



# 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!

## METRO From Cookies To Corn

### Volunteers Needed

By Cheri O’Riordan

It is only a few more weeks before our annual invitational day in Hampshire, IL will be here. This is a day of fun filled 30, 50, 62 & 100 mile rides and activities. Volunteers are greatly needed to make this day a success. Some of the areas that would appreciate your support are: registration table, directing parking, setting up at rest stops, working a shift at one of the three rest stops, baking delicious cookies, assisting at the corn roast, placement of route signs, distribution of flyers, etc. Contact Phil Keller, Metro Metric chairperson, at 630-964-5795 to offer your assistance.

Every year for the past 26 years bicyclists from around Chicagoland gather out in the remaining corn fields of Northwest Illinois to ride bicycles, make new friends and renew old acquaintances—this year is no different. Sunday, July 29th at 6 a.m. the first of the century riders will launch into their 100 mile loop of Kane County. Stopping at one of several rest stops to sample home baked cookies washed down with gallons of Gatorade, riders will enjoy the scenic route as mapped out by Peter Turula and others.

But, the Hampshire rest stop marks the start and finish; from registration to fresh corn-on-the-cob as prepared by Ray dal Lago and his assistants at the end, the heart and soul of this event.

Could this year’s routes be any easier to follow? Probably not, thanks to the efforts of the sign committee led by George Hermach and his many volunteer helpers, who spend their Saturday placing all the route signs and direction markers. Then in the early hours of Sunday they are out checking to insure all the signs remain in place and pointing in the right direction.

Sunday at 5 a.m. volunteers at Hampshire and other rest stops are busy preparing for the crowd. There is food, drink, and registration information to prepare and organize before the 6 a.m. start. All come together, a year’s worth of planning and preparation the last Sunday in July.

## METRIC



Kacy Worcester models one of the earliest Metro Metric T-shirts.

We always hope for good weather, too. Gerry Fekete remembers one of her first experiences working a rest stop and having to go for ice. She overcame rain, thunder, and lightning so riders could have  
Continued On Page 12

### Coming Events

**Joliet Bicycle Club**  
**Door County Ride,**  
July 14 to 23, 2007  
Contact: Joanne Dybala

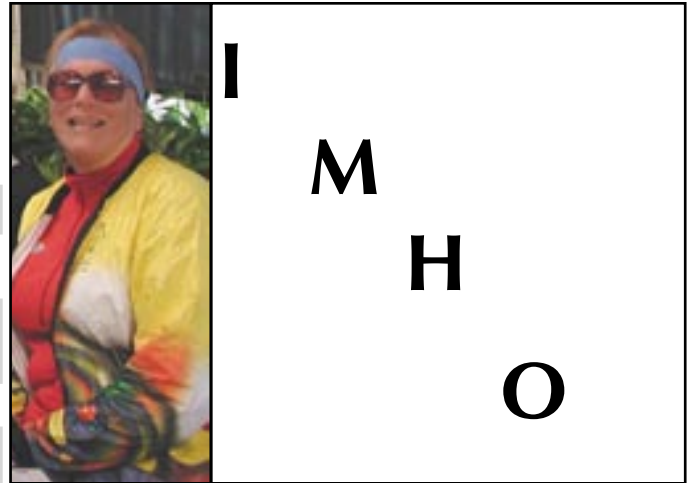
**Elmhurst Bicycle Club**  
**Metro Metric XXVII,**  
Sunday, July 29, 2007  
Continued on Page 2

## XXVII

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](http://www.elmhurstbicycling.org). If you’re not near a computer and need ride information, call the EBC Hotline at 630-415-BIKE (630-415-2453)



# 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	630.964.3862	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	Nancy Shack	630.964.3862	nshackATcomcast.net
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

Here we are: half-way through the year and time once again for the club's Metro Metric an event we've been sponsoring for almost 30 years. In the face of declining participation by riders and mostly very hot weather we manage to put on an event most everyone really enjoys. We congratulate all those volunteer's time and effort and especially the event chair, Phil Keller.

On a more somber note, I would like to mention rider safety. Perhaps I am wrong, but it seems to me the club has been experiencing an increase in rider crashes—some serious some not. My concern is that the faster we ride the more important it is to pay close attention not only to the road but to those riders around us. Riding in a tight group at a fast pace doesn't leave much time to react to other riders and changes in traffic and road geometry.

I have also observed riders blowing through stop signs, red lights, and riding too far into the road lane. My worst fear was realized this week reading about the Chicago rider who crashed with another rider and then was hit by a passing truck and killed while riding an organized race in Peoria County. Please everyone let's pay attention and be safe.

I apologize, again, for a late newsletter. It seems my good intentions keep getting abused by my work schedule. I'll probably get it worked out by the end of this year.



