



# The Cue Sheet

August  
2009

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

## EBC'ers Enjoy SummerTour, July Article and photo by George Hermach



Nine EBC'ers joined Tri-County Bicycle Association (a Lansing, Michigan club of which many of us are also members) on their annual SummerTour the second week of July. SummerTour is a five-day sag-supported camping tour with catered meals; this year in western Michigan. We started in Baldwin on Wednesday and rode to Silver Lake State Park south of Ludington where we camped for two nights. On the layover day we rode a loop route south, which included part of the paved Hart-

Montague Rail Trail. Friday, we enjoyed a nice tailwind as we rode north to Orchard Beach State Park on Lake Michigan north of Manistee where we again camped for two nights. On the Saturday layover day we rode a loop north past several pretty lakes. Sunday's ride took us back to Baldwin. The scenery was beautiful, the route very nice but with some challenging hills, and the weather cooperated with the only rain coming Friday night. Daily mileages were in the 50-65 range. We all look forward to joining TCBA on next year's tour.

More pictures are at: [http://www.elmhurstbicycling.org/m\\_photos.asp](http://www.elmhurstbicycling.org/m_photos.asp)

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## WOW July 8 Article by Art Frigo

Thanks to Hank Niedballa for leading six of us (Susan, Betty, Annette, Isaac, Sam, and yours truly) on an interesting, albeit damp, ride through the Hoffman Estates and Barrington areas. The ride included a stop at about 20 miles, where we were entertained by the singing and dancing of a group of summer-camp kids. We also stopped for a healthy lunch of pizza, burgers, and onion rings at the famous Penny Road Pub. This pub claims to be Chicagoland's premier music venue and bar. They book everything from touring national acts to local up-and-comers and music genres from metal to singer-songwriters.

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## July 4th 2009 Article by Larry Gitchell Photos by John Park

Despite a flip-flopping weather forecast that ultimately settled on BAD, a record 29 riders in 3 groups attended this year's Fourth of July ride.

With two groups setting out at 7:00 and the third following at 8:30, our route carried through Elk Grove Village and Schaumburg, through the woods of the Poplar Creek Trail, to our first rest stop at Panera Bread in South Barrington. This Panera shares a building with L.L. Bean and the Pearl Izumi outlet store - look for an upcoming ride.

Continuing north, we pedaled through the pastures and stables of Barrington, over

some excellent rural roads. Many interesting (huge!) houses lined the route as we navigated into Fox River Grove for a second Panera stop (Is there a theme here?) Exiting our rest stop we proceeded north, over scenic roads until we crossed the Fox River near The Broken Oar - a combination biker bar and motorboat dealership!



A quick unscheduled stop took us into downtown Crystal Lake and a meeting with a charming Great Dane. A few sprinkles of rain didn't dampen anyone's enthusiasm as we headed on to Woodstock. With a loop around Woodstock Square on the bricks, we turned south for our lunch stop.

Mrs. Gitchell and Vicki had set out a table of food and opened the barn to shelter our bikes from the gentle rain. Soon after Larry's group arrived, Peter Turula's fast group appeared, followed by Betty's moderate group, and one trailing rider who came along a bit later.

The rain showed no signs of letting up, so we decided to start riding back. Our bodies got damp, but not our spirits, as we pedaled through Lakewood, Huntley, and Algonquin on the way to our next rest stop beside the Fox River Trail. Perhaps the only regret was not being able to scream down the final descent, as we had to make sure we could stop even with our wet brakes, before hitting the back fence of the gas station on Route 31.



What drops into the valley must climb out. A few miles on the trail brought us into Carpentersville, where we ascended the east side of the Fox River valley and headed east. A few glimmers of clear sky began to appear in the northwest, even as we pedaled along in the rain. We soon arrived at our scheduled break in Hoffman Estates,

where the Mobil station staff was very courteous about us dripping on the floor during our bathroom break. Continuing on down the Algonquin Road Trail, we navigated past Harper College and south into Schaumburg, for a third roll-by (but not stop) of a Panera Bread. A quick turn and passing over the Elk Grove Community Bridge brought us back to Busse Woods with just over 100 miles for the day.

Oddly enough, car problems outnumbered bicycle problems for the day. Our only mechanical was one broken spoke at the 9-mile point. After removing the broken spoke and re-truing, the wheel performed perfectly for another 90 miles. On the automotive side, we had a flat tire on one vehicle back in the parking lot, and another with an alarm system that wouldn't turn off due to a water-logged keyfob.

We'll look forward to trying this route again later in the season - next time, without the rain!

