



The Cue Sheet September 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 Ray Dal Lago



It sure looks like he is ready to ride all day!

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

I own four bikes: two road, one "possible" mountain and one hybrid. My favorite is my 2009 Waterford SR22 road bike. The frame is custom sized and the components are SRAM Force. The wheels have very comfortable 23mm wide HED Bastogne C2 rims. I can ride this bike all day (and I have).

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

I got tired of riding by myself so I joined in 1999. I once joined in 1986 or 1987 but the club didn't offer the types of rides I was interested in. Fast forward to 1999 and beyond and EBC has a ride for just about anyone.

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

My rides are usually 35+ miles at a constant pace around 23 MPH once we get on the open road. I'm really happy when I can ride 70-100 miles, especially when there are long stretches of lightly traveled roads. The destination is not really important but it does give purpose to the ride.

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

The most challenging part is making sure everyone sticks together. I don't like when a rider falls behind OR charges ahead and he or she can't be caught by the rest of us. Leading rides has become a habit. I started leading rides as a substitute for regular leaders and soon I was setting the ride parameters and posting the rides.

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

My favorite ride is one I do at least once a year: De Ride to DeKalb. We start at Leroy Oaks forest Preserve in St. Charles and head west to DeKalb. I must have some connection with the growing corn and soybeans because I feel very peaceful riding to

DeKalb. The official ride is held the first Saturday of August. I started this ride in 2000 and there has never been rain. Those of you who have seen my posting for this ride know that I put "No boat shoes allowed." into the posting. One year someone showed-up with an old Raleigh bike and he was wearing deck shoes (boat shoes). Three miles into the ride he decided he couldn't ride with us and he turned around. I humorously decided that the shoes were the cause of his inability and anyone wearing boat shoes could not finish the ride. No one else has ever worn boat shoes on the ride.

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

Anyone wanting to go on my rides should know his or her limitations. Fast pace lines and short/no rest stops are the norm. Heed the pace and distance listed in the posting. If you want to lead a ride, you must feel comfortable being in a leadership position. You will make the call about where to go if a road is closed or a rider can't continue riding. Know your riders!

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

Cycling should be fun. If you're not comfortable on the bike you will not have fun. If the pace is too fast you will not have fun. At the end of the ride you should be able to say "That was good!!"

Twin Lakes Self-Contained Ride

Article and Photos by George Hermach

From August 10-12, ten EBC cyclists participated in a three-day self-contained bicycle trip to Twin Lakes, Wisconsin. Led by Jerry Ringer, we left Betty and Jerry's house in Lombard early on the morning of Wednesday August 10 carrying all of our clothes and camping gear on our bicycles for the 60+ mile ride to Twin Lakes. We pedaled north to our first stop at Busse Woods where Dick and Freda joined the group. Our lunch stop was in Long Grove where some of us ate at an outdoor table at the Long Grove Café. The weather was almost perfect for riding, with sunny skies and a temperature in the upper 70s; the only negative was a minor headwind. Our route took us northwesterly from Long Grove, then south and west of Fox Lake on low traffic roads and north through Johnsburg. We arrived at our camp at Woodland Melody Park Campground in Twin Lakes with plenty of daylight left. At camp, we were joined by a few more people who had driven up to join the group. Our dinner that night was at the Pier West Restaurant on Mary Lake (one of the twin lakes). Back at camp we were in our tents shortly after dark.



Dick Diebold and Freda Brown are masters at touring!

Under sunny skies on Thursday morning we rode our bikes to Manny's Restaurant in Twin Lakes for breakfast, then onto Lake Geneva. A few of us drove to Lake Geneva. The vehicles came in handy to shuttle a group of us to Williams Bay where we started our 7 mile hike along the lakeshore trail back to Lake Geneva. Our hike took us past large houses which line the lakeshore, many with beautiful flower gardens. We all had an early dinner at Popeye's Restaurant (not the fast food chain) in Lake Geneva so we could ride the 15 miles back to Twin Lakes before dark. Once back at camp, Tom built a campfire and we enjoyed sitting around it swapping stories.

