



THE CUE SHEET

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

SALT CREEK TRAIL: ELMHURST SEGMENT UNDER CONSTRUCTION

by Bob Hoel

The Salt Creek Trail, a regional trail, involves the Elmhurst Park District and seven other local agencies in a 13 year effort to complete the 30.6 mile-long trail. Extending from the Busse Woods Forest Preserve in NW Cook County, through NE DuPage County to the Chicago Portage National Historic Site at 47th and Harlem, the Salt Creek Trail provides access to forest preserves, local parks, Brookfield Zoo, historic sites, and Oakbrook Center, among other sites.

Construction of Elmhurst's portion of the trail is currently underway as contractors and surveyors have begun staking out the trail, removing trees, installing silt fences, and constructing trail bridges. Once construction begins, the existing wood chip from Madison



SALT CREEK TRAIL UNDERPASS AT ST. CHARLES ROAD.

(CONTINUED ON PAGE 2)

EBC SUPPORTS CHICAGO MOUNTAIN BIKE CLUB

In a show of support for Chicagoland bicycle organizations, The EBC Board of Directors approved donating \$5000 immediately to area organizations. An additional \$1000 has been allocated for donation this Fall, however, the recipient has yet to be decided upon by the board. Board president, Ray Dal Lago said he felt strongly that the EBC should support other bicycle organizations in the Chicagoland.



GEORGE PASTORINO, EBC MOUNTAIN BIKE COORDINATOR, PRESENTS A \$1,000 CHECK TO JOHN SWINSKI, PRESIDENT OF THE CHICAGO AREA MOUNTAIN BIKERS. THIS REPRESENTS THE FIRST OF SEVERAL DONATIONS TO AREA BICYCLE ORGANIZATIONS BY THE EBC.

APRIL 2008

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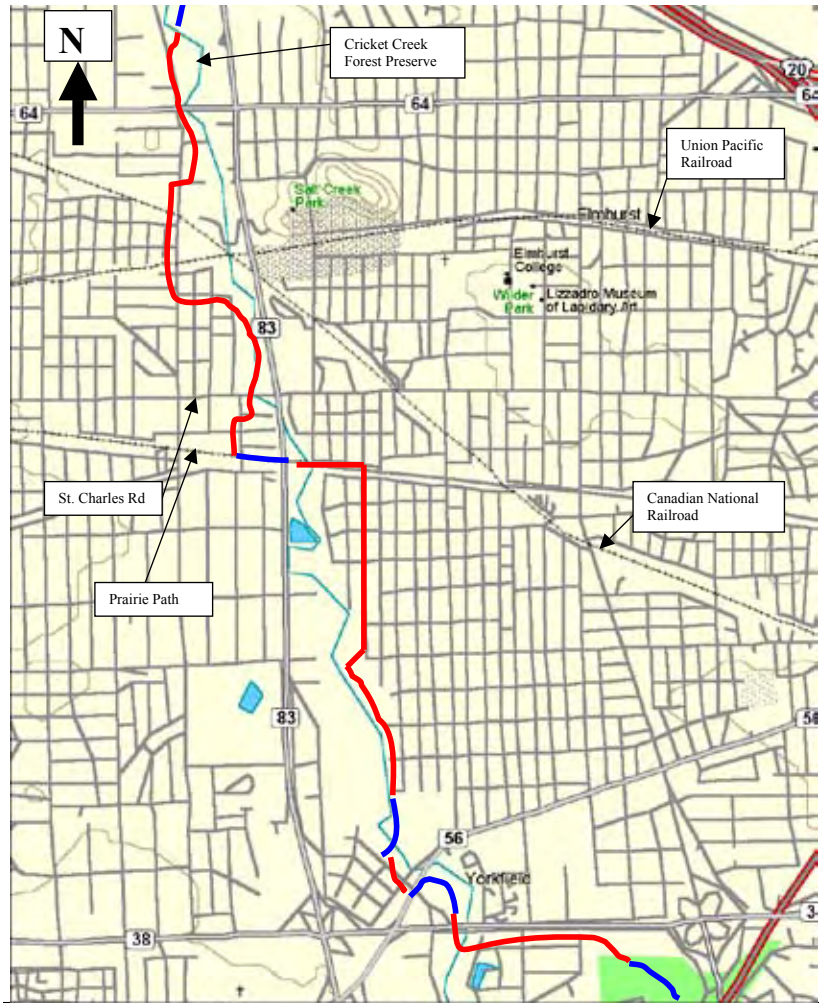
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SALT CREEK TRAIL (CONTINUED FROM PAGE 1)

Street south to Eldridge Park will be closed. The majority is to take place this spring with completion scheduled for this Summer.