More pictures are at: <http://picasaweb.google.com/AlternateInc/LarryS4thOfJuly09?feat=email#>

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### Morton Arboretum Ride and Tour, June 6

Article and photo by Petra Hofmann

A great ride. A really BIG thank you to Pam and Harold: Pam, for the idea and the entrance coupons; Harold, for showing me a few new sneaks



across Butterfield. Especially, THANK YOU Gerry for presenting the animal home exhibits in such an interesting and informed way. And, and big thank you to all the riders who kept mostly to a single file line on the few busy streets which kept me from hearing and yelling too many 'car backs.'

Again, THANK ALL, and I look forward to another such adventure this Fall.

More pictures are at: [http://picasaweb.google.com/petrahof/EBC\\_2009\\_Sum?feat=directlink#](http://picasaweb.google.com/petrahof/EBC_2009_Sum?feat=directlink#)

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## Madison Weekend, May

Article by George Hermach

Photo by Susan Sperl



I want to publicly thank Larry Gitchell for the great job he did in planning and executing the Madison Memorial Day Weekend. The routes and rides were great, the accommodations were great, and the camaraderie was great. Even the weatherman cooperated, although we did have our share of wind at times. On Saturday, we rode south to Lake Kengonsa and had a nice lunch on the outdoor patio of Springer's restaurant overlooking the lake. Sunday's

ride took us through the only Waunakee in the world and around Lake Mendota, with a lunch stop at the Blue Plate Diner. Monday, we rode to the brat fest in Madison (actually the World Bratwurst Festival where they anticipate selling nearly 200,000 brats during the 3-day weekend festival). The brats were good, and cost \$1.50 each with the monies raised going to charities. The riders split into two groups, with Larry leading the faster riders and Sharon leading the slower riders. Both groups experienced the same routes and sights at their comfortable pace.

Madison is the most bike friendly city I've ever been in, with a clearly marked network of paved bike trails and marked bike lanes on the roads. You could actually get across town on bike routes, which makes biking feasible as a means of transportation. One important distinction I noticed in Madison was that when a trail or route was blocked by construction there was a signed bike detour route. This is a definite improvement over Illinois where the trails are simply blocked with no alternatives noted.

More pictures are at:

[http://albums.phanfare.com/2166665/3971323\\_4325866#imageID=70057337](http://albums.phanfare.com/2166665/3971323_4325866#imageID=70057337)

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## Horsey Hundred, May

By Kären Schwartz

The Horsey Hundred ride is based out of Georgetown, KY. It is put on by the Blue Ridge Bicycle Club. It is extremely well done with rest stops every 20-25 miles and food that consists of: peanut butter and jelly sandwiches, granola bars, jelly beans, bananas, oranges and lots of gorp at every rest stop. The check in on Friday night is efficient and you get good cue sheets with maps of the route on the back. The route is marked by white arrows and notes as to which route is it. There is no need for the cue sheet as the markings are so well done.

The ride started for us at 6:20 -so as to beat the heat if it was going to be an issue. It was wonderful to begin a ride with no traffic, no WIND and the smell of honeysuckle everywhere. The scenery is unbelievable with rolling hills on narrow country lanes with green hills filled with beautiful horses. There are large barns for the horses that look like they would make nice houses as they are so lavish. The first 25 miles passes quickly with me exclaiming that I was in biking heaven! There was little to no wind, rolling hills and great company with George and Pussanee, Marty, Bob and Fran Jones and Bill and myself. The next 25 miles continued on in a similar manner with

more rolling hills and great scenery, ending at a big horse area-Keeneland for another nice rest stop. At the 80 mile rest stop, they had Jelly Bellys so that was a great treat.

The route continued to be great, except for the last 5 miles that took us back to the start of the ride through town with traffic. We made it though and ended up with 100. 2 miles and 6,250 feet of vertical climbing. George then found us a good bar in town and we celebrated with some of the best tasting draft beer ever! It tasted wonderful. We also made friends with a local who entertained us with stories. It's always fun to talk to locals. I know that this is one of the things I enjoy about bike touring.

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## Spring Green Weekend May

By Nancy Shack

Thank you to Bill and Kären for organizing this weekend's outing in Wisconsin. Although the number of participants was less than in previous years, those who made the trek to Spring Green had a great time - at least I did! And of course, thanks also to Larry Gitchell for being an outstanding leader of the moderate paced rides.

Friday's 3:30 pm ride seemed in jeopardy due to threatening skies, but we were able to get in 28 miles and stayed dry. The Schwartzes' ride was canceled for that afternoon. Saturday provided a real test of fortitude and endurance, not so much due to hills, but very high and gusty winds. At times it was all one could do to keep from being blown off the road. However, 25 miles into the wind on the way to Muscoda meant a great tail wind for the return ride. I'm not sure that the trade off evened things up, but at least we have bragging rights for the outbound leg. Sunday dawned rather cool but beautiful and 30 miles seemed like child's play. I was reluctant to call it a day, but we all had at least a 3 hour ride home so it was time to say adieu.

