



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

April Club Meeting: From the Bike Shop in Glen Ellyn comes Chris Leyba, to discuss the various materials used in the manufacture of bikes and the special purpose of each. This presentation will be of particular interest to those considering the purchase of bicycle.

Thank you to the following who have purchased \$300 adds to support the Metro Metric. The Wheel Thing in LaGrange 708-352-3822, Village Cycle Sport in Elk Grove village and Arlington heights 847-439-3340, Lickton Cycle 708-383-2130, and Spokes in Wheaton 630-690-2050

Tuesday Morning New Adventure Ride: Planning of scheduled rides, no more than 20 miles at a speed of 8 to 10 mph., meeting starts at 1 pm. Apr. 20th. Joanne's address: 793 N. Eastland St. Elmhurst.

Pro-Level Spring Training

By Richard Kuhlman

Just as baseball players head for spring training camp so do professional and serious amateur cyclists. This year four EBC members attended Robbie Ventura's Vision Quest Solvang, CA training camp. For one week we got to "do it like the pros", ride the same routes, climb the same mountains, and have the same level of support as a professional cycling team. We flew into Santa Barbara Airport and were picked up and taken to our hotel in Solvang that would be our base of operations for the week. The first night we had a team meeting, received our goodie bags from our sponsors and our VQ camp jersey. We had previously received the weeks itinerary and knew the next day would be a five mile uphill out, five mile downhill back time trial race that would separate us into three ability groups. At the kick-off meeting we were also given our massage schedule and had a chance to meet all the other campers as we had riders from FL, MD, CA and WI as well as the core VQ group from IL. There was one coach or staff member for each three campers. This consisted of six coaches, four mechanics and an IT person to handle all data downloads from our PowerTaps, SRM's and Ergo Meters each day. Each night group standings were ready for us at dinner.

Each day's ride was different. The first day was a good ride out to the TT course; our race and followed by a 20-25 mph double pacerline ride back to our hotel. In the afternoon we did a core and strength workout. Day two was a long endurance ride for our group through a beautiful canyon over big rolling terrain with several tough climbs. In the afternoon we had a skill training

session. Picking up and setting down water bottles both left and right handed while riding started the fun. Next we rode bumping shoulders and riding leaning onto other riders followed by tight figure eight turning drills around cones and we finished working on track stands. Day three consisted of a 10 mile warm-up ride followed by a five mile uphill race and our usual pacerline romp back to our hotel. After the ride we did street sprints. Cones were set up the length of the hotel parking lot and pairs of riders did sprint races drag racing style. Day four was the big magilla, our ride up and over Mt Figueroa. This is a climb Lance Armstrong calls one of the toughest in the world, 17 k up with 1 mile of dirt, grades as high as 14% and a 9% average. The fastest riders did it in a little over an hour and the slowest riders took a little over two hours to do the climb. Our last day of riding was to be one of the most exciting, a handicap race for the camp championship. Each ride up to now had been timed and each of the three groups were divided into two and all but the top half of the A group given a time handicap. The ride was a 28 mile, out and back, handicap race to Jalama Beach. There was a major early climb of 3+ miles followed by rolling terrain down to our turnaround at the ocean. We then climbed back up and over to the finish. Not long after the start of the race we had a heavy rain come through which provided me personally with one of the greatest adrenalin rushes I have ever experienced, flying down a steep switchback hill in a pouring rain, 18" off the wheel in front of me with a steady stream of water pouring over me from the pacerline. It just doesn't get any better than that. Fortunately the rain did stop and we finished the race in cool bright sunshine.