The new asphalt trail begins in Elmhurst at the intersection of Thomas Street and Monterrey Avenue, north of St. Charles Road. It then proceeds south to link up with Illinois Prairie Path bridge over Route 83 and continues east along Prairie Path Lane to Fairview Avenue where it turns south. The trail follows Fairview Avenue to Madison Street where it will link up with, and take the place of, the EPD's existing wood chip trail to Eldridge Park. The trail then continues through Eldridge Park, crosses Butterfield Road and continues south behind the Astoria Place Townhomes to Oak Brook.

The cost of the EPD's portion of the is \$2,700,000, of which \$500,000 is funded by the EPD and the balance from state and federal grants.



SALT CREEK TRAIL THROUGH ELMHURST

Proposed Bike Trail
Existing Bike Trail

ELMHURST BICYCLE CLUB CONTINUES TRAIL CLEANUP PROJECT

On Saturday, April 26th (rain or shine) from 9:00 AM to approximately 12 noon, the section of the Great Western Trail from Schmale to Gary Ave. in the Village of Carol Stream, IL. will be cleaned again and for more than 10 years in a row by members of the Elmhurst Bicycle Club

“This is the annual Earth Day cleanup and we really appreciate the commitment undertaken every year by the members of the Elmhurst Bicycle Club, their families and friends to clean such a large section of the Great Western Trail. The EBC has been working on keeping this long stretch of the GWT clean since we started coordinating the cleanups in 1990s. To get the trail clean in just a few hours the participation of others from the surrounding communities is also very important. This annual “spring cleaning” is appreciated year around by trail users and the Friends of the Great Western Trails.” stated Don Kirchenberg volunteer Chairman of the Friends of the Great Western Trails.

Additional volunteers will be needed and they are encouraged to join with the members of the Elmhurst Bicycle Club along this section of the GWT in Carol Stream, IL between Schmale and Gary Ave. We always need and welcome additional volunteers to help us clean the trails. If you just want to help cleanup - head out to the trails that day and carefully

pickup litter along the trail. Take your filled garbage bags to the nearest trash container.

It is recommended that all volunteers wear gloves, long sleeve shirts and long pants to help eliminate scrapes and cuts from thorny bushes or sharp objects left as trash along the trails. Those with wagons or two wheel carts to help carry the filled garbage bags are asked to bring them along too.

For more information about the trails cleanup contact Don Kirchenberg at email address: [HYPERLINK “mailto:frndsgrtwstntrl@aol.com” frndsgrtwstntrl@aol.com](mailto:frndsgrtwstntrl@aol.com) Also feel free to include in any news articles the webpage for the Friends of the Great Western Trails at the following webpage address: <http://hometown.aol.com/frndsgrtwstntrl/myhomepage/business.html>

For maps of the two GWT sections:

Kane & DeKalb Counties trail section can be found here: <http://www.kaneforest.com/greatwestern.asp>. The DuPage section of the GWT can be found here: <http://www.ipp.org/images/bwippmap.gif> along with maps to the IPP and Fox River Trail.



BOARD MEETING MINUTES

1. Ray suggested we give money to LIB, CAMBR, LAB and MTN TRAIL organizations. The board voted yes to the measure and \$2000 will go to LIB and \$1000 each to the remaining organizations.

