



The Cue Sheet

December
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 George Hermach.

How long have you been a member and why did you join EBC?

I joined EBC in the summer of 2003 at the urging of long-time friends Harold and Pam Lassers. I had been riding on my own a lot and EBC offered the opportunity to ride with other people. And I have to say that riding with other leaders in the club has opened my eyes to new routes and destinations that I had not been familiar with. That's a major advantage of riding with a club like EBC.



George Hermach

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

I own three bikes - a carbon Trek Pilot road bike re-gearred with mountain gearing, a steel REI Novara Randonee touring bike, and a Specialized Rockhopper mountain bike. While my favorite bike to ride is my Trek road bike, if I could only own one bike it would be my Novara touring bike for its overall versatility.

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

I'm a 14-16mph cyclist. When I first joined the club it seemed like there were a lot of rides 14mph or less and quite a few rides 16mph or more. So I saw a medium speed niche to fill. Previously I had led outings for a local Sierra Club group and so I felt I could easily step in. I generally will lead rides out of the IMAX Theater in Woodridge or McCollum Park in Downers Grove, but my favorite route is a ride from Big Rock (west of Sugar Grove) to Silver Springs State Park for a picnic which I lead every year. I also have a new route from IMAX to Whalon Lake and the DuPage River Trail followed by nice roads in Naperville; this has become my favorite local ride. When there is snow, I will also lead local cross-country skiing outings.

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

I lead rides because it lets me take friends on routes and/or to destinations that I want to go to. It's more enjoyable than riding alone. Probably the most challenging part of leading for me is keeping track of a large group of riders so as not to accidentally drop anyone.

What are some of your favorite ride stories?

Prior to joining the club the longest distance I had ridden was about 65 miles. In 2004 I rode my first century ride led by Ted Sward. His steady pacing taught me to pace myself on rides to accomplish what I had never done before.

What advice would you give new members who want to go on your rides?

I would encourage new members to come on my rides. Always call the leader if you have any questions about a ride before you decide to go. Also if you're not sure about your comfortable continuous riding speed, try a slower ride first then work your way up.

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

We all need to remember that "share the road" is a two way street. I would hope that riders get into single file if "car back" is called so as not to impede traffic. And also to not blatantly barrel through stop signs when there is cross traffic. It gives us cyclists a bad name. Let's take our turn. Remember, we ride for enjoyment at the "speed of fun" as our club motto says. So whatever your comfortable riding speed, come out and enjoy one of EBC's ride offerings.

EBC HOLIDAY PARTY

By Cheri O'Riordan



The annual club Holiday Party will take place immediately following the general business meeting on December 8, 2011 at 7:15pm. Please join in on good conversation, fun, laughs and meeting new members....and NO, pizza will not be on the menu this year, but other tasty morsels will be there for all to enjoy.

Generations.... A Grandfather and Grandson Mountain Biking by George Pastorino

This past year I gave 7 private single-track lessons at Palos and none were more memorable than the one in which Tom Preston came out with his Grandson Preston Scott. At ages 68 and 13 they certainly had the largest age gap of any of my students and that's why I am writing this article.

There are many misconceptions about single-track riding and one is that it's not for folks over 65; well

Tom Preston has debunked that, not only on our lesson but in subsequent rides this year. He does a great job on a mountain bike and has had a lot of fun on *real* Single-Track.....Pipeline, The Brown Trail, Stair Steps, Out and Back, Bullwhip and Hickory Smoked.

Another misconception is that single-track is not for those under 16, which could not be further from the truth. Preston has improved rapidly over the several times I have worked with him and on this last lesson he did outstanding, clearing obstacles and dips with great confidence. He rode all the above trails as well and was a joy to watch.



Tom Preston and Grandson Preston Scott, Bullfrog Lake.

I get a lot of pleasure from teaching people to ride single-track and they usually are very gracious in thanking me for the lesson, however the e-mail I got from 13 year old Preston Scott really touched me.

“Thanks George for taking me on the ride and teaching me how to go through obstacles on a Mountain bike trail. When I was worried about falling, you told me how to do it correctly. So I really thank you for that. Preston Scott”



Tom and Preston take a break.

trail bridging the generations.

