



# Cue Sheet

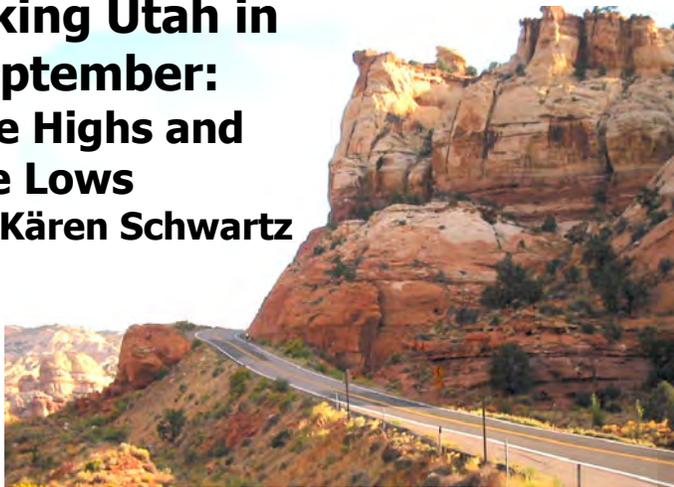
## November 2006

### 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!

## Biking Utah in September: The Highs and the Lows

By Kären Schwartz



Bill and I arrived September 10 in St. George Utah with our four pieces of luggage ready for the 11 day supported tour of the Utah Parks with Adventure Cycling. With two suitcases filed with our coupled bikes that only left two suitcases to pack all of the camping gear, bike paraphernalia and clothes. Having checked the weather forecasts before we left, I knew that the weather would vary from 30 to 90 degrees.

Arriving by shuttle from Las Vegas with our baggage, we found that there were 60 other cyclists and a support staff including a masseuse, a baggage driver, a rest stop helper, a tour leader, a road marker, a mechanic, the best cook ever and a driver. The staff was to prove to be the best we've had in 20 years of bike touring!

As we left St. George the next morning, the skies were a fantastic shade of blue and the temperatures were in the 80's. The 43 miles with some uphill biking went by quickly and easily and we were soon at Springdale and near Zion National Park. We had a fantastic dinner meal prepared by our cook, Kathy, who caters all of the Adventure Cycling Events. She knows how much to cook for cyclists and makes everything taste great. We then put up our tent, but those who didn't share our love of camping went to their motels and had their luggage delivered to the motel. (The number of motel folks was to swell as the tour progressed and the weather gave us some pretty extreme conditions.)

The next day found us climbing out of Zion after cycling 2,500 feet and being shuttled through a mile long tunnel that doesn't allow cyclists to cycle through. Adventure Cycling is the only company that is allowed to take this route

and be shuttled through. We continued to the small burg of Hatch. However, the cycling gods had a test ready for us— 5,100 feet of climbing with grades in the first section of 15, 12 and 10%. Bill had a real challenge as his granny gear got out of adjustment and rubbed badly so he had to climb those grades in his middle chain ring. I had the fun adventure of having to get started on that 15% grade after I stopped to see what the problem was. I managed by going downhill and then quickly swinging back uphill. The uphill continued for another 10 miles. I kept thinking that Colorado had some long climbs, but I hadn't climbed anything this steep since New Zealand and those climbs weren't as long. Who knew that Utah had such killer climbs? The sag vehicle soon was filled with victims of those hills.

Dinner in Hatch proved to be Kathy's usual wonderful cuisine with a pot of homemade soup awaiting us as we biked into town. The weather was cooling and the soup felt good. The weather continued to cool and that night found us dressed in many layers of clothes and buried deep inside of our down sleeping bags. In the AM we found out that it had been in the 20's that night. The motels in Hatch were sold out!



We broke camp and headed to Escalante for 68 miles the next day. We had a pretty easy day with 2,600 feet of climbing and a peak elevation of 7,600 feet as we cruised through three Parks: Bryce, Red Canyon and the Grand Staircase. The views were just your usual magnificent ones. Our stop

*(Continued on page 8)*

**Dear Members**, inside this issue of *Cue Sheet* you will find the article **"Anatomy of an Invitational: Our Metro Metric."** Joanne DeZur and Lew Worthem collaborated on this in the hopes that it might answer some unasked questions and inspire members to step forward to help preserve this important EBC legacy. We hope that it will become a living document, to be revised and reprinted from time to time and distributed in new member packages. If we got any facts wrong or missed anything important, please let us know and we'll set it right.  
-Joanne and Lew



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

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Newsletter Editor  
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 EBCNews@worthem.com

**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!**

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Assistant Ride Captain  
**Nancy Rice**  
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## 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**

## 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**

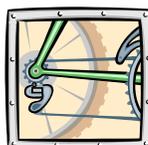


## EBC Hotline—630-415-BIKE

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**.

