



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

Chicago Bike Federation:
Bike the Drive, May 27,
Contact: www.biketraffic.org. EBC needs packet pick-up volunteers.

World Naked Bike Ride Chicago

on the evening of SATURDAY JUNE 9th 2007.

The ride raises awareness against oil dependency and promotes positive body image.

It's "bare-as-you-dare" and includes inline skaters. Chicago has had record turnouts in past years.

<http://worldnakedbikeride.org/chicago>

Rt 66 Trail Breaking

Jun 2, Contact: www.bikelib.org

Metro Metric XXVII

Sunday, July 29, 2007

Self-Contained Ride

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

Items of Interest

Chicago Bike Federation

Roadside Memorial,
Contact: www.drivewith-care.org

Bike Routes to Chicago

Larry Gitchell

Our esteemed newsletter editor asked me to write an article concerning routes to and in Chicago. I was at a loss as to how handle this subject, until one rainy afternoon while slacking off at the local all-you-can-devour Chinese restaurant; I was struck by an analogy between riding and making parts in the machine shop.

Typically, in my shop, getting the blank for the part cut loose from the big piece of raw material is the hardest part - and when riding in Chicago, the hardest part is getting to Chicago!

Thanks to the influence of (the recently re-elected) Mayor Daley, Chicago has an abundance of bike lanes. The city publishes an official bicycle map that indicates where they are - except it doesn't show anything an inch outside the city, leaving finding a route from the suburbs an exercise for the reader. I got mine at the Chicago Bike Show. Try the website listed on the back of the map: ChicagoBikes.org. They have links for an on-line version or to get the map by mail .

The common on-line mapping sites (Google Maps, Yahoo Maps, Mapquest) can be helpful, but they may not point out which streets are one-way, and they won't help at all in showing where the stoplights are. This can be important, as it's usually easier and safer to cross major streets at a light, even if it means being on a relatively busy street, than to have a pack of cyclists rushing across willy-nilly between traffic.

Monday night riders have heard my line about "riding in west Cook County - bad pavement, bad traffic, bad neighborhoods, and sometimes all three at once!"

Despite popular perception, the neighborhoods are the least thing you have to be worrying about. Bad pavement and traffic congestion are much bigger problems. To deal with the bad pavement, you can ride a mountain bike or a hybrid

Continued On page 3

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)

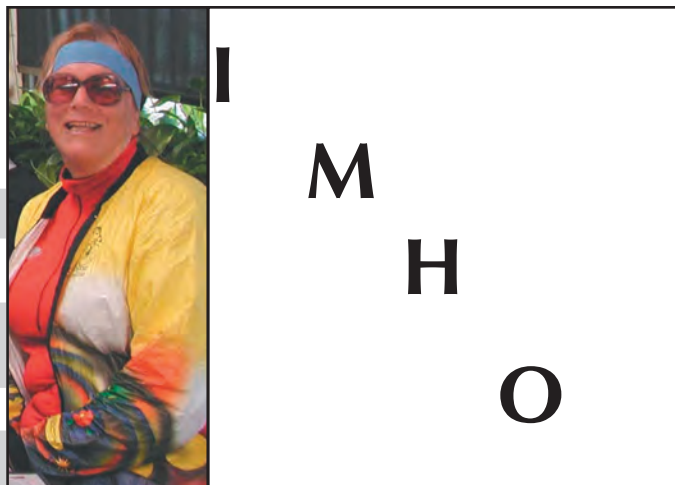


"Careful, you almost made eye contact".

Boston Globe Caption Contest winner.



Elmhurst Club Officers and Board Members



Position	Name	Phone	Email
President	Ray Dal Lagot	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 Ed- itor	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 Man- ager	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 need- ed		
Newsletter col- lating	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

The first few months as newsletter editor have proven to be quite interesting and challenging. We've attempted to make the newsletter attractive and interesting—sometimes successfully, it think.

Coming changes readers will see are: 1. The addition of advertising from Metro Metric sponsors. We believe this is an excellent way to generate financial support for club activities and customer support for our advertisers. To show our support we hope all club members will think to say, "Thank You," as they shop in advertiser's stores.

