



The Cue Sheet

January
2013

The Newsletter of the Elmhurst Bicycle Club
Riding Strong for over 35 Years



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

Salt Creek Trail (Brookfield to the Chicago Portage) by Chuck Dean

At the December Club meeting Ted Sward suggested to several of us a ride on a newer segment of the Salt Creek Trail. He was impressed with the signage used by the town of Riverside to help riders navigate the on-street portion of the route which curves and splits at several junctions along the way. This portion of the route continues on past Brookfield Zoo and terminates at the Chicago Portage (a National Historic Site, just south of 47th along Harlem Ave.). He invited Bob Hoel and me for a guided tour. His friend, fellow EBCer, and constant hiking companion (as you hikers all know) Jim Seguin also made the trek.



Jim, Ted, and Bob, Brookfield Zoo junction.



Notice the small arrow on signpost at left.

Riverside's answer to the need for signage was small subtle reflective arrows on a green background at every junction where a sign was needed. The curving bifurcations could be problematic, but they weren't. Wherever a split occurred, an arrow pointed the correct way to go. (Way to Go, Riverside!).

It would be nice for Elmhurst to take a similar approach to the lack of signage along the on-street portion of the Salt Creek Trail from Madison to the IPP.

But, much further south and east, you may confidently take the left fork and navigate your way to the Chicago Portage. The Cor-ten steel monumental sculpture of Marquette is worth the trip. One of the cyclists was familiar with Cor-ten steel (the rusty outer coating soon obtains a maintenance-free burnish) and mentioned the famous Chicago Picasso and the Dirksen Federal Buildings as other examples of this material.

Go enjoy the ride; you won't get lost.



Safety First By Chuck Dean

Not the most original title, but apropos for January, the first newsletter of 2013. Following up on a comment at the December meeting, I'd like us all to challenge ourselves to an accident free 2013. Thinking about the accidents that we witnessed in 2012, we all know that accidents can happen to any of us - whether low mileage newbie or high mileage old hand. They happen at low speeds (like when coming to a stop) and at high speeds; they happen in groups and they happen when you are out by yourself. There are a million reasons for these accidents, but your constant vigilance may be the only way to prevent the next one.

Reminders, such as this one, may not do much in themselves, but this one hopefully gets you to accept the challenge of 0 accidents in 2013.

Over the next several months, the all-weather riders among you will experience cold, wet, slick, windy roads and trails. This environment offers added incentive to be careful. But the need to be vigilant is there even if it is sunny, dry, clear, and 40 degrees. Previous EBCers have offered a variety of tips and thoughts on safety and cycling gear. If you haven't looked at this material in awhile, I invite you to click on [Safety Tips](http://www.elmhurstbicycling.org/helpfulInfo/safetyTips.asp). (<http://www.elmhurstbicycling.org/helpfulInfo/safetyTips.asp>)

Let's take it a month at a time. Will you let me report no accidents in the February newsletter?

2013 Elmhurst Cycling Classic By Bob Hoel

I am happy to announce, on behalf of Elmhurst Masters Competition Cycling (EMC2), the 2013 Elmhurst Cycling Classic, a criterium on the U.S.A. Cycling's National Criterium Calendar, with races in all categories (1 - 5), including a Pro field (Cat 1) at the end of the

day. This will be part of a 4 day Prairie State Cycling Series from July 18-21, 2013, with the Elmhurst race on Friday, July 19. EMC2 is the Local Sponsor who will be coordinating the event with Prairie State Cycling Series, seeking volunteers and sponsors and working with the City of Elmhurst, Elmhurst College, the Park District, and the Elmhurst Bike Task Force.

Course route and the event and race schedule will be coming soon! This event has already been licensed by the City of Elmhurst and has the Wilder Mansion reserved for the festivities.

Prairie State also produces the Tour of America's Dairyland. More information on EMC2 is available on their website <http://www.elmhurstmasters.com/>.

Extensive Biking Can Increase Risk of Skin Cancer

by Loren Habegger

Looking back on 2012, one can conclude that EBCers are an amazing group putting in many hours on the bike with the result of positive health and fitness effects. But we also need to be aware of the risks. Certainly we all know about the risks from crashes, and from the number of accidents on club rides this past year the advice to "Be Safe" has real meaning for 2013.

