



The Cue Sheet

June
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.

EBC Visits Lekotek

By George Hermach

At the end of 2012 EBC donated an adaptive bicycle to Lekotek, an organization that works with physically challenged children and also loans toys and other items to the children to take home and use for a period of time. On May 11 nineteen EBCers visited Lekotek on Clybourn St. in Chicago to tour their facility and have a chance to actually see the bicycle that we donated. Larry Gitchell led fifteen riders from Elmhurst to Lekotek and an additional four members drove there. Ann Bouchard, Manager of Direct Services, gave us a tour of their facility and showed us the bicycle.

While we were there a young boy, Leo, and his family arrived and he got on the bike and rode it in the hallway of their building. After a little adjustment period while he figured out how it works, he was all smiles.



George H. mentioned smiling, but it wasn't just Leo; it seems to be contagious.

Spring Green 2013

by Kären Schwartz

photos and video by George Pastorino

We had great fun riding in Spring Green, Wisconsin. True the weather was perfect and the riders were wonderful company. The only blip in the perfect conditions was for the 7 campers. This is mosquito season so our outside time was limited and 100% DEET was a

must. The poor guys who had to stop Saturday and change a tire were being eaten alive by the pests, but this being Wisconsin and having friendly folks, a home owner came out with spray and sprayed the riders! He then gave the can of spray to us to have! I doubt if this would happen in Chicago..



So it must be Laurel S. who took the picture!

We had a great time at dinner Friday in a new restaurant in Spring Green - Freddy Valentine's - which has great beer on tap and is located in an old bank so we got to eat in a bank vault. Saturday we had dinner in Mazomanie, where we ate at a historic structure the Old Feed Mill. It has some of the best pot roast around!

Here's George's description of the rides:

We rode through what is best described as Midwest "hollers"long narrow valleys with no residential areas...just a few local farms and as such...little traffic. This part of the country has been described by folks on the east and west coasts as "fly over country" as in you only need to see it when flying from N.Y. to L.A., when in fact this is the Heartland of America responsible for feeding and providing milk for much of the world.

14 Riders that attended were: Laurel Salvador, Rudy, Beth and Paul, Kathy Davis, Gary Bell, Karen and Bill Schwartz, Val Schiller, John Wu, Pussanee and George Pastorino, Jerome Hughes and Dan Capua.

A special shout out to Jerome Hughes for not only driving Rudy (who is blind)...but leading him on the tandem and taking care of his needs during the tripvery selfless of him and I know Rudy appreciates his kindness. Jerome's dedication is admirable and rare.

Thanks to George Pastorino for providing a great description of a recent weekend in Spring Green. I have referenced his links to some great photos also.

Additional Information:

[This is what a Holler is:](#)

See Slideshow here: [Spring Green Road Ride Day 2](#)

See Short Video Here: [Why we ride Spring Green Video](#) Turn up your volume for the sounds you hear.....birds and nature sounds, and for the sounds you don't....noise pollution and traffic.....

Policy Review and Updates: Invitationals and Ride Leader Credit by Gerry Fekete - Vice President and Ride Captain

In March of this year, I put out a request on the list server for members to join a committee to discuss the topics of invitationals rides, (specifically counting club mileage for invitationals and giving leader credit) and leader jersey qualifications. Ten members responded and a

meeting was held on March 12th. Nine of the ten who volunteered for the committee were able to attend. The members in attendance were Nancy Shack, George Pastorino, Sharon Hermach, George Hermach, Kathy W. Selbach, Keith Garland, John Domeier, Mary Lee Saint Aubin and I. The absent member was Petra Hoffman who made her preferences known beforehand.

The following recommendations were agreed upon by the committee and presented to the Board at the April meeting. After further discussion at the May Board meeting the policy recommendations were accepted making the policies effective on that date (May 9, 2013). However rides already posted on the ride schedule will follow the previous policies.

Committee Recommendations

I. Invitational rides:

(A) The old policy states that a ride must be staged by either a bicycle club or organized as a not-for profit event.

