



# The Cue Sheet

January  
2009

The Newsletter of the Elmhurst Bicycle Club  
Riding Strong for over 31 Years

## Letter from the President Ray Dal Lago

2008: another great cycling year for EBC. We made huge strides in cycling advocacy (thanks to Bob Hoel), we had hundreds and hundreds of rides (maybe over 1000 rides thanks to all the ride leaders), we continued to receive revenue from advertisers (thanks to Phil Keller) and we increased our membership to 449. We have one of the largest and best clubs in the state. We have a great club because great club members volunteer time and effort for club activities and needs. The club could still use a few more great club members to serve as program chair, sergeant-at-arms and newsletter editor. Filling these positions would complete our needs.

People always ask if EBC is a touring club, a racing club, a mountain bike club or a recreational club. I always say we have elements of each and that's what makes the club fun and interesting. We promote cycling: we always have, we always will. Years ago someone coined the phrase "Riding at the speed of fun!" We've done a good job of having fun and we'll continue that in 2009.

2009 will be my fourth year as EBC club president. I want to thank everyone for supporting and encouraging me. I'm always open to ideas and suggestions on how to keep our club strong and fun. For 2009, please remember to eat your oatmeal, stretch, check your tires before each ride, wave to fellow cyclists and always wear a helmet.

See you on the roads and trails.

Please submit articles and/or photos for the newsletter to Cindy Reedy ([cmreedy\\_prodigy.net](mailto:cmreedy_prodigy.net)) **AND** Sharon Hermach ([ganskesh\\_hotmail.com](mailto:ganskesh_hotmail.com)). The deadline is the 15th of the month.

### Elmhurst Bicycle Club Officers and Committee Chairs

<b>President</b> Ray Dal Lago, 630.543.4655 <a href="mailto:president_elmhurstbicycling.org">president_elmhurstbicycling.org</a>	<b>Publicity</b> Peter Gough, 630.903.8436 <a href="mailto:prgough98_aol.com">prgough98_aol.com</a>	<b>Refreshments</b> Cheri O'Riordan, 630.325.3917 <a href="mailto:cycle2ski_yahoo.com">cycle2ski_yahoo.com</a>
<b>Vice President/Ride Captain</b> Steve Josephs, 630.655.8710 <a href="mailto:ridecaptain_elmhurstbicycling.org">ridecaptain_elmhurstbicycling.org</a>	<b>Programs</b> <b>Volunteer Needed</b>	<b>Safety</b> Larry Gitchell, 708.409.0105 <a href="mailto:larsofmars_aol.com">larsofmars_aol.com</a>
<b>Treasurer</b> George Pastorino, 708.903.8700 <a href="mailto:treasurer_elmhurstbicycling.org">treasurer_elmhurstbicycling.org</a>	<b>Database Manager</b> Nancy Shack, 630.964.3862 <a href="mailto:nshack_comcast.net">nshack_comcast.net</a>	<b>Newsletter Mailing</b> Judy Mikesell, 630.833.1036 <a href="mailto:mikesell2_juno.com">mikesell2_juno.com</a>
<b>Secretary</b> Roland Porter, 630.655.1890 <a href="mailto:secretary_elmhurstbicycling.org">secretary_elmhurstbicycling.org</a>	<b>Internet Bike Info</b> Rich Kuhlman, 630.462.5427 <a href="mailto:rkuhlman99_comcast.net">rkuhlman99_comcast.net</a>	<b>Sergeant-at-Arms</b> <b>Volunteer Needed</b>
<b>Membership Coordinator</b> Susan Sperl, 630.416.0655 <a href="mailto:membership_elmhurstbicycling.org">membership_elmhurstbicycling.org</a>	<b>Website Team</b> Cindy Reedy, 630.530.1250 <a href="mailto:cmreedy_prodigy.net">cmreedy_prodigy.net</a> Sharon Hermach, 630.717.1660 <a href="mailto:ganskesh_hotmail.com">ganskesh_hotmail.com</a>	<b>Assistant Ride Captain</b> Nancy Rice, 630.717.9923 <a href="mailto:hotline_elmhurstbicycling.org">hotline_elmhurstbicycling.org</a>
<b>Newsletter Editor</b> <b>Volunteer Needed</b>	<b>List Server</b>	<b>Mountain Bike Coordinator</b> George Pastorino, 708.903.8700 <a href="mailto:gpastorino_comcast.net">gpastorino_comcast.net</a>

