



The Cue Sheet December 2009

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

2010 Executive Board

Elections for the 2010 Executive Board were held at the November meeting.

Results are:

- President: John Park
- Vice President-Ride Captain: Petra Hofmann
- Secretary: Cheri O'Riordan
- Treasurer: George Pastorino
- Membership Coordinator: Maria Kapusta

Elmhurst Bicycle Club Calendar

By Petra Lynn Hofmann

The new Elmhurst Bicycle Club calendar is now available to order online through PayPal. As an EBC fund raising project, I've created a 12-month calendar using color photos from club members for each month. The calendar, sized 8 1/2 in x 11 in. closed 11 x 17 open, contains all the major holidays plus reminders of the monthly EBC meeting. Members may purchase as many calendars as they wish and have them shipped to friends and relatives throughout the U.S. and Canada. Click on the following link: [Click Here to Order Your 2010 EBC Calendar](#). The calendar format is similar to the calendar I passed around at the November club meeting. While there's no minimum calendar order from the printer, I've set a date of December 10th as the cutoff date. This will permit me to send out the calendars before the end of the year.

You may email questions to me at petrahof@gmail.com

Refreshments Thank You

By Cheri O'Riordan
Refreshments Coordinator

I would like to extend my heartiest appreciation to the following members who so graciously volunteered their time in providing delicious and creative refreshments for our monthly meetings:

Mary Jo Bolan, Susan Sperl, Lou & Jerry Fish, Gerry Fekete, Joanne Dybala, Nancy Allured & John Stanaway, Jill Humbracht, Cindy Reedy, Nancy Shack, Phil Keller and REI.

In addition, I would also like to thank those folks who frequently offered to help me set up and/or clean up. And lastly, a mighty thank you to all who demonstrated their appreciation by enjoying these scrumptious treats.

ATA Hall of Fame Award for Bob Hoel

By Ray Dal Lago

At the end of 2007
Bob Hoel came to me
and expressed an
interest in advocacy
ideas for our area.
Bob and I talked a
few times and he

convinced me he wanted to be a voice for promoting cycling in and around Elmhurst. His voice has been heard. Bob's work with EBC, the City of Elmhurst and The Bicycle Task Force have thrust him into the spotlight. On November 9th, Bob was inducted into the Active Transportation Alliance Hall of Fame as a "Campaign Manager".



Bob Hoel, Mayor Richard Daley and Rob Sadowsky

He's been recognized for his great work advancing bicycle advocacy in Elmhurst and around the region.

WE SALUTE YOU, BOB!!

Ride Safely and Respectfully

Selected Postings from the EBC List Server

From Susan S.:

At our EBC meeting last night, Richard Diebold emphatically made a simple request. "When the call is made, 'Car Back', members need to immediately go to the right to make room for a passing vehicle. This takes the cooperation of all riders to either speed up or slow down so a single file line can be formed. (Or better yet maintain a space for the double rider in front of you.) Conversations can be picked up and finished at a later time.

This procedure is not only for common courtesy but for safety reasons. There was an incident recently where the person in the vehicle yelling at a group of EBC bikers 'to get over' was an Officer. Please be respectful and safe while riding!"

Something else to consider: Don't Make Drivers Pass You Twice. Here's a common situation that can easily result in annoyed motorists and dangerous driving if handled the wrong way: A number of cars have rolled past you and now they're stopped at a red light.

You have 2 choices:

1. You can stop behind the last car, move forward when it does -- and maybe get caught by the light again, losing another couple of minutes.
2. You can ride up the edge of the road to the front of the line, passing all the cars that just passed you.

We're as guilty as the next roadie of making the second choice, even though passing like this is unsafe if not illegal. (We're talking about roads without wide shoulders or bike lanes.)

Now at the front of the line again, you have 2 more choices when the light turns green:

1. You can push off immediately and resume riding.
2. You can stand still to let the drivers move ahead or turn in front of you, then go before the green light changes.

To ensure peace on Earth, the second way is recommended. Because if you don't let the traffic go, you'll be forcing each driver to pass you a second time.

