



# The Cue Sheet

February  
2010

The Newsletter of the Elmhurst Bicycle Club  
Riding Strong for over 32 Years

## A Beautiful Quilt

by Chuck Dean, Picture by George Kapusta

There are probably more than a few EBC members, not just the quilters or members of the Stitch and Bitch Club, who would love to have, display, or use Jim Hennig's (member since 1988) beautiful EBC tee shirt-based quilt. Even though the quilt's beauty spoke for itself, Jim proudly told assembled club members at the January meeting the story about his granddaughter's handiwork.



Jim Hennig and his EBC Quilt

Perhaps like many of us, Jim had a box where he kept all of the club tee shirts acquired over many years and rides. However, he also had a loving, skilled granddaughter with an idea and lots of energy. Becky Hyatt, granddaughter and U.S Navy War veteran with an Advanced Surgical Team in Iraq (2006), knew about the box and Jim's longtime membership in the Elmhurst Bicycle Club. Becky learned about quilting from her mother-in-law and proposed to make a quilt if Jim would send the tee shirts out to Camp Pendleton, California (U.S. Marine Corps base) where she was located. Jim sent the shirts last summer and received the quilt at Thanksgiving, 2009. He didn't know how many hours it took to make the quilt, but we can all see the love, time, and effort that went into its creation.

The quilt comprises 16 tee shirts spanning the years 1990 to 2007. Whites, blues, grays, greens and yellows (and one maroon tee shirt) appear and serve as a backdrop to Bananaman and the frequently appearing Wizard of Oz cast that represented our Oswego-based Metro Metric club event. We can envision it decorating a wall, or providing warmth and comfort after winter activities, whether biking, skiing, or hiking. Jim, thanks for sharing.

---

## ATTENTION - Easy Riders

by Carol Nield, 630-964-2488

Just sending an early message to let you all know that the Planning Meeting for the Wednesday rides will be on Wednesday March 3, 2010. At this meeting we will plan the Wednesday rides for the entire bike season (March-October). We will do a short 15 mile ride or hike at 9:30 depending on the weather before the meeting. The ride will start at my house at 6326 Fairview Ave., Downers Grove. The meeting will follow the bike ride. Food will be served. Bring your calendars and ideas for rides you would like to lead this year.

---

## Mountain Bike Leadership Team

by George Pastorino  
Mountain Bike Coordinator

I would like officially welcome Chuck Gentile (on left) to the EBC Mountain Bike Leadership Team and talk about the outstanding result we



had on a recent ride, First a few things about Chuck. He has been riding out at Palos for many years; Pussanee and I ran into him frequently over those years and we finally convinced him to join EBC in Feb. 2009. He knows Palos like the back of his hand and I am confident that he will be a great MTB ride leader and he has my complete support. He is a former Professional Ultra Marathoner who has completed a 112 mile mountain trail run in 24 hours and a full marathon in 2:30.

To show you that he fits our "Sanity not required" motto, Chuck once ran 20 miles every single day for 366 days straight. I get tired just writing about it. Like Pussanee and I, Chuck only lives about a mile from Palos and has developed a deep knowledge of the Forest that can only come from riding by your self for years and getting lost countless times. Palos is over 14,000 acres, has over 100 lakes and 44 named groves and parking areas. It is not well marked, nor easy to learn. Pussanee has followed me around Palos for years and still gets lost. Chuck knowing Palos as well as I do gives us great flexibility to assist and teach riders as needed. Below is an example.

After our 1 degree ride on Saturday, January 2nd, Chuck joined Pussanee and me at Staggshead Pub where we recounted the ride and agreed that it was a great advantage to have 2 ride leaders with complete knowledge of the Palos Trail System along on this ride. We had a new winter single-track rider along who was having a bit of trouble, without Chuck being there....I would have had to let this rider go back.

However, with Chuck there and me having complete confidence in his ability to take the rest of the group and not get them lost in cold weather, this allowed Pussanee and me to spend some time giving instruction and this allowed the new rider to have a good experience and allowed me to give some instruction... which is what I most like to do.