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### Busse Woods Bike Trail Closed:

Jul 5 - Aug 3

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

New Glarus weekend New Glarus, WI Sep 21 -23 Contact: Larry Alvino



## Busse Woods Bike Trail To Close Temporarily

The 11 mile trail through and around Busse Woods will be closed from July 5th until August 3rd for crack filling and seal coating. According to Joe Mollica, Project Manager, the south side of the trail will have the cracks filled and then seal coated. The crack fill leaves a ridge that requires the seal coat to smooth the surface, added Mollica. In addition, Mollica said the two greatest problems encountered during this and previous trail projects are: users ignoring the closed signs and weather conditions. He cautions that the material used, if gotten on shoes and clothing will needlessly ruin them.

While the project is scheduled to be completed by August 3rd, weather could either speed up or slow the project. The material used requires warm dry weather and sunlight. Mollica mention the Elk pens as being particularly difficult to complete because of the shade from overhanging trees.



*Metro Metric XXV: Dinner for Sign volunteers; Marty, George, Jerry, Lou, Petra, Mike, and Pam.*

## DuPage County Bike to Work Week—Elmhurst Metra Station



*Pamela Brookstein, West Suburban Coordinator for The Chicagoland Bicycle Federation hands out goody bags.*

*By Petra Hofmann*

Deborah Fagan, Chief DuPage County Planner and County Trail System Coordinator; Pamela Brookstein, West Suburban Coordinator for the Chicagoland Bicycle Federation; DuPage County Board Member, Jeff Redick; joined several Elmhurst Bicycle Club members in celebrating Bike To Work Week in Elmhurst. According to the CBF, "Bike to Work Week gives bicycle commuters and non-commuters alike the chance to learn more about traveling by bicycle...Bike to Work Week is for anyone wanting to ride their bicycle to and from work or school, or to improve their existing routines.

To assist and help celebrate Bike to Work Week, Ray Dal Lago, Paul Punchum, and Petra Hofmann joined the others to hand out goody

bags and talk about bicycling to work and joining the EBC. Special thanks to all and especially to Deborah and Commissioner Redick for attending and speaking with so many Elmhurst Metra commuters.



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# New Glarus Daily Triple Header

By Larry Alvino

This year's New Glarus weekend trip is scheduled for September 21 - 23 and includes three route options daily.

I will be leading the longer and more aggressive rides as usual: Friday, 9/21 at 1:00 p.m., we'll ride either to Blanchardville or Evansville; Saturday, 9/22 at 8:00 a.m., a ride to Mt. Horeb and beyond; Sunday, 9/23 at 7:00 a.m., distance To Be Announced and leave for home when finished.

Larry Gitchell, an Elmhurst Bicycle Club Ride Leader, will lead the moderate road rides. Details T.B.A.

Joe Lewis will lead easy / moderate trail rides: Friday, 9/21 at 3 p.m., Sugar River Trail south towards Albany—20 miles; Saturday, 9/22 at 9 a.m., Badger State Trail north towards Madison—30 miles (ride will go through the Stewart Tunnel, lights required); Sunday, 9/23 at 7 a.m., Badger State Trail south towards Monroe—25 miles

All rides start at the Chalet Landhaus parking lot except where otherwise noted.

The Chalet now has an indoor pool, whirlpool, sauna, and steam room. I have reserved 10 rooms at the Chalet Landhaus at \$110 per night for two persons including a buffet breakfast on Saturday and Sunday mornings. Reservations will be held until August 21 unless held with a credit card. Call the Chalet Landhaus at 800-944-1716 or [www.chaletlandhaus.com](http://www.chaletlandhaus.com) for more information. The Chalet fills up most weekends so it may be hard to get a room at the last minute. They tend to give the rooms away if they are not reserved with a credit card so make your reservations now to be sure you will get a room. Please contact me if you are interested in reserving one of these rooms.

For other lodging options see: [www.swisstown.com](http://www.swisstown.com)

Camping available in the New Glarus Woods State Park if you would like to go that route. However, there are no showers at the campsite. Contact the New Glarus Woods State Park at (608) 527-2335 for more information.

More information will follow as it gets closer to the date of the trip. So contact me if you are interested.

Larry Alvino , 630-730-5814 or [lalvino@rocketmail.com](mailto:lalvino@rocketmail.com)

## Memorial Day weekend, Madison

The Memorial Day weekend in Madison and the ride to Mt. Horeb were clearly a great success. Notice how the Mustard Museum in Mr. Horeb colored the picture of Al and Hank



# Notes from the EBC Board Meeting

## June 14, 2007

### President - Ray Dal Lago

- Announced the terrific turn-out the Bike the Drive for the packet pickup at REI.

### Ride Captain - Steve Josephs

- Discussed possibly giving mileage credit for invitational rides.
- Proposed making the Winter 24hr rule effective year round club rides.

### Phil Keller-Treasurer

- Club income through May 2007 is \$2400 ahead of 2006.
- Expenses for 2007 are \$4200 less than in 2006.
- \$6674 in the black for 1<sup>st</sup> five months of 2007.

### Petra Hofmann-Newsletter Editor

- Proposed that credit not be given for rides posted during two events: Metro Metric and volunteer club activities.
- Announced the publication of an email announcement with links to current ride schedule, late addition rides, etc.
- Sought approval for a four color July newsletter cover, given.
- Discussed a transportation service for bikes and riders to bicycle events from Chicago.
- Seeks to improve the quality of black and white printing in newsletter.

