



# The Cue Sheet

September  
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.

## EBC Club History by Chuck Dean



Steve Wesslen (L), Dick Diebold (C), Chuck Ziemer (R)

At the August club meeting 3 former EBC Officers came together to present an oral history of some of the early years of the Elmhurst Bicycle Club. Dick Diebold, Chuck Ziemer, and Steve Wesslen took turns recollecting events back in the 1970's and '80's. The club got its start in 1977 from the initiative of Evelyn Stahley, who according to Chuck, was a woman 'who liked to start new organizations.' An early order of business was to determine the name for the new club. Dick said that in the spirit of the psychedelic era, his own suggestions included 'Wheel Spokes and Funky Folks' as well as 'Pulsating

Wheels.' However, more prosaic names were ultimately considered. The official selection of the club name actually spanned two meetings. A short lived early selection was something like 'Bicycle Club of Elmhurst.' As Dick and Evelyn left the meeting at which this selection was voted upon, Evelyn expressed her disappointment in not managing to get the phrase 'Illinois Prairie Path' into the club name. Because a few board members were absent from this first name selection meeting and because of Evelyn's disappointment, Dick and Evelyn decided that an 'official' quorum was not present; therefore, the name matter would have to be reconsidered. But at the second meeting to reconsider the name, 'Elmhurst Bicycle Club' was the winning selection.

Dues in those first years amounted to \$5 for individuals and \$8 for families. Some 10 years later, in 1988, they had only been increased to \$6 / \$9 respectively. The riding season was pretty much a March to Halloween affair. The first ride of the year came to be known as the 'Virgin Voyage,' a suggestion made by Jean Bittner. Dick described Jean as a proper, straight laced personality who seemed to blush as she choked out her 'racy suggestion' before almost retracting it. That ride usually started at Churchill Woods and the moniker survived for 30 years. Eventually it was used to describe a ride scheduled for January 1st. When I joined the club in the early 90's, Dick often led that ride, which included a stop where Dick would retell the story. With the riding season ending in October, Dick also got the audience laughing by recalling his costume at one of the Halloween parties: he came as the 'Purple People Eater.'

The club promoted bicycling and a healthy active life style. The EBC was also influential in the development of the Illinois Prairie Path (IPP). With the more recent focus on the development of the Salt Creek Trail, it is easy to forget significant developments in the history of the IPP. I had to ask Dick where the 'Volunteer Bridge' was located. I hadn't recalled ever hearing of it. Perhaps like many of you, I have ridden over it many times even if I did not realize it. It is the big iron bridge in Wheaton on the IPP north branch

right after the split in Wheaton. In fact, it is a series of bridges that starts with that big iron bridge. These are the bridges that cross Front Street and Wesley. They were refurbished (the iron bridge) and installed (the bicycle bridges) in 1984. They served the riding public until November, 2009 when a project began to refurbish and replace them. The original iron bridge is still a survivor, although the bridge roadbed appears to be 6 or 10 feet higher than it has been in last 26 years. The other bridges and bridge piers have been replaced with new construction (still in progress). The EBC also received credit for helping to get the Taylor Street overpass bicycle bridge built and installed in 1999, which eliminated the need to cope with two 13% grades to get from street level to the IPP.

The creation of Bananman was also reprised, but that deserves an article of its own.

Newsletters have been a part of the club for many years. Collating parties were held each month to assemble the paper. It already seems like ancient history, but hard copies of The Cue Sheet were distributed as recently as June, 2009. Imagine and recall even further back when the newsletter involved stencils and mimeo graphics.

Ski trips were part of the club repertoire back then, just as they are today. One difference, however, was the club's ability to use an Elmhurst Park District bus to transport the EBC skiers. This practice survived for several years until the bus got side swiped on a return trip while under club control.

Chuck brought several poster boards featuring club patches through the years and several photo albums with pictures of club members, rides, and events. He also told the story of a member who joined, came to one ride, and then wasn't seen for the rest of the season - until a chance encounter in a non-biking venue. When asked why he never came to any other rides, this member responded, 'My wife doesn't want me hanging around with a bunch of guys that don't wear underwear.'



Chuck Ziemer and L.A.W. patches 1974, 1984-1994 (R)

The club's history is rich to say the least. We can all be challenged to carry on these traditions for another 30 years.

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## RAGBRAI 2010

Article and Pictures by Susan Sperl  
Introduction by Chuck Dean



From left: Susan Sperl, Sam Gunda, Julie Ann Sebastian, Wayne Price, Martin Becker, and Paul Eident get ready for rear wheel dipping

Frequently it is the first question, so let's dismiss it early.

'RAGBRAI' is the Register's Annual Great Bicycle Ride Across Iowa, a ride sponsored by the Des Moines Register that annually attracts as many as 10,000 riders. Its website calls it 'an annual seven-day bicycle ride across Iowa. Heading into its 38th year, RAGBRAI is the oldest, largest and longest bicycle touring event in the world.' A lottery is held to determine whose applications will be accepted for the 8,500 week long slots and the 1,500 daily slots.

Gunda was instrumental in making sure that EBC was represented with an early application and enthusiastic members who were glad to have been selected in the lottery for the 2010 ride held in late July.

I first met Sam on a cold day, a Sunday morning, January 31, 2010. There were just the two of us; Sam was the ride leader. He told me then, that he was working to build his stamina because he intended to do the RAGBRAI. He trained that day and many more. And he clearly demonstrated leadership because I next saw him at one of the monthly club meetings holding a RAGBRAI meeting with chairs circled around to facilitate RAGBRAI planning for interested members. Susan Sperl wrote a wonderful RAGBRAI recap which was published in Google Groups in early August. It's a good read. Here is her report:

RAGBRAI was a first time for everyone in our group .... and WE DID IT .... all 500+ miles!

On the ride were Sam Gunda (our organizer), Julie Ann Sebastian, Paul Eident, Wayne Price, Martin Becker and Susan Sperl .... with sag man Keith Garland.

