



# The Cue Sheet

July  
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.

## "High Noon in Outer Middleton"

by Larry Gitchell

A varying group of EBC riders enjoyed a successful weekend of riding in the Madison, Wisconsin area this past Memorial Day weekend.

Our adventure began as the riders congregated at our weekend base, the Residence Inn by Marriot in Middleton. Hotel Manager Kari Thompson graciously let us check in well ahead of standard check-in time so we would have rooms ready when we returned from the day's ride. Just after noon we set off up the Route 12 Bikeway on the "Middleton to Merrimac Metric."

As we headed north we were joined for a segment by a rider from Batavia who was determined to ride the Bikeway to Sauk City. The only problem is that none of us knew whether the paved path continues all the way through. We had to turn off on our own route before we could find out. The Bombay Bicycle Club's book of rides in Dane County, Wisconsin describes Lodi-Springfield Road as "The classic cycling road in the area." I guess in this case, 'Classic' is defined as 'unbelievably hilly'.

We wound across the hills, past the Lodi Marsh and a section of the Ice Age Scenic Trail, until we arrived at the Lodi Kwik-Trip. The World Famous Lodi Kwik-Trip? Probably not, but it's a fine place to take a mid-ride break. After refilling our water bottles and sharing Nancy Shack's home-made trail mix packets, we set off on a strenuous segment that brought us past Gibraltar Rock (a favorite local rock-climbing site) to the free ferry across Lake Wisconsin in Merrimac. For traveler's convenience, there are ice cream stands on both shores.

As we devoured our ice cream in the park on the north shore, Nancy Rice rode off the ferry, once again demonstrating her uncanny ability to track down EBC groups mid-ride. The hills continued as we pedaled through a 7-mile triangle that took us past Devil's Head resort and back to the ferry dock. Rolling off the CoalSac III, we spotted a train slowly crossing Lake Wisconsin with a load of rock ballast for the Union Pacific.

On the way back to Lodi, we skipped a 4-mile segment through the hills, in favor of dodging traffic on Route 113. It seemed a fair trade-off for a route that was running long and late. Along the way we devised an unusual SAG support arrangement: two members who were tiring in the hills would borrow Nancy Rice's minivan and head back to the hotel, while the remaining riders would continue on their bikes.

Ultimately, it turned out to be a 63-mile day. The last 20 miles of hills were challenging, but provided some great views of Madison and the capitol dome.

Saturday morning's main ride was scheduled at 10 AM to allow time for any additional riders arriving from Illinois. To warm up, we took a 7-mile loop to the Middleton Hills subdivision, a residential area based on Frank Lloyd Wright and Craftsman style architecture. The houses are closely spaced and the complex is intended to be walkable, anchored by restaurants and a grocery store.

The main Saturday ride took us to the Java Cat coffee and gelato shop on the east side. Along the way we pedaled over several glacial moraines and through the UW Arboretum. We looped around Lake Monona and back into town for a trip over Capitol Hill and down State Street, with a stop at the Yellow Jersey Bike Shop.

Temperatures were rising, and by the time we returned to the Residence Inn, most of the ridership had

decided to retreat to their hotel rooms. Four of us were ambitious enough to continue on for my third ride of the day, a trip over the hills to the town of Cross Plains to visit the Uphill Grind Coffee and Bike Shop. The climbs were serious, but the downhills made it worthwhile. We spent quite a while chatting at Uphill Grind, (home of "Team Ugly" (Uphill Grind Local Yokels)), drinking iced tea, and resisting the call of the strawberry-rhubarb pie in the pastry case. I really want one of their jerseys, but I'll have to wait until the next batch arrives to get one my size. They promise it will be even more orange and plaid than the current ones.

Grinding over two more hills, we returned to the hotel and got ready for dinner at the local Irish Pub, spurred on by the hotel handing out free beer coupons.

Sunday morning we set out for "The Only Waunakee In The World." There are some challenging hills in the early going - some would say throughout the entire ride. We reached our scheduled stop in downtown Waunakee, only to discover they were closed for the weekend. Oh well - Kwik-Trip again. After the break we continued on around Lake Mendota, eventually joining the Madison Marathon route. The day was rapidly heating up, as indicated by the Marathon closing the course around the time we passed the 13-mile marker.

Our lunch spot for the day was our old favorite, Monty's Blue Plate Diner. As always, they were quite crowded, but perfectly willing to serve up meals to go we could eat outside on their picnic tables. JulieAnn Sebastian even chalked a birthday tribute to Joanna Dybala and Baltimore Ortega on the concrete for photos.

After lunch we visited Machinery Row Bicycles and Williamson Street Cycles before beginning a long climb up the Southwest Commuter Trail and back to our hotel. Our hotel isn't at the highest point in Madison, but we always seem to end up going over it.

Monday's group turned out somewhat smaller as we set out, under a few sprinkles of rain, on one of my personal favorite routes, an undulating loop that takes us around the south edge of Madison and brings us back to BratFest at the Alliant Energy Center. BratFest was well on its way to setting a new bratwurst consumption record, and the EBC helped.

The return route from BratFest brought us along the shores of Lake Monona before heading west to visit Budget Bikes. Our weekend adventure drew to a close as we pedaled past the Mustard Museum and returned to our hotel to pack the bikes for the trip home.

Look for another great Madison Memorial Day Weekend coming up in 2011!

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## TRIRI

By Chuck Dean

Touring Ride in Rural Indiana (TRIRI) was a week long ride (Sun., June 20 - Sat., June 26). About 200 people participated with most of them tent-camping in 3 wonderful Indiana State Parks. A few people stayed at the lodges that were located in those same parks. This was the second year that I have done this ride (along with Loren Habegger) - a testimonial to the enjoyment I/(we) felt last year. The riding was wonderful both years. And the food is outstanding.



Loren, Chuck, and Steve



Ah.. Downhill

Twelve meals (6 dinners and 6 breakfasts) were provided as part of the tour package. A catering truck from Schnitzelbank (Jasper, IN) prepares all the food right at the camp site. Last year, all 12 meals were provided by Schnitzelbank, but this year, 5 of the meals were provided by the inn/lodge in the Spring Mill or Clifty Falls state parks. All of the food from all of the providers was outstanding. The inns offered the added advantage of air conditioning after a long day's ride. Did I tell you about the desserts? The inns really outdid themselves. We were on our own for lunches. Some towns had the usual fast food choices, but I particularly liked the smaller mom and pop operations that you could usually find. Joe Anderson, who runs the tours, creates the maps, and paints the 'Dan Henry's' that guide you on the road, usually knows

the good restaurants and best places to get pie. Yes, I ride to eat.

The roads were quiet, low traffic (non-existent in some cases), and OCCASIONALLY UNDERWATER. While we only actually road through water one time that I recall, Joe had to do some major route overhauling on one of the days because a certain road was under 3 feet of water. S. Indiana has had a lot of rain in recent weeks. Many farmers' fields had a lot of standing water. We did get rained on a little on Monday and Tuesday, but I did not even carry a rain jacket. The two times it actually rained, a convenient empty barn seemed to appear in the nick of time.



Beck's Mill, original mill built in 1808



Clifty Falls Mill with aqueduct

The roads are scenic, frequently shaded, cool in the hollows, turning, rolling, climbing, BIG CLIMBING, descending, BIG/LONG DESCENDING, 40 mph descending - delightful. Because we spent 2 nights at each of the 3 state parks, we only had to set up and break camp 3 times. For those who did not want to ride on the 2nd day in each state park, they could take the day off. But most people rode (and routes/maps were provided) on all 7 days. One day had an optional 103 mile ride, but the longest mandated ride (from Spring Mills sp to Clifty Falls sp) was 81 miles. Many of the rides were 68 miles, with optional shorter routes available). Naturally, the long day (103 miles) was the hottest with a heat index in the 100+ range and an actual high temperature of 95 degrees. For the week, Loren and I did about an even 500 miles.

