



The Cue Sheet

May
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.

Club Volunteerism by Bob Hoel and Chuck Dean

Elmhurst College Recycling Event - April 20

Many thanks to Club members Ray Dal Lago, Chuck Dean, Armaline Mirretti, Fredericka Loux and Bob Hoel, along with Working Bikes Cooperative's Eric Wood for working the recycling drive at Elmhurst College. 74 bikes were dropped off, from a Cannondale to some vintage Schwinn's and Fujis among the offerings, even a few with streamers on the bar ends! These bikes will be refurbished and re-purposed for those who might otherwise not be afforded the joy of riding.



Elmhurst College!
Ray D., Bob H., Chuck D., Armaline M., Eric W. (Working Bikes)

Though it was a cold morning with the wind out of the northwest, the friendliness of the bike donors helped warm up the day.

If you are looking for a used bike or need parts for an existing bike, consider stopping at the Cooperative's site as few things get thrown away and there are treasures to be had for sure.

Along the Great Western Trail - April 27

Many of us have been wondering, will spring ever get here? Well, finally a beautiful day arrived much to the pleasure of 17 EBCers who generously supported the Great Western Trail (GWT) cleanup on Saturday, April 27th. The good turnout was undoubtedly helped by the fact that Sharon H. led a ride that started at Lombard Commons and took 7 riders out to Gary Avenue at the GWT. There, another group of club members - some on bikes - were already assembled. With 'many hands' the work was 'light.' In a couple of hours, the riders were able to ride back.

Other EBCers pitched in at other sites: Tom and Ginny Preston worked the bike path in Woodridge along Woodward Avenue south of I55.

Besides the satisfaction that comes from cleaning up the path, it was gratifying to receive a lot of 'thank you's' from many of the passers-by on bicycles and on foot. It was a fine day!



l to r: Carol, Gerry, Sharon, Baltimore, Ken, and Sue



EBCers cleanup along Great Western Trail
l to r: Baltimore, Charlie, John, Sharon, Mary Ann, Kathy (kneeling), Ken, Sue, Gerry, Cheri, Carol, Jim, Paul

2012 Club Outreach

By Bob Hoel

2012 was a busy year for our Club and over 40 members stepped forward to represent EBC and the spirit of volunteerism. We had over 20 opportunities to reach out to our surrounding communities and interact as representatives of biking. From Blind Stoker rides to information tables at the Elmhurst Farmer's Market we shared stories and advice on biking and enabled those without sight feel the thrill of wind in their faces from the back of a tandem. I counted about 430 hours contributed in helping others through Club outreach.

Last year we recognized the top 3 volunteers based on hours. Since not all service opportunities are the same length we decided to reward our volunteers differently in 2012. For each event participated in, the volunteer received a number. If you participated in 5 events, you received 5 numbers. The numbers were all placed in a "hat" and a number drawn. The first person drawn was then eliminated from the second and third drawings; the second name drawn was eliminated from the third drawing. The result is that the three volunteers to receive \$25 gift certificates this year are Jerome Hughes, Keith Garland and Ron Sebonia.

A full list of the volunteers and activities are on the Club's website at <http://www.elmhurstbicycling.org/aboutebc/advocacy/volunteer2012.html>

Website Menus with Windows 8 and Smart Phones

by Sharon Hermach

We have received some reports that the drop down menus on the EBC website do not work well with Windows 8, Internet Explorer 10, or on some of the newer smart phones. While a long term solution is being worked on, please use the link under the menus. Which link, you ask? It's the link that says, "Mobile device and Windows 8 friendly menu (alphabetical)." It normally appears in blue type and is underlined. This link will take you to the alphabetical listing of the pages on the website.

Click on the link below to see what you should be able to see on your mobile device.

<http://www.elmhurstbicycling.org/#alphamenu>

Single Track Instruction

If you are bit nervous trying to learn single track in a group, I am again offering to any Club member free single-track instruction on Tuesday evenings in June and July at 6 pm at Palos by appointment only. This is **not** a Club Ride. **No** Club Miles. Class size limited to 2 members of same ability level, first come first serve. A mountain bike is required. If you do not have one...I can loan you one of ours.

