



The Cue Sheet

December
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.

Judy Mikesell's Thanksgiving Hike and Dinner at White Pines State Park, Oregon, Illinois, by George Pastorino



Another Great Thanksgiving Turnout!

Another great turnout today for Judy Mikesell's Hike and Dinner at White Pines State Park in Oregon, Illinois.

This is a beautiful State Park with great hiking trails and they do a great job with the Thanksgiving Feast as well.

Thanks to Judy for organizing this great EBC Annual Event and for arranging the great sunshine :)

Editor: George's slide show is so good that you can smell the fresh air and feel your tired muscles after the hike. Thanks George.

[Judy's White Pines Hike and Buffet 2013](#)

Happy Thanksgiving to all.....George and Pussanee

First Century
By Armaline Mirretti

I have been riding a bicycle since I was two years old but I never rode 100 miles on one. It

has been something I have wanted to do since I was a teenager but achieving this goal has always escaped me...until now. On October 6, 2013, I completed my first century. It wasn't something I planned in advance. I received Ken Hickey's email posting the ride and wasn't sure I would be able to complete it. I emailed Ken asking if he thought I could ride it. When he responded yes that was all I needed to hear.

The night before the ride I ate a large bowl of pasta and Italian bread until I was stuffed and went to the store and purchased some energy bars and a bottle of PowerAde. I checked the weather for Ottawa, Illinois on the computer. It was looking to be a beautiful day for a bike ride. I was ready.

On the morning of the ride I woke up to a wet ground and drizzling rain. I checked the weather again and it said it was going to be clear by 7:00 a.m., the start time for the ride. I loaded my bike on my car drove to Kim Messina's house and followed her to the start location. Kim was riding with another group from the club doing the 67 mile route. As we parted she handed me a small tube of Butt Butter and strongly recommended I put it on before I start the ride. She also said, "Just keep pedaling, you will do fine."

I was meeting three other club members for the 100 miles, Ken Hickey, Salvador Ortiz and Dawn Piech. I knew Dawn and Ken but didn't know Salvador. Ken has been on a few of my rides so he knew my abilities. When I heard Salvador say he rides with Dawn and Isaac I thought, oh no he is a fast rider. Ken forgot his biking shoes at home so he was going to ride as much as he could with his regular gym shoes and clip pedals. While the sun was just beginning to rise we headed out.

Dawn found a fast rider early on in the ride and took off. She is an amazing rider. Ken was leading, Salvador followed and I just wanted to stay in the back and draft as much as possible. I kept thinking, just keep pedaling and you will be okay. At first I didn't understand how Ken knew where to go but then I realized there were painted markings on the ground directing us. We arrived at the rest stop after around 22 miles. Ken spoke with some of the ride organizers to inquire if there was anywhere he could borrow a pair of cleated shoes to finish his ride. There was none. I checked out the map and realized the rest stop was the focal point for the ride. Going forward throughout the ride we would ride three different loops. The first two would return to the rest stop and the last one would return you to the start location. Each loop was approximately 22 miles in length with the last loop about 36 miles long. I felt good but didn't think much of it, I had only completed one fifth of the ride. Ken reminded us not to hang out too long at the rest stop or our muscles might tighten up. I grabbed a cup of the delicious homemade potato soup, refilled my water bottle and off we went.

I wasn't able to tell how fast we were going because I forgot my speedometer at home but I was able to keep up although I never led; I stayed in the back and just kept pedaling. The scenery was beautiful. We crossed the Fox River and it looked picture perfect. The trees were beginning to change colors and the roads were clean and well-maintained. The sun had begun to warm us and it was becoming a perfect day for a bike ride. When we returned to the rest stop the second time I had a homemade peanut butter and jelly sandwich a few homemade cookies and some Gatorade.

Before heading out again, Ken told Salvador and I that he would not be continuing the ride with us. His feet were hurting and he didn't want to get to a point where he would not be able to ride at all the rest of the week. He said he would wait for us at the start point so he could drive Salvador home and be there to congratulate me upon finishing my first century. He expected us back by 3:00 p.m. I was a little nervous going with Salvador alone because I could see he was a better rider than I was and I was worried I would hold him back. I kept thinking if I can ride at 15 mph the rest of the ride I will be fine. Ken assured me Salvador would be okay and wouldn't expect me to be able to keep his pace. We were off on the second loop.



