



The Cue Sheet

July
2009

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

Helmets Required

By Steve Josephs

At the June EBC board meeting, we passed a motion requiring all riders to wear helmets on our club rides. This previously had been "strongly recommended" but we felt that it was time to formally require this important safety practice.

Please note that the ride sheets available on the website have been updated to reflect this change - please use these if possible. We'll be getting a stock of these printed as well, which will be available at club meetings.

Captains Needed!

By Steve Sinderson

Last year I responded to an email from Susan Sperl requesting a Captain on a tandem bike for a blind bike rider named Mike Delaney. After receiving the email I pondered the thought of becoming involved. A week went by and I decided I would pick up the phone and call Mike and offer to ride with him. While talking to him for a few minutes I learned that he lost his sight from diabetes and that he is trying to stay active in order to keep up his health. I offered to come over the next day and give one of his two tandems a try. The next day came and I met Mike at his house and we went for a short 8 mile ride, which was all he felt comfortable with at the time. During the course of the next several weeks we went out 1 - 2 times a week and slowly worked our way up to 25 miles at which time I told Mike he was now ready to try one of the evening club rides. We decided that the best ride for the two of us to tackle first was one of Larry Gitchell's Monday Night Rides. I headed over to Mike's house and we readied the tandem and off we went; I believe we put in 28 miles on Mike's first club ride. After his initial jitters wore off, we took on Jeff's Tuesday night ride as well as his Thursday night ride. We continued through the end of September trying to get in rides per week averaging 30+ miles on each ride. The ride schedule came out for October '08 and I noticed a ride to St. Charles on the 11th. I called Mike and asked him if he would be interested in taking on this ride, as this would be his longest at 62 miles. As is always the case with Mike, he responded with an overwhelming "Yes, I want to ride" and several days later we were riding to St. Charles on a 62 mile ride.

It is now June of 2009 and I have been riding with Mike for almost a year and have had many great rides. Mike is always looking to ride, and this is where I put the hook into all of you reading this. In order to help keep Mike on a bike and exercising I'm asking that potential Captains step-up and volunteer to Captain a tandem to help out a fellow rider.

Please contact Mike at mike.delaney@mcmaster.com or check the club directory for his number. Thanks for your help!

Crossing Paths Far from Home

By Cindy Reedy

Freda and Rich arriving in Escanaba

EBC members and veteran bicycle tourers Rich and Freda Diebold left from their Schaumburg home on fully loaded bicycles Sunday, May 24th. They headed to a Schaumburg Bicycle Club (SBC) event - Excursion to Petosky (Michigan). SBC member Mike Hill accompanied them for the first week, then headed back on the Ludington ferry. Rich and Freda reached Petosky a day early on June 4th. Thirteen other SBC members drove their cars to Petosky and enjoyed

the three day biking event.



Afterward the Diebolds continued biking around Lake Michigan, traveling counter-clockwise. Why not, when you are almost half way around?

EBC members Dave and Cindy Reedy left on their first unsupported bicycle tour from their Villa Park home on June 2nd, heading clockwise around Lake Michigan. A couple of days into their trip it occurred to Cindy that they might be able to meet up with the Diebolds. She emailed Freda, who had a computer with her also. Freda sent back their cell phone numbers. After a few more connections the meeting point was set at the Best Western motel in Escanaba, Michigan (Upper Peninsula).

The Diebolds helped the Reedys plan the last days of their trip - through the scary areas of northwest Indiana and south Chicago. Then they went off to dinner and enjoyed the good company with many bicycle touring stories from the veteran Diebolds. The Reedys were inspired by the Diebolds.



The Reedys and The Diebolds ready to ride.



EBC Green Jerseys

By Susan Sperl

Like the new green club jersey but you didn't get one for an award? Own a new club jersey? How about getting a long sleeve jersey or a jacket for cooler weather? What about matching shorts or knickers? They'll look really good with your jersey. Get all of the details about ordering EBC cycling ware from the Voler site below.