- The proposed policy is that the invitational rides should be sponsored by bicycle clubs, non-profit organizations (501C3) or charities.

- The addition of 501C3 requirement for non-profits is to clarify non-profit status.

Charities were added because fund-raising usually exceeds our original fee description of "reasonable and customary for rides of this type."

(B) There is no policy stating leader credit for invitational rides. Invitational ride leaders have received ride leader credit.

- The proposed policy is to not give leader credit for invitational rides.

- Route planning, rest stops, and emergency services are provided by the event organizers so club leadership responsibilities are minimal.

(C) There is no current policy on reporting mileage.

- Proposed policy is that the club organizer/s submits separate mileage sheets for different distance rides. No miles accrued should exceed those of the group. For example, if the ride is listed as 50 miles and one member decides to do 75 miles, he would receive the same mileage as the group (50miles).

(D) The current policy: Each leader places a ride description on the ride schedule and list server.

- The proposed policy is for the invitational ride organizer to submit a complete ride description to the Ride Captain for examination. Following this the ride organizer announces the event on the ride schedule and list server.

(E) No policy has existed regarding the following and the proposal is that rides which qualify by sponsor, but have very limited registrants are not eligible for club miles.

- The limited number of registrants does not allow all interested club members to participate.

II. Leader Recognition

(A) The current requirements for earning a leader jersey are as follows: Each club member who leads fifteen or more rides or hikes (at least 10 must be rides) over a three-year period, while leading a minimum of two rides or hikes a year, will receive a ride leader jersey.

- The committee proposed that we keep the requirement the same as this encourages new leaders to step up.

(B) It was proposed that we recognize leaders through a periodic listing on the list server or in the Newsletter.

Awards Night at the May Club Meeting

By Chuck Dean, Pictures by Paul Punchum

May's club meeting was devoted to spreading around a little recognition. The member miles data base was put to good use again (thanks Nancy) as we acknowledged the many members who rode 500 or more miles in 2012. Would you believe 125 members? Ride Captain Gerry Fekete called out those attending members to receive their ride certificates. Army and Susan were on hand to present the mileage tee shirts and the ride leader jerseys (don't they look good!). And Paul P. managed to capture the pictures presented below. It was

a good evening.



Army and Susan present a Ride Leader jersey to John S.



l to r: Ray, Betty, Kathy, Isaac, and Keith.

On the Road Again by Chuck Dean

May was a traveling month for many of our members. The Spring Green trip was featured earlier, but that same weekend, another group of EBCers was pushing to make it up that next hill at the "Arcadian Brute," the first event of the "Triple Crown." Dawn Piech deserves the credit for promoting these rides and getting a fine turnout. Her ride schedule summary issued the challenge: "This first stage of the Wisconsin Triple Crown Endurance Cycling Series is nestled in the hills of Western Wisconsin, Arcadia. It is like no other place in the Midwest. It is located in the northwest part of the [Driftless Area](#), along the shores of the Mississippi where the climbs seem endless. Climbs like Catfish and Hipbreaker, and peak grades of 23%, riders will be tested early in the bicycling season, and have their work cut out for them. Some climbs are considered to be long climbs and are certain to test each rider's precious reserves early. This early in the season, Arcadia's Brute is certain to be quite the brute!!" Rich Aycock echoed that thought, "I was riding up one of the killer hills at the Arcadia Brute on Saturday and I passed a man walking along with his bike so I offered a few words of encouragement and he looked over and said "Oh, I'm fine, but my bike is really tired."



Well you have to get oriented, or you could get lost!

Only a weekend later, 30 plus riders made it down to the Horsey Hundred, near Lexington, Ky. Two day's worth of centuries and two groups (faster and longer; and slower and shorter) in the beautiful rolling hills of Kentucky. The weather was reported to be fine, but the course was a little tougher than in other years. Nonetheless, it was a fine outing. Marty Becker shared his Picasa album out on the list server.