We met a gentlemen named Tony Berry at the parking lot as we were packing up. He's from Utica, IL and he has just begun a 2 year, 10,000 mile cycling trip (but I'm not entirely sure that it is an uninterrupted 2 years.) You can take a look at what he has written to date: <http://www.eftenergysolutions.com>

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## Reason to Ride April 7(even if the weather is awful)

By Kären Schwartz

I have to admit that Bill and I were not real enthused about having to lead a ride today. The temperature was 38 degrees at the start and the wind was blowing at 20 mph. However, the sun was out and four other riders showed up so we headed out. The ride turned out to be a fun outing! Who would have thought that it would turn out that way. The sun warmed the air so it was in the mid 40's by the halfway point in the ride and we stopped for coffee and rolls at the Great Harvest Bread Company in Naperville and they had hot cross buns for sale. Having one of those will perk up your day. While talking to Hans at the Great Harvest Bread Company, we mentioned birds that we had been in seeing the area. Hans then told us that taking a short detour on the way back we could see baby great horned owls! He then directed us through the Green Trails subdivision and in a park off of Abbeywood, there was a tree just off of the bike path with a large owl nest in it. On the branch just below the nest were two huge "baby" owls. They had been out of the nest for two days and were about 5 weeks old. They looked to be about 24 inches tall. It was so neat to see them so close up. They weren't flying yet and were just sitting on the branch below the nest. Biking outside can be an adventure even if the weather seems to be against you at the start!

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## Safety Concerns

By George Pastorino

After the news of the Cyclist killed on Sunday came out, I received 2 e-mails from newer club members who had concerns about safety lapses on our Club rides. One had concerns about rolling through stop signs and the other was worried about riding 2 a breast. Both asked me to address this matter in an e-mail to the club, as they felt uneasy doing it since they were so new. Both of their concerns are legitimate and do happen on our rides, but I do not think they by themselves are the

main problem. Riding 2 up is fine, if there is little traffic and plenty of room. The problem is when we do it in heavy traffic, with little room for cars to pass. Stop signs are another issue. We will never have a longer Club Ride through residential areas where the entire group comes to a complete stop at every stop sign. This is not realistic and should not be the goal for quiet residential streets.

The biggest safety issue I see is rider apathy and lack of awareness of their surroundings and the risk involved in riding a bicycle with cars on public roads. For the vast majority of people, it's most dangerous recreational thing they will do in their lifetime. Every year about 800 road cyclists are killed. Far more than Mountain climbing, skydiving or the other so called extreme sports. Yet, there is a big difference is how cyclists approach their sport vs how lets say mountain climbers approach theirs.

I will use mountain climbing as the example because I have climbed 14,000 ft peaks and have some experience, though I am not a expert at all, more like an advanced novice. While on a big mountain there is an awareness among climbers that every choice they make directly impacts their ability to continue to live. Wrong choices are the most common cause of death with both mountain climbers and cyclists. Yet, one group.... the mountain climbers, accepts it and is aware of it every moment and the other group...road cyclists, either does not accept it or forgets about it....either way our awareness as road cyclists of the risks of our sport is lacking.

I will site an example close to home for me. Last year Pussanee was finishing a long pull on the front of a paceline and put her left hand out as she was pulling off. She failed to look over her shoulder and was nearly hit by a speeding car. I was very shaken by this as you can imagine. Pussanee is one of our safest and most careful riders, but just a moment of mental lapse almost got her killed. This is example is repeated often and if there is no car coming, we get away with it, but it is a potentially fatal wrong choice none the less.

What do? Ride less? Stop riding? Of course not, those who know me understand that I am a avid and passionate road cyclist who rides 4000+ mile per year and I will never stop riding. I believe the most important thing we can do is to increase our awareness that every time we ride a bicycle on a road with cars, our life is at risk. That awareness will make us realize that each choice we make while riding impacts our ability to continue to live. Moving to the left without looking back can be just as deadly as a mountain climber not carefully monitoring where is he in relation to the cliff. They accept that risk and continue to climb with great awareness, we as road cyclists should accept that risk and continue to ride...with greater awareness.

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### More EBC Heroes

By Nancy Shack

I want to acknowledge two more great guys who are riding with Mike Delaney on the tandem. Jerome Hughes and Jeff Wincentsen both heeded Steve Sinderson's call and Mike now has a couple more men to captain his bike.

