



The Cue Sheet

THE NEWSLETTER OF THE ELMHURST BICYCLE CLUB OVER 29 YEARS AND STILL RIDING.

February
2007

Serving the Western Suburbs, Northern Illinois, and beyond; riding anywhere, any time of day or night, year round. Come join the fun!

Annual Club Chili Mixer and Ride

Upcoming Events of Interest

Dates	Event	Contact
Feb 4-9 2007	UP Ski Trip	S. Ganske 630. 462.3734
Feb 17 12:30 2007	Mardi Gras Madness Ride	Jane Healy 708.308. 8662
Feb 25 12:00 2007	Chili Mixer	M. Ricke 630. 616.8481
Sep 5-13 2007	Self-Contained Lombard-Minong, WI	J. Ringier 630. 932.0271

New E-mail Addresses

Ray Dal Lago	president_at_elmhurstbicycling.org
Steve Josephs	ridecaptain_at_elmhurstbicycling.org
Phil Keller	treasure_at_elmhurstbicycling.org
Nancy Shack	membership_at_elmhurstbicycling.org
Petra Hofmann	newsletter_at_elmhurstbicycling.org
Tom Manata	secretary_at_elmhurstbicycling.org
Phil Keller	metrometric_at_elmhurstbicycling.org
Nancy Rice	hotline_at_elmhurstbicycling.org (Asst. Ride Captain)

Chili and bicycling go well together as Marge Ricke can tell you. She is again inviting EBC members to The Annual Club Chili Mixer, Sunday, February 25th. Bicycling begins at Noon, with two rides, followed by a 1 pm Hike led by Judy Mikesell. After adding their favorite chili recipe to the huge simmering Chili Pot, attendees will may either bike or hike, as they desire. In addition, Marge asks everyone to bring not only a serving of chili but a side dish or dessert as well. Upon returning to Marge's all will enjoy a spectacular and filling buffet! Please RSVP Marge with your contribution at 630-616-8481, or email at margericke@gmail.com. See ride schedule for directions and event times.

ElmhurstClub Record

Club members achieve new club total, according to Steve Josephs, Ride Captain. He said, during the January club meeting, club members set a new total miles ridden—180,000 miles. Steve added that mileage awards would be made at the March meeting, as many members would be skiing in the Upper Peninsula that week.

Attending a meeting of bike club presidents, Club President, Ray Dal Lago learned many clubs are experiencing a decline in membership, volunteerism, and ride leadership. He added that has not been the experience of the Elmhurst club as club participation is up on all points.

Motorcycles and Bicycles Make Roads Safer?

Bicyclists and motorcyclists have more in common than just their desire to tool around on two wheels. Along with pedestrians, both types of bikers are extremely vulnerable to mistakes motorists make.

When only cars or trucks are involved, a moment of inattention when making a left turn or pulling out of a driveway usually results in only a crumpled fender. Add a biker to the mix—with or without a motor—and it can be lethal.

Traffic Justice Continued on Page 3



Marge Stirring a Pot of Goodness



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 of Directors

	President Ray Dal Lago 630.543.4655 president_at_elmhurstbicycling.org	
Vice President/Ride Capt. Steve Josephs 630.655.8710 ridecaptain_at_elmhurstbicycling.org	Treasurer Phil Keller 630.964.5795 treasurer_at_elmhurstbicycling.org	Metro Metric Co-Chair Phil Keller 630.964.5795 metrometric_at_elmhurstbicycling.org
Secretary Tom Manata secretary_at_elmhurstbicycling.org	Membership Coordinator Nancy Shack membership_at_elmhurstbicycling.org	Newsletter Editor Petra Lynn Hofmann 630.833.1667 newsletter_at_elmhurstbicycling.org
Advocacy Maureen O'Rourke 708.660.9185 morourk_at_chicagonet.net	Publicity John Park 630.690.2881 johnipark_at_comcast.net	Programs Tom Mara 630.833.5739 marafamily_at_comcast.net
Database Manager Mary Moroney 630.629.1812 cycling33_at_comcast.net	Internet Bike Info Rich Kuhlman 630.462.5427 rkuhlman99_at_comcast.net	Website Cindy Reedy 630.530.1250 cmreedy_at_prodigy.net
List Server Marty Kotecki 630.620.6434 orionradio_at_hotmail.com	Safety Larry Gitchell 708.409.0105 larsofmars_at_aol.com	Refreshments Volunteers needed
Newsletter collating Judy Mikesell 630.833.1036 mikesell2_at_juno.com	Sergeant-at-Arms Mike Sruglinski 708.246.2089	Assistant Ride Captain Nancy Rice 630.717.9923 hotline_at_elmhurstbicycling.org

Editorial Guidelines

Cue Sheet welcomes articles, comments, notices, action photos and want ads. Remember to keep it interesting, timely, and pithy. Proofreading 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:

Petra Lynn Hofmann, Newsletter Editor

Phone: 630-833-1667,

Email: Newsletter_at_elmhurstbicycling.org

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

Website Photo Album

Submissions to the EBC website photo page are always welcome. If you have some favorites from 2006, please send them to Cindy so we can get them



Happy Valentines from the Chili Cooks: Lou Fish and Marge Ricke.

in the album.

