



# The Cue Sheet

February  
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.

## Cycling Laos - "Journey Back in Time"

by Mike Haberer

One of the greatest benefits of riding with the EBC is the ability to ride regularly at different levels of difficulty (on roads, trails, hill work) and get in the kind of shape that lets you consider doing an adventure bike trip. I did that this past fall when I travelled to Thailand and Laos for a two week bike tour. The tour company is owned and operated by (my wife) Hope's brother Bob who presented at last April's EBC monthly meeting. Bob runs a variety of tours in Europe and Asia of 1 and 2 weeks duration.

The main downside to this particular tour is that it is literally on the other side of the planet, 12 time zones ahead of Chi-town. Two days and three flights after leaving (via Tokyo and Bangkok) I arrived in Chang Rai in northern Thailand. The tour consists of eleven riding days with the first day being a meet and greet with your riding mates (literally, in this case, as there were 11 Aussies, me and Bob on the tour) with rest days in the middle of the tour and on the last day. We spent two days in Thailand with the rest in Laos.



The riding is not for everyone, as these tours are challenging. This tour is approximately 800 kilometers (520 miles) in length with total climb of almost 9,000 meters (29,000 feet). The day's rides vary in length from 60 to 105 km. While the climbs are challenging they are longer than they are steep, with a good triple crank and 30+ tooth granny gear in the back making the ride accessible to most regular bike riders - and the downhill's are a blast. All of the Aussies were in their mid-40's to mid-50's and half of them were not regular bike riders (only four of them rode clipped in, most were flat pedalers). That is a picture of my trusty (rental) steed at left.

The ride is well supported with a dedicated support vehicle with two staff and a full time local guide who rides with the tour and does bike repairs and such when necessary. With 13 riders over eleven days and the occasionally rugged third world road, we only had two flats (I had one the first day, of course). All the practice helping folks change their EBC flats this year came in handy. The support team stops every 25 - 30 km and sets up tables and chairs, provides snacks and drinks (the Aussies always drank hot tea even on 90 degree days - nutty!) and had lunch available mid-day. You see many interesting things as you ride.



Accommodations on Bob's tours are very good, although in Laos I will admit they can be more rustic than other tours. One night includes a home stay with a local Laotian family. They don't speak a lick of English but you'd be surprised



how well you can get by with hand gestures, smiles and a lot of bowing. And some of the places we stay at are truly spectacular.

This particular tour is also a great value for the money, as it includes all accommodations and most of the breakfasts, lunches and dinners (except on the rest days). If you like Thai /SE Asian food, you'll like the food. The best chicken noodle soup I've ever had I had on this trip, from the soup lady on the street - for breakfast.

The tour is also not all riding. The border crossing from Thailand to Laos starts with a 6 hour ride down the Mekong River on a long boat. Other non-riding opportunities include a shorter river boat ride on day 5 which takes you past a Buddhist shrine in caves along the river, an optional boat ride across a reservoir on the next to last day (in lieu of a 60 km ride), and rest days in Luang Prabang (a World Heritage City) and Vientiane, the Laotian capital. There are also Took-Took rides to get around in the bigger cities.



Long boats at river bank



Take a ride on a Took-Took

Luang Prabang has the biggest night market in SE Asia with locally made goods that are unique and interesting. Oh, and we saw some spectacular sunsets over the Mekong from the eateries along the river.



Along the Mekong



The most interesting thing about a trip like this is the cultural immersion, seeing how many people in the world live day-to-day, which is so different from our lifestyles. With limited internet access, you truly get away. For example, I completely forgot about football (just as well, the Bears are done!). A highlight was our stop at a local school Bob provides financial support to each year (our home stay village).

All in all, a great trip and experience. While this type of trip is not for everyone, it is within many EBC riders reach. If the climbs get a little steep you just jump in the SAG vehicle and enjoy the sights. If you like challenging

rides, if you want to experience a part of the world that will in the not too distant future transition to a more modern economy (there is electricity everywhere on the route now, not so 10 years ago on the first tour), if you have an adventurous itch you'd like to scratch, these trips may fit the bill. Below is a link to Bob's website and feel free to ask me or Hope for more information.