2. Beginning with the next issue, the Ride Schedule will be published as a separate document on the EBC website, (BTW, members will find we've already begun doing so) doing so will permit members to easily either download or print-out the ride schedule without the extra newsletter pages.

Most non-profit organizations have or are moving to electronic publishing, the EBC is no different. We think by moving to complete on-line publication we will be able to create a more colorful and attractive publication without the limitation and expense of printing and mailing a hardcopy of the newsletter, perhaps as soon as the June issue. For those very few who don't have computer or library access to the internet, we hope one of your fellow club members can make a copy for you.

We would like to thank everyone for their comments and criticisms. We hope to continually improve not only the quality but the content as well. *Petra*

Editorial Guidelines

The 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@ELMHURSTBICYCLING.ORG**



News From:

The League Of Illinois Bicyclists

LIB's "Share the Road" Radio Ads Broadcast Statewide

During the week of May 7-11, radio listeners on many stations around the state learned about sharing the road with bikes. The LIB-produced radio spots, funded through an IDOT grant, aired during morning and afternoon drive times. Topics addressed in the 30-second dialogue include: obeying traffic laws and showing courtesy, bicyclists' right to be on the road, not honking the horn at bikes, and waiting until it is safe to pass a bike with at least three feet clearance.

Three Foot Passing Rule, Other Bills Advance

Illinois motorists may soon be required to give cyclists at least three feet passing clearance, if Senate Bill 80 continues to move forward in Springfield. The bill, proposed by LIB, calls for the following changes to Illinois' Vehicle Code:

- 1) Three Foot Passing Clearance – existing law requires that vehicles pass others at a safe distance. SB80 clarifies this with a specific minimum clearance for passing bikes.
- 2) Bicycles to Far Right Rule – adds the exception allowing cyclists to "take the lane" where right turns are authorized. Also, clarifies other exceptions.
- 3) Right arm hand signal – allows this option to signal a right turn.

On February 28, SB80 passed the Senate Transportation Committee.

LIB's Ed Barsotti testified, along with Senate sponsor Sen. Ed Maloney and House sponsor Rep. Elaine Nekritz. Both Maloney and Nekritz related personal experiences of getting injured by cars that passed too closely. On March 8, the bill passed the Senate unanimously and moved to the House.

Meanwhile, LIB supports two other significant bills that are advancing:

- Senate Bill 314 (Maloney) – calls on IDOT to establish bike and pedestrian facilities as part of their state road projects, with reasonable exceptions.
- House Bill 1382 (Black) – creates the offense of "negligent vehicular homicide" to fill a gap in prosecution between traffic offenses and reckless vehicular homicide.

Help these bills become law – status and action alerts at www.bikelib.org

LIB's new "SWFR" tour Sept. 29 – Oct. 1

The new "Shawnee Weekend Forest Ride" is a weekend or 3 day fall tour from LIB. Loops of 30, 62, and 100 miles will wind through the hills of the beautiful Shawnee National Forest south of Carbondale. Lodging will be at Touch of Nature Environmental Center located north of Giant City State Park. For details and sign-up, see www.bikelib.org/swfr.

Become an individual member at www.bikelib.org/join

Continued from page 1

with fatter tires and probably a suspension fork. "Slime" in the inner tubes or one of the various brands of tire liners will help avoid flats from glass or road debris.

I've actually encountered fewer problems with motorists heading into Chicago than I have on, say, High Lake Road in Winfield, but any ride heading into the city is going to encounter traffic congestion. Another detail we're not so used to dealing with out here in the 'burbs is the long lines of parked cars. One car door can really wreck your day.

City streets aren't the place to be riding high speed pachelines anyway, so drop back the pace, open up the pack a bit, and keep an eye up the road for obstacles. Once you get used to the environment, you'll find the big city has plenty of worthwhile destinations. Just a partial list from the last couple years: Navy Pier, Oriental Institute at U of C, Hegewisch, Hot Doug's, Astor Street, Garfield Park Conservatory, Millennium Park, the Handlebar Grill.

So when you see a city ride on the schedule, come out and join us. You'll find riding into Chicago fun, fascinating, and less aggravating than driving.



