



# The Cue Sheet

## December 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.

### Crisp Weather and Turkey Days by Larry Gitchell

A questionable weather forecast held down the size of the Turkey Day Ride, as Ed Gin and Lew Worthem joined me and Sag driver Vicki Ortega for the Turkey Day Ride to Brookfield Zoo. We left town before the Turkey Trot started, headed down the Greenway Trail in the opposite direction to avoid entanglement with the runners. Despite damp streets and a wretched weather forecast, we never encountered any rain as we pedaled off to the break at the Western Springs Starbucks. The Tower Racing Team had been out for an early ride and was there enjoying their own post-ride coffee break.



Thanksgiving, At the depot: Ed Gin, Lew Worthem, Vicki Ortega, and the "Pumpkin" with Bike

The three riders continued on toward Brookfield, pausing briefly to examine a mountain bike set out on the curb. "\$69.95" Ed opined, and we decided it wasn't worth calling in the SAG Wagon for salvage. Due to the forbidding weather, Lew and I decided to skip the traditional hour at the Zoo, take a short additional loop and head back to Elmhurst. Ed borrowed my floor pump to refill a slowly leaking tire, and departed for Palatine. The list server received a message at 11:37 AM, saying Ed had arrived in Palatine. Exactly how fast were you going out there, Ed?



The Chicago Portage site (approximately 47th and Harlem Ave.)  
Jeff W., Connie K., Paul P., Steve J., Chuck D., Larry G.

On Saturday, November 27th, six riders celebrated a chilly, but beautiful, "Support Small Business Saturday" by riding to Riverside and supporting Grumpy's Coffee Shop. The proprietor sat behind the counter crocheting between customers, and it reminded me of the small store my grandmother had in Wrightsville, Vermont in the 1960's. Grandmother Gitchell knitted mittens during the summer, and when winter came around she would hang the mittens around the store with wooden clothespins. Similarly, Grumpy's had handmade crocheted goods hanging

up for sale.

After our coffee break, we pedaled the suspension bridge across the Des Plaines River and followed the Lyons section of the Greenway to the Chicago Portage Historical Site. The chaperones of a group on an outing from Queen of Peace High School volunteered to take group pictures of the EBC-ers in front of the statues.

We returned up the Salt Creek trail and cut north through Westchester to the Prairie Path. An item we passed in a park sparked curiosity - what exactly is a "Ga-Ga Pit"? I'm pretty sure it's not where Lady GaGa goes for refueling or a new set of tires!

Thank you to everyone who braved the damp and chill to ride with me this weekend.

## Ride Schedule Changes: For Riders and Ride Leaders by Cindy Reedy

Have you noticed anything different in the Ride Schedule lately?

### Riders:

While the layout of the Ride Schedule has not changed recently, you may have noticed that the contents (i.e. which rides appear, when do they appear) have changed. The Ride Schedule now displays a **rolling 4 week period** of rides. In the middle of any month, you will typically see rides with a date from the day/date you are looking at the online schedule out approximately 4 weeks. E.g. Rides from mid-October through mid-November. Late in the month, you would see late-October through late-November.

Color coding of the rides on the current Ride Schedule has not been changed.

### Ride Leaders:

The online ride submission form was changed slightly (hopefully improved) as it relates to some textual instructions, an input box label, and the location of one of the input boxes. The input form is pictured to the right.

One thing that has not changed is that all rides must be listed on the EBC website for at least 24 hours before the ride commences.

If your ride is going to occur within the next four weeks, check the box for "Current Ride?" when you are entering it. This will get your ride onto the current ride schedule almost immediately. (The email confirmation that you receive may be a little confusing because it will have the word "unpublished" in the title. Ignore it because it's just a piece of old terminology.) Do send out a notice of your ride on the EBC list server.

If your ride is more than four weeks away, do NOT check the "Current Ride?" box. Your ride will appear on the future ride schedule shortly. All ride leaders are encouraged to list their rides as far in advance as they are able. This helps other ride leaders plan their rides and allows duplicates to be removed before they appear on the current ride schedule.