EBC Website **www.elmhurstbicycling.org**

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## New Links in the Chain Joining the EBC

**HARLAN & PATTY McDANIEL**  
 GLENDALE HEIGHTS  
 hmcdan\_at\_comcastdotnet\*

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



## Newsletter Collating Party

Friday, Nov. 24, 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 10/18/06

Type	Memberships	Members
Family	72	170
Individual	176	176
Total	248	346

### Ridership as of 10/18\*

Year	Miles	Events
2006	152,853	635
2005	143,264	622

\* 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.



## Childhood Bike Photos Wanted

Please go through your family album and find that nostalgic photo of you as a child with your shiny new bike/trike/bigwheel. *Cue Sheet* will print it in the December issue. Bring the print to the November meeting or scan it and email the file to **EBCNews\_at\_worthemdotcom**.

It was fun last year, so let's do it again!

Lew Worthem, *Cue Sheet* Editor



# Anatomy of an Invitational: Our Metro Metric

The time has arrived for **Joanne DeZur** to pass the baton to the next Metro Metric Invitational Ride Chairman. But who will it be? Perhaps you're interested, but you're not quite sure what the job entails. Maybe you're a new member and you're not certain just what an invitational ride is or what's so special about our Metro Metric. This seems to be the right time to fill in some of the details.

What is an invitational ride? Avid cyclists such as EBC members naturally want to share their enthusiasm with others and help newer riders enrich their cycling experiences. One way a bicycle club can do these things is by organizing bicycle-friendly rides in places that might be unfamiliar to many. The club maps out routes, sets the date, "invites" the public to come ride and *volla*, it's an Invitational!

That basic idea gets expanded as the club tries to attract as many riders as possible and, not incidentally, to raise some money for the club and its causes. The club adds amenities



*Registration desk volunteers have a busy morning.*

such as multiple routes, rest stops, food, SAG drivers, T-shirts, food, door prizes, massages, and food.

The Elmhurst Bicycle Club held its first invitational ride in 1981. There was a 62-mile route (a metric century), and it was held in metropolitan Chicago. Let's see, "metropolitan" ... "metric" ... let's call it the "Metro Metric!" Over the years the ride centered on various places: Oswego (where it was called the "Wizard Ride"), Yorkville, and its current location in Hampshire. The MM has evolved into a highly organized, well-run event that's attended each year at the end of July by hundreds of cyclists. The registration fees fill our coffers, allowing the club to make generous donations to many worthy causes.

Of course, the MM owes its success to the EBC members who contribute their time and talents. Let's look at the cast of characters (in no particular order) and see what their duties entail. We'll name the 2006 volunteers so you can talk to them and decide how you'd like to pitch in.



*Hanging the banner on the Elmhurst Metra Underpass is but one of the many details that must be seen to.*

## **Metro Metric Chairman: Joanne DeZur**

If a task isn't assigned to anyone else, then it's the Chairman's job. That's in addition to making sure the other chairmen have everything under control. Yes, it's a big job, but so are the

rewards. Next month's *Cue Sheet* will have much more information on this key position.

## **Rest Stop Chairman: Bob Jones**

Sure, the riding is important, but so is the resting! In large part, the rest stop volunteers are the "face" of the EBC. The Rest Stop Chairman lines up sub-chairmen, corresponds with the facilities owners, pays fees, rents the corn cooker, rents port-a-potties, and arranges for massages.

## **Rest Stop Sub-Chairmen:**

Hampshire **Tracy Gainer**

Maple park: **Betty Bond and Jerry Ringier**

Virgil: **Judy and Charlie Mikesell**

Johnson's Mound: **Jim Hennig**

Our rest stop Sub-Chairmen first get additional volunteers lined up and correspond with them on their duties. They also pick up supplies and equipment from the club and deliver

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*There's something about an invitational ride that makes cyclists hungry, so the rest stop volunteers are essential for setting out the food.*

## Our Metro Metric *(Continued from page 3)*

them to the rest stop. The day of the ride they get their food from the Food Chairman and set up their rest stop for business. The Hampshire Sub-Chairman also handles the corn-on-the-cob cooking.

### Rest Stop Volunteers

These folks do the real work at the rest stops. They set things up, keep things tidy, and greet and converse with the riders. There may be as many as 10 to 12 per rest stop, and they usually work in shifts.

### Pre-registration Chairman: Jeanne Whiting

This is a solo position with responsibility for advance rider registrations. This person receives the mail-in registrations, works with the Internet-based registration company, prepares pickup packets for all pre-registered riders and has the packets delivered to Hampshire on ride day. After the event, this person enters all registrants into a database used for next year's mailing.