Armaline Mirretti

The sun was still high in the sky and it continued to warm us. Salvador asked if I wanted to lead but I declined. I wanted to ensure I had enough energy to finish the ride. We were riding about 17 mph and then made a turn and the wind began to pick up. I had to slow down to about 15 mph and continued on at this pace until we turned onto a gravel road. I'm not sure how long we rode on this but it wasn't something I expected and it slowed me down even more. Once we were off the gravel road I was able to get back to the 14 - 15 mph speed. We returned to the rest stop and I had to stop and stretch my legs and back. This time the rest stop was offering homemade bar-b-que beef. The sandwich was great. I was hungry and I popped a few more homemade cookies in my mouth, filled up my water bottle with Gatorade, and off we went to complete the final loop.

I started out fine but then the weather began to change. The temperature started to drop and the wind picked up. My legs began to tire. Each time we were riding into the wind my mph continued to drop steadily. I remember thinking I am a horrible rider in the wind. I hope I don't slow down too much for Salvador. We rode about 10 more miles and the wind wasn't letting up. The temperature continued to drop and it seemed no matter which direction we rode we were riding into the wind. I was getting tired. I knew there was a short rest stop in about five miles but I had to stop. I just needed to stretch so I asked Salvador if we could stop to stretch and he was fine with us stopping. When we got back on the bikes we rode to the short rest stop. I drank a Gatorade; stretched some more and we were off.

The wind continued to push against us. No matter what direction we rode we were riding in the wind. I kept thinking at least we're not on the gravel road anymore that would be terrible if we had to ride on gravel again. A couple more miles up, we made a turn and there was gravel. By now I was riding around 12 mph but Salvador stuck by me. He tried to get my mind off of the ride by pointing out the snakes on the road but I was so focused on the ride I never saw any snakes even though I was looking down. Just when I thought I should tell Salvador to go on and get Ken and come back to get me I began to notice things we had passed at the beginning of the ride I knew I was getting closer to the start but the wind kept getting stronger. I kept telling myself as long as it doesn't rain it will be good. The temperature continued dropping and it was looking more and more like rain. I kept telling myself don't stop pedaling. Big clouds began to form and it was getting dark. I was beginning to worry we would not be able to finish and then just as I was thinking about a storm I noticed the countryside began to change into a town. I thought I'm close. Just keep pedaling. As I felt a few raindrops we came to a stop light and I knew we were within a mile to finish. Then I saw the Y sign and I was absolutely elated. I finished.

I have to credit much of my finish to Salvador. If it were not for his encouragement and patience I think I would have caved and asked him to ride ahead and come back to get me in the car but he didn't and I am forever grateful to him. Will I do it again? Yes, but it will be on a road bike next time not my hybrid.

EBC Officers Elected for 2014

by Chuck Dean

By unanimous vote of the assembled members at the November club meeting, the following slate of officers was elected:

President: **Tom Preston**

Vice President / Ride Captain: **Ken Hickey**

Secretary: **Kim Messina**

Treasurer: **Carole Danillo**

Membership: **Cian Perez**

Please join me in congratulating and thanking our wonderful fellow club members in volunteering to carry on the responsibilities of leadership of the Elmhurst Bicycle Club.

2014 EBC Cross Country Ski Trip, February 2nd - 7th

By George Hardwidge



The days get shorter, colder, gloomier... you know the story. But as you try to get those last few rides of the season in, take heart. All is not lost. And all snow is not bad. Especially when it falls in Michigan's Upper Peninsula, where some seasons see as much as 200 inches. And yes, it stays white for months. It must be time for the annual EBC Cross Country Ski Trip to the Indianhead Motel and ABR.

This year's trip is Sunday February 2nd through Friday the 7th. We will be staying at the Indianhead Motel as usual. A little more about Indianhead... The motel is an older economy motel that you might not check out passing by. But this is different. It is clean and well maintained and everything works. Best of all are the owners, Morgan & Linda who take great pride in making our stay as much fun as possible. Morgan will even lead a snow shoe tour of the city if there is enough interest. And we take over the Grand Ballroom (modest lobby) for daily breakfast, cocktail party, and evening games. Linda will only become violent if there are more than fifty of us in the lobby at one time.

So it sounds like a lot of fun, but you say you don't cross country ski. Well guess what. A lot of the regulars don't ski either. Some folks hike, snow shoe, or downhill ski as well. And if you want to learn any of these sports, the more experienced folks will be happy to give you some informal lessons.

There are over thirty people already signed up for the 2014 trip and Indianhead is filling up fast. The price is right at around \$250 to \$300 per person double occupancy including breakfast, dinner discounts, skiing, and lodging. Make your reservation by calling Indianhead at 906 932 2013 or contacting them via the web <http://indianheadmotel.com/>. Then email Bonnie Brennan at bonniebrennan@hotmail.com. **ABR Trails** is a great place to ski and relax. Check out their website <http://www.abrski.com>.