<http://www.farandawaycycling.com>

## Hiking Season Heads Into February

By Chuck Dean

There have been more hikes than ever this season, led both by the usual suspects (Ted S., Judy M.) and by some others as well (Bill S., Baltimore O., Ken H., Linda L., Jerry S. - Starved Rock counts, doesn't it?). The venues have included Bemis Woods, Teason Woods, Red Gate Woods, McKee Marsh, Bull Frog Lake, Herrick Lake, Morton Arboretum, Waterfall Glen, Fullersburg Woods, Little Red School House, and I probably missed one or two. In some cases train trips have been involved. The hikes have taken place in the daylight and after sunset and by the light of the moon.

While it is probably safe to say that the weather has been relatively mild this year and largely absent of snow and ice, single digit temperatures were encountered at least once --- and EBCers still came out in numbers. While remembering a specific icy day in the previous season where Yak-Trax and similar devices were essential, perhaps they haven't been as necessary this year. And yet even on a dry day, climbing down into and out of some of the ravines in the Palos area necessitates the same kind of caution as when walking on an icy trail.

While pace is an inevitable consideration on our bike rides, this is the first year I recall seeing an occasional reference to hiking pace on the ride schedule. I guess that over 3 mph is really 'moving out.' Some of the hikes have been posted at that faster pace, but many more of our hikes (unspecified pace) are at a slower pace. Like Goldilocks (and perhaps like many of you) I've enjoyed the hikes that are not too fast and not too slow. Noticing how many people keep showing up for all the hikes, the pace must be 'just right.'

There are still more hikes scheduled in February. Go out and join one!



l-r: Bill, Ken, John, Jerry, Ted, Sharon, Kären, Jim, Phil, Paul, Cindy



Toboggan steps.



Single Track - Waterfall Glen

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## EBC Storage Facility

By Chuck Dean

The Club has rented a storage facility in Elmhurst on the east side of Route 83 (across from the Wal-Mart) to facilitate a review and inventory of supplies mostly related to the late Metro Metric (last held in 2006). Later this year, we hope to form a plan for the disposition of these materials and supplies.

Ray Dal Lago's attic housed these materials for some six+ years since he and George Pastorino collected them from Mary Moroney (and others I believe) and moved them into

the attic. On January 5th, Ray, Cian P., Wayne P., and I unloaded the attic, loaded the vehicles, drove from Addison to Elmhurst, and loaded the storage facility locker on the 4th floor. Memories of the Metro Metric flooded into mind as we transported food preparation bins (cutting boards, knives, serving spoons, containers), signage, thermoses, etc. I found myself thinking about Oswego and the 1990's, but the signage reflected the more recent Hampshire locations. If you would like to have your memory jogged, take a look at the appropriate photo albums back in 2005 or 2006. Here is one link.

[Photo Album from 2006 - see metro Metric](#)

Oh yeah! Here are the Mayflower Movers.



Mayflower Movers: Ray, Wayne, and Cian



Three car loads, but there's still some room.

## Club Apparel (EBC Jersey Orders)

(Editor's Note: I wanted to get an article about the club's plan to facilitate your individual orders for EBC apparel into the February newsletter as reminder about the April 22nd cutoff date for orders. Susan Sperl and Armaline have been working on our behalf to facilitate and coordinate this effort. Thank you Susan and Armaline. The text and communication below was lifted from Susan's memo to EBC members on the List Server (Google Group) dated January 10, 2013.

Please note that orders for a wool jersey have also been facilitated by Susan and Armaline via oregoncyclewear.com as discussed in Susan's Google Group emails dated January 14 and 15, 2013. The subject of the wool jerseys is not discussed below.)

For those members who are interested in ordering EBC wear that you have seen members wearing or for members who would like another item, here's your chance to acquire an item with the matching design.

You are allowed to order the piece(s) of EBC wear you like in the design pictured below.

You will pay with your credit card to Voler (charged after order closes and ships so you can place your order now and change it after April's meeting).

Members will have until April 22nd to order and/or change your order. The final order will ship out June 14th.

We will try to have a mini kit at the EBC March meeting and a full sizing kit at the EBC April meeting.