2. Prairie Path Cleanup is April 26th, 2008 and we need volunteers.

3. Ray wanted board opinion on sending member database info to CBF chairman Matthew Griffin. The board voted no on this.

4. Board voted no to having a electronic club membership database.

5. Discussed advertising the club in the yellow pages but concluded it is not economical.

6. Need to find a replacement for Publicity Director.

7. Discussed need to renew insurance for the club. This is being handled by George and Ray.

8. Suggested having a bike swap as a way of raising funds for EBC.

9. Ray has an idea to hold a indoor ride providing Compu Trainers donated by Athletes By Design at REI.

10. Petra wanted to know who is handling advertising and Phil Keller will handle advertising.

11. Steve suggested having a chairperson for fundraising.

12. Petra came up with the idea of having a EBC calendar to be available for sale.

13. Voted to extend the 24hr rule for all year round.

14. Ray will miss April's meeting and George will pick up key Wednesday before the meeting.

April 2008

Club Rides

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

Date	Time	Distance	Start	Leader	Ride Description
Tues Apr. 1	8:00 AM	17 miles 8-10 mph	Volunteer Park Wheaton	Dick Major (630) 690-2444	Slower Goers Start: Liberty & Carlton-Wheaton. Streets and Roads to the statuary of Emhurst College. Bring snacks or dine at Einsteins Bagels in Glen Ellyn.
Tues Apr. 1	9:00 AM	15 miles 8-10 mph	McCullum Park Downers Grove	Carol Nield 630-964-2488	Ride to IKEA Ride to the IKEA store in Bolingbrook for their 99 cent breakfast.
Tues Apr. 1	10:00 AM	30 miles moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Tuesday IMAX Ride This is a ride through Naperville on lightly traveled streets with a stop at Koobie's Coffee Shop
Tues Apr. 1	6:00 PM	20-30 miles 14-16 mph	Panera Bread Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Tuesday Night Ride A road ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Temps below 50 degrees at ride start time or rain will cancel. Good lights required.
Wed Apr. 2	9:00 AM	Determined by riders	McCullum Park Downers Grove	Determined by riders	Wednesday Show and Go The riders will determine the ride leader, distance and pace
Wed Apr. 2	9:00 AM	20-25 miles 11-13 mph	KLM Park Hinsdale	Mary Jo Bolan 630 887 9652	Ride to Oak Brook Rescheduled ride to McDonalds in Oak Brook.
Wed Apr. 2	10:00 AM	53 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. Sa- mayoa H 630-627-3852 C 630-808-4810	Lombard to St. Charles A flat to rolling beautiful scenic road ride with long stretches and a break at Smittis in St. Charles. Cue sheets will be pro- vided on request.
Wed Apr. 2	6:30 PM	Distance TBD 11-13 mph	Parking lot Maple and Park Lombard	Determined by riders	Wednesday Night Intermediate Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed Apr. 2	6:30 PM	15-20 miles 18-20+ mph	Depot Villa Park	Dave Polkow 630-832-8131	Wednesday Night Fast Ride This non-stop ride will be a short fast road ride and will include some tempo riding and intervals. This is a joint ride with the Elmhurst Triathlon Club.
Thurs Apr. 3	10:00 AM	30 miles fast moder- ate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Thursday IMAX Ride This is a ride through Naperville on lightly traveled streets The ride will be longer if weather permits.
Thurs Apr. 3	6:00 PM	20-30 miles 13-15 mph (slower on trails)	Panera Bread Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Thursday Night Trail Ride A road and/or trail ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. May include scouting rides. Bring a sense of adventure! Mountain bike or hybrid recommended. Good lights required. Temps below 50 degrees at ride start time or rain will cancel.
Fri Apr. 4	10:00 AM	42 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. Sa- mayoa H 630-627-3852 C 630-808-4810	Lombard to Batavia A mostly flat road ride with a break at Panera in Batavia. Come and join us. Nobody that can maintain a speed of 16 mph on the flat, will be dropped. Cue sheets will be provided on request.
Sat Apr. 5	9:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday Show and Go The riders will determine the ride leader, distance and pace
Sun Apr. 6	8:30 AM	20 miles 10-12 mph	Panera Bread Elmhurst	Determined by riders	Sunday Slow Ride Show & Go The slow ride is a S&G for April.

