



The Cue Sheet

April
2010

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



Elmhurst Bicycle Club is the
League of American Bicyclists'
2009 Bicycle Club
of the Year for Region 4.

LAB Announces Club of Year Award to EBC

Yes, that is a new logo just above. Thanks to Past President Ray Dal Lago who submitted a thoughtful, concise, winning application for this prestigious award, the League of American Bicyclists chose the EBC as club of the year for 2009 for District 4 -- which includes Illinois, Indiana, Michigan, and Ohio. Ray shared this good news via email and again at the March Club meeting. Bob Hoel deserves recognition for alerting Ray to the opportunity to apply for this award. And all of you members deserve recognition for making the club what it is. What is that? A club worthy of this honor because you ride, you volunteer, you advocate, you cleanup our local bike trails, you conduct bike clinics, you socialize, you have fun!

The Great Michigan Chili Expedition of 2010

by Larry Gitchell

From Downers to the dunes, from freezing to frying, the EBC Chili ride has an interesting history. When I attended my first Chili ride, it was hosted by the Harms family in Downers Grove. Getting there was an interesting ride, in the days before the Salt Creek Greenway Trail, or even the side trail crossing Route 83 along 31st Street.

A few years later the Chili Ride migrated to Marge Ricke's house in Bensenville, where we launched many good rides. I recall going out on a day where Ray Dal Lago begged for mercy because it was so cold(!). There were other days when the shine shone warm, so we took off our jackets and rode with just our jerseys. Then there were the rainy days. Judy Mikesell was always willing to lead a hike, no matter the weather.

This year the Chili Ride ventured to Marge's cottage in Sawyer Michigan. Don't take 'cottage' to mean small or primitive - it's a very nice house on the edge of Warren Dunes State Park.

Saturday night, I started packing for this adventure. And packing, and packing some more. Setting up for a bicycling trip always causes an exponential growth in the amount of stuff I have to haul along. It gets even worse in cold weather. 4 bags later - non-cycling clothes for after the ride, cycling cold-weather gear, SPD shoes, messenger bag with sunglasses, water bottles, snacks, etc., I had the back seat of the van filled, and I hadn't even loaded up my contribution to dinner.

On the way over to pick up Petra and her recumbent, I was struck by the idea of stopping at Panera Bread and cruising to Michigan with a baguette standing proudly in the back seat. That idea got sidetracked into a massive loaf of sourdough, which Panera cheerfully offered to slice. Bye-bye, paper bag baguette.

As we finished loading Petra's bike, I discovered my non-cycling gloves had gone missing. We cruised back over to Panera and found them lying in the middle of York Road. It wasn't much of a diversion, because I needed to make a Jewel Market stop before we left. Maybe it was foreshadowing.

There isn't much to say about the drive to Sawyer, Michigan. I-94 has been rebuilt through the south suburbs and into Indiana, making it much smoother than the last time I drove that way. I did find out that if you want cell phone accessories, apparently a truck stop is the place to go. Coolers, too.

The first hundred miles was easy. The last mile was hard. I'm sure you've heard it before, but I'm going to repeat: Do a reality check on what Google, Mapquest, Bing, or whichever site you use tells you. Or check with your hosts directions. It turns out that entering "1st Street" instead of "1st Avenue" causes Google Maps to send you to a street close, but not connected to the one Marge's house is on. Making matters even more confusing, the streets are so convoluted back in the sand dunes that it's hard to say that one of those houses set back off the street might not be the right one.

We took another pass at it using Petra's GPS. That infernal little device sent us off through an increasingly convoluted series of narrow, snow-covered roads, until we returned to exactly where we had just been. Fortunately, a phone call to Marge put us on the right track, and a few minutes later we arrived.

Everyone arriving grabbed snow shovels and helped clear Marge's driveway. The main roads were clear, but wet, the side streets were snow-covered, and some of that pesky lake-effect snow was falling. With cycling conditions looking poor, Judy suggested we could all go snowshoeing. I'll just pause here and mention that 'we' consisted of Marge Ricke, Al Stanke, myself, Petra Hofmann, Lou Fish, Jerry Fish, Judy Mikesell, Martha Miles, Vicki Pate, Susan Solberg, and Meredith Huska. Marge's black lab Sophie came along, too, making sure everyone was properly sniffed and tail-thumped.

I haven't been on snowshoes since I was a youngster in Vermont. Back then, snowshoes were oversized wooden tennis rackets. I remember stepping on my own feet, getting crossed up, and falling over. That was also my cross-country skiing technique. After some trading-around of snowshoes, each participant had a set suited to their size and weight. One thing that hasn't changed much - all the straps and fiddly bits are still down there where it's wet and cold. On the other hand, once the straps are adjusted and buckled, they generally stay put.



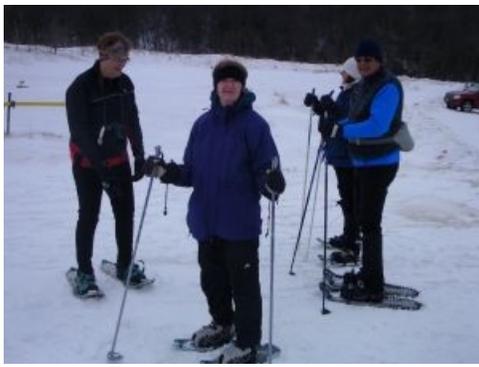
Judy is Ready to Lead



Hostess Marge (on right)
with Meridith and Lou (in red)
and Sophie (has 4 legs) in her natural coat

Eleven humans and one dog started out with a walk along Tower Hill Road, followed by a sneak through the woods to a state park road. Around the corner we came in sight of Lake Michigan. 'Surf' was definitely 'Up.' That would have been a cold wave to ride. Once we reached the end of the plowed parking lot we strapped on the snowshoes.

