



The Cue Sheet

February
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.

Snow Tires, Confidence Builders

By Nancy Rice

Editor's Note: You may recall that Nancy Rice was looking for a little snow tire advice in a Google Group posting in early December. (Click here if you'd like to see her questions and the comments of club members who weighed in.

http://groups.google.com/group/ElmhurstBicycleClub/browse_thread/thread/f913318b2674b7b0#.)

Nancy eventually bought snow tires and took them out on several club rides in January. As I was on some of those same rides, I had the chance to get her take on the subject and even take her bike for a test ride. I found her story to be interesting; hope that you will too. From Nancy:



Nancy's Nokian A10 studded tire

Chuck Dean asked me to write about my new studded snow tires. So far, I haven't encountered much ice on the roads when biking, so the tires' advantage has been mainly psychological. Previously, I would put my bike away for the winter, afraid of encountering even a small, random patch of ice. Now, I feel I can safely roll over or even turn on an ice patch 1-2 feet long, so I get out and ride. If the ice patch is 4 foot or longer, I still get off and walk my bike. I'm too timid to really put the new tires to the test; braver riders could probably use them to even better advantage.

Peter White, a New Hampshire bike shop owner, discusses every aspect of tires for winter cycling on his website <http://www.peterwhitecycles.com> He

offers advice on the best tire for snow, for lots of ice, for ice patches only, etc., etc. and stocks 12 types of studded Schwalbe and Nokian tires. He also promises that his shop assistants personally check every tire to make sure the studs are firmly embedded before he mails them to you. (The tire companies don't promise to firmly insert the studs; instead, they recommend that you ride slowly initially to force the studs into place; otherwise you might lose some studs. Peter says he will personally insert the studs more firmly, if needed, so that you won't have to ride slowly at the beginning).

I called two of my local bike shops to buy studded tires, but they both said they didn't stock them and would have to order them. Given Peter's expertise and "I'll set the studs" guarantee, I bought from him 32 mm 700c Nokian A10 tires, described as "For commuting in urban areas that are likely to be well plowed, but also likely to have icy patches in the evening after a sunny day, the A10 has the lowest rolling resistance of any studded tire. It may not be as good in the snow as the W106, but let's face it, lots of riders hardly ever ride through much snow." They aren't cheap, at \$52 each. They take 58 psi.

Editor's Note: Two other thoughts ...

Speaking about the 'psychological advantage' I was surprised at my own timidity the first time I rode Nancy's bike with the studded tires. While the Panera parking lot had a number of longer snow and/or ice covered patches, I cautiously only rode over an icy 4 foot patch. Several weeks later, I again rode the bike; but this time (more confidently) I picked a longer icy patch and even

made a slow speed u-turn. I sensed that the tires were doing their job.

Eric Peterson made a comment in December "(the tires) do make a sound that has been described to me as bacon frying (maybe the other rider was hungry)." While trying to make my own determination about the sound of the tires, I decided that they make the kind of sound that I frequently encounter when I move off the road on to the shoulder of the road which usually contains road dirt and grit. Despite the noise, I don't think that there is any undue rolling resistance associated with the tires. There is some, but it seems to be about the same as you would expect from mountain bike or cross tires in comparison to your typical road bike tires.

Well January is almost over, so we are all one month closer to not having to contend with ice and snow.

Nancy, thanks for sharing.

EASY RIDERS MEETING
WEDNESDAY MARCH 2, 2011
9:30 A.M.
by Carol Nield

Just to remind everyone that Wednesday March 2nd, 2011 is the planning meeting for the Easy Riders. At this meeting we will try to fill all the Wednesdays from March thru October with interesting and fun rides. We have been doing this for many years now and have been able to provide a wide variety of diverse rides that a lot of our members enjoy. So come with your calendars and ideas for rides you would like to lead. If you cannot come to the meeting but would like to lead a Wednesday ride, Call or E-mail me with the information.

The meeting will be held at my house at 9:30 A.M.

