



The Cue Sheet

April
2009

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

"Postcard" from the Arizona Trip

By Kären Schwartz

Photo by George Pastorino



Hi from Tucson. It's been a little colder than usual here-60's and low 70's-but it's been sunny and we've gotten some hard cycling in. Yesterday we did the big one. We went up Mt Lemmon for 20-25 miles in 3 1/2 hours and back down in about 1/2 hour. It was cold at the top as they had snow up there the day before. We had jackets, but we still froze for about the first 2,000 feet down. It was hard, but we felt a lot better than the day before when we went toward Arivaca (10 miles from the Mexican border). They had wind gusts from 20 to 30 mph in our faces the whole 22 miles there along with a climb the whole time. I was in my granny gear for some of the ride. Coming back we could go from 20 to 30 mph without much peddling! This ride was harder than Mt Lemmon.

Today is our rest day with a hike in the National Park (use those senior passes to get in free!) and then maybe a trip to the observatory this evening. We've

enjoyed seeing the videos that Ray has been taking of our rides in the evenings. All in all, it's been a really great trip. Tomorrow is more cycling in the sun.

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 mabstime_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.



Elmhurst Bicycle Club President Ray Dal Lago presented the Active Transportation Alliance (formerly the Chicagoland Bicycle Federation) with a "Big Check" for \$1,000 at the EBC March meeting.

Madison Memorial Day Weekend

By Larry Gitchell

[The Madison Memorial Day weekend is changing hotels!](#)

Our new location is the Residence Inn by Marriott Madison West/Middleton. You can read all the details at: www.residenceinmadisonwest.com.

This is more of a business-oriented hotel, which means it probably will be relatively empty on a holiday weekend. The rooms have fully equipped kitchens, well-lit work desks, wireless internet, plus all those things you probably wanted to leave at home, like coffee makers, ironing boards, and hair dryers. The hotel provides a breakfast buffet, an exercise room, indoor pool, whirlpool, and an outdoor Sport Court for tennis, basketball, and volleyball.

We'll be about a mile from downtown Middleton, which has several good restaurants, and within walking distance of the Greenway Station shopping area. By the way, the Mount Horeb Mustard Museum is said to be relocating to an historic building in downtown Middleton - but not until the end of the year.

I was quoted a \$79 per night room rate.

The hotel sent me the following link for reservations:

[http://www.marriott.com/hotels/travel/MSNWM?](http://www.marriott.com/hotels/travel/MSNWM?GroupCode=EBCEBCA&app=resvlink&fromDate=5/23/09&toDate=5/25/09)

[GroupCode=EBCEBCA&app=resvlink&fromDate=5/23/09&toDate=5/25/09](http://www.marriott.com/hotels/travel/MSNWM?GroupCode=EBCEBCA&app=resvlink&fromDate=5/23/09&toDate=5/25/09). On that page you will see a box to enter a group code. Type EBCEBCA (not case sensitive), then click "FIND". You should see the \$79.00 rate.

Or call the toll free number at (800) 331-3131. There's also a direct number for the property at (608) 662-1100. Tell them you're with the Elmhurst Bicycle Club. We have up to 15 rooms available. Reservation deadline is April 23rd at noon.

About the Rides:

The dates of the weekend are Saturday May 23rd through Monday May 25th.

The plan is to start from Olin-Turville Park on the southeast side of Madison at 10 AM

Saturday morning. We'll ride over the hills to a tiny town called Sunnyside and have lunch overlooking Lake Kegonsa, followed by a relatively flat return to Madison. I may have a second ride touring some local bike shops in the afternoon. The start location is across the street from the Bratwurst Festival, so those who are interested in stuffing themselves on sausages and carbonated beverages (not me!) will have a chance early.

Our hotel is on the far west side of Madison. The main reason for this is that most hotels closer to Olin-Turville Park are filled up by runners attending the Madison Marathon. The hotel we've used for several years no longer belongs to Hampton, so we're switching to another location owned by the same group. It's in a flatter area than the previous place, where we had a standing joke that it was either at the highest elevation in Madison, or we had to go over the highest elevation in Madison to get back.

Sunday's ride starts at 9 AM from the hotel. We'll ride to a town that bills itself as "The Only Waunakee in the World". The route will loop back into Madison for a lunch break at a delightful place called Monty's Blue Plate Diner, then pass the state capitol and Lake Monona on the way back to the hotel. Traditionally we go out for a big group dinner on Sunday night.

Monday morning we'll start at 9 AM and take a loop around the south edge of Madison, returning for our official visit to BratFest. We may work in a bike shop stop or two, depending on time and mood.

