



The Cue Sheet

March
2009

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

ALERT! The March Club meeting is Wednesday, March 18.

2009 EBC Ski Trip (or how we had fun in da UP, eh)

Story and photo by George Hermach



The first week of February saw 39 of us EBCers journey to Ironwood, Michigan, for the tenth annual EBC cross-country ski trip. Morgan and Linda of the Indianhead Motel were our hosts, and what great hosts they were, sometimes joining us for socializing, games, or skiing.

There was ample snow and temperatures varied from below zero on Tuesday morning to above freezing on Friday afternoon. While most of us cross-country skied, some of us downhill skied, snow shod, hiked, visited nearby waterfalls, shopped, went to the movies, or some

combination of these activities. ABR was our favorite trail system, and many of us supplemented those trails by going to Wolverine, Milje's, and/or Sylvania. The downhillers went to Big Powderhorn and Whitecap.

And we all ate well, breaking in early and late groups for dinners at different restaurants to avoid overwhelming any one establishment. There were cocktail parties with munchies in the motel lobby before dinner each evening, and games such as Mexican Train after dinner. On two days, we had special lunches at ABR - pasties (a UP specialty) on Monday and brats on Thursday.

It was nice to see some of our members from outside the Chicagoland area join us - Jerry Radek from Kansas and Kathy Storm and Susie Wolf from the Quad Cities area.

Skiing at ABR on Friday afternoon, I overheard two women talking on an adjacent trail. One of them said to the other "I feel sorry for people who never leave the city, for they don't know the beauty of the woods in winter." How true!

All in all it was a great trip. Next years ski trip dates are tentatively set for Sunday January 31 to Friday February 5, so mark your calendars.

As a footnote to the trip, the EBC skiers took up a collection and will fund a bench to be placed along the river on the Jack Pine Trail at ABR. A plaque acknowledging our donation will be placed on the bench. Thanks to Joanne DeZur for coordinating this effort.

Sunday, March 8th Chili Party

By Marge Ricke

The annual Chili Hike/Ride/Party will again be at Marge Ricke's house. 2 rides will begin at noon and a hike at 1:00 pm.

The party will begin at 3: pm. Everyone should bring a serving of either meat or meatless chili which will be added to the pots. While everyone is hiking or biking the chilis will simmer and at 3:00 pm we will have a wonderful feast.

In addition to the chili everyone is asked to bring an appetizer, side dish or dessert (Please RSVP with the side dish, etc. that you will be bringing.) Please see the ride schedule for hike and ride details. Call or email Marge with any questions. margericke_gmail.com 630-616-8481 (home) 630-639-8322 (cell)

Earth Day Clean Up April 25

By Mary Ann Badke

Annual Earth Day Trail Cleanup of the Illinois Prairie Path & Great Western Trail
Saturday, April 25, 2009 - 9:00AM til Noon-ish
(No Rain Date—The cleanup will last until approximately noon.)

The Elmhurst Bicycle Club will once again take responsibility for cleaning up along a 1 mile section of the Great Western Trail between Schmale Road on the east and Gary Avenue on the west. Don Kirchenberg, volunteer Chairman of the Friends of the Great Western Trails, has said this annual “spring cleaning” is appreciated year around by trail users and the Friends of the Great Western Trails.

Since we started supporting this event in the 1990s, many EBC members have volunteered to help in the clean up. It's a great time to meet and greet fellow EBC Members, and creates a great feeling to keep our trails clean. Please come out to help us this year.

The staging area will be the parking lot of the DuPage County Farm Bureau Foundation located at the Northeast corner of Gary Avenue and St. Charles Road (south of the Great Western Trail).

So on Saturday, April 25th, bring friends and family, sturdy gloves, “grabbers” (to reach under bushes). Wear clothes that cover your arms and will not stick to those nasty little thorn bushes. We already have some heavy duty bags but bring one of your own in case we run out.

We want to recycle found glass and cans but will have to take it home to our own community pick up. Bring your recycling bin if you want to do this for us - we can load it up at the end of the morning.

Those with wagons or two wheel carts to help carry the filled garbage bags are asked to bring them along too.

Steve Josephs will lead a ride to the Clean Up Event, starting from the Elmhurst Depot at 8 a.m.