6326 Fairview Ave.
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Fairview is located between Cass Ave. and Main St. in Downers Grove. I am located just south of 63rd Street.

Parking can sometimes be a problem. Some people prefer to park in the shopping center across the street. Just do not park by the Cat Hospital - they are not friendly to bikers.

We will start the meeting with a short bike ride at 9:30 (if the weather is bad we will have a hike). After the ride we will return to my house for food and the planning meeting. All are invited for the ride, food, and meeting. Come even if you do not want to lead a ride.

Carol Nield
630-964-2488

Geocaching
By Chuck Dean

More than a few of us (myself included) have a GPS device of one sort or another. Some of you bring these devices along on rides or hikes. Allowing the GPS device to track a new or unfamiliar ride is one way to learn and retain the route. Some of the routes are tracked (obviously) via streets, while others are tracked with other kinds of background maps or references (such as topographical maps for wilderness areas). I'm personally not sure about what sort of background map Jerry Seiden has been using on some of Ted Sward's hikes, but he has managed to find a cache on at least two recent hikes. Finding a cache is popularly called 'geocaching.'

Here is Wikipedia's definition and summary: Geocaching is an outdoor sporting activity in which the participants use a Global Positioning System (GPS) receiver or other navigational techniques to hide and seek containers, called "geocaches" or "caches," anywhere in the world. A typical cache is a small waterproof container containing a logbook where the geocacher enters the date they found it. Larger containers

such as plastic storage containers (tupperware or similar) or ammo boxes can also contain items for trading, usually toys or trinkets of little value. Geocaching is often described as a "game of high-tech hide and seek," sharing many aspects with benchmarking, trigpointing, orienteering, treasure-hunting, letterboxing, and waymarking. Geocaches are currently placed in over 100 countries around the world and on all seven continents, including Antarctica. After 10 years of activity there are over 1.2 million active geocaches published on various websites devoted to the activity.



An ammunition box for NATO cartridges



A Travel 'Bug.'

The hiking experience with Jerry and Ted remind me of some personal military 'orienteering' challenges in northern Virginia almost 40 years ago. Certain aspects of the 'sport' haven't changed at all. I actually still have an old ammo can (a cache) down in my basement. But I don't remember ever finding one of these cute 'bugs' 40 years ago. I was also surprised (and I'm sure that George P. will be pleased) to learn that there are mountain bike geocache competitions for the knobby tire fans.



Ammo Can as Geocache



Mountain Biker on Geocache Course

I recently spoke with Jerry and he reminded me that he led a geocaching bike ride last summer. Seven or eight riders accompanied him as they searched for 7 caches in the course of an 8 mile ride. He and Paul Boyce (his 'copilot') are driving together to the ski outing, February 6-11. They will be doing some caching along the way. Jerry has previously collected about 11 Geocaching Travel Bugs from the Chicago metro area and will drop them off in the U.P. area. He will also try to find some Travel Bugs in the U.P. and bring them home to Illinois. Jerry said that he had 10 travel bugs of his own and some have traveled over 16,000 miles. Jerry invites any of the skiing attendees to contact him while in the U.P. if they would like to do some geocaching.

Jerry Seiden would be happy to field any of your questions regarding his experiences with geocaching. Ask him the next time you see him on a ride or hike. Also, Wikipedia has a wealth of information about this and its related subjects. Click below if you would like more information. <http://en.wikipedia.org/wiki/Geocaching>

Meeting Minutes January

Board Minutes January 13, 2011

Present: John Park, George Pastorino, Lew Worthem, Chuck Dean, Cheri O'Riordan, Michal Ploskonka, Chuck Gentile

1. **President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
2. **Secretary:** The December 9, 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 (12/09/2010 to 1/13/2011) listed income of \$1,920.00. Expenses were \$347.67. At