May Club Meeting: U.S. Cycling Hall of Fame Inductee to Visit

John Vande Velde, USA National Champion, USA Olympic Team member, and Pan American Team medalist will be the guest speaker at the May meeting of the Elmhurst Bicycle Club. Mr. Vande Velde, as a professional cyclist, represented the US in the World Championships four times and has been involved in several TV commercials. In addition, he can be seen cycling in the movie, "Breaking Away." He is also a member of Mayor Daley's 2016 Olympic committee and will be speaking on several issues of interest to all club members.

Our thanks go to Bruce Glaser of The Wheel Thing, LaGrange for assistance in arranging Mr. Vande Velde's visit.

A Great Way to Climb Hills

The inventor of the Bicycle Lift and the owner of the company Design Management AS, Jarle Wanvik, is a true bicycle enthusiast. He always finds an excuse for parking his car and using his bicycle instead.

In daily transport to and from work, to the shopping center etc., it is uncomfortable to be too warm and sweaty. In 1992, Wanvik got luminous visions about a bicycle lift that could carry cyclists uphill. Inspired by the ski lift technology, he visualized a lift design by which the cyclists could be pushed uphill without having to descend the bicycle.

There's more information on this interesting device at: <http://www.trampe.no/english/index.php>



We Welcome the following New Members:

**CLARENCE
ALBERTSON**
Villa Park

DONNA ALEXANDER
Wooddale
donna.alexander@ge.com

MATT HILDRETH
Villa Park
mdhildreth@yahoo.com

CHRIS H. KAPOLAS
Hinsdale
ckapolas@payvilleusa.com

BOB MAIERS
Elmhurst
bob@chicagorecords.com

TIM MOORE
Elmhurst
mrt0630@comcast.net

HARRIET ROSE
Lisle
harriethr@comcast.net

DEBBIE WARNER
Aurora
iltrigirl@yahoo.com

'07 Membership Count		
Type	Memberships	Members
F	55	130
I	151	151
Total	206	281

TREK BICYCLE STORE
EST. 1982

TREK FISHER LEMOND SEROTTA
All Your Cycling Needs
Sales - Service - Custom - Bike Fitting
Expert Assistance

639 Ogden Ave Downers Grove
630 971 8877
www.americanbike.com



KEEP YOUR BIKE SAFE

Many bikes are easily stolen because they are not locked. Your first line of defense is a good lock, properly used. Lightweight cable or chain locks are easily cut and offer little protection. Many bikes are stolen from home (yard, porch, garage, dorm room, etc.) Store your bike in a secure place when not in use. If you are not sure your storage is secure, use your lock! Ask your neighbors and local bike shops about bicycle theft and safety in your area. If you know where your bike is most vulnerable, you can better protect it. Register your bike in a national database. Professional bicycle thieves frequently sell stolen bikes in other cities and states because of the difficulty in tracing owners.

The National Bike Registry database is accessible to law enforcement throughout the country. No matter where a bike is stolen, or where it is recovered, the owner can be identified. The NBR Certificate of Registration can be used as proof of ownership if your bike is recovered, or for your insurance claim if it is not found.

BASIC LOCK INFORMATION

U-Locks vs. Cables. What is the correct choice? Although they are frequently used, the lightweight cable or chain locks no longer provides adequate security in most areas. In neighborhoods with a known bicycle theft problem the best choice is a strong, reliable U-lock. And remember, two locks are better than one!

Combine a cable and a U-lock, or even two U-locks, when securing your bicycle. The more time and trouble it takes a thief to attack your bike the less likely it is that your bike will become a theft statistic. Be sure to get a demo from a qualified professional of how the lock works and how to use it properly.

Design Features. Make sure that the design of the lock provides functional security. Gimmicks may look cool, but will they really protect your bike?

Solid Steel is the Strongest -- the ideal steel is hardened against cutting yet maintains flexibility, like Kryptonite's Kryptonium™ Steel used in the Evolution series of U-locks (New York Lock™, Evolution 2000™, and Evo Lite™).