All routes will be in the 30-35 mile range. There will be hills! I'll try to work out the routing so none of them are too serious. I may have some afternoon rides for those who want to accompany me for more mileage and more climbing.

For more information call Larry Gitchell at (708) 421-0120 (Cell Phone).

Camping option:

Sam Gunda is willing to reserve a camp site in Mendota Park (4 miles from the designated hotel). Cost is \$60 per 3 days for a site that can hold up to 6 tents. Their web site is <http://www.co.dane.wi.us/twrp/parks/mendota.aspx>. Contact Sam at 630-833-7410.

Pay your Membership Dues with Paypal

By Cindy Reedy

EBC members now have the option of paying their dues online using Paypal. To take advantage of this option, go to the Membership Application page on the EBC website: http://www.elmhurstbicycling.org/abt_membership.asp. Once there you can choose to print the membership form or complete the process online and pay through Paypal.

If you choose the Paypal option you will complete the membership application online and agree to the release and waiver. Then you will have an opportunity to review the information and make corrections if necessary. Next you will be directed to Paypal where you can pay with your Paypal account, create a Paypal account and pay with that, or pay with any valid credit card. You do not need to have a Paypal account to take advantage of this payment option.

The online form information will automatically be sent to the EBC Membership Director. Paypal will deposit the dues in the EBC bank account and notify the EBC Treasurer. There is a small processing fee which will be assumed by the Elmhurst Bicycling Club.

Leaders Wanted

By Ray Dal Lago

We've got more rides coming up in April than some clubs have all year! Believe it or not, we could use a few more rides. Many members, long time and new, are asking for 11-13 MPH rides. Here's a great way to volunteer time, meet some great members and get some riding miles. The ride doesn't have to be long and the route doesn't have to have the most incredible scenery. Any new volunteers???? Let's not rely solely on members currently leading 11-13 MPH rides. New ride leaders: step (er...pedal) forward and have some fun!

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/abt_membership.asp)
 (http://www.elmhurstbicycling.org/abt_membership.asp)

April 2009 • • • Club Rides

Note: The most current ride schedule can be found on our website at <http://www.elmhurstbicycling.org/rides/currentRide.aspx>.

Ride Pace - by Steve Josephs, Ride Captain

Where there is not a miles per hour to describe the pace of a ride, please use the following as a guide:

8-10 = very slow **10-12 = slow** **14-16 = medium** **16-18 = fast** **12-14 = moderate**
18-20+ = very fast

Date	Time	Distance	Start	Leader	Description
Wednesday, April 01, 2009	9:00 AM	Determined by riders that show	McColum Park, Downers Grove	Determined by riders who show	Wednesday Show n Go The riders who show will decide ride leader, distance and pace.
Wednesday, April 01, 2009	9:00 AM	20 miles 11 - 13 mph	Home of Mary Jo Bolan 322 Springlake, Hinsdale	Mary Jo Bolan 630 887 9652	Planning Ride After the ride we will have a light lunch and then meet to plan the wednesday morning rides for 2009. If you wish to lead one of more wednesday morning rides but are unable to attend the meeting, please submit those rides to Carol Nield prior to the meeting.
Wednesday, April 01, 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, April 02, 2009	10:00 AM	Moderate pace - 40 miles	Imax Theater corner of Hobson and Rt 53	Bill Schwartz 630-303- 1160	Imax to Oswego We will head out to the coffee shop in Oswego through safe residential streets for some coffee and sharing of good conversation

