



The Cue Sheet

June
2012

The Newsletter of the Elmhurst Bicycle Club
Riding Strong for over 34 Years



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

2012 Calvin's Challenge Report by Rich Aycock

For the second year I made the trek to Springfield, Ohio at the beginning of May for the Calvin's Challenge 12 hour bicycle race. Each rider is scored by the miles they can complete in a number of categories over 6 and 12 hours, or you can choose to ride 50 and 100 mile time trials. This year the heat and winds were killers; after 5 ½ hours I pulled out of the race at 100 miles with leg cramping that I just couldn't get to go away. My support team (wife MaryEllen) was out on a fun ride, so I had free time and I didn't want anyone to see me with my head in my hands pouting, so I grabbed our camera and decided to snap some pictures of the different bicycles and their riders. Here they are.

Mike Mowett (below) just looks fast and he is; he rode the 100 mile time trial where there is no drafting allowed and finished in just over 5 hours. His recumbent cycle sits about 4 inches off of the ground and is made of carbon fiber that's custom molded to his body. He told me that he can ride comfortably at 22 mph on a flat road and hold 28 mph pushing for short stretches, all without anyone to pace line with.



There were plenty of human powered vehicles (HPV) or bullet cycles as I call them; they were always zipping past until we got to the hills. They climb like they're dragging a boat anchor; luckily this is a relatively flat course. The Calvin's Challenge 12 hour record for HPVs is by Dennis Grell who rode 297 miles at the 2007 event and that's after having a mechanical problem at the beginning, he had to start late and drive his back-up cycle.

I was able to infiltrate the ranks of the high wheeler bicycle community because I was wearing my EBC jersey; they saw the banana man logo and thought I was one of them. Richard DeLombard the captain of the Ohio Wheelmen club and his antique bike are pictured to the right. He was extremely knowledgeable about all antique cycles and it was a pleasure to talk with him. They may look slow but all of the cycles in this category completed at least 100 miles and some of the other high wheelers had riders wearing period clothes and handlebar moustaches to complete the vintage look.



I had to take a picture of this father and son team just because of the matching kits, the shoe covers made the whole look. They weren't just out for show, in the 12 hour race, the youngest female rider was 15 years old and rode 151.5 miles and the youngest male rider was 8 years old also at 151.5 miles, wow! If you see me on an EBC ride please don't remind me that I was beaten by both of them.

MaryEllen and I saw a few elliptical cycles on the road at RAGBRAI last year, and they're getting more popular. They look like a combination of a scooter and a Stairmaster, and now they have their own category in the cycling record books. JoAnn Wegert of Fremont, Ohio was letting people try out a ride on her EliptiGo cycle, everyone thought it was fun and easy to ride, but maybe not as fast as JoAnn - she holds the national distance record and won the 50 mile time trial this year.



And the best for last, it must be karma that I'm writing this on Memorial Day weekend because I had the honor of mingling with an awesome group of guys, the hand cyclists from the Paralyzed Veterans



Racing team. They were amazingly fast (yes I was cruising along at 20mph and was passed by several of them); they ride modified racing wheelchairs and pedal with their hands. They all have developed huge body builder arms and shoulders, and they raced in two person teams with each logging 200 miles in 12 hours. I struck up a conversation with a fellow Marine, Leon (pictured) and he told me how they travel to cycling events across the country to race and raise awareness of veterans' issues, and have a good time with the locals. They are an impressive bunch. If you want to see and read more about them here's a link to

their website <http://www.pva.org/> . Look under "get sports" and then "racing and fitness."

With the pain I was in at the end of my day I swore I'd never go back to try for 200 miles again, I should just be happy to ride my bike and not be obsessive about numbers. But that was three weeks ago and I'm already thinking about next year.

On the Road

Contributors include Chuck Dean, Kären Schwartz, Baltimore Ortega, Nancy Shack, & George Pastorino

EBCers were on the road many times in many places throughout May. Three excursions took our riders out of state: twice in the Madison, Wisconsin area; and once in the old home of Kentucky.

