



THE CUE SHEET

The Newsletter Of The Elmhurst Bicycle Club
Riding Strong Over 30 Years.



A club serving; Northern Illinois, Chicagoland, and beyond: riding anywhere, any time, day or night--year round. Come join the fun!

Coming Events:

Chili Ride, Feb 25 @ Marge Ricke's

St. Pat's Ride, Mar 18, Contact: WWW.WHEELMEN.COM

Field Trip, American Cycle, 639 Ogden Ave. Downers Grove, Apr 20th. 6 pm. Contact: Tom Mara, 630.833.5739 or Email: MARAFAMILYATCOMCAST.NET

Bike the Drive, May 27, Contact: WWW.BIKETRAFFIC.ORG

Rt 66 Trail Breaking, Jun 2, Contact: WWW.BIKELIB.ORG

Self-Contained Ride to Minong, WI Sep 5-13 Contact: Jerry Ringier

Items of Interest

The League of Illinois Bicyclists:

Senate Bill 80. A 3' passing clearance proposal. Contact your state senator.

Chicago Bike Federation Roadside Memorial, Contact: WWW.DRIVEWITHCARE.COM

Fun Stuff

EBC Member Crossword Puzzle, pp 6-7

Send to The Cue Sheet:

You Favorite banana recipe and we'll publish the most interesting and tasty by editorial tastes.

Getting in Shape for Touring

Riding a loaded bicycle is a demanding physical challenge. Here are a few training tips that will help to prepare you for that challenge.

Base Training Miles

Start training at least four months before the planned departure date. One month of riding four to six days a week, either inside on a trainer or outside on the bike, is sufficient. You want to spin the bike at a high rate of revolutions per minute (RPM) -- at least 90 RPM -- and use easy gears. A good goal is to have from 300 to 600 miles, roughly 20 to 30 hours on a trainer, under your belt. Also, take time to work into a stretching routine. This will get your muscles, tendons, and ligaments ready for the next stage of training.

Building Strength

The goal for the next month is to build up riding strength in your body, once you have a good base of training. This is the stage where you gradually start mixing in more difficult training. Riding hills and structuring training to include intervals and sprint training are key to this stage.

(Continued on page 3)

Meeting Set to Plan Wednesday Rides

Carol Nield is again hosting this year's planning meeting for the Wednesday morning ride, which will be held on Wednesday, March 7, in her home, 6326 Fairview Ave. Downers Grove. The meeting, preceded by a 12-15 mile ride or a 4 mile hike depending upon the weather, begins at 11:30. The ride or hike will start at 9:30 with lunch being served before the meeting.

The Wednesday morning rides are an important part of the EBC schedule. For without leaders we cannot offer the wide variety of rides; by destination, length, and speed, that so many of you enjoy. Please bring your ideas and ride plans to the meeting for those rides you are planning to lead. Call [CAROL AT 630-964-2488](tel:630-964-2488) with your questions.



The UP Ski Trip for 2007, they don't look too COLD.



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.ELMHURSTBIKING.ORG. If you're not near a computer and need ride information, try the EBC Hotline at 630-415-BIKE (630-415-2453)

Elmhurst Club Officers and Board Members

Position	Name	Phone	Email
President	Ray Dal Lago	630.543.4655	presidentATelmhurstbicycling.org
Vice President/Ride Captain	Steve Josephs	630.655.8710	ridecaptainATelmhurstbicycling.org
Treasurer	Phil Keller	630.964.5795	treasurerATelmhurstbicycling.org
Metro Metric Co-Chair	Phil Keller	630.964.5795	treasurerATelmhurstbicycling.org
Secretary	Tom Manata	630.971.1012	secretaryATelmhurstbicycling.org
Newsletter Editor	Petra Hofmann	630.833.1667	newsletterATelmhurstbicycling.org
Membership Coordinator	Nancy Shack		membershipATelmhurstbicycling.org

