18+ mph	Panera Bread Elmhurst	Tom Mara 630-833-5739	<b>Earlier Sunday Fast Ride</b> Join Tom for an earlier 16-18+ mph fast ride. One short stop.
Sun., October 22	8:00 AM	22-32 miles 12-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	<b>Sunday with Petra</b> Medium paced Sunday morning ride. Rain, snow or temps below 30F cancel.
Sun., October 22	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walter Chlipala 630-832-9390 or Joanne DeZur	<b>Sunday Morning Ride</b> A 2-1/2 to 3 hour Sunday morning ride. We usually do not ride in rain. Any questions, call Walt or Joanne.
Sun., October 22	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., October 22	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	<b>Sunday Morning Very Fast Ride</b> A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., October 22	Noon	Determined by riders who show	Gazebo Glen Ellyn	Determined by riders who show	<b>Weekly Show and Go</b> The riders who show will decide ride leader, distance and pace.
Mon., October 23	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>New Moon MNR</b> The penultimate Monday Night Ride! Lights required!
Tues., October 24	9:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6250	<b>IMAX Ride</b> Naperville ride through residential streets to Fat Bean Coffee Shop and back.
Tues., October 24	5:30 PM	20-25 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	<b>Tuesday Night Ride</b> This will be a *non-stop* semi-nocturnal exploration of Eastern DuPage and Western Cook counties. Paths and sneaks may be included. ** Strong lights and bright clothing are required ** Check EBC email for route updates. Bad weather
Wed., October 25	9:00 AM	52 miles 17-19 mph	Sunset Knoll Park Lombard	Isaac R. Samayoa 630-627-3852	<b>From Lombard to St. Charles</b> We will ride to St. Charles via Wayne at a sustained pace 17-19 mph. We'll stop for a sandwich in St. Charles. Be back before 1:00 PM. Cue sheets will be avail-
Wed., October 25	9:30 AM	40-45 miles 11-13 mph	McCullum Park Downers Grove	Peter Turula 630-968-3527 (630-643-3527 at ride time)	<b>Leisurely Lunch Ride</b> We'll ride to Plainfield or to Willow Springs on light traffic suburban roads, streets and paved bike paths. Option: a mile on a good limestone path to avoid Greene Road. Back about 3 PM.
Wed., October 25	6:30 PM	Distance TBD 11-13 mph	Parking lot Maple and Park Lombard	Determined by riders who show	<b>Wednesday Night Intermediate Pace Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed., October 25	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders who show	<b>Wednesday Night Fast Pace Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs., October 26	9:00 AM	50 miles 17-19 mph	Soccer field St. Charles	Bill Schwartz 630-963-6250	<b>Sycamore</b> Fast paced hill training ride to Sycamore and back with stop in Sycamore for food and then return via Maple Park
Thurs., October 26	6:00 PM	25-35 miles 16-18+ mph	Depot Elmhurst	Tom Mara 630-833-5739	<b>Thursday Night Fast Ride</b> This is a fast ride on long stretches of road. It leaves promptly at 6pm; one short stop. Bring lights. Call Tom with questions.
Fri., October 27	9:00 AM	42 miles 14-16 mph	Sunset Knoll Park Lombard	Isaac R. Samayoa 630-627-3852	<b>From Lombard to Wayne</b> We'll ride to Wayne on an easy, comfortable 14-16 mph pace. We'll stop for a snack at Country Store and be back by noon. Cue sheets will be available.
Fri., October 27	7:00 PM	Monthly Collating Party	Mikesell's House Villa Park	Judy Mikesell 630-833-1036	<b>Newsletter Collating Party</b> Join fellow members in preparing next month's newsletter for mailing. Takes about 45 minutes. Call Judy for directions.

