



Cue Sheet

December
2006

The Newsletter of the Elmhurst Bicycle Club
Over 29 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!

Good News

for Winter Riders: EBC Miles on 24 Hour Notice

Effective immediately, the EBC will grant club miles for late addition winter rides scheduled with only 24 hours notice. Winter is defined for this purpose as November 1 through March 31. This is to permit us to take advantage of favorable weather forecasts on short notice.



To make this work, I ask that people do two things:

1. Use the ride schedule form on the website. You can find a link to this at the top of the current ride schedule. (Click here to add a new ride!) Check the "late addition" box and your ride will be automatically posted to the website.
2. Please send a ride notice out on the Topica listserv.

Posting on the hotline is encouraged but will not be required. We recognize that the technology may not always cooperate 100%, and that updates to the hotline of some late additions may be sporadic. While the communications may not be 100% ideal, we believe that facilitating more winter rides is a benefit to the club.

If you have a buddy who has no email or internet access, please let him or her know about these late additions as they are posted.

I'm looking forward to seeing more winter rides - stay warm out there! - **Steve Josephs**, Ride Captain

Half Way There!

EBC President **Ray Dal Lago** recently celebrated one of life's milestones—he turned 50! His fellow Sunday morning riders presented him with a copy of "Bike for Life: How to Ride to 100."



However, no 50th birthday celebration would be complete without a roast, and Ray's riders came through with this —

TOP TEN INDICATIONS RAY HAS TURNED 50

10. Has subscribed to the Large Type version of *VeloNews*.
9. Keeps saying left turn when he means right turn.
8. Is considering growing a beard and getting a recumbent.
7. Tells us that he needs Viagra "to improve his VO2 max."
6. Has started to take the very fast ride on "sidewalk sneaks."
5. Was spotted recently in CVS looking over "Grecian Formula" hair products.
4. Has started riding with his head tilted to the right instead of to the left.
3. Actually likes participating in endless discussions concerning ride pace at EBC club meetings.
2. Sells his Paramount to get cash for his Geritol habit.
1. Is starting to like Banana Man.



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. 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
Ray Dal Lago
 630-543-4655
 dlag10@aol.com

Vice President/Ride Capt.
Steve Josephs
 630-655-8710
 stevejosephs@yahoo.com

Treasurer
Phil Keller
 630-964-5795
 philtrains@comcast.net

Metro Metric
Joanne DeZur
 630-833-7688
 cyclejoey@sbcglobal.net

Secretary
Nancy Rice
 630-717-9923
 riceken@netzero.net

Membership Coord.
Kären Schwartz
 630-303-1160
 cteach3@comcast.net

Newsletter Editor
Lew Worthem
 630-835-7270
 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!**

Advocacy
Maureen O'Rourke
 708-660-9185
 mosaussie@aol.com

Publicity
John Park
 630-690-2881
 john1park@comcast.net

Programs
Tom Mara
 630-833-5739
 marafamily@comcast.net

Database Manager
Mary Moroney
 630-629-1812
 cycling33@comcast.net

Internet Bike Info
Rich Kuhlman
 630-462-5427
 rkuhlman99@comcast.net

Website
Cindy Reedy
 630-530-1250
 cmreedy@prodigy.net

List Server
Marty Kotecki
 630-620-6434
 orionradio@hotmail.com

Safety
Larry Gitchell
 708-409-0105
 larsofmars@aol.com

Refreshments
Mary Roe
 630-530-7745
 micronettee@aol.com

Newsletter Collating
Judy Mikesell
 630-833-1036
 mikesell2@juno.com

Sergeant at Arms
Mike Struglinski
 708-246-2089

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

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!