So if you are interested in single-track riding, age is not the issue at all. Attitude is what it takes to be successful. Both Tom and Preston showed a great willingness to learn and really listened to my advice. They also showed a great spirit on the trails, and a willingness to try some things that they might not have otherwise tried; and that spirit made them succeed at single-track and you can too.

My thanks go out to both Tom and Preston for making my job both easy and rewarding. It's great to see a Grandfather and Grandson out on a

George Pastorino Mountain Bike Coordinator

Advocacy: Let Them Know By Bob Hoel

At the last meeting I spoke to how important constituent input is to our elected officials. It is because of our contacting the Illinois U.S. Senators (Durbin and Kirk) that the most recent attempts to remove bike and pedestrian funding from the Transportation Bills were defeated. Many of the websites (League of American Bicyclists, League of Illinois Bicyclists, Active Trans, Adventure Cycling, Rails to Trails, etc.) that I will refer you to when these issues come up make it very easy for you to send a communication to your elected representatives. Usually you only need to put in a zip code and the rest of the note is already in place. Just send it.

We have these organizations to thank for many, if not all, of the bike friendly laws we have in place. This is how we (the cycling community) received over \$50 million in funding since 2010 for trails and bikeways.

Many of us prefer to bike on roadways, however, because the trails don't always take us where we want to go. LIB has been working closely with the 5 Illinois Department of

Transportation Regional Offices to eliminate rumble strips on the shoulders. Where they can't be eliminated LIB has worked to make them more bike-friendly in how they are constructed and placed.

So the next time we have a local or national issue relevant to cyclists and I call for help by expressing your support through an elected official, it is the advocacy organizations like LIB, Active Trans and others that we have to thank for monitoring and taking action. Without them your voice would get lost.

Google Groups List Server Subscriptions for New Members

A few months ago Google Groups made a change to the subscription process. Before the change, I could subscribe a new member directly and the new member would immediately receive discussion postings and have posting privileges. After the change, I can no longer add a new member directly. Instead, I must have Google Groups email the new member an invitation to subscribe. The invitation has a link which the member must use to accept the invitation and activate the subscription.

I have already had several instances where new members have not accepted the subscription, and I do not know whether this is because they don't want to subscribe or just didn't notice the invitation.

I send emails to new members to alert them to watch for the invitation and to check their junk email folder. If an invitation is not accepted after two weeks, I cancel it.

Please refer to <http://www.elmhurstbicycling.org/memberPages/listserver.asp> for more information about the club's Google Groups list server.

Lew Worthem
Membership Coordinator/List Server Manager

Route Planning - Map My Ride by Michael Upsall

About 20 years ago — long before I began riding regularly — I used to watch a co-worker, who was a frequent ride captain with the Louisville Bicycle Club, plan routes.

For lack of a better description, he had what looked like a fat pencil with a roller on its end. I don't remember exactly how the thing worked, but I believe after setting a gauge to match the scale of the map, Joe would roll the gizmo over various roads, coming up with distance to turns for cue sheets and total distance. With his voluminous knowledge of which area roads were paved, which were gravel, which were safe for riders and which were hilly, Joe could lay out a good ride and come up with a pretty good cue sheet.

Short of driving the route, it was about the best he could do. And who wanted to drive a century route with gas costing more than \$1 a gallon in 1991?

Times have changed and so have the methods you can use to lay out a route.

At a recent family reunion in Northeast Indiana my cousin and your club member Chuck Dean, my sister Liz Upsall and I rode a 60-mile loop with a gimmick - a trip that would take us into three states -- Indiana, Michigan and Ohio.

Why only 60 miles on a beautiful Saturday morning? Because Liz was approaching the end of training for an Ironman and was on a tri bike and I was riding a fixie. Chuck, who was riding his Eisentraut, probably could have gone all day.

To lay out the route, I used four tools: a map of the area, a ruler, Google Maps and the cheapskate's version of Mapmyride.com. They were all free and I didn't drive a mile of the route even though none of the three of us is from that area or knows the roads.

As Chuck will attest, I managed to only have to adjust on the fly once because a road that I thought was pavement on Google Maps turned out to be gravel. (I've gone back and looked since I've been home and I still swear that half-mile stretch of road is paved. Of course, I have no idea what year the satellite view on Google Maps was last shot.)