Remember to pack a camera on your rides this year. The most frequent subject seems to be people eating. Is that because our unofficial motto is "We bike to eat"? Or because that's when we have time to pull out our cameras and take a shot? Our favorites are pictures of people riding their bikes (go figure). We don't have a lot of those, probably because they're the hardest to shoot.

These photos are fun to look at now and we can also enjoy them in the future. Our online photo archive has pictures back to 2002!



Betty, Lou, Judy, Susan, and Marge: A few of Last's years cooks.

Traffic justice

The American Motorcycle Association has taken a leading role in pushing for traffic justice through state capitols across the nation. When the League of American Bicyclists meets in Washington DC for its annual National Bike Summit March 13-16, representatives from the motorcycle association will be on hand to discuss their efforts.

The motorcycle group's Justice for All campaign focuses on inadequate sentencing of drivers who seriously injure or kill others on the road. They seek three changes in state laws:

1. Increase penalties, including jail time, for those who commit manslaughter with a motor vehicle;
2. Impose fines and driver's license suspensions on drivers who commit traffic offenses that injure or kill others;
3. Get motorcycle-awareness instructions included in each state's driver-education program.

LAB to join in?

In December, after another light sentence in a bike fatality was handed down, I emailed League of American Bicyclists executive director Andy Clarke to get his thoughts about what the motorcycle group (AMA) was doing.

"We've heard the same kind of stories and although we have yet to connect directly with the AMA it's about time we did. We've got a lot in common with them even though our numbers (of killed) are smaller. We support this kind of legislation - although haven't officially endorsed one yet."

Maybe the first step will be made at the March conference. In a session entitled "We don't get no respect: An agenda for traffic justice," panelists will include Ed Barsotti of the League of Illinois Bicyclists, Charlie Komanoff of the Traffic Justice Institute, and a rep from the American Motorcycle Association.

A blurb about the panel says "more than 5,000 bicyclists and pedestrians were killed in crashes on roads in 2005, as were 4,500 motorcyclists. Panelists will present ways in which they are seeking greater traffic justice -- and how terrible tragedy can be a catalyst for change."

Some successes

The AMA's Justice for All website says that elements of their campaign have been written into state law in Massachusetts, North Carolina, Virginia and Washington. ABATE, a motorcyclist lobbying group in California, successfully pushed legislation that imposes extra fines for right-of-way violations that result in bodily injury.

The California law wasn't as strong as what ABATE was after, but the group noted at its website: "Although this bill is not what we had originally hoped for, it is still an important bill as it builds our momentum for future bill sponsorships."

In describing its aims, AMA says, "The idea is to recognize that driving (and riding) is a serious responsibility. The consequences of mistakes can be high for victims, and they should be high for offenders, too."

Check out the other panels and activities at this March's National Bike Summit in Washington DC.

Of interest to all, Ray announced, Bike Psychos, an Oak Lawn club, wants to sponsor a bike ride on the new I-355 extension before it opens next Fall. In addition, he has asked for comments, pro and con, on joint rides with other area bicycle clubs. He added, Bike to Work Week is June 11 to 15 and The Chicagoland Bicycle Federation will sponsor a stop at the Elmhurst Metra Station.

"What would you like to learn about?" is the question Tom Mara, club Programs Chair, posed at the meeting. Tom is interested in hearing ideas and suggestions for meeting presentations. Thanks to Tom, the club has watched and listening to a variety of presenters, from bike tourers to health care professionals, and member ideas are needed to keep the presentations varied and interesting to all.

MONTHLY MEETING

Thursday, January 11, 2007,
7:15 P.M.
Community Bank of Elmhurst
330 W. Butterfield Road, Elmhurst
(at the intersection of Spring Road & Butterfield Rd.)