Friday dawned cloudy, but the sun came out later in the day. The drivers shuttled us to Manny's for an early breakfast. It was Manny's birthday, so we all sang "Happy Birthday" to him. Manny's has a collection of shirts on the wall, including one from EBC. Food proportions are huge, especially the "garbage omelet" that a couple of folks ordered. After packing and saddling up, we pedaled south heading to the Prairie Trail at Ringwood, then on the Fox River Trail to Elgin and the Prairie Path to Stearns Rd where we followed an old Isaac route back to Lombard. Professor Murphy (founder of Murphy's Law) must have been with us as we again pedaled against a headwind,

although it was not really noticeable on the sheltered portions of the trails.



Self Contained Riders -- Ready to Roll!

Participants were cyclists Jerry Ringer, Betty Bond, Dick Diebold, Freda Brown, Tom Coogan, Gerry Fekete, Susan Sperl, Maria Kapusta, Bonnie Brennan, and George Hermach, who were joined in Twin Lakes by motorists Keith Garland, Mary Lee St Aubin, Carole Danillo, George Kapusta, Mary Lukritz, and Susan Solberg with her Scamp trailer. Many thanks are due to our

leaders Jerry Ringer and Dick Diebold, and to Keith Garland for being the "official" sag support which included a cooler full of beer. I think all of us feel it was a great trip and would do it again. Of course the weather (meaning no rain) helped.

Club Picnic - 2011

by Chuck Dean, pictures by Keith Garland

Perfect Weather! Great Food! The finest bicycle riders in the Midwest - just a terrific bunch of people! Saturday, August 27th dawned brightly and set the tone for the annual EBC picnic. Three of our ride leaders (Ed Gin, George Hermach, and Marge Ricke) planned rides that allowed many of the picnic participants to get a ride in and enjoy all that the picnic had to offer. It was fun to see the caravans of riders arriving.



Here are 18 people ready to roll and ready to Picnic! What a day!

Complementing catered chicken and beef from Corky's, club members brought delicious salads and tasty desserts. Fruit, veggies, chips, nuts - everything you needed to get started before the main course. Hmmm! Hmmm! Good!

Similar to last year's competition, EBC'ers displayed a competitive side at the bean bag toss that rivaled their bicycling competitiveness. After a hard fought battle, Jim Johnstone and Bill Holmes bested Club

President John Park and Carol Nield to capture gift certificates to the Bike Rack. Well done!

Special thanks are owed to more people than are mentioned here, but it is worth singling out JoAnne Dezur and Cheri O'Riordan. For the second year, JoAnne planned, prepared, and coordinated efforts. However, being unable to actually attend the picnic Joanne (and all of us) benefitted from the outstanding effort from Cheri. There were many "thank you's" posted out on Google shortly after the picnic, but Mary Lee St. Aubin may have said it best:

"Picnics don't just happen ... especially on beautiful days with unexpectedly high turnouts! Anybody who attended yesterday's wonderful EBC get-together experienced a fun, well-organized day. And much of that was due to the dedication and hard work of Cheri O'Riordan. Cheri was at the picnic grounds from early morning until the end. She brought boxes and containers of tools and tapes and tablecloths and plasticware and plates and cups and nametags and sanitizers and cutting boards and knives and every other implement you could think of. And what she didn't personally bring she arranged for others to provide, like coolers and drink containers and ice and a bullhorn. She one-handedly directed teams to set up and clean up. From start to finish, Cheri made the day what it was for all of us!" "Cheri, thanks for every ounce of effort. You're the best."



Of course Cheri (center) has her hands full! Hardly time for a picture ... flanked by Susan (left) and Betty.

