



The Cue Sheet

March
2010

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

2010 EBC UP Ski Trip (or how we had fun in de UP, eh) story and photos by George Hermach



Bear Bait at ABR



Rickles Lake at Sylvania

The first week of February saw 42 EBCers journey north to Ironwood at the western end of Michigan's Upper Peninsula for the eleventh annual EBC cross-country ski trip. Although we didn't have sun every day during our stay, we had ample snow and mild temperatures (mostly in the upper teens and twenties during the day). Trail conditions were absolutely wonderful, with several trail systems in the vicinity to choose from.



ABR was the area of choice for most, but many of us also skied at Wolverine Nordic, Sylvania Outfitters, and/or Milje's. Both ABR and Wolverine Nordic also feature marked snowshoe trails, which several of us enjoyed. A few of us went downhill skiing at Big Powderhorn, and those of us who skied at Wolverine Nordic experienced skiing on one of the Big Powderhorn slopes while on one of the cross-country trails. Other options included hiking, visiting nearby waterfalls, reading, shopping,

and (of course) socializing. .

Our hosts were Morgan and Linda at the Indianhead Motel in Ironwood, which was our home base. And what gracious hosts they were, sometimes joining us for socializing, games, or skiing. Each morning we would all gather in the motel lobby for continental breakfast and to discuss our plans for the day. In the evening we split into early and late dinner groups to avoid overwhelming any one restaurant. There were cocktail parties with munchies in the motel lobby each evening before dinner, and games such as Mexican Train and Bananagram after dinner. On two days we had special lunches at ABR - pasties (a Cornish miner's meal which is a UP specialty) on Monday and brats on Thursday. .

All in all, it was a great trip. So plan to come join us next season (dates to be announced later and will be posted under "Upcoming Events" on the EBC website).

Bench at ABR
by Joanne DeZur

Back in Feb of 2009 on our Annual U.P. Ski Trip, a group of us decided to donate a

bench in the name of the Elmhurst Bicycle Club to our favorite cross-country ski facility. There was a "stop and rest" bench at the bowl and we thought it would be nice if there was one at another spot where it would be nice to rest a while and enjoy the beautiful sights of winter.



photo by J. DeZur



photo by G. Hermach

Our hosts Angela and Eric picked a spot and those of us that were on that trip each contributed to purchase the bench, have it installed, and put a plaque on it for others to enjoy. When we arrived at ABR that Monday and skied up to see it we could imagine also how it would be in the summer when it overlooked the Montreal River in the shadow of some beautiful trees.

If you join us next year for a fun week of cross country skiing and/or snowshoeing you will get a chance to see "Our Bench," until then take a look at pictures from this years' trip.

(Editor note: ABR stands for Active Backwoods Retreats, a family owned father and son (Dave and Eric Anderson) business started in 1995.)

14 Years and Still Going Strong

story and Pictures by Sharon Hermach

In January 1997 Ted Sward led four hikes. They were at Bemis Woods (2), Bullfrog Lake, and Waterfall Glen. A ride recap for the January 5 hike by Dave Polkow, the EBC ride-Captain, was printed in the February newsletter. "Ted Sward's group of 8 hikers enjoyed a beautiful day of hiking at Bemis Woods. They covered some wide trails, narrow trails, and ½ mile of no trail."



Ted Leads the Way

This season Ted continued to lead great hikes in December and January over the same kind of trails. There were nine Tuesday hikes at seven different Forest Preserves in DuPage and Cook counties. He was joined by as many as 22 hikers. These hikes provide a great alternative to biking where the participants get to enjoy the outdoors, stay active and socialize as well.



Thanks Ted for another great season. We're looking forward to next winter.

Bike Advocacy Report - February, 2010

by Bob Hoel

Here is an overview of what is happening with bike advocacy and the Elmhurst Bike Task Force.*

Safe Routes to Schools - In order to remove some of the barriers to walking and biking to school and with the help of several PTA presidents, it was identified that the current student crossing guard program is not very effective. With the help of ATA**, the AAA student crossing guard training was identified as the most commonly used program. It has been sent out to 3 elementary schools in Elmhurst. Once these schools have piloted the program, it is our hope that District 205 will institutionalize the program and mandate its use in all the schools.

Changes are being made to the District 205 Curriculum - The PE and Health curriculum committee has decided to use the ATA bike/ped curriculum at the 4th and 5th grade levels, along with the classroom health materials. The new text covers bike/street safety in the 3rd grade, and they will use the ATA material in the 6th grade as well. The ATA materials will be sent to the PE teachers at each elementary school so they can use some of the activities and talk about walking and biking to school. Churchville Middle School will be hosting their second annual fitness night on March 24th. The Elmhurst Bike Club will co-sponsor a table with the Bike Task Force for this event. I will be looking for a couple of Club members to help that evening.

Bike Friendly Community Application - The Task Force members have been given a draft of our Bike Friendly Community application. A sub-group will meet shortly to talk about the areas in the application that need additional work.

Bike parking guidelines - We have found model bike parking ordinances from Wheeling and Champaign/Urbana to offer to the Elmhurst City Council. This ordinance requires any new construction or reconstruction project in Elmhurst to consider whether bike parking would be appropriate. It doesn't cost money for this ordinance and it brings bike parking into discussion as the developers work through their planning process.

Bike rack/bike storage committee -The Task Force has identified suitable bike storage boxes. Mike Hughes (Dir. Public Works) has put \$15,000 in the new parking garage budget for bike parking/bike storage though this is no guarantee given the state of the City budget. Because these bike boxes are geared for people wanting to bike to Metra, it is possible that there is Metra grant money available and the Director of Public Works will look into that.

Route Map committee - Steve Sinderson is looking for funding to print a first run of the maps for the 2010 bike season. A tri-fold "Bike to Metra" map, already in production by LIB, shows suggested bike routes from the perimeters of Elmhurst to the Metra station.