Spring Green, Wisconsin

Bill and Kären Schwartz have had this outing for many years, but it was a first for me. It was delightful. Kären reported, "Today we had the best weather ever in Spring Green. It was sunny and mid 80's. There was wind including that climb up Upper Wyoming Road, but the tailwind coming back had us going at 20 mph or more without pedaling! We are sitting outside now in the most pleasant conditions I can remember here. If you haven't biked Spring Green, WI you have missed a wonderful biking experience!"



Morel Mushroom Festival
Muscoda, WI

What is the Spring Green 3 day weekend? The date for this weekend is determined by the scheduling of the Morel Mushroom Festival in Muscoda, Wisconsin. Rides are scheduled Friday afternoon (allowing a drive up there in the morning)- 30 miles-ish; on Saturday, 60-ish; and Sunday morning, 30-ish.

Madison Memorial Day Weekend

Baltimore wrote an enlightening and entertaining report previously posted on GoogleGroups:

So far we have had several days of fun cycling in Madison, Wisconsin. Our schedule today was great. We rode around the town and country roads, had a delicious lunch, shopped at a well-stocked bike shop, peddled some more, visited another bike shop, and then rode back to the hotel for a total of about 40 miles. Larry Gitchell, our fearless ride leader, is offering another wonderful Memorial Day Weekend Ride for the friendly EBC members who came to pedal. Sharon Hermach also offered some nice easy paced rides. After the ride we had a short rest time to get ready for the "Diehard" hills.



Why ride in Madison, Wisconsin? **"One hundred and six miles of bike lanes cross the city, and Madison boasts forty-six miles of paved bike paths, some of which see more than three thousand cyclists a day."**
MADISON MAGAZINE, June 2012 Issue

I would like to add this is a bike friendly city where motorists oftentimes stop to let cyclists pass. There are so many cyclists you feel part of a bicycle community. Yesterday we were on a main road with a bike path on the right side, but it had TWO separate lanes for the bikes. Today we saw

a stop light on our bike trail with the red, yellow, and green lights and a bike display on each color. How about that? Tomorrow we will ride around town and then visit the "Brat Fest" to enjoy some Wisconsin treats. If you want to read about the "Diehard Hill Ride" continue reading, otherwise enjoy your cycling and be safe.

DIEHARD HILL RIDE AND THE HILL RIDER: Winds - 15-20 MPH, Temperature - low 90's, Terrain - Wisconsin Hills, Total Miles - 21, Fastest Downhill Speed - 37.9 MPH

A couple of years ago I was on similar ride, as today, with Larry. After the ride we did the same diehard hills. I remember one of the cyclists who was chasing me up the hills. He was a good cyclist and almost caught me on one of the tough hills. I saw him on our ride today in the morning and he stayed close behind, or in front, of me during our ride. He had a hybrid bike so I wasn't too concerned, but he was tough on the hills. Only four riders showed up for the Diehard Hill Ride, Larry Gitchell, Diane Daudell, me, and guess who, the hill rider (I'll tell you his name later). He showed up with a fast orange Klein road bike with the fancy Shimano gears, not the hybrid. By the way, he is a nice member, but I knew he would be gunning for me. I told him I noticed he brought his fast bike and he said, "Yea, and I brought my good road shoes (SIDI)." He was also wearing his "Arizona" jersey so we knew he could ride in hot weather. On the ride I stayed behind the hill rider to see how he would pedal, but I didn't see any weakness.

Five miles into the ride we were riding next to each other and approaching a big hill. He turned to me, with a sincere and happy look on his face, and said, "There are two things I like, hot weather...and hills, today we have both." We stayed close to each other on most of the hills. On the toughest hill I broke away before he could react. He chased me, got close, but I broke away. We regrouped at the top, and with good sportsmanship, he offered to high five me. Then he told us the story of how he almost caught me on a hill two years ago. Later we had a long stretch going downhill and then up. Again, I broke away riding 25-30 mph while he chased me. I slowed down to 20 mph at the top of the hill and noticed he had been chasing me, and had closed the gap. We finished a great hill ride. Oh, by the way, did I tell you who the hill rider was, it was Jerry Ringier. Jerry is a great guy and cyclist, and a good person to ride with. When I am his age, I hope to be cycling at least half as well as him. He is in his low 70's. Thanks for a great ride Jerry and we hope to see you on another ride. Thank you Larry and Sharon for leading the rides, and thank you to all of the EBC members who came to ride this weekend.

