



The Cue Sheet

July
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 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 Judy Mikesell.

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

I own 1 Trek cross/hybrid bike.

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

I joined in 1997 - Joined because Charlie liked the fact that he could do faster rides and that I could do slower rides with other riders.

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

I like to lead: stop & smell the roses type rides, trail rides, rides into Chicago and coming along side the new riders. I enjoy leading rides 10-12 mph with a distance 20-35 miles.

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

The most challenging part is getting flat tires on a ride. I lead rides so I can go the pace, distance & places I want to ride.

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

My favorite rides involve going into Chicago.

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

I would advise a guest to give us a try.



Judy is on the right, tipping her helmet similar to the statue in the background. I'm told that pictures of Judy are as rare as pictures of the HODAG.

Although this year's was the 26th Great Annual Bicycle Adventure Along the Wisconsin River (a 7 day, 500 mile, camping ride), it was the first time for Loren Habegger and Chuck Dean. While having had similar experiences (the MUP - Michigan Upper Peninsula Tour --, RAGBRAI, TRIRI, etc.) in previous years, the beautiful Wisconsin scenery, rolling hills, and touring companions made this trip delightful—despite the fact that rain was encountered on 5 of 7 days!

Speaking of rain, I never met a happier bunch of cold, wet people than the GRABAARW riders. Of course they seemed to enjoy the trials of downpours and lightning storms; and if they got the shivers after a rest stop or shelter stop, that was ok because they knew they would quickly warm themselves after a mile or two back in the saddle even with the temperatures in the 50's. Don't you love it?

Similar to RAGBRAI, where you ride a bus to get to the start of the ride, after parking my car at Muscodia, WI at the southern end of the bike route, it was a 6 hour bus ride up to Land O' Lakes on the U.P. border. The bus ride was split in two with a lunch stop in Stevens Point.

Unlike the TRIRI, where 2 nights were spent at each camp site, the GRABAARW moved camp every day, except for the first 2 nights at Land O' Lakes. And the 2 night stay at LO'L allowed Loren and I to decide to skip the first day's ride since it was pouring rain. Yes, we wimped out and stayed indoors. As we knew there was plenty more rain forecasted, we figured that we would get the chance to tell our own rain stories later in the week. And we did. As for the remaining campsites, we stayed at Rhinelander, Wausau, Wisconsin Rapids*, Mauston, and Baraboo.

The campsites allowed room for pitching tents outdoors or for riders to set up sleeping bags inside of a gym (or in the case of Rhinelander - the local ice arena). The gyms tended to get more crowded than usual as some of the tent campers opted to camp indoors with the all too real threat of rain. In each town, a free shuttle bus was running circuits from the campsite to the town center from about 3 p.m. until 9 p.m. While the main idea with the buses was to allow the riders to take in the town restaurants or bars (or bike shops), riders frequently met other riders at the local laundromat to dry out clothes soaked during the course of the day.

The headwaters of the Wisconsin River begin at Land O' Lakes - about 4 miles out of town. A local minister, Fred Lippert, was providing bicycle blessings to the riders and their bikes with the bikes' back wheels sitting in the Wisconsin River. Having crossed the river several times on the bus ride up north, it is interesting to compare the small stream north to the wide river in the south.



Minister Fred Lippert offers bicycle blessing at headwaters of Wisconsin River.



Loren reported that this stylized image of the HODAG fails to capture the beast's true ferocity!

The riding was delightful with many rolling hills and even a few steep ones. I hit 40 mph on one of the down hills. But Loren recorded a faster time escaping out of Rhinelander with a 'HODAG' almost catching his rear wheel. On Wednesday, on the way to Wisconsin Rapids, we again passed through Stevens Point. Loren and I made a detour to stay with my sister who lives there. She wanted to come pick us up in the center of town, because she said it is pouring 'out here' (5 miles outside of town). But it wasn't raining in town at the time, so we just rode on (and luckily avoided the rain). The next morning, my brother-in-law drove us and our

bikes into Wisconsin Rapids to rejoin the ride. Our bags (which had been unloaded by the GRABAAR crew - just as all bags had been unloaded each day) had been left outdoors in the pouring rain all night. You guessed it -- another trip to the laundromat that night!