<https://picasaweb.google.com/113364211541879004674/HorseyHundred2013?authkey=Gv1sRgCLPpvaGrpMGwRA&feat=email#>



On the Road in Kentucky



Marty is first in line. He wants his pin.



Larry Gitchell wished it was open!

On that same Memorial Day weekend, Larry Gitchell enjoyed another fine turnout for his Madison, Wisconsin, adventure. Nancy Shack reported, "Larry has had an excellent turnout with an ever-changing cast of characters participating in the annual extended Madison weekend. We've been lucky with the weather - no rain and cool temps. McFarland Tavern was not open when we stopped by on Saturday but we still had to get a photo.

Plan For Safety by Chuck Dean

I was really hoping to keep the green check all year, but I had to fudge a little already for a couple of months. Accidents and incidents do happen. In fact, bicycling was labeled the number one most dangerous sport based upon emergency room visits in 2010 - some 550,000 visits. That is more than basketball, football, baseball, and ATV (all terrain vehicles). (Thanks Cindy - for the reference: <http://healthyliving.msn.com/health-wellness/video?videoid=7e14a8ae-6520-e578-b669-1d843cf11a5c>).

While I shared the link and numbers above, I'm aware of some of the give and take on the list server about safety in general, mountain biking vs. road biking, etc. I'm not trying to spread doom and gloom. Rather, I'm hoping that reminders about the need to be vigilant will help us all avoid accidents that can be avoided.

Isaac had an accident at the start of the month that put his resulting broken wrist into a cast that won't come off until June. How did this happen to such a seasoned rider (in fact the 2012 EBC high miler)? Well, it was one of those things. With the threat of rain during a scheduled century, Isaac had a rain jacket stuffed into one of the back pockets on his jersey. Twenty-six miles into the ride, the jacket somehow popped out of the pocket and into the back wheel and Isaac and his bike went down. Of course Isaac finished his ride that day and even rode the next day before finally determining there was a problem (with help from other EBCers who advised him to visit the emergency room).

So the basic reminder here is that you should all make sure that gear and garments are all securely stowed before mounting your bike. Shoe laces, torn booties, loose bicycle pumps, water bottles, garments from inside of pockets, garments secured around a waist can come loose, pop-out, escape --- and these kinds of things can cause accidents.

Let's get back on track as we enjoy the summer.



Meeting Minutes May

Board Minutes May 9, 2013

Present: Chuck Dean, Cheri O'Riordan, John Stanaway, Gerry Fekete, Cian Perez (via telephone), Nancy Shack

- 1. President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
 - The President asked for discussion and vote from the Board regarding the VP/Ride Captain's committee recommendations for leadership recognition, invitational rides and mileage credit. Discussion followed.
 - o The Board unanimously approved the motion, "I move that the committee's recommendation for ride leader jersey recognition remain the same as is." Ride leaders will receive periodic recognition at the General Club Meetings and in the EBC newsletter.
 - o The Board approved by a 3 to 2 majority the motion, "I move to approve the committee's requirements that an invitational ride should meet in order to be qualified for publication on the *Ride Schedule* and for the qualified invitational ride to receive mileage credit."
- 2. Secretary:** The April 11, 2013 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 (04/11/13 through 05/08/13) income was \$666.06; expenses were \$560.24. At present, the balance in the treasury is \$15,082.82 with \$857.65 set aside for jersey credits and \$433.66 for wool jersey credits. The Treasurer's report was accepted.
- 4. VP/Ride Captain:** The VP/Ride Captain indicated that the committee had met to discuss requirements for ride leader jersey recognition and requirements for invitational rides and mileage credit.
 - Ride Leader Jersey: The requirements will remain the same.
 - Invitational Rides: The new requirements are:
 - o The ride should be sponsored by a bicycle club, a 501(c) 3 nonprofit organization or a recognized charity.
 - o A ride organizer will not receive ride leader credit since the duties are minimal.
 - o There should be separate mileage sheets for different distances and no miles should exceed those of the group.
 - o The ride organizer should submit a complete ride description to the VP/Ride Captain for review.
 - o Rides that have limited registrations are not eligible for club miles.
 - All Invitational rides that have already been submitted to the *Ride Schedule* will be accepted for mileage. After tonight, all invitational rides must meet the EBC requirements.
 - The VP/Ride Captain will place the invitational requirements on the list server, in the newsletter, on the website and in the *EBC Membership Handbook & Directory*.
- 5. Newsletter Editor:** No report.
- 6. Membership Coordinator:** In the Membership Coordinator's absence, the President read from the Membership Coordinator's report: 172 individual memberships, 88 family memberships; 172 individual members, 211 family members for a total of 383 members.
- 7. New Business:** The Treasurer stated that the storage facility is now going to charge a required