The path took us along the foot of the sledding hill and continued on into the woods. We started climbing through the dunes immediately. I found myself thinking on George and Baltimore's mountain bike technique advice "Keep the momentum up



An Intrepid Crew

and you'll roll right over it." This doesn't work the same way with snowshoes. Things like stepping over a fallen log or turning to get around a tree on a sharp, narrow downhill require some different thinking. Martha provided much helpful advice for maneuvering up and down the trail.

After surmounting the dunes, we regrouped at a trail intersection, where the group politely declined Martha's offer of a 3-hour tour around the whole of Warren Dunes. As a test of skill, or a consolation prize, Martha

started up the side of a huge dune beside the trail. Petra, Judy, and I watched for a few minutes, until I decided I couldn't pass on that challenge. I climbed two-thirds of the way up the dune face, until it became less about snowshoeing and more about kicking my toe crampons into the frozen sand in an attempt to avoid sliding backwards. As I tried to turn around, I discovered another important rule of snowshoeing: Getting down may be harder than getting up. I tried sidestepping, I tried traversing, I tried Martha's method of sitting on the tail of the snowshoes and sledding down. None of it worked really well until the slope leveled out and I could walk down fairly normally, with the help of my trekking poles (actually Lou Fish's loaned ski poles.) Another important snowshoeing lesson: wear trousers that won't get heavy, cold and wet when you land in the snow. My biking shorts and tights worked much better than jeans. The fabric doesn't absorb water and I stayed much warmer on the walk back.

Our group passed many happy family groups headed for the sledding on the road back to Marge's. We marvelled at the houses perched on top of the dunes and wondered if the residents had to haul the groceries up those hundreds of steps every time. Once back, we got out the food and settled down for some serious post-hike recovery.

Thanks, Marge, for hosting us, and thanks to the other EBC members who made the journey. The group was just the right size for Marge's dinner table. Let's do it again!

Tucson 2010 or Bikes and Bobcats story and Pictures by Karen Schwartz

The EBCers started to arrive as early as March 1 with Lee and Marcia Nye arriving for a month stay to bird and bike. Karen and Bill Schwartz arrived March 9th after a rather noisy flight from Chicago. The old saw about getting stuck in front of a two year old who kept trying to kick the seat in front and scream at the top of his/her lungs unfortunately proved to be true. Needless to say, it was a welcome sight when we got to the condo after that airline flight!

The next morning meant that we had to unpack our bikes, put them together and head out for our favorite spot in all of Tucson for a tune-up ride - Saguaro National Park. With its 8 miles of great down hills and short, steep climbs, it is a cyclist's dream. We had a fun time, even with the short 15% grades. Of course, there was a need for further bike tune-up discovered by Bill. We got that done the next morning and headed out to Saguaro the next day. It was a great time and this time, the bikes were working well; yeah!



Showing the "colors" at Gates Pass



Laurel's Condo

Thursday night we had a fun time with Laurel and Omar Salvador who had also arrived earlier and were staying nearby. We shared some discussions



George and Pussanee

along with some brewskis and felt that the vacation had begun! Unfortunately, the weather was cold for Tucson up to this time. It was the same temperatures as in Chicago. That's cold for Tucson! We had to wear jackets and leggings while biking.

Friday the weather changed! It got to 70 degrees -- normal temperature for Tucson this time of year. Mount Lemmon, which is the 5000-foot climb that we try every year, won't be doable this year, at least up to the top. There is snow on the road and at the top. The road entrance has a sign that you need a 4-wheel drive or chains to proceed to the top. That's a first sighting like that in Tucson! They had several weeks of rain the first week in March in Tucson, that's unusual also. There was water on the road in several places, another unusual first for us in Tucson. We spent the day exploring the downtown area of Tucson. It has changed from the last time we had been there. The suburban shopping seems to have created a downhill turn in Tucson. If you want to get a tattoo, go to a "head" shop, or go to a bar, the downtown area is the place to visit. I did find a nice Arizona bicycle jersey away from the downtown. We also made a stop at our favorite grocery store -- Trader Joe's. You can't let your wine supply get low! Keith and Susan arrived from California, so we all went out to our favorite local place to eat -- Zona 78.

Saturday we did a ride together with the group to the Sabino Canyon National Park from our area. It was about 30 miles and the Canyon was having a festival with bands and food to purchase. The weather was the first day biking where you could ride with a jersey and shorts and no jacket or leg warmers! It was great! Not having to put on layers to ride felt wonderful. George and Pussanee arrived Saturday afternoon. We all went over to their rental house at the top of the hills in the Sabino Springs area. It was the first time they had rented this place and it was really a nice place. It had awesome views of the whole area and was really large. We spent the evening sharing funny stories and having a few beverages. It was the usual really fun time when you are with this group!

Sunday had the group splitting up and doing different outings and rides. We had some mountain bikers and some who just did Saguaro with the fun rolling hills. The most interesting occurrence back at the condo was Marcia Nye having the "interesting" experience of being in the backyard of the condo as a bobcat walked right by the fence. The neighbor down the way came running after brandishing a golf club as the bobcat had tried to dine on their housecat! That's one type of wildlife I don't want to see up close. I don't think the golf club was a real great idea for shooing away bobcats either.

We had a nice ride up Gates Pass on Tuesday. The Pass isn't a hard pass and the actual climbing is pretty limited compared to Mt Lemmon, which is 25 miles of climbing. We then did the McCain loop twice and ended with a visit to the Desert Museum, which is always a great place to tour with the many interesting displays of birds, wildlife and cacti.



