



THE CUE SHEET

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

THE END OF A RIDE

RIP THE SMR "STREAK" 3/9/03-5/11/08

By David Polkow

On a God Awful Mother's Day, the Sunday Morning Ride (SMR) anchored by Dave Polkow and supported by many ended its riding streak after 5 years and 2 months. The idea was born during the late summer of 2003 by Don Augustine, Ray Dal Lago and myself thinking that, wouldn't it be neat if we could go a whole year without canceling a SMR. We made it that first year and had a little celebration and the "streak" kept going.

People have come and gone with more people joining us for rides in bad weather and even more coming out in nice weather. When the SMR started a big group would be 10 riders and now the SMRs are comprised of 4-5 groups at different paces and distances and totals of over 50 riders coming out some weeks. Paces have increased from 14-16 in

the beginning to Ray's fast group now doing 18-20+.

We've dealt with every type of weather you can think of from sub zero temps, snow, freezing rain, icy roads, rain, high winds, heat, and high humidity. This past year has brought some of the worse weather. Even with improvements in technical clothing, many rides were uncomfortable and completed just to keep the "Streak" alive. There are many stories I could tell, but I really just want to thank all those who have ridden with us over the years. I joined the club in 1993 and started leading rides a year later to share my love of the sport with others, explore new places with friends, and most of all have fun. I continue to have that philosophy when leading rides and I treasure my memories of riding with the Elmhurst Bicycle Club.



THE SUCCESS OF THIS LONG RUNNING "ALL WEATHER," SUNDAY MORNING INSTITUTION BELONGS TO THE EBC'RS WHO HELPED MAKE THIS A FUN EVENT FOR ALL.



JUNE 2008

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BIKE TO WORK WEEK

Robert J. Schillerstrom, Chairman of the DuPage County Board and members of the County Board declare June 9-13 as Bike To Work Week. On hand to accept the proclamation were: Bob Sobie, Illinois Prairie Path Foundation; Bill Chalberg, Downers Grove Bike Club; and our own Bob Hoel, Chairman of the EBC Advocacy Committee. Addressing the board Bob said, "This proclamation sends a strong message to the constituents of DuPage County that biking is a viable and suggested form of transportation. In addition to the recreational aspects of biking, it will help us reduce our carbon footprint and improve the environment while providing some honest to goodness exercise. Next year we need to make it Bike to Work/Metra Month."



ABOVE FROM LEFT: BOB SOBIE, BILL CHALBERG, ROBERT SCHILLERSTROM, AND BOB HOEL.



ABOVE RIGHT: BILL CHALBERG, BOB HOEL, GAIL FAGAN, DEBORAH FAGAN, DUPAGE COUNTY TRAILS COORDINATOR; REX HORRELL, RAY DAL LAGO, BOB SOBIE, PHIL KOHL, SAM GUNDA, AND HOMER COBLE.



MANY OF YOU ARE ASKING ME IF I'VE BEEN RIDING MY BICYCLE. SO, I THOUGHT, SINCE A PICTURE IS WORTH A THOUSAND WORDS, I'D SHOW YOU WHAT HAPPENS WHEN A BICYCLE LIVES IN THE SAME APARTMENT AS A CAT. THIS FROM MORE THAN 9 MONTHS OF INACTIVITY.

-EDITOR



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MAY ADVOCACY REPORT

From Bob Hoel, Advocacy Chairman

Recently, Elmhurst Aldermen: Susan Rose, Mark Mulliner, and Steve Morley, asked the Elmhurst Public Affairs and Safety Committee to consider the issue of bike safety throughout Elmhurst. The committee may consider this issue at their June meeting.

In support of the Public Affairs Committee, we've submitted to committee chairman, Mark Mulliner, a proposal to form a bicycle task force based upon a "charter" developed in discussions with Ed Barsotti, Executive Director of the League of Illinois Bicyclists.

Because several areas of concern (safety, bike racks, etc.) involve Elmhurst businesses, I have met with John Quigley, president of the Chamber of Commerce. One result of this meeting is my recommendation to the EBC board that we join the Elmhurst Chamber of Commerce; approved at the May board meeting.

