



# 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

### Monthly Meeting

Community Bank,  
Elmhurst, 9/13 @  
7:15 P.M.

### Self-Contained Ride

to Minong, WI Sep 5-13  
Contact: Jerry Ringier  
630.932.0271

### New Glarus Weekend

New Glarus, WI  
Sep 21 - 23  
Contact: Larry Alvino  
630.730.6841

### Tour de Zoo

Congressman Daniel Lipinski and The Wheel Thing sponsor bike races for adults and children within the Brookfield Zoo,  
Sep 29

Contact: The Wheel Thing, 708.352.3822

### I-355 Extension Ride

Tentative: Nov 10 or Nov 11. Sponsored by: The C.B.F. and Ill Toll Authority

### Annual Ski Trip

Feb 2 - 8, 2008

Contact: Sharon Ganske Hermach or Call: Morgan at The Indianhead Motel, 906.932.2031

## Metro Metric Again Satisfies Riders

by Joanne DeZur

What a successful Metro Metric this year. The weather was ideal for in Northern Illinois. In addition, we had approximately 160 more riders this year making for a financial success, too.

Several riders missed a major turn and were then re-directed by our able SAG drivers. It is suspected riders were following too closely those in front.

Again this year, the home baked cookies appealed to all riders and their appetites as did the fresh local corn so ably cooked this by the team of Ray, David, and Paul.

In addition to mild Summer weather, the principle reason for this year's success is the work of over 100

hundred volunteers. From route planning, to parking, to sign placement, to food and registration; these volunteers with extraordinary dedication, gave unstintingly of their time to ensure the enjoyment for all.

It is a pleasure to see the rider's smiling faces as they roll into the parking lot at Hampshire High School at the end of their ride.

Ears To You



*Mild Summer weather brings this response from riders.*

Phil and I would like to thank all those volunteers listed here.

*Continued on Page 11*



**T**he 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 Bicycle Club**  
**Officers and Board Members**

**President**

Ray Dal Lago, 630.543.4655  
president\_elmhurstbicycling.org

**Vice President/Ride Captain**

Steve Josephs, 630.655.8710  
ridecaptain\_elmhurstbicycling.org

**Treasurer**

Phil Keller, 630.964.5795  
treasurer\_elmhurstbicycling.org

**Metro Metric Co-Chair**

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metrometric\_elmhurstbicycling.org

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**Membership Coordinator**

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**Newsletter collating**

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mikesell2\_juno.com

**Sergeant-at-Arms**

Mike Sruglinski, 708.246.2089

**Assistant Ride Captain**

Nancy Rice, 630.717.9923  
hotline\_elmhurstbicycling.org



# Opinion and Comment

Petra Lynn Hofmann



Another month as gone by, the Metro Metric is over as well as most of the Summer. I find this year to be one of low ride mileage due to work related travel. And boy do my legs feel the pain on Sunday mornings.

Speaking of the Metro Metric, one can't say enough about all the assistance from club members which made this year's event such a success. Furthermore, thanks to Tom Mara's drive and persistence, we enjoyed the financial support of more than eight bicycle shops, a car dealership, and support from retailers such as REI and Mobile Bike Command. The financial and in-kind donations help to make this event possible and also provide the needed annual support of the club.

Not to be forgotten are the donations we make as a club to support other bicycle related organizations such as The League of Illinois Bicyclists, the Chicagoland Bicycle Federation, and the Illinois Prairie Path. As a result of this support, we now have a 3-Foot bicycle passing law which has taken effect upon the Governor's signature. In addition, DuPage County, the Illinois Tollway, and The Illinois Department of Transportation are deep in the planning stages for a bikeway connecting many existing bike trails in the county. Deborah Fagan, our County Trail System Coordinator has been instrumental in facilitating this and many other bicycle related projects. She is to be commended for her hard work in this matters.

A few weeks ago, Baltimore and I led a beautiful ride to the National Museum of Mexican Art and then on to Mi Tierra in Little Village for lunch. As you can see from the pictures I took (pp 12 & 13), this is a restaurant that just makes one feel happy sitting and observing the artisan's craft and skillful use of bright colors. I've been told that on Sunday afternoons a mariachi band plays to patrons. And what is a Mariachi? A little research turned up the following: Mariachi is a type of musical group, originally from Mexico. Usually a mariachi consists of at least two violins, two trumpets, one Spanish guitar, one vihuela (a high-pitched, five-string guitar) and one guitarrón (a small-scaled acoustic bass). They dress in silver studded charro outfits with wide-brimmed hats. (According to Wikipedia)

I've been thinking, what should we call such a ride, on a Sunday afternoon in Chicago, to such an interesting and entertaining restaurant? How about: The Mariachi and Marguerita Ride? Or, M&M Ride for short?

