



The Cue Sheet

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

August
2013



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

The 2013 Elmhurst Criterium Bicycle Race by Joanne Nicholson

It's audit season for me, so I just can't take time off when I want. A bike race in Elmhurst would usually be a great reason to play hooky from work but I had to be satisfied to wait until evening and check out the happenings in town. Several members of the 5 a.m. morning bike group were volunteering for the race and I knew that EBC would be well represented. I picked up my daughter and grandson and walked over to the race after work. Lucky for us working folk that the Pro race was later in the day. It's bike porn I go for. Looking at a Cervelo or a Specialized S-Works, what beauties. Dream on. OK it would be overkill for me, but I'm sure I'd ride faster and farther.

After weeks of watching the Tour de France, it was live action for us. The drafting, the peloton, the breakaways -- what's not to love? The announcer was so enthusiastic. We knew we were seeing something special.



Serious riders flying up the rise!

Like witnessing and feeling the pain while watching the Tour and having a rider drop out on the last day in Paris, the 90 degree temperature took its toll on the riders. Having almost heat stroked out myself at last year's Bike MS ride, I knew that pain when your legs just won't move anymore. Just nothing left to give. Somehow seeing those young trained guys gave me hope that it's not just age or lack of training; but heat is heat and it takes a toll. You don't want to let your team down, but there will be other days and other races. And in the Midwest, the weather will change fast enough. I'm working on hydration and nothing too sweet when I ride. I'm always talking about my doctor's advice to drink pickle juice. Everyone scrunches up their nose just thinking about pickle juice, but it works.

Ran into EBCers who gave me a rundown of who'd been around all day. What a club! And for someone who has to plan some events, it's got to be great to just help out and not have to take care of all the technicalities. The looped ride was great to give a 2 year old a chance to keep interested. How do all the Tour fans stay in one place and then just watch the riders go by in a few minutes? Then there was a crash.. I watched for road burn on the next go around. Is there anyone out there without the battle scars of rides? Signs of courage and strength and the risks of the ride. We cheered them on to the sounds of cow bells ringing.

I want my grandson to want to ride and to carry on the love of the sport. I hope he'll remember something of the first race he watched and it was only a block from his house. It was a short and sweet experience as bringing a two year old limits one's activities. We didn't get to see the fight to the finish but I heard it was exciting and had an unexpected ending. I love Elmhurst and I love riding. Ride/Race on.

THE EBC Mountain Bike Program with George and Pussanee Pastorino

By EBC Newcomer Dawn Maxwell

On a camping trip to Brown County State Park in Indiana, I attempted mountain biking on my own. I had no idea what I was doing or missing until my first group ride with the Elmhurst Bike Club and the Mountain Bike Coordinators/Instructors George and Pussanee Pastorino. Their titles don't do them justice. They are so much more. They are well-rounded coaches, strength/confidence builders and they promote safe and all-around fun rides. They are world-class ambassadors and advocates of mountain biking. The Elmhurst Bike Club and the Chicago area are lucky to have these two knowledgeable trail burners to guide us through the numerous trails of Palos Hills and the Cook County Forest Preserve.

Mountain biking and the Pastorinos have put the fun back in training, weight loss, exercise, working out or whatever word you want to call it. Their gym is the trails in Cook County Forest Preserve and they both know the trails inside and out. No fear of ever getting lost when you are with George and Pussanee. Yes, they are exceptional guides too --Just another title to add to their name.

They will be the first to tell you that Mountain Biking is for all ages. I am a woman well over 50 and just started last fall. With the knowledge and guidance of George and Pussanee, including post-ride information, I am staying in heart-healthy shape with fun, aerobic, fully body work outs. I joined the Elmhurst Bike Club specifically to learn and ride with the mountain bike group.

From my first ride and before getting on my bike, I felt safe and comfortable. George is extremely knowledgeable as to all mountain bike components and is definitely going to check out your ride before you hit the trails. Yes my tires were over inflated, way over, and if I hit the trails with that much pressure, I would have had a flat in no time. But even if I did get a flat, since I am with the group, I have no fear. When I was a woman riding alone in the woods, I became fearful at times but not with George leading and Pussanee bringing up the rear. You will feel safe and comfortable at all times because they know the trails inside and out and keep the group together.