Another EBC'er was at the ride - Steve Sinderson - and this was a repeat year for him, as it was for us. We rode with Steve on portions of the route on several different days. It is fun on these rides to see and re-meet people that you have met in previous years. Some TRIRI participants have been going for 10 or 15 or more years. There were tandem riders and tricycle riders; faster riders and slower riders. But you get the sense that all the riders are capable and strong regardless of the pace being ridden.



Mirror Lake



Covered Bridge

Entertainment took a fairly natural course, such as the scenic beauty, covered bridges, or some great water wheel mills, but there was a Johnny Cash sound-alike that seemed indistinguishable from the real person at one of the rest stops.

I'd consider doing TRIRI again next year, but the ride organizers have forecasted that a spring 2011 event will not be held. Judging from the pictures that other EBC'ers have provided for other Wisconsin, Michigan, and Kentucky events, perhaps we'll have to try a new state.

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## What's in Your Water Bottle? Try Pickle Juice!\*

by Loren Habegger

No, joking. A growing number of athletic trainers - up to 25% by some estimates - are recommending pickle juice as a remedy to relieve cramp-stricken athletes. But why that seems to work remains somewhat of a mystery, just as the cause of exercise-induced muscle cramps remains as one of the continuing mysteries of physiology.

It is a rare athlete that at some point has not suffered from cramps, and the suggested remedies seem to be as diverse as the remedies for getting rid of warts. Although a common theme, from both real and self-proclaimed experts is that cramping is caused by sweating-induced dehydration and the accompanying loss of sodium and potassium. Sufferers are commonly advised to load up on potassium-rich bananas or sports drinks to replace electrolytes.

The growing anecdotal information on the success of pickle juice as an alternative to quickly relieve cramps has led to a number of researchers attempting to quantify the effects in the laboratory. For example, in a test at Brigham Young University in Utah 10 healthy male college student volunteers were directed to undergo vigorous cycling routines until they lost 3% body weight through dehydration. This was followed with electrical muscle stimulation to create cramps. When given 2.5 oz of Vlasic pickle juice immediately following onset of the cramps the duration of the cramps was reduced by 45% compared to not drinking any liquids. Interestingly, drinking the pickle juice also relieved the cramps 37% faster than drinking water, leading to the speculation that the cramps "were likely not related to dehydration."



OK, so what are the underlying causes of cramps?

The pickle-juice experiments provide some intriguing clues. With the protocol used in experiments the pickle juice had limited time to leave the men's stomachs and affect the muscle biochemistry. This leaves in doubt that the primary mechanism was replenishing lost fluids and salt in the affected muscles. Instead some other mechanism must have initiated the cramps and was reversed by the pickle juice.

One current theory is that extreme fatigue causes the nerves that regulate contraction in the muscle to malfunction, and the muscle bunches when it should relax. Scientists speculate that pickle juice may work by stimulating receptors in the throat or stomach to send out signals, which somehow disrupt the nerve malfunction in the muscles. Suspicions are that ultimately, it's the vinegar in the pickle juice that activates the receptors. In a recent reported case, a single athlete's cramping was relieved more quickly when he drank pure vinegar than when he drank pickle juice.

(There was a rider in a bike group that I used to ride with that we called Crazy Simon because he drank vinegar before the ride - maybe he wasn't crazy!?)

Because of the difficulty of replicating actual on-the-road conditions in the lab the powers of pickle juice remains speculative. But if you have recurring problems with cramps, you may want to try to carry a few ounces of pickle juice to see if it helps. Let us know of your observations.

For those that may be less daring to try new ideas, all the research continues to support the idea of good conditioning as probably the best weapon against cramps. \*Reference: New York Times, JUNE 9, 2010 Phys Ed: Can Pickle Juice Stop Muscle Cramps? By GRETCHEN REYNOLDS <http://well.blogs.nytimes.com/2010/06/09/phys-ed-can-pickle-juice-stop-muscle-cramps>

On June 15, 2010 DuPage County Board Chairman Bob Schillerstrom, Environmental Committee Chairman Jeff Redick and Chief Planner and County Trail System Coordinator Deborah Fagan, along with County employees, members of the Wheaton Park District Staff, and riders from the Elmhurst Bike Club and Wheaton Pedal Pushers celebrated Bike to Work Week. Local cyclists and County employees were invited to participate in the grand opening of the DuPage County Government Complex Bikeway, which connects the County campus with the Illinois Prairie Path in Wheaton. The trail was completed as a combined effort between the County and the Wheaton Park District. Paul Boyce and Sharon Hermach attended this event representing EBC.



Ribbon Cutting with Sharon H. and Paul B.; also of course, Bob Schillerstrom

The new trail goes from the Lincoln Marsh parking lot at the east end of Harrison Street to the north entrance to the pedestrian bridge that crosses over the Union Pacific Railroad tracks. A connection from the IPP goes through Lincoln Marsh joining the new trail. The trail surface is crushed limestone. There are signs posted on

the IPP and at the parking lot directing you to the County Complex.

The new trail provides a way for riders and walkers to have access to the various County facilities without having to go on the streets. The County Fairgrounds are part of the County Complex. Families with children can now go to fairground activities using the new trail.

Lincoln Marsh has a nice area near the parking lot with picnic tables under a shelter and a fairly new comfort station. This location would make a nice destination for trail riders.

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## Self-Contained from Lombard to Sandwich June 24-28

by Larry Gitchell and pictures from Mary Lee St. Aubin

Wow. Three days of fun and frolic riding to Sublette, where I saw more dogs than vehicles.



Betty is ready to go.



Cathy has a trailer to haul her goods.

Vicki drove me out to Somonauk, where we joined the group for breakfast at the Lakeland Restaurant. Our waitress was nice enough, but slightly out of her tree dealing with 12 of us at once. As soon as I finished breakfast I had to go out and pack my panniers for the ride, followed by slobbering sunscreen over myself (or as the National Lampoon once described the preparations for swimming the English Channel: "Stuffing Crisco in your cracks.")

We set out southwest across the plains, stair-stepping along country roads until we reached the first rest stop at Shabbona Park. As we marveled at the size of the fallen tree in the middle of the park, we noticed a few trucks with too many antennae on their bumpers. Looked like the amateur radio guys were out for the weekend. Leaving Shabbona Park, a few turns brought us to the hardest part of the journey: 10.4 miles straight west on 42nd Road. Into the wind, with virtually nothing to look at but the crossroad signs every mile, so we could tell exactly how far we had to go before turning.

I got out fairly far ahead of the group, and there was no shade around the next intersection, so I proceeded on to locate Ziggy's restaurant in Mendota, where I was immediately greeted by Al Stanke and Nancy Shack, who were driving out for the weekend. Pretty soon, the rest of the group pulled in and we settled down for lunch. By then the day was getting quite hot, so the air conditioning was good.

Finishing lunch, we saddled up and rode away on the next leg of the journey - to the Mendota Subway. Jerry Ringier says two restaurants in a mile must be a club record. With our sandwiches safely packed in Al's cooler for later, we pedaled another 12 miles out to Betty's farmhouse.