For further information on EBC participation in this event, contact Mary Ann Badke at 630-663-0295, 708-341-1160 cell# or e-mail mabsttime_aol.com.

For two general maps of GWT sections -
Kane & DeKalb Counties trail section can be found here:
<http://www.kaneforest.com/greatwestern.asp>.

The DuPage section of the GWT can be found here: <http://www.ipp.org/images/bwippmap.gif>
along with maps to the IPP and Fox River Trail.

Awards at the April Meeting

By Susan Sperl, Membership/Awards

There are 58 members who will be receiving award jersey's,
10 awards for Ride Leader,
29 patches plus certificates.
Please email the size you will be requiring for your award jerseys.

Letter from the President

By Ray Dal Lago

If you're like me you can't wait until the roads are finally free of salt and snow and grit and winter yuck. Now is the time to get your bike ready for 2009. Check your tires for holes, cracks and imbedded glass or stones. See if you have any loose spokes. This might be the year to replace your chain or all your cables. Check your brake pads. Check the entire bike! Whether you choose to do your own maintenance or have shop work on your bike, get it done! If riding is not as comfortable as it once was maybe, just maybe, it's time for a bike fit.

Many club members have had bike fits and the results are wonderful. A slight change in seat position or a slight change in cleat position can make a tremendous difference in your comfort level AND your riding ability. Many of our advertising bike shops have qualified bike fitters. Ask club members for recommendations.

I've received some good ideas for upcoming meeting speakers. The CBF is now the ATA (Active Transportation Alliance) and we'll need an update on the new name and mission statement. Some of you (myself included) are thinking of a custom bike so I'm investigating a speaker on that topic (thanks Tom Mara). We've got members who have made memorable trips and I hope to convince a few people to bring out the slides, video or pictures to share with the rest of us. Each week I receive e-mails from many individuals and organizations wanting to speak to the club. Most of them are asking to speak so they can try and sell (eventually) products or services. While it's interesting to hear some of the speakers I don't want to make our EBC meetings resemble The Shopping Network. If you have ideas for speakers or if you want to present let me know.

Our EBC family continues to grow and change. We're seeing new members on all levels of club rides and also at the meetings. If you're a long time member and you see someone you don't know, introduce yourself. Help our new members feel welcome on a ride or hike. This eventually leads to more involvement from members and it helps develop friendships.

Our EBC advocacy is the strongest it's ever been (thanks Bob Hoel). We are getting recognized by more and more local government entities. We're part of the Elmhurst Chamber of Commerce and we are an affiliate group of the Elmhurst Park District. We're making our name and our cause known to more and more people in the area. Due to our advocacy other towns and villages are examining ways to become more bike friendly. It's a known fact: a bike friendly town is a more prosperous town.

Thanks again to everyone who volunteers time and effort to help us have a great club. If you have club ideas or suggestions talk to any of the Board members (Steve Josephs, Susan Sperl, George Pasterino, Rollie Porter or me). We always want to know how we can keep this club fun and interesting. See you on the roads and trails.

Advocacy

By Bob Hoel

A petition to Wal-Mart was circulated at the meeting requesting that bike racks be installed at the outside front of the store for both customer and Wal-Mart associate usage. Over 70 signatures have been gathered and Wal-Mart corporate customer service has been contacted.

The Villa Park bike interest meeting, sponsored by Dave Hegland, VP Village Trustee, was attended by about 10 people. Pamela Brookstein, Active Transportation Alliance (formerly the Chicagoland Bicycle Federation), spoke to the group about starting a bike initiative. Efforts will continue. Mike Mast, VP resident and EBC member, attended as well.

On February 18, Ray Dal Lago, Steve Sinderson and I presented at the Addison Citizens Advisory Council about the Salt Creek Greenway Trail coming to their community in 2009. This was meant to raise their awareness of the Trail and to offer them the benefit of our experiences in Elmhurst. The information was well received by Village staff.

On Feb. 19 and Mar. 4 the Club will have membership tables at the Jefferson Elementary School Summer Recreation Fair (PTA Council-sponsored) and the Churchville Family Fitness Fun Night (District 205-sponsored), respectively. This will give us exposure to several hundred families in the Elmhurst community and has the potential to bring in new members.