During the ride you are coached, encouraged and instructed on all skills throughout the entire ride. Pussanee watches very closely and knows what you are capable of and encourages you beyond your confidence level. I feel so comfortable and confident with Pussanee talking me through it. George will stop the group throughout the ride and introduce skills and proper techniques. He and Pussanee know your level of skills and capabilities and will not allow you to compromise your safety. Safety on the bike and safety equipment is stressed often.

One weekend I was just feeling tired and sluggish but Pussanee encouraged me to stay with it and the work week went away and I was finishing another 2 hour ride. Feeling empowered, refreshed and totally in awe that I was capable of doing it.

But the ride isn't over just because you get off the trail and start to head home. George follows up with advice about proper equipment, proper clothing for the elements, and most importantly - nutrition. Nutrition before, during, and immediately after the ride. Yes, just another title to add to their job description. Pussanee's nutrition advice helps you to recover quickly so you can do "back to back" endurance rides which is very important since most of us are working "weekend warriors." And by the time you get home and check your computer, George would have sent several emails with information for each and every question you asked. I have adapted many of George's equipment recommendations and have noticed many other riders have done the same.

And did I mention he is a photographer, too? Yes, he likes to memorialize your experience with wonderful pictures of the ride, jumping over logs, climbing up hills and crossing a creek or two. The posting of the numerous pictures on Facebook have definitely encouraged many of my friends to inquire about the EBC and mountain biking. One friend's exact quote was, "Dawn - I need to get in on this biking. Let me know if there is a group I should know about." Of course I referred her to George immediately and he followed up immediately with all the information about the Elmhurst Bike Club and the Mountain Biking Program.

I have had the opportunity to ride now with George and Pussanee in the winter and spring; I am so looking forward to summer and fall. I encourage all "wanna be" mountain bikers to get out there and just do it. George and Pussanee have numerous loaner bikes just waiting for you to give it a try. And did I tell you all of the above is FREE. Yes, believe it or not, it is

their passion and no tipping allowed.

Blind Stoker Ride*

by Chuck Dean



Dr. John and other captains at halfway point!

Saturday, July 20, was a beautiful weather day for another in the series of Blind Stoker Rides. John Loesch has been promoting these rides and encouraging EBCers to captain a tandem stoked by a blind but enthusiastic rear seater. This particular ride started at Eldridge Park and made its way to Salt Creek County Forest Preserve in Addison via the Salt Creek Greenway trail. Six tandems launched were launched making for a colorful parade. Two of the bikes towed trailers to carry a picnic lunch and ice cold refreshments.

The picnic could not have been held under better conditions. Three picnic tables were

shaded by leafy oak trees just after the bridge crossing the Salt Creek near the park entrance. The lightest of breezes was enough to complement a 75 degree day and hold any mosquitoes at bay. It was the kind of day that you could lay down on the ground and just enjoy a nap.

EBCers, in addition to John who answered the call, included Chuck D., Loren H., Kim M., and Tom P. These rides are not ridden for mileage credit, but have their own set of rewards. John is always looking for tandem captains and there are several more rides in the next several months. For those of you old enough to remember Gene Autry, "Try it, you'll like it." Tandem bikes are provided; contact John Loesch for more information.



Kim M. and Loren at the picnic.



The Stokers earned a refreshing pause.

* "Stokers" ride in back and the "captains" ride in front.

Pastorino's Do It Again

Photos and Text by George Pastorino



Getting ready to ride!

Another great day with 40+ riders over 4 rides and about 50 Pool Party attendees, Pussanee and I feel blessed to be able to share our home with so many friends :) Thanks to Chuck Gentile, Ed Gin and Petra for leading rides and to Ann Englemann and Pussanee for sweeping....

Special Thanks to the incomparable Ed Gin for making his outstanding marinated chicken.....gone within seconds.....

This is the first Pool Party with weather cool enough for the Hot Tub...so great fun there as well.....



Outstanding marinated chicken.....gone within seconds!



Brian enjoys the setting.

All things are possible with beer.....George and Pussanee



Of course there is 'Fat Tire' beer at a mountain biking pool party!

See Video Here: [The ride out video.](#)

See Slideshow here: [Pool Party Rides and Fun Slideshow](#)

Plan For Safety Slippery When Wet!

by Chuck Dean

I have ridden in the rain on my last two rides so it was timely to see several Google Group posts on the subject of the dangers associated with wet riding. One of our riders went down crossing the Union Pacific West Line tracks at Finley Road in Lombard. No serious damage, but no one ever wants to have a fall.

