



The Cue Sheet

January
2011

The Newsletter of the Elmhurst Bicycle Club
Riding Strong for over 33 Years



Elmhurst Bicycle Club is the League of American Bicyclists' 2009 Bicycle Club of the Year for Region 4.

The Season For Giving by C. Dean and C. O'Riordan Pictures by C. Gentile



Caleb (on bike), 2 brothers, parents (Bob & Juliana), Hal H. from Bike Rack (in grey) and George P. (on right)

The EBC board has been considering donations over the last several board and club meetings. Several club members offered their suggestions. At the December club meeting, Club President John Park stated that the Board had approved the motion to donate 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, one of our sponsors and located in St. Charles, IL. *Project Mobility* provides adapted tricycles/bicycles to physically challenged individuals and was founded

by Hal Honeyman of the Bike Rack. This worthy cause was suggested by club member Susan Sperl.

An Adapted Versa Trike was chosen at a cost of \$2,410. EBC donated \$1,800 and Pussanee and George Pastorino generously donated the difference of \$610 to make the purchase of the bike possible. President John Park and George Pastorino presented the Adapted Versa Trike to Caleb, an 11 year old boy who has a rare genetic disorder called Ring 18 syndrome. Caleb's gleaming face and gestures brought tears of gratitude and happiness to his parents, Bob and Juliana as well as to his two little brothers and the entire EBC audience. Caleb's father spoke of his and his wife's profound gratitude to the club. Pictures were taken. Hal Honeyman offered a few words about *Project Mobility*, his interest in people with physical challenges and also mentioned the upcoming *Wounded Warriors Ride* in June, 2011.



Caleb takes it for a spin, assisted by Hal Honeyman

Additional pictures from the presentation were provided by George Pastorino and are available via this link:

http://albums.phanfare.com/isolated/EUe0Oehe/1/4934551_5514882#imageID=116976854

George added the following thoughts in the email that conveyed the pictures:

"A lot of folks thanked Pussanee and me tonight for our donation, I just wanted to say that we feel fortunate to be in a position to help someone. While we have have struggled with Pussanee's battle with Breast Cancer, we were very fortunate to have all of you giving your support to us in a time of need."

"In a Jan 9th, 1961 address at The Boston State House, John Kennedy said ' for those to whom much is given, much is required' and even though Pussanee and I faced challenging times this year...we have been given much and feel blessed to be in a position to do this."

Ted's Tours

By C. Dean

Similar to last season, Ted Sward has scheduled a series of hikes in Cook and DuPage county forest preserves. Judging by the turnouts in the first 4 hikes this season (26, 12, 14, & 17), these continue to be popular events.



Ted Sward (left), Hike #1!

Snow and cold have not been inhibitors. It started out in the teens on Hike #1 with plenty of snow. It didn't get out of the 20's on #4. A beautifully sunny day, we all enjoyed tromping along snow packed trails and virgin snowy fields.

Re Hike #2, Loren H. contributed "Are you in danger of being afflicted with cabin fever from the sudden onslaught of a bitter winter? As an antidote try one one Ted's Tours. The eleven EBC'ers that joined Ted Sward on a trek through Teason's Woods on December 14 had their souls warmed by the quiet winter beauty of the forest and wandering deer."

Loren also supplied the GPS track from Teason Woods. Notice the elevation gain. Ted doesn't shy away from the hills.

George P. captured the beauty of the day (Hike #4) and the enthusiasm of the hikers in a slide show that you can view at:

http://albums.phanfare.com/slideshow.aspx?i=1&db=1&pw=LEvpuXvw&a_id=4956750



Hike #2

As George noted: "If you haven't had a chance to join these hikes, you are missing out. They are a great way to get out and enjoy our beautiful winter.

"Note to our younger or new members who might not know Ted, he is a wealth of knowledge on cycling and hiking. You can learn more from talking to Ted for an hour than you could from a year reading cycling and hiking magazines."

