



The Cue Sheet

March
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.

EBC UP Ski 2011 by George Hermach

SISU Ski Fest - January 15

Four EBC'ers (George & Sharon Hermach, Peter & Ksenia Turula) went up to Ironwood, MI, January 12-19 for the second annual SISU Ski Fest. SISU is a Finnish term which stands for "special strength and stubborn determination to continue and overcome in the moment of adversity; a combination of stamina, courage, and obstinacy held in reserve for hard times." The Ski Fest offered 21 and 42 Km cross-country ski races for both classic and freestyle skiers and 10 Km non-competitive "Taste-N-Tour" with food stops along the way. All events started on the ABR trails and ended in downtown Ironwood. For more information, visit the Fest web site <http://www.sisuskifest.com>

The highlight of this trip for us was the ski race on January 15. George & Peter both entered the 21 Km Heikki Lunta Classic race. We really needed SISU for this event as conditions were brutal at the start. We had a lot of snow the night before and it was snowing heavily for most of the race. While neither of us are serious racers, we both persevered and "Finnished" the race. The trail had been groomed the night before, but the fresh snow made for slower and more challenging conditions. Despite the conditions, I enjoyed participating and would do it again. One of the best parts of the experience was the enthusiasm of the local volunteers who supported the events and staffed the aid stations along the route. After the race, racers and volunteers were treated to Mojakka (Finnish stew), pasties, and cookies. The "Tasters" got to sample foods from sixteen area restaurants at four stations along the route. Both Sharon and I, along with club member Ellie Feltz, volunteered to work at registration the day before the race. Next year's race is scheduled for January 14, 2012, so mark your calendars if you would like to participate.



George during the race (photo by Sharon Hermach)

The day after the race, Sharon and I went on a guided snowshoe hike through the Miners Memorial Heritage Park, known locally as the "caves" area. The hike was led by a local guide who took us past several historic sites and explained the history of the region. We found this to be a very interesting area to explore. There is also a short ski trail.

We stayed at our usual home base of the Indianhead Motel, and were able to meet and ski with some of the Nordic Fox club members who were there the week after the race.

EBC Annual Ski Trip - February 6-11

Forty-two EBC'ers made the 400 mile drive north to Ironwood, MI, for the twelfth

annual EBC Cross-Country Ski Trip. Interestingly, the first EBC ski trip was also February 6-11 (but in 2000) and was attended by 15 members. Although the temperatures were colder with some of the day's highs in the single digits, we enjoyed the outdoors every day. Most of us cross-country skied, but some of us snowshoed, visited nearby waterfalls, and/or downhill skied. Other activities included reading, shopping, enjoying the new sauna at our motel, and (of course) socializing. Trail conditions were wonderful with ample snow. ABR was the trail system of choice for most of us, but some of us also skied or snowshoed the trails at Wolverine Nordic and/or Milje's. On two days we had special lunches at ABR - Pasties (a Cornish miner's meal which is a UP specialty) on Monday and Brats on Thursday.



EBC'ers enjoying the snow at Miljes
(photo by George Hermach)



EBC "on stage" at the Ironwood Theater
(Ironwood Theater photo)

Taconelli's restaurant.

Our hosts were Morgan and Linda at the Indianhead Motel which served as our home base. Each morning we would gather in the motel lobby for an ample continental breakfast and to discuss plans for the day. In the evenings (except Monday) we split into early and late dinner groups to avoid overwhelming any one restaurant. The late dinner group got together for "happy hour" before dinner. After dinner many of us met in the lobby for games, with Morgan often joining us. On Monday evening, Sharon had arranged a tour of the historic Ironwood Theater with its restored Barton Organ, one of only a few left in existence. After the tour we all had dinner together at

All in all it was a great trip. Mark your calendars for next year's trip - February 5-10, 2012.

The EBC Member Survey 2011: The Results

A survey was sent to a random selection of EBC members prior to the February club meeting. The survey dealt with questions about club policies and member preferences. The results were reviewed at the club meeting on February 10th in a discussion led by Ray Dal Lago. Petra Hofmann published the results via a link on a posting on the EBC Google groups website (list server) on February 9th. Here is that link in case you didn't attend the meeting or you aren't on the EBC list server.