### Answering Machine Announcer: Ellen Johnson

This is a job for someone with a clear and pleasant voice. Keeps the MM information current on the club hot line, 630-415-BIKE.

### Website Coverage: Cindy Reedy

Keeps the MM information web page up to date: [http://www.elmhurstbicycling.org/r\\_metro.asp](http://www.elmhurstbicycling.org/r_metro.asp).



*SAG driving can be quite demanding.*

### SAG Driver Chairman: Bill Coates

This person is responsible for recruiting and deploying SAG drivers, the angels who patrol the ride routes in their vehicles and render assistance to riders. (If you're wondering where "SAG" comes from, one explanation is that it stands for "Support And Gear." It

does not refer to the physical condition of the drivers!). He or she also arranges for radio operators, assigns routes and schedules, distributes first aid kits and signs to the drivers, runs a communication center, and arranges to have the route signs picked up at end of day as the routes are driven for the last time to make sure all bicyclists are finished.

### SAG Drivers: About 8 people

These people drive the routes as assigned by the Chairman

in the opposite direction of the cyclists, helping any riders in need. They carry tools, tubes, a pump, a first aid kit, a broom for sweeping away gravel, and extra route signs. They need to have a knowledge of basic bicycle repair and adjustment, a good sense of direction, and a vehicle capable of carrying a disabled cyclist and bike back to Hampshire. May work in shifts and in teams.

### Registration Chairman: Walter Chlipala

This Chairman lines up registration desk volunteers, picks up and delivers all the registration supplies (boxes, paper clips, numbers, safety pins), gets the pickup packets from the Pre-registration Chairman prior to the event. He or she also sets up the registration tables, handles the registration fees, reconciles the cash with the registration forms and T-shirt sales and cue-clip sales, assigns a door greeter, assigns two people to help with giving route information, turns all money to a club officer for deposit, and turns all registration papers over to the Pre-registration Chairman for entry in the database. Whew!

### Registration Volunteers: About 12 people

These folks staff the registration desk, hand out pre-registered packets, process day-of-event registrations, greet riders as they arrive, dispense route information, and answer many questions. Their job is finished by late morning.

### T-Shirt Chairman: Mary Jo Bolan

You can't have an invitational without a T-shirt, so this important Chairman picks the color, get the graphics approved, places the order, brings shirts to Hampshire, and distributes shirts to all of the day-of-event volunteers, and sells extra T-shirts that day.

### Publicity Chairman: Cheri O'Riordan

If they don't know about the MM, they just won't come, so we have the Publicity Chairman to get posters and brochures distributed, get articles in newspapers, place ads in free magazines, arrange for hanging the MM banner on the Elmhurst Metra underpass (and pay fee), and line up additional volunteers to distribute posters.

### Poster and Brochure Distributors: 2 or more people

These people assist the Publicity Chairman by having MM posters and brochures delivered to bike shops, libraries, convenience stores, and anywhere else we can have them placed. Everyone in the club can pitch in on this.

### Donations Chairman: Dana Pugh

This Chairman solicits donations for food, drink, chamois cream, and door prizes through letters and phone calls. These articles are given to the Food Chairman for distribution to the Rest Stops with their food. The door prizes are taken to Hampshire.

### Parking Chairman: Mike Struglinski

Most of our riders don't ride to Hampshire: They drive a car, so there are a lot of cars to be parked, and that is the duty of the Parking Chairman. He/she arranges for assistants in safety vests who make sure that all cars are parked safely.