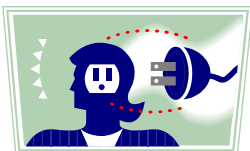
The submission deadline for each issue is Sunday evening following the monthly club meeting. Send items to:

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**

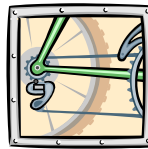


EBC Hotline—630-415-BIKE

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

RON MISJAK, JR. & MARY BAGLIO
 DARIEN

ronjr_at_svspowerdotcom
 marypauline247_at_yahoodotcom

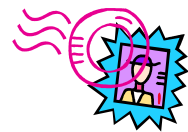
SOURABH NAGALE
 ELMHURST

sourabhtoo_at_hotmaildotcom

ROGER SUDDABY
 DOWNERS GROVE

roger_at_suddabyonlinedotcodotuk

*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, Dec. 29, 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 11/15/06

Type	Memberships	Members
Family	73	172
Individual	178	178
Total	251	350

Ridership as of 11/15

Year	Miles	Events
2006	166,354	714
2005	165,334	697

Renew your membership for 2007

Send in your renewal form (on page 7) with your check, or bring them to the December meeting. If there are no changes since last year, you can just print "no changes" at the top of the form and sign and date. For family memberships, all adults must sign.

2007 Upcoming Events

Watch for more upcoming events at
http://elmhurstbicycling.org/r_events.asp

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

December 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**. Winter rules are now in effect: To be considered for club mileage, late ride additions must be posted on the website and the listserver for a minimum of 24 hours.

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.

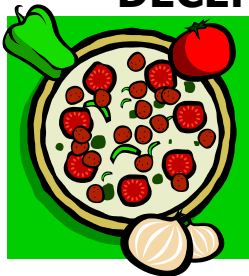
Date	Time	Distance	Start	Ride Leader	Ride Description
Fri., Dec. 1	10:00 AM	Determined by riders who show	Sunset Knoll Park Lombard	Determined by riders who show	Friday Show and Go The riders will determine the ride leader, distance and pace
Sat., Dec. 2	9:00 AM	Determined by riders who show	Depot Elmhurst	Determined by riders who show	Weekly Show and Go The riders will determine the ride leader, distance and pace
Sun., Dec. 3	8:00 AM	20-30 miles 12-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	Sunday with Petra Medium paced Sunday morning ride. Rain, snow or temps below 30F cancel.
Sun., Dec. 3	9:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Sunday Morning Moderate Ride A steady, moderate paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel. Ride canceled if colder than 30 degrees F at start time, raining, or snowing.
Sun., Dec. 3	9:30 AM	20-25 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with optional sprints.
Sun., Dec. 3	Noon	Determined by riders who show	Gazebo Glen Ellyn	Determined by riders who show	Weekly Show and Go The riders who show will decide ride leader, distance and pace.
Tues., Dec. 5	9:30 AM	3 Hour Hike (Approx)	Bemis Woods Oak Brook	Ted Sward 708-354-5782	Ted's Tours - Part 1 Meet at Bemis Woods to explore some of the interesting, little used trails. Bemis woods is located between I-294 (Tri-State) and Wolf Rd on the N. side of Ogden Ave. Bring Snacks.
Wed., Dec. 6	10:00 AM	Determined by riders who show	McCullum Park Downers Grove	Determined by riders who show	Wednesday Show and Go The riders will determine the ride leader, distance and pace
Wed., Dec. 6	6:30 PM	Determined by riders who show	Depot Villa Park	Determined by riders who show	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Fri., Dec. 8	10:00 AM	Determined by riders who show	Sunset Knoll Park Lombard	Determined by riders who show	Friday Show and Go The riders will determine the ride leader, distance and pace