Trade places with one of them. He just managed to get around you, and now you're in front of him again. He was considerate once but got nothing in return. Maybe this time he'll use the horn and squeeze past. Maybe he'll swerve and cut in to "teach you a lesson." If you want a guaranteed hassle, leave first again at the third light.

We're not saying to ride meekly. We're saying to ride smartly in this situation by not riding at all for a few seconds.

From Eric P.:

The question should not even come up, since no one should be squeezing between cars and the side of the road just to get to the front. But I think I am in the minority

when I give that answer, even though the article admits that such "squeezing" is illegal and unsafe.

From Roman S.:

Bicycles are suppose to follow the rules of the road, as any other motor vehicle. If you were driving a car would you want a motorcycle to squeeze between you and the curb or the car in the next lane. Then why, you as a bike rider, do you think it is acceptable to do it on a bicycle. Stay behind the car in line or at the curb but do not move in front of the cars that just have passed you. Sooner or later the car will figure this out and probably cut you off, either on the road or at the curb at the next light or sign.

From Tom M.:

I couldn't agree more. If we as cyclists don't show common courtesy to drivers, it doesn't help our cause. I can't tell you how many times I've seen during rides when people just refuse to move over for a vehicle. You keep shouting "car back" but some folks don't move. Believe me, these types of things people remember during a vote to fund a new trail, make the street more bike friendly, etc... refering back to "helping our cause". Road rage should be another consideration. Would rather not "mix it up" with a 3000lb vehicle.

2010 Grand Illinois Trail And Parks

By Travis Dieterich

If anyone is interested in the next GITAP, here's what they're planning.

We "head for the hills" on this year's GITAP - to Galena and the unglaciated area of northern Illinois. The Grand Illinois Trail's northern leg promises great cycling (and not all hills), scenery, and state parks - along with our special blend of small numbers and large friendliness. Make plans now to enjoy an early summer vacation on a bike with us in northern Illinois.



Club members Ted Sward and Hank Niedballa

The tour begins on Sunday, June 13 and wraps up on Friday, June 18. Yes, this year's ride is a six-day ride. We will begin and end at Freeport's dramatic Highland Community College. From there we're off to three outstanding state parks - Rock Cut, Lake Le Aqua Na, and Mississippi Palisades. In the ride's middle we'll take a two night stay at lovely Galena - within walking distance of its historic downtown. Most of the route will be on roadways that are a part of the Grand Illinois Trail. The minimum distance this year is 260 miles for the week, but by taking extra loops, it will be possible to do 465 miles.

More details [GITAP](#)

EBC Wear Deadline Changed to January

By Susan Sperl

Our deadline came and went but we did meet minimum order requirements with Voler. I asked Voler to change our deadline so that we did not have to cancel. Our new deadline is January 25, 2010 -With delivery of March 19, 2010.

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

1. There will be NO EXCHANGES OR REFUNDS!
2. The pricing is based on a total club order of 101 items or more.
3. Each category has to have a minimum of 15 items. Categories are:
 - a. Tops = short sleeve and sleeveless
 - b. Bottoms = shorts and knickers
 - c. Long Sleeve = long sleeve jerseys and jackets.
4. Check sizing tab. Some items only come in men's sizes.

5. Cost will be charged to your credit card at the time of the order.
6. Credit for items not meeting the minimum order will be issued at the time of the deadline.
The deadline is January 25th.
7. The order will be shipped to me for distribution.
8. Accessories are available. Each category also has the 15 minimum order requirement.

This is what you will see when you go to the Voler website for the club order.
<https://oos.voler.com/?OrderID=XiIYzBBNca0=>

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

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

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

Peter's Train Ride to Bike Ride

By Nancy Rice

Taking the train to ride our bikes beyond Aurora worked out well for Peter, Al, and me Thursday morning. It was speedy and low cost (free for Peter and Al, \$3.35 each way for me, which is what I would spend in gas to drive there).

What surprised me most about this ride was the fine condition of the roads Peter had chosen. The Aurora streets we took were glass and pothole free, the western half of the Virgil Gilman trail was flawlessly paved, and the country roads we rode to Kaneville and beyond were excellent.