Later Chuck, Pussanee and I were thawing out in our hot tub and we all agreed that on Winter mountain bike rides it would be best if Chuck and I lead them jointly, so if someone is slower or needs some help.... one of us could break off and help that rider and the other could take the group without getting them lost.

It's not such a big problem to get lost at Palos in Summer, but it could be a disaster in Winter. Chuck is the first person I have met that knows the system as completely as I know it. So going forward Chuck and I will lead Winter Mountain Bike rides jointly to insure the best rider experience and maximum safety.

Thanks.

---

### Winter Activities Abound

by Chuck Dean, photos by Joanne Dezur



Hiking in Waterfall Glen



Snowshoeing with Judy

Winter and weather have not kept us indoors as many of our club members have continued to ride (road and mountain bike), hike, and cross country ski in the months of December and January. February promises to offer many more of these fun outings. While our biking activities frequently grace these pages, let's take a closer

look at the other activities.

Ted Sward has been the hiking leader in the number of hikes posted in the Ride Schedule, but hikes have also been offered by Carole Danillo (Brookfield Zoo), Judy Mikesell (Full Moon, also Snowshoeing at Lyman Woods), and Mike Cosentino (Pratt Wayne Woods and Naperville Riverwalk). Ted has helped us explore many of our forest preserves, including Bemis Woods, Teason's Woods, Red Gate Woods, Bull Frog Lake, and Fullersburg Forest Preserve (near Graue Mill).

Ted's hikes typically cover several miles and span 2.5 to 3 hours. Two hikes that I attended included a brief stop somewhere in the woods at an F.P. shelter to take a break, eat a snack, wash it down, and then get back on the trail. While special equipment is not really required, three out of four hikers had 1 or 2 walking sticks in hand; and many hikers had "gators" (a wrap that keeps snow from getting into the top of your boots or up your pants leg). Boots took all forms but even the plainest pair was all that was necessary. Just like with biking, even with the temperature in the low teens, as body heat was generated, hikers started to remove clothing layers. The scenery was beautiful on the 2 hikes I took both because of the rustic nature of these preserves, but also because the fine snowfalls at the end of the year. While it was fun just to hike, at least one adventuresome member took an extra trek up a steep incline and then deliberately slid down the snowy embankment on her butt. I'm guessing that the average age of the hikers was over 50 (60?), but everyone seemed like a kid again in the invigorating setting.

Even before the planned UP Cross Country trip, there have already been a number of cross country skiing outings. In addition to the SISU Ski Fest described by George Hermach below in this issue, George has led outings closer to home at Herrick Lake. Nancy Rice has also posted skiing events. You can also tell that there are skiers out there from the questions about snow conditions that pass through the club emails. A recent Chicago Tribune article noted the likely approach of increasing temperatures as we enter the 2nd half of winter. But it is also likely that there will be several more skiing opportunities in the local area. Some of you can't wait.

---

### SISU Ski Fest by George Hermach

January 9, 2010, marked the date of the inaugural SISU Ski Fest in Ironwood, Michigan. The Ski Fest offered 21 and 42 Km cross-country ski races for both classic and freestyle skiers and a 14 Km non-competitive "Taste N Tour" with food stops along the way. All events started on the ABR trails and finished on the main street in downtown Ironwood. So what is "SISU"? It is Finnish and stands for "Special strength and stubborn determination to continue and overcome in the moment of adversity; a combination of stamina, courage, and obstinacy held in reserve for hard times." More details are posted on the Fest website [www.sisuskifest.com](http://www.sisuskifest.com)

I entered the 21 Km Heikki Lunta Classic ski race. I'm not really a ski racer and the last time I had skied in a race was 30 years ago when I skied (and finished) the Birkebeiner at Telemark. I got to watch the elite racers start the 42 Km Marathon, which was quite exciting. The trail for the race was interesting, beautiful, and challenging in spots since it included part of Peltonen Pass Out at ABR. The final 11 Km of all events was on a new trail being developed north of ABR at Norrie Park though an old mining area and ending in Ironwood. For me, the best part of the experience was the enthusiasm of the local volunteers who supported the events and staffed the aid stations along the route. While I was in no way competitive with the serious racers, I thoroughly enjoyed participating in the event and crossed the "Finnish" line in less time than my most optimistic estimate, so I am happy with my result. Afterwards, racers were treated to Mojaka (Finnish stew), pasties, and cookies. The participants in the Taste N Tour got to enjoy foods from various restaurants in the Ironwood area at three food stops along the route. Reports from the "Tasters" were that it was an outstanding event.

