



The Cue Sheet

April
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.

Meet Our Ride Leaders by Baltimore Ortega & Chuck Dean

The Elmhurst bicycle Club, EBC, is one of the best bike clubs in the Midwest offering many rides and other social activities. A large part of our success is due to the generous and dedicated Ride Leaders who offer many rides and activities. Our Ride Leader this month is **Ed Gin**, who was asked a series of questions.

What is your favorite bike to ride and how many bikes do you own?

I enjoy each of them but have favored the Mongoose/Giant fixie/single speed's simplicity and challenges for the last few years. Other diamond frame rides include a

Litespeed Vortex (terrific all around cruiser), 2003 Quintana Roo Caliente (TT rig, love the flame paint job), 1984 Vitus 979 (1st lightweight AL Crit setup), 2000 Trek hardtail MTB (alter ego rig), and my beloved late 70's Colnago Super frameset (USCF days of past), one to be resurrected in the future.

Remaining recumbents include a Ross Festina custom built lowracer, Velokraft NoCom remote steered carbon lowracer, and a Rotator Tiger 40 speed mid height recumbent.

Why did you join EBC and how long have you been a member?

Met a large group of riders Feb. 2010 at the Oakbrook McDonald's and was impressed with their determination to ride during that freezing day. Wondered, "who are they out so early in the season," thought I was the only one crazy enough to indulge that time of year. George Kapusta handed me an EBC card which I stashed away. As the season progressed, that rare meeting was the foremost reason responsible for my eventual EBC membership. Further investigation led to joining Larry's, Jeff's, and Bill's rides over a 3 day period. Joined quickly thereafter sometime in May, 2010.

What kind of rides do you lead, distance, routes, pace, and destinations?

Our rides are really fun, picturesque, and social. Many times "conversation pace" is emphasized. What does that mean? Well when I hear "yapping" I know you are not out of breath from working too hard, --- a good thing in my book. This is NOT to detract from the obvious safety issues: to be aware of your surroundings and fellow cyclists' moves and such.

Regular consistent rides I list are on weekends from March to November exploring the



Ed and Century Mates
Picture by G. Pastorino

North Shore/WI area of differing lengths (50-100 MILES) in the 14-16 mph range started from Caldwell Woods, just a few miles E. of O'hare and quite easy to drive to from Elmhurst. Other rides include suburb outings (Hinsdale / Elmhurst / Burr Ridge / Willow Springs / Wheaton / Oak Park, etc.) with various speed ranges, generally shorter in nature due to mid week constraints.

What is the most challenging part of leading and why do you lead rides?

The "why" in leading rides is camaraderie, conversation, meeting others, enjoying the scenery, taking rest stops, etc. It's not really a "challenge," rather an "event" where we all get together and make it happen. Consequences do occur but together we can solve the issues at hand.

What is your favorite ride and do you have any ride stories?

The Niles to Kenosha Century route and options is really nice during the season. Last year we rode it 22 times from June to November in plus 100 mile configurations (~20 regular centuries, several double metrics and one Tri State ride). I'm a firm believer that the "Century" ride can be a major goal to attain in your biking life.

With EBC, it's been an honor and privilege leading these. Many members have done multiple repeats last season. I'm hoping more will join in this time around. The good news is these Centuries are on a regular weekly schedule (weather permitting) so you can work up to the task on your own time and schedule, no rush.

What advice would you give new members who want to go on your rides?

No hard requirements/advice, It helps to have a good attitude, ambition, safe bike with good tires, and perhaps specific attire too, ie gloves/biking shoes and pedals/helmet of course.

Do you have any final comments for our members and your riders?

Group riding is the summation of each and everyone's participation. Bring a friendly disposition, and enjoy each others company via conversation, chit chat, and sharing personal experiences. We have a world of knowledge to share and learn from one another.

SEE YOU AT THE NEXT RIDE, SOONER RATHER THAN LATER!!!

Sincerely,

Ed Gin

EBC Website Updates By Sharon Hermach

The Website Team has been busy recently updating and enhancing the EBC website. (We're trying to get a lot done before we get too busy biking.)

An improved explanation of how and why the list server works for EBC members has been prepared by Lew Worthem, EBC Membership Coordinator. You can find it on the site at: <http://www.elmhurstbicycling.org/memberPages/listserver.asp>.

Some people didn't know we had a Future Ride Schedule and others couldn't find it. It's still on the drop down menu under Ride Leaders Information, and now it is also under Rides and Events. You can look at this page to plan your riding and ride leading calendar: <http://www.elmhurstbicycling.org/rides/futureRide.aspx>.

