



THE CUE SHEET

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

ILLINOIS PRAIRIE PATH

NATIONAL RAIL-TRAIL HALL OF FAME INDUCTEE

On September 29, a celebration was held commemorating the induction of the Illinois Prairie Path as the 6th inductee into the Rail-Trail Hall of Fame. The designation is bestowed by Rails-to-Trails Conservancy to exemplary rail-trails around the country based on merits such as scenic value, high use, trail and trailside amenities, historical significance, excellence in management and maintenance of the facility and community connections. On hand to unveil the new sign along the path in Villa Park were DuPage County Board Chairman Robert Schillerstrom; Jeffrey Redick, DuPage County Board; Eric Oberg, Rails-to-Trails Conservancy; representatives from local towns and park districts; local business organizations; and members of trail user and advocacy groups.

Those attending from the Elmhurst Bicycle Club were:

Jerry Ringier, Nancy Rice, Susan Solberg, Joanne DeZur, Mary Jo Bolan, Betty Bond, Tom Bonham, Cheri O'Riordan, Sam Gunda, Hank Niedballa, Mary Lukritz, Carol Nield and Ralph Durant.

The Elmhurst Park District was represented by Board members Colette Kubiesa, Mary Kies, Carolyn Ubriaco and staff members Rich Grodsky (Exec Dir.) and Jim Rogers (Deputy



LEFT TO RIGHT: CHAIRMAN ROBERT SCHILLERSTROM, DUPAGE COUNTY BOARD; JEFF REDICK, DUPAGE COUNTY BOARD DISTRICT 2 AND CHAIRMAN, DUPAGE COUNTY BOARD ENVIRONMENTAL COMMITTEE.

Director).

Thanks to everyone for making this a successful event.

More on the RTC Hall of Fame can be found at this site:
<http://www.railstotrails.org/newsandpubs/trailofthemoth/HallofFame.html>



LEFT TO RIGHT: JERRY RINGIER, NANCY RICE, SUSAN SOLBERG, DEBORAH FAGEN - DUPAGE COUNTY CHIEF PLANNER AND TRAIL SYSTEM COORDINATOR, JOANNE DEZUR, RAILS TO TRAILS PERSON, MARY JO BOLAN, BETTY BOND, TOM BONHAM, CHERI O'RIORDAN, BOB SCHILLERSTROM - CHAIRMAN OF THE DUPAGE COUNTY BOARD, HANK NIEDBALLA, MARY LUKRITZ AND SAM GUNDA.

NOVEMBER 2008

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BIKE-FRIENDLY BUSINESS OF THE MONTH

On a beautiful fall day, Community Bank employees left their cars at home and biked or walked to work. "Ride Your Bike to Work Day" is a new program implemented as part of their green initiative. Over 50 miles were completed without car! For staff that wasn't able to participate, they could carpool or clean out their car to improve gas mileage. "Ride Your Bike to Work Day" kicked off on September 5, and takes place the first Friday of the month, weather dependant.

The program is so successful; employees are biking and walking on their own initiative! The following week, approximately 25 miles were traveled without a car.

"I live close to work and try to walk instead of driving whenever possible. I enjoy walking, and on top of getting exercise, I'm helping the environment. I'm proud to work for an organization that is environmentally cautious. I will continue to participate in 'Ride Your Bike to Work Days' as well as do it on my own," says Maryann Calkins, Teller.

Community Bank launched the Goin' Green campaign at the 2008 St. Patrick's Day Parade. Many changes have been made since the implementation. The bank recycles all non-confidential papers, installed a bike rack in the parking lot, adopted a local park through the Elmhurst Park District's Adopt-a-Park program, and was the main sponsor for Elmhurst Green Fest and provided reusable tote bags. Employees received an environmentally friendly cleaning solution and use washable cups and mugs. Community Bank of Elmhurst wants to do its part to help the environment, and encourages you to as well!

And I suspect that new bike rack in front of the Bank is available for folks who want to bike to our monthly meetings.

We salute you, CBE, for setting a higher standard and creating an example for the rest of the business community.

