



The Cue Sheet

June
2009

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

September Self-Contained Ride

By Richard Diebold

On Wednesday September 9 we will be leading a self contained ride around the Finger Lakes in New York State. There will be no sag support on this ride. We will be camping mainly in state parks where there are very famous and interesting hikes. If you wish to stay in motels you must make your own reservations.

The Tentative Itinerary:

- Tuesday, Sept. 8 Arrive at Ferenbaugh Camp Ground 5 miles north of Corning. For those who arrive by 6 p.m. we will go to dinner.
- Wednesday, Sept. 9 Bike 5 miles to Corning where we will spend the day at the Corning Glass Museum and other sights. Bike 5 miles back to campground.
- Thursday, Sept. 10 Bike 15 miles to Watkins Glen S.P. Hike the beautiful trails of the park.
- Friday, Sept. 11 Bike 45 miles to Keuka Lake S.P.
- Saturday, Sept. 12 Bike 40 miles to Cayuga Lake S.P.
- Sunday, Sept. 13 Bike 35 miles to Fillmore Glen S.P.
- Monday, Sept. 14 Bike 30 miles to Buttermilk Fall S.P. Hike up the many falls.
- Tuesday, Sept. 15 Bike 50 miles back to cars. See 215 foot Taughannock Falls.

Bike Shipping Case for EBC Members

By Ray Dal Lago

Through the generous thoughts of Bill Coates and Ted Sward the EBC now has a bicycle shipping case available to club members. I am storing it at my house. It is not rectangular but more trapezoidal. It is flat on the bottom and has two wheels at one end and a handle at the other end. The top side opposite the bottom tapers upward from both ends. The maximum width at one end is 34" and the width at the other end is 25". The length is 57" and the depth is 10". It seems suitable for shipping on an airplane but you are welcome to judge for yourself as it has special locking "screws" and a removal tool. The TSA may have to OK this case and you definitely don't want an inspector to lose the removal tool! The case will be available on a first come, first serve basis by calling me at 630-543-4655 or e-mailing me at dlag10_aol.com.

Awards and Membership Report

By Susan Sperl, Membership Coordinator

We had over 51 members in attendance for our awards meeting! Congratulations to all of you and your accomplishments!



Keith Garland and Susan Sperl modelling
the new award jerseys.

Most members seemed to be pleased with the jersey's. We are hoping more members would like to purchase the same. We are, also, hoping, to have enough interest in purchasing matching shorts and jackets. I would like to thank Pat and Sarge for helping with our official logo, jersey design and especially overseeing the manufacturing of the jersey's! A thank you to Steve for printing the certificates, for Ray for picking up the patches, for George seeing that everyone was paid, and Keith for being my model and helper! Special awards were given for attendance in 2008 which went to Paul Boyce, Roland Porter & George Pastorino.

Our EBC family has grown to 398 members who are renewed or new for 2009! Please meet and greet our newest members and answer any of their questions. Thank you making EBC your club of choice!

Water Under the Bridge

By Steve Sinderson



The Salt Creek Greenway Trail gives riders a new alternative route to enter and exit south Elmhurst. As you head south on the Greenway Trail across Butterfield Road towards Oak Brook, you will pass under Roosevelt Road and next to Salt Creek. On most days your trip will be uneventful, however 17% of the time as you head in this direction you will encounter water on the trail as you attempt to pass under Roosevelt Road.

Many of us wonder how to determine if an underpass is under water or not. One tool we have is run by the USGS (U.S. Geological Survey). The USGS maintains a monitoring station in Elmhurst at the point the Prairie Path crosses Salt Creek. The data collected by this station includes Gage Height, Discharge, and Precipitation. This gage information can be found on the internet at: http://waterdata.usgs.gov/usa/nwis/uv?site_no=05531300 Once you spend some time at this site, you will want to focus on the Gage Height information. The Gage Height along Salt Creek can continue to rise up to 24 hours after a rain event and will take even longer to drop than it did to rise. At the Roosevelt Road underpass, you will find water on the path when the gage reads greater than 6.9 feet. At the St. Charles Road underpass there will be water on the path when the gage reads greater than 8.5 feet. The picture below shows the St. Charles Road underpass at 8.4 feet; you see the water just starting to go onto the path.