The Elmhurst Bike Task Force is moving along well with initiatives on several fronts. EBC member Steve Sinderson is leading the group charged with developing a town map of streets suitable for family biking. An initial draft of their work was displayed at the meeting and it is hoped that an electronic version will be on the City website within a couple of weeks, with the hope that we will get community feedback. In this process it is helping to identify gaps in cross-community routes and shortly they will be asking the city to address some of these issues.

The Task Force Education sub-committee is well underway and has identified target audiences and ways to get bike education to them. This is being led by EBC member Rebecca Clancy. We are getting great support from the City, the Park District and the School District staff.

Finally, the Active Transportation Alliance (ATA) is organizing a Spring 2009 League Cycling Instructor (LCI) course (developed by the League of American Bicyclists). A couple of Club members have shown interest and another article elsewhere in this newsletter talks more about the value of being an LCI to both the Club and the community at large.

League Cycling Instructor Seminars

By Bob Hoel

The League of American Bicyclists has a large, well developed, time tested safe cycling curriculum. The offerings for adults include a basic 9 hour Traffic Skills 101 course, an advanced 12 hour Traffic Skills 201 course, and several 3 hour classes on selected topics. The offerings for children include a 1 hour introductory class and a 7 hour course. There are also a series of 30 to 60 minute presentations on selected topics. The courses involve both classroom and on-bike activities.

The on-bike activities include basic handling skills, emergency maneuvers, and a group ride on roads to put the safe cycling skills learned in the classroom into practice.

The League trains and certifies instructors to teach the courses through League Cycling Instructor Seminars. The LCI seminar involves 20 hours of training on how to best teach bicycle safety and riding skills. It focuses on teaching skills, and provides opportunities to practice-teach both classroom and on-bike parts of the Traffic Skills 101 curriculum. Peer critiques are an important part of the instructor training. Student and instructor manuals as well as other teaching aids and audio/visual materials are available to League Cycling Instructors.

League Cycling Instructors are automatically covered by insurance during seminars and classes conducted in accordance with League procedures. The policy is designed to cover the LCI against suits brought by students who are injured in class or while cycling after taking the class. The policy includes property damage liability as well as bodily injury liability coverage, and will pay legal costs for defending against claims, as well as damages.

Madison Memorial Day Weekend

By Larry Gitchell

As always, the general plan is that we stay in a hotel on the west side Saturday and Sunday nights. I'll get an arrangement with a hotel for a room block and send out details soon. It's most likely going to be the Hampton Inn West Towne, or the Best Western next door.

Typically, Saturday's ride starts from Olin-Turville Park on the southeast side of Madison. Over the last couple years we've gone to McFarland, Stoughton, and Sunnyside, three nice small towns outside Madison, with a lunch stop at a local restaurant.

Sunday is normally the long ride of the weekend. We've gone to the Mount Horeb Mustard Museum several times, as well as riding to the tiny town of Riley, and Aunt Mary's Hooterville Inn in Blue Mounds. These are usually road rides with some serious climbs, but there is a trail option, which has gentler grades than the road version. This year I plan to ride to "The Only Waunakee", a town north of Madison. We'll get to see some new territory and part of the Route 12 Bikeway.

On Monday we ride a loop around Madison, often visiting several bike shops, and incorporating a BratFest stop before heading back to the hotel parking lot.

Those who want to can also visit Bratfest early, since it's held across the road from our Saturday starting point.

Look for more information through the newsletter and the list server.



Elmhurst Bicycle Club President Ray Dal Lago presented League of Illinois Bicyclists Executive Director Ed Barsotti with a "Big Check" at the February EBC Board meeting.

Links to other interesting articles

Two Trails and a Train: The C&O Canal and the Allegheny Gap" By Nancy Rice:
<http://www.crazyguyonabike.com/doc/nancydctopittsburgh>

Blanketing the nation with bicycle routes:
<http://www.tampabay.com/features/travel/article952301.ece>

Please submit articles and/or photos for the newsletter to Cindy Reedy (cmreedy_prodigy.net) **AND** Sharon Hermach (ganskesh_hotmail.com). The deadline is the 15th of the month.