*(Continued on page 9)*

# November 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**, or see Steve at the monthly meeting.

You can submit a late ride addition by emailing or calling **Nancy Rice, 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
Wed., Nov. 1	10:00 AM	Determined by riders who show	McCullum Park Downers Grove	Determined by riders who show	<b>Wednesday Show and Go</b> The riders will determine the ride leader, distance and pace
Wed., Nov. 1	6:30 PM	TBD	Parking Lot Maple & Park Lombard	Determined by those who show	<b>Wednesday Night Walk Show n Go</b> With less and less sunlight, we will walk instead of ride. After a 45 to 60 minute walk we will go eat somewhere. Rain or bad weather cancels. Contact Marty Kotecki, 630-806-1368, for more information.
Wed., Nov. 1	6:30 PM	Determined by riders who show	Depot Villa Park	Determined by riders who show	<b>Wednesday Night Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed., Nov. 1	7:00 PM	6-12 miles your pace	Bike Rack St. Charles	Steve Josephs 630-235-9841	<b>CompuTrainer Ride at Bike Rack</b> Join Steve for an indoor ride at the Bike Rack's new 8 up CompuTrainer with big screen display. Bring your bike to hook into the trainer, and after a short introduction, we will select a course and distance for the ride. If we have more than 8 people, we will do multiple rounds. All levels of rider welcome to attend.
Thurs., Nov. 2	10:00 AM	30 miles 16-18 mph	Soccer Field St. Charles	Bill & Karen Schwartz 630-963-6250	<b>Maple Park Ride</b> Ride to Maple Park from St Charles. Call 630-303-1160 or 708-334-6250 if there's any question about the weather.
Fri., Nov. 3	10:00 AM	Determined by riders who show	Sunset Knoll Park Lombard	Determined by riders who show	<b>Friday Show and Go</b> The riders will determine the ride leader, distance and pace
Sat., Nov. 4	9:00 AM	45 miles 10-15 mph	Depot Elmhurst	Petra Hoffman 630-290-5173	<b>Irving Park and Hot Doug's</b> Sight seeing in Irving Park, the Villa District and brunch at "Hot Doug's" serving foie gras hotdogs (for those so inclined) and return to Elmhurst probably by 1:30pm. I'll post the route on favoriterun.com a week or so before the ride. Precipitation and still air temps below 30deg F will cancel. If in doubt call.
Sat., Nov. 4	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., Nov. 4	Noon	10-40 miles 12-15 mph	6913 Young Court Woodridge, IL	Roman and Cari Szczeniak 630-963-7796	<b>Woodridge Paths and Roads</b> Ride limestone paths or paved paths and streets in Woodridge and surrounding areas. Call to confirm path or streets by Friday 8PM.

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
Sun., Nov. 5	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., Nov. 5	8:30 AM	24 miles 10-12 mph	Panera Bread Elmhurst	Joanne DeZur 630-833-7688	<b>Sunday Leisure Ride</b> Ride to Busse Woods. Bring a Snack. Ride will depend on weather, call if not sure.
Sun., Nov. 5	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., Nov. 5	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.
Tues., Nov. 7	10:00 AM	35-40 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. Call 630-303-1160 or 708-334-6250 if there's any question about the weather.
Wed., Nov. 8	10:00 AM	Determined by riders who show	McCullum Park Downers Grove	Determined by riders who show	<b>Wednesday Show and Go</b> The riders will determine the ride leader, distance and pace
Wed., Nov. 8	6:30 PM	TBD	Parking Lot Maple & Park Lombard	Determined by those who show	<b>Wednesday Night Walk Show n Go</b> With less and less sun light. We will walk instead of ride. After a 45 to 60 minute walk we will go eat somewhere. Rain or bad weather cancels. Contact Marty Kotecki, 630-806-1368, for more information.
Wed., Nov. 8	6:30 PM	Determined by riders who show	Depot Villa Park	Determined by riders who show	<b>Wednesday Night Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs., Nov. 9	10:00 AM	30 miles 16-18 mph	Soccer Field St. Charles	Bill & Karen Schwartz 630-963-6250	<b>Maple Park Ride</b> Ride to Maple Park from St Charles. Call 630-303-1160 or 708-334-6250 if there's any question about the weather.
Thurs., Nov. 9	7:15 PM		Community Bank Elmhurst	Ray Dal Lago 630-543-4655	<b>Monthly Club Meeting</b> Board meeting at 6:15 pm precedes club meeting.
Fri., Nov. 10	8:30 AM	25 miles 10-13 mph	Depot Elmhurst	Mary Moroney 630-629-1812 (H) 630-936-3503 (C)	<b>Moondance &amp; Beyond</b> Enjoy breakfast at Moondance restaurant in Westmont (8 mi). Then a loop back with mileage adjusted to weather conditions.
Fri., Nov. 10	10:00 AM	Determined by riders who show	Sunset Knoll Park Lombard	Determined by riders who show	<b>Friday Show and Go</b> The riders will determine the ride leader, distance and pace
Sat., Nov. 11	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., Nov. 12 - Sun., Nov. 19		20-70 miles daily various paces	Tucson Arizona	Laurel Salvador laurelsalvador @comcast.net 630-803-4807	<b>Tucson Trip</b> Contact Laurel for details of the Tucson Trip. Daily rides will highlight local sites and attractions. The week starts with a Pot Luck Dinner on Saturday, Nov. 11th, 7pm, at Omar and Laurel's Condo at 10164 E Achi, Tucson. The week concludes on Sunday, Nov. 19th, which is the date of the Tour de Tucson and also an alternative club ride. (Tour de Tucson not eligible for club miles).
Sun., Nov. 12	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., Nov. 12	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., Nov. 12	9:30 AM	25 miles 12-14 mph	Kappy's Roosevelt Road Villa Park	Rich Diebold 847-891-6010	<b>19th Annual Birthday Zoo Ride</b> Breakfast at Kappy's 8:30am. Ride to Brookfield Zoo. Group splits to those who turn around at zoo and those who go to zoo.
Sun., Nov. 12	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.
Tues., Nov. 14	10:00 AM	35-40 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. Call 630-303-1160 or 708-334-6250 if there's any question about the weather.
Wed., Nov. 15	10:00 AM	Determined by riders who show	McCullum Park Downers Grove	Determined by riders who show	<b>Wednesday Show and Go</b> The riders will determine the ride leader, distance and pace
Wed., Nov. 15	6:30 PM	TBD	Parking Lot Maple & Park Lombard	Determined by those who show	<b>Wednesday Night Walk Show n Go</b> With less and less sun light, we will walk instead of ride. After a 45 to 60 minute walk we will go eat somewhere. Rain or bad weather cancels. Contact Marty Kotecki, 630-806-1368, for more information.

