



# The Cue Sheet

October  
2009

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

## 2010 Upper Peninsula Ski Trip By Sharon Hermach

The annual EBC cross-country ski trip to the Upper Peninsula of Michigan is scheduled for January 31 to February 5, 2010. The Indianhead Motel in Ironwood, MI will again be our home base, and a block of rooms has been set aside. The 2009 price for a double occupancy was \$215.00 and for a single \$280.00. The price includes lodging for 5 nights, continental breakfasts, \$10 credit towards dinner each evening and trail passes.



The average annual snow fall for this area is 200 inches. The club has enjoyed skiing, eating, getting together at night for socializing and playing dominoes and other games, snow shoeing, and night hiking for several years. A few more pictures from previous trips are located at [photopages/UPski.html](http://photopages/UPski.html) and [m\\_photos.asp](http://m_photos.asp).

Downhill skiing is also available. You can get more details and the downhill package pricing when you call the motel or check their website at [www.indianheadmotel.com](http://www.indianheadmotel.com).

If you are interested and want to experience some of the best XC skiing in the Midwest, call the Indianhead Motel 906-932-2031 to make your reservations. I will be coordinating this trip again in 2010 and will assist with ride/room sharing details if possible. Please let me know when you make your reservations. I will send out the details on the dinner and trail location schedules in January to those who have signed up.

---

## It's Time to Reserve for Tucson in 2010

By Kären & Bill Schwartz

We had several inquiries on our bike ride today about biking in Tucson next spring. We are going again and several folks have reserved their condo already. We have and it is located in the northeast side of Tucson, near to the start of the famous Mt. Lemmon climb! Here are the rental details again for any who might want to join us this year in Tucson. The time to rent is now.

Rental dates: Arrive Friday, March 12, 2010  
Depart Sunday, March 21, 2010

It may seem that we're a bit ahead of time by posting these dates for the Tucson bike/hike outing for 2010, but the reason is that it's a busy time in Tucson in March and if you want to rent a condo or house or stay at a B&B, you need to reserve it way ahead of time. The area that we stay in is near the Arizona National Gold Course or the Sabino Springs area. It's located off of Snyder Road and is on the way to Mt. Lemmon. It's on the northeast side of Tucson. Tucson is a very spread out city and if you don't stay in the northeast area or at least on the east side, you may end up driving an hour to get to some of the ride starts. A rental car or your own car is also a necessity as while Tucson is one of the most bikeable cities around with bike lanes everywhere, you would end up biking many miles to get to rides starts without a



vehicle.

You can see many of the photos of this year's outing in Tucson if you look at Google groups for Elmhurst Bicycle Club in the past posts from Tucson. We had a great time and hope that next year will find more EBCer's out there.

There is a B&B right on Snyder Road -Jeremiah's -and there are condos to rent that can be found in Sabino Springs area

[www.vrbo.com/vacation-rentals/usa/arizona/tucson-area/tucson#a11114](http://www.vrbo.com/vacation-rentals/usa/arizona/tucson-area/tucson#a11114)

Motel  
Sonoran Suites of Tucson  
7990 E Snyder Rd  
Tucson, AZ, 85750

If you decide to rent now, just check that it's refundable. Our unit is if you call 60 days before.

---

## North Shore Invitational Ride By Baltimore Ortega

### **SUMMARY**

Our day was filled with enjoyable cycling on roads in the North Shore and a couple of near accidents EBC members helped prevent. After riding on one of David Polkow's rides one time, I asked him what he did to make his rides good. His response was, "I have great riders, they ride well and know the routes, they know what to do." Sunday I understood what he meant. I rode with a group of great riders who helped make it a great ride! Fog was an issue in the morning but it cleared and we had a wonderful ride with sunshine, a little wind, and temperatures in the 60's and 70's. It's always nice to be near Lake Michigan.

### **RIDE REVIEW**

The ride wandered through winding streets and some nice neighborhoods with gated homes. The difficult winter made the roads a little rough to ride so we kept pointing our spinning fingers down and yelling, "HOLE!". On these type of rides it is always best to arrive early and get ready. Usually you can expect a start delay because of all the crowds, parking, registration, and driving to the start location. The Evanston Bicycle Club seemed well organized. They offered nice SAG STOPS with the usual fresh fruits, bagels, PBJ sandwiches, and homemade pastries. The last stop offered hot pizza and ice cream. These two treats had the only lines. All of the streets were well marked. This helped me considerably because it was my first time leading a ride with a cue sheet. We do not use cue sheets on mountain bike rides. The traffic was fairly clear in the morning but got busy on some streets by late morning and early afternoon. It was a good day riding but there were some concerns from time to time. So why did I think it was a great ride? It was great because we rode and worked as a team.

I'm sure everyone has been on a ride where things happen. It makes the ride long and hard. This group of riders did not complain or whine because everything was not perfect. They were supportive, friendly, understanding, and positive. It is refreshing as a ride leader to have helpful riders with a good attitude. We made friends along the way and kept our 13-15 mile pace for the entire 65 mile ride. I smiled because several riders said they were keeping the pace and didn't want to be "pushers". The last part of our ride included some of John Park's "Mansion Ride". When we rode by a cemetery JA Sebastian whispered to me it was the spooky cemetery. I think she whispered so "something" could not hear us. We stopped and cautiously observed from a safe distance. I explained it was the cemetery where John and Roland fell with their bikes because "something" made them fall? We did not enter and instead rode by carefully speaking in a whisper and making sure everyone was okay. A block later I counted the riders and we all left safely. Later we stopped at a wonderful and

peaceful park by Lake Michigan to relax and view Nature. The scene reminded me of viewing Lake Michigan from the shores of Door County, Wisconsin.