When using these underpasses after a rain it is important to know what you will find when you head under the bridge, so if you have checked the gage on the internet you will now know what to expect. If you forget to check the internet, you have one more option. When you're heading south out of Elmhurst going under Roosevelt Road you can look at the bridge support that is in the creek (Roosevelt Rd Depth Gage) and you will find a depth gage. This gage will show how deep the water is on the path. This indicator does not appear to be available if you are heading north at Roosevelt or in either direction at St. Charles.



Late Addition Rides

By Steve Josephs

It's great that we've had so many Ride Leaders put up late additions over the last few weeks. This really builds out our Ride Schedule and helps to make EBC the great biking club that it is.

However, our 24 hour rule requires both a posting using our website form AND an email out to ElmhurstBicycleClub_googlegroups.com. We had 4 rides in just one week where the posting went up fine, but either the email was late or didn't go out at all.

In the spirit of encouraging ride listings and riding, we are going to declare amnesty on these and count the rides for club miles. However, we should get better at this in the future - getting out the emails in time is really the best way to let people know that you have a ride posted.

Nancy Rice Bike Trips

Nancy Rice, EBC's consummate and intrepid solo bicyclist has journals on several of her recent trips at this site: <http://www.crazyguyonabike.com/directory/?o=3Tzut&user=nancyrice&v=7>. Check them out!

Invitational Ride Credit

By Steve Josephs

The policy on credit for invitational rides was discussed at the May Board meeting. The guidelines provisionally adopted, are subject to change. Invitational rides shall receive EBC credit if they meet the following criteria:

- The ride must be staged by a bicycle club and the fee for the ride must be reasonable and customary for rides of this type.
- Any such ride must be posted per our usual guidelines, and requires a ride sheet and leader.
- The sponsor club must be located, and the ride held, no farther than 200 miles from Elmhurst. Rides held outside the 200-mile range require two member riders and two months' posted notice. (either in the newsletter or on the club website)

Probably the best listing of local club invitationals is on Mike Bentley's site: www.mikebentley.com/bike/ilrides.htm

Slower Riders

Looking for a leader? Judy Mikesell is willing to lead slower rides. Please contact her (mikesell2_at_juno.com) to discuss scheduling.

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	Advocacy Bob Hoel bob.hoel_comcast.net	Refreshments Cheri O’Riordan, 630.325.3917 cycle2ski_yahoo.com
Vice President/Ride Captain Steve Josephs, 630.655.8710 ridecaptain_elmhurstbicycling.org	Publicity Peter Gough, 630.903.8436 prgough98_aol.com	Safety Larry Gitchell, 708.409.0105 larsofmars_aol.com
Treasurer George Pastorino, 708.903.8700 treasurer_elmhurstbicycling.org	Programs Volunteer Needed	Sergeant-at-Arms Volunteer Needed
Secretary Roland Porter, 630.655.1890 secretary_elmhurstbicycling.org	Database Manager Nancy Shack, 630.964.3862 nshack_comcast.net	Assistant Ride Captain Nancy Rice, 630.717.9923 hotline_elmhurstbicycling.org
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	Mountain Bike Coordinator George Pastorino, 708.903.8700 gpastorino_comcast.net
Newsletter Editor Volunteer Needed	List Server Susan Sperl 630.416.0655 ssperl_sbcglobal.net	

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

June 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
12-14 = moderate
14-16 = medium
16-18 = fast
18-20+ = very fast

