



The Cue Sheet

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

**October
2011**



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 George Pastorino



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

My favorite bike is my 2011 Full Carbon Giant Trance X Advanced SL 0; it's a full suspension mountain bike with 5.5 inches of travel front and back that somehow only weighs 24 pounds. It's a dream to ride and was my 50th birthday gift from Pussanee back in 2009, but I just got it this year. Pussanee and I have 12 bikes total.

George looks serious and comfortable all at the same time.

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

Pussanee and I joined in 2006 after meeting Isaac Samoyoa and Bob Jones in a spin class. Isaac invited us to his ride starting at the Lombard Library and we met Bill and Karen Schwartz, Roland Porter and others. We were treated so nicely....we joined.....because it felt like family on the first ride. I will never forget Roland coming up to us and admiring our matching CSC Jerseys and telling us that he likes to see folks dressed nicely on a bicycle and that he knew we would like EBC.....He was right.....I still tell new members that they can learn more about Bicycling in a 30 minute conversation with Roland than from a stack of Bike Magazines.

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

I lead both Mountain and Road rides for EBC and enjoy doing both. I mostly lead hill climbing road rides as both Pussanee and I love to climb hills. My true love is Mountain Biking and I lead rides at Palos, Kettle Moraine, Brown County and other areas.

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

Road and Mountain Bike leading are very different. Road riding is far more dangerous to life and limb than even very advanced mountain biking so I am always more worried on

Road rides. Safety is my prime concern and I try to make sure all riders are aware of their surroundings so they can stay safe. My primary goal after safety is making it about my riders and insuring they get a good experience that lives up to the ride description. I discourage sprints on the road rides I lead as they seem like races and accidents waiting to happen. I do encourage high speed controlled pulls up to 30 mph in low traffic areas and I pull at high speed on our hill climbing route and it's a blast, but it's safer than a sprint because no one is passing each other in the middle of the Road, It's a controlled pace line acceleration on the far right side of the road.

Even though Mountain Biking is far safer than road riding in every measureable way, leading a mountain bike ride is more difficult. This is because there are no street signs in the woods and you just can't call a cab or your spouse if you are tired.....because they won't be able to find you in the woods. This puts more responsibility on a MTB Ride leader to make sure his riders are right for the planned ride and we have to carry more extensive first aid kits as we are not on a city street where help could be available. We also have to evaluate skill level, not just the ability to ride a certain speed. If a road ride says at 18 mph average, it's pretty easy to figure out if you are fast enough. Not so in Mountain biking. There is a rider's technical ability that comes into play so I try to write very descriptive ride listings so folks will know if a ride is right for them. I try to make sure everyone is safe but still has fun like a 12 year old....a fine line to walk. I am fortunate to have my wife Pussanee sweep these rides, which is invaluable. I lead rides all winter long, in the snow and at temps to 20 below zero, so I can't afford to lose riders in the woods and her help is essential. Actually on most of my rides Pussanee is a de facto second ride leader, she does not want to be listed as such, nor does she take any credit but she provides training, assistance and leadership that is very helpful to our riders.

When I joined the club there were no single track rides, so I started listing them and in 2007 took a leadership position as EBC's first Mountain Bike Coordinator. I also have served on the EBC Board as Treasurer for the last 4 years. For the last 3 years I have been giving private single track lessons to club members and it has been very successful as has been our bike loaner program. Pussanee and I loan our bikes out to road riders who want to try mountain biking and many of our regular riders started out on one of our loaners.

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

My favorite story is called "The benefits of Ride Leading" (your experience may vary). On July 18th, 2004, CAMBR was having its 10th anniversary picnic and was offering tours of Palos at various speeds and skill levels. I was slated to lead the fast, high skill ride when the organizer called me the night before to ask a favor. Seems no one wanted to volunteer to lead a ride for newbies. I said I would be glad to lead the newbie ride. That decision changed my life forever. A 97 pound Thai O.R. nurse from U. of C. had seen the newbie ride advertised in Windy City Sports and decided to go to Sport Mart, buy a mountain bike and give it a try. She had never rode a mountain bike before and even though she was the least skilled newbie I have ever seen, one look at her and I knew that I had found the last women of my life. I proposed to her on a single track ride at Palos 9 months later and we married in January of 2006.