### **HAROLD YELLS "STOP!"**

At one point on the route we approached a 2-way stop sign with three cyclist nearby and ahead of us. We had to stop at the stop sign and the cars did not. The first rider crossed the street and then the next one started to cross as an approaching car was going to crash into him. Harold instantly yelled "STOP!" as the car approached the cyclist. The rider hit his brakes so hard his bike flipped and he fell. All of this happened while we heard the tires on the car screeching when the driver slammed on his brakes. The third cyclist was startled, stopped abruptly, and also fell. Within a few seconds we had two cyclists on the ground and traffic stopped. EBC members moved in quickly to help them and make sure they were okay. We suggested they take a few minutes to get their heads together. They did not want additional help. They fell hard and it could have been a very serious accident. Some of our riders saw the second rider hit her head hard when she fell. She had a helmet on that saved her. This is why you should always wear a helmet on any ride and follow safety rules. Later, JA Sebastian loudly warned a cyclist, not in our group, a car was coming at an intersection and he stopped to avoid an accident. This is one of the reasons I ride with the Elmhurst Bicycle Club. It is safer to ride with member cyclists who are careful and experienced.

### **END OF THE RIDE**

After the near accident we became closer as a group. Our group had decided early in the day to be safe and follow the rules. We were especially diligent in the morning when we met a police car at a four way stop. We all waved him to pass first. At our last SAG STOP we all voted Harold MVP, most valuable player, for helping prevent an accident. JA Sebastian received an honorable mention for also preventing an accident. We finished the ride and listened to live music.

### **THANKS TO THE RIDERS**

This was my last "road ride" to lead as a ride leader this year. I'm glad to finish the year with a great group of riders on a fun ride! I hope everyone is having a safe and fun cycling year. Thank you to everyone who rode on my rides this year. Thanks to the following "Great" riders for helping me lead the ride this past Sunday: Pam L., Harold L., Pat D., Mary Lee St. A., Sue B., JA S., Chris G. (new member), John C., Mary M., Carole D., Hugo V. (guest visiting from Mexico), John G. (guest).

---

## Ride to Itasca Nature Center With a Return via the Greenway Trail By Michael Cosentino

As per the request of our Prez, this is a recap of the ride on Saturday 9/12 to Itasca Nature Center.

Nice weather and little wind resistance allowed us to have an enjoyable ride to the Itasca Nature Center. We hiked the main trail of one mile. The trail map wasn't that hiker friendly, but Diane, who has hiked here before was able to lead the way. Of the 3 trails offered, one is bikeable for about 1/3 of a mile loop.

On the way back, we attempted to ride the new portion of the Salt Creek Greenway Trail that is being constructed. Surprisingly, we were able to bike most of it starting from the north end of Addison Rd. and Elizabeth. The trail runs along the east side of Addison Rd. From about 20 yards from Elizabeth, the trail is rocky with loose gravel but afterwards it flattens out and this makes it rideable. There are some bumps when a driveway intersects that you need to go slowly over. We had to get off the trail briefly and pedal against the traffic on Addison Rd. when it came under I-290 viaduct. They are widening the path underneath. We rejoined the trail as it turned east along the south border of the water filtration plant. When the trail turned to go south to border the east side of Community Park in Addison, it was newly paved. We continued to ride until the path will cross Salt Creek. However, the bridge is not there yet. Dean tried to do an Evil Kneivel leap bit to no avail. Pam attempted to have an ET experience to pedal over but didn't happen. We turned around and came off the trail at North Ave., and then turned left at State to Lake. We pedaled on the south sidewalk of Lake St. and met up with the trail at the intersection with Wooddale Rd. The trail from Lake St. to Fullerton is paved through the woods and comes out into the prairie, where it is flattened sand. It is a very smooth ride. We

continued into the Cricket Creek FP and saw the mark where another bridge will be built to cross the creek and lead into the FP. The bushes were painted in pink. Standing on the bridge on North Ave. over Salt Creek you can see the foundation being put in place to have the trail go underneath the bridge to cross under North Ave. Going south on Villa, we turned left on 3rd St. and rode the trail till it came out on 2nd St. and continued south on Villa.

Another ride will be planned to again see the progress of the new portion of the Salt Creek Greenway Trail.

---

### Art's Monday Adventure Ride

By Susan Sperl

Art led a most memorable ride on a beautiful windy day ....

We were only a mile out and Art broke his seat. Since he did not want to lead his ride without a saddle, we made a detour to Bill and Kären's home for a quick fix. We all enjoyed their Koi pond!

On the road again, we made it to Argonne to meet Art's daughter Betsy. Betsy explained to us how Argonne started a biking program 2 months ago. She also explained a little about Argonne being all about energy as it houses a huge x-ray ring. Betsy gave statistics on how nuclear energy was better than coal for both us and the environment.

After a quick break and tour of the museum, we were off. Hank just missed rolling over a big black dog .... a close call! Two miles from home, Al had a flat tire and somehow decided to leave a trail of bike parts as he proceeded to the parking lot.

All and all, a great ride! Thank you, Art! After living in this area for 20 years, I really enjoyed my first visit to Argonne!

---

### Imagination Glen

By George Pastorino

Several Mountain Bikers have asked me for more info on Imagination Glen in Portage, Indiana.

This relatively new trail system provides an exhilarating, don't-miss destination for riders wanting an alternative to the Illinois trails. The 10+ miles of single-track, divided into two skill-based loops and known collectively as the Outback Trails at Imagination Glen, have plenty of memorable features to make intermediate riders glad they came. You'll find a string of tall whoop-dee-does, tight turns, lots of quick drops with short & grinding climbs around a bend, a section riddled with log ride-overs, and more! A nice plus for novices is that selected challenging sections have bypasses so these riders can enjoy the trail without getting in over their head. Also, mile markers and maps are placed along the trail to keep you up on where you are.