Date	Time	Distance	Start	Leader	Description
Monday, June 01, 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 Monday Night Ride A nocturnal exploration of Eastern DuPage and Western Cook Counties. Includes streets and paved trails. One midpoint break before we return. Headlights and taillights required.
Monday, June 01, 2009	7:30 PM		Sperl Home, Naperville	Ray Dal Lago 630-543-4655	EBC Board Meeting The EBC Board Meeting for June will NOT be held at Community Bank in Elmhurst. It will be at Susan's house in Naperville.
Tuesday, June 02, 2009	8:00 AM	80-85 mi./16-18mph pace	Trader Joe's in Naperville Plaza (Gartner & Washington)	Roger Pardon 1-630-639-8505	Trader Joe's to Sandwich for lunch A fast paced ride on rolling country roads to Sandwich for a sandwich. The roads and scenery are great for a long ride. Cancelled only by rain or hail. The restaurant/bar is new and has great food.
Tuesday, June 02, 2009	9:00 AM	35 Miles @ 14-17mph	IMAX Theater Parking Lot on 53 in Woodridge Il	Bill Schwartz 630-303-1160	Imax Tuesday Ride to Koobies Coffee Shop Casual ride through low traffic, residential streets. Coffee stop 2/3 through the ride.
Tuesday, June 02,	6:00pm	30-40 miles, 14-	Panera Bread,	Jeff Wincentsen,	Tuesday Night Ride This will be a road ride (with a few paths / sneaks tossed in!) exploring Cook and DuPage counties. Includes one

2009		16 mph pace	Elmhurst	630.832.3338 h	short stop. Bring enough food/drink to refuel. Good headlights, taillights and bright clothing required. Check list server for updates.
Wednesday, June 03, 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, June 03, 2009	9:00 AM	32 MILES - 10-12 MPH	McCOLLUM PARK, Downers Grove	TED SWARD 708 354-5782 CELL:708 446-3533 DAY OF HIKE	OVER BRIDGES - UNDER ROADS - THRU THE WOODS A RELAXING RIDE MAKING A LOOP ON ROADS OR PAVED TRAILS "RIDING AT THE SPEED OF FUN"
Wednesday, June 03, 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, June 03, 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.
Wednesday, June 03, 2009	6:30pm	about 10 miles / 10-12mph	OakBrook public works 31st & Jorie area	Judy Mikesell 630-833-1036	OakBrook ride Wednesday nights in June we will ride for about an hour mainly on tails around OakBrook. Parking lot is North of 31st on the east side of Jorie just north of the fire station.
Wednesday, June 03, 2009	9:30 PM	40-45 miles 14 to 16 mph moderate pace	Tader Joe's at Washington and Gartner	Michal Baker 630-978-4014	Wednesday Trader Joe's Moderate ride. I will email destination as it gets closer to the ride.
Thursday, June 04, 2009	9:00 AM	45-55 Miles 14-17MPH	IMAX Theater Parking Lot on 53 in Woodridge Il	Bill Schwartz 630-303-1160	Imax Thursday Ride to Oswego Coffee Shop Casual ride through low traffic, residential streets. Coffee stop in Oswego. Minimum ride is 50 Miles. Ride can be extended if the group desires.
Thursday, June 04, 2009	6:00pm	30-40 miles, 13-15 mph pace	Panera Bread, Elmhurst	Jeff Wincentzen, 630.832.3338 h	Thursday Night Trail Ride A road and trail ride exploring Cook and DuPage counties. Includes one short stop. Bring enough food/drink to refuel. Good headlights, taillights and bright clothing required. Check list server for updates.
Friday, June 05, 2009	9:00 AM	30 - 35 Miles @ 11 - 14 MPH	Viceroy Restaurant Parking Lot 233 E Roosevelt Rd. Lombard	Sam Gunda and Betty Bond 630-833-7410 Cell 630-881-1177	Sam's Lunch Ride The ride meets in the parking lot of Viceroy Restaurant and from there we will ride north. A new route. After the ride Sam invites everyone to enjoy a lunch buffet that costs \$9.95. Vegetarian and non-vegetarian options. The Viceroy offers excellent Indian food.
Friday, June 05, 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, June 06, 2009	7:30 AM	11-13mph 25-45 mi	Mather Park	Janet K 630-964-5126	Plainfield Ride Join Janet K. for a Plainfield Ride
Saturday, June 06, 2009	9:00 AM	45 Miles, 13-15 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	For the Love of Hops Ride to Two Brothers Brewpub in Warrenville to celebrate the release of their "Double Hop Juice India Pale Ale". Pavement ride, encompassing an extended outbound loop with a shorter return route. One intermediate stop each way. Bring money, a lock, and an appetite. This was a very popular ride when I led it on May 2nd, with 30 members attending. More details at http://www.twobrosbrew.com
Saturday, June 06,	9:00	Determined by riders	Depot	Determined by riders who	Saturday Show and Go The riders will determine the ride leader, distance and