Sharon was one of the volunteers and handled some of the paperwork, and Ellen Weber was volunteering at the finish line. We'll be back for next year's SISU Ski Fest on January 15, 2011. I'll be doing the 21Km Classic again and Sharon plans to do the Taste. Mark your calendars and come join us for this fun event next season.

## Rare Triple Mileage Award

by Chuck Dean

Ray Dal Lago was in a familiar place at a familiar time; yet the seat he sat at was unfamiliar. He was sitting at the foot of the table. Normally when attending a club board meeting in recent years, he sat at the head of the table - as EBC president. But today he was a supplicant as the board considered the mileage dilemma presented by his ride recap for Sunday, December 27th.

Here is Ray's report:

Two "good friends" and I enjoyed an invigorating, yet peaceful Sunday Morning Fast Ride (renamed the Snow 'N Go and not fast at all) through the snow and slop. "We" started "our" ride on the streets as "we" headed to the Prairie Path via Spring Rd. Once on the Prairie Path I realized it was going to be difficult to keep up with "me" so I rode by "myself" to catch "me". "We" soon caught "me" a few blocks later on the Prairie Path and "we" kept an 8-10 MPH pace with the sound of snow crunching and popping beneath "our" tires. There were quite a few runners on the Path and the snow was packed well with a fairly good surface to ride on. "We" got back on the streets and headed to the southwest side of Elmhurst to get on the Salt Creek Trail to the sledding hill at Eldridge Park. It was slow going through 6-7 inches of fresh snow as "our" tires tried to grip the footprints below the snow. A cross country skier made fresh tracks off to the side and "we" followed the tracks to Eldridge Park. I allowed "myself" to climb up the hill as sledders coasted downhill. It was difficult for "me" to hang back and soon I joined the race up the hill so "we" could ride down the hill. The snow had enough bite to it so there was good traction on the way down. "We" were cautious but the speed was enough to make "me" (and all of "us") happy. More than one sledder wanted to get a bike and join "us" for the exhilarating ride down the hill. Once at the bottom it was time to get back on the streets and head to Villa Park to see how far north "we" could go on the Salt Creek Trail. The St. Charles Rd. underpass was under water ("we" figured that would be the case) so it was on to the streets and Prairie Path for a ride back to Panera Bread with a ride total of 19 happy miles. It may not have looked like a good day to ride but it was. Something about the day called out to this cyclist. That something confirmed a ride can be great with just me, myself and I.

Ray Del Lago.

Now Ray had already achieved the 4,000 mile hurdle even before this particular Sunday ride, but Nancy Schack took her mileage duties seriously and paused to consider the repercussions of Ray's note. She wrote Ray and said: Ray,

Are you suffering from multiple personalities? Please submit a ride sheet that lists you and all of your alter egos.

Other club members also considered the matter and Keith Laug offered his opinion: I say give he, himself and him the mileage.



Not meaning to diminish Keith's opinion, Nancy nevertheless decided that the mileage question would have to be addressed by the full board. The outcome of the board deliberations was in doubt until photographic evidence from that day's ride was produced which permitted the unanimous granting of the rare Triple Mileage award.

Ray leads "He" and "Himself"

Please submit articles and/or photos for the newsletter to Chuck Dean (cdean69033\_aol.com). The deadline is the 15th of the month.