" George and Pussanee ... at the speed of fun!"

So give ride leading a try....it might change your life as it did mine. Oh, BTW.... Pussanee's skills have improved a bit. ☺

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

Call or e-mail me so I can get a sense of what you are looking for and guide you to the right rides for your skill level. I am always happy to speak to new members or guests and can help you choose the right ride leaders for your speed and skill set.

Do you have any final comments for our members, guests, and your riders? EBC is more than just a bike club; it's a big extended family. Pussanee and I feel so at home here and you will too....just give it a chance. Have Fun.....Pussanee and I do not ride for fitness.....We ride for fun and that's the EBC motto.....riding at the speed of fun!

Reaching Out to Newbies and Neverbies

By Cindy Reedy

On September 10, 2011, Ray Dal Lago led a ride specifically designed to let people try a group or club ride. The distance was 9½ miles at a 10 mph pace. Yes, Ray can maintain that pace for an entire ride - as long as it is a short ride. And as far as we know he did not fall asleep.



Ray attracted the perfect group of eleven members and four guests. Mary Lee brought her adult niece, Anne. As a child she had ridden several PAW (Pedal Across Wisconsin) rides with Mary Lee. When Anne was ten she competed in the Iron Kids triathlon in Denver. She hasn't done much biking as an adult and her bike is still the one she rode when she was ten. It has the Iron Kids sticker on it and an old mechanical odometer on the front wheel.

These riders display a cheerful confidence!

Susan brought her neighbors, Chris and Mike. Mike bought a new helmet just for the ride.

Ray brought his wife Suzanne who said it was her first club ride. I'm pretty sure she's the one that kept him at the advertised pace.

Our sweep John didn't bring his wife, but he did bring her bike. Nice ride, John! Thanks for sweeping in style.



Ramona brought herself. She joined the club last year but never went on a club ride. This was her first.

Jessica brought her eight year old son, Oliver. He did really well, no doubt motivated by the promise of ice cream at the end of the ride. Ray had negotiated a discount at Uncle Harry's Ice Cream for us. Yum!

"Ring out Ahoya"- No longer a "Warrior," but does a great job as "Sweep." On my
Beginners Ride
(Three 7 mile

Loops) the next day I had 3 guests and 14 members. Of the members we had one child (Oliver, doing well again) and two new riders.

This response makes me think that Ray's idea of reaching out to prospective bicyclists has hit home with some. Thank you, Ray, and thanks to all the Newbies and Neverbies for joining us. We hope to see you on more rides soon.

Cross Country Skiing in Michigan

by Sharon Hermach

The thirteenth annual EBC cross-country ski trip to the Upper Peninsula of Michigan will be February 5 to February 10, 2012. Our home base is the Indianhead Motel in Ironwood, MI. No price increases again this year! The price for a double occupancy package is \$220 and price for a single is \$285. The price includes lodging for 5 nights, continental breakfasts, \$10 credit towards dinner each evening and trail passes. Over 28 club members have signed up so far. There are still rooms available if you want to attend this annual event. So call Morgan at the motel (phone 906-932-2031) to get your room reservation booked. The average annual snow fall for this area is 200 inches. The club has enjoyed skiing, snow shoeing, hiking, eating, relaxing in the sauna, getting together at night for socializing and playing dominoes and other games for several years. Pictures from previous trips are located at <http://www.elmhurstbicycling.org/memberPages/photoalbum.asp>.

Downhill skiing is also available. You can get more details and the downhill package pricing when you call the motel or check their website at <http://www.indianheadmotel.com/>.

If you are interested and want to experience some of the best XC skiing in the Midwest, call to make your reservations. I will be coordinating this trip again in 2012 and will assist with ride/room sharing details if possible. Please let me know when you make your reservations. I will send out the details on the dinner and trail location schedules in January to those who have signed up.