Looking for that elusive future ride schedule? You can get there three ways:

1. From the top dropdown menu, it's the fourth item under Ride Leaders Information.
2. On the bottom/footer menu, it's the fourth item in the second column. That menu is in

Submit EBC Ride



Use this form to Submit a Ride

**Suggestions for successfully using this form:**

- A ride is considered current when it is submitted four weeks or less before it will occur, at least 24 hours in advance and the Current Ride box is checked. These rides will appear on the current ride schedule almost immediately. The ride information must also be sent to the EBC list server (elmhurstbicycleclub@googlegroups.com) at least 24 hours in advance.
- Otherwise, the ride is considered a future ride. It will appear in the "Future Ride Schedule".
- Use the tab key (not enter) to move through the form.
- Please keep the description brief.
- If you want to post another ride with the same information except for the date, check the Ride Repeats box.

Current Ride?

Ride Name:

Ride Date:   
(select first date if multiple days)

November 2010						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

Ride Time:

Distance / Pace:

Start Location:

Ride Leader & Phone Number:

Description:

Your Email\*:

Ride Repeats?

Submit Ride

<http://www.elmhurstbicycling.org/rides/submitRide.asp> [11/29/2010 10:36:22 AM]  
EBC Ride Submission Form

alphabetical order.

3. There's a link to the future ride schedule on the page where you select to enter your ride online.

Problems? Nancy Rice has graciously agreed to assist the Ride Captain (Petra Hofmann) with ride schedule maintenance. If you send an email to [ridecaptain@elmhurstbicycling.org](mailto:ridecaptain@elmhurstbicycling.org) they will both receive a copy.

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## Solutions for Common Cycling Aches and Pains

from the Editors of Bicycling Magazine

Notes from EBC Newsletter Editor: 1) Thanks to Art Frigo for suggesting this useful article. 2) I'm adding the link immediately below that will take you directly to Bicycling Magazine's source document because, in republishing their article, I did not code all of the links that they built into the original article. These links open the door to many other health related subjects. If you think you would be interested in the additional material, it is probably worth going to their website via the link below to read the article:

<http://www.active.com/cycling/Articles/Solutions-for-Common-Cycling-Aches-and-Pains.htm>

Here's Their Article:

As you begin logging more miles, aches and pains can start cropping up. The usual culprits: poor riding position, imbalanced muscles, a weak core or just another birthday. "With new riders, you can usually blame poor bike fit or equipment setup, or a training error, like going out for 50 miles on their first ride of the season," says Andy Pruitt, EdD, director of Boulder Center for Sports Medicine, in Colorado. If you're a seasoned cyclist, the culprit is generally wear and tear. Your body has grown accustomed to your bike setup and training regimen over the years, then suddenly you have knee or back pain. General aches and pains can be remedied with traditional treatments such as rest, ice and anti-inflammatories—and with the following fixes.

### **Hip Pain**

**WHAT AND WHY:** Pushing excessively high gears can wreak havoc on your hips, as can tight muscles and weak glutes.

**FIX:** Gear back and increase your cadence to take pressure off your hips. Follow the glute-strengthening advice in [Knee](#) (below). Do yoga poses like the pigeon, where one leg is bent 90 degrees in front of you and the other is extended behind you.

### **Knee Pain**

**WHAT AND WHY:** Achy hinges are usually a result of incorrect saddle and/or cleat position, weak outer glutes, and doing too much too soon, especially in a big gear.

**FIX:** Generally, if it hurts in the front of your knee, your saddle is too low. Pain in the back means it's too high. Spin an easier gear. Strengthen your outer glutes with lateral leg exercises like side lunges and side leg raises. Stretch your quads, iliotibial bands and hamstrings. Get a professional bike fit.

### **Foot Pain**

**WHAT AND WHY:** You experience hot spots, pain under the ball of your foot, numb toes when pressure is concentrated on one part of your sole, squeezing the nerves between your foot bones. Hot spots can happen to longtime cyclists who've never had such pain because the fat pads in our feet shrink over time, leaving the nerves less protected, says Pruitt.

**FIX:** For numbness, loosen your shoes. Already loose? Try a wider shoe. For burning, slide your cleats all the way back, switch to shoes with a stiffer sole or try wider-platform pedals. "Change your foot beds regularly," Pruitt says. "Change them once a year if you ride 5,000 miles or less; more often if you put in higher mileage."

### **Back Pain**

WHAT AND WHY: Fatigue, age-related wear and tear, poor bike fit and a weak core can cause pain and strain.

FIX: Perform plank exercises to strengthen your core. Stretch your hamstrings. Check your bike fit to see that you're not overreaching (see Neck, below), keeping in mind that over the years you may need to tweak your riding position to compensate for decreased flexibility.