SALT CREEK GREENWAY TRAIL PROGRESS

Most of the "heavy lifting" has been finished. Three of the bridges are in and the trail is being prepped for the installation of asphalt. I suspect paving will start in another week or two from the north end near Thomas and Monterey. The fourth bridge will be put in on the south side of Roosevelt Road when Oak Brook have finished their bridge work on the frontage road. New pictures will be posted when the pavement has been started.

UPCOMING EVENTS AND OUTREACH

BIKE TO METRA

JUNE 12, ELMHURST METRA STATION; 6:30 AM - 8:30 AM

EBC will have a table set up to promote the Club and biking in general.

COOL CITIES GREEN FEST AUGUST 9, 8 A.M. TO NOON?

We have been asked to lead a family bike ride on a preplanned route every 20 - 30 minutes based on demand. This would include the Prairie Path and the new Greenway Trail. We will have a table to promote biking as transportation and to promote the Club. We are looking for a volunteer to attend the monthly meetings held in the Elmhurst Public Library. Please contact Ray or me.

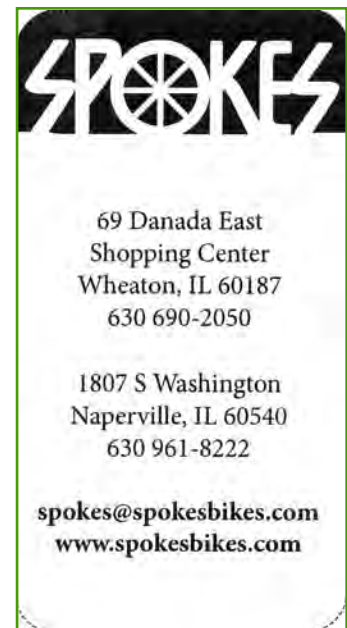
We are planning a "bike-friendly" assessment ride with Elmhurst city officials to be held the end of June. The purpose of this ride is to support the work of the Elmhurst Council's Public Affairs and Safety Committee. A transportation planner from the Chicago Department of Transportation has agreed to help us organize the ride.

TRADE IN FOUR WHEELS FOR TWO: NEW BELGIUM BREWING'S CAR-FOR-BIKE SWAP IS BACK AT TOUR DE FAT CELEBRATIONS

Fort Collins, CO - May 27, 2008

- Your car guzzles gas money and pollutes, so ditch it and ride a bike. In fact, turn your car title over to New Belgium Brewing at Tour de Fat celebrations this summer and receive a custom New Belgium commuter bike. The second annual Car-for-Bike Trade program will take place in all 2008 Tour de Fat stops. For volunteer car-swappers willing to forgo gas for pedal power and want to show friends and neighbors the benefits of living car-free, visit <http://www.followyourfolly.com/pdf/biketrade.pdf>.

June 21: Chicago, IL
July 19: San Francisco, CA
July 26: Truckee, CA
Aug. 2: Seattle, WA



June 2008

Club Rides

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

Date	Time	Distance	Start	Leader	Ride Description
Sun June 1	7:30 AM	25-30 miles 12-14 mph	Panera Bread Elmhurst	Mary Jo Bolan 630 887 9652	Sunday Without Petra Petra's mid-pace ride continues in June with a rotation of ride leaders.
Sun June 1	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 June
Sun June 1	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 June 1	8:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Jeff's Sunday Morning Ride This is a road ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Rain or winds over 20 mph will cancel.
Sun June 1	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. June 2	6:00 PM	25-30 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	New Moon in June MNR The Monday Night Ride rolls on into June! Explore Western Cook and Eastern DuPage counties. Routes include roads and paved paths. Lights recommended.
Tues. June 3	9:00 AM	30 miles moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Imax Tuesdays This is a ride through Naperville on lightly traveled streets with a stop at Koobie's Coffee Shop
Tues. June 3	6:00 PM	40 miles 18-20 mph	Pleasantdale Middle School 7450 S. Wolf Rd Burr Ridge	George Pastorino 708-903-8700	Tuesday Nite Hilly Fast Ride Non stop, fast tempo road ride on Hilly route. Rotating pace line. Good bike handling skills required. This is a joint ride with The Bike Psychos. Directions to start in e-mail.
Tues. June 3	6:00 PM	30-40 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Tuesday Night Ride This is a road ride exploring Du Page and Cook counties. Good lights and bright clothing required. Includes one short stop. Bring enough food/drink to refuel. Rain or winds over 20 mph will cancel.
Wed June 4	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 June 4	9:00 AM	53 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. SaJuna nea H 630-627-3852 C 630-808-4810	Lombard to St. Charles 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 June 4	9:30 AM	41 miles 14-16 mph 35 miles 12-14 mph	Big Rock Community Park	George and Sharon Hermach Home: 630-717-1660 Sharon cell: 312-560-2783	Big Rock to Silver Springs Ride scenic country roads with some rolling hills. Bring lunch for a picnic at Silver Springs State Park. George will lead the faster ride and Sharon will lead a slightly shorter and slower ride. Both will meet for the picnic. Directions: take US30 west past Sugar Grove to Big Rock, turn left on Rhodes St and left on Sixth. Ride cancelled if rainy.
Wed June 4	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 June 4	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.