Here's how I did my route:

1) Using a ruler and a map that included the northeast corner of Indiana, south central Michigan and northwest Ohio, I figured out where I'd need to use the roads to get from Indiana through Michigan and Ohio and back to the Hoosier state in 60 miles. Unlike here in Kentucky, that part of the world is blessed with roads that tend to be straight and are generally laid out in grids, which made my job easy.

2) Once I had my area of travel set, I used Google maps to get in as close as I could to see which roads are paved and which are likely dirt or gravel. Dirt roads in that area tend to look tan or brown and gravel tends to show as bright white. I also tried to determine if the roads are heavily traveled. That would only be a problem with a new or skittish rider, which wasn't the case with our group. But, why travel with cars if a quieter road is available? I also use Street View on Google maps to get an idea if a town might have a store or café where we might stop for lunch or a snack.

3) Now that I had an idea of the roads I could take, I went to <http://www.mapmyride.com> and got in close enough on a hybrid satellite/road map to figure out my starting point at the lodge in Pokagon State Park. By activating the elevation box at the bottom of the screen, I got cumulative mileage -- down to tenths of a mile - each time I clicked on the map. So by clicking at my turns, I got very accurate mileage figures and kept notes on mileage, direction of turn and road name, which I later typed up for my cue sheet.

(Mapmyride isn't hard to figure out. Just click around on the various boxes, pullouts and pulldowns to see what they will do. It may take a couple of tries, but you'll quickly get the hang of it.)

In the end, it was a good ride, although a bit hillier than I expected.

And my cue sheet was accurate throughout the ride until I got a bit loopy at 53 miles and began to doubt my own work. We added part of a mile before I realized the cue sheet was correct and we were supposed to turn left rather than right.

When we rode back up to the lodge my odometer showed 59.7 miles.

Meeting Minutes November

Board Minutes November 10, 2011

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

1. **President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
2. **Secretary:** The October 13, 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 (10/13/2011 through 11/10/2011) listed income of \$890.00. Expenses were \$104.55. At present, the balance in the treasury is \$15,081.83 with \$433.50 set aside for jersey credits. The Treasurer's report was accepted.
4. **VP/Ride Captain:** No report.
5. **Newsletter:** No report.
6. **Membership Coordinator:** There are presently 500 members. A few of them have been experiencing problems with receiving emails. Possibly, they are not clicking on to Google Groups to subscribe to the list server. The Membership Coordinator also indicated that the "ADD" button disappeared and he is not sure why. In his attempts at correcting this problem, he has been unsuccessful in receiving an answer from a contact representative at Google. The Newsletter Editor rides with a member who works for Google. He will check

EBC General Meeting Minutes November 10, 2011

Present: John Park, George Pastorino, Chuck Dean, Lew Worthem, Cheri O'Riordan,
New Members: 1- Jim McGlone
Guests: 0

1. **President:** The President called the meeting to order at 7:15 p.m. at the Community Bank of Elmhurst.
 - The President announced that there was a quorum for the election of new officers and called for a vote for each office. The following members were elected for 2012: President-Chuck Dean, Vice President/Ride Captain-Gerry Fekete, Secretary-Cheri O'Riordan, Treasurer-John Stanaway, Membership Coordinator-Lew Worthem and Chuck Dean has volunteered to continue on as Newsletter Editor.
 - The Standing Committees will remain the same. The President asked for volunteers to fill the following positions: Sergeant at Arms and Refreshments Coordinator. Connie Karras volunteered to be Refreshments Coordinator. If anyone is interested in filling the Sergeant at Arms position, please contact the President. It would be preferable for that person to live in Elmhurst.
2. **Secretary:** The October 13, 2011 General Club Meeting minutes were approved. (Full reports are on the EBC website in the newsletter).
3. **Treasurer:** The Monthly Banking Summary (10/13/2011 through 11/10/2011) listed income

with this member to see if he knows what happened or who to contact at Google. The Newsletter Editor will then contact the Membership Coordinator.