Bill Surveys the Scene



Water on the Road

Wednesday found some of us doing a 9 mile hike to the Seven Falls Waterfall in Sabino Canyon Park. It had a real "adventure" aspect to the hike. After all of the rain that Tucson had before we arrived, the hike had 7 water crossings that we had to hike through. These crossings featured rapidly flowing water and water up to our knees. It made for a very eventful hike, especially when I decided to take off my boots at the first crossing and throw them across to Lee Nye. I sort of didn't make the throw and my boot started down the stream at a rapid pace. Luckily Lee managed to grab it before the rapids swept it away. I learned my lesson with that and kept on my boots and waded through the rest of the crossings. There's nothing like hiking with wet hiking boots to give you some real nice blisters and squishy feet. However, we once again had a great evening dining experience with a St Patrick's Day dinner at Laurel Salvador's condo. She made some fantastic corned beef from her Mother's recipe.

Thursday some of us did a ride to Arivaca. As usual, it featured a bad headwind on the 23 miles to Arivaca. This wouldn't be so bad, but it also was a pretty consistent climb for those 23 miles. I have yet to ride this with no wind. Every year that we do it, it always has a bad headwind with the climb. Of course, coming back it's mostly downhill with a tailwind. I was hitting 30 mph on the downhills with the tailwind.

Friday was the last day that we all could do a group ride as George and Pussanee were leaving on Saturday. We rode our bikes from the condos we were staying at to downtown Tucson. Tucson is very bike friendly with many striped bike lanes. It also has drivers that expect cyclists, so you don't get yelled at or get the "finger." We parked our bikes at the valet bike parking and spent a fun 2 hours strolling the 400+ booths and eating food from the food vendors. Several of us made purchases, which we either had sent home or carried in our Camelbacks. I did think the rock that George bought was a bit heavy to carry! We also had an interesting experience with a motorist. He followed us from several blocks and then stopped his car by the side of the street and proceeded to take our pictures. He then ran from one bike to another showing us the photos. We couldn't figure it out, but figured it was better to have your picture taken than have something thrown at us!



Bicycle "Power" in Tucson

Saturday some left for home and others were off to other activities. Bill and I did a shortened ride up Mt Lemmon, as the wind gusts going up were getting stronger and stronger. Having experienced the descent down Mt Lemmon in previous years with a gusting crosswind, we weren't anxious to repeat that again. It made for a workout, but left us time to actually then sit in the sun and enjoy doing little. I remember having vacations like that before we began biking! We finished up the next day with four of us riding the rolling hills of Saguaro National Park. Using my new Garmin I measured the climbs in the loop. One loop of the Park gives you 800

feet of climbing in just 8 miles. It was some great conditioning!

Bike Advocacy Report - March, 2010

Bob Hoel continued to deliver what we have all come to expect when he went to the the Bike Summit in Washington, D.C., March 9-11. His notes were promptly provided, and most of the advocacy notes are contained in the club minutes (see below). Additionally, a 4 page report just about the Bike Summit has already been published on the Club's main web site on the advocacy page. In Bob's words: "You can read these on our site at <http://www.elmhurstbicycling.org/aboutebc/advocacy.asp>, about midway down the left column under "Items of Interest." Take a look.

Bob also encouraged us to review the Department of Transportation (DOT) policy statement discussed by Ray LaHood, the current Secretary and Chicagoland native. See http://www.fhwa.dot.gov/environment/bikeped/policy_accom.htm. The policy statement contains many positive phrases that encourage transportation planning activities that support and encourage bicycling and walking. Good things surely come from the small promising steps such as these.

Finally a note from Mary Ann Badke Annual Earth Day Trail Cleanup of the Illinois Prairie Path & Great Western Trail Saturday, April 24, 2009 - 9:00AM til Noon-ish RAIN OR SUNSHINE! (No Rain Date—The cleanup will last until approximately noon.)

The Elmhurst Bicycle Club will once again take responsibility for cleaning up along a 1 mile section of the Great Western Trail between Schmale Road on the east and Gary Avenue on the west. Don Kirchenberg, volunteer Chairman of the Friends of the Great Western Trails, has said this annual "spring cleaning" is appreciated year around by trail users and the Friends of the Great Western Trails. Since we started supporting this event in the 1990s, many EBC members have volunteered to help in the clean up. It's a great time to meet and greet fellow EBC Members, and creates a great feeling to keep our trails clean. Please come out to help us this year. The staging area will be the parking lot of the DuPage County Farm Bureau Foundation located at the Northeast corner of Gary Avenue and St. Charles Road (south of the Great Western Trail). So on Saturday, April 24th, bring friends and family, sturdy gloves, "grabbers" (to reach under bushes). Wear clothes that cover your arms and will not stick to those nasty little thorn bushes. We already have some heavy duty bags - you can bring one of your own if you have some handy in case we run out. We want to recycle found glass and cans but will have to take it home to our own community pick up. Bring your recycling bin if you want to do this for us - we can load it up at the end of the morning. Those with wagons or two wheel carts to help carry the filled garbage bags are asked to bring them along too.

For further information on EBC participation in this event, contact Mary Ann Badke at 630-663-0295, 708-341-1160 cell# or e-mail mabstime_aol.com

PS. There will probably be a ride to the clean up site.

See Mary Ann's Google Post (#4025) for more info.

Madison Memorial Day Weekend - Four Days of Pedaling Fun, with Bratwurst by Larry Gitchell

Once again, all EBC members are invited to join me for Memorial Day Weekend in Madison, Wisconsin. As an extra special treat, this year's edition has been extended to four days. We'll start off Friday at noon with a Metric Century from our hotel in Middleton to Lodi (home of Susie the Duck) and Merrimac (home of the Merrimac Ferry and ice cream parlors on both shores). This is a very hilly route, better start training right now.

Saturday we'll ride the Lake Loop around Lake Monona to visit the Java Cat coffee and gelato shop. Patrons have been known to declare it their "new favorite place"

instantly upon tasting the gelato. Sunday's tour will take us to the "only Waunakee in the world," with lunch at Monty's Blue Plate Diner in Madison.

Oh, did I mention there will be bike shop stops?

On Monday we'll ride to Bratfest, the world's largest Bratwurst festival. Whether you eat the bratwurst or not, you have to see it. Check the 'Future Rides' page on the club web site for more ride information.