What really makes the place interesting is the undulating terrain. The hills are typical for the Midwest: modest. But the ground here isn't flat for long. And the designers have used the contour of the land to throw in plenty of variety and challenge. You'll find small patches of sand throughout the park, mostly in low areas, but nothing that will bog you down. There are two trail loops here and both start at the clearly visible trailhead sign.

---

### What Is an Invitational Ride?

By Baltimore Ortega

Some cycling clubs offer rides once per year as a way to raise funds. They offer rides supported by the club for various distances at a reasonable fee. Usually, cyclists can choose to ride one distance every year or they can return for higher levels. Most clubs offer quarter-century (25 miles), half-century (50 miles), metric century 100 km (62 miles), three-quarter century (75 miles), century (100 miles), and a double-metric century 200 km (124 miles) rides on the same day. Any bike can be used. If you are interested in riding longer distances I would suggest another organization, the Randonneurs USA. Their rides (brevets) are 200, 300, 400, 600, 1000, and 1200

kilometers.

Here are some reasons to consider riding a club sponsored invitational ride. First, it is a great way to ride with club members, friends, or fellow friendly cyclists. Along the ride if anything happens riders will ride by and/or stop to ask if you need some help. It is a safe way to ride. The Elmhurst Bicycle Club (EBC) will give you club miles if all rules are followed. The second reason is they provide stops every 10, 15, or 20 miles called SAG STOPS. These stops offer beverages and food to keep you energized while you rest. The third reason is the club offers vehicles called SAG WAGONS that patrol the routes looking for cyclists who have to stop riding due to bike problems, injury, or any other reason. If the situation is serious they take the rider back to the start.

At the end of the ride you pat yourself on the back for accomplishing your personal goal. You still have time this year to sign up for a century ride at any distance and can start making plans to train and ride next year. Contact our club if you want to get started and check the ride schedule. Our members will reach out and help you. I'm sure they can contribute information to this short summary. Good luck on your next invitational ride!

---

## The "Tour de Coal City"

By Baltimore Ortega

A victory for EBC! We rode for ourselves, the "peloton", and to represent the Elmhurst Bicycle Club. At one of the SAG stops a cyclist walked up to me and said, "A lot of people from the Elmhurst bike club are here today." Our friendly presence was felt. We had three EBC teams riding, Team Pastorino, Team Turula, and Team Ortega. If you attend any invitational rides don't forget to proudly wear your EBC jersey so we can advertise our club.

This was an exciting day for me because it was going to be my first century with a team. I rode the other four by myself because of the mountain bike. I am the type of person who rarely asks for help. I decided to reach out and ask EBC for some help and support. Homer Coble, Larry Gitchell, and Chuck Gentile quickly stepped up and offered to ride with me. Steve Josephs and Roland Porter also offered to help. All of a sudden we had a team. This is one of the traits of the Elmhurst Bicycle Club. We have members who will offer to help, support, and ride with you. Jim Doheny emailed to see if he could ride with us to finish his first century ride. Other EBC members showed up at the start.

Sunday was a day to ride in near perfect weather. The day started with a crisp and cool morning in the mid 60's and ended in the mid 70's under clear weather and some wind. Unfortunately, I don't think the wind was ever on our back? The parking lot was bustling with anxious and excited cyclists preparing for their rides. At the start some of the riders decided to ride at a slower pace. The rest of us rode the first 30 miles at 17 mph. We had a few sprints at 20-23 mph mostly chasing other pelotons. All of the roads were well marked with big wide white arrows. The arrows made it easy to stay on the route. At the SAG stops nice workers from the PSYCHOS bike club were friendly and smiled while they offered a great assortment of food and fruit. The tables were full of bananas, watermelon, cantaloupe, muffins, cookies, pasta, bagels, and turkey and ham sandwiches. The beverages were chilled and cooled us down quickly. We ate, filled our water containers, and rested. We did not see big lines for the food, beverages, or restrooms. As the ride progressed we rode through acres of green corn fields and soybeans. We had scenic views along the Illinois River and rode mostly low traffic roads. Each SAG was good and I always saw workers filling the food trays and beverage containers.

At one point we ran into some gravel and Homer Coble lost his bike and fell. He quickly got up, checked his bike, and was ready to go. I asked him if he was okay to ride. He said yes. I gathered the riders so we could get going when Hank Niedballa made a wise suggestion. He said we should give Homer a few minutes to get his head together. We all agreed and waited. Now we were a team. During the first 30 miles we were just trying to ride together and now we were watching out for each other. Throughout the day riders took turns leading to help the rest of us draft. An honorable mention goes to Chuck Gentile for spending more time riding the front. The first half of the ride was mostly flat. However, the second half had some tough hills. Our average speed dropped but our cycling effort increased. At the 90 mile

SAG stop Jim Doheny looked good enough to finish the last few miles. His ride was not easy. He was riding a hybrid bike with flat pedals, no lockout on his front shock, and wearing gym shoes. We finished together and had a great day of cycling.

At the finish Laura set up a table with a cloth cover so she could make chicken and tuna sandwiches. We enjoyed sandwiches with her delicious cold potato salad and bags of kettle potato chips. We also enjoyed ice cold chocolate milk, orange juice, and tea. Later Team Turula and Team Pastorino members joined us for food and beverages. It was my way of saying thank you to the members of EBC who came out to help and support me on the ride. What did I do last Sunday? I rode my bicycle all day with my friends. What a great day!

Congratulations Jim Doheny for joining the "Century Club"! You did a great job! We were all glad and proud to help you accomplish your goal. Thanks to the following members: Homer S., Larry G., Chuck G., Steve J., Roland P., Hank N., Nancy R., Joanne D., Jim D., Kathy W-S., Julie Ann S., Tim H. (new member), Mike C. (new member).

STATS: 104 miles, average speed 15.9 mph, sprints 20-23 mph, max speed 35.6 (downhill), time ~6 1/2 hours, ride posted 14-18 mph with sprints of 20 mph.

