



# The Cue Sheet

July  
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.

## "Zero Dark Thirty" by Chuck Dean

No, not the movie! It's just an expression that means early. A group of EBCers regularly rides at 5 a.m. many week day mornings. Kelli Morgan has routinely been the ride leader, but on a recent morning when I joined the group, it was Armi Mirretti leading the group at a pretty steady 14 - 16 mph.

At this time of the year, with sunrise officially occurring and averaging around 5:30 a.m. (say 5:15 at the start of July until 5:45 by the end of the month), it is actually light enough to ride without lights. While lights (front and back) are a great idea to help motorists see you coming (and I recommend you have them on for this kind of ride), my experiences riding this early tell me that it is light enough to see the road without a front light beginning about 30 minutes before official sunrise.



Early Birds (l to r): Armi, Joanne, and Kelli

The ride I was on was fun and interesting for a number of reasons including the '180' we had to make because of the flooded Salt Creek Greenway trail underpass at Roosevelt Rd. With experienced riders (Morgan, Mirretti, and Nicholson), an alternate route quickly was agreed to that allowed the group to finish a couple of minutes after 6 a.m. - as advertised.

Returning to the subject of pace, have you noticed how many rides on the ride schedule discuss 'optional sprints.' There is a competitive streak in most of us; and Armi pushed the pace on the frontage road along Route 83 after our u turn. We regrouped at the light before crossing Route 83.

If you're looking for a good ride and a good group, try the 'Early Bird Ride.'

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## EBCers Support Metra Bike to Work in Elmhurst

EBCers were on hand again for another year on Tuesday, June 11th, at the Elmhurst Metra station to support Metra's Bike to Work Week. It is fitting when you stop to think about the number of times 'Metra' appears on the EBC list server. More than a few rides each year feature the use of Metra. Thanks go out to our members who were able to volunteer.



A beautiful banner, but Ray got in the way!



Paul Punchum shows his colors!

### A Little Help - Please

The upcoming Elmhurst Cycling Classic race, July 19th, has been promoted by several EBC members already, but here is another plug as the race promoters still need help. As an Elmhurst event, consider offering a hand.

Here are excerpts from a solicitation for help:

As many of you know, the Elmhurst Cycling Classic race is coming up on Friday July 19th. It is a national caliber Pro / Am bicycle race sponsored locally by EMC2 / Elmhurst Masters Competition Cycling. Our volunteer list is growing, but we still need more. If you've already signed up, thank you so much! If you haven't, *please sign up as soon as possible*. Spread the word to others who would consider volunteering. It will be a fun and exciting day! For more information, start with the race website: <http://www.elmhurstcyclingclassic.com>.

#### **Volunteers are needed for the Elmhurst Cycling Classic.**

We are breaking the day into three shifts, roughly three hours each. And we hope to have enough volunteers to do the "buddy system" so we have two people at key stations. Please go to the following tab on our site: <http://www.elmhurstcyclingclassic.com/volunteer/>. Volunteers can sign up for one, two or all three shifts. All volunteers will get a volunteer jersey, and some training sessions are being planned.

### Pool Party Ride and Fun Courtesy of the Pastorinos



Just an intimate gathering at the Pastorinos.

The Pastorinos do it again, and EBCers turnout in large numbers. Here is George's report:

Holy Cow! We had 47 riders today at the Pool Party Ride and 55 folks attend overall. Pussanee and I are blessed to be able to share our home with so many friends.....Thanks to all who attended.

This was a special day for my best buddy Chuck Gentile as this was his first ride since his successful prostate cancer surgery and it was great to see him back in the saddle. I love Chuck like a brother and my heart smiled seeing him back on his mountain bike.



George presents a check for health to Chuck!

We also had our Blind Stoker Rudy out on his first Single track Tandem ride, courtesy of our good friend Marvelous Marvin Boehm... Marv is an outstanding Tandem Captain and Rudy had a blast.

Thanks to Baltimore (29er), Ed Gin, and Chuck Gentile for leading rides; and to Davis Johnson, Homer Coble, and Pussanee for sweeping.

It was a fun day ....front to back.....next one is Sunday July 28th.....Thanks.....George and Pussanee.