Elmhurst Bicycle Club Officers and Committee Chairs

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

Interested in joining EBC? [Membership Application](http://www.elmhurstbicycling.org/memberform.htm)
 (http://www.elmhurstbicycling.org/memberform.htm)

March 2009 • • • Club Rides

Date	Time	Distance	Start	Leader	Description
Sunday, March 01, 2009	8:30 AM	32-38 miles, 17-19 mph	Panera Bread at York & North Ave	David Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with one short rest stop, back by 11am. This ride goes out whatever the weather - in case of poor road conditions, a notice will be sent out to bring mountain bikes. Ride may be shortened due to poor weather conditions.
Sunday, March 01, 2009	9:30 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. Snow or temps below freezing at ride start time cancel.
Sunday, March 01, 2009	9:30 AM	Determined by riders that show	Panera Bread, Elmhurst	Determined by riders that show	Slow or Moderate Show 'n Go For March, the slow and moderate rides will be a show and go.
Sunday, March 01, 2009	12:30 PM	Determined by riders that show	Gazebo, Glen Ellyn	Determined by riders who show	Sunday Show and Go The riders who show will decide ride leader, distance and pace.
Tuesday, March 03, 2009	10:00 AM	Early season riding of 30 miles moderate pace	Imax Theater (Rt 53+Hobson Rd)	Bill Schwartz or Poger pardon or George Hermach	Imax Tuesdays The ride will be led by various leaders as we will be in Tucson for part of the month. Exact leader details will be posted in late additions
Tuesday, March 03, 2009	7:30 PM		Pastorino Home 7551 Blazer Justice IL. 60458	Ray Dal Lago 630-543-4655	EBC Board Meeting The EBC Board Meeting for March will NOT be held at Community Bank in Elmhurst. It will be at George's house, in Justice, starting at 7:30 PM. All Club members are welcome to attend.
Wednesday, March 04, 2009	9:30 AM	20 miles at 10-12 mph	McCullum Park - Downers Grove 67th and Main	Carol Nield 630-964-2488	Ride to Brookeridge Ride to Brookeridge Aero Community Bring snacks Call leader to confirm ride if weather is questionable
Wednesday, March 04, 2009	10:00 AM	Determined by riders that show	McCullum Park, Downers Grove	Determined by riders who show	Wednesday Show n Go The riders who show will decide ride leader, distance and pace.
Wednesday, March 04, 2009	10:00 AM	14 to 16 mph approx. 35 miles	Trader Joe's at Washington and Gartner in Naperville	Michal Baker 630-978-4014	Trader Joe's to Batavia New Wednesday ride starting at Trader Joe's in Naperville heading to Batavia via Fermi Lab. In March we will ride approximately 35 miles then increase the mileage starting in April.
Wednesday, March 04, 2009	6:30 PM	Determined by riders that show	Depot, Villa Park	Determined by riders who show	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thursday, March 05, 2009	10:00 AM	Early season riding of 30 miles moderate pace	Imax Theater (Rt 53+Hobson Rd)	Bill Schwartz or Poger pardon or George Hermach	Imax Thursday We will be having a rotating cast of leaders this month. Check the late additions to find details
Friday, March 06, 2009	9:00 AM	20 mile tune up ride for early arrivals in Tucson	Sabino Springs houses entrance by Arizona National Golf Course sign-Tucson AZ	Bill Schwartz 630-303-1160	Tucson AZ away rides for 2009 http://www.vrbo.com/vacation-rentals/region/usa/arizona/tucson-area/tucson/sabino-springs
Friday, March 06, 2009	10:00 AM	Determined by riders that show	Sunset Knoll Park on Finley Rd. half mile north of Roosevelt, Lombard	Determined by riders who show	Lombard Friday Show and Go The riders who show will decide ride leader, distance and pace.
Saturday, March 07,	9:00	30 mile in	Sabino Springs houses entrance by Arizona	Bill Schwartz	Tucson AZ away rides for 2009 http://www.vrbo.com/vacation-