### Nancy Shack-Membership

- Had copies of new club directories and gave out to board members.
- 62 family memberships, 174 individual memberships for 236 total memberships and 316 total members.
- Suggested to check new directories for errors and perhaps amend some bylaws.
- Proposed having club directory listed online with password access.
- Pearl Izumi store in Aurora wanted a roster of club members in order to obtain a discount.

## How To Ride In a Group

The June meeting saw, Bruce Glaser, owner of The Wheel Thing, LaGrange, demonstrate the proper technique for riding in a group. Bruce, explained to members how to safely ride single file and two-abreast. In addition, those present found his explanation of the techniques needed to exchange places in a pace line, and how to adjust one's weight and center-of-balance while cornering, informative and entertaining. Members were given the opportunity to participate in these demonstrations and to ask questions afterward.


Below, Issac shows a good tuck technique.



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# July 2007

## EBC Club Rides

**Special Events and  
Non-recurring rides.**

Date	Time	Distance	Start	Leader	Ride Description
Sun July 1	8:00 AM	20 miles 10-12 mph	Panera Bread Elmhurst	John Konrad 630.728.8010	<b>Sunday Slow Ride</b> Join John for a Sunday AM slow ride, now at 8:00 AM to beat the heat.
Sun July 1	8:00 AM	25-35 miles 11-14 mph	Panera Bread Elmhurst	Petra Hofmann 630-290-5173	<b>Sunday with Petra</b> Join Petra for a Sunday morning ride, cancelled if raining.
Sun July 1	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with one short rest stop, finished by 11am. Bring enough food/drink to refuel.
Sun July 1	8:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	<b>Sunday Morning Moderate Ride</b> A road ride exploring various destinations in DuPage and Cook Counties. Includes one short stop. Bring enough food/drink to refuel. Ride includes optional sprints.
Sun July 1	12:30 PM	Determined by Riders	Gazebo Glen Ellyn	Determined by Riders	<b>Weekly Show and Go</b> The riders who show will decide ride leader, distance and pace.
Mon July 2	6:30 PM	25-30 miles 13-15 mph	Spring Creek Reservoir For- est Preserve Bloomington IL	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>Monday Night Ride - Summer Venue</b> The Monday Night Ride adopts a new venue for 5 weeks. Rides will explore roads and paved trails from Bloomingdale to Bartlett (and beyond!). Spring Creek Forest Preserve is on the north side of Lake Street, about 1-1/4 miles west of Route 355, in between Medinah Road and Glen Ellyn Road.
Tues July 3	9:00 AM	35 miles 14-16 mph	IMAX Woodridge	Peter Turula 630 968-3527 (630 643-3527 at ride time)	<b>Tuesday IMAX Ride</b> Join Peter as he leads the IMAX ride today.
Tues July 3	6:00 PM	33 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	<b>Tuesday Night Ride</b> Angling thru Addison road ride. Good lights required.
Wed July 4	7:00 AM	100 miles 14-16 mph  100 miles 12-14 mph	LeRoy Oakes Forest Preserve St. Charles	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)  Betty Bond 630-932-0271	<b>Chicken Marengo Reheated</b> St Charles to Woodstock and back, via Marengo. Route revised - No gravel this time! SAG wagon with snacks and lunch provided. LeRoy Oakes Forest Preserve is on Dean St, about 1/2 mile west of Randall Road in St. Charles. Use parking lot on South side of Dean Street. "Dean St & Bittersweet Rd St Charles, IL 60175" will provide an adequate set of directions on Google Maps.
Wed July 4	9:00 AM	52 miles 16-18 mph	Sunset Knoll Park Lombard	Steve Josephs 630-235-9841	<b>From Lombard to St. Charles</b> We'll ride from Lombard to St. Charles via Wayne. Pitstop at Wayne's Forest Preserve, snack at Smithy's in St. Charles.
Wed July 4	9:00 AM	Determined by Riders	McCullum Park Downers Grove	Determined by Riders	<b>Wednesday Show and Go</b> The riders will determine the ride leader, distance and pace
Wed July 4	6:30 PM	Distance TBD 12-14 mph	Parking lot Maple and Park Lombard	Determined by Riders	<b>Wednesday Night Intermediate Pace Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed July 4	6:30 PM	Distance TBD 16-18+ mph	Gazebo Glen Ellyn	Determined by Riders	<b>Wednesday Night Fast Pace Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs July 5	9:00 AM	40-50 miles 15-17 mph	IMAX Woodridge	Bill Schwartz 630-963-6252	<b>Thursday IMAX Ride</b> We will head out to different locations each Thursday, but plan on going to places like Yorkville, Oswego and Burr Ridge. . Call cell 630-303-1160 or 708-334-6250 if the weather looks iffy.
Thurs July 5	6:15 PM	25-30 miles 16-18 mph	Depot Elmhurst	Tom Mara 630-833-5739	<b>Thursday Night Ride</b> Join Tom for a quick ride after work. If weather is threatening or bad road conditions, ride will be cancelled. Road bike and lights recommended.
Fri July 6	9:00 AM	40-45 miles 14-16 mph	Sunset Knoll Park Lombard	Bill Schwartz 630-963-6252	<b>From Lombard to Batavia</b> We'll ride from Lombard to Batavia via Fermi Lab. Pitstop at Fermi Lab, snack at Golden Arches.
Fri July 6	5:30 PM	25-30 miles 16-18 mph	Wheel Thing LaGrange	Bruce Glaser (708) 352-3822	<b>Friday Evening Ride</b> Join Bruce for a quick Friday evening ride from his shop in LaGrange. Optional refreshments post ride.
Sat July 7	7:30 AM	30-46 miles 12-14 mph	Plainfield High School	Janet K 964-5126	<b>Plainfield Ride</b> Join Janet K. for a ride from Plainfield High School.