Sun Apr. 6	8:30 AM	25-30 miles 12-14 mph	Panera Bread Elmhurst	Carol Nield 630-964-2488	Sunday Without Petra The Petra mid-pace ride continues in April with a rotation of ride leaders.
Sun Apr. 6	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride This 2 1/2 hour weekly ride will go in various directions with one brief rest stop included. Ride will have a few optional sprints.
Sun Apr. 6	8:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Jeff's Sunday Morning Ride A road ride exploring DuPage and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Temps below 32 degrees at ride start time or precipitation will cancel.
Sun Apr. 6	12:30 PM	Determined by riders	Gazebo Glen Ellyn	Determined by riders	Weekly Show and Go The riders who show will decide ride leader, distance and pace.
Mon Apr. 7	6:00 PM	25-30 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Monday Night Ride Explore the environs of eastern DuPage and western Cook counties. Mix of streets and paved bike paths. Lights required.
Tues Apr. 8	9:00 AM	Approx. 20 miles 8-10 mph	Depot Elmhurst	Joanne DeZur 630/833-7688	New Adventure Ride to Forest Preserves bring snacks.
Tues Apr. 8	10:00 AM	30 miles moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Tuesday IMAX Ride This is a ride through Naperville on lightly traveled streets with a stop at Koobie's Coffee Shop
Tues Apr. 8	6:00 PM	20-30 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincents- en 630-832-3338	Tuesday Night Ride A road ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Temps below 50 degrees at ride start time or rain will cancel. Good lights required.
Wed Apr. 9	9:00 AM	Determined by riders	McCullum Park Downers Grove	Determined by riders	Wednesday Show and Go The riders will determine the ride leader, distance and pace
Wed Apr. 9	9:00 AM	25 miles 10-12 mph	McCullum Park Downers Grove	Carol Nield 630-964-2488	Ride to I & M Canal in Willowbrook We will ride to and on the I & M Canal- Bring Snacks. Call leader if weather is questionable.
Wed Apr. 9	10:00 AM	53 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. Sa- mayoa H 630-627-3852 C 630-808-4810	Lombard to St. Charles A flat to rolling beautiful scenic road ride with long stretches and a break at Smittis in St. Charles. Cue sheets will be provided on request.
Wed Apr. 9	6:30 PM	Distance TBD 11-13 mph	Parking lot Maple and Park Lombard	Determined by riders	Wednesday Night Intermediate Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed Apr. 9	6:30 PM	15-20 miles 18-20+ mph	Depot Villa Park	Dave Polkow 630-832-8131	Wednesday Night Fast Ride This non-stop ride will be a short fast road ride and will include some tempo riding and intervals. This is a joint ride with the Elmhurst Triathlon Club.
Thurs Apr. 10	10:00 AM	30 miles fast moder- ate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Thursday IMAX Ride This is a ride through Naperville on lightly traveled streets The ride will be longer if weather permits.
Thurs Apr. 10	6:00 PM	20-30 miles 13-15 mph (slower on trails)	Panera Bread Elmhurst	Jeff Wincents- en 630-832-3338	Thursday Night Trail Ride A road and/or trail ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. May include scouting rides. Bring a sense of adventure! Mountain bike or hybrid recommended. Good lights required. Temps below 50 degrees at ride start time or rain will cancel.
Thurs Apr. 10	7:15 PM		Communi- ty Bank Elmhurst	Ray Dal Lago 630-543-4655	Monthly Club Meeting Board meeting precedes club meeting.