## **GOV SIGNS 3-FOOT PASSING BILL INTO LAW**

Motorists in Illinois must pass bicyclists with at least three feet of room thanks to Gov. Blagojevich's signature on Senate Bill 80 yesterday.

This measure was supported by the Chicagoland Bicycle Federation and led by our partner organization, the League of Illinois Bicyclists. It's a significant victory for bicycling statewide.

The law, effective immediately, amends the Illinois Vehicle Code to also provide that bicyclists may signal a right-hand turn with their right arms.

In addition, the law states that a bicyclist is to ride as close to the right-hand curb as practicable and safe. The law previously provided that they ride as close as possible.

This also means that the bicyclist is not required to ride as close to the right-hand curb or edge as practicable and safe when the rider is approaching a place where a right turn is authorized.

Chicagoland Bicycle Federation  
9 W. Hubbard St.  
Suite 402  
Chicago, Illinois 60610-6545  
United States

## **I-355 Extension Bicycle Ride-Nov. 10 or 11**

Greetings bicyclists, communities, and friends-----

Preliminary planning is in the works for a bike ride in connection with the opening festivities of the I-355 extension roadway. The tentative date will be Nov. 10 or 11. Just wanted to give you a heads up to save this date on your ride calendars and make plans for your group to join in.

The proceeds, after costs are covered, will be used to help the local communities build the adjacent multi-purpose trail to I-355. Local communities, the Tollway, and other agencies have been working on planning for this new trail for the last couple of years. The Tollway has contributed greatly to the effort with facilities, engineering and coordination.

The I-355 Extension Trail will connect up to Woodridge and the Southern DuPage County Regional Trail on the north end and will terminate at I-80. Included along the way will be links to the Centennial Trail, I&M Canal Trail, Old Plank Road Trail, local bikeways in approximately 11 communities, and a connection to Joliet Arsenal property I believe on south end.

Preliminary engineering has been completed and the land acquired along the route. All that is needed is money for construction and the engineering (a lot of \$) to finish the job.

It's an exciting and fun event that is being planned so save the date and help us raise a little money and public awareness for this important undertaking. I am hoping this effort will serve as a precedent so that a bikeway paralleling a major infrastructure expansion like I-355 becomes the norm in northeastern Illinois and will be included in all future expressways of this nature. A big wish but we have a good start if we can get this project accomplished.

More details will follow from the organizers at Chicagoland Bicycle Federation and several local bicycle clubs assisting with the event. This is just a little advance notice to help you plan ahead.

Deborah Jan Fagan, AICP Chief Planner and County Trail System Coordinator  
DuPage County Department of Economic Development and Planning  
421 N. County Farm Road  
Wheaton, Illinois 60187

## **New Mobile Bike Repair**

Of the many companies present at Metro Metric this past July, Mobile Bike Command is likely the newest. MBC is the brain child of Steve Munton and Renee Kopulos, soon to be Mr. & Mrs. Steve and Renee are bicyclists who value the convenience of an at-your-doorstep bicycle repair and maintenance service. As they demonstrated during the MM, they make for a friendly and service orientated couple willing to help bicyclists of differing skills and abilities maintain their bikes in top notch condition.

You may contact Steve at:  
Mobile Bike Command,  
DeKalb, IL  
815.508.2988

## **The Chicagoland Bicycle Federation Announces The Following Volunteer Position:**

VOLUNTEER FOR BOULEVARD LAKEFRONT TOUR - SEPT. 9

The Chicagoland Bicycle Federation seeks volunteers to help make the 19th annual Boulevard Lakefront Tour a success. Thousands will ride Sept. 9 in one of Chicago's longest-running bicycling events. Volunteers are needed before, during and after the ride. Receive an event T-shirt, goody bag, free picnic lunch, and an invitation to the Chicagoland Bicycle Federation's annual volunteer party. Groups of 10 to 15 people can also qualify for monetary donations. All day-of-event volunteers are eligible for raffle prizes from Chicagoland Bicycle Federation member discount partners.

