



The Cue Sheet

August
2011

The Newsletter of the Elmhurst Bicycle Club
Riding Strong for over 33 Years



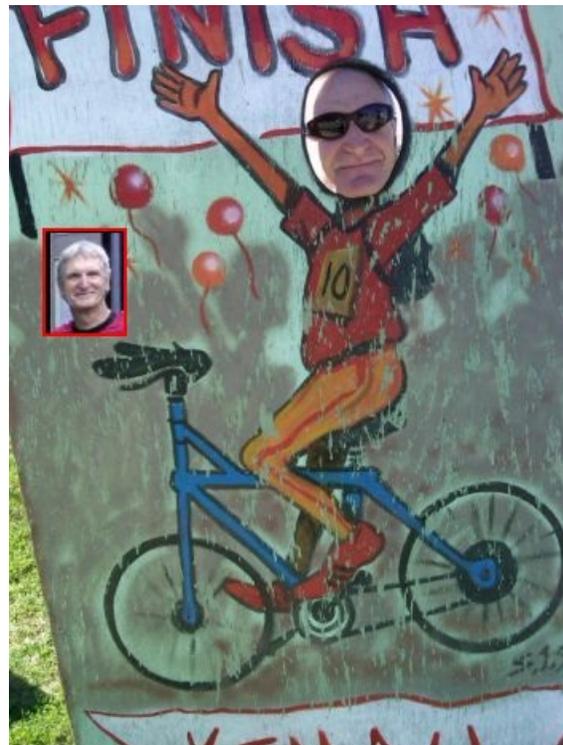
Elmhurst Bicycle Club is the
League of American Bicyclists'
2009 Bicycle Club
of the Year for Region 4.

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 Art Frigo.

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

I have two bikes that I particularly like: 1) A Cannondale T-2000 touring bicycle, which I have had for many years. I have logged many miles on this bike. It was one of the few bikes that was available in a very large frame size (68.5 cm). I am 6'9" and it was great to be able to buy a bike "off the rack." I have two sets of wheels for it that allows me to easily change from a road-ready bike to a trail (crushed limestone) bike. 2) My latest addition is an ICE Thrive Sprint. It is a trike (three-wheel) recumbent with two wheels in the front. The ICE is the most comfortable bike that I have ever ridden. It is quick and can readily climb hills. The bike is easily foldable for simple transport. Besides these two bikes, I own eight (no kidding!) other bikes: three other road bikes, three other recumbents, and two mountain bikes. Several of these are collectors' items with sentimental value. I also keep some of the bikes at a second home for use by visitors and to avoid transporting bikes back and forth between locations.



Art titled this picture "Riding? in Kemah, Texas"
He said he wouldn't ask for mileage credit.

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

I joined the EBC in the spring of 2009, so have been a member for two years. Member Loren Habbegger introduced to the club. My first ride was a Tuesday IMAX event led by Bill and Kären Schwartz. After this first ride, I was "sold." I had just retired and was looking for some new activities and the EBC helped fill that bill. I started leading rides very soon after joining because of the prodding by Betty Bonds, who struck fear in me.

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

In 2009 and 2010, I led rides that usually started in Downers Grove, my hometown. The pace was usually in the 13-16 mph range and distances were in the 40-mile range. This

year I have slowed my rides down to 11-14 mph and shortened the average distance to around 30 miles. One of the reasons for this change was the paucity of these types of rides on the EBC ride schedule. My rides are social events that move at a conversation pace, when safety permits. The routes are through the neighborhoods of Downers Grove and the surrounding communities. They always include a stop at a coffee/sweet shop to refill our human engines with fuel.

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

The most challenging part of leading is spending the time to plan routes and check them ahead of time to be sure that not too many undesirable surprises occur during the ride. Many of my rides attract large numbers of riders; so another challenge is keeping the group together. Regrouping is an important part of my rides. I probably continue to lead rides because of the positive feedback from participants. I do enjoy the planning associated with finding new routes.