EBC and Google Groups by C. Dean

At the December Club meeting, Maria K. told us that club membership stood at 495, including 103 family memberships and 243 individual memberships. So, there were 346 memberships. At about the same time, Google Groups told us that there were 340 members on the 'listserv' (list server). I'd be curious to know what the overlap was between the two sets of members. I suspect that it is high - over 90%. But, not every member of the EBC is a member of the EBC Google Group.

A little more than a year ago, despite having been a member of the EBC since 1993 and despite having the same email address throughout that whole period of time (which was published in the club directory each year), I was not on the listserv. In retirement, as I was doing more club rides and socializing at the coffee shops during the ride breaks and hearing about all the emails fellow riders were receiving, I finally asked Susan S. to explain to me why I was not getting these emails. "Well, you're not on the listserv." Once she (she was the listserv administrator at that time) added my email address to the listserv, I started to see the emails that people were discussing. As many of you already know, you may be receiving 6 or 7 emails per day initiated by fellow EBC'ers and distributed via Google Groups. But, did you know that you can control how and if you get these emails? And did you know (do you remember) that you can see the emails (the 'posts') by reviewing them directly at the Google Groups web site even if you already are used to seeing the emails on your local email account (AOL, GMAIL, Comcast, etc.)? I suspect that most of us receive these club emails on whatever service we are used to using to get most (if not all) of our email. But you can go directly to the EBC Google Group, login, and review current and older emails. I bookmarked (save as a favorite) the address to make it easy to go directly to EBC Google Group:

<http://groups.google.com/group/ElmhurstBicycleClub/topics?start=20&sa=N>

Once on the Google website, there is quite a lot of information about the club and its email habits. You can see that it was May, 2008 that the club began to routinely use this service. 139 message/emails were posted that month. Average monthly volume in 2008 was a little less than 150 per month. In 2009 and 2010 respectively, the average monthly volume was approximately 200 and 215 messages per month. You can also see the members and their stats regarding their usage of the service. Our ride leaders - such as George P. , Larry G., or Jeff W. - are frequent posters, but so too are some of the administrative people such as the Ride Captain or mileage data base administrator.

Regarding the earlier first question, you can control how and if you receive the EBC GG emails by making choices directly on Google Groups. There are 4 choices: 1) 'No emails' (your email address stays on the listserv, you can see the messages by logging on to GoogleGroups, but no emails are sent to your email account); 2) 'Abridged Email' (EBC GG sends you one email per day - in the morning - that summarizes all the new messages that members have sent since your receipt of yesterday's summarized abridged email. This summary includes the subject line and sender name of the poster; and it is 'abridged' because it only contains the first few words of the message. You can easily click on a 'more' link to see the rest of the message if you so desire.); 3) 'Digest Email' (EBC GG sends you one email per day - in the morning - and it includes the full text of all the messages that were posted since yesterday.); and, 4) 'Email' (EBC GG sends you an email with the text of the sender each time a sender posts a message.)

You can make these selections by clicking on 'Edit my membership' when you are on the Google EBC website. Happy New Year EBC'ers. Keep communicating in 2011.

Southern DuPage County
Regional Trail Progress Reporter November, 2010
suggested by Bob Hoel

With many of our club rides being initiated from the IMAX parking lot on Rt 83 at 63rd, it seems like a natural to re-publish information about bicycle routes in southern DuPage County. Here is information from their recent issue:

FINAL SEGMENT OF SOUTHERN TRAIL IS UNDERWAY!

Madison Street Bikeway Goes to Construction

Work is underway on the last segment of the Southern DuPage County Regional Trail from Willowbrook Centre Parkway north to the eastern terminus in Hinsdale. Louruzz Construction is building an extension of the existing sidepath on Madison northward to Plainfield Road. DuPage County Division of Transportation will install striping and signage northward to 59th Street to create a bicycle lane. The last component is a signed bicycle route which ends the regional trail at Robbins Park and Hinsdale Community House at 8th Street. From this endpoint, trail users can continue on Hinsdale's community bikeway system.