<http://www.zoomerang.com/Shared/SharedResultsPasswordPage.aspx?ID=L262BVZLG6GV>

Bicycling Advocacy by Bob Hoel

The question is not finding things to do in bike advocacy but rather finding the issues that need to be addressed first or those for which there is a course of action. This is the situation that I am increasingly finding myself in these days. Plenty of things to do and so little time.

For instance, registrations for the "Share the Road" license plate continue to trickle in but not at the pace we need to wrap this up by the end of this spring. The premium that you pay to have a full year license plate that supports biking goes into a Share the Road Fund that will be administered by the League of Illinois Bicyclists to further develop educational programs for motorists and cyclists. Ed Barsotti, LIB executive director, wants to focus these programs on the younger audiences: more education for pre-teens

on bikes and teens in Drivers Ed. Efforts will also be put into adult-oriented education but “old dogs and new tricks” may reduce the effectiveness.

We have received almost 900 registrations and need only 600 more for the State to start plate production. If you have not already sent in your form, go here <http://www.bikelib.org/other-advocacy/license-plates/license-plate-reservations/> to download your form. Remember that the plate will also send a message to Share the Road to the other motorists on the road.

The Elmhurst Bike Task Force helped a Hawthorne Elementary School parent with the preparation of another grant request in late January. If awarded, the grant will enable them to purchase a Boltage participant system which tracks kids who walk and bike to school. This is a great encouragement program that stirs the competitive juices in students by using cellular and RFID technology. Read more about the system here: <http://boltage.org/overview.html>.

We are in the process of completing a Bike Friendly Community application for Elmhurst to hit the next cutoff deadline of Feb. 18. Stay tuned for more details.

The EBTF will again sponsor a bike collection, this year on April 9 from 10 am - 2 pm in the parking lot on the west side of the Elmhurst Police Station. Like last year, the recipient of these unused or unusable bikes will be Working Bikes Cooperative, a Chicago organization that repairs and repurposes bikes for here and overseas. Learn more about the Cooperative here: <http://workingbikes.org/>. Please take this opportunity to clean out your garage and find a new home for that bike you have been hanging on to because you just knew it had some value left in it but not enough for you to use it anymore.

A letter was sent to DuPage County's new Chairman, Dan Cronin, urging him to keep the office of retiring Deborah Fagan strong by finding a suitably passionate person as her replacement.

Jim Mitchell, an Urban Planning graduate student at UIC, has chosen to do his graduate thesis on a bike plan for Elmhurst. We are very excited at this opportunity as lack of a bike plan is one of the few shortcomings of our Bike Friendly Community application.

I will be attending the National Bike Summit in Washington, DC, again this year on March 8 - 10, working alongside LIB, Active Trans, SRAM corporation and other Illinois bike advocates to take our message of the values of biking to our elected representatives. I plan to keep you updated via the listserv of significant events as they happen.

Volunteer opportunities:

- April 7 - Family Fitness Fair at Churchville Middle School. The EBC table will be passing out information on the Club and bike safety. 6:30 pm - 8 pm.
- April 9 - Elmhurst Bike Collection
- April 23 - Illinois Prairie Path, Great Western Trail and Salt Creek Greenway Trail clean up.
- May 4, 5 and 7 - Traffic Skills 101 course presented by the Elmhurst Park District. Come to help or take the course.
- May 21 - Bike Rodeo, sponsored by the Elmhurst Park District at the Old Train Depot in Elmhurst. The Club will have a table to encourage biking with Club, trail and safety information. Volunteers will be needed to help with the Rodeo that will be staged on the municipal parking lot.

Contact me if you have any questions about these events and want to help. Full details will be sent out as we get closer to the event.

Oh, Those Calories!

