



The Cue Sheet

May
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.

Cycle Zydeco Lafayette, La. April 8-11, 2010 by Nancy Shack

Nancy Shack and Nancy Rice had a wonderful adventure in early April. I, Nancy S had read about Cycle Zydeco, a 4-day ride in southern Louisiana and decided that this was the year to do it. I talked Nancy R into accompanying me and we agreed that since neither of us had been to New Orleans, which is only about 2 hours to the east of Lafayette, we would spend a few days there at the end of the ride. The first challenge was registering for the ride, which has only about 350 participants. 100 of last year's riders got the first crack at registering in early October, which didn't leave a lot of spots open when the general public was able to register a couple of days later. We had a major glitch which much to our relief was resolved within a few days and both Nancys were in!



Nancy S and Nancy R

This was the 9th year of the ride, which is staged by the Lafayette Convention and Visitors Commission. These folks know what they are doing and put on an extremely well-planned and executed trip. It's a supported camping (your own gear or Padre's Cycle Inn's), motels or b & b's ride. Shuttles run frequently between all of the motels that are officially sanctioned. Y'all know that I need my internet and comfy bed, so we booked motels. Riders can leave their bikes at the secure camping areas and bring their own luggage with them on the shuttles. We rarely waited more than about 10 minutes for a ride and found the drivers, like everyone we met in La., (and all of the south) very friendly and accommodating.

If you are interested in learning about this ride in depth I suggest that you visit the web site:

<http://www.cyclezydeco.com>

Be sure to download the itinerary, which will give you details of the towns that we visited and the activities that were provided. Zydeco and Cajun music, culture, food, and hospitality were the unifying themes throughout the trip. Highlights were the preride welcome buffet dinner and dancing at Vermilionville, which is a Cajun and Creole Folk life and heritage park, 200



McGee's Landing Atchafalaya Basin swamp boat

(or less) flat, flat, and more flat miles of pedaling along sugar cane fields, rice paddies replete with crawfish traps, live Cajun and Zydeco music and dancing in every town. We had beignets in St. Martinville and saw the Evangeline statue, donated by Dolores del Rio after she filmed the adaptation of Longfellow's "Evangeline" in the area. A tour of a crawfish peeling plant was smelly but informative. In the off season they process alligators and I'm glad that we didn't see that! In Henderson we enjoyed the McGee's Landing Atchafalaya Basin swamp boat

tour, narrated by the wonderful old patriarch of the family. In Eunice we were served huge piles of just-boiled crawfish. Also in Eunice we were part of the audience at the Liberty Theatre's Rendezvous Des Cajuns live music variety show, featuring DL Menard, who I guess we were lucky to see because it turns out he is a legend. A hayride tour of historic Washington (real hay on a flatbed, pulled by a truck) was fun and informative, even though our guide had a tiny little voice with no amplification. We had picture perfect weather every day and we were lucky that the azaleas were at the very peak of blooming and were stunning.

I took some videos inside the Liberty Theater and considering that I was only using my small digital camera, they came out pretty well. You can check them out, as well as a few videos of a street band in New Orleans by going to my YouTube channel: <http://www.youtube.com/geewhiz>

If anyone is interested in further impressions of this ride please feel free to contact me. I will admit that due to the distance (975 miles one way) I would probably not repeat this ride. However, many people come from far and wide each year because they love the music and dancing and the overall experience. After I registered I discovered that our own Kacy Worcester and Al Gielicz also were coming and they are repeaters. Next year's dates are later in April and will coincide with the huge Festival Internationale de Louisiane which is held in Lafayette. Ride organizers are considering incorporating a visit to the Festival.

You can do this ride pretty economically if you camp or share motel rooms and bonuses are a free tee shirt, a really nice cap, and some other goodies. I also purchased the official jersey, which is a good quality Louis Garneau with a nice design.

Horsey Hundred by George Pastorino

This Memorial Day weekend Pussanee and I will attend the 33rd annual Horsey Hundred in Georgetown, Kentucky. This 2 day ride is run by The Bluegrass Cycling Club and we can highly recommend this ride for cyclists of all abilities.