Grand Illinois Trail Ride - 2011

Article by Travis Diederich

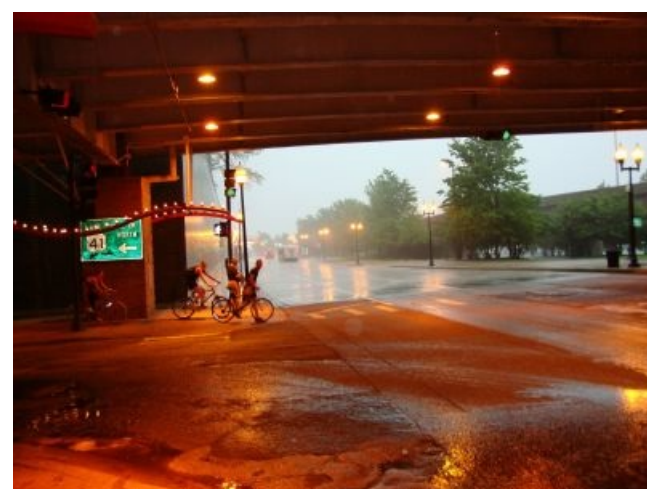
Photos by Martin Becker

I've been wanting to do the Grand Illinois Trail route ever since I did the G.I.T.A.P. ride. The Grand Illinois Trail ride is a lot of the same routes as G.I.T.A.P. The difference is with G.I.T.A.P you have a truck carrying all your stuff and you don't have to worry about breakfast, dinner, or camp ground.

About two years ago I read a web log of this cyclist David Adamic's adventure "thrubiking" on the League of Illinois Bicyclist's web page and decided I had to do the Grand Illinois Trail. I posted the ride with our club, not really expecting too many responses, but I was going to go even if I had to do it alone. As it turned out, I did get some responses. Martin Becker and Sam Gunda joined me on my Grand Illinois Trail adventure.



Martin Becker, Travis Diederich, and Sam Gunda!



Any shelter in a storm! It's not gonna stop these guys.

We started out on Friday July 22nd and had finished 564 miles after 9 days. I had made it a goal to try and hit all the check points listed with the Illinois Department of Natural Resources so we could get our Trail Blazer T-shirts. We managed all but 3 of the check points, due to either being lost or due to route detours we had decided to take. The weather was suppose to be very hot (What do you expect the last week of July?), not rainy. We got rain about 5 out of the 9 days. There were some very bad storms with lots of lightening and even a tornado touch down only about 10 miles away. The weather

was a little bit of a challenge, but only added to our stories.

Most of the trails were very nicely compacted gravel or even paved. We did have a few rough patches and because of the storms had to carry our bikes around or through a few downed trees. Even with all this, we still managed to average about 60 miles a day at around 10 miles per hour. I know this may not sound like much to some of you, but when you're doing a self-contained tour your bike is loaded down with as much as 80-100 pounds. When we got to northwestern Illinois the hills became very steep. You find yourself walking up some of them then coasting down the other side at over 40 miles an hour (what a rush). We ended up camping out only 3 nights and "hoteling " the other 5 nights. I would liked to have camped a little more, but the weather had everything thoroughly soaked. We had a very memorable time with lots of adventure and stories to tell. And maybe I'll do it again ... if I can convince my wife to let me go.

(Editor's addition: If you would like to see more pictures, please click on the link below for Marty's album as originally published in a Picasa album via a link in the GoogleGroup website for the EBC.

<https://picasaweb.google.com/113364211541879004674/GrandIllinoisTrailRide?authkey=Gv1sRgCLON6p-U4oy4tgE&feat=email#>

Monday Night Lights

by Chuck Dean

With sunset on a recent Monday occurring around 7:30 p.m., just about everyone had their front and back lights turned on after the mid-ride coffee/ice cream break. All through June and July, some riders might turn on their tail lights after the break, but the headlights were frequently saved until close to the end of the ride. But now and going forward, headlights are a necessity.