Our hotel is the:

Residence Inn Madison West/Middleton
8400 Market Street
Middleton, Wisconsin 53562
USA
Phone: 1-608-662-1100
Fax: 1-608-662-1101

Contact Kari Thompson at the phone number above, or email her at: ktompson@ncghotels.com.

I've requested a block of 15 rooms for the event. The Residence Inn has very nice rooms, with separate bedroom and seating areas, and a fully equipped kitchen. The nightly room rate is \$89. Reservation deadline is April 28.

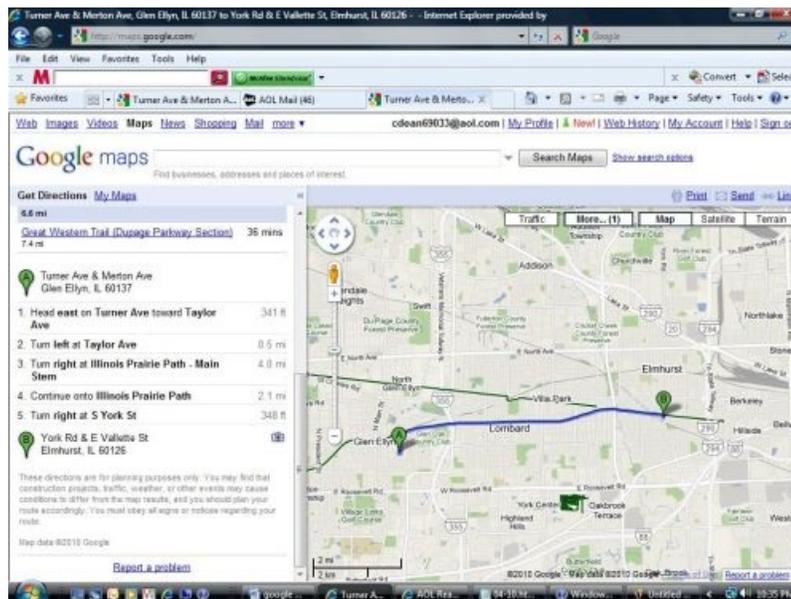
To make a reservation click on the link [For Reservation](#)
Hotel Web Site: [Marriott](#)

maps.google.com/biking
by Chuck Dean

Only first announced on March 10, 2010, Google's new service received quick and fairly wide spread publicity. WGN had an interview about the service that same week. And a number of our members including John Park, Erik Peterson, Bob Hoel, and William Mueller also quickly weighed in. See the Google Group message #EBC:3983.

A 'beta' service admittedly, but tailoring a mapping service to attempt to select bicycle friendly routes is a great idea. In some cases, Google's selected route is "spot on." But in others, selectings such routes as Route 83, or Ogden Avenue, or Mannheim Road, I was left "scratching my head."

Google did a terrific job of getting me from my home in Glen Ellyn (4 blocks off the Prairie Path) to my dentist's office at York Rd. and Vallette (also close to the Prairie Path) in Elmhurst. It put me on the PP for most of the way. It did 1/2 a good job getting me to my mother's house in Willowbrook. It used the Prairie Path to head me east, but then used Route 83 for a stretch when, in my opinion, there



Google Gets It Right

are several better alternative roads. Hoping that many of you will explore and help to improve the service by using it, here are a couple of starting points:

Go to www.maps.google.com/biking

It starts by showing you a San Francisco area map, but you can move yourself to Chicagoland. But before you do that, take a minute to look at the short helpful video that discusses the service. That video also shows you how to modify Google's recommended route by using drag and drop features.

If you are starting from maps.google.com, look for the term "more" (it appears twice). Use the "more" that appears on the map, not the "more" that appears in the menu bar. Select bicycling from the drop down menu. This makes bike paths and bike routes appear highlighted in bright green on the maps. If you look closely in our familiar western suburbs, you'll see routes and paths that you'll recognize. On the other hand, zoom in closely in the Oakbrook Terrace area. It was a surprise to me to see so many of the roads highlighted. Google does invite feedback via "report a problem," however, given the drop down menu choices, I'd prefer to see a choice such as "recommend alternative route," and then some easy way to put your recommended route (say a copy of the map you modified with their drag and drop feature). I did write Google about Route 83, but I have not heard back from them other than the quick computer generated response that said that Google will eventually send me another email.

2009 Mileage Awards from John Park

Don't forget to respond to our President's email about Mileage Award Choices. Here is what John said:

Choices. We all have them. Sometimes we make them. Sometimes they are forced upon us against our will. Well, make your choice and e-mail me back. Hey, I didn't make you bike all those miles - you did that on your own (actually a with a group, but on your own sounded better).

Mileage Award Choices:

Choice 1: A nice T-shirt (specify S, M, L, or XL)

Choice 2: A Road ID Gift Card (with enough juice on it to get a road ID made and delivered - this is upgradable and transferable)

Choice 3: A \$17.00 credit towards the purchase of an EBC Jersey.

Choice 4: I'll pass on an award - put the money towards upgrading the grub at the picnic or something.

Please choose!