Standing Committees

Advocacy	Maureen O'Rourke	708.660.9185	morourkATchicagonet.net
Publicity	John Park	630.690.2881	john1parkATcomcast.net
Programs	Tom Mara	630.833.5739	marafamilyATcomcast.net
Database Manager	Mary Moroney	630.629.1812	cycling33ATcomcast.net
Internet Bike Info	Rich Kuhlman	630.462.5427	rkuhlman99ATcomcast.net
Website	Cindy Reedy	630.530.1250	cmreedyATprodigy.net
List Server	Marty Kotecki	630.620.6434	orionradioAThotmail.com
Safety	Larry Gitchell	708.409.0105	larsofmarsATAol.com
Refreshments	Volunteers needed		
Newsletter collating	Judy Mikesell	630.833.1036	mikesell2ATjuno.com
Sergeant-at-Arms	Mike Sruglinski	708.246.2089	
Assistant Ride Captain	Nancy Rice	630.717.9923	hotlineATelmhurstbicycling.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: NEWS-LETTERATELMHURSTBICYCLING.ORG



I
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H
O

This issue is about change: style, entertainment, interesting and informative content, and fun. Further, I like pictures, lots of pictures of club members enjoying the activities of the club. I think nothing better illustrates what we do than pictures of our food stops, shivering hands and feet in the U.P., and of course, my favorite: Sunday mornings, cool and quiet under a bright Sun. I hope you as a reader and a club member find each issue interesting enough to return to—several times each month.

Since the EBC is much like a family, we all seem to learn about each other's personal lives, I thought a crossword puzzle would be a fun way to test what we know about each other. The idea came during a conversation with Nancy Shack, the club crossword expert. Thanks to the many who sent in names and clues. The results are on page six and the answers on page eleven.

From the League of Illinois Bicyclists comes notice of State Senate Bill 80: a 3 foot passing lane requirement. Bicyclists tend to be quite opinionated in their politics and often disagree; however, this bill requires all our attention and input. Please make your thought known to your local senator.

After some discussion during the past few Board of Directors meetings, it is decided that we will print some of the more important issues discussed in the meetings, as a means of letting member know about important issues. Keep in mind, board meetings are open to all members and if one has specific questions, please ask any of the board members.



(Continued from page 1)

You want to mix this type of training in gradually while maintaining your spin rides between workout rides. Don't overdo it. Mix in easy rides and rest days. The goal is preparation, not overworking your body. Days you work on sprints should be the shortest riding days, and easy riding days should be longer. Remember, strength does not mean crushing huge gears. Higher rates of spinning will get you up the hills faster with less energy used. Hill climbing and strength training should be continued once or twice a week into the next stage of training.

Building Endurance

This stage is meant to build up endurance for longer rides. Start by taking longer rides once or twice a week. By the end of this third month, you should be riding 40 to 50 miles a day, two days a week. Start toning down the strength riding for the sake of spending time in the saddle. Start enjoying the rides. Ride to places locally where you have either never been or haven't seen in a long time. Ride many hills and enjoy the views. Take a meal with you and stop to enjoy it.

Ride with Weight

This is the most important stage of training. About six weeks before your departure date, begin to carry weight on the bike as you ride -- particularly on the long endurance days. Begin slowly, carrying about 20 pounds or so, and work your way up to carrying all of your gear a couple of times a week for two weeks before your trip starts. You need this time to build strength in your ligaments, muscles, and tendons. This will help to avoid injuries and prepare you for an enjoyable trip.

By Brian Martindale, former Adventure Cycling Tours Director. For all of your bicycle touring needs, visit WWW.ADVENTURECYCLING.ORG.

These three braved -27 deg F. wind chill to keep the Sunday morning tradition alive. Our mitts go off to: Karen, Eric, and Dave.



Even in the UP the EBC is not too far away from food.



Your Health

QUICK STRETCH BREAKS

These stretches are to help alleviate fatigued muscle/tendon groups based on the sustained cycling postures. These can be done whenever you feel a specific area is fatigued or tense. Some of these may be done as you cycle; all can be done after you've gorged at a rest stop.

Do these slowly, with smooth movement, and just to the degree you're comfortable with. Typically each stretch should be held for a count of 3 to 5. These should not cause any pain!

FOR THE NECK:

1. Chin Down: Since cycling requires looking upward, tuck your chin down to the chest.
2. Chin Swings: Tuck chin to chest, then slowly swing head to right then left, looking over your shoulder each time.

FOR THE NECK and SHOULDERS:

3. Arms back: Since cycling requires sustained forward reaching, stand upright and bring arms back behind the body.
Advanced method: Clasp hands behind body and, keeping arms straight, lift arms upward toward head.

