



The Cue Sheet

September
2009

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

Salt Creek Greenway Trail North Leg

By Bob Hoel



For those who have not discovered it already, the north leg of the Salt Creek Greenway Trail is under construction. I have taken pictures and they are posted on our web site on the advocacy page top of the left column at:

http://www.elmhurstbicycling.org/abt_advocacy.asp

Though landscaping may not be complete this year, the trail itself is expected to be paved no later than November. The completed trail will go from Busse Woods to Bemis Woods (30+ miles one way) with only minor on-street portions. And, as previously reported, there is now a "bike entrance" to Brookfield Zoo off the Salt Creek Trail at its current conclusion at the entrance to the British home at 31st. It is well marked.

The Mansion Ride

By Baltimore Ortega

The "Mansion Ride" led by John Park on Saturday was a fun day full of bike riding, sightseeing, good eating, ice cream, and a nutrition "recovery" pizza party at the end of the ride. We rode through some nice neighborhoods with several sightseeing stops where John provided us with interesting information. At the graveyard John told us the spooky story of how he and Roland fell with their bikes after "something" made them slip? He refused to enter the graveyard and most of us stayed with him outside in case "something" visited us. The few brave cyclists who entered returned safely. The big sandwiches at Bluffington's are served with fresh bread, crunchy pickle slices, and a side order. We all enjoyed a good lunch with plenty of cycling stories and then a nice stop at the park overlooking Lake Michigan. We had a few drops of rain in the morning but most of the day was dry with some sunshine.

As the day went on we all seemed to come together as a team riding at a nice pace. Everyone seemed friendly, supportive, and courteous. This year John threw in a stop at the beach where some of the riders walked in Lake Michigan to cool off. Later we visited an ice cream shop where we had some delicious treats to cool us down. At some point Nancy Rice called Burt's Pizza and spoke to Burt. She gave him our orders because they only cook a limited number of pizzas and you have to tell them when you expect to arrive. John had to pull us out of the ice cream shop so we could make our reservation on time. Since we had spent a good part of the day eating we decided to justify our pizza party by calling it a "recovery" nutrition and hydration stop. Burt came by to welcome us and talked about his antique collection in his restaurant while we enjoyed the food and beverages.

As I have stated before, the sign of a good ride leader is the ability to make it about the riders. Our club is fortunate to have a lot of good ride leaders. I think John Park is a thoughtful and considerate person who is one of our best ride leaders. It was easy to see he put a lot of time and effort in the ride to make it a success. He also maintained a good pace, made sure we had enough stops, answered all questions, and kept an eye on the two new members who joined us. Maybe next year you can

join us for the "Mansion Ride". EBC offers many fun and interesting rides. Thank you to the following new and old members who shared a nice friendly social ride, and best wishes to all EBC members on your rides: Don W., Mary Lee St. A., Julie Ann S., Homer C., Sharon G., Nancy R., Annette S., and David D., John P.

Emergency Chain Repair

By Karen Schwartz

Bill and I have had two instances of riders breaking chains on bike rides in the last two weeks. The emergency repair is something called a "quick link". It allows you to splice the broken chain back together instantly. It weighs nothing and can easily be put in with your CO2 cartridge and inner tube. I mention it because we were just in the Trek Store on Ogden Ave in Downers Grove buying a tool to tune up the tandem, when we spotted these quick links. They only cost \$2.95 to \$4.95, depending on if you need a 7,8,9, 10 or 11 speed quick link. The price is the best I've seen locally. If you don't carry a quick link, you might want to get one when you're in Downers.

Mary Jo's Ride to Chicago

By Al Stanke and Roland Porter



Sweep Betty Bond and ride leader Mary Jo Bolan.

Mary Jo, what a job you did yesterday, to lead us to the lakefront at Foster Ave. Beach, then to Millennium Park for lunch while listening to music. And then on to 63rd Street. The "L" ride back to Oak Park was great, they let us all go on one train, we were 5 in our car. Thank you very much for a very well organized trip.