Fri Apr. 11	9:00 AM	35 miles 12-14 mph	Busse Woods Biesner off Biesterfield	Rich Diebold 847-891-6010	Friday Ride Join Rich for a Friday ride on the 2nd and 4th Friday of the month. May be shortened due to weather. Join him in the first parking lot.
Fri Apr. 11	10:00 AM	42 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. Sa- mayoa H 630-627-3852 C 630-808-4810	Lombard to Batavia A mostly flat road ride with a break at Panera in Batavia. Come and join us. Nobody that can maintain a speed of 16 mph on the flat, will be dropped. Cue sheets will be provided on request.
Fri Apr. 11	10:00 AM	40-45 miles 13-15 mph	Sunset Knolls Park Lombard	Betty Bond 630-932-0271 cell 630-881-1177	Sweet and Gentle Ride to Batavia Using Isaac's route we will ride from Lombard to Batavia via Fermi Lab. Rest stop will be at Panera Bread.
Sat Apr. 12	9:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday Show and Go The riders will determine the ride leader, distance and pace
Sun Apr. 13	8:30 AM	20 miles 10-12 mph	Panera Bread Elmhurst	Determined by riders	Sunday Slow Ride Show & Go The slow ride is a S&G for April.
Sun Apr. 13	8:30 AM	25-30 miles 12-14 mph	Panera Bread Elmhurst	Betty Bond 630-932-0271 cell 630-881-1177	Sunday Without Petra The Petra mid-pace ride continues in April with a rotation of ride leaders.
Sun Apr. 13	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride This 2 1/2 hour weekly ride will go in various directions with one brief rest stop included. Ride will have a few optional sprints.
Sun Apr. 13	8:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Determined by riders	Jeff's Sunday Morning Ride A road ride exploring DuPage and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Temps below 32 degress at ride start time or precipitation will cancel. This ride is a S&G for today.
Sun Apr. 13	12:30 PM	Determined by riders	Gazebo Glen Ellyn	Determined by riders	Weekly Show and Go The riders who show will decide ride leader, distance and pace.
Mon Apr. 14	6:00 PM	25-30 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Monday Night Ride Relieve the stress of income tax day with a nocturnal bike ride. Lights required.
Tues Apr. 15	8:00 AM	16 miles 8-10 mph	Volunteer Park Wheaton	Dick Major (630) 690-2444	Slower Goers Start at Liberty and Carlton: Wheaton. Ride northwest thru Kline Creek Farm to Sonny Acres Farm. Snacks may be purchased here. Will use Wheaton-Elgin Prairie Path or streets and roads if path is too wet. (Possible to park cars on Lincoln Ave nr. Lincoln Marsh.) Lincoln Av c. 5 blocks north of Metra tracks at Lincoln School. Go west to Marsh. Take path s.e. to Liberty and Carlton: 5 minute ride.
Tues Apr. 15	10:00 AM	30 miles moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Tuesday IMAX Ride This is a ride through Naperville on lightly traveled streets with a stop at Koobie's Coffee Shop
Tues Apr. 15	6:00 PM	20-30 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincents- en 630-832-3338	Tuesday Night Ride A road ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Temps below 50 degrees at ride start time or rain will cancel. Good lights required.
Wed Apr. 16	9:00 AM	25 miles 10-12 mph	Spring Rock Park Western Springs	Ted Sward 708 354-5782	Oakbrook N00ks and Crannies All the little odds and ends of trails and roads topped off with lunch at the "Lodge" at Hamburger "U".
Wed Apr. 16	9:00 AM	Determined by riders	McCollum Park Downers Grove	Determined by riders	Wednesday Show and Go The riders will determine the ride leader, distance and pace

Wed Apr. 16	10:00 AM	53 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. Sa- mayoa H 630-627-3852 C 630-808-4810	Lombard to St. Charles A flat to rolling beautiful scenic road ride with long stretches and a break at Smittis in St. Charles. Cue sheets will be provided on request.
Wed Apr. 16	6:30 PM	Distance TBD 11-13 mph	Parking lot Maple and Park Lombard	Determined by riders	Wednesday Night Intermediate Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed Apr. 16	6:30 PM	15-20 miles 18-20+ mph	Depot Villa Park	Dave Polkow 630-832-8131	Wednesday Night Fast Ride This non-stop ride will be a short fast road ride and will include some tempo riding and intervals. This is a joint ride with the Elmhurst Triathlon Club.
Thurs Apr. 17	10:00 AM	30 miles fast moder- ate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Thursday IMAX Ride This is a ride through Naperville on lightly traveled streets The ride will be longer if weather permits.
Thurs Apr. 17	6:00 PM	20-30 miles 13-15 mph (slower on trails)	Panera Bread Elmhurst	Jeff Wincents- en 630-832-3338	Thursday Night Trail Ride A road and/or trail ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. May include scouting rides. Bring a sense of adventure! Mountain bike or hybrid recommended. Good lights required. Temps below 50 degrees at ride start time or rain will cancel.
Fri Apr. 18	10:00 AM	42 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. Sa- mayoa H 630-627-3852 C 630-808-4810	Lombard to Batavia A mostly flat road ride with a break at Panera in Batavia. Come and join us. Nobody that can maintain a speed of 16 mph on the flat, will be dropped. Cue sheets will be provided on request.
Sat Apr. 19	9:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday Show and Go The riders will determine the ride leader, distance and pace
Sun Apr. 20	8:30 AM	20 miles 10-12 mph	Panera Bread Elmhurst	Determined by riders	Sunday Slow Ride Show & Go The slow ride is a S&G for April.
Sun Apr. 20	8:30 AM	25-30 miles 12-14 mph	Panera Bread Elmhurst	Henry Karplus 630-323-4672	Sunday Without Petra The Petra mid-pace ride continues in April with a rotation of ride leaders.
Sun Apr. 20	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride This 2 1/2 hour weekly ride will go in various directions with one brief rest stop included. Ride will have a few optional sprints.
Sun Apr. 20	8:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincents- en 630-832-3338	Jeff's Sunday Morning Ride A road ride exploring DuPage and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Temps below 32 degress at ride start time or precipitation will cancel.
Sun Apr. 20	12:30 PM	Determined by riders	Gazebo Glen Ellyn	Determined by riders	Weekly Show and Go The riders who show will decide ride leader, distance and pace.
Mon Apr. 21	6:00 PM	25-30 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Monday Night Ride Check out the roads and paths of the western suburbs. Lights required.
Tues Apr. 22	8:00 AM	25 miles 8-10 mph	Volunteer Park Wheaton	Dick Major (630) 690-2444	Slower Goers Largely Road Ride to Hindu Temple on #59, east side from Smith Road. Visit Temple. Special sox or slippers. Interesting ride. Back via Prairie Path. Could take four hours. Temple experience is interesting.
Tues Apr. 22	9:00 AM	20 miles 8-10 mph	Spring Rock Park Western Springs	Ted Sward 708 354-5782	Burr Ridge for Bakery New Adventure Ride - all road. Q leisurely ride to Kirsten's Bakery for coffee and "fat pills".
Tues Apr. 22	10:00 AM	30 miles moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Tuesday IMAX Ride This is a ride through Naperville on lightly traveled streets with a stop at Koobie's Coffee Shop