The Metro Metric organization article promised last month will appear in the November *Cue Sheet*.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sat., October 28	9:00 AM	28 Miles 12-14 MPH	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>Cheesecake Spooktacular Ride</b> On the great bicycle ride of life, be sure to stop and eat the cheesecake along the way! All-pavement ride, some busy streets. Costumes, pumpkins, cheesecakes - what more could we ask for?
Sat., October 28	9:00 AM	Determined by riders who show	Depot Elmhurst	Determined by riders who show	<b>Weekly Show and Go</b> The riders will determine the ride leader, distance and pace
Sat., October 28	9:30 AM	38 miles 12-14 mph	Leroy Oaks FP St. Charles	James Pospiech 630-351-5730 630-640-0575 (cell)	<b>Sycamore Pumpkin Festival</b> Ride the Great Western Trail to the Sycamore Pumpkin Festival. Start/Finish at Leroy Oaks FP. 64 (North Av.) to Randal Rd. Turn north to first stop light than turn west 1/4 mi. Bring lock/\$\$\$/snacks.
Sun., October 29	7:30 AM	25-35 miles 16-18+ mph	Panera Bread Elmhurst	Tom Mara 630-833-5739	<b>Earlier Sunday Fast Ride</b> Join Tom for an earlier 16-18+ mph fast ride. One short stop. Call Tom with any questions.
Sun., October 29	8:00 AM	22-32 miles 12-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	<b>Sunday with Petra</b> Medium paced Sunday morning ride. Rain, snow or temps below 30F cancel.
Sun., October 29	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walter Chlipala 630-832-9390 or Joanne DeZur 630-833-7688	<b>Sunday Morning Ride</b> A 2-1/2 to 3 hour Sunday morning ride. We usually do not ride in rain. Any questions, call Walt or Joanne.
Sun., October 29	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., October 29	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	<b>Sunday Morning Very Fast Ride</b> A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., October 29	10:00 AM 10:30 AM 11:30 AM 1:00 PM	25 miles 13-15 mph 20-25 miles 10-12 mph 10-15 miles 8-10 mph Party!!	Marge Ricke's Spook House 16w701 Red Oak Bensenville	Larry Gitchell Mary Moroney Walt Chlipala Marge Ricke 630-616-8481	<b>Halloween Party</b> It's that time of year again. Time to get your costumes ready for the annual EBC Halloween Party. Please make sure that you costumes are BIKE FRIENDLY! There will be 3 spooky bike rides - one slow, one moderate and one medium, followed by a ghoulish buffet. Everyone should bring an appetizer, side dish or dessert. See article in the newsletter.
Sun., October 29	Noon	Determined by riders who show	Gazebo Glen Ellyn	Determined by riders who show	<b>Weekly Show and Go</b> The riders who show will decide ride leader, distance and pace.
Mon., October 30	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>Darkest MNR of the year!</b> The Monday Night Ride season wraps up with this pre-Halloween excursion. Scheduled MNR's will resume 4/2/2007!
Tues., October 31	9:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6250	<b>IMAX Ride</b> Naperville ride through residential streets to Fat Bean Coffee Shop and back.
Tues., October 31	5:30 PM	20-25 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	<b>Tuesday Night Ride</b> This will be a *non-stop* semi-nocturnal exploration of Eastern DuPage and Western Cook counties. Paths and sneaks may be included. ** Strong lights and bright clothing are required ** Check EBC email for route updates. Bad weather one hour before cancels the ride.

## Cyclist club members make stop in Dodge Center

By Clinton Larson

Reprinted by permission of the *Dodge Center Star Record*

Home Cookin' Diner in Dodge Center was home for a brief time to two cyclists from Chicago on a 400-mile trek through southern Minnesota.

Carole Danillo and Lew Worthem, both members of the Elmhurst Bike Club that encompasses parts of the western suburbs of Chicago, stopped for a late lunch at Home Cookin' on their way to Rice Lake.

The two are part of a group of Elmhurst bikers who take an annual cycling trip to different areas near Chicago. This year they decided to start in Houston, Minnesota, beginning at the Root River Trail and wind up and back down southeastern Minnesota, ending back at Houston.

The entire six-day trip will total around 400 miles, Danillo said, which means the group will average about 70 miles a day. While they sometimes travel on trails, they put most of their miles in on roads.

All their provisions, including tents and sleeping gear, are carried on their bikes, and they spend nights camping at state parks along the way. When all loaded up with gear, Danillo's bike weighs about 75 pounds and Worthem's weighs about 95. [I weighed it when I got home. It was only 82 lbs.—Lew] The only thing the riders stop for is food, and both Danillo and Worthem complimented Home Cookin' on its pie.

They started out from Houston with a group of 14 riders, and ages of the riders range from 50-76. Danillo, 62, and Worthem, 55, were on the younger end of the spectrum. The two said trip planners Gerry Fekete and Phil Keller did an excellent job planning the six-day affair.

Danillo said what makes the trips the most enjoyable is getting a chance to meet new people from all walks of life. She often gets to sit down and talk to a wide variety of people, adding that this is the second time they have been interviewed by a local newspaper on a trip. She also finds it a great way to explore the region.

"It's a great way to see the Midwest," Danillo said. Both Danillo and Worthem work as computer programmers, and welcome a chance to get out of the office and into the fresh air.