All club rides are interesting but some are more interesting than others. Well, folks, Mary Jo outdid us all today. Where else can you ride the el train from its beginning at 63rd and Cottage Grove to its end at Lake

and Harlem in Oak Park and still be on a club ride? We did it plus 47 miles of actual fascinating city biking. Route: Depot to the lake front at Wilson avenue, then down to Monroe street for lunch in the park (very Parisian)--Turns out the gals don't carry tools in their bags, they carry food. Good too. Then on down the lake to 63rd and ride to the depot after the el train. Fourteen riders finished well satisfied but not necessarily well rested. We all thanked Mary Jo and will see her again when she leads the Friday breakfast ride. Be there!

Letter from the City of Warrenville

By Ray Dal Lago

Thanks again to all of you who attended the August EBC meeting. By coincidence, my safety talk parallels the following letter from the City of Warrenville which was sent to all the area bike clubs. Please read it. While a vast majority of EBC riders are practicing safe riding habits (thank you very much!), there are a few riders who set a bad example for the rest of us by running red lights, riding three abreast, etc. Please, please, please make every attempt to become a safe, law abiding rider. Ride leaders, please stress the importance of safe riding. We all know the rules and we know what the road signs mean. Let's follow the rules. Enough said.

Dear Club Manager:

The Warrenville Bicycle and Pedestrian Advisory Committee (WBPAC) has developed and received unanimous City Council approval for a Bikeway Implementation Plan. The Plan is intended to provide guidance to the City Council in creating new bicycle facilities and improving existing facilities. Another important goal identified by the WBPAC is for the City of Warrenville to gain official recognition as a "Bicycle Friendly Community" through the acceptance of an application submitted in 2009 to the League of Illinois Bicyclists.

Implementing the Plan will require considerable expenditure of City funds.

Consequently, public support is vital to persuade Council members that those expenditures are warranted and are desired by the community. Public support is also absolutely necessary to garner the "Bicycle Friendly Community" designation. At a recent City Council meeting and other public meetings, comments were made about groups of cyclists taking up an entire lane, blocking a street and keeping a stoplight from being activated. In addition, they would not move to the side to let motorists by in other areas. The sentiment was, "why should we do anything for cyclists when they can't be courteous to motorists?" This type of comment is not helpful in convincing Warrenville City Council members to allocate funds for bicycling related projects. In fact we recently had a narrow vote of 5-3 in favor of spending funds to develop engineering plans for the City.

As I am sure you are aware, the Illinois Compiled Statutes (ILCS) 5/11-1505.1 requires that cyclists ride no more than two abreast, and that they do not impede the normal movement of vehicular traffic. Local police have the ability to enforce this statute via issuing citations which would either require a court appearance or fine. With these recent public comments, Warrenville Police have been put on notice to watch for such violations.

Please remind your ride leaders and touring groups about the requirements of the law and basic bicyclist etiquette. Warrenville is doing what it can to make the community bicyclefriendly and welcomes cyclists to visit our City. We just ask that cyclists abide by the law.

Your cooperation and support of our initiatives is greatly appreciated.

Sincerely,

William F. Weidner

Alderman Ward 2 & active citizen bicyclist

Alan M. Gard

Chair Warrenville Bicycle & Pedestrian Advisory Committee

Self-Contained Tour to Twin Lakes, WI

By Nancy Rice

Photo by Mary Moroney



Thanks to Betty Bond and Jerry Ringier for another successful touring trip, meticulously planned and executed, as usual. Betty and Jerry are pros at looking out for their riders and teaching them the ropes of touring. The restaurant choices, campground, and route were all excellent.

The second day, Rich led us on trails home and gave us expert advice on how to tackle the infamous Rollers near Crystal Lake. Freda led us on an alternate route, if we didn't want to risk the Rollers when fully loaded with gear. Ted was always there to guide riders who straggled. Ted and Rich and Jerry worked for an hour to fix my baffling rear tire, which flatted four times.

Julie Anne Sebastian did her first self contained tour like a seasoned pro. Resourceful Al found the way to camp on his own. Strong rider Kathy Wagner braved the Rollers towing a loaded Burley trailer. Our group of fourteen riders also included Carol Nield, Gerry, Mary Jo, Sam, and Susan. We enjoyed fine views of the setting sun over Twin Lakes as we ate dinner, and tackled king-sized breakfast platters at Manny's Diner.