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

My favorite ride, which I lead, is one that heads south from Downers Grove and cruises by Argonne National Laboratory, where I spent most of my career as a mechanical/nuclear engineer. I also like rides that include trails, such as the Centennial Trail that is south of Argonne. One of my favorite stories is the "marking of the trail" on a ride I led in the fall of 2009 that was called "The Centennial Century." The ride included four 25-mile loops of the Centennial Trail. We returned to our cars after each 25-mile loop, with a lunch stop at the 50-mile loop. Since the loops were slightly more than 25 miles, we hit the 100-mile mark on the trail. We stopped the ride at that point to "mark" the trail and take pictures - what a blast! This particular ride allowed several members to complete first-ever centuries.

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

Please consider joining one of the rides that I lead. They are usually on Mondays and called MOAB, which stands for Monday On A Bike. Check the ride schedule because some times I am out of town. We will not drop you (i.e., leave you behind). Also, take a chance and plan a ride that you can lead. It is fun and you will learn much more about the areas that you use for the ride.

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

The EBC has introduced me to some great new friends. There is wonderful team spirit in the club. A benefit of club rides is the added safety that results from riding with a group. I also have a suggestion for our faster ride leaders - Consider leading some slower rides and stick to the slower pace for that ride. It will allow you to meet other club members, who cannot participate in your regular rides.

Annual Elmhurst Bicycle Club Picnic Saturday, August 27th By Joanne DeZur



People get in line, when something good is coming.
Will we see you at this year's picnic?

Last year's picnic was a huge success and we are hoping since we have over 300 members we can convince more people to attend this year. It will be held at Salt Creek Forest Preserve on 2nd street and Route 83. starting at 10:00 a.m.

We will have food again catered by Corky's, however with prices going up so much this year we are asking members to bring a side dish to go along with the chicken and beef they will supply.. We plan on having another bean bag contest, it is a blind draw

for partners and the winning team will receive a nice prize.

So far I have not heard from anyone that they will be attending, I hope you understand

we need to have an approximate count for the caterer. Last year there were also several bike rides to the picnic with various speeds and distances which I am sure will show up again.

Please let either Cheri O'Riordan (cycle2ski@yahoo.com) or Joanne DeZur (cyclejoey@sbcglobal.net) if you will be able to attend. We will also need a list of members willing to bring a side dish and what they intend to bring. Last year we had tons and tons of fruit so we might have to adjust it somewhat.

If no one is coming, no one is volunteering to work and no one is volunteering to bring a side dish GUESS WHAT?? (Editor's note: I think Joanne is saying it is essential to let the picnic planners know if you intend to attend. Please help out the planners.)

Millennium Park Ride 7-13-2011

Text and Photos by Tom Preston

This is the second time I have ridden with Mary Jo Bolan to Millennium Park and I highly recommend you join her next time she offers to lead the ride again. Mary Jo led us east along the Illinois Prairie Path or streets parallel to it through Berkeley and Hillside and into Maywood where she turned us north on 17th Avenue. She jogged over to 15th Avenue before we entered Melrose Park. While on 15th we passed Chicago Grinding, one of the vendors I purchased from before I retired. We continued north into Franklin Park to Belmont Avenue where we turned east. We crossed



Ready to roll from the Depot!

the Des Plaines River on Belmont and entered Chicago, then turned northeast on Forest Preserve Drive where we stopped to replace Betty's rear inner tube, a pinch flat victim of one of the pot holes we hit in Franklin Park. We continued on Forest Preserve Drive to its northeast end in Harwood Heights. We reentered Chicago when we crossed Narragansett and wiggled to Wilson Avenue at its western end near Austin and headed east toward the lake. Just before we stopped for coffee we passed Roosevelt High School, one of those beautiful brick 3 story schools which would be way too expensive to duplicate today.