I admire all of you so much!

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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

<b>President</b> Ray Dal Lago, 630.543.4655 president_elmhurstbicycling.org	<b>Advocacy</b> Bob Hoel bob.hoel_comcast.net	<b>Refreshments</b> Cheri O'Riordan, 630.325.3917 cycle2ski_yahoo.com
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Interested in joining EBC? [Membership Application](http://www.elmhurstbicycling.org/abt_membership.asp)  
([http://www.elmhurstbicycling.org/abt\\_membership.asp](http://www.elmhurstbicycling.org/abt_membership.asp))

## August 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
Saturday, August 01, 2009	7:30 AM	11-13mph 25-45 mi	Mather Park	Janet K 630-964-5126	<b>Plainfield Ride</b> Join Janet K. for a Plainfield Ride
Saturday, August 01, 2009	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	<b>Saturday Show and Go</b> The riders will determine the ride leader, distance and pace
Saturday, August 01, 2009	9:00 AM	65 miles, 16-18 mph	Waterford Precision Cycles 816 W. Bakke Ave. Waterford, WI 53185	Steve Josephs, 630-235-9841	<b>Waterford Factory Ride #3</b> We'll ride with the Wheeling Wheelmen on a whimsical ride to a through the Geneva Lakes area. Factory tours from 8-8:30am. The ride starts at 9:00 sharp.
Saturday, August 01, 2009	9:00 AM	35 mi +/- 11 - 15 mph	Elmhurst Depot	Petra Hofmann 630.418.4337 and Baltimore Ortega	<b>Little Village and Mi Tierra</b> Ride to Little Village and lunch at Mi Tierra.
Sunday, August 02, 2009	8:00 AM	20-25 miles, 10-12 mph	Panera Bread, Elmhurst	Cindy Reedy 630-234-1349	<b>Easy Sunday Morning Ride</b> 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.
Sunday, August 02, 2009	8:00 AM	20 - 35 mi. 11 - 15 mph	Panera Bread, Elmhurst	Petra's mobile 630.418.4337	<b>Sunday w/Petra</b> Sunday ride to where ever, back by 11 AM.
Sunday, August 02, 2009	8:30 AM	32-38 miles, 17-19 mph	Panera Bread at York & North Ave	David Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with optional sprints and one short rest stop, back by 11am.

Sunday, August 02, 2009	8:30am	30-40 miles, 15-17 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630.832.3338 h	<b>Jeff's Sunday Morning Ride</b> This is a road ride exploring Cook and DuPage counties with one short stop. Bring enough food/drink to refuel. Check list server for updates.
Sunday, August 02, 2009	12:30 PM	Determined by riders that show	Gazebo, Glen Ellyn	Determined by riders who show	<b>Sunday Show and Go</b> The riders who show will decide ride leader, distance and pace.
Monday, August 03, 2009	6:30 PM	25 - 28 Miles 13-15 MPH	Spring Creek Reservoir, Bloomingdale	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	<b>Monday Night Coldstone Ride</b> The Monday Night Ride wraps up its visit to Bloomingdale with the traditional ride to Coldstone for ice cream. 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, August 04, 2009	9:00 AM	35 mi. 14-17	Imax Theater corner of Rt 53 and Hobson Rd	Bill Schwartz 630-303-1160	<b>Imax Tuesday</b> Moderate pace ride to coffee shop and back.
Tuesday, August 04, 2009	6:00pm	30-40 miles, 14-16 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630.832.3338 h	<b>Tuesday Night Ride</b> 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, August 05, 2009	9:00 AM	Determined by riders that show	McCullum Park, Downers Grove	Determined by riders who show	<b>Wednesday Show n Go</b> The riders who show will decide ride leader, distance and pace.
Wednesday, August 05, 2009	6:30 PM	20 miles, 18-22 mph	Depot, Villa Park	David Polkow 630-832-8131	<b>Wednesday Night Fast Ride</b> A very fast paced ride done in conjunction with the Elmhurst Triathlon Club.
Wednesday, August 05, 2009	6:30 PM	Determined by riders that show	Depot, Villa Park	Determined by riders who show	<b>Wednesday Night Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Thursday, August 06, 2009	8:00 AM	Variable	Bayfield, WI	Petra Hofmann 630.418.4337	<b>Ride the Wind of the Apostles</b> Cycle 'round Bayfield and Madeline Island, WI Leave on Thursday 8/6 - returning Sun 8/9 Will Tour Madeline Island, Bayfield, Washburn, Ashland, and the Mountainous Rt. 2 around the Bayfield Peninsula. Friday night at Big Top Chautauqua to hear Joan Baez.
Thursday, August 06, 2009	9:00 AM	50-70 mi. 14-17	Imax Theater corner of Rt 53 and Hobson Rd	Bill Schwartz 630-303-1160	<b>Imax Thursday</b> Moderate pace ride to Oswego with coffee stop.
Thursday, August 06, 2009	6:00pm	30-40 miles, 13-15 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630.832.3338 h	<b>Thursday Night Trail Ride</b> 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, August 07, 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	<b>Lombard Friday Show and Go</b> The riders who show will decide ride leader, distance and pace.
Saturday, August 08, 2009	8:30 AM	62 Miles, 14-16 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	<b>Pearly-Zoomy Ride</b> A ride to the Pearl Izumi Outlet store and L.L. Bean in South Barrington. Lunch at Panera or another nearby restaurant. All-pavement route, includes some