Danillo has been a member of the club for 10 years, and Worthem has been a member for four. The Elmhurst Bike Club is open to anyone and has about 400 members total, from a variety of ages. The oldest member is 90 and does about 3,000 miles a year, Worthem said. Both Danillo and Worthem said they been cycling all their lives and really enjoy the hobby. That can certainly be said about other club members on the trip through Minnesota. Some of them rode their bikes from Chicago to Houston, and will be on two wheels for the ride home as well.

## OCTOBER MEETING

**Guest Speaker**  
**Illinois State**  
**Representative**  
**Elaine Nekritz**  
**District #57, Northbrook**



Rep. Nekritz is a very active cyclist and advocate for our sport. She will take time from her busy schedule to inform us of important cycling issues developing in Illinois and the nation. Be sure to attend and have all your questions answered!

**Thursday, October 12, 2006, 7:15 P.M.**  
**Community Bank of Elmhurst**  
330 W. Butterfield Road, Elmhurst  
(at the intersection of Spring Road  
& Butterfield Rd.)

### The EBC Needs Your Talents: Openings for Newsletter Editor and Metro Metric Chairperson

If you've been at the last few club meetings you've heard me expound on getting members more involved with the club. This is a volunteer organization and we need volunteers. The more involved you get the more fun you will have and the more people you will meet. Isn't that why we join clubs? Two positions will open January 1 and we need involvement NOW. Lew Worthem has been our newsletter editor for two years and has produced a great newsletter. Lew is stepping down and the newsletter editor position is available. Lew will work through the end of the year and he will help the new editor with specifics. For more information about the position please email Lew at Lew\_at\_worthemd.com.

Joanne Dezur is stepping down as Metro Metric chairperson. Joanne has been at the helm of the Metro Metric for many years and now she needs another person, maybe two people, to chair the Metro Metric. Joanne will still be around to provide guidance. If you have any questions please contact Joanne at cyclejoey\_at\_sbcglobe.com.

Let us know if you are interested in either one of these positions. Both positions require people who can devote time to keeping the Metro Metric and the newsletter as great as ever. Again, these positions are fun and allow talent and creativity to flow. You'd be a member of the club board, and you'd be helping the club in a big way.

See you on the road,  
Ray Dal Lago  
President  
Elmhurst Bicycle Club

*Right: Gerry Fekete and Carole Danillo agree, no tour of Minnesota would be complete without a visit to Bucksnot.*



## A Ride Recap to Remember

*Tom Manata's "Wednesday Night Quickie" ride inspired Larry Gitchell to file this creative report.*

Listen my cyclists and you shall hear,  
Of a Wednesday Night Quickie with Lynn Rivier.  
Tom Manata leading, and bell-ringing John,  
We met in McCollum and at 6:00 we were gone!

Pedaling our way over to the I-55 frontage road,  
Barely slowed down by the excessive wind load.  
Flying south on Wolf Road, and west up 91st,  
To Madison street where the hills are the worst!

Along about then, our shorts we were ready to pee,  
When Tom suggested we ride down Route 83!  
But he decided to change his route before then,  
And we took Bluff road through Waterfall Glen.

We sped along the street without too much talk,  
Till a motorist yelled "Get on the @\$% sidewalk!"  
He went out of sight and that was just as well,  
Because I felt sorely tempted to ring his bell!

We lit up our headlights and rode on through the dark,  
And just before eight arrived back at McCollum Park.

*EBC members, be sure to submit your ride recaps to Cindy Reedy or Sharon Ganske for inclusion on our website.*

## HALLOWEEN RIDES AND PARTY SUNDAY, OCTOBER 29

Come on out and enjoy some Halloween festivities. There will be bike rides for adults and family, followed by a party. Costumes are optional, but everyone should bring an appetizer, side dish or dessert. Ride details are in the ride schedule. Please sign up at the October meeting or call Marge at 630-616-8481.



Directions to Marge's house: From the South, take Rte. 83 N. to Red Oak, which is the first street S. of Third Ave./Oak Meadows Dr., turn right and go 2.5 blocks East. From the North, take Rte. 83 S. to Third Ave./Oak Meadows Dr., turn left onto Third Ave., go one block, turn right on Briar Lane, turn left on Red Oak. Go 1.5 blocks.