(from left): Ride Leader Mary Jo Bolan! Gerry Fekete, and Cheri O'Riordan

Mary Jo had us stop for coffee and restrooms at the corner of Wilson and Kedzie where there is a Starbucks, a McDonalds and a Subway. Some of us bought sandwiches to have later at lunch time.

We reassembled and continued east. I was pleased at how comfortable I felt riding with traffic along Wilson Avenue. We went under Lake Shore Drive on Wilson and turned south on the Lakefront Bike Path to

Millennium Park. We enjoyed the orchestra and chorus practicing for the concert they would perform later that day while we enjoyed our lunches in the shade.

After lunch, we regrouped east of

LSD at the bike path and headed south. The air was so clear, we could see all the way to the Inland Steel Mills in Hammond, Indiana. We stopped once along the way to adjust Hank's saddle. When we got to 63rd Street, Mary Jo had us turn west through Jackson Park, then along 63rd Street to Cottage Grove where we boarded the Green Line Elevated. There were too many of us to all go on one train, so Mary Jo stayed with the second group to make sure we all got on.



This was one 'El' of a route!

We rode the Green Line from its south east end at 63rd and Cottage Grove to its northwest end at Harlem Avenue in Oak Park. Mary Jo had us regroup at the Dunkin' Donuts shop just south of the train station for restrooms and refreshment. Then she led us back to the east end of the Illinois Prairie Path with a shortcut through Concordia Cemetery.

Thank you, Mary Jo, I really enjoyed the day.

Link for additional pictures, including some great Chicago Skylines:

[Link to flickr.com](#)

Rio Grande Trail

By George Hermach
Pictures by Hermachs

Sharon and I were in the Glenwood Springs area a couple of weeks ago and rode the Rio Grande Trail which runs from Glenwood Springs to Aspen, a distance of about 44 miles. The Rio Grande Trail is located on a former D&RGW railroad line that once served mining interests in the Aspen area. The grade is a fairly steady 2% uphill from Glenwood Springs to Aspen to cover the 2100 ft elevation gain between the two towns. Most of the surface is paved, but there is a short stretch up valley from Woody Creek that is covered with fine pea gravel. If riding the gravel section with road bikes, be very careful as there are soft sections. I had my touring bike and Sharon had her hybrid.



Sharon Hermach, a beautiful setting, on her hybrid.

While we mainly rode the paved portion, I sampled a little of the gravel section around Woody Creek where we parked our car. One afternoon, we rode down valley from Woody Creek to Basalt, about 12 miles. Since Sharon's knee was bothering her, I then rode back up valley to retrieve our car. The next morning we rode down valley from Basalt to Glenwood Springs, about 23 miles, to have lunch in Glenwood Springs. I've attached a couple of photos taken on the trail.

Here's the beauty of this trail system. There is a regularly scheduled bus system up and down the valley and they take bikes on the bus. With the weather threatening after our lunch, we decided to take the bus back to Basalt. It turned out to be a wise decision as it rained heavily on the ride back. While the bus fare is based on distance traveled plus \$2 per bike, seniors can ride free plus the \$2 bike fare. The bus runs about every half hour weekdays and hourly on weekends. Only certain bus stops are bike loading stops; these are indicated on the trail map and bus stops.

For more information, see Rio Grande Trail:

<http://www.riograndetrail.com>

or see:

[Roaring Fork Transportation Authority](#)



George Hermach. (No tandem, but they do seem to have matching jerseys.)

Also running east of Glenwood Springs is the Glenwood Canyon Trail. This relatively flat paved trail runs through scenic Glenwood Canyon for a distance of about 16 miles. It would be an out-and-back ride. We've ridden this trail previously and it is one of the best. The two trails do connect in Glenwood Springs on streets and a local trail, called both the River Trail and Two Rivers Trail. However, the rivers in

Colorado this year are running high and fast due to a greater than normal snowmelt and portions of the Glenwood Canyon Trail are closed due to flooding and serious washouts. When we were there the trail was closed east of Grizzly Creek. It was unknown when the trail would reopen; there were signs indicating closed for the season. The hiking trail to Hanging Lake was also closed due to washouts.