(Continued on Page 2)



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 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

This was an incredible finish to one of the hardest weeks of riding we have ever done. The last night we had a celebration dinner with awards and stories that never wanted to end. There are so many things that made this camp so special. I list just a few. We had four chase cars with us every day, two vans with our mechanics and two of the SRAM neutral support cars from the Tour of California. If we had a flat we simply raised a hand, the support car pulled up with a new wheel and we were off immediately. The Sram cars had extra bikes for riders as well in case of a major mechanical problem. Every night we gave our bike to our assigned mechanic with any tuning instructions and for a wash if we wanted it. In the morning all our bikes were lined up for us with tires pumped and ready to go. There were bars, gells and sports drinks for us every morning and recovery drinks at the end of each ride. Coaches rode with each group giving us tips on improving our performance and to cheer us on in the toughest sections. At dinner each night we discussed the ride for the next day, the standings in each group and watched slide shows or video of the days ride. The camaraderie of the riders, whether an A group Cat 1 racer or a club rider in C was amazing, everyone cheered and rooted for every rider in all our events.

None of us who were lucky enough to attend this camp can wait for Spring Training 2008!



Metro Metric Needs YOU!

It is never too early to think: sun, warm weather, bicycling, sweet corn and cookies! In only four more months, on July 29th, The Elmhurst Bicycle Club will host the 27th Annual Metro Metric Invitational ride in Hampshire, Illinois. We need your help. Volunteers are greatly needed to assist with this wonderful event of fun and camaraderie. Please consider donating a few hours of time sometime the last Sunday in July. Call Phil Keller to see how you can help make this a wonderful experience for all participants. Call 630.964.5795 now.

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: NEWSLETTERATELMHURSTBICYCLING.ORG



CLUB RIDES

Date	Time	Distance	Start	Leader	Ride Description
Sun Apr 1	8:00 AM	20-25 miles 10-13 mph	Panera Bread Elmhurst	Petra Hofmann 630-290-5173	Sunday with Petra We'll begin the season slow and short to build our strength (Mine!) and as always, precipitation and temps below 30 deg.F cancel. Further, as the first ride of the month falls on the First, we will likely just eat someplace and admire our clean and perhaps new bikes.
Sun Apr 1	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with one short rest stop, finished by 11am. Bring enough food/drink to refuel.
Sun Apr 1	8:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	Sunday Morning Moderate Ride Sunday Morning Moderate Ride (SMMR) A steady, moderate paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel. Ride canceled if raining or colder than 30F at start time.
Sun Apr 1	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.
Mon Apr 2	6:00 PM	25-30 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Full Moon Over Fullersburg Daylight Savings Time is here - and a full moon too! Celebrate with a Monday Night Ride to Oak Brook and beyond. Please bring lights; we'll get back after dark.
Tues Apr 3	9:00 AM	15 miles 8-10 mph	McCullum Park Downers Grove	Carol Nield 630-964-2488	Ride to IKEA Ride to the IKEA Store in Bolingbrook for their 99 cent breakfast.
Tues Apr 3	10:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6252	Tuesday Moderate Ride We'll lead a Tuesday moderate ride starting at 10 AM from the Imax 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.
Wed Apr4	9:00 AM	20 miles 11-15 mph	McCullum Park Downers Grove	Janet K 964-5126	Bolingbrook Ride Take a Wednesday ride with Janet K. to Bolingbrook.
Wed Apr4	9:00 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 Apr4	10:00 AM	52 miles 15-17 mph	Sunset Knoll Park Lombard	Isaac R. Samayoa 630-627-3852	From Lombard to St. Charles We'll ride from Lombard to St. Charles via Wayne. Pit-stop at Wayne's Forest Preserve, snack at Smithy's in St. Charles.
Wed Apr4	6:30 PM	Distance TBD 11-13 mph	Parking lot Maple and Park Lombard	Determined by riders who show	Wednesday Night Intermediate Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed Apr4	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders who show	Wednesday Night Fast Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs Apr 5	10:00 AM	50 miles 16-18 mph	Soccer Field Peck and Campton Hills Rd. St Charles	Bill Schwartz 630-963-6252	Sycamore Ride Ride to Sycamore from St. Charles. Call cell 630-303-1160 or 708-334-6250 if the weather looks iffy.
Thurs Apr 5	06:15 PM	25-30 miles 16-18 mph	Depot Elmhurst	Tom Mara 630-833-5739	Thursday Night Ride Join Tom for 25-30 miles, weather and traffic permitting . Lights and road bike recommended. If weather is threatening, bad ground conditions or under 30 degrees will be cancelled. Check your tires, chains and brakes - it's Spring.