Best regards,
 Baltimore Ortega

Horsey Hundred

That same Memorial Day weekend, the Pastorinos and other EBCers made it down to the Lexington, Kentucky area for the Horsey Hundred. More good weather, quiet roads, and a great time.

George posted 2 fine slide shows and reports about day 1 and day 2 of the ride. As with many bicycle events, there were some 'extras' that could be taken advantage of. George reported that, 'Bill Schwartz and I came upon the Independent Order of Odd Fellows and

applied for membership, there is usually a thorough vetting process, but they took one look at Bill and me and granted us instant membership.'

Take a look at George's slide shows to sample a taste. Be on the lookout for any Odd Fellows.

[Horsey Hundred Day 1](#)

[Horsey Hundred Day 2](#)



Elmhurst Shares the Road by Chuck Dean



Looking south on Mitchell Avenue!

With the recent excitement associated with the receipt by several members of the Share the Road license plates, it seemed to be serendipity that Julie Ann Sebastian was tickled by the pictured Elmhurst Share the Road sign. On one of Larry Gitchell's Monday night rides she mentioned seeing the sign and asked me if I had seen it - I hadn't. Several days later she mentioned the sign again reminding me about its location and her desire to see it appear in the newsletter. And finally recently, I managed to take the picture. The sign is located near the intersection of Prairie Path Lane and Mitchell Ave.

Coincidentally, even on a quiet road such as Mitchell, notice the traffic in the picture.

I'm wondering if there are other similar signs on other roads within Elmhurst. If you are aware of other locations, drop me a line at newsletter@elmhurstbicycling.org.

Julie Ann, thanks for the suggestion.

Advocacy and Outreach

by Bob Hoel

The Club's information tables at events throughout the summer are a great way to make people aware of the Club and recruit new members. It is also a good opportunity to promote bicycling in general. Please contact me if you can help reach out to the biking community.

At the last Club meeting I spoke about upcoming events where we will have a bike safety informational table. In addition, Bike To Work Week is June 11 - 15. I have listed the times and Metra station locations below. Ray Dal Lago has offered to oversee Tuesday and Friday in Elmhurst.

During Bike to Work Week, County Chairman Cronin will ride from Elmhurst to his office at the County Buildings in Wheaton on Thursday, June 14. Please consider joining the ride to show your support for biking accommodations. This has the potential to be a Club ride.

Here is a brief recap of these events:

Dates	Events	Locations	Times / Remarks
June 10	Addison - Bike Promotion Event	Contact Sam Gunda for details	
June 11 - 15	Bike to Work Week - Metra Stations	<u>Monday</u> - Bartlett <u>Tuesday</u> - Elmhurst and Wheaton <u>Wednesday</u> - Downers Grove & Villa Park <u>Friday</u> - Elmhurst	6:30 am - 8:30 am
June 14	Ride to the DuPage County Building with County Chairman Cronin	Gazebo on Spring Road in Elmhurst. This will be on the Prairie Path	7 am
Jun. 20	Elmhurst Farmer's Market	Elmhurst Municipal Parking Lot near the Old Train Depot	7 am - 1 pm
Jul. 18		(Vallette and York Rd.)	2 - 3 hour shifts
Aug. 15			Encourage people to do their shopping by bike.
Sep. 19			
Oct. 17			

Meeting Minutes May

Board Minutes May 10, 2012

Present: Chuck Dean, Cheri O'Riordan, John Stanaway, Gerry Fekete, Sharon Hermach, Cindy Reedy

- 1. President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst. The President passed around a letter and form from the Office of the Secretary of State. The form acknowledged the change of names as the registered agent of the club from John Park to Chuck Dean. The Secretary will file the form. The President read a letter from a Mt. Prospect, IL youth leader who is seeking