Updates

The Elmhurst Police Department has developed a bikes and pedestrian brochure based on a University of Colorado template brochure. The task force has offered additional points to include in the brochure as well as a suggestion to add photos from Elmhurst. Ideas included a bullet point for wearing helmets and stating the distinction between pedestrians walking against traffic, but bikes moving in the same direction as traffic, tips on staying off the sidewalks in designated business districts. This type of brochure is meant to raise awareness. These brochures could be included in the welcome packets for new Elmhurst residents that the Chamber of Commerce coordinates. They distribute 800 packets to new families per year.

The Prairie Path crossing signage at York Road is being moved closer to the path. The signs will show both pedestrian and bike crossings.

The Police Chief has authored a request to the City Council to give the abandoned and/or unclaimed bikes collected in Elmhurst to the charity Working Bikes. Eric Wood, an Elmhurst resident and volunteer with Working Bikes, would help coordinate this effort if approved by Elmhurst City Council.

I have also opened a discussion of ways to collect more bikes. Eric Wood, of Working Bikes, will be working GreenFest - a natural place to collect unwanted bikes. The Task Force could sponsor a bike collection at GreenFest in July. It could also consider collecting bikes during the April spring cleanup week in Elmhurst.

The Salt Creek Greenway Trail update: Construction has begun on the Trail underpass at North Ave. Hopefully the trail will be opened early in the biking season this year. Since the exact date of completion can't be predicted, there will be a grand opening, ribbon cutting celebration tentatively set for September 25, 2010. This one event will involve all agencies who have been working on this project as well as all the communities along the trail. There will be a bike ride from Busse Woods to Brookfield Zoo where each community along the way will host its own celebration of the trail. I hope that the Club will consider being involved with this event, perhaps organizing a small "invitational metric century" on that day.

The Elmhurst Park District will discuss with Boy Scout troop #82 their possible involvement with a bike collection drive as a service project. They will also talk with them about the Prairie Path cleanup on April 24. Bob Hoel is official point man on the Prairie Path clean up on the Elmhurst section and this year it will be sponsored by the Elmhurst Bike Task Force.

Elmhurst College has sent out a questionnaire to those who participated in their Parking Initiative to assess the future of their bike giveaway program. Though there are 200 new bikes on campus, visually you could not tell.

Coming Events

Mar 9-11 - National Bike Summit, Washington, DC. Bob Hoel will attend. This is a workshop environment where he will work with other communities and the U.S. Dept of Transportation. One day is set aside to meet with our reps and senators to talk bike and transportation issues. Good experience.

Mar 24th Annual Family Fitness Night, Churchville Middle School. The Elmhurst Bicycle Club hosted a table last year and I would like to partner the Club and the Task Force to spread the word about what Elmhurst is doing to be more bike friendly and to raise awareness of biking opportunities through the Bike Club. The Task Force was in agreement that this was a good idea. Only 3 - 4 people are needed for the table and volunteers will be solicited at the next Task Force meeting and Bike Club meeting which occur before the event. This is a great time to get word out about the Club and to solicit more family memberships.

April 24 - Annual Prairie Path clean up will take place in conjunction with Earth Day. For the past two years I have coordinated the volunteers for the Elmhurst section. This year the clean up will be handled as a Bike Task Force activity. The event is planned to run from 9 to 12 noon and will cover the area from Rt. 83 to I-294. Because the Park District is responsible for the maintenance of the Path, we will track volunteer hours. This is a good family event that sends the right message to kids. If you know of any groups that might be interested, please contact me. Projects like this are good for service hours.

Elmhurst Farmer's Market - Every Wednesday from June through October.

Last year the Bike Club had a table, once in June and another in July, to encourage biking to the Farmer's Market. Various bags and baskets were on display to show what equipment was needed to shop by bike. I will work with Jason Janes, president of the York & Vallette Business Association (YVBA) and organizers of the Market on ways to encourage people to bike to the market. With the construction of Good Earth parking becomes limited but there is good bike rack parking at the SW corner of the municipal lot. A free cup of coffee or coupon at the YVBA businesses might be an incentive to bike rather than to drive. Afterall, the Market is just off the Prairie Path.

June 14-18 - Bike to Work/Metra Week. The new Elmhurst Bike to Metra brochure being produced by the League of Illinois Bicyclists should be ready. In the past a table at the Metra Station was hosted by ATA, DuPage County and the Elmhurst Bike Club to promote biking to the train station. The Bike Task Force is invited to participate as well. More details later.

July 31 - GreenFest will be held again in Wilder Park. The Bike Club has hosted a

table in the past to promote biking for recreation and transportation. The Bike Task Force has expressed interest in co-hosting the table. There was general agreement that this would increase visibility of the Task Force. This is another opportunity to push Club membership.

* Bob Hoel is chairman of the Elmhurst Bike Task force [EBTF](#)

** ATA - the Active Transportation Alliance [ATA](#)

Strength Training for Cyclists, some tips

contributed by Laurel Salvador

Strength Training for Cyclists, some tips Hey EBCers:

I just bought this book: Weight Training for Cyclists (2nd Edition) by Doyle and Schmitz and really like the material in it so I figured that I would pass on the tip to EBCers. Even if you don't race, just substitute "club ride" or "invitational" when they say race and it still applies. I like the book since it was written for cyclists (not body builders!) and it emphasizes a strength training program that you can design yourself without a personal trainer or a gym.

Another good reference I found was this site by a medical doctor who is also a cyclist:

<http://www.cptips.com/weights.htm>

He summarizes basically what is in the book (the book having more detail of course). The study listed in this web site is only one data point (they found that the subjects did not necessarily produce more power at the end of the 12 week program), but other studies I have seen show otherwise.

Besides.... we aren't getting any younger and these two are established facts:

- Adults who do no training lose about ½ pound of muscle mass per year in their 30's and Forties and almost 1 pound of muscle mass yearly after age 50
- Functional strength training can slow, stop and even reverse this trend.