See Slideshow here: [Pool Party Ride and Fun!](#) I put in a little Brooks and Dunn music in honor of Chuck. :)

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### Jersey Credits - A Report by Chuck Dean

The Jersey Credit program has been in operation for 4 years. Based upon the mileage years 2009, 2010, 2011, and 2012, awards have been generated in 2010, 2011, 2012, and now 2013. The value of the credit has varied year by year: respectively, \$12.75, \$17.00, \$12.85 and \$15.10. The \$17 award was above the average due to the Road ID being offered (which was more expensive than the typical tee shirt award amount) . And this year's award of \$15.10 edged higher because we offered both classic cotton tees and (for the first time) a polyester tee. We lost a little economic advantage in the unit costs of the shirts by offering the choice. Next year's award amount is likely to be back in the \$13 vicinity as we expect to only offer a polyester tee shirt as a mileage award - based upon members' overall preference for the polyester tee shirt.

A jersey credit may be earned by a member under the club's Total Mileage Program. Essentially, a member may earn a jersey credit by riding more than 1,000 miles during the mileage year and foregoing the customary tee shirt award. For a more complete explanation, see <http://www.elmhurstbicycling.org/memberPages/awards.asp> .

Over the course of these four years, members have taken advantage of their credits twice: once in 2011 and once this year 2013. Our treasurer will be mailing out checks in July to 17 members who had a credit available and who either ordered a wool jersey or a Voler jersey or shorts with the new club EBC design. For those of you keeping track, many more than 17 jerseys (or shorts) were recently ordered. There were 46 members who ordered club apparel.

A total of 78 club members have participated in the program over the last four years. After paying the 17 members who used their credits this year (whose credit balance will then be zero), there are 54 members who have banked credits worth \$ 1,192.00. The list of members and credits appears below.



Count	Name	Amount	Count	Name	Amount
1	Mike Arends	15.10	28	Karim Mouline	12.85
2	Carla Axt-Pilon	12.75	29	Sourahb Nagale	12.75
3	Martin Becker	12.85	30	Hank Niedballa	27.95
4	Mary Jo Bolan	15.10	31	Carol Nield	40.70
5	Betty Bond	44.95	32	Casey Omori	12.85
6	Mike Cabage	15.10	33	Cheri O'Riordan	27.95
7	Lorenzo Carminato	15.10	34	Maureen O'Rourke	15.10
8	Homer Coble	17.00	35	Baltimore Ortega	27.85
9	Elizabeth Collins	27.95	36	Roger Pardon	15.10
10	Mike Delaney	15.10	37	Paul Partianun	15.10
11	Jim Doheny	12.75	38	Roland Porter	12.75
12	Dave Dunwell	15.10	39	Tom Preston	40.70
13	Joanne Dybala	40.70	40	Wayne Price	15.10
14	Gerry Fekete	17.00	41	Paul Punchum	15.10
15	Bill Fisher	12.75	42	Nancy Rice	12.85
16	Ed Gin	15.10	43	Jerry Ringier	17.00
17	Larry Gitchell	12.85	44	Tom Schraeder	15.10
18	Fred Gnad	15.10	45	Bill Schwartz	27.95
19	Loren Habegger	12.85	46	Karen Schwartz	27.95
20	Hope Haberer	15.10	47	Julie Ann Sebastian	17.00
21	Petra Hofmann	15.10	48	Nancy Shack	40.70
22	Maria Kapusta	27.95	49	Al Stanke	57.70
23	Chuck La Greco	27.95	50	Ted Sward	12.85
24	Bruce Lloyd	15.10	51	Mike Trippiedi	25.60
25	Julie Mcmillian	15.10	52	Kathy Wagner-Selbach	57.70
26	Kim Messina	15.10	53	Ellen Weber	12.75
27	Judy Mikesell	40.70	54	Jeff Wincentsen	57.70

The next list details those members who ordered a jersey and will be receiving a rebate. Note this amount is just the amount of the jersey credit earned on the basis of not ordering a cotton or poly tee shirt. This amount does not include the amount of the discount that is associated with achieving the economic order quantity related to the wool or Voler jerseys.

Finally, while I don't believe there are errors in these lists, if you believe there is an error - contact me (Chuck Dean).