2009	AM	that show	Elmhurst	show	pace
Sunday, June 07, 2009	7:00am	100 miles / 16-19mph average pace	Donley's Wild West Town , Union Ill.	Tracy Gainer - 630-250-9433	Udder Century - McHenry Bike Club Invitational Udder Century invitational - for more info see their website: http://www.mchenrybicycleclub.info/mcbc_Udder/UDDER-Main/mcbc-udder.htm
Sunday, June 07, 2009	8:00 AM	22 - 30 mi 11 - 14 mph	Panera Bread, Elmhurst	Petra's mobile 630.418.4337	Sunday w/Petra Back by 11 AM. This Sunday, after the ride, we're planning an Apple Pancake Breakfast at the Rainbow. Everyone is invited, but we'll need to know at the beginning of the ride so I can confirm the reservations.
Sunday, June 07, 2009	8:30am	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 DuPage counties with one short stop. Bring enough food/drink to refuel. Check list server for updates.
Sunday, June 07, 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, June 07, 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, June 08, 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 Monday Night Ride A nocturnal exploration of Eastern DuPage and Western Cook Counties. Includes streets and paved trails. One midpoint break before we return. Headlights and taillights required.
Tuesday, June 09, 2009	8:00 am	80-85 mi./16-18mph	Trader Joe's at Naperville Plaza	Roger Pardon phone 630-639-8505	Bike to Sandwich A fast paced ride to Sandwich for a sandwich. We will be on nice rolling country roads with pastoral scenery and low traffic. The ride will be cancelled for rain only.
Tuesday, June 09, 2009	9:00 AM	Approx 30-35 miles @ 14-16 mph	IMAX Theater, Woodridge	George Hermach 630-717-1660, cell 630-886-1151 day of ride	IMAX Tuesday Ride For variety, we'll ride a different route to a different coffee shop; destination to be a surprise. Ride cancelled if rainy.
Tuesday, June 09, 2009	6:00pm	30-40 miles, 14-16 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630.832.3338 h	Tuesday Night Ride A road ride (with a few paths / sneaks tossed in!) exploring Cook and DuPage counties. Includes one short stop. Bring enough food/drink to refuel. Good headlights, taillights and bright clothing required. Check list server for updates.
Wednesday, June 10, 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, June 10, 2009	9:30 AM	42 miles @ 14-16 mph	Big Rock Community Park	George Hermach 630-717-1660, cell 630-886-1151 day of ride	Big Rock to Silver Springs Ride scenic country roads with some rolling hills. Bring lunch for a picnic at Silver Springs State Park. Directions: take US30 west past Sugar Grove to Big Rock, turn left on Rhodes St and left on Sixth. Ride cancelled if rainy.
Wednesday, June 10, 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, June 10, 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.
Wednesday, June 10, 2009	6:30pm	about 10 miles / 10-12mph	OakBrook public works 31st & Jorie area	Judy Mikesell 630-833-1036	OakBrook ride Wednesday nights in June we will ride for about an hour mainly on tails around OakBrook. Parking lot is North of 31st on the east side of Jorie just north of the fire station.
Thursday,		60-70		Roger Pardon	IMAX to Yorkville