The Advocacy page has been updated with details about the Bike Collection Drive on April 9. Check out the details to see if you can help. <http://www.elmhurstbicycling.org/aboutebc/advocacy.asp>.

Also a great new map of the Salt Creek Greenway Trail is on the Advocacy page: <http://www.elmhurstbicycling.org/aboutEBC/Advocacy/pdf/SCGTmap.pdf> (This map loads slowly, be patient.) and on the Bicycle Maps page:

The Photo Album page is completed for 2010. The album has a page for each year going back to 2002: <http://www.elmhurstbicycling.org/memberPages/photoalbum.asp> .

A history of the EBC UP Ski Trips from previous newsletters has been added to the Ride Recap page: <http://www.elmhurstbicycling.org/aboutEBC/riderecaps.asp> and to the Cross Country Skiing page: <http://www.elmhurstbicycling.org/aboutEBC/ccski.asp> .

And last but not least EBC Newsletters from 2002 to 2005 have been added to the Newsletter page: <http://www.elmhurstbicycling.org/memberPages/newsletters.asp> .

Deborah Fagan Retires

by Chuck Dean



George H., Deborah, Rebekah B., Sharon H.



Bob Hoel and Deborah

Friends and colleagues spoke warmly of Deborah Fagan at a retirement party held in her honor at the Front Street Cocina in Wheaton late Tuesday afternoon, March 22nd. Deborah has been the Chief Planner and County Trail System Coordinator for DuPage county. As previously announced when Deborah attended the EBC Club Meeting earlier this year, she is in the process of retiring and moving to the New Orleans area. The list of guests and the organizations they represent gave testimony to the high regard Deborah commanded from bicycling's notarati. Attendees included Ed Barsotti (League of Illinois Bicyclists), Rebekah Broussard and Ron Burke (Active Transportation Alliance), various local city officials and planners from Wheaton and Naperville, other government officials from DuPage county, and our own Bob Hoel.

Over the course of the many years that Deborah served our county, trails and extensions that had been in the planning stages for decades slowly and surely came into fruition. Many of us EBC'ers now take for granted trail sections that weren't really in existence in various parts of the county before receiving an assist from Deborah. The Tuesday/Thursday IMAX riders have only been using (occasionally) the 75th St. and Washington Blvd. underpass in Naperville; but it removes the dangers of that intersection. Similarly, the Salt Creek Trail underpasses at St. Charles Road and North Avenue do an equally fine job.

Let's hope that the county finds a replacement that will serve us all in the future as well as Deborah has in the past.

Bicycle Advocacy

By Bob Hoel

It has been another busy month in the Advocacy Department. On Feb. 22, I joined Ed Barsotti (ED of LIB) and Jeff Redick (DuPage County Commissioner) in a meeting with U.S. Congressional Representative Peter Roskam. First, few people know that the Representative did a bike ride across America when he was in high school and continues to bike with his family. The half hour discussion centered around the budget cuts expected from the current Congress. We asked him to make sure that these cuts be applied across the board and not just lop off projects. The 6th district has benefited

from over \$16 million in Transportation Enhancement and Safe Routes to School projects. We urged Rep. Roskam to support continuing TE and SRTS funding in the next Transportation Act. I believe he was generally supportive of our rationale and we look forward to how he handles these issues as they come up.

A couple of days later the Bike Task Force hosted a table at the District 205 Summer Activities Fair. Bike safety and bike information was distributed to parents looking for summer activities for their kids.

April 9 - Plans for the annual Bike Collection are coming together. This event will be held in conjunction with the Working Bikes Cooperative and the Bike Task Force to repurpose unused or unusable bikes, rescuing them from the scrappers and land fills. This event will be held from 10 am - 2 pm in the parking lot on the west side of the Elmhurst Police Station which fronts on the north side of the Metra tracks in downtown Elmhurst. The collections are timed for the week before Elmhurst's free garbage collection the following week. You need not be an Elmhurst resident to bring bikes in. These bikes will be repaired or used for spare parts by Working Bikes and sent overseas where bikes are an important element of local transportation.

April 23 - Again this year the bike Task Force will sponsor a trail clean up along the Illinois Prairie Path and Salt Creek Greenway Trail as they travel through Elmhurst. The clean up will be from 9 am - noon and we will meet at the Elmhurst Depot and assign clean up areas.

I attended the National Bike Summit March 8 - 10 in Washington, DC, and a full report is on the Club's Advocacy page (<http://elmhurstbicycling.org/aboutEBC/advocacy.asp>). Please contact me if you have any questions or thoughts on the Summit proceedings.