EBC General Meeting Minutes January 13, 2011

Present: John Park, George Pastorino, Lew Worthem, Cheri O'Riordan, Chuck Dean

New Members: 0

Guests: 1

1. **President:** The meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst.
 - The President introduced Michal Ploskonka who proposed the idea to the Board for the club to sponsor a bike swap meet. This event would be a club fund raiser. Michal will investigate the

- present, the balance in the treasury is \$14,298.47 with \$374.00 set aside for jersey credits. A hard copy report was provided to attending board members. Discussion followed regarding the club's status as a non profit organization. If the club's annual receipts are over \$25,000, then the club must file tax form 990-N for non-exempt status. The issue of the club having eight different types of memberships was brought up. This topic was tabled for discussion at a future Board meeting. There was mention of moving the club's fiscal year to the month of October to accurately reflect the club's commencement of income from dues and sponsors. Further discussion will occur at a future Board meeting. The question was raised if dues and cost of directories were separated out. The Membership Coordinator will look into this.
4. **Newsletter:** No report.
 5. **Membership Coordinator:** There are presently 241 members: 106 families and 56 individuals. The question of how gift certificates were obtained was asked. The President stated that sponsors either contribute a monetary donation or contribute a monetary donation and a gift certificate. The President will look into obtaining more gift certificates if needed. The Membership Coordinator will not be issuing membership cards unless requested.
 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. **EBC By-Laws:** There was discussion regarding the need to update the club's by-laws. Possibly, either the Board will make the needed changes and present to the membership or a committee will be formed. Further discussion is needed.
 9. **Survey:** The Board discussed using another online survey website called Zoomerang.com. The College of Du Page uses this website for students and staff. The survey will allow up to 12 questions. The motion, "I move that a general survey be emailed to the membership via the list server using Zoomerang.com with questions compiled by the VP/Ride Captain and input from the Board" was approved with 4 yes, 1 no. The February General Club Meeting will be used to give the membership a chance to discuss the results. The moderator will be Ray Dal Lago. The purpose of the survey is for the membership to express their opinions.
 10. **Bike Swap Meet Fund Raiser:** Michal Ploskonka, a new club member, proposed the idea of having a bike swap meet as a club fund raiser. His reasons were a) there are no bike swap meets held in this area; b) it should attract local bike club riders; c) it
- possibilities and present his findings to the Board at the February Board Meeting.
- There will be a survey going out on the list server for members to express their opinions. This is not a vote. The survey by Zoomerang.com is used by the College of Du Page and will allow up to 12 questions. The VP/Ride Captain will design the questions and present them to the Board before entering them into the survey. The results will be presented to members at the February 2011 General Club Meeting. Ray Dal Lago will moderate.
 - The President displayed advertisement cards from The Bike Rack (club sponsor) regarding bike training sessions.
2. **Secretary:** The December 9, 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 (12/09/2010 to 01/13/2011) listed income of \$1,920.00. Expenses were \$347.67. At present, the balance in the treasury is \$14,298.47 with \$374.00 set aside for jersey credits.
 4. **Mountain Bike Coordinator:** The MTB Coordinator spoke of a recent Chicago MTB event where famous bicyclists Christian Vande Velde, John Vande Velde (father), Robbie Ventura and Jason Macarty were present. John Vande Velde is America's first Olympian cyclist and was inducted into the Bicycle Hall of Fame. The proceeds from this event were directed towards taking care of MTB trails. The MTB Coordinator and Chuck Gentile will have a MTB ride this Saturday for advanced MTB riders. Refer to the Ride Schedule or contact them for details.
 5. **Membership Coordinator:** To date there are 241 members: 106 individuals, 56 families. Membership cards will not be issued unless requested.
 6. **Vice President/Ride Captain:** No report.
 7. **Advocacy:** No report. EBC Advocacy information can be found on the EBC website.
 8. **Jerseys:** Susan Sperl brought in clothing from the new vendor, Zbikewear, to try on for sizing. The deadline for submitting your order form and check to Susan is January 20, 2011.
 9. **Other:**
 - There was a request to choose another food other than pizzas for this year's Holiday Party since the pizzas are not warm by the time they can be eaten.
 - There was an inquiry for assistance in helping approximately 15 boy scouts achieve their merit bicycling badge. A person needs to be certified by the Boy Scouts of America to sign off for badges and have passed a background check. Contact Kathryn Wagner-Selbach if interested.
 10. **Refreshments:** Maria Esqueda provided