And what a farmhouse it is! Big enough to hold 17 of us without feeling crowded. Each rider quickly established his/her spot for the duration. A few pitched tents in the backyard, several moved into the upstairs bedrooms, while the remainder camped out in the living room and parlor. Betty led tours for all the new arrivals, showing us how the house had been remodeled after a lightning-induced fire several years ago. We were particularly impressed by the gorgeous upstairs bathroom with the cast-iron tub. Betty tells us it was converted from a seed storage room. It's just rather odd that it has an open stairwell leading directly down to the kitchen (the door is at the bottom).



Nancy Shack drove out with her "world famous" fresh blueberry pies. Served with ice cream, they did not survive the night

With the bikes parked in the garage, we brought out the lawn chairs and settled down in the shade. Nancy Shack served homemade blueberry pie and ice cream. It was better than Subway. As the sun sank in the west, Jerry lit a bonfire and we watched the full moon rise above Mendota. Just before dark, Petra Hofmann arrived on her recumbent, after an arduous 88-mile journey from Elmhurst.

Early Saturday morning I woke to thunder and lightning. The storms blew through fairly quickly, but the clouds and wet lingered long enough to discourage our planned ride to Ronald Reagan's home in Dixon. Freda Brown and I each decided to go out riding on our own, while another group set out for a short loop around the area. It felt really good to unload the bike and just ride.

I headed west on St. Mary's Road, and in the first 15 miles I saw 6 dogs, compared to 2 pick-up trucks, one SUV, a bucket-loader, and a cement truck. My first loop swung back past the farmhouse, where I decided I would ride toward the Mendota Wind Farm on the eastern horizon. After zigzagging through the country roads and over an unpaved segment, I found myself on Route 52 headed for Mendota. The pavement was perfect, and I only had to watch

out for a few cars passing every several minutes.

The road brought me into town past the Subway, and a spot I recognized as a rest stop on a Melon Metric ride from years ago, so I decided a rest was in order. 10 AM might be a bit early for lunch, but I felt it could be a long afternoon if I didn't have something. After a pleasant sojourn, I pedaled to downtown Mendota to "Scoop the Loop" (as they sometimes say in rural towns) and take a few photos at their small railroad museum.

Retracing Betty's outbound route to the farmhouse, I found a group about to pile into the available vehicles and drive off to Dixon. I wanted to wash up first, and almost thought everyone had pulled a disappearing act while I was in the shower, but they were lined up in the cars behind the garage waiting. Just don't tell the NHTSA about our seating arrangements. The remainder of the afternoon consisted of a whirlwind tour involving the Ronald Reagan home, the Dixon Dairee Delight, the John Deere Historic Site at Grand Detour, and the Nachusa Grasslands. Our driving excursion culminated in navigating back to the farmhouse by Petra consulting her iPhone GPS and shouting directions to Susan in the driver's seat, since we had lost track (not entirely accidentally) of the two vehicles we were following.

Meanwhile, back at the ranch, a few more EBC members had driven out to join us for the evening. The cooking commenced, and Betty soon served up huge bowls of salad and bread, followed by even larger

bowls of pasta and sauce, and ultimately cake with ice cream for dessert.

As the sun drifted down, the bonfire was once again lit, and the EBC-ers sat on the lawn, demanding to know why the moon didn't appear at the same time as it did on Friday. Don't make me come over there with an explanation of orbital dynamics and the phases of the moon...

On Sunday morning we awoke to cloudy skies and rain once again. This time it looked to be sticking around. Our leader was still determined to be riding at 8:00, so after a breakfast of pancakes and eggs, everyone set about packing their bikes. A nasty, fast-moving thunderstorm put a hold in our countdown, but we still left Sublette 10 minutes early. In retrospective, delaying another 15 might have kept us out of the rain entirely. Another 5-minute downpour caught us about 10 minutes down the road. By the time we found a farm shed to shelter in, the rain was already slowing down. We only had one more brief shower, on the outskirts of Mendota, and the rain was finished.

After a brief break at Casey's General Store, we began the long pedal back across 42nd Road, a bit faster and much cooler this time. Arriving at Shabbona park, we discovered two interesting facts - the woman posting "reserved for graduation party" signs at the picnic shelter was our waitress from Ziggie's Restaurant, and the amateur radio club was having an emergency communications field day in the park. One of the operators invited us over to their shelter for coffee, pasta salad, and beef sandwiches while we signed their guest book.

With the extra energy provided by the unexpected snacks, we finished our ride into Somonauk with a brisk tailwind, as the clouds gave way to sunshine. The 11 of us settled in for lunch at the Country Kitchen, after which I had to leave the ride and go home to prepare for work the next day. Betty and the rest of the group would spend another day camping at Holiday Lake outside of town before pedaling back to Lombard on Monday.

Thanks for a great time, Betty, and let's do it again!

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## Another Google Maps Update by Chuck Dean

This is another followup (presumably the last) in a series of reports about the new Google Maps for bicycles facility. In the April EBC newsletter I mentioned Google's inappropriate selection of Route 83 for a road to use to get to Willowbrook coming from Glen Ellyn. I wrote them and suggested alternatives. In the May issue I mentioned that they acknowledged my suggestions. Now, in June, Google wrote me once again to say that my recommended alternative was accepted; and they provided me with a new map and a set of directions consistent with my original recommendation.

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## Meeting Minutes June

### Board Minutes Jun 10, 2010

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

1. **President:** The meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
2. **Secretary:** The May 13, 2010 board meeting minutes were previewed on line in Google Docs and were approved.
3. **Treasurer:** The monthly Banking Summary (05/13/10-06/10/10) listed income of \$920.00 and expenses \$1,987.19 to date. At present, the balance in the treasury is \$12,857.35. To assist in preparing next year's budget, the Treasurer suggested that the Board look at income received from October-July before receiving sponsor's donations. Sponsors contribute in different ways, i.e., money only vs. money and gift cards. The President will purchase more gift cards for club meeting raffles. There was general discussion of possibly changing the club's fiscal year to October 1-September 30. This would not affect member mileage. Member mileage would continue to be collected as a

### EBC General Meeting Minutes June 10, 2010

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

1. **President:** The meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst. The President read the email invitation from Deb Fagan, Du Page County Trails Coordinator, inviting EBC members to participate in a ride linking the IPP to the County Complex on June 15, 2010 at 7:30pm. The President indicated the need to keep safety skill sets in mind when riding. He followed with humorous examples of the need for safety.
2. **Secretary:** The May 13, 2010 general meeting minutes were summarized and approved.
3. **Treasurer:** The monthly Banking Summary (05/13/10-06/10/10) listed income of \$920.00 and expenses \$1,987.19 to date. At present, the balance in the treasury is \$12,857.35
4. **Ride Captain:** In the VP/Ride Captain's absence, the President read her email which stated the ride leader jerseys are in production

calendar year.