Thursday, April 02, 2009	5:00 PM	30-40 miles, 13- 15 mph pace	Panera Bread, Elmhurst	Jeff Wincentzen, 630.832.3338 h	Thursday Night Ride All Thursday Night Rides in April will be considered trail rides - any surface, any time, conditions permitting. Please bring a mountain, hybrid, or touring bike. Good headlights and taillights required. Bright reflective clothing recommended.
Friday, April 03, 2009	9:00 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, April 04, 2009	9:00 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, April 05, 2009	8:30 AM	Determined by riders that show	Panera Bread, Elmhurst	Determined by riders that show	Slow or Moderate Show 'n Go For April, the slow and moderate rides will be a show and go.
Sunday, April 05, 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 optional sprints and one short rest stop, back by 11am.
Sunday, April 05, 2009	8:30 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. Rain will cancel -- check the list server.
Sunday, April 05, 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, April 06, 2009	6:00 PM	25 - 30 Miles, 13- 15+ MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409- 0105 (H)	Kick It Up Monday Night As we move into April, the pace picks up slightly, and the MNR moves toward a pavement-based regime. Time to bring out the road bikes; headlight and taillight still required.
Tuesday, April 07, 2009	10:00 AM	Moderate pace - 30 miles	Imax Theater corner of Hobson and Rt 53	Bill Schwartz 630-303- 1160	Imax to Naperville We will head out to the coffee shop in Naperville through safe residential streets for some coffee and sharing of good conversation
Tuesday, April 07, 2009	5:00 PM	30-40 miles, 13- 15 mph pace	Panera Bread, Elmhurst	Jeff Wincentzen, 630.832.3338 h	Tuesday Night Ride All Tuesday Night Rides in April will be considered trail rides - any surface, any time, conditions permitting. Please bring a mountain, hybrid, or touring bike. Good headlights and taillights required. Bright reflective clothing recommended.
Wednesday, April 08, 2009	9:00 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, April 08, 2009	9:00AM	35 miles Moderate pace 14- 16mph	Trader Joe's at Washington and Gartner in Naperville	Michal Baker 630-978- 4014	Wednesday Trader Joe's Ride to Batavia via Fermi Lab. Stopping for snack and returning.
Wednesday, April 08, 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.
Wednesday, April 08, 2009	7:30 PM		Josephs Home 289 S. York , Elmhurst	Ray Dal Lago 630-543- 4655	EBC Board Meeting The EBC Board Meeting for April will NOT be held at Community Bank in Elmhurst. It will be at Steve's house, starting at 7:30 PM. All Club members are welcome to attend.
Thursday, April 09,	10:00 AM	Moderate pace - 40	Imax Theater corner of	Bill Schwartz 630-303-	Imax to Oswego We will head out to the coffee shop in Oswego through safe residential streets for some coffee and

2009		miles	Hobson and Rt 53	1160	sharing of good conversation
Thursday, April 09, 2009	5:00 PM	30-40 miles, 13-15 mph pace	Panera Bread, Elmhurst	Jeff Wincentzen, 630.832.3338 h	Thursday Night Ride All Thursday Night Rides in April will be considered trail rides - any surface, any time, conditions permitting. Please bring a mountain, hybrid, or touring bike. Good headlights and taillights required. Bright reflective clothing recommended.
Thursday, April 09, 2009	7:15 PM		Community Bank, Elmhurst	Ray Dal Lago, 630-543-4655	Monthly Club Meeting Monthly club meeting. See April 8th entry for Board meeting details.
Friday, April 10, 2009	9:00 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, April 11, 2009	9:00 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, April 12, 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 optional sprints and one short rest stop, back by 11am.
Sunday, April 12, 2009	8:30 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. Rain will cancel -- check the list server.
Sunday, April 12, 2009	8:30 AM	Determined by riders that show	Panera Bread, Elmhurst	Determined by riders that show	Slow or Moderate Show 'n Go For April, the slow and moderate rides will be a show and go.
Sunday, April 12, 2009	9:00 AM	60 mi / 17-19mph	Trader Joe's - Naperville Plaza	Roger Pardon 630-639-8505	Roger's Sunday Ride Returns Ride to Oswego for coffee and sweets at The Village Grind. Subdivision streets and rolling country roads. A great way to start your Sunday.
Sunday, April 12, 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, April 13, 2009	6:00 PM	24-27 Miles, 13-15 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	Pre-Tax MNR Take a break from taxtime madness for a relaxing bicycle ride. We'll explore the roads and paved trails of eastern DuPage and western Cook Counties. Headlight and taillight required; we will return after dark.
Tuesday, April 14, 2009	10:00 AM	Moderate pace - 30 miles	Imax Theater corner of Hobson and Rt 53	Bill Schwartz 630-303-1160	Imax to Naperville We will head out to the coffee shop in Naperville through safe residential streets for some coffee and sharing of good conversation
Tuesday, April 14, 2009	5:00 PM	30-40 miles, 13-15 mph pace	Panera Bread, Elmhurst	Jeff Wincentzen, 630.832.3338 h	Tuesday Night Ride All Tuesday Night Rides in April will be considered trail rides - any surface, any time, conditions permitting. Please bring a mountain, hybrid, or touring bike. Good headlights and taillights required. Bright reflective clothing recommended.
Wednesday, April 15, 2009	9:00 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, April 15, 2009	9:00 AM	45 miles Moderate pace 14-16mph	Trader Joe's at Washington and Gartner in Naperville	Michal Baker 630-978-4014	Wednesday Trader Joe's Ride to Batavia via Fermi Lab return through Winfield for added mileage. Stopping for snack in Batavia.
Wednesday,				David Polkow	Wednesday Night Fast Ride