17 EBC members who will receive a jersey credit:

Count	Name_Combined	Amount
1	Rich Aycock	12.75
2	Gary Beardsley	27.95
3	Ray Dal Lago	15.10
4	Chuck Dean	40.70
5	Jim Farrell	27.95
6	Keith Garland	12.85
7	Mike Haberer	15.10
8	George Kapusta	25.60
9	John Loesch	15.10
10	Joanne Nicholson	27.95
11	Steve Omori,S	27.95
12	Cian Perez	15.10
13	Ron Richards	40.70
14	Laurel Salvador	15.10
15	Susan Sperl	12.85
16	Mary Lee St Aubin	15.10
17	Annette Szczesny	40.7

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### Plan For Safety by Chuck Dean

We had a few more incidents and accidents in June. Preaching about safety is not enough to prevent them. As riders, we have to be alert and responsible 100% of the time we are riding. There were a couple of good list server posts on good riding practices published in June. Several EBCers called them to my attention and commented that they appreciated the sincere useful remarks. The importance of self responsibility (is it safe to cross the road?) was re-emphasized. The problems that can result from someone hollering out "clear" at an intersection were discussed. You can read all of the comments at ...

<https://groups.google.com/forum/#!topic/elmhurstbicycleclub/IcHnHYLL1w8>

... if you want more.

Also posted in June (thank you Susan S.), was a reference and link to the "Bike Safety Quiz." What is that?

*The free, first-of-its-kind website teaches users key safety techniques and relevant Illinois state laws in an interactive quiz-based format for various audiences: "Adult Bicyclists," "Motorists," and "Child Bicyclists." "In each, the user progresses through a total of 25-33 multiple-choice questions, divided into bronze, silver and gold levels. According to (Ed) Barsotti, executive director of the statewide organization, "The learning comes from explanations in the question response feedback, with users getting up to three chances to answer each question correctly."*

*"When motorists and bicyclists know how to share the road and follow the rules, it makes the trip safer and less stressful for both," Barsotti said. "Our online quizzes are a quick, easy, and fun way for all of us to learn a bit more."*

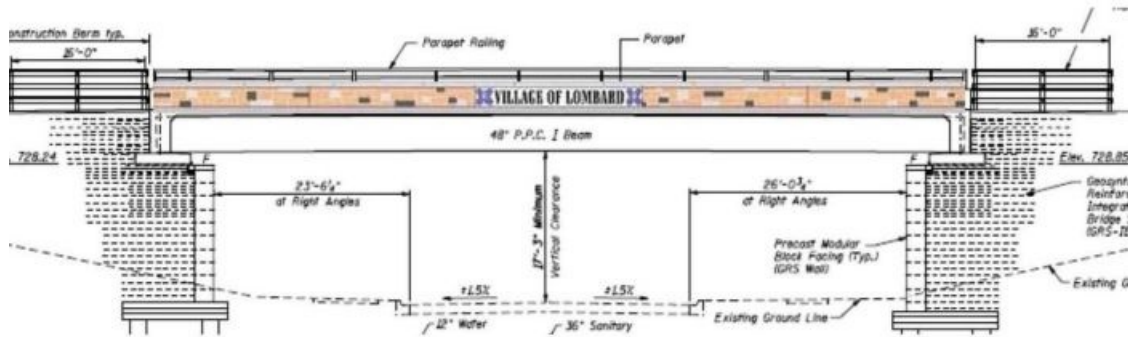
I took the "bronze" portion of the quiz and learned that the website was easy to use, but more importantly that the questions are thought provoking. The questions and comments are useful and informative about the Rules of the Road and your personal safety. Check it out! <http://www.bikesafetyquiz.com/>

Don't forget our excellent EBC Safety Tips web page: [Safety Tips](#)

June



# Save the new date!



## Great Western Trail Bridge Ribbon Cutting 5:30 p.m. on Aug. 6, bridge at St. Charles and Grace



### Congratulations Blackhawks



Paul Punchum was pretty proud to have Blackhawk decals gracing his bicycle. Enjoy!