**PLEASE NOTE:** Many of the items have some changes compared to the last time our club ordered, including new jersey fabric that has a little more stretch to it, new chamois, new upgraded short fabric, etc.



Long Sleeve (Front View)



Long Sleeve (Back View)



Shorts (Front View)



Shorts (Back View)

(Here are Voler's notes about ordering and the link to get to the Voler Ordering System):

### *Welcome to the Voler Online Ordering System*

*Your team (EBC) has decided to use the Voler Custom Online Order System for collecting and processing your cycling apparel order. Please follow the steps below to place your individual order for inclusion in the overall team (EBC) order.*

*1. Click on this link to access your team (EBC) order site:*

*[www.voler.com/custom/ordering/li/3068](http://www.voler.com/custom/ordering/li/3068)*

*2. Click on "LOGIN" to enter your Login/Billing Info. Click on "Create Account" to save the information and to create your new User ID and Password. You will automatically be directed to the home page for your team (EBC) order.*

*3. Click on "Add Items to This Order" to gain access to the order able products page. To place items to your shopping cart, click on the item you want to order, then the options you want to select, then the "add to bag" button. You can choose to "View Your Bag" or "Previous Page" (to continue shopping) after adding each item. Repeat these steps for each item you want to order.*

*4. After placing the last item you want to order in your shopping cart, click on "View Your Bag" to display the items. Carefully review the items and make any necessary modifications or deletions. Because each item is custom built, refunds and exchanges will not be accepted. After you have confirmed your order is correct, click on "Checkout" to complete the secure checkout process by entering your credit card payment information.*

*5. After you have completed the secure checkout process, an Order Confirmation will automatically be displayed and e-mailed to you for your records.*

*6. After the order deadline date has passed, you will no longer be able to access the order site. If you have not completed the checkout process for your order by this date, any items*

in your cart will be removed. The Order Deadline and the Order Ship Date are displayed on the order homepage. The Ship Date is the date that your order will be shipped directly to your Coordinator for distribution.

Thank you for your order. If you have any questions, please call 800-488-6537 and ask for assistance from a Voler Customer Service Representative, or send us an email at [sales@voler.com](mailto:sales@voler.com). (from within the Voler website).

For Pricing information, [http://www.elmhurstbicycling.org/newsletter/2013 Voler Price List.pdf](http://www.elmhurstbicycling.org/newsletter/2013%20Voler%20Price%20List.pdf)

## Chicago Winter Swap Meet by Chuck Dean

It was already after 2 p.m. when I made it into the Chicago Winter Bike Swap at Harper College, January 19, 2013. There were still quite a few people milling around, but I didn't see any EBCers even though I knew that several of our club members had planned to be there. Jeff W. and Larry G. had probably been there earlier in the day.

Plenty of vendors obviously thought this show was worth attending. New and used bikes, clothes, shoes, helmets, gadgets, tools, tires, and wheels were all on display. Some clubs and organizations (e.g. Working Bikes) also had a presence. GITAP had a table. PSImet was there (they made a presentation to us at a recent club meeting about their custom built wheels - and I heard that Ray was getting another brand new wheel to replace the crunched one he told us about); so too was club sponsor J&R Cycle (Lombard).

I didn't find anything I needed, but enjoyed the feeling of being immersed in all-things-bicycling (indoors on a raw blustery day outdoors). Marilyn (my wife) came with and bought a candle holder, but it sure looked like a 7-speed Shimano cassette to me.



Scene on the gym floor - Note PSImet



One of our Club Sponsors in attendance.

## Plan for Safety

Well it is early in the year, but I'm still pleased to report that we got through the first month (and more than 6,000 miles) without having recorded any accidents on bikes, or hikes, or skis. Let's see if we can get another month with an equally safe record.

January



## Meeting Minutes January

### Board Minutes January 10, 2013

**Present:** Chuck Dean, Cheri O'Riordan, John Stanaway, Gerry Fekete, Cian Perez, Cindy Reedy, George Pastorino, Marge Ricke

1. **President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
  - The President asked if there should be a

### EBC General Meeting Minutes January 10, 2013

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

**New Members: 0**

**Guests: 1**

1. **President:** The President called the meeting to

February General Club meeting due to expected low attendance. He said the Board Meeting should be held February since there are many items to discuss. All agreed. The motion was approved, "I move that the February 14, 2013 General Club meeting be cancelled." The next General Club meeting will be on March 14, 2013.