Important things you should know before starting or completing your order:

1. There will be NO EXCHANGES OR REFUNDS!
2. The pricing is based on a total club order of 101 items or more.
3. Each category has to have a minimum of 15 items. Categories are:
 - a. Tops = short sleeve and sleeveless
 - b. Bottoms = shorts and knickers
 - c. Long Sleeve = long sleeve jerseys and jackets.
4. Check sizing tab. Some items only come in men's sizes.
5. Cost will be charged to your credit card at the time of the order.
6. Credit for items not meeting the minimum order will be issued at the time of the deadline.
The deadline is July 13th.
7. The order will be shipped to me for distribution.
8. Accessories are available. Each category also has the 15 minimum order requirement.

I will send periodic updates on how many orders have been placed in each category.

If you have other questions, please call Voler or contact me.

This is what you will see when you go to the Voler website for the club order.

<https://oos.voler.com?orderID=A4QyZ7mg/1o=Order>

Welcome to the Voler Online Ordering System Your cycling team has chosen to use Voler's new online ordering system for your next clothing order. Please follow the steps below to place your portion of the teams order.

- Create a "New Account. Once you log-in, click on "Get Started" to begin your order.
- Choose your items and options from the Like Item Categories.
- When you are finished, open your shopping cart and carefully review your items. Because each item is custom built, refunds and exchanges will not be accepted. When you have confirmed your order, continue to the secure Checkout.

After you process your order, you will receive an e-mailed order confirmation for your records. Once the order deadline date has been met, you will not be able to add or modify your order. The order ship date is listed on the homepage. This is the date that your order will ship to your Coordinator. Thank you for your order. If you have any questions, please call 800-488-6537.

Bike Riding Safety

An excerpt from a League of American Bicyclists letter written by Andy Clark

"Cyclists are their own worst enemy." I've lost count of the number of times I've heard that statement.

"[The cyclist] got what they deserved" is the more extreme version of the same idea. You've probably read it in comments on-line after newspaper reports of a fatal crash involving a cyclist.

"We have met the enemy...and he is us!" is how the '50s cartoon character Pogo famously put it.

"Because cyclists don't follow the rules, we can't expect or don't deserve any protection or respect. We shouldn't expect to be treated fairly. We shouldn't be asking for more bike lanes or trails until we put our own house in order."

It's easy to see why people say this. We've all been on club or training rides that are all over the road; where packs of riders get into that group mindset and blow through stop signs or red lights with varying degrees of impunity. Riding to work every day I see fellow cyclists pulling all kinds of crazy stunts - riding the wrong way; hopping on and off the sidewalk; going hands-free (and I'm not talking about their cell phone usage); even taking the center line instead of the lane!

Sometimes we don't do ourselves any favors.

If you have ever stepped up and spoken out on behalf of cyclist - whether it's at a family party, in front of city council, at a neighborhood meeting, or with your member of Congress - you've almost certainly had the "bicyclists behaving badly" line thrown back at you.

We hear about it and deal with it every single day as we work tirelessly to promote and protect the rights of cyclist like you. Believe me we live in fear of a Member of Congress getting mown down on a Capital Hill sidewalk by a kamikaze cyclist!

We also hear all the excuses.

- Motorists behave awfully as well - and it's true, they so. Jaywalking pedestrians and unleashed dogs shouldn't be immune from criticism either.
- When the system accepts cyclists, cyclists will accept the system. Every traffic signal that fails to detect bicyclists lends credence to this argument.
- We don't hurt anyone but ourselves if we break the rules - the recovering law student in me says this isn't a particularly convincing argument for rule-breaking!

This is one reason our education program is so important; it's a clear statement that we take our responsibilities as traffic participants very seriously. Forget the excuses; we have to play our part. That's why we are using our Smart Cycling conference in San Jose to announce a new set of "Rules of the Road" for cyclists. The five simple rules are:

1. Follow the Law - it's the safest way to ride. Bicyclists have the same rights and duties as other drivers and need to follow the same traffic laws.
2. Be Predictable - ride in a straight line, signal turns and check behind you before turning or changing lanes.
3. Be Conspicuous - ride where drivers can see you, use lights at night and wear bright clothing.
4. Be aware - anticipate the next move of drivers, pedestrians and other cyclists. Watch for debris, potholes and grates.
5. Ride Ready - tires need air, brakes must work, chains should run smoothly, and quick release wheel levers must be closed. Carry repair and emergency supplies. Wear a helmet.