June 11, 2009	9:00 am	mi./16-18mph	IMAX Woodridge	phone 630-639-8505	A nice ride to Yorkville for lunch with GREAT FRIES. Join u for a cruise down beautiful low traffic country roads.
Thursday, June 11, 2009	6:00pm	30-40 miles, 13-15 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630.832.3338 h	Thursday Night Trail Ride A road and trail ride exploring Cook and DuPage counties. Includes one short stop. Bring enough food/drink to refuel. Good headlights, taillights and bright clothing required. Check list server for updates.
Thursday, June 11, 2009	7:15 PM		Community Bank, Elmhurst	Ray Dal Lago, 630-543-4655	Monthly Club Meeting Monthly club meeting. See June 1st entry for Board meeting details.
Friday, June 12, 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, June 13, 2009	7:00 AM	70 miles, 13-16 mph	Two Good Park, Preston, Iowa	Jerry Ringier and Betty Bond 630-932-0271 Cell 630-881-1177	TOMRV Invitational /Saturday We will enjoy the challenging ride on scenic roads, through Midwest farmland, and along the Mississippi River. This is a two day ride. June 13th and 14th. The route is hilly near Dubuque, with 6,000 feet of climbing on Saturday and 4,000 feet on Sunday. Call us for more information.
Saturday, June 13, 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
Saturday, June 13, 2009	9:00 AM	65 miles, 16-18 mph	Waterford Precision Cycles 816 W. Bakke Ave. Waterford, WI 53185	Steve Josephs, 630-235-9841	Waterford Factory Ride Ride with Milwaukee's Cream City Cycle Club and the Evanston Bike Club over to Elkhorn. Factory Tours go from 8-8:30 - We roll at 9AM.
Sunday, June 14, 2009	7:00 AM	45 miles, 13-16 mph	Clark College, Dubuque Iowa	Jerry Ringier and Betty Bond 630-932-0271 Cell 630-881-1177	TOMRV Invitational /Sunday The second day of TOMRV - see Saturday description for more details.
Sunday, June 14, 2009	8:00 am	60 mi. / 17-19mph pace	Trader Joe's at Naperville Plaza (Washington & Gartner)	Roger Pardon 630-639-8505	Roger's Sunday Ride A fast ride to Oswego, The Village Grind for coffee and sweets. The ride travels on subdivision streets and low traffic rolling country roads. A great way to start your week!
Sunday, June 14, 2009	8:00 AM	22 - 30 mi 11 - 14 mph	Panera Bread, Elmhurst	Petra's mobile 630.418.4337	Sunday w/Petra Back by 11 AM.
Sunday, June 14, 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, June 14, 2009	8:30am	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 DuPage counties with one short stop. Bring enough food/drink to refuel. Check list server for updates.
Sunday, June 14, 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, June 15, 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 Monday Night Ride A nocturnal exploration of Eastern DuPage and Western Cook Counties. Includes streets and paved trails. One midpoint break before we return. Headlights and taillights required.
Tuesday, June 16, 2009	8:00 am	80-85 mi./16-18mph	Trader Joe's at Naperville	Roger Pardon phone 630-639-8505	Bike to Sandwich A fast paced ride to Sandwich for a sandwich. We will be on nice rolling country roads with pastoral scenery and