					paved paths.
Saturday, August 08, 2009	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	<b>Saturday Show and Go</b> The riders will determine the ride leader, distance and pace
Saturday, August 08, 2009	9:00 AM	55 miles at 11 to 13mph	President and Geneva in Wheaton	Rich Diebold - 847-891-6010	<b>Ride to South Barrington with Rich</b> Bring money for lunch
Saturday, August 08, 2009	9:30am	20 or 40 miles 10-12mph or set your own pace	2nd Forest Preserve Parking lot -on west side of HARMS RD NORTH of Golf Rd	Judy Mikesell 630.833.1036 day of ride 630.290.2675	<b>North Branch Trail Ride</b> Paved path - Ride 10 miles to the Chicago Botanic Gardens - we will enjoy the gardens and have lunch before returning. Bring picnic or \$. There is an option to do additional 20 miles going south of parking lot. 2nd Forest Preserve Parking lot -on west side of HARMS RD NORTH of Golf Rd Harms is just west of I94 or take I94 exit Old orchard Rd. go west to light at Harms turn left (south) 2nd parking lot on you right
Sunday, August 09, 2009	8 AM	Determined by Riders	Panera Bread, Elmhurst	Determined by riders who show	<b>Petra Sunday Show and Go</b> Petra will not be in town; therefore, please treat this as a Show n' Go Sunday.
Sunday, August 09, 2009	8:30 AM	32-38 miles, 17-19 mph	Panera Bread at York & North Ave	David Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with optional sprints and one short rest stop, back by 11am.
Sunday, August 09, 2009	8:30am	30-40 miles, 15-17 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630.832.3338 h	<b>Jeff's Sunday Morning Ride</b> This is a road ride exploring Cook and DuPage counties with one short stop. Bring enough food/drink to refuel. Check list server for updates.
Sunday, August 09, 2009	12:30 PM	Determined by riders that show	Gazebo, Glen Ellyn	Determined by riders who show	<b>Sunday Show and Go</b> The riders who show will decide ride leader, distance and pace.
Monday, August 10, 2009	9:00 AM	25-35 miles / 13-15 mph	McCullum Park, Downers Grove	Art Frigo, 630-417-9387	<b>MOAB (Monday on a Bike)</b> Casual Monday morning ride.
Monday, August 10, 2009	6:00 PM	24-27 Miles, 13-15 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	<b>Monday Night Ride</b> Back in the 'Hurst The Monday Night Ride returns to its traditional venue at York & Vallete. Routes will explore the roads and paved paths of the area. Lights recommended.
Tuesday, August 11, 2009	9:00 AM	35 mi. 14-17	Imax Theater corner of Rt 53 and Hobson Rd	Bill Schwartz 630-303-1160	<b>Imax Tuesday</b> Moderate pace ride to coffee shop and back.
Tuesday, August 11, 2009	6:00pm	30-40 miles, 14-16 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630.832.3338 h	<b>Tuesday Night Ride</b> 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.
Tuesday, August 11, 2009	7:30 PM		Pastorino Home, Justice	Ray Dal Lago 630-543-4655	<b>EBC Board Meeting</b> The EBC Board Meeting.
Wednesday, August 12, 2009	9:00 AM	Determined by riders that show	McCullum Park, Downers Grove	Determined by riders who show	<b>Wednesday Show n Go</b> The riders who show will decide ride leader, distance and pace.
Wednesday, August 12, 2009	9:30 AM	53 MILES / 10 - 12 MPH	LEROY OAKS F.P. ST. CHARLES IL	TED SWARD 708 354-5782 CELL:708 446-3533	<b>KILGORE'S KANE KOUNTY KAPERS</b> THIS IS A LOVELY COUNTRY ROAD RIDE MUCH OF WHICH WAS ORIGINALLY LAID OUT BY SUSAN KILGORE. LUNCH IN SYCAMORE.THIS WILL FULFIL

