



The Cue Sheet

June
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.

Spring Green 2010 by Kären Schwartz

Spring Green 2010 This year's Spring Green 3 day ride fest was blessed with outstanding weather! We have never had three days in a row with temperatures from 68 to 72 with sun! This is Wisconsin and it can get really cold sometimes. The camper group had had night temps of 40's, but most of us were fine in our tents. We did loan out a spare blanket for one camper. It always seems that the start of every camping season finds you with at least one missing piece of gear or one item that needs replacement. I found that our Thermarest was still leaking air on a repaired spot. I guess that 20 years of use probably means that it's time for a replacement. Camping is fun though with our sitting around the campfire and sharing s'mores and adult beverages along with stories of previous bike outings. You can't beat it. The price is right also with the group campsite costing just \$6.00 a person per night.



Bill is getting the group ready!

Friday found us starting the rides from the campground and doing some 30 milers in two groups. Larry Gitchell did his usual wonderful job of leading the moderate group. Bill led the fast group on the hardest ride of the weekend on Friday. It goes up Upper Wyoming Road for some short stretches of 17%. Now that we both have Garmin's that show percentages, you instantly know just how much you are grinding up those climbs. You can't beat southwest Wisconsin for hill training. It's got some real "good" climbs. Friday night found most of us at The Bank restaurant in Spring Green. It is an abnormality in rural Wisconsin as it has a wine bar and "gourmet" cooking. It is in a town of 1400 population so I think most of the patrons are there to visit the Frank Lloyd Wright buildings that are in Spring Green. Our meals tasted great. Both tables of riders enjoyed their meals, but one table had one of the best waitress' ever and the other table had one of the worst. As is usual in rural Wisconsin, the most popular places are supper clubs so "fancier" places to dine are hard to find.

Saturday found both groups of riders meeting at the campground and riding to Muscoda (by different routes) for the Morel Mushroom Festival. It is held annually there on this weekend. It has morel mushrooms as the theme as this is the time of year that they are harvested. The mushrooms are sold by locals and some are cooked and offered for sale at the festival. Unfortunately, this was the first year that we couldn't buy any morels, as the weather



Mushroom Headquarters!

had been too cold and they had a poor harvest. However, they still had the tractor pulls, craft fair, softball games and steak fry at the firehouse afterwards. We rode there and back with some hills, but not as many steep ones as Friday. The weather continued to be great. The only mishap was one of the local dogs on the route decided to test the ankle of a rider. The rider suffered a ruined sock and a small graze on the ankle. The local sheriff was informed about the incident as the neighbor said the dog had gone after someone else earlier. I guess it is time to start carrying pepper spray again. That evening found many of us around the campfire at the campground once again sharing stories and s'mores. Campfires are one of the best parts of camping!

Sunday the campers packed up their gear before departing on the ride. The two rides were shorter, but Bill once again found some nice hills to challenge the faster group. One rider quoted

Bill later saying, He said, " There's just a few rollers ahead now." Then there was actually about a two mile 9% grade climb. Of course, when you get back to Chicago and do Johnson's Mound, it sure seems easy! It is good training for Colorado or any hill climbing you are planning! Larry found less challenging terrain for the moderate riders. Afterwards, most of us retired to a local eatery for soup and sandwiches and then headed home. It was a great weekend outing with good friends, great hills and wonderful scenery. When you are on the top of some of those ridges and you can see the Wisconsin River, farm fields with cows grazing and great roads with little traffic, you know why Wisconsin is our favorite place to bike in the Midwest!

Spring Flowers at the Botanic Gardens

Story and photos by George Hermach

On May 5, eleven EBC'ers rode the paved North Branch Trail from Dempster Street in Morton Grove to the Chicago Botanic Gardens in Glencoe. Shortly after we started riding, we were greeted by a brief Spring shower. But it didn't dampen our spirits and we rode on. The rain soon stopped and the sun came out by the time we rode past the Skokie Lagoons. At the Gardens, we locked our bikes and spent a couple of hours wandering around looking at the flowers. The Botanic Gardens covers quite a large area, and one could easily spend a half day there. The blooming display changes with the seasons, so there is always something interesting to see. After lunch we rode back along the trail. It was an enjoyable ride for all.

There is no charge for bicyclists to enter the Gardens. There is a parking fee for vehicles; however Morton Arboretum members enjoy reciprocal entry privileges.



North Branch Trail



Phil and Marsha enjoy the gardens.

Be sure to stop by the Elmhurst Public Library this month to see the bike exhibits on display. On the first floor near the main entrance is a display dedicated to "Share the Road" and on the second floor you will find the Tour de DuPage which highlights the new Salt Creek Greenway Trail and destinations along the route, including Fullersburg Woods and Brookfield Zoo. These were sponsored by the Elmhurst Bike Task Force and feature the new Club jersey.

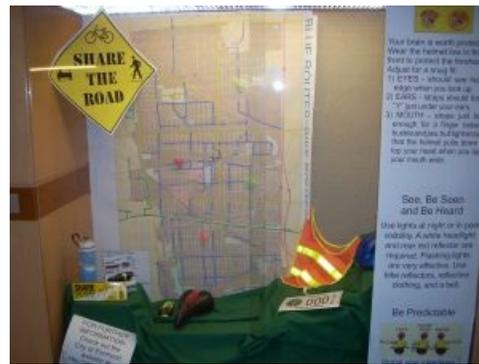
Speaking of the new Trail, some of you attended the open house sessions conducted by the Elmhurst Park District. Though the District had done its homework and come up with options acceptable to some residents, it was clear at the sessions that not all residents agreed. The residents finally put forth the idea that the bike traffic would be best distributed across 4 streets from Madison to the Prairie Path, exactly what we have been doing for the past two years. Another meeting will be held with the Citizens' Advisory Group before a final recommendation will be made to the District Board. The alternative to a completion would be for the Park District to reimburse over \$2 million in Federal funding, an outcome it is not likely to take.

As many of you know already, the pavement is complete on the SCGT under North Avenue and much of the landscaping done. If the Creek would just go down we could use it! (Editor's note: Ted Sward and I used it / rode it on Wednesday, May 19th.)