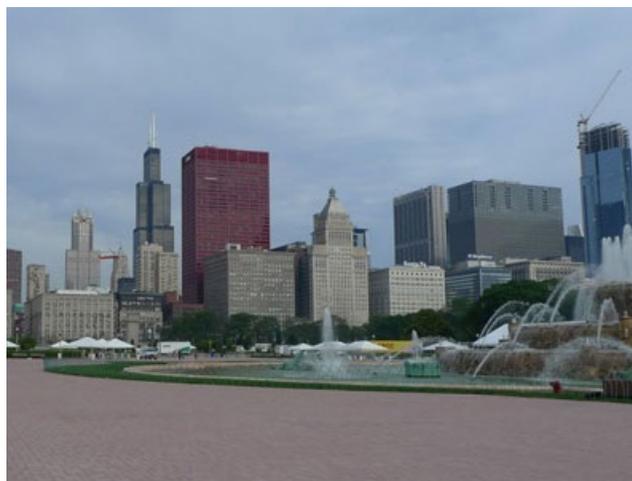
---

## From Naperville to Chicago

By Eric Peterson

Well we finally rode into Chicago. My neighbor (Ted) works in the Loop and this morning (8/4/09) he rode to work along with his daughter Annika, with me leading the way.

The route was pretty much trouble-free, just one missed turn in Hinsdale, and slow going near the end with all the stop-lights on Lake. And some very rough road surfaces on Lake as well. We left around 6:45 and got downtown around 9:30. Ted went to work, Annika and I headed to the lakefront path, where we rode down past the Shedd before I needed to head back. Annika decided to stay downtown for a while. Despite the traffic, riding in the Loop was a pleasant experience. I took the train back, at one point there were four bikes in the train car I was in (max is three), conductor was cool about it though. Bikes on Metra is a great program despite its limitations, it would be even better if someday they allowed more than three bikes per train car, and removed the rush hour restrictions, which make the service something you can't count on 100%. On the return, it was great to carry my bike off the train, hop on, and ride away.



Chicago photo by Jerome Hughes (6/21/09)

The only things I would change would be to look for an alternate to Lake east of Western, and to avoid the multiple crossings of the BNSF out in the western suburbs. You can see the basic route [here](#) (we took the "southern" route). Overall the route was pretty "hassle-free".

Please submit articles and/or photos for the newsletter to Cindy Reedy (cmreedy\_prodigy.net) **AND** Sharon Hermach (ganskesh\_hotmail.com). The deadline is the 15th of the month.

### Elmhurst Bicycle Club Officers and Committee Chairs

President

Ray Dal Lago, 630.543.4655

Advocacy

Bob Hoel

Refreshments

Cheri O'Riordan, 630.325.3917

president_elmhurstbicycling.org	bob.hoel_comcast.net	cycle2ski_yahoo.com
<b>Vice President/Ride Captain</b> Steve Josephs, 630.655.8710 ridecaptain_elmhurstbicycling.org	<b>Publicity</b> Peter Gough, 630.903.8436 prgough98_aol.com	<b>Safety</b> Larry Gitchell, 708.409.0105 larsofmars_aol.com
<b>Treasurer</b> George Pastorino, 708.903.8700 treasurer_elmhurstbicycling.org	<b>Programs</b> <b>Volunteer Needed</b>	<b>Sergeant-at-Arms</b> Steve Sinderson steve_woodlandplastics.com
<b>Secretary</b> Roland Porter, 630.655.1890 secretary_elmhurstbicycling.org	<b>Database Manager</b> Nancy Shack, 630.964.3862 nshack_comcast.net	<b>Assistant Ride Captain</b> Nancy Rice, 630.717.9923 hotline_elmhurstbicycling.org
<b>Membership Coordinator</b> Susan Sperl, 630.416.0655 membership_elmhurstbicycling.org	<b>Website Team</b> Cindy Reedy, 630.530.1250 cmreedy_prodigy.net Sharon Hermach, 630.717.1660 ganskesh_hotmail.com	<b>Mountain Bike Coordinator</b> George Pastorino, 708.903.8700 gpastorino_comcast.net
<b>Newsletter Editor</b> <b>Volunteer Needed</b>		<b>List Server</b> 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](http://www.elmhurstbicycling.org/abt_membership.asp))

## October 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
Thursday, October 01, 2009	9 AM	50-65 miles at 16-18 mph	Imax theatre in Woodridge, corner of Hobson Rd and Rt 53	Bill Schwartz 630-303-1160	<b>Thursday Imax ride</b> Moderate/Fast ride through neighborhood streets to rolling country roads. We will either go to Oswego or Yorkville
Thursday, October 01, 2009	6pm	20-25 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. Mountain, cross or hybrid bike highly recommended. Good headlights, taillights and bright clothing required. Check list server for updates.
Friday, October 02, 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.
				Dean	<b>LIVESTRONG Day 2009 Easy Night Ride</b> Come ride an easy night ride for LIVESTRONG Day 2009. Route will include streets, paved paths, and limestone trails. Please plan accordingly. Headlights and