By Chuck Dean

You know the routine. Ride 10, 15, 25 miles, stop at Panera, ride back. Over snacks or coffee, one frequently hears the question, Do we ride to eat? Or, do we eat to ride? For many of us, it's probably a little of each. Even as we measure the ride in terms of time, distance, and speed, other processes are at play that are also measurable. Do you track

your weight at the beginning and end of the ride? If you lost a few pounds, do they come back after sufficient re-hydration? I've never been a calorie counter, but caloric processes are also in play during the ride. In the remainder of this article, an article from the web will discuss calories in a general way; and then I'll discuss and present a link to a calorie calculator out on the web.

Here is a 2006 article by Amy Mullen, a Yahoo contributor:

What is a Calorie Anyway? A Simple Definition

Understand What They Mean to Your Diet

According to a study done in 2004 by Booth Research Services, Inc., one third of all adults in the United States consider themselves to be on a diet. That's a big number.

A dieter's focus is usually on the number of calories they are taking into their body. Though the word calorie is thrown about quite often, how many people really understand what a calorie is? According to Google, one calorie equals 4.18400 joules. That's really not a big help. If you look up the word joule in Wikipedia on the Internet, you get the following explanation: "1 joule is the absolute minimum amount of energy required (on the surface of Earth) to lift a one kilogram object up by a height of 10 centimeters."

That explanation makes a little sense, but it's still a bit confusing. A simpler definition is that a calorie is the amount of energy required to warm one gram of water one degree Celsius. Though this still isn't a clear definition, it's a little easier to understand.

Calories by the very simplest definition are units of energy. Every food has a number of calories. If a serving of Jell-O has 80 calories, it contains enough energy to raise the temperature of water by one degree Celsius 80 times.

Your body uses calories for energy. The truth about dieting is simple. If you burn more calories than you take in, you will then have to burn calories you have stored in your body. These calories are stored as fat and are considered energy in reserve. Once you start burning your reserve calories, you begin to lose weight.

How do you get rid of those pesky fat calories? You must exercise. The great thing about exercise is that everything you do is a form of exercise. Even the simple act of breathing burns calories. Walking up the steps, doing the dishes and loading the dryer all burn calories.

These are usually not enough though. Our lives have become easier in recent decades. We have machines to do everything for us. We have a machine to answer the phone, one to wash dishes, and one to help dry our clothes. Escalators move us from one floor to another and cars eliminate a lot of the walking in our lives.

A simple answer would be to park in the back of the lot and walk to the store, or skip the car completely, but that's not always an answer. Most of our modern conveniences have come about because we are busier than we have ever been. If you are racing to the store for something you forgot right before dinner, you may not have the time to walk that extra length.

If you really want to lose weight and keep it off, you have to squeeze exercise into your day. When you make exercise a priority, you will magically find time to do it. Get up a little earlier each day or walk on your lunch break. The more you do, the more of those pesky calories you burn.

What many dieters find discouraging are the charts that explain how many calories you may burn doing a certain type of exercise. If you weigh 125 pounds, you may burn off 95 calories in 10 minutes doing aerobics. If you weigh 200 pounds, that number goes up to around 150 calories. Considering you may be eating 1500-2000 calories a day, it may seem impossible to burn off those calories.