At the Bike Summit I met another Illinoisan, Kiki Vale, who was on the Hill lobbying for the American Diabetes Association and who turned out to be a radio talk show host for AM station WJJG (1530 AM). Her show, on health and wellness, fits well with physical activity, biking and diabetes. She has subsequently interviewed me for a program that will run for about 20 minutes on April 1, starting at 11:10 am. The focus of the interview is getting kids out for exercise and speaking to the safety aspects of biking. I even managed to get a plug in for the Elmhurst Bike Club. (The radio station, found at <http://www.wjgam1530.com/>, can be listened to by streaming.)

Bike to Work Week is coming up the week of June 13. More details to come but we are looking into an organized ride down the Prairie Path from Elmhurst to DuPage County's offices in Wheaton. We are working on a special guest to lead the way.

Share the Road license plate - the registrations are near 1,000 (of the needed 1,500) for the State to begin production. If you have already sent in your form and want to get your plate sooner, please recruit family and friends to get a plate as well. If you haven't signed up.....what are you waiting for? A good cause (education for motorists and cyclists on how to "play nice together") and it sends a message to the motorists on the road that you are a cyclist and support the cause.

For those who want to brush up on their biking skills, the Elmhurst Park District will be holding the Traffic Skills 101 course on May 4, 6 and 7. At only \$25 it is money well spent if you want to find out what you don't know. This course was developed by the League of American Bicyclists and is a pre-requisite for becoming a League Certified Instructor (LCI).

Soon I will be sending details on volunteer opportunities at upcoming events that will highlight the Club. These will go out to the Club's listserv. Remember that this year we will track volunteer hours on the Club's Advocacy page, recognizing those who help advance the cause of biking when not on a bike!

Single Speed Simplicity by Chuck Dean

On a recent Monday night on a ride led by Larry Gitchell, I was admiring a bike ridden by Dan Pelozo, a vintage Specialized Sirris. Dan had modified the

bike, as you can see to the right. The key changes in this bike's transformation include: the replacement of the old cassette, with a single gear hub assembly from Performance Bicycle; a device to take up the chain slack; removal of the front derailleur; new handle bar and bar end brakes.

Dan has had this bike out on each of the Monday night rides in the last 3 weeks. He routinely rides the big chain ring (52) and the lonely gear in back - a 16. He reports, "I think with a single speed you really can't out ride yourself. I am very happy with the single speed."



Dan's Specialized Single Speed



Parts by Performance Bicycle



Ed's Mongoose/Giant



No rust on the chain, but what about that nut?

On these same Monday night rides, Ed Gin has also ridden a single speed, a bike we've seen Ed ride on many of our club rides. Also, it is a bike he described in the Ride Leader article above.

Ed added the following comments:

"My favorite bike as of late has been the single speed/fixie, a 26 lb. workhorse: reliable, simple, and a real challenge to ride. Most spec samples come with a 46 teeth front chainring and a 18 rear cog. Because I'm a masher, I changed out mine to a 53/16 combo.

"Set up as a freewheeling 'single speed' with 2 brakes, it's a far cry from the esoteric 'messenger' true fixies with no brakes and locked rear hub. However, there's no place for this configuration in group rides AFAIC*. The rear hub is unique with a 'flip flop' option to ride locked or freewheeling. Also the frame

has horizontal dropouts and no rear derailleur hanger of course.

"Interestingly, I've NOT changed the chain nor sprockets for ~ 16,000 miles and the wear is negligible. Single speeds have thicker chains/cogs, stronger hubs (high flanged), and generally heavier but stiffer frames.

"I WAS going to clean the chain but wanted to show its current condition lubed with USED motor oil/tranny fluid, a combination attracting much dirt but NOT rusting through all the salt/winter crud this season.

"It's a hard bike to ride at starts, climbing hills, and into a headwind. But I tend to think it builds 'character' and forces you to adjust to the environment in a most unique manner. Wanna get in shape quickly, then perhaps this could be that E ticket to ride!"

* (As far as I'm concerned.)