**TOP: SANDHILL
CRANES FEEDING
AND RESTING IN
HARVESTED CORN
FIELD.**

**BOTTOM: THE LARGE
MUDDY FIELD IS A
PORTION OF THE
JASPER-PULASKI
FISH AND WILDLIFE
AREA NORTHWEST OF
MEDARYVILLE.**

**CLICK ON THIS LINK
FOR AN AERIAL VIEW
OF THIS FIELD: [HTTP://
MAPS.GOOGLE.COM/](http://maps.google.com/)**



November 2008

Club Rides

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

Date	Time	Distance/ Pace	Start	Ride Leader	Name Description
11/1/08	9:30 AM	4 mile walk	The shelter at Mallard Lake Forest Preserve	Jeanne Whiting 630-808-2657	Hike at Mallard Lake This will be a moderate paced walk around Mallard Lake and out through a park in Hanover Park. The hike will be cancelled if it's raining. Mallard Lake Forest Preserve is located on Lawrence Avenue just west of Gary Avenue.
11/1/08	10:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday Show and Go The riders will determine the ride leader, distance and pace
11/2/08	8:00 AM	25 - 35 mi / 12 - 14 mph	Panera Bread, Elmhurst	Petra Hofmann, 630.290.5173	Cool Sunday's w/Petra Cold weather ride: No ride if raining or snowing, if air temperature at 7 AM is below 30 deg. F I'm going back to bed. Plan on returning by 11 AM. However, we may make the return time a little later depending upon the riders that day.
11/2/08	8:30 AM	30-40 miles, 15-17 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630-832.3338 h	Jeff's Sunday Morning Ride This is a road ride exploring Cook and Du Page counties. Includes one short stop. Bring enough food/drink to refuel.
11/2/08	8:30 AM	32-38 miles, 17-19 mph	Panera Bread at York & North Ave	David 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.
11/2/08	12:30 PM	Determined by riders	Gazebo, Glen Ellyn	Determined by riders	Sunday Show and Go The riders who show will decide ride leader, distance and pace.
11/4/08	10:00 AM	35 Miles, 14-17 mph	Imax Theater Parking lot	Bill Schwartz 630-963-6250	Tues Imax Moderate Social ride with coffee shop stop at 20 miles
11/5/08	10:00 AM	Determined by riders	McCollum Park, Downers Grove	Determined by riders	Wednesday Show n Go The riders who show will decide ride leader, distance and pace.
11/5/08	6:30 PM	Determined by riders	Parking lot at Maple St. Lombard	Determined by riders	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
11/5/08	6:30 PM	16-20 miles, 12-14 mph	Depot, Villa Park	David Polkow 630-832-8131	Wednesday Night Trail Ride Night time Trail rides using the various trails in the area. Front and rear lights are required. Ride should be done by 8pm.
11/6/08	10:00 AM	35 Miles @ 14-17 mph	Imax Theater Parking lot in Lisle	Bill Schwartz 630-963-6250	Thurs Imax Replicate of Tuesday ride (due to declining weather this time of year). Moderate Social ride with coffee shop stop at 20 miles when the weather is decent (no snow or rain and temperature > 30 degrees).
11/7/08	10:00 AM	Determined by riders	Sunset Knoll Park on Finley Rd. Lombard	Determined by riders	Lombard Friday Show and Go The riders who show will decide ride leader, distance and pace.
11/8/08	9:30 AM	4.5 mile walk	Meacham Grove Forest Preserve	Jeanne Whiting 630-808-2657	Hike at Meacham Grove This will be a moderate paced walk around Meacham Grove with a short bakery stop about halfway through. The hike will be cancelled if raining. The entrance to Meacham Grove is located on the west side of Circle Avenue one-quarter.
11/8/08	10:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday Show and Go The riders will determine the ride leader, distance and pace
11/9/08	8:00 AM	25 - 35 mi / 12 - 14 mph	Panera Bread, Elmhurst	Petra Hofmann, 630.290.5173	Cool Sunday's w/Petra Cold weather ride: No ride if raining or snowing, if air temperature at 7 AM is below 30 deg. F I'm going back to bed. Plan on returning by 11 AM. However, we may make the return time a little later depending upon the riders that day.