will be good publicity for our club and d) it should be a good source of revenue. The motion, "I move that we empower Michal Ploskonka to head up a task force to investigate the feasibility of EBC hosting a bike swap meet. Start up costs, manning requirements, advertising, location and the potential Return on Investment (ROI) will be investigated and a report will be submitted to the Board for a possible approval" was unanimously approved. Michal Ploskonka will present his finding at the February Board meeting.

11. **Jerseys:** Susan Sperl is overseeing the jersey project and is bringing clothing for members to try on at tonight's General Club meeting. The deadline for jersey application forms and checks is January 20, 2011.
12. **List Server:** Discussion followed regarding amount and type of emails on the EBC list server. Members are able to control their options on the list server by going into the EBC website and clicking on the List Server link for instructions to adjust their emails. In addition, the Newsletter Editor most recently wrote an article in the January 2011 newsletter on how to adjust or eliminate unwanted emails. Members are encouraged to reread this article or go to the EBC website List Server link. The Membership Coordinator also includes the EBC Google link in his welcome letter instructing new members how to adjust their incoming emails on the list server. A positive comment was offered, "Many emails indicate a very vibrant and engaging club."
13. **Member of the Year Award:** A suggestion was made for the club to support a "Member of the Year." Due to time factor, this topic will be placed on the February 10, 2011 Board Meeting agenda.
14. The next Board Meeting will be held on Thursday, February 10, 2011 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan
Club Secretary

the delicious homemade cookies, fruits, veggies and other treats.

11. **Program:** Deborah Jan Fagan, AICP, Chief Planner and County Trail System Coordinator, Du Page County Department of Economic Development and Planning presented on what the county has in store for the trails. For many years, Deb has provided a most valuable service for our club members and bicyclists in Du Page County through her assertiveness and dedication of obtaining funding, writing grants, assuring that trails and bridges were built and maintained. We express our deep gratitude and wish her well in her retirement from her position in March and with her move to New Orleans, LA.
12. The next EBC General Club Meeting will be held on Thursday, February 10, 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.

John Park, 630.690.2881
president_elmhurstbicycling.org

Bob Hoel
bob.hoel_comcast.net

Cheri O'Riordan, 630.325.3917
cycle2ski_yahoo.com

Vice President/Ride Captain
Petra Hofmann, 630.833.1667
ridecaptain_elmhurstbicycling.org

Publicity
Volunteer Needed

Safety
Larry Gitchell, 708.409.0105
larsofmars_aol.com

Treasurer
George Pastorino, 708.903.8700
treasurer_elmhurstbicycling.org

Programs
Ray Dal Lago, 630.543.4655
dlag10_aol.com

Sergeant-at-Arms
Jim Gross
jgross144_sbcglobal.net

Secretary
Cheri O'Riordan, 630.325.3917
secretary_elmhurstbicycling.org

Database Manager
Nancy Shack, 630.964.3862
nshack_comcast.net

Assistant Ride Captain
Nancy Rice, 630.717.9923
hotline_elmhurstbicycling.org

Membership Coordinator
Lew Worthem, 630.834.5281
membership_elmhurstbicycling.org

Website Team
Cindy Reedy, 630.234.1349
cmreedy_prodigy.net
Sharon Hermach, 630.717.1660
ganskesh_hotmail.com

Mountain Bike Coordinator
George Pastorino, 708.903.8700
gpastorino_comcast.net

Newsletter Editor
Chuck Dean, 630.790.4203
newsletter_elmhurstbicycling.org

List Server
Lew Worthem, 630.834.5281
lew_worthem.com

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

February, 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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