Mary Lee St. A. offered, "For new riders who are not aware of the dangers of wet wooden bridges, and as a reminder to seasoned riders, please be cautious. A slick bridge can be like ice and can take down even an experienced rider without notice. We have had serious and not so serious accidents on wet bridges. If the wood is damp, be cautious, slow down, and allow space between riders. Better safe ..."

Jerome followed up with, "additions from experience..."

open grate steel bridges require even less water (a drizzle will do) and have a much more unfriendly surface on which to land;

once fell on the one near the tennis courts west of Jorie, thankfully momentum carried me past that surface to asphalt, though landing on top the bike was not fun, wasn't sliced up by the bridge;

also, paint stripes such as center lines can be very slippery - have not fallen on these, but have had close calls;

be careful out there!"

George H. also contributed, "Wet seal-coated asphalt is also very slippery when wet. Be very careful on seal-coated trails and driveways when wet. You don't have to be going fast to have an accident; it can happen at slow speeds just as quickly."

Returning to the subject of railroad tracks, I can think of numerous falls over the years that have happened to even the most experienced riders. On the recent ride I mentioned at the beginning, Isaac warned the riders about wet tracks at the Powis Road crossing as we headed into St. Charles. An hour later, someone falls at Finley. So, take the lesson to heart. Exercise extra vigilance in wet conditions.

July



Meeting Minutes July

Board Minutes July 11, 2013

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

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 regarding if approval should be granted to make the Blind Stoker rides official rides where members who participate would receive mileage credit. Some of the board's concerns were: EBC's position for liability, the captain's liability, the stoker's inability to read and sign the EBC waiver and the need for legal input. The President will follow up with John Loesch.
2. **Secretary:** The June 13, 2013 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

EBC General Meeting Minutes July 11, 2013

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

New Members: 0

Guests: 1

1. **President:** The President called the meeting to order at 7:15 p.m. at the Community Bank of Elmhurst.
 - Spoke about the stages of Tour de France and the comparison to the number of EBC's rides.
 - Reiterated how the jersey credit is refunded for 2012 and stated for members to contact him if they had any questions.
2. **Secretary:** The minutes of the June 13, 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 (06/13/13 through 07/11/13).

Banking Summary (06/13/13 through 07/11/13). The listed income was \$425.87; expenses were \$320.77. At present, the balance in the treasury is \$14,159.30. (\$1,597.55 was used for jersey credits and \$433.66 was used for wool jersey credits). The Treasurer's report was accepted.

4. **VP/Ride Captain:** The VP/Ride Captain acknowledged the numerous rides being offered each day. She expressed concern about guest riders who continue to ride more than three times and do not pay dues. Discussion followed without resolution.
5. **Newsletter Editor:** No report.
6. **Membership Coordinator:** In the Membership Coordinator's absence, the Secretary read from the Membership Coordinator's report: 207 individual memberships, 105 family memberships; 207 individual members, 257 family members for a total of 464 members.
7. **New Business:**
 - The Secretary retrieved cue sheet clips found among the supplies in the storage unit. She asked for suggestions regarding what to do with them. Some suggestions were to award them as prizes, give them to present and future ride leaders and offer them for purchase. • Bob Hoel, Advocacy Chairperson:
 - o Indicated that on July 19, 2013 there will be a bicycle criterium in Elmhurst titled the Elmhurst Cycling Classics. He is looking for volunteers to assist with this event.
 - o Requested that EBC make a \$500 donation to the Active Transportation Alliance for all they do for the world of bicycling.
 - o Asked if there will be EBC volunteer awards for members who volunteered in 2012.
8. **Old Business:**
 - The Secretary stated that there were seven requests for the EBC Metro Metric supplies that are being housed in the storage unit. The requests were prioritized in the order in which they were received on the list server. Appreciation was extended to the following for making the contacts: Sharon Hermach (Joliet Bicycle Club), Mary Lee St. Aubin (Bike Psychos), Betty Bond and George Pastorino (Arlington Heights Bicycle Club) and Joanne Dezur (Tri County Bicycle Club). Supplies have been distributed except for what Tri County still needs to pick up. Although further contacts were not required, appreciation also was extended to Tony Pacione, Paul Mollway and Jim Saplis for offering their assistance as well.
 - 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, August 8, 2013 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan
Club Secretary

The listed income was \$425.87; expenses were \$320.77. At present, the balance in the treasury is \$14,159.30. (\$1,597.55 was used for jersey credits and \$433.66 was used for wool jersey credits). The Treasurer's report was accepted.