Our main challenges were a stiff wind, some aromatic manure being spread in the fields, and an EXTREMELY LOUD rock band playing in the new Waubonsie College cafeteria, where we lunched.

Thanks to Peter for a good day of riding.

Membership Renewal

By Cindy Reedy

You can pay your 2010 dues now! All current memberships may be renewed for the next year beginning on October 1st. For new members, joining after October 1st continues your membership through the following year.

There is a new item on the membership form: agreement to have your name, etc., in an online directory. It is highlighted to help you notice it. Please complete this item so that the membership director does not have to track you down later for an authorization.

An online membership directory is not definite. We may or may not have one in the coming year. We just want to be prepared for it if the board decides to do it. **If we do develop one, it will be in a password protected database.**

What is Cyclocross?

By Petra Hofmann

Photos by Betty Bond



Petra going over the barrier



Lynn Rivier was also a contender

Cyclocross has been described in many ways, some of the more common phrases are..."the toughest hour in cycling", "the NASCAR of bike racing" "requires the finesse of a ballet dancer, the speed of a motorcyclist and the grit of a hockey player".

Cyclocross is a fall/winter, on-road/off-road cycling discipline held on a looped circuit of approximately 1-2 miles.

Cyclocross racers navigate mud, sand, pavement, grass, gravel, pasture, and mulch. When the terrain is too steep to ride or they are confronted by a standard set of wooden barriers, riders dismount, shoulder their bikes and run. Regulations suggest a lap be comprised of 90% riding and 10% running.

Each race is a timed event lasting anywhere from 40 minutes to an hour depending on the racer's category. The race leader at the completion of the last lap is declared the winner. The sport originated in Europe after the second World War where road cyclists began riding in pastures and muddy fields to maintain their fitness. The first World Championship was held in Paris in 1950.



Petra riding through the deep sand



Lynn after her second loop

A cyclocross bike splits the difference between a road bike and a mountain bike, equipped with knobby skinny tires, drop handlebars and a lightweight frame.

Cyclocross enjoys a colossal following in continental Europe and is currently the fastest growing cycling discipline in the United States. The UCI has targeted the US as a key market for the expansion and continued growth of the sport. In 2007 US athletes made history - winning 3 Silver Medals at the World Championships for the first time since the US began competing on the international stage.

Cyclocross is a great sport for viewing by spectators as the racers complete laps every 6-7 minutes, so there is always plenty of action happening right before your eyes. Clanging cowbells are a staple accessory used in cheering on the competitors at most every cyclocross event.

Newsletter Editor Wanted

By Cindy & Sharon

Last December we volunteered to temporarily put up an online newsletter until an editor could be found. Well, "temporary" is over. This newsletter (December 2009) will be the last newsletter that we will compile for the EBC website. If no member

steps forward to fill the position of editor, it will be the last issue.

If someone would like to assume the responsibilities, please contact a current board member. We will be glad to assist a new editor in any way, including instruction and support for putting it online.

Elmhurst Bicycle Club Officers and Committee Chairs

President Ray Dal Lago, 630.543.4655 president_elmhurstbicycling.org	Advocacy Bob Hoel bob.hoel_comcast.net	Refreshments Cheri O’Riordan, 630.325.3917 cycle2ski_yahoo.com
Vice President/Ride Captain Steve Josephs, 630.655.8710 ridecaptain_elmhurstbicycling.org	Publicity Peter Gough, 630.903.8436 prgough98_aol.com	Safety Larry Gitchell, 708.409.0105 larsofmars_aol.com
Treasurer George Pastorino, 708.903.8700 treasurer_elmhurstbicycling.org	Programs Volunteer Needed	Sergeant-at-Arms Steve Sinderson steve_woodlandplastics.com
Secretary Roland Porter, 630.655.1890 secretary_elmhurstbicycling.org	Database Manager Nancy Shack, 630.964.3862 nshack_comcast.net	Assistant Ride Captain Nancy Rice, 630.717.9923 hotline_elmhurstbicycling.org
Membership Coordinator Susan Sperl, 630.416.0655 membership_elmhurstbicycling.org	Website Team Cindy Reedy, 630.530.1250 cmreedy_prodigy.net Sharon Hermach, 630.717.1660 ganskesh_hotmail.com	Mountain Bike Coordinator George Pastorino, 708.903.8700 gpastorino_comcast.net
Newsletter Editor Volunteer Needed		List Server Susan Sperl 630.416.0655 ssperl_sbcglobal.net