Friday, October 02, 2009	6:30 PM	16 Miles / 10-12 mph	Villa Park Depot	Vuckovich (480)466- 4469	taillights are required, and if possible try to wear yellow or bright clothing. This is not required, but if anyone would like to make a donation to the Lance Armstrong Foundation, I will be collecting donations just before the ride starts. All donations collected will then be sent to LAF on behalf of the EBC members
Saturday, October 03, 2009	9:00 AM	38 mi 11 - 15 mph Depends upon Traffic.	Elmhurst Depot.	Petra's mobile 630.418.4337	<b>Oktoberfest ride to the Mirabell</b> Celebrate Oktoberfest at the Mirabell Restaurant and return. Ride cancels if raining, of course.
Saturday, October 03, 2009	9:00 AM	30 Miles, 13-15 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409- 0105	<b>Cheesecake Again?</b> Ride to Eli's Cheesecake Festival and see how many samples you can devour! Urban adventure - expect busy streets and poor pavement. May include sidewalk sneaks and 'Polkow Portages'. Bring Money and a lock. We'll spend about an hour at the 'fest.
Saturday, October 03, 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, October 04, 2009	8 AM	25 - 30 mi 11 - 15 mph	Panera Bread, Elmhurst	Petra's mobile 630.418.4337	<b>Sunday w/Petra</b> Sunday morning rides throughout the Chicagoland. As always, back by 11 AM, rain cancels, and now temps below 30 deg. F.
Sunday, October 04, 2009	8:30 AM	44 Miles, 14-16 MPH	Panera Bread, York & North Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409- 0105 (H)	<b>Navy Pier Two, Boredom Zero</b> Rerouted re-do of my September 13th ride to Navy Pier. Mountain bike recommended, touring/hybrids okay, road bikes...maybe. All pavement urban ride, will include sidewalk sneaks and alleys. One short intermediate break each way, 20-30 minute stop at Navy Pier. Please bring a good lock.
Sunday, October 04, 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, October 04, 2009	8:30 AM	Determined by riders who show	Panera Bread, Elmhurst	Determined by riders who show	<b>Sunday Morning Show n Go</b> To allow for alternate rides on Sunday Morning from Panera Bread ... for ride size reduction and new ride leader opportunities.
Sunday, October 04, 2009	9:00 am	50mi / 17- 19mph	Trader Joe's in Naperville Plaza	Roger Pardon 630-639- 8505	<b>Roger's Sunday Ride</b> Fast ride through neighborhood streets to rolling country roads. The start time is one hour later due to diminishing sunlight and my fear of the dark. We will stop as usual at the popular Village Grind for coffee and a very unhealthy diet of cakes and pastries(not mandatory). The return trip is a little bit shorter. A NICE WAY TO START THE WEEK!
Sunday, October 04, 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, October 05, 2009	7:30 AM	100 miles / 14-16 mph	Columbia Woods parking area off Willow Springs Road	Art Frigo, 630-417- 9387	<b>Centennial Century</b> This ride will provide another chance to complete a century in 2009. It will include four 25-mile loops of the Centennial Trail, which is flat and has very little traffic. We will sag from the parking lot at the east end of the trail at 25-mile intervals. There are washrooms at both ends of the trail. If you are not sure if you can do 100 miles, give it a try - you can drop out at 25, 50, or 75 miles if you want. Rain or windy weather cancels this ride.

Monday, October 05, 2009	6:00 PM	20-25 Miles, 13- 15 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409- 0105 (H)	<b>Monday Night Ride</b> Spin on into October with the MNR! Headlights and taillights required. Routes will include streets, paved paths, and possibly limestone trails. Please plan accordingly.
Tuesday, October 06, 2009	9 AM	35 miles at 15-17mph	Imax theatre in Woodridge, corner of Hobson Rd and Rt 53	Bill Schwartz 630-303- 1160	<b>Tuesday Imax ride</b> Neighborhood ride through good streets to Panera on Rt 59. Good friends, good eats and good exercise!
Tuesday, October 06, 2009	9:00 am	60mi / 17- 19mph	Trader Joe's in Naperville Plaza	Roger Pardon 630-639- 8505	<b>Ride to Yorkville</b> Fast ride through neighborhood streets to rolling country roads. The start time is one hour later. We will stop at the Bridge Street Cafe for lunch and their famous fries.
Tuesday, October 06, 2009	6pm	20-25 miles, 13- 15 mph pace	Panera Bread, Elmhurst	Jeff Wincentzen, 630.832.3338 h	<b>Tuesday Night Ride</b> A road ride (with paths and sneaks!) exploring Cook and DuPage counties. Includes one short stop. Bring enough food/drink to refuel. Mountain, cross or hybrid bike highly recommended (potholes are hard to see in the dark). Good headlights, taillights and bright clothing required. Check list server for updates.
Wednesday, October 07, 2009	8:30 AM	63 MI 10- 12 MPH	McCOLLUM PARK	TED SWARD 708 354- 5782 CELL:708 446-3533 DAY OF RIDE	<b>THE WAY WEST</b> Join Ted for a ride on bikre friendly roads and lunch at he River View Diner in Montgomery. This is a great chance to complete your 62 mi. requirement for your patch series. Riding at the speed of fun.
Wednesday, October 07, 2009	9:00 AM	Determined by riders that show	McColum 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, October 07, 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, October 08, 2009	9 AM	50-65 miles at 16-18 mph	Imax theatre in Woodridge, corner of Hobson Rd and Rt 53	Bill Schwartz 630-303- 1160	<b>Thursday Imax ride</b> Moderate/Fast ride through neighborhood streets to rolling country roads. We will either go to Oswego or Yorkville
Thursday, October 08, 2009	6pm	20-25 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. Mountain, cross or hybrid bike highly recommended. Good headlights, taillights and bright clothing required. Check list server for updates.
Thursday, October 08, 2009	7:15 PM		Community Bank, Elmhurst	Ray Dal Lago, 630- 543-4655	<b>Monthly Club Meeting</b> Monthly club meeting.
Friday, October 09, 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.
					<b>Palos Epic Ride</b> Want to spend the whole day on your mountain bike? Then this ride is for you, we will ride the whole Palos system including Swallow Cliff which is on the