Day or night, the weather these past few weeks has just been delightful. This was especially true last night. And many of the 'usual suspects' were there for another of Larry

Gitchell's meandering Monday night rides. Larry has routes for all points of the compass starting at the Elmhurst Depot at 6:15 p.m. This ride headed southeast into Brookfield and Riverside before heading back. Without dwelling on the route too much, there are usually a few things that make his routes particularly interesting.

Take traffic circles, for instance. Now Brookfield is not the only town with one; after all, the IMAX crowd knows Wendy at Gateshead. Glen Ellyn has one at Parkside and Summerdale just north of Roosevelt. But Brookfield's has a better scale to it - it's bigger. And it just feels good on the bike to swing around to the right while turning counter-clockwise to proceed straight on Grand Ave. And the couple of river or creek bridges make for an interesting passage when you can hear the water gurgling below.



The Depot, 'In the Beginning,' Some of the 'usual suspects'!

I enjoy Larry's rides for a lot of reasons. He sticks to the advertised pace and shows respect for his riders and car drivers. You can count on him to be certain that the last rider made it through a difficult intersection or stretch of road. He pays appropriate attention to stop signs and turns. So, thanks for another great Monday night ride.



The Depot, 'At the End,' With even happier smiles? L to R: Jim G., Mike, Steve, Ron, Jim, Ken, Larry, Joanne, Ron.

Meeting Minutes August

Board Minutes August 11, 2011

Present: Petra Hofmann, George Pastorino, Lew Worthem, Chuck Dean, Cheri O'Riordan, Cindy Reedy, Sharon Hermach

1. **President:** Petra Hofmann was standing in for the President. The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
2. **Secretary:** The July 14, 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 (7/14/2011 through 8/11/2011) listed income of \$1,520.00. Expenses were \$140.95. At present, the balance in the treasury is \$14,747.78 with \$136.00 set aside for jersey credit. The Treasurer's report was accepted.
4. **Newsletter:** No report.
5. **Membership Coordinator:** There are presently 466 members.
6. **Mountain Bike Coordinator:** No report.
7. **VP/Ride Captain:** No report.
8. **Old Business:**
 - The website is being transferred from the old provider to the new provider ARVIXE. Forms still need to be re-written and tested. All emails need to be set up on the new hosting service.
 - The question was raised if there will still be a committee to oversee changes in the club's By-laws. The Membership Coordinator is planning to address this. There was mention that an Awards Committee needs to be developed.
 - Sponsorship: Susan Spertl offered to oversee the sponsorship program. The Vice President will contact the President regarding this offer. Everyone was in agreement that members should support the club sponsors.
9. **Nominations:** At tonight's club meeting, the Vice President will announce the procedure for election of officers according to Article VII of the club By-laws.
10. The next Board Meeting will be held on Thursday, September 8, 2011 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan
Club Secretary

EBC General Meeting Minutes August 11, 2011

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

New Members: 1 - Mary Ann Greco

Guests: 1

1. **President:** The Vice President was standing in for the President. The meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst.
 - There is a need to fill these club positions: President, VP/Ride Captain, Treasurer, Publicity, Sergeant at Arms and Refreshments Coordinator. Please contact Ray Dal Lago, who is on the Nominating Committee, if you are interested in any of these positions.
 - The Nominating Committee will present a list of candidates for the Board offices to be filled at the October meeting. Additional nominations, with the nominee's permission, may be received from the floor up until the time of election at the November meeting. Please refer to the By-laws either in the club Membership Directory & Handbook or on the club's website.
2. **VP/Ride Captain:** There is a term called "pace pusher." This means that a rider does not like the posted pace the leader is riding at and will ride faster hoping to "push" the leader to ride faster. This is not an acceptable practice on EBC rides. This is not fair to those members who join the ride believing the ride is going to be at the posted pace and then are left behind. The posted pace is the pedaling speed.
3. **Secretary:** The June 9, 2011 General Club Meeting minutes were approved. (Full reports are on the EBC website in the newsletter).
4. **Treasurer:** The Monthly Banking Summary (7/14/2011 through 8/11/2011) listed income of \$1,520.00. Expenses were \$140.95. At present, the balance in the treasury is \$14,747.78 with \$136.00 set aside for jersey credit. The Treasurer's report was accepted.
5. **Mountain Bike Coordinator:** Baltimore Ortega has a ride at Kettle Moraine this weekend. This will be a scouting group looking for easier trails. Baltimore then stated that he is leading a ride at 15-17 mph for hill and sprint training on the weekend. He also mentioned that on August 20th, Ron Richards will be leading his first ride to Hackney's restaurant. Baltimore will also be involved with this ride. Everyone is welcome.
6. **Membership Coordinator:** To date there are 466 members. Mary Ann Greco was introduced as a new member.
7. **Advocacy:** No report.