				DAY OF RIDE	THE 50 MILE REQUIREMENT FOR THE PATCH SERIES. RIDING AT THE SPEED OF FUN!
Wednesday, August 12, 2009	6:30 PM	20 miles, 18-22 mph	Depot, Villa Park	David Polkow 630-832-8131	<b>Wednesday Night Fast Ride</b> A very fast paced ride done in conjunction with the Elmhurst Triathlon Club.
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Thursday, August 13, 2009	8:00 AM	60 Miles @ 10 - 13 MPH	Ringier/Bond Residence 1141 S. Fairview Lombard	Jerry Ringier/Dick Diebold 630-932-0271 Cell 630-881-1177	<b>One Day Sleep Over Tour</b> Self-Contained touring ride to Twin Lakes, Wi. Camping and dinner in Twin Lakes and breakfast at the Famous Manny's Cafe (home of the platter sized pancakes). This is a good time for those who have never toured and would like to give it a try. Only one night on the ground.
Thursday, August 13, 2009	9:00 AM	50-70 mi. 14-17	Imax Theater corner of Rt 53 and Hobson Rd	Bill Schwartz 630-303-1160	<b>Imax Thursday</b> Moderate pace ride to Yorkville with lunch stop stop.
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Thursday, August 13, 2009	7:15 PM		Community Bank, Elmhurst	Ray Dal Lago, 630-543-4655	<b>Monthly Club Meeting</b> Monthly club meeting.
Friday, August 14, 2009	8:00 AM	60 Miles, 10-13 MPH	Manny's Restaurant in Twin Lakes, Wi.	Dick Diebold & Jerry Ringier 630-932-0271 cell 630-881-1177	<b>Touring Home from Twin Lakes</b> After our wonderful night of camping and our huge breakfast we will ride back to the Ringier/Bond home in Lombard, Il.
Friday, August 14, 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	<b>Lombard Friday Show and Go</b> The riders who show will decide ride leader, distance and pace.
Saturday, August 15, 2009	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	<b>Saturday Show and Go</b> The riders will determine the ride leader, distance and pace
Saturday, August 15, 2009	9:30 AM	75 Miles 14-16 MPH	Oak Creek, Wisconsin (See Below)	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	<b>Milwaukee Oak Leaf Loop - Fast</b> Fast ride around the Milwaukee Oak Leaf Trail (which actually involves a considerable amount of street riding.) Directions to start: North on I-94 to Ryan Road near Milwaukee. Go East on Ryan Road 1 mile to Howell Ave. Turn Left and go 1/4 mile to park driveway on Right (Just past Parkway Estates Drive). Look up 9820 South Howell Ave on Google Maps for an aerial view. The route is paved with a mix of paths and roads. We'll have lunch somewhere along the way and an afternoon snack break at Kopps Frozen Custard in Greenfield. Bring money and a good lock. Taking a bathroom break before arriving is advised - as of last August there were no facilities at the parking lot. There are gas stations and a Walgreens near Ryan and Howell.