'06 - '07 Membership Count

Type	Memberships	Members
F	72	166
I	186	186
TOTAL	258	352

New Members

Alice Foret
Naperville
aforet19_at_aol.com

Jim Miller
Roselle
quency_king_at_sbcglobal.net

Adam Rutkowski
Glen Ellyn
thedoctuh_at_yahoo.com

John Sima, Jr.
Elmhurst

Marilyn Wilkerson
Elk Grove Village
marilynwilkerson_at_hotmail.com

ELMHURST BICYCLE CLUB

Compiled by Steve Josephs

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 HOT-LINE, 630-415-BIKE. To be considered for club mileage, late ride additions must be listed for a minimum of 3 days. —or— Winter rules.

WINTER RULES: During the months of Central Standard Time, rides must be posted on the listserver a minimum of 24 hours in advance.

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 discontinue listing a ride at a "medium," "moderate," etc., pace. Use the following as a guide if you are used to using "slow, medium, fast, etc." to describe the ride pace.

8-10 = very slow	14-16 = medium
10-12 = slow	16-18 = fast
12-14 = moderate	18-20+ = very fast

Repeating Club Rides					
Day of the Week	Time	Distance	Start	Leader	Ride Description
Sunday	8:00 AM	20-30 miles 11-14 mph	Panera Bread Elmhurst	Petra Hofmann 630.290.5173	Sundays with Petra Precipitation and temps below 30 deg F. cancel. Call if in doubt.
	9:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentzen 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 30F at start time, raining, snowing or unsafe road conditions.
	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.
	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.
Monday					
Tuesday					
Wednesday	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
	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.
Thursday	2nd Thursday 7:15 PM		Community Bank Elmhurst	Ray Dal Lago 630.543.4655	Monthly Club Meeting Board meeting precedes club meeting.
Friday	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
	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
Saturday	10:00 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

CLUB RIDE CALENDAR

Presidents, VP and Ride Captain

Special Rides and Events					
Sun., Feb. 4 - Fri., Feb. 9		Ski, Hike, etc.	Ironwood, Michigan	Sharon Ganske 630.462.3734	UP Ski Trip Upper Peninsula of Michigan Ski Trip. Sunday, February 4 through Friday, February 9, 2007. Contact Sharon for more details.
Sun., Feb. 25	Noon 1:00 PM 3:00 PM	25-30 miles 13-15 mph 15-20 miles 10-13 mph Hike	TBA Mary Mo- roney Judy Mike- sell Yumm!!	Marge Ricke's House 16W701 Red Oak Bensenville 630-616-8481	Chili Ride Two bike rides and a hike will be featured before the Chili Buffet. Everyone is invited to bring a serving of chili to be added to the "Pots" (one vegetarian, one meat). Then while the chillies are blending you can do a bike ride or a hike. All



Chili, after a cold Winter workout.

Free Cue Sheets

by

Cindy Reedy and Sharon Ganske
Attention ride leaders, or potential ride leaders, now is the time to plan your routes for the 2007 season. To assist your planning, we have created a list of ride sheets created by many EBC Ride Leaders including: Jeff Wincentsen, Larry Gitchell, and Lew Worthem, to name a few. If you need, either a little help or just plain inspiration, check out the great cue sheets at www.elmhurstbicycling.org/m_cuesheets.asp; listed are more than 40 cue sheets. To find them:

1. Use the top drop down menu: Members Pages > Ride Leaders Info > Cue Sheets;
2. From the bottom menu, the last item in the first column;
3. Use the search function on the home page;
4. Or, copy and past http://www.elmhurstbicycling.org/m_cuesheets.asp into your browser window.

You can use the cue sheets as written or modify them to fit your needs. Change the starting place, shorten the ride, even ride the route backwards, of course, riding backwards can be difficult in traffic. We hope you will find these cue sheets inspiring and easy to use in planning your next EBC Bicycle Ride.



Ride Start Locations and Directions

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 _ 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 1_ 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 Lilia Park and the Helen Plum Memorial Library in Lombard.
Soccer Field St. Charles	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.
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. _ mile north of Roosevelt Road, _ 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.

Sunrise and Sunset Times

Bill Schwartz

When planning any ride during the season, I naturally like to take into account when the daylight hours are for the day. This is particularly important for rides during the week, most of which are in the evening, after work. I thought that since many of us are currently planning club rides which will take place two or three months from now it might be convenient to note the sunrise and sunset times to help us plan the length of the rides that we lead.

Daylight Savings Time:

2007 2.a.m. March 11 2 a.m. Nov. 4

Sunrise / Sunset February 2007 Chicago, Illinois				
Date	Twilight	Sunrise	Sunset	Twilight
4th	6:31am	7:00am	5:07pm	5:37pm
11th	6:23am	6:52am	5:16pm	5:45pm
18th	5:45pm	6:43am	5:25pm	5:54pm
25th	6:04am	6:32am	5:34pm	6:02pm

From: <http://www.sunrisesunset.com/>

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.

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