4. **Newsletter:** No report.
  5. **Membership Coordinator:** There are 394 members to date. The PDF member data base file will be redone and new members will be added. The PDF file will always be up to date. Next year, members will need to purchase hard copy membership directories. Cost to be determined. This will be indicated on the application form.
  6. **Mountain Bike Coordinator:** No report.
  7. **VP/Ride Captain:** In the VP/Ride Captain's absence, the President read her email which stated the ride leader jerseys are in production and should be available in early July.
  8. **Awards:** The President is continuing to work on the awards. The Road IDs, T-shirts and patches are done. Certificates and new member award for most miles still need to be completed.
  9. The next Board meeting will be held on Thursday, July 8, 2010 at 6:15 p.m. at the Community Bank of Elmhurst.
5. **Mountain Bike Coordinator:** The trails have been too wet for riding. There will be a "Pink Ride/Walk" in support of breast cancer research at Waterfall Glen sponsored by the Bike Psychos Bicycle Club on June 13. He mentioned how this disease has impacted his personal life. Baltimore Ortega displayed a map of the mountain bike trails in the Palos area. Due to wet conditions, Baltimore had to cancel his expedition ride on the I&M Canal trail to Peru. Baltimore promoted learning to mountain bike and George as being an excellent instructor for all levels of mountain biking including those who would like to learn.
  6. **Membership Coordinator:** As of to date, 394 members. One guest was introduced.
  7. **Newsletter Editor:** The Newsletter editor expressed his appreciation to those who contributed articles for the June 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)
    - Passed around the City of Elmhurst's Bike Task Force's brochure on Bike to Work/Metra June 14-18. Volunteers are needed to assist at the train stations.
    - The Superintendent of the Elmhurst Elementary School district is supportive of the Elmhurst Bike Task Force's "Safe Routes to School Program" which encourages children to ride bikes to school instead of parents dropping their children off.
    - Wheaton is working on a bike plan to become more bike friendly. Paul Boyce (EBC member) attended the meeting and indicated that approximately 50 people were in attendance and wanted to pattern their community like Elmhurst.
    - Elmhurst Bike Task Force wants to add more bike racks around the community. There are now 24 enclosed bike storage lockers near the Metra station.
    - The Salt Creek Greenway Trail is under the Elmhurst Park District. 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. Before the next meeting, EBC members are encouraged to write to the park to encourage the use of signage which would indicate how to get to the next segment of the trail. It should also be noted to quote studies vs. the benefits. Trails are also used by many others in addition to bicyclists. The Elmhurst library had a display case with bicycling information and an EBC club jersey in it. According to the librarians, the display cases were very favorably received by patrons.
    - Elmhurst Farmer's Market occurs weekly and EBC staffs a table on the second Wednesday of the month. EBC has a table to encourage shopping via bicycle using panniers, offering literature, etc. Shoppers are very interested. Volunteers are needed.

Respectfully submitted,

Cheri O'Riordan  
Club Secretary



- Thank you to Chuck Dean, Ted Sward and Don Whistler who volunteered at the Annual Elmhurst Family Bike Rodeo on May 22.
  - July 31: Elmhurst Green Fest-more information to come. Volunteers will be needed.
  - September 25: Official opening of the Salt Creek Greenway Trail. There will be some kind of club sponsored ride.
9. **Other:** • Art Frigo questioned what the perception of motorists might be when bicyclists use the road alongside a trail. Trails are paid for by public monies and bicyclists state they want more trails but don't use them. Just a thought.
    - Mike Struglinski mentioned that there was a reported incident of a motorist who threw something at a bicyclist and received a \$250 fine.
  10. **Refreshments:** Chuck and Marilyn Dean and Loren and Twila Habegger provided the refreshments.
  11. **Program:** Bob Hoel provided a very entertaining presentation about his bicycle trip to France with his wife who is a French teacher.
  12. The next EBC general meeting will be held on Thursday, July 8, 2010 at 7:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan  
Club Secretary

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

### Elmhurst Bicycle Club Officers and Committee Chairs

<b>President</b> John Park, 630.690.2881 president_elmhurstbicycling.org	<b>Advocacy</b> Bob Hoel bob.hoel_comcast.net	<b>Refreshments</b> Cheri O'Riordan, 630.325.3917 cycle2ski_yahoo.com
<b>Vice President/Ride Captain</b> Petra Hofmann, 630.833.1667 ridecaptain_elmhurstbicycling.org	<b>Publicity</b> <b>Volunteer Needed</b>	<b>Safety</b> Larry Gitchell, 708.409.0105 larsofmars_aol.com
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Interested in joining EBC? [Membership Application](http://www.elmhurstbicycling.org/about/membership.asp)  
(<http://www.elmhurstbicycling.org/about/membership.asp>)

## July 2010 • • • Club Rides

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

**Ride Pace** - by Petra Hofmann, Ride Captain

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

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

Date	Time	Distance	Start	Leader	Description
Thursday, July 01, 2010	10 AM	35 miles at 12 mph	Jewel at Rt. 47 and Galena Rd in Sugar Grove	Peter Turula 630 968-3527 (630 643-3527 at ride time)	<b>Leisurely Country Road Ride</b> Directions to start at <a href="http://turula.com/ride">http://turula.com/ride</a> . Lunch stop at a quick mart or deli.
Thursday, July 01, 2010	9:00 AM	45 miles / 15-17mph	Atten Park Wiesbrook Road Wheaton	Don Wiedman 630-301-1408	<b>St Charles Loop Ride</b> Ride the loop from Wheaton- Fermi Lab-Batavia-Geneva- St Charles-Wayne-Winfield-Wheaton rest stop TBD
Thursday, July 01, 2010	6:15 PM	30 to 35 miles / 14-16 mph	Panera Bread at York & North Ave	Jeff Wincentzen 630.832.3338	<b>Thursday Night Ride</b> A road ride exploring Cook and DuPage counties. May include paved paths and limestone segments. Good lights and bright, reflective clothing required. Bring enough food and drink to refuel. Mid-point rest stop. Check the list server for updates.
Friday, July 02, 2010	8:00 AM	13 - 15 mph 35 miles	Fullersburg Woods parking lot	Mary Jo Bolan 630 887 9652	<b>Breakfast Ride</b> Ride to Downers Delight, 401 75th St, Downers Grove for breakfast. Return via the Centennial Trail.
Friday, July 02, 2010	8:00 AM	46 miles 14-16 mph	Colorado National Monument Grand Junction CO Visitor's Center	Bill Schwartz 708-334-6250	<b>Rim Rock Drive Colorado Tour</b> <a href="http://www.nps.gov/colm/planyourvisit/scenic-rim-rock-drive.htm">http://www.nps.gov/colm/planyourvisit/scenic-rim-rock-drive.htm</a> One of the most scenic bike rides in the US. Lights front and back needed for 3 tunnels. Major elevation gained
Friday, July 02, 2010	9:00 AM	Determined by riders	Sunset Knoll Park on Finley Rd. half mile north of Roosevelt, Lombard	Determined by riders	<b>Lombard Friday Show and Go</b> The riders who show will decide ride leader, distance and pace.
Saturday, July 03, 2010	6:00 AM	200 miles / 16 - 18 mph	26 N Columbia St, Naperville IL	Eric Peterson 630.355.5803	<b>Double Century</b> 200-miler starting in Naperville. Long discussed EBC double-century now becoming (hopefully) a reality. Route is TBD at this time, preferably a big loop out to the SW (Henry) or West (Oregon/Dixon) or NW (??). Be prepared to ride long stretches with 16 MPH overall average, minimal stops and no support (unless someone wants to volunteer!). Back by dark. Potential riders please contact ride leader or Ray Dal Lago.
Saturday, July 03, 2010	7:00 AM	108 miles 14-17 mph	Caldwell Woods at Milwaukee/Devon/Nagle, 4 miles E of O'hare off Kennedy expwy at Nagle Ave N.	Ed Gin 773 818-3861 (C)	<b>Century #4 "Kenosha Harbor Sights"</b> Century #4 will include a comprehensive "harbor sights" cruise and viewing, as a after lunch treat. A really light traffic picturesque tour, frequent stops to hydrate and recover. Come out and tackle your 1st Century or add to your list of accomplishments!
Saturday, July 03, 2010	8:00 AM	55 miles 17-19 MPH	Lifetime Fitness 900 E. Higgins Schaumburg, IL	Steve Omori 630-204-8975	<b>Le Tour de Barrington Hills</b> I will be filling in for Karim this Saturday on his Lifetime Fitness to Barrington Hills ride. Brisk paced ride with several moderate hills. One planned stop at the Mobil station.
					<b>McHenry County Prairie Path ride</b>