Saturday, October 10, 2009	9:00 AM	~45 miles moderate pace	Buffalo Woods North Grove # 2	George Pastorino	other side of Rt 83. Bring a sandwich as we will have lunch on the shore of Lake Tampier in Orland Park. Route will include all the legal single track and lots of doubletrack also. Bring lots of water,energy pacs and bars for nutrition. Plan on 5 to 6 hours depending on pace. Easy trails, hard trails, moderate trails we will hit them all! 55 north to Lagrange Rd south to 87th street east to Kean Ave left on Kean to Buffalo Woods North Grove # 2
Saturday, October 10, 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, October 10, 2009	9 AM	40 mi +/- 11-15 mph	Elmhurst Depot.	Petra's mobile 630.418.4337	<b>West Town Bike on the Paseo Boricua</b> Ride and visit West Town Bikes and Ciclo Urbano after brunch at the Handlebar. A visit to Margie's if time and inclination permit. Back about 2 PM. Rain cancels, call if questionable.
Sunday, October 11, 2009	8 AM	25 - 30 mi 11 - 15 mph	Panera Bread, Elmhurst	Petra's mobile 630.418.4337	<b>Sunday w/Petra</b> Sunday morning rides throughout the Chicagoland. As always, back by 11 AM, rain cancels, and now temps below 30 deg. F.
Sunday, October 11, 2009	8:00am	31 miles, 11-13 mph	Ray Graham Association (On Madison between Berkely and Fairview) in Elmhurst	Mike Cosentino 630-464-3715	<b>The Original EBD Metro Metric Short Loop</b> The Original EBC Metro Metric Short Loop Route of 31 miles. 1st 10 riders receive a commerative cue sheet. We will ride the original streets unless road construction prohibits. Rest Stop will be at Cantigny Park....Parking is on the street and neighbors may complain. I will ride by the Elmhurst Depot at 7:30am if riders prefer to meet there. The reason for the starting point on Madison is obviously that is where it was started .
Sunday, October 11, 2009	8:30 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 or trails.
Sunday, October 11, 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, October 11, 2009	8:30 AM	Determined by riders who show	Panera Bread, Elmhurst	Determined by riders who show	<b>Sunday Morning Show n Go</b> To allow for alternate rides on Sunday Morning from Panera Bread ... for ride size reduction and new ride leader opportunities.
Sunday, October 11, 2009	9:00 am	50mi / 17-19mph	Trader Joe's in Naperville Plaza	Roger Pardon 630-639-8505	<b>Roger's Sunday Ride</b> Fast ride through neighborhood streets to rolling country roads. The start time is one hour later due to diminishing sunlight and my fear of the dark. We will stop as usual at the popular Village Grind for coffee and a very unhealthy diet of cakes and pastries(not mandatory). The return trip is a little bit shorter. A NICE WAY TO START THE WEEK!
Sunday, October 11, 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, October 12, 2009	6:00 PM	20-25 Miles, 13-15 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	<b>Monday Night Ride</b> Spin on into October with the MNR! Headlights and taillights required. Routes will include streets, paved paths, and possibly limestone trails. Please plan accordingly.

Tuesday, October 13, 2009	9 AM	35 miles at 15-17vmph	Imax theatre in Woodridge, corner of Hobson Rd and Rt 53	Bill Schwartz 630-303- 1160	<b>Tuesday Imax ride</b> Neighborhood ride through good streets to Panera on Rt 59. Good friends, good eats and good exercise!
Tuesday, October 13, 2009	9:00 am	60mi / 17- 19mph	Trader Joe's in Naperville Plaza	Roger Pardon 630-639- 8505	<b>Ride to Yorkville</b> Fast ride through neighborhood streets to rolling country roads. The start time is one hour later. We will stop at the Bridge Street Cafe for lunch and their famous fries.
Tuesday, October 13, 2009	6pm	20-25 miles, 13- 15 mph pace	Panera Bread, Elmhurst	Jeff Wincentzen, 630.832.3338 h	<b>Tuesday Night Ride</b> A road ride (with paths and sneaks!) exploring Cook and DuPage counties. Includes one short stop. Bring enough food/drink to refuel. Mountain, cross or hybrid bike highly recommended (potholes are hard to see in the dark). Good headlights, taillights and bright clothing required. Check list server for updates.
Wednesday, October 14, 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, October 14, 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, October 15, 2009	9 AM	50-65 miles at 16-18 mph	Imax theatre in Woodridge, corner of Hobson Rd and Rt 53	Bill Schwartz 630-303- 1160	<b>Thursday Imax ride</b> Moderate/Fast ride through neighborhood streets to rolling country roads. We will either go to Oswego or Yorkville
Thursday, October 15, 2009	6pm	20-25 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. Mountain, cross or hybrid bike highly recommended. Good headlights, taillights and bright clothing required. Check list server for updates.
Friday, October 16, 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, October 17, 2009	9 AM	30+/- mi 11 - 15 mph	Elmhurst Depot.	Petra's mobile 630.418.4337	<b>Fall Color at The Morton Arboretum</b> Ride to and tour of Morton Arboretum for Fall Colors and attend the Bonterra Vineyard wine tasting. Lunch on the grounds, too. There is an admission charge if you are not a member. Admission is \$11.
Saturday, October 17, 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, October 18, 2009	8 AM	25 - 30 mi 11 - 15 mph	Panera Bread, Elmhurst	Petra's mobile 630.418.4337	<b>Sunday w/Petra</b> Sunday morning rides throughout the Chicagoland. As always, back by 11 AM, rain cancels, and now temps below 30 deg. F.
Sunday, October 18, 2009	8:30 AM	Determined by riders who show	Panera Bread, Elmhurst	Determined by riders who show	<b>Sunday Morning Show n Go</b> To allow for alternate rides on Sunday Morning from Panera Bread ... for ride size reduction and new ride leader opportunities.

