



# THE CUE SHEET

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

## SALT CREEK TRAIL

AFTER MANY YEARS THE ELMHURST PORTION OF THE SALT CREEK TRAIL IS NOW BECOMING A REALITY. OUR THANKS TO BOB HOEL FOR THE PHOTOS.

**RIGHT CLOCKWISE:** LOOKING NORTH IS THE BRIDGE CROSSING SALT CREEK AT ST. CHARLES ROAD AND SR 83; PLACING A NEW BRIDGE ACROSS THE SWOLLEN SALT CREEK; FOUNDATION AND GRADING ALONG A PORTION OF THE NEW TRAIL.



## EBC DONATES TO LEAGUE OF ILLINOIS BICYCLISTS

EBC PRESIDENT, RAY DAL LAGO PRESENTS LIB EXECUTIVE DIRECTOR, ED BARSOTII WITH A \$2000 CHECK. IN MARCH, THE EBC BOARD VOTED TO SHOW SUPPORT FOR SEVERAL LOCAL BICYCLE ADVOCACY GROUPS BY DONATING A TOTAL OF MORE THAN \$5000.



**MAY 2008**

## Elmhurst Bicycle Club

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#### Assistant Ride Captain

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#### Mountain Bike Coordinator

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# CLUB ADVOCACY - PROGRESS IS MADE

By Bob Hoel, Advocacy Committee Chairman

Here is a summary of our activities. For more detail, visit the Advocacy Page (on the "About EBC" tab) to read the minutes of our meetings and who all is involved. The person hours is impressive.

We are making good headway in our contacts with Elmhurst Alderman. So far we have spoken with 6 of the 14 (Mike Regen, Susan Rose, Steve Hipskind, Steve Morley, Mark Mulliner and Norm Leader) and they have all been supportive of our ideas to make Elmhurst a more bike friendly community.


Ed Barsotti, Executive Director of the League of Illinois Bicyclists (LIB) attended our April committee meeting and helped us formulate the items we will ask the city to include in the charter for a Bike Task Force.

Based on the work we have done so far I anticipate that we will have our "bike friendly" assessment bike ride with Alderman and City officials in early June. With regard to the Bike Task Force, I am not yet sure of the process but I hope that one of the Alderman can guide us through it. I suspect a motion to create the Task Force will be introduced to the Council by one of the Alderman we have talked to and that it will be referred to one of the committees, possibly Public Affairs and Safety, for evaluation and recommendation.

Hope you are enjoying the photo updates of the progress of the south leg of the Salt Creek Greenway Trail. For those of you not receiving the listserv alerts, the photos are at this location on the website, lower left quadrant - [http://www.elmhurstbicycling.org/abt\\_advocacy.asp](http://www.elmhurstbicycling.org/abt_advocacy.asp)

A quick report on the north leg of the Trail as it goes through Addison. I have spoken with Joe Block, Village Manager in Addison. The Village is working with the "consortium" of town on the Greenway Trail and is in the process of seeking funding, to the tune of \$4.9 million. I will be putting out a note shortly asking you to contact U.S. Representative Roskam's office on this matter and asking for his support. The Mayor and Village Trustees of Addison are all in support of the project and eager to see it through. Last year the Village released their portion of funding so that the south leg could be completed in total rather than piecemeal. They deserve our support.

(CONTINUED ON PAGE 10)