Sat July 7	9:00 AM	62 miles 16-18 mph  45 miles 14-16 mph  30 miles 12-14 mph	Waterford Precision Cycles 816 Bakke Ave. Waterford, WI	Steve Josephs 630-235-9841	<b>Waterford Factory Ride</b> Join Steve Josephs and Richard Schwinn for rides through the beautiful rolling countryside around Waterford. This will be a joint ride between bike clubs from Evanston, Kenosha-Racine, Arlington Heights, Elmhurst and Chicago. In addition to the faster metric century, there will be shorter routes of 30 miles and 45 miles. Richard Schwinn will give tours of the factory between 8:00 and 8:30. This is a great opportunity to see how top quality bicycles are built. (volunteers needed to lead the 30 and 45 miles routes, please contact Steve. Cue sheets provided)
Sat July 7	9:00 AM	Determined by Riders	Depot Elmhurst	Determined by Riders	<b>Weekly Show and Go</b> The riders will determine the ride leader, distance and pace
Sun July 8	8:00 AM	20 miles 10-12 mph	Panera Bread Elmhurst	John Konrad 630.728.8010	<b>Sunday Slow Ride</b> Join John for a Sunday AM slow ride, now at 8:00 AM to beat the heat.
Sun July 8	8:00 AM	25-35 miles 11-14 mph	Panera Bread Elmhurst	Petra Hofmann 630-290-5173	<b>Sunday with Petra</b> Join Petra for a Sunday morning ride, cancelled if raining.
Sun July 8	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with one short rest stop, finished by 11am. Bring enough food/drink to refuel.
Sun July 8	8:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	<b>Sunday Morning Moderate Ride</b> A road ride exploring various destinations in DuPage and Cook Counties. Includes one short stop. Bring enough food/drink to refuel. Ride includes optional sprints.
Sun July 8	12:30 PM	Determined by Riders	Gazebo Glen Ellyn	Determined by Riders	<b>Weekly Show and Go</b> The riders who show will decide ride leader, distance and pace.
Mon July 9	6:30 PM	25-30 miles 13-15 mph	Spring Creek Reservoir Forest Preserve Bloomington IL	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>Monday Night Ride - Summer Venue</b> The Monday Night Ride adopts a new venue for 5 weeks. Rides will explore roads and paved trails from Bloomingdale to Bartlett (and beyond!). Spring Creek Forest Preserve is on the north side of Lake Street, about 1-1/4 miles west of Route 355, in between Medinah Road and Glen Ellyn Road.
Tues July 10	9:00 AM	up to 20 miles 8-10 mph	Herrick Lake FP Butterfield Rd. Wheaton	Lou Fish 630-668-3446	<b>New Adventure Ride</b> Ride thru Wheaton to Cantigny
Tues July 10	9:00 AM	35 miles 14-16 mph	IMAX Woodridge	Peter Turula 630 968-3527 (630 643-3527 at ride time)	<b>Tuesday IMAX Ride</b> Join Peter as he leads the IMAX ride today.
Tues July 10	6:00 PM	33 miles 13-15 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	<b>Tuesday Night Ride</b> Winfield via the Great Western Trail and the Illinois Prairie Path. Touring, mountain or hybrid bike recommended. Good lights required.
Wed July 11	9:00 AM	52 miles 16-18 mph	Sunset Knoll Park Lombard	Steve Josephs 630-235-9841	<b>From Lombard to St. Charles</b> We'll ride from Lombard to St. Charles via Wayne. Pitstop at Wayne's Forest Preserve, snack at Smithy's in St. Charles.
Wed July 11	9:00 AM	Determined by Riders	McCullum Park Downers Grove	Determined by Riders	<b>Wednesday Show and Go</b> The riders will determine the ride leader, distance and pace
Wed July 11	6:30 PM	25 miles 14-16 mph	Maple & Park Lombard	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>Cricket Creek Cruise</b> Five Forest Preserves in 2 hours - mixed road and trail ride through Songbird Slough, Greenway Trail, Salt Creek Park, Wood Dale Grove, and Cricket Creek Forest Preserves. Mountain, Hybrid, or Cyclocross bike with lights required.
Wed July 11	6:30 PM	Distance TBD 12-14 mph	Parking lot Maple and Park Lombard	Determined by Riders	<b>Wednesday Night Intermediate Pace Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed July 11	6:30 PM	Distance TBD 16-18+ mph	Gazebo Glen Ellyn	Determined by Riders	<b>Wednesday Night Fast Pace Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs July 12	9:00 AM	Determined by Riders	IMAX Woodridge	Determined by Riders	<b>Thursday IMAX Ride</b> The riders will determine the ride leader, distance and pace.
Thurs July 12	7:15 PM		Community Bank Elmhurst	Ray Dal Lago 630-543-4655	<b>Monthly Club Meeting</b> Board meeting precedes club meeting.
Fri July 13	9:00 AM	40-45 miles 14-16 mph	Sunset Knoll Park Lombard	Bob Jones 630-341-1831	<b>From Lombard to Batavia</b> We'll ride from Lombard to Batavia via Fermi Lab. Pitstop at Fermi Lab, snack at Golden Arches.
Fri July 13	5:30 PM	25-30 miles 16-18 mph	Wheel Thing LaGrange	Bruce Glaser (708) 352-3822	<b>Friday Evening Ride</b> Join Bruce for a quick Friday evening ride from his shop in LaGrange. Optional refreshments post ride.
Sat July 14	8:30 AM	50+ miles 12-14 mph	Ashbury Park Naperville	Carole Danillo 630-495-8162.	<b>Ride to Silver Springs State Park</b> Bring a lunch and snacks. This will be a training ride for my self-contained trip to Starved Rock S.P. in August, so load up your paniers and gear. Those who just want to do a longer slow ride are welcome to join also.