Upcoming Calendar

- May 22, 10 am - noon: EPD annual Family Bike Rodeo at Safety Town, by the old train depot in Elmhurst and the Prairie Path. The Club has hosted a bike information table for the last two years. This year we will do it in conjunction with the Bike Task Force. We will be distributing bike safety and Club brochures. It is a great way to introduce people to the Club. I need a couple of volunteers to help me. (Bob got his help and publically said thanks to Tim Moore, Don Whistler, Petra Hofmann, Chuck Dean, and Ted Sward in a Google Group email -EBC:4423- dated May 25th.)
- Elmhurst Farmers Market, 2nd Wednesday of each month from June to October, 7 am - 1 pm. The Club, in conjunction with the Bike Task Force will sponsor an information table to show people how they can shop by bike and what equipment they will need. We did this a couple of times last year and it was well received. What we did was break the time period into two shifts, 7 - 10 and 10 to 1 pm, to make it more manageable. I will need volunteers again for this. For those who would normally do a Wednesday ride from the Elmhurst Depot, by delaying the ride start time to 10 am, you would already be positioned for a Depot departure. 2 - 3 people at the table works really well.
- June 14 - 18 is Bike to Work/Metra Week from 6:30 am to 8:30 am. This event is hosted by DuPage County, ATA, the Elmhurst Bike Task Force and the Club. Please join us at the Elmhurst station on Tuesday and Friday as we encourage people to bike to the station and welcome those who already are biking in. Volunteers are needed for this event as well. Bike safety and Club brochures will be distributed, as well as free cups of coffee to those who bike in. If you can't join us in Elmhurst we can always use your help at one of the other stations below. Let Deborah Fagan know if you will be at another station (630-407-6883). She always appreciates the help.

- o Monday, June 14: Naperville, both stations
- o Tuesday, June 15: Elmhurst, Glen Ellyn, Wheaton
- o Wednesday, June 16: Bartlett, Downers Grove, Lisle
- o Thursday, June 17: Lombard and Villa Park



Elmhurst Library 1st Floor



Elmhurst Library 2nd Floor

America is built on volunteerism and I need your help. It really comes down to a couple of hours here and there and our efforts are beginning to show. These venues are getting the word out about biking and the Elmhurst Bike Club. I need your help because I can't do it alone. Let me know when you can help. With nearly 400 members signed up already this year we should be able get a few folks out for the good of biking! Post a ride to and/or from the event. Let's make this truly a Club effort to create a more bike friendly and safe world so we all can roll a little easier.

Junk in the Trunk by Chuck Dean

We all have to be prepared for the occasional riding indignities such as a flat tire, loss of energy (the dreaded 'bonk'), or a temporarily closed path bridge (which you just rode over going the other direction less than 2 hours ago). Many of you prepare for these events by carrying spare tubes, frame pumps, energy foods, and maps. To carry these items, you have handle bar bags, seat bags, rear bike rack bags, backpacks, fanny packs, and panniers. I call these varied forms of baggage: Junk in the Trunk. Over the last month, several EBC'ers volunteered to disclose the mysterious contents / the junk. It appears that some EBC'ers are better prepared than others. But you can make that judgment for yourselves.

Here is a table that summarizes some of the contents:

Items	EBC'er A	EBC'er B	EBC'er C	EBC'er D	EBC'er E
Tubes	2	2	1	1	2
Tires	0	1	0	0	1
Tire Irons	2	2	1	1	2
CO2 Cartridges	0	0	0	0	3
Spare Spokes	2	4	0	0	0
Medical Kit	Y	Y	Unk.	Unk.	N
Epi Pen (bee stings) or Asthma Inhalers	Y	Y	Unk.	Y	N
Tool Kit	Y	Y	Unk.	N	Y
Chain Links & Tool	Y	Y	Unk.	N	N
Spare Rearview Mirrors	Y	N	N	N	N
Various Cargo Straps	Y	Y	Unk.	N	N
Foods and Fluids	Y	Y	Y	Y	Y
Rubber Gloves	Y	N	N	N	N
Long Fingered gloves arm warmers	Y	Y	Unk.	N	Y
Wallet & \$\$'s	Y	Y	Y	Y	Y
Bike Locks	N	Y	Unk.	Y (2)	N
Sun Protection	Y	Y	Unk.	Y	N
More Clothes	Y	Y	Y	Y	Y
1912 Joke Book	N	N	N	N	Y

Can you recognize the EBC'er from the 'Junk in the Trunk' or possibly from the other 'Junk in the Trunk'? Possible candidates include Paul, Bill, Roland, Nancy, Karen, or Joanne.

EBC'er A



EBC'er B



EBC'er C

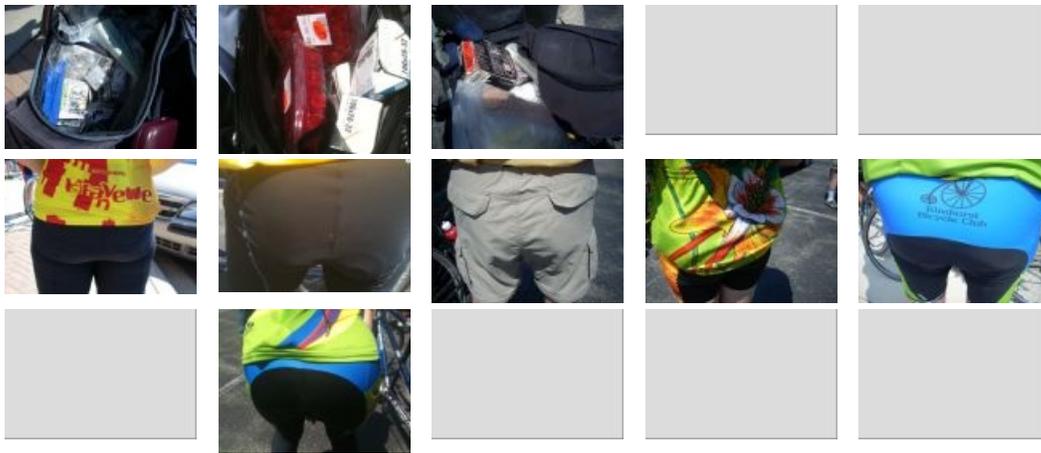


EBC'er D



EBC'er E





EBC'er A thought that some of the contents of the Trunk would be a dead giveaway. Here is a more complete list of those contents. In a quart bag: bandages, ibuprofen, tissues, toilet paper, moist towelettes, sterile wipes, chamois butter. Also, this person carries a metal tooth pick and a small Swiss army knife.