**Village  
CycleSport**  
Dedicated to the Sport of Cycling

**Vince Boyer**  
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# May 2008

## 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>
Thurs May 1	9:00 AM	60 miles fast moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	<b>THURSDAY IMAX RIDE</b> This is a ride through Naperville on lightly traveled streets The ride will be longer if weather permits.
Thurs May 1	6:00 PM	30-40 miles 13-15 mph (slower on trails)	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	<b>THURSDAY NIGHT TRAIL RIDE</b> A road and TRAIL ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. We may do some scouting, so bring a sense of adventure ! Mountain bike or hybrid recommended. Good lights and bright clothing required. Rain or high winds will cancel.
Fri May 2	9:00 AM	42 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. Samayoa H 630-627-3852 C 630-808-4810	<b>LOMBARD TO BATAVIA</b> 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 May 2	9:00 AM	42 miles 13-15 mph	Sunset Knolls Park Lombard	Betty Bond 630-932-0271 Cell 630-881-1177	<b>SWEET &amp; GENTLE RIDE TO BATAVIA</b> We will ride Isaac's route to Batavia via Fermi Lab with a rest stop at Panera Bread in Batavia.
Sat May 3	8:30 AM 10:00 AM 11:30 AM	10 miles 7-10mph 10 miles 10-13mph 10miles 12-16mph	Waterfall Glen Forest Preserve Northgate Lot	Baltimore Ortega 312.630.7030 work 630.691.7031 cell	<b>MOUNTAIN BIKE 101 WITH BALTIMORE</b> An introductory ride for anyone interested in Mountain biking. Each lap is 10 miles. The first lap will be an easy Family pace: 7-10mph. Second lap: 10-13mph. Third lap: 12-16mph. Ride one or all laps. We will cover three basic mountain bike riding positions, and other beginner information. Previous mountain bike riding knowledge and experience is not required. Self contained ride so bring helmet, gloves, food/drink to refuel your energy. No one will be dropped. Enjoy Nature. No traffic, No stop signs, and No traffic lights. Mountain bike recommended. Crushed limestone. Rain or wet trail cancels the ride. Fun Ride.
Sat May 3	9:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	<b>SATURDAY SHOW AND GO</b> The riders will determine the ride leader, distance and pace
Sun May 4	8:30 AM	20 miles 10-12 mph	Panera Bread Elmhurst	Determined by riders	<b>SUNDAY SLOW RIDE SHOW &amp; GO</b> The slow ride is a S&G for May
Sun May 4	8:30 AM	25-30 miles 12-14 mph	Panera Bread Elmhurst	Betty Bond 630-932-0271	<b>SUNDAY WITHOUT PETRA</b> The Petra mid-pace ride continues in May with a rotation of ride leaders.
Sun May 4	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>SUNDAY MORNING FAST RIDE</b> 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 May 4	8:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	<b>JEFF'S SUNDAY MORNING RIDE</b> Jeff's Sunday Morning Ride -- A road ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Rain or high winds will cancel.
Sun May 4	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 May 5	6:00 PM	20+ miles mph TBD	Depot Elmhurst	Determined by riders	<b>MONDAY NIGHT SHOW &amp; GO</b> Tonight's Monday Night Ride is listed as a show & go, due to family obligations. Your regular leader will return in one week.
Tues May 6	9:00 AM	30 miles moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	<b>TUESDAY IMAX RIDE</b> This is a ride through Naperville on lightly traveled streets with a stop at Koobie's Coffee Shop