FOR THE LOW BACK:

4. Lean back: Since cycling requires bending forward at the waist, stand upright and place both hands over the small of your back. Lean or bend backward at the waist only to the degree of comfort. Do not tilt the chin upward!
5. Side bend: Stand upright and place right hand on right hip.

(Continued on page 4)



The Anti-Aging Law Of Compensation: You Must Apply It

by
Barbara Morris, R.Ph.

The so-called civilized world we live in makes it difficult to maintain youthful attributes and stay healthy. Fast food, pollution, low and non-nutrition processed edibles eaten as food, stress, medications, lack of adequate information and our own negligence contribute to health problems and signs of premature aging. To get around it, you can do one of two things: just let it happen or be on the offensive with compensating measures.

The obvious thing to do is to be on the offensive. But how do you do that?

Let's talk about dehydration. Do you drink coffee or caffeine drinks such as colas or so-called energy drinks? If so, then you must compensate by drinking more water. Caffeine is dehydrating. For every can of caffeinated soda or cup of coffee at least an equal amount of water is in order. If you don't compensate, the dehydration shows up as gray, flaky dry skin.

Do you drink alcohol? It's dehydrating. That's one reason why your face looks like the wrath of God the morning after just a few drinks the night before. For every glass of wine or bottle of beer, you should consume an equal amount of water - or more. The hard stuff is even more damaging. Yes, you will be running to the potty, but you will be compensating for the dehydration and you will feel better in the morning because you have eliminated a lot of the alcohol toxicity.

Alcohol also depletes B vitamins. Some folks who like a glass of wine follow it with a B Complex capsule and a glass of water.

Overall, caffeine and alcohol are the least egregious offenders. Most folks don't drink an excessive amount of coffee or alcohol on a daily basis.

There is something more damaging than daily caffeine and occasional alcohol. It's what most people use a lot of on a daily basis over a long period of time: prescription medications. Medication induced nutrient loss is responsible for more health problems that anyone realizes. The pharmaceutical companies do not mention nutrient loss in advertising, although warnings may appear in literature no one reads. And chances are that traditionally trained physicians and pharmacists aren't educated enough about nutrition to be aware.

For example, has your physician or pharmacist ever warned you that estrogen replacement depletes magnesium? Magnesium depletion causes muscle weakness, depression, dizziness, hypertension, and heart problems. That doesn't mean you should stop taking estrogen (if in fact you choose to replace estrogen) but you do need to make certain you are getting enough magnesium. A physician who practices integrative medicine will know enough to prescribe compensating nutrients.

Blood pressure medications such as Tenormin and Lopressor deplete CoQ10 which is absolutely vital to stabilize cellular membranes and give cells energy to function. Statin drugs that lower cholesterol deplete CoQ10 as well. Diuretics ("water pills") may cause magnesium, potassium, and zinc depletion. Men with prostate problems already tend to have zinc deficiency and if it is not supplemented the prostate can enlarge.

(continued on next page)

(Continued from page 3)

Slowly lean sideways (still facing front) to the right. Repeat on left side.

FOR THE ELBOWS:

6. Arm straighten: Since cycling requires bending the elbows, let arms hang at sides. Slowly push elbows out so arms are as straight as possible.

FOR THE WRISTS/HANDS:

7. Wrist circles: Since cycling may require various postures, slowly do clockwise and counterclockwise wrist circles.

8. Wrist straight: If you tend to ride with wrists extended (i.e., bent backward), allow wrists to be neutral or straight. Let them hang at your side straight

9. Hand fan: Since cycling requires prolonged gripping, slowly fan the fingers apart. Keep the wrists straight or neutral.

Note: Ensure you have good padding on the bike handles and on your gloves. Avoid prolonged gripping. Try to keep a loose grip if needed for long periods.

FOR THE LEGS:

10. Leg back: Holding onto a stable object, take the right hand around the ankle, lifting the right leg behind you, knee bent. Lift upward. Repeat with left leg.

11. Lunge forward. Hold onto stable object if needed, bend right knee and partially squat, extending left leg back behind you. Keep upper body upright, don't bend forward over bent knee. Switch legs and repeat.

12. Ankle circles: Holding onto a stable object, lift right knee up and circle the ankle clockwise and counterclockwise. Repeat with left leg.