2009	AM	Tucson AZ	National Golf Course sign-Tucson AZ	630-303-1160	rentals/region/usa/arizona/tucson-area/tucson/sabino-springs
Saturday, March 07, 2009	10:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	Saturday Show and Go The riders will determine the ride leader, distance and pace
Sunday, March 08, 2009	8:30 AM	32-38 miles, 17-19 mph	Panera Bread at York & North Ave	David Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with one short rest stop, back by 11am. This ride goes out whatever the weather - in case of poor road conditions, a notice will be sent out to bring mountain bikes. Ride may be shortened due to poor weather conditions.
Sunday, March 08, 2009	9:00 AM	30 mile in Tucson AZ	Sabino Springs houses entrance by Arizona National Golf Course sign-Tucson AZ	Bill Schwartz 630-303-1160	Tucson AZ away rides for 2009 Drive to start of ride that will do a ride to Colossal Cave and back See this site for house rentals- http://www.vrbo.com/vacation-rentals/region/usa/arizona/tucson-area/tucson/sabino-springs
Sunday, March 08, 2009	9:30 AM	Determined by riders that show	Panera Bread, Elmhurst	Determined by riders that show	Slow or Moderate Show 'n Go For March, the slow and moderate rides will be a show and go.
Sunday, March 08, 2009	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.
Sunday, March 08, 2009	12:00 noon	20 miles 10-12 mph	Marge Ricke's house - 16w701 Red Oak Ave., Bensenville	Mary Moroney (Marge's 630-616-8481)	Chili Ride Slow Ride, then join the Chili Party at Marge's house afterwards. See the newsletter for additional information.
Sunday, March 08, 2009	12:00 noon	30 - 35 miles, 13 -15 mph	Marge Ricke's house - 16w701 Red Oak Ave., Bensenville	Larry Gitchell (Marge's 630-616-8481)	Chili Ride Moderate Ride, then join the Chili Party afterwards at Marge's house. See the newsletter for mor information.
Sunday, March 08, 2009	12:30 PM	Determined by riders that show	Gazebo, Glen Ellyn	Determined by riders who show	Sunday Show and Go The riders who show will decide ride leader, distance and pace.
Sunday, March 08, 2009	1:00 pm	2 hour hike	Marge Ricke's house - 16w701 Red Oak Ave., Bensenville	Judy Miksell (Marge's 630-616-8481)	Chili Hike Hike approx. 2 hours, then join the Chili Party back at Marge's house. See the newsletter for more information.
Monday, March 09, 2009	9:00 AM	40 mile in Tucson AZ	Sabino Springs houses entrance by Arizona National Golf Course sign-Tucson AZ	Bill Schwartz 630-303-1160	Tucson AZ away rides for 2009 Ride to Saguaro National Park and do loops of the Park See this site for house rentals- http://www.vrbo.com/vacation-rentals/region/usa/arizona/tucson-area/tucson/sabino-springs
Monday, March 09, 2009	6:00 PM	20-25 Miles, 12-14+ MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	March Monday Madness As Daylight Savings Time returns, so does the Monday Night Ride! All March MNR's will be considered trail rides - any surface, any time, conditions premitting. Please bring a mountain, hybrid, or touring bike. Headlights and taillights required.
Tuesday, March 10, 2009	9:00 AM	5-10 mile hike in Tucson AZ	Sabino Springs houses entrance by Arizona National Golf Course sign-Tucson AZ	Bill Schwartz 630-303-1160	Tucson AZ away rides for 2009 Hike in the National Park See this site for house rentals- http://www.vrbo.com/vacation-rentals/region/usa/arizona/tucson-area/tucson/sabino-springs
Tuesday, March 10, 2009	10:00 AM	Early season riding of 30 miles moderate pace	Imax Theater (Rt 53+Hobson Rd)	Bill Schwartz or Poger pardon or George Hermach	Imax Tuesdays The ride will be led by various leaders as we will be in Tucson for part of the month. Exact leader details will be posted in late additions

