



# The Cue Sheet

June  
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 Rides 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 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 Larry Gitchell.

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

Emotionally, my favorite is my orange Gunnar Sport, but statistically it has to be my Cannondale T2 touring bike, which I've had for just over 3 years. It had 14,936 miles on the odometer when I sat down to write this. My entire fleet is 4 bikes, consisting of 2 Gunnars and 2 Cannondales.



Larry is always ready to lead a ride!

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

I went to the Chicago Bicycle Show in 1997 and saw the club table, but that didn't really make an impression. One evening in April, 1997, I went to hear a talk on mountain bike touring at the Oak Brook REI. An EBC meeting broke out, and once I got to meet the people, I signed up. I started by riding the Wednesday Night Rides from Glen Ellyn and branched out from there.

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

I feel I'm filling a niche as 'King of the Midrange' in both speed and distance - Monday night distances hover in the upper 20's, Saturdays vary from the 30's to the 50's, Sundays hang around the mid 30's, and a few times a year I lead a 50 to 70 mile ride. I traditionally schedule a 4th of July Century to Woodstock. Normally I'm a 14-16 mph rider.

My Monday Night Ride started off as an 'any bike, any surface' experience, where we could be on pavement one week and blasting through dirt trails in Bemis Woods the next time. A few years later, some subtle pressure from the ridership caused a transition to primarily road riding. I'll generally try to make a ride of anything interesting I encounter. It could be a new hobby shop in the area, a restaurant I read about in the local paper, a new trail opening, or even something discovered along the route to somewhere else.

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

I feel my biggest challenge is coming up with new ride ideas so I stay interested in what I'm doing. The best feeling is going to the start with a clear destination in mind, while the worst

is going out and muddling through until we've made enough miles to call it a ride.

I remember the 'what' of why I start leading rides more than the 'why'. I was attending Wednesday Night Rides with Laura Sanborn [Kuhlman], and after I had some experience with group riding I decided to devise a route of my own. I called it '4 W's for 'Wheaton, Warrenville, West Chicago and Winfield.'

Back in the late 90's I didn't see much variety in club ride routes, so I started seeking out new destinations and ways to get there. I heard the phrases "I don't think you can ride through there!" and "I've lived in this town for years, and I've never seen the places you took us" quite a lot for the first few years. The Monday Night Ride started up as a way to get myself out of the house more than one weeknight. I spent many a Monday night at 6:00 standing in an empty parking lot by myself before the ridership built up.

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

My favorite ride is when I get a chance to just go out and explore, with no schedule or predetermined route. The thing about ride stories is that bad rides make better tales than good ones. The 4th of July when we rode back 47 miles in the rain is more memorable than all the ones with perfect weather. Possibly the most bizarre ride story is the 2003 4th of July ride where the parking lot we used turned out to be the VIP parking for the Carol Stream fireworks show, and we got back just before they started towing all the vehicles. The police wouldn't let my SAG driver back in the parking lot to sort out the riders' gear, so we ended around the block frantically digging through the back of the minivan for car keys.

### **What advice would you give new members and guests who want to go on your rides, or lead a ride?**

My first piece of advice: Read the ride descriptions. I try to provide an honest view of what the route and pace will be like, and what you may need to bring along. Two: Group riding is different. It will take some time to get used to, please bear with us. Three: Please be patient with your ride leader. We're all volunteers here and trying to do the best we can. Not every ride will be right for every rider. You may have to try several rides before you arrive on a group that's consistently right for you.

My advice for new ride leaders to get over the hump of "I'd lead, but I don't know where to ride" - work out a destination you like or want to visit, then seek out the route. Google Maps is doing an excellent job of adding bike paths to their on-line maps. A good look with the 'Satellite' can determine a lot about road conditions (but pre-riding or pre-driving is still the ultimate tool).

### **Do you have any final comments for our members, guests, and your riders?**

Have fun, be safe, and remember that 'Share the Road' applies in both directions.

Larry G.

---

## Spring Green Tour

By Kären Schwartz



Lunch at the airport!  
Bill, Larry, George, and Nancy.