With completion of this last segment, trail users will be able to go from Burr Ridge and Hinsdale west to Aurora and Naperville on 46 miles of bikeways which:

- Link 6 DuPage County Forest Preserves containing over 5900 acres
- Connects the 11 communities of Aurora; Naperville; Woodridge; Darien; Bolingbrook; Downers Grove; Westmont; Clarendon Hills; Willowbrook; Burr Ridge; Hinsdale and unincorporated areas of Naperville, Lisle and Downers Grove Townships serving an estimated population of 500,000.
- Are within easy access of 54 local schools and 62 local parks
- Represent a successful cooperative intergovernmental effort by area municipalities, park districts, townships, DuPage County Division of Transportation, and the Forest Preserve District of DuPage County to construct a new regional trail based on a concept plan adopted in 2002.

TRAIL ROUTE FINALIZED ALONG WILLOWBROOK CENTRE PARKWAY

Congratulations to the Village of Willowbrook on completion of Willowbrook Centre Parkway (the 75th Street extension to Madison Street). As a result, trail users now have a wider on-street route to connect from the 75th Street trail segment to the Madison Street trail.

Willowbrook undertook an innovative process to construct this roadway extension due to poor soils discovered along the route of the planned roadway. Soil was compacted on site to consolidate the underlying soil and through the work of local officials and staff, geotechnical engineers, and surveyors, the compaction process was completed in 2006 and construction began in 2008.

With the completion of this route, the temporary route which was previously signed along Quincy and Executive was removed and signage installed along the permanent route.



Dog walkers along Greene Valley Forest Preserve Trail

TRAIL GUIDES AVAILABLE

Free trail guides showing the trail route with off-road & on-road segments, amenities and parking areas are available by contacting DuPage County at 630-407-6883 or dfagan@dupageco.org.

Copies of the trail guides are available at municipal halls, park districts, townships, libraries, and bicycle shops throughout the area. The final version of the trail guide will be published in early 2011.

DuPage County will also be working with local agencies to install "You Are Here" map signs along the entire trail route once construction is completed.

2003-2010 Completed Segments

Springbrook Prairie Trail by DuPage Forest Preserve District & DuPage County Transportation Division

Hobson Road Sidepath by DuPage County Transportation Division
Madison Street South Sidepath by DuPage County Transportation Division
West 83rd Street by Village of Woodridge and Woodridge Park District
Hobson Road Connector to Woodridge Municipal System by Village of Woodridge and Woodridge Park District
Illinois Route 34/75th Street West by DuPage County Transportation Division
75th Street Naperville by DuPage County Transportation Division
Costco Link by City of Naperville/Costco Developers
Oldfield Oaks by DuPage Forest Preserve District
59th Street East by Village of Willowbrook and DuPage County Transportation Division
Greene Valley Spur East by DuPage County Transportation Division
101st Street Sidepath by DuPage County Transportation Division
101st Street/Lemont Road Intersection Improvement/Waterfall Glen West Trailhead by DuPage Forest Preserve District and DuPage County Transportation Division
83rd Street Sidepath by the DuPage County Division of Transportation (Woodward to Lakeside Drive)
59th Street Bikeway by DuPage County Transportation Division in cooperation with Lisle and Downers Grove Townships and the Village of Downers Grove
Hobson Road East by DuPage County Transportation Division in cooperation with the Village of Woodridge and Woodridge Park District
Willowbrook Centre Parkway Connection by Village of Willowbrook
Madison Street North Bikeway by DuPage County Division of Transportation
Construction underway

Meeting Minutes December

Board Minutes December 9, 2010

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

1. **President:** The meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
2. **Secretary:** The November 11, 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 (11/11/2010 to 12/09/2010) listed income of \$1,185.00. Expenses were \$2,304.50. At present, the balance in the treasury is \$12,911.14 with \$374.00 set aside for jersey credits. (A hard copy report was provided to board members). After having discussed the club's not for profit status with a CPA, the Treasurer stated that the club does not have to file a tax form.
4. **Newsletter:** No report.
5. **Membership Coordinator:** There are presently 495 members: 103 families and 243 individuals. 93 renewals have been received so far.
6. **Mountain Bike Coordinator:** A report will be presented at tonight's General Club Meeting.
7. **VP/Ride Captain:** The VP/Ride Captain was absent due to work responsibilities.
8. **Survey:** The Board discussed the pros and cons of using an online survey for input on specific issues and general club performance. The survey would be designed by using the website