The route from Baraboo to Muscodia on the last day was noteworthy because of the perfect weather, the roads, a tailwind, and some options including a climb into the Devils Lake area, the ferry ride across the river at Merrimac, and lunch at the General Store in Spring Green. Because Loren had done the club's Spring Green tour earlier this year he knew that the General Store was a perfect place to have lunch.



With the sun shining and temps in the 70's Chuck and Loren enjoy ferry ride at Merrimac.

The week flew by and came to an end all too quickly. I can recommend this ride to anyone who enjoys the outdoors from a bike. For more information about this ride, please check out the link below.

<http://www.bikewisconsin.com/Grabaawr/index.html>

Bike Advocacy by Bob Hoel



Some good Club colors in there! That's DuPage County Chairman Dan Cronin holding the cup.

It has been a busy month and will continue that way for awhile. Here are the highlights.

The "final" draft of the Bike Plan for Elmhurst has been delivered to the Bike Task Force, along with the critique that was received from the League of American Bicyclists in response to our Bike Friendly Community application. Elmhurst received an "Honorable Mention" so we were eager to see if the Bike Plan would address some of the areas of shortfall in our application. The good news is that a couple major areas in

the critique are covered by the Bike Plan. Please let me know if you would like to see either the Plan or the LAB critique and I will send it directly to you.

LaGrange Park Bike Fest was the weekend of June 11. It was a good first start for them and supported by the local merchants. It could grow into something.

The 10 bike storage boxes are installed along the Elmhurst Metra station. These are to be leased out by the City on a first come basis for \$100 for the year. After less than 3 weeks, only 3 boxes are still available.

We continue to push DuPage County, the Elmhurst Park District and the City of Elmhurst for the Illinois Prairie Path trail improvements just west of York Road in Elmhurst where the IPP crosses the Canadian National tracks. It seems that no one wants to take responsibility for getting this implemented.

June 11 - 17 was Bike to Work Week and was kicked off on Monday, June 13, with a bike to work ride by DuPage County Chairman Dan Cronin who rode from Elmhurst to his office at the County Complex in Wheaton. The ride left Elmhurst with about 20 riders and arrived at Wheaton with 10. No, we didn't drop anyone. Some of the riders needed to peel off and go their separate ways to work. Hopefully this will lead to more County support for the event in the future. Please see the picture of those who started from

Elmhurst. At the conclusion of the ride Chairman Cronin was enthused and stated an interest in doing this more often.

On June 19, the Club and the Bike Task Force hosted bike valet parking for the Community Festival at the new Elmhurst Memorial Hospital facilities. We had over 50 bikes throughout the day. Thanks to Mary Maloney and Mary Jo Bolan for their help with this project.



Bike valet parking at the Elmhurst Memorial Hospital.

Finally, June was the first month we hosted an information table at the Elmhurst Farmer's Market. We had good traffic and a lot of conversation with people interested in biking. Thanks to Cheri O'Riordan and Cindy Reedy for their participation. Our next time in the market will be July 13. It is a great time to meet new people and share our knowledge of biking with the community.

EBC Outreach

By Bob Hoel

So how is it that we add new members to the Club? We don't advertise, in the traditional sense of advertising. The way we reach new members is through our outreach efforts.....word of mouth. It is when we meet new people on the street and tell them about the Club, sometimes on a ride break, sometimes in casual conversation with friends.

The most organized way we make the outside world aware of EBC is when we hand someone a Club business card or brochure or assist with bike-related activities for which we get no personal benefit, like the Blind Stoker bike rides. We have been getting the word out at a number of events this year and I have decided to track the volunteer hours that EBC members spend helping spread the word about the joys of biking and our Club. I will be posting this information at this site:

<http://elmhurstbicycling.org/aboutEBC/advocacy/volunteer.html>

As new volunteer opportunities present themselves I will send a note to the listserv and post it on the Advocacy page. Please let me know of any outreach events that we might participate in and, if we can get volunteers, we will be there.