Date	Time	Distance	Start	Leader	Ride Description
Fri Apr 6	10:00 AM	40-45 miles 14-16 mph	Sunset Knoll Park Lombard	Isaac R. Samayoa 630-627-3852	From Lombard to Batavia We'll ride from Lombard to Batavia via Fermi Lab. Pitstop at Fermi Lab, snack at Golden Arches.
Sat Apr 7	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 Apr 8	8:00 AM	20-25 miles 10-13 mph	Panera Bread Elmhurst	Petra Hofmann 630-290-5173	Sunday with Petra We'll begin the season slow and short to build our strength (Mine!) and as always, precipitation and temps below 30 deg.F cancel.
Sun Apr 8	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with one short rest stop, finished by 11am. Bring enough food/drink to refuel.
Sun Apr 8	8:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	Sunday Morning Moderate Ride Sunday Morning Moderate Ride (SMMR) A steady, moderate paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel. Ride canceled if raining or colder than 30F at start time.
Sun Apr 8	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.
Mon Apr 9	6:00 PM	25-30 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Monday Night Ride The MNR is back for another season of exploring Western Cook and Eastern DuPage counties. Mostly pavement. Lights required through April.
Tues Apr 10	9:00 AM	18 miles 8-10 mph	Waterfall Glen Northgate parking lot	Mary Jo Bolan 630 887-9652	New Adventure All road ride with a coffee break
Tues Apr 10	10:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6252	Tuesday Moderate Ride We'll lead a Tuesday moderate ride starting at 10 AM from the Imax 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.
Wed Apr11	9:00 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 Apr11	9:30 AM	25 miles 10-12 mph	Spring Rock Park Western Springs	Ted Sward 708-354-5782	Oak Brook Nooks and Cranies Lunch at the Lodge, Roads and Trails
Wed Apr11	10:00 AM	52 miles 15-17 mph	Sunset Knoll Park Lombard	Isaac R. Samayoa 630-627-3852	From Lombard to St. Charles We'll ride from Lombard to St. Charles via Wayne. Pitstop at Wayne's Forest Preserve, snack at Smithy's in St. Charles.
Wed Apr11	6:30 PM	Distance TBD 11-13 mph	Parking lot Maple and Park Lombard	Determined by riders who show	Wednesday Night Intermediate Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed Apr11	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders who show	Wednesday Night Fast Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs Apr 12	10:00 AM	50 miles 16-18 mph	Soccer Field Peck and Campton Hills Rd. St Charles	Bill Schwartz 630-963-6252	Sycamore Ride Ride to Sycamore from St. Charles. Call cell 630-303-1160 or 708-334-6250 if the weather looks iffy.
Thurs Apr12	7:15 PM		Community Bank Elmhurst	Ray Dal Lago 630-543-4655	Monthly Club Meeting Board meeting precedes club meeting.
Fri Apr 13	9:00 AM	35 miles 12-14 mph	Busse Woods Schaumburg	Dick Diebold 847-891-6010	Friday Ride with Dick Diebold Join Dick for a Friday ride around the Schaumburg area; may be shorter if adverse conditions. Lunch after the ride. Meet at first lot off Biesner.
Fri Apr 13	10:00 AM	40-45 miles 14-16 mph	Sunset Knoll Park Lombard	Isaac R. Samayoa 630-627-3852	From Lombard to Batavia We'll ride from Lombard to Batavia via Fermi Lab. Pitstop at Fermi Lab, snack at Golden Arches.