But there is another risk from the many hours on the bike that may not be so obvious, but needs to be recognized and dealt with. We are talking about the risk from skin cancer related to the long-term exposure to the sun. This is not intended to be alarmist; the risks can be significantly reduced through some fairly straight forward precautions without reducing your extensive ride schedule. The first and most obvious approach is to minimize the skin exposure through use of 30+ sun screen. And covering up with some of the newer light weight clothing can be a comfortable solution to reducing sun exposure on even the hottest days.

The second important risk reduction approach is examination to detect at an early stage any developing skin cancer. For a thorough discussion of how to do this, I suggest checking the web site of the American Academy of Dermatology, <http://www.aad.org>.

But very briefly, the most dangerous form of skin cancer, *melanoma*, usually appears as a small brown spot that is changing in size and shape.

The most common type of skin cancer, *basal cell carcinoma*, can appear as a pinkish patch of skin or a flesh-colored, pearl-like bump. The second most common type of skin cancer is *squamous cell carcinoma* that often looks like a firm bump, scaly patch, or an ulcer that heals then re-opens. *Actinic keratoses* are dry, scaly patches or spots that are often the earliest stage in the development of skin cancer, and can progress to squamous cell carcinoma.

If you do spend considerable time in the sun, or have relatively fair skin, it is probably a good practice to schedule an annual visit to a dermatologist for a precautionary check up. Now might be a good time to do that.

Gallery



A Beautiful Day in the Neighborhood! Rich, Jerome, and MaryEllen (photo by Dawn P.)

Meeting Minutes December

Board Minutes December 12, 2012

Present: Chuck Dean, Cheri O’Riordan, John Stanaway, Gerry Fekete, Lew Worthem, Cian Perez, Sharon Hermach, Betty Bond, Cindy Reedy (via telephone)

1. **President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
 - The President indicated that it was important that the food be served hot at tonight’s annual Christmas Party. Because of the time factor, the Secretary and Treasurer’s reports were excused from being read.
 - The President stated that he will present a few acknowledgements and announcements before the Christmas Party tonight and that reports from the Board will be excused.
 - Sponsors who are in attendance at the party will be introduced.
2. **Secretary:** No report. The Board Meeting Minutes can be viewed on the EBC website in the newsletter.
3. **Treasurer:** No report. The Treasurer requested an audit of the treasury. Cian Perez volunteered to conduct the audit before the March 14, 2013 Board Meeting. The Treasurer will give the \$500 EBC donation to the Mountain Bike Coordinator who, in turn, will present it to CAMBR at their next monthly meeting.
4. **VP/Ride Captain:** No report.
5. **Newsletter Editor:** No report.
6. **Membership Coordinator:** There are presently 523 total members: 248 individuals and 275 family members with 114 family memberships.
7. **Old Business:**
 - Storage of Club Supplies: A storage unit has been rented at Metro Self Storage in Elmhurst (East side of Rt. 83) for \$39.99 per month on a month by month basis. Supplies and equipment will be collected and inventoried. Later, a decision will be made as to how to dispense this equipment, since the club no longer sponsors the Metro Metric Invitational Ride. The President and Secretary have keys to the unit padlock. The

EBC General Meeting Minutes December 12, 2012

Present: Chuck Dean, Cheri O’Riordan, John Stanaway, Gerry Fekete, Lew Worthem,

New Members: 0

Guests: 0

1. **President:** The President called the meeting to order at 7:15 p.m. at the Community Bank of Elmhurst.
 - The President welcomed all to the annual EBC Christmas Party.
 - Due to the desire to eat while the food is hot, the President excused the VP/Ride Captain, Secretary and Treasurer’s reports.
 - The President extended his appreciation to the following:
 - Marge Ricke for orchestrating a wonderful meal and for all the efforts she put into making the Christmas Party a success.
 - Lew Worthem for his many contributions as Membership Coordinator for the past four years; and for his successful endeavors in chairing the committee process of updating the EBC *Constitution and By-Laws and Membership Directory & Handbook*.
 - Nancy Shack for creating her magic as Mileage Database Manager.
 - Cian Perez for creating the two poster boards at tonight’s party which describe the recipients of EBC’s donations.
 - Sharon Hermach for arranging the purchase of the tricycle for LEKOTEK.
 - The President introduced the owner of Rudy’s Cycle & Fitness which is one of our sponsors.
 - A storage unit has been rented from Metro Self Storage in Elmhurst. The rental will be on a month by month basis. Anyone who wishes to rid their basement or attic of club supplies or equipment, please contact the President. An inventory of all supplies and equipment will be taken. At a later time, a decision will be made about the disposition of these items.
2. **Secretary:** No report. (Full reports are on the EBC website in the newsletter).