Tues May 6	9:00 AM	Under 20 miles 8-10 mph	Depot Elmhurst	Joanne DeZur 630/833-7688 Cell 630/336-9253	<b>NEW ADVENTURE</b> Stopping for coffee in Glen Ellyn.
Tues May 6	6:00 PM	30-40 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	<b>TUESDAY NIGHT RIDE</b> A road ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Good lights and bright clothing required. Rain or high winds will cancel.
Wed May 7	9:00 AM	24 or 34 miles 12-16 mph	Gilman Trailhead	Phil Keller 630-964-5795	<b>VIRGIL GILLMAN TRAIL</b> Paved trail. Trailhead located 1/4 mile north of junction of #30 & #34 near Montgomery. Bring snack. Contact Phil if you wish to carpool.
Wed May 7	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 May 7	9:00 AM	53 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. Samayoa H 630-627-3852 C 630-808-4810	<b>LOMBARD TO ST. CHARLES</b> Lombard to St. Charles A flat to rolling beautiful scenic road ride with long stretches and a break at Smitty's in St. Charles. Cue sheets will be provided on request.
Wed May 7	6:30 PM	Distance TBD 11-13 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 May 7	6:30 PM	15-20 miles 18-20+ mph	Depot Villa Park	Dave Polkow 630-832-8131	<b>WEDNESDAY NIGHT FAST RIDE</b> 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 May 8	9:00 AM	60 miles fast moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	<b>THURSDAY IMAX RIDE</b> This is a ride through Naperville on lightly traveled streets The ride will be longer if weather permits.
Thurs May 8	6:00 PM	30-40 miles 13-15 mph (slower on trails)	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	<b>THURSDAY NIGHT TRAIL RIDE</b> A road and TRAIL ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. We may do some scouting, so bring a sense of adventure ! Mountain bike or hybrid recommended. Good lights and bright clothing required. Rain or high winds will cancel.
Thurs May 8	7:15 PM		Communi- ty Bank Elmhurst	Ray Dal Lago 630-543-4655	<b>MONTHLY CLUB MEETING</b> Board meeting precedes club meeting.
Fri May 9	9:00 AM	35 miles 12-14 mph	Busse Woods Biesner off Biesterfield	Rich Diebold 847-891-6010	<b>FRIDAY RIDE</b> 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 May 9	9:00 AM	42 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. Samayoa H 630-627-3852 C 630-808-4810	<b>LOMBARD TO BATAVIA</b> 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 May 9	9:00 AM	42 miles 13-15 mph	Sunset Knolls Park Lombard	Betty Bond 630-932-0271 Cell 630-881-1177	<b>SWEET &amp; GENTLE RIDE TO BATAVIA</b> We will ride Isaac's route to Batavia via Fermi Lab with a rest stop at Panera Bread in Batavia.
Sat May 10	8:30 AM	20-25 miles 2.5 hours	Palos Forest Preserve	Peter Gough 630-903-8436	<b>MOUNTAIN BIKE RIDE</b> Medium paced Mountain Bile Ride at Palos. Mostly single track, some short hills, lots of fun. Release your inner child and we'll ride like we did when we were kids, carefree!! Meet at last parking lot on Wolf Road in Palos Forest Preserve. Ride cancelled if trails are muddy.
Sat May 10	9:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	<b>SATURDAY SHOW AND GO</b> The riders will determine the ride leader, distance and pace

Sun May 11	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 May 11	8:30 AM	20 miles 10-12 mph	Panera Bread Elmhurst	Determined by riders	<b>SUNDAY SLOW RIDE SHOW &amp; GO</b> The slow ride is a S&G for May
Sun May 11	8:30 AM	25-30 miles 12-14 mph	Panera Bread Elmhurst	Gerry Fekete (708) 352 -0913	<b>SUNDAY WITHOUT PETRA</b> The Petra mid-pace ride continues in May with a rotation of ride leaders.
Sun May 11	8:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	<b>JEFF'S SUNDAY MORNING RIDE</b> Jeff's Sunday Morning Ride -- A road ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Rain or high winds will cancel.
Sun May 11	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 May 12	6:00 PM	25-30 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 on through May! Explore the western suburbs, pausing occasionally to admire new trail construction. Lights recommended.
Tues May 13	9:00 AM	Under 20 miles 8-10 mph	Depot Villa Park	Kacy Worcester 630/941-8532	<b>NEW ADVENTURE RIDE</b> Bring snacks.
Tues May 13	9:00 AM	30 miles moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	<b>TUESDAY IMAX RIDE</b> This is a ride through Naperville on lightly traveled streets with a stop at Koobie's Coffee Shop
Tues May 13	6:00 PM	30-40 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	<b>TUESDAY NIGHT RIDE</b> A road ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Good lights and bright clothing required. Rain or high winds will cancel.
Wed May 14	9:00 AM	32 miles 11-14 mph	Spring Rock Park Western Springs	Gerry Fekete (708) 352 -0913	<b>GO WEST-TO ARGONNE &amp; BEYOND</b> Road riding. Bring snacks.
Wed May 14	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 May 14	9:00 AM	53 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. Samayoa H 630-627-3852 C 630-808-4810	<b>LOMBARD TO ST. CHARLES</b> Lombard to St. Charles A flat to rolling beautiful scenic road ride with long stretches and a break at Smitty's in St. Charles. Cue sheets will be provided on request.
Wed May 14	6:30 PM	Distance TBD 11-13 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 May 14	6:30 PM	15-20 miles 18-20+ mph	Depot Villa Park	Dave Polkow 630-832-8131	<b>WEDNESDAY NIGHT FAST RIDE</b> 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 May 15	9:00 AM	60 miles fast moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	<b>THURSDAY IMAX RIDE</b> This is a ride through Naperville on lightly traveled streets The ride will be longer if weather permits.
Thurs May 15	6:00 PM	30-40 miles 13-15 mph (slower on trails)	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	<b>THURSDAY NIGHT TRAIL RIDE</b> A road and TRAIL ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. We may do some scouting, so bring a sense of adventure ! Mountain bike or hybrid recommended. Good lights and bright clothing required. Rain or high winds will cancel.