Sunday, August 16, 2009	8:00 AM	20 - 35 mi. 11 - 15 mph	Panera Bread, Elmhurst	Petra's mobile 630.418.4337	<b>Sunday w/Petra</b> Sunday ride to where ever, back by 11 AM.
Sunday, August 16, 2009	8:30 AM	32-38 miles, 17-19 mph	Panera Bread at York & North Ave	David Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with optional sprints and one short rest stop, back by 11am.
Sunday, August 16, 2009	8:30am	30-40 miles, 15-17 mph pace	Panera Bread, Elmhurst	Jeff Wincentzen, 630.832.3338 h	<b>Jeff's Sunday Morning Ride</b> 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, August 16, 2009	12:30 PM	Determined by riders that show	Gazebo, Glen Ellyn	Determined by riders who show	<b>Sunday Show and Go</b> The riders who show will decide ride leader, distance and pace.
Monday, August 17, 2009	9:00 AM	25-35 miles / 13-15 mph	McCollum Park, Downers Grove	Art Frigo, 630-417-9387	<b>MOAB (Monday on a Bike)</b> Casual Monday morning ride.
Monday, August 17, 2009	6:00 PM	24-27 Miles, 13-15 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	<b>Monday Night Ride</b> Explore the roads and paved paths of the Elmhurst area and beyond. Headlight and taillight recommended.
Tuesday, August 18, 2009	9:00 AM	35 mi. 14-17	Imax Theater corner of Rt 53 and Hobson Rd	Bill Schwartz 630-303-1160	<b>Imax Tuesday</b> Moderate pace ride to coffee shop and back.
Tuesday, August 18, 2009	9:00 AM	35 mi. 14-17	Imax Theater corner of Rt 53 and Hobson Rd	Bill Schwartz 630-303-1160	<b>Imax Tuesday</b> Moderate pace ride to coffee shop and back.
Tuesday, August 18, 2009	6:00pm	30-40 miles, 14-16 mph pace	Panera Bread, Elmhurst	Jeff Wincentzen, 630.832.3338 h	<b>Tuesday Night Ride</b> 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, August 19, 2009	9:00 AM	55+ Miles @ 12 - 14 MPH	Madison Meadow Wilson Ave. Entrance..Lombard	Betty Bond 630-932-0271 Cell 630-881-1177	<b>Lunch in Long Grove</b> We will ride to Long Grove for lunch at a local restaurant that serves great sweet potato fries or if you prefer to bring your own lunch there are benches to sit upon. Apple donuts or fritters are a must after lunch.
Wednesday, August 19, 2009	9:00 AM	Determined by riders that show	McCollum Park, Downers Grove	Determined by riders who show	<b>Wednesday Show n Go</b> The riders who show will decide ride leader, distance and pace.
Wednesday, August 19, 2009	6:30 PM	20 miles, 18-22 mph	Depot, Villa Park	David Polkow 630-832-8131	<b>Wednesday Night Fast Ride</b> A very fast paced ride done in conjunction with the Elmhurst Triathlon Club.
Wednesday, August 19, 2009	6:30 PM	Determined by riders that show	Depot, Villa Park	Determined by riders who show	<b>Wednesday Night Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Thursday, August 20, 2009	9:00 AM	50-70 mi. 14-17	Imax Theater corner of Rt 53 and Hobson Rd	Bill Schwartz 630-303-1160	<b>Imax Thursday</b> Moderate pace ride to Oswego with coffee stop.
Thursday, August 20, 2009	6:00pm	30-40 miles, 13-15 mph pace	Panera Bread, Elmhurst	Jeff Wincentzen, 630.832.3338 h	<b>Thursday Night Trail Ride</b> 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, August 21,	9:00	Determined by riders	Sunset Knoll Park on Finley Rd. half mile north of	Determined by riders who	<b>Lombard Friday Show and Go</b> The riders who show will decide

2009	AM	that show	Roosevelt, Lombard	show	ride leader, distance and pace.
Saturday, August 22, 2009	7:30am	20 to 100 miles set your own pace or 10-14mph	Frankfort-parking lot at White St & path -	Judy Mikesell 630.833.1036 day of ride 630.290.2675	<b>Old Plank Trail</b> I will be leading a slow century with stops but every 20 to 30 miles we will be returning to our starting point so you can end your ride at any point during the day. The Old Plank Trail is a great paved/flat trail and worth the drive down. From the parking lot you can go 10 miles east or west and we will have several loops on side streets. take Rt 45 to Old Frankfort Way turn left (the 1st traffic light just south of Rt 30) turn right on White/Kern St go two blocks - lot is on your left. Bring snacks & picnic or \$ for lunch
Saturday, August 22, 2009	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	<b>Saturday Show and Go</b> The riders will determine the ride leader, distance and pace
Sunday, August 23, 2009	6:30 AM	124 miles, 17 - 19 avg	Coal City High School 655 W Division St, Coal City, IL.	George Pastorino 708-903-8700	<b>Bike Psycho's 124 mile Invitational</b> Come on out and enjoy one of the best Invitationals in the Chicago Area. This is one of the few to offer a 124 mile route. Best Rest Stops, very scenic route along The Illinois River with a fair amount of hills to add to your riding pleasure. Early start to beat the heat. Meet at registration lot at 6:10 to get ready for 6:30 start. I-55 south Exit I-55 at #236, Coal City/Kankakee Take Route 113 west - 4 miles
Sunday, August 23, 2009	8:00 AM	20-25 miles, 10-12 mph	Panera Bread, Elmhurst	Cindy Reedy 630-234-1349	<b>Easy Sunday Morning Ride</b> 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.
Sunday, August 23, 2009	8:00 AM	20 - 35 mi. 11 - 15 mph	Panera Bread, Elmhurst	Petra's mobile 630.418.4337	<b>Sunday w/Petra</b> Sunday ride to where ever, back by 11 AM.
Sunday, August 23, 2009	8:30am	30-40 miles, 15-17 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630.832.3338 h	<b>Jeff's Sunday Morning Ride</b> This is a road ride exploring Cook and DuPage counties with one short stop. Bring enough food/drink to refuel. Check list server for updates.
Sunday, August 23, 2009	8:30 AM	32-38 miles, 17-19 mph	Panera Bread at York & North Ave	David Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with optional sprints and one short rest stop, back by 11am.
Sunday, August 23, 2009	12:30 PM	Determined by riders that show	Gazebo, Glen Ellyn	Determined by riders who show	<b>Sunday Show and Go</b> The riders who show will decide ride leader, distance and pace.
Monday, August 24, 2009	9:00 AM	25-35 miles / 13-15 mph	McCollum Park, Downers Grove	Art Frigo, 630-417-9387	<b>MOAB (Monday on a Bike)</b> Casual Monday morning ride.
Monday, August 24, 2009	6:00 PM	24-27 Miles, 13-15 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	<b>Monday Night Ride</b> Explore the roads and paved paths of the Elmhurst area and beyond. Headlight and taillight recommended.
Tuesday, August 25, 2009	9:00 AM	35 mi. 14-17	Imax Theater corner of Rt 53 and Hobson Rd	Bill Schwartz 630-303-1160	<b>Imax Tuesday</b> Moderate pace ride to coffee shop and back.