John / john1park_comcast.net

Meeting Minutes March

Board Minutes March 11, 2010

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

1. **President:** The meeting to order at 6:15 p.m. at the Community Bank of Elmhurst.
2. **Secretary:** The February 11, 2010 board meeting minutes were pre-viewed online in Google Docs and approved.
3. **Treasurer:** The monthly Banking Summary (02/11/10-03/11/10) listed

EBC General Meeting Minutes March 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 February 11, 2010 board meeting minutes were read

- income of \$2,205 and expenses of \$25 to date. At present, the balance in the treasury is \$14,963.98. Monies received in Pay Pal are automatically being transferred into the club's bank account except for a residual of \$50 which remains in Pay Pal.
4. **Newsletter:** No report.
 5. **Membership Renewal:** There are 306 members to date who have paid before the March 1 deadline. A spreadsheet form will be developed displaying the months of the year. Data will be collected as members pay their dues showing peak months of joining, number of lost members, etc.
 6. **Sponsorship:** All sponsors have agreed to participate. We are waiting for Lickton's in Oak Park. Some sponsors have contributed additional gifts in kind. Koslow Cycle in Lombard is a new sponsor and has generously contributed a few gifts, two of which are jerseys to be raffled off at tonight's club meeting.
 7. **Ride Captain:** The ICE column (In Case of Emergency) will be removed from the ride sheet. To qualify for mileage credit, late addition rides must be posted on the website for a minimum of 24 hours prior to the ride. Rides held outside the 200 mile range require two member riders and 2 months posted notice either in the newsletter or on the club website.
 8. **Club Jerseys and Mileage Program Awards for 2009 Rides:** Discussion followed regarding the cost of jerseys for the 33 members who rode 1000 miles or more in 2009. Due to the large number being cost prohibitive, jerseys will not be awarded. Discussion followed indicating that recognition will be given to every club member who rides 500 or more miles for the year. Only club miles will be counted. Certificates and T-shirts or other items will be awarded. The board approved the motion, "A certificate for 500 to 999, 1000 to 1999, 2000 to 2099, 3000 to 3099, etc. miles will be awarded for all who ride over 500 club miles. For those who accumulate 1000 club miles or more, a Club Mileage T-Shirt, other item or a credit to be used against the purchase of a standard club jersey will be awarded. The credit will be equal to the club cost of the T-Shirt or other item (whichever is greater) and can be applied against the current club minimum quantity and approved.
 3. **Jerseys:** The President stated that jerseys will not be given as awards this year due to cost containment. Certificates and T-shirts or other items will be awarded. A certificate will be given to all who ride over 500 club miles. For those who accumulate 1000 club miles or more, a Club Mileage T-Shirt, other item or a credit to be used against the purchase of a standard club jersey will be awarded. The credit will be equal to the club cost of the T-Shirt or other item (whichever is greater) and can be applied against the current club minimum quantity cost of the jersey. Delivery of jerseys will be based upon meeting the minimum quantities needed for purchase. To receive credit the rides must qualify for club mileage credit. Mileage credit for club rides comes from the ride sheet that is submitted by the ride leader.
 4. **Club Dues:** The President stated that annual club dues will be increased since dues have not been raised for many years. The board felt that the raising of dues was needed for the following reasons: the increased expense of award premiums, the printing of new club brochures and business cards, the timing of updating the club application form and the maintenance of the club bank account without undue dependence upon sponsors. Dues will be \$25 for annual single membership and \$30 for annual family membership. A discount of \$5 would be given to first time members and to club members renewing by December 15th of each year. It is hoped that the "early bird special" of paying by December 15th will entice renewing members to pay earlier and will also assist the board in planning the club's budget
 5. **Treasurer:** The monthly Banking Summary (02/11/10-03/11/10) listed income of \$2,205 and expenses of \$25 to date. At present, the balance in the treasury is \$14,963.98. Monies received in Pay Pal are automatically being transferred into the club's bank account except for a residual of \$50 which remains in Pay Pal.
 6. **Mountain Bike Coordinator:** This was a great winter season for mountain biking. The Winter Epic included 3 hours of biking and 1 hour of lunch followed by 3 hours of X-skiing. There were three participants in addition to the

- cost of the jersey. Delivery of jerseys will be based upon meeting the minimum quantities needed for purchase. To receive credit, the rides must qualify for club mileage credit. Mileage credit for club rides comes from the ride sheet that is submitted by the ride leader."
9. **Invitational Ride Credit:** Discussion followed regarding member concerns as to the determination of mileage credit for an invitational ride. The board approved the motion, "Invitational rides shall receive EBC credit if they meet the following criteria: The ride must be staged by either a bicycle club or be organized as a not-for-profit event and the fee for the ride must be reasonable and customary for rides of this type. All such rides must be posted per our usual guidelines, and require a ride sheet and leader. The sponsor organization must be located, and the ride held, less than 200 miles from Elmhurst. All rides held beyond the 200 mile range require two member riders and two months' posted notice posted on the club website. The VP/Ride Captain will have the final authority over any events in question". The motion will be placed on the website.
 10. **New EBC Club Brochure and Business Cards:** A new EBC brochure and business card were developed since many things in the club have changed over the years. The brochure is a tri-fold design, has four colors, and displays a number of colored pictures of club members. It also displays the club's honor of LAB's designation of EBC being Bicycle Club of the Year-2009, Region 4. The business cards will match the brochure. The board thanked Maria and Petra for their hard work and devotion in designing this wonderful outcome. The board approved the motion, "I move that 4000 brochures and 2000 business cards be ordered for a cost not to exceed \$1100 and be prepaid by Pay Pal."
 11. **Picnic:** It has been two years since the club sponsored a picnic. The board approved the motion, "I move that a picnic committee be created for the purpose of planning and organizing a summer picnic."
 12. **Annual Club Dues:** Annual club dues have not been raised for many years. The board felt that the raising of dues was needed for the following reasons: the increased expense of award premiums, the leaders. The number of hours for X-skiing may be cut back a bit for next year. The mountain bike leaders (George and Chuck Gentile) have initiated their Adventure Series of mountain biking in local as well as distant locations.
 7. **Ride Captain:** The ride sheet is being finalized. To qualify for mileage credit, late addition rides must be posted on the website for a minimum of 24 hours prior to the ride. Rides held outside the 200 mile range require two member riders and 2 months posted notice either in the newsletter or on the club website. The response to questions regarding an invitational ride is that invitational rides shall receive EBC credit if they meet the following criteria: The ride must be staged by either a bicycle club or be organized as a not-for-profit event and the fee for the ride must be reasonable and customary for rides of this type. All such rides must be posted per our usual guidelines, and require a ride sheet and leader. The sponsor organization must be located, and the ride held, less than 200 miles from Elmhurst. All rides held beyond the 200 mile range require two member riders and two months' posted notice posted on the club website. The VP/Ride Captain will have the final authority over any events in question.
 8. **Membership:** As of March 11, 306 members have renewed. New visitors were introduced: Camille Golden and Chris Guerrero. A new sponsor, Koslow Cycles in Lombard, contributed two jerseys to tonight's raffle and have also contributed gift certificates for future raffles. The club has changed over the years and the board felt it was time to develop a new brochure which would reflect who and what we currently are. A new brochure and business card were designed with the generous assistance of Petra Hofman. Samples of the brochure were passed around for all to see and comment. The new business cards will match the brochure. The new brochure and business card will go to print next week and they should be ready for distribution in about 3 weeks.
 9. **Newsletter:** Articles are requested to be submitted by April 23rd for the May newsletter.
 10. **Advocacy:** Bob Hoel, the Advocacy Chairman is at the Bike Summit conference and the President read from Bob's letter:

printing of new club brochures and business cards, the timing of updating the club application form and the maintenance of the club bank account without undue dependence upon sponsors. The board approved the motion, "I move that we increase dues to the following: \$25 for annual single membership and \$30 for annual family membership. A discount of \$5 would be given to first time members and to club members renewing by December 15th of each year. Current members who do not renew by March 1st will be assessed the new full membership." It is hoped that the "early bird special" of paying by December 15th will entice renewing members to pay earlier and will also assist the board in planning the club's budget.

13. The next Board meeting will be held on Thursday, April 8, 2010 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan
Club Secretary

- The city of Elmhurst has put bicycle storage boxes in the plan for the new parking garage at Larch and 1st streets. Twelve boxes in all will be available on a reserve basis for a period of 3-6 months through the city's parking permit program.

- Elmhurst Public Works department had their planner attend the LIB-conducted session in late February. This was paid for by an Illinois DOT grant.

- Deborah Fagan, Du Page County Trails Coordinator's department has been awarded an IDOT grant to address safety concerns with the Illinois Prairie Path crossing of the Canadian National tracks just west of York Road in Elmhurst. The award will cover engineering, regrading and crossing control devices. Completion is slated for some time in 2011.

- The Bike Summit conference is awesome and Bob is learning so much more about funding for bike related projects.

- Carol Stream has started a new bike initiative after seeing how EBC has collaborated with the city of Elmhurst.

- Contact Bob Hoel if you would like to participate in any of the following events:

- + A volunteer is needed to help with the EBC Bike Task Force table at the 2nd Annual Family Fitness night on March 24 from 6:30-8:00pm. New brochures will be handed out as well as encouragement for families to get out and bicycle.

- + The Elmhurst Bike Task Force will sponsor a bike collection drive for either April 17 or 24 around the annual garbage amnesty day. Possibly the local Eagle Scout organization can crew the collection point. The bikes will go to not-for-profit Working Bikes.

- + The third annual clean up of the Elmhurst section of the Prairie Path will be held on April 24 from 9:00am-12:00pm. More details to follow.

- + There will be an EBC table at the Elmhurst Farmers Market from June-October. The goal is to show people how to shop by bike. The Elmhurst Bike Task Force will take the lead on this activity but EBC is invited to participate. Each month, two club members will assist the chairman and the Elmhurst Bike Task Force members

11. **Refreshments:** Many thanks to John Park, Mary Jo Bolan and

Julianne Sebastian for providing the refreshments.

12. **Program:** Ray Dal Lago facilitated the audience in sharing their favorite tips on biking, exercise, bicycle equipment, favorite nutrition, routes, websites, etc. A few samplings of the contributions were: Cliff recovery drink electrolyte replacement, Turbo bike pump, Simple Green for cleaning your bike and parts, Bike for Life reference book, Dogwood Designs for special cold weather gloves that cover your hands and the brakes, bicycle seat by Ergo, Bateman Road in Barrington--great route, Crazyguyonabike.com, Sheldonbrown.com, Biketiresdirect.com, Crowbikekits.com.and MUCH more!
13. The next member meeting will be held on Thursday, April 8, 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

President John Park, 630.690.2881 president_elmhurstbicycling.org	Advocacy Bob Hoel bob.hoel_comcast.net	Refreshments Cheri O'Riordan, 630.325.3917 cycle2ski_yahoo.com
Vice President/Ride Captain Petra Hofmann, 630.833.1667 ridecaptain_elmhurstbicycling.org	Publicity Volunteer Needed	Safety Larry Gitchell, 708.409.0105 larsofmars_aol.com
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Newsletter Editor Chuck Dean, 630.790.4203		List Server Maria Kapusta, 708.732.2379