EBC'ers B were caught with 3 boxes of red (raspberry) jelly candies. Could that stop at Caputo's have had anything to do with this? Their JIT was quite complete; but they had both a camelback and a rack trunk. Besides a spare tire, the trunk had many little spare parts, including end valves for a camelback. Also, bicycle cables and 4 spokes.

EBC'er C possibly always carries a hat.

EBC'er D thought to mention the house keys and 2 asthma inhalers.

EBC'er E volunteered the following items. Could they all be in that bag? An extra helmet, 1 Coleman Lantern w/ fuel, a sleeping bag and extra blanket, a collapsible shovel, tent pegs, walking shoes and socks, hiking boot and socks, 3 lbs of Trail Mix (Ted Sward's formula), 1 photo of the Friday breakfast group - smiling, 1 photo of the Tuesday IMAX group - attempting to smile, and 1 blank ride sheet signed 'Nancy S.' If this person had more room, the trunk would contain a complete set of Snap-On tools - just like the set normally carried by the Schwartz's.

Salt Creek Greenway Trail by Chuck Dean

Have you ridden the Salt Creek Greenway Trail? Or, parts of it? The answer is yes if you have used the Illinois Prairie Path to cross Route 83 in Elmhurst - because the 2 trails run together for that stretch. Did you know that you can ride from Brookfield Zoo to Bemis Woods, and then on to Busse Woods in Elk Grove Village? All of that route comprises the Salt Creek Greenway Trail. From the zoo to Busse Woods is about 26-27 miles - 1 way. From Bemis Woods (Wolf Road and Ogden Avenue - enter the parking lot about a block west of Wolf Road from Ogden Avenue to find a trail head) to Busse Woods is a little over 20 miles - 1 way.

I had heard of this trail and had recently seen a sign or 2, but had not ridden this trail. Some of you may be in the same boat even though you have been riding trails around Elmhurst for many years. In some years, even fairly recently, you couldn't have done this entire trail because it did not completely exist. But there has been and still is a master plan covering the Greenway. And various stretches of the trail continue to be developed and improved. The North Avenue underpass just west of route 83 just recently opened (but not officially until September, 2010) and is receiving finishing touches such as landscaping and split oak fencing to separate the trail from the Salt Creek.

Some of you are familiar with this trail and the Elmhurst Ride Schedule has recently contained a few



Bemis Woods at Wolf Road

rides on portions of the trail. Back on March 14th, Mary Jo Bolan and Sam Gunda headed towards Brookfield Zoo using part of the trail; later, Carol Nield posted a Bemis Woods Ride described as "Ride thru Western Suburbs and On the Salt Creek and Bemis Woods Bike Trails." And Ted Sward lead a ride on April 14th on the northern portion of the trail up to Busse Woods. Not being sure that I could successfully navigate the entire trail, I called upon Ted to see if he would give me a personal tour from Bemis to Busse and back. Fortunately for me, he agreed to lead the 2 of us



Approach to North Ave.

on May 19th. As Ted and I planned the portion I wanted to ride, I probably initially confused Ted because I kept saying that I did not want to ride the 'Bemis Woods Trail' because I had ridden that trail 20 or more years ago when my kids were little enough to ride in bike seats on the back of the bikes my wife and I were riding. Like me, Carol called it the Bemis Woods Trail. Was that what it was called 20 years ago? Today, the sign in Bemis Woods does call it the "Salt Creek Trail System."

Whatever it is called (and the signs generally say Salt Creek Trail), the stretch from Bemis to Busse has 13 bridges (the way I counted) and 4 underpasses (I294, Roosevelt Rd., St. Charles Rd., and North Avenue; it has 1 long overpass over Irving Park Road. It crosses the Salt creek 8 or 9 times. (As careful as I tried to be, I found it difficult to keep track of these various counts.) It is 20 miles long - 1 way. It is a delight to ride.

Trail Composition: It is a mixed composition of paving, crushed limestone, crushed gravel, dirt, and wood chips.

o It is mostly paved (mostly asphalt, but a little concrete)—say 17+ miles. These 17 miles are mostly truly a path, but the 17 miles includes approximately 3.5 miles of actual roadway (not a path). And these 3.5 miles are split into 3 different sections. From south to north:

- + ~ .5 miles from Madison to the IPP in Elmhurst;

- + ~.5 miles along Thomas and Villa avenues in Villa Park; and,

- + ~2.5 miles from the '3 mile marker' just south of Thorndale Rd. along Mittel/Ridge and Elk Grove Village roads until you reach Arlington Heights Road.

o it has about 2.5 miles of crushed limestone path in 2 sections. From south to north:

- + ~.75 miles along York Rd. and the Oak Brook Golf Club from 31st St. to 22nd St.; and,

- + ~ 1.5+ miles in Cricket Creek area.

o It also has perhaps not quite a tenth of a mile of packed gravel (easily handled by most road tires) near Fairfield and Madison in Elmhurst; and contains an optional half mile of wood chips in Elmhurst between Vallette and Madison. It is scenic throughout, but I'd say shadier (more trees) in the southern portion and sunnier in the northern portion. There are places on the trail where you can stop for a potty break or get a drink of water. There are commercial food options close by and visible from the trail. There are places to park at a half dozen locations along the trail (Bemis Woods, York Woods, on street parking in Elmhurst, Cricket Creek F.P., etc.) The point is you can create a 'ride' of just about any length that you would like by picking an appropriate starting point.

Signage is generally good, sometimes really outstanding, but not always uniform. Some of the lack of uniformity is probably due to the staged development of different portions of the trail over the years.

Signage is poor or non-existent in only in a couple of places. You could miss a turn the first time through in these spots. I missed a turn heading north in the Cricket Creek area when I road it by myself about 10 days after Ted led me through the first time. (Note the detailed maps posted along the trail can help you through these trouble spots provided that you study them very carefully. I'm not talking about the quality of the

maps (which is good); I'm talking about actual signs or road markings that tell you to turn right or left or continue straight ahead.) Here, in my opinion, are the trouble spots when heading north from Bemis Woods (the parking lot at Wolf and Ogden).