April 15, 2009	6:30 PM	20 miles, 18-22 mph	Depot, Villa Park	630-832-8131	A very fast paced ride done in conjunction with the Elmhurst Triathlon Club.
Wednesday, April 15, 2009	6:30 PM	Determined by riders that show	Parking lot at Maple St. and Park Ave. Lombard	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, April 16, 2009	10:00 AM	Moderate pace - 40 miles	Imax Theater corner of Hobson and Rt 53	Bill Schwartz 630-303-1160	Imax to Oswego We will head out to the coffee shop in Oswego through safe residential streets for some coffee and sharing of good conversation
Thursday, April 16, 2009	5:00 PM	30-40 miles, 13-15 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630.832.3338 h	Thursday Night Ride All Thursday Night Rides in April will be considered trail rides - any surface, any time, conditions permitting. Please bring a mountain, hybrid, or touring bike. Good headlights and taillights required. Bright reflective clothing recommended.
Friday, April 17, 2009	9:00 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, April 18, 2009	9:00 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, April 19, 2009	8:30 AM	Determined by riders that show	Panera Bread, Elmhurst	Determined by riders that show	Slow or Moderate Show 'n Go For April, the slow and moderate rides will be a show and go.
Sunday, April 19, 2009	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. Rain will cancel -- check the list server.
Sunday, April 19, 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 optional sprints and one short rest stop, back by 11am.
Sunday, April 19, 2009	9:00 AM	60 mi / 17-19mph	Trader Joe's - Naperville Plaza	Roger Pardon 630-639-8505	Roger's Sunday Ride Returns Ride to Oswego for coffee and sweets at The Village Grind. Subdivision streets and rolling country roads. A great way to start your Sunday.
Sunday, April 19, 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, April 20, 2009	6:00 PM	24-27 Miles, 13-15 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	Monday Night Ride Join the Monday Night Ride and see the world - the part of it near Elmhurst, anyway! Roads and paved paths, headlight and taillight required.
Tuesday, April 21, 2009	10:00 AM	Moderate pace - 30 miles	Imax Theater corner of Hobson and Rt 53	Bill Schwartz 630-303-1160	Imax to Naperville We will head out to the coffee shop in Naperville through safe residential streets for some coffee and sharing of good conversation
Tuesday, April 21, 2009	5:00 PM	30-40 miles, 13-15 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630.832.3338 h	Tuesday Night Ride All Tuesday Night Rides in April will be considered trail rides - any surface, any time, conditions permitting. Please bring a mountain, hybrid, or touring bike. Good headlights and taillights required. Bright reflective clothing recommended.
Wednesday, April 22, 2009	9:00 AM	52 miles Moderate pace 14-16mph	Trader Joe's at Washington and Gartner in	Michal Baker 630-978-4014	Wednesday Trader Joe's Ride to Johnsons Mound via Fermi Lab. We will make a quick stop in Batavia on the way to Johnson's Mound (25 mile point) then return to