### Elmhurst Bicycle Club Officers and Committee Chairs

<b>President</b> John Park, 630.690.2881 president_elmhurstbicycling.org	<b>Advocacy</b> Bob Hoel bob.hoel_comcast.net	<b>Refreshments</b> Cheri O'Riordan, 630.325.3917 cycle2ski_yahoo.com
<b>Vice President/Ride Captain</b> Petra Hofmann, 630.833.1667 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> Ray Dal Lago, 630.543.4655 dlag10_aol.com Michael Schillmoeller, 847.253.6838 michael.schillmoeller_qmail.com	<b>Sergeant-at-Arms</b> Steve Sinderson steve_woodlandplastics.com
<b>Secretary</b> Cheri O'Riordan, 630.325.3917 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> Maria Kapusta, 708.732.2379 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> Chuck Dean, 630.790.4203 newsletter_elmhurstbicycling.org		<b>List Server</b> Susan Sperl 630.416.0655 ssperl_sbcbglobal.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))

## February 2010 • • • 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 Petra Hofmann, Ride Captain

Where there is not a miles per hour to describe the pace of a ride, please use the following as a guide:

8-10 = very slow  10-12 = slow  12-14 = moderate  
14-16 = medium  16-18 = fast  18-20+ = very fast

Date	Time	Distance	Start	Leader	Description
Wednesday, February 03, 2010	10:00 AM	Determined by riders	McCullum Park, Downers Grove	Determined by riders	<b>Wednesday Show n Go</b> The riders who show will decide ride leader, distance and pace.
Wednesday, February 03, 2010	6:30 PM	Determined by riders	Depot, Villa Park	Determined by riders	<b>Wednesday Night Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Friday, February 05, 2010	10:00 AM	Determined by riders	Sunset Knoll Park on Finley Rd. half mile north of Roosevelt, Lombard	Determined by riders	<b>Lombard Friday Show and Go</b> The riders who show will decide ride leader, distance and pace.

Saturday, February 06, 2010	10:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	<b>Saturday Show and Go</b> The riders will determine the ride leader, distance and pace
Sunday, February 07, 2010	9:30 AM	Determined by riders	Panera Bread at York & North Ave	Determined by riders	<b>Sunday Morning Show n Go</b> The riders who show will decide ride leader, distance and pace
Sunday, February 07, 2010	9:30 AM	Determined by riders	Panera Bread at York & North Ave	Determined by riders	<b>Sunday Morning Show n Go</b> The riders who show will decide ride leader, distance and pace.
Sunday, February 07, 2010	12:30 PM	Determined by riders	Gazebo, Glen Ellyn	Determined by riders	<b>Sunday Show and Go</b> The riders who show will decide ride leader, distance and pace.
Wednesday, February 10, 2010	6:30 PM	Determined by riders	Depot, Villa Park	Determined by riders	<b>Wednesday Night Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Thursday, February 11, 2010	6:15 PM	EBC Board Meeting	Community Bank, Elmhurst	John Park, 630.965.2740	<b>Monthly Board Meeting</b> Open to all members.
Thursday, February 11, 2010	7:15 PM	EBC General Meeting	Community Bank, Elmhurst	John Park, 630.965.2740	<b>Monthly Club Meeting</b> Register for door prizes and pick-up purchased EBC Calendars.
Friday, February 12, 2010	10:00 AM	Determined by riders	Sunset Knoll Park on Finley Rd. half mile north of Roosevelt, Lombard	Determined by riders	<b>Lombard Friday Show and Go</b> The riders who show will decide ride leader, distance and pace.
Saturday, February 13, 2010	10:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	<b>Saturday Show and Go</b> The riders will determine the ride leader, distance and pace
Saturday, February 13, 2010	2:00 PM	10-12 Miles, 10-12 MPH	Wheeling Westin Hotel, Wheeling IL	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	<b>Fanboys on Mountain Bikes</b> Trail ride attempting introduce science fiction fans to bicycling. We'll ride the Des Plaines River if conditions are suitable, otherwise we'll use paved paths and streets. "If It's Snowing, I'm Not Going" rule applies (ditto for rain). Wheeling Westin as at the Southeast Corner of Milwaukee Avenue and Lake-Cook Road, Wheeling. Assemble on the patio at the south end of the hotel. Call Larry's cell phone on ride day for further information.
Sunday, February 14, 2010	TBD	TBD	Ironwood, Michigan	Ksenia Turula - 630 968-3527 (cell: 630 643-3527)	<b>Another UP Ski Trip</b> Another week in the Upper Peninsula of Michigan for cross-country skiing, downhill skiing, hiking or snowshoeing.
Sunday, February 14, 2010	9:30 AM	Determined by riders	Panera Bread at York & North Ave	Determined by riders	<b>Sunday Morning Show n Go</b> The riders who show will decide ride leader, distance and pace
Sunday, February 14, 2010	9:30 AM	Determined by riders	Panera Bread at York & North Ave	Determined by riders	<b>Sunday Morning Show n Go</b> The riders who show will decide ride leader, distance and pace.
Sunday, February 14, 2010	12:30 PM	Determined by riders	Gazebo, Glen Ellyn	Determined by riders	<b>Sunday Show and Go</b> The riders who show will decide ride leader, distance and pace.
Wednesday, February 17, 2010	10:00 AM	Determined by riders	McCullum Park, Downers Grove	Determined by riders	<b>Wednesday Show n Go</b> The riders who show will decide ride leader, distance and pace.
Wednesday, February 17, 2010	6:30 PM	Determined by riders	Depot, Villa Park	Determined by riders	<b>Wednesday Night Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
			Sunset		