Tues Apr. 22	6:00 PM	20-30 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincents- en 630-832-3338	Tuesday Night Ride A road ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Temps below 50 degrees at ride start time or rain will cancel. Good lights required.
Wed Apr. 23	9:00 AM	27 miles 12-14 mph	Madison Meadow Park Wilson Ave. Entrance	Betty Bond 630-932-0271 cell 630-881-1177	Madison Meadow to Herrick Lake We will ride from Lombard to Herrick Lake for a short rest stop, then on to Panera Bread for a snack. Call me if you need directions to Madison Meadow.
Wed Apr. 23	9:00 AM	Determined by riders	McCollum Park Downers Grove	Determined by riders	Wednesday Show and Go The riders will determine the ride leader, distance and pace
Wed Apr. 23	10:00 AM	53 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. Sa- mayoa H 630-627-3852 C 630-808-4810	Lombard to St. Charles A flat to rolling beautiful scenic road ride with long stretches and a break at Smittis in St. Charles. Cue sheets will be provided on request.
Wed Apr. 23	6:30 PM	Distance TBD 11-13 mph	Parking lot Maple and Park Lombard	Determined by riders	Wednesday Night Intermediate Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed Apr. 23	6:30 PM	15-20 miles 18-20+ mph	Depot Villa Park	Dave Polkow 630-832-8131	Wednesday Night Fast Ride This non-stop ride will be a short fast road ride and will include some tempo riding and intervals. This is a joint ride with the Elmhurst Triathlon Club.
Thurs Apr. 24	10:00 AM	30 miles fast moder- ate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Thursday IMAX Ride This is a ride through Naperville on lightly traveled streets The ride will be longer if weather permits.
Thurs Apr. 24	6:00 PM	20-30 miles 13-15 mph (slower on trails)	Panera Bread Elmhurst	Jeff Wincents- en 630-832-3338	Thursday Night Trail Ride A road and/or trail ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. May include scouting rides. Bring a sense of adventure! Mountain bike or hybrid recommended. Good lights required. Temps below 50 degrees at ride start time or rain will cancel.
Fri Apr. 25	9:00 AM	35 miles 12-14 mph	Busse Woods Biesner off Biesterfield	Rich Diebold 847-891-6010	Friday Ride Join Rich for a Friday ride on the 2nd and 4th Friday of the month. May be shortened due to weather. Join him in the first parking lot.
Fri Apr. 25	10:00 AM	42 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. Sa- mayoa H 630-627-3852 C 630-808-4810	Lombard to Batavia A mostly flat road ride with a break at Panera in Batavia. Come and join us. Nobody that can maintain a speed of 16 mph on the flat, will be dropped. Cue sheets will be provided on request.
Fri Apr. 25	10:00 AM	40-45 miles 13-15 mph	Sunset Knolls Park Lombard	Betty Bond 630-932-0271 cell 630-881-1177	Sweet and Gentle Ride to Batavia Using Isaac's route we will ride from Lombard to Batavia via Fermi Lab. Rest stop will be at Panera Bread.
Fri Apr. 25	7:00 PM	Monthly Col- lating Party	Mikesell's House Villa Park	Judy Mikesell 630-833-1036	Newsletter Collating Party Join fellow members in preparing next month's newsletter for mailing. Takes about 45 minutes. Call Judy for directions.
Sat Apr. 26	8:00 AM	25 miles your pace	Depot Elmhurst	Steve Josephs 630-235-9841	Trail Ride to the Trail Cleanup Join Steve for a ride over to the Earth Day Trail Cleanup in Carol Stream. Bring work gloves and a couple of trash bags. We'll help with the trail cleanup for a couple of hours and then head back to Elmhurst. We'll start off and ride as a group, but if anyone wants to do their own pace - faster or slower- they can rejoin the group at Schmale and the Great Western Trail in Carol Stream.
Sat Apr. 26	9:00 AM		Great West- ern Trail Carol Stream	Steve Josephs 630-235-9841	Annual Trail Cleanup Please come out and help with the annual Earth Day trail cleanup. We have volunteered to cover our usual section of the Great Western Trail - between Schmale and Gary in Carol Stream. Please bring work gloves and trash bags - more details to come.
Sat Apr. 26	9:00 AM	Determined bv riders	Depot Elmhurst	Determined by riders	Saturday Show and Go The riders will determine the ride leader. distance and pace