As Jerry Ringier told me as he worked on my tire for the fourth time, smiling broadly, "It's all part of touring. Life is great!"

I hope all club members get a chance to tour one day with this group. They always have a good time.

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

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|--|---|--|
| 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)

September 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 |
|-----------------------------------|------------|--------------------|---|------------------------------|---|
| Tuesday, September 01, 2009 | 8:00 AM | 80mi/ 18- 20mph | Trader Joe's at Naperville Plaza | Roger Pardon 630-639-8505 | Bike to Sandwich A fast paced ride over rolling country lightly traveled roads. Lunch in Sandwich and return to Trader Joe's by a shorter route. |
| | | | IMAX Parking Lot on 53 | | Tuesday IMAX ride |

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|-------------------------------|---------|--------------------------------|---|------------------------------------|---|
| Tuesday, September 01, 2009 | 9:00 AM | 33-40 Miles @ 14-17 MPH | between 55th St and Hobson in Woodridge | Bill Schwartz 630-303-1160 | Moderate paced, social ride through low traffic streets with coffee stop 2/3 through the ride. |
| Tuesday, September 01, 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 and sneaks!) 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, September 02, 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, September 02, 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, September 02, 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, September 03, 2009 | 9:00 AM | 50-70 Miles @ 15-18 MPH | IMAX Parking Lot on 53 between 55th St and Hobson in Woodridge | Bill Schwartz | Thursday IMAX ride - Oswego Longer ride through open country Southwest of Naperville with coffee and/or lunch stop. |
| Thursday, September 03, 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, September 04, 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, September 05, 2009 | 8:00 AM | 100mi/ 18-20mph | Trader Joe's at Naperville Plaza | Roger Pardon 630-639-8505 | Nashgeba Century A fast paced ride over rolling country lightly traveled roads. Route includes Naperville, to Sandwich, Hinkley, Geneva, and Batavia. Bring plenty of water and money for snacks and lunch. |
| Saturday, September 05, 2009 | 8:00 AM | 55 mi 11 - 15 mph | Elmhurst Depot. | Petra's mobile 630.418.4337 | Over The Rainbow Ride to the pot of gold waiting for us at The Rainbow. We'll likely be back about 3 PM. When all the world is a hopeless jumble and the raindrops tumble all around, Heaven opens a magic lane. When all the clouds darken up the skyway, there's a rainbow highway to be found, Leading from your window pane. To a place behind the sun, just a step beyond the rain. Thank you to Harold Arlen and especially to E.Y. Harburg The Original Rainbow Cone has been serving up truly multi-colored cones since 1926. |
| | | | | | MTB RIDE IN KETTLE MORAINES SOUTH, WI. John Muir MTB singletrack dirt technical |