Contact:  
Liz Farina Markel  
Membership Manager  
Chicagoland Bicycle Federation  
p. 312-427-3325 x 294  
f. 312-427-4907  
e.liz@biketraffic.org

# September 2007

## Club Rides

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

<b>Date</b>	<b>Time</b>	<b>Distance</b>	<b>Start</b>	<b>Leader</b>	<b>Ride Description</b>
Sat Sep. 1	8:00 AM	40 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 Sep. 1	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 Sep. 2	6:00 AM 8:30 AM 11:00 AM	33, 66 or 100 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630.832.8131	<b>Triple Loop Century</b> Dave is offering a century broken into three loops totaling 100 miles, all starting and ending at Panera. Come out and ride any or all of the loops. One short rest stop per loop. Dave will have his car parked at Panera so you can store personal items. He will also have food and drink to refuel after each loop.
Sun Sep. 2	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.
Sun Sep. 2	8:00 AM	20-30 miles 11-14 mph	Panera Bread Elmhurst	Petra Hofmann 630.290.5173	<b>Sundays with Petra</b> This Sunday morning ride, with a short rest stop, is in its fourth year. Riding different routes each Sunday, we try for interest and friendship while making our hearts beat a little faster.
Sun Sep. 2	8:30 AM	30-45 miles 15-17 mph	Panera Bread Elmhurst	Jeff Win- centsen 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 Sep. 2	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 Sep. 3	9:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	<b>Holiday Show and Go</b> The riders who show will decide ride leader, distance and pace.
Mon Sep. 3	9:00 AM	~20 miles ~3 hours Mod- erate	Pulaski Woods West Palos Forest Preserve	George Pasto- rino 708.903.8700	<b>Labor Day Mountain Bike Ride</b> Moderate Mountain bike ride on Singletrack at Palos. Canceled if raining or poor trail conditions. From I-55, exit at LaGrange Road (Route 45) south. After a mile, turn right onto Archer Ave and go south for about 3 miles. Past the cemetery, turn left on 95th Street (east). Then take the next right onto Wolf Road and into Palos. Pulaski Woods West is the second grove on your right.
Mon Sep. 3	6:30 PM	24-27 miles 13-15 mph	Depot Elmhurst	Determined by riders	<b>Monday Night Show &amp; Go</b> The Monday Night Ride rolls through September! Headlight and tail-light required.
Tues Sep. 4	9:00 AM	20 miles 8-10 mph	Herrick Lake Forest Preserve north parking lot east side of lake	Lou Fish 630.668.3446	<b>New Adventure Ride</b> Ride thru Wheaton & Winfield to Cantigny War Memorial. Roads are generally flat to gentle rolling...some path along Winfield Rd.
Tues Sep. 4	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 Sep. 4	6:00 PM	35 miles 14-16 mph	Panera Bread Elmhurst	Jeff Win- centsen 630.832.3338	<b>Tuesday Night Ride</b> Herrick Lake (w/ return on Leask Lane). Good lights required. Includes one short stop. Bring enough food/drink to refuel. There will be optional sprints.
Wed Sep. 5 - Sep. 13	9:00 AM	60 miles/day your pace	Jerry's and Betty's 1141 S. Fairview Lombard	Jerry Ringer 630.932.0271 630.542.1178 C	<b>Lombard to Minong Tour</b> 9 day tour of approximately 60 miles per day with camping at state and county parks from Illinois to Wisconsin. Meals will be at restaurants. We will ride about 540 miles total. We will reach our destination on Sept. 13th., spend the night and offer transportation back to Lombard. Please RSVP by August 29th. Come join us for the adventure of your life !!!
Wed Sep. 5	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 Sep. 5	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 Sep. 5	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.