No flats, a few minor mechanical's, and small wheel tap resulting in a scraped up knee and elbow which Wayne says is healing quickly.

The weather was cooperative except for one 92 degree day and one rainy day with thunder and lightning. It rained so hard that it felt like hail hitting your cheeks. We rode our hearts out trying to stay ahead of the storm as we had heard it was going to last thru the night. Of course, by the time we got to camp the storm passed and it was beautiful!

Our group was mostly about biking RAGBRAI and enjoying everyone's creativity. Mostly we were all too tired to stay in town in the night to enjoy the music and beer gardens. Our youngest, Marty, did so one evening to hear the "Spin Doctors" but came back to camp before the fireworks. We managed to enjoy a few bottles of wine and a couple of beers .... someone said, "Of course, it was purely medicinal."

We saw unusual bikes such as the elliptical bike with no seat, the high wheelers, an orange aerodynamic bike, a bike with a sail, a flag bike and a banana bike. Many wore costumes with decorated helmets, bikes and colorful club jersey's. The US Air Force had 150 riders with matching red, white and blue jersey's with matching shorts .... they looked sharp! However, the EBC jersey was still the best looking jersey there! I received many compliments on my EBC jersey, my bolero (for women only), and my bike necklace.

We took up both lanes with slower bikers to the right, 14 - 16 mph bikers in the middle, with teams, pace lines and passing on the left. In general, most riders were very courteous and cautious.

Each town welcomed us warmly and encouraged us with their cheering. Some townspeople handed out free water, energy bars, popsicles, etc. Each town seemed to pick a theme such as Mardi Gras with festive beads, Hiawatha's throughout town, Andy Griffith putting Barney in jail, Aunt Bee holding a pie with Opie, lots of John Deere tractors and flags flying with tributes to our soldiers.

One town flew many flags in an arch as we rode under making us feel like celebrities. A couple of towns put carpet on the railroad tracks .... beige but still it was carpet.

So much food almost every few miles! Most enjoyed Mr. Pork Chop and sweet corn on a stick. My favorite vendor was Breakfast Delights with apple cinnamon nut french toast with tu fro (yogurt with blueberries and granola). Music everywhere. Silly signs along the road and a few serious ones, as well.

The first 2 days saw a sea of bikes for miles .... so heartwarming. Unfortunately, that was when we heard the most sirens. We soon realized that leaving camp on our bikes when it was light enough to see (one morning we had to wait 1/2 hour as we deemed it too dangerously dark to ride) kept us in front of the crowd so biking was less hazardous and lines were smaller. It also afforded Keith our sag driver to get to the next camp site early enough to find the best spot. Mostly, we camped at schools instead of the main campground. The schools' shower facilities were a much improvement over the shower truck and kibo's. Some of the schools provided food, as well.



Vendors were along the route but mostly set up in the end town. One truck provided free internet and cell phone charging for free. One vendor provided free bike washing and lubing.

Keith had agreed to be sag for us with the understanding that he could stay in hotels. Unfortunately, everything was booked and he was only able to book Thursday night. He assumed the price was due to RAGBRAI. It turned out he booked a suite. So that night we had a sleep over in quiet air conditioning with Julie Ann, Martin, Paul and Wayne sleeping on the living room floor. Sam elected to stay in camp at the Country Club near the clubhouse. It helped all of us to enjoy the pool, jacuzzi, air conditioning, and quiet night's sleep with a full breakfast in the morning. We took Sam as much breakfast as we could. The hotel cut up some of their towels and rolled them with ribbon for us to use on our bikes and greasy chains. They, also, put together goody bags with water, breakfast bars, and fresh fruit (apples & banana's).

Sam was so funny .... his cell phone broke (other bikers readily lent their cell phones so Sam could keep in communication), his camera broke, he lost all his tent stakes, he stopped drinking coffee but he managed to pick up everything in camp. Marty could not find his helmet .... in Sam's tent. Julie Ann couldn't find her cell phone .... in Sam's bag packed in the van .... if you couldn't find something, Sam had it.



If you cannot find something ... ask Sam

Everyone was encouraging, accommodating, generous, concerned for fellow riders, and we all felt safe. By everyone I am referring to townspeople, organizers, riders, sag drivers and fellow bikers.

All riders were extremely well supported by the police (at each turn they had music playing and cheered us on with their mic's), medics, and sag vehicles. RAGBRAI personnel kept everything well marked and running smoothly. An extra 250 riders rode RAGBRAI backwards looking for problems. All are to be thanked for being there for us, for their organization, and team work!

My many thanks to our wonderful group of 6 riders and Keith our sag driver for putting up with us!

I know we had other EBC'ers who rode with Live-strong (2 Keith's), BBC (Ellen Weber and Jim & Bridget McCormic), Glen Ellyn runners (Rick Aycock & Jeffery Friedman), Tim Moore, Ed Williams, etc.. We wish we had known you were there. Perhaps the next RAGBRAI will see a larger group of EBC'rs riding together or in several small groups?



I encourage everyone to give RAGBRAI a try. Even tho most of our group enjoyed the camping experience, I for one will only do RAGBRAI again providing I can book hotel rooms or have a large RV with accommodations for parking at a private residence.

A special thanks to Sam Gunda for posting RAGBRAI and being our organizer. A special thanks to Wayne Price who built the poles for our EBC sign which drew many comments and possible new members for EBC.

A super big thank you to Keith Garland our wonderful sag driver!

(For more wonderful pictures from Susan's Picasa website, click here.  
<http://picasaweb.google.com/ssperl55/RAGBRAIXXXVIII?feat=email#>

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## Elmhurst Park District Chooses Salt Creek Greenway Trail Option by Chuck Dean

On August 9, 2010, members from the public were again in attendance to present their thoughts and objectives to the Elmhurst Park District board members (EPDBM) regarding the Salt Creek Greenway Trail (SCGT).