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| Saturday, September 05, 2009 | 9:00 AM | ~30 miles, Easier Pace | Kettle Moraine State Forest, Southern Unit, Wisconsin | Baltimore Ortega, W312.630.7030, H630.920.0056 | trails. Obstacles, tough climbs, steep descents, hours of riding - sounds like MTB fun. Beautiful green scenery, the smell of pine trees, a day with "Nature", and no vehicle traffic. This is not a beginners ride. Ride is for good intermediate and advanced MTB riders. Bring extra nutrition and hydration for long ride. See same day G. Pastorino Kettle Moraine MTB ride description for directions and details. MTB hardtail or full suspension bike recommended. |
| Saturday, September 05, 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, September 05, 2009 | 9:00 AM | 5 hours 30 miles moderately fast pace | Kettle Moraine State Forest Lagrange Wisconsin | George Pastorino 708-903-8700 | Kettle Moraine MTB ride Kettle has fairly technical trails with rocks, roots and other obstacles, it also features lung busting climbs and steep descents which require good bike handling skills.. Unlike some of my Palos rides, this ride is not appropriate for beginners. I-94 north to Highway 50 in Kenosha, WI. Go west (left) on 50 to Highway 12 (just before Lake Geneva). Take Highway 12 north (it curves west) to Highway H (you'll see the La Grange General Store). Go north (right) on H. The John Muir trailhead is approx. 1-1/2 miles on your left. |
| Sunday, September 06, 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 midway for a coffee break. The wind direction will determine the route. All paved roads or trails. |
| Sunday, September 06, 2009 | 8:30am | Determined by riders who show | Panera Bread, Elmhurst | Determined by riders who show | Sunday Morning Show n Go In case you want to lead an alternative ride on Sunday Morning from Panera Bread ... to allow for ride size reduction and new ride leader opportunities. |
| Sunday, September 06, 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, September 06, 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, September 07, 2009 | 9:00 AM | 60-75 Miles 14-16 MPH | Depot, Elmhurst | Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H) | Larry's Mega Monday Morning Ride Road and trail ride throughout DuPage County on a Labor Day morning. Route to be determined, but since we went northwest last year, we may try southwest this time. Will include roads, paved paths, and limestone trails. Touring, hybrid, or mountain bike recommended. Lunch and snack breaks along the way. Bring money and a lock. |
| Monday, September 07, 2009 | 6:00 PM | Determined by riders that show | Depot, Elmhurst | Determined by riders that show | Monday Night Show & Go The Monday Night Ride is an official Show & Go for Labor Day. Your fearless leader may show or not, due to spending the day leading Larry's Mega Monday Morning Ride. |
| Tuesday, September 08, 2009 | 8:00 AM | 80mi/ 18-20mph | Trader Joe's at Naperville Plaza | Roger Pardon 630-639-8505 | Bike to Sandwich A fast paced ride over rolling country lightly traveled roads. Lunch in Sandwich and return to Trader Joe's by a shorter route. |
| Tuesday, | | 33-40 Miles | IMAX Parking Lot on 53 | | Tuesday IMAX ride |

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| September 08, 2009 | 9:00 AM | @ 14-17 MPH | between 55th St and Hobson in Woodridge | Bill Schwartz 630-303-1160 | Moderate paced, social ride through low traffic streets with coffee stop 2/3 through the ride. |
| Tuesday, September 08, 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 and sneaks!) 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, September 09, 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, September 09, 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, September 09, 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, September 10, 2009 | 9:00 AM | 50-70 Miles @ 14-17 MPH | IMAX Parking Lot on 53 between 55th St and Hobson in Woodridge | Determined by riders who show | Thursday IMAX ride - Show & Go Longer ride through open country Southwest of Naperville with coffee and/or lunch stop. |
| Thursday, September 10, 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, September 10, 2009 | 7:15 PM | | Community Bank, Elmhurst | Ray Dal Lago, 630-543-4655 | Monthly Club Meeting Monthly club meeting. |
| Friday, September 11, 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. |
| Friday, September 11, 2009 | 1:00 PM | ~35 to 40 miles 17 to 19 avg | Chalet Landhaus New Glarus, Wi. | George Pastorino 708-903-8700 | New Glarus Ride This is a joint Ride with The Naperville Bike Club. Ride the Hills around New Glarus, Wisconsin They have 10 rooms reserved under their name Details to follow in e-mail |
| Saturday, September 12, 2009 | 8:30am | ~50 to 65 miles 17 to 19 avg | Chalet Landhaus. New Glarus Wi. | George Pastorino 708-903-8700 | New Glarus Ride This is a joint Ride with The Naperville Bike Club. Ride the Hills around New Glarus, Wisconsin They have 10 rooms reserved under their name Details to follow in e-mail |
| Saturday, September 12, 2009 | 9:00 AM | 30 mi 11 - 15 mph | Elmhurst Depot. | Baltimore Ortega and Petra Hofmann GV331.642.0625 | GRADUATION PARTY RIDE FOR ALEXIS LEMIEUX Ride through western 'burbs ending in Wheaton at Gino's Pizza offering pizza (legendary deep dish & thin crust), pasta, sandwiches, stromboli, and salads. Baltimore will order a taste of cheesecake for anyone who attends the |