# Ride Schedule

<b>Date</b>	<b>Time</b>	<b>Distance</b>	<b>Start</b>	<b>Leader</b>	<b>Ride Description</b>
Wed Sep. 5	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 Sep. 6	9:00 AM	Determined by riders	IMAX Woodridge	Determined by riders	<b>Thursday IMAX S&amp;G</b> This will be a show and go for today.
Thurs Sep. 6	6:00 PM	25-30 miles 16-18 mph	Depot Elmhurst	Tom Mara 630.833.5739	<b>Thursday Night Ride</b> Join Tom for a fast evening ride. Expect a high speed pace line and evening traffic - a road bike, excellent bike handling skills and front/rear lights required. If weather is threatening or bad road conditions, ride will be cancelled.
Fri Sep. 7	9:00 AM	40-45 miles 14-16 mph	Sunset Knoll Park Lombard	Determined by riders	<b>From Lombard to Batavia S&amp;G</b> We'll ride from Lombard to Batavia via Fermi Lab. Pitstop at Fermi Lab, snack at Panera Batavia.
Fri Sep. 7	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 Sep. 8	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 Sep. 8	9:00 AM	~20 miles ~3 hours Mod- erate	Pulaski Woods West Palos Forest Preserve	George Pasto- rino 708.903.8700	<b>Palos Mountain Bike Ride</b> Moderate Mountain bike ride on Singletrack at Palos. Canceled if raining or poor trail conditions. From I-55, exit at LaGrange Road (Route 45) south. After a mile, turn right onto Archer Ave and go south for about 3 miles. Past the cemetery, turn left on 95th Street (east). Then take the next right onto Wolf Road and into Palos. Pulaski Woods West is the second grove on your right.
Sun Sep. 9	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.
Sun Sep. 9	8:00 AM	20-30 miles 11-14 mph	Panera Bread Elmhurst	Petra Hofmann 630.290.5173	<b>Sundays with Petra</b> This Sunday morning ride, with a short rest stop, is in its fourth year. Riding different routes each Sunday, we try for interest and friendship while making our hearts beat a little faster.
Sun Sep. 9	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 Sep. 9	8:30 AM	30-45 miles 15-17 mph	Panera Bread Elmhurst	Jeff Win- centsen 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 Sep. 9	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 Sep. 10	8:00 AM	~20 miles ~3 hours Mod- erate	Pastorino House 7551 Blazer Justice IL	George Pasto- rino 708.903.8700	<b>Palos Mountain Bike Ride</b> Moderate Palos Mountain Bike Ride, Doubletrack and Single track. Mapquest for directions
Mon Sep. 10	6:30 PM	24-27 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708.409.0105 H 708.421.0120 C	<b>Monday Night Ride</b> The Monday Night Ride rolls through September! Headlight and tail-light required.
Tues Sep. 11	9:00 AM	up to 20 miles 8-10 mph	Depot Elmhurst	Joanne DeZur 630.833.7688 630/336.9253 cell	<b>New Adventure Ride</b> Sections will be on the Prairie Path to Glen Ellyn coffee shop. Remember we never start out in the rain.
Tues Sep. 11	9:00 AM	Determined by riders	IMAX Woodridge	Determined by riders	<b>Tuesday IMAX S&amp;G</b> This will be a show and go for today.
Tues Sep. 11	6:00 PM	29 miles 13-15 mph	Panera Bread Elmhurst	Jeff Win- centsen 630.832.3338	<b>Tuesday Night Ride</b> York Woods / McDonald's U / Central Park / Fullersburg Woods / Bemis Woods trail ride. Mountain or Hybrid bike and good lights required. Includes one short stop. Bring enough food/drink to refuel. There will be optional sprints.
Wed Sep. 12	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 Sep. 12	9:00 AM	Determined by riders	McCollum Park Downers Grove	Determined by riders	<b>Wednesday Show and Go</b> The riders will determine the ride leader, distance and pace
Wed Sep. 12	9:00 AM	44 miles 12-14 mph	McCollum Park Downers Grove	Janet K 964.5126	<b>Ride to Plainfield</b> Ride to Plainfield with Janet K.
Wed Sep. 12	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.