By: Meredith A. Wayant, NBC



Top 100 Bicycle Retailers

From Boulder Sports Research: There are many great specialty bicycle retailers in the United States. Industry representatives voted for The Top 100 from the more than 5100 bicycle retailers and can be found at WWW.BICYCLERESEARCH.COM/Top100/

Local Illinois and Wisconsin retailers included in the list: KOZY'S CYCLERY & FITNESS, Chicago; TURIN BICYCLE, Evanston; BUDGET BICYCLE CENTER, Madison; CRANK DADDY'S BICYCLE, Milwaukee; RUSSELL'S CYCLE & FITNESS, Washington, IL; WHEEL & SPROCKET, Hales Corners, WI.

The Anti-Aging Law Of Compensation: You Must Apply It

Medications such as Tagamet and Pepcid cause depletion of vitamin B12 and folic acid. A deficiency of these two vitamins causes homocysteine levels to rise. High homocysteine causes irritation of blood vessel walls. When cholesterol flows through them, it clings to the irritated walls and then you have clogged arteries. We can't live without cholesterol. It is vital for cell membrane integrity and hormone production among other things. But we can't live with cholesterol when it is clogging arteries as a result of high homocysteine.

You don't have to wait for your doctor to prescribe B12 and folic acid. You can buy B12, preferably in the form of methylcobalamin under-the-tongue tablets available over the counter. Folic acid tablets are also available without a prescription.

Don't suffer premature aging and loss of youthful attributes due to dietary indiscretion, neglect, or just not knowing. You can do a lot to help yourself. When you learn to compensate, or find a doctor who can help you avoid what you don't need, or help with what you do need, you will stay healthier and more youthful a lot longer.

The Anti-aging Law of Compensation is too important to ignore. Educate, compensate, and take care of yourself! If you don't, who will?

Re-printed by permission of The Author: Barbara Morris, R.Ph. author of "Put Old on Hold."
Sign up for her newsletter at WWW.PUTOLDONHOLD.COM

A Chicago Auto Show protester. Why? Auto shows glorify the use of automobiles to the detriment of all.

[HTTP://AUTOSHOWSHUTDOWN.ORG/](http://AUTOSHOWSHUTDOWN.ORG/)



Parrots of Telegraph Hill

Parrots eat from the hand of Mark Bittner of Telegraph Hill. Birds perch in the cypresses of which only two remain on Telegraph Hill.

San Francisco city officials are prepared to go out on a limb for the world-famous wild parrots of Telegraph Hill, offering to take responsibility for maintaining and insuring a pair of aging trees where the flock hangs out to the delight of bird lovers and tourists.

According to the measure, the "wild parrots have become a valued aspect of the identity and culture of the Telegraph Hill neighborhood, bringing curiosity and joy to both residents and visitors to San Francisco.



Who Are These Members?

We ride with each other most every day and after awhile it's like an extended family. Often we learn more than we think we should; however, isn't it fun? To test your knowledge of some of your fellow members I've created a fun cross-word puzzle. My thanks to Nancy for generating this idea and with more names and clues I will create another puzzle for next month. So, send in those names and clues.

Across

-
2. Like the rabbit--keeps on riding. (9)
 4. The quiet 'bent rider. (9)
 6. Thanksgiving mailing (12)
 9. who to call for a split (12)
 12. Don't mess with the mileage. (11)
 13. Is there a biking grandmother in the house? (7)
 16. List guy (12)
 18. Try athelete? (12)
 19. Rings a bell? (12)
 24. You're in good hands with her. (10)
 25. ND fan (8)
 27. Stocks and ... (9)
 29. Plainfield H.S. (15)
 30. The sag lady (11)
 31. Walk the dogs or ride the bicycle. (12)
 32. Camping is worth learning. (10)
 33. Sergeant Pizza (15)