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| | | | | | party ride. Please send Petra and I an email if you can attend. |
| Saturday, September 12, 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, September 13, 2009 | 8:00 AM | 20 - 35 mi. 11 - 15 mph | Panera Bread, Elmhurst | Petra's mobile 630.418.4337 | Sunday w/Petra Sunday ride to where ever, back by 11 AM. |
| Sunday, September 13, 2009 | 8:00 am | 60 miles at 17-19 mph | Trader Joe's in Naperville Plaza | Roger Pardon 630-639-8505 | Roger's Sunday Ride A fast ride over lightly traveled rolling country roads to Oswego for coffee or gelato. |
| Sunday, September 13, 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, September 13, 2009 | 8:30 am | ~35 miles 17to 19mph | Chalet Landhaus New Glarus Wisconsin | George Pastorino 708-903-8700 | New Glarus Ride This is a joint Ride with The Naperville Bike Club. Ride the Hills around New Glarus, Wisconsin They have 10 rooms reserved under their name Details to follow in e-mail |
| Sunday, September 13, 2009 | 8:30am | Determined by riders who show | Panera Bread, Elmhurst | Determined by riders who show | Sunday Morning Show n Go In case you want to lead an alternative ride on Sunday Morning from Panera Bread ... to allow for ride size reduction and new ride leader opportunities. |
| Sunday, September 13, 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, September 14, 2009 | 9:00 AM | 25-35 miles / 13-15 mph | McCollum Park, Downers Grove | Art Frigo, 630-417-9387 | MOAB (Monday on a Bike) Casual Monday morning ride. |
| Monday, September 14, 2009 | 6:00 PM | 24-27 Miles 13-15 MPH | Depot, Elmhurst | Larry Gitchell (708) 421-0120, (708) 409-0105 | Monday Night Ride The Monday Night Ride cranks on into September. Daylight is growing shorter, so be sure to bring a headlight and taillight. Please watch the club list server for info on specific rides - I may include some unpaved trail excursions. |
| Tuesday, September 15, 2009 | 8:00 AM | 80mi/ 18-20mph | Trader Joe's at Naperville Plaza | Roger Pardon 630-639-8505 | Bike to Sandwich A fast paced ride over rolling country lightly traveled roads. Lunch in Sandwich and return to Trader Joe's by a shorter route. |
| Tuesday, September 15, 2009 | 9:00 AM | 33-40 Miles @ 14-17 MPH | IMAX Parking Lot on 53 between 55th St and Hobson in Woodridge | Determined by riders who show | Tuesday IMAX ride - Show & Go Moderate paced, social ride through low traffic streets with coffee stop 2/3 through the ride. |
| Tuesday, September 15, 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 and sneaks!) 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, September 16, 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. |
| | | | | | Milwaukee Megabus & Hike ***Reservations/tickets needed in advance*** Round-trip to Milwaukee for \$2.50 we just can't pass it up! We will |

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| Wednesday, September 16, 2009 | 9:15am | about 4 miles | Bus Stop near Union Station Chicago | Judy Mikesell 630-833-1036 day of ride 630-290-2675 | take the 9:30am Megabus from Chicago to Milwaukee (purchase tickets on-line in advance) A stop for lunch as we hike to the Milwaukee Art Museum (\$12 admission) at the museum everyone is on their own. Then a stop for dinner before returning on the 7pm bus. The Chicago bus stop for all arrivals and departures is located adjacent to Union Station on the east side of South Canal Street, about 300 feet south of Jackson Blvd. *****If you plan on going please let me know***** |
| Wednesday, September 16, 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, September 16, 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, September 17, 2009 | 9:00 AM | 50-70 Miles @ 14-17 MPH | IMAX Parking Lot on 53 between 55th St and Hobson in Woodridge | Determined by riders who show | Thursday IMAX ride - Show & Go Longer ride through open country Southwest of Naperville with coffee and/or lunch stop. |
| Thursday, September 17, 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, September 18, 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, September 19, 2009 | 8:00 AM | 100mi/ 18-20mph | Trader Joe's at Naperville Plaza | Roger Pardon 630-639-8505 | Nashgeba Century A fast paced ride over rolling country lightly traveled roads. Route includes Naperville, to Sandwich, Hinkley, Geneva, and Batavia. Bring plenty of water and money for snacks and lunch. |
| Saturday, September 19, 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, September 19, 2009 | 9:00 AM | 30 Miles, 13-15 MPH | Depot, Elmhurst | Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H) | Eli's Cheesecake Urban Cheesecake Ride - The Eli's Cheesecake web is conspicuously silent on the subject of Cheesecake Festival, but we'll take a ride there anyway. All-pavement ride, will include busy streets, sidewalk sneaks, and bad pavement. Bring money and a lock. |
| Sunday, September 20, 2009 | 6:00 AM | 100 Miles, 14-16+ MPH | Panera Bread, North & York Elmhurst | Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H) | Loopy With Lars Triple Loop Century - First loop starts at 6:00, second loop about 9:15, third Loop about 12:30. If planning to start riding on the 2nd or 3rd loops, please call Larry's cell phone on ride day for updates. All -pavement ride, may include some busy streets, paved paths, and sidewalk sneaks. Headlight and taillight required for first loop (They don't have |