<b>Date</b>	<b>Time</b>	<b>Distance</b>	<b>Start</b>	<b>Leader</b>	<b>Ride Description</b>
Wed Sep. 12	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 Sep. 13	9:00 AM	Determined by riders	IMAX Woodridge	Determined by riders	<b>Thursday IMAX S&amp;G</b> This will be a show and go for today.
Thurs Sep. 13	7:15 PM		Community Bank Elmhurst	Ray Dal Lago 630.543.4655	<b>Monthly Club Meeting</b> Board meeting precedes club meeting.
Fri Sep. 14	9:00 AM	40-45 miles 14-16 mph	Sunset Knoll Park Lombard	Determined by riders	<b>From Lombard to Batavia S&amp;G</b> We'll ride from Lombard to Batavia via Fermi Lab. Pitstop at Fermi Lab, snack at Panera Batavia.
Fri Sep. 14	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 Sep. 15	8:00 AM	40 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 Sep. 15	9:00 AM	~20 miles ~3 hours Mod- erate	Pulaski Woods West Palos Forest Preserve	George Pasto- rino 708.903.8700	<b>Palos Mountain Bike Ride</b> Moderate Mountain bike ride on Singletrack at Palos. Canceled if raining or poor trail conditions. From I-55, exit at LaGrange Road (Route 45) south. After a mile, turn right onto Archer Ave and go south for about 3 miles. Past the cemetery, turn left on 95th Street (east). Then take the next right onto Wolf Road and into Palos. Pulaski Woods West is the second grove on your right.
Sat Sep. 15	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 Sep. 15	9:00 AM	30 miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708.409.0105 H. 708.421.0120 C.	<b>Eli's Cheesecake Whirled</b> Ride to Eli's Cheesecake Festival. Route will be on city and suburban streets, some busy. Bring a lock and money for (or) snacks and drinks. Cheesecake samples are free.
Sat Sep. 15	9:30 AM	15-20 miles 9-12 mph	Rt. 56 & 31 N. Aurora	Judy Mikesell 630.833.1036 630.290.2675 cell.	<b>Path Ride - Fox River Trail</b> Join Judy for a path ride along the Fox River Trail. The parking lot is on the south side of Rt 56 east of Rt 31 (just east of Harner's bakery & restaurant) & west of the Fox River
Sun Sep. 16	6:30 AM	100 miles 14-16 mph	Panera Bread Elmhurst	Larry Gitchell 708.409.0105 H. 708.421.0120 C.	<b>Loopy with Lars</b> Triple Loop Century. First Loop at 6:30 AM goes south to Willow Springs (Hilly) Second Loop about 10 AM to Leaning Tower Y in Niles (Urban) Third Loop about 1 PM goes North past Itasca (Suburban) Drinks and snacks provided between loops.
Sun Sep. 16	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.
Sun Sep. 16	8:00 AM	20-30 miles 11-14 mph	Panera Bread Elmhurst	Petra Hofmann 630.290.5173	<b>Sundays with Petra</b> This Sunday morning ride, with a short rest stop, is in its fourth year. Riding different routes each Sunday, we try for interest and friendship while making our hearts beat a little faster.
Sun Sep. 16	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 Sep. 16	8:30 AM	30-45 miles 15-17 mph	Panera Bread Elmhurst	Jeff Win- centsen 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 Sep. 16	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 Sep. 17	6:30 PM	24-27 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708.409.0105 H. 708.421.0120 C.	<b>Monday Night Ride</b> The Monday Night Ride rolls through September! Headlight and tail-light required.
Tues Sep. 18	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 Sep. 18	9:30 AM	20-25 miles 8-10 mph	Spring Rock Park Western Springs	Vicki Pate 630.655.4698	<b>Winding to Willowbrook</b> Ride to Caribou Coffee in Willowbrook
Tues Sep. 18	6:00 PM	37 miles 14-16 mph	Panera Bread Elmhurst	Jeff Win- centsen 630.832.3338	<b>Tuesday Night Ride</b> Cantigny road ride. Good lights required. Includes one short stop. Bring enough food/drink to refuel. There will be optional sprints.
Wed Sep. 19	9:00 AM	30-35 miles 12-15 mph	Fullersburg Oak Brook	Mary Jo Bolan 630 887 9652	<b>Ride to Bolingbrook Shopping Center</b> Ride on roads and paths. Coffee break at the shopping center.

<b>Date</b>	<b>Time</b>	<b>Distance</b>	<b>Start</b>	<b>Leader</b>	<b>Ride Description</b>
Wed Sep. 19	9:00 AM	52 miles 16-18 mph	Sunset Knoll Park Lombard	Isaac R. Sa- mayoa 630.627.3852	<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 Sep. 19	9:00 AM	Determined by riders	McCollum Park Downers Grove	Determined by riders	<b>Wednesday Show and Go</b> The riders will determine the ride leader, distance and pace
Wed Sep. 19	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 Sep. 19	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 Sep. 20	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 Sep. 20	6:00 PM	25-30 miles 16-18 mph	Depot Elmhurst	Tom Mara 630.833.5739	<b>Thursday Night Ride</b> Join Tom for a fast evening ride. Expect a high speed pace line and evening traffic - a road bike, excellent bike handling skills and front/rear lights required. If weather is threatening or bad road conditions, ride will be cancelled.
Fri Sep. 21	9:00 AM	40-45 miles 14-16 mph	Sunset Knoll Park Lombard	Isaac R. Sa- mayoa 630.627.3852	<b>From Lombard to Batavia</b> We'll ride from Lombard to Batavia via Fermi Lab. Pitstop at Fermi Lab, snack at Panera Batavia.
Fri Sep. 21 - Sep. 23	2:00 PM Fri. 9:00 AM Sat. 9:00 AM Sun.	Slow, Moderate and Fast Rides ranging from 30-60 miles each day	Chalet Land- haus Hotel New Glarus, WI	Larry Alvino 630.730.6814	<b>New Glarus Weekend</b> Join EBC for a weekend adventure in the "Little Switzerland" area around New Glarus, WI. There will be 3 rides each day, one Slow, one Moderate and one Fast, all leaving from the Chalet Landhaus in New Glarus. More details to be provided closer to the weekend, or contact Larry Alvino for more information.
Fri Sep. 21	02:00 PM	30 miles 12-14 mph	Chalet Land- haus Hotel New Glarus, WI	Larry Gitchell 708.409.0105 H. 708.421.0120 C.	<b>New Glarus Weekend</b> Friday afternoon ride in the hills of New Glarus - Area is very hilly. Bring a bike that climbs well! Bring snacks and water; there are very limited opportunities for rest stops.
Fri Sep. 21	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 Sep. 22	9:00 AM	45-50 miles 12-14 mph	Chalet Land- haus Hotel New Glarus, WI	Larry Gitchell 708.409.0105 H. 708.421.0120 C.	<b>Earth Rider Expedition</b> Ride in search of the Earth Rider Bike Shop in Brodhead, WI. Route will have major hills. Bring snacks and water; limited opportunities for rest stops.
Sat Sep. 22	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 Sep. 23	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.
Sun Sep. 23	8:00 AM	20-30 miles 11-14 mph	Panera Bread Elmhurst	Petra Hofmann 630.290.5173	<b>Sundays with Petra</b> This Sunday morning ride, with a short rest stop, is in its fourth year. Riding different routes each Sunday, we try for interest and friendship while making our hearts beat a little faster.
Sun Sep. 23	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 Sep. 23	8:30 AM	30-45 miles 15-17 mph	Panera Bread Elmhurst	Jeff Win- centsen 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 Sep. 23	9:00 AM	30 miles 12-14 mph	Chalet Land- haus Hotel New Glarus, WI	Larry Gitchell 708.409.0105 H. 708.421.0120 C.	<b>Trolling for Tunnels</b> Our New Glarus explorations continue. Area is very hilly, be prepared to climb!
Sun Sep. 23	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 Sep. 24	6:30 PM	24-27 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708.409.0105 H. 708.421.0120 C.	<b>Monday Night Ride</b> The Monday Night Ride rolls through September! Headlight and tail-light required.