It is a 5 hour 30 min. drive from Chicago, but definitely worth the effort. Don't want to ride 100 miles? No problem. They have 5 routes on Saturday and 3 routes on Sunday ranging from 25 miles to 100 miles. We have ridden the Horsey 4 times, and can tell you that all the routes are stunning rides through Bluegrass Horse Country.

See [Slide Show](#)

The almost non-stop rolling hills make it great fun to ride and the majesty and grandeur of the Horse Farms have to be seen to be believed. Some date back to the Civil War, others brand new. In both cases the Stables themselves are stunning, nicer than any home on Chicago's North Shore. Some properties are so huge it takes 15

minutes to ride past them.

The roads are in pristine condition adding to the cyclist's pleasure, in fact as Pussanee and I were riding down a country lane at 7am, I told her that this is the magic of road riding and if there is heaven for the road rider, this is it.

I have included a photo here, but it can't bring the magic to you, for that you'll have to pedal through it, smiling the whole way! The Bluegrass Cycling Club does a nice job organizing the ride, but the real joy is the route itself.

Please consider joining us of this most enjoyable ride, all the info you need to register can be found here: [Ride Registration](#)

We are veterans of TOMRV and The Hilly Hundred and just love both, but we feel that The Horsey Hundred is the finest weekend ride in the Midwest. It is an outstanding destination trip for EBC and it is listed on the EBC Ride Schedule. Any questions feel free to e-mail me.

We are staying here: [Hotel Registration](#)



Now this is road bike heaven!



Well, It is called the Horsey

The Little Red Wagon That Could by Chuck Dean, pictures from John Park

Saturday, April 24th broke damp, overcast, and misty, but actually, not a bad day to be outside with fellow EBC'rs working to cleanup the Great Western Trail. During the couple of hours we worked, and on my ride to and from the work site, it did not rain at all. Because it had rained earlier, however, I did manage to soak my socks and shoes and pants cuffs tromping around in some of the underbrush that borders the trail. Some, such as John Park - perhaps because of previous experience, actually were prepared with water proof boots. And, Baltimore Ortega had an interesting pair or work pants that appeared to have chaps and cuff protectors sewn into the denim. His appearance reminded me of Ronald Reagan working on his ranch. The weather was pleasantly cool as our work party covered the approximate 1 mile stretch from Gary Avenue to Schmale Road.



Mary Ann Badke - two hands in action

The debris included lots of plastic bags, tin cans, beer bottles, snack packages, and the like. There was some rebar, and discarded construction materials. One find was a briefcase-like carrying case for music tapes - with the tapes still inside. While the path was well served to have us performing this cleanup, I was surprised that it was as clean as it was. John Park, who has done this for several years already, mentioned that the path is a little cleaner each year because of the previous year's efforts from our club members. He said that the first year (I think 3 or 4 years ago) "it was a real back breaker."



Mary Moroney, Mary Ann Badke, Jim, Nancy,
Mary Lee Saint Aubin, Baltimore Ortega,
Cheri O'Riordan, Chuck Dean, Sharon Hermach



Mary Lee Cleans Up

About that 'little red wagon,' (pictured above) Mary Ann Badke performed as 'sweep' following up behind our team who had been instructed to retrieve the recyclables (bottles and cans) and place them near the edge of the path for her subsequent pickup. When our efforts were done, we all had to walk back a mile to Gary Avenue where we had started. It seemed natural for some of us to take a turn at 'pulling' the wagon.

Thanks to Mary Ann Badke for coordinating all of our efforts. We hope to see you out there next year.

Bicycle Riding and Weight Loss by Loren Habeggar

A common rule of thumb for bikers is that you need to burn 3500 calories to lose a pound of body fat, and at 50 calories per mile on a bicycle, you will lose a pound for every 70 miles. You say that hasn't worked for you? If it is any consolation, you are not alone.

No one doubts that exercise burns calories, but the details of how exercise affects the body is poorly understood and has become a focus of ongoing research in physiology. The emerging understanding of the relationship between exercise and weight loss was reported recently in a New York Times article,* and is the primary source for this brief overview.

The newest science suggests that for most people exercise alone will not make you thin. What typically happens is that after starting a new exercise program, working out will have a significant effect on appetite. The mechanisms that control appetite and energy balance in the human body are elegantly calibrated, and the body attempts to remain at whatever weight it's used to.