American Lung Association Fight for Air Ride, 2014 By Ken Hickey

As promised during the American Lung Association Fight for Air Ride presentation at our November meeting, following is the link for the PowerPoint presentation that Heidi Long of the ALA was unable to show at the meeting: [All about the 2014 ALA Fight for Air Ride](#)

For those members who were not able to attend the November meeting, this link will give you all the information you need to get motivated about this ride. We currently have 7 members riding in this event and hope to add many more as it will be an enjoyable weekend and a great cause.



Join the EBC Team at the American Lung Association's Fight for Air Ride on June 13, 14, and 15, 2014. Ride two or three days, 50 miles per day, from Crystal Lake, IL, to Lake Geneva, WI. The round-trip route on less-traveled country roads features a fully supported route including SAG vehicles, medical volunteers, bike mechanics, luggage transportation and rest stops. Each night luxury accommodations are provided at the Abbey Resort and Spa

and we are allowed to keep our bikes in our rooms with us. Visit <http://action.lung.org/goto/ebc> to learn more about the event and join the EBC Team. When signing up, enter the discount code ELMHURST to get \$40 off the registration so it will only be \$35 to register if done by Jan 1, 2014. You will still have a fundraising minimum to collect.

Please contact me directly at elsiesa...@gmail.com* or Linnea Myers at linne...@comcast.net** if you have any questions or need further information. Thank You, Kenneth Hickey

** the complete email addresses may be found on the original GoogleGroup email dated November 18th.

Busse Woods Bridge



10/31/13 - an early morning photo of the completed span. It won't be long until cyclists, runners, and other trail users can safely cross Higgins!

As appropriately noted by several EBCers, the new Busse Woods bridge which crosses Higgins above traffic is now open. Our *Ride Schedule* provides ample evidence of EBCers using the Busse Woods trail throughout the year. Located in Elk Grove Village, the 8 mile trail (approximate) offers a smooth paved surface in and out of the woods. The dangers of Higgins, which is crossed twice, are now out of play.

Thanks are in order to Freda and Rich for keeping track of the ribbon cutting ceremony and to Lee Skinner for inviting EBCers to be

among the first to make the trip.

The link below gets you to a Friends of Cycling in Elk Grove website with information about FCEG and the new bridge. [Friends of Cycling in Elk Grove](#)

Hot Chocolate 15 / 5K

by George Pastorino

So.....when our alarm went off at 3:30 am.....I looked at Pussanee and said, "Really?" Seemed a bit early....but it turned out to be a very fulfilling and fun-filled day. We had never volunteered to Bike Marshal before and it was quite the experience. You lead the runners out and then are responsible for their safety by stopping for injured or sick runners, giving assistance, and calling for ambulances, etc. when needed.

There were 40,000 runners today..

You get to ride closed roads with the runners, it can be very tight so good bike handling skills are a must. You get a great view of the city and help folks out at the same time....



Bike Marshalls on a beautiful day in Grant Park, Chicago, IL



Dawn P., John, Kim, Pusannee, George, Dawn M., and Jerome

Thanks to Dawn Maxwell for organizing and to Jerome Hughes, Kim Messina, John Loesch, and Dawn Piech for participating. Also a big thanks to Dawn Maxwell for hosting the group at her home for some outstanding chili, which was complimented by a homegrown salad made by Kim and corn bread casserole made by Dawn Piech :)

You cannot be out of hope while you still have beer.....Thanks...George

Plan For Safety --
Winter Clothing Risks and Rewards
by Chuck Dean

You want to keep riding, but you need to keep warm. Out come the layers, the booties, shoe covers, etc. Throw in some hand and feet warmers. Perhaps you switch pedals to use an insulated boot. Mission accomplished. You managed to stay warm without getting overheated. That is your reward.

But there are risks with these extra layers and footwear. We've seen accidents in past years from clothing or footwear getting caught in the drive train or fouling pedal release. So please remember to take a good look at yourself after you are all layered up and ready to ride. Let's not have a silly, preventable accident.