### **Hand Pain**

WHAT AND WHY: Excess pressure on nerves in your hand can cause numb, tingly fingers and pain in your wrists. Also, you may have too much weight on your hands or have your wrists cocked at too extreme an angle.

FIX: Wear lightly padded gloves. Hold the bar with your wrists in a neutral position (like when you shake someone's hand). Check that the nose of your saddle isn't tipped down, shifting your weight too far forward and onto your hands.

### **Neck Pain**

WHAT AND WHY: Over-reaching causes tension through your shoulders and upper back.

FIX: When you look at the front wheel with your hands on the hoods, your bar should obstruct your view of the hub. Relax your shoulders when you ride.

### The Best Gym Workout Ever

### **Ankle Pain**

WHAT AND WHY: Pain in the back of your ankle is a symptom of Achilles tendonitis—generally brought on by doing too much too soon. Having your cleats too far forward, which makes you pedal on your toes, can also strain the Achilles.

FIX: Ice the area and use anti-inflammatories. Stretch by placing the ball of your foot on a step and letting your heel hang off the edge. Hold for 20 seconds. Also, move your cleats back.

### **Related Articles:**

- [Cyclist's Guide to Injury Prevention](#)
- [How to Avoid Lower Back Pain While Cycling](#)
- [Is My Spin Class Causing Knee Pain?](#)

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## Bicycling Advocacy

By Bob Hoel

I have been doing some market research lately in *my spare time* and have gained some new insights into why not many Club members volunteer to help with advocacy efforts, even for a couple of hours a year. One reason I heard was that, because I am doing advocacy, they don't need to. To clear up any doubt, my role in advocacy is that of a facilitator. Even in retirement I don't have enough hours in the day to cover all the issues that make biking such a pleasure for all of us. I won't try to list those issues here because if you have been paying attention to my notes and reports you know what they are. (-) (Bike accommodations, like trails and traffic lights, are hard won and easily lost. It's like not voting politicians out of office when they don't pay attention. It is up to the voters if it is going to happen, just like politicians don't create bike accommodations if we don't all nudge them.)

The second reason I heard for a lack of volunteers was that if only I would come out on more Club rides maybe I would get more volunteers. I am not sure how to interpret this one so I won't even try. And now on to my article.....

If you haven't already signed up for your "Share the Road" Illinois license plate please take a few minutes to do that. A few hands went up at the last meeting when I asked who had already sent their form in. There are two purposes for the plate. First, it is a moving

billboard for the cause of cyclists on the roads. It sends a message to other motorists that there are going to be cyclists using our roads and we need to get along. Second, the incremental cost of the plate goes into an education fund that will be administered by the League of Illinois Bicyclists (LIB) to educate motorists and cyclists about sharing the road. All you need is this link <http://www.bikelib.org/other-advocacy/license-plates/license-plate-reservations/> and your checkbook and you are good to go.

While we are on the topic of education, let's talk about Safe Routes to School, a Department of Transportation initiative that encourages kids to walk or bike to school. Elmhurst School District is well on its way to filing its grant application for up to \$100,000 with the Illinois Department of Transportation. Type 2 diabetes is the fastest growing condition (I hesitate to call it a disease because it is controlled by lifestyle and diet) in America. What is even more concerning is that it is afflicting kids more than adults. Believe it or not, kids are getting even less exercise these days than adults. One way to reverse this trend is to encourage kids to get some exercise; and walking and biking to school are great ways to start!

As an aside on this topic, LIB will be applying for an SRTS grant as well to fund a new web-based program of bike skills and maintenance geared to kids. If awarded, LIB plans to have this ready in the 2011/2012 school year.

New topic. The Elmhurst Bike Task Force will be completing and submitting its Bike Friendly Community application to the League of American Bicyclists by year end. So, let's count the ways that biking flourishes in the western suburbs. It is the home of the Elmhurst Bicycle Club that was named Bicycle Club of the Year in our region for 2009. Second, Elmhurst is home to two of the greatest bike trails in the U.S.: the Illinois Prairie Path and the Salt Creek Greenway. (Don't forget that the Great Western Trail starts just a few blocks away.) Third, we have the potential to become a Bike Friendly Community if we work at it.

The Active Transportation Alliance recently held their annual meeting. Geoffrey Baer, from WTTW, was there to promote his new special titled "Biking the Boulevards" of Chicago. We got to see a 5 minute clip and I think you will really enjoy this bike centric program which airs on November 29 from 7:30 pm to 9 pm.