Wednesday, March 11, 2009	9:00 AM	40 miles in Tucson AZ	Sabino Springs houses entrance by Arizona National Golf Course sign- Tucson AZ	Bill Schwartz 630-303- 1160	Tucson AZ away rides for 2009 Ride to the Desert Museum and around the area of the Museum See this site for house rentals- http://www.vrbo.com/vacation-rentals/region/usa/arizona/tucson-area/tucson/sabino-springs
Wednesday, March 11, 2009	9:30 AM	20-25 miles at 11-14 mph	Spring Rock Park	Gerry Fekete (708) 352 -0913	Ride to Riverside Ride on roads and/or paved paths to Riverside with a stop for coffee and warm up. Canceled if roads have ice or snow.
Wednesday, March 11, 2009	10:00 AM	Determined by riders that show	McCollum Park, Downers Grove	Determined by riders who show	Wednesday Show n Go The riders who show will decide ride leader, distance and pace.
Wednesday, March 11, 2009	10:00 AM	14 to 16 mph approx. 35 miles	Trader Joe's at Washington and Gartner in Naperville	Michal Baker 630- 978-4014	Trader Joe's to Batavia New Wednesday ride starting at Trader Joe's in Naperville heading to Batavia via Fermi Lab. In March we will ride approximately 35 miles then increase the mileage starting in April.
Wednesday, March 11, 2009	6:30 PM	Determined by riders that show	Depot, Villa Park	Determined by riders who show	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thursday, March 12, 2009	9:00 AM	50 miles in Tucson AZ	Sabino Springs houses entrance by Arizona National Golf Course sign- Tucson AZ	Bill Schwartz 630-303- 1160	Tucson AZ away rides for 2009 The BIG RIDE-climb up 25 miles and get to the top of Mount Lemmon. It's 8000" at the top! See this site for house rentals- http://www.vrbo.com/vacation-rentals/region/usa/arizona/tucson-area/tucson/sabino-springs
Thursday, March 12, 2009	10:00 AM	Early season riding of 30 miles moderate pace	Imax Theater (Rt 53+Hobson Rd)	Bill Schwartz or Poger pardon or George Hermach	Imax Thursday We will be having a rotating cast of leaders this month. Check the late additions to find details
Friday, March 13, 2009	9:00 AM	30 miles in Tucson AZ	Sabino Springs houses entrance by Arizona National Golf Course sign- Tucson AZ	Bill Schwartz 630-303- 1160	Tucson AZ away rides for 2009 Back to the Saguaro National Park for another wonderful roller-coaster ride up and down the hills of the Park See this site for house rentals- http://www.vrbo.com/vacation-rentals/region/usa/arizona/tucson-area/tucson/sabino-springs
Friday, March 13, 2009	10:00 AM	Determined by riders that show	Sunset Knoll Park on Finley Rd. half mile north of Roosevelt, Lombard	Determined by riders who show	Lombard Friday Show and Go The riders who show will decide ride leader, distance and pace.
Saturday, March 14, 2009	9:00 AM	30 miles in Tucson AZ	Sabino Springs houses entrance by Arizona National Golf Course sign- Tucson AZ	Bill Schwartz 630-303- 1160	Tucson AZ away rides for 2009 Tour Colossal Cave Mountain Park See this site for house rentals- http://www.vrbo.com/vacation-rentals/region/usa/arizona/tucson-area/tucson/sabino-springs
Saturday, March 14, 2009	10:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	Saturday Show and Go The riders will determine the ride leader, distance and pace
Sunday, March 15, 2009	8:30 AM	32-38 miles, 17- 19 mph	Panera Bread at York & North Ave	David Polkow 630- 832-8131	Sunday Morning Fast Ride A brisk paced road ride with one short rest stop, back by 11am. This ride goes out whatever the weather - in case of poor road conditions, a notice will be sent out to bring mountain bikes. Ride may be shortened due to poor weather conditions.
Sunday, March 15, 2009	9:00 AM	Bike/Hike in Patagonia AZ	Sabino Springs houses entrance by Arizona National Golf Course sign- Tucson AZ	Bill Schwartz 630-303- 1160	Tucson AZ away rides for 2009 Patagonia is a great hike/bike destination. If you choose to bike, it will be from Patagonia to Sononita and back See this site for house rentals- http://www.vrbo.com/vacation-rentals/region/usa/arizona/tucson-area/tucson/sabino-springs
Sunday,		30-40		Jeff	Jeff's Sunday Morning Ride This is a road ride exploring Cook and Du Page