Wed June 4	6:30 PM	Mid 20-mile range 12-15 mph	Parking lot Maple and Park Lombard	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Danada & Herrick Take a turn through Danada and Herrick Lake Forest Preserves. Route will include streets and limestone trails. Mountain or Hybrid bike recommended, preferably equipped with lights.
Thurs June 5	9:00 AM	50-60 miles fast moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Yorkville Ride This is a ride west through Naperville on lightly traveled streets. We'll head to Oswego or Yorkville
Thurs June 5	6:00 PM	30-40 miles 13-15 mph (slower on trails)	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Thursday Night TRAIL Ride This is a road and TRAIL ride exploring Du Page and Cook counties. Will often include scouting new routes and trails. Mountain bike or hybrid recommended. Good lights and bright clothing required. Will be one short stop. Bring enough food/drink to refuel. Rain or winds over 20 mph will cancel.
Fri June 6	9:00 AM	42 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. SaJu- neoa 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 June 6	9:00 AM	42 miles 13-15 mph	Sunset Knolls Park Lombard	Betty Bond 630-932-0271 Cell 630-881-1177	Sweet & Gentle Ride to Batavia We will ride Isaac's route to Batavia via Fermi Lab with a rest stop at Panera Bread in Batavia.
Sat June 7	7:30 AM	35 miles 11-13 mph	Mather Park Plainfield	Janet K. 964-5126	Ride to Yorkville Directions to Mather: Stay on Rt 126 through town, Drauden is the 2nd stop light out of town..? Turn L on Drauden and follow to traffic circle and "turn" left.? Park is 1/4 mi on left.
Sat June 7	8:00 AM	45-65 miles 12-17 mph	Mather Park Plainfield	Nick Browne 630-605-1575	Saturday Morning in the Corn Fields Ride through the emerging corn and bean fields on long roads with low traffic west of Plainfield, IL to the Fox river valley
Sat June 7	8:30 AM 10:00 AM 12:00 AM	10 miles 7-10 mph 10 miles 8-12 mph 10 miles 7-12 mph	Waterfall Glen Forest Pre- serve Northgate Lot	Baltimore Ortega W:312-630-7030 C:630-697-7031 H:630-920-0056	MOUNTAIN BIKING 102 WITH BALTIMORE First lap: introductory wide track ride for anyone interested in mountain biking. Previous mountain bike riding knowledge and experience is not required. Second lap: advanced beginner ride, wide track and some single track. Third lap for recovery and miles. We will cover three basic mountain bike riding positions & basic information. Second lap will include a short training class before we ride. We welcome new members and encourage current members who don't ride much to join friendly mountain bikers. Self contained ride: bring helmet, eye protection, full gloves, food/drink to refuel your energy. No One Gets Left Behind! ENJOY NATURE. No traffic, No stop signs, and No traffic lights. Mountain bike recommended. Rain or wet trail cancels the ride. Wide track: crushed limestone, gravel, & dirt. Single track: dirt. Fun Ride!
Sat June 7	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 June 8	7:30 AM	25-30 miles 12-14 mph	Panera Bread Elmhurst	Gerry Fekete 708 352 0913	Sunday Without Petra Petra's mid-pace ride continues in June with a rotation of ride leaders.
Sun June 8	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 June
Sun June 8	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 June 8	8:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Jeff's Sunday Morning Ride This is a road ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Rain or winds over 20 mph will cancel.
Sun June 8	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. June 9	6:00 PM	25-30 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Monday Night Ride Monday Night Ride Explore the Elmhurst area and beyond on road and paved paths. Lights recommended.
Tues. June 10	9:00 AM	30 miles moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Imax Tuesdays This is a ride through Naperville on lightly traveled streets with a stop at Koobie's Coffee Shop
Tues. June 10	6:00 PM	40 miles 18-20 mph	Pleasantdale Middle School 7450 S. Wolf Rd Burr Ridge	George Pastorino 708-903-8700	Tuesday Nite Hilly Fast Ride Non stop, fast tempo road ride on Hilly route. Rotating pace line. Good bike handling skills required. This is a joint ride with The Bike Psychos. Directions to start in e-mail.
Tues. June 10	6:00 PM	30-40 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Tuesday Night Ride This is a road ride exploring Du Page and Cook counties. Good lights and bright clothing required. Includes one short stop. Bring enough food/drink to refuel. Rain or winds over 20 mph will cancel.
Wed June 11	9:00 AM	20 miles 12-14 mph	Spring Rock Park Western Springs	Cheri O'Riordan 630-325-3917 (H) 312-718-3917 (C)	Spring Rock to Harvestor Park Ride through neighborhood roads. Bring snacks
Wed June 11	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 June 11	9:00 AM	53 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. SaJuna nea H 630-627-3852 C 630-808-4810	Lombard to St. Charles 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 June 11	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 June 11	6:30 PM	30-33 miles 12-15 mph	Parking lot Maple and Park Lombard	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Howl Through McDowell A wild ride through McDowell Grove Forest Preserve in Naperville. Route will include roads, paved trails, limestone trails, and sidewalk sneaks. Chocolate milk will be consumed at the break. Mountain or hybrid bike recommended, please bring lights.
Wed June 11	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 June 12	9:00 AM	50-60 miles fast moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Yorkville Ride This is a ride west through Naperville on lightly traveled streets. We'll head to Oswego or Yorkville
Thurs June 12	6:00 PM	30-40 miles 13-15 mph (slower on trails)	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Thursday Night TRAIL Ride This is a road and TRAIL ride exploring Du Page and Cook counties. Will often include scouting new routes and trails. Mountain bike or hybrid recommended. Good lights and bright clothing required. Will be one short stop. Bring enough food/drink to refuel. Rain or winds over 20 mph will cancel.
Thurs June 12	7:15 PM		Community Bank Elmhurst	Ray Dal Lago 630-543-4655	Monthly Club Meeting Board meeting precedes club meeting.
Fri June 13	9:00 AM	42 miles 13-15 mph	Sunset Knolls Park Lombard	Betty Bond 630-932-0271 Cell 630-881-1177	Sweet & Gentle Ride to Batavia We will ride Isaac's route to Batavia via Fermi Lab with a rest stop at Panera Bread in Batavia.
Fri June 13	9:00 AM	42 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. SaJuna nea 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 June 14	8:30 AM	20-25 miles 2 -1/2 hours	Palos Forest Preserve	Peter Gough 630-903-8436	Mountain Bike Ride Medium paced Mountain Bike Ride at Palos Forest Preserve. Mostly single track, some double track, we'll ride the great trails of Palos in various loops, bring enough food and water to refuel. Meet at last parking lot on Wolf Road (off 95th street) in Palos Forest Preserve. Ride cancelled if trails are muddy.
Sat June 14	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 June 15	7:30 AM	25-30 miles 12-14 mph	Panera Bread Elmhurst	Mary Jo Bolan 630 887 9652	Sunday Without Petra Petra's mid-pace ride continues in June with a rotation of ride leaders.
Sun June 15	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 June
Sun June 15	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 June 15	8:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Jeff's Sunday Morning Ride This is a road ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Rain or winds over 20 mph will cancel.
Sun June 15	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. June 16	6:00 PM	25-30 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Quack Like a Duck MNR The contractor building the Elmhurst segment of the Salt Creek Greenway trail is scheduled to finish by June 15th. Will it happen? Come along on the MNR and check it out! Lights recommended.
Tues. June 17	9:00 AM	30 miles moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Imax Tuesdays This is a ride through Naperville on lightly traveled streets with a stop at Koobie's Coffee Shop
Tues. June 17	6:00 PM	40 miles 18-20 mph	Pleasantdale Middle School 7450 S. Wolf Rd Burr Ridge	George Pastorino 708-903-8700	Tuesday Nite Hilly Fast Ride Non stop, fast tempo road ride on Hilly route. Rotating pace line. Good bike handling skills required. This is a joint ride with The Bike Psychos. Directions to start in e-mail.
Tues. June 17	6:00 PM	30-40 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Tuesday Night Ride This is a road ride exploring Du Page and Cook counties. Good lights and bright clothing required. Includes one short stop. Bring enough food/drink to refuel. Rain or winds over 20 mph will cancel.
Wed June 18	9:00 AM	55+ miles 12-14 mph	Madison Meadow Park at Wilson Ave. Entrance	Betty Bond 630-932-0271 Cell 630-881-1177	Long Grove for Lunch We will ride to Long Grove for lunch at a local restaurant or bring your own food and enjoy a picnic in the courtyard.
Wed June 18	9:00 AM	Determined by riders	McColum Park Downers Grove	Determined by riders	Wednesday Show and Go The riders will determine the ride leader, distance and pace
Wed June 18	9:00 AM	53 miles 16-18 mph	Sunset Knolls Park Lombard	Determined by riders	Lombard to St. Charles SnG Lombard to St. Charles A flat to rolling beautiful scenic road ride with long stretches and a break at Smitty's in St. Charles. The ride is a show and go for today.
Wed June 18	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 June 18	6:30 PM	Mid 20-mile range 12-15 mph	Parking lot Maple and Park Lombard	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Blackwell Bounce Over the hill and through Blackwell Forest Preserve we go! Route includes streets and limestone trails. Mountain or hybrid bike recommended. Lights suggested, but may not be required.