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., Nov. 15	6:30 PM	Determined by riders who show	Depot Villa Park	Determined by riders who show	<b>Wednesday Night Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs., Nov. 16	10:00 AM	30 miles 16-18 mph	Soccer Field St. Charles	Bill & Karen Schwartz 630-963-6250	<b>Maple Park Ride</b> Ride to Maple Park from St Charles. Call 630-303-1160 or 708-334-6250 if there's any question about the weather.
Fri., Nov. 17	10:00 AM	Determined by riders who show	Sunset Knoll Park Lombard	Determined by riders who show	<b>Friday Show and Go</b> The riders will determine the ride leader, distance and pace
Sat., Nov. 18	9:00 AM	20-25 miles 14-16 mph	Palos Forest Preserve Willow Springs	Peter Gough 630-903-8436	<b>Mountain Bike Ride - Palos Forest Preserve</b> Mountain bike ride through the trails of Palos, consisting of 2 or 3 different loops of single track, wide track and some hills. Bring enough food and drink to refuel. Trails are closed if wet.
Sat., Nov. 18	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., Nov. 19	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., Nov. 19	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., Nov. 19	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.
Tues., Nov. 21	10:00 AM	35-40 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. Call 630-303-1160 or 708-334-6250 if there's any question about the weather.
Wed., Nov. 22	10:00 AM	Determined by riders who show	McCollum Park Downers Grove	Determined by riders who show	<b>Wednesday Show and Go</b> The riders will determine the ride leader, distance and pace
Wed., Nov. 22	6:30 PM	TBD	Parking Lot Maple & Park Lombard	Determined by those who show	<b>Wednesday Night Walk Show n Go</b> With less and less sun light, we will walk instead of ride. After a 45 to 60 minute walk we will go eat somewhere. Rain or bad weather cancels. Contact Marty Kotecki, 630-806-1368, for more information.
Wed., Nov. 22	6:30 PM	Determined by riders who show	Depot Villa Park	Determined by riders who show	<b>Wednesday Night Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs., Nov. 23	8:30 AM	25-30 miles 12-14 mph	Spring Road at Prairie Path Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>Turkey Day Ride</b> Work off your Thanksgiving Day meal early with our traditional ride to Brookfield Zoo! Meet in the parking lot outside Stemple's Cycle Center (494 Spring Road Elmhurst IL 60126). We'll spend about an hour exploring the zoo. SAG Wagon and snacks provided. Bring a lock.
Thurs., Nov. 23	11:30 AM Hike 2:30 PM Buffet		White Pines State Park Oregon, IL	Judy Mikesell mikesell2@juno.com 630.833.1036	<b>Thanksgiving Day Hike &amp; Buffet</b> Reservations for the buffet required by Nov. 8th. (Buffet is \$15) If you think you are interested please let Judy know. (She can always reduce the reservation, but by early Nov. it is hard to increase the number.) If you have a non-hiker that would like to come, there is a small gift shop where they can wait by the fireplace, just have them bring a book or something. White Pines is 8 miles west of Oregon, IL - call Judy or check website for more detailed directions.
Fri., Nov. 24	10:00 AM	Determined by riders who show	Sunset Knoll Park Lombard	Determined by riders who show	<b>Friday Show and Go</b> The riders will determine the ride leader, distance and pace
Fri., Nov. 24	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.
Sat., Nov. 25	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., Nov. 26	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., Nov. 26	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., Nov. 26	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.

Date	Time	Distance	Start	Ride Leader	Ride Description
Tues., Nov. 28	10:00 AM	35-40 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. Call 630-303-1160 or 708-334-6250 if there's any question about the weather.
Wed., Nov. 29	10:00 AM	Determined by riders who show	McCullum Park Downers Grove	Determined by riders who show	<b>Wednesday Show and Go</b> The riders will determine the ride leader, distance and pace
Wed., Nov. 29	6:30 PM	TBD	Parking Lot Maple & Park Lombard	Determined by those who show	<b>Wednesday Night Walk Show n Go</b> With less and less sun light, we will walk instead of ride. After a 45 to 60 minute walk we will go eat somewhere. Rain or bad weather cancels. Contact Marty Kotecki, 630-806-1368, for more information.
Wed., Nov. 29	6:30 PM	Determined by riders who show	Depot Villa Park	Determined by riders who show	<b>Wednesday Night Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs., Nov. 30	10:00 AM	30 miles 16-18 mph	Soccer Field St. Charles	Bill & Karen Schwartz 630-963-6250	<b>Maple Park Ride</b> Ride to Maple Park from St Charles. Call 630-303-1160 or 708-334-6250 if there's any question about the weather.