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

December 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, December 01, 2009	9:30 AM	HIKE - 5 MI - 3 HRS. (APPROX.)	BEMIS WOODS F.P.	TED SWARD 708 354- 5782 CELL:708 446-3533 DAY OF RIDE	TED'S TOURS PART 1 Bemis Woods to explore some of the interesting, little used trails. Bemis Woods is located between I-294 (Tri-State) and Wolf Rd. on the N. side of Ogden Ave. Bring snacks.
Wednesday, December 02, 2009	10:00 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.
					Full Moon Hike Description: Come view the "Cold Moon" as we take an evening hike on paths & side streets. Abby would like to invite other club dogs to join her on the hike. You may

Wednesday, December 02, 2009	6:30 PM	hike 3 to 6 miles	Villa Park Depot Villa Ave & IPP	Judy Mikesell 630-833-1036 day of ride 630-290-2675	want to bring a flashlight. The Full Cold Moon; or the Full Long Nights Moon - December During this month the winter cold fastens its grip, and nights are at their longest and darkest. It is also sometimes called the Moon before Yule. The term Long Night Moon is a doubly appropriate name because the midwinter night is indeed long, and because the Moon is above the horizon for a long time. The midwinter full Moon has a high trajectory across the sky because it is opposite a low Sun.
Wednesday, December 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.
Friday, December 04, 2009	10:00 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, December 05, 2009	10:00 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, December 06, 2009	8:30 AM	40 Miles 13-15 MPH	Panera Bread, York & North, Elmhurst IL	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	CycloCross 2, Boredom Zero Urban CycloCross watching ride to Montrose Harbor. All city streets, with a few sidewalk sneaks. Leaving Panera at 8:30, expect to spend 2 - 2-1/2 hours at the races, return to Elmhurst 3 - 3:30 PM. Bring money/lock/snacks/drinks. "If it's snowing, I'm not going" rule applies.
Sunday, December 06, 2009	9:30 AM	24-28 miles, 16-18 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 no rest stop, back by 11am. Check listserv if weather is poor for notice of switch to mountain bikes.
Sunday, December 06, 2009	9:30 AM	Determined by riders who show	Panera Bread at York & North Ave	Determined by riders who show	Sunday Morning Show and Go The riders who show will decide ride leader, distance and pace.
Sunday, December 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, December 07, 2009	10:00 AM	20-30 miles / 13-15 mph	McCullum Park in Downers Grove	Art Frigo, (630) 417-9387	KISSS (Keep in Some Sorta' Shape) Let's try to keep in shape during the colder days. Cruise around Downers Grove and the surrounding suburbs. Check your e-mail each week for more details. Some of these rides may be better ridden with fatter tire bikes.
Tuesday, December 08, 2009	9:30 AM	3 HOUR HIKE (APPROX)	Teason's Woods Forest Preserve	TED SWARD 708 354-5782 CELL:708 446-3533 DAY OF RIDE	TED'S TOURS PART 2 Meet at Teason's Woods F.P. at the intersection of 111th St. and 104th Ave. (Willow Springs Rd.) SE corner. Palos area. Bring snacks.
Wednesday, December 09, 2009	10:00 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, December 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, December 10, 2009	7:15 PM		Community Bank, Elmhurst	Ray Dal Lago, 630-543-4655	Monthly Club Meeting Monthly club meeting - annual pizza party. Board meeting immediately prior at 6:15.

