



# The Cue Sheet

The Newsletter of the Elmhurst Bicycle Club  
Riding Strong for over 36 Years

## February 2014



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

### Meet Our Ride Leaders by Baltimore Ortega & Chuck Dean

The Elmhurst Bicycle Club, EBC, is one of the best bike clubs in the Midwest offering many rides and social activities. A large part of our success is due to the generous and dedicated Ride Leaders who offer many rides and activities. Our Ride Leader this month is Ron Richards.

#### **Why did you join the EBC and how long have you been a member?**

I joined in 2008 at the encouragement of Jeff Winscentsen whom I met through our respective wives. I initially started out as an "evening rider" but later branched out to weekend and expedition rides.

#### **What is your favorite bike to ride and how many bikes do you own?**

My favorite is still my blue Trek 1200c which is what I've ridden the most on EBC rides. It is a very versatile bike that I can use for commuting, trails and road rides. I've equipped it with a back rack so I can bring along plenty of supplies or items for work. I now own 3 bikes including a new Trek Domane that I purchased last year.

#### **What kind of rides do you lead, distance, routes, pace, and destinations?**

Last year I took on leadership of the Elmhurst based evening rides from Jeff Winscentsen and Larry Gitchell. My goal on these rides is to offer a consistent twice a week workout. The rides average 30 miles, with a variety of destinations in all directions from Elmhurst and a mid-ride rest stop at a Panera or coffee shop. The pace is a fast 14-16 with optional sprints (computer average ranging from 13 to 15).

#### **What is the most challenging part of leading and why do you lead rides?**

The most challenging aspect is the one thing I can't control - the weather - especially summer thunderstorms. I really like to ride, if at all possible. The decision to cancel a ride due to weather is a difficult one, especially when the forecast can change rapidly. When we do end up in bad weather, keeping an eye on changing weather and making sure the return is as safe as possible is a big responsibility.

The primary reason I lead is to offer that consistent set of mid-week rides that are really important in establishing a base during ride season. I am grateful to Larry and Jeff for providing those base rides for many years and am doing my part to keep the tradition going. I also like the challenge of finding new routes and interesting destinations.

#### **What is your favorite ride and do you have any ride stories?**

One of my earliest rides was a 50 mile "ride to eat" to Hackney's in Glenview. I was fortunate to have two experienced ride leaders along - Baltimore Ortega and Ed Gin. On the day of the ride, there was a chance for some very strong thunderstorms, but it looked like we had a window to get the ride in before they hit. We set out for Glenview and about 15 miles out from our destination, the sky turned very dark and threatening. I started looking for places where we could pull our bikes under an awning or other overhead while we kept heading north. Ed Gin was very familiar with the area and as the skies started really turning ugly, he told us about a church in the area that had erected a large outdoor tent awning covering some picnic tables. Just in time, he led the group about 1 mile to the church and we took shelter. Within a couple of minutes the skies opened up and it started pouring along with



Ron on 2013 Vermont Bicycle Tour in Italy - Ciao

to the church and we took shelter. Within a couple of minutes the skies opened up and it started pouring along with lots of thunder and lightning. Fortunately it was a large awning and even the high winds with sideways rain didn't soak us. The rain lasted about 45 minutes and then we were able to make it to Hackney's. After a delicious lunch, the sun was shining for the ride back. It turned out to be a great ride and I was grateful for the support from both Ed and Baltimore in dealing with the difficult weather.

### **What advice would you give new members and guests who want to go on your rides, or lead a ride?**

The biggest concern for evening rides is having adequate lighting. You really need a good headlight with a minimum of 100 lumens (200 to 300 is more common) to make sure you can see the road ahead. But my biggest advice is to give it a try. With good lighting, I think it is actually safer to ride at night in a large group than alone during the day. A big group with bright lights is visible from a long distance and provides ample warning to passing motorists.

### **Do you have any final comments for our members, guests, and your riders?**

The reason I am so passionate about the evening ride program is that it is responsible for transforming me from a weekend biker who could barely ride 35 miles to the much stronger rider I am today (thanks again Jeff and Larry) . If you want to grow stronger, you can't just ride on the weekends, but must incorporate some weekday rides to build your base. One of the things that makes EBC great is the wide variety of rides, especially during the weekdays. Whether it is my rides, the Polkow training rides, the 5 AM rides or some of the late afternoon rides, I encourage everyone who works full time to incorporate regular weekday rides into your schedule.