We have to set a good example, both individually and as an organization.

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 Steve Sinderson steve_woodlandplastics.com |
| 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)

July 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 |
|--------------------------|-----------|--------------------------------|---|-------------------------------------|--|
| Wednesday, July 01, 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, July 01, 2009 | 9:30 A.M. | 30 miles at 11-13 m.p.h | Villa Park Depot - Villa Ave and the Prairie Path | Carol Nield 630-964-2488 | Pedal and Paddle Ride to Blackwell F.P. and rent canoes or kayaks for an hour. 2 or 3 people can share one canoe Rental is \$10.00 per hour. Bring lunch or snacks. |
| Wednesday, July 01, 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, July 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, July 02, 2009 | 9:00 AM | 50+ Miles @ 17-19mph | IMAX Theater Parking Lot on 53 in Woodridge | Bill Schwartz 630-303-1160 | IMAX Thursdays Imax ride through low traffic, residential streets to Oswego Coffee Shop Food/coffee stop 2/3 through the ride. |
| Thursday, July 02, 2009 | 6:00pm | 30-40 miles, 13-15 mph pace | Panera Bread, Elmhurst | Jeff Wincentzen, 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 clothing required. Check list server for updates. |
| | | | Sunset Knoll | | |

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|--------------------------|----------|--------------------------------|---|---|--|
| Friday, July 03, 2009 | 9:00 AM | Determined by riders that show | 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, July 04, 2009 | 7:00 AM | 100 Miles, 14-16 mph | Dam #1 Woods, Arlington Heights Road & Edgeware Road, Elk Grove Village | Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H) | Aphelion Adventure Our traditional Fourth of July ride to Woodstock. SAG support, snacks, and lunch provided. |
| Saturday, July 04, 2009 | 7:00 AM | 100 Miles, 12-14 mph | Dam #1 Woods, Arlington Heights Road & Edgeware Road, Elk Grove Village | Betty Bond 630-932-0271 Cell 630-881-1177 | Larry's Aphelion Adventure Slower Version This is Larry Gitchell's traditional July 4th ride to Woodstock. He has created a route and we will be riding behind him at a bit slower pace. |
| Saturday, July 04, 2009 | 9:00 AM | 36 mi +/- 11-14 mph | Elmhurst Depot | Petra Hofmann 630.418.4337 | Ride to Pilot Pete's Ride to and brunch at Pilot Pete's, Schaumburg Airport. Rain Cancels. Call if in doubt. |
| Saturday, July 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, July 05, 2009 | 8:00 AM | 20-35 mi 11-15 mph | Panera Elmhurst | Petra Hofmann 630.418.4337 | Sunday's with Petra Sunday's Ride, now a little faster for those bored at riding to slowly. As usual we'll be back by 1100. Rain Cancels, call if in doubt. |
| Sunday, July 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, July 05, 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, July 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, July 06, 2009 | 6:30 PM | 25 - 28 Miles 13-15 MPH | Spring Creek Reservoir, Bloomingdale | Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H) | Monday Night Ride West The Monday Night Ride moves to its summer venue in Bloomingdale. Spring Creek Reservoir is on the north side of Lake Street (Route 20), 1.2 miles west of I-355. Rides will be on pavement, with a mid-ride break. |
| Monday, July 06, 2009 | 7:30 PM | | Dal Lago Home, Addison | Ray Dal Lago 630-543-4655 | EBC Board Meeting The EBC Board Meeting. |
| Tuesday, July 07, 2009 | 9:00 AM | 35 Miles @ 14-17mph | IMAX Theater Parking Lot on 53 in Woodridge | Bill Schwartz 630-303-1160 | IMAX Tuesdays Tuesday, June 16, 2009 Imax Tuesday Ride Casual ride through low traffic, residential streets to Naperville Food/coffee stop 2/3 through the ride. |
| Tuesday, July 07, 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, July 08, 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, July 08, 2009 | 9:00 AM | 39 Miles at 14 To 16 M. P. H. | Highland Woods Golf Course in Hoffman Estates | Hank Niedballa 630-629-1569 | WOW RIDE Start Location Continued: Entrance located off Ela Rd. one mile S. of Algonquin Rd. WOW RIDE Adapted from Willow Creek Community Church Ride. Thru South Barrington Hills. OPTIONAL: Lunch stop at Penny Pub. |
| Wednesday, July 08, 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, | | Determined | | Determined | Wednesday Night Show n Go |