Saturday, July 03, 2010	9:00 AM	~45-50 mi, 13-16 mph or at your own pace	Elgin, parking lot off Duncan Ave underneath the I-90 bridge east of the Fox River	Marty Becker 312-402-4017 (C)	Come out and join me on an all-paved trail ride from Elgin north to Ringwood in McHenry County. There is one section called Hill Hell containing very steep hills but you can just walk them if you need to; otherwise mostly flat terrain. Bring along enough food and drink to refuel and we may stop somewhere for a quick bite. Directions: Go west on I-90, take Hwy 25 exit and make a left on 25 (Dundee Ave), then an immediate right on Trout Park Blvd for 0.3 miles until ending at Duncan Ave. Right on Duncan for about a quarter mile and the parking lot is on the left just before the I-90 bridge.
Saturday, July 03, 2010	9:00 AM	Determined by those who show	Elmhurst Depot at NE corner of York and Vallette	Determined by those who show	<b>Saturday Morning Show n Go</b> Determined by those who show
Saturday, July 03, 2010	9:30 AM	20 miles 10-12 mph	Fox River & W. State(rt56), N. Aurora	Judy Mikesell 630-833-1036 day of ride 630-290-2675	<b>Fox River Trail Ride</b> Great holiday family ride or anyone who likes trails. This will be a slow pace (or go at your own pace) ride along the Fox River from North Aurora to St. Charles or go as far as you want and return on your own. This is a paved path and we will be making several stops along the way including a lunch stop. Parking Rt 56 Butterfield Rd between Rt 25 & Rt31 west side of Fox & east of Rt 31 south side of State (rt56)
Saturday, July 03, 2010	4:00 PM	15 miles 14-16 mph	317 N. 5th Street Frisco CO	Bill Schwartz 708-334-6250	<b>Ride to Silverthorne Pearl Izumi outlet</b> Tuneup ride in Colorado
Sunday, July 04, 2010	7:00 AM	111 Miles, 14-16+	Panera Bread, York St at North Ave, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	<b>Up to 11 Century</b> For the 11th edition of the Fourth of July Century, we turn it up to 111 - Elmhurst to Woodstock and back. All-pavement route, surface quality will vary widely. Some busy roads. SAG support and lunch stop provided. Please come prepared for inclement weather. (The SAG wagon will carry your raingear and other items.)
Sunday, July 04, 2010	8:30 AM	Determined by those who show	Panera Bread (York & North ave)	Determined by those who show	<b>Sunday Morning Show n Go</b> Determined by those who show
Sunday, July 04, 2010	8:30 AM	34-38 miles at a 16-18 pace	Panera Bread(York & North ave)	David Polkow 630-525-1161	<b>Sunday Morning Fast Ride</b> Fast road ride with one short rest stop. Ride typically returns by 11am
Sunday, July 04, 2010	9:00 AM	20-35 miles at 14-16 mph	317 N. Fifth Street Frisco CO	Bill Schwartz 708-334-6250	<b>Breckenridge CO</b> Ride via bike paths to Breckenridge CO and then Swan Mountain Road climb. May add miles by continuing on bike path to Keystone
Sunday, July 04, 2010	1:00 PM	Determined by riders that show	Gazebo, Glen Ellyn	Determined by riders who show	<b>Sunday Afternoon Show and Go</b> The riders who show will decide ride leader, distance and pace.
Sunday, July 04, 2010	1:00 PM	15-20 miles 10-12 mph	Columbia Woods - Willowbrook	Judy Mikesell 630-833-1036 day of ride 630-290-2675	<b>Sunday afternoon Trail Ride</b> A slow Sunday afternoon ride on the Centennial & I&M Trails - Columbia Woods from Archer Ave & Willow Spring Rd. - go north on Willow Spring Rd over bridge turn left toward the Gas City - make second left under tracks turn right into Columbia woods parking lot.
Monday, July 05, 2010	6:00 AM	9 miles 14,000 elevation hike	317 N. Fifth Frisco CO	Nick Browne	<b>Mt Elbert hike</b> Mt. Elbert Peak - 14433 ft. 2nd Highest Peak in the Contiguous United States! Length: Approx. 8.75 miles roundtrip. Highlights: Highest Peak in Colorado Hike guided by Nick Browne, accomplished CO hiker
Monday, July 05, 2010	9:00	50 miles at 14-16 mph	Silverthorne CO Target parking lot	Bill Schwartz 708-334-6250	<b>Ute Pass from Silverthorne CO and back</b> <a href="http://www.rmccrides.com/ClimbDB/climb_detail_page.php?map_id=55">http://www.rmccrides.com/ClimbDB/climb_detail_page.php?map_id=55</a> Silverthorne to Ute Pass: This ride is approximately 20 miles one way. This adventure begins heading north on Hwy 9 from Silverthorne. Even though this ride is on the road it is simply impressive, following the Blue River. At times it almost feels like a bike path. While heading north, you will notice on the left a big stone crushing operation. Further down on your right is metal art formation. Ute Pass turn off is about ¼ of a mile from here. The turn-off can be missed, but you just need to look for the Henderson Mine sign. The green meadows and rigid rock formations make this an unbeatable road bike ride. You reach the top of Ute pass at the Summit/Grand County