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
Sat., Dec. 9	9:00 AM	Determined by riders who show	Depot Elmhurst	Determined by riders who show	Weekly Show and Go The riders will determine the ride leader, distance and pace
Sun., Dec. 10	8:00 AM	20-30 miles 12-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	Sunday with Petra Medium paced Sunday morning ride. Rain, snow or temps below 30F cancel.
Sun., Dec. 10	9:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Sunday Morning Moderate Ride A steady, moderate paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel. Ride canceled if colder than 30 degrees F at start time, raining, or snowing.
Sun., Dec. 10	9:30 AM	20-25 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with optional sprints.
Sun., Dec. 10	Noon	Determined by riders who show	Gazebo Glen Ellyn	Determined by riders who show	Weekly Show and Go The riders who show will decide ride leader, distance and pace.
Tues., Dec. 12	9:30 AM	3 Hour Hike (Approx)	Teason's Woods	Ted Sward 708-354-5782	Ted's Tours - Part 2 A new trail for your enjoyment. Meet at Teason's FP at the intersection of 111th St. (Rte 83) and 104th Ave. (Willow Springs Rd.). Bring Snacks.
Wed., Dec. 13	10:00 AM	Determined by riders who show	McCullum Park Downers Grove	Determined by riders who show	Wednesday Show and Go The riders will determine the ride leader, distance and pace
Wed., Dec. 13	6:30 PM	Determined by riders who show	Depot Villa Park	Determined by riders who show	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs., Dec. 14	7:15 PM		Community Bank Elmhurst	Ray Dal Lago 630-543-4655	Monthly Club Meeting Board meeting at 6:15 precedes club meeting.
Fri., Dec. 15	10:00 AM	Determined by riders who show	Sunset Knoll Park Lombard	Determined by riders who show	Friday Show and Go The riders will determine the ride leader, distance and pace
Sat., Dec. 16	9:00 AM	Determined by riders who show	Depot Elmhurst	Determined by riders who show	Weekly Show and Go The riders will determine the ride leader, distance and pace
Sat., Dec. 16	12:30 PM	1-2 mile walk	Museum of Science and Industry Ticket Lobby	Lew Worthem 630-835-7270	Wired to Win (and Walk) Explore the relationship between the human brain and the endurance of Tour de France pro cyclists in the spectacular film "Wired to Win" at the Museum of Science and Industry Omnimax theatre. Meet at 12:30 pm at MSI ticket lobby for Jackson Park walk. Film at 2:10 pm. Advance ticket purchase highly recommended. See www.wiredtowinthemovie.com for movie info and http://www.msichicago.org/tickets or call 773-684-1414 to purchase tickets. Museum admission and movie is \$17.00, parking is \$12.00. There will be time for optional visit to new U-505 exhibit. Call Lew for more details and to arrange carpools.
Sun., Dec. 17	8:00 AM	20-30 miles 12-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	Sunday with Petra Medium paced Sunday morning ride. Rain, snow or temps below 30F cancel.
Sun., Dec. 17	9:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Sunday Morning Moderate Ride A steady, moderate paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel. Ride canceled if colder than 30 degrees F at start time, raining, or snowing.
Sun., Dec. 17	9:30 AM	20-25 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with optional sprints.
Sun., Dec. 17	Noon	Determined by riders who show	Gazebo Glen Ellyn	Determined by riders who show	Weekly Show and Go The riders who show will decide ride leader, distance and pace.
Tues., Dec. 19	9:30 AM	3 Hour Hike (Approx)	Red Gate Forest Preserve	Ted Sward 708-354-5782	Ted's Tours - Part 3 Come and enjoy the backwoods trails (some challenging) and visit the site of the world's first nuclear reactor. Red Gate is 1-1/2 miles E. of Rte. 83 on Archer Ave. (Rte. 171) on the south side of the road. Bring Snacks.
Wed., Dec. 20	10:00 AM	Determined by riders who show	McCullum Park Downers Grove	Determined by riders who show	Wednesday Show and Go The riders will determine the ride leader, distance and pace
Wed., Dec. 20	6:30 PM	Determined by riders who show	Depot Villa Park	Determined by riders who show	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Fri., Dec. 22	10:00 AM	Determined by riders who show	Sunset Knoll Park Lombard	Determined by riders who show	Friday Show and Go The riders will determine the ride leader, distance and pace

