



# The Cue Sheet

November  
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 Sharon Hermach

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

I've been a member since 1989. I joined after meeting a few very nice EBC members on College of DuPage trips, but I did not start riding with the club until 1997 when Laura Sanborn began rides on Wednesday nights. These rides were great mid-workweek breaks. Now I ride for fun, not exercise. I love being outdoors whether it's biking, hiking or paddling.

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

My favorite bike is a Bianchi Strada that has 2 sets of wheels, one for road tires and one for hybrid tires. I also have a Bianchi Advantage that I ride in the winter, a Miyata Cross bike that I ride in a trainer in the basement, and a Specialized Rock Hopper mountain bike that I used on a trip to Montana.



Sharon

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

I lead slower rides because I'm able to ride at a pace slower than the 12-14 mph pace I ride when I'm alone. Slower rides are needed on the EBC schedule for some of the members and to provide beginners a place to start. I have a good sense of direction and I have lived in DuPage County all my life so it is easy for me to create routes in low traffic scenic areas with or without "refreshment" destinations.

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

The most challenging part of leading rides is to have riders "share the road." As riders we want drivers to share the road with us and we need to do the same. It's important to stop for stop signs and to ride single file when traffic is present.

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

I enjoy stories that people tell when you're on multiday rides/trips. It's an opportunity to get to know members better and find out what their interests and hobbies are other than biking.

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

My advice to new members who want to go on my rides is to give it a try. The people who ride with me are friendly and supportive.

**Do you have any final comments for our members, guests, and your riders?** In February, I also lead the annual EBC cross-country ski trip to the Ironwood area in the Upper Peninsula of Michigan where the snow is almost always lovely and plentiful.

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### Bob Used to Be a Big Dog

By Bruce Lloyd

Bob used to be a Big Dog. He's been riding a bicycle for as long as any of us can remember. A few years back he could do the longest and toughest club rides and never seem to struggle. You know that long hill out past the power station? Bob would always be in the first group over the top, never seeming to work that hard, always smooth. He had a way about him. You could be suffering like a dog and just when you were about to crack, Bob would appear like magic in front of you, unruffled, to offer you his wheel and a smile.

Bob keeps his weight down, eats right and still rides more than a thousand miles a month. I'll be taking my bike out of the car at the start of a ride and I'll see him, rolling up to the start on his vintage Colnago. He'd ride to the start of the ride to bag a few extra training miles. Try as he might though Bob couldn't hang with the Big Dogs any more, and it really pissed him off. Not that Bob would complain though. He just keeps his mouth shut and rides the bike. And he doesn't look any different, still smooth as creamery butter, just not very fast.

Our club rides break up into different groups based on ability. After the first few social miles one guy or several will be feeling frisky, and they'll shoot off the front of the group. Those who can will chase them down and the lead group will have formed. Those who can't follow or who don't feel like working that hard, will form another group a little bit behind. Not our boy Bob though. He cannot seem to wrap his head around the fact that the years have robbed him of his speed. In his mind he's still a Big Dog, just having a bad decade. You'll see him riding in the gap between groups, on the drops to be more aerodynamic, grimly waging his inner battle with the advancing years. He could sit up and drift back to our group. We'd be glad to have him. He could tell us yarns about the way things used to be before indexed shifting, clipless pedals and Lycra bicycling shorts.

Cycling can be so much more than VO2 max, resting heart rate and your fastest time over a 10K course. It's also about friendships, living a healthy lifestyle, and spending time outdoors in the fresh air. Gotta run now. The time is getting away from me. I need to do some VO2 max intervals on the trainer in the basement before I go to work. I was off the back on Blackhawk last week and that will *not* happen again!

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### Montana Great Divide by Bicycle

by Nancy Rice

I ran an ad - "Come ride the Great Divide with me." The Great Divide Mountain Bike Route is a network of dirt and gravel, forest and back-country roads that wander up and down the spine of the Rockies from Banff, Canada to Mexico; I wanted to ride the Montana portion. My ad drew one other woman and three men, teachers and engineers ages 52 to 63, all experienced cyclists who usually tour alone, but wanted company for this ride because of bears and the remoteness of the route. We planned to ride on our own, without any support. I was unavoidably delayed at home, so the group started their ride July 8th without me; I joined them a week later.

I rode my steel 29er mountain bike that weighs 37 pounds, plus I carried 35+ pounds of gear. Two others rode steel 29ers, one rode a full suspension mountain bike, and one guy rode his



Nancy's 29er!

steel touring road bike. Initially, we biked on agreeable, non-technical hard packed dirt roads through the forests and over mountain passes; the riding was easier than I expected. We did have to be alert and warn off grizzly bears by blowing whistles and shouting as we rode around blind corners. One of our riders hit his brakes when he saw a mountain lion dragging an elk carcass across the road; they eyed each other, and then the mountain lion resumed his task. I reassured myself that despite the proximity of bears and mountain lions, the odds of a harmful attack are extremely low, almost zero. Riding up Stempel Pass, the "road" deteriorated into a set of indented wheel tracks, filled with rocks. We all had to get off our bikes

and push them up the very steep grades, but the wheels did not roll well over the rocky litter. Pushing was exhausting work for me. Next time, I would work on my upper body strength. Coming down the mountain was easier. My steel bike, with its two-inch wide tires, rolled like a tank over rocks, ruts and potholes, and when the dirt roads were good, it was a lot of fun.