			Plaza		low traffic. The ride will be cancelled for rain only.
Tuesday, June 16, 2009	9:00 AM	35 Miles @ 14-17mph	IMAX Theater Parking Lot on 53 in Woodridge Il	Bill Schwartz 630-303-1160	Imax Tuesday Ride to Koobies Coffee Shop Casual ride through low traffic, residential streets. Coffee stop 2/3 through the ride.
Tuesday, June 16, 2009	6:00pm	30-40 miles, 14-16 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630.832.3338 h	Tuesday Night Ride A road ride (with paths / sneaks tossed in!) exploring Cook and DuPage counties. Includes one short stop. Bring enough food/drink to refuel. Good headlights, taillights and bright clothing required. Check list server for updates.
Wednesday, June 17, 2009	9:00 AM	Determined by riders that show	McColumm Park, Downers Grove	Determined by riders who show	Wednesday Show n Go The riders who show will decide ride leader, distance and pace.
Wednesday, June 17, 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, June 17, 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.
Wednesday, June 17, 2009	6:30pm	about 10 miles / 10-12mph	OakBrook public works 31st & Jorie area	Judy Mikesell 630-833-1036	OakBrook ride Wednesday nights in June we will ride for about an hour mainly on tails around OakBrook. Parking lot is North of 31st on the east side of Jorie just north of the fire station.
Thursday, June 18, 2009	9:00 AM	45-55 Miles 14-17MPH	IMAX Theater Parking Lot on 53 in Woodridge Il	Bill Schwartz 630-303-1160	Imax Thursday Ride to Oswego Coffee Shop Casual ride through low traffic, residential streets. Coffee stop in Oswego. Minimum ride is 50 Miles. Ride can be extended if the group desires.
Thursday, June 18, 2009	6:00pm	30-40 miles, 13-15 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630.832.3338 h	Thursday Night Trail Ride A road and trail ride exploring Cook and DuPage counties. Includes one short stop. Bring enough food/drink to refuel. Good headlights, taillights and bright clothing required. Check list server for updates.
Friday, June 19, 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, June 20, 2009	7:30 AM	11-13mph 25-45 mi	Mather Park	Janet K 630-964-5126	Plainfield Ride Join Janet K. for a Plainfield Ride
Saturday, June 20, 2009	8:00 am	80-85 mi./16-18mph	Trader Joe's at Naperville Plaza	Roger Pardon phone 630-639-8505	Bike to Sandwich A fast paced ride to Sandwich for a sandwich. We will be on nice rolling country roads with pastoral scenery and low traffic. The ride will be cancelled for rain only.
Saturday, June 20, 2009	8:30 AM	62 Miles, 13-15 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	Ride to Eat - Wheeling Ride to Eat at the Wheeling Westin. Restaurant somewhat pricy, but highly recommended by Baltimore Ortega. Important - this route will be half road and half unimproved trail. Bring your mountain bike! Cash and a good lock are also important. If there are any Adult Fans of Legos in the club, this is also the weekend the Lego convention is held at the same hotel.
Saturday, June 20, 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, June 21,	8:00 am	60 mi. / 17-19mph	Trader Joe's at Naperille Plaza	Roger Pardon 630-639-	Roger's Sunday Ride A fast ride to Oswego, The Village Grind for coffee and sweets. The ride travels on subdivision streets and low