Fri May 16	9:00 AM	42 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. Samayoa H 630-627-3852 C 630-808-4810	<b>LOMBARD TO BATAVIA</b> 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 May 16	9:00 AM	42 miles 13-15 mph	Sunset Knolls Park Lombard	Betty Bond 630-932-0271 Cell 630-881-1177	<b>SWEET &amp; GENTLE RIDE TO BATAVIA</b> We will ride Isaac's route to Batavia via Fermi Lab with a rest stop at Panera Bread in Batavia.
Fri May 16	3:00 PM	30+ miles 16-18 mph	Bob's River- side Camp- ground Spring Green, WI	Bill Schwartz 630-9636250 H 630-3031160 C	<b>MUSHROOM HILL RIDE FRIDAY</b> Ride the hills of the spring Green area and see the great vistas at the top!
Fri May 16	3:30 PM	30+ miles 12-14 mph	Bob's River- side Camp- ground Spring Green, WI	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>LOST HILL AND LONE ROCK</b> Lost Hill and Lone Rock Ride Approximately 27 mile first loop, which should get us back in time for those who have dinner plans. Optional second loop for anyone who wants more mileage.
Sat May 17	8:30 AM	50-55 miles 12-14 mph	On President just North of Geneva in Wheaton	Rich Diebold 847-891-6010	<b>SOUTH BARRINGTON/INVERNESS</b> Will stop for lunch...bring money. Please be able to bike 12 to 14 miles an hour for 5 hours. Bike north through Glendale Heights, Bloomingdale, Roselle, Schaumburg, Hoffman Estates, South Barrington, Inverness
Sat May 17	8:30 AM	50-70 miles 16-18 mph	Muscoda Wi parking lot by ballfield park in town	Bill Schwartz 630-9636250 H 630-3031160 C	<b>MUSCODA SATURDAY FAST RIDE-MUSCODA</b> This will be a ride to a park where we'll have a picnic lunch that we'll buy on the way. There will be a fun-filled climb out of the park after our lunch, but the scenery makes it worth while!
Sat May 17	9:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	<b>SATURDAY SHOW AND GO</b> The riders will determine the ride leader, distance and pace
Sat May 17	9:30 AM	56 miles 12-14 mph	Bob's River- side Camp- ground Spring Green, WI	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>YOU SAY "MUSCODAY", I SAY "MUSCODAH"</b> Ride to the World Famous Muscoda Mushroom Festival This is a similar route to last year. Be aware there are few rest stops, and one horrendous hill in the outbound route. Bring plenty of water and snacks, money, and a lock.
Sun May 18	8:30 AM	40 miles 16-18 mph	Bob's River- side Camp- ground Spring Green, WI	Bill Schwartz 630-9636250 H 630-3031160 C	<b>AROUND AND ABOUT SPRING GREEN</b> Ride the Spring Green rollers for 40 fun-filled miles
Sun May 18	8:30 AM	20 miles 10-12 mph	Panera Bread Elmhurst	Determined by riders	<b>SUNDAY SLOW RIDE SHOW &amp; GO</b> The slow ride is a S&G for May
Sun May 18	8:30 AM	25-30 miles 12-14 mph	Panera Bread Elmhurst	Mary Jo Bolan 630-887-9652	<b>SUNDAY WITHOUT PETRA</b> The Petra mid-pace ride continues in May with a rotation of ride leaders.
Sun May 18	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>SUNDAY MORNING FAST RIDE</b> 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 May 18	8:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	<b>JEFF'S SUNDAY MORNING RIDE</b> Jeff's Sunday Morning Ride -- A road ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Rain or high winds will cancel.
Sun May 18	9:30 AM	35 miles 12-14 mph	Bob's River- side Camp- ground Spring Green, WI	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>BEAR VALLEY BOUNCE</b> Bear Valley Bounce Pedal into the hills and visit the tiny town of Bear Valley. Limited opportunities for rest stops, bring water and snacks.
Sun May 18	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 May 19	6:00 PM	25-30 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>VICTORIA DAY MNR</b> Pedal on through the lengthening daylight. Lights still recommended.
Tues May 20	9:00 AM	30 miles moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	<b>TUESDAY IMAX RIDE</b> This is a ride through Naperville on lightly traveled streets with a stop at Koobie's Coffee Shop
Tues May 20	9:00 AM	17 miles 8-10 mph	Spring Rock Park Western Springs	Vickie Pate 630/655-4698	<b>NEW ADVENTURE RIDE</b> Stop for coffee.
Tues May 20	6:00 PM	30-40 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentzen 630-832-3338	<b>TUESDAY NIGHT RIDE</b> A road ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Good lights and bright clothing required. Rain or high winds will cancel.
Wed May 21	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 May 21	9:00 AM	53 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. Samayoa H 630-627-3852 C 630-808-4810	<b>LOMBARD TO ST. CHARLES</b> Lombard to St. Charles A flat to rolling beautiful scenic road ride with long stretches and a break at Smitty's in St. Charles. Cue sheets will be provided on request.
Wed May 21	6:30 PM	Distance TBD 11-13 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 May 21	6:30 PM	15-20 miles 18-20+ mph	Depot Villa Park	Dave Polkow 630-832-8131	<b>WEDNESDAY NIGHT FAST RIDE</b> 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 May 22	9:00 AM	50 miles fast moderate pace	Soccer Field Campton Hills & Peck St Charles	Bill Schwartz 630-9636250 H 630-3031160 C	<b>THURSDAY SYCAMORE RIDE</b> Thursday Sycamore ride will give you lots of great riding on rolling hills where you can go for 20 miles at a stretch! we'll have lunch in Sycamore and head back on some more great riding areas.
Thurs May 22	6:00 PM	30-40 miles 13-15 mph (slower on trails)	Panera Bread Elmhurst	Jeff Wincentzen 630-832-3338	<b>THURSDAY NIGHT TRAIL RIDE</b> A road and TRAIL ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. We may do some scouting, so bring a sense of adventure ! Mountain bike or hybrid recommended. Good lights and bright clothing required. Rain or high winds will cancel.
Fri May 23	9:00 AM	35 miles 12-14 mph	Busse Woods Biesner off Biesterfield	Rich Diebold 847-891-6010	<b>FRIDAY RIDE</b> 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 May 23	9:00 AM	42 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. Samayoa H 630-627-3852 C 630-808-4810	<b>LOMBARD TO BATAVIA</b> 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 May 23	9:00 AM	42 miles 13-15 mph	Sunset Knolls Park Lombard	Betty Bond 630-932-0271 Cell 630-881-1177	<b>SWEET &amp; GENTLE RIDE TO BATAVIA</b> We will ride Isaac's route to Batavia via Fermi Lab with a rest stop at Panera Bread in Batavia.
Fri May 23	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 May 24	8:30 AM	20-25 miles 2.5 hours	Palos Forest Preserve	Peter Gough 630-903-8436	<b>MOUNTAIN BIKE RIDE</b> Medium paced Mountain Bile Ride at Palos. Mostly single track, some short hills, lots of fun. Release your inner child and we'll ride like we did when we were kids, carefree!! Meet at last parking lot on Wolf Road in Palos Forest Preserve. Ride cancelled if trails are muddy.