- Approaching Wolf Rd. after your first .5 miles, there is no sign that identifies Wolf Road. You have to cross Salt Creek on Wolf and immediately turn left to head up to Busse Woods. But as you are approaching Wolf, the sign that you can see is an appealing Bike Trail sign on the East side of Wolf. If you cross Wolf, you'll be erroneously on your way to the zoo.
- Approaching York Rd. and 22nd heading north, cross 22nd and continue to head north. (There is a sign on the north side of 22nd but you might not spot it.) The problem is that the path that you are on turns left and heads west along 22nd. It is pretty easy to follow the path erroneously to the left/west.
- As you approach York Woods you are on an asphalt trail heading West. There is no sign to tell you to turn right (head north) to enter York Woods. It is easy to miss this right turn because the asphalt trail actually continues on the other side of the road heading due west.
- Within York Woods, there is an unmarked right hand turn necessary at about 4 miles. If you correctly make this turn, you'll immediately see an appropriate sign. But, if you miss the turn, you won't see the sign. However, you will figure out that something is wrong because you'll find yourself looping around the parking lot.
- North of Roosevelt at about 7 miles on your odometer (just after you have ridden over a bridge across Salt Creek), you are on a path that T's. Turn left (north), not right.
- At about 7.3 miles, the trail forks forcing a decision (left or right?). The composition of trail changes abruptly at this fork. To the right is crushed gravel that ends quickly at a barrier at the corner of Fairview and Madison. I took the fork to the right to the street intersection. Get on the street and ride Fairview to the north until you encounter Prairie Path Rd (and the IPP). Turn left and head west to Rex where you can get on the IPP to cross Route 83. (If you take the left hand fork, you'll find yourself on a wood chip path for about .3 miles. that dumps you out at Rex and Vallette. Take Rex north to the IPP; get on IPP and head West/to the left)
- At about 9.3 miles the trail ends, but there is a good map. Stop and take a look. There are not good signs to cue you for the next .7 miles. Essentially, follow Thomas St. to the west (about 3 blocks to Villa Ave.). Turn right on Villa and head north (about the distance of 4/5 blocks). Cross both sets of RR tracks. Make the first turn to the right (to the East) that you can after the RR tracks. You'll find yourself back on clearly marked trail. While there is no sign cueing you to make this rh turn, there is a painted crosswalk across Villa that can give you a clue to turn right.
- North of North Avenue, you'll find yourself on a limestone path in the Cricket Creek FP area. This is the 1.5 mile stretch of limestone that I previously mentioned. The limestone begins at about 10 miles on your odometer. You'll encounter 2 ponds. As you encounter forks in the limestone, always bear to the left. Bearing to the left keeps you south and west of the ponds. (If you take the rh side of forks, you'll end up on the north and east sides of the ponds. After the 2nd pond, but close to and just north and west of the pond you can miss the fact that the limestone takes a hard left turn. (As previously mentioned, I missed it. If you find yourself going around the pond and heading back in the direction you just came from, you probably also missed it. Just turn around and you'll see what you missed.)

The path and road signs guiding you the rest of the way north and west to Busse Woods are all excellent. Your only surprise might be that the signs in Elk Grove Village north of Thorndale Road are the traditional green Bike Trail signs, nor the Salt Creek Greenway Trail signs.

If you are heading from Busse Woods at the north end to Bemis Woods at the south end, there are fewer signage problems than what I just described, because there are some signs on Villa Avenue that tell you to turn left on Thomas Ave.

After crossing Route 83 heading east on the IPP there is no sign to tell you get off the IPP and turn right on Rex to head south on the Salt Creek Trail. And there are no signs

to say take Rex to Vallette to get on the wood chip trail; or, alternatively, take Rex to Vallette, turn left/east on Vallette to Fairview, turn right/south on Fairview to Madison. Regarding either alternative, physical barriers (at Rex and Vallette, and again at Fairview and Madison) tend to discourage you from rejoining the actual path. Go around the barriers and you'll find the path.

Well despite my descriptions of problem points, remember that they are few and far between. Some of our riding is done for the sense of adventure. And the Salt Creek Greenway Trail is always going to be scenic. But it may only be adventuresome the first couple of times you take it. Or, until the winter or spring floods occur that can potentially close the underpasses. Or, until too many fall leaves mask hidden dangers in the more wooded areas. In contrast, over time, I'm sure that additional signs will get added to better guide the rider.



But it was dry and rideable at Roosevelt Rd.

My overall summary follows. Like Gene Autry used to say in the Doublemint gum commercials, "I like it." I hope you'll get out and enjoy the Salt Creek Greenway Trail.

Meeting Minutes May

Board Minutes May 13, 2010

Present: John Park, Maria Kapusta, Cheri O'Riordan, Chuck Dean

1. **President:** The meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
2. **Secretary:** The April 8, 2010 board meeting minutes were previewed on line in Google Docs and were approved.
3. **Treasurer:** In the Treasurer's absence, the President read the following: The monthly Banking Summary (04/08/10-05/13/10) listed income of \$1,375.00 and expenses \$1,828.72 to date. At present, the balance in the treasury is \$13,924.54. Monies received in Pay Pal are automatically being transferred into the club's account.
4. **Newsletter:** No report
5. **Membership Coordinator:** There are 372 members to date. A packet containing the new Membership Directory & Handbook, a new club brochure and business card and a club membership card will be handed out to members at tonight's May club meeting. Residual packets will be mailed to club members not in attendance. Membership information will not be in the Elmhurst Bicycle Club google groups. If a member desires this information, he/she will need to contact the Membership

EBC General Meeting Minutes May 13, 2010

Present: John Park, 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.
2. **Secretary:** The April 8, 2010 general meeting minutes were read and approved.
3. **Treasurer:** In the Treasurer's absence, the President read the following: The monthly Banking Summary (04/08/10-05/13/10) listed income of \$1,375.00 and expenses \$1,828.72 to date. At present, the balance in the treasury is \$13,924/54. Monies received in Pay Pal are automatically being transferred into the club's account. Some sponsors, such as Bike Rack, Lickton's, and JR Cycles paid their donations earlier than expected which was very nice of them to do this and speaks highly of their support for our club.
4. **Ride Captain:** In the Ride Captain's absence, the President stated that members should refer to the ride schedule for more details.
5. **Mountain Bike Coordinator:** In the Mountain Bike Coordinator's absence, the President stated that members should refer to the ride schedule for more details.
6. **Membership Coordinator:** As of to date, 372 members. A packet

Coordinator and a PDF file will be emailed to him/her. The PDF file will be in two formats: booklet and drop-down. As new members join the club, the PDF file will be updated. Bill Shack, who is not a member of the club, has been most helpful in providing technical assistance with the directory. The board approved the motion, "I move that a gift certificate, not to exceed \$25, be given to Bill Shack for his fine technical contributions to the Elmhurst Bicycle Club". In the spirit of welcoming guests and new members, current members attending the meetings will have the option of using a name tag. Sometime in the near future, membership will work with the board to develop a survey. This tool will be used as a follow up with members who do not renew as well as with guests who attend meetings or participate in rides.