Date	Time	Distance	Start	Ride Leader	Ride Description
Sat., Dec. 23	9:00 AM	Determined by riders who show	Depot Elmhurst	Determined by riders who show	Weekly Show and Go The riders will determine the ride leader, distance and pace
Sun., Dec. 24	8:00 AM	20-30 miles 12-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	Sunday with Petra Medium paced Sunday morning ride. Rain, snow or temps below 30F cancel.
Sun., Dec. 24	9:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Sunday Morning Moderate Ride A steady, moderate paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel. Ride canceled if colder than 30 degrees F at start time, raining, or snowing.
Sun., Dec. 24	9:30 AM	20-25 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with optional sprints.
Sun., Dec. 24	Noon	Determined by riders who show	Gazebo Glen Ellyn	Determined by riders who show	Weekly Show and Go The riders who show will decide ride leader, distance and pace.
Tues., Dec. 26	9:30 AM	3 Hour Hike	Bull Frog Lake Forest Preserve	Ted Sward 708-354-5782	Ted's Tours - Part 4 Here are some more back woods trails to give you a workout. Bull Frog Lake location: Go 2-1/2 miles east of Rte. 83 on Archer Ave (Rte. 171). Turn right on 91st St. Turn right at first chance. Turn right at stop sign - meet at far end. Bring Snacks.
Wed., Dec. 27	10:00 AM	Determined by riders who show	McCullum Park Downers Grove	Determined by riders who show	Wednesday Show and Go The riders will determine the ride leader, distance and pace
Wed., Dec. 27	6:30 PM	Determined by riders who show	Depot Villa Park	Determined by riders who show	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Fri., Dec. 29	10:00 AM	Determined by riders who show	Sunset Knoll Park Lombard	Determined by riders who show	Friday Show and Go The riders will determine the ride leader, distance and pace
Fri., Dec. 29	7:00 PM	Monthly Collating Party	Mikesell's House Villa Park	Judy Mikesell 630-833-1036	Newsletter Collating Party Join fellow members in preparing next month's newsletter for mailing. Takes about 45 minutes. Call Judy for directions.
Sat., Dec. 30	9:00 AM	Determined by riders who show	Depot Elmhurst	Determined by riders who show	Weekly Show and Go The riders will determine the ride leader, distance and pace
Sun., Dec. 31	8:00 AM	20-30 miles 12-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	Sunday with Petra Medium paced Sunday morning ride. Rain, snow or temps below 30F cancel.
Sun., Dec. 24	9:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Sunday Morning Moderate Ride A steady, moderate paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel. Ride canceled if colder than 30 degrees F at start time, raining, or snowing.
Sun., Dec. 31	9:30 AM	20-25 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with optional sprints.
Sun., Dec. 31	Noon	Determined by riders who show	Gazebo Glen Ellyn	Determined by riders who show	Weekly Show and Go The riders who show will decide ride leader, distance and pace.

DECEMBER MEETING



Holiday Pizza Party

Al Sturges,
of Folks on Spokes Bike
Club and LIB District 1
President will present a
slide show of the 2005
Tour de France



Thursday, December 14, 2006, 7:15 P.M.
Community Bank of Elmhurst
330 W. Butterfield Road, Elmhurst
(at the intersection of Spring Road
& Butterfield Road)



Future EBC Members of the Past

**Who is this young
cyclist preparing
for the day she
will join the club?**

**See the answer
on page 6.**

Metro Metric Invitational Chairmanship

In One Easy Lesson

By Joanne DeZur

The only thing needed at this time for Metro Metric XXVII to go forward is a Chairman. To allay any lingering doubts and reluctance, here is a recap of the Chairman's duties.

Before anything, we need to come up with a theme and a drawing for the shirts and brochures. The brochures need to be finished in time for the League of Illinois Bicyclists mass mailing in late February or early March.