					divider and a parking area at 9,524 feet. Heading toward Grand County look around at the destruction from the Pine Beatles in the last couple of years. There are few green trees left. If continuing on down the hill in about a mile or two you will come to the Henderson Mine. At this point you may want to continue back up the hill because the pavement ends shortly and enjoy the views of the jagged mountain peaks of the Gore range on the ride back to Silverthorne
Monday, July 05, 2010	9:00 AM	52 miles 14-16 mph	Caldwell Woods at Milwaukee/Devon/Nagle, 4 miles E of O'hare off Kennedy expwy at Nagle Ave N.	Ed Gin 773 818-3861 (C)	<b>"Twisty" North Shore Tour</b> A scenic tour of some of the nicest suburbs on the Northshore including, Kenilworth, Willmette, Winnetka, Glencoe, Lake Forest, etc. A twisty route with some hills and tree canopy covered roads. Lunch stop at an excellent upscale Lake Forest Deli...custom made sandwiches/salads to your heart's delight!
Monday, July 05, 2010	10:30 AM	20 miles 10-12 mph or set your own pace	2nd Forest Preserve Parking lot -on west side of HARMS RD NORTH of Golf Rd	Judy Mikesell 630-833-1036 day of ride 630-290-2675	<b>North Branch trail ride</b> Paved path - Ride 10 miles to the Chicago Botanic Gardens - we will enjoy the gardens and have lunch before returning. Bring picnic or \$. There is an option to do additional 20 miles going south of parking lot. *Harms is just west of I94 or I94 exit Old orchard Rd. go west to light at Harms turn left (south) 2nd parking lot on you right
Tuesday, July 06, 2010	8:00 AM	80mi / 18-20mph	Trader Joe's in Naperville Plaza	Roger Pardon 1-630-639-8505	<b>TJ to Sandwich</b> 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, July 06, 2010	9:00 AM	30-35 at 14-16 mph	317 N. Fifth Street Frosco CO	Bill Schwartz 708-334-6250	<b>Vail Pass and lunch</b> Ride on the prettiest bike path ever to Vail Co. Have a great lunch at member Jeanne Snyder's house and ride back to Frisco Frisco to Vail Pass: The distance is 14 miles uphill with a vertical gain of about 1500 feet. The ride becomes difficult toward the top of the pass with step switchbacks but is a moderate climb from Frisco to Copper Mountain. Park in the park and ride next to Fiesta Jalisco and you will see the bike path right there. Turn right toward Copper/Vail Pass along Ten Mile River. The trail is quite unique in that it is hidden in the woods in Ten-Mile Canyon. About halfway up to Copper is a rest area on the right side of the path perfect for a picnic lunch. Continue on till the climb flattens out and Beaver ponds are on either side. If you are lucky you might see a Beaver crossing the trail. Upon reaching a parking area and a gas station cross the road into Copper Mountain Resort. Continue through the resort, as the road curves around look for the bike path on the right. The path then continues through the valley between I-70 east and west bound. Enjoy the stunning mountain flowers and views of snow covered peaks as you ascend to the top of Vail Pass. Congratulations! You have reached the summit at over 10,000 feet. Now get ready for a very long downhill back to Frisco (which is the adrenaline junkies favorite)!
Tuesday, July 06, 2010	9:00 AM	35 miles at 14-16 mph	IMAX Theater Woodridge IL	Bill Schwartz 6309636250 cell 7083346250	<b>IMAX Tuesday</b> Naperville ride through low traffic streets with coffee stop halfway Friendly folks!
Wednesday, July 07, 2010	8:00 AM	40-80 at 14-16 mph	317 N. 5th Street Frisco CO	Bill Schwartz 708-334-6250	<b>Glenwood Springs Trail or Rio Grande Trail</b> <a href="http://www.aspentimes.com/article/20080605/RECREATION04/808089755">http://www.aspentimes.com/article/20080605/RECREATION04/808089755</a> In all, the Rio Grande Trail covers roughly 41 miles, with an elevation change of 2,120 feet between the heart of Glenwood Springs and Aspen. Glenwood Springs Trail <a href="http://www.trailcentral.com/trail/trail_info.php?trail=115">http://www.trailcentral.com/trail/trail_info.php?trail=115</a>
Wednesday, July 07, 2010	8:30 AM	45-50 miles @ 12- 15 mph	Lake Katherine Preserve	Gerry Fekete (708) 352 -0913 Cell: 708 565-9430	<b>Lake Katherine to Frankfurt</b> Ride from Lake Katherine Nature Preserve via Tinley Creek Trail, roads and Old Plank Trail to Frankfurt for lunch. Bring your own or eat at the Dehli. Trails are paved.Lake Katherine Preserve is located in Palos Heights. Enter off of Rt 83 (College Drive), West of Harlem and one block east of 76th Ave. Entrance is on the North side. Drive in and follow the road right which takes you to the parking area.
Wednesday,					<b>Wednesday Show n Go</b>

July 07, 2010	9:00 AM	Determined by riders	McCollum Park, Downers Grove	Determined by riders	The riders who show will decide ride leader, distance and pace.
Wednesday, July 07, 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	<b>Wednesday Night Fast Ride</b> This is a very fast paced ride typically going North South on Villa Ave. Groups will form up based on their paces.
Thursday, July 08, 2010	9:00 AM	40 miles	317 N 5th Street Frisco CO	Bill Schwartz 708-334-6250	<b>Keystone path to Loveland Pass</b> Keystone path to Loveland Pass Keystone Bike Path: There is a bike path that flows all through Keystone, everything from the golf course to Settler's Creek; the bike path is expansive and incredible. Keystone to Loveland Pass: This ride takes about 3-5 hours and is approximately 10 miles uphill. To get here from Keystone resort, continue east on Hwy 6 past Arapahoe Basin. From this point the switchbacks begin and continue till the top of the pass. As each curve in the road passes the views continually improve. Many cars travel this scenic route in the summer months, so be careful of tourists. As the road continues, the trees become fewer until a high alpine environment is met. At 11,990 feet above sea level you might begin to feel a bit light headed so be sure to drink lots of water and bring a warm coat for the ride down (it can get a bit chilly up this high). At the top is a convenient parking area for you to point-to-point bike, or you can turn around and enjoy the easy, but fast ride back to Keystone.
Thursday, July 08, 2010	6:15 PM	30 to 35 miles / 14-16 mph	Panera Bread at York & North Ave	Jeff Wincentzen 630.832.3338 h	<b>Thursday Night Ride</b> A road ride exploring Cook and DuPage counties. May include paved paths and limestone segments. Good lights and bright, reflective clothing required. Bring enough food and drink to refuel. Mid-point rest stop. Check the list server for updates.
Thursday, July 08, 2010	7:15 PM		Community Bank, Elmhurst	John Park	<b>Monthly Club Meeting</b> Monthly club meeting - annual pizza party. Board meeting immediately prior at 6:15.
Friday, July 09, 2010	8:00 AM	Various at 14-16 mph	Twin Lakes Colorado parking lot	Bill Schwartz 708-334-6250	<b>Leadville choices rides</b> Leadville choices rides Turquoise Lake loop <a href="http://www.coloradobicyclerides.com/rides/turquoiseLake/turquoiseLake.html">http://www.coloradobicyclerides.com/rides/turquoiseLake/turquoiseLake.html</a> Mineral Belt Trail <a href="http://www.coloradobicyclerides.com/rides/mineralBeltTrail/mineralBeltTrail.html">http://www.coloradobicyclerides.com/rides/mineralBeltTrail/mineralBeltTrail.html</a> Independence Pass <a href="http://www.coloradoguy.com/bike-independence-pass.htm">http://www.coloradoguy.com/bike-independence-pass.htm</a> Twin Lakes to Independence Pass and back
Friday, July 09, 2010	9:00 AM	Determined by riders	Sunset Knoll Park on Finley Rd. half mile north of Roosevelt, Lombard	Determined by riders	<b>Lombard Friday Show and Go</b> The riders who show will decide ride leader, distance and pace.
Saturday, July 10, 2010	9:00 AM	Determined by those who show	Elmhurst Depot at NE corner of York and Vallette	Determined by those who show	<b>Saturday Morning Show n Go</b> Determined by those who show
Sunday, July 11, 2010	8:00 AM	62mi / 17-19mph	Trader Joe's in Naperville Plaza	Roger Pardon 630-639-8505	<b>Trader Joe's Metric</b> 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, July 11, 2010	8:30 AM	20-25 miles, 10-12 mph	Panera Bread, Elmhurst	Cindy Reedy 630-234-1349	<b>Easy Sunday Morning Ride</b> Get some light exercise on a social ride. We will stop midway for a coffee break. The wind direction will determine the route. All paved roads unless we go south, in which case there will be one crushed limestone bike path.
Sunday, July 11, 2010	8:30 AM	34-38 miles at a 16-18 pace	Panera Bread(York & North ave)	David Polkow 630-525-1161	<b>Sunday Morning Fast Ride</b> Fast road ride with one short rest stop. Ride typically returns by 11am
Sunday, July 11, 2010	8:30 AM	Determined by riders who show	Panera Bread at York & North Ave	Determined by riders who show	<b>Sunday Morning Show and Go</b> Determined by those who show
				Chuck	<b>Chuck and George storm Fort Custer</b> This trail is worth the road trip. It contains multiple loops which add up to approximately 20 miles of single-track with stream crossings, log piles, drops, berms, steep downhill