## Time to Plan for UP Cross-Country Ski Trip

The annual EBC cross-country ski trip to the Upper Peninsula of Michigan is scheduled for **February 4 to 9, 2007**. A block of rooms have been set aside at our home base the Indianhead Motel in Ironwood, MI. Last year's price for a double occupancy was \$190 and for a single was \$240. The price includes lodging for 5 nights, continental breakfasts, \$10 credit towards dinner each evening and trail passes. The prices for 2007 are not available yet. There will be an increase due to price increases at ABR. The average annual snow fall for this area is 200 inches. The club has enjoyed skiing, eating, getting together at night for socializing and playing dominoes and other games, snow shoeing, and night hiking for several years. Downhill skiing is also available. You can get more details and the downhill package pricing when you call the motel.

If you are interested and want to experience some of the best XC skiing in the Midwest, call the Indianhead Motel 906-932-2031 to make your reservations. **Sharon Ganske** will be coordinating the trip this year and will assist with ride/room sharing details if possible. Please let her know you make your reservations. Sharon will send out the details on the dinner and trail location schedules in January to those who have signed up.



## Directions to Ride Starting Locations

Starting Point	Directions
<b>Community Bank of Elmhurst Elmhurst, IL</b>	330 West Butterfield Road, at the intersection of Butterfield Road and Spring Road. The Community Bank is on the southwest corner. Meeting room is on the second floor. Please don't bring bikes into the meeting room.
<b>Depot Elmhurst, IL</b>	Rides start from the public parking lot just east of York Road on Vallette Street. Vallette St. is ¼ mile south of St. Charles Road, York Road is 1 mile west of I-290.
<b>Depot, Villa Park, IL</b>	The Villa Park Depot is located at the intersection of Villa Ave. & Park Ave. on the IPP. Approximately 2-3 blocks South of the Villa Ave. & St. Charles Road intersection in Villa Park.
<b>Gazebo Glen Ellyn, IL</b>	On the Prairie Path between Park Ave and Main Street. By car, take Roosevelt Road (Route 38) or North Ave. (Route 64) to Main Street Glen Ellyn (about 1¼ miles west of I-355) and head into downtown Glen Ellyn. The Gazebo is in the middle of the train station parking lot on the south side of the UP tracks.
<b>IMAX Theatre Woodridge, IL</b>	Located on Rt. 53, one half mile north of Hobson Road, one half mile south of Maple Ave. Riders meet in the parking lot in front of the theatre.
<b>McCullum Park Downers Grove, IL</b>	McCullum Park is located at the SE Corner of 67th and Main Streets in Downers Grove.
<b>Panera Bread Elmhurst, IL</b>	Panera Bread is located on the west side of York Road, just south of North Avenue (Route 64), in the same building with CVS Pharmacy. Use southwest parking lot.
<b>Parking Lot at Maple and Park Lombard, IL</b>	The start is located in the parking lot at the NE corner of Maple Street and Park Ave., just east of Lilacia Park and the Helen Plum Memorial Library in Lombard.
<b>Soccer Field St. Charles</b>	Parking lot one block west of Randall Road and one block south of North Avenue (Rt. 64) at the SW corner of Peck and Campton Hills Roads.
<b>Sunset Knoll Park Lombard, IL</b>	On Finley, at Wilson, half a mile north of Roosevelt Road. Please park behind the recreation facility; address is 820 South Finley Road.
<b>Volunteer Park Wheaton, IL</b>	Milepost zero on the Prairie Path Main Stem., at the intersection of Liberty and Carlton Streets in Wheaton. ¼ mile north of Roosevelt Road, ½ mile west of Main Street / Schmale Road.
<b>Waterfall Glen Forest Preserve Darien, IL</b>	Rides typically start from the parking lot on Northgate Road. This is just south of Interstate 55 and just to the west off of Cass Avenue.

### MEMBERSHIP APPLICATION

Individual(\$20)    
  Family(\$25)    
  New     Renewal

[Indicate with \*\* next to any information you **do not want** to appear in the club directory]

EBC's membership year runs from January 1 to December 31.

Name \_\_\_\_\_  
(If family membership, list names of all members)

Address \_\_\_\_\_  
(Street) (City) (State) (Zip)

Phone—Home \_\_\_\_\_ Work \_\_\_\_\_ E-Mail \_\_\_\_\_  
Delivery of your newsletter by website download will be assumed unless Editor is notified otherwise.