Sat May 24	9:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	<b>SATURDAY SHOW AND GO</b> The riders will determine the ride leader, distance and pace
Sat May 24	10:00 AM	36 miles 12-14 mph	Olin-Turville Park, Madison WI	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>SUNNYSIDE OF STOUGHTON</b> Sunnyside of Stoughton! We'll ride over the hills to the town of Stoughton, with a slightly flatter return via Sunnyside. All pavement, will include roads and paths. For a reasonable set of directions type "John Nolen Drive at East Olin Ave Madison WI 53713" into google maps. The ride starts from the first parking lot on the right as you enter Olin-Turville Court. When driving up, be aware that the exit from I-90 to Route 12/18 (The Beltline) is on the Left.
Sun May 25	8:30 AM	20 miles 10-12 mph	Panera Bread Elmhurst	Determined by riders	<b>SUNDAY SLOW RIDE SHOW &amp; GO</b> The slow ride is a S&G for May
Sun May 25	8:30 AM	25-30 miles 12-14 mph	Panera Bread Elmhurst	Mary Jo Bolan 630-887-9652	<b>SUNDAY WITHOUT PETRA</b> The Petra mid-pace ride continues in May with a rotation of ride leaders.
Sun May 25	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>SUNDAY MORNING FAST RIDE</b> 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 May 25	8:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	<b>JEFF'S SUNDAY MORNING RIDE</b> Jeff's Sunday Morning Ride -- A road ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Rain or high winds will cancel.
Sun May 25	9:00 AM	42 miles 12-14 mph	Hampton Inn 516 Grand Canyon Drive Madison, WI	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>THE ONLY WAUNAKEE</b> Ride to the only Waunakee in the world! All pavement, route will include a mix of suburban streets, country roads, paved paths, and city streets. Some will be busy, but most are bike friendly.
Sun May 25	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 May 26	9:00 AM	33 miles 12-14 mph	Hampton Inn 516 Grand Canyon Drive Madison, WI	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>BIKE SHOPS AND BRATFEST</b> Bike Shops and Bratfest Tour the bike shops of Madison with our traditional Bratwurst festival stop. We'll split the bike shop visits around lunch because some of them open later.
Mon May 26	6:00 PM	Determined by riders	Depot Elmhurst	Determined by riders	<b>MEMORIAL DAY SHOW &amp; GO MNR</b> For the second time this month, the Monday Night Ride appears as a Show & Go. Riders in attendance decide who leads, distance, and pace. Your regularly scheduled leader will return June 2nd.
Tues May 27	9:00 AM	30 miles moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	<b>TUESDAY IMAX RIDE</b> This is a ride through Naperville on lightly traveled streets with a stop at Koobie's Coffee Shop
Tues May 27	9:00 AM	20 miles or less 8-10 mph	Spring Rock Park Western Springs	Ted Sward 708 354-5782	<b>NEW ADVENTURE RIDE</b> New Adventure Ride - bring snacks.
Tues May 27	6:00 PM	30-40 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	<b>TUESDAY NIGHT RIDE</b> A road ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Good lights and bright clothing required. Rain or high winds will cancel.
Wed May 28	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 May 28	9:00 AM	40 miles 13-15 mph	McCollum Park Downers Grove	Joanne Dybala 630-493-1514	<b>R-B RIDE</b> Ride to Riverside, with a coffee shop stop in Brookfield



