



THE CUE SHEET

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

DEBORAH FAGAN NAMED TO CBF HALL OF FAME

ROB SADOWSKY, EXECUTIVE DIRECTOR OF THE CHICAGOLAND BICYCLE FEDERATION, PRESENTS DEBORAH FAGAN, CHIEF PLANNER AND COUNTY TRAIL SYSTEM COORDINATOR FOR DUPAGE COUNTY, WITH THE CHI-

CAGOLAND BICYCLE FEDERATION, "HALL OF FAME," PLAQUE AT ITS ANNUAL MEMBER MEETING. OTHER HALL OF FAME RECIPEITNS FROM LEFT ARE: AL STURGIS AND PAUL AESCHLEMAN.



CLUB MEMBERS WERE RECENTLY TREATED TO A TOUR OF ONE OF THE PROPOSED ALTERNATE ROUTES OF THE SALT CREEK GREENWAY TRAIL CONNECTOR. THE CONNECTOR LINKS THE I.P.P. AT SALT CREEK TO THE NEW TRAIL HEAD AT MADISON ST. AND FAIRVIEW AVE. THIS ROUTE WOULD PARALLEL SR 83 IN IDOT RIGHT-OF-WAY SOUTH FROM THE I.P.P. BRIDGE TO THE ELMHURST WASTE TREATMENT PLANT. THENCE ALONG THE WEST SIDE OF THE SALT CREEK TO THE PICTURED CROSSING ON THE RIGHT. AT THIS TIME, IT'S EXPECTED TO TAKE ABOUT TWO YEARS FOR THE I.D.O.T. TO MAKE A DECISION ON THE USE OF THE ROW FOR THE TRAIL.



DECEMBER 2008

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OPINION AND COMMENTS

PETRA LYNN HOFMANN

As many of you know, this will be my last EBC newsletter and I'm sorry to say I leave with mixed emotions. I've enjoyed my time as editor and the production process which at times was quite a task. I wish to say "Thank You," to all those who've offered their kind words of encouragement and to those who offered words of improvement to the newsletter—I learned from both.

It's not clear to me what form club communication will take. My guess is that we'll come to rely on the current club website and on the listserv not only for news but for the ride schedule. This will mean that many of you, wishing for printed material, will need to use your computer to download and printout the desired information. For some

this will be somewhat difficult for others a trivial activity. We will all learn and adjust to these changes.

We can all be quite please and proud, The Chicagoland Bicycle Federation named Al, Paul and Deborah to the CBF Hall of Fame. Pictured here with her sister Geri. I am especially pleased that Deborah was honored with this award. She has worked tirelessly for bicyclists throughout DuPage County to implement and improve bicycling routes and trails. We have 270 miles of trails in the county due mainly to her planning efforts and the support of the DuPage County Commission. Thank you Deborah for the success of your efforts.



Joanne Dezur has a wonderful and colorful idea for using T-shirts from previous bicycle events she participated in—a quilt. I first saw the quilt at a recent club meeting and thought it not only a good use for old T's but a very colorful one, as you can see below. In addition, note "The Wizard of OzWego," panel. Many newer members often wonder where the 'Wizard Ride" name originated. Well, here you go.



EXPANDED MISSION GIVES LONG-TIME ADVOCATES STEAM TO DO EVEN MORE

The Chicagoland Bicycle Federation announced tonight its expanded mission, which includes pedestrian and transit advocacy. As a result, the organization unveiled a new name and identity — the Active Transportation Alliance.

The organization has successfully pushed for safer and better bicycling in Chicagoland for nearly 25 years and looks toward even greater success improving the region's overall transportation culture.

"We've learned from our bicycle advocacy work that active and sustainable forms of transportation rely on each other," said Rob Sadowsky, the Active Transportation Alliance's executive director. "People in Chicagoland deserve safer, healthier and a wider range of options when it comes to getting around."

Under the banner of the Chicagoland Bicycle Federation, the organization has a secured significant wins for pedestrians and transit users, including bikes on Metra and Safe Routes to School programs.