But how often do you have to strength train?

- American College of Sports Medicine recommends a minimum of 2 strength training sessions per week, but they needn't be long (15-20 minutes is often enough!).

What's a typical session?

- Pick a weight or resistance that you can perform about 10 repetitions to fatigue. That is, you really couldn't do any more than 10. This represents about 70% of your One Repetition Maximum (the maximum you could lift once).
- Perform the exercise SLOWLY: about 3-4 seconds up and 3-4 seconds down. This would give you between 6*10 = 60 seconds to 8*10 = 80 seconds to fatigue. This is the recommended interval to fatigue for the average workout.
- Do one set to fatigue, then go immediately to another muscle group. Performing the exercises in this fashion allows for active recovery. You rest the muscles you just exercised while continuing with your workout.
- According to the American Council on Exercise, one set to fatigue for each muscle group twice a week yields about 80% of the gains of training more often with more sets. The key is that if you work the major muscle groups (about 10 exercises) and do one set slowly and do active recovery, it should really take you only (70 to 90 seconds) * (10 exercises) = 11-15 minutes. However, you do need to include about a 5 minute warm up bringing the total to about 15-20 minutes.

So along with riding, make sure that you incorporate some strength training twice a week and you will definitely feel more comfortable when biking season hits in earnest in the spring. Keep up your strength training during the season too, just adjust the weights down a bit before a big ride (especially for the legs). You could keep the upper body and core exercises the same. I have been strength training for about 20 years (and biking for 30) and I definitely noticed that my form and comfort on the bike improved when I added strength training (especially with the core and upper body work so I can support myself on the bike better). I hope to put in more miles with EBC

this year, teaching those pesky fitness classes kept me from many of the week day rides, but I am changing my schedule this year.

Meeting Minutes February

Board Minutes February 11, 2010

Present: John Park, Petra Hofmann, George Pastorino, Maria Kapusta, Cheri O'Riordan, Chuck Dean

1. **President:** The meeting to order at 6:15 p.m. at the Community Bank of Elmhurst.
2. **Secretary:** The January 14, 2010 board meeting minutes were read and approved.
3. **Treasurer:** The monthly Banking Summary (01/14/10-02/11/10) which listed income of \$1,810.00 to date. At present, the balance in the treasury is \$14,060.68.
4. **Newsletter:** Discussion followed regarding timing for the monthly board and club meeting minutes to enter into the newsletter. The Secretary will enter the board and club meeting minutes into Google Docs. All board members will edit them. The President will send out an email for approval. The January and February board and club meeting minutes will be published in the March newsletter.
5. **Membership Renewal:** Membership is encouraged to pay their dues before the March 1st deadline to ensure their name appears in the Membership Directory. The directory is presently in PDF format and we will know by March 1st who will be in the directory which most likely go to print by April 1st.
6. **Board Voting Procedures:** There was a brief discussion regarding the methods of voting by the board members. The counting of hands was accepted.
7. **Sponsorship:** Discussion followed regarding the donations sponsors contribute. The sponsorship date for donations will be moved to June 1st as the sponsors will be in a better fiscal position to donate. Their preference is to be listed on the website since most members go to the Internet for information vs. a paper directory. At present, a verbal approval from the donors will be sought. In addition, the sponsorship agreement would have to be updated with the new June date. Further discussion is needed on this. In the meantime, George will contact Cycle and Sports; John will contact the other donor businesses.
8. **Ride Captain:** Changes to the ride

EBC General Meeting Minutes February 11, 2010

Present: John Park, Petra Hofmann, George Pastorino, Maria Kapusta, Cheri O'Riordan, Chuck Dean

1. **President:** The meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst. The President read a passage from the book No Need for Speed relating the sport of running and bicycling and its positive influences on a young man.
2. **Secretary:** The January 14, 2010 board meeting minutes were read and approved.
3. **Position Vacancy:** The President announced that Peter Gough, the Publicity Chairperson, had resigned. Peter's hard work and contributions were acknowledged with appreciation. The position was open and anyone interested should contact the President.
4. **Treasurer:** The following was presented: a Banking Monthly Summary (01/14/10-02/11/10) which listed income of \$1,810.00, \$50 from mirror sales, \$800 was transferred from Pay Pal. At present, the balance in the treasury is \$14, 060.68.
5. **Mountain Bike Coordinator:** Back country skiing takes place on mountain bike trails of which some are single track and some are double track. Single track trails are 2 feet wide and double track are 10 feet wide. Chuck Gentile was introduced to the membership. Chuck and George work together to offer very safe rides. In addition to Illinois, there are many good trails in Wisconsin.
6. **Ride Captain:** The ride sheet is being re-done and will be finalized by the March club meeting. The ride leader responsibilities are also being re-worked. There will be a ride leader meeting sometime in March for leaders who have lead a dozen or so rides and those who want to be ride leaders to give their input to the changes. The latest issue of Adventure Cycling has a good article on the Iowa RAGBRAI. Bob McKeague was thanked for introducing the Ride Captain to cyclocross and the "Gran Fondo." It was mentioned that there might be a need to space out how many rides there are on a given day. For example, there have been some days