This is a promise I made when I accepted the leadership position of Mountain Bike Coordinator back in October 2007. And I have renewed the offer each year since.

Read article here: <http://www.elmhurstbicycling.org/pdf/10-07.pdf>. It's on page 3 of the

newsletter which also has a great article by Eric Peterson about Paris-Brest-Paris 2007. Eric's article has tons of great info and is worth a re-read.

As time goes by people forget that this instruction is available and we have many new members....hence this article. I have had extensive training and a lot of experience teaching single track which is detailed in the article. I am confident I can help any member with a good attitude enjoy single track mountain biking.

This is not limited to newbies. If you are a casual single track rider and want to improve your skills, this instruction will help you also. This picture taken of me, illustrates a common problem for casual single track riders. I am riding off an easy, less than 1 foot drop, I see many casual riders get off their bikes and walk...which is fine and I always encourage riders to walk if they don't like the looks of something, however....if you would **like** to ride over stuff like this, I can teach you to do it safely.



This is way easy to learn!

Please email me for an appointment.

Thanks.....

George Pastorino
Mountain Bike Coordinator

EBC Jersey Order Deadline Extended



New Design for EBC Jersey

The new deadline to order EBC apparel is Sunday, May 12th. Minimum order quantities have been achieved for both short and long sleeved jerseys in the new club design pictured at left. The jerseys should be shipped by Voler on July 5th to our apparel coordinators for subsequent distribution to our members. Our members have ordered 30 short sleeve jerseys and 16 long sleeve jerseys so far.

There is still time for you to order if you would like to wear your colors this summer. Ordering instructions follow:

1. Click on the link
<http://www.voler.com/custom/ordering/li/3285>
2. Pick a user name and password (if you have done this for past orders, your user name and password are still there).
3. Pick item(s) you would like to order such as jersey (short sleeve or long sleeve), shorts, capri pants, jackets and/or vest (**thermal or not**), etc. Be sure to pick your size and length of zipper on the jersey. Most members will order their gender size in "club" ("race" cut is usually for racers).
4. Place in your cart. (You can go back and start again for a second item as long as you don't log off.)
5. Pay with your credit card. **NOTE:** All credit cards will be adjusted for price breaks (lower price with minimum orders) on May 12th (the last day you may place an order).

Cantigny Wood Carver Show Ride

Another group of EBCers enjoyed milder weather on Sunday, April 28th and were reported to have briefly seen the sun. Dick Diebold was the featured attraction that drew out 2 groups of riders for the Cantigny Wood Carver show. Dick, a founding member of EBC,

displayed some of his creations at the show.



Cantigny Riders - 1 to r standing: Cathy, Tom, Baltimore, George, Sharon, Tom, Ted, Paul, John, Mary, Bob; kneeling: Paul, Ginny, Frank (guest) Mary Jo.



Some of the fine wood working objects from Dick Diebold

Plan For Safety By Chuck Dean

What color should the check mark be this month? I'm aware that there were a couple of incidents this month. Oh heck! I'm going with green again.

Let's talk about safety. It's the old story of the importance of paying attention. Don't let your guard down --- not even for a second. One rider this month took an easy fall into the fortunately rain-softened turf right next to the curb. The rider popped up quickly enough and was not injured.

How did this happen? The rider was riding on a paved smooth street approximately 2 feet from the curb. The rider looked left at some other riders and began singing a song (prompted by something that the rider heard being discussed in the peloton); the bike drifted to the right and the front wheel struck the curb. The rider went down.