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

April 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
Thursday, April 01, 2010	6:15 PM	~30 miles / 13-15 mph pace	Panera Bread at York & North Ave	Jeff Wincentzen 630.832.3338	Thursday Night Ride A road ride exploring Cook and DuPage counties. May include paved paths and limestone segments. Good lights and bright, reflective clothing required. Bring enough food and drink to refuel. Mid-point rest stop. Check the list server for updates. Rain cancels.
Saturday, April 03, 2010	9:00 AM	38 Miles, 14-16 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	YADA - Yet Another Deerfield's Adventure If we ride to Deerfield's Bakery on Saturday before Easter two years in a row, does that make it a tradition? We'll pedal away to Schaumburg for some tasty pastry. All-pavement route, a few busy streets. Bring money and a lock.
Sunday, April 04, 2010	8:30 AM	34-38/16-18+	Panera Bread Elmhurst (North & York)	David Polkow 630-525-1161	Sunday Morning Fast Ride Fast road ride with one short rest stop. Ride typically returns by 11am
Monday, April 05, 2010	6:15 PM	20-25 Miles, 13-15 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	Easter Monday Night Ride No "Bunny-hopping" skills required to enjoy this ride. Note starting time of 6:15 PM. Headlights and taillights required. Route will be roads and paved paths.
Tuesday, April 06, 2010	9:00 AM	35 miles and 14-16 mph	Imax in Woodridge	Bill Schwartz 708-334-6250	Imax Tuesday Ride to Panera on 95th Street and back via the low traffic streets out west. This is a social ride.
Tuesday, April 06, 2010	9:00 AM	62mi./17-19mph	Trader Joe's in Naperville Plaza	Roger Pardon	Village grind metric A fast paced ride to Oswego over neighborhood and rolling low traffic country roads with a stop at the Village Grind to refuel.
Thursday, April 08, 2010	9:00 AM	50-60 miles at 15-17 mph	Imax in Woodridge	Bill Schwartz 708-334-6250	Imax Thursday Ride to Yorkville and the sandwich shop and back via the low traffic streets out west.
Thursday, April 08, 2010	6:15 PM	~30 miles / 13-15 mph pace	Panera Bread at York & North Ave	Jeff Wincentzen 630.832.3338	Thursday Night Ride A road ride exploring Cook and DuPage counties. May include paved paths and limestone segments. Good lights and bright, reflective clothing required. Bring enough food and drink to refuel. Mid-point rest stop. Check the list server for updates. Rain cancels.
Saturday, April 10, 2010	9:00 AM	~ 30 miles moderate pace ~5+ hours	Kettle Moraine State Forest Lagrange, Wisconsin	Chuck Gentile 708-289-3988 & George Pastorino 708-903-8700	Chuck and George's Kettle Cooker 1 Kettle has fairly technical trails with rocks, roots and other obstacles, it also features lung busting climbs and steep descents which require good bike handling skills. Having 2 riders leaders at Kettle will be great, because unlike some of our Palos rides, this ride is not appropriate for beginners. I-94 north to Highway 50 in Kenosha, WI. Go west (left) on 50 to Highway 12 (just before Lake Geneva). Take Highway 12 north (it curves west) to Highway H (you'll see the La Grange General Store). Go north (right) on H. The John Muir trailhead is approx. 1-1/2 miles on your left.
Sunday, April 11, 2010	8:30 AM	16-18	Panera Bread(York & North ave)	David Polkow 630-525-1161	Sunday Morning Fast Ride Fast road ride with one short rest stop. Ride typically returns by 11am

Tuesday, April 13, 2010	9:00 AM	62mi./17- 19mph	Trader Joe's in Naperville Plaza	Roger Pardon	Village grind metric A fast paced ride to Oswego over neighborhood and rolling low traffic country roads with a stop at the Village Grind to refuel.
Tuesday, April 13, 2010	9:00 AM	35 miles and 14- 16 mph	Imax in Woodridge	Bill Schwartz 708-334- 6250	Imax Tuesday Ride to Panera on 95th Street and back via the low traffic streets out west. This is a social ride.
Tuesday, April 13, 2010	6:15 PM	20-25 Miles 13- 15 MPH	Panera Bread, York & North Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409- 0105 (H)	New Era Ride A long run of the Monday Night Ride wraps up, as I shift to Tuesday nights. Routes will be streets and paved paths, with occasional limestone trail segments as required. Headlight and taillight required, we will get back after dark.
Wednesday, April 14, 2010	6:30 PM	18-20 miles/16- 22+ pace	Villa Park Depot (villa ave & the prairie path	David Polkow 630-525- 1161	Wednesday night fast ride Very fast road ride typically going North/South on Villa Ave. Groups will form up based on their speeds
Wednesday, April 14, 2010	6:30 PM	16-20 miles at a 16-22+ pace	Villa Park Depot (Villa Ave & the Prairie Path)	David Polkow 630-25-1161	Wednesday Night Fast Ride This is a very fast paced ride typically going North South on Villa Ave. Groups will form up based on their paces.
Thursday, April 15, 2010	9:00 AM	45-55 miles at 15-17 mph	Imax in Woodridge	Bill Schwartz 708-334- 6250	Imax Thursday Ride to Oswego and the Village Grind Coffee Shop and back via the low traffic streets out west.
Saturday, April 17, 2010	9:00 AM	80mi./17- 19mph	Trader Joe's in Naperville Plaza	Roger Pardon	Trader Joe's to Sandwich A fast paced ride to Sandwich over rolling low traffic country roads with a stop in Sandwich to refuel.
Sunday, April 18, 2010	8:00 AM	62mi / 17- 19mph	Trader Joe's in Naperville Plaza	Roger Pardon 630-639- 8505	Trader Joe's Metric A fast paced ride to the Village Grind for coffee and/or pastries. The route is mostly rolling country roads with pace line opportunities. The Village Grind is a favorite stop with the regular riders.
Sunday, April 18, 2010	8:30 AM	16-18	Panera Bread(York & North ave)	David Polkow 630-525- 1161	Sunday Morning Fast Ride Fast road ride with one short rest stop. Ride typically returns by 11am
Tuesday, April 20, 2010	9:00 AM	35 miles and 14- 16 mph	Imax in Woodridge	Bill Schwartz 708-334- 6250	Imax Tuesday Ride to Panera on 95th Street and back via the low traffic streets out west. This is a social ride.
Tuesday, April 20, 2010	9:00 AM	80mi./17- 19mph	Trader Joe's in Naperville Plaza	Roger Pardon	Trader Joe's to Sandwich A fast paced ride to Sandwich over rolling low traffic country roads with a stop in Sandwich to refuel.
Tuesday, April 20, 2010	6:15 PM	24-27 Miles 13- 15 MPH	Panera Bread, York & North Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409- 0105 (H)	Tuesday Tag-Team Ride The newly minted Tuesday Night Ride steams on through April. Routes will be streets and paved paths, with occasional limestone trail segments as required. Headlight and taillight required, we will get back after dark.
Wednesday, April 21, 2010	9:00 AM	20-25MI 10- 12MPH	SPRING ROCK PARK WESTERN SPRINGS	TED SWARD 708 354- 5782 CELL:708 446-3533 DAY OF RIDE	BURR RIDGE FOR BAKERY RIDE TO KIRSTEN'S BAKERY FOR SNACK STOP
Wednesday, April 21, 2010	6:30 PM	16-20 miles at a 16-22+ pace	Villa Park Depot (Villa Ave & the Prairie Path)	David Polkow 630-25-1161	Wednesday Night Fast Ride This is a very fast paced ride typically going North South on Villa Ave. Groups will form up based on their paces.
Thursday, April 22, 2010	9:00 AM	50-60 miles at 15-17 mph	Imax in Woodridge	Bill Schwartz 708-334- 6250	Imax Thursday Ride to Yorkville and the sandwich shop and back via the low traffic streets out west.
Thursday, April 22, 2010	6:15 PM	~30 miles / 13-15	Panera Bread at York &	Jeff Wincentzen	Thursday Night Ride A road ride exploring Cook and DuPage counties. May include paved paths and limestone segments. Good lights and bright, reflective clothing required. Bring