- sheets were discussed. regarding emergency contact phone number, what information the guests should provide, and terms under which the ride sheets should be submitted. A motion was approved by the board, "I move that we accept the modifications to the ride sheets as presented by our ride captain at this meeting. Eighty three members rode over 1000 miles in 2009 and are eligible for an award. There are also 12 top leaders who lead 15 or more rides who are also eligible for an award. There will be a meeting for ride leaders to review the changes in the ride sheet and leader responsibilities. This will be announced at a later date.
9. **Position Vacancy:** The Publicity Chairperson offered his resignation. The President will request any interested volunteers to contact him. There will also be an announcement on the List Server as well as in the Newsletter.
 10. **List Server:** Currently, the past President is the owner of the List Server. A motion was approved by the board, "I move that the List Server be jointly owned by the current President and the current Membership Coordinator." Managers of the List Server can be appointed at their discretion.
 11. **Advocacy Request:** Bob Hoel requested partial reimbursement for expenses for his attendance at the Bike Summit this March. The board approved the motion, "I move that we reimburse Bob Hoel \$200 for his attendance at the Bike Summit this March. Payment is to be made upon his submission of his report on the Bike Summit."
 12. **League of American Bicyclists Dues:** The board approved the motion, "I move that we renew EBC's membership in the League of American Bicyclists for \$75."
 13. **Mileage Program Awards for 2009 Rides:** There was general discussion regarding types of awards. A suggestion to offer the member a T-shirt at \$12.35 each or a Road ID gift card for at 17.18 each. The Ride Leader will present this choice to the 83 eligible members. The board approved the motion, "I move that the cost of the awards not exceed \$1500" for T-shirts and Road IDs" Jerseys will be discussed at a later date since this is a once time offering for those riding over 1000 miles. The present Membership Coordinator needs to consult with the past Membership Coordinator as to who
- where as many as eight rides have occurred. It was suggested that possibly ride leaders look at alternate dates. The "Future Rides" link on the website lists future rides as far out as July. If a ride is to be cancelled, ride leaders should send a notice on the list server one hour before the scheduled ride start time.
7. **Membership:** As of to date, 292 members have renewed. Continual attempts are being made to encourage members to renew their dues before the March 1st deadline. New members were introduced: Wayne Price from Addison, IL and Jim and Nancy Sequin from LaGrange, IL. Discussion is ongoing regarding membership being online vs. in paper directory.
 8. **Newsletter:** Articles are requested to be submitted by the end of next week. January and February board and club meeting minutes will be published in the March newsletter.
 9. **Advocacy:** See article above for details.
 10. **Member Announcements:** Contact the following members or the ride schedule for further details:

...Sharon Hermach reported that there will be two more ski trips in February: 2/14/10 with Peter and Ksenia Turula and 2/21 with Sharon and George Hermach. Contact them if you are interested.

...The Chili Ride will be held in Southwest Michigan this year at Marge Ricke's home. There will be a bike ride, a hike and X-skiing if snow is present.

...Dick Diebold stated that he will be leading a two week self-touring ride in Utah in September. Experienced with touring is a must. Kathy Wagner-Selbach is leading Susan Kilgore's old rides. Susan is no longer in the area. The rides will be on Fridays.

...Bill and Karen Schwartz will be leading a trip in Tuscon March 10-21, 2010.

...Sam Gunda reported that 5 EBC members have signed up to participate in the RAGBRAI. He is looking for more people.
 11. **Program:** Bill and Karen Schwartz presented their collective experiences of tandem bicycle trips to four regions in France: Provence, Loire , Dordogne, and ?.
- The next member meeting will be held on Thursday, March 11, 2010 at 7:15 p.m. at the Community Bank of Elmhurst.

of these 83 2009 members received a Respectfully submitted,
past jersey and who are presently
eligible.

Cheri O'Riordan
Club Secretary

14. **Road ID Affiliate Program:** The Road ID Affiliate Program is a good way to support Road IDs efforts of promoting athletic safety while earning some commissions for EBC. A link, www.RoadID.com can be placed on the EBC website or the or the front page of the ride schedule. When a visitor clicks on the Road ID link and makes a purchase, the club earns a 10% commission. Road ID tracks the EBC Road ID Affiliate Program sales generated and delivers a quarterly check. The board approved the motion, "I move that we participate in the Road ID Affiliate Program by placing a link on our front website page or on our ride schedule page."
15. **Support for Police Bicycles:** A member suggested that EBC purchase for approximately \$750 a bicycle for the Elmhurst Police. The board was not in favor of this and felt that there are other ways for the police to obtain bicycles.
16. **Tabled Items:** Due to time constraints, these items needed to be tabled: mileage login rules, club brochure, ride leader meeting in March

The next Board meeting will be held on Thursday, March 11, 2010 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan
Club Secretary

Meeting Minutes January

Board Minutes January 14, 2010

Present: John Park, Petra Hofmann, George Pastorino, Maria Kapusta, Cheri O'Riordan, Chuck Dean
Also present: Nancy Shack

1. **President:** The meeting to order at 6:15 p.m. at the Community Bank of Elmhurst.
2. **Secretary:** The December 10, 2009 board meeting minutes were read and approved.
3. **Treasurer:** The following was presented: a Banking Summary for 2009 for income and expenses which highlighted one-time expenses; and a Banking Monthly Summary

EBC General Meeting Minutes January 14, 2010

Present: John Park, Petra Hofmann, George Pastorino, Maria Kapusta, Cheri O'Riordan, Chuck Dean

1. **President:** John Pack called the meeting to order at 7:15 p.m. in the Community Room of the Community Bank of Elmhurst.
2. **Secretary:** Cheri O'Riordan read the minutes of the December 10, 2009 club meeting. Minutes were approved by the members.
3. **Treasurer:** George presented that as of January 14, 2010 \$11,993.98 was in the EBC checking account with an