6. **Mountain Bike Coordinator:** No report.
7. **Awards:** The President will place orders for awards next week. Gift cards from Road ID will be preloaded with the club's contribution and will be coded. When purchasing an item on line at the check-out screen, the member will enter the code and the gift card amount will automatically be deducted from the total amount. The club member will pay the balance.
8. The next Board meeting will be held on Thursday, June 10, 2010 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan
Club Secretary

containing the new Membership Directory & Handbook, a new club brochure and business card and a club membership card were handed out to members at tonight's May club meeting. Residual packets will be mailed to club members not in attendance. Membership information will not be in the Elmhurst Bicycle Club google groups. If a member desires this information, he/she will need to contact the Membership Coordinator and a PDF file will be emailed to him/her. The PDF file will be in two formats: booklet and drop-down. As new members join the club, the PDF file will be updated. The members were thanked for passing out the new business cards on rides to guests and interested parties. The President and members thanked the Membership Coordinator for all her hard work and contributions. Three guests were introduced.

7. **Newsletter Editor:** The Newsletter editor expressed his appreciation to those who contributed articles for the May newsletter.
8. **Advocacy:** Bob Hoel reported on the following: (please refer to the EBC web site's Advocacy link or Bob Hoel for further information)

- Salt Creek Greenway Trail: construction crews are working on the levees. The Elmhurst Park District has taken a step back secondary to residents vocal concerns about bicyclists using only one street for entering/leaving the trail. The park district is recommending bicyclists use a number of streets vs. only one street.

- There was an article in the Elmhurst Independent newspaper mentioning the club's participation in the April clean up endeavor of the Great Western Trail.

- The Elmhurst library has a display case with bicycling information and an EBC club jersey in it.

- May 22 is the annual Elmhurst Family Bike Rodeo. Volunteers are needed to pass out information.

- Elmhurst Farmer's Market is the second Wednesday of the month. EBC will have a table to encourage shopping via bike using panniers, offering literature, etc. Volunteers are needed.

- June 14-18: Bike to Work/Metra Week: Volunteers are needed to assist at train stations.

- July 31: Elmhurst Green Fest-more information to come.

- September 25: Official opening of the Salt Creek Greenway Trail. There

will be some kind of club sponsored ride.

9. **Other:**
 - Mike Struglinski gave a "show & tell" on his Keen bicycle shoes regarding how the cleats work for him vs. other shoes on his recumbent bike.
 - Art Frigo petitioned that riders need to read the ride descriptions thoroughly before they ride for the indicated speed, mileage, terrain, etc. and to also be respectful of the ride leaders and to call the ride leaders if there is any doubt
10. **Refreshments:** Cheri O'Riordan provided the refreshments.
11. **Program:** Ed Barsotti, Executive Director of the League of Illinois Bicyclists gave a very informative presentation on LIB's role in advocacy, education, legislation, planning, safety, working with municipalities, partnering with state departments within Illinois.
12. The next EBC general meeting will be held on Thursday, June 10, 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
Treasurer George Pastorino, 708.903.8700 treasurer_elmhurstbicycling.org	Programs Ray Dal Lago, 630.543.4655 dlag10_aol.com Michael Schillmoeller, 847.253.6838 michael.schillmoeller_qmail.com	Sergeant-at-Arms Steve Sinderson steve_woodlandplastics.com
Secretary Cheri O'Riordan, 630.325.3917 secretary_elmhurstbicycling.org	Database Manager Nancy Shack, 630.964.3862 nshack_comcast.net	Assistant Ride Captain Nancy Rice, 630.717.9923 hotline_elmhurstbicycling.org
Membership Coordinator Maria Kapusta, 708.732.2379 membership_elmhurstbicycling.org	Website Team Cindy Reedy, 630.530.1250 cmreedy_prodigy.net Sharon Hermach, 630.717.1660 ganskesh_hotmail.com	Mountain Bike Coordinator George Pastorino, 708.903.8700 gpastorino_comcast.net
Newsletter Editor		List Server

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

June 2010 • • • Club Rides

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

Ride Pace - by Petra Hofmann, Ride Captain

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

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

Date	Time	Distance	Start	Leader	Description
Tuesday, June 01, 2010	8:00 AM	80mi / 18- 20mph	Trader Joe's in Naperville Plaza	Roger Pardon 1-630-639-8505	TJ to Sandwich A fast paced ride to Sandwich over rolling country roads to Subway for a drink or snack then back to TJ. Bring two bottles and some trail mix or bars for nutrition.
Tuesday, June 01, 2010	8:30 AM	Under 20 miles at 8 to 10 mph	Elmhurst Depot	Joanne DeZur 630/833-7688- Ride Day 630/336-9253	New Adventure Ride Ride to Caribou in Glen Ellyn for a snack or bring your own. Cancelled if raining.
Tuesday, June 01, 2010	9:00 AM	35 miles at 14-16 mph	IMAX Theater Woodridge IL	Bill Schwartz 6309636250 cell 7083346250	IMAX Tuesday Naperville ride through low traffic streets with coffee stop halfway Friendly folks!
Tuesday, June 01, 2010	9:00 AM	27 12- 14mph	Mccullum Park	janet k 630- 964-5126	Wallin lake We will ride to Wallin Lake. We will be on limestone for 2-3 miles.
Tuesday, June 01, 2010	1:30 PM	20-25 miles / 13-15 mph	Downers Grove McCullum Park	Art Frigo @ 630-417-9387	Gelato Double Dip I will be returning too late to ride the morning IMAX ride. I offer this ride as a chance to cruise to Lisle for a double-dip gelato and, for IMAX riders, a chance for a Tuesday double-dip ride.
Tuesday, June 01, 2010	5:30 PM	~25 miles, 13-15 MPH	Panera Bread, 7349 Lake St, River Forest	Marty Becker (312) 402-4017	Ride from RF Start off meteorological summer by joining me on a ride around RF. Contact me if in need of directions to the start.
Tuesday, June 01, 2010	6:15 PM	25-30 Miles 14-16 MPH	Panera Bread, York St at North Ave, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409- 0105 (H)	June Swoon TuNR Recovery ride after 4 days pedaling the hills of Wisconsin. Routes are road and paved paths, with short gravel sneaks if required. Keep those headlights and taillights mounted, we're still getting back slightly after dark.
Wednesday, June 02, 2010	9:00 AM	1-100 miles, 8- 18moh	McCullum Park	P anyrider 5551234	sho n go putting in the sho n go for weds
Wednesday, June 02, 2010	9:00 AM	23MI 10- 12MPH	Bemis Woods is located between I- 294 (Tri- State) and Wolf Rd. on the N. side of Ogden Ave	TED SWARD 708 354-5782 CELL:708 446- 3533 DAY OF RIDE	OAK BROOK NOOKS AND CRANNIES AN INTERESTING WINDING ROUTE THRU THE OAK BROOK AREA. PLENTY OF TWISTS AND TURNS TO KEEP YOU CONFUSED BUT HAPPY. LUNCH AT JASON'S DELI. RIDING AT THE SPEED OF FUN!