Sunday, July 11, 2010	10:30 AM	~20 to 25 miles ~4+ hours moderate pace	Fort Custer State Recreation Area - Augusta, MI	Gentile 708-289-3988 George Pastorino 708-903-8700	and sandy spots. The Trail starts off with a twisted section of singletrack and snakes back and forth in a six foot gully. The gully gives you the effect of "surfing" your bike as you ride up and down its banked sides (keep your speed up and climb the banks!). The trails also have some great climbs worth tackling. Much of the riding is in the same class as Palos and Kettle Moraine. You'll enjoy Granny's Garden with its rocky downhill, and a fast run on The Freeway, which ends at the downhill run called The Chute. Suitable for intermediate and advanced riders.
Sunday, July 11, 2010	1:00 PM	Determined by riders that show	Gazebo, Glen Ellyn	Determined by riders who show	<b>Sunday Afternoon Show and Go</b> The riders who show will decide ride leader, distance and pace.
Tuesday, July 13, 2010	8:00 AM	80mi / 18-20mph	Trader Joe's in Naperville Plaza	Roger Pardon 1-630-639-8505	<b>TJ to Sandwich</b> 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, July 13, 2010	9:00 AM	35 miles 14-16 mph	Imax Theater corner of Rt 53 and Hobson Rd	Bill Schwartz 708-334-6250	<b>Imax Tuesday</b> Ride through the friendly streets of south Naperville to Panera for coffee and back to Imax.
Wednesday, July 14, 2010	9:00 AM	Determined by riders	McCollum Park, Downers Grove	Determined by riders	<b>Wednesday Show n Go</b> The riders who show will decide ride leader, distance and pace.
Wednesday, July 14, 2010	6:30 PM	16-20 miles at a 16-22+ pace	Villa Park Depot (Villa Ave & the Prairie Path)	David Polkow 630-25-1161	<b>Wednesday Night Fast Ride</b> This is a very fast paced ride typically going North South on Villa Ave. Groups will form up based on their paces.
Thursday, July 15, 2010	9:00 AM	50 miles 15-17 mph	St Charles soccer field parking lot Campton Hills Road	Bill Schwartz 708-334-6250	<b>St Charles to Sycamore tandem style</b> Hill training ride through rural country roads with only two stop lights in the whole ride and they are in the first mile. Stop for eats at cafe in Sycamore and ride back.
Thursday, July 15, 2010	6:15 PM	30 to 35 miles / 14-16 mph	Panera Bread at York & North Ave	Jeff Wincentsen 630.832.3338 h	<b>Thursday Night Ride</b> A road ride exploring Cook and DuPage counties. May include paved paths and limestone segments. Good lights and bright, reflective clothing required. Bring enough food and drink to refuel. Mid-point rest stop. Check the list server for updates.
Friday, July 16, 2010	9:00 AM	Determined by riders	Sunset Knoll Park on Finley Rd. half mile north of Roosevelt, Lombard	Determined by riders	<b>Lombard Friday Show and Go</b> The riders who show will decide ride leader, distance and pace.
Saturday, July 17, 2010	9:00 AM	Determined by those who show	Elmhurst Depot at NE corner of York and Vallette	Determined by those who show	<b>Saturday Morning Show n Go</b> Determined by those who show
Sunday, July 18, 2010	8:00 AM	62mi / 17-19mph	Trader Joe's in Naperville Plaza	Roger Pardon 630-639-8505	<b>Trader Joe's Metric</b> 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, July 18, 2010	8:30 AM	34-38 miles at a 16-18 pace	Panera Bread (York & North ave)	David Polkow 630-525-1161	<b>Sunday Morning Fast Ride</b> Fast road ride with one short rest stop. Ride typically returns by 11am
Sunday, July 18, 2010	8:30 AM	Determined by those who show	Panera Bread (York & North ave)	Determined by those who show	<b>Sunday Morning Show n Go</b> Determined by those who show
Sunday, July 18, 2010	1:00 PM	Determined by riders that show	Gazebo, Glen Ellyn	Determined by riders who show	<b>Sunday Afternoon Show and Go</b> The riders who show will decide ride leader, distance and pace.
Tuesday, July 20, 2010	8:00 AM	80mi / 18-20mph	Trader Joe's in Naperville Plaza	Roger Pardon 1-630-639-8505	<b>TJ to Sandwich</b> 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, July 20, 2010	9:00 AM	35 miles 14-16 mph	Imax Theater corner of Rt 53 and Hobson Rd	Bill Schwartz 708-334-6250	<b>Imax Tuesday</b> Ride through the friendly streets of south Naperville to Panera for coffee and back to Imax.
Wednesday, July 21, 2010	6:30 PM	16-20 miles at a 16-22+ pace	Villa Park Depot (Villa Ave & the Prairie Path)	David Polkow 630-25-1161	<b>Wednesday Night Fast Ride</b> This is a very fast paced ride typically going North South on Villa Ave. Groups will form up based on their paces.
					<b>St Charles to Sycamore tandem style</b>