- (12/10/09-01/14/10) which listed income and expenses to date. At present, the balance in the treasury is \$12, 976.54.
4. **Ride Captain:** Changes to the ride sheets were discussed. regarding emergency contact phone number, what information the guests should provide, whether a sweep should be listed and terms under which the ride sheets should be submitted. The ride captain will work on a redo of the ride sheet and present it to the board at a subsequent meeting for approval.
 5. **Database Manager:** The club has close to 500 members and much mileage data to be entered. To prevent time delays and confusion, the following suggestions were made:
 - The line for the "sweep" should be removed as there is not a way to enter it into the data base and "points" are no longer awarded for being the "sweep".
 - No "double" ride dates are to be entered onto a single ride sheet. This is too time-consuming, and very confusing for entering member miles.
 - All ride leaders must turn in ride sheets within the 30 day deadline. If they are not turned in within the designated time frame, they will not be entered. Some ride leaders have waited up to five months to turn them in.
 - All ride leaders must assure that all names are legible for the data base manager to read.
 - Riders are encouraged to print their names as indicated on the ride sheet.
 6. **Budget:** The need for a formal budget was presented and discussed. A motion was approved by the board. "I move to request budgets from the members of the Executive Board for their areas of responsibility for the year 2010. Budgets are to be submitted to the Board by 2-11-10. These budgets are to be used as tools to aid the Board in planning and forecasting expenditures and incomes only and will not replace the current system as outlined in the by-laws. These budgets are not static and can be modified as needs permit."
 7. **Door Prizes:** All agreed that the number of door prizes will be reduced in number due to fiscal savings.
 8. **Sponsorship:** Discussion followed about "Sponsorship. It was agreed that we need sponsors as it benefits the club for financial support, awareness and customer base by our additional \$500, collected from Pay Pal in 2009, totaling a balance of \$12,976.54. The total income for the past month is \$2169.65 which included the carry over of the \$500 from Pay Pal.
 4. **Mountain Bike Coordinator:** George reported that new Mountain Bike Ride Leader Chuck Gentile, was very helpful to him. He especially wanted to acknowledge Chuck as being extremely knowledgeable of the Palos area. George was very comfortable in leaving the group with Chuck when a rider was in distress and George had to leave the group to give instruction to this rider. George stated that he and Chuck would jointly lead all winter mountain bike rides at Palos with radio communication between them to insure the safety and enjoyment of all riders George indicated that he and Chuck were trying to put together a "Winter Epic" with 3 hours of mountain biking, 1 hour for lunch, followed by 3 hours of X-skiing
 5. **Ride Captain:** Petra stated the club calendars were ready for pick up. John acknowledged Petra's hard work and success in putting the calendar together. The members applauded in hearty agreement.
- Petra provided some ride statistics for the year:
- 81 ride leaders
 - 1000 events
 - 947 rides
 - 247, 242 miles
 - Up 42% over last year
 - Top three riders: Nancy S., Bill and Karen Schwartz
 - 50% of the miles came from 36 riders
- She mentioned that there will be changes in the ride sheets reflecting:
- Single ride per sheet
 - All riders should list an emergency contact person's name and phone number next to their name.
 - All guests need to sign in with name, address, phone number and emergency contact person.
 - Ride sheets must be turned in within 30 days of the ride
 - Preprinted sheets will be used first
 - New changes will be on line
6. **Other Ride Information:**
 - Sam Gunda is looking for a ride leader to lead an EBC group in the 7-day annual RAGBRAI ride across Iowa, July 25-31, 2010. He entered EBC in the lottery. If EBC is chosen, a contact person must be chosen from the EBC group to take on the

presence in both literature and visibility. The sponsors benefit through rider support and visibility, possible access to our list server (needs further discussion). Peter Gough is our Publicity Chairperson and contact person for the club. Due to time constraints, further discussion is needed this topic.

9. **Meeting Minutes:** All agreed that the minutes of the monthly board meetings and the monthly club meetings should be re-published in the newsletter. The last minutes were published in 2008. All board and club meeting minutes must be approved before being published in the newsletter.
 10. **By-Laws, Constitution, Mission Statement:** It was discussed and agreed that that the club has changed since its inception in 1977 and that there is a need for changes in the Membership Directory & Handbook pertaining to the Constitution, By-Laws and The Club Description. A motion was approved by the board, "I move that the board due a full review of the Constitution and By-Laws and "The Club" Description with the goal of presenting the revision to the membership by inclusion in the Fall Newsletter (Sept / Oct?), written copies passed out at a meeting by October, and voted on in November." It was agreed there is also a need for a club mission statement as none exists. Copies of how to write a mission statement were passed out. The board will start the process and make changes. There will be a committee of club members if needed.
 11. **Membership Renewal:** Discussion followed about membership renewal and having consistency with a cut-off date. A motion was approved "The membership renewal deadline date is March 1st allowing the "grace period" of January and February. After March 1, a person will no longer be a member with the ability to accrue miles; will be taken off the list serve and will not be included in the membership directory."
- The next Board meeting will be held on Thursday, February 11, 2010 at 6:15 p.m. at the Community Bank of Elmhurst.
- Respectfully submitted,
- Cheri O'Riordan
Club Secretary
- responsibilities of the RAGBRAI ride. Please contact him if you are interested.
- Mike Struglinski indicated that he is leading a self-contained "Route 66" ride the end of June. Contact Mike if you are interested.
 - Sharon Hermach mentioned that there are still rooms available for the upcoming X-skiing trip to Ironwood, MI in early February. There will also be a second X-skiing trip to the UP the end of February. Contact Sharon for any questions.
 - Petra Hofmann stated that Cyclocross has ceased for the season. She said she enjoyed her participation and thank everyone for their support of her endeavors.
 - Bob McKeague reported about the Italian "Gran Fondo" taking place on August 7 or 8, 2010. This is a type of century ride. The entry fee is \$75. Please contact him for more information.
 - Art Frigo stated that he will be leading another century ride on the Centennial Trail this year and that it is a nice way for anyone to do a century in an easy way. The trail is 25 miles long one-way and is paved.
7. **Membership:** Maria said there are 185 members so far this year. She introduced two new members: Sam Tripas of Addison and Daniel Strong of Elmhurst. She encouraged everyone to get their dues in if they have not already done so.
 8. **Jim Hennig** announced that his granddaughter, who was in Iraq, made him a quilt from his many EBC T-shirts which he has acquired over the years. Everyone took notice of this beautiful work of love and added their comments to Jim.
 9. **Refreshments:** Cheri thanked the following members for helping with refreshments during her absence at the December meeting: Lou and Jerry Fish, Gerry Fekete, Betty Bond, Mike Struglinski, Sam Gunda, Bob Hoel, Joanne Dezur and anyone else that might have assisted. She proceeded to thank Nancy Rice for providing refreshments for tonight's meeting and added that Nancy baked the delicious cookies.
 10. **Program:** John announced that EBC members, Fred and Sandy Goldenson, were presenting on their Bike Across America in 2008 starting in Astoria, WA and ending in St. Augustine, FL.
 11. The next Board meeting will be held on Thursday, February 11, 2010 at 7:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan
Club Secretary