November



Meeting Minutes November

Board Minutes November 14, 2013

Present: Chuck Dean, Cheri O'Riordan, John Stanaway, Gerry Fekete, Betty Bond, Sharon Hermach, Ken Hickey, Kim Messina, Tom Preston, Marge Ricke

- 1. President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
 - The President acknowledged the Membership Coordinator's recommendation for Betty Bond to be the Membership Coordinator's Assistant in his absence at the monthly club meetings. The duties that she will oversee are: welcoming members, guests and prospective new members; setting up and sitting at the sign-in table; reading the Membership Coordinator's monthly report of current memberships; and managing the raffle. Gerry Fekete will step in to cover for Betty when she is on vacation. The President thanked Betty and Gerry for their willingness to volunteer for these duties.
 - The President thanked Tom Preston for his part in overseeing the delayed printing of a limited number of the *2013 Membership Directory & Handbook*. Tom will distribute them at tonight's General Club meeting.
- 2. Secretary:** The October 10, 2013 Board Meeting Minutes were approved and can be viewed on the EBC website in the newsletter. The Secretary thanked Sharon Hermach and Cindy Reedy for taking minutes during her absence at the October Board and Club meetings.
- 3. Treasurer:** The Treasurer presented the Monthly Banking Summary (10/10/13 through 11/13/13). The listed income was \$310.93; expenses were \$80.36. At present, the balance in the treasury is \$14,785.19 with \$1,161.80 set aside for jersey credits. The Treasurer's report was accepted.
- 4. VP/Ride Captain:** The VP/Ride Captain stated that there will be a seasonal change in starting times for the Show & Go rides on Tuesdays, Wednesdays and Thursdays from 9:00am to 10:00am; and on Sundays from 1:00pm to 12:00pm. In addition, she expressed concern about what could be done to reduce accidents. Discussion followed with all agreeing that ride leaders should reinforce the need for all riders' safety; riders need to pay closer attention while riding and should refrain from riding too close to one another.
- 5. Newsletter Editor:** No report.
- 6. Membership Coordinator:** The Membership Coordinator's submitted a report. 225 individual memberships, 113 family memberships; 225 individual members, 278 family members for a total of 503 members.
- 7. New Business:**
 - Tom Preston inquired about the Database Manager's email which recommended for a link on Google Groups to be removed in order to protect

EBC General Meeting Minutes November 14, 2013

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

New Members: 0

Guests: 2

- 1. President:** The President called the meeting to order at 7:15 p.m. at the Community Bank of Elmhurst.
 - The President stated that the many people who are out riding even with the strong winds and they are to be commended.
 - The President asked if there were any other nominations from the floor. None were provided. Before the vote, the President asked Ken Hickey to speak. Ken stated that he and his wife owned a family video store fifteen years ago and a small portion of that business was in adult entertainment. Ken stated that he wanted the members to know and if there were any concerns, he would answer them. None came forward. The President then took a vote for the 2014 EBC slate of officers:
 - + President: Tom Preston
 - + Vice President/Ride Captain: Ken Hickey
 - + Treasurer: Carole Danillo
 - + Secretary: Kim Messina
 - + Membership Coordinator: Cian PerezAll Candidates were unanimously elected. The President and members gave a round of applause.
 - The President stated that Betty Bond has volunteered to assist the Membership Coordinator in his absence at the club meetings. She will be setting up the sign-in table, greeting members and guests, reading the Membership Coordinator's report and managing the raffle. Gerry Fekete will assist when Betty and Cian are both out of town. The President thanked Betty and Gerry for volunteering to fill in.
 - The President stated that he will work to draft up the procedures to allow members who want to use their jersey credit to pay for membership dues to do so. He will enlist the Treasurer's help on this project.
- 2. Secretary:** The minutes of the October 10, 2012 General Club Meeting can be viewed on the EBC website in the November Newsletter. The Secretary thanked Sharon Hermach and Cindy Reedy for recording minutes at the October 10, 2013 Board and Club meetings during her absence. She also thanked all members for their thoughts, prayers, cards, calls and special remembrances regarding the death of her brother.
- 3. Treasurer:** The Treasurer presented the Monthly Banking Summary (10/10/13 through 11/13/13). The listed income was \$310.93; expenses were \$80.36. At present, the balance in the treasury is \$14,785.19 with \$1,161.80 set aside for jersey credits. The Treasurer's report was accepted. He mentioned that this year's club donations will be

EBC members' personal information. The President asked for a motion. The Board approved the motion, "I recommend for the Membership Coordinator to remove the link in Google Groups that contains EBC members' personal information."

- The Refreshments Coordinator asked what the Board would like for her to do for the EBC Christmas Party this year on December 12. The Board approved the following motion, "I move to have the Christmas party similar to last year's with a hot buffet to be catered by Mariano's Catering". The Refreshments Coordinator will ask the membership to provide the desserts again.

8. **Old Business:**

Donations: At the October Board meeting, the Board approved \$2,500 for donations. At tonight's meeting, the Board approved the motion, "I move that EBC donate the following amount of money to the following organizations:

\$500 for LEKOTEK (to be used for bicycle accessories, i.e., helmets, etc.)