## Biking Utah *(Continued from page 1)*

that evening was at Escalante at an all-purpose place: camping, motels, store, food and hooray...a state liquor store! Adventure Cycling offered to carry any wine purchases in the sag wagon and thus the camp storeowner sold over \$1,000



worth of wine that evening. After a fine dinner and several well-deserved drinks, everyone quickly feel asleep.

Torrey was our next destination and this was to be our toughest day as we were to have 37 miles of climbing for a total of 6,400 feet. It was tough. The sag wagon had lots of customers again, but quite a few managed it as we did. I was ready to get there by the end of those climbing miles. We knew that we had a rest day in Torrey and we would hike in Capitol Reef National Park. However, we didn't know what the weather gods had in store for us the next night in Torrey! We had spent the day doing some pleasant hikes in Capitol Reef after being shuttled there by the staff. Those who had ridden their bikes were greeted with a windy rainstorm on the way back. We were glad to not be on our bikes.

The weather continued to get worse as cold and rain descended in Torrey. Between 10 pm and 1 am we spent the time wiping the drips from the top of the netting on our tent as the wind was so strong that it was blowing the rain under the fly and up to the netting. I found some folks putting their sleeping bags in the dryers when I finally ventured out later that night. Luckily we manage to stay dry by wiping for three hours that night.

The next day, the rain ceased and we headed off to Antimony where we were to stay at a dude ranch that had a large indoor space for us to eat in and sit in. We didn't know how much we were going to need that... The weather continued to get its licks in as we had to ride 60+ miles in the

worst wind I have ever experienced except for the time I got blown off of the road with a loaded touring bike in Kansas. The gusts were crosswinds and headwinds of 40 mph. At one point I got to the top of a climb, put my foot down and told Bill that there was no way I could do the descent with the crosswinds blowing me the way they were. I couldn't control my bike. I then flagged down a sag vehicle and got sagged down the hill to lunch where I met Bill as he somehow managed to do the descent in the terrible wind. After lunch we continued on with a 40 mph headwind now at an 8 mph pace. Talk about exhaustion. When we finally got to the dude ranch we put up our tent, and sat inside the lodge as everyone recounted their struggles that day. We had a fabulous indoor dinner and went to bed early that night.

The next day was like a dream compared to the previous day as it was a short 40 mile ride with only 1,500 feet of climbing to Bryce and the campground/restaurant/store/Laundromat at Ruby's Inn. We set up our tent and headed off to explore Bryce—our favorite park in Utah. The hikes there were beautiful and the weather was very pleasant. However, the weather gods struck again that night. The campers, whose ranks continued to dwindle, put on every stitch of clothing and then used the pads from the bike sag truck to cover the

sleeping bags. It was brutal. I've never camped in such cold before. I was a lot warmer when we were in the Yukon biking! The next morning found everyone off for another hike in Bryce before we headed off to our next stop. As the day was short, the bad winds weren't too terrible and we were soon at Panguitch. The campers were to stay at a rodeo exhibition hall. However, since the weather forecast was for another 20-degree night, we camped inside the rodeo hall. The weather that



*(Continued on page 9)*

## Our Metro Metric *(Continued from page 4)*

### Parking Assistants: 4 to 6 people

These people direct arriving cars to parking spaces in orderly fashion. Their job is finished by mid morning.

### Route Chairman: Peter Turula

Which way do we ride? Ask the Route Chairman, who scopes out routes, determines if there will be any interfering construction or road work on ride day, prepares route sheets (map and cue sheets), delivers maps to the Sign Chairman.

### Sign Chairman: George Hermach

This is a job for a detail-oriented person, who figures out where to put signs, makes signs as needed, gets signs put out on Saturday before ride day. On Sunday morning he or she makes sure the signs are still there, and after the event gather the signs from the SAG drivers.

### Sign Volunteers: 4 teams of 2 people each

These folks operate under the direction of the Sign Chairman and place the signs along the routes on the Saturday before the ride day.

### Cookies Chairman: Kacy "Cookie Monster" Worcester

Begs everyone for home-baked cookies—LOTS of home-baked cookies—which are dropped off at the Cookies Chairman's house before the event or brought to the rest stops.