EBC General Meeting Minutes May 9, 2013

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

New Members: 0

Guests: 4

- 1. President:** The President called the meeting to order at 7:15 p.m. at the Community Bank of Elmhurst. The President thanked everyone for coming out on such a dreary night. He acknowledged his appreciation to Susan Sperl and Armaline Mirretti for their many hours in overseeing the club jersey project and tonight's Annual Awards Program.
- 2. Secretary:** The minutes of the April 11, 2012 General Club Meeting were read and approved. (Full reports are on the EBC website in the newsletter).
- 3. Treasurer:** The Treasurer presented the budget report. The Monthly Banking Summary (04/11/13 through 05/09/13) income was \$666.06; expenses were \$560.24. At present, the balance in the treasury is \$15,082.82 with \$857.65 set aside for jersey credits and \$433.66 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 qualifications for a ride leader jersey. The Board approved their recommendations of:
 - Ride Leader Jersey: The requirements will remain the same.
 - Invitational Rides: The new requirements are:
 - o The ride should be sponsored by a bicycle club, a 501(c) 3 nonprofit organization or a recognized charity.
 - o A ride organizer will not receive ride leader credit since the duties are minimal.
 - o There should be separate mileage sheets for different distances and no miles should exceed those of the group.
 - o The ride organizer should submit a complete ride description to the VP/Ride Captain for review.
 - o Rides that have limited registrations are not eligible for club miles.
 - o All Invitational rides that have already been submitted to the *Ride Schedule* will be accepted for mileage. After tonight, all invitational rides must meet the new EBC qualifications.
 - The VP/Ride Captain announced that she will place the approved invitational requirements on the list server, in the newsletter, on the website and in the *EBC Membership Handbook & Directory*.
 - She invited all members to help themselves to the various brochures and literature on the table.
- 5. Membership Coordinator:** In the Membership Coordinator's absence, the President read from the Membership Coordinator's report: 172 individual memberships, 88 family memberships; 172 individual members, 211 family members for a total of 383 members.
- 6. Mountain Bike Coordinator:** The MTB report is as follows:
 - Palos is open and will most likely be open through the rest of May unless there is heavy rain. Trail Advocacy and preservation is the most important part of being MTB Coordinator. Check Palos Trail conditions here: <http://cambr.org/SMF/index.php?action=home> or call the MTB Coordinator at 708-903-8700.
 - Kettle Moraine is open and will definitely be open unless there is heavy rain. Kettle Trail Line is 262.594.6202.

\$9 a month for insurance. This fee is in addition to the monthly fee of \$39. He asked how long the Board expects to use the storage facility, since the initial plan was to gather everything and then dispose of the supplies. The Secretary volunteered to oversee the removal and disposal of supplies by September 1, 2013.

8. **Old 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.
- Sponsors and Advertising: A question arose asking if sponsors should 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.