March 15, 2009	9:30 AM	miles, 15-17 mph pace	Panera Bread, Elmhurst	Wincentzen, 630-832.3338 h	counties. Includes one short stop. Bring enough food/drink to refuel. Snow or temps below freezing at ride start time cancel.
Sunday, March 15, 2009	9:30 AM	Determined by riders that show	Panera Bread, Elmhurst	Determined by riders that show	Slow or Moderate Show 'n Go For March, the slow and moderate rides will be a show and go.
Sunday, March 15, 2009	12:30 PM	Determined by riders that show	Gazebo, Glen Ellyn	Determined by riders who show	Sunday Show and Go The riders who show will decide ride leader, distance and pace.
Monday, March 16, 2009	6:00 PM	20-25 Miles, 12-14+ MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	Mid-March Monday Night Celebrate the day between the Ides and Saint Patrick's with a Monday Night Ride! All March MNR's will be considered trail rides - any surface, any time, conditions permitting. Please bring a mountain, hybrid, or touring bike. Headlights and taillights required.
Tuesday, March 17, 2009	10:00 AM	Early season riding of 30 miles moderate pace	Imax Theater (Rt 53+Hobson Rd)	Bill Schwartz or Poger pardon or George Hermach	Imax Tuesdays The ride will be led by various leaders as we will be in Tucson for part of the month. Exact leader details will be posted in late additions
Wednesday, March 18, 2009	9:00 AM	20-25 miles 10-12 mph	Benedictine Rd. and Maple in Lisle	Sharon Hermach	Wednesday to Where? Ride the neighborhoods of Lisle, Naperville and Woodridge. Meet in the parking lot at the SW corner. Benedictine Rd. is west of College and east of Naper Blvd. Call leader of weather is questionable
Wednesday, March 18, 2009	10:00 AM	Determined by riders that show	McCullum Park, Downers Grove	Determined by riders who show	Wednesday Show n Go The riders who show will decide ride leader, distance and pace.
Wednesday, March 18, 2009	10:00 AM	14 to 16 mph approx. 35 miles	Trader Joe's at Washington and Gartner in Naperville	Michal Baker 630-978-4014	Trader Joe's to Batavia New Wednesday ride starting at Trader Joe's in Naperville heading to Batavia via Fermi Lab. In March we will ride approximately 35 miles then increase the mileage starting in April.
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Wednesday, March 18, 2009	7:15 PM		Community Bank, Elmhurst	Ray Dal Lago, 630-543-4655	Monthly Club Meeting Monthly club meeting - note that is on a different day than usual. See March 3rd entry for Board meeting details.
Thursday, March 19, 2009	10:00 AM	Early season riding of 30 miles moderate pace	Imax Theater (Rt 53+Hobson Rd)	Bill Schwartz or Poger pardon or George Hermach	Imax Thursday We will be having a rotating cast of leaders this month. Check the late additions to find details
Friday, March 20, 2009	10:00 AM	Determined by riders that show	Sunset Knoll Park on Finley Rd. half mile north of Roosevelt, Lombard	Determined by riders who show	Lombard Friday Show and Go The riders who show will decide ride leader, distance and pace.
Saturday, March 21, 2009	10:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	Saturday Show and Go The riders will determine the ride leader, distance and pace
Sunday, March 22, 2009	8:30 AM	32-38 miles, 17-19 mph	Panera Bread at York & North Ave	David Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with one short rest stop, back by 11am. This ride goes out whatever the weather - in case of poor road conditions, a notice will be sent out to bring mountain bikes. Ride may be shortened due to poor weather conditions.
Sunday, March 22, 2009	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.