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### **EBC Bike Usage Survey**

The Club would like to learn more about how you use your bike(s) so that we can look at possible meeting programs for the coming year. Please help us out and take the survey that we are running on Google. No personal data is being collected. All members of the Club are being invited to participate. The more that do, the better the information we will have to work with. The survey is being monitored by Bob Hoel and the results will be reported out to the Club at the conclusion. The survey will be open for only 2 weeks, from Feb. 1 - Feb. 14, and should take only a couple of minutes to complete.

Thanks in advance for your help in making EBC an even more valuable resource for its members.

Please go to this link to take the survey: [Link to Survey](#)

Please contact Bob Hoel if you have any questions.

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### **My First Ride on a Trike** by Armaline Mirretti

Today I had an awesome ride with leader Ken Hickey and Chuck Dean. It was a beautiful day of about 30 degrees and the roads, for the most part, were clean from the snow but there were spots with slush. Ken listed the ride recommending a bike with fat tires, studded tires or the option to try one of his Trike bikes. I opted for the Trike.

It was the first time riding one and it took me all of two minutes in the Lombard Commons parking lot to learn how to ride it. However I did arrive early enough before the ride to allow Ken to adjust the seat. The seat can be moved forward or backward to accommodate big and small riders; and the seatback angle is also adjustable to position the rider in a more or less upright position. These adjustments only took a few minutes.

The steering is on the handles you hold in your hands near your side. The handles include the brakes and the gears. Any small movement with the handles caused the front tire to move right or left depending on the handle you moved. Changing gears was also simple. The gears were a set of levers one located at the top of each handle, moving the lever down increased difficulty and up decreased difficulty. You learn to change the gears quickly because you are constantly changing the gears. I always felt in control even on the snow covered pavement. Going up hills you really feel your hamstrings and glutes working. It was a really comfortable ride and I had a lot of fun. I strongly recommend everyone try it at least once. Thank you Ken for letting me ride the Trike!



Armi is hiding behind the visibility flags!

By Tom Preston

I just came in from shoveling snow, AGAIN. Before I went out, I read George and Pussanee's email about their trip to where the weather is even more brutal than it is here. While I was shoveling, I was remembering our trip to Florida last February and how great it was to be outside in seventy degree temperatures. We rented an apartment for a week in Westin, Florida so we could visit with my uncle, Father Thomas, a retired Air Force Chaplain living in Pompano Beach, Florida. Uncle Father Thomas and I have always shared a special bond. Perhaps because the morning I was born, January 20, 1943, the temperature had dropped to 20 degrees BELOW zero. Uncle Father Thomas, his name was Jim Preston then, was a 19-1/2 year old office clerk for U.S. Steel waiting for a bus at the Greyhound Bus Station in our home town of Gary, Indiana. The bus was to take him to Basic Training and then on to World War II. My Grandpa Preston and my dad's other younger brother, my Uncle John had to walk the 6 blocks from the steel mill gate to the bus station to say their "good-byes" because the old Hudson wouldn't start. Whenever we are together at family gatherings, the story gets retold.



Between visits with Fr. Thomas, Ginny and I enjoyed the warmth of the Florida sun and some wonderful bike trails. Ginny's favorite was the Shark Valley Trail in the Everglades. It's a very flat, very straight, wide, paved, 15 mile long loop trail which extends 7-1/2 miles due South out into The Everglades from old US 41 to an observation deck. Ginny just loved that the alligators, sunning themselves, were so close to the trail.

My favorite was the Rickenbacker Trail. It starts near a beautiful neighborhood park, Alice Wainwright Park in Miami and runs across the Rickenbacker Causeway and down the length of Key Biscayne to Bill Baggs Cape Florida State Park and the Cape Florida Lighthouse completed in 1825.

Below is a link to our pictures. [Florida Bicycling Album \(flickr\)](#)

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SISU Ski Fest  
by George Hermach  
photo by Sharon Hermach

The fifth annual SISU Ski Fest was held in Ironwood, Michigan, on Saturday January 11, 2014. Events included both Classic and Freestyle ski races and a non-competitive Taste-and-Tour, followed by a free evening musical presentation in the historic Ironwood Theater.