The Active Transportation Alliance's mission is "to make bicycling, walking and public transit so safe, convenient and fun that we will achieve a significant shift from environmentally harmful, sedentary travel to clean, active travel. We advocate for transportation that encourages and promotes safety, physical activity, health, recreation, social interaction, equity, environmental stewardship and resource conservation."

As the organization moves forward, some things will not change. Mem-

bers remain the Active Transportation Alliance's core commitment and will be critical as it builds a bigger movement with members, allies and events; creates a safer and more comprehensive network of streets, trails and transit opportunities; and encourages increasingly dynamic and healthy activity throughout the region.

The Active Transportation Alliance picks up where the Chicagoland Bicycle Federation left off. It continues to strive to reach its two primary goals — seeing a region with 50 percent fewer crashes and where 50 percent of all



trips are made by bike, foot or transit.

The Active Transportation Alliance logo, shaped like a bicycle frame head badge, represents three elements: community, pathways and green space.

VSA Partners shepherded the process of changing the organization's name and identity. The Chicago firm donated its expertise to consult extensively with staff, board and members to look to the future while keeping the essential values that sustain the organization as an active and transformative voice in communities, government, schools and individual active lifestyles.

"We believe the brand identity is a perfect representation of what this

organization is all about and where it is heading. As their success accumulates, it's our hope that this identity comes to represent a badge of positive change in the community," said Dana Arnett, Principal, VSA Partners, Inc.

VSA Partners is a design agency founded in Chicago in 1982, with locations in New York and Minneapolis. VSA's work includes brand and communications strategy, visual identity systems, retail environments, product design, packaging, corporate communications, advertising and Web site design. Clients served by VSA include Caterpillar, Converse, General Electric, Harley-Davidson and IBM. For more information, visit: www.vsapartners.com.

The Active Transportation Alliance is a non-profit, member-based advocacy organization that works to make bicycling, walking and public transit so safe, convenient and fun that we will achieve a significant shift from environmentally harmful, sedentary travel to clean, active travel. The organization builds a movement around active transportation, encourages physical activity, increases safety and builds a world-class transportation network. Formerly the Chicagoland Bicycle Federation, the Active Transportation Alliance is North America's largest transportation advocacy organization, supported by more than 6,000 members, 1,000 volunteers and 35 full-time staff. For more information on the Active Transportation Alliance, visit www.activetrans.org or call 312-427-3325.