Friday, December 11, 2009	10:00 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, December 12, 2009	10:00 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, December 13, 2009	9:30 AM	Determined by riders who show	Panera Bread at York & North Ave	Determined by riders who show	Sunday Morning Show and Go The riders who show will decide ride leader, distance and pace.
Sunday, December 13, 2009	9:30 AM	24-28 miles, 16-18 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 no rest stop, back by 11am. Check listserv if weather is poor for notice of switch to mountain bikes.
Sunday, December 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, December 14, 2009	10:00 AM	20-30 miles / 13-15 mph	McCullum Park in Downers Grove	Art Frigo, (630) 417-9387	KISSS (Keep in Some Sorta' Shape) Let's try to keep in shape during the colder days. Cruise around Downers Grove and the surrounding suburbs. Check your e-mail each week for more details. Some of these rides may be better ridden with fatter tire bikes.
Tuesday, December 15, 2009	9:30 AM	3 HOUR HIKE (APPROX)	Red Gate Woods Forest Preserve	TED SWARD 708 354-5782 CELL:708 446-3533 DAY OF RIDE	TED'S TOURS PART 3 Come and enjoy the back woods trails (some challenging) and visit the site of the worlds first nuclear reactor. Red Gate Woods FP is 1-1/2 miles E of Route 83 on Archer Ave. (Rt. 171) on the south side of the Road. Bring snacks.
Wednesday, December 16, 2009	10:00 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, December 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.
Friday, December 18, 2009	10:00 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, December 19, 2009	10:00 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, December 20, 2009	9:30 AM	Determined by riders who show	Panera Bread at York & North Ave	Determined by riders who show	Sunday Morning Show and Go The riders who show will decide ride leader, distance and pace.
Sunday, December 20, 2009	9:30 AM	24-28 miles, 16-18 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 no rest stop, back by 11am. Check listserv if weather is poor for notice of switch to mountain bikes.
Sunday, December 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, December 21, 2009	10:00 AM	20-30 miles / 13-15 mph	McCullum Park in Downers Grove	Art Frigo, (630) 417-9387	KISSS (Keep in Some Sorta' Shape) Let's try to keep in shape during the colder days. Cruise around Downers Grove and the surrounding suburbs. Check your e-mail each week for more details. Some of these rides may be better ridden with fatter tire bikes.

Tuesday, December 22, 2009	9:30 AM	3 HOUR HIKE (APPROX.)	BULL FROG LAKE F.P.	TED SWARD 708 354- 5782 CELL:708 446-3533 DAY OF RIDE	TED'S TOURS PART 4 Here are some more back woods trails to give you a workout. Bull Frog Lake Location: Go 2-1/2 miles E of Route 83 on Archer Ave. (Rt. 171) then turn right on 95th St. - Turn right at first chance. Turn Right again at Stop Sign - meet at far end. -Bring snacks.
Wednesday, December 23, 2009	10:00 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, December 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.
Friday, December 25, 2009	10:00 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, December 26, 2009	10:00 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, December 27, 2009	9:30 AM	Determined by riders who show	Panera Bread at York & North Ave	Determined by riders who show	Sunday Morning Show and Go The riders who show will decide ride leader, distance and pace.
Sunday, December 27, 2009	9:30 AM	24-28 miles, 16- 18 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 no rest stop, back by 11am. Check listserv if weather is poor for notice of switch to mountain bikes.
Sunday, December 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, December 28, 2009	10:00 AM	20-30 miles / 13-15 mph	McCullum Park in Downers Grove	Art Frigo, (630) 417- 9387	KISSS (Keep in Some Sorta' Shape) Let's try to keep in shape during the colder days. Cruise around Downers Grove and the surrounding suburbs. Check your e- mail each week for more details. Some of these rides may be better ridden with fatter tire bikes.
Tuesday, December 29, 2009	9:30 AM	3 HOUR HIKE (APPROX)	FULLERSBURG FOREST PRESERVE	TED SWARD 708 354- 5782 CELL:708 446-3533 DAY OF RIDE	TED'S TOURS PART 5 This is a flat hike, but scenic, including part of the Oak Brook area. Meet at the Fullersburg FP main lot off of Spring Rd. Bring snacks.
Wednesday, December 30, 2009	10:00 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, December 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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