Wed June 18	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 June 19	9:00 AM	50 miles fast moderate pace	Soccer field Campton Hills & Peck St Charles	Bill Schwartz 630-9636250 H 630-3031160 C	St Charles Hills 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 June 19	6:00 PM	30-40 miles 13-15 mph (slower on trails)	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Thursday Night TRAIL Ride This is a road and TRAIL ride exploring Du Page and Cook counties. Will often include scouting new routes and trails. Mountain bike or hybrid recommended. Good lights and bright clothing required. Will be one short stop. Bring enough food/drink to refuel. Rain or winds over 20 mph will cancel.
Fri June 20	9:00 AM	42 miles 13-15 mph	Sunset Knolls Park Lombard	Betty Bond 630-932-0271 Cell 630-881-1177	Sweet & Gentle Ride to Batavia We will ride Isaac's route to Batavia via Fermi Lab with a rest stop at Panera Bread in Batavia.
Fri June 20	9:00 AM	42 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. SaJu- neoa 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 June 21	7:30 AM	35 miles 11-13 mph	Mather Park Plainfield	Janet K. 964-5126	Ride to Yorkville Directions to Mather: Stay on Rt 126 through town, Drauden is the 2nd stop light out of town..? Turn L on Drauden and follow to traffic circle and "turn" left.? Park is 1/4 mi on left.
Sat June 21	8:00 AM	47 miles 12-17 mph	Mather Park Plainfield	Nick Browne 630-605-1575	Saturday Morning Breakfast Ride Ride on long roads with low traffic west of Plainfield, IL to Newark, IL for a country breakfast. Approximately \$10 with a 1 hr. stop. Joint ride with Joliet Bicycle Club.
Sat June 21	8:00 AM	62 miles 11-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Mountain Bike Metric to Brickworld Ride to the 'Brickworld' Lego enthusiast's convention at the Wheeling Westin hotel. Combination road and trail ride, including hike-a-bike portages and sidewalk sneaks. Admission charge applies at Brickworld. Expect to spent a few hours looking around before headin back. Bring a lock, money, water, and snacks.
Sat June 21	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 June 22	7:30 AM	25-30 miles 12-14 mph	Panera Bread Elmhurst	Mary Jo Bolan 630 887 9652	Sunday Without Petra Petra's mid-pace ride continues in June with a rotation of ride leaders.
Sun June 22	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 June
Sun June 22	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 June 22	8:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Jeff's Sunday Morning Ride This is a road ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Rain or winds over 20 mph will cancel.
Sun June 22	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. June 23	6:00 PM	25-30 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Closest to the Solstice MNR Enjoy the long daylight on a Monday Night Ride. Routes include roads and paved trails. Lights probably not required, but I recommend bringing one anyway.