11/9/08	8:30 AM	32-38 miles, 17-19 mph	Panera Bread, Elmhurst	David 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.
11/9/08	8:30 AM	30-40 miles, 15-17 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630-832.3338 h	Jeff's Sunday Morning Ride This is a road ride exploring Cook and Du Page counties. Includes one short stop. Bring enough food/drink to refuel.
11/9/08	12:30 PM	Determined by riders	Gazebo, Glen Ellyn	Determined by riders	Sunday Show and Go The riders who show will decide ride leader, distance and pace.
11/11/08	10:00 AM	35 Miles @ 14-17 mph	Imax Theater Parking lot off HWY 53 in Lisle	Bill Schwartz 630-963-6250	Tues Imax Moderate Social ride with coffee shop stop at 20 miles
11/12/08	10:00 AM	Determined by riders	McCullum Park, Downers Grove	Determined by riders	Wednesday Show n Go The riders who show will decide ride leader, distance and pace.
11/12/08	6:30 PM	Determined by riders	Parking lot at Maple St. Lombard	Determined by riders	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
11/12/08	6:30 PM	16-20 miles, 12-14 mph	Depot, Villa Park	David Polkow 630-832-8131	Wednesday Night Trail Ride Night time Trail rides using the various trails in the area. Front and rear lights are required. Ride should be done by 8pm.
11/13/08	10:00 AM	35 Miles @ 14-17 mph	Imax Theater Parking lot off HWY 53 in Lisle	Bill Schwartz 630-963-6250	Thurs Imax Replicate of Tuesday ride (due to declining weather this time of year). Moderate Social ride with coffee shop stop at 20 miles when the weather is decent (no snow or rain and temperature > 30 degrees).
11/13/08	7:15 PM		Community Bank, Elmhurst	Ray Dal Lago, 630-543-4655	Monthly Club Meeting Election of board members for 2009 will be held tonight.
11/14/08	10:00 AM	Determined by riders	Sunset Knoll Park on Finley Rd., Lombard	Determined by riders	Lombard Friday Show and Go The riders who show will decide ride leader, distance and pace.
11/15/08	9:00 AM	~28 miles per day moderate pace	Brown County State Park, Nashville Indiana	George Pastorino 708-903-8700	Brown County MTB ride The Mountain Bike trails here are among the finest we have ever ridden, 30 miles of twisty, hilly, narrow single-track. It really feels as if you are riding in an I.M.B.A. Calender. Although they do have beginner trails, my opinion this is a ride for experience Mtn bikers.
11/15/08	9:30 AM	5-6 mile hike	Cafe Havana parking lot (see description for directions)	Jeanne Whiting 630-808-2657	Hike and Dine - Cafe Havana This will be a moderate paced 2 - 2-1/2 hour walk followed by authentic Cuban fare at Cafe Havana. We will be walking on streets through Itasca to the Nature Center. Bring money for lunch. The hike will be cancelled if it
11/15/08	10:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday Show and Go The riders will determine the ride leader, distance and pace
11/16/08	8:00 AM	25 - 35 mi / 12 - 14 mph	Panera Bread, Elmhurst	Petra Hofmann, 630.290.5173	Cool Sunday's w/Petra Cold weather ride: No ride if raining or snowing, if air temperature at 7 AM is below 30 deg. F I'm going back to bed. Plan on returning by 11 AM. However, we may make the return time a little later depending upon the riders that day.
11/16/08	8:30 AM	32-38 miles, 17-19 mph	Panera Bread, Elmhurst	David 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.
11/16/08	8:30 AM	30-40 miles, 15-17 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630-832.3338 h	Jeff's Sunday Morning Ride This is a road ride exploring Cook and Du Page counties. Includes one short stop. Bring enough food/drink to refuel.
11/16/08	9:00 AM	~28 miles per day moderate pace	Brown County State Park, Nashville Indiana	George Pastorino 708-903-8700	Brown County MTB ride The Mountain Bike trails here are among the finest we have ever ridden, 30 miles of twisty, hilly, narrow single-track. It really feels as if you are riding in an I.M.B.A. Calender.
11/16/08	12:30 PM	Determined by riders	Gazebo, Glen Ellyn	Determined by riders	Sunday Show and Go The riders who show will decide ride leader, distance and pace.
11/18/08	10:00 AM	35 Miles @ 14-17 mph	Imax Theater Parking in Lisle	Bill Schwartz 630-963-6250	Tues Imax Moderate Social ride with coffee shop stop at 20 miles