Similar to the July meeting, except that the venue moved from the Wilder Mansion to a larger facility, various people spoke in favor of several different alternative ideas about the trail's routing, or made other pertinent suggestions. Many EBC members attended this meeting and again offered their thoughts. Bob Hoel was prominent among the speakers.

Unlike the July meeting where no decision was rendered, the EPDBM chose an option that allows for the 'completion' of the SCGT. The three options considered by the board members are printed in their entirety below. Option 2 was approved by the board. Read it carefully, both because it was approved and because it was so carefully drafted.

Option 1: To follow the majority recommendation of the Citizen Committee, as noted in their report dated August 9, 2010 (a several page printed report was made available to the public at the August 9 meeting), that the Park Board should adhere to 2008 resolution to 'not designate any residential neighborhood streets as part of the Salt Creek Greenway Trail ...'

Option 2: To follow the alternative sanctioned by Forest Preserve District staff to install off-street signage at a northern point (such as along the Illinois Prairie Path) and at a southern point (somewhere south of Madison) to indicate that the trail continues ahead thus providing some general direction for trail users without designating any specific street(s) and complete the connection point at Madison and Fairview.

Option 3: To designate Rex Boulevard south from the Prairie Path to Sleepy Hollow Park and then use the woodchip trail south to the existing paved surface at Madison.

Because of the planned SCGT 'opening' ceremonies (for the new/Elmhurst portions of the trail) scheduled for September 25, 2010, many people assume that the signage discussed in Option 2 will be available prior to that date. It will be of great interest to all SCGT users, especially people who are unfamiliar with the stretch of the SCGT that extends from Madison and Fairview (at the south) to the IPP (at the north) to see if the signs are in place and to see exactly what the signs say. As of August 31, these signs have not yet been put in place, and the 'connection point' has not been completed.

Checkout the the EBC Ride Schedule as September 25 approaches.

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### A Couple of Rides

Pictures: N. Shack, S. Sperl, and G. Pastorino  
Text: C. Dean and G. Pastorino

There were lots of rides conducted in August. It's hard to choose among all the worthwhile candidates. But here is a brief note about two of them.

Larry Gitchell's 'Beers, Burgers, and Custard' ride, enticed 13 other riders to get themselves up to Milwaukee for the start of a 72 mile day on Saturday, August 14. The weather was great, as were the roads and trails on which he led us. Hamburgers at Sollie's (talk about a butter burger ...) and custard





EBC Riders prepare to start ride in Milwaukee

at Kopp's were among the culinary highlights.

The sights included the magnificent Art Museum (pictured) on the lake front; and a neighborhood site with a 'strange' front yard.



Milwaukee Art Museum -



Gazing at the Museum



Someone lives here.



What do the neighbors think?



On Sunday, August 29, several groups of EBC'ers undertook the Bike Psychos Century out of Coal City, Il. George Pastorino led a merry band (pictured) on a 128 mile excursion around pastoral lands which included Illinois river valleys, wind farms, and state parks. George was quick to share a note to the club via Google Group, later that same day:

'Chuck Gentile, Pussanee, Chuck Dean, Marty Becker, Susan Boose and

I stuck together for 128 miles today on The Bike Psycho's Invitational. This was a pretty tough ride due to temps hitting 96 degrees in the Illinois River Valley. It should have been 121, but we missed a turn and got some hilly bonus miles.'

'Congratulations to Chuck Gentile, Chuck Dean and Susan Boose who all posted lifetime highs for a day's mileage!'

'I was especially proud of Susan Boose, who really showed great toughness in completing

this ride. Here is a pic of the 6 of us after the ride.....Thanks... George '

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## A Beautiful Day for a Picnic



Steve, Jim, Nancy, and Joanne



Nancy Hoel and Jim Gross - Winners,

While Joanne DeZur cannot take credit for the perfect weather for Saturday's picnic , August 28, she can and deserves to take credit for her planning, hard work, and orchestration of an outstanding event. The Picnic was delightful. Absent an exact count, more than 60 club members enjoyed, dined, played, and soaked up all the day had to offer. I believe 3 separate rides respectively led by Ed Gin, Larry Gitchell, and Judy Mikesell brought attendees who arrived by bicycle.

A week before the picnic, Joanne was still looking for bean bag games, but on the all important day, 4 different games were in simultaneous operation. Twelve 2-person teams competed. 'And the winner is...' Jim Gross and Nancy Hoel. A deluxe inner tube was awarded to each member of the champion team.

George Pastorino put together a photo album which you may have already seen. But it captures the day so well, here is a link to see it for your first or subsequent viewing.

View this album and : [http://pastorino.phanfare.com/mt.ashx?  
c=http%3a%2f%2fpastorino.phanfa...](http://pastorino.phanfare.com/mt.ashx?c=http%3a%2f%2fpastorino.phanfa...)

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## Ride Schedule and the Cue Sheet

by Chuck Dean

Attention!

This is the last month that the ride schedule will be published within the monthly newsletter. The Cue Sheet for October and subsequent months will not contain the Ride Schedule; that is, the newsletter will not have the details of the various rides coming up in the month. However, 'Links' to the Ride Schedule will continue to appear in the newsletter. And the Ride Schedule, itself, continues to exist on the EBC website.

What are these newsletter links? There will be 3 links - just like the 3 links on the EBC home page:

1) Ride Schedule; 2) Ride Schedule Archive, and 3) Future Rides

The Ride Schedule data base is dynamic for many reasons: members are periodically adding and editing rides and the Ride Schedule database manager performs a maintenance function near the end of each month. And that maintenance function directly affects what you see when you click on the links in the newsletter (or on the EBC home page). Near the end of the month and right after the Ride Schedule data base manager (the 'Ride Captain' --- Petra Hofmann in 2010) performs the maintenance, The Ride Schedule shows you the details for rides scheduled for the end of that month and rides scheduled for the upcoming month. E.g. If you are reading the Cue Sheet in late August, you will see the rides scheduled in late August and the rides scheduled for September. But, if you are reading the Cue Sheet in mid-September, and click on the 'Ride Schedule' link, the Ride Schedule only shows you the rides scheduled for the

remainder of September.