If you can't make this trip, or would like to go on a second trip to Ironwood, here are a couple of options that we will be doing. If you want to join us on either of these, call and make your reservations at the Indianhead Motel.

EBC Members take to the Trails!

January 11-18 - Saturday January 14 is the date of the third annual SISU Ski Fest in Ironwood. There will be ski races and a non-competitive Taste of Ironwood Tour. See the Ski Fest web site <http://www.sisuskifest.com> for details of this festive event. Last year George and Peter skied in the 21K Classic race and enjoyed the experience; George plans to do it again this season. Reports that we heard last year from the "Tasters" was that it was a fantastic event. All SISU events start at ABR and end on the main street in downtown Ironwood. If you want to participate, you do need to register in advance; see the SISU web site for details.

February 19-24 - Here's another chance to get in some fantastic snow before it all melts.

Some Interesting September Rides and Events

By Chuck Dean

Pictures by George Pastorino and Tom Preston

As is the norm, there were lots of rides scheduled throughout September: fast and slow; long and short. Something for everybody.

In the 'long AND fast' department, several EBC'ers partook in the Sub-5 Century Challenge Ride for Parkinson's Research out near Hampshire, Illinois. A team largely comprised of EBC members posted a 4 hour 43 minute ride for 100 miles. That's a 21.2 mph average. Congratulations to Ray Dal Lago, Dave Buckson, Rob Lorenzini, Lorenzo Carminato, Roger Pardon, and Steve Omori.

Another group of EBC'ers took the ride downtown to see 'Marilyn.' Larry Gitchell led the group pictured below on a beautiful day.



Marilyn Monroe shelters EBC'ers in Pioneer Court



A good looking group.

For the second year, a group of EBC'ers started this season's hiking adventures with a trip down to Starved Rock. An all day hike through all 18 of the park's canyons was experienced by Jerry Sieden, Betty, George and Pussanee Pastorino. A taste of the scenic beauty appears below. For a larger selection of the bluffs, rock faces, pools, etc., see George's album at:

http://albums.phanfare.com/isolated/9c1gJaGp/1/5289277_5971725#imageID=139450029



Starved Rock and Illinois River



Jerry, Betty, George, and Pussanee

Beautiful Wheels

by Chuck Dean, pictures by Jerome Hughes

I almost titled this article 'Hypnosis 101.' Jerome had taken a movie of Dr. John's spinning wheels. You know ... 'Look into my eyes / or wheels / or something.' But the movie, at 60

mb, didn't lend itself to the newsletter. So, use your imagination. Pretend those wheels are spinning. Are you getting sleepy?



Pretend they are spinning; Getting sleepy?.

Dr. John and his multicolor dreamwheels!

Meeting Minutes September

Board Minutes September 8, 2011

Present: John Park, Petra Hofmann, George Pastorino, Lew Worthem, Chuck Dean, 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.
 - The President will follow up with Village Cycle Sport, JR Cycle and Licktons bicycle shops regarding donations.
2. **Secretary:** The August 11, 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 (8/11/2011 through 9/08/2011) listed income of \$75.00. Expenses were \$200.00. At present, the balance in the treasury is \$14,622.78 with \$136 .00 set aside for jersey credit. The Treasurer's report was accepted.
4. **Newsletter:** No report.
5. **Membership Coordinator:** There are presently 473 members: 225 individuals and 103 families.
6. **Mountain Bike Coordinator:** No report.
7. **VP/Ride Captain:** The Board supported the suggestion of selling club calendars again. The VP/Ride

EBC General Meeting Minutes September 8, 2011

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

New Members: 1 - Tom Milewski **Guests: 0**

1. **President:** The President called the meeting to order at 7:15 p.m. at the Community Bank of Elmhurst.
 - Appreciation was expressed to Cindy Reedy for all her time and talents in switching the EBC list server to the new provider.
 - The Board approved the motion to simplify the annual membership fee choices for next year to \$25 for individuals and \$30 for families. This change will eliminate confusion for members and ease the work behind the scenes for the Treasurer and Membership Coordinator. The *Membership Directory and Handbook* will be for sale on line through Pay Pal and at club meetings.
 - Tonight's program is very timely since we have had two members involved in recent accidents. The President displayed his road rash.
2. **VP/Ride Captain:** The club would like to have another calendar this year. The VP/Ride Captain will investigate costs as well as ordering the calendars on line via Pay Pal. The VP/Ride Captain will also investigate a business that will ship the calendars directly. Please submit online any photos that you want to be considered for the calendar.