EBC General Meeting Minutes December 9, 2010

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

New Members: 0

Guests: 0

1. **President:** The meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst.
2. **Secretary:** The November 11, 2010 General Club Meeting minutes were summarized and approved. (Full reports are on the EBC website in the newsletter).
3. **Treasurer:** The Monthly Banking Summary (11/11/2010 to 12/09/2010) listed income of \$1,185.00. Expenses were \$2,304.50. At present, the balance in the treasury is \$12,911.14 with \$374.00 set aside for jersey credits.
4. **Mountain Bike Coordinator:** Ten people showed up for a fun snowy mountain bike ride. MTB rides will continue throughout the winter season.
5. **Donation:** The President stated that the Board had approved the motion to donate 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, one of our sponsors and located in St. Charles, IL. *Project Mobility* provides adapted tricycles/bicycles to physically challenged individuals and was founded by Hal Honeyman of the Bike Rack.

surveymonkey.com. The motion, "I move that a general survey be emailed to the general membership using the list server and surveymonkey.com" was not approved: 4 no, 1 yes. The President will look into the possibility of using another website. More discussion followed regarding an online voting system. There may be an article in the newsletter regarding this topic.

9. **Data Base:** The new Membership Coordinator, Lew Worthem, is in the process of reformatting the club's data base.
10. **Jerseys:** Susan Sperl is overseeing the jersey project and will report at tonight's General Club Meeting.
11. **Thank You:** President thanked the 2010 Membership Coordinator for all her contributions during the past year. The new 2011 Membership Coordinator will begin his term with the January meeting.
12. The next Board Meeting will be held on Thursday, January 13, 2011 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan
Club Secretary

This worthy cause was suggested by club member, Susan Sperl.

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6. **Membership Coordinator:** To date there are 495 members: 103 families, 243 individuals. EBC members are encouraged to renew their membership by December 15 to receive the \$5 discount. 93 members have already renewed.
7. **Vice President/Ride Captain:** No report.
8. **Advocacy:** No report due to tonight's special program. EBC Advocacy information can be found on the EBC website. The Advocacy Chairperson thanked everyone who volunteered and for all they did to assist in so many ways.
9. **Jerseys:** Susan Sperl stated that the "fit kit" for trying on clothing from the new vendor, Zbikewear, was delayed in shipping. She will send out an email to contact for making arrangements to try on clothing. Also, the new deadline for submitting your order is January 20, 2011.
10. **Other:**
 - The President expressed his appreciation to the outgoing 2010 Membership Coordinator, Maria Kapusta and a hearty welcome to the 2011 Membership Coordinator, Lew Worthem.
 - The President stated that he appreciated members making their opinions known regarding member miles via email and to him personally. Points were well taken and will be discussed at a later Board meeting. He indicated that his feelings were that riders who want to ride in non EBC events will continue to do so whether or not they get EBC miles. Additionally, we

should only grant club miles for events that we stage, whether the event starts in Elmhurst, Colorado or Utah.

11. **Refreshments:** Pizza party for members. Maria Kapusta and Nancy Shack provided the delicious homemade cookies and brownies respectively.
12. The next EBC general club meeting will be held on Thursday, January 13, 2011 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 20th of the month.

Elmhurst Bicycle Club Officers and Committee Chairs

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

January, 2011 • • • Club Rides

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

Note 1: 'Ride Schedule.' The most current ride schedule can be found on our website at <http://www.elmhurstbicycling.org/rides/currentRide.aspx>.

Note 2: 'Future Rides' (typically beyond the end of next month, if any exist) can be found on our website at <http://www.elmhurstbicycling.org/rides/futureRide.aspx>.

Note 3: The 'Ride Schedule Archive' can be found on our website at <http://www.elmhurstbicycling.org/rides/archive.asp>.

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