What are 'Future Rides'? Like the Ride Schedule itself, the concept of future rides is dynamic. What you see when you click 'Future Rides' is a function of when in a month you click it and whether that click comes before or after the Ride Captain has performed the month end maintenance function. E.g. In the month of August, prior to the month end maintenance function, you'll see all the rides scheduled for September and subsequent months during the year. As there actually are rides that have been scheduled for September and October so far (none have been scheduled for November or December), you can see all of these rides when you click on 'Future Rides.' If you click on 'Future Rides' in August after the Ride Captain has performed the month end maintenance or in September before the Ride Captain has performed the month end maintenance, you will only see the rides scheduled for October and subsequent months (if any rides have been scheduled for those subsequent months).

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## Meeting Minutes September

### Board Minutes August 12, 2010

**Present:** John Park, George Pastorino, Maria Kapusta, Chuck Dean, Cheri O'Riordan, Nancy Shack, Susan Sperl, Keith Garland

1. **President:** The meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
2. **Secretary:** The July 8, 2010 board meeting minutes were previewed online in Google Docs and were approved. The following motion was inadvertently excluded in the July 8, Board Meeting Minute. The board approved the motion, "I motion to approve \$650 for the club picnic."
3. **Treasurer:** The monthly Banking Summary (07/08/10 to 8/12/10) listed income of \$735.00 and expenses \$755.15 with a difference of minus \$20.15 to date. At present, the balance in the treasury is \$13,055.58.
4. **Newsletter:** There was discussion regarding publishing the ride schedule in the newsletter. Since it is already on the EBC website under Ride Schedule, all agreed that the ride schedule will be published for the last time in the September newsletter. This change will be announced at tonight's club meeting.
5. **Membership Coordinator:** There are 434 members to date consisting of 209 individuals and 93 families. There is a small gift certificate with a residual worth of \$8. This will be used towards a future raffle prize.
6. **Mountain Bike Coordinator:** No report.
7. **200 mile Patch:** A member raised the question if there would be a 200 mile patch awarded this year. The club bylaws indicates that there is a patch for riding 25, 50, 62 and 100 miles in a single year which is applicable to many members. Discussion followed with the decision to not go forward and award a 200 mile patch as this could lead to many other requests for selected rides.
8. **Donations:** The club is a non profit organization and supports financial contributions to bicycle related organizations and causes. The club will keep \$10,000 in reserve in the treasury and award \$2100 this

### EBC General Meeting Minutes August 12, 2010

**Present:** John Park, George Pastorino, Maria Kapusta, Chuck Dean, Cheri O'Riordan  
**New Members:** Lona Sweet  
**Guests:** 2

1. **President:** The meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst. The President spoke of his experience in riding with the Joliet Bicycle Club. He stated that he was very proud of our club because of our club's excellent ride leaders and the vast amount of rides they lead each month. He said the ride leaders are truly the core of the club.
2. **Secretary:** The July 8, 2010 club meeting minutes were summarized and approved. (Full reports are in the newsletter and on the website.)
3. **Treasurer:** The monthly Banking Summary (07/08/10 to 8/12/10) listed income of \$735.00 and expenses \$755.15 with a difference of minus \$20.15 to date. At present, the balance in the treasury is \$13,055.58.
4. **Ride Captain:** In the Ride Captain's absence, the President stated that members should refer to ride schedule for more details.
5. **Mountain Bike Coordinator:** Palos has been very wet. One thing to note when riding through a puddle on a trail, ride down the middle of the puddle to prevent destroying the trail. Chuck and George will continue to lead rides. Baltimore and George will design some new rides.
6. **Membership Coordinator:** As



year for donations. The President sent an email to the membership soliciting their input. The following is a list of the members' suggestions:

- LIB (local) <http://www.bikelib.org/>
- LAB (national) <http://www.bikeleague.org/>
- ATA (Chicago) <http://www.activetrans.org/>
- CAMBR <http://cambr.org/SMF/index.php?action=home>
- Wounded Warrior Project  
<http://www.woundedwarriorproject.org/>
- Friends of the Calumet-Sag Trail  
[http://calsagtrail.org/Friends\\_of\\_the\\_Calumet-Sag\\_Trail/Welcome.html](http://calsagtrail.org/Friends_of_the_Calumet-Sag_Trail/Welcome.html)
- Illinois Trails Conservancy (former Rails to Trails) <http://www.illtrails.com/>

The Bike Rack, which is one of our sponsors, was mentioned as being involved in the fabrication of specialized bicycles for people with physical impairments. The Bike Rack is also involved with the Wounded Warriors Project. Susan will contact them for further information. The President will email the board for their selections and corresponding amount of donation for each.

9. **Jerseys:** The question was brought forth as to why the newest club jersey was being changed. It was clarified that it was not the intention of the board to change the jersey but to look into another vendor. The VP/Ride Captain previously reported that when she contacted Voler, the vendor of the 2008 club jerseys, Voler was not customer oriented nor did they return phone calls. (please refer to July 8, 2010 Board Meeting Minutes and to July 8, 2010 Club Meeting Minutes). Susan stated she had a recent conversation with Voler and she looked into two other companies. This year, Harold Lassers had volunteered to take on the responsibility of overseeing awards and jerseys. Susan will contact Harold, and together with Nancy, will work with him on the jersey project and report back at the next board meeting.
10. The next Board meeting will be held on Thursday, September 9, 2010 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan  
Club Secretary

of to date, 435 members, 210 individuals and 93 families. One new member, Lona Sweet and two guests were introduced.