Two new names were added to the Active Trans Hall of Fame. The first is Alex Wilson, the founder of West Town Bikes, <http://www.westtownbikes.org/> an organization in Humboldt Park that many of us have visited. West Town provides kids with bike maintenance skills and the ability to "earn" a bike while practicing their skills. Interesting enough, Working Bikes <http://www.workingbikes.org/> has reached out to West Town to use Alex's "kids" in the fix up of donated bikes. What a great partnership.

Finally, at the last meeting I was asked to comment on the recent Illinois Transportation Enhancement Program (ITEP) grants. On October 29, Governor Quinn announced that Illinois was awarding \$89 million (that is not a typo!) for transportation enhancements. Of this, about \$49 million will go for bike trail enhancements and accommodations, the largest dollar amount ever awarded in Illinois. Why? Because Governor Quinn is a strong believer in the value of biking to encourage exercise, reducing carbon burning vehicular emissions, and getting people outside.

BTW, I use the term "bike accommodation" frequently. To clear up any questions, a bike accommodation is anything that is done for the benefit of cyclists, whether it be bridges and pavement, signage or education.

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**Refreshments Thank You**  
by Cheri O'Riordan

I would like to extend my heartiest appreciation to the following members who so graciously volunteered their time in providing delicious and creative refreshments for our monthly meetings in 2010:

Nancy Rice, Nancy Shack, Mary Jo Bolan, Joanne Dybala, Lou Fish, Loren and Twila Habegger, Chuck and Marilyn Dean, Gerry Fekete, Betty Bond, Jim Cardosi, Ray Dal Lago, Cindy Reedy and also to Mike Struglinski for picking up and delivering the many pizzas for our holiday party.

In addition, I would also like to thank those folks who frequently offered to help me set up and/or clean up. And lastly, a mighty thank you to all who demonstrated their appreciation by enjoying these scrumptious treats.

Cheri O'Riordan  
Refreshments Coordinator

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## EBC Club Membership Renewals 2011

Renewals: now accepting 2011 membership renewals (online, mail-in or at the December meeting).

Link: <http://www.elmhurstbicycling.org/aboutebc/membership.asp>

Thank you,  
Maria Kapusta  
Membership Coordinator

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## Meeting Minutes November

### Board Minutes November 11, 2010

**Present:** John Park, Petra Hofmann, George Pastorino, Maria Kapusta, Chuck Dean, Cheri O'Riordan, Ray Dal Lago, Cindy Reedy, Sharon Hermach

1. **President:** The meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst. The President indicated that there is a need to update the *EBC Membership Directory & Handbook* section on the Constitution and By-Laws. After January, a committee will be formed to work on this endeavor.
2. **Secretary:** The October 14, 2010 Board Meeting minutes were approved. The Board Meeting Minutes can be viewed on the EBC website in the newsletter.
3. **Treasurer:** The Monthly Banking Summary (10/14/2010 to 11/11/2010) listed income of \$1,580.00. No expenses were listed. At present, the balance in the treasury is \$14,030.64 with \$374.00 set aside for jersey credits. (A hard copy report was presented to each board member).. Discussion followed regarding the need to change the club's fiscal year to October 1-September 30. This change will reflect when new memberships are received and will aid in budget planning. This topic will be further discussed at a later meeting. The Treasurer contacted a CPA to determine whether the club is a "not for profit" or a "non profit" organization. He is waiting to hear back from this person. The Treasurer requested to have 500 copies of the new updated ride sheets printed as double-sided.
4. **Newsletter:** No report.
5. **Membership Coordinator:** There are presently 475 members. All

### EBC General Meeting Minutes November 11, 2010

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

1. **President:** The meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst.  
  