Exercise seems to remodel the metabolic pathways that determine how the body stores and utilizes food. Even small changes in energy balance can produce rapid changes in certain hormones associated with appetite, particularly acylated ghrelin, which is known to increase the desire for food. The levels of the hormones insulin and leptin that are involved in how the body burns fuel, are also affected by energy balances.

Women's bodies seem to react differently than men's with the result that exercise mechanisms to maintain current body fat levels are more effective in women. It is conjectured that female bodies have evolved with a biological need to maintain energy stores for reproduction. Exercise for many women, even more than for men, increases the desire to eat.

Now the good news.

Experimental evidence indicates that persons that exercise regularly, even at modest levels, metabolize calories differently. They tend to burn fat immediately

after their meals, while the sedentary bodies preferentially burn carbohydrates and sent the fat off to be stored in fat cells. Exercising, if done regularly, also produces signals in the body suggesting that they are satiated and don't need more food. Exercise can re-established the steady state between intake and expenditure to defend a lower body weight. So if you can achieve the desired nirvana state of thinness, exercise can affect your body mechanisms to help you stay there.

Good luck with that!

*Ref: G. Reynolds, "Weighing the Evidence on Exercise," April 12, 2010. [NYT Article](#).

maps.google.com/biking - A Followup by Chuck Dean

Recalling last month's closing comments: "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."

Well, Google responded on April 14th. That was encouraging. Their response:

"Hi,"

Your Google Maps problem report has been reviewed, and you were right! We'll update the map soon and email you when you can see the change.

Thanks for your help,
The Google Map Team

Two Pictures - Just for Fun



It's Spring; and Morton's Arboretum is showing it is so. Art Frigo led a group there on one of his MOAB's (Monday On A Bike).

From left:
Maria Kapusta, George Kapusta,
Kathy Wagner-Selbach,
Karen Schwartz, Carol Nield,
Joanne Dybala, Bill Schwartz,
and Art Frigo.



Where could Kathy Wagner have been leading her group of riders?

Meeting Minutes April

Board Minutes April 8, 2010

Present: John Park, George Pastorino, Maria Kapusta, Cheri O'Riordan, Chuck Dean
Guest: Sharon Hermach

EBC General Meeting Minutes March 11, 2010

Present: John Park, 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 March 11, 2010 board meeting minutes were pre-viewed online in Google Docs and approved.
 3. **Treasurer:** The monthly Banking Summary (03/11/10-04/08/10) listed income of \$3,615.00 and expenses of \$1,010.72 to date. At present, the balance in the treasury is \$14,378.26. Monies received in Pay Pal are automatically being transferred into the club's bank account.
 4. **Newsletter:** No report.
 5. **Membership Renewal:** There are 340 members to date. The new brochures and business cards were passed around for all to admire. The board thanked the Membership Coordinator and Petra Hofmann for their contributions of a well designed and current representation of our club. A sample of a motorcycle club's 4-fold paper directory was passed around to view as an option for members to use as a directory. Instead, the board approved the motion, "I propose that an Excel spreadsheet listing member names and information be sent as a directory in an email attachment on the list serve." Ride leaders can use this spreadsheet on their rides if an emergency arises. In addition to this spreadsheet email attachment, the Membership Directory & Handbook will be published this year as in the past. Cost for this publication will be discussed at a later date.
 6. **Mountain Bike Coordinator:** Bike Psychos Bicycle Club will sponsor a bicycle and walk for "Why Me-Breast Cancer" at Waterfall Glen. They wanted this to be posted on our website. Although this is a worthy cause, it could lead to many other clubs wanting their events posted on our website. Instead, the board decided to promote this event by mentioning it at tonight's meeting. CAMBR would like to show its appreciation of EBC's donation by putting EBC's name and logo on their new tool trailer which was bought in part by our donation. The board approved the motion, "I move that CAMBR be allowed to use EBC's name and logo on their new tool trailer in recognition of EBC's contribution."
 7. **Club Jerseys:** Secondary to Voler's lack of receptivity and delay in delivery time, Petra will look into
1. **President:**The meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst. The President began with a little story of a ride he was on with a friend of his daughter's. When the male friend asked to pull over because he was tired, this made the President feel very good.
 2. **Secretary:** The March 11, 2010 board meeting minutes were read and approved.
 3. **Ride Captain:** out of town....the President will be leading a ride on Saturday. Refer to ride schedule for more details.
 4. **Directories:** A spreadsheet listing member's names and information will be sent as an attachment in an email to all on the list server. Ride leaders can use this on their rides. The Membership Directory & Handbook will be published as in the past.
 5. **Treasurer:** The monthly Banking Summary (03/11/10-04/08/10) listed income of \$3,615 and expenses \$1010.72 to date. At present, the balance in the treasury is \$14,378.26.
 6. **Mountain Bike Coordinator:** There will be a "Tuesdays with George" mountain bike ride in the evening at 6:00pm by appointment. The ride will be single track. This will not count as a club ride nor will miles be awarded. The purpose is for mountain biking instruction. (Baltimore Ortega credited George with helping him advance from a beginner rider to an intermediate rider.) There will be a Kettle Moraine ride this week but experience is needed. In addition to the 30-40 rides in Palos, there will also be 10 rides out of state. Baltimore Ortega will also be leading some mountain bike rides.
 7. **Membership:** As of to date, 340 members. The new brochures and business cards were shared with the membership. The President credited the Membership Coordinator and the Ride Captain for all their hard work and creativity that were put into the new look of EBC.
 8. **Advocacy:** Bob Hoel reported on the following: (please refer to the EBC website's Advocacy link for further information)
 - Bike Summit: information that he acquired from his attendance is on the website; there also is a link on this Bike Summit site that you can sign in support of bicycling
 - Contact your legislators and move them in the direction to support the