Sat July 14	9:00 AM	Determined by Riders	Depot Elmhurst	Determined by Riders	<b>Weekly Show and Go</b> The riders will determine the ride leader, distance and pace
Sat July 14	9:00 AM	40 miles 12 mph	Westmore & Prairie Path Lombard	Mike Struglinski 708-246-2089	<b>Westmore to Stearles</b> Will stop for lunch. Bring money and lock.
Sun July 15	7:00 AM	25-30 miles 10-15 mph	Depot Elmhurst	Brian Crawford 708-275-1456	<b>Oak Park - Frank Lloyd Wright Tour</b> The Illinois Prairie Path to the new bridge across the Des Plaines River. A scenic route through residential neighborhoods of Forest Park, River Forest and Oak Park. Highlights will include several Frank Lloyd Wright buildings, as well as the Ernest Hemingway Boyhood Home. Members of the Oak Park Cycle Club will join this ride. Plan a picnic snack/brunch in the Frank Lloyd Wright District before our return. Bring your own food or we can stop at a local grocery.
Sun July 15	8:00 AM	20 miles 10-12 mph	Panera Bread Elmhurst	John Konrad 630.728.8010	<b>Sunday Slow Ride</b> Join John for a Sunday AM slow ride, now at 8:00 AM to beat the heat.
Sun July 15	8:00 AM	25-35 miles 11-14 mph	Panera Bread Elmhurst	Petra Hofmann 630-290-5173	<b>Sunday with Petra</b> Join Petra for a Sunday morning ride, cancelled if raining.
Sun July 15	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with one short rest stop, finished by 11am. Bring enough food/drink to refuel.
Sun July 15	8:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	<b>Sunday Morning Moderate Ride</b> A road ride exploring various destinations in DuPage and Cook Counties. Includes one short stop. Bring enough food/drink to refuel. Ride includes optional sprints.
Sun July 15	12:30 PM	Determined by Riders	Gazebo Glen Ellyn	Determined by Riders	<b>Weekly Show and Go</b> The riders who show will decide ride leader, distance and pace.
Mon July 16	6:30 PM	25-30 miles 13-15 mph	Spring Creek Reservoir For- est Preserve Bloomingdale IL	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>Monday Night Ride - Summer Venue</b> The Monday Night Ride adopts a new venue for 5 weeks. Rides will explore roads and paved trails from Bloomingdale to Bartlett (and beyond!). Spring Creek Forest Preserve is on the north side of Lake Street, about 1-1/4 miles west of Route 355, in between Medinah Road and Glen Ellyn Road.
Tues July 17	9:00 AM	20 miles 8-10 mph	IMAX Woodridge	Sharon Hermach 312 560 2783	<b>New Adventure Ride</b> Ride the neighborhoods east of Rt. 53 and stop for coffee.
Tues July 17	9:00 AM	Determined by Riders	IMAX Woodridge	Determined by Riders	<b>Tuesday IMAX Ride</b> The riders will determine the ride leader, distance and pace.
Tues July 17	6:00 PM	30 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	<b>Tuesday Night Ride</b> Peabody Mansion road ride. Good lights required.
Wed July 18	9:00 AM	30 miles 11-13 mph	Depot Villa Park	Carol Nield 630-964-2488	<b>Pedal and Paddle</b> We will bike to Blackwell Forest Preserve and rent canoes or kayaks for one hour. Rental fee is \$5.00 per boat. Bring snacks or lunch to eat at the lake. Ride is mostly on roads -just a short section on trails.
Wed July 18	9:00 AM	52 miles 16-18 mph	Sunset Knoll Park Lombard	Steve Josephs 630-235-9841	<b>From Lombard to St. Charles</b> We'll ride from Lombard to St. Charles via Wayne. Pitstop at Wayne's Forest Preserve, snack at Smithy's in St. Charles.
Wed July 18	9:00 AM	Determined by Riders	McCullum Park Downers Grove	Determined by Riders	<b>Wednesday Show and Go</b> The riders will determine the ride leader, distance and pace
Wed July 18	6:30 PM	Distance TBD 12-14 mph	Parking lot Maple and Park Lombard	Determined by Riders	<b>Wednesday Night Intermediate Pace Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed July 18	6:30 PM	Distance TBD 16-18+ mph	Gazebo Glen Ellyn	Determined by Riders	<b>Wednesday Night Fast Pace Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs July 19	9:00 AM	Determined by Riders	IMAX Woodridge	Determined by Riders	<b>Thursday IMAX Ride</b> The riders will determine the ride leader, distance and pace.
Thurs July 19	6:15 PM	25-30 miles 16-18 mph	Depot Elmhurst	Tom Mara 630-833-5739	<b>Thursday Night Ride</b> Join Tom for a quick ride after work. If weather is threatening or bad road conditions, ride will be cancelled. Road bike and lights recommended.
Fri July 20	9:00 AM	40-45 miles 14-16 mph	Sunset Knoll Park Lombard	Bob Jones 630-341-1831	<b>From Lombard to Batavia</b> We'll ride from Lombard to Batavia via Fermi Lab. Pitstop at Fermi Lab, snack at Golden Arches.
Fri July 20	5:30 PM	25-30 miles 16-18 mph	Wheel Thing LaGrange	Bruce Glaser (708) 352-3822	<b>Friday Evening Ride</b> Join Bruce for a quick Friday evening ride from his shop in LaGrange. Optional refreshments post ride.
Sat July 21	6:30 AM	100 miles slow pace 3 loops	St. Peter & Paul Church Virgil, IL.	Ted Sward 708-354-5782	<b>Metro Metric Pre Ride</b> Moves to Sunday, 7/22, if weather is bad. Location is one block south of Rt 64 on Meredith in Virgil.
Sat July 21	7:00 AM	100 miles 14-16 mph	Hampshire HS Hampshire, IL	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>Metro Metric Pre-Ride</b> Pre-Ride the 2007 Metro Metric route. Meet at Hampshire High School, parking lot entrance is off Edgewood Street. SAG wagon and snacks provided.