Please let me know if I have omitted your name from an event and it will be corrected.

Meeting Minutes June

Board Minutes June 9, 2011

Present: John Park, Chuck Dean, Petra Hofmann, Lew Worthem, Cheri O'Riordan, Cindy Reedy

1. **President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
2. **Secretary:** In the Secretary's excused absence, the Newsletter Editor took minutes for the May 12, 2011 Board Meeting. A hard copy of the May Board minutes was not available to read. Board members had reviewed the minutes online in the EBC June

EBC General Meeting Minutes June 9, 2011

Present: John Park, Chuck Dean, Lew Worthem, Petra Hofmann, Cheri O'Riordan

New Members: 1

Guests: 1 (Baltimore Ortega's delightful grandson)

1. **President:** The meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst. • The EBC picnic is scheduled for August 27, 2011. The picnic coordinator, Joanne Dezur, is unable to attend on that date but will coordinate all that is needed beforehand. A volunteer/s is needed to be present at the picnic on that date

newsletter and approved them.

3. **Treasurer:** Excused absence. The Treasurer sent an email to the Board with an attachment of the Treasurer's Report. The Monthly Banking Summary (5/12/2011 through 6/09/2011) listed income of \$387 and expenses of \$260.93. As of 6/09/11, the balance in the treasury is \$14,122.45 with \$136 set aside for jersey credit.
 4. **Newsletter:** Thanked all those who contributed articles for the June newsletter.
 5. **Membership Coordinator:** There are presently 439 members. Some members are finding the number of choices for membership to be confusing. Discussion followed. This topic was tabled until next month when the Treasurer will be present. Two additional concerns were presented: 1) members who have not yet paid club dues and continue to join in club rides and 2) guests who participate in more than three club rides and have not joined the club. Discussion followed. Non-members will be reminded to join EBC if they plan to continue riding with the club.
 6. **Mountain Bike Coordinator:** No report.
 7. **VP/Ride Captain:** Most of the ride leader jerseys have been distributed by Susan Sperl. Kären Schwartz will pass out the ride leader jerseys in Susan's absence. Otherwise, ride leaders need to contact Susan to retrieve their jerseys. Harold Lassers will announce and hand out awards at tonight's club meeting.
 8. **EBC Constitution and By-Laws:** Committee still to be formed.
 9. **EBC Website:** The list server has been down creating problems and requiring many hours by our web team to correct. New providers are being investigated.
 10. The next Board Meeting will be held on Thursday, July 14, 2011 at 6:15 p.m. at the Community Bank of Elmhurst.
- Respectfully submitted,
- Cheri O'Riordan
Club Secretary
- and to oversee all that is needed to have the picnic run smoothly. Please contact Joanne or the President if you can coordinate this event.
- Susan Sperl is not able to be here tonight. Kären Schwartz will pass out club jerseys and ride leader jerseys in her absence.
 - A big thank you to Harold Lassers who volunteered to coordinate all the names of riders with awards of jerseys, certificates and patches for the mileage categories ridden in 2010.
2. **Secretary:** The Newsletter Editor was thanked for his participation in taking the May Board and General Club meeting minutes in the Secretary's absence. The Newsletter Editor announced that hard copies were not available to read from at tonight's General Club Meeting but all May minutes were in the June newsletter. Minutes were approved. (Full reports are on the EBC website in the newsletter).
 3. **Treasurer:** Excused absence. The following is from an email the Treasurer sent to the Board members. The Monthly Banking Summary (5/12/2011 through 6/09/2011) listed income of \$387. Expenses were \$260.93. At present, the balance in the treasury is \$14,122.45 with \$136 set aside for jersey credits.
 4. **Mountain Bike Coordinator:** Baltimore Ortega spoke on behalf of the MTB Coordinator who was absent.
 - MTB season has started when the trails are in good condition. The club now has enough participating members to have two solid levels: beginner and intermediate/advanced.
 - Everyone is encouraged to participate in one of the MTB rides that end at the MTB Coordinator's home with a pool party as they are great fun. (See Ride Schedule for date/time).
 - Baltimore might be involved with a MTB camp or MTB class at REI. Details still need to be worked out.
 - Larry Gitchell will be leading a social MTB ride (refer to Ride Schedule).
 - Baltimore and Larry Gitchell will lead a social ride on July 9 to Cantigny in Wheaton with a visit to the WWI Museum, lunch in the café or riders can also use the picnic tables. (see Ride Schedule)
 5. **Membership Coordinator:** To date there are 439 members. Casey Omori was introduced as a new member. Tom Preston and Mary Lee St. Aubin were thanked for their participation at REI in assisting with Bike to Work information and EBC representation.