2. **Secretary:** The December 12, 2012 Board Meeting Minutes were approved. The Board Meeting Minutes can be viewed on the EBC website in the newsletter.
3. **Treasurer:** The Treasurer presented the Monthly Banking Summary (12/12/12 through 01/10/13). The listed income was \$2,286.58; expenses were \$1,669.47. The Monthly Banking Summary (01/01/13 through 01/10/13) listed income was \$700; expenses were \$94.73. At present, the balance in the treasury is \$15,512.51 with \$857.65 set aside for jersey credits. The Treasurer's report was accepted.
4. **VP/Ride Captain:** The question of whether other than non-profit rides should be listed on the *Ride Schedule* was raised. Discussion followed. The VP/Ride Captain will confer with members who have placed some of these rides on the *Ride Schedule* to see if these listings conform to the *EBC's Awards Program*.
5. **Newsletter Editor:** No report.
6. **Membership Coordinator:** There are presently 227 total members: 103 individual and 124 family members with 54 family memberships. Seven new members joined since last month. He presented some ideas that he felt would allow members to go on line to make changes, etc. Further discussion is needed.
7. **Old Business:**
  - Human Interest Person (HIP): Betty Bond has been placing notifications (with members' permission) of personal situations, such as, accidents, deaths, hospitalizations, etc. The question arose if this position should be formalized, ie, should this position be identified in the Elmhurst Bicycle Club Officers and Committee Chairs section of the newsletter or elsewhere. The question also arose if there should be another title or acronym for this activity. The President will contact Betty Bond to write an article for the newsletter that will explain what HIP is.
8. **New Business:**
  - Bike Swap: The question of EBC participating in buying a table for \$50 at the Chicago Bike Swap at UIC on March 9, 2013 and then selling pieces of table space to EBC members was discussed. The Board was not supportive of this endeavor since there are closer locations for bike swaps
  - Bicycling for Errands: An idea was brought to the President's attention whereby members could keep track of how many errands they made by bicycle instead of a car. Then only these folks could enter a drawing at each meeting. The raffle winner would share tips on how they used their bicycle instead of a car. The President will ask Laurel Salvador to put her ideas in writing with further explanation. Continued discussion is needed.
  - Sponsors and Advertising: A question arose regarding if sponsors can use the list server to advertise. The President will ask Susan Sperl to put together some guidelines for member sponsors and sponsors who are not EBC members. Further discussion is required.
  - Member Mileage Credit for less than 24 hour notice on the *Ride Schedule*: George Pastorino requested that postings to the *Ride Schedule* be less than 24 hours. He suggested 12 hours apply to MTB and road riders since weather and trail conditions frequently determine if there will be a ride. Further discussion is needed.
9. The next Board Meeting will be held on Thursday, February 14, 2013 at 6:15 p.m. at the Community Bank of Elmhurst.

order at 7:15 p.m. at the Community Bank of Elmhurst.