President will send an email via the list server requesting for members to contact him if they have club supplies/equipment they wish to rid their basement and attics of.

- Club Donations: Sharon Hermach stated that the tricycle has been delivered to Lekotek. She will continue to be the point person and will assure that a plaque with EBC's name be placed on the tricycle. Cian Perez made two posters to be displayed at tonight's Christmas Party. The first poster displays a picture of the tricycle and describes the Lekotek organization. The second poster highlights the League of Illinois Bicyclists, CAMBR and the Illinois Prairie Path who each will receive a \$500 donation. The total amount of donations for 2012 is \$3000.

8. **New Business:**

- Human Interest Person (HIP) Reports: Betty Bond inquired whether EBC wants to continue to publish the HIP reports (with member permission) on the list server. She also asked if there should be a new name for this report. She recommended that this volunteer position be listed on the website and in the *Membership Directory & Handbook* along with other volunteer positions. Betty indicated that she is willing to continue in this position. This topic was tabled until the next Board Meeting.

- Sharon Hermach developed a chart with the listing of our sponsors' names, the commencement date of a donation, and the date of expiration. She will pass this chart on to Susan Sperl to complete and file.

- The President inquired if there should be a meeting in February, 2013, since attendance at the General Club meeting at this time of year has been low. This will be discussed at the January, 2013 Board Meeting.

- The President mentioned that the Advocacy Chairman had suggested to him that the club should have a program on safety. General discussion followed indicating that this is a personal responsibility; that materials are on the website; information is in the *Membership Directory & Handbook*; that many articles are shared on the list server and that many members who could benefit do not attend meetings. The Newsletter Editor will look at the link with safety articles written by members for possible inclusion in future newsletters.

- Cindy Reedy (via telephone) asked if anyone has been receiving a Java message when the EBC website is brought up.

9. The next Board Meeting will be held on Thursday, January 10, 2013 at 6:15 p.m. at the Community Bank of Elmhurst.

3. **Treasurer:** No report. The Treasurer will email the monthly Banking Summary Reports to the membership each month.

4. **VP/Ride Captain:** No report.

5. **Membership Coordinator:** There are presently 523 members: 248 individuals and 275 family members with 114 family memberships.

6. **Mountain Bike Coordinator:** No report.

7. **Advocacy:** (Please refer to the EBC website's *Advocacy* link or to Bob Hoel for further information). No Report.

8. **Other:**

- George Hermach reminded members about the cross country ski trip to Fraser, CO from February 23-March 3, 2013. Members who will be going will take the Amtrak there. He indicated that this trip is in addition to the annual ski trip to the UP, February 3-8, 2013.

- Laurel Salvador stated that there are still openings for the Bike & Barge trip to France in July, 2014. Due to the high popularity of this trip, the barge had to be reserved almost two years in advance. Contact Laurel if you would like to reserve a space or be placed on the waiting list.

- Sam Gunda mentioned that Addison Park District received a grant to renovate the community park fields at Oak Street. These fields are close to the Salt Creek Greenway Trail. Sam met with the park district's executive director about improving the trailhead by providing a shelter. Sam is requesting for EBC members to show their support at the Addison Park District's next meeting on January 14, 2013. Sam will provide further information on the list server or contact Sam directly.

9. **Refreshments:** Marge Ricke and her crew of volunteers arranged for the set up/clean up, cheery holiday decorations and most delicious dinner from Mariano's Catering.

10. **Program:** Fun and merriment by all who attended the annual EBC Christmas Party.

11. The next EBC General Club Meeting will be held on Thursday, January 10, 2013 at 7:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan
Club Secretary

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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

Marge Ricke, 630.616.8481
margericke_gmail.com

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
Volunteer Needed

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
Cian Perez, 847.722.7110
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

Newsletter Editor
Chuck Dean, 630.790.4203
newsletter_elmhurstbicycling.org

List Server
Cian Perez, 847.722.7110
cian.perez_gmail.com

Interested in joining EBC? [Membership Application](http://www.elmhurstbicycling.org/about/membership.asp)
(<http://www.elmhurstbicycling.org/about/membership.asp>)

January, 2013 • • • 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>.

The 'Ride Schedule Archive' can be found on our website at <http://www.elmhurstbicycling.org/events/archive.asp>.

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