Sat July 21	7:30 AM	30-46 miles 12-14 mph	Plainfield High School	Janet K 964-5126	<b>Plainfield Ride</b> Join Janet K. for a ride from Plainfield High School.
Sat July 21	8:00 AM	30 miles 10-12 mph	Hampshire HS Hampshire, IL	Mary Moroney 630 629 1812 (H) 630 936 3503 (cell)	<b>Metro Metric Pre Ride</b> Meet at Hampshire High School, parking lot entrance is off Edgewood Street. Bring snacks.
Sat July 21	8:00 AM	63 miles 12-14 mph	Hampshire HS Hampshire, IL	Gerry Fekete (708) 352 -0913	<b>Metro Metric Pre Ride</b> Bring lunch and snacks. Moved to Sunday if weather is bad. Call if any questions about weather.
Sat July 21	9:00 AM	57 miles 12 mph	Westmore & Prairie Path Lombard	Mike Struglinski 708-246-2089	<b>Westmore to Dundee</b> Will stop for lunch. Bring money and lock.
Sat July 21	9:00 AM	Determined by Riders	Depot Elmhurst	Determined by Riders	<b>Weekly Show and Go</b> The riders will determine the ride leader, distance and pace
Sun July 22	7:00 AM	100 miles 16-18 mph	Big Rock	Peter Turula 630 968-3527 (630 643-3527 at ride time)	<b>Fast Metro Metric Pre-Ride</b> Stops as needed. See: <a href="http://www.turula.com/ride">www.turula.com/ride</a> for directions and details.
	8:00 AM	62 miles 16-18 mph	Kaneville		
Sun July 22	8:00 AM	20 miles 10-12 mph	Panera Bread Elmhurst	John Konrad 630.728.8010	<b>Sunday Slow Ride</b> Join John for a Sunday AM slow ride, now at 8:00 AM to beat the heat.
Sun July 22	8:00 AM	25-35 miles 11-14 mph	Panera Bread Elmhurst	Petra Hofmann 630-290-5173	<b>Sunday with Petra</b> Join Petra for a Sunday morning ride, cancelled if raining.
Sun July 22	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with one short rest stop, finished by 11am. Bring enough food/drink to refuel.
Sun July 22	8:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	<b>Sunday Morning Moderate Ride</b> A road ride exploring various destinations in DuPage and Cook Counties. Includes one short stop. Bring enough food/drink to refuel. Ride includes optional sprints.
Sun July 22	12:30 PM	Determined by Riders	Gazebo Glen Ellyn	Determined by Riders	<b>Weekly Show and Go</b> The riders who show will decide ride leader, distance and pace.
Mon July 23	6:30 PM	25-30 miles 13-15 mph	Spring Creek Reservoir For- est Preserve Bloomingdale IL	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>Monday Night Ride - Summer Venue</b> The Monday Night Ride adopts a new venue for 5 weeks. Rides will explore roads and paved trails from Bloomingdale to Bartlett (and beyond!). Spring Creek Forest Preserve is on the north side of Lake Street, about 1-1/4 miles west of Route 355, in between Medinah Road and Glen Ellyn Road.
Tues July 24	9:00 AM	20 miles 8-10 mph	Depot Elmhurst	Joanne DeZur 630-833-7688	<b>New Adventure Ride</b> Tour 3 Forest Preserves. Bring snacks. First 2 tours are limestone paths.
Tues July 24	9:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6252	<b>Tuesday IMAX Ride</b> Join the Schwartzes for a moderate ride from the IMAX Theatre in Woodridge to Naperville and back. Call cell 630-303-1160 or 708-334-6250 if the weather looks iffy.
Tues July 24	6:00 PM	34 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	<b>Tuesday Night Ride</b> Busse Woods -- Road and paved trail ride. Good lights required.
Wed July 25	9:00 AM	52 miles 16-18 mph	Sunset Knoll Park Lombard	Bill Schwartz 630-963-6252	<b>From Lombard to St. Charles</b> We'll ride from Lombard to St. Charles via Wayne. Pitstop at Wayne's Forest Preserve, snack at Smithy's in St. Charles.
Wed July 25	9:00 AM	Determined by Riders	McCullum Park Downers Grove	Determined by Riders	<b>Wednesday Show and Go</b> The riders will determine the ride leader, distance and pace
Wed July 25	10:00 AM	51 miles 15-17 mph  32 miles 11-13 mph	Big Rock	Peter Turula 630 968-3527 (630 643-3527 at ride time)	<b>Metro Metric Route Ride</b> All paved rural roads following the Metro Metric Route. We will stop for a snack half way. See: <a href="http://www.turula.com/ride">www.turula.com/ride</a> for directions and details.
Wed July 25	6:30 PM	Distance TBD 12-14 mph	Parking lot Maple and Park Lombard	Determined by Riders	<b>Wednesday Night Intermediate Pace Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed July 25	6:30 PM	Distance TBD 16-18+ mph	Gazebo Glen Ellyn	Determined by Riders	<b>Wednesday Night Fast Pace Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs July 26	9:00 AM	40-50 miles 15-17 mph	IMAX Woodridge	Bill Schwartz 630-963-6252	<b>Thursday IMAX Ride</b> We will head out to different locations each Thursday, but plan on going to places like Yorkville, Oswego and Burr Ridge. . Call cell 630-303-1160 or 708-334-6250 if the weather looks iffy.
Thurs July 26	6:15 PM	25-30 miles 16-18 mph	Depot Elmhurst	Tom Mara 630-833-5739	<b>Thursday Night Ride</b> Join Tom for a quick ride after work. If weather is threatening or bad road conditions, ride will be cancelled. Road bike and lights recommended.