- The President expressed his appreciation to Marge Ricke for overseeing a wonderful Christmas party.
  - There will not be a February, 2013 General Club meeting, but there will be a Board meeting on February 14, 2013 at the bank. Anyone is welcome to attend.
  - The President thanked Cheri O'Riordan for negotiating and securing a storage unit at Metro Self Storage in Elmhurst on Rt. 83. The purpose of having the storage unit is for collecting all EBC equipment and supplies from members' attics and basements for inventory and later disbursement.
2. **Secretary:** The minutes of the December 12, 2012 General Club Meeting were read and approved. (Full reports are on the EBC website in the newsletter).
  3. **Treasurer:** The Treasurer presented the Monthly Banking Summary (12/12/12 through 01/10/13). The listed income was \$2,286.58; expenses were \$1,669.47. The Monthly Banking Summary (01/01/13 through 01/10/13) listed income was \$700; expenses were \$94.73. At present, the balance in the treasury is \$15,512.51 with \$857.65 set aside for jersey credits. The Treasurer's report was accepted. The Treasurer will email the monthly Banking Summary Reports to the membership each month.
  4. **VP/Ride Captain:** The VP/Ride Captain thanked all ride leaders who are leading rides at this time of year. She reminded ride leaders that ride sheets are due within three weeks of the ride which helps the Mileage Database Manager immensely.
  5. **Membership Coordinator:** There are presently 227 total members: 103 individual and 124 family members with 54 family memberships. Seven new members joined EBC since last month.
  6. **Mountain Bike Coordinator:** The MBT Coordinator reminded members to stay off the trails when they are wet and muddy to prevent destroying them. MTB riders can check on trail conditions on the CAMBR website.
  7. **Advocacy:** (Please refer to the EBC website's *Advocacy* link or to Bob Hoel for further information). No Report.
  8. **Other:**
    - The EBC Annual UP Cross Country Ski Trip is February 3-8, 2013. Call the Indianhead Motel and make your reservations as rooms are filling up fast. Contact Sharon Hermach for further information. A ski trip to Fraiser, CO is scheduled from February 23-March 2. Skiers will take the Amtrak. Contact George Hermach for more information.
    - Marge Ricke asked for volunteers to sign up for a month in 2013 to bring refreshments.
    - San Gunda: Announced that the Addison Part District meeting is a closed meeting. The park district is redesigning some fields.
    - Mary Lee St. Aubin: Reported for Susan Sperl regarding the orders for EBC clothing. The clothing will be from Voler. Please check Susan's emails for further information.
    - Kelly Morgan: Reported that the MS Tour De farms Ride 2013 will be on June 22, 2013. Last year, there was a team of EBC members and she is hoping for the same this year. Check the *Future Rides* link on the website.
  9. **Refreshments:** Thank you to Cheri O'Riordan for bringing the refreshments.
  10. **Program:** Andreas Papakostas was the featured speaker. Andreas is an athletic trainer and clinical massage therapist. He was a very dynamic speaker. Andreas spoke about stretches designed to keep the body flexible and tips about proper posture and how it affects cycling and general well being.
  11. The next EBC General Club Meeting will be held on Thursday, March 14, 2013 at 7:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan  
Club Secretary

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><br>Chuck Dean, 630.790.4203<br>president_elmhurstbicycling.org                       | <b>Advocacy</b><br>Bob Hoel<br>bob.hoel_comcast.net   | <b>Refreshments</b><br>Marge Ricke, 630.616.8481<br>margericke_gmail.com                     |
| <b>Vice President/Ride Captain</b><br>Gerry Fekete, 708.352.0913<br>ridecaptain_elmhurstbicycling.org | <b>Publicity</b><br><b>Volunteer Needed</b>   | <b>Safety</b><br>Larry Gitchell, 708.409.0105<br>larsofmars_aol.com                          |
| <b>Treasurer</b><br>John Stanaway, 630.653.3427<br>treasurer_elmhurstbicycling.org                    | <b>Programs</b><br>Ray Dal Lago, 630.543.4655<br>dlag10_aol.com   | <b>Sergeant-at-Arms</b><br><b>Volunteer Needed</b>   |
| <b>Secretary</b><br>Cheri O'Riordan, 630.325.3917<br>secretary_elmhurstbicycling.org                  | <b>Database Manager</b><br>Nancy Shack, 630.964.3862<br>nshack_comcast.net  | <b>Assistant Ride Captain</b><br>Nancy Rice, 630.717.9923<br>hotline_elmhurstbicycling.org   |
| <b>Membership Coordinator</b><br>Cian Perez, 847.722.7110<br>membership_elmhurstbicycling.org         | <b>Website Team</b><br>Cindy Reedy, 630.234.1349<br>cmreedy_prodigy.net<br>Sharon Hermach, 630.717.1660<br>ganskesh_hotmail.com | <b>Mountain Bike Coordinator</b><br>George Pastorino, 708.903.8700<br>gpastorino_comcast.net |
| <b>Newsletter Editor</b><br>Chuck Dean, 630.790.4203<br>newsletter_elmhurstbicycling.org              |   | <b>List Server</b><br>Cian Perez, 847.722.7110<br>cian.perez_gmail.com                       |

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

## February, 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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