Wed May 28	9:00 AM	53 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. Samayoa H 630-627-3852 C 630-808-4810	<b>LOMBARD TO ST. CHARLES</b> Lombard to St. Charles A flat to rolling beautiful scenic road ride with long stretches and a break at Smitty's in St. Charles. Cue sheets will be provided on request.
Wed May 28	6:30 PM	Distance TBD 11-13 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 May 28	6:30 PM	15-20 miles 18-20+ mph	Depot Villa Park	Dave Polkow 630-832-8131	<b>WEDNESDAY NIGHT FAST RIDE</b> 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 May 29	9:00 AM	50 miles fast moderate pace	Soccer Field Campton Hills & Peck St Charles	Bill Schwartz 630-9636250 H 630-3031160 C	<b>THURSDAY SYCAMORE RIDE</b> Thursday Sycamore ride will give you lots of great riding on rolling hills where you can go for 20 miles at a stretch! we'll have lunch in Sycamore and head back on some more great riding areas.
Thurs May 29	6:00 PM	30-40 miles 13-15 mph (slower on trails)	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	<b>THURSDAY NIGHT TRAIL RIDE</b> A road and TRAIL ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. We may do some scouting, so bring a sense of adventure ! Mountain bike or hybrid recommended. Good lights and bright clothing required. Rain or high winds will cancel.
Fri May 30	9:00 AM	42 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. Samayoa H 630-627-3852 C 630-808-4810	<b>LOMBARD TO BATAVIA</b> 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 May 30	9:00 AM	42 miles 13-15 mph	Sunset Knolls Park Lombard	Betty Bond 630-932-0271 Cell 630-881-1177	<b>SWEET &amp; GENTLE RIDE TO BATAVIA</b> We will ride Isaac's route to Batavia via Fermi Lab with a rest stop at Panera Bread in Batavia.