2009		pace	(Washington & Gartner)	8505	traffic rolling country roads. A great way to start your week!
Sunday, June 21, 2009	8:00 AM	22 - 30 mi 11 - 14 mph	Panera Bread, Elmhurst	Petra's mobile 630.418.4337	Sunday w/Petra Back by 11 AM.
Sunday, June 21, 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 11 am.
Sunday, June 21, 2009	8:30am	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 DuPage counties with one short stop. Bring enough food/drink to refuel. Check list server for updates.
Sunday, June 21, 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, June 22, 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 Monday Night Ride A nocturnal exploration of Eastern DuPage and Western Cook Counties. Includes streets and paved trails. One midpoint break before we return. Headlights and taillights required.
Tuesday, June 23, 2009	8:00 am	80-85 mi./16-18mph	Trader Joe's at Naperville Plaza	Roger Pardon phone 630-639-8505	Bike to Sandwich A fast paced ride to Sandwich for a sandwich. We will be on nice rolling country roads with pastoral scenery and low traffic. The ride will be cancelled for rain only.
Tuesday, June 23, 2009	9:00 AM	35 Miles @ 14-17mph	IMAX Theater Parking Lot on 53 in Woodridge Il	Bill Schwartz 630-303-1160	Imax Tuesday Ride to Koobies Coffee Shop Casual ride through low traffic, residential streets. Coffee stop 2/3 through the ride.
Tuesday, June 23, 2009	6:00pm	30-40 miles, 14-16 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630.832.3338 h	Tuesday Night Ride A road ride (with paths / sneaks tossed in!) exploring Cook and DuPage counties. Includes one short stop. Bring enough food/drink to refuel. Good headlights, taillights and bright clothing required. Check list server for updates.
Wednesday, June 24, 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, June 24, 2009	9:00 AM	57 Miles @ 12 - 14 MPH	Madison Meadow Wilson Ave. Entrance Lombard	Betty Bond 630-932-0271 Cell 630-881-1177	Lunch in Long Grove We will ride to Long Grove, have lunch either at a restaurant or you may bring your own as there benches to sit and enjoy your lunch plus an apple donut or fritter from the local bakery. We should be back between 3:00 and 3:30 PM. Call if you need directions.
Wednesday, June 24, 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, June 24, 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.
Wednesday, June 24, 2009	6:30pm	about 10 miles / 10-12mph	OakBrook public works 31st & Jorie area	Judy Mikesell 630-833-1036	OakBrook ride Wednesday nights in June we will ride for about an hour mainly on tails around OakBrook. Parking lot is North of 31st on the east side of Jorie just north of the fire station.
Thursday, June 25, 2009	9:00 AM	50-70 Miles 14-17MPH	IMAX Theater Parking Lot on 53 in Woodridge Il	Bill Schwartz 630-303-1160	Imax Thursday Ride to Yorkville Ride opens with winding through Naperville to open country riding between Naperville and Yorkville. Lunch stop in Yorkville. Minimum ride is 60 miles but can be extended if the group wishes.
Thursday, June 25, 2009	6:00pm	30-40 miles, 13-15 mph	Panera Bread, Elmhurst	Jeff Wincentsen, 630.832.3338	Thursday Night Trail Ride A road and trail ride exploring Cook and DuPage counties. Includes one short stop. Bring enough food/drink to refuel. Good headlights, taillights and bright

		pace		h	clothing required. Check list server for updates.
Friday, June 26, 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, June 27, 2009	9:00 AM	~3 hours moderate pace	Pastorino Home 7551 Blazer Justice IL. 60458	George Pastorino	MTB ride/Pool Party Come join us for a scenic ride through The Palos Forest Preserve. We have radios so no one will get lost or dropped. Mountain Bike required. You do not need to be an expert to do this ride, but there are advanced sections for experienced riders. The ride will have beginner, moderate, and advanced loops lead by Baltimore, Pussanee or myself Route is mainly dirt doubletrack with singletrack options for those interested, plus a bit of paved trail and road. We will BBQ some hotdogs at our house after the ride, We will have Veggie Dogs and Kosher Dogs for those with Dietary restrictions, followed by a cool off swim in the Pastorino pool-swim suit required! Find out how nice it is to ride without cars flying by.
Saturday, June 27, 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, June 28, 2009	8:00 AM	22 - 30 mi 11 - 14 mph	Panera Bread, Elmhurst	Petra's mobile 630.418.4337	Sunday w/Petra Back by 11 AM.
Sunday, June 28, 2009	8:30am	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 DuPage counties with one short stop. Bring enough food/drink to refuel. Check list server for updates.
Sunday, June 28, 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, June 28, 2009	9:00 am	50- 60mi./16- 18mph	Trader Joe's in Naperville Plaza	Roger Pardon phone 630- 639-8505	Trader Joe's to Oswego A fast paced ride to Oswego on rolling low traffic country roads to he Village Grind for coffee and pastries.
Sunday, June 28, 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, June 29, 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 Monday Night Ride A nocturnal exploration of Eastern DuPage and Western Cook Counties. Includes streets and paved trails. One midpoint break before we return. Headlights and taillights required.
Tuesday, June 30, 2009	8:00 am	80-85 mi./16- 18mph	Trader Joe's at Naperville Plaza	Roger Pardon phone 630- 639-8505	Bike to Sandwich A fast paced ride to Sandwich for a sandwich. We will be on nice rolling country roads with pastoral scenery and low traffic. The ride will be cancelled for rain only.
Tuesday, June 30, 2009	9:00 AM	35 Miles @ 14-17mph	IMAX Theater Parking Lot on 53 in Woodridge Il	Bill Schwartz 630-303- 1160	Imax Tuesday Ride to Koobies Coffee Shop Casual ride through low traffic, residential streets. Coffee stop 2/3 through the ride.
Tuesday, June 30, 2009	6:00pm	30-40 miles, 14- 16 mph pace	Panera Bread, Elmhurst	Jeff Wincentzen, 630.832.3338 h	Tuesday Night Ride A road ride (with paths / sneaks tossed in!) exploring Cook and DuPage counties. Includes one short stop. Bring enough food/drink to refuel. Good headlights, taillights and bright clothing required. Check list server for updates.