Sat Apr. 26	9:30 AM	3 miles	Messenger Woods Forest Preserve	George Hermach 630-717-1660 630-886-1151 cell	Wildflower Photography Hike Leisurely hike through one of the best displays of spring wildflowers in the Chicagoland area, including an entire valley of Virginia Bluebells. We'll make stops to examine and photograph the flowers. Wear hiking boots as trails may be muddy. The entrance to Messenger Woods is located on Bruce Road just west of Parker Road in Homer Glen. Meet at the parking area at the end of the road into the forest preserve.
Sun Apr. 27	8:30 AM	20 miles 10-12 mph	Panera Bread Elmhurst	Determined by riders	Sunday Slow Ride Show & Go The slow ride is a S&G for April.
Sun Apr. 27	8:30 AM	25-30 miles 12-14 mph	Panera Bread Elmhurst	Mary Jo Bolen 630-887-9652	Sunday Without Petra The Petra mid-pace ride continues in April with a rotation of ride leaders.
Sun Apr. 27	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride This 2 1/2 hour weekly ride will go in various directions with one brief rest stop included. Ride will have a few optional sprints.
Sun Apr. 27	8:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Jeff's Sunday Morning Ride A road ride exploring DuPage and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Temps below 32 degrees at ride start time or precipitation will cancel.
Sun Apr. 27	12:30 PM	Determined by riders	Gazebo Glen Ellyn	Determined by riders	Weekly Show and Go The riders who show will decide ride leader, distance and pace.
Mon Apr. 28	6:00 PM	25-30 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Monday Night Ride The days grow longer, and we ride on! Lights still recommended.
Tues Apr. 29	8:00 AM	18 miles 8-10 mph	Volunteer Park Wheaton	Dick Major (630) 690-2444	Ride of Lakes, Prairies and Woods Visit the Lake District-----near Wheaton. Start at Carlton and Liberty Streets in Wheaton. Path west to Lake Blackwell then back to Herrick Lake Road with trip around Herrick Lake. Bring snacks upon which to nibble. Bring snacks!
Tues Apr. 29	9:30 AM	15 miles 8-10 mph	Harper College	Cindy Cochran 847-991-6229	New Adventure Meet at Harper College, Bldg M parking lot, at the corner of Algonquin Rd & Roselle Rd. for a 10 mile tour of Palatine. Bring snacks for rest stop.
Tues Apr. 29	10:00 AM	30 miles moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Tuesday IMAX Ride This is a ride through Naperville on lightly traveled streets with a stop at Koobie's Coffee Shop
Tues Apr. 29	6:00 PM	20-30 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Tuesday Night Ride A road ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Temps below 50 degrees at ride start time or rain will cancel. Good lights required.
Wed Apr. 30	9:00 AM	35 miles 12-14 mph	Spring Rock Park Western Springs	Henry Karplus 630-323-4672	Ten Town Ride Visit 10 tens with Henry. Bring snacks and/or money.
Wed Apr. 30	9:00 AM	Determined by riders	McCullum Park Downers Grove	Determined by riders	Wednesday Show and Go The riders will determine the ride leader, distance and pace
Wed Apr. 30	10:00 AM	53 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. Samayoa H 630-627-3852 C 630-808-4810	Lombard to St. Charles A flat to rolling beautiful scenic road ride with long stretches and a break at Smittis in St. Charles. Cue sheets will be provided on request.
Wed Apr. 30	6:30 PM	Distance TBD 11-13 mph	Parking lot Maple and Park Lombard	Determined by riders	Wednesday Night Intermediate Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed Apr. 30	6:30 PM	15-20 miles 18-20+ mph	Depot Villa Park	Dave Polkow 630-832-8131	Wednesday Night Fast Ride This non-stop ride will be a short fast road ride and will include some tempo riding and intervals. This is a joint ride with the Elmhurst Triathlon Club.