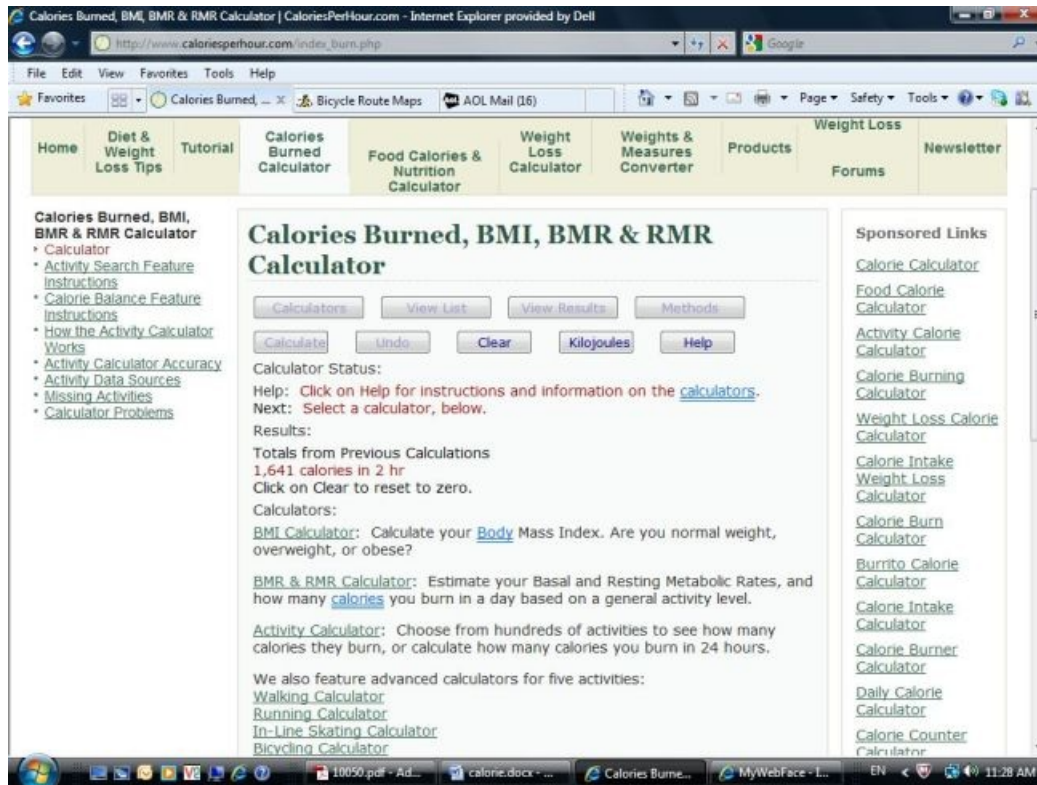
Exercise raises your metabolism as it burns calories. Metabolism is the rate of speed your body will turn your calories into energy. One session of exercise a day will help keep your metabolism rate up, so you burn off more calories no matter what you are doing. Exercise helps burn off more than just the number calories that chart is showing

you.

Understanding what a calorie is may help you make better food choices if you are trying to lose weight. If you keep track of these calories, you can better see what you are taking into your body and what you are burning off. Imagining the amount of work it may take to burn off that 500 calorie brownie sundae may help you to say, "No thanks!"

(end of Amy's article)

Amy discussed the caloric value of Jello, which I have never seen consumed by anyone on one of our rides. But what about Panera's Bear Claw? The link to this next web site will get you to two different kinds of calorie calculators. One tells us the caloric value of the foods we eat. The other tells us about the calories we burn from our bicycling. The website is CaloriesPerHour.com http://www.caloriesperhour.com/index_burn.php



from www.caloriesperhour.com

You can see that it has a tab style of webpage navigation near the top of the page. "Food Calories & Nutrition Calculator" is an interesting and useful page both to get the calorie value of specific foods and menu items from your favorite restaurants. I used the calculator on this page to learn that the Panera Bear Claw is worth 460 calories while the Cinnamon Crunch Bagel is a 'mere' 410 calories. The second tab "Calories Burned Calculator" leads to 5 other specific activity calculators, one of which deals exclusively with bicycling. You'll also note that you can get to the bicycling calculator by clicking on a link at the bottom of the page.

The Bicycling Calories Burned Calculator requires you to enter your weight and make a choice of 2 inputs of the 3 classic factors of time or distance or speed. As an arbitrary selection just to see how the calculator works, I entered 180 pounds, 1 hour, and 16mph. The calculator told me that I burned 882 calories.

A person could enter case after case of weight and average speed assumptions and build one of those charts that Amy says people find 'discouraging.' But this online calculator is quick and easy enough to use; you can skip the chart.

Whether or not you choose to measure input (calories consumed) or output (calories burned), the basic message of the need to get out there and exercise is worth emphasizing. With spring soon to break, we can all get in a little more of our favorite calorie burning exercise. See you on the road!