Date	Time	Distance	Start	Leader	Ride Description
Sat Apr 14	7:30 AM	50-70 miles 16-18 mph	IMAX Woodridge	Eric Peterson 630.532.8298 (c) 630.355.5803 (h)	IMAX to Plainfield and back We will head south and west towards Plainfield then back through Naperville. Hope to see you there.
Sat Apr 14	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 Apr 14	9:00 AM	30-43 miles 11-15 mph	Plainfield High School	Janet K 964-5126	Plainfield Ride Join Janet K. for a ride from Plainfield High School.
Sat Apr 14	9:00 AM	25-30 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Navy Pier Expedition Take a ride to Navy Pier to check out the glazed almonds and the rest of the goodies. There also seems to be some kind of bicycle show happening.... Expect some busy streets and traffic congestion. Bring money or your own snacks and a good lock.
Sun Apr 15	8:00 AM	20-25 miles 10-13 mph	Panera Bread Elmhurst	Petra Hofmann 630-290-5173	Sunday with Petra We'll begin the season slow and short to build our strength (Mine!) and as always, precipitation and temps below 30 deg.F cancel.
Sun Apr 15	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with one short rest stop, finished by 11am. Bring enough food/drink to refuel.
Sun Apr 15	8:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	Sunday Morning Moderate Ride Sunday Morning Moderate Ride (SMMR) A steady, moderate paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel. Ride canceled if raining or colder than 30F at start time.
Sun Apr 15	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.
Mon Apr 16	6:00 PM	25-30 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Monday Night Ride The MNR is back for another season of exploring Western Cook and Eastern DuPage counties. Mostly pavement. Lights required through April.
Tues Apr 17	10:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6252	Tuesday Moderate Ride We'll lead a Tuesday moderate ride starting at 10 AM from the Imax 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.
Tues Apr 17	10:30 AM	35-40 miles (add'l 20 if de- sired) 12-14 mph	Depot Elmhurst	Betty Bond 630-932-0271 630-881-1177 cell	Single or Double Dippin' at Ben & Jerry's We will ride to Ben & Jerry's Schaumburg location for a free cone. Bring lunch or eat at the sandwich shops in this area. If you would like a few more miles we can drop those that don't at the depot and ride to Oak Park Ben & Jerry's for another free cone for an additional 20 miles.
Wed Apr 18	9:00 AM	35 miles 11-15 mph	Cedar Rd and the trail in New Lenox	Janet K 964-5126	Old Plank Trail Take a Wednesday ride with Janet K. on the Old Plank Trail.
Wed Apr 18	9:00 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 Apr 18	10:00 AM	52 miles 15-17 mph	Sunset Knoll Park Lombard	Isaac R. Samayoa 630-627-3852	From Lombard to St. Charles We'll ride from Lombard to St. Charles via Wayne. Pit-stop at Wayne's Forest Preserve, snack at Smithy's in St. Charles.
Wed Apr 18	6:30 PM	Distance TBD 11-13 mph	Parking lot Maple and Park Lombard	Determined by riders who show	Wednesday Night Intermediate Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed Apr 18	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders who show	Wednesday Night Fast Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.