6. **Vice President/Ride Captain:** Karen Schwartz has ride leader and member jerseys to hand out tonight.
7. **Advocacy:** Bob Hoel reported on the following: (Please refer to the EBC website's advocacy link or to Bob Hoel for further information).
 - La Grange Park is sponsoring its first Bike Fest on Saturday June 11, 2011 from 9:00-11:00a.m. in the parking lot behind Panera on LaGrange Road.
 - There are ten bicycle storage boxes located at the Elmhurst Metra station. Six of them are already rented.
 - Bike to Work: June 14 (Tuesday) and June 17 (Friday) 2011. From 6:30-8:30 a.m., volunteers are 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 are needed to participate at the EBC booth on the second Wednesday of each month. Thank you to Cindy Reedy and Cheri O'Riordan for volunteering on June 8.
 - Share the Road license plates are encouraged to be purchased to support bicycling and bicycling rights.
 - Congressman Peter Roskam is working to get the crossings completed where the Illinois Prairie Path and the Canadian National RR intersect. Funding was provided two years ago, but the wheels of the CNRR are rolling slowly.
 - On Monday, June 13 at 7:00 a.m., riders are encouraged to join Du Page County Chairman Dan Cronin at the gazebo on Spring Road in Elmhurst and ride on the IPP to the Du Page County Government offices.
 - On June 19, from 10:00 a.m.-5:00p.m., volunteers are needed to help with bicycle valet parking at the new Elmhurst Memorial Hospital's Open House. Portable bicycle racks will be provided.
 - Chicago Area Tandem Society is looking for volunteers to ride tandems with riders who are visually impaired. You can use your own tandem and very often, visually impaired riders also own tandems. John Loesch or Jerome Hughes can be contacted for further information.
 - Ron Burzese was introduced. Ron is a visually impaired tandem rider of 14 years. He spoke on the benefits of tandem riding. Ron also mentioned the name of an organization called Bicycling Blind at bicyclingblind.org that matches sighted bicyclists with visually impaired cyclists. He said it is like "Match.Com" without giving any

personal information.

8. **Other:**
 - Art Frigo spoke on the joy of his new light-weight recumbent. Art owns other recumbents and bicycles. He stated that The Bike Rack in St. Charles (EBC sponsor) will let riders try out various types of recumbent bikes.
 - Jerome Hughes presented his proposal for an EBC Salt Creek Metro Metric on the Salt Creek Greenway Trail. Because of the length of this proposal, please refer to Jerome's email of June 9 to the membership. (Hard copy is attached). Jerome requested input from the membership on anything that he might have missed.
9. **Refreshments:** Appreciation to Chuck Dean for providing the tasty refreshments. His wife, Marilyn, made the delicious black bean salsa.
10. **Program:** Harold Lassers presented the awards of certificates and patches with the respective names of riders. Ed Gin was recognized as a high mileage club member and ride leader within his first year with EBC in 2010. Top mileage riders were: Ed Gin-9,486 miles; Nancy Shack-7,332 miles; and K ären Schwartz-6,174 miles. The names and categories of all riders are too numerous to include in the minutes. Please contact Harold Lassers if you have any questions. Please refer to the *Membership Directory & Handbook* or the EBC website for more information on the EBC Awards Program guidelines.
11. **The next EBC General Club Meeting will be held on Thursday, July 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>)

July, 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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