- costs with another manufacturer for club jerseys.
8. **Mileage Credits:** There are still a number of members who rode over 1000 miles in 2009 and have not responded back to the President with their preference for an award of either a T-shirt or Road ID or monetary credit towards a jersey or return the credit award to the club. SWAG Chairman, Harold Lassers, will oversee the awards program and needs to contact the President.
 9. **Website:** The Ride Captain needs to communicate with Sharon Hermach and Cindy Reedy regarding making changes in the website application form and ride sheet. More links need to be added to separate new members, renewals before December 15th and late renewals.
 10. **Rides:** Late addition rides need to be entered into the website form AND an email needs to be sent to the list server a few days before the ride.
 11. **Advocacy:** The subject matter of an email forwarded to EBC from Bob Hoel was considered. Should EBC participate in Elmhurst's "Adopt A Park" program? The program requires 20 hrs. per month whereby volunteers clean the adopted park. In return, the club would be recognized with a sign in the adopted park. We expect to discuss this opportunity at tonight's club meeting.
 12. The next Board meeting will be held on Thursday, May 13, 2010 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan
Club Secretary

- right for bicycling
- Elmhurst- bike parking ordinance proposed to determine whether bike parking is appropriate or not
 - School district survey- to determine why parents drive their children to school vs. letting their children ride their bikes
 - Elmhurst library-display cases highlighting sharing the road and the Salt Creek Greenway Trail
 - Family Fitness-last week to encourage biking, bike awareness and safety, wearing helmets, etc.
 - April 17-used bike drive in the Abby Senior Center parking lot from 8:00am-2:00pm
 - Farmer's Market-will have an EBC table to encourage shopping via bike using panniers, offering literature, etc.
 - June 14-18: Bike to Work / Metra Week (either bike to work or to the station and commute in)
 - July 31: Elmhurst Green Fest
 - September 25: official opening of the Salt Creek Greenway Trail; will be some kind of club sponsored ride
 - Illinois Bicycling License Plate: can be purchased and used from April-May; possibly may be offered for a year next year
 - Pedi-cab: new business in Elmhurst looking for driver-bicyclists; contact Dawn (via John Park) if interested
 - Earth Day: April 24 Elmhurst Bike Task Force will be participating in cleaning up litter on the IPP
9. **Other:**
 - President: for those who rode 1000+ miles in 2009, need to contact him as to what type of award you want
 - Dick Diebold: spoke about his touring trip to Utah this summer; must be experienced in touring; contact him if interested
 - Karen Schwartz: spoke of the Spring Green, WI trip May 14-16; contact her for more information if interested
 - Sam Gunda: looking to see if anyone is interested in cleaning up glass on the IPP in Maywood
 - Bob Hoel: indicated there should be a central point person to contact in each town along the IPP for poor maintenance on the trail
 10. **Refreshments:** Many thanks to Joanne Dybala and Lou Fish for providing the refreshments.
 11. **Program:** Steve Thordarson is one of the Carmichael Training Systems coaches from the Chicago area. His presentation focused on hydration, nutrition and training, tips for

cyclists recovering from any injury or health issues and how to train for a tour in hot/ cold weather. Steve coaches racers and non-racers. (As a note: Chris Carmichael is Lance Armstrong's personal coach).