Sunday, March 22, 2009	9:30 AM	Determined by riders that show	Panera Bread, Elmhurst	Determined by riders that show	Slow or Moderate Show 'n Go For March, the slow and moderate rides will be a show and go.
Sunday, March 22, 2009	12:30 PM	Determined by riders that show	Gazebo, Glen Ellyn	Determined by riders who show	Sunday Show and Go The riders who show will decide ride leader, distance and pace.
Monday, March 23, 2009	6:00 PM	20-25 Miles, 12-14+ MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	New Moon Monday Night New Moon Monday Night Spring just Sprung - Let's Ride! All March MNR's will be considered trail rides - any surface, any time, conditions permitting. Please bring a mountain, hybrid, or touring bike. Headlights and taillights required.
Tuesday, March 24, 2009	10:00 AM	Early season riding of 30 miles moderate pace	Imax Theater (Rt 53+Hobson Rd)	Bill Schwartz 630-963-6250	Imax Tuesdays We will ride to Koobie's coffee shop for some coffee and chat and return
Wednesday, March 25, 2009	9:30 AM	20 - 25 miles 11 - 13 mph	Katherine Legge parking lot, 59th and County Line Road, Hinsdale	Mary Jo Bolan 630 887 9652	Cold weather ride All road ride through several towns. Warm up - coffee stop. Ride will be canceled if high for the day is below 32, or if there is snow or ice on roads.
Wednesday, March 25, 2009	10:00 AM	14 to 16 mph approx. 35 miles	Trader Joe's at Washington and Gartner in Naperville	Michal Baker 630-978-4014	Trader Joe's to Batavia New Wednesday ride starting at Trader Joe's in Naperville heading to Batavia via Fermi Lab. In March we will ride approximately 35 miles then increase the mileage starting in April.
Wednesday, March 25, 2009	10:00 AM	Determined by riders that show	McCullum Park, Downers Grove	Determined by riders who show	Wednesday Show n Go The riders who show will decide ride leader, distance and pace.
Wednesday, March 25, 2009	6:30 PM	Determined by riders that show	Depot, Villa Park	Determined by riders who show	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thursday, March 26, 2009	10:00 AM	Early season riding of 30 miles moderate pace	Imax Theater (Rt 53+Hobson Rd)	Bill Schwartz 630-963-6250	Imax Thursday We will go to Koobie's coffee shop and back with a varying route
Friday, March 27, 2009	10:00 AM	Determined by riders that show	Sunset Knoll Park on Finley Rd. half mile north of Roosevelt, Lombard	Determined by riders who show	Lombard Friday Show and Go The riders who show will decide ride leader, distance and pace.
Saturday, March 28, 2009	10:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	Saturday Show and Go The riders will determine the ride leader, distance and pace
Sunday, March 29, 2009	8:30 AM	32-38 miles, 17-19 mph	Panera Bread at York & North Ave	David Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with one short rest stop, back by 11am. This ride goes out whatever the weather - in case of poor road conditions, a notice will be sent out to bring mountain bikes. Ride may be shortened due to poor weather conditions.
Sunday, March 29, 2009	9:30 AM	Determined by riders that show	Panera Bread, Elmhurst	Determined by riders that show	Slow or Moderate Show 'n Go For March, the slow and moderate rides will be a show and go.
Sunday, March 29, 2009	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.
Sunday, March 29, 2009	12:30 PM	Determined by riders that show	Gazebo, Glen Ellyn	Determined by riders who show	Sunday Show and Go The riders who show will decide ride leader, distance and pace.
Monday,		20-25		Larry Gitchell	No Foolin' Monday Night No Foolin' - it's another Monday Night Ride All

March 30, 2009	6:00 PM	Miles, 12-14+ MPH	Depot, Elmhurst	(708) 421-0120 (C), (708) 409-0105 (H)	March MNR's will be considered trail rides - any surface, any time, conditions permitting. Please bring a mountain, hybrid, or touring bike. Headlights and taillights required.
Tuesday, March 31, 2009	10:00 AM	Early season riding of 30 miles moderate pace	Imax Theater (Rt 53+Hobson Rd)	Bill Schwartz 630-963-6250	Imax Tuesdays We will ride to Koobie's coffee shop for some coffee and chat and return

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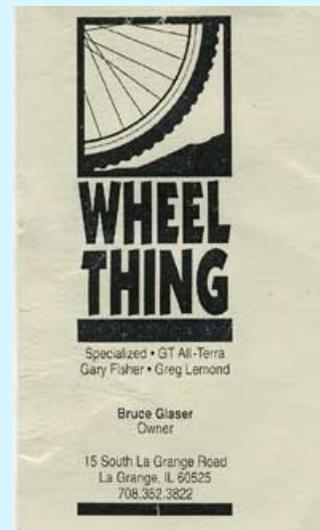
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