Captain will put together a draft of the EBC calendar and will investigate a source where the calendars can be ordered online.

8. Old Business:

- The Board extended their gratitude and kudos to Cindy Reedy who gave many hours of her time and talents in transferring the EBC website to the new provider ARVIXE.
- The Board extended their gratitude to Sharon Hermach for providing the idea to add the *Mobile Device Friendly Menu* link on the website.
- New software is still needed for the *Ride Schedule* and is being investigated.
- The need for an Awards Committee Chairperson still exists. The President will follow up with a member who volunteered to fill this position.
- The Nominating Committee will provide a slate of candidates at the October club meeting.

9. New Business

- Discussion centered on the current eight choices for membership and directories. These numerous choices cause confusion for members and more work for the Treasurer and Membership Coordinator. The Board approved the motion, "I move that 1) membership fees be limited to two choices: \$25 for individuals and \$30 for families, 2) early bird discounts be eliminated, 3) the brochure application form will be honored for new members and 4) the *Membership Directory and Handbook* will be ordered separately via Pay Pal or at club meetings for a small fee."
- Discussion followed regarding last month's guest speaker, Mr. Greg Borzo. The Board approved the motion, "I move that the club authorize Ray Dal Lago to purchase copies of Mr. Borzo's book *Where to Bike in Chicago* not to exceed \$120. The books will be given to the Membership Coordinator and used as he sees fit."
- The Secretary/Refreshments Coordinator will investigate various menu options for the annual Holiday Party in December.

10. The next Board Meeting will be held on Thursday, October 13, 2011 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan
Club Secretary

3. **Secretary:** The August 11, 2011 General Club Meeting minutes were approved. (Full reports are on the EBC website in the newsletter).
4. **Treasurer:** The Monthly Banking Summary (8/11 2011 through 9/08 2011) listed income of \$75.00 Expenses were \$200.00. At present, the balance in the treasury is \$14,622.78 with \$136 .00 set aside for jersey credit. The Treasurer's report was accepted.
5. **Mountain Bike Coordinator:** A MTB trip is being planned to Brown County in Indiana for next month. This will be a single track ride. Baltimore Ortega has a ride at Kettle Moraine this weekend. This will be a scouting group looking for easier trails. Baltimore Ortega will be leading a beginner/intermediate MTB trip to the Kettle Moraine area in Wisconsin at a later date.
6. **Membership Coordinator:** To date there are 473 members: 225 individuals and 103 families. He reiterated the fact that club membership fees have changed for 2012 and that there will be no early bird special. Tom Milewski was introduced as a new member.
7. **Advocacy:** No report.
8. **Other:**
- Cindy Reedy announced that she will be leading a slower ride on Sunday that will give the riders a choice to do 7 miles or 14 miles or 21 miles. (see *Ride Schedule*)
 - Ray Dal Lago expressed that he will also be leading a beginner ride on Saturday. (see *Ride Schedule*). He also mentioned that some EBC members will be participating in the Sub 5 Century Ride on Sunday. These riders hope to complete the century ride in less than five hours riding at a 22+ mph pace on a 33.3 mile loop.
9. **Refreshments:** The delicious refreshments were provided by Kim Messina. Kim is a new member who personally hand-rolled the tasty roll-ups which were gobbled up in a flash.
10. **Program:** Two EMTs' from the Elmhurst Fire Department presented on what to do in case of bike crashes, accidents, or if someone is ill.
11. The next EBC General Club Meeting will be held on Thursday, October 13, 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>)

October, 2011 • • • Club Rides

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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