Friday, February 19, 2010	10:00 AM	Determined by riders	Knoll Park on Finley Rd. half mile north of Roosevelt, Lombard	Determined by riders	<b>Lombard Friday Show and Go</b> The riders who show will decide ride leader, distance and pace.
Saturday, February 20, 2010	10:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	<b>Saturday Show and Go</b> The riders will determine the ride leader, distance and pace
Sunday, February 21, 2010	8:00 AM	TBD	Ironwood, MI	Sharon Hermach 312 560 2783	<b>Ski Again in the UP</b> Another trip to the Upper Peninsula of Michigan for cross-country skiing, downhill skiing, hiking or snowshoeing.
Sunday, February 21, 2010	9:30 AM	Determined by riders	Panera Bread at York & North Ave	Determined by riders	<b>Sunday Morning Show and Go</b> The riders who show will decide ride leader, distance and pace.
Sunday, February 21, 2010	9:30 AM	Determined by riders	Panera Bread at York & North Ave	Determined by riders	<b>Sunday Morning Show n Go</b> The riders who show will decide ride leader, distance and pace
Sunday, February 21, 2010	12:30 PM	Determined by riders	Gazebo, Glen Ellyn	Determined by riders	<b>Sunday Show and Go</b> The riders who show will decide ride leader, distance and pace.
Wednesday, February 24, 2010	10:00 AM	Determined by riders	McCullum Park, Downers Grove	Determined by riders	<b>Wednesday Show n Go</b> The riders who show will decide ride leader, distance and pace.
Wednesday, February 24, 2010	6:30 PM	Determined by riders	Depot, Villa Park	Determined by riders	<b>Wednesday Night Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Friday, February 26, 2010	10:00 AM	Determined by riders	Sunset Knoll Park on Finley Rd. half mile north of Roosevelt, Lombard	Determined by riders	<b>Lombard Friday Show and Go</b> The riders who show will decide ride leader, distance and pace.
Saturday, February 27, 2010	10:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	<b>Saturday Show and Go</b> The riders will determine the ride leader, distance and pace
Sunday, February 28, 2010	9:30 AM	Determined by riders	Panera Bread at York & North Ave	Determined by riders	<b>Sunday Morning Show n Go</b> The riders who show will decide ride leader, distance and pace.
Sunday, February 28, 2010	9:30 AM	Determined by riders	Panera Bread at York & North Ave	Determined by riders	<b>Sunday Morning Show n Go</b> The riders who show will decide ride leader, distance and pace

Note: The most current ride schedule can be found on our website at  
<http://www.elmhurstbicycling.org/rides/currentRide.aspx>.

More information on [Start Locations](http://www.elmhurstbicycling.org/r_startloc.asp) ([http://www.elmhurstbicycling.org/r\\_startloc.asp](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

**TREK USA**

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



Experienced in Road Biking  
Passionate for Mountain Biking

**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)

\*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

EMAIL: [hartleyscycle@comcast.net](mailto:hartleyscycle@comcast.net)

[WWW.HARTLEYSICYCLE.COM](http://WWW.HARTLEYSICYCLE.COM)

FAX: (630) 323-7195



LANCE HONEYMAN

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

2930 Compton 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"*