Montana trail climbs up the mountain!



No mountain lions allowed!

We added riders Cherie and British Dave, en route. They were biking all the way to Mexico. We camped with two Swiss bikers we periodically met up with. They told us how their Alps were good riding, but too civilized; they came to ride the Great Divide for its wilderness feel.

The scenery changed from lumberjack territory (tall pines and melting snow) to cowboy country ( big open sky, cattle and glaring heat). My Steri-pen could not sterilize the water I drew from a stream contaminated by cow waste, our only water source that day; next time I would bring a heavier, but more reliable, water filtering system. I would also bring dehydrated meals, a stove, and lots of cookies - my lightweight food system of nuts, granola bars and cheese was not very tasty, and it all melted in the heat (105 degrees on the bank thermometer when we got to town).

Four riding days after I joined the group we reached Helena, where the "Montana only" riders decided to end their trip a little early; they had been riding a week longer than I had, and their knees were hurting. I was disappointed my trip wasn't longer, but even for just four days, it was worth it. A city slicker, I had always wanted to see something of the West, and the Great Divide route is a wonderful way to see and experience it.



Loaded Bicycles!

## Quote of the Day -- It's That Season

"If my bike could ride as fast as my nose can run, we would already be there." Paul Boyce

### 3 Good Reasons to Attend November Club Meeting

- The annual election of slated club officers or other candidates as nominated from the floor will occur on November 10th.
- Members Only Bicycle Related Items SALE. There will be something there for you.
- Best of all, Nancy Shack will be bringing homemade pie!

### In Recognition of Baltimore Ortega (29er) by George Pastorino - Mountain Bike Coordinator

This is an article that I always knew I would one day have to write. I can remember clear as yesterday my conversation with Baltimore (29er) back in 2007, I had just accepted a leadership position as EBC'S first Mountain Bike Coordinator and Baltimore volunteered to help with the program. He was very excited about helping out, but informed me at the time that he had many interests outside of cycling and that he would volunteer for 3 years.....lucky for us.....he gave us 4 great years.



Baltimore does big stunts!

Baltimore has informed me that the time has come for him to no longer participate in The EBC Mountain Bike Program. I knew this decision was a year overdue, so while I was not surprised by it...I was saddened none the less. Baltimore did an outstanding job of leading beginner MTB rides at our 3 yearly Pool Parties and was a patient and caring teacher and leader.



Baltimore Cooking Carne Asada at Pastorino Pool Party!

When he first joined the program, Baltimore had never led a ride of his own. He started out sweeping my rides in order to learn the complicated Palos Trail system. In 2008 he started leading rides of his own at Waterfall Glen and Palos. He evolved into one of EBC'S best ride leaders, one who always made it about his riders not himself. This unselfish attitude was appreciated by his many riders. Soon he decided to concentrate on beginner rides and many of our intermediate riders started out as a beginner with 29er.

He quickly became Consigliere to The Mountain Bike Coordinator. For those of you not currently in La Cosa Nostra, the Consigliere is a close

trusted friend, confidant and counselor who gives sage advice. Baltimore filled that role perfectly and helped shape the Mountain Bike Program.

At the March 18th, 2009 EBC meeting, I presented Baltimore with a customized I.M.B.A. Jersey in recognition of his contributions to the Mountain Bike Program. He certainly deserved it. Not only did he do a great job of ride leading, Baltimore was famous for providing his MTB riders with Chocolate Milk and Bagels after the rides.

I want to thank Baltimore for his friendship and his leadership as he steps away from the MTB program. He will have a little more time now for

his bird hunting in South Dakota and his Fossil collecting, just 2 of his many non-cycling interests. Thanks 29er!



George presents Baltimore with Recognition Jersey.