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

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

March 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
Tuesday, March 02, 2010	9:00 AM	60mi/ 17- 19mph	Trader Joe's in Naperville Plaza	Roger Pardon 630-639- 8505	Trader Joe's to Oswego A fast paced ride over low traffic rolling country roads. We stop at the usual Village Grind in Oswego.
			Imax		

Tuesday, March 02, 2010	10:00 AM	35 miles at 14- 16 mph	Theater corner of Rt 53 and Hobson Rd	Bill Schwartz 708-334- 6250	Imax Tuesday returns Neighborhood ride through low traffic streets in Naperville to a coffee shop and back. come out and enjoy good company and biking fun!
Wednesday, March 03, 2010	9:30 AM	15 miles / 10-12 mph	Carol Nield's House 6326 Fairview - Downers Grove	Carol Nield 630-964- 2488	Easy Riders Bike Ride and Meeting Following the ride at 9:30, the Easy Riders Planning Meeting will take place at 11:30. Food will be served between the ride and meeting.
Wednesday, March 03, 2010	10:00 AM	Determined by riders	McCollum Park, Downers Grove	Determined by riders	Wednesday Show n Go The riders who show will decide ride leader, distance and pace.
Thursday, March 04, 2010	10:00 AM	35 miles at 14- 16 mph	Imax Theater corner of Rt 53 and Hobson Rd	Bill Schwartz 708-334- 6250	Imax Thursday Returns Neighborhood ride through low traffic streets in Naperville to a coffee shop and back. come out and enjoy good company and biking fun!
Friday, March 05, 2010	9:00 AM	Determined by riders	Sunset Knoll Park on Finley Rd. half mile north of Roosevelt, Lombard	Determined by riders	Lombard Friday Show and Go The riders who show will decide ride leader, distance and pace.
Saturday, March 06, 2010	9:00 AM	45 Miles, 14-16 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409- 0105 (H)	High Wheels to High Wheeler Pedal to the High Wheeler Model Railroad Show at Harper College in Palatine. Please call Larry's cell phone for information, especially if there's snow within the week before the ride. Route will be on roads and paved paths. There is an admission fee if we decide to go inside the show. Bring a good lock. Snack break(s) along the way.
Saturday, March 06, 2010	10:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday Show and Go The riders will determine the ride leader, distance and pace
Sunday, March 07, 2010	9:30 AM	Determined by riders	Panera Bread at York & North Ave	Determined by riders	Sunday Morning Show n Go The riders who show will decide ride leader, distance and pace.
Sunday, March 07, 2010	12:30 PM	Determined by riders	Gazebo, Glen Ellyn	Determined by riders	Sunday Show and Go The riders who show will decide ride leader, distance and pace.
Tuesday, March 09, 2010	9:00 AM	60mi/ 17- 19mph	Trader Joe's in Naperville Plaza	Roger Pardon 630-639- 8505	Trader Joe's to Oswego A fast paced ride over low traffic rolling country roads. We stop at the usual Village Grind in Oswego.
Tuesday, March 09, 2010	10:00 AM	35 miles at 14- 16 mph	Imax Theater corner of Rt 53 and Hobson Rd	Guest leader to be announced	Imax Tuesday Show and Go Neighborhood ride through low traffic streets in Naperville to a coffee shop and back. come out and enjoy good company and biking fun!
Wednesday, March 10, 2010	9:00 AM	35 miles at 14- 16 mph	Arizona National Golf Course Entrance Sabino Springs Tucson	Bill Schwartz 708-334- 6250	Tucson Saguaro East Opener Opening ride from the Arizona National Golf Course to Saguaro East for several loops of the fun 8 mile loop of rolling hills through a beautiful National Park
Wednesday, March 10, 2010	9:30 AM	20 miles at 10-12 mph	McCollum Park 67th and Main Downers Grove	Carol Nield 630-964- 2488	Ride to Brookeridge Aero Community Call Leader to confirm if weather is questionable