## ***Directions to Ride Start Locations***

<b>STARTING POINT</b>	<b>DIRECTIONS</b>
<b>Bullfrog Lake—Palos Forest Preserve, Willow Springs, IL</b>	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.
<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. 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>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, IL</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 StreetsWheaton. 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.

(CONTINUED FROM PAGE 1)

Recently I sent out a "legislative alert" on the listserv asking you to contact your state representatives and senators to support the following legislation. It may not be too late to help.

**VULNERABLE USERS BILL (H.B. 4861 AND S.B. 2956)**

The Vulnerable Users Bill increases penalties for drivers whose reckless driving causes injury or death to a bicyclist, pedestrian, motorcyclist or other vulnerable user of the roadway. Provides that infliction of serious physical injury or death to a vulnerable user of a public way is a Class A misdemeanor and carries a minimum fine of \$12,500. Provides that any driver who is convicted of infliction of serious physical injury or death to a vulnerable user of a public way is subject to suspension of his or her driving privileges.

**HAZARDOUS BUSING MITIGATION ACT (H.B. 3203)**

Currently, schools receive additional busing funds to bus students who live within 1.5 miles of school across dangerous streets or traffic conditions. This bill will allow school boards to use these funds to improve or eliminate the hazards. For example, schools can install sidewalks, stop

signs, traffic lights or other improvements that will make the streets safer for the students and the community.

If you are unsure who your Rep and Senator are, this site will identify them for you. <http://www.elections.il.gov/DistrictLocator/SelectSearchType.aspx> Use the "By Address" tab to enter your address or just the 9-digit zip code.

**UPCOMING EVENTS:**

May 17, Elmhurst Park District Safety Town, Family Bike-a-thon. About a 2 hour event (10 am to noon) near the Elmhurst Depot. We need at least 6 people to help work with the kids on riding skills, equipment adjustments, etc. We will be able to have a table with Club literature and member applications. I will be the contact point for this.

June 12, Bike to Metra at the Elmhurst Metra Station. This is part of Bike to Work Week, with a suburban flavor. Details on the other stations will be provided at the May Club meeting.

Finally, the EBC listserv is the best way for us to get information out to members quickly. If you are not already a listserv member, I strongly urge you to take the couple of steps required to make that happen. If you are unsure of what to do, drop me a note and I will be happy to walk you through it.