<b>Date</b>	<b>Time</b>	<b>Distance</b>	<b>Start</b>	<b>Leader</b>	<b>Ride Description</b>
Tues Sep. 25	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 Sep. 25	9:00 AM	15-20 miles 8-10 mph	Depot Villa Park	Kacy, 630.941.8532 630.569.4689	<b>New Adventure Ride</b> Canceled if raining.
Tues Sep. 25	6:00 PM	32 miles 14-16 mph	Panera Bread Elmhurst	Jeff Win- centsen 630.832.3338	<b>Tuesday Night Ride</b> Westmont via Hambletonian road ride. Good lights required. Includes one short stop. Bring enough food/drink to refuel. There will be optional sprints.
Wed Sep. 26	9:00 AM	52 miles 16-18 mph	Sunset Knoll Park Lombard	Isaac R. Sa- mayoa 630.627.3852	<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 Sep. 26	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 Sep. 26	9:30 AM	65 miles 12-15 mph	Trail parking lot Illinois Street Aurora	George Her- mach 630.717.1660 cell 630.886.1151.	<b>Fox River Trail</b> Ride the scenic Fox River Trail to Algonquin and back. Lunch at a restaurant in Algonquin. From I-88, exit Rt. 31 south. Turn left on Illinois St. Parking lot is on north side of street and west of river. Ride cancelled if rainy.
Wed Sep. 26	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 Sep. 26	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 Sep. 27	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 Sep. 27	6:00 PM	25-30 miles 16-18 mph	Depot Elmhurst	Tom Mara 630.833.5739	<b>Thursday Night Ride</b> Join Tom for a fast evening ride. Expect a high speed pace line and evening traffic - a road bike, excellent bike handling skills and front/rear lights required. If weather is threatening or bad road conditions, ride will be cancelled.
Fri Sep. 28	9:00 AM	40-45 miles 14-16 mph	Sunset Knoll Park Lombard	Isaac R. Sa- mayoa 630.627.3852	<b>From Lombard to Batavia</b> We'll ride from Lombard to Batavia via Fermi Lab. Pitstop at Fermi Lab, snack at Panera Batavia.
Fri Sep. 28	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 Sep. 28	7:00 PM	Monthly Collat- ing 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 Sep. 29	8:00 AM	40 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 Sep. 29	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 Sep. 30	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.
Sun Sep. 30	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 Sep. 30	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 Sep. 30	8:30 AM	30-45 miles 15-17 mph	Panera Bread Elmhurst	Jeff Win- centsen 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 Sep. 30	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.



# Directions to Ride Start Locations

<b>STARTING POINT</b>	<b>DIRECTIONS</b>
<b>Community Bank of Elmhurst 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 FP 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.

## September Meeting Presenter

Gina M. Pongetti, a Certified Physical Therapist and Certified Strength and Conditioning Specialist will present and demonstrate the top 12 stretches for athletes of all ages. In addition, Gina will address issues of nutrition, health, and wellness.