Wednesday, June 02, 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, June 03, 2010	9:00 AM	50-60 miles at 15-17	IMAX Theater Woodridge IL	Substitute ride leader	IMAX Thursday Naperville ride through low traffic streets with coffee stop halfway Friendly folks!
Saturday, June 05, 2010	8:30 AM	70-75 miles @11-14 mph=13-16 on paved rd	Gaylord Building 200 W 8th St, Lockport	Baltimore Ortega B312.630.7030, H630.920.0056, C630.697.7031	Ortega I&M Canal Expedition Trail Ride to Peru Historic I&M Canal expedition safe & fun ride, Lockport to Peru with "Support Group". Riders looking for shorter distance ride welcome to join us at stops. Riders will self support and be responsible for having bike ready, nutrition, hydration, money for meals & hotel, extra clothes for second day, LOCK, flat kit, and jacket. Enjoy Nature. Trail: mostly light to medium crushed limestone, paved, paved roads. Low vehicle exposure. Bikes recommended: mountain, hybrid, cyclocross, any trail bike. Light bikes should use wide trail tires. Stop A: lunch, Corleone's (Italian) 110 Liberty St, Morris. Stop B: Ottawa Visitors Center, private EBC group tour of Reddick Mansion by President of Reddick Mansion Association and snacks inside private room. Hotel Ride: Marriott Fairfield Inn, Peru 815.223.7458 - La Quinta Inn, Peru 815.224.9000, riders responsible for their room & rates. Fun, adventure, Midwest Pioneer Spirit, Team ride, "One for All, All for one." Riders should be okay with, "Sometimes things happen on rides." Rain or very wet trails cancel ride. Ride for experienced cyclists. Directions to parking lot - take I-355 south.exit 171, Archer Ave>turn right at exit to Lockport>turn right at 10th St, straight into parking lot by 9th St. Gaylord Building one block away. Optional photo release form to sign.
Sunday, June 06, 2010	8:00 AM	70-75 miles @ 11-14 mph	Marriott Fairfield Inn, 4385 Venture Dr, Peru	Baltimore Ortega B312.630.7030, H630.920.0056, C630.697.7031	Ortega I&M Canal Expedition Ride to Lockport Historic I&M Canal expedition ride Peru to Lockport. A few historic stops on trail. See previous ride description, June 5th for ride information. Bring extra nutrition for ride. Lunch at Corleone's in Morris. All riders will self support and be responsible for having bike ready, nutrition, hydration, money for meals, rain jacket, lock, & flat kit. Team ride, Midwest Pioneer Spirit, safe, fun, "One for All, All for One". Riders should be okay with "Sometimes things happen on Bike Rides". Optional recovery appetizers at Public Landing Restaurant in Gaylord Building at end of expedition. Manager of restaurant will set us up in patio area. Meet outside of hotel reception desk for start of ride in AM.
Sunday, June 06, 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, June 06, 2010	9:00 AM	~14 miles moderate pace	Saw Wee Kee Park - Oswego, IL	Chuck Gentile 708-289-3988 & George Pastorino 708-	Chuck and George present Saw Wee Kee Park Palos could be considered the preferred child of the Chicago area trail systems. It gets the most attention and is the one people will most likely talk about. By comparison, Saw Wee Kee is more like the wild child. The terrain seems a bit more untamed, and throws more at you per mile that its big brother. While the roughly 7 miles of trail might seem small

				903-8700	compared to what Palos offers, you will find that you'll work a lot harder to cover that distance than you would at Palos. Having 2 ride leaders here will be a real asset here. Pussanee will assist as needed. This ride is for intermediate and advanced riders.
Tuesday, June 08, 2010	8:00 AM	80mi / 18-20mph	Trader Joe's in Naperville Plaza	Roger Pardon 1-630-639-8505	TJ to Sandwich A fast paced ride to Sandwich over rolling country roads to Subway for a drink or snack then back to TJ. Bring two bottles and some trail mix or bars for nutrition.
Tuesday, June 08, 2010	9:00 AM	35 miles at 14-16 mph	IMAX Theater Woodridge IL	Bill Schwartz 6309636250 cell 7083346250	IMAX Tuesday Naperville ride through low traffic streets with coffee stop halfway Friendly folks!
Wednesday, June 09, 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.
Wednesday, June 09, 2010	9:00 AM	11 - 14 mph 25 - 30 miles	York Woods parking lot York and Harger Roads.	Mary Jo Bolan	Ride to Freddie's for Gelatto Ride on roads and paved paths to Freddie's in Cicero for a gelatto or other snack, or bring your own.
Wednesday, June 09, 2010	9:00 AM	Determined by riders	McCullum Park, Downers Grove	Determined by riders	Wednesday Show n Go The riders who show will decide ride leader, distance and pace.
Wednesday, June 09, 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, June 10, 2010	7:00 AM	50mi. / 16-18mph	Trader Joe's in Naperville Plaza	Roger Pardon 1-630-639-8505	Ride to the ride-Campton Hills Ride to Campton Hills to join Bill & Karen for the HILLS to Sycamore.
Thursday, June 10, 2010	9:00 AM	50 miles @ 15-17	Park at Peck & Campton Hills Rd in St. Charles IL	Bill Schwartz 708-334-6250	Thursday Sycamore Ride 50 mile ride to Sycamore with lunch at cafe. Some hills at beginning and end of ride.
Saturday, June 12, 2010	6:30 AM	106 miles @ 13 to 15 mph	Scott Community College Bettendorf, Iowa	Betty Bond 630-881-1177	TOMRV Riding on lightly traveled roads our route will be varied and scenic to Clarke College in Dubuque, Iowa.
Saturday, June 12, 2010	7:30 AM	100 miles 17-19 MPH	NIU's Convocation Center DeKalb, IL	Steve Omori 630-204-8975	MS Tour de Farms Day 1 Join me on the first of a two day ride through the farms of DeKalb, IL and help raise money for the Multiple Sclerosis Society. There are also 35 and 75 mile routes available. Please go to the Greater Illinois Chapter of the MS Society for information on entry fees, fundraising requirements, lodging and a schedule of meals and events. http://bikeild.nationalmssociety.org/site/PageServer?pagename=BIKE_ILD_homepage
Sunday, June 13, 2010	7:30 AM	90 miles @ 13 to 15 mph	Clarke College Dubuque, Iowa	Betty Bond 630-881-1177	TOMRV We will return using a different route to Bettendorf, Iowa.
Sunday,			NIU's		MS Tour de Farms Day 2 Join me on the second day of a two day ride through the farms of DeKalb, IL and help raise money for the Multiple Sclerosis Society. There is also a 35 mile route