Tues. June 24	9:00 AM	30 miles moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Imax Tuesdays This is a ride through Naperville on lightly traveled streets with a stop at Koobie's Coffee Shop
Tues. June 24	6:00 PM	40 miles 18-20 mph	Pleasantdale Middle School 7450 S. Wolf Rd Burr Ridge	George Pastorino 708-903-8700	Tuesday Nite Hilly Fast Ride Non stop, fast tempo road ride on Hilly route. Rotating pace line. Good bike handling skills required. This is a joint ride with The Bike Psychos. Directions to start in e-mail.
Tues. June 24	6:00 PM	30-40 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Tuesday Night Ride This is a road ride exploring Du Page and Cook counties. Good lights and bright clothing required. Includes one short stop. Bring enough food/drink to refuel. Rain or winds over 20 mph will cancel.
Wed June 25	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 June 25	9:00 AM	53 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. SaJu- neoa H 630-627-3852 C 630-808-4810	Lombard to St. Charles 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 June 25	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 June 25	6:30 PM	28-30 miles 12-15 mph	Parking lot Maple and Park Lombard	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Seven FPs in 28 Explore 7 Forest Preserves and trails. Streets, paved, and limestone trails included. Mountain or hybrid bike recommended.
Wed June 25	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 June 26	9:00 AM	50 miles fast moderate pace	Soccer field Campton Hills & Peck St Charles	Bill Schwartz 630-9636250 H 630-3031160 C	St Charles Hills 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 June 26	6:00 PM	30-40 miles 13-15 mph (slower on trails)	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Thursday Night TRAIL Ride This is a road and TRAIL ride exploring Du Page and Cook counties. Will often include scouting new routes and trails. Mountain bike or hybrid recommended. Good lights and bright clothing required. Will be one short stop. Bring enough food/drink to refuel. Rain or winds over 20 mph will cancel.
Fri June 27	9:00 AM	42 miles 16-18 mph	Sunset Knolls Park Lombard	Isaac R. SaJu- neoa 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 June 27	7:00 PM	Monthly Collat- ing 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 June 28	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