- The next EBC general meeting will be held on Thursday, May 13, 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)

May 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
Saturday, May 01, 2010	9:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday Show and Go The riders will determine the ride leader, distance and pace
Sunday, May 02, 2010	7:30 AM	86 hilly miles moderate pace	Dodgeville Middle School 951 West Chapel St. Dodgeville, WI 53533	George Pastorino 708-903- 8700	Quadrupedal Century 2010 Are you training for the upcoming Horribly Hilly Hundreds, the Dairyland Dare or the Insabe Terrain Challenge? Here's your chance to ride on some of the same roads used by these rides, but with full sag support, rest stops, showers and a meal when you finish. Get a full trial run in before summer kicks it into high gear! This tour showcases the beautiful rolling hills of southwest Wisconsin. Ride options include challenging routes of 35, 55, 86 and 100 miles for the cycling enthusiast. Rest stops on each route include great snacks, sports drinks and wonderful hosts. At the end of the ride enjoy a delicious dinner. With routes climbing between 1500 and 9000 feet, you'll wish you had an extra set of legs! This ride is put on by Stewart Schilling who does such a great job running The Dairyland Dare.
Sunday, May 02, 2010	8:30 AM	16-18 mph	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
Sunday, May 02, 2010	8:30 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, May 02, 2010	1:00 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, May 03, 2010	6:15 PM	20-25 Miles, 13- 15 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409- 0105 (H)	Monday Night Ride 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, May 04, 2010	5:30 PM	~20-25 miles, 13- 15 mph	Panera Bread, 7349 Lake St, RF (1 block west of Harlem)	Marty Becker 312-402- 4017 (C), 708-488- 5531 (W)	Ride from RF is back Join me for a leisurely and easygoing ride exploring the surrounding communities of River Forest and beyond. Contact me if in need of directions.
Tuesday, May 04, 2010	9:00 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!
Tuesday, May 04, 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)	Quattro DeMayo 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, May 05, 2010	9:30 AM	25 miles round trip @ 12-15 mph	Linne Woods Forest Preserve, Dempster & North Branch Trail, Morton Grove	George & Sharon Hermach 630-717- 1660, cell 630-886- 1151 day of ride	Spring Flowers at the Chicago Botanic Gardens Ride the paved North Branch Trail to the Chicago Botanic Gardens in Glencoe, where we'll take some time to walk around and enjoy the spring flowers. We'll have lunch at the Gardens, which we can buy in their restaurant or bring your own, before riding back in the afternoon. Take I-294 north to the Dempster exit eastbound. Linne Woods is on the north side of Dempster just after crossing railroad tracks and the Chicago River. Ride cancelled if rainy; call or check the listserv if questionable.
Wednesday, May 05, 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, May 05, 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, May 06, 2010	9:00 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, May 07, 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, May 08, 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 3 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. 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
Saturday, May 08, 2010	9:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday Show and Go The riders will determine the ride leader, distance and pace
Sunday, May 09, 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, May 09, 2010	8:30 AM	16-18 mph	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
Sunday, May 09, 2010	8:30 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, May 09, 2010	1:00 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, May 11, 2010	9:00 AM	35 miles at 14- 16 mph	Imax Theater corner of Rt 53 and Hobson Rd	Bill Schwartz 708-334-6250	Imax Tuesday Neighborhood ride through low traffic streets in Naperville to a coffee shop and back. come out and enjoy good company and biking fun!
Wednesday, May 12, 2010	9:00 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, May 12, 2010	9:00 AM	12 - 15 mph. approx. 35 miles	McCollum Park, Downers Grove	Joanne Dybala 630-493-1514	Wednesday Ride Exact route not yet determined. Watch for an email or call for details two days before the ride date.
Wednesday, May 12, 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, May 13, 2010	9:00 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, May 13, 2010	6:15 PM	EBC Board Meeting	Community Bank, Elmhurst	John Park, 630.965.2740	Monthly Board Meeting Open to all members.
Thursday, May 13, 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, May 14, 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.
Friday, May 14, 2010	2:30 PM	26 Miles, 13-15 MPH	Bob's Riverside Campground, Spring Green WI	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	ZZ Top Start off the Mushroom Fest weekend with a ride to the top of Pleasant Ridge. All-road ride, includes two major climbs. Rest break at the (first) summit.
Saturday, May 15, 2010	8:30 AM	62 Miles, 13-15 MPH	Bob's Riverside Campground, Spring Green WI	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	Mega Mushroom Fest Ride Muscodas Mushrooms Made Metric! Extended version of the Mushroom Fest ride. Will include major hills on both legs of the route. Lunch stop in Muscodas, one intermediate stop on each half. Bring money for lunch and a good lock.
Saturday, May 15, 2010	9:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday Show and Go The riders will determine the ride leader, distance and pace
					Stick it to Spears