8. **EBC Picnic:** Joanne Dezur stated that 40-45 members have given their RSVP. There is a need for another bean bag game. Cindy Reedy has volunteered her bullhorn for the games. The food is being catered by Corky's Catering with beef, chicken and two sides. Lemonade, iced tea and water will be provided. Sam Gunda is bringing some vegetarian sandwiches. Desserts would be appreciated if members would like to bring something. There will be two rides: Marge Ricke will be leading a ride in Elmhurst. George Hermach stated that he will be leading a three-location ride to the picnic. This ride will begin at IMAX in Woodridge, riding to McCollum Park in Downers Grove and then riding to Fullersberg Woods in Hinsdale before riding to Elmhurst. Members can join the ride from any one of these points and then ride back to their starting point after the picnic if they so choose. Watch for details on the website's Ride Schedule or list server. Cheri O'Riordan will be overseeing the picnic on August 20 in Joanne's absence. She still needs volunteers for set up, ice and someone to oversee the games. Please contact her if you can help.
9. **Other:**
- Nancy Shack suggested a paper ballot for the voting process in November.
 - Cindy Reedy stated that she will lead a slower ride with less hills on the August 20th Waterford, Wisconsin ride. If you are interested, please contact her. Cindy also indicated that there is a need for very slow and short beginner rides to help "jump start" members and prospective members into riding more. Volunteer leaders are needed. Please contact her for further information.
 - Sharon Hermach indicated a need for cue sheets for shorter rides. Please send your short ride cue sheets to her. And, if you have any suggestions for family rides, please contact her or Cindy as well.
 - Sharon Hermach said that changing to the new hosting service at the end of the month may have a 72 hour gap. If you know you are leading a ride, post it now. Get the ride notice out early and she and Cindy will do what they can to have this running smoothly.
10. **Refreshments:** Tasty refreshments were provided by Maria Esqueda.
11. **Program:** Ray Dal Lago invited an outstanding speaker Greg Borzo, author of *Where to Bike Chicago: Best Biking in City and Suburbs*. Mr. Borzo road some 2,000 miles around the city and suburbs last year. In his PowerPoint presentation, he shared stories from his rides, discussed the state of biking in Chicagoland, and talked about some colorful characters in the history of biking in Chicago. He is also the author of *The Chicago "L,"* which covers the history of Chicago's greatest working antique. He has been a reporter and/or editor at Modern Railroads Magazine, Traffic World, Business Word, American Medical Association, Field Museum, Momentum Magazine and University of Chicago. He has a master's degree in journalism from Northwestern University. He is an accomplished public speaker and conducts tours about biking, the "L," and Chicago history for the Chicago History Museum, Chicago Cycling Club and other organizations. Mr. Borzo also signed copies of his new book for our members and guests.
12. The next EBC General Club Meeting will be held on Thursday, September 8, 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.

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>)

September, 2011 • • • Club Rides

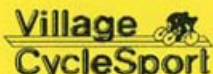
Click on a link below to get to the current Ride Schedule.

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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