7. **Newsletter Editor:** Thank you to Julie Ann Sebastian for her August article as well as to others who contributed. September will be the last time the ride schedule will be published in the newsletter since it is already on the website under the Ride Schedule link.
8. **Advocacy:** Bob Hoel reported on the following: (please refer to the EBC web site's Advocacy link or Bob Hoel for further information).
  - Bike Task Force: Elmhurst School District 205 is supporting a program called "Safe Route to School" teaching children how to safely ride their bikes to school. There will be a Fair sometime in September whereby the elementary schools have signed on for fourth and fifth grade students to participate in learning safe bicycling techniques in preparation to become safe bicyclists. October 6 has been designated "Rock and Roll to School Day" encouraging children to ride their bikes to school.
  - Bicycle Storage Lockers: Twelve new bike storage boxes will be installed near the Elmhurst Metra station.
  - New Illinois Law: There is a new Illinois law stating that all cars must now stop for bicyclists in a crosswalk just as they must stop for pedestrians.
  - License Plates: The League of Illinois Bicyclists will be providing information for purchasing the Share the Road license plates. The design is still being worked on.
  - Salt Creek Greenway Trail: The new SCGT signage should be up by September 25, 2010. This is the grand opening date of the new portion of the trail. It has not been determined as to what material will be used for the Fairview and Madison opening to the SCGT, but most likely it will be limestone screening. September 25 is the celebration date of the official opening of the new portion of the trail. Volunteers will be

needed to coordinate a ride with nearby communities from Elmhurst to Busse Woods.

- Petitions: If anyone still has a Salt Creek Greenway Trail petition form, please turn them in as they will be given to the Park District to indicate how many people were in favor of using Rex Boulevard as a connector street.

9. **Other:**

- Joanne Dezur: The date for the EBC picnic is August 28. So far there are only 23 people who have signed up to attend. There will also be a bean bag contest. Please notify Joanne if you plan to attend as she needs a count for food.

- Joanne Dezur: 1500 participants are needed to commit to the Illinois bicycle plates before they can go forward in making them.

- Mike Struglinski: Inquired if anything can be done to market to motorists that bicyclists have the right of Sharing the Road. Motorcyclists often ride three abreast. It was pointed out that motorcyclists have a very strong lobby.

- Susan Sperl: Susan, Harold Lassers and Nancy Shack will be involved in ordering club jerseys. etc. Please contact them if you are interested in ordering one or more items.

10. **Refreshments:** Betty Bond provided the delicious refreshments.

11. **Program:** Dick Diebold, Chuck Ziemer and Steve Wesslen provided an historic and often humorous perspective on the origin and inception of how the club was founded in 1977; how "Banana Man" came into being; the club's relationship with the Elmhurst Park District and the "Virgin Voyage" among many other tales. Photo albums of past rides and events as well as of former and current members were viewed. Chuck put together a large display of all the past award patches and T-shirts. Everyone had a great time reminiscing and laughing.

12. The next EBC general meeting will be held on Thursday, Sept 9, 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
<b>Treasurer</b> George Pastorino, 708.903.8700 treasurer_elmhurstbicycling.org	<b>Programs</b> Ray Dal Lago, 630.543.4655 dlag10_aol.com Michael Schillmoeller, 847.253.6838 michael.schillmoeller_qmail.com	<b>Sergeant-at-Arms</b> Jim Gross jgross144_sbcglobal.net
<b>Secretary</b> Cheri O'Riordan, 630.325.3917 secretary_elmhurstbicycling.org	<b>Database Manager</b> Nancy Shack, 630.964.3862 nshack_comcast.net	<b>Assistant Ride Captain</b> Nancy Rice, 630.717.9923 hotline_elmhurstbicycling.org
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Interested in joining EBC? [Membership Application](http://www.elmhurstbicycling.org/about/membership.asp)  
(<http://www.elmhurstbicycling.org/about/membership.asp>)

## September 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
			StarBucks downtown	Baltimore	<b>No-Frills, Just Hills</b> Hills in Burr Ridge area. Madison St. & 91st St Hills. Multiple laps up and down 91st St. from Wolf Rd. to Madison St. - about 1 1/2 miles. Few short quick fast intervals, 15-25 mph, at your pace. Ride



Wednesday, September 01, 2010	6:00 PM	~20 miles, 14-17 mph	Clarendon Hills, Park & Prospect Ave.	Ortega C630.697.7031, B312.630.7030	leader will hold pace but adjust it for riders who show up, faster or slower. Bring lights, nutrition, and hydration. No planned stops. All paved roads. Mountain bike, hybrid, recumbent, and road bikes recommended. Park in lot at train station a block away. No Hill Pain, No Hill Gain! No One Gets Dropped!
Wednesday, September 01, 2010	9:00 AM	30 miles at 12-14 mph	McCullum Park - Downers Grove 67th and Main St,	Carol Nield 630-964-2488	<b>Ride to Naperville River Walk</b> Scenic ride to Naperville River Walk where we will view the newly installed statue of Dick Tracy. Bring lunch or snacks so we can enjoy the River Walk scenery.
Wednesday, September 01, 2010	6:00 PM	18 miles at a 18-22+ pace	Villa park depot	david polkow 630-525-1161	<b>Wednesday night fast ride</b> Fast ride going North and South on Villa. Groups form up based on their pace.
Wednesday, September 01, 2010	6:30 PM	16-20 mi. @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, September 02, 2010	9:00 AM	40 Miles / 12-15mph trail speed	Madison Meadows, Grace St. at St. Charles Rd.	Kathy Wagner-Selbach (C) 630-605-7610	<b>5 Trails Thursday</b>
Thursday, September 02, 2010	9:00 AM	40 Miles / 12-15mph or trail speed	Madison Meadows, Grace St. at St. Charles Rd.	Kathy Wagner-Selbach (C) 630-605-7610	<b>5 Trails Thursday</b> Get your fat tires ready to head west to the Fox River and then back enjoying both limestone and paved trails. We'll stop on the Fox for a break at around 25 mile mark -bring food and/or money. Hybrid or mountain bikes strongly recommended. If it's raining we ain't riding.
Thursday, September 02, 2010	9:00 AM	50-60 miles 15-17 mph	Imax Theater corner of Rt 53 and Hobson Rd	Guest leader to be announced	<b>Imax Thursday</b> Ride through the low traffic streets of Naperville to Oswego coffee shop and back. There are few stops once out of Naperville and lots of great long stretches of riding with little traffic
Thursday, September 02, 2010	5:30 PM	20-25 mi. @13-15 mph	Panera Bread, 7349 Lake St, River Forest	Marty Becker, 312-402-4017 (C), 708-488-5531 (W)	<b>Thursday Night RF ride</b> Come out and join me for a leisurely and conversational paced ride exploring the surrounding communities of River Forest. As the sun goes down earlier and faster, we will not have a full break but we can if anyone needs it. Bring food and drink for refueling and most importantly, lights and reflective clothing as we will return after sunset but before it's completely dark (Sunset ~7:30 PM).
Thursday, September 02, 2010	6:15 PM	30-35 mi. @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, September 03, 2010	8:00 AM	30-35 mi. @12-15 mph	Fullersburg Woods parking lot	Mary Jo Bolan 630 887 9652	<b>Breakfast Ride</b> Breakfast at Matty's at 93rd and Route 83.
Friday, September 03, 2010	9:00 AM	Determined by riders	Sunset Knoll Park on Finley Rd. half mile north of Roosevelt,	Determined by riders	<b>Lombard Friday Show and Go</b> The riders who show will decide ride leader, distance and pace.