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|--------------------------|----------|--|--|---|--|
| Thursday, July 08, 2009 | 6:30 PM | by riders that show | Depot, Villa Park | by riders who show | The riders who show will decide ride leader, distance and pace. Lights are needed. |
| Thursday, July 09, 2009 | 9:00 AM | 50+ Miles @ 17-19mph | IMAX Theater Parking Lot on 53 in Woodridge | Bill Schwartz 630-303-1160 | IMAX Thursdays Imax ride through low traffic, residential streets to Oswego Coffee Shop Food/coffee stop 2/3 through the ride. |
| Thursday, July 09, 2009 | 6:00pm | 30-40 miles, 13-15 mph pace | Panera Bread, Elmhurst | Jeff Wincenten, 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, July 09, 2009 | 7:15 PM | | Community Bank, Elmhurst | Ray Dal Lago, 630-543-4655 | Monthly Club Meeting Monthly club meeting. |
| Friday, July 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, July 11, 2009 | 8:00 AM | 40 mi +/- 11-15 mph | Elmhurst Depot. | Petra's mobile 630.418.4337 | Ride to Burnham Pavilions Ride to Millenium Park to view the Burnham Pavillions see: http://burnhamplan100.uchicago.edu/history_future/burnham_pavilions/overview Lunch afterward at Ina's Cafe. Back about 2 PM. |
| Saturday, July 11, 2009 | 9:00 AM | 10 miles, 4-9 mph ~1 1/2 hours? 10 miles 10-14 mph | Waterfall Glen, Darien, Northgate Road Parking Lot, Off Cass Ave near I-55 | Baltimore Ortega W 312.630.7030 H 630.920.0056 C 630.697.7031 | "KIDDIE" & FAMILY MOUNTAIN BIKE RIDE Mountain Bike (MTB) ride for kids, teenagers, parents, grandparents, and anyone who wants to ride a 4-9 mph pace. Ten mile crushed limestone trail. Ride offers young cyclists & adults a chance to enjoy "Nature" and how to ride in a group without vehicle traffic. A few street crossings. Bring water and food. Rest stops when needed. Focus is on kids having fun. Option to walk or ride up/down hills. Optional 10 mile ride after "Kiddie" ride, 10-14 mph. New members, guests, kids, & teenagers welcome. Mountain Bike, Cyclocross, Hybrid, Recumbent, and Kiddie Bikes recommended. |
| Saturday, July 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, July 12, 2009 | 8:00 AM | 20-25 miles, 10-12 mph | Panera Bread, Elmhurst | Cindy Reedy 630-234-1349 | Easy Sunday Morning Ride Get some light exercise on a social ride. We will stop about midway for a coffee break. The wind direction will determine the route. All paved roads unless we go south, in which case there will be one crushed limestone bike path. |
| Sunday, July 12, 2009 | 8:00 AM | 20-35 mi 11-15 mph | Panera Elmhurst | Petra Hofmann 630.418.4337 | Sunday's with Petra Sunday's Ride, now a little faster for those bored at riding to slowly. As usual we'll be back by 1100. Rain Cancels, call if in doubt. |
| Sunday, July 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, July 12, 2009 | 8:30am | 30-40 miles, 15-17 mph pace | Panera Bread, Elmhurst | Jeff Wincenten, 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, July 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, July 13, 2009 | 6:30 PM | 25 - 28 Miles 13-15 MPH | Spring Creek Reservoir, Bloomingdale | Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H) | Monday Night Ride West The Monday Night Ride rolls on at its "summer camp" in Bloomingdale. Spring Creek Reservoir is on the north side of Lake Street (Route 20), 1.2 miles west of I-355. Rides will be on pavement, with a mid-ride break. |
| Tuesday, July 14, 2009 | 6:00pm | 30-40 miles, 14-16 mph pace | Panera Bread, Elmhurst | Jeff Wincenten, 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, July 15, 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, July 15, 2009 | 6:00 AM | 20-23 | Spring Rock | Cheri O'Riordan 630.832.3338 | Wednesday Morning Ride A road 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. |