We highly recommend these trails if you're in or near this area. We also saw a lot of cyclists on the roads in the area, however the gradients on the roads are much steeper so you need to be a strong hill climber as well as being acclimatized to the altitude.

Meeting Minutes July

Board Minutes July 14, 2011

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

- 1. President:** The meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
 - A \$25 gift certificate was received from Koslow Cycle. This was passed on to the Membership Coordinator.
 - EBC Picnic: Joanne Dezur is overseeing the picnic but will be out of town on August 27. Cheri O'Riordan will fill in for her and oversee responsibilities for that day. Joanne is in need of another gift certificate for a game prize. The Membership Coordinator will contact Joanne as he has some gift certificates.
 - One sponsor is no longer interested in being a sponsor. And another sponsor has questioned the purpose of being a sponsor. The Board may want to rethink sponsorship. Various options could be presented to sponsors: the option of continuing to make a monetary donation, or donate gift certificates. Information on this topic will be forwarded to the Board for review and discussion at next

EBC General Meeting Minutes July 14, 2011

Present: John Park, George Pastorino, Chuck Dean, Lew Worthem, Cheri O'Riordan **New Members:** 2
Ron Burzese and Pat Pulte
Guests: 3

- 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. Joanne Dezur is coordinating the event. Cheri O'Riordan will fill in for Joanne as Joanne is not able to be there on that date.
 - Koslow Cycle is a very approachable and generous sponsor. Ride Leaders are encouraged to lead rides that include a visit to a bicycle shop sponsor.
 - The Board is investigating a new provider for the EBC website and new software to run the Ride Schedule.
 - The Nominating Committee for next year's Board member slate is comprised of: Roland Porter, Ray Dal Lago, Betty Bond and Mary Jo Bolan.
- 2. Secretary:** The June 9, 2011 General Club Meeting minutes were summarized and approved. (Full

month's Board meeting.