Now you can hardly fault a singing, cheerful EBC member. The social aspect of riding clearly makes for better rides for many of us. But, this incident illustrates how quickly things can go wrong. **Please! Be careful out there.**

April



Meeting Minutes April

Board Minutes April 11, 2013

Present: Chuck Dean, Cheri O'Riordan, Gerry Fekete, Nancy Shack, Bob Hoel

- 1. President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
 - Since there is not a quorum of Board members, voting will not take place.
 - The President wanted to address the following:
 - o Advertising policy: Since time is limited, this will be discussed at the May Board Meeting
 - o Storage Fees: Presently, the club is paying a monthly fee for a storage unit with the intent of sorting through and disposing of some items and storing the remaining items. Bob Hoel will contact the Elmhurst Park District to see if EBC would be able to store supplies in their new facility.
 - o Privacy Concern: Will be addressed at a later meeting.
 - o A few unusual messages have been received by Chuck, Gerry, Nancy Rice and Cindy when an anonymous ride leader has submitted a ride to the Ride Schedule. The offending ride that gave rise to the emails was quickly deleted in each instance.
 - o The logistics of producing a 2013 *Membership Directory & Handbook* were briefly discussed. The President assumes a physical copy will again be produced this year.
 - o The most recent electronic version of the 2012 *Membership Directory & Handbook* is dated September 23rd, 2012. The Membership Coordinator will be asked to explore the possibility of producing an electronic version that is updated every 2 to 3 months.
 - o Jerseys: Armaline Miretti will be at tonight's meeting with fit kits.
- 2. Secretary:** The March 14, 2013 Board Meeting Minutes were approved. The Board Meeting Minutes can be viewed on the EBC website in the newsletter.
- 3. Treasurer:** In the Treasurer's absence, the President presented the budget report. The Monthly Banking Summary (03/14/13 through 04/06/13) listed income was \$2,127.95; expenses were \$2,718.26. At present, the balance in the treasury is \$15,077.00 with \$857.65 set aside for jersey credits and \$333.66 for wool jersey credits. The Treasurer's report was accepted.
- 4. VP/Ride Captain:** The VP/Ride Captain indicated that the committee met to discuss requirements for an invitational ride to receive mileage credit and qualifications for a ride leader to receive a ride leader jersey. The VP/Ride Captain will send the committee's recommendations to the Board via the list server.
- 5. Newsletter Editor:** No report. Membership Coordinator: In the Membership Coordinator's absence, the President read from the Membership Coordinator's report: 155 individual memberships, 77 family memberships; 185 individual members, 155 family members for a total of 340 members.

EBC General Meeting Minutes April 11, 2013

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

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.
 - Since there was not a quorum of Board members, voting did not take place at the Board meeting.
 - The President thanked Armaline Miretti for bringing in the many samples of bicycle clothing for members to try on for sizing.
- 2. Secretary:** The minutes of the March 14, 2012 General Club Meeting were read and approved. (Full reports are on the EBC website in the newsletter).
- 3. Treasurer:** In the Treasurer's absence, the Secretary presented the budget report. The Monthly Banking Summary (03/14/13 through 04/06/13) listed income was \$2,127.95; expenses were \$2,718.26. At present, the balance in the treasury is \$15,077.00 with \$857.65 set aside for jersey credits and \$333.66 for wool jersey credits. The Treasurer's report was accepted.
- 4. VP/Ride Captain:** The VP/Ride Captain indicated that the committee met to discuss requirements for invitational rides, mileage credit and number of rides for a ride leader to qualify for a ride leader jersey. The VP/Ride Captain will put together a policy with rationale for the next Board meeting. Ride leaders are reminded to turn in their ride sheets no later than three weeks after the ride.
- 5. Membership Coordinator:** In the Membership Coordinator's absence, the Secretary read from the Membership Coordinator's report: 155 individual memberships, 77 family memberships; 185 individual members and 155 family members for a total of 340 members. For the membership drawing, Bob Hoel donated a registration for Bike the Drive worth \$45. John Loesch won the donation.
- 6. Mountain Bike Coordinator:**
 - Palos is closed and will most likely be closed through a lot of April. Trail advocacy and preservation is the most important part of being the Mountain Bike Coordinator. Check Palos Trail conditions at: <http://www.cambr.org/SMF/index.php?action=home> or call the MTB Coordinator.
 - Kettle Moraine is closed and will definitely be closed for a while. Kettle Trail Line is 262-594-6202.
 - MTB Trips: Watch the *Ride Schedule* for further details.
 - o 5 Kettle Trips are planned for this year.
 - o A Brown County, IN trip is planned for the fall.
 - o A MTB ride at Saw Wee Kee is planned for intermediate to advanced riders.