The weather this spring has certainly not made biking easy! With all of the cold and rain, it seems like we have cancelled more rides than ever before. Fortunately we were able to ride Friday, Saturday and Sunday in Spring Green, Wisconsin May 13-15. We arrived Friday and there were showers in the area, but some rides were able to be done. Larry Gitchell led a short ride. We had no fast riders due to the poor weather prediction for the weekend, but it turned out that Wisconsin had better weather than Illinois! It was cooler and there were showers one evening, but all three days the weather was rain-free during the daytime. The roads were excellent for riding. We love to ride in Wisconsin as the road surfaces are great due to the dairy industry. The drivers are great with cyclists. They pull over to the

opposite lane usually! The scenery is tremendous with the Wisconsin River on one side and wide vistas on top of the ridges.

Friday night we all had a joint dinner at the Wisconsin Riverside Resort that is along the Wisconsin River and is where several of us were also camping. The building that holds the restaurant/bar is brand new this year. It is a large wood paneled room that holds several hundred people. Many of us opted for the Friday fish fry special. Five of us returned to our tents, while the others went to their motels.

Saturday Sharon Hermach led a group of easy riders for a flat (yes, Bill was able to find a flat route in hilly Spring Green) nice ride to the Muscoda Morel Mushroom Festival. The morels unfortunately were in short supply this year as Mother Nature had a bad growing season. The group had a nice lunch at a local church and rode back to where their cars were parked.

Larry Gitchell led our riding group on a rain-free ride through a northern route. The highlight of the ride was our lunch stop at a small local airport that has a small cafe. We have biked by this airport in previous visits, but never had ventured inside. The place had only one other couple eating there at the time, but as soon as the couples' plates were delivered, we knew what we all had to order - the potato chips made by making a spiral cut and then frying them! They were spectacular! After eating, we made our way back and had several hills that are typical of the Spring Green area - with grades in the 10% range.



The pancakes look pretty good!  
Larry had to keep his strength up  
in order to tackle those hills!

Next we had the highlight of our weekend - our Saturday night dinner. In Mazomanie, Wisconsin, there is a country dining place that should be a must on your list of places to eat if you are ever in Wisconsin! It is called the Old Feed Mill. It is located alongside an old railroad track and is in a building that housed a grain mill. It still has some of the old machinery inside and has two floors. The food was spectacular! The place had been featured on the Gourmet Channel as one of the best four country inns in the US! The food was served in a timely manner too with all 18 of us being served together. The owners of the Old Feed Mill were wonderful hosts. They came to our table and showed us photos of the railroad crash that impacted the place 100 years ago. The story of the resident ghost was told also. Make a note of the place and the next time you are in Wisconsin, eat there!

Sunday found several riders going with Larry Gitchell and some with Sharon Hermach. Larry tested some of the killer hills on his group. I am not sure of the grade, but it was probably more than 20% as some had to walk a hill for the first time in their life! However, the weather was rain free, unlike the horrible Chicago weather that Bill and I experienced when we returned home.

---

### Blind Stoker Tandem Ride - May 21st by Tom Preston

John Loesch and I would like to follow up on our presentation at the last (May 12th) EBC meeting with the following report:

We had 8 blind stokers ride with us for the first ride of the year. The weather improved throughout the afternoon from "iffy" to beautiful. Thank you to all the members of The Chicago Area Tandem Society and The Elmhurst Bicycle Club and SEASPAR who participated. We all enjoyed The Taste of Glen Ellyn and the tandem rides to and from. Below is the link to an article with photos by Carol Pavlik about the ride which appeared on the Elmhurst Patch, an Internet newspaper featuring local news.

Sincerely,  
Tom Preston

<http://elmhurst.patch.com/articles/whether-a-stoker-or-a-captain-its-all-in-days-fun#photo->

Editor's Note.

Here are a few more pics. And let's acknowledge other EBC participants even if not pictured below -- such as Jerome Hughes and Bob Hoel -- and I'm probably missing mentioning some others. Thanks to all the captains.



Tom Preston and stoker Teri Kral



Jim Gross and stoker Jim Kral on a recumbent.  
Background: Captain Rich Arehart and stoker  
Charlotte Dylan.