Wednesday, March 10, 2010	10:00 AM	Determined by riders	McCollum Park, Downers Grove	Determined by riders	Wednesday Show n Go The riders who show will decide ride leader, distance and pace.
Wednesday, March 10, 2010	6:30 PM	Determined by riders	Depot, Villa Park	Determined by riders	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thursday, March 11, 2010	10:00 AM	35 miles at 14- 16 mph	Imax Theater corner of Rt 53 and Hobson Rd	Guest leader to be announced	Imax Thursday Neighborhood ride through low traffic streets in Naperville to a coffee shop and back. come out and enjoy good company and biking fun!
Thursday, March 11, 2010	9:00 AM	35 miles at 14- 16 mph	Arizona National Golf Course Entrance Sabino Springs Tucson	Bill Schwartz 708-334- 6250	Tucson Saguaro East Opener Opening ride from the Arizona National Golf Course to Saguaro East for several loops of the fun 8 mile loop of rolling hills through a beautiful National Park
Thursday, March 11, 2010	6:15 PM	EBC Board Meeting	Community Bank, Elmhurst	John Park, 630.965.2740	Monthly Board Meeting Open to all members.
Thursday, March 11, 2010	7:15 PM	EBC General Meeting	Community Bank, Elmhurst	John Park, 630.965.2740	Monthly Club Meeting Register for door prizes and pick-up purchased EBC Calendars.
Friday, March 12, 2010	9:00 AM	50 miles at 14- 16 mph	Arizona National Golf Course Entrance Sabino Springs Tucson	Bill Schwartz 708-334- 6250	Tucson Gates Pass Opening ride from the Arizona National Golf Course to Saguaro East for several loops of the fun 8 mile loop of rolling hills through a beautiful National Park
Friday, March 12, 2010	10:00 AM	Determined by riders	Sunset Knoll Park on Finley Rd. half mile north of Roosevelt, Lombard	Determined by riders	Lombard Friday Show and Go The riders who show will decide ride leader, distance and pace.
Saturday, March 13, 2010	9:00 AM	50 miles at 14- 16 mph	Arizona National Golf Course Entrance Sabino Springs Tucson	Bill Schwartz 708-334- 6250	Tucson Gates Pass Opening ride from the Arizona National Golf Course to Saguaro East for several loops of the fun 8 mile loop of rolling hills through a beautiful National Park
Saturday, March 13, 2010	10:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday Show and Go The riders will determine the ride leader, distance and pace
Sunday, March 14, 2010	9:00 AM	10 miles	Arizona National Golf Course Entrance Sabino Springs Tucson	Bill Schwartz 708-334- 6250	Tucson Sabino Canyon hike Drive to Sabino Canyon and do a great desert hike
Sunday, March 14, 2010	9:00 AM	48mi/ 17- 19mph	Trader Joe's in Naperville Plaza	Roger Pardon 630-639- 8505	Trader Joe's to Oswego A fast paced ride over low traffic rolling country roads. We stop at the usual Village Grind in Oswego.
Sunday, March 14, 2010	9:30 AM	Determined by riders	Panera Bread at York & North Ave	Determined by riders	Sunday Morning Show n Go The riders who show will decide ride leader, distance and pace.

Sunday, March 14, 2010	12:30 PM	Determined by riders	Gazebo, Glen Ellyn	Determined by riders	Sunday Show and Go The riders who show will decide ride leader, distance and pace.
Monday, March 15, 2010	9:00 AM	50 miles	Arizona National Golf Course Entrance Sabino Springs Tucson	Bill Schwartz 708-334-6250	Tucson Arivaca Road Drive to the start and then do an out and back bike. More details available by cell
Monday, March 15, 2010	6:15 PM	20-25 Miles, 13-15 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	Monday Ride "Kick-off" The Monday Night Ride Kicks Off for the season - but will the weather be "Tampa Bay" or "Green Bay"? Note slightly later starting time of 6:15 PM. Headlights and taillights required - it's still dark out there, folks. Route will be roads and paved paths.
Tuesday, March 16, 2010	9:00 AM	60mi/ 17-19mph	Trader Joe's in Naperville Plaza	Roger Pardon 630-639-8505	Trader Joe's to Oswego A fast paced ride over low traffic rolling country roads. We stop at the usual Village Grind in Oswego.
Tuesday, March 16, 2010	9:00 AM	40 miles	Arizona National Golf Course Entrance Sabino Springs Tucson	Bill Schwartz 708-334-6250	Gates Pass Drive to the start and then do an out and back bike. More details available by cell
Tuesday, March 16, 2010	10:00 AM	35 miles at 14- 16 mph	Imax Theater corner of Rt 53 and Hobson Rd	Guest leader to be announced	Imax Tuesday Show and Go Neighborhood ride through low traffic streets in Naperville to a coffee shop and back. come out and enjoy good company and biking fun!
Wednesday, March 17, 2010	9:00 AM	25 miles @ 11 -13 mph	Spring Rock Park in Western Springs	Gerry Fekete (708) 352 -0913 Cell: 708 565-9430	Riverside Ramble Ride to Riverside with a stop at Dunk'n Donuts.
Wednesday, March 17, 2010	9:00 AM	50 miles	Arizona National Golf Course Entrance Sabino Springs Tucson	Bill Schwartz 708-334-6250	Mt Lemmon or Bust! Be like Lance! climb 5,000 vertical feet on your bicycle and do Mt. Lemmon. It's a 25 mile climb that is a challenge, but the downhill is a blat!
Wednesday, March 17, 2010	10:00 AM	Determined by riders	McCollum Park, Downers Grove	Determined by riders	Wednesday Show n Go The riders who show will decide ride leader, distance and pace.
Wednesday, March 17, 2010	6:30 PM	Determined by riders	Depot, Villa Park	Determined by riders	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thursday, March 18, 2010	10:00 AM	35 miles at 14- 16 mph	Imax Theater corner of Rt 53 and Hobson Rd	Guest leader to be announced	Imax Thursday Neighborhood ride through low traffic streets in Naperville to a coffee shop and back. come out and enjoy good company and biking fun!
Thursday, March 18, 2010	10:00 AM	20 to 40 miles, depends on no of loops	Sabino Springs Arizona National Golf Course entrance	Bill Schwartz 708-334-6250	Saguaro East loops Recovery ride after doing Mt Lemmon yesterday!
			Sunset Knoll Park on Finley		