The President announced the slate of board member candidates for 2011: President-John Park, Vice President/Ride Captain-Petra Hofmann, Treasurer-George Pastorino, Secretary-Cheri O'Riordan, and Membership-Lew Worthem. Board membership term is for one year. He asked if there were any other nominations from the floor. None came forward. He asked for a vote. The new board of candidates was elected for 2011, effective January 1st.
2. **Secretary:** The October 14, 2010 General Club Meeting minutes were summarized and approved. Correction noted that Newsletter editor is not elected. This position is appointed by the President. (Full reports are on the EBC website in the newsletter).
3. **Treasurer:** The Monthly Banking Summary (10/14/2010 to 11/11/2010) listed income of \$1,580.00. No expenses were listed. At present, the balance in the treasury is \$14,030.64 with \$374.00 set aside for jersey credits. The Treasurer passed a copy of the entire report to the general membership to review. Any member who is interested should contact the Treasurer and request a copy of the Banking Summary. The Treasurer will provide a copy via email.
4. **Mountain Bike Coordinator:** There will be mountain bike rides all winter for beginner and moderate riders

- membership renewals need a new and completed application form submitted.
6. **Mountain Bike Coordinator:** A report will be presented at tonight's General Club Meeting.
  7. **VP/Ride Captain:** The VP/Ride Captain stated that she would like to have two separate meetings: one meeting would be for present and new ride leaders to discuss mentoring, education of new ride leaders, how to put together a route, etc. The second meeting would be a program on safety for the general membership.
  8. **Donations:** The Board approved the motion, "I move that \$2,100 be set aside towards donating to the following organizations: \$100 to League of Illinois Bicyclists; \$100 to Friends of the Calumet-Sag Trail; \$100 to Illinois Trails Conservancy (former Rails to Trails) and \$1,800 to *Project Mobility* which is supported by The Bike Rack which is one of our sponsors." *Project Mobility* provides adapted tricycles/bicycles to physically challenged children. The Treasurer contacted the owner of The Bike Rack who suggested two possible child candidates to receive the club's donation. Questions were raised during the Board's discussion of this project. The Treasurer will contact The Bike Rack owner again with more specific questions regarding the club's involvement in making a contribution.
  9. **Jerseys:** Susan Sperl is overseeing the jersey project and will report at tonight's General Club Meeting.
  10. **Nominations:** The President appointed Roland Porter to head up a nominating committee for next year's Board Members. 2011 candidates are: President-John Park, Vice President/Ride Captain-Petra Hofmann, Treasurer-George Pastorino, Secretary-Cheri O'Riordan, and Membership-Lew Worthem. Election of officers will be held at the tonight's General Club Meeting for a one year term. Additional nomination, with the nominee's approval, may be received from the floor up until the time of election. Election is by a majority of members present.
  11. **Ride Schedule:** There was discussion about the color or lack of color of the rides on the website's *Ride Schedule*. It was mentioned that members prefer to know at a glance which rides are late additions. The lack of use of the *Future Ride* schedule was also discussed. When all the rides are combined, the schedule will be slower to load especially in the summer when there are many more rides.
- including MTB rides to Brown County, IN. Baltimore Ortega displayed a CAMBR trail map of the Chequamegon MTB area in northern Wisconsin which is near Cable and Hayward. This area has many great single track trails. Baltimore will go on a couple of scouting trips to this area before offering a club MTB ride trip after May. It is hoped that the Chequamegon MTB ride trip will become as popular as the club's annual cross country ski trip to the UP in Michigan. The question was posed: "What is the difference between a single track trail and a double track trail?" The MBT Coordinator responded that a single track trail is two feet wide or less; a double track trail is between 8-10 feet wide. The term single track or double track does not determine direction of traffic.
5. **Membership Coordinator:** To date there are 475 members. EBC members are encouraged to renew their membership by December 15 to receive the \$5 discount.
  6. **Vice President/Ride Captain:** The VP/Ride Captain stated that she would like to have two separate meetings: one meeting would be for present and new ride leaders to discuss mentoring, education of new ride leaders, how to put together a route, etc. This would possibly take place sometime in January or February. The second meeting would be a program on safety for the general membership.
  7. **Advocacy:** Bob Hoel reported on the following: (please refer to the EBC web site's Advocacy link or to Bob Hoel for further information).
    - Eight EBC members so far have signed up with League of Illinois Bicyclists to express interest in purchasing the new Illinois bicycle friendly license plate. Members are encouraged to show their interest by going to the LIB website <http://www.bikelib.org/> and signing up.
    - The city of Elmhurst is putting in bike storage boxes by the Metra train station. The city is still working on a rental charge. Bike racks and sites may be designated next year. The US Bank in Elmhurst is currently installing a bike rack.
    - Safe Routes to School Project was a tremendous success in October in Elmhurst. The city has submitted a "travel plan" (safe routes, where barriers are located, etc.) which must be accepted before the city can submit an application for a grant.