			Lombard		
Saturday, September 04, 2010	9:00 AM	~3 hours, beginners easy pace, ride until lunch	Pastorino Home, 7551 Blazer Ave, Justice, IL 60458	Baltimore Ortega C630.697.7031, B312.630.7030	<b>Beginners Mountain Bike Ride/Pool Party/BBQ</b> This is your chance to get started with mountain biking and/or ride with your MTB buddies. Come and join us for a fun ride through Palos Forest Preserve on double track crushed limestone, gravel, and hard pack dirt. Focus is on helping you get started with basic instruction and safety. Ride will offer new and regular mountain bikers some hills and a good workout. Optional sprints up hills. New members and guests always welcome. Bring hydration and nutrition. Mountain bike recommended. No one gets dropped. New riders please be ready 10 minutes before ride for basic MTB instruction. Ride leader welcomes questions about ride, call or email. After ride recovery food and beverages provided by Pastorino hosts.
Saturday, September 04, 2010	7:00 AM	38 Miles, 13-15 MPH	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	<b>Mountain Bike Migration</b> Ride from Elmhurst to the Pastorino's house in Justice. Join the mountain bike group of your choice at Palos. Enjoy the pool party, followed by riding back to Elmhurst. Routes between Elmhurst and Justice will be on pavement (some busy streets), but this is a Mountain Bike ride.
Saturday, September 04, 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, September 04, 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
Sunday, September 05, 2010	8:30 AM	35 Miles 14-16 MPH	Panera Bread, York St. at North Ave. Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	<b>Lunge to Lisle</b> Road-biking action with a midway break in downtown Lisle. Challenging hills and opportunities for hammering ahead included.
Sunday, September 05, 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, September		34-38 mi. @16-18	Panera Bread(York	David Polkow	<b>Sunday Morning Fast Ride</b> Fast road ride with one short rest stop.

05, 2010	8:30 AM	pace	& North ave)	630-525-1161	Ride typically returns by 11am
Sunday, September 05, 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 20 minute coffee break. All paved roads or on-street alternative.
Sunday, September 05, 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.
Monday, September 06, 2010	9:00 AM	75 mi;@14-16 mph	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	<b>Monday Morning Mega Ride</b> This year's Mega Ride goes northwest toward Barrington, and Dundee. Exact route to be determined, but will consist primarily of pavement with minimal limestone content. Lunch stop and rest breaks along the way. Bring money and a lock.
Tuesday, September 07, 2010	7:00 AM	27 mi. @10-12 mph	Riverside Resort	Dick Diebold 847 891 6010	<b>Utah - Hatch to Bryce</b> Ride from Riverside Resort to Bryce Canyon
Tuesday, September 07, 2010	9:00 AM	35 miles 15-17 mph	Imax Theater corner of Rt 53 and Hobson Rd	Guest leader to be announced	<b>Imax Tuesday</b> Ride through the low traffic streets of Naperville to Panera On 95th Street coffee shop and back. There are few stops once out of Naperville and lots of great long stretches of riding with little traffic
Tuesday, September 07, 2010	6:00 PM	24-27 Miles, 14-16 MPH	Panera Bread, York St. at North Ave. Elmhurst	Larry Gitchell (708) 421-0120 (Cell),(708) 409-0105 (Home)	<b>Tuesday Night Ride</b> A nocturnal exploration of Eastern DuPage and Western Cook Counties. Routes include roads and paved paths, with minor unpaved (limestone) segments if required. Headlights and taillights a must-have.
Wednesday, September 08, 2010	7:00 AM	5 miles	Bryce	Dick Diebold 847 891 6010	<b>Utah - Day 2</b> Hike Bryce
Wednesday, September 08, 2010	6:00 PM	18 miles at a 18-22+ pace	Villa park depot	david polkow 630-525-1161	<b>Wednesday night fast ride</b> Fast ride going North and South on Villa. Groups form up based on their pace.
Wednesday, September 08, 2010	6:30 PM	16-20 mi. @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, September 09, 2010	7:00 AM	42 mi. @10-12 mph	Bryce	Dick Diebold 847 891 6010	<b>Utah - Day 3</b> Ride to Panguitch Lake
Thursday, September 09, 2010	9:00 AM	50-60 miles 15-17 mph	Imax Theater corner of Rt 53 and Hobson Rd	Guest leader to be announced	<b>Imax Thursday</b> Ride through the low traffic streets of Naperville to Oswego coffee shop and back. There are few stops once out of Naperville and lots of great long stretches of riding with little traffic
Thursday, September 09, 2010	6:15 PM	30 to 35 mi. @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, September 10, 2010	7:00 AM	55 mi. @10-12 mph	Panguitch Lake	Dick Diebold 847 891 6010	<b>Utah - Day 4</b> Ride to Kanarrville
Friday,		Determined	Sunset Knoll Park on Finley Rd. half	Determined by	<b>Lombard Friday Show and Go</b>