Gina is a nationally recognized speaker on orthopedics related to performing arts and

currently writes for three professional publications. She holds a Masters from Michigan State University in Health Communications.

In addition to her professional responsibilities, Gina is also a gymnastics choreographer, triathlete and marathoner, having completed over 20 endurance sports events, culminating in her participation in the 2006 Ironman World Championships in Kona, HI.

Attendees should wear casual clothing to facilitate practicing the various exercises.



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# Scenes from Metro Metric 2007



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W	12-6	Haro • Univega
Sat	10-5	

Call for Winter Hours

**TREK USA**



**Volunteers: Metro Metric 2007**

Frank	Amorosi	David	Maki
Mary Ann	Badke	Tom	Manata
Martin	Becker	Tom	Mara
Mary Jo	Bolan	Tom	Mara
Paul	Boyce	Bob	McKeague
Mary Sue	Coates	Charlie	Mikesell
Bill	Coates	Juddy	Mikesell
Cindy	Cochrane	Martha	Miles
Chris	Coyne	Marry	Moroney
John	Czarnecki	Carol	Nield
Ray	Dal Lago	Cheri	O'Riordan
Gerri	Dekete	Maureen	O'Rourke
Joanne	Dezur	Vicki	Ortega
Ruth	Dover	Baltimore	Ortega
Dana	Elsesser	John	Parks
Leo	Engstrom	George	Pastorino
Gerry	Fekete	Pussanee	Pastorino
Juddy	Figura	Vicki	Pate
Lou	Fish	Dave	Polkkow
Jerry	Fish	Roland	Porter
Nancy	Fleming	Palul	Punchum
Tracy	Gainer	Cindy	Reedy
Alexis	Gielicz	Nancy	Rice
Larry	Gitchell	Marge	Ricke
Peter	Gough	Mary Ann	Roe
Sam	Gunda	Harriet	Rose
Jay	Hennig	Michael	Rossiter
Jim	Hennig	Bill	Schafer
Sharon	Hermach	Mike	Schillmoeller
George	Hermach	Ray	Schmae
Petra	Hofmann	Nancy	Shack
Kathy	Jerabek	Mike	Struglinski
Steve	Josephs	Mary Ann	Sward
Marsha	Keller	Ted	Sward
Phil	Keller	Ksenia	Turula
Mie	Koch	Peter	Turula
John	Konrad	Jeannie	Whiting
Harold	Lassers	Diane	Wilkinson
Pam	Lassers	Laura	Williams
Alexis	LeMieux	Kacy	Worcester

**Where The Money Goes**

**Hampshire High School Donation**

Seated on the right is Ron Hughes, maintenance supervisor for all Hampshire schools and Phil Keller, this year's Metro Metric Co-Chair. The Elmhurst Bicycle Club's donation from the 2006 Metro Metric along with several other donors provided funds to purchase two park benches. The city paid for the concrete and installation of these sturdy park benches to be used by Hampshire High School students waiting for their buses. Our thanks go to Ron who has been extremely helpful to us in preparing for the annual club event.



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# Little Village 2007

On Saturday, Sep. 11, about a dozen intrepid EBC'ers headed out Jackson Blvd. for the National Museum of Mexican Art and lunch at Mi Tierra in Little Village. Mi Amigo Baltimore did a splendid job of leading the tour of the museum with Petra leading us to the beautiful Mi Tierra, a restaurant that screams fun and entertainment even when there are no musicians present. Watch the club ride schedule for a Sunday trip to listen to the Mariachis.

El sábado, el 11 Sep, ers alrededor de de un EBC docena intrépidos' hacia fuera dirigida Jackson Blvd. para el museo nacional de Arte y almuerzo mexicanos en la milla Tierra en poca aldea. Milla El Amigo Baltimore hizo un espléndido de conducir un viaje del el museo y Petra nos condujeron a este restaurante hermoso. Este restaurante grita la diversión y la hospitalidad aun cuando no hay músicos presentes. Mirar a club montar horario para que un viaje de domingo escuche los Mariachis.



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It's difficult not to love the color and the excitement the color brings to the Dining experience.



Gee, Petra couldn't resist taking a picture of probably the prettiest restroom ever.