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# ELMHURST BICYCLE CLUB SPONSOR PROGRAM

## INTRODUCTION

The Elmhurst Bicycle Club is committed to promoting the safe riding of bicycles and the advancement of bicycling in our daily lives in the western suburbs of Chicago. Since 1971, we have played an important part in the lives of thousands of individuals and families desiring to spend meaningful and healthy time together through bicycling.

As we enter 2008 bicycling season, it is evident there has never been a greater need for organizations such as the Elmhurst Bicycle Club. Today's concerns for unfit, overweight children and adults, air pollution, automobile congestion, and wasteful use of natural resources makes our Club's programs and goals for 2008 more important than ever.

Your donation will help us achieve our membership and advocacy goals for the coming year.

## SPONSOR PROGRAM DETAILS

Annual sponsor fee is \$300. Businesses may become a sponsor at anytime during the year for a twelve-month period.

Sponsors receive the following benefits during the year: Your advertisement will appear for 12 months in the Elmhurst Bicycle Club's newsletter. Ad dimensions are 2" x 3 1/2". Sponsor is responsible for developing the artwork.

Elmhurst Bicycle Club will purchase two \$20 gift certificates from your business. The Club will use them as prizes during the year.

Your business will be listed in the Elmhurst Bicycle Club's annual Membership Directory & Handbook as a sponsor.

One article a year may be placed in the Elmhurst Bicycle Club's newsletter announcing your store's special sale or special event.

Sponsors wishing to personally introduce their business may do so by scheduling a ten-minute presentation at one of the club's monthly meetings.

Ride leaders will mention your business when passing near your store to ensure our members know the location of your store and your club sponsorship.

## THANK YOU

Sam Gunda provided the delicious refreshments of "samosa with green chutney", cookies and beverages for the April meeting. He brought these treats as a remembrance to honor his mother, Lazmamma Gunda, 96 years of age, who passed away in March. Thank you Sam.



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## MEETING MINUTES - BOARD

1. Treasurer's report: Checking: \$18,668 C/D: \$3391  
Total: \$22,059
2. EBC a new sponsor: Cycle N Sports Worth, IL
3. Susan received a quote for printing club brochures.
4. EBC has 316 club members.
5. Dave Buckson's SMFR Prologue rides were cancelled as proof of membership was not established.
6. Theo Hedges from Code Red offered to present a CPR certification program. Petra suggested a ride leader training seminar.
7. Discussed possibly changing the criteria in order to receive a ride leader jersey. To make jerseys more readily available, the board approved a measure that will allow a member to purchase a ride leader jersey as long as one leads 25 rides within a year.
8. Also discussed need to come up with a official bike club jersey.
9. Petra discussed the newsletter was 12 pages but if increased to 16, it would increase costs. She suggested that perhaps the newsletter can be distributed in two forms; printed in black & white and on computer in color PDF.
10. Club picnic was approved with a \$600 budget.
1. Today is the deadline for membership renewal to receive mileage credit from beginning of the year.
2. Petra would like articles, pictures, comments, suggestions for the newsletter. 2 different newsletters will be available, black & white printed and color PDF on computer.
3. Sherry announced Sam Gunda brought refreshments for today's meeting. She also passed around the sign up sheet for refreshment volunteers.
4. Bob Hoel, our advocacy chair spoke with Elmhurst's mayor and some aldermen. April 16th will be next advocacy meeting. LIB executive director Ed Barsotti will attend the meeting. Trail cleanup will be on April 26th. The Elmhurst Safety Town Bike A Thon will be held May 17th at the depot volunteers are needed. June 12th will be the Bike to Metra at the Elmhurst Metra station. Bob has had very positive feedback from the Elmhurst aldermen. Ride captain asked members who uses the EBC hotline.
5. Steve Senderson had the most mileage for a new member: 2257.
6. Ride leader jerseys were given out to qualifying members.

### CLUB