Another Winter Tire Report

by Rich Aycock

Here's a report on my experience with the bicycle snow tires I'm using this season. I purchased Kenda's Klondike 700x35c tires with carbide tipped studs in the tread, because this is my first time using studded tires and these were the least expensive of the brands I looked at (\$65.00 each at J&R Cycling in Lombard), I've been very happy with them. They're on my Trek 7300 hybrid bike and I've ridden Saturday mornings at the Morton Arboretum and two evenings a week to the College of DuPage all winter. I've been riding on roads and the Prairie Path in all kinds of snow, ice, and mixed conditions. Even when riding on snow with ice below it, I've never felt like the bike was not stable, it has actually taken me some time to feel comfortable riding a little faster knowing that the tires will grip, but you do have to ride reasonably - especially in turns. The only drawback is that when riding on dry pavement, the rolling resistance is higher than road tires and pushing 18 to 20 mph takes a lot of effort. Also they're loud on pavement; you can't pretend you aren't drafting, everyone hears you coming. For anyone who wants to ride all winter, studded tires are the way to go.



Kenda's Klondike 700x35c



Rich's Trek 7300

Meeting Minutes February

Board Minutes February 10, 2011

1. The meeting was called to order by President John Park at 6:00 p.m. Those present included Chuck Dean, Petra Hofmann, George Pastorino, and Lew Worthem. Roland Porter was also present as Acting Secretary.
2. **Sponsorship Program.** A proposal by J & R Cycle & Ski, one of the Club sponsors, to pay a 5 percent rebate to the Club in addition to the 10 percent direct discount to members was discussed and rejected. It was thought that acceptance of the proposal would indicate favoritism toward one sponsor and that all sponsors should be offered the same deal.
3. **Bike Swap.** The forthcoming bike swap was discussed. No action was taken.
4. **Mileage Awards.** A report on the mileage awards was unavailable.
5. **Treasurer's Report.** George Pastorino presented the Treasurer's report. He proposed getting a PayPal debit card for paying bills. No action was taken.
6. **Newsletter Editor's Report.** Chuck Dean reported on the Cue Sheet.
7. **Membership Report.** Lew Worthem

EBC General Meeting Minutes February 10, 2011

1. The meeting was called to order by President John Park at 7:15 p.m.
2. The reading of the minutes of the January 2011 meeting was waived.
3. **Treasurer's Report.** Treasurer George Pastorino reported income and expenses from January 1, 2011, through February 10, 2011. Total income of \$3,565.67 included dues receipts of \$1,180 and members' jersey payments of \$2,269.50. Total expenses of \$3,296.93 included \$2,507.50 for EBC wear. The club's bank balance as of February 10, 2011, was \$13,830.21.
4. **Ride Leader's Report.** Ride Leader Petra Hofmann thanked Nancy Rice for her assistance. She called for volunteers for the ride leader training program.
5. **Membership Report.** Membership Chair Lew Worthem reported that membership stands at 215, including 171 individuals and 74 families.
6. In other activity, Advocacy Chair Bob Hoel announced that Elmhurst is seeking Bike-Friendly Community status. A graduate student will be drawing up a bike plan for the village

reported on current membership figures. He said that meeting door prizes had been reinstated.

8. **Ride Leader's Report.** Petra Hofmann led a general discussion on ride leader recruitment, training, etc.
9. There being no other business, the meeting was adjourned.

Respectfully submitted,

Roland Porter
Acting Secretary

to further this objective. Bob announced that April 23, 2011, is Prairie Path Clean-up Day.

7. Chuck Gentile announced a three-day mountain bike ride in Michigan this August.
8. Nancy Rice described a Montana bike ride scheduled for this summer.
9. After a refreshment break, with refreshments provided by Kathy Wagner-Selbach, Ray Dal Lago presented a thorough explication of the recent Club survey.
10. The meeting was adjourned.

Respectfully submitted,

Roland Porter
Acting 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

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

March, 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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