It was decided that rides that fall within a four (4) week period are "current rides" and will continue to be listed in the *Ride Schedule*, including "show & go" and club meetings. Late addition rides which occur during this four week period will be listed in red as before. Any rides beyond four weeks will be listed under *Future Rides*. Discussion followed about the need to upgrade the EBC's present ride schedule program which is written in Visual Studio version 1.1. Currently, the Ride Captain has to do a lot of manual entries and corrections. Nancy Rice has agreed to assist with this editing job. It was noted that Naperville Bicycle Club has a different software system that is easier to use for both data entry and viewing. Their software system has a monthly calendar where all rides can be seen for each day of the month at a glance. If further information is needed about a specific ride, the viewer can click on the ride and further information is provided for that ride. The Treasurer will obtain more information about this system. This topic was tabled for a future discussion.

12. The next Board Meeting will be held on Thursday, December 9, 2010 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan  
Club Secretary

Infrastructure grants must be linked to a city, village, or town and can be as much as \$250,000. Non-infrastructure grants can be applied for by schools and can be as much as \$100,000.

- The Active Transportation Alliance recognized Alex Wilson into the Bicycle Hall of Fame. Mr. Wilson is the founder of West Town Bikes which is an organization that repairs old bicycles and donates them to individuals in need. The League of Illinois Bicyclists was also recognized by the ATA, due in large part to the leadership of Ed Barsotti, President of LIB. Ed has been instrumental in fostering the development of online courses in bicycle safety, repair, education, and awareness. These courses will be offered to schools and are primarily aimed for children in grades 3-8.

- Governor Quinn approved \$89 million for active transportation in Illinois. Over \$45 million was designated for bicycle paths/trails. Because of this, many trail connectors will be completed. Elmhurst Park District is receiving a half million dollars for the connector of the Salt Creek Greenway Trail.

8. **Jerseys:** Susan Sperl displayed a jersey and bike short from the new vendor, Zbikewear and a jersey from the past vendor, Voler, as a comparison. She thanked Cindy Reedy for designing and putting the order form on the EBC website. Susan will place an email on the list server with further information. She is also waiting for the Zbikewear vendor to send the "fit kits."

9. **Other:**

- There was a gentle reminder that the EBC list server was developed for bicycle related news and information and should not be used as a personal social vehicle.

- There was some general discussion about having a garage sale or bicycle swap meet as a club fundraiser where the club would net 20% of the sales. The President supported the idea and encouraged anyone who is interested in coordinating this event to contact him.

10. **Refreshments:** Nancy Shack provided the delicious homemade pumpkin pies and brownies.
11. **Program:** Chris Ballak, manager of Hartley's Cycle Shoppe in Hinsdale presented on the topic of staying warm and dry on cold weather rides. Chris

passed around a number of clothing articles and spoke about the latest clothing options available on the market as well as an overview of Hartley's Cycle Shoppe.

12. The next EBC general meeting will be held on Thursday, December 9, 2010 at 7:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan  
Club Secretary

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Please submit articles and/or photos for the newsletter to Chuck Dean (cdean69033\_aol.com). The deadline is the 20th 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> Volunteer Needed	<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_sbcbglobal.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
<b>Membership Coordinator</b> Maria Kapusta, 708.732.2379 membership_elmhurstbicycling.org	<b>Website Team</b> Cindy Reedy, 630.234.1349 cmreedy_prodigy.net Sharon Hermach, 630.717.1660 ganskesh_hotmail.com	<b>Mountain Bike Coordinator</b> George Pastorino, 708.903.8700 gpastorino_comcast.net
<b>Newsletter Editor</b> Chuck Dean, 630.790.4203 newsletter_elmhurstbicycling.org		<b>List Server</b> Maria Kapusta, 708.732.2379 MariaKap_comcast.net

Interested in joining EBC? [Membership Application](http://www.elmhurstbicycling.org/about/membership.asp)  
(<http://www.elmhurstbicycling.org/about/membership.asp>)

## December, 2010 • • • Club Rides

As noted in the September newsletter, the detailed Ride Schedule no longer appears in the newsletter. Click on appropriate link below to get to the current Ride Schedule.

Note 1: 'Ride Schedule.' The most current ride schedule (rides scheduled for the next 4 weeks) can be found on our website at <http://www.elmhurstbicycling.org/rides/currentRide.aspx>.

Note 2: 'Future Rides' (typically rides scheduled beyond the next 4 weeks, if any exist) can be found on our website at

## Please Support Our EBC Sponsors

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