Sunday, October 18, 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, October 18, 2009	8:30 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 or trails.
Sunday, October 18, 2009	9:00 am	50mi / 17- 19mph	Trader Joe's in Naperville Plaza	Roger Pardon 630-639- 8505	<b>Roger's Sunday Ride</b> Fast ride through neighborhood streets to rolling country roads. The start time is one hour later due to diminishing sunlight and my fear of the dark. We will stop as usual at the popular Village Grind for coffee and a very unhealthy diet of cakes and pastries(not mandatory). The return trip is a little bit shorter. A NICE WAY TO START THE WEEK!
Sunday, October 18, 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, October 19, 2009	9:00 AM	30-40 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, October 19, 2009	6:00 PM	20-25 Miles, 13- 15 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409- 0105 (H)	<b>Monday Night Ride</b> The Pentultimate Monday Night Ride Headlights and taillights required. Routes will include streets, paved paths, and possibly limestone trails. Please plan accordingly.
Tuesday, October 20, 2009	9:00 am	60mi / 17- 19mph	Trader Joe's in Naperville Plaza	Roger Pardon 630-639- 8505	<b>Ride to Yorkville</b> Fast ride through neighborhood streets to rolling country roads. The start time is one hour later. We will stop at the Bridge Street Cafe for lunch and their famous fries.
Tuesday, October 20, 2009	9 AM	35 miles at 15-17mph	Imax theatre in Woodridge, corner of Hobson Rd and Rt 53	Bill Schwartz 630-303- 1160	<b>Tuesday Imax ride</b> Neighborhood ride through good streets to Panera on Rt 59. Good friends, good eats and good exercise!
Tuesday, October 20, 2009	6pm	20-25 miles, 13- 15 mph pace	Panera Bread, Elmhurst	Jeff Wincentzen, 630.832.3338 h	<b>Tuesday Night Ride</b> A road ride (with paths and sneaks!) exploring Cook and DuPage counties. Includes one short stop. Bring enough food/drink to refuel. Mountain, cross or hybrid bike highly recommended (potholes are hard to see in the dark). Good headlights, taillights and bright clothing required. Check list server for updates.
Wednesday, October 21, 2009	9:00 AM	11 - 14 mph 40 - 45 miles	Elmhurst depot	Mary Jo Bolan 630 887 9652	<b>Ride to Vietnamese restaurant</b> Ride to a northside Vietnamese community for a "noodle soup" lunch. Details to follow on list server.
Wednesday, October 21, 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, October 21, 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, October 22, 2009	9 AM	50-65 miles at 16-18 mph	Imax theatre in Woodridge, corner of	Bill Schwartz 630-303- 1160	<b>Thursday Imax ride</b> Moderate/Fast ride through neighborhood streets to rolling country roads. We will

			Hobson Rd and Rt 53		either go to Oswego or Yorkville
Thursday, October 22, 2009	6pm	20-25 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. Mountain, cross or hybrid bike highly recommended. Good headlights, taillights and bright clothing required. Check list server for updates.
Friday, October 23, 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, October 24, 2009	7:30 AM	100 Miles @ 13 - 15 MPH	Main Dam Wood at Busse Woods in Elk Grove Village	Betty Bond 630-932-0271 Cell 630-881-1177	<b>Larry's Birthday Century Lead by Betty</b> This is a slower version of the reverse route of Larry's 4th of July century. SAG Wagon with snacks & drinks provided. Lunch on the route. Main Dam Woods is at the intersection of Arlington Hts. & Edgeware Rds. This is about 1 1/4 miles north of Biesterfield Rd. on the west side of Arlington Hts. Rd.
Saturday, October 24, 2009	7:30 AM	100 Miles, 14-16+	Main Dam Woods at Busse Woods (see description)	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	<b>Larry's Birthday Century</b> The ride leader hands out the birthday spankings with this century ride to Woodstock! We'll use a reverse-route of the 4th of July ride. SAG Wagon with snacks and drinks provided. Lunch on the route. Main Dam Woods is at the intersection of Arlington Heights Road and Edgeware Road in Elk Grove Village. This is about 1-1/4 miles north of Biesterfield Road on the west side of Arlington Heights Road. Look for the orange minivan in the first parking lot.
Saturday, October 24, 2009	9:00 AM	50 miles 14 to 16mph	Ellettsville, Indiana	George Pastorino	<b>42nd Annual Hilly Hundred - Saturday</b> The Hilly Hundred is a great 2 day ride run by CIBA. It is 50 miles each day, has bands playing at the rest stop..which serve fried chicken for lunch! The course is through beautiful Brown County with a great view of fall colors. This is a fun ride! Pussanee and I have done it 4 times and just love it.
Saturday, October 24, 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, October 25, 2009	8:00 am	63 miles 17-19 mph	Cuba Marsh Forest Preserve. Just west of RT 12 on the south side of Ela Rd in Lake Zurich.	Bruce Lloyd 630.772.9821	<b>Cuba Marsh 100k</b> This is a cool route with low traffic and some rolling hills. We'll ride to McHenry and come back through Barrington Hills There will be one stop at a park in Cary at around 33 miles. Rain cancels ride. Take Rt 12 north to Cuba Rd. West on Cuba Rd. just past Ela Rd. The entrance to the forest preserve is on the south side of the street.
Sunday, October 25, 2009	8 AM	25 - 30 mi 11 - 15 mph	Panera Bread, Elmhurst	Petra's mobile 630.418.4337	<b>Sunday w/Petra</b> Sunday morning rides throughout the Chicagoland. As always, back by 11 AM, rain cancels, and now temps below 30 deg. F.
Sunday, October 25, 2009	8:30 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 or trails.