Friday, March 19, 2010	10:00 AM	Determined by riders	Rd. half mile north of Roosevelt, Lombard	Determined by riders	Lombard Friday Show and Go The riders who show will decide ride leader, distance and pace.
Friday, March 19, 2010	10:00 AM	40 miles	Sabino Springs Arizona National Golf Course entrance	Bill Schwartz 708-334-6250	Gates Pass out and back Easy Pass with a ride after to the Desert Museum. Drive to the start at Pima Community College
Saturday, March 20, 2010	9:00 AM	40 miles	Sabino Springs Arizona National Golf Course entrance	Bill Schwartz 708-334-6250	Tucson try out new routes days Try out some new routes from the Tucson Bicycle route book we bought there last year.
Saturday, March 20, 2010	10:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday Show and Go The riders will determine the ride leader, distance and pace
Sunday, March 21, 2010	9:00 AM	40 miles	Sabino Springs Arizona National Golf Course entrance	Bill Schwartz 708-334-6250	Tucson try out new routes days Try out some new routes from the Tucson Bicycle route book we bought there last year.
Sunday, March 21, 2010	9:00 AM	48mi/ 17-19mph	Trader Joe's in Naperville Plaza	Roger Pardon 630-639-8505	Trader Joe's to Oswego A fast paced ride over low traffic rolling country roads. We stop at the usual Village Grind in Oswego.
Sunday, March 21, 2010	9:30 AM	Determined by riders	Panera Bread at York & North Ave	Determined by riders	Sunday Morning Show and Go The riders who show will decide ride leader, distance and pace.
Sunday, March 21, 2010	12:30 PM	Determined by riders	Gazebo, Glen Ellyn	Determined by riders	Sunday Show and Go The riders who show will decide ride leader, distance and pace.
Monday, March 22, 2010	6:15 PM	20-25 Miles, 13-15 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	"Spring Has Sprung" Monday Night Ride Officially, Spring is here! Has the weather caught up? We'll find out.... Note slightly later starting time of 6:15 PM. Headlights and taillights required - it's still dark out there, folks. Route will be roads and paved paths.
Tuesday, March 23, 2010	9:00 AM	60mi/ 17-19mph	Trader Joe's in Naperville Plaza	Roger Pardon 630-639-8505	Trader Joe's to Oswego A fast paced ride over low traffic rolling country roads. We stop at the usual Village Grind in Oswego.
Tuesday, March 23, 2010	10:00 AM	35 miles at 14- 16 mph	Imax Theater corner of Rt 53 and Hobson Rd	Bill Schwartz 708-334-6250	Imax Tuesday returns Neighborhood ride through low traffic streets in Naperville to a coffee shop and back. come out and enjoy good company and biking fun!
Wednesday, March 24, 2010	9:30 AM	26 miles at 11-13 mph	McCollum Park 67th and Main Downers Grove	Carol Nield 630-964-2488	Bemis Woods Ride Ride thru Western Suburbs and On the Salt Creek and Bemis Woods Bike Trails. Stop Midway at McDonalds Call Leader to confirm ride if weather is questionable
Wednesday, March 24, 2010	10:00 AM	Determined by riders	McCollum Park, Downers Grove	Determined by riders	Wednesday Show n Go The riders who show will decide ride leader, distance and pace.
Wednesday, March 24, 2010	6:30 PM	Determined by riders	Depot, Villa Park	Determined by riders	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thursday,			Imax Theater	Bill Schwartz	Imax Thursday Returns

March 25, 2010	10:00 AM	35 miles at 14- 16 mph	corner of Rt 53 and Hobson Rd	708-334-6250	Neighborhood ride through low traffic streets in Naperville to a coffee shop and back. come out and enjoy good company and biking fun!
Friday, March 26, 2010	10:00 AM	Determined by riders	Sunset Knoll Park on Finley Rd. half mile north of Roosevelt, Lombard	Determined by riders	Lombard Friday Show and Go The riders who show will decide ride leader, distance and pace.
Saturday, March 27, 2010	10:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday Show and Go The riders will determine the ride leader, distance and pace
Sunday, March 28, 2010	8:30 AM	64 or 32 / Varius	Panera Elmhurst	Larry Gitchell, Sam Gunda 630-8337410	March Madness Metric Century or your choice of 32 First loop 32 miles. Start time: 8:30 AM Salt Creek Trail North or parallel streets, Coffee Break Elk Grove Optional Lunch 12PM at Panera Elmhurst Second Loop 32 miles, Start time 12:30 PM Salt Creek Trail South or Parallel streets to Brookfield. It is a madness ride. Little inclement weather will not cancel the ride.
Sunday, March 28, 2010	9:00 AM	48mi/ 17-19mph	Trader Joe's in Naperville Plaza	Roger Pardon 630-639-8505	Trader Joe's to Oswego A fast paced ride over low traffic rolling country roads. We stop at the usual Village Grind in Oswego.
Sunday, March 28, 2010	9:30 AM	Determined by riders	Panera Bread at York & North Ave	Determined by riders	Sunday Morning Show n Go The riders who show will decide ride leader, distance and pace.
Sunday, March 28, 2010	12:30 PM	Determined by riders	Gazebo, Glen Ellyn	Determined by riders	Sunday Show and Go The riders who show will decide ride leader, distance and pace.
Monday, March 29, 2010	6:15 PM	20-25 Miles, 13-15 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	"March of the 29ers" Monday Night Ride Bring out your "29er" for a Monday Night Ride. 700C and 26" - okay, any size - wheels are also welcome Note slightly later starting time of 6:15 PM. Headlights and taillights required - it's still dark out there, folks. Route will be roads and paved paths.
Tuesday, March 30, 2010	9:00 AM	60mi/ 17-19mph	Trader Joe's in Naperville Plaza	Roger Pardon 630-639-8505	Trader Joe's to Oswego A fast paced ride over low traffic rolling country roads. We stop at the usual Village Grind in Oswego.
Tuesday, March 30, 2010	10:00 AM	35 miles at 14- 16 mph	Imax Theater corner of Rt 53 and Hobson Rd	Bill Schwartz 708-334-6250	Imax Tuesday returns Neighborhood ride through low traffic streets in Naperville to a coffee shop and back. come out and enjoy good company and biking fun!
Wednesday, March 31, 2010	9:00 AM	12 - 14 mph 25 miles	Katherine Legge Parking lot, 59th and County Line Road, Hinsdale	Mary Jo Bolan 630 887 9652	Ride to Oak Brook Ride around Hinsdale, Clarendon Hills, Oak Brook, etc with a coffee break at MacDonalds in Oak Brook
Wednesday, March 31, 2010	10:00 AM	Determined by riders	McCollum Park, Downers Grove	Determined by riders	Wednesday Show n Go The riders who show will decide ride leader, distance and pace.
Wednesday, March 31, 2010	6:30 PM	Determined by riders	Depot, Villa Park	Determined by riders	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>.

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