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| | | | | | to be fancy. There should be little traffic and we'll have daylight by 6:30) I will have snacks and a drink cooler in my van at Panera for between loops. |
| Sunday, September 20, 2009 | 8:00 am | 60 miles at 17-19 mph | Trader Joe's in Naperville Plaza | Roger Pardon 630-639-8505 | Roger's Sunday Ride A fast ride over lightly traveled rolling country roads to Oswego for coffee or gelato. |
| Sunday, September 20, 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 midway for a coffee break. The wind direction will determine the route. All paved roads or trails. |
| Sunday, September 20, 2009 | 8:00 AM | 20 - 35 mi. 11 - 15 mph | Panera Bread, Elmhurst | Petra's mobile 630.418.4337 | Sunday w/Petra Sunday ride to where ever, back by 11 AM. |
| Sunday, September 20, 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, September 20, 2009 | 8:30am | Determined by riders who show | Panera Bread, Elmhurst | Determined by riders who show | Sunday Morning Show n Go In case you want to lead an alternative ride on Sunday Morning from Panera Bread ... to allow for ride size reduction and new ride leader opportunities. |
| Sunday, September 20, 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, September 21, 2009 | 6:00 PM | 24-27 Miles 13-15 MPH | Depot, Elmhurst | Larry Gitchell (708) 421-0120, (708) 409-0105 | Monday Night Ride Equinox Exploration - day are night are equal, but the fun is unexcelled on the Monday Night Ride. Bring headlights and taillights; Sunset is down to 6:47 PM. Route may include roads, pathed paths, and limestone trails. |
| Tuesday, September 22, 2009 | 8:00 AM | 80mi/ 18-20mph | Trader Joe's at Naperville Plaza | Roger Pardon 630-639-8505 | Bike to Sandwich A fast paced ride over rolling country lightly traveled roads. Lunch in Sandwich and return to Trader Joe's by a shorter route. |
| Tuesday, September 22, 2009 | 9:00 AM | 33-40 Miles @ 14-17 MPH | IMAX Parking Lot on 53 between 55th St and Hobson in Woodridge | Determined by riders who show | Tuesday IMAX ride - Show & Go Moderate paced, social ride through low traffic streets with coffee stop 2/3 through the ride. |
| Tuesday, September 22, 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 and sneaks!) 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, September 23, 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, September 23, 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, September 23, 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. |
| | | | IMAX Parking | | |