Saturday, May 15, 2010	9:00 AM	~ 20 miles moderate pace ~3 hours	Spears Woods Palos Forest Preserve 89th & Lagrange Rd.	George Pastorino 708-903- 8700 & Chuck Gentile 708- 289-3988	This is a joint mtb ride with Chuck Gentile and George Pastorino. Pussanee will assist as needed. We have a great route planned with plenty of hills for your climbing pleasure. Single track experience required as this is not a beginner ride. Please bring plenty of water and energy bars and snacks to keep you going for ~3 hours. Chuck, George and Pussanee will have radios, no one lost or left behind. I-55 to Lagrange Rd south to Spears Woods, which is on the west side of the street at ~8900 south. Must enter from south bound Lagrange Road Map in e-mail
Saturday, May 15, 2010	9:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday Show and Go The riders will determine the ride leader, distance and pace
Sunday, May 16, 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, May 16, 2010	8:30 AM	62 Miles, 13-15 MPH	Bob's Riverside Campground, Spring Green WI	Larry Gitchell (708) 421-0120 (C), (708) 409- 0105 (H)	Better Than Plain Over the hills to Plain - A mixture of flat, hilly, and rolling terrains as we take a loop north of Spring Green. One rest stop along the route.
Sunday, May 16, 2010	8:30 AM	34-38 miles at a 16-18 pace	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
Sunday, May 16, 2010	8:30 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, May 16, 2010	1:00 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, May 18, 2010	9:00 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, May 19, 2010	9:00 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, May 19, 2010	9:00 AM	30 Miles @ 12 to 14 MPH	Madison Meadow..Wilson Avenue Entrance	Betty Bond 630-932- 0271 Cell 630-881- 1177	Four Lakes and a Picnic We will ride to the Four Lakes Area to ride some hills...then stop for a picnic. Bring your own lunch and something to pass around for everyone to enjoy.
Wednesday, May 19, 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, May 19, 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, May 20, 2010	9:00 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!
Friday, May 21, 2010	8:30 AM	30+ Miles @ 12 - 14	233 E. Roosevelt Rd. Lombard	Sam Gunda 630-8337410	Lunch Buffet At Vicroy Of India Restaurant Enjoy mouthwatering dishes at award winning and acclaimed restaurant. We will start Viceroy's parking lot. ride to North west suburbs. We will be back by 12 noon. Please join for ride and / or lunch
Friday, May 21, 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, May 22, 2010	9:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday Show and Go The riders will determine the ride leader, distance and pace
Sunday, May 23, 2010	8:30 AM	34-38 miles at a 16-18 pace	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
Sunday, May 23,	8:30 AM	Determined by riders	Panera Bread at York & North	Determined by riders	Sunday Morning Show n Go The riders who show will decide ride leader, distance and pace.