Down

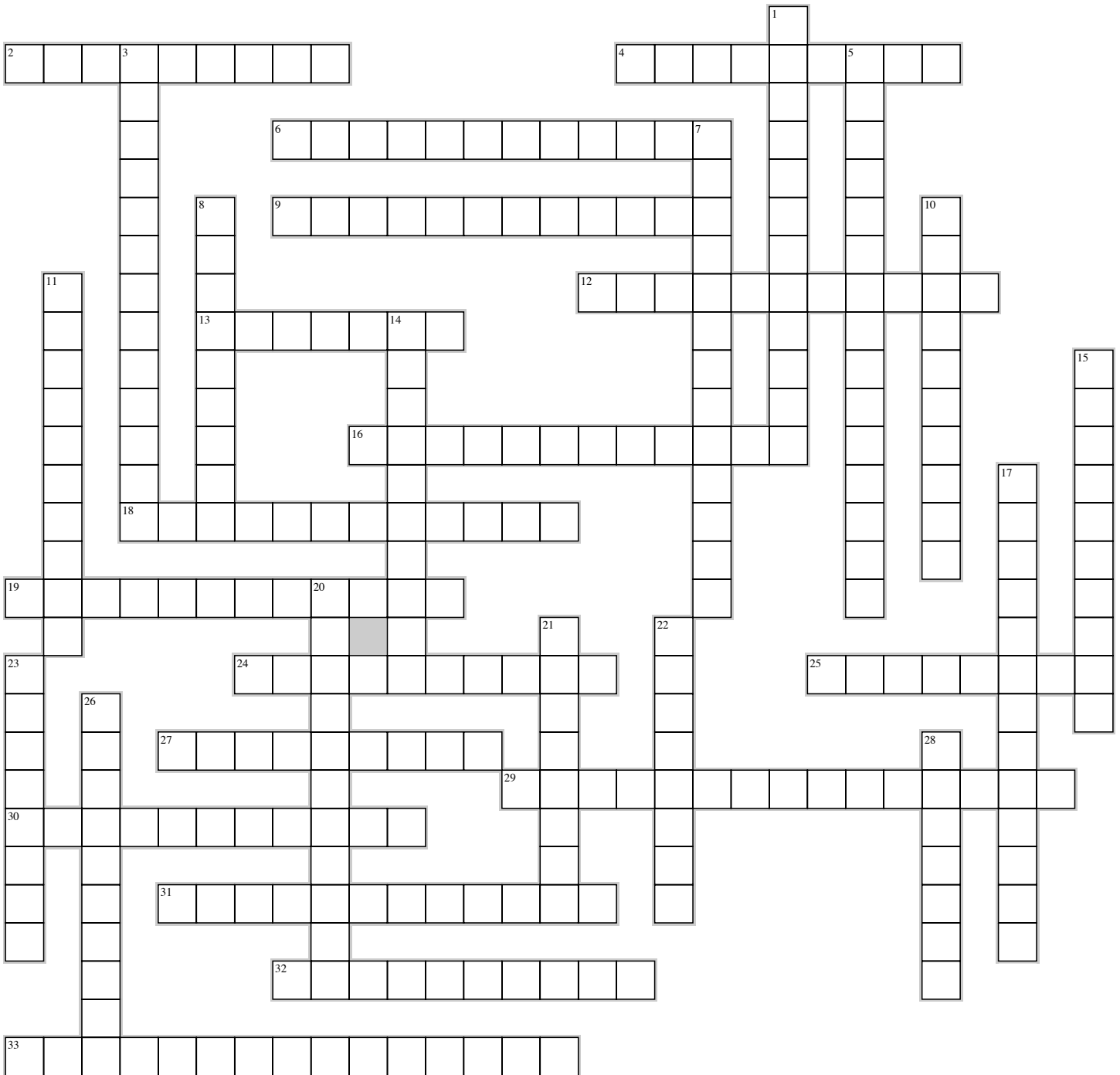
-
1. Band Leader or Capuccino (12)
 3. Boat builder (13)
 5. State capital or a doctor (15)
 7. Star Wars (13)
 8. Oh! Nuts (9)
 10. partner to furniture builder (10)
 11. Wears it on bike. (10)
 14. Matching bike and clothes (10)
 15. Dog Trainer and Chili Buff (10)
 17. Which Paul am I? (13)
 20. It's raining Subway's (11)
 21. Who's got the bacon? (8)
 22. Lewis and Clark (8)
 23. Honey and Paws (8)
 26. Word Play (10)
 28. good presentations are important. (7)

'07 Membership Count		
Type	Memberships	Members
F	41	94
I	106	106
Total	147	200



Test Your Knowledge and Crossword Skill

Journalist Arthur Wynne is credited with creating the first modern crossword puzzle in 1913. It was presented in *New York World* on December 21, 1913 and soon became a regular feature. More and more newspapers starting publishing crosswords, and by 1924 crossword puzzles were a worldwide craze.