6. **New Business:**
 - A suggestion was offered that future jersey designs should be initially presented to the Board before presenting the design to the membership for purchase.
 - Several suggestions were made regarding a jersey credit when a member declines purchase of a jersey: Credit could be applied toward a bicycle related item or credit could be applied toward an EBC membership.
7. **Old Business:**
 - Sponsors and Advertising: A question arose asking if sponsors should use the list server to advertise. No progress has been made in formulating list server policy. Further discussion is required.
8. The next Board Meeting will be held on Thursday, May 9, 2013 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O’Riordan
Club Secretary

- o There will be several trips to Imagination Glen for intermediate riders
 - o A Fort Custer trip is planned for all levels of riders.
 - Three Pool Party/BBQ rides are planned by George and Pussanee with food, beer, soft drinks along with various MTB rides. These are scheduled for the last Sunday of June, July and August.
 - *Tuesdays with George*: These are private single-track lessons given by a trained MTB instructor. There is a two member limit. Lessons will take place on Tuesday evenings at 6:00pm in June and July.
 - The MTB Coordinator will adapt his previous MTB instructor training workshops to the needs of EBC members. More info will be given at the May General Club Meeting.
 - The MTB bike loaner program continues. Pussanee and George have 6 MTB bikes for members to use on MTB rides. These are offered on a first come, first serve basis.
 - Baltimore was at the REI store in Reading, PA and noticed they were having a MTB clinic for \$85.00. Baltimore approached the MTB Coordinator about running a half day clinic for EBC members. The cost would be \$0.00. This clinic will take place in June and will cover the basic MTB skills of: body position, braking and shifting (taught together) as well as climbing and descending (taught together).
7. **Advocacy:** (Please refer to the EBC website’s *Advocacy* link or to Bob Hoel for further information).
 - April 20: From 8:00am-12:00pm, there will be a recycling drive at Elmhurst College and will take bikes, electronics, etc.
 - April 27: At 8:00am at the Lombard Commons Park, Sharon Hermach will lead a ride to the start of the EBC cleanup of the Great Western Trail at Gary Avenue. If you do not want to ride, you can drive to the start at 9:00am. Watch the *Ride Schedule* for details.
 - May 11: Larry Gitchell will lead a ride to LEKOTEK. This is the organization that EBC gave a \$1200 donation for a bicycle that a number of children with physical challenges can use.
 - At St. Charles Road and Grace Street in Lombard, progress is still being made on the bridges on the GWT.
 8. **Other:**
 - Armaline Miretti announced that she has many samples of clothing for members to try on for sizing tonight. Credit cards will be charged at submission. April 22 is the cutoff date. There must be at least 15 orders of each item to receive the 15% discount.
 - Ray Dal Lago had a question regarding the “Mobile device and Windows 8 friendly menu” which appears at the top of the EBC Home page. Given its presumed purpose, it does not appear to always work as desired. Chuck said that this condition had been observed by several members and is currently being reviewed to see if there is a better solution available for mobile devices.
 - Safety: The President reported zero accidents for the year so far.
 - Marge Ricke requested for a volunteer to bring refreshments to the May General Club Meeting.
 9. **Refreshments:** Much appreciation is extended to our President for bringing tonight’s refreshments including the delicious fruit salad made by his wife, Marilyn.
 10. **Program:** Our guest speaker was Brendan Kevenides of the Law Office of Brendan H. Kevenides, P.C. Brendan is a personal injury lawyer and a member of the League of American Bicyclists. He is an LCI (League Certified Instructor) as well. His firm focuses heavily on representing people who have been injured in bicycle accidents. Brendan discussed many aspects of the law including what rights the cyclist has and what the cyclist can do following a crash.
 11. The next EBC General Club Meeting will be held on Thursday, May 9, 2013 at 7:15 p.m. at the

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>)

May, 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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