			Naperville		Batavia for the snack break.
Wednesday, April 22, 2009	9:00 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, April 22, 2009	9:00 AM	30 miles 12 - 14 mph	Madison Meadow	Betty Bond 630 932- 0271	Wednesday morning ride We will ride to the Four Lakes Area in Lisle, then have a picnic. Bring your own lunch and SOMETHING TO SHARE WITH ALL THE OTHERS.
Wednesday, April 22, 2009	6:30 PM	20 miles, 18-22 mph	Depot, Villa Park	David Polkow 630-832- 8131	Wednesday Night Fast Ride A very fast paced ride done in conjunction with the Elmhurst Triathlon Club.
Wednesday, April 22, 2009	6:30 PM	Determined by riders that show	Parking lot at Maple St. and Park Ave. Lombard	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, April 23, 2009	10:00 AM	Moderate pace - 40 miles	Imax Theater corner of Hobson and Rt 53	Bill Schwartz 630-303- 1160	Imax to Oswego We will head out to the coffee shop in Oswego through safe residential streets for some coffee and sharing of good conversation
Thursday, April 23, 2009	5:00 PM	30-40 miles, 13- 15 mph pace	Panera Bread, Elmhurst	Jeff Wincentzen, 630.832.3338 h	Thursday Night Ride All Thursday Night Rides in April will be considered trail rides - any surface, any time, conditions permitting. Please bring a mountain, hybrid, or touring bike. Good headlights and taillights required. Bright reflective clothing recommended.
Friday, April 24, 2009	9:00 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, April 25, 2009	8:00 AM	25 miles, your pace	Depot, Elmhurst	Steve Josephs, 630- 235-9841	Trail Ride to the Trail Cleanup Join Steve for a ride over to the Earth Day Trail Cleanup in Carol Stream. Bring work gloves and a couple of trash bags. We'll help with the trail cleanup for a couple of hours and then head back to Elmhurst. We'll start off and ride as a group, but if anyone wants to do their own pace - faster or slower- they can rejoin the group at Schmale and the Great Western Trail in Carol Stream.
Saturday, April 25, 2009	9:00 AM		Great Western Trail, Carol Stream	Mary Ann Badke, 630- 663-0295, 708-341- 1160 cell#	Annual Trail Cleanup The Elmhurst Bicycle Club will be responsible for a one mile section of the Great Western Trail between Gary Ave. and Schmale Rd. Meet just south of the trail in the parking lot on the NE corner of St. Charles Rd. and Gary Ave. Please bring work gloves and trash bags - more details in newsletter or contact Mary Ann.
Saturday, April 25, 2009	9:00 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, April 26, 2009	8:30 AM	Determined by riders that show	Panera Bread, Elmhurst	Determined by riders that show	Slow or Moderate Show 'n Go For April, the slow and moderate rides will be a show and go.
Sunday, April 26, 2009	8:30 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. Rain will cancel -- check the list server.
Sunday, April 26, 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 optional sprints and one short rest stop, back by 11am.

Sunday, April 26, 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, April 27, 2009	6:00 PM	25-30 Miles, 13- 15 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409- 0105 (H)	Monday Night Ride Longer and Stronger MNR - daylight increases, and the Monday Night Ride keeps pace. Roads and paved paths, headlight and taillight still required.
Tuesday, April 28, 2009	10:00 AM	Moderate pace - 30 miles	Imax Theater corner of Hobson and Rt 53	Bill Schwartz 630-303- 1160	Imax to Naperville We will head out to the coffee shop in Naperville through safe residential streets for some coffee and sharing of good conversation
Tuesday, April 28, 2009	5:00 PM	30-40 miles, 13- 15 mph pace	Panera Bread, Elmhurst	Jeff Wincentzen, 630.832.3338 h	Tuesday Night Ride All Tuesday Night Rides in April will be considered trail rides - any surface, any time, conditions permitting. Please bring a mountain, hybrid, or touring bike. Good headlights and taillights required. Bright reflective clothing recommended.
Wednesday, April 29, 2009	9:00 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, April 29, 2009	9:00 AM	55 miles Moderate pace 14- 16mph	Trader Joe's at Washington and Gartner in Naperville	Michal Baker 630-978- 4014	Wednesday Trader Joe's Ride to Campton Hills via Fermi Lab. We will make a quick stop in Batavia on the way to Campton Hills then return to Batavia for the snack break.
Wednesday, April 29, 2009	9:00 AM	25-30 Miles at 11 -14 mph	Spring Rock Park	Gerry Fekete (708) 352 -0913	Riverside in the Spring Ride through Riverside and enjoy the early spring blossoms. A stop at Dunk And Donuts
Wednesday, April 29, 2009	6:30 PM	20 miles, 18-22 mph	Depot, Villa Park	David Polkow 630-832- 8131	Wednesday Night Fast Ride A very fast paced ride done in conjunction with the Elmhurst Triathlon Club.
Wednesday, April 29, 2009	6:30 PM	Determined by riders that show	Parking lot at Maple St. and Park Ave. Lombard	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, April 30, 2009	10:00 AM	Moderate pace - 40 miles	Imax Theater corner of Hobson and Rt 53	Bill Schwartz 630-303- 1160	Imax to Oswego We will head out to the coffee shop in Oswego through safe residential streets for some coffee and sharing of good conversation
Thursday, April 30, 2009	5:00 PM	30-40 miles, 13- 15 mph pace	Panera Bread, Elmhurst	Jeff Wincentzen, 630.832.3338 h	Thursday Night Ride All Thursday Night Rides in April will be considered trail rides - any surface, any time, conditions permitting. Please bring a mountain, hybrid, or touring bike. Good headlights and taillights required. Bright reflective clothing recommended.

Note: The most current ride schedule can be found on our website at
<http://www.elmhurstbicycling.org/rides/currentRide.aspx>.

More information on [Start Locations](http://www.elmhurstbicycling.org/r_startloc.asp) (http://www.elmhurstbicycling.org/r_startloc.asp).

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