Created with EclipseCrossword - www.eclipsecrossword.com

Answers on page 11



CLUB

Special Rides And Events

Date	Time	Distance	Start	Leader	Ride Description
Sat., Mar. 3	9:00 AM	45 Miles @ 13-15 mph	Depot Elmhurst	Larry Gitchell 708.409.0105(H) 708.421.0120(C)	High Wheels to High Wheeler '07 Pedal to the annual High Wheeler model railroad show at Harper College in Palatine. Ride will be on paved bike paths and roads, some busy. We will either visit the train show, or just look at it through the windows, depending on the mood of the group. (Show admission \$5). We'll stop for lunch or snacks somewhere around Woodfield. Bring a lock.
Wed., Mar. 7	9:30 AM Ride 11:30 AM Meeting	12-15 miles @ 10-12 mph	6326 Fairview Ave. Downers Grove, Caol Nield's vHouse	Carol Nield 630.964.2488	Planning Meeting Ride 9:30 Bike ride, 11:30 Planning Meeting for Wednesday morning rides Food will be served between Ride and Meeting. If it is snowy or icy we will hike instead.
Thurs., Mar. 8	7:15 PM		Community Bank Elmhurst	Ray Dal Lago 630.543.4655	Monthly Club Meeting Board meeting precedes club meeting. Karen and Bill Schwartz will give a presentation on their trip to New Zealand. This is to be a 45 minute slide and video presentation.
Sat., Mar. 10	8:00 AM	40-60 Miles @ 16-18 mph	Gazebo Glen Ellyn	Eric Peterson 630.532.8298(C) 630.355.5803(H)	Glen Ellyn - Naperville A fast-paced ride from Glen Ellyn to the outer reaches of Naperville and back.
Wed., Mar. 14	9:30 AM	20-25 miles @ 11-14 mph	Katherine Legge Park 59th and County Line Rd, Hinsdale	Mary Jo Bolan 630.887.9652	Oak Brook Ride to McDonalds at the Oak Brook shopping center. This ride is cancelled if the predicted high temperature for the day is less than 32 degrees, or if the roads are wet or icy.
Wed., Mar. 21	9:30 AM	20 miles @ 11-13 mph	McCollum Park Downers Grove	Carol Nield 630.964.2488	Brookeridge Aero Community Ride to Brookeridge Aero Community. Bring Snacks.
Fri., Mar 23	7:00 PM	Monthly Col lating 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., Mar. 24	8:00 AM	40-60 Miles @ 16-18 mph	Gazebo Glen Ellyn	Eric Peterson 630.532.8298(C) 630.355.5803(H)	Glen Ellyn - West A fast-paced ride from Glen Ellyn across the Fox River to St Charles and back.
Mon., Mar. 26	6:00 PM	20-25 miles @ 13-15 mph	Depot Elmhurst	Larry Gitchell 708.409.0105(H) 708.421.0120(C)	Monday Night Ride - Prologue The MNR season kicks off with a twilight ride around the western suburbs. Headlight and taillight required.
Wed., Mar. 28	9:30:00 AM	20-25 miles @ 11-14 mph	Spring Rock Park Western Springs	Gerry Fekete 708.352.0913	Ride to Riverside Ride to Riverside with a stop for coffee, etc. Call if weather is questionable.

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 STEVEJOSEPHSATYAHOODOT-COM, or see Steve at the monthly meeting. You can submit a late ride addition by emailing or calling **Nancy Rice**, RICEKENATNETZERODOTNET, 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. —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.



RIDES

Weekly Repeating Rides

No dates are given as these rides occur on the same day every week.