### Meeting Minutes June

#### Board Minutes June 13, 2013

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

- President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
  - The President asked if there was any response to the new rules on the EBC website pertaining to ride leader jersey recognition and requirements that an invitational ride should meet for posting on the *Ride Schedule*.
  - The President and the VP/Ride Captain discussed error messages that they were receiving when some rides were being posted on the *Ride Schedule*. There were discrepancies in the length of the postings and errors were also inconsistent. Further investigation is required.
- Secretary:** The May 9, 2013 Board Meeting

#### EBC General Meeting Minutes June 13, 2013

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

**New Members: 0**  
**Guests: 0**

- President:** The President called the meeting to order at 7:15 p.m. at the Community Bank of Elmhurst.
  - The President has been keeping track of jersey credits and indicated that the credit amount for 2012 is \$15.10. Forty-nine members earned credit.
  - The Board approved the motion that credit could be used for bicycle apparel, Road ID or membership dues.
- Secretary:** The minutes of the May 9, 2012 General Club Meeting were read and approved.

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 (05/09/13 through 06/12/13). The listed income was \$600.98; expenses were \$889.70. At present, the balance in the treasury is \$14,794.10 with \$857.65 set aside for jersey credits and \$433.66 for wool jersey credits. The Treasurer stated that the 2012 credit amount was \$15.10 for eligible members. The Treasurer's report was accepted.
  4. **VP / Ride Captain:**
    - The VP/Ride Captain indicated that the invitational requirements are now on the website and will be in the 2013 *EBC Membership Handbook & Directory*.
  5. **Newsletter Editor:** No report.
  6. **Membership Coordinator:** In the Membership Coordinator's absence, the Secretary read from the Membership Coordinator's report: 198 individual memberships, 102 family memberships; 198 individual members, 250 family members for a total of 448 members.
  7. **New Business:**
    - The Board approved the motion, "I approve that jersey credit can be used towards one of the following: bicycle apparel, Road ID or membership dues."
    - The Secretary read from a proposal that she composed regarding the disposing of supplies in the storage unit by August 30, 2013.
      1. Contact Bob Hoel to see if Elmhurst Park District will allow EBC to store supplies.
      2. Inventory supplies.
      3. Petition for volunteers to:
        - a. Contact other bicycle clubs which sponsor invitational rides and inquire if the bike club can use any of the EBC supplies; volunteer to transfer the supplies to the accepting club.
        - b. Contact neighboring park districts to inquire if the park district can use any of the EBC supplies; volunteer to transfer the supplies to the park district.
        - c. Assist with distributing supplies to Goodwill
- OR**
- d. At the EBC Annual Picnic, EBC members can take miscellaneous left-over supplies.
  - e. Volunteers assist with disposing of remaining left-over supplies by using their community garbage disposal service.
- The secretary also read a long list of supplies that she inventoried. Sharon Hermach said that she would contact the Joliet Bicycle Club and see if they wanted any of the supplies. The Secretary said that she would send an email on the list server requesting for volunteers to contact other bicycle clubs after Sharon heard from JBC. Sharon requested that any archival materials in the storage unit be saved. She also presented a scrapbook that had been compiled many years ago by EBC member Susan Kilgore. The scrapbook contains past EBC events, pictures, news clippings and other information. Sharon inquired about the possibility of digitalizing the club's archival materials and volunteered to look into this. Sharon also stated that she was familiar with a non-profit organization that sponsored "outings" for inner city children as a possibility for accepting donations.
- The President said that there was a question of whether the *Blind Stoker* rides could be counted official club rides. Discussion followed regarding the liability for the club.
8. **Old Business:**
  - 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, July 11, 2013 at 6:15 p.m. at the Community Bank

(Full reports are on the EBC website in the newsletter.)