Sunday, October 25, 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, October 25, 2009	8:30 AM	Determined by riders who show	Panera Bread, Elmhurst	Determined by riders who show	<b>Sunday Morning Show n Go</b> To allow for alternate rides on Sunday Morning from Panera Bread ... for ride size reduction and new ride leader opportunities.
Sunday, October 25, 2009	9:00 am	50mi / 17- 19mph	Trader Joe's in Naperville Plaza	Roger Pardon 630-639- 8505	<b>Roger's Sunday Ride</b> Fast ride through neighborhood streets to rolling country roads. The start time is one hour later due to diminishing sunlight and my fear of the dark. We will stop as usual at the popular Village Grind for coffee and a very unhealthy diet of cakes and pastries(not mandatory). The return trip is a little bit shorter. A NICE WAY TO START THE WEEK!
Sunday, October 25, 2009	9:00 AM	50 miles 14 to 16mph	Ellettsville, Indiana	George Pastorino 708-903- 8700	<b>42nd Annual Hilly Hundred - Sunday</b> The Hilly Hundred is a great 2 day ride run by CIBA. It is 50 miles each day, has bands playing at the rest stop..which serve fried chicken for lunch! The course is through beautiful Brown County with a great view of fall colors. This is a fun ride! Pussanee and I have done it 4 times and just love it.
Sunday, October 25, 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, October 26, 2009	9:00 AM	~28 miles moderate pace	Brown County State Park, Nashville Indiana	George Pastorino 708-903- 8700	<b>Brown County Mountain Bike Ride</b> Brown County MTB ride The Mountain Bike trails here are among the finest we have ever ridden, 30 miles of twisty, hilly, narrow single-track. It really feels as if you are riding in an I.M.B.A. Calendar. Although they do have beginner trails, my opinion is that this area is best for intermediate level and above. More info in e-mail. This is Mountain Bike Heaven
Monday, October 26, 2009	6:00 PM	20-25 Miles, 13- 15 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409- 0105 (H)	<b>Monday Night Ride</b> The Monday Night Ride Season Finale Headlights and taillights required. Routes will include streets, paved paths, and possibly limestone trails. Please plan accordingly. The MNR takes a break for the winter, and will resume in 2010 when Daylight Savings Time kicks in .
Tuesday, October 27, 2009	9:00 am	60mi / 17- 19mph	Trader Joe's in Naperville Plaza	Roger Pardon 630-639- 8505	<b>Ride to Yorkville</b> Fast ride through neighborhood streets to rolling country roads. The start time is one hour later. We will stop at the Bridge Street Cafe for lunch and their famous fries.
Tuesday, October 27, 2009	9 AM	35 miles at 15-17mph	Imax theatre in Woodridge, corner of Hobson Rd and Rt 53	Bill Schwartz 630-303- 1160	<b>Tuesday Imax ride</b> Neighborhood ride through good streets to Panera on Rt 59. Good friends, good eats and good exercise!
Tuesday, October 27, 2009	6pm	20-25 miles, 13- 15 mph pace	Panera Bread, Elmhurst	Jeff Wincentzen, 630.832.3338 h	<b>Tuesday Night Ride</b> A road ride (with paths and sneaks!) exploring Cook and DuPage counties. Includes one short stop. Bring enough food/drink to refuel. Mountain, cross or hybrid bike highly recommended (potholes are hard to see in the dark). Good headlights, taillights and bright clothing required. Check list server for updates.
Wednesday, October	9:00	Determined by riders	McCollum Park,	Determined by riders who	<b>Wednesday Show n Go</b> The riders who show will decide ride

28, 2009	AM	that show	Downers Grove	show	leader, distance and pace.
Wednesday, October 28, 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, October 29, 2009	9 AM	50-65 miles at 16-18 mph	Imax theatre in Woodridge, corner of Hobson Rd and Rt 53	Bill Schwartz 630-303-1160	<b>Thursday Imax ride</b> Moderate/Fast ride through neighborhood streets to rolling country roads. We will either go to Oswego or Yorkville
Thursday, October 29, 2009	6pm	20-25 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. Mountain, cross or hybrid bike highly recommended. Good headlights, taillights and bright clothing required. Check list server for updates.
Friday, October 30, 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, October 31, 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

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)).

### Please Support Our EBC Sponsors



**Village CycleSport**  
Dedicated to the Sport of Cycling

**Vince Boyer**

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

Email [vince@villagecyclesport.com](mailto:vince@villagecyclesport.com) [www.villagecyclesport.com](http://www.villagecyclesport.com)

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

**BOB PECORA**

M & Th 10-8  
T & F 10-6  
W 12-6  
Sat 10-5

Diamond Back • GT/DYNO  
Fisher • Yakima  
Haro • Univega

Call for Winter Hours



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



**Lickbike.com**  
[www.lickbike.com](http://www.lickbike.com)  
800-323-4083  
24 Hour Phone (708)383-5541  
310 Lake Street, Oak Park IL 60302



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

**Cycles-N-Sports**  
6559 W. 111th St  
Worth IL, 60482  
708-361-0440  
[www.cycles-n-sports.com](http://www.cycles-n-sports.com)

Experienced in Road Biking  
Passionate for Mountain Biking

\*Discount applicable on non-sale items only

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



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

*"Family Service & Quality Products"*

Check out our website for  
specials and cycling info.



[www.midwestcyclery.com](http://www.midwestcyclery.com)



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

Please  
Support

our

Elmhurst Bicycle Club

Sponsors

### HARTLEY'S CYCLE SHOPPE, LTD

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

KENNETH J. HARTLEY

24 WEST HINSDALE AVENUE  
HINSDALE, IL 60521

(630) 323-7156  
[WWW.HARTLEYSICYCLE.COM](http://WWW.HARTLEYSICYCLE.COM)

EMAIL: [hartleyscycle@comcast.net](mailto:hartleyscycle@comcast.net)  
FAX: (630) 323-7195



2930 Campton Hills Rd. • St. Charles, IL 60175 • 630-584-6588  
Fax 630-584-1295 • e-mail: [lance@thebikerack.com](mailto:lance@thebikerack.com)



Member  
FDIC

# Community Bank of Elmhurst

*"Your Hometown Bank"*