2010		mph pace	North Ave	630.832.3338	enough food and drink to refuel. Mid-point rest stop. Check the list server for updates. Rain cancels.
Saturday, April 24, 2010	8:00 AM	20 miles round trip, your pace	Depot, Elmhurst	Steve Josephs, 630- 235-9841	Trail Ride to Trail Cleanup Please join me for a trail ride out to the trail cleanup. This will be at your own pace - we will regroup occasionally, but this is a straight route out on the Prairie Path and Great Western Trail to Carol Stream. With a couple of hours at the trail cleanup, I expect that we'll be back in Elmhurst about noon. This is a great way to come out and help with the trail cleanup - join me if you can.
Saturday, April 24, 2010	9:00 AM	1 Mile GWT clean up	Great Western Trail at Gary Ave.	Mary Ann Badke 630- 663-0295 (cell 708-341- 1160)	Annual GWT Earth Day Clean Up EBC will be responsible for a 1 mile section of the Great Western Trail between Gary Ave. and Schmale Rd. Meet just south of the trail in the parking lot on the NE corner of St. Charles Rd. and Gary Ave. See newsletter for more details or call Mary Ann
Saturday, April 24, 2010	9:00 AM	~ 30 miles moderate pace ~5+ hours	Kettle Moraine State Forest Lagrange, Wisconsin	Chuck Gentile 708- 289-3988 & George Pastorino 708-903- 8700	Chuck and George's Kettle Cooker 2 Kettle has fairly technical trails with rocks, roots and other obstacles, it also features lung busting climbs and steep descents which require good bike handling skills. Having 2 riders leaders at Kettle will be great, because unlike some of our Palos rides, this ride is not appropriate for beginners. I-94 north to Highway 50 in Kenosha, WI. Go west (left) on 50 to Highway 12 (just before Lake Geneva). Take Highway 12 north (it curves west) to Highway H (you'll see the La Grange General Store). Go north (right) on H. The John Muir trailhead is approx. 1-1/2 miles on your left.
Sunday, April 25, 2010	8:00 AM	62mi / 17- 19mph	Trader Joe's in Naperville Plaza	Roger Pardon 630-639- 8505	Trader Joe's Metric A fast paced ride to the Village Grind for coffee and/or pastries. The route is mostly rolling country roads with pace line opportunities. The Village Grind is a favorite stop with the regular riders.
Sunday, April 25, 2010	8:30 AM	16-18	Panera Bread(York & North ave)	David Polkow 630-525- 1161	Sunday Morning Fast Ride Fast road ride with one short rest stop. Ride typically returns by 11am
Tuesday, April 27, 2010	9:00 AM	35 miles and 14- 16 mph	Imax in Woodridge	Bill Schwartz 708-334- 6250	Imax Tuesday Ride to Panera on 95th Street and back via the low traffic streets out west. This is a social ride.
Tuesday, April 27, 2010	6:15 PM	24-27 Miles 13- 15 MPH	Panera Bread, York & North Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409- 0105 (H)	Tuesday Night Ride Routes will be streets and paved paths, with occasional limestone trail segments as required. Headlight and taillight required, we will get back after dark.
Wednesday, April 28, 2010	9:30 AM	30 - 35 miles 12 - 15 mph	Fullersburg Woods parking lot	Mary Jo Bolan 630 887 9652	Ride to Bolingbrook Ride to Bolingbrook for a snack or a sandwich.
Wednesday, April 28, 2010	6:30 PM	16-20 miles at a 16-22+ pace	Villa Park Depot (Villa Ave & the Prairie Path)	David Polkow 630-25-1161	Wednesday Night Fast Ride This is a very fast paced ride typically going North South on Villa Ave. Groups will form up based on their paces.
Wednesday, April 28, 2010	6:30 PM	16-20 miles at a 16-22+ pace	Villa Park Depot (Villa Ave & the Prairie Path)	David Polkow 630-25-1161	Wednesday Night Fast Ride This is a very fast paced ride typically going North South on Villa Ave. Groups will form up based on their paces.
Thursday, April 29, 2010	9:00 AM	45-55 miles at 15-17 mph	Imax in Woodridge	Bill Schwartz 708-334- 6250	Imax Thursday Ride to Oswego and the Village Grind Coffee Shop and back via the low traffic streets out west.
Thursday, April 29, 2010	6:15 PM	~30 miles / 13-15 mph pace	Panera Bread at York & North Ave	Jeff Wincentzen 630.832.3338	Thursday Night Ride A road ride exploring Cook and DuPage counties. May include paved paths and limestone segments. Good lights and bright, reflective clothing required. Bring enough food and drink to refuel. Mid-point rest stop. Check the list server for updates. Rain cancels.

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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