3. **Treasurer:** The Treasurer presented the budget report. The Monthly Banking Summary (05/09/13 through 06/12/13) listed income was \$600.98; expenses were \$889.70. At present, the balance in the treasury is \$14,794.10 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 requirements for invitational rides, mileage credit and qualifications for a ride leader jersey are now on the website and will be in the 2013 *EBC Membership Handbook & Directory*.
5. **Membership Coordinator:** In the Membership Coordinator's absence, the Secretary read from the Membership Coordinator's report: 198 individual memberships, 102 family memberships; 198 individual members, 250 family members for a total of 448 members.
6. **Mountain Bike Coordinator:** The MTB report is as follows:
  - Palos is open and will most likely be open through the rest of June unless there is heavy rain. Trail Advocacy and preservation is the most important part of being Mountain Bike Coordinator. Check Palos Trail conditions here: <http://cambr.org/SMF/index.php?action=home> or call the MTB Coordinator 708-903-8700.
  - Kettle Moraine is open and will definitely be open unless there is heavy rain. Kettle Trail Line is 262-594-6202.
  - There will be at least 5 Kettle Trips this year. Watch the *Ride Schedule* for details.
  - There will be a Brown County, IN trip in the fall. There will be plenty of notice.
  - 3 Pool Party/BBQ rides with food, beer soft drinks offered by the Pastorinos along with various MTB rides. Last Sunday of June, July and August.
  - Saw Wee Kee ride for intermediate to advanced riders.
  - Several trips to Imagination Glen for intermediate riders.
  - Fort Custer trip for all levels of riders.
  - Tuesdays with George; private single-track lessons given by a trained instructor; 2 member limit; Tuesday evenings at 6pm during June and July.
  - The loaner program continues. The Pastorinos have 7 MTB bikes for members to use on the MTB rides on a first come, first serve basis.
  - June 22nd will be a 5 to 6 hour free MTB clinic at Palos. Details to follow in email communication. MTB Coordinator will be the lead instructor.
  - Baltimore Ortega, Pussanee Pastorino and Peter Gough will also instruct. Club sponsor and master bike fitter and mechanic Jim Saplis from Orland Park Cyclery will also present. Some of the topics that will be covered are outlined below:
    - Body Position: neutral and ready
    - Braking
    - Bike Body Separation (side to side and fore/aft)
    - Climbing and Descending
    - Bike fitting and trail side repair taught by Jim Saplis.
  - The MTB Coordinator attended a 4 day Mountain Bike Instructor and Guide Certification Course in June and will use the techniques and teaching methods at the EBC Mountain Bike Clinic and at other EBC MTB events.
  - The MTB Coordinator is 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:**
  - Ray Dal Lago reported on Bike to Work week and stated that many people came by at the Elmhurst depot where they handed out biking literature, water bottles and EBC brochures.
  - June 22 Baltimore Ortega will present a MTB class
9. **Refreshments:** Appreciation was extended to

of Elmhurst.

Respectfully submitted,

Cheri O’Riordan  
Club Secretary

- Cheri O’Riordan for providing the refreshments.
10. **Program:** No program this month.
  11. The next EBC General Club Meeting will be held on Thursday, July 11, 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

<b>President</b> Chuck Dean, 630.790.4203 president_elmhurstbicycling.org	<b>Advocacy</b> Bob Hoel bob.hoel_comcast.net	<b>Refreshments</b> Marge Ricke, 630.616.8481 margericke_gmail.com
<b>Vice President/Ride Captain</b> Gerry Fekete, 708.352.0913 ridecaptain_elmhurstbicycling.org	<b>Publicity</b> <b>Volunteer Needed</b>	<b>Safety</b> Larry Gitchell, 708.409.0105 larsofmars_aol.com
<b>Treasurer</b> John Stanaway, 630.653.3427 treasurer_elmhurstbicycling.org	<b>Programs</b> Ray Dal Lago, 630.543.4655 dlag10_aol.com	<b>Sergeant-at-Arms</b> <b>Volunteer Needed</b>
<b>Secretary</b> Cheri O’Riordan, 630.325.3917 secretary_elmhurstbicycling.org	<b>Database Manager</b> Nancy Shack, 630.964.3862 nshack_comcast.net	<b>Assistant Ride Captain</b> Nancy Rice, 630.717.9923 hotline_elmhurstbicycling.org
<b>Membership Coordinator</b> Cian Perez, 847.722.7110 membership_elmhurstbicycling.org	<b>Website Team</b> Cindy Reedy, 630.234.1349 cmreedy_prodigy.net Sharon Hermach, 630.717.1660 ganskesh_hotmail.com	<b>Mountain Bike Coordinator</b> George Pastorino, 708.903.8700 gpastorino_comcast.net
<b>Newsletter Editor</b> Chuck Dean, 630.790.4203 newsletter_elmhurstbicycling.org		<b>List Server</b> Cian Perez, 847.722.7110 cian.perez_gmail.com
		<b>Human Interest Person</b> Betty Bond, 630.932.0271 betzbond_sbcglobal.net

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

## July, 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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