Interested in the EBC but not yet a member? [Membership Application](#)

## January 2009 • • • Club Rides

Date	Time	Distance	Start	Leader	Description
Saturday, January 03, 2009	10:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	<b>Saturday Show and Go</b> The riders will determine the ride leader, distance and pace
Sunday, January 04, 2009	9:30 AM	Determined by riders that show	Panera Bread, Elmhurst	Determined by riders that show	<b>Slow or Moderate Show 'n Go</b> For January, the slow and moderate rides will be a show and go.
Sunday, January 04, 2009	9:30 AM	30-40 miles, 15-17 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630-832.3338 h	<b>Jeff's Sunday Morning Ride</b> 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.
Sunday, January 04, 2009	9:30 AM	20-25 miles, 16-18 mph	Panera Bread, Elmhurst	Dave Polkow, 630-832-8131	<b>Sunday Morning Fast Ride</b> 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.
Sunday, January 04, 2009	12:30 PM	Determined by riders that show	Gazebo, Glen Ellyn	Determined by riders who show	<b>Sunday Show and Go</b> The riders who show will decide ride leader, distance and pace.
Tuesday, January 06, 2009	9:30AM	3 HOUR HIKE (APPROX)	LITTLE RED SCHOOLHOUSE	TED SWARD 708 354-5782 CELL:708 446-3533 DAY OF HIKE	<b>TED'S TOURS PART 6</b> A NEW LOOK AT SOME OLD TRAILS.LITTLE RED SCHOHOUSE IS 1/2 MI SOUTH OF 95TH ST ONWILLOW SPRINGS RD. (FLAVIN/104TH AVE.) BRING SNACKS
Wednesday, January 07, 2009	10:00 AM	Determined by riders that show	McCullum Park, Downers Grove	Determined by riders who show	<b>Wednesday Show n Go</b> The riders who show will decide ride leader, distance and pace.
Wednesday, January 07, 2009	6:30 PM	Determined by riders that show	Depot, Villa Park	Determined by riders who show	<b>Wednesday Night Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Thursday, January 08, 2009	7:15 PM		Community Bank, Elmhurst	Ray Dal Lago, 630-543-4655	<b>Monthly Club Meeting</b> Monthly club meeting for January.
Saturday, January 10, 2009	10:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	<b>Saturday Show and Go</b> The riders will determine the ride leader, distance and pace
Sunday, January 11, 2009	9:30 AM	Determined by riders that show	Panera Bread, Elmhurst	Determined by riders that show	<b>Slow or Moderate Show 'n Go</b> For January, the slow and moderate rides will be a show and go.
Sunday, January 11, 2009	9:30 AM	30-40 miles, 15-17 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630-832.3338 h	<b>Jeff's Sunday Morning Ride</b> 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.
Sunday, January 11, 2009	9:30 AM	20-25 miles, 16-18 mph	Panera Bread, Elmhurst	Dave Polkow, 630-832-8131	<b>Sunday Morning Fast Ride</b> 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.
Sunday,		Determined		Determined	<b>Sunday Show and Go</b>