**SPOKES**

**HOURS**

Mon-Fri  
11 - 8

Sat  
10 - 6

Sun  
12 - 5

**We Welcome The Following New Members:**

Kenneth C. Schmidt  
Elmhurst, IL

Barb Frey  
Glen Ellyn, IL

Dianne Ghertner  
Oak Park, IL

Sam Gunda  
Addison, IL

James Getty  
Lombard, IL

# Put Some Adventure and Excitement in Your Life

By Betty Bond

Join Jerry Ringier and Betty Bond for their self-contained bike ride to Minong, Wisconsin from Lombard beginning September 5th. Beginning in Lombard at 9 A.M. and taking 9 days, the ride will cover about 540 miles of wonderfully flat and hilly Illinois and Wisconsin countryside. With a daily average distance of 60 miles, riders will camp out each night and enjoy restaurant food wherever possible.



We have completed this ride twice in the past and found it to be a challenging, scenic, and enjoyable route. There are hills (we are, after all riding Wisconsin) but nothing we aren't capable of doing by the end of the year when we are all in really great shape. If you choose to stay in motels, we have a list you can choose from, but you will have to make those arrangements yourself. Once we arrive at our rustic cabin, (which is one step up from camping) we will take a day or two to rest, fish, canoe, hike, or just gaze at the lake. Gazing includes soaring eagles and swimming loons. Riders will be camping as the rustic cabin is very small, but we do have a shower and kitchen. Group meals are served at the cabin. Everyone is welcome.



The deadline for signing up is August 29th. Your participation includes transportation back to Lombard. Any questions please contact Jerry or Betty at 630-932-0271.



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*There is always time for a group photo on any group ride and last year's ride to Minong, WI was no exception.*



*These smiling bicycists completed Betty and Jerry's Tour to Minog, WI, September, 2006.*



## Greetings from S.W. Wisconsin

*By George Pastorino*

Pussanee and I recently completed the 200k route of the Dairyland Dare. 700 hundred riders attempted the 100k, 200k and 300 K routes, 548 crossed their finish lines. This was without a doubt the hardest event we have ever finished. The hills are extremely long and steep and they come one after another. You don't attack these hills, they attack you. They are actually what you would call Midwest mountains, except that they

go straight up instead of switchbacks.

Our actual riding time was 10 hours and 33 min with a 12.6 avg, Overall our time was 12 hours and 46 minutes. An early 3 hour rain made descents dicey to say the least. I love to climb, but I am not a very good descender. So, I was very cautious in the rain. Adding to our joy was the resulting 90 deg. heat and humidity.

Pussanee and I rode with a double chainring. I would guess about 90% of the riders were riding with a triple chainring and now I know why. By the end my knees were shot! We knew 15,000 ft of climbing over 200K

would difficult, but we never expected to be this humbled. Before this ride I thought of myself as a pretty strong climber for a 48 year old who weighs 205 lbs. However; this ride shrank my ego to the size of a thimble. Late in the ride, up the steepest hills, I could not break 4 mph and my cadence dropped to less than 25 rpm—in the lowest gear.

Can you have fun while suffering? To us the answer is a resounding YES! With good rest stops, a well marked route, and great cyclist camaraderie, made this ride one of the most stunning riding areas we have ever been to.

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Elmhurst, Illinois 60126  
www.elmhurstbicycling.org**

## Meeting Minutes

### Board of Directors

The primary discussion was about the recent Metro Metric:

- Initial numbers show income vs. last year higher by \$5879, with expenses lower by \$1943. (\$2700 of higher income is due to sponsors)
- Income appears to be \$8788 with some expenses still outstanding.
- 530 riders attended.
- About 100 volunteers helped out
- Problems:
  - Collect suggestions for next year, send this to Phil or Newsletter
- Approved donations of:
  - Hampshire HS - \$300
  - St Peter/Paul - \$300
  - Kaneville Twp - \$300
- Gift Certificate from Bike Shop Glen Ellyn – agreed to turn this into door prizes, ideally as 5 \$10 gift certificates.

### Club Meeting

Club President Ray Dal Lago called the club meeting to order shortly after 715 PM.

Phil provided the Metro Metric report. There were 530 riders, with substantially improved financial results from last year. Phil also read the names of all the captains, and commended all 100 volunteers. Suggestions for next year were solicited, to be sent to Phil or the Newsletter,

Steve Josephs gave the ride captain report. Rides for September should be submitted by Sunday. He also reported that mileage to date is about 98,000, roughly even with last year at this time.

Petra requested articles and pictures for the Newsletter by Sunday evening.

Ray Dal Lago commended several member accomplishments:

- Dave Polkow and Karen Zenisek recently completed the Ironman in Lake Placid successfully.
- Eric Peterson qualified for the August 20th 1200 kilometer Paris-Brest-Paris randonneur event, by successfully completing events of up to 600 kilometers.

Following refreshments, Roland Porter gave a presentation on the history of bicycles and their use of materials.