Date	Time	Distance	Start	Leader	Ride Description
Thurs Apr 19	10:00 AM	50 miles 16-18 mph	Soccer Field Peck and Campton Hills Rd. St Charles	Bill Schwartz 630-963-6252	Sycamore Ride Ride to Sycamore from St. Charles. Call cell 630-303-1160 or 708-334-6250 if the weather looks iffy.
Thurs Apr 19	06:15 PM	25-30 miles 16-18 mph	Depot Elmhurst	Tom Mara 630-833-5739	Thursday Night Ride Join Tom for 25-30 miles, weather and traffic permitting. Lights and road bike recommended. If weather is threatening, bad ground conditions or under 30 degrees will be cancelled. Check your tires, chains and brakes - it's Spring.
Fri Apr 20	10:00 AM	40-45 miles 14-16 mph	Sunset Knoll Park Lombard	Isaac R. Samayoa 630-627-3852	From Lombard to Batavia We'll ride from Lombard to Batavia via Fermi Lab. Pitstop at Fermi Lab, snack at Golden Arches.
Fri Apr 20	06:00 PM	1-1/2 hours demonstration and discus- sion	American Bicycle 639 Ogden Ave. Downers Grove	RSVP to Tom Mara, 630-833-5739 - Club Members Only	Mechanical Evening at American Bike The focus of the evening will be basic mechanics - replacing the chain, front and rear derailleaur adjustment, and general bike checks. Due to size limitations, this event is open to club members only, please RSVP to Tom Mara.
Sat Apr 21	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 Apr 22	8:00 AM	20-25 miles 10-13 mph	Panera Bread Elmhurst	Petra Hofmann 630-290-5173	Sunday with Petra We'll begin the season slow and short to build our strength (Mine!) and as always, precipitation and temps below 30 deg.F cancel.
Sun Apr 22	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with one short rest stop, finished by 11am. Bring enough food/drink to refuel.
Sun Apr 22	8:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	Sunday Morning Moderate Ride Sunday Morning Moderate Ride (SMMR) A steady, moderate paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel. Ride canceled if raining or colder than 30F at start time.
Sun Apr 22	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.
Mon Apr 23	6:00 PM	25-30 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Monday Night Ride The MNR is back for another season of exploring Western Cook and Eastern DuPage counties. Mostly pavement. Lights required through April.
Tues Apr 24	10:00 AM	16-20 miles 8-10 mph	McCullum Park Downers Grove	Peter Turula 630 968-3527 (630 643-3527 at ride time)	New Adventure Ride - McCollum New adventure road ride on residential streets and low traffic roads.
Tues Apr 24	10:00 AM	35 miles 14-16 mph	IMAX Woodridge	Determined by riders who show	Tuesday Moderate Ride With the Schwartzes on bike tour, we'll show and go for the usual Tuesday ride.
Wed Apr25	9:00 AM	25 miles 12-15 mph	Waterfall Glen Northgate parking lot	Mary Jo Bolan 630 887-9652	Ride to LaGrange An all road ride with a coffee stop
Wed Apr25	9:00 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 Apr25	10:00 AM	52 miles 15-17 mph	Sunset Knoll Park Lombard	Isaac R. Samayoa 630-627-3852	From Lombard to St. Charles We'll ride from Lombard to St. Charles via Wayne. Pitstop at Wayne's Forest Preserve, snack at Smithy's in St. Charles.
Wed Apr25	6:30 PM	Distance TBD 11-13 mph	Parking lot Maple and Park Lombard	Determined by riders who show	Wednesday Night Intermediate Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed Apr25	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders who show	Wednesday Night Fast Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.