Fri July 27	5:30 PM	25-30 miles 16-18 mph	Wheel Thing LaGrange	Bruce Glaser (708) 352-3822	<b>Friday Evening Ride</b> Join Bruce for a quick Friday evening ride from his shop in LaGrange. Optional refreshments post ride.
Fri July 27	7:00 PM	Monthly Col- lating Party	Mikesell's House Villa Park	Judy Mikesell 630-833-1036	<b>Newsletter Collating Party</b> Join fellow members in preparing next month's newsletter for mailing. Takes about 45 minutes. Call Judy for directions.
Sat July 28	8:00 AM	18- 24 miles moderate pace 3+ hours	7551 Blazer Justice IL	George Pastorino 708-903-8700	<b>Palos Mountain Bike Ride</b> George will lead and Pussanee will sweep, we'll use radios to prevent dropping anyone. Mountain Bike required. We've 3 mountain bikes for members' use. Route is dirt doubletrack with singletrack options. Lunch at hotdog stand, and swim in the Pastorino pool. Call George for mapquest links and directions.
Sat July 28	9:00 AM	68 miles 12 mph	Westmore & Prairie Path Lombard	Mike Struglinski 708-246-2089	<b>Westmore to Carpentersville</b> Will stop for lunch. Bring money and lock.
Sat July 28	9:00 AM	Determined by Riders	Depot Elmhurst	Determined by Riders	<b>Weekly Show and Go</b> The riders will determine the ride leader, distance and pace
Sun July 29	All Day		Hampshire HS Hampshire, IL	Phil Keller 630-964-5795	<b>Metro Metric XXVII</b> Elmhurst Bike Club's annual invitational ride. More details forthcoming. Please contact Phil and volunteer to help.
Mon July 30	6:30 PM	25-30 miles 13-15 mph	Spring Creek Reservoir For- est Preserve Bloomingdale IL	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>Monday Night Ride - Summer Venue</b> The Monday Night Ride adopts a new venue for 5 weeks. Rides will explore roads and paved trails from Bloomingdale to Bartlett (and beyond!). Spring Creek Forest Preserve is on the north side of Lake Street, about 1-1/4 miles west of Route 355, in between Medinah Road and Glen Ellyn Road.
Tues July 31	9:30 AM	20 miles 8-10 mph	Depot Villa Park	Kacy 630-569-4689	<b>New Adventure Ride</b> Join Kacy for a New Adventure Ride. Cancelled if raining.
Tues July 31	9:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6252	<b>Tuesday IMAX Ride</b> Join the Schwartzes for a moderate ride from the IMAX Theatre in Woodridge to Naperville and back. Call cell 630-303-1160 or 708-334-6250 if the weather looks iffy.
Tues July 31	6:00 PM	36 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	<b>Tuesday Night Ride</b> Clarendon Hills and 87th St road ride. Good lights required.