## Meeting Minutes October

### Board Minutes October 13, 2011

**Present:** Park, George Pastorino, Lew Worthem, Chuck Dean, Cheri O'Riordan, Sharon Hermach

1. **President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
2. **Secretary:** The September 8, 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 (9/08/2011 through 10/13/2011) listed income of \$620.00. Expenses were \$648.90. At present, the balance in the treasury is \$14,593.88 with \$136 .00 set aside for jersey credit. The Treasurer's report was accepted.
4. **Newsletter:** No report.
5. **Membership Coordinator:** There are presently 487 members. Thirty-five members have already paid via Pay Pal for next year. Midwest Cyclery will sponsor a "Bicycle Recognition Day" in June, 2012. More information will be provided as the time draws nearer.
6. **Mountain Bike Coordinator:** No report.
7. **VP/Ride Captain:** No report.
8. **Old Business:**
  - Jersey Credits: Mileage credit for 2009 and 2010 will be combined for eligible members. The President is waiting for Harold Lassers to provide the needed information and together they will develop a spread sheet from which to work off of.
  - The club is waiting for 2012 donations from the following bike shops: Village Cycle Sport, Licktons, and Cycles-n-Sports.
9. **New Business:**
  - A bike swap will take place at the November club meeting after all club business has been presented. The swap will be for club members only. Members will be encouraged to price their items for sale and to bring a card table as there is a shortage of tables. Refreshments will be provided during the swap. All profits go to the sellers.
  - The Secretary/Refreshments Coordinator provided various menu options for the annual Holiday Party in December. The Secretary will call the chosen provider for further details and will discuss at the November Board meeting.
10. The next Board Meeting will be held on Thursday, November 10, 2011 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan  
Club Secretary

### EBC General Meeting Minutes October 13, 2011

**Present:** John Park, George Pastorino, Chuck Dean, Lew Worthem, Cheri O'Riordan, Sharon Hermach **New Members: 1 - Angela Hart** **Guests: 1**

1. **President:** The President called the meeting to order at 7:15 p.m. at the Community Bank of Elmhurst.
  - The President read from the EBC *Constitution and By-Laws Article VII-Elections*. (Please refer to this reference online or in the *Membership Directory & Handbook* .) The Standing Committees will remain the same except for vacancies for Sergeant at Arms and Refreshments Coordinator. If anyone is interested in filling these positions, please contact the President.
  - Betty Bond and Ray Dal Lago from the Nominating committee announced the slate of officers for 2012 elections: President-Chuck Dean, Vice President/Ride Captain-Gerry Fekete, Secretary-Cheri O'Riordan and Treasurer-John Stanaway. Lew Worthem has volunteered to remain as Membership Coordinator and Chuck Dean has volunteered to continue overseeing the club newsletter.
2. **VP/Ride Captain:** No report.
3. **Secretary:** The September 8, 2011 General Club Meeting minutes were approved. (Full reports are on the EBC website in the newsletter).
4. **Treasurer:** The Monthly Banking Summary (9/08/2011 through 10/13/2011) listed income of \$620.00. Expenses were \$648.90. At present, the balance in the treasury is \$14,593.88 with \$136 .00 set aside for jersey credit. The Treasurer's report was accepted.
5. **Mountain Bike Coordinator:** There will be an advanced beginner ride on Saturday, 10/16 and an intermediate ride on Saturday, 10/22. (Please refer to the *Ride Schedule*.) A MTB ride is in the planning stages for Brown County in Indiana. Baltimore Ortega initially stated that he would commit three years to the MTB program of planning rides and training members. He has fulfilled that commitment and more and will now be stepping away from the MTB program to allow time to pursue his many other interests. The MTB Coordinator acknowledged Baltimore for all of his contributions in enhancing the MTB program and thanked him for being not only a trusted adviser but a great friend as well.
6. **Membership Coordinator:** To date there are 487 members. Thirty-five members have already paid their 2012 dues via Pay Pal. Angela Hart was introduced as a new member.
7. **Advocacy:** No report.
8. **Other:**
  - Sharon Hermach reminded members of the club's annual cross country ski trip from February 5-10, 2012 in Ironwood, MI. Thirty-three members have

already signed up for the trip. Sharon said if anyone is interested in going, they should contact the Indianhead Motel soon to make a reservation. They should also contact her as well, particularly if they need a ride or a roommate.

- Ray Dal Lago led a beginner ride at 9-10 mph pace for approximately 10 miles. Next month, he will lead another ride at a 12-14 mph for approximately 25 miles. Ray also described the sub-century ride he and other EBC riders participated in which was at the other end of the bicycling spectrum. That is, a sub-century ride is riding 100 miles in 5 hours or less. Ray's group completed this ride in 4 hours, 43 minutes, averaging approximately 21.8 mph. The start location was at Hampshire High School in Hampshire, IL.

- Nancy Shack announced the club will have a bike swap at next month's club meeting. The objective is for members to sell bicycling items they no longer want or need. The swap will be for EBC members only. More information will be emailed to members.

- Kelly Morgan mentioned that Immaculate Conception Church in Elmhurst is having their parish festival this weekend and she will lead a ride from there at 2:00 pm.

9. **Refreshments:** Tasty Halloween treats were provided by Kathy Wagner-Selbach including delicious apple cider.
10. **Program:** Bob Pecora, owner of J & R Cycle and Ski gave a very informative presentation on tires, wheels and lights. J & R Cycle and Ski is a sponsor of our club.
11. The next EBC General Club Meeting will be held on Thursday, November 10, 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

<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>)

## November, 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/events/archive.asp>.

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