Seriously, the MM is known far and wide for its excellent homemade cookies!

### Volunteer Cookie Bakers: Lots of Members

These are the folks who are responsible for making the MM known for its excellent cookies.

### Food Chairman: Vicky Ortega

Are you catching on to the idea that food is important for the MM? This chairman obtains all food and supplies that must be purchased. Early on ride day morning she/he distributes

items to rest stop sub-chairs.

During ride day, she/he sees to the needs of the various rest stops, making replenishments when necessary.



*It all adds up to hundreds of happy riders.*

### Food Assistant: Larry Gitchell

Provides moral and logistical support to the Food Chairman.

### Photographer?

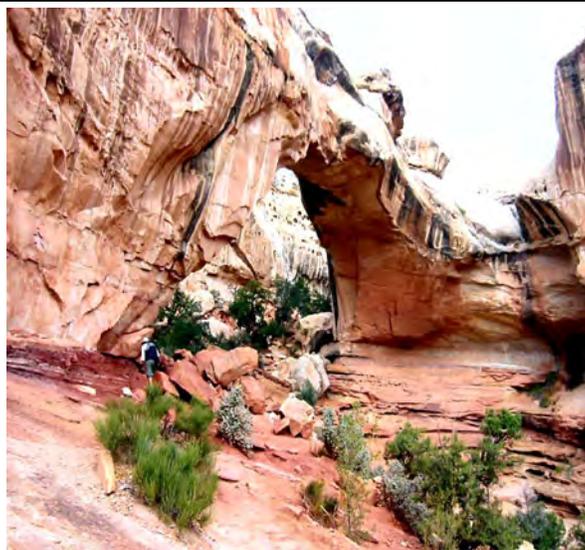
No, we don't have a designated event photographer. Maybe we should.

So, that's the crew, numbering more than 100 people. But just how and when does everything get put together? That will be the subject of another article; but if you are interested and want to know now then please talk to **Joanne DeZur**. She'll be delighted to share her knowledge and recruit you to be the next Chairman of this worthy endeavor.

## Biking Utah *(Continued from page 8)*

night must have been really cold. The next day, it was the coldest temperature that we had to bike in for the whole trip. Someone said it was 20 degrees that morning.

We waited for the temperature to climb to a balmy 30 and then we headed off to our last stay at a B&B in Cedar City. This was another climbing day of 4,500 feet, but it seemed easy, as the 35 miles of climbing wasn't too steep. Then the best descent of trip began—10 miles of 4 to 8% grades all downhill. The descents in Utah are very nice; as the roads don't have pot-holes and the curves are wide and sweeping so not much braking is necessary. It was a fun ride on that day and the temperatures kept climbing as we descended until we reached the 80's!



Our last night as a group was spent having a great dinner at the B&B. The staff was commended, as well they should have been. The bike mechanic did an outstanding job and kept us supplied with inner tubes as Utah thorns and gravel made for a lot of flats. I had none, but Bill had four. The sag driver, Jack, had lots of great tales to tell, as he had been part of the Discovery Team. It turns out that Bob Roll really did ride part of the Tour de France in the nude! The rest of the team was outstanding. The leader, Tom, has led these tours for many years and he does the best job you can imagine with taking care of every detail. I would recommend doing any tour he leads! Bill and I will definitely do another Adventure Cycling event next year. They are very reasonably priced, well done and lots of fun even with the howling winds, driving rain and 600 foot climbs!

## NOVEMBER MEETING



### Election of EBC Officers and **Rob Sadowsky,** Executive Director Chicagoland Bicycle Federation

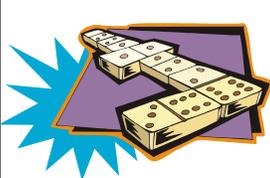
Mr. Sadowsky will discuss very interesting things planned and initiated for the Western suburbs. He also will ask us what we would like the CBF to focus on. Wow! Here is our chance to express important issues we have for our area.

**Thursday, November 9, 2006, 7:15 P.M.**

**Community Bank of Elmhurst**  
330 W. Butterfield Road, Elmhurst  
(at the intersection of Spring Road  
& Butterfield Road)

## UP Cross-Country Ski Trip 2007

The annual EBC cross-country ski trip to the Upper Peninsula of Michigan is scheduled for **February 4 to February 9**. A block of rooms have been set aside at our home base the Indianhead Motel in Ironwood, MI. The price for a double occupancy is \$205 (\$190 over age 69) and for a single is \$255 (\$245 over age 69). The price includes lodging for 5 nights, continental breakfasts, \$10 credit towards dinner each evening and trail passes. 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 day or 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 when 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.