Meeting Minutes March

Board Minutes March 10, 2011

Present: Petra Hofmann, George Pastorino, Lew Worthem, Chuck Dean, Cheri O'Riordan, Michal Ploskonka

1. **President:** The meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst by the Vice President in the President's absence.
2. **Secretary:** The February 10, 2011 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 (2/10/2011 through 3/10/2011) listed income of \$1,092.50. Expenses were \$1,182.94. At present, the balance in the treasury is \$13,798.71 with \$136 set aside for jersey credit. The Treasurer's report was accepted. Discussion followed regarding the provision of financial support for the Advocacy Chairperson to attend the League of American Bicyclists (LAB) in Washington, D.C. The Board approved the motion, "I move that we provide the sum of \$200 towards the financial support for the Advocacy Chairperson to attend the LAB in Washington, D.C." The President will speak with the Advocacy Chairperson regarding his memberships in the League of Illinois Bicyclists (LIB) and the American Transportation Alliance (ATA) and their possible supportive contributions.
4. **Newsletter:** No report.
5. **Membership Coordinator:** There are presently 359 members: 82 families and 161 individuals.
6. **Mountain Bike Coordinator:** No report due to wet trail conditions
7. **VP/Ride Captain:** No report.
8. **EBC Constitution and By-Laws:** The Membership Coordinator was appointed by the President to chair a committee comprised of two board members, several club members and the President to review and make recommendations for change in the club's Constitution and Bylaws. These recommendations would then be presented to the general membership for a vote. At tonight's general club meeting, the Vice President will announce that any members who are interested in participating on this committee should contact the President.
9. **Bike Swap Meet Fund Raiser:** Michal Ploskonka presented a proposal outlining the possibility of EBC hosting a bike swap meet as a

EBC General Meeting Minutes March, 2011

Present: Petra Hofmann, George Pastorino, Lew Worthem, Cheri O'Riordan, Chuck Dean
New Members: 3
Guests: 1

1. **President:** The meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst by the Vice President in the President's absence.
 - The Board approved a financial stipend of \$200 for the Advocacy Chairperson to attend the League of American Bicyclists' meeting in Washington, D.C. The President will also speak with the Advocacy Chairperson regarding the possibility of financial support from the League of Illinois Bicyclists and the American Transportation Alliance of which the Advocacy Chairperson is a member of both.
 - Appreciation was given to Michal Ploskonka for putting together a detailed proposal regarding EBC hosting a bike swap meet. Further investigation has been requested and the results will be presented at the April Board meeting.
 - The Membership Coordinator will be chairing a committee that will review and make recommendations for change in the EBC's Constitution and Bylaws. The committee will be comprised of two board members, several club members and the President. Recommendations will be presented to the general membership for a vote.
2. **Secretary:** The February 10, 2011 General Club Meeting minutes were approved. (Full reports are on the EBC website in the newsletter).
3. **Treasurer:** The Monthly Banking Summary (2/10/2011 through 3/10/2011) listed income of \$1,092.50. Expenses were \$1,182.94 with \$136 set aside for jersey credit. At present, the balance in the treasury is \$13,798.71.
4. **Mountain Bike Coordinator:** The MTB Coordinator mentioned that it was best to stay off the single and double trails as they have been very wet and muddy.
5. **Membership Coordinator:** To date there are 359 members: 106 individuals, 56 families. Membership cards will not be issued unless requested. Al Stanke received a free admission ticket for "Bike the Drive."
6. **Vice President/Ride Captain:** No report.
7. **Advocacy:** No report. EBC Advocacy

club fund raiser. The proposal listed revenues and expenses in three categories: *Break Even, Expected and Optimistic*. In summary, the swap would be held at the DuPage County Fairgrounds in a warehouse-type building with a concrete floor. There would be fees collected for vendor booths, surcharge for each bike sold, and attendance fees. The expected start-up costs were proposed at \$1,700. The Board had queries pertaining to the expected generated revenues and a marketing plan. The Board thanked Michal Ploskonka for his time in putting the proposal together. The Board suggested that he contact other organizations that have sponsored bike swaps, i.e., ATA and develop a marketing plan. This project was tabled until the April Board Meeting.

10. The next Board Meeting will be held on Thursday, April 14, 2011 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O’Riordan
Club Secretary

information can be found on the EBC website.

8. **Other:**
 - Phil Keller stated that the beauty of this club is its open welcomeness to new members as compared to his recent negative experience with another organization.
 - Baltimore Ortega stated that he formulated a questionnaire for the top ride leaders to complete. Selected ride leaders will be featured in the EBC newsletter.
 - Jeff Wincentzen supported Michal Ploskonka’s bike swap meet proposal by presenting some additional brief information from the Chicago Winter Bike Swap Meet. He mentioned that another bike club’s revenues were around \$3,000 and felt that EBC could possibly bring in close to \$4,000.
9. **Refreshments:** Cheri O’Riordan provided the refreshments with a green theme.
10. **Program:** Ray Dal Lago introduced two representatives from Garmin, Steve Weith and Gary Mitchell. They gave a very informative presentation along with a Q&A opportunity for members.
11. The next EBC General Club Meeting will be held on Thursday, April 14, 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.

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

April, 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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