- The Nominating Committee for next year's Board member slate is comprised of: Roland Porter, Ray Dal Lago, Betty Bond and Mary Jo Bolan.
2. **Secretary:** The June 9, 2011 Board Meeting Minutes were summarized and approved. The Board Meeting Minutes can be viewed on the EBC website in the newsletter.
 3. **Treasurer:** The Monthly Banking Summary (6/9/2011 through 7/14/2011) listed income of \$975.00 Expenses were \$780.69. At present, the balance in the treasury is \$14,133.73 with \$136 .00 set aside for jersey credit. The Treasurer's report was accepted.
 4. **Newsletter:** No report.
 5. **Membership Coordinator:** There are presently 456 members.
 6. **Mountain Bike Coordinator:** No report.
 7. **VP/Ride Captain:** Excused absence.
 8. **EBC Constitution and By-Laws:** Committee still to be formed.
 9. **EBC Website:** A credit card is needed for Pay Pal. Cindy Reedy has been using her personal credit card, but it will expire next month. Discussion followed regarding the use of a debit card vs. a credit card. The Treasurer will look into the policies of using a club debit card that would be linked to the EBC checking account. Cindy reported that the list server has been down creating problems for the Ride Schedule. This required many hours by our web team to correct. Cindy investigated website hosting providers and ARVIXE is the new host provider. Cindy is continuing to work with ARVIXE to work out any 'bugs.' After the site is up and running on the ARVIXE servers, which should be by the end of August, Cindy will start to address the problem with the Ride Schedule. The Ride Schedule was written in (what is now) an outdated version of Visual Studio. To begin the updating process she will 1) contact members to see if anyone has the latest version of Visual Studio and would be willing to update the Ride Schedule, 2) if not, contact a former board member who may be able to find someone who would do it for a nominal sum, and 3) ask some people for small changes that they may want if we update the Ride Schedule
 10. The next Board Meeting will be held on Thursday, August 11, 2011 at 6:15 p.m. at the Community Bank of Elmhurst.
3. **Treasurer:** The Monthly Banking Summary (6/9/2011 through 7/14/2011) listed income of \$975.00 Expenses were \$780.69. At present, the balance in the treasury is \$14,133.73 with \$136 .00 set aside for jersey credit. The Treasurer's report was accepted.
 4. **Mountain Bike Coordinator:** There are two MTB rides this weekend: beginner and advanced. Chuck Gentile and the MTB Coordinator will lead an intermediate ride. There will be MTB rides before and road rides leading to the MTB Pool Party on July 30.
 5. **Membership Coordinator:** To date there are 457 members. Ron Burzese and Pat Pulte were introduced as a new member along with Kelly Morgan who joined earlier.
 6. **Vice President/Ride Captain:** No report.
 7. **Advocacy:** Bob Hoel reported on the following: (Please refer to the EBC website's advocacy link or to Bob Hoel for further information).
 - The City of Elmhurst has plans to put in 40 bike racks in and around the downtown perimeter.
 - The signs for the Salt Creek Greenway Trail are to the manufacturer and should be installed by the end of the summer.
 - The railroad crossing where the Illinois Prairie path (IPP) and the Canadian National RR intersect in Elmhurst is waiting to be improved. The crossing needs to be leveled; and longer approaches would avoid the need for the 'quick' turns currently required to cross the tracks. Lights and gates are also needed. Emails have been sent to all officials as this is a dangerous situation. Contact Dan Thomas, Du Page County Trail Planner to let him know your concerns.
 - *Share the Road* license plates are encouraged to be purchased to support bicycling and bicycling rights. There are 1,200 motorists so far that have signed up to purchase the license plates. 1,500 are needed before manufacturing can begin.
 - Elmhurst Farmer's Market: Volunteers are needed to participate at the EBC booth on the second Wednesday of each month. Thank you to Ron Burzese, Joanne Dezur and Cindy Reedy for volunteering on July 13.
 8. **Other:**
 - EBC Picnic: August 27th. Cheri O'Riordan asked for volunteers to

Respectfully submitted,

Cheri O'Riordan
Club Secretary

assist with the following duties: set up, fill drink containers, put up EBC banner, purchase large bags of ice (will be reimbursed), oversee games, bring bean bag games, and clean up. Please contact her if you can assist.

- Sam Gunda announced that the city of Addison will hold its first Bike Festival on Saturday, July 16. He will lead a ride to the event starting at 8:00am.
- A representative from the Du Page Sierra Club announced that there will be an event on September 24, 2011 from 11:00am-3:00pm called Moving Planet: Moving Beyond Fossil Fuels. This event will be located by the IPP at Ardmore and Villa Avenues. There will be music and exhibitors. She suggested that it would be nice if the club could lead a ride to this event.
- Susan Sperl provided examples of a windbreaker made of a TYVEC-like material to try on. If interested, please let her know. She is investigating prices.
- Harold Lassers stated that members and ride leaders should pick up their awarded certificates, jerseys, T-shirts and patches tonight or contact him to make arrangements for pickup.

9. **Refreshments:** Delicious refreshments were provided by Joanne Nicholson.
10. **Program:** Bob Hoel gave an informative slide presentation on his family's bicycling vacation to the Chinon area of France. Bob and his wife Nancy vacation and bicycle in various areas of France each year. Many of the photographs not only focused on the beauty, châteaux and history of the region but also on the wine and gustatory delights. Bob says that it is very helpful to have a wife who speaks fluent French! Merci beaucoup, Bob.
11. The next EBC General Club Meeting will be held on Thursday, August 11, 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>)

August, 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>.

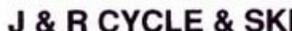
Note 3: The 'Ride Schedule Archive' can be found on our website at <http://www.elmhurstbicycling.org/rides/archive.asp>.

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