Susan Spirl and Maureen Heneghan on the Co-Motion.

Other tandem rides followed the Saturday event for at least one of the riders. The following Saturday, on the usual 6 a.m. ride led by Jerome Hughes and Mike Delaney, Chuck Gentile captained a tandem with blind stoker Ron Burzese. Whatever the disabilities of these two riders (I can't speak for Ron, but we all know that Chuck has a few ;-), turning the cranks into a strong southerly head wind was not one of them. They seemed to have no trouble maintaining 23-ish for the stretches into Lake Street and North Avenue. Thanks for the pull, guys!

---

## Elmhurst Bike Rodeo - May 21st

By Chuck Dean

Volunteers from the Elmhurst Park District, the Elmhurst Police Department, and various bicycle groups including the Elmhurst Bicycle Club, were present on a weather threatened Saturday to serve the public. And the public must not have felt too threatened by any rain, because there was a good turnout at the Elmhurst Depot (York Road and Vallette) for the services and fun from attending.

Half of the parking lot was cordoned off for a course which challenged the riding skills of young riders from ages 4-ish to teenager. The abilities to stop quickly and navigate tight turns effectively were all put to the test.

Nearby, police department personnel were registering and tagging (license stickers affixed to the frame) the bikes of Elmhurst residents who stopped to take advantage of this service. Meanwhile, several EBC members manned a table with literature about our club and other biking activities (such as Ride to Metra).

Bob Hoel credited better promotional activities



Cindy Reedy and Mary Jo Bolan - ready to serve!

for attendance levels this year which easily exceeded last year's level. While maintenance services were not advertised, a few requests for easy services -- such as adding air to a tire -- suggest that it might be a good idea to bring a pump to next year's event.

## The Non-Rider's Perspective

Of course there are lots of sources of bicycling news including other newsletters. The link below will connect you to the Illinois Valley Wheelman newsletter. The club president's wife had a few things to say that seemed familiar, poignant, etc. I thought you might like to see her thoughts.

<http://ivwheelmn.org/wordpress/wp-content/uploads/June-Newsletter-2011.pdf>

## Favorite Jerseys and Rides

While some 2 dozen members wore their favorite jerseys or tee shirts, only about a dozen members told a story about their favorite rides. Ray Dal Lago served as moderator and emcee. He also went first and told of his experiences in the 'RAIN' (the Ride Across Indiana) - a one day ride of about 160 miles. Other presenters told of other trips and Kären Schwartz had the jersey and framed photograph to show that she climbed the Alp d'Huez in just a little more time than it took Lance. George P. discussed his familiarity with various emergency rooms in his early days of mountain biking. The fact that the same emergency room doctor saw him two years in a row, brought laughter to the audience.

Here are just a few of the jerseys. And the link below will allow you to see more favorite jerseys.



Kären in her Alpe d'Huez jersey.  
Watch out, Lance!



John Park, is that a bowling shirt  
or a bicycle jersey?



What else! A couple of tandem guys.  
John Loesch and Tom Preston.



Rich Adcock in Calvin's Challenge.  
200 miles was the goal, and Rich did cover 199!

[More Favorite Jersey Photos](#)

## Meeting Minutes May

### Board Minutes May 12, 2011

**Present:** John Park, Chuck Dean, Lew Worthem, George Pastorino, Cindy Reedy

1. **President:** The meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
  - Action will be taken in the next several weeks to solicit donations from the EBC sponsors.
  - The club picnic is still scheduled for August 27, 2011.
  - Tonight Susan Sperl will again be handing out club jerseys to members who ordered them but did not pick them up last month.
  - John plans to contact Harold Lassers to initiate the scheduling and execution of the annual awards meeting.
2. **Secretary:** The Board Meeting Minutes for April 14th can be viewed on the EBC website in the newsletter. Minutes for the May 12th meeting were taken by Chuck Dean standing in for Cheri O'Riordan.
3. **Treasurer:** The Treasurer's report was provided to the Board. The Monthly Banking Summary (4/14/2011 through 5/12/2011) listed income of \$454.50 and expenses of \$385.99. As of 5/12/2011, the balance in the treasury is \$14,010.75 with \$136 set aside for jersey credit.
4. **Newsletter:** No report.
5. **Membership Coordinator:**