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

Please Support Our EBC Sponsors

Village CycleSport
 Dedicated to the Sport of Cycling

Vince Boyer

45 Arlington Hts. Rd • Elk Grove Village, IL 60007 • (847) 439-3340
 1313 N. Rand Road • Arlington Heights, IL 60004 • (847) 398-1650

Email vince@villagecyclesport.com www.villagecyclesport.com

J & R CYCLE & SKI
 716 S. Main • Lombard, IL 60148
 (630) 620-1606

BOB PECORA

M & Th	10-8	Diamond Back • GT/DYNO
T & F	10-6	Fisher • Yakima
W	12-6	Haro • Univega
Sat	10-5	

Call for Winter Hours

TREK USA

You can't beat our prices!
 If you find a lower price we will match it and give you 11% of the price difference.

Lickbike.com

www.lickbike.com
 800-323-4083
 24 Hour Phone (708)383-5541
 310 Lake Street, Oak Park IL 60302




10% Discount on Parts & Accessories w/EBC Membership*

Cycles-N-Sports
 6559 W. 111th St
 Worth IL, 60482
 708-361-0440
www.cyclesnsports.com

Experienced in Road Biking
 Passionate for Mountain Biking

*Discount applicable on non-sale items only

Trikes
 Bikes
 Wagons
 Scooters
 Sleds
 Shorts
 Jerseys
 Gloves
 Bells
 Horns
 Lights
 Pumps
 Bags
 Computers



117 East Front Street
 In Downtown Wheaton
 Since 1958
630-668-2424

"Family Service & Quality Products"

Check out our website for specials and cycling info.

www.midwestcyclery.com

Helmets
 Gloves
 Racks
 Parts
 Tools
 Trainers
 Tires
 Tubes
 Bottles
 Locks
 Cables
 Books
 Maps




WHEEL THING

Specialized • GT All-Terra
 Gary Fisher • Greg Lemond

Bruce Glaser
 Owner

15 South La Grange Road
 La Grange, IL 60525
 708.352.3822

HARTLEY'S CYCLE SHOPPE, LTD

PINARELLO - CANNONDALE - BIANCHI
 FELT - GIANT - WATERFORD - SCOTT - COLNAGO

KENNETH J. HARTLEY

24 WEST HINSDALE AVENUE
 HINSDALE, IL 60521

(630) 323-7156 EMAIL: hartleyscycle@comcast.net
WWW.HARTLEYSCYCLE.COM FAX: (630) 323-7195

LANCE HONEYMAN



The Bike Rack
www.thebikerack.com

2930 Compton Hills Rd. • St. Charles, IL 60175 • 630-584-6588
 Fax 630-584-1295 • e-mail: lance@thebikerack.com