September 10, 2010	9:00 AM	by riders	mile north of Roosevelt, Lombard	riders	The riders who show will decide ride leader, distance and pace.
Friday, September 10, 2010	1:00 PM	42 mi. @17-19 mph Avg.	Chalet Landhaus Hotel - New Glarus Wisconsin	Larry Alvino - 630-730-5814	<b>New Glarus Weekend Ride</b> This is a joint Ride with The Naperville Bike Club in the Hills around New Glarus, Wisconsin. New Glarus to Blanchardville and back.
Saturday, September 11, 2010	7:00 AM	48 mi. @10-12 mph	Kanarraville	Dick Diebold 847 891 6010	<b>Utah Day 5</b> Ride to Zion
Saturday, September 11, 2010	8:30 AM	65 mi.@17-19 mph Avg.	Chalet Landhaus Hotel - New Glarus Wisconsin	Larry Alvino - 630-730-5814	<b>New Glarus Weekend Ride</b> This is a joint Ride with The Naperville Bike Club in the Hills around New Glarus, Wisconsin. New Glarus to Mt Horeb and then to Blue Mounds with optional climb up Mound then back to New Glarus.
Saturday, September 11, 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, September 11, 2010	10:00 AM	24 mi. moderate ~3 + hours	Imagination Glen Park , Portage, Indiana	Chuck Gentile 708-289-3988 & George Pastorino 708-903-8700	<b>Chuck and George use their Imagination again</b> Imagination Glen (The Dark Side) MTB biking This ride is for Intermediate to Advanced skill level. Having 2 ride leaders here will be helpful. It is about 8 miles of single-track. The trails are all are tight and twisty. The trail on the far side of the river (reached by crossing the railroad tracks) is known as The dark Side.... with challenging turns, logs, roots, jumps, and plenty of ups and downs. We will do 3 loops of this section, you can easily bail after 1 or 2 loops From I-94 take 249 South (at Exit 19 for Portage) through US 20 intersection. Turn left (continuing south) onto Chrisman Ave. immediately past the Old Porter Rd. intersection. Continue south on Crisman Ave. until it ends at Portage Ave. Turn left onto Portage Ave. and follow it until it ends at McCool Rd. Imagination Glen Park is at the intersection of Portage Ave. and McCool Rd
Sunday, September 12, 2010	7:00 AM	5 miles	Zion	Dick Diebold 847 891 6010	<b>Utah Day 6</b> Hike Zion
Sunday, September 12, 2010	7:30 AM	42 mi. @ 17-19 mph Avg.	Chalet Landhaus Hotel - New Glarus Wisconsin	Larry Alvino - 630-730-5814	<b>New Glarus Weekend Ride</b> This is a joint Ride with The Naperville Bike Club in the Hills around New Glarus, Wisconsin. New Glarus to Evansville and back.
Sunday, September 12, 2010	8:30 AM	34-38 mi. @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, September 12, 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 20 minute coffee break. All paved roads or on-street alternative.
Sunday, September 12, 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,		Determined	Gazebo,	Determined by	<b>Sunday Afternoon Show and Go</b>