9. The next Board Meeting will be held on Thursday, June 13, 2013 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan
Club Secretary

- At least 5 Kettle Trips are planned for this year. Watch the *Ride Schedule* for details.
- There will be a Brown County, Indiana trip in the fall and there will be plenty of notice ahead of time.
- George and Pussanee will host three pool party/BBQ rides with food, beer and soft drinks. There will also be various MTB rides. These are scheduled for the last Sundays in June, July and August.
- At Saw Wee Kee, there will be a ride for intermediate to advanced riders.
- There are several trips planned to Imagination Glen for intermediate riders.
- There will be a Fort Custer trip for all levels of riders.
- *Tuesdays with George* will be private single-track lessons given by a trained instructor with a two-member limit. These will occur on Tuesday evenings at 6:00pm in June and July.
- The MTB bike loaner program continues. Pussanee and I now have 6 MTB bike for members to use on our rides on a first come, first serve basis.
- On June 22nd, there will be a 5 to 6 hour free mountain bike clinic at Palos. Details will follow in an email communication. The MTB Coordinator will be the lead; Baltimore Ortega and Pussanee will also instruct. In addition, a club sponsor, master bike fitter and mechanic, Jim Saplis from Orland Park Cyclery will also present. Some of the topics that will be covered are:

- o Body position
- o Braking and shifting (taught together)
- o Climbing and Descending. (taught together).
- o Choosing the right equipment.
- o Bike fitting and trail side repair

- The MTB Coordinator will be attending a four day *MTB Instructor and Guide Certification Course* in June. The learned techniques and teaching methods will be applied at the EBC MTB clinic and at other EBC MTB events. As part of this training, the MTB Coordinator will be certified in First Aid, CPR and Trail Building.

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

8. **Other:**

- Jersey Credit: Questions were asked regarding a jersey credit that is not used toward purchasing a jersey. Several suggestions were offered, such as, to use the credit for a Road ID or an EBC membership. The Board needs further discussion on this subject. The President stated that he has been keeping track of jersey credits and it is a very laborious and time consuming job. He will publish a list of members who have jersey credit.
- May 11th: Larry Gitchell will lead a ride to LEKOTEK which is the organization that EBC gave a donation to for an adapted bicycle that will be used by many children with special needs. See the *Ride Schedule* if you plan to ride there. Contact Sharon Hermach if you would like to carpool.
- Ginny Preston acknowledged the ride leaders importance and their many contributions to the club.
- Kathy Wagner-Selbach sent a photo of the beautiful bluebells from her ride to Knoch Knolls to WGN-TV. It was shown on Tom Skilling's 5:00pm weather report today.
- May 16: *Ride of Silence*. See the *Ride Schedule* as Jerome Hughes will be leading this ride starting off at 6:45pm.
- May 18: The first *Blind Stoker Ride* will occur. Contact John Loesch if you would like to volunteer to be a captain.
- May 26: Bike the Drive. Paul Punchum won the \$45 registration donated by Bob Hoel.
- Betty Bond acknowledged the new jersey design and inquired about a future design for club jerseys that would be totally different from the newly present and similar past designs.
- Kathy Wagner-Selbach offered to draw a new design for the Board to review.
- George Hardwidge asked how to go about being

a ride leader. He was referred to the EBC website and the *EBC Membership Handbook & Directory*. George Hermach offered his assistance.

- Ray Dal Lago presented the idea of having ride leader classes. He is a Lead Cycling Instructor with LAB and would like to have active and tutorial rides. The Board expressed their support for the development of this idea.

- May 19: Ray Dal Lago will be leading a family ride. He will continue to lead these rides on the 1st and 3rd Sundays in June, July and August.

- In early June: Addison Park District will host the *Addison Bike Fest*. Contact Ray Dal Lago or Sam Gunda for further information.

9. **Refreshments:** Appreciation was extended to Ken Hickey for providing the welcomed refreshments.
10. **Program:** Susan Sperl and Armaline Mirretti presented the annual EBC Awards Program for members who earned certificates, patches, T-shirts and jerseys in 2012. The 2012 "Rookie of the Year" was Dawn Piech.
11. The next EBC General Club Meeting will be held on Thursday, June 13, 2013 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>)

June, 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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