Tuesday, August 25, 2009	6:00pm	30-40 miles, 14- 16 mph pace	Panera Bread, Elmhurst	Jeff Wincentzen, 630.832.3338 h	<b>Tuesday Night Ride</b> 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, August 26, 2009	9:00 AM	Determined by riders that show	McCollum Park, Downers Grove	Determined by riders who show	<b>Wednesday Show n Go</b> The riders who show will decide ride leader, distance and pace.
Wednesday, August 26, 2009	6:30 PM	20 miles, 18-22 mph	Depot, Villa Park	David Polkow 630-832- 8131	<b>Wednesday Night Fast Ride</b> A very fast paced ride done in conjunction with the Elmhurst Triathlon Club.
Wednesday, August 26, 2009	6:30 PM	Determined by riders that show	Depot, Villa Park	Determined by riders who show	<b>Wednesday Night Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Thursday, August 27, 2009	9:00 AM	50-70 mi. 14-17	Imax Theater corner of Rt 53 and Hobson Rd	Bill Schwartz 630-303- 1160	<b>Imax Thursday</b> Moderate pace ride to Yorkville with lunch stop stop.
Thursday, August 27, 2009	6:00pm	30-40 miles, 13- 15 mph pace	Panera Bread, Elmhurst	Jeff Wincentzen, 630.832.3338 h	<b>Thursday Night Trail Ride</b> 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, August 28, 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	<b>Lombard Friday Show and Go</b> The riders who show will decide ride leader, distance and pace.
Saturday, August 29, 2009	7:30 AM	11-13mph 25-45 mi	Mather Park	Janet K 630- 964-5126	<b>Plainfield Ride</b> Join Janet K. for a Plainfield Ride
Saturday, August 29, 2009	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	<b>Saturday Show and Go</b> The riders will determine the ride leader, distance and pace
Saturday, August 29, 2009	9:00 AM	~3 hours moderate pace	Pastorino Home 7551 Blazer Justice IL. 60458	George Pastorino	<b>MTB ride/ Pool Party</b> 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 ???
Sunday, August 30,	8:00 AM	20 - 35 mi. 11 - 15 mph	Panera Bread, Elmhurst	Petra's mobile	<b>Sunday w/Petra</b> Sunday ride to where ever, back by

2009				630.418.4337	11 AM.
Sunday, August 30, 2009	8:30am	30-40 miles, 15-17 mph pace	Panera Bread, Elmhurst	Jeff Wincentsen, 630.832.3338	<b>Jeff's Sunday Morning Ride</b> 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, August 30, 2009	8:30 AM	32-38 miles, 17-19 mph	Panera Bread at York & North Ave	David Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with optional sprints and one short rest stop, back by 11am.
Sunday, August 30, 2009	12:30 PM	Determined by riders that show	Gazebo, Glen Ellyn	Determined by riders who show	<b>Sunday Show and Go</b> The riders who show will decide ride leader, distance and pace.
Monday, August 31, 2009	9:00 AM	25-35 miles / 13-15 mph	McCullum Park, Downers Grove	Art Frigo, 630-417-9387	<b>MOAB (Monday on a Bike)</b> Casual Monday morning ride.
Monday, August 31, 2009	6:00 PM	24-27 Miles, 13-15 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	<b>Monday Night Ride</b> LaGrange Ice Cream Ride Tate's Ice Cream of Wheaton also has a branch in LaGrange. We'll navigate our way over for a tasty treat. All-pavement route. Headlight and taillight 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](http://www.elmhurstbicycling.org/r_startloc.asp)).

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