### EBC General Meeting Minutes May 13, 2010

**Present:** John Park, Chuck Dean, Lew Worthem, George Pastorino, Petra Hoffman

1. **President:** The meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst.
2. **Secretary:** The April 14, 2011 General Club Meeting minutes are on the EBC website in the newsletter.
3. **Treasurer:** The Monthly Banking Summary (4/14/2011 through 5/12/2011) listed income of \$454.50 and expenses of \$385.99. YTD, Income was \$5,645.67 and Expenses have been \$5,332.39. As of 5/12/2011, the balance in the treasury is \$14,010.75 with \$136 set aside for jersey credit.
4. **Mountain Bike Coordinator:** Palos is finally dry and rideable, but forecasted rain in the next week could curtail riding if the trails get too wet. George restated Baltimore Ortega's intention to lead easy to moderate rides in the coming months. George also said that he was available on Tuesday evenings during June and July, subject to prearranged appointments with him, to provide one-on-one mountain biking teaching sessions to beginners and intermediates.
5. **Membership Coordinator:**
  - There are presently 418 members with 16 new memberships since last

- There are presently 418 members with 16 new memberships since last month.

- An electronic ( pdf) version of the 2011 Membership Directory & Handbook was distributed via Google Group post to all members on the list server on May 3, 2011. Seventy-five physical copies (minimum order) of the 2011 Membership Directory & Handbook have been received from the printer and are in the process of being distributed to the approximate 25 members who paid for the hard copy. The excess copies are available to members for \$2.50 each. Cindy Reedy discussed possible enhancements to the online membership forms with the Membership Coordinator.

6. **Mountain Bike Coordinator:** The Palos area is finally dry enough for riding.
7. **VP/Ride Captain:** No report.
8. **EBC Constitution and By-Laws:** No Report.

The next Board Meeting will be held on Thursday, June 9, 2011 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Chuck Dean  
Standing in for Club Secretary

month.

- An electronic (pdf) version of the 2011 Membership Directory & Handbook was distributed via Google Group post to all members on the list server on May 3, 2011. Seventy-five physical copies (minimum order) of the 2011 Membership Directory & Handbook have been received from the printer and are in the process of being distributed to the approximate 25 members who paid for the hard copy. The excess copies are available to members for \$2.50 each.

- Lew reminded members to be cautious about opening attachments to suspicious posts (emails) from club members.

6. **Vice President/Ride Captain:** Petra was just happy to have a break from her business travels and to be able to attend the club meeting.
7. **Advocacy:** While Bob Hoel was not present to issue a new report, here are a few notes about upcoming events.
  - Bike to Work: June 14 (Tuesday) and June 17 (Friday) 2011. Volunteers are still needed to pass out EBC literature at the Elmhurst Metra station. Volunteers are also welcome to participate at Metra stations in their own towns as well.
  - Elmhurst Farmer's Market: Volunteers will be needed to participate at the EBC booth on Wednesdays of each month. Further information will be provided.
  - Share the Road license plates are encouraged to be purchased to support bicycling and bicycling rights.
8. **Other:**
  - Susan Sperl relayed mounting pressure from ride leaders who wanted their ride leader jerseys given their availability and the delay in the annual award presentations. John Park encouraged patience.
  - Jerome Hughes followed up on his GoogleGroup posting (May 17 and May 12) encouraging a club sponsored Salt Creek Trail ride later in the summer. Ultimately, at John Park's suggestion, a motion was offered from the floor and seconded and passed: "I move that an exploratory committee be formed and headed by Jerome Hughes to evaluate the possibility of staging a 'Metro-Metric-like' EBC sponsored Salt Creek trail ride in late summer or fall." The committee will report findings back to the board in the near future.
9. **Refreshments:** EBC'ers thank Gerry Fekete for palate-pleasing refreshments.
10. **Program:** By pre-arrangement, many of the attending members wore their favorite bike jerseys and tee shirts. Ray Dal Lago introduced those members

who had a story to tell about their favorite jerseys.