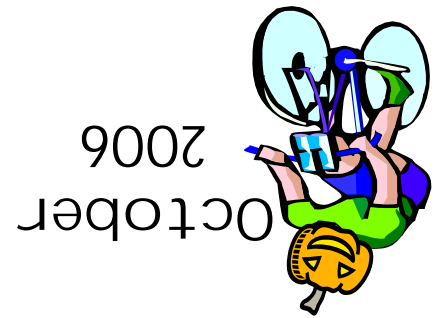
The following is a Release and waives your rights in the event of injury and/or death. In consideration of being permitted to be a member of Elmhurst Bicycle Club and to participate in club rides and/or events, including transportation to and from same, I do hereby for myself, my heirs, executors and administrators, release, waive and forever discharge Elmhurst Bicycle Club, its officers and members from any and all claims, demands, actions or liabilities on account of any injury to me which may occur from any cause whatsoever, including negligence or other fault on the part of anyone released hereunder, during my participation in or transportation to or from said rides and/or events. I ACKNOWLEDGE I AM AWARE OF THE RISKS AND HAZARDS INHERENT UPON ENGAGING IN SAID CLUB ACTIVITIES, AND I DO SO ENTIRELY UPON MY OWN INITIATIVE, RISK AND RESPONSIBILITY. I FURTHER UNDERSTAND THE CLUB DEPENDS ON ITS MEMBERS TO PROVIDE AND LEAD CLUB ACTIVITIES AND THAT THOSE MEMBERS RELY ON THE PROTECTION AFFORDED HEREUNDER. I hereby further agree to operate my bicycle in a manner that is safe to me and those around me, to observe all applicable safety regulations and to conduct myself in a manner that will be complimentary to the sport of bicycling. It is my intent that this release and waiver apply at all times, notwithstanding that my membership in the Elmhurst Bicycle Club may have expired, elapsed, been renewed or reinstated after a period of non-membership. I FURTHER ACKNOWLEDGE THAT I HAVE READ THE FOREGOING RELEASE AND WAIVER AND UNDERSTAND IT, INCLUDING THAT IT IS INTENDED TO COVER OCCURRENCES WHICH MAY NOT YET HAVE OCCURRED AND WHICH ARE UNKNOWN TO ME, AND NOTWITHSTANDING THE FOREGOING, I SIGN IT VOLUNTARILY WITH THE FULL INTENT THAT IT BE FOREVER ENFORCEABLE.

Date \_\_\_\_\_ Signature \_\_\_\_\_

Signatures of adult family members for family Membership \_\_\_\_\_

Mail to: Elmhurst Bicycle Club, P.O. Box 902, Elmhurst, IL 60126

AFFILIATED WITH  
 THE CHICAGOLAND BICYCLE FEDERATION,  
 THE LEAGUE OF AMERICAN BICYCLISTS,  
 THE LEAGUE OF ILLINOIS BICYCLISTS,  
 LIFE MEMBER ILLINOIS PRAIRIE PATH,  
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 RAILS TO TRAILS CONSERVANCY,  
 AND ADVENTURE CYCLING.



www.elmhurstbicycling.org

Elmhurst Bicycle Club  
 P.O. Box 902  
 Elmhurst, Illinois 60126

*EBC members and endurance athletes **Karen Zenisek** and **Dave Polkow** competed in the Ironman Canada in Penticton, B.C., on August 27. This Ironman combines a 2.4 mile swim, a 112 mi. bike ride and a 26.2 mi. run. Karen finished in 37th place in her division with a total time of 12:31:58. Dave finished 132nd in his, in 13:15:08. Congratulations, Karen and Dave!*



**Cue Sheet** will publish members' **WANT ADS**—free!

*E-mail **Lew Worthem** at [EBCNews\\_at\\_worthemdotcom](mailto:EBCNews_at_worthemdotcom) or mail to **Lew, 320 Hillside Ave., Elmhurst, IL 60126-3812**. Please let us know when your articles have been sold or when your Equipment Wanted request has been filled. Ads will be deleted after three months. Notify us if you want them to run longer. Space permitting, we will accommodate you.*

**For Sale: Terry Fly Titanium Saddle**, regularly about \$100 for \$50. New in box **Xport Flat Bed 2-Bike Universal Hitch Rack**, regularly \$140-\$180 for \$100. Fits 2" and 1 1/4" receiver hitches. Contact John Kaczmarczyk, 630-257-9013. (Aug. 06)

**For Sale: 2006 Discovery Channel Pro Cycling Team Jersey**. Men's large (38-40). This jersey is "Race-cut" for an aerodynamic fit. Jersey is in original packaging and has never been worn. Jersey is being sold on Discovery website for \$99.95 + shipping. \$75 OBO. John Konrad 630.728.8010. (Sept. 06)

**For Sale: Shimano Unisex Black Bike Shoes**. European size 42 - USA size 7. Worn 3 times, do not fit me correctly. Original \$85.00, sale price \$25.00. Contact Joanne Dezur, cyclejoey\_at\_sbcglobaldotnet, 630-833-7688. (Sept. 06)