June 13, 2010	7:30 AM	75 miles 17-19 MPH	Convocation Center DeKalb, IL	Steve Omori 630-204-8975	available. Please go to the Greater Illinois Chapter of the MS Society for information on entry fees, fundraising requirements, lodging and a schedule of meals and events. http://bikeild.nationalmssociety.org/site/PageServer?pagename=BIKE_ILD_homepage
Sunday, June 13, 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, June 13, 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
Tuesday, June 15, 2010	8:00 AM	80mi / 18-20mph	Trader Joe's in Naperville Plaza	Roger Pardon 1-630-639-8505	TJ to Sandwich A fast paced ride to Sandwich over rolling country roads to Subway for a drink or snack then back to TJ. Bring two bottles and some trail mix or bars for nutrition.
Tuesday, June 15, 2010	9:00 AM	35 miles at 14-16 mph	IMAX Theater Woodridge IL	Bill Schwartz 6309636250 cell 7083346250	IMAX Tuesday Naperville ride through low traffic streets with coffee stop halfway Friendly folks!
Wednesday, June 16, 2010		Varies Daily	Sleepy Bear Campground Empire, Mi	Nancy Shack 630-964-3862	NorthWest Tour, Michigan Join other EBC members for the NorthWest Tour in Empire, Michigan. June 16-20. This event is put on by the Tri-County Bicycle Assoc. This is the description from the web site: "NorthWest Tour is a fun tour with challenging days, great scenery and good roads through many small towns and tourist areas in Michigan's northwest. It features the convenience of a single camping location in the Leelanau area west of Traverse City. The Sleepy Bear Campground, four miles east of Empire, will be our host for the tour. The ride officially begins on Thursday (6/17) and ends on Sunday, although there is an optional dinner ride on Wednesday evening (6/16) . Camping is available starting Wednesday after 12:00 Noon. This is a tent camping tour, in a rustic area that has nice restrooms and showers. Each day's route will have a long or short option. At each day's end, meals will be catered and served under a large canopy. Dinner (Thursday through Saturday), Breakfast (Thursday through Saturday), and a Continental breakfast on Sunday are included." Please check http://www.biketcba.org/tours.php?pg=NorthWestTour to download the pdf details and application. Bill and Karen Schwartz mentioned this trip in an email to our listerv. As a result, I have sent in payment, as have 2 other EBCers, which makes 5 of us that I am aware of. I have reserved a room in a motel that is less than 3 miles from the campsite.
Wednesday, June 16, 2010	9:00 AM	33 miles at 12-14 mph	WHITLOCK PARK in Downers Grove	Carole Danillo 630-495-8162	More Hills Ride through Burr Ridge, Hinsdale and Downers Grove. Stop in Hinsdale for a snack/lunch. We will encounter some hills along the way.
Wednesday, June 16, 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,	6:30	16-20 miles	Villa Park Depot (Villa	David Polkow	Wednesday Night Fast Ride This is a very fast paced ride typically going

June 16, 2010	PM	at a 16-22+ pace	Ave & the Prairie Path)	630-25-1161	North South on Villa Ave. Groups will form up based on their paces.
Friday, June 18, 2010	8:30 AM	30+ Miles @ 12 - 14	233 E. Roosevelt Rd. Lombard	Sam Gunda 630-8337410	Lunch Buffet At Vicroy Of India Restaurant We will re-try Vicroy for better weather 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 .
Sunday, June 20, 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, June 20, 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
Tuesday, June 22, 2010	8:00 AM	80mi / 18-20mph	Trader Joe's in Naperville Plaza	Roger Pardon 1-630-639-8505	TJ to Sandwich A fast paced ride to Sandwich over rolling country roads to Subway for a drink or snack then back to TJ. Bring two bottles and some trail mix or bars for nutrition.
Tuesday, June 22, 2010	9:00 AM	35 miles at 14-16 mph	IMAX Theater Woodridge IL	Bill Schwartz 6309636250 cell 7083346250	IMAX Tuesday Naperville ride through low traffic streets with coffee stop halfway Friendly folks!
Wednesday, June 23, 2010	9:00 AM	Determined by riders	McCullum Park, Downers Grove	Determined by riders	Wednesday Show n Go The riders who show will decide ride leader, distance and pace.
Wednesday, June 23, 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, June 24, 2010	9:00 AM	50 miles @ 15-17	Park at Peck & Campton Hills Rd in St. Charles IL	Bill Schwartz 708-334-6250	Thursday Sycamore Ride Open Farm roads with some hills at beginning and end of ride. Lunch at cafe in Sycamore.
Thursday, June 24, 2010	9:00 AM	Your own pace for 50 + miles.	Home of Betty Bond.. 1141 Fairview Lombard	Kathy Wagner-Selbach & Betty Bond 630-932-0271	Self-Contained from Lombard to Sandwich We will ride from Lombard to the lovely lake home of Kathy in Sandwich, IL. We may need to camp there..depending on the number of riders..space is limited. Meals in restaurants...bring snacks. YOU MUST RSVP
Friday, June 25, 2010	9:00 AM	Your own pace 50 + miles	Kathy's lake home in Sandwich	Kathy Wagner-Selbach & Betty Bond	Ride from Sandwich to Sublette, IL We will ride from Sandwich to the childhood home of Betty Bond in Sublette, IL. It's a large old farm house and will have little furniture...but plenty of room for sleeping bags. So we will not have to camp here. Meals, except breakfast will be in restaurants....but bring snacks if you wish. Spouses, good friends, or any other bikers may join us here. Directions available. YOU MUST RSVP
			Pastorino		MTB ride/Pool Party/BBQ Come join us for a scenic ride through The Palos Forest Preserve. We have radios so no one will get lost or dropped. Mountain Bike required. You do not need to be an expert to do this ride, but there are advanced sections for experienced riders. The ride will have beginner, moderate, and advanced loops led by various ride leaders.We have 3 MTB bikes to loan to Club members, 2 large and 1