The next EBC General Club Meeting will be held on Thursday, June 9, 2011 at 7:15 p.m. at the Community Bank of Elmhurst. Respectfully submitted,

Chuck Dean  
Standing in for 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

<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> <b>Volunteer Needed</b>	<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	<b>Sergeant-at-Arms</b> Jim Gross jgross144_sbcglobal.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> Lew Worthem, 630.834.5281 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> 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>)

## June, 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>.



# Please Support Our EBC Sponsors

  
**Village CycleSport**  
 Dedicated to the Sport of Cycling  
  
**Vince Boyer**  
 45 Arlington Hts. Rd • Elk Grove Village, IL 60007 • (847) 439-3340  
 1313 N. Rand Road • Arlington Heights, IL 60004 • (847) 398-1650  
  
 Email vince@villagecyclesport.com www.villagecyclesport.com

**J & R CYCLE & SKI**  
 716 S. Main • Lombard, IL 60148  
 (630) 620-1606  
  
**BOB PECORA**  
  
 M & Th 10-8  
 T & F 10-6  
 W 12-6  
 Sat 10-5  
 Call for Winter Hours

Diamond Back • GT/DYNO  
 Fisher • Yakima  
 Haro • Univega

**TREK USA**

You can't beat our prices!  
 If you find a lower price we will  
 match it and give you 11%  
 of the price difference.

**Lickbike.com**

www.lickbike.com  
 800-323-4083  
 24 Hour Phone (708)383-5541  
 310 Lake Street, Oak Park IL 60302



  
**10% Discount on  
 Parts & Accessories  
 w/EBC Membership\***

**Cycles-N-Sports**  
 6559 W. 111th St  
 Worth IL, 60482  
 708-361-0440  
 www.cycles-n-sports.com

Experienced in Road Biking  
 Passionate for Mountain Biking

\*Discount applicable on non-sale items only


  
**117 East Front Street**  
 In Downtown Wheaton  
 Since 1958  
**630-668-2424**  
*"Family Service & Quality Products"*

- Trikes
- Bikes
- Wagons
- Scooters
- Sleds
- Shorts
- Jerseys
- Gloves
- Bells
- Horns
- Lights
- Pumps
- Bags
- Computers

- Helmets
- Gloves
- Racks
- Parts
- Tools
- Trainers
- Tires
- Tubes
- Bottles
- Locks
- Cables
- Books
- Maps

Check out our website for  
 specials and cycling info.


[www.midwestcyclery.com](http://www.midwestcyclery.com)


  
**KOSLOW CYCLE, INC.**  
 MARY BEVERLEY ANDY BARB

(630) 629-4773  
 (630) 627-6535  
  
 HOURS  
 MON. & FRI. 9-8  
 TUES., WED., THURS. 9-6  
 SAT. 9-5  
 SUN. CLOSED  
 CALL FOR WINTER HOURS

S.E. CORNER NORTH AVE. & SWIFT RD.  
 21 W. 415 NORTH AVE.  
 WWW.KOSLOWCYCLE.COM LOMBARD, IL 60148

Please Support our  
 Elmhurst Bicycle Club  
  
**Sponsors**

**HARTLEY'S CYCLE SHOPPE, LTD**  


---

 PINARELLO - CANNONDALE - BIANCHI  
 FELT - GIANT - WATERFORD - SCOTT - COLNAGO  
  
**KENNETH J. HARTLEY**  
 24 WEST HINSDALE AVENUE  
 HINSDALE, IL 60521  
  
 (630) 323-7156      EMAIL: hartleyscycle@comcast.net  
 WWW.HARTLEYSICYCLE.COM      FAX: (630) 323-7195

LANCE HONEYMAN

  
**The Bike Rack**  
 www.thebikerack.com

2930 Compton Hills Rd. • St. Charles, IL 60175 • 630-584-6588  
 Fax 630-584-1295 • e-mail: lance@thebikerack.com



Member  
FDIC

# Community Bank of Elmhurst

*"Your Hometown Bank"*