11/19/08	10:00 AM	Determined by riders	McCollum Park, Downers Grove	Determined by riders	Wednesday Show n Go The riders who show will decide ride leader, distance and pace.
11/19/08	6:30 PM	Determined by riders	Parking lot at Maple St. Lombard	Determined by riders	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
11/19/08	6:30 PM	16-20 miles, 12-14 mph	Depot, Villa Park	David Polkow 630-832-8131	Wednesday Night Trail Ride Night time Trail rides using the various trails in the area. Front and rear lights are required. Ride should be done by 8pm.
11/20/08	10:00 AM	35 Miles @ 14-17 mph	Imax Theater Parking lot Lisle	Bill Schwartz 630-963-6250	Thurs Imax Replicate of Tuesday ride (due to declining weather this time of year). Moderate Social ride with coffee shop stop at 20 miles when the weather is decent (no snow or rain and temperature > 30 degrees).
11/21/08	10:00 AM	Determined by riders	Sunset Knoll Park on Finley Rd., Lombard	Determined by riders	Lombard Friday Show and Go The riders who show will decide ride leader, distance and pace.
11/22/08	10:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday Show and Go The riders will determine the ride leader, distance and pace
11/23/08	8:00 AM	25 - 35 mi / 12 - 14 mph	Panera Bread, Elmhurst	Petra Hofmann, 630.290.5173	Cool Sunday's w/Petra Cold weather ride: No ride if raining or snowing, if air temperature at 7 AM is below 30 deg. F I'm going back to bed. Plan on returning by 11 AM. However, we may make the return time a little later depending upon the riders that day.
11/23/08	8:30 AM	30-40 miles, 15-17 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630-832.3338 h	Jeff's Sunday Morning Ride This is a road ride exploring Cook and Du Page counties. Includes one short stop. Bring enough food/drink to refuel.
11/23/08	8:30 AM	32-38 miles, 17-19 mph	Panera Bread, Elmhurst	David 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.
11/23/08	12:30 PM	Determined by riders	Gazebo, Glen Ellyn	Determined by riders	Sunday Show and Go The riders who show will decide ride leader, distance and pace.
11/25/08	10:00 AM	35 Miles @ 14-17 mph	Imax Theater Parking, Lisle	Bill Schwartz 630-963-6250	Tues Imax Moderate Social ride with coffee shop stop at 20 miles when the weather is decent (no snow or rain and temperature > 30 degrees).
11/26/08	10:00 AM	Determined by riders	McCollum Park, Downers Grove	Determined by riders	Wednesday Show n Go The riders who show will decide ride leader, distance and pace.
11/26/08	6:30 PM	Determined by riders	Parking lot at Maple St. Lombard	Determined by riders	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
11/26/08	6:30 PM	16-20 miles, 12-14 mph	Depot, Villa Park	David Polkow 630-832-8131	Wednesday Night Trail Ride Night time Trail rides using the various trails in the area. Front and rear lights are required. Ride should be done by 8pm.
11/27/08	8:30 AM	28-30 Miles 13-15 MPH	Parking lot at 494 Spring Road, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	Turkey Day Ride Work off the turkey before you eat it with a Thanksgiving Day ride to Brookfield Zoo. Bring a lock; we'll spend about an hour looking around the zoo before heading home. SAG wagon with snacks and drinks provided. Starts from the public parking lot.
11/27/08	Hike 11:30; Buffet 1:30		White Pines State Park - Oregon, IL	Judy Mikesell	Thanksgiving Day Hike & Buffet !!!! RESERVATION REQUIRED !!!! To reserve a spot either e-mail Judy at mikesell2@juno.com or call 630.833.1036. She needs to make reservations for the buffet by Nov. 8th. If you think you are interested please let her know.
11/28/08	10:00 AM	Determined by riders	Sunset Knoll Park on Finley Rd., Lombard	Determined by riders	Lombard Friday Show and Go The riders who show will decide ride leader, distance and pace.
11/29/08	10:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday Show and Go The riders will determine the ride leader, distance and pace

11/30/08	8:30 AM	32-38 miles, 17-19 mph	Panera Bread at York & North Ave	David 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.
11/30/08	8:30 AM	30-40 miles, 15-17 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630-832.3338 h	Jeff's Sunday Morning Ride This is a road ride exploring Cook and Du Page counties. Includes one short stop. Bring enough food/drink to refuel.
11/30/08	12:30 PM	Determined by riders	Gazebo, Glen Ellyn	Determined by riders	Sunday Show and Go The riders who show will decide ride leader, distance and pace.

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.
McCullum Park, Downers Grove, IL	McCullum 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.
Volunteer Park, Wheaton, IL	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.
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.

THE CRANE CRUISE, 2008:

LYNN, HANK, MARY, PETRA, AND BALTIMORE AT REST STOP #2. ON THE RIGHT LOCAL RESIDENTS AND COOKIE BAKERS ON HAND AT REST STOP #3.



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WWW.ELMHURSTBICYCLING.ORG

MEETING MINUTES:

1. THIS MONTH'S MEETING IS THE ELECTION OF NEXT YEAR'S BOARD OF DIRECTORS. PLEASE COME OUT AND PARTICIPATE.

2. EBC PICNIC RECAP

Planning committee consisted of:

- Phil Keller, chairman
- Joanne Dezur, food
- Cheri O'Riordan, setup arrangements
- Susan Solberg, yard games

Thank you all for your efforts and next year maybe we won't need rain coats.

Summary details:

- Picnic was announced in the newsletter and the list server.
- Pavilion rental was 11 AM-3 PM and cost \$100 from DuPage County Forest Preserve. The committee decided to not ask members to bring a side dish. Total cost for the picnic was \$415.
- Thank you to the manyh members who arrived early and stayed late to help with the setup and cleanup. This was a big help and relief considering the weather.

Recommendations for 2009:

1. Club president appoint a picnic chairperson at the

January 2009 club meeting.

2. Reservation for location and facilities must be made by March. Pavilions are popular.
3. We have had the past two picnics are York Woods and in September. September is too late for the picnic. Make reservation early for July or August.
4. The date for the picnic must be "better" coordinated in order to avoid conflict with club rides and events.
5. If cost for the picnic becomes an issue in the future, I recommend a \$5 per person charge to help cover the cost. Members could also be asked to bring a side dish.



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

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