### 2006 Upcoming Events

Watch for more upcoming events at

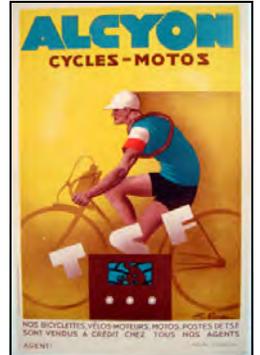
[http://elmhurstbicycling.org/r\\_events.asp](http://elmhurstbicycling.org/r_events.asp)

Dates	Event	Contact
Feb. 4-9. 2007	UP Ski Trip	Sharon Ganske 630-462-3734

## The Story of [www.BicycleGifts.com](http://www.BicycleGifts.com) (and EBC Member Discount!)

How does bicycling become more than bicycling? Already riding 3,000 to 5,000 miles a year, training, age class racing and taking all our vacations with our bikes, we decided to start a business around our love for cycling.

**www.BicycleGifts.com** began with a single item, a recreational ride journal. This came about from Laura's frustration trying to find a real recreational journal, not just a computer spread sheet. Then, as a one item web site wasn't drawing much attention, we started reproducing prints from our collection of original turn of the century cycling posters. They led to other art items, jerseys, t-shirts, jewelry and on and on. Now we have a website with almost 400 cycling related items.



*A vintage poster*

Our little fun retirement business is becoming a real business. We now regularly travel to bicycle rides, races and shows to display and sell. We also find ourselves spending a significant amount of time filling internet orders and searching for new and unique items for our site.

We invite you to visit us at [www.BicycleGifts.com](http://www.BicycleGifts.com), if for no other reason then to view all the great art in our posters. As we have done in the past, if you would like to purchase anything, we are offering a **10% discount to EBC members** through Christmas. Enter the **coupon code EBC** into the box in our shopping cart for the discount or place a phone order at 630.462.5428. Pickup/delivery to the December club meeting can be arranged to save on shipping. Thanks for looking, **Laura and Rich Kuhlman**

## David Polkow Certified Triathlon Coach



EBC member **David Polkow** recently became a USA triathlon coach. The two-time Ironman triathlon finisher loves his sport and enjoys helping others get into triathloning.

Currently, he teaches swimming at the Elmhurst YMCA, <http://www.elmhurstymca.org>, and coaches an Advanced Adult Swim Clinic on Tuesday nights there. He also continues to lead the long running original Sunday Morning Ride where he is more than happy to talk about triathloning and answer any questions. He may also "gently" urge you to push yourself.

If you want more information about Dave or his services you can check out his website at [www.tricoachdave.com](http://www.tricoachdave.com).

## 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, IL</b>	Soccer field parking lot in Campton Hills Park, southwest corner of Campton Hills Dr. and Peck Rd.
<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.

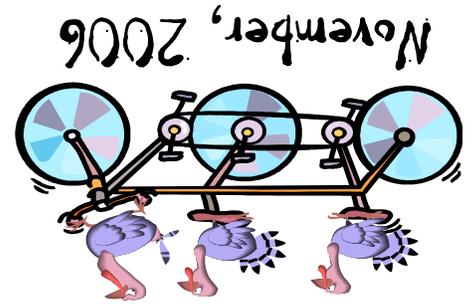
The following is a Release and waives your rights in the event of injury and/or death. In consideration of being permitted to be a member of Elmhurst Bicycle Club and to participate in club rides and/or events, including transportation to and from same, I do hereby for myself, my heirs, executors and 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 CHICAGO AND BICYCLE FEDERATION,  
 THE LEAGUE OF AMERICAN BICYCLISTS,  
 THE LEAGUE OF ILLINOIS BICYCLISTS,  
 LIFE MEMBER ILLINOIS PRAIRIE PATH,  
 MEMBER CONSERVATION FOUNDATION,  
 RAILS TO TRAILS CONSERVANCY,  
 AND ADVENTURE CYCLING.



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

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



Left: **Petra Hofmann's** riders can always be assured of a great meal stop. Here, the group stops at the Goose Island Brew Pub before heading on to Margie's Candies.



Right: At the October club meeting, State Representative Elaine Nekritz of Northbrook gave a fascinating account of the intricacies of sponsoring bicycle-friendly legislation. She stressed how essential it is for cyclists to contact their legislators and remind them how cycling benefits everyone.

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

E-mail **Lew Worthem** at **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: 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)

**For Sale: Coachmen '02 Clipper Pop-Up,** refrig/stove/furn/awning, sleeps 5, GREAT CONDITION, asking \$2,700, call Susan Solberg, 630-993-9291. (photos on Craig's List) (Nov. 06)

**For Sale: Performance Xport Hitch Mounted Bike Carrier,** will hold 3 bikes, \$50 OBO. Contact Marty Kotecki 630-620-6434 (Nov. 06)