Since we have found a location (Hampshire) that we can use for at least a couple of years, being the Metro Metric Chairman is a simple job, your Chairmen do most of the work.

First of all, the rest stop locations we used in the past need to be contacted so as to set up the date for next year. They are already set up for 2007 and all that needs to be done is for deposits and/or donations to be sent. They require a copy of our latest insurance papers which come out in April, so at that time you notify the insurance company via e-mail and they will send the papers back to you for each location needed.

The Johnson's Mound reservations cannot be made until January 2007. It needs to be requested by a resident of Kane County since a non-resident has to wait until February 2007. In the past Ruth Dover has made our reservations.

The next step is to line up the list of Chairmen:

Rest Stop	Signs
Pre-registration	Publicity
Registration	Donations
Shirts	Food
Sag Drivers	Routes

We have a list of the people who have handled these jobs in the past and some of them are willing to do it again. There is also a list available of all the volunteers which can



This rider gives "Thumbs Up!" to the Metro Metric.

be used by the various chairmen to recruit helpers.

There are folders and instructions for all of the Chairmen along with the names and phone numbers of people who need to be contacted. In the month of June you need to line up leaders for pre-rides the weekend before the Metro to make sure the route is still usable. This information should appear in the July newsletter. In July you also need to have the phone and website message changed after pre-registration is closed.

Since the school is closed on Saturday, you and the registration chairman need to go out there Friday and set things up.

That's it!

Outside of keeping contact with all the chairmen to make sure there are no problems everything else is done. The Metro Metric Chairman is in charge of doing any of the jobs where we have not been able to enlist a Chairman.

I will put a copy of the Metro Metric Time Line list in next month's newsletter and you can see that other things that need to be done are handled by the various Chairmen.

It seems a shame to drop a yearly ride that has been going on for so long and that approximately 600 riders look forward to each year. Remember, the purpose of the Metro Metric is not simply for money, it is to get

all the members together with riders that we might never meet for a fun day. Even though we do not always use as many of the bicycle trails that do exist, by making donations to the various bicycle groups we help other people, maybe your grandchildren or neighbors use these bicycle friendly routes. All the information you need is written up and I will be around to help.

As you can see, it's all quite straightforward. **Your club needs you!** Please think about offering your time.

The young cyclist on page 5 is **Kacy Worcester**.

Directions to Ride Starting Locations

Starting Point	Directions
Community Bank of Elmhurst Elmhurst, IL	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.
Depot Elmhurst, IL	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.
Depot, Villa Park, IL	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.
Gazebo Glen Ellyn, IL	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.
IMAX Theatre Woodridge, IL	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.
McCullum Park Downers Grove, IL	McCullum Park is located at the SE Corner of 67th and Main Streets in Downers Grove.
Panera Bread Elmhurst, IL	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.
Parking Lot at Maple and Park Lombard, IL	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.
Soccer Field St. Charles, IL	Soccer field parking lot in Campton Hills Park, southwest corner of Campton Hills Dr. and Peck Rd.
Sunset Knoll Park Lombard, IL	On Finley, at Wilson, half a mile north of Roosevelt Road. Please park behind the recreation facility; address is 820 South Finley Road.
Volunteer Park Wheaton, IL	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.
Waterfall Glen Forest Preserve Darien, IL	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

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

EBC Officers and Board Members for 2007

were elected and appointed at the November meeting. Left to Right:

Petra Hofmann
 Newsletter Editor,

Tom Manata
 Secretary,

Ray Dal Lago
 President,

Nancy Shack
 Membership Coordinator,

Phil Keller
 Treasurer,

Steve Josephs
 Vice President and Ride Captain.
 Congratulations!



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.

Free: "Banana Man" Costume. Former member Phil Wolpe has passed on this one-of-a-kind item. Contact Mary Moroney 630-629-1812. (Dec. 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)