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Directions to Ride Start Locations

STARTING POINT	DIRECTIONS
Bullfrog Lake—Palos Forest Preserve, Willow Springs, IL	From I-55, exit at LaGrange Road (Route 45) south. Turn right onto Archer Ave south bound about 3 miles. Past the cemetery, turn left east bound onto 95th Street. Take the next right onto Wolf Road and into Palos. Bullfrog is the first Grove on your right.
Community Bank of Elmhurst Elmhurst, IL	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.
Depot, Elmhurst, IL	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.
Depot, Villa Park, IL	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.
Gazebo, Glen Ellyn, IL	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.
IMAX Theatre Woodridge, IL	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.
McCollum Park, Downers Grove, IL	McCollum Park is located at the SE Corner of 67th and Main Streets in Downers Grove.
Panera Bread, Elmhurst, IL	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.
Parking Lot at Maple and Park Lombard, IL	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.
Soccer Field, St. Charles, IL	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.
Sunset Knoll Park, Lombard, IL	On Finley, at Wilson, half a mile north of Roosevelt Road. Please park behind the recreation facility; address is 820 South Finley Road.
Volunteer Park, Wheaton, IL	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.
Waterfall Glen Forest Preserve, Darien, IL	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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RAILS TO TRAILS CONSERVANCY,
AND ADVENTURE CYCLING.

CLUB MEETING MINUTES

MARCH 13TH, 2008

1. Ray mentioned that Dave Fairburn showed up at Dave Polkow's SMFR to see everyone and said thank you for the support he received from club members.

2. Treasurer's report: \$23,781.02 checking, \$3331.52 c/d acct for a total of \$27,175.54

3. George Pastorino, our Mountain Bike Coordinator mentioned you cannot ride at Palos when it is muddy. Follow any and all mud season guidelines.

4. George mentioned that Baltimore Ortega will handle the beginning mountain bike riders and Peter Gough will handle to more advanced starting in April.

5. Bob Hoel thanked Sharon & Cindy on the advocacy section of our website. Feb 20th committee meeting notes were posted on the website. Bob also spoke about some exciting developments are occurring in local government to help cyclists such as paving the Salt Creek Trail. Also raise awareness to use a bike not just for recreation, but for transportation as well.

6. Membership report: 137 individual, 57 family for a total

of 259 memberships. Only 90 members not renewed.

7. Ride captain report: 24hr rule will go year round. Need April rides by Sunday, March 16th. Trail cleanup will be April 26th in Carol Stream on the Great Western Trail.

8. Mileage t-shirts were given out so get yours if you missed the last meeting.

9. Newsletter report: Petra asked for submissions for newsletter. Suggested making an EBC calendar for 2009. Petra will submit a Bridges of Dupage County article. Petra made club members aware that more color is available with online newsletter compared with printed version.

10. Jeff Wincentsen volunteered to do light mechanical work on bikes at a EBC bike swap in Elmhurst. Perhaps this event could be held in conjunction with another event like an art fair, etc.

11. Sherry O'Riordan needs more volunteers to purchase refreshments for club meetings.

12. Steve presented mileage t-shirts and Peter Turula had over 6000 club miles for 2007!