December 2008

Club Rides

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

Tue 12/2/08	9:30 AM	Hike - 5mi - 3hrs (ap- prox.)	Bemis Woods F.P.	Ted sward 708 354- 5782 cell:708 446-3533 day of hike	Ted's tours part 1 meet at bemis woods to explore some of the interesting, little used trails. Bemis woods is located between I-294 (tri-state) and Wolf Rd. On the N side of Ogden ave. Bring snacks
Wed 12/2/08	10:00 AM	Determined by riders	McCullum Park, Downers Grove	Determined by riders	Wednesday Show N Go the riders who show decide leader, distance and pace.
Wed 12/2/08	6:30 PM	Determined by riders	Depot, Villa Park	Determined by riders	Wednesday Night Show N Go riders decide ride leader, distance and pace. Lights are needed.
Sat 12/6/08	10:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday Show And Go riders choose leader, distance and pace
Sun 12/7/08	9:30 AM	30-40 Miles, 15-17 mph pace	Panera Bread, Elmhurst	Jeff Wincentzen, 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. Snow or temps below freezing at ride start time cancel.
Sun 12/7/08	9:30 AM	Determined by riders	Panera Bread, Elmhurst	Determined by riders	Moderate Show 'N Go For December , riders choose leader, distance and pace
Sun 12/7/08	9:30 AM	20-25 Miles, 16-18 mph	Panera Bread, Elmhurst	Dave Polkow, 630-832- 8131	Sunday Morning Fast Ride a brisk paced road ride with optional sprints. There is usually no rest stop for this shorter ride. This ride goes out whatever the weather - in case of poor road conditions, a notice will be sent out to bring mountain bikes.
Sun 12/7/08	12:30 PM	Determined by riders	Gazebo, Glen Ellyn	Determined by riders	Sunday Show And Go riders choose leader, distance and pace.
Sun 12/7/08	2:00 PM	3 Mile walk	Gazebo, Glen Ellyn	Jeanne Whiting 630-808- 2657	Stacey's Tavern Hike this will be a leisurely walk through downtown Glen Ellyn and north to Stacey's Tavern Museum. We will spend 30 minutes or so touring the museum (\$5 admission) before heading back to the gazebo.
Tue 12/9/08	9:30 AM	Hike - 5 mi - 3 hrs. (Approx.)	Teason's Woods F.P.	Ted Sward 708 354- 5782 cell:708 446-3533 day of hike	Ted's Tours Part 2 another trail for your enjoyment. Meet at teason's woods at the intersection of 111th st. (Route 83) and 104th ave. (Willow springs rd.) Se corner. Palos area. Bring snacks.
Wed 12/10/08	10:00 AM	Determined by riders	McCullum Park, Downers Grove	Determined by riders	Wednesday Show N Go riders choose leader, distance and pace.
Wed 12/10/08	6:30 PM	Determined by riders	Depot, Villa Park	Determined by riders	Wednesday Night Show N Go riders choose leader, distance and pace. Lights are needed.
Thr 12/11/08	7:15 PM		Community Bank, Elmhurst	Ray dal Lago, 630- 543-4655	Monthly Club Meeting board meeting precedes club meeting.
Sat 12/13/08	10:00 AM	5 Miles	Kline Creek Farm, Winfield. Off County Farm Rd, north of Geneva Rd, south of North Ave.	Jeanne Whiting 630-808- 2657	Kline Creek Farm Hike this will be a 5 mile walk on trails - timber ridge trail, IPP, and the Great Western. Optional activities after the walk: lunch at a restaurant near Geneva and County Farm Rds and/or tour kline Creek Farm which will be decked out.
Sat 12/13/08	10:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday Show And Go riders choose leader, distance and pace
Sun 12/14/08	9:30 AM	30-40 Miles, 15-17 mph pace	Panera Bread, Elmhurst	Jeff Wincentzen, 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. Snow or temps below freezing at ride start time cancel.
Sun 12/14/08	9:30 AM	Determined by riders	Panera Bread, Elmhurst	Determined by riders	Moderate Show 'N Go For December , riders choose leader, distance and pace.