Thursday, July 22, 2010	9:00 AM	50 miles / 15-17 mph	St Charles soccer field parking lot Campton Hills Road	Bill Schwartz 708-334-6250	Hill training ride through rural country roads with only two stop lights in the whole ride and they are in the first mile. Stop for eats at cafe in Sycamore and ride back.
Thursday, July 22, 2010	6:15 PM	30 to 35 miles / 14-16 mph	Panera Bread at York & North Ave	Jeff Wincentzen 630.832.3338 h	<b>Thursday Night Ride</b> A road ride exploring Cook and DuPage counties. May include paved paths and limestone segments. Good lights and bright, reflective clothing required. Bring enough food and drink to refuel. Mid-point rest stop. Check the list server for updates.
Friday, July 23, 2010	9:00 AM	Determined by riders	Sunset Knoll Park on Finley Rd. half mile north of Roosevelt, Lombard	Determined by riders	<b>Lombard Friday Show and Go</b> Determined by those who show
Saturday, July 24, 2010	9:00 AM	Determined by those who show	Elmhurst Depot at NE corner of York and Vallette	Determined by those who show	<b>Saturday Morning Show n Go</b> Determined by those who show
Saturday, July 24, 2010	9:00 AM	~ 30 miles moderate pace ~4-5 hours	Brown County State Park, Nashville Indiana	George Pastorino 708-903-8700 & Chuck Gentile 708-289-3988	<b>George &amp; Chuck's Brown County Blast</b> Come and join George and Chuck's Brown County Blast. The Mountain Bike trails here are among the finest we have ever ridden, 30 miles of twisty, hilly, narrow single-track. It really feels as if you are riding in an I.M.B.A. Calender. Although they do have beginner trails, my opinion is that this area is best for intermediate level and above. More info in e-mail. This is Mountain Bike Heaven.
Sunday, July 25, 2010	8:00 AM	62mi / 17-19mph	Trader Joe's in Naperville Plaza	Roger Pardon 630-639-8505	<b>Trader Joe's Metric</b> 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, July 25, 2010	6:00 AM	About 66 miles / Varies	RAGBRAI XXXVIII	Sam Gunda 630-802-6448, Ride day 630-8026448	<b>RAGBRAI, JULY 25-31, 2010</b> The Register,s Annual Great Bicycle Ride Across Iowa, is an annual seven-day bicycle ride across the state. Heading into its 38th year, RAGBRAI is the oldest, largest and longest bicycle touring event in the world
Sunday, July 25, 2010	8:30 AM	20-25 miles, 10-12 mph	Panera Bread, Elmhurst	Cindy Reedy 630-234-1349	<b>Easy Sunday Morning Ride</b> Get some light exercise on a social ride. We will stop midway for a coffee break. The wind direction will determine the route. All paved roads unless we go south, in which case there will be one crushed limestone bike path.
Sunday, July 25, 2010	8:30 AM	Determined by those who show	Panera Bread (York & North ave)	Determined by those who show	<b>Sunday Morning Show n Go</b> Determined by those who show
Sunday, July 25, 2010	8:30 AM	34-38 miles at a 16-18 pace	Panera Bread(York & North ave)	David Polkow 630-525-1161	<b>Sunday Morning Fast Ride</b> Fast road ride with one short rest stop. Ride typically returns by 11am
Sunday, July 25, 2010	9:00 AM	~ 30 miles moderate pace ~4-5 hours	Brown County State Park, Nashville Indiana	George Pastorino 708-903-8700 & Chuck Gentile 708-289-3988	<b>George and Chuck's Brown County Blast.</b> Come and join George and Chuck's Brown County Blast. The Mountain Bike trails here are among the finest we have ever ridden, 30 miles of twisty, hilly, narrow single-track. It really feels as if you are riding in an I.M.B.A. Calender. Although they do have beginner trails, my opinion is that this area is best for intermediate level and above. More info in e-mail. This is Mountain Bike Heaven.
Sunday, July 25, 2010	1:00 PM	Determined by riders that show	Gazebo, Glen Ellyn	Determined by riders who show	<b>Sunday Afternoon Show and Go</b> Determined by those who show
Monday, July 26, 2010	6:00 AM	About 66 miles / Varies	RAGBRAI XXXVIII	Sam Gunda 630-802-6448, Ride day 630-8026448	<b>RAGBRAI, JULY 25-31, 2010</b> The Register,s Annual Great Bicycle Ride Across Iowa, is an annual seven-day bicycle ride across the state. Heading into its 38th year, RAGBRAI is the oldest, largest and longest bicycle touring event in the world
Tuesday, July 27, 2010	6:00 AM	About 66 miles / Varies	RAGBRAI XXXVIII	Sam Gunda 630-802-6448, Ride day 630-8026448	<b>RAGBRAI, JULY 25-31, 2010</b> The Register,s Annual Great Bicycle Ride Across Iowa, is an annual seven-day bicycle ride across the state. Heading into its 38th year, RAGBRAI is the oldest, largest and longest bicycle touring event in the world
Tuesday, July 27,	8:00	80mi / 18-	Trader Joe's in	Roger Pardon 1-630-639-	<b>TJ to Sandwich</b> A fast paced ride to Sandwich over rolling country roads to

2010	AM	20mph	Naperville Plaza	8505	Subway for a drink or snack then back to TJ. Bring two bottles and some trail mix or bars for nutrition.
Tuesday, July 27, 2010	9:00 AM	35 miles 14-16 mph	Imax Theater corner of Rt 53 and Hobson Rd	Bill Schwartz 708-334-6250	<b>Imax Tuesday</b> Ride through the friendly streets of south Naperville to Panera for coffee and back to Imax.
Wednesday, July 28, 2010	6:00 AM	About 66 miles / Varies	RAGBRAI XXXVIII	Sam Gunda 630-802-6448, Ride day 630-8026448	<b>RAGBRAI, JULY 25-31, 2010</b> The Register,s Annual Great Bicycle Ride Across Iowa, is an annual seven-day bicycle ride across the state. Heading into its 38th year, RAGBRAI is the oldest, largest and longest bicycle touring event in the world
Wednesday, July 28, 2010	9:30 AM	41 miles at 14-16 mph (or slower)	Big Rock Community Park, Big Rock, IL	George Hermach 630-717-1660	<b>Big Rock to Silver Springs Picnic Ride</b> Ride scenic country roads through rolling hills to Silver Springs State Park. Bring own picnic lunch and something to share. Ride leader will ride at a 14-16 mph pace, however slower riders are encouraged to join us and cue sheets will be provided. Take US 30 west from Sugar Grove to Big Rock; turn left on Rhodes St, then left on Sixth. Ride cancelled if rainy.
Wednesday, July 28, 2010	6:30 PM	16-20 miles at a 16-22+ pace	Villa Park Depot (Villa Ave & the Prairie Path)	David Polkow 630-25-1161	<b>Wednesday Night Fast Ride</b> This is a very fast paced ride typically going North South on Villa Ave. Groups will form up based on their paces.
Thursday, July 29, 2010	6:00 AM	About 66 miles / Varies	RAGBRAI XXXVIII	Sam Gunda 630-802-6448, Ride day 630-8026448	<b>RAGBRAI, JULY 25-31, 2010</b> The Register,s Annual Great Bicycle Ride Across Iowa, is an annual seven-day bicycle ride across the state. Heading into its 38th year, RAGBRAI is the oldest, largest and longest bicycle touring event in the world
Thursday, July 29, 2010	9:00 AM	50 miles 15-17 mph	St Charles soccer field parking lot Campton Hills Road	Bill Schwartz 708-334-6250	<b>St Charles to Sycamore tandem style</b> Hill training ride through rural country roads with only two stop lights in the whole ride and they are in the first mile. Stop for eats at cafe in Sycamore and ride back.
Thursday, July 29, 2010	6:15 PM	30 to 35 miles / 14-16 mph	Panera Bread at York & North Ave	Jeff Wincentzen 630.832.3338 h	<b>Thursday Night Ride</b> A road ride exploring Cook and DuPage counties. May include paved paths and limestone segments. Good lights and bright, reflective clothing required. Bring enough food and drink to refuel. Mid-point rest stop. Check the list server for updates.
Friday, July 30, 2010	6:00 AM	About 66 miles / Varies	RAGBRAI XXXVIII	Sam Gunda 630-802-6448, Ride day 630-8026448	<b>RAGBRAI, JULY 25-31, 2010</b> The Register,s Annual Great Bicycle Ride Across Iowa, is an annual seven-day bicycle ride across the state. Heading into its 38th year, RAGBRAI is the oldest, largest and longest bicycle touring event in the world
Friday, July 30, 2010	9:00 AM	Determined by riders	Sunset Knoll Park on Finley Rd. half mile north of Roosevelt, Lombard	Determined by riders	<b>Lombard Friday Show and Go</b> The riders who show will decide ride leader, distance and pace.
Saturday, July 31, 2010	6:00 AM	About 66 miles / Varies	RAGBRAI XXXVIII	Sam Gunda 630-802-6448, Ride day 630-8026448	<b>RAGBRAI, JULY 25-31, 2010</b> The Register,s Annual Great Bicycle Ride Across Iowa, is an annual seven-day bicycle ride across the state. Heading into its 38th year, RAGBRAI is the oldest, largest and longest bicycle touring event in the world
Saturday, July 31, 2010	9:00 AM	~3 hours moderate pace	Pastorino Home 7551 Blazer Justice IL. 60458	George Pastorino 708-903-8700	<b>MTB ride/Pool Party/BBQ</b> 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 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,		Determined	Elmhurst Depot at NE	Determined	




July 31, 2010	9:00 AM	by those who show	corner of York and Vallette	by those who show	<b>Saturday Morning Show n Go</b> Determined by those who show
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Note: The most current ride schedule can be found on our website at <http://www.elmhurstbicycling.org/rides/currentRide.aspx>.

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

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