Saturday, June 26, 2010	9:00 AM	~3 hours moderate pace	Home 7551 Blazer Justice IL. 60458	George Pastorino 708- 903-8700	small...please e-mail me if you would like to reserve one...first come basis. Also Club Sponsor Cycle n Sports has several bikes to loan to club members at no cost, please contact Dawayne at 708-360-0440 to reserve one. Route is a mix of dirt double track and single track. We will get all riders some single track time. We will BBQ some hotdogs at our house after the ride, We will have Veggie Dogs and Kosher Dogs for those with Dietary restrictions, followed by a cool off swim in the Pastorino pool--swim suit required! Find out how nice it is to ride without cars flying by.
Saturday, June 26, 2010	9:00 AM	Your own pace....50 - miles	Sublette farm house	Kathy Wagner- Selbach & Betty Bond	Sublette to Dixon to view Ronald Reagan's Home After breakfast we will mount our bikes and ride the lovely country roads through a few small towns to Dixon. We will view the Ronald Reagan boyhood home...have lunch... and ride back to the Sublette farm home. Everyone is welcome!! Come join us!! YOU MUST RSVP
Sunday, June 27, 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, June 27, 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, June 27, 2010	9:00 AM	Your own pace 50 + miles	Sublette farm house	Kathy Wagner- Selbach & Betty Bond	Ride from Sublette to Shabbona Lake We will ride country roads to Shabbona Lake....camp for the night YOU MUST RSVP
Monday, June 28, 2010	9:00 AM	You own pace 50 + miles	Shabbona Lake	Kathy Wagner- Selbach & Betty Bond	Shabbona to Lombard We will ride more lovely country roads back to Lombard
Tuesday, June 29, 2010	8:00 AM	80mi / 18- 20mph	Trader Joe's in Naperville Plaza	Roger Pardon 1-630-639-8505	TJ to Sandwich A fast paced ride to Sandwich over rolling country roads to Subway for a drink or snack then back to TJ. Bring two bottles and some trail mix or bars for nutrition.
Tuesday, June 29, 2010	9:00 AM	35 miles at 14-16 mph	IMAX Theater Woodridge IL	Substitute ride leader	IMAX Tuesday Naperville ride through low traffic streets with coffee stop halfway Friendly folks!
Wednesday, June 30, 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, June 30, 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.

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).

Please Support Our EBC Sponsors

Village CycleSport

Dedicated to the Sport of Cycling

Vince Boyer

45 Arlington Hts. Rd • Elk Grove Village, IL 60007 • (847) 439-3340
1313 N. Rand Road • Arlington Heights, IL 60004 • (847) 398-1650

Email vince@villagecyclesport.com www.villagecyclesport.com

J & R CYCLE & SKI

716 S. Main • Lombard, IL 60148
(630) 620-1606

BOB PECORA

M & Th 10-8
T & F 10-6
W 12-6
Sat 10-5

Diamond Back • GT/DYNO
Fisher • Yakima
Haro • Univega

Call for Winter Hours

TREK USA

You can't beat our prices!
If you find a lower price we will
match it and give you 11%
of the price difference.

Lickbike.com

www.lickbike.com

800-323-4083

24 Hour Phone (708)383-5541

310 Lake Street, Oak Park IL 60302



Experienced in Road Biking
Passionate for Mountain Biking

**10% Discount on
Parts & Accessories
w/EBC Membership***

Cycles-N-Sports

6559 W. 111th St
Worth IL, 60482

708-361-0440

www.cycles-n-sports.com

*Discount applicable on non-sale items only

Trikes
Bikes
Wagons
Scooters
Sleds
Shorts
Jerseys
Gloves
Bells
Horns
Lights
Pumps
Bags
Computers



117 East Front Street

In Downtown Wheaton

Since 1958

630-668-2424

"Family Service & Quality Products"

Check out our website for
specials and cycling info.

www.midwestcyclery.com

Helmets
Gloves
Racks
Parts
Tools
Trainers
Tires
Tubes
Bottles
Locks
Cables
Books
Maps



(630) 629-4773
(630) 627-6535

HOURS

MON. & FRI. 9-8

TUES., WED., THURS. 9-6

SAT. 9-5

SUN. CLOSED

CALL FOR WINTER HOURS

KOSLOW CYCLE, INC.
MARY BEVERLEY ANDY BARB

S.E. CORNER NORTH AVE. & SWIFT RD.
21 W. 415 NORTH AVE.
WWW.KOSLOWCYCLE.COM

LOMBARD, IL 60148

Please Support our
Elmhurst Bicycle Club

Sponsors

HARTLEY'S CYCLE SHOPPE, LTD

PINARELLO - CANNONDALE - BIANCHI
FELT - GIANT - WATERFORD - SCOTT - COLNAGO

KENNETH J. HARTLEY

24 WEST HINSDALE AVENUE
HINSDALE, IL 60521

(630) 323-7156

EMAIL: hartleyscycle@comcast.net

WWW.HARTLEYSICYCLE.COM

FAAX: (630) 323-7195

LANCE HONEYMAN



www.thebikerack.com

2930 Compton Hills Rd. • St. Charles, IL 60175 • 630-584-6588

Fax 630-584-1295 • e-mail: lance@thebikerack.com



Member
FDIC

Community Bank of Elmhurst

"Your Hometown Bank"