EBC SUMMER PICNIC

"We're having a picnic," said Phil Keller during an EBC board meeting several months ago. And, by golly, the board approved and he made reservations at York Woods for September 13, 2008. Of course, he needs volunteers and suggestions for this event. For ideas and a little nostalgia take a look at our last picnic at: <http://www.elmhurstbicycling.org/>

[photopages/Picnic2005/](http://www.elmhurstbicycling.org/photopages/Picnic2005/)

We could use: several ride leaders, game planners, decorators, and food ideas. Keep in mind that by the time of the picnic the new Salt Creek Trail will be open from Elmhurst to York Woods. Let's get out a make this THE event of 2008. Email: philtrains_comcast.net

Sat June 28	9:00 AM	25 miles moderate	Pastorino Home 7551 Blazer Justice IL. 60458	George Pastorino 708-903-8700	Pool Party- MTB ride Come join George and Pussanee for a scenic ride through The Palos Forest Preserve on Saturday June 28th at 9am George will lead and Pussanee will sweep, we have radios so no one will get lost or dropped. Mountain Bike required. We have 3 good mountain bikes for club members to use, 2 for riders 5' 5" to 6' 3" and 1 for riders up to 5' 6". First come basis. E-mail George if you need to use one. You do not need mountain bike experience to do this ride, but there are advanced sections for experienced riders. Route is mainly dirt doubletrack with singletrack options for those interested, plus a bit of paved trail and road. We will BBQ some hotdogs at our house after the ride, We will have Veggie Dogs and Kosher Dogs for those with Dietary restrictions, followed by a cool off swim in the Pastorino pool--swim suit required! Find out how nice it is to ride without cars flying by. Directions to start in e-mail
Sun June 29	7:30 AM	25-30 miles 12-14 mph	Panera Bread Elmhurst	Determined by riders	Sunday Without Petra SnG Petra's mid-pace ride continues in June with a rotation of ride leaders.
Sun June 29	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 June
Sun June 29	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 June 29	8:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Jeff's Sunday Morning Ride This is a road ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Rain or winds over 20 mph will cancel.
Sun June 29	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. June 30	6:00 PM	25-30 miles 13-15 mph	Spring Creek Reservoir For- est Preserve, Bloomington	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Honorary July MNR The Monday Night Ride moves to its July venue in Bloomingdale. Note that time has changed to 6:30. Spring Creek Reservoir Forest Preserve is 1-1/4 miles west of Interstate 355 on Route 20 (Lake Street) Routes include roads and paved trails.