EBC General Meeting Minutes May 10, 2012

Present: Chuck Dean, Cheri O'Riordan, John Stanaway, Gerry Fekete

New Members: 1 - Kathy Thomas
Guests: 0

- 1. President:** The President called the meeting to order at 7:15 p.m. at the Community Bank of Elmhurst. The name of the registered agent for the club has been changed from that of the previous President to that of the current President.
- 2. Secretary:** Due to time constraints, the reading

someone to represent our club at a community event in Mt. Prospect sometime in June. The President will contact the four EBC members who live in Mt. Prospect to see if anyone is interested in participating in their community event. The President indicated that Sam Gunda has volunteered to represent EBC at a bicycle related event in June sponsored by the Addison Park District. He will need EBC brochures and banner.

2. **Secretary:** The April 12, 2012 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 (04/13/2012 through 05/09/2012) listed income of \$436.35. Expenses were \$173.94. At present, the balance in the treasury is \$15,574.17 with \$433.50 set aside for jersey credits. The Treasurer's report was accepted. The club has a new IRS number that is to be filed with the IRS. The club is filed with the state for non-exempt status. A former club President will be contacted to further discuss the history of the club's state and federal not-for-profit status and how it was initially determined and filed.
4. **VP/Ride Captain:** Ride leader jerseys have been delayed for the twelve ride leaders. Thirty-four members applied their T-shirt credit to a jersey credit. More members are doing this. Awards will be issued at tonight's general club meeting. There will be a Ride of Silence on May 16, 2012 at 7:00 p.m. from McCollum Park in Downers Grove. The ride will be approximately 10-12 miles long and miles will be awarded to members who participate. The ride honors those bicyclists who were killed while riding their bicycles. The League of Illinois Bicyclists is counting the mileage of Illinois riders for the National Bike Challenge to encourage people to get out and ride their bicycles. Riders are encouraged to submit their monthly mileage to LIB on their website.
5. **Newsletter Editor:** No report.
6. **Membership Coordinator:** The President read the membership report in the Membership Coordinator's absence. There are presently 414 members: 200 individuals and 91 families.
7. **Old Business:**
 - Cindy discussed some of the challenges of the *Ride Schedule*.
 - The soliciting of new sponsors is on hold until the club's Constitution and By-Laws revisions are complete and the club's federal IRS status is determined.
8. **New Business:**
 - The President will contact the former President for information about a spreadsheet that indicates mileage and eligibility for jerseys.
 - The website team asked the Board if the website is meeting everything it should be and to email their thought to the team.
9. The next Board Meeting will be held on Thursday, June 14, 2012 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

**Cheri O'Riordan
Club Secretary**

of the April 12, 2012 General Club Meeting minutes was suspended. (Full reports are on the EBC website in the newsletter).

3. **Treasurer:** The Monthly Banking Summary (04/13/2012 through 05/09/2012) listed income of \$436.35. Expenses were \$173.94. At present, the balance in the treasury is \$15,574.17 with \$433.50 set aside for jersey credits. Any member in attendance is welcome to approach the Treasurer to see the monthly report. The Treasurer will email the monthly Banking Summary Reports to the membership each month. The Treasurer responded to a question regarding Road ID. He stated that the club receives a small percentage of the revenue for Road IDs that are purchased through the link on the club's website.
4. **VP/Ride Captain:** The presentation of awards will take place tonight for members who rode: 500 miles-certificates; T-shirts-1000+ miles; and patches for various distances. There will be a Ride of Silence on May 16, 2012 at 7:00 p.m. from McCollum Park in Downers Grove. The ride will be approximately 10-12 miles long and miles will be awarded to members who participate. The ride honors those bicyclists who were killed while riding their bicycles. League of Illinois Bicyclists (LIB) is requesting that you contact them to register the miles you ride each month. They are collecting this information for the National Bike Challenge to encourage more people to ride bicycles.
5. **Membership Coordinator:** In the Membership Coordinator's absence, the President stated that there are presently 414 members: 200 individuals and 91 families. An ad hoc committee has been meeting to revise the club's Constitution and Bylaws. The revisions will be presented to the general membership.
6. **Mountain Bike Coordinator:** The MTB Coordinator displayed some new protective equipment from Body Armor for elbows and knees. MTB pool party rides will be on the last Saturday of June, July and August. Refer to the *Ride Schedule* for future dates.
7. **Advocacy:** (Please refer to the EBC website's *Advocacy* link or to Bob Hoel for further information).