2010			Ave		
Sunday, May 23, 2010	10:00 AM	24 miles moderate ~3 + hours	Imagination Glen Park , Portage, Indiana	Chuck Gentile 708-289-3988 & George Pastorino 708-903-8700	Chuck and George use their Imagination Imagination Glen (The Dark Side) MTB biking This ride is for Intermediate to Advanced skill level. Having 2 ride leaders here will be helpful. It is about 8 miles of single-track. The trails are all are tight and twisty. The trail on the far side of the river (reached by crossing the railroad tracks) is known as The dark Side.... with challenging turns, logs, roots, jumps, and plenty of ups and downs. We will do 3 loops of this section, you can easily bail after 1 or 2 loops From I-94 take 249 South (at Exit 19 for Portage) through US 20 intersection. Turn left (continuing south) onto Chrisman Ave. immediately past the Old Porter Rd. intersection. Continue south on Crisman Ave. until it ends at Portage Ave. Turn left onto Portage Ave. and follow it until it ends at McCool Rd. Imagination Glen Park is at the intersection of Portage Ave. and McCool Rd
Sunday, May 23, 2010	1:00 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, May 25, 2010	9:00 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, May 26, 2010	9:00 AM	Determined by riders	McColum Park, Downers Grove	Determined by riders	Wednesday Show n Go The riders who show will decide ride leader, distance and pace.
Wednesday, May 26, 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, May 27, 2010	9:00 AM	35 miles at 14- 16 mph	Imax Theater corner of Rt 53 and Hobson Rd	Bill Schwartz 708-334-6250	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!
Friday, May 28, 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.
Friday, May 28, 2010	12:00 PM	62 Miles, 13-15+ MPH	Residence Inn, Middleton, Wisconsin	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	Middleton to Merrimac A hilly ride from Middleton to the Wisconsin River, via the town of Lodi and the free ferry across Lake Wisconsin. Includes Lodi-Springfield road, described by the Bombay Bicycle Club as "One of the truly classic bicycling roads in the region."
Saturday, May 29, 2010	8:00 AM	100 miles	Georgetown College, 400 East College Street, Georgetown KY	George Pastorino 708-903-8700	Horsey Hundred 2010 The Horsey Hundred is simply the most beautiful ride in the Midwest. You have wonderfully warm spring weather in KY. to go along with nicely rolling hills and the magical splendor of the The Kentucky Horse Farms. This is a ride where you have to stop your bike just to gaze at the awesome beauty. Club miles will be given for this ride. Registration is open at: http://www.active.com/cycling/georgetown-ky/horsey-hundred-2010
Saturday, May 29, 2010	10:00 AM	35 Miles, 13-15 MPH	Residence Inn, Middleton, Wisconsin	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	Java Cat Ride to the East side of Madison for Gelato at the Java Cat Coffee shop. Route includes streets, paved paths, and the beautiful views across Lake Monona. Probable bike shop stops along the way.
Sunday, May 30, 2010	8:00 AM	75 miles	Georgetown College, 400 East College Street, Georgetown KY	George Pastorino 708-903-8700	Horsey Hundred 2010 The Horsey Hundred is simply the most beautiful ride in the Midwest. You have wonderfully warm spring weather in KY. to go along with nicely rolling hills and the magical splendor of the The Kentucky Horse Farms. This is a ride where you have to stop your bike just to gaze at the awesome beauty. Club miles will be given for this ride. Registration is open at: http://www.active.com/cycling/georgetown-ky/horsey-hundred-2010
Sunday, May 30, 2010	8:30 AM	34-38 miles at a 16-18 pace	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
Sunday, May 30, 2010	8:30 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, May 30, 2010	9:00 AM	40 Miles, 13-15 MPH	Residence Inn, Middleton, Wisconsin	Larry Gitchell (708) 421-0120 (C), (708) 409-	It's Only Waunakee Ride to the only Waunakee in the world. Rest stop at Main Street Cafe in Waunakee, lunch at Monty's Blue Plate Diner in Madison. More bike shops

				0105 (H)	stops along the way.
Sunday, May 30, 2010	1:00 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, May 31, 2010	9:00 AM	35 Miles, 13-15 MPH	Residence Inn, Middleton, Wisconsin	Larry Gitchell (708) 421-0120 (C), (708) 409- 0105 (H)	Bratfest & Beyond Ride to the world's largest BratWurst Festival on roads and paved paths. Still more bike shops (will we ever run out?)

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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