January 11, 2009	12:30 PM	by riders that show	Gazebo, Glen Ellyn	by riders who show	The riders who show will decide ride leader, distance and pace.
Tuesday, January 13, 2009	9:30AM	3 HOUR HIKE (APPROX)	TEASON'S WOODS F.P.	TED SWARD 708 354-5782 CELL:708 446-3533 DAY OF HIKE	<b>TED'S TOURS PART 7</b> MEET AT TEASON'S F.P. AT THE INTERSECTION OF 111TH ST.(ROUTE 83) AND104TH AVE.(WILLOW SPRINGS RD.) SE CORNER. PALOS AREA. BRING SNACKS
Wednesday, January 14, 2009	10:00 AM	Determined by riders that show	McCollum Park, Downers Grove	Determined by riders who show	<b>Wednesday Show n Go</b> The riders who show will decide ride leader, distance and pace.
Wednesday, January 14, 2009	6:30 PM	Determined by riders that show	Depot, Villa Park	Determined by riders who show	<b>Wednesday Night Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Saturday, January 17, 2009	10:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	<b>Saturday Show and Go</b> The riders will determine the ride leader, distance and pace
Sunday, January 18, 2009	9:30 AM	Determined by riders that show	Panera Bread, Elmhurst	Determined by riders that show	<b>Slow or Moderate Show 'n Go</b> For January, the slow and moderate rides will be a show and go.
Sunday, January 18, 2009	9:30 AM	30-40 miles, 15-17 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630-832.3338 h	<b>Jeff's Sunday Morning Ride</b> 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.
Sunday, January 18, 2009	9:30 AM	20-25 miles, 16-18 mph	Panera Bread, Elmhurst	Dave Polkow, 630-832-8131	<b>Sunday Morning Fast Ride</b> 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.
Sunday, January 18, 2009	12:30 PM	Determined by riders that show	Gazebo, Glen Ellyn	Determined by riders who show	<b>Sunday Show and Go</b> The riders who show will decide ride leader, distance and pace.
Tuesday, January 20, 2009	9:30AM	3 HOUR HIKE (APPROX).	WATERFALL GLEN F.P.	TED SWARD 708 354-5782 CELL:708 446-3533 DAY OF HIKE	<b>TED'S TOURS PART 8</b> MEET IN THE PARKING LOT OF THE PARK RANGER'S RESIDENCE/OUTDOOR EDUCATION CAMP. 7/10TH MILE WEST OF RT. 83 ON BLUFF RD. BRING SNACKS.
Wednesday, January 21, 2009	10:00 AM	Determined by riders that show	McCollum Park, Downers Grove	Determined by riders who show	<b>Wednesday Show n Go</b> The riders who show will decide ride leader, distance and pace.
Wednesday, January 21, 2009	6:30 PM	Determined by riders that show	Depot, Villa Park	Determined by riders who show	<b>Wednesday Night Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Saturday, January 24, 2009	10:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	<b>Saturday Show and Go</b> The riders will determine the ride leader, distance and pace
Sunday, January 25, 2009	9:30 AM	30-40 miles, 15-17 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630-832.3338 h	<b>Jeff's Sunday Morning Ride</b> 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.
Sunday, January 25, 2009	9:30 AM	Determined by riders that show	Panera Bread, Elmhurst	Determined by riders that show	<b>Slow or Moderate Show 'n Go</b> For January, the slow and moderate rides will be a show and go.
Sunday, January 25, 2009	9:30 AM	20-25 miles, 16-18 mph	Panera Bread, Elmhurst	Dave Polkow, 630-832-8131	<b>Sunday Morning Fast Ride</b> 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.
Sunday, January 25, 2009	12:30 PM	Determined by riders that show	Gazebo, Glen Ellyn	Determined by riders who show	<b>Sunday Show and Go</b> The riders who show will decide ride leader, distance and pace.

Tuesday, January 27, 2009	9:30AM	3 HOUR HIKE (APPROX.)	LITTLE RED SCHOOLHOUSE	TED SWARD 708 354- 5782 CELL:708 446-3533 DAY OF HIKE	<b>TED'S TOURS PART 9</b> NEW ROUTE. LITTLE RED SCHOOLHOUSE IS 1/2 MILE SOUTH OF 95TH ST. ON WILLOW SPRINGS RD. (FLAVIN/104TH AVE.). BRING SNACKS.
Wednesday, January 28, 2009	10:00 AM	Determined by riders that show	McCollum Park, Downers Grove	Determined by riders who show	<b>Wednesday Show n Go</b> The riders who show will decide ride leader, distance and pace.
Wednesday, January 28, 2009	6:30 PM	Determined by riders that show	Depot, Villa Park	Determined by riders who show	<b>Wednesday Night Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Saturday, January 31, 2009	10:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	<b>Saturday Show and Go</b> The riders will determine the ride leader, distance and pace

More information on [Start Locations](#).

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