7. **Mountain Bike Coordinator:** No report.
8. **Old Business:**
 - Harold Lassers and Susan Sperl developed a spread sheet listing members who are eligible for jersey credit for miles ridden in 2009 and 2010. A total of \$433.50 has been set aside for jersey credits.
 - Cycles-n-Sports contributed a donation and two gift certificates to the club for 2011. We are still waiting to hear from Village Cycle Sport and Licktons.
 - Problems are still being experienced with emails ending in @ elmhurstbicycling.org. The EBC website manager will continue to work with the new provider. She will also work with the 2012 VP/Ride Captain on the new *Ride Schedule*.
9. **New Business:**
 - A quorum of club members will elect new officers at tonight's general club meeting.
 - A bike swap will take place tonight at the club meeting after all club business has been presented. The swap will be for club members only. All profits will go to the sellers.
 - The Secretary/Refreshments Coordinator requested an allowed dollar amount for the Holiday Party. The Board approved the motion, "I move that the Refreshments Coordinator not exceed \$700 for the Holiday Party expenses". The Secretary will send information to the Newsletter Editor regarding the event.
 - EBC Donations: There was discussion regarding the desire for the club to make contributions again this year. The Board approved donations to the following organizations: \$100 to the League of Illinois Bicyclists (LIB) ; \$100 to Illinois Trails Conservancy (formerly Rails to Trails) and to *Project Mobility* which is supported by The Bike Rack, one of our sponsors and located in St. Charles, IL. The Treasurer will contact The Bike Rack for a recommendation regarding EBC sponsoring another child with special needs. A dollar amount will be decided after this information is provided to the Board at next month's meeting
10. The next Board Meeting will be held on Thursday, December 8, 2011 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan
Club Secretary

of \$890.00. Expenses were \$104.55. At present, the balance in the treasury is \$15,081.83 with \$433.50 set aside for jersey credits. The Treasurer's report was accepted.

4. **Mountain Bike Coordinator:** The trails at Palos have been wet and muddy. There will be MTB rides in Brown County, Indiana the weekend of November 25, 26 and 27. (Refer to ride schedule). The CAMBR meeting will be this Sunday.
5. **VP/Ride Captain:** No report.
6. **Membership Coordinator:** To date there are 501 members. A new member, Jim McClone was introduced. Some members are not receiving their emails. The "ADD" button was removed by Google for unknown reasons. This is being investigated. If anyone is having trouble receiving club emails via the list server, please contact the Membership Coordinator. Please continue to use Pay Pal to pay for 2012 dues.
7. **Advocacy:** (Please refer to the EBC website's Advocacy link or to Bob Hoel for further information).
 - The advocacy chair attended the Active Transportation Alliance's 25th anniversary meeting.
 - Twenty-six more auto license plates orders are needed in order for the state to fabricate license plates promoting bicycling.
 - State road projects are obligated to address pedestrian and bicycling needs, but the monies have a good chance of being diverted and used elsewhere, particularly by legislators who are not supportive of bicyclists. Due diligence is needed by all who are concerned with preserving these funds. A new transportation bill is coming up. Please contact your state and local legislators.
8. **Other:**
 - Sharon Hermach announced that she and George will be taking left over and unwanted bicycle equipment from tonight's bike swap to Working Bikes in Villa Park. Contact her if you wish to donate items.
 - Sharon reminded members of the club's annual ski trip to Ironwood, MI from February 5-10, 2012. Although there are 46 people going, it is still not too late to sign up. Contact Sharon if you are interested.
 - John Loesch acknowledged his appreciation to all the members who participated as "captains" on the Blind Stoker rides.
 - The President thanked Ray Dal Lago, as 2011 Program Chairman for arranging such interesting and informative programs during the past year.
 - George Hermach stated that he will lead an "11-11-11 ride" on November 11, 2011 at 1:00pm. (Please refer to the *Ride Schedule*).
9. **Refreshments:**
 - Wonderful homemade pumpkin pies and brownies were provided by Nancy Shack and devoured by all. Also, thank you to the anonymous member who brought the tasty raspberry crumble coffeecake.
 - As noted above, going forward: Connie Karras volunteered to be Refreshments Coordinator.
10. **Program:** The program was the EBC club bike swap which was for members only with all profits going to the sellers. Kudos goes to Nancy Shack and Ray Dal Lago for coming up with the idea and arranging for tonight's bike swap.
11. The next EBC General Club Meeting will be held on Thursday, December 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>)


December, 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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