Date	Time	Distance	Start	Leader	Ride Description
Thurs Apr 26	06:15 PM	25-30 miles 16-18 mph	Depot Elmhurst	Tom Mara 630-833-5739	Thursday Night Ride Join Tom for 25-30 miles, weather and traffic permitting . Lights and road bike recommended. If weather is threatening, bad ground conditions or under 30 degrees will be cancelled. Check your tires, chains and brakes - it's Spring.
Fri Apr 27	9:00 AM	35 miles 12-14 mph	Busse Woods Schaumburg	Dick Diebold 847-891-6010	Friday Ride with Dick Diebold Join Dick for a Friday ride around the Schaumburg area; may be shorter if adverse conditions. Lunch after the ride. Meet at first lot off Biesner.
Fri Apr 27	10:00 AM	40-45 miles 14-16 mph	Sunset Knoll Park Lombard	Isaac R. Samayoa 630-627-3852	From Lombard to Batavia We'll ride from Lombard to Batavia via Fermi Lab. Pitstop at Fermi Lab, snack at Golden Arches.
Fri Apr 27	7:00 PM	Monthly Col- lating Party	Mikesell's House Vil- la 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 Apr 28	7:30 AM	60-80 miles 16-18 mph	IMAX Woodridge	Eric Peterson 630.532.8298 (c) 630.355.5803 (h)	IMAX to Yorkville and back We will head west through Naperville out to Yorkville and back. Hope to see you there.
Sat Apr 28	9:00 AM		Great Western Trail Carol Stream	Steve Josephs 630-235-9841	Annual Trail Cleanup Please come out and help with the annual Earth Day trail cleanup. We have volunteered to cover our usual section of the Great Western Trail - between Schmale and Gary in Carol Stream. Please bring work gloves and trash bags - more details to come.
Sat Apr 28	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 Apr 28	9:00 AM	30-43 miles 11-15 mph	Plainfield High School	Janet K 964-5126	Plainfield Ride Join Janet K. for a ride from Plainfield High School.
Sun Apr 29	8:00 AM	20-25 miles 10-13 mph	Panera Bread Elmhurst	Petra Hofmann 630-290-5173	Sunday with Petra We'll begin the season slow and short to build our strength (Mine!) and as always, precipitation and temps below 30 deg.F cancel.
Sun Apr 29	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with one short rest stop, finished by 11am. Bring enough food/drink to refuel.
Sun Apr 29	8:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	Sunday Morning Moderate Ride Sunday Morning Moderate Ride (SMMR) A steady, moderate paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel. Ride canceled if raining or colder than 30F at start time.
Sun Apr 29	10:00 AM	3 miles	Messenger Woods Forest Preserve	George Hermach 630-717-1660 (cell 630-886-1151 day of hike)	Wildflower Photography Hike in Messenger Woods Leisurely hike to enjoy the spring wildflowers, especially Red and White Trilliums, Blue-Eyed Marys, and an entire valley of Virginia Bluebells. We'll stop to examine and photograph the flowers along the way. Hiking boots recommended as trails may be muddy. Messenger Woods is east of Lockport off Bruce Rd and just west of Parker Rd. Meet at the parking lot at the end of the road into the forest preserve. Call for directions if you can't find it on your map. Hike cancelled if rainy.
Sun Apr 29	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.
Mon Apr 30	6:00 PM	25-30 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Monday Night Ride The MNR is back for another season of exploring Western Cook and Eastern DuPage counties. Mostly pavement. Lights required through April.



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

Elmhurst Bicycle Club
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www.elmhurstbicycling.org

Elmhurst Bicycle Club Board Meeting Minutes

March 8, 2007

President - Ray Dal Lago

- A trust is willing to give money to small organizations like EBC. Our club would then turn the money over to CBF.
- A fund raiser for brain tumor research will be held in Glen Ellyn on April 21st.
- Ray stated he has all Metro Metric material with cue sheets, etc. See Ray if these items are needed.

Ride Captain - Steve Josephs

- Earth Day Cleanup is coming up soon. See newsletter for details.
- Steve suggested that if a business donates money to the club, perhaps they could get an add in the newsletter.

Petra Hofmann-Newsletter

- Petra suggested having business sponsorships for the Metro Metric rest areas.

- Petra asked for a vote on newsletter sizing and it was voted to keep it at 8 pages.

Nancy Shack-Membership

- Currenty EBC 120 individual renewals, 44 family renewals which represents 94 people for a total of 214 members. There are approx 90 memberships that have not been renewed.

Phil Keller-Treasurer

- EBC received a thank you from the Hudoc family for showing sympathy in the death of Ruth and James Hudoc.
- Richard Schouten has a bike for sale and asked EBC to mention to club members. It is a Vision model 485 Tandem.
- League of Illinois Bicyclists thanks EBC for a recent donation of \$100.
- Phil asked if we are going to have supporter logos on the back of club jerseys.
- Phil suggested not to advertise on back of jerseys and would rather sell advertising space on the newsletter.

For Sale

New in the box X-PORT 2 BIKE HITCH RACK. Will fit 2" or 1 1/4" hitch receivers. Regular price \$140-\$180, asking \$100. Contact John K. at 630-257-9013 or biker369@sbcglobal.net.



Thanks for the Adventure

If Jeff or Larry advertise a ride to American Science and Surplus, and they are both on the ride....expect adventure! Finding a new way due to snow fences blocking the route, paved trails that should be labeled mountain trails with glass and sharp curbs (how good are your reflexes), crashes (only fatality - one Waterford), thru roads being taken out so climbing over obstructions, down culverts, thru mud and water could be a possibility, etc. Thanks for the adventures!

Susan S.