Volunteers are needed for many of the events appearing below. Contact the Advocacy Chairperson for more information and if you are interested in assisting.

 - May 19-Elmhurst Bike Rodeo for children from 10:00am-12:00pm by the Elmhurst Depot.
 - June 11-17-Bike to Work week. EBC reception table at the Elmhurst Metra station on 6/12 and 6/15.
 - June 14- A special ride with Dan Cronin, the DuPage County Chairman along the Illinois Prairie path to the spur that leads to the Du Page County buildings.
 - 3rd Wednesdays of the month, Elmhurst Farmer's Market starting in June from 7:00am-1:00pm (in 3 hour shifts).
 - May 27-Bike the Drive.
 - Protective Bike Lanes: A bike lane is planned for Lake Street from the suburbs to Chicago. There is thought of having a bike lane along North Avenue as well. Chicago has over 25 miles of bike lanes. An additional 25 miles of bike lanes is planned each year for the next four years in Chicago.
 - Wheaton is establishing a Bike Task Force similar to Elmhurst's. If you live in Wheaton, please think of joining.
8. **Other:**
 - Sam Gunda announced that the Addison Park District is having a Bikefest on June 10, 2012. He will be representing EBC at a table and requests members who are interested in participating to contact him.
9. **Awards Program:** The VP/Ride Captain and

President presented the awards to eligible members.

10. **Refreshments:** Our appreciation goes to Cheri O’Riordan who provided the tasty treats.
11. **Program:** Our May speaker was Rob Curtis, owner of PSIMET Custom Wheels <http://www.psimet.com> ; (it is pronounced: sigh-met). Rob lives in the Chicago area and has built hundreds, maybe thousands, of custom wheels for road/mountain/cyclocross bikes. He makes wheels to help riders get the most efficient wheel for racing, touring or general riding. Rob brought some custom wheels to the meeting and explained the nuances behind custom wheels and why they are the only way to roll.
12. The next EBC General Club Meeting will be held on Thursday, June 14, 2012 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

President Chuck Dean, 630.790.4203 president_elmhurstbicycling.org	Advocacy Bob Hoel bob.hoel_comcast.net	Refreshments Connie Karras, 219.577.6996 ckarras_purduecal.edu
Vice President/Ride Captain Gerry Fekete, 708.352.0913 ridecaptain_elmhurstbicycling.org	Publicity Volunteer Needed	Safety Larry Gitchell, 708.409.0105 larsofmars_aol.com
Treasurer John Stanaway, 630.653.3427 treasurer_elmhurstbicycling.org	Programs Ray Dal Lago, 630.543.4655 dlag10_aol.com	Sergeant-at-Arms Jim Gross jgross144_sbcglobal.net
Secretary Cheri O’Riordan, 630.325.3917 secretary_elmhurstbicycling.org	Database Manager Nancy Shack, 630.964.3862 nshack_comcast.net	Assistant Ride Captain Nancy Rice, 630.717.9923 hotline_elmhurstbicycling.org
Membership Coordinator Lew Worthem, 630.835.7270 membership_elmhurstbicycling.org	Website Team Cindy Reedy, 630.234.1349 cmreedy_prodigy.net Sharon Hermach, 630.717.1660 ganskesh_hotmail.com	Mountain Bike Coordinator George Pastorino, 708.903.8700 gpastorino_comcast.net
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Interested in joining EBC? [Membership Application](http://www.elmhurstbicycling.org/about/membership.asp)
(<http://www.elmhurstbicycling.org/about/membership.asp>)

June, 2012 • • • Club Rides

'Ride Schedule.' The most current ride schedule can be found on our website at <http://www.elmhurstbicycling.org/rides/currentRide.aspx>.

'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>.

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