## Directions to Ride Starting Locations

Starting Point	Directions
<b>Community Bank of Elmhurst, IL</b>	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.
<b>Depot Elmhurst, IL</b>	Rides start from the public parking lot just east of York Road on Vallette Street. Vallette St. is 1/4 mile south of St. Charles Road, York Road is 1 mile west of I-290.
<b>Depot, Villa Park, IL</b>	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.
<b>Gazebo Glen Ellyn, IL</b>	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 1/4 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.
<b>IMAX Theatre Woodridge, IL</b>	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.
<b>McCullum Park Downers Grove, IL</b>	McCullum Park is located at the SE Corner of 67th and Main Streets in Downers Grove.
<b>Panera Bread Elmhurst, IL</b>	Panera Bread is located on the west side of York Road, just south of North Avenue (Route 64), the same building with CVS Pharmacy. Use southwest parking lot.
<b>Parking Lot at Maple and Park Lombard, IL</b>	The start is located in the parking lot at the NE corner of Maple Street and Park Ave., just east of Lilacia Park and the Helen Plum Memorial Library in Lombard.
<b>Soccer Field St. Charles</b>	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.
<b>Sunset Knoll Park Lombard, IL</b>	On Finley, at Wilson, half a mile north of Roosevelt Road. Please park behind the recreation facility; address is 820 South Finley Road.
<b>Volunteer Park Wheaton, IL</b>	Milepost zero on the Prairie Path Main Stem., at the intersection of Liberty and Carlton Streets Wheaton. 1/4 mile north of Roosevelt Road, 1/2 mile west of Main Street / Schmale Road.
<b>Waterfall Glen Forest Preserve Darien, IL</b>	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.



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## Please Welcome These New Members

Keith Spialek Lombard	Evelyn Hernandez Elmhurst
Stephanie Moore Downers Grove	William E. Ortega Oak Park
Steve Eisenhut Lombard	Gloria A. Arvantis Bloomingdale
Andrea Frazier Elmhurst	Lori & Larry Lindahl Itasca
Michal Baker Aurora	Meaghan Odling Wood Dale
Bruce Glaser Forest Park	Christine (Chris) E. Coyne Hinsdale

Orbes scott schwin look bmc ridley Hasped GR least blue K2 Clothes by pearl Terry



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Glen Ellyn, IL 60137  
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## The Horsey Hundred Provides Interesting Routes, Great Scenery, and Wonderful Riding Conditions



*By George Pastorino*

Memorial Day weekend Pussanee and I attended what we think is the finest weekend ride in the Midwest: The Horsey Hundred in Georgetown, Kentucky. The almost non-stop rolling hills make it great fun to ride and the majesty and grandeur of the Horse Farms have to be seen to be believed. Some date back to the Civil War, others brand new. In both cases the Stables themselves are stunning, far nicer than any home we have ever lived in. Some properties are so huge it takes 15 minutes to ride past them. The roads are in pristine condition adding to the cyclists pleasure, in fact as Pussanee and I were riding down a country lane at 7am, I told her that this is the magic of road riding and if there is heaven for the road rider, this is it.

We have ridden the Horsey several times, and can tell you that all the routes are stunning rides through Bluegrass Horse Country and well worth the 5+ hour drive from Chicago.

As veterans of both the TOMRV and The Hilly Hundred we feel The Horsey Hundred is the finest weekend ride in the Midwest. It would be an outstanding destination trip for EBC. See you there next Memorial Day?



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See  
 You  
 There!

**From Cookies To Corn** Continued from Page 1

cold drinks. Naturally, after the rain stopped, it became quite warm and humid—another enjoyable attribute of the Metro Metric.

***How did the name Metro Metric come about?***

Chuck Ziemer told of the time he was riding with a few other members and they were trying to come with a name for the ride. “We decided on Metro Metric because, at the time, the ride was 30 and 60 miles,” he said. Chuck remembers one year of severe flooding near Oswego. “The flooding was so bad we had to come up with a new route segment which turned out to be a portion of Route 34. That was the worst because of the number of riders and the amount of traffic, especially the trucks,” he added. Chuck went on to add, the problems then are much as they are today: traffic, routes, and good rest stops. Fortunately, for us Hampshire has proved to be a



June 2007: Members model their first Metro Metric T-Shirt. Kacy wears a T from one of the first rides. (White T)