Services. Find out about the lock's performance. Does it have a good track record? A warranty? A guarantee? Lifetime key registration and prompt key replacement services?

Sizes. Do not buy a larger lock than you really need. Thieves will utilize the extra space between your lock and your bike to their advantage. A tight fitting lock will make it even more difficult for thieves to get their tools into position and to attempt a break.

HOW TO LOCK YOUR BIKE

Always lock your bike, especially at home. More bikes are stolen from home than from any other location. Wherever you store your bike; a garage, a college dorm room, an apartment building, use your lock.

Pick a good Location. Select a location where there are other bikes. The chances are better that there will be a bike with a less secure lock -- or even without a lock -- and thieves will usually take the unlocked bikes first.

Always lock your bike in visible, well-lighted areas.

Lock your bike to a fixed, immovable object like a parking meter, or a permanent bike rack that is cemented or anchored into the ground. If you use a parking meter, make sure the locked bike can not be slipped off over the top of the pole. Beware of locking to items that can be easily cut, broken or otherwise removed.

Try not to let your lock rest against the ground where a thief can use a hammer or rock to smash the lock.

Use the lock correctly. Position your bike frame and wheels so that you take up as much of the open space within the U-portion of the lock as possible. The tighter the lock up, the harder it will be for a thief to insert a pry bar and pry open your lock.

Continued on Page 6



If your U-lock has its keyway on the end of the crossbar, position the lock with its keyway end facing down towards the ground. This makes it harder for the thief to access your lock.

Always secure your components and accessories, especially those that can be easily removed, like quick release wheels or seats.

If you have a multi-speed bike, leave it in the highest gear. This makes it that much harder for a thief to shift quickly and get away with your bike.

* DON'T ever leave a new bike unlocked. New bikes have the most value to thieves and they look for them.

* DON'T lock your bike to small trees, aluminum or wooden posts, or to chain link fences. These items can be easily broken or cut.

* DON'T lock your bike to anything posted as illegal. Check with your police department for local bicycle parking regulations.

* DON'T lock you bike to itself. A thief will just carry the whole bike away!

Since 1984, the National Bike Registry (NBR) has been helping identify and return stolen bikes (and scooters) to their rightful owners. More than 48% of stolen bicycles are recovered every year by law enforcement, but only 5% are returned since they have no way to determine ownership. When a bicycle is labeled and registered in the NBR database, it can be easily identified by police and returned to its rightful owner. The NBR computer database is dedicated exclusively to bicycle registrations and is available FREE to law enforcement nationwide. 1-800-848-BIKE (2453)



Trail Ride and Clean-up 2006



This year's Trail Ride and Clean-Up is set for April 29th and by the time you read this we hope to have a clean Great Western Trail between Schmale Road and Gary Avenue in Carol Stream.



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



AFFILIATED WITH:
THE CHICAGOLAND 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.

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

Elmhurst Bicycle Club Board Meeting Minutes

April 12, 2007

The meeting was called to order by club president Ray Dal Lago at the Community Bank of Elmhurst at 6:15p.m. Officers and board members present were Ray Dal Lago, Steve Josephs, Tom Manata, Phil Keller and Nancy Shack. Petra Hoffman was absent

President - Ray Dal Lago

- Ray wanted to verify if 2006 taxes have been handled and Phil is handling at this time.
- Suggested to obtain a list of club sponsors and add them onto the ride hotline so sponsors can get some exposure during a call.
- Proposed a grace period for non renewals to March 31st. No ride credits would be given from Jan to March unless dues paid. This was voted on by members and passed with a 4-1 margin.

Ride Captain - Steve Josephs

- Perhaps more recognition is needed for Ride Leaders

who lead numerous rides. No final ideas were presented at this time.

- Called a vote to address advertising in the newsletter, website and hotline. Voted yes on three issues as follows: Yes to business card size ads. Yes to feature ads on hotline. Yes for ads on website.

Nancy Shack-Membership

- Proposed non renewals should have to sign in as guests during scheduled rides.
- Contacted numerous non renewals to remind them dues need to be paid.

Phil Keller-Treasurer

- Received our first Metro Metric sign up.
- Suggested we have a express registration for local teams on the Metro.