Sun 12/14/08	9:30 AM	20-25 Miles, 16-18 mph	Panera Bread, Elmhurst	Dave Polkow, 630-832- 8131	Sunday Morning Fast Ride a brisk paced road ride with optional sprints. There is usually no rest stop for this shorter ride. This ride goes out whatever the weather - in case of poor road conditions, a notice will be sent out to bring mountain bikes.
Sun 12/14/08	12:30 PM	Determined by riders	Gazebo, Glen Ellyn	Determined by riders	Sunday Show And Go riders choose leader, distance and pace.
Tue 12/16/08	9:30 AM	Hike - 5 mi - 3 hrs. (Approx.)	Red Gate Woods F.P.	Ted Sward 708 354- 5782 cell:708 446-3533 day of hike	Ted's Tours Part 3 come and enjoy these back woods trails (some challenging) and visit the site of the worlds first nuclear reactor. Red gate is 1-1/2 miles east of route 83 on Archer Ave.(Rte 171) on south side of the road. Bring snacks.
Wed 12/17/08	10:00 AM	Determined by riders	McCollum Park, Downers Grove	Determined by riders	Wednesday Show N Go riders choose leader, distance and pace.
Wed 12/17/08	6:30 PM	Determined by riders	Depot, Villa Park	Determined by riders	Wednesday Night Show N Go riders choose leader, distance and pace. Lights are needed.
Sat 12/20/08	10:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday Show And Go riders choose leader, distance and pace.
Sun 12/21/08	9:30 AM	30-40 Miles, 15-17 mph pace	Panera Bread, Elmhurst	Jeff Wincentzen, 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. Snow or temps below freezing at ride start time cancel.
Sun 12/21/08	9:30 AM	Determined by riders	Panera Bread, Elmhurst	Determined by riders	Moderate Show 'N Go For December , riders choose leader, distance and pace.
Sun 12/21/08	9:30 AM	20-25 Miles, 16-18 mph	Panera Bread, Elmhurst	Dave Polkow, 630-832- 8131	Sunday Morning Fast Ride a brisk paced road ride with optional sprints. There is usually no rest stop for this shorter ride. This ride goes out whatever the weather - in case of poor road conditions, a notice will be sent out to bring mountain bikes.
Sun 12/21/08	12:30 PM	Determined by riders	Gazebo, Glen Ellyn	Determined by riders	Sunday Show And Go riders choose leader, distance and pace.
Tue 12/23/08	9:30 AM	Hike - 5 mi - 3 hrs. (Approx.)	Bull Frog Lake F.P.	Ted Sward 708 354- 5782 cell:708 446-3533 day of hike	Ted's Tours Part 4 here are some more back woods trails to give you a workout. Bull frog lake is located 2-1/2 miles east of rt 83 on arher ave (rt 171) then turn right on 95th st. Turn right at first
Wed 12/24/08	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.
Wed 12/24/08	6:30 PM	Determined by riders	Depot, Villa Park	Determined by riders	Wednesday Night Show N Go riders choose leader, distance and pace. Lights are needed.
Sat 12/27/08	10:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday Show And Go riders choose leader, distance and pace.
Sun 12/28/08	9:30 AM	Determined by riders	Panera Bread, Elmhurst	Determined by riders	Moderate Show 'N Go For December , the moderate ride will be a show and go.
Sun 12/28/08	9:30 AM	30-40 Miles, 15-17 mph pace	Panera Bread, Elmhurst	Jeff Wincentzen, 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. Snow or temps below freezing at ride start time cancel.
Sun 12/28/08	9:30 AM	20-25 Miles, 16-18 mph	Panera Bread, Elmhurst	Dave Polkow, 630-832- 8131	Sunday Morning Fast Ride a brisk paced road ride with optional sprints. There is usually no rest stop for this shorter ride. This ride goes out whatever the weather - in case of poor road conditions, a notice will be sent out to bring mountain bikes.
Sun 12/28/08	12:30 PM	Determined by riders	Gazebo, Glen Ellyn	Determined by riders	Sunday Show And Go riders choose leader, distance and pace.
Tue 12/30/08	9:30 AM	Hike - 5 mi - 3 hrs. (Approx.)	Fullersburg Woods F.P.	Ted Sward 708 354- 5782 cell:708 446-3533 day of hike	Ted's Tours Part 5 this is a flat hike, but scenic, including part of the Oak Brook area. Meet at Fullersburg F.P. Main parking lot off of Spring rd. In Oak Brook. Bring snacks.

Wed 12/31/08	10:00 AM	Determined by riders	McCollum Park, Downers Grove	Determined by riders	Wednesday Show N Go riders choose leader, distance and pace.
Wed 12/31/08	6:30 PM	Determined by riders	Depot, Villa Park	Determined by riders	Wednesday Night Show N Go riders choose leader, distance and pace. Lights are needed.

THANK YOU VOLUNTEERS

I would like to give a very BIG thank you to the following members who volunteered to purchase, deliver and serve the delicious treats that we all enjoyed at the monthly meetings:

Susan Sperl
Mary Jo Bolan
Nancy Rice
Sam Gunda
Betty Bond
Sourabh Nagale
Judy Figura

Marty Kotecki
Nancy Allured
John Stanaway
Gerry Fekete
Cindy Reedy
Steve Eisenhut
Glenn Williams
Sandy Gentry
Hank Gentry
Cheri O'Riordan, Refreshments Coordinator

BIRTHDAY CELEBRATION

CLUB PRESIDENT, RAY DAL LAGO CELEBRATES HIS BIRTHDAY BY WAVING A 2009 CALENDAR ON WHICH CLUB MEMBERS HAVE AUTOGRAPHED. THE GIFT IS A THOUGHTFUL IDEA OF V.P. STEVE JOSEPHS.