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| July 15, 2009 | 9:00 AM | miles; 11-14 mph | Park Western Springs | 630-325-3917; day of ride-312-718-3917 | Spring Rock to Harvester Park Ride through western suburbs; snack at Harvester Park |
| Wednesday, July 15, 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. |
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| Thursday, July 16, 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, July 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, July 18, 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, July 18, 2009 | 8:30 AM | 30 or 45 miles at 11-14 mph | Joliet or Channahon | Carole Danillo 630-495-8162 (home) | Ride the I&M Canal Trail to Morris Start at 8:30 a.m.: Lower Rock Run Park in Joliet http://local.yahoo.com/info-24452286-lower-rock-run-forest-preserve-joliet Distance is 45 miles or Start at 9:15 a.m.: I&M Canal State Park in Channahon http://www.dnr.state.il.us/lands/landmgt/PARKS/I&M/EAST/CHANNAHO/Park.htm Distance is 30 miles. Stop for Lunch in Morris. Carole's cell phone number for day of ride is 630-935-8953 day of ride. |
| Saturday, July 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 |
| Saturday, July 18, 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 #2 Ride with the KR Bike Club and the Chicago Cycling Club through some pretty cool areas between Waterford and Kettle Moraine SP. Factory Tours go from 8-8:30 - We roll at 9AM. |
| Sunday, July 19, 2009 | 8:00 AM | 20-25 miles, 10-12 mph | Panera Bread, Elmhurst | Cindy Reedy | Easy Sunday Morning Ride Get some light exercise on a social ride. We will stop midway for a coffee break. The wind direction will determine the route. All paved roads unless we go south, in which case there will be one crushed limestone bike path. |
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| Sunday, July 19, 2009 | 9:00 am | Varies | Fish Creek, Wi. | Joanne Dybala, Nancy Shack, or Peter Turula | Door County Week The Joliet Bicycle club sponsors a biannual week long trip based in Door County, Wi. This year's event is scheduled for July 19-24 and is open to all riders; non JBC members are charged \$10.00 for maps, cue sheets and sag services. Daily rides are Sunday through Friday and offer options from 25 to 60 miles. Social events are planned, including one big barbecue feast at a modest additional cost. Participants have the option to camp, rent cottages or houses, or stay in motels. EBC members going this year are Joanne Dybala, Nancy Shack, and the Turulas. Contact any of us for more information and for the name of the JBC organizer. |
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| Tuesday, July 21, 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, July 22, 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, July 22, 2009 | 9:30 AM | 50 miles @ 14-16 on road and 12-14 on trail | I&M Canal State Park, Channahon | George Hermach 630-717-1660, cell 630-886-1151 day of ride | I&M Canal to Seneca Ride country roads to Seneca and return on the scenic I&M Canal trail. The trail is crushed limestone, most suitable for touring or hybrid bikes. We'll stop to check out the historic grain elevator and LST memorial in Seneca, and have lunch at a local restaurant. Directions: take I-55 to US-6, go west into Channahon, turn left on Canal St then right on Story St into the park. Ride cancelled if rainy. |
| Wednesday, July 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, July 22, 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, July 23, 2009 | 9:00 AM | 60+ Miles @ 17-19mph | IMAX Theater Parking Lot on 53 in Woodridge | Bill Schwartz 630-303-1160 | IMAX Thursdays Imax ride through low traffic, residential streets to Yorkville's greatest french fry restaurant. Food 2/3 through the ride. |
| Thursday, July 23, 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, July 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, July 25, 2009 | 9:00 AM | 8-12 mph easier pace, ~3 hours, slower on hills | Pastorino Home, 7551 Blazer, Justice, IL | Baltimore Ortega W 312.630.7030 H 630.920.0056 C 630.697.7031 | MTB 101 RIDE/POOL PARTY Thinking about Mountain Bike (MTB) riding? Want to spend some time with "Nature" and no traffic? Here is another chance. No MTB experience required. This is a beginner's mountain bike ride on widetrack crushed limestone trails. Some easy dirt singletrack peeks, a nice hill, and some hill work. Non-technical trails. Focus is on working with cyclists who want to start mountain biking. Bring water and food for your body. George and I will do a short pre-ride presentation on safety and basic MTB skills. Good ride for MTB cyclists who need some miles and a good workout. New members, guests, and teenagers welcome. This ride is part of George Pastorino's Ride/Pool Party. Mountain Bike, Cyclocross, & Hybrid bikes recommended. Fun MTB cycling! |
| Saturday, July 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 |
| Saturday, July 25, 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. We have 3 loaner MTB bikes for members to use...1 small and 2 large. E-mail me if you want to reserve one. Club Sponsor Dawayne over at Cycle-N-Sports (361-0440) also has a couple of free loaners for use on these rides. 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. Oh, did I mention beer ??? |