Day	Time	Distance	Start	Leader	Ride Description
Sunday	8:00 AM	20-30 miles @ 11-14 mph	Panera Bread Elmhurst	Petra Hofmann 630.290.5173	Sunday with Petra Sunday morning touring ride, back by 11 am as usual, precipitation an still air temps be low 30 deg. F. cancel the ride. Call if in doubt.
	8:30 AM	25-32 miles @ 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630.832.8131	Sunday Morning Fast Ride A brisk paced road ride with no rest stops, finished by 11am. May be shorter in bad weather. Bring enough food/drink to refuel.
	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 foo drink to refuel. Ride canceled: if colder than 30F at start time, raining, snowing or unsafe road conditions.
	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.
Tuesday	10:00 PM	35 miles @ 14-16 mph	IMAX Woodridge	Bill Schwartz 630.963.6252	Tuesday Moderate Ride Tuesday moderate ride starting at 10 AM from the lmax Theatre in Woodridge to Naperville and back. The ride is about 35 miles.Call cell 630-303-1160 or 708-334-6250 if the weather looks iffy.
Wednesday	10:00 AM	Determined by riders who show	McCollum Park, Downers Grove	Determined by riders wh 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 wh show	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thursday (starts 3/8)	10:00 AM	30 miles @ 15-17 mph	Soccer Field Peck & Campton Hills Rd. St Charles	Bill Schwartz 630.963.6252	Maple Park Ride to Maple Park from St. Charles. Call cell 630-303-1160 or 708-334-6250 if the weather looks iffy.
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
Saturday	10:00 AM	Determined by riders who show	Depot Elmhurst	Determined by riders who show	Saturday Show and Go The riders will determine the ride leader, distance and pace

Attention Ride Leaders. Please discontinue the use of "Slow," "Medium," and "Fast," to describe your ride pace, use the chart below to convert the descriptions to miles per hour. Thank you from your Ride Captain.

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



The Elmhurst Bicycle Club

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 required for family Membership

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



We Welcome The Following New Members

JOHN DOMEIER

Naperville

JOHNPDOMIER@SBCGLOBAL.NET

STEPHEN SINDERSON

Elmhurst

STEVE@WOODLANDPLASTICS.COM

LISA FERGUSON

Lombard

LFERGUSON9413@COMCAST.NET

Who Are These Members?

Answer Key

Across

2. JIMHENNIG—Like the rabbit--keeps on riding.
4. JOEPREBIL—The quiet 'bent rider.
6. JUDYMIKESELL—Thanksgiving mailing
9. ROLANDPORTER—who to call for a split
12. MARYMORONEY—Don't mess with the mileage.
13. LOUFISH—Is there a biking grandmother in the house?
16. MARTYKOTECKI—List guy
18. STEVEJOSEPHS—Try athelete?
19. JERRYRINGIER—Rings a bell?
24. CAROLNIELD—You're in good hands with her.
25. JOHNPAK—ND fan
27. BETTYBOND—Stocks and ...
29. JANETKOLUDROVIC—Plainfield H.S.
30. VICKIORTEGA—The sag lady
31. DANAELSESSER—Walk the dogs or ride the bicycle.
32. LEWORTHEN—Camping is worth learning.
33. MIKESTRUGLINSKI—Sergeant Pizza

Down

1. FRANKAMOROSI—Band Leader or Capuccino
3. HAROLDLASSERS—Boat builder
5. BALITMOREORTEGA—State capital or a doctor
7. LARRYGITCHELL—Star Wars
8. PAULBOYCE—Oh! Nuts
10. FREDABROWN—partner to furniture builder
11. ELLENWEBER—Wears it on bike.
14. SUSANSPEL—Matching bike and clothes
15. MARGERICKE—Dog Trainer and Chili Buff
17. PAULPARTIANUN—Which Paul am I?
20. GERRYFEKETE—It's raining Subway's
21. ALSTANKE—Who's got the bacon?
22. JIMGROSS—Lewis and Clark
23. ERICVANN—Honey and Paws
26. NANCYSHACK—Word Play
28. TOMMARA—good presentations are important.



Sunrise and Sunset Times

Bill Schwartz

March 2007
Chicago, Illinois

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 until 2 a.m. Nov. 4

Date	Twilight	Sunrise	Sunset	Twilight
4th	5:53	6:21	17:42	18:10
11th	6:42	7:10	18:50	19:18
18th	6:30	6:58	18:58	19:26
25th	6:18	6:46	19:06	19:34

Courtesy of WWW.SUNRISESUNSET.COM

Notes from the Board of Directors

- * Discussed possibility of selling advertising space in newsletter.
- * More research would be needed to determine cost of advertising space but wanted all board members present.
- * Steve Josephs asked if board meeting minutes should be published in the newsletter. It was decided that some bullitt points of the meeting can be published in newsletter but full board meeting minutes are available to any club member at request.
- * Suggested that qualifying members over the past 5 years be offered a ride leader jersey. All stressed the importance of earning the jersey through the proper number of rides over a three year period.