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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.
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. 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.
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.

JOIN THE BICYCLE COMMUTER CHALLENGE

Old pros and novice bicycle commuters alike are gearing up for the 2008 Bicycle Commuter Challenge.

The Challenge dares teams from companies and organizations around Chicagoland to compete to take the most bicycle trips to work during Bike to Work Week, June 7-13. Employees can bike all or part of their commute.

The company with the highest percentage of employees biking to work wins fabulous prizes and public esteem, but those aren't the only benefits.

"Bicycle commuting transforms the atmosphere at work—it boosts the health and energy of employees, encourages team spirit, lowers costs, and builds the organization's reputation for being green," said Rob Sadowsky, executive director of

the Chicagoland Bicycle Federation, which hosts the Bicycle Commuter Challenge.

Plus, there are Bicycle Commuter Stations around Chicago and the suburbs that will lavish bicycle commuters with refreshments and a quick tune-up. See www.biketraffic.org/commuterchallenge for specific locations and dates.

Consider becoming a team leader to motivate co-workers to bike. Team Leaders recruit team members, log their bicycle miles and offer tips for a fun and comfortable bike commute.

Over 100 organizations have already signed up. Get in on the competition by visiting www.biketraffic.org/commuterchallenge or by contacting Melissa Haeffner, Commuter Challenge Coordinator, at Melissa@biketraffic.org

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MEETING MINUTES

BOARD

1. Bob Hoel, Advocacy suggested EBC join the Elmhurst Chamber of Commerce. The Board voted "Yes."
2. Discussed putting the directory online but may need membership approval for security reasons. Each member could decide what info they would want listed in directory.
3. Suggested a link on EBC website to purchase a jersey.
4. Discussed possibly revamping the EBC website and invite Cindy and Sharon to help with changes. A meeting will be setup in future to discuss in more detail.
5. Board wanted to know how often the hotline is used and feasibility of keeping it operational.
6. Petra mentioned setting up a blog vs a newsletter. Can discuss it with webpeople first, then present to the general membership for consideration.
7. Petra will begin to look for a replacement to handle newsletter duties for 2009.
8. Phil Keller mentioned two new sponsors came on board and credited George for his help with this. Phil suggested having additional members to help locate and collect from sponsors.
9. Dave Polkow suggested Panera Bread be approached for a sponsorship. Also discussed: REI and Performance

Bike Shop sponsorships.

10. Ray suggested a honorary sponsorship for Community Bank of Elmhurst.
11. Phil Keller will be in charge of EBC picnic.

CLUB

1. Treasurer report: Bank acct-\$18615.36 C/D acct-\$3391.52
Total-\$22006.88
2. Peter Gough will have a mountain bike ride the weekend of May 17th @ Palos Hills.
3. Thanks to Nancy Shack and her husband for help with the directory.
4. Bob Hoel gave an advocacy update: Bike Task Force was suggested and could be in place by July. See Bob for details relating to advocacy.
5. June 12th is Bike to Metra week and EBC will have a table setup at the Elmhurst train station. Ray will be in attendance and looking for volunteers to help.
6. Phil Keller is looking for volunteers to help organize club picnic. Food, rides to picnic site, location possibilities for the picnic, etc. Board has approved \$600 for picnic expenditures.
7. Deb Fagen from Dupage County Board will attend EBC meeting in June and Representative Carol Pankow will attend meeting in July.