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|--------------------------|----------|--------------------------------|---|---|---|
| Sunday, July 26, 2009 | 8:00 am | 60 mi. / 17-19mph pace | Trader Joe's at Naperille 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, July 26, 2009 | 8:00 AM | 20-35 mi 11-15 mph | Panera Elmhurst | Petra Hofmann 630.418.4337 | Sunday's with Petra Sunday's Ride, now a little faster for those bored at riding to slowly. As usual we'll be back by 1100. Rain Cancels, call if in doubt. |
| Sunday, July 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, July 26, 2009 | 8:30am | 30-40 miles, 15-17 mph pace | Panera Bread, Elmhurst | Jeff Wincentsen, 630.832.3338 | 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, July 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, July 27, 2009 | 6:30 PM | 25 - 28 Miles 13-15 MPH | Spring Creek Reservoir, Bloomingdale | Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H) | Monday Night Ride West The Monday Night Ride rolls on at its "summer camp" in Bloomingdale. Spring Creek Reservoir is on the north side of Lake Street (Route 20), 1.2 miles west of I-355. Rides will be on pavement, with a mid-ride break. |
| Tuesday, July 28, 2009 | 9:00 AM | 35 Miles @ 14-17mph | IMAX Theater Parking Lot on 53 in Woodridge | Bill Schwartz 630-303-1160 | IMAX Tuesdays Imax Tuesday Ride Casual ride through low traffic, residential streets to Naperville Food/coffee stop 2/3 through the ride. |
| Tuesday, July 28, 2009 | 6:00pm | 30-40 miles, 14-16 mph pace | Panera Bread, Elmhurst | Jeff Wincentsen, 630.832.3338 | 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, July 29, 2009 | 8:00 AM | 11 - 14 mph 45 - 50 miles | Elmhurst Depot | Mary Jo Bolan 630 887 9652 | Lakefront Ride Ride using side streets whenever possible to Lakefront, entering at Wilson Ave. Ride south on lakefront stopping at Grant Park for lunch. Bring your lunch plus a food item to share. Enjoy music as the orchestra rehearses for their evening performance. Continue south on lakeshore. "L" at 63rd. returns us to Oak Park. Ride to depot. Rain or serious threat of rain cancels. |
| Wednesday, July 29, 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, July 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, July 29, 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, July 30, 2009 | 9:00 AM | 50+ Miles @ 17-19mph | IMAX Theater Parking Lot on 53 in Woodridge | Bill Schwartz 630-303-1160 | IMAX Thursdays Imax ride through low traffic, residential streets to Oswego Coffee Shop Food/coffee stop 2/3 through the ride. |
| Thursday, July 30, 2009 | 6:00pm | 30-40 miles, 13-15 mph pace | 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 clothing required. Check list server for updates. |
| Friday, July 31, 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. |

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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