\$500 for League of Illinois Bicyclists (LIB)

\$500 for Active Transportation Alliance (ATA)

\$250 for CAMBr (Chicago Area Mountain Bikers)

\$250 for Illinois Prairie Path (IPP)

\$500 for People's Resource Center in (PRC) (Rebuilt bicycles are given to people who are in need and live and work in DuPage Co.). The Treasurer will seek further information from PRC. If the donation cannot be used solely for bicycles vs. general fund, then CAMBr and IPP will each receive another \$250."

9. The next Board Meeting will be held on Thursday, December 12, 2013 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan
Club Secretary

distributed in the following manner:

\$500 for LEKOTEK (to be used for bicycle accessories, i.e., helmets, etc.)

\$500 for League of Illinois Bicyclists (LIB)

\$500 for Active Transportation Alliance (ATA)

\$250 for CAMBr (Chicago Area Mountain Bikers)

\$250 for Illinois Prairie Path (IPP)

\$500 for People's Resource Center (PRC) (Rebuilt bicycles are given to people who are in need and live and work in DuPage Co.). The Treasurer will seek further information from PRC. If the donation cannot be used solely for bicycles vs. general fund, then CAMBr and IPP will each receive another \$250.

4. **VP/Ride Captain:** The VP/Ride Captain stated that there will be a seasonal change in starting times for the Show & Go rides on Tuesdays, Wednesdays and Thursdays from 9:00am to 10:00am; and on Sundays from 1:00pm to 12:00pm. She encouraged everyone to ride safely.

5. **Membership Coordinator:** The Membership Coordinator's Assistant read from the Membership Coordinator's report: 225 individual memberships, 113 family memberships; 225 individual members, 278 family members for a total of 503 members.

6. **Mountain Bike Coordinator:** The MBT Coordinator stated that the trails can be damaged when they are wet (in the winter freeze-thaw cycle) and that MTB riders must be good stewards and refrain from riding when the trails are not frozen.

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

8. **Other:**

- Carole Danillo thanked the present Board for all their work throughout the past year.

- Marge Ricke thanked everyone for volunteering to bring refreshments to the meetings in 2013. She sent her clipboard around for members to sign up for next year and to save their receipts for reimbursement. Marge announced that the Christmas Party will be on December 12 and will be similar to last year using the same caterer since everyone was so pleased. Members will be asked in a separate email to bring desserts.

- Sharon Hermach talked about the Annual Cross Country Ski Trip to Ironwood, MI from February 2-7, 2014. You need to call the Ironwood Motel to make your room reservation: \$460 p/wk for double, \$320 p/wk for single which includes a hearty continental breakfast, five trail tickets and five \$10 dinner tickets towards your meal at various restaurants. Contact Bonnie Brennan or George Hardwidge (co-coordinators) after you make your reservations to let them know you are planning on going. See *Future Rides* on the EBC website for further information.

- George Hermach spoke of the SISU Cross Country Ski Race event held in Ironwood, MI from January 8-15, 2014. In addition to the race (which is optional), there is the "Taste & Tour" (eating your way from tent to tent) and so much more to do and see. Visit *Future Rides* on the EBC website for further information or contact George.

- Tom Preston announced that he had a limited supply of hard copy *2013 Membership Handbook & Directory*. See him tonight if you would like one or contact him.

- The President indicated that there are still a few T-shirts left and two jerseys with the new designs for purchase.

- Susan Sperl stated that sponsors will be contacted by the end of the year and she will provide an updated list to the Board. She encouraged everyone to support our sponsors. Ride leaders are encouraged to lead rides to these bike shops.

9. **Refreshments:** Tasty refreshments were provided by Hope Haberer.

10. **Program:** The *Fight for Air Ride* on June 13, 14, & 15 2014, sponsored by the American Lung Association was the featured program. Heidi Long

from ALA presented and answered questions. Ken Hickey is the EBC Team Captain for this event. In 2014, the three day *Fight for Air Ride* covers the rolling hills of northern Illinois and around the lakes of southern Wisconsin staying at the Abbey Resort in Lake Geneva. Each participant will enjoy 150 miles (50 miles each day) of beautiful scenery in support of the American Lung Association. Ride for a personal achievement, a new cycling experience or to honor a loved one affected by lung disease. You can go on the [ALA FightforAirRide website](#) for registration and further information. You can also contact Ken Hickey.

11. The next EBC General Club Meeting will be held on Thursday, December 12, 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>)

December, 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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