September 12, 2010	1:00 PM	by riders that show	Glen Ellyn	riders who show	The riders who show will decide ride leader, distance and pace.
Monday, September 13, 2010	7:00 AM	42 mi. @10-12 mph	Zion	Dick Diebold 847 891 6010	<b>Utah Day 7</b> Ride to Coral Pink Sands
Tuesday, September 14, 2010	7:00 AM	52 mi. @10-12 mph	Coral Pink Sands	Dick Diebold 847 891 6010	<b>Utah Day 8</b> Ride to Jacob Lake
Tuesday, September 14, 2010	9:00 AM	35 miles 15-17 mph	Imax Theater corner of Rt 53 and Hobson Rd	Guest leader to be announced	<b>Imax Tuesday</b> Ride through the low traffic streets of Naperville to Panera On 95th Street coffee shop and back. There are few stops once out of Naperville and lots of great long stretches of riding with little traffic
Tuesday, September 14, 2010	6:00 PM	24-27 Miles, 14-16 MPH	Panera Bread, York St. at North Ave. Elmhurst	Larry Gitchell (708) 421-0120 (Cell), (708) 409-0105 (Home)	<b>Tuesday Night Ride</b> A nocturnal exploration of Eastern DuPage and Western Cook Counties. Routes include roads and paved paths, with minor unpaved (limestone) segments if required. Headlights and taillights a must-have.
Wednesday, September 15, 2010	7:00 AM	45 mi. @10-12 mph	Jacob Lake	Dick Diebold 847 891 6010	<b>Utah Day 9</b> Ride to the Grand Canyon
Wednesday, September 15, 2010	6:00 PM	18 miles at a 18-22+ pace	Villa park depot	david polkow 630-525-1161	<b>Wednesday night fast ride</b> Fast ride going North and South on Villa. Groups form up based on their pace.
Wednesday, September 15, 2010	6:30 PM	16-20 mi. @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, September 16, 2010	7:00 AM	5 miles	Grand Canyon	Dick Diebold 847 891 6010	<b>Utah Day 10</b> Hike in the Grand Canyon
Thursday, September 16, 2010	9:00 AM	50-60 miles 15-17 mph	Imax Theater corner of Rt 53 and Hobson Rd	Guest leader to be announced	<b>Imax Thursday</b> Ride through the low traffic streets of Naperville to Oswego coffee shop and back. There are few stops once out of Naperville and lots of great long stretches of riding with little traffic
Thursday, September 16, 2010	6:15 PM	30-35 mi. @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, September 17, 2010	7:00 AM	45 mi. @10-12 mph	Grand Canyon	Dick Diebold 847 891 6010	<b>Utah Day 11</b> Ride to Jacob Lake
Friday, September 17, 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, September 18, 2010	7:00 AM	38 mi. @10-12 mph	Jacob Lake	Dick Diebold 847 891 6010	<b>Utah Day 12</b> Ride to Kanab
Saturday, September 18, 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, September 19, 2010	6:00 AM (See description)	100 mi. @14-16 MPH	Panera Bread, York St. at North Ave., Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	<b>Loopy with Lars, Matey!</b> Celebrate "Talk Like A Pirate" Day with a Triple Loop Century! First loop: 6 AM - Sailing to Roselle Second Loop: 9:30 AM - Baked By Betsy (P-Aar-k Ridge) Third Loop: 1 PM - Lost St-Aarr-bucks of Burr Ridge Start times may vary due to various factors. Please call Larry at (708) 421-0120 shortly before ride time for updates. Routes are pavement, except for a couple very short unpaved sneaks. Some busy streets. Bring money and a lock.
Sunday, September 19, 2010	7:00 AM	55 mi. @10-12 mph	Kanab	Dick Diebold 847 891 6010	<b>Utah Day 13</b> Ride to Hatch
Sunday, September 19, 2010	8:30 AM	34-38 mi. @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, September 19, 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, September 19, 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 20 minute coffee break. All paved roads or on-street alternative.
Sunday, September 19, 2010	8:30 AM	34-38 mi. @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, September 19, 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, September 21, 2010	9:00 AM	35 miles 15-17 mph	Imax Theater corner of Rt 53 and Hobson Rd	Bill Schwartz 708-334-6250	<b>Imax Tuesday</b> Ride through the low traffic streets of Naperville to Panera On 95th Street coffee shop and back. There are few stops once out of Naperville and lots of great long stretches of riding with little traffic
Tuesday, September 21, 2010	6:00 PM	24-27 Miles, 14-16 MPH	Panera Bread, York St. at North Ave. Elmhurst	Larry Gitchell (708) 421-0120 (Cell), (708) 409-0105 (Home)	<b>Equinox Ride</b> A nocturnal exploration of Eastern DuPage and Western Cook Counties. Routes include roads and paved paths, with minor unpaved (limestone) segments if required. Headlights and taillights a must-have.
Wednesday, September 22, 2010	6:00 PM	18 miles at a 18-22+ pace	Villa park depot	david polkow 630-525-1161	<b>Wednesday night fast ride</b> Fast ride going North and South on Villa. Groups form up based on their pace.
Wednesday, September 22, 2010	6:30 PM	16-20 mi. @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, September 23, 2010	9:00 AM	50-60 miles 15-17 mph	Imax Theater corner of Rt 53 and Hobson Rd	Bill Schwartz 708-334-6250	<b>Imax Thursday</b> Ride through the low traffic streets of Naperville to Oswego coffee shop and back. There are few stops once out of Naperville and lots of great long stretches of riding with little traffic
Thursday, September 23, 2010	6:15 PM	30-35 mi. @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, September 24, 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, September 25, 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, September 25, 2010	9:00 AM	30-35 mi. @14-16 mph	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409- 0105 (H)	<b>Eli's Cheesecake Fest</b> Urban ride for Cheesecake. Expect to spend about an hour sampling Eli's fine creations. Bring money and a lock.
Sunday, September 26, 2010	8:30 AM	34-38 mi. @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, September 26, 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, September 26, 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, September 28, 2010	9:00 AM	35 miles 15-17 mph	Imax Theater corner of Rt 53 and Hobson Rd	Bill Schwartz 708-334-6250	<b>Imax Tuesday</b> Ride through the low traffic streets of Naperville to Panera On 95th Street coffee shop and back. There are few stops once out of Naperville and lots of great long stretches of riding with little traffic
Tuesday, September 28, 2010	6:00 PM	24-27 Miles, 14- 16 MPH	Panera Bread, York St. at North Ave. Elmhurst	Larry Gitchell (708) 421-0120 (Cell), (708) 409-0105 (Home)	<b>Tuesday Night Ride</b> A nocturnal exploration of Eastern DuPage and Western Cook Counties. Routes include roads and paved paths, with minor unpaved (limestone) segments if required. Headlights and taillights a must-have.
Wednesday, September 29, 2010	9:30 AM	50 miles @14-16 mph on road, 12-14 on trail	I&M Canal State Park, Channahon	George Hermach 630- 717-1660	<b>I&amp;M Canal to Seneca</b> Ride scenic country roads from Channahon to Seneca. Return route will be on roads from Seneca to Morris where we'll pick up the I&M Canal trail for our return to Channahon. In Seneca, we'll briefly visit the LST memorial and historic grain elevator, then stop for lunch at a local restaurant. While Ride Leader will ride the posted pace, slower riders are encouraged to come and join us (cue sheet will be provided). Touring or hybrid bikes are recommended, however wider- tired road bikes would be OK for this ride. Ride cancelled if rainy.
Wednesday, September 29, 2010	6:00 PM	18 miles at a 18-22+ pace	Villa park depot	david polkow 630-525-1161	<b>Wednesday night fast ride</b> Fast ride going North and South on Villa. Groups form up based on their pace.
Wednesday, September 29, 2010	6:30 PM	16-20 mi. @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, September 30, 2010	9:00 AM	50-60 miles 15-17 mph	Imax Theater corner of Rt 53 and Hobson Rd	Bill Schwartz 708-334-6250	<b>Imax Thursday</b> Ride through the low traffic streets of Naperville to Oswego coffee shop and back. There are few stops once out of Naperville and lots of great long stretches of riding with little traffic

Thursday, September 30, 2010	6:15 PM	30 to 35 mi. @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.
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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/helpfulinfo/startlocations.asp).

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