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| Thursday, September 24, 2009 | 9:00 AM | 50-70 Miles @ 14-17 MPH | Lot on 53 between 55th St and Hobson in Woodridge | Determined by riders who show | Thursday IMAX ride - Show & Go Longer ride through open country Southwest of Naperville with coffee and/or lunch stop. |
| Thursday, September 24, 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, September 25, 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, September 26, 2009 | 8:00 AM | 11-13mph 25-45 mi | Mather Park | Janet K 630-964-5126 | Plainfield Ride Join Janet K. for a Plainfield Ride |
| Saturday, September 26, 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, September 27, 2009 | 7:00 AM | 100 miles, 11-14 mph | Three Oaks, Michigan | J.A. Sebastian 708-704-2300 | Apple Cider Century See www.applecidercentury.com . Join the EBC members for rolling hills in Three Oaks, Michigan, for the Apple Cider Century. On Sunday morning, it's an all-you-can-eat pancake breakfast then rides of various lengths. Maybe the century? On Saturday, you can tour the wine country in and around Three Oaks, Michigan, which is only 60 miles from Chicago, with hotel options, camping on Saturday night in Three Oaks(free)or the Warrens Dunes State Park, which is just down the road. |
| Sunday, September 27, 2009 | 8:00 AM | 20 - 35 mi. 11 - 15 mph | Panera Bread, Elmhurst | Petra's mobile 630.418.4337 | Sunday w/Petra Sunday ride to where ever, back by 11 AM. |
| Sunday, September 27, 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 halfway for a coffee break. The wind direction will determine the route. All paved roads or trails. |
| Sunday, September 27, 2009 | 8:00 am | 60 miles at 17-19 mph | Trader Joe's in Naperville Plaza | Roger Pardon 630-639-8505 | Roger's Sunday Ride A fast ride over lightly traveled rolling country roads to Oswego for coffee or gelato. |
| Sunday, September 27, 2009 | 8:30am | Determined by riders who show | Panera Bread, Elmhurst | Determined by riders who show | Sunday Morning Show n Go In case you want to lead an alternative ride on Sunday Morning from Panera Bread ... to allow for ride size reduction and new ride leader opportunities. |
| Sunday, September 27, 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, September | 11:00 AM | ~45 miles leisurely | Rock Run Park in | George Pastorino 708- | Morris Corn Fest via I & M Trail Morris Corn Fest Parade via I & M Trail. Come and join George and Pussanee on a leisurely ride down the I & M Canal Trail to The Morris Corn Fest Parade. The Morris Corn Fest is a great event, tons of good food, a great parade down main street and really great buttered Sweetcorn! We will plan to arrive in |

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| 27, 2009 | | pace | Joliet | 903-8700 | Morris around 2pm and stay for about 90 minutes to eat and watch the Parade. Cross, Hybrid or mountain bike. Bring a cable and lock. Take 55s to 80e to Empress/Humbolt Rd and go .25 mile south to Rock Run Park I & M Trail access |
| Sunday, September 27, 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, September 28, 2009 | 9:00 AM | 25-35 miles / 13-15 mph | McCullum Park, Downers Grove | Art Frigo, 630-417-9387 | MOAB (Monday on a Bike) Casual Monday morning ride. |
| Monday, September 28, 2009 | 6:00 PM | 24-27 Miles 13-15 MPH | Depot, Elmhurst | Larry Gitchell (708) 421-0120, (708) 409-0105 | Monday Night Ride Half Moon in the Afternoon Ride - a waxing moon will illuminate the last Monday Night Ride of September. Sunset time 6:35; bring good headlights and taillights. Route may include roads, paved paths, or limestone trails. |
| Tuesday, September 29, 2009 | 8:00 AM | 80mi/ 18-20mph | Trader Joe's at Naperville Plaza | Roger Pardon 630-639-8505 | Bike to Sandwich A fast paced ride over rolling country lightly traveled roads. Lunch in Sandwich and return to Trader Joe's by a shorter route. |
| Tuesday, September 29, 2009 | 9:00 AM | 33-40 Miles @ 14-17 MPH | IMAX Parking Lot on 53 between 55th St and Hobson in Woodridge | Bill Schwartz 630-303-1160 | Tuesday IMAX ride Moderate paced, social ride through low traffic streets with coffee stop 2/3 through the ride. |
| Tuesday, September 29, 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 and sneaks!) 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, September 30, 2009 | 9:00 AM | 30 miles; 12-14 mph | Spring Rock Park in Western Springs (47th & Central Ave) | Cheri O'Riordan 630-325-3917; day of ride-312-718-3917 | Spring Rock to Woodridge This is a ride that Mary Jo Bolan designed but I will add a few changes. We will stop for a short break somewhere along the route to purchase something to munch on. |
| Wednesday, September 30, 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, September 30, 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, September 30, 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. |

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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