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CYCLE CAMP TO BEGIN IN JANUARY

Cycle Camp 2009 at The Good Samaritan Health & Wellness Center

Located on the campus of the Good Samaritan Hospital in Downers Grove, Illinois

This 10-week training camp will give you the tools you need to train smart, build your aerobic base for a Triathlon, Ironman, Half Ironman, the MS 150 Bike Tour or any other cycling event that may be in your future. Cycle Camp follows a specific training schedule that will help you build endurance for the outdoor season. This training camp is recommended for novice and experienced cyclist/triathletes alike.

Bring your own bike & a stationary trainer or use our Spin bikes.

Coached by Vicky Tate - Competitive Triathlete and Cyclist
Saturdays 10:30 am to 12:30 pm/10 weeks

Begins Saturday, January 17th

Fee: GSHWC Members - \$60

Fee: Non-Members - \$120

Register on-line at www.advocatehealth.com/goodsam/wellness, in person at Good Samaritan Health and Wellness Center Front Desk or call 630.275.2640.

The registration deadline is 12 noon on Saturday, January 10, 2009. All registrations taken after that day will have an additional \$5.00 late processing fee.

For more information please contact laura.crisman@advocatehealth.com

Laura Crisman

Group Exercise Supervisor

ACE, NASM CPT, SPIN III, USAT I

Good Samaritan Health & Wellness Center

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THANKSGIVING AT BROOKFIELD ZOO



"T'WAS A CHILLY THANKSGIVING MORNING WHEN EIGHT OF US PEDALED OFF TO THE BROOKFIELD ZOO ON LARRY'S ANNUAL RIDE. VICKI SUPPLIED THE SNACKS AND MULLED CIDER—THANK YOU VERY MUCH. WE EVEN SPOTTED A FEW RECOGNIZABLE FACES AMONG THE ZOO CROWD.



MEETING MINUTES

BOARD MEETING

1. Board nominations as follows:
 - A. Nancy Shack: Database Manager
 - B. Lynn Rivier & Susan Sperl: Award Chairpersons
 - C. Peter Gough: Publicity
2. Need to find someone to pick up Metro supplies from Mary Moroney's house and store it. George Pastorino offered to pick up the material and deliver it to Ray's house.
3. Jeff Banowetz, Editorial Director from Windy City Sports wanted to take photos of EBC to show bike clubs in Chicago area.
4. Considered updated EBC's rider sign up sheet but board felt no updates or changes were needed.
5. Ray suggested offering a "Learn to Ride Your Bike" classes for adults who don't know how to ride. Would like to encourage ride leaders from EBC to take Ride Leader courses offered by LIB. Bob Hoel offered to follow up with Elmhurst Park District about this and other bike related classes. Will also check CBF to related bike classes.
6. Ray suggested requiring ride leaders who post rides on our website to take ride leader courses.
7. Susan Sperl and Lynn Rivier will handle awards for 2009 and considering different types of awards like arm warmers, fleece vests, etc.
8. No further word regarding progress on new club jerseys. Steve will send Laura Kuhlman an e-mail to check on status.

CLUB MEETING

1. Elections for board members was held tonight. The following will be on the board for 2009:
 - A. Ray Dal Lago: President
 - B. Steve Josephs: Vice President, Ride Captain
 - C. George Pastorino: Treasurer
 - D. Roland Porter: Secretary
 - E. Susan Sperl: Membership Director
2. December will be Petra's last newsletter and no newsletter editor has volunteered.
3. Bob Hoel gave advocacy report and full meeting info is located on EBC website.
4. President Ray Dal Lago's birthday was today and received 2009 bike calendar.
5. New club positions for 2009 are as follows:
 - A. Bob Hoel: Advocacy Chair
 - B. Nancy Shack: Database Manager
 - C. Susan Sperl/Lynn Rivier: Awards Coordinators
 - D. Peter Gough: Publicity Director
6. Club voted YES to board members for 2009. Members listed on line 2.
7. Sarah Palmar from Bike Winter gave a presentation on riding in winter.
8. December will be annual pizza party.