4. **VP/Ride Captain:** The VP/Ride Captain extended her appreciation of the many great rides that are offered daily to members.
5. **Membership Coordinator:** In the Membership Coordinator's absence, the Secretary read from the Membership Coordinator's report: 207 individual memberships, 105 family memberships; 207 individual members, 257 family members for a total of 464 members.
6. **Mountain Bike Coordinator:** (Please contact the MTB Coordinator for further information). The MTB report is as follows:
 - Palos will most likely be open through the rest of July unless there is heavy rain. 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 unless there is heavy rain. The Kettle Moraine Trail Line is 262 594 6202.
 - Three Kettle Moraine trips are planned for this year. Watch the *Ride Schedule* for details.
 - There will be a Brown County, IN trip in the fall. Notice will be provided beforehand.
 - Two more Pool Party/BBQ rides are planned for the last Sunday in July and August. Food, beer soft drinks will be offered by George and Pussanee Pastorino. There will be various MTB rides.
 - There will be a Saw Wee Kee MTB ride for intermediate to advanced riders.
 - There will be several MTB trips to Imagination Glen for intermediate riders.
 - A MTB trip is planned to Fort Custer for all levels of riders.
 - "Tuesdays with George" are private single-track lessons with a two member limit. Lessons are held on Tuesday evenings at 6:00pm during July.
 - A MTB bike loaner program continues. Contact the MTB Coordinator who has seven MTB bikes for members to use on a first come, first serve basis.
 - On October 18th, there will be a five to six hour free MTB clinic at Palos. Details will follow via the list server. The MTB Coordinator will be the lead instructor presenting techniques acquired at the MTB Instructor and Guide Certification Course. Baltimore Ortega, Pussanee Pastorino and Peter Gough. Jim Saplis who is a club sponsor of Orland Park Cyclery and is a master bike fitter and mechanic will also instruct. Topics will be announced beforehand.
7. **Advocacy:** (Please refer to the EBC website's *Advocacy* link or to Bob Hoel for further information).
 - A resubmission of the application for Elmhurst as "bike friendly" will occur.
 - July 19, 2012: *Elmhurst Bicycling Classic* will take place. Volunteers are needed to assist with this event as well as host riders. There will be a free bike valet on the tennis courts for all who ride to this event.
8. **Other:**
 - The Secretary stated that there were seven requests for the EBC Metro Metric supplies that are being housed in the storage unit. The requests were prioritized in the order in which they were received on the list server. Appreciation was extended to the following for making the contacts: Sharon Hermach (Joliet Bicycle Club), Mary Lee St. Aubin (Bike Psychos), Betty Bond and George Pastorino (Arlington Heights Bicycle Club) and Joanne Dezur (Tri County Bicycle Club). Supplies have been distributed except for what Tri County still needs to pick up. Although further contacts were not required, appreciation also was extended to Tony Pacione, Paul Mollway and Jim Saplis for offering their assistance as well.
 - Riding socks were raffled off from the Triple Crown Invitational ride since only approximately 150 out of 700 entrants rode due to the heavy,

continuous wet and rainy weather conditions.

- Baltimore Ortega inquired as to why names were not listed as leading an invitational ride even though mileage credit is not received.
- Brian Swanson raised the question as to how EBC can help LIB raise awareness and increase fines for motorists when they hit a bicyclist. Someone else suggested that there should be signs stating "slow down" and "do not pass" when a bicyclist is going uphill.
- Ray Dal Lago commented that there were thirteen members in his ride leader class. Next time, he wants to focus on the logistics of leading a ride and that other clubs are in awe of EBC.

9. **Refreshments:** Refreshments were provided by Marge Ricke and Cheri O’Riordan.
10. **Program:** Glen Ellyn resident Bob Sobie, Board of Directors and immediate past president of the Illinois Prairie Path Not-For-Profit Corporation presented on the Illinois Prairie Path (IPP) and its origins, history, foundation, tourist attraction and present day use. Bob is the author of the *Elroy Sparta Trail Guidebook* and was the very first person to ride a bicycle on the Illinois Prairie Path in Glen Ellyn.
11. The next EBC General Club Meeting will be held on Thursday, August 8, 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

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
		Human Interest Person 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>)

August, 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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