The weather this year was in the upper 20s with fresh snow from a couple of days earlier, making for great trail conditions. The ski races started on the ABR trail system, then headed north past Norrie Park, going through the Miners Memorial Park, and ending on a snowed-in street in downtown Ironwood. Participating in the 21Km Heikki Lunta Classic Ski Race were George Hermach, former EBC member Peter Turula, and our host at the Indianhead Motel Morgan Grasso. While none of us are competitive with serious racers, we enjoyed participating and crossed the "Finnish" Line completing the course. It's the enthusiasm of the local volunteers that makes participation

enjoyable and the three of us have signed up to do this race again next year. My niece Wendy, who has participated in a few triathlons, once



year by those means, who has participated in a few tournaments, also commented that participating in a competitive event is like doing an excellent workout with people cheering. I felt the same way participating in this race. Afterwards, racers were treated to Mojakka (a Finnish stew), pasties, and cookies in the Memorial Building followed by the awards ceremony and concert in the theater.

Ellen Weber participated in the Taste-and-Tour which was held on the same day. The Taste started in Norrie Park at a food tent featuring sample foods from area restaurants, then followed the SISU race trail ending in downtown Ironwood. Three additional food stops along the way provided the "Tasters" with additional nourishment. Ellen reported that one of the stops had a large bonfire and people were sitting around just enjoying the experience. On the trail, she reported that it was more of a social ski with small groups talking and skiing together, making for a fun event. She would strongly encourage other club members to participate in the "Taste" next year.

Sharon and I both volunteered to work event registration and packet pick-up on Friday afternoon and evening. Many racers expressed their appreciation for the work the volunteers put in to make SISU a success. Sharon also volunteered on Saturday. On Sunday evening, we attended a volunteer appreciation dinner at Elk and Hound.

Next year SISU will be held on Saturday January 10, 2015. I would encourage all EBC skiers to consider going north to Ironwood and participating in one of the events. While you do need to be a reasonably good skier to participate in one of the races, almost any skier (except maybe the beginning novice) should be able to enjoy the Taste-and-Tour. For more detail and updates, see the SISU website <http://www.sisuskifest.com>. There are discounts for early registration on the website. I will again be listing SISU as an EBC club event next year.



George looks competitive, but says he is not! Nonetheless, he finished 21km. Well done!

## Meeting Minutes January

### Board Minutes January 9, 2014

**Present:** Tom Preston, Ken Hickey, Carole Danillo, Kim Messina, Chuck Dean, George Pastorino, Bob Hoel

- 1. President:** The Board Meeting was called to order at 6:15pm at the Community Bank of Elmhurst.
  - The President thanked the 2013 EBC Board Members for an excellent job they had done for the club, and for taking the time to meet with each of the new Board Members in assisting with the transition.
  - Thanked Susan Sperl for obtaining 10 EBC club sponsors for 2014.
  - Also thanked Susan Sperl for organizing the order for EBC members who wanted wool jerseys.
  - Thanked Cindy Reedy for all her work for updating the website with the new EBC Board Member's info, and email lists.
  - There will be a club meeting February 13; the UP Ski Trip will not interfere with attendance.
- 2. Secretary:** December minutes were not read, however can be read on the EBC website in the Newsletter.
- 3. Treasurer:** The Treasurer will give a month-to-month bank summary report versus a meeting-to-meeting report for accurate and updated reporting. Banking Summary report dated December 31, 2013 lists \$12,169.06 total income; expenses were \$11,262.75. Total balance was not available at time of the meeting. Procedures on setting up an audit by another club member, in accordance with the bylaws, were discussed and a date would be set.
- 4. VP/Ride Captain:** The VP/Ride Captain thanked Nancy Rice and Gerry Fekete for being the back up for the Ride Captain, and assisting with ride schedule problems, should they occur.
- 5. Newsletter Editor:** No report
- 6. Membership Coordinator:** Report was read. Family Membership - 117; Individual - 232; Total Membership - 349; Total membership - 521
- 7. New Business:**
  - Carole Danillo recommended that Jersey Credits be eliminated and that there will no longer be credits carried over from year to year if not spent. After discussion, The Board approved the motion, "that Jersey Credits be eliminated from the Total Mileage Program of our EBC Awards Programs and that checks will be mailed by the

end of the first quarter to each member who has money set aside. And that members who are to receive mileage premiums for having ridden 1000 miles or more in 2013 will receive either the

### EBC General Meeting Minutes January 9, 2014

**Present:** Tom Preston, Ken Hickey, Carole Danillo, Kim Messina, Chuck Dean

New Members: 1

Guests: 0

Members Present: 28

- 1. President:** The President called the meeting to order at 7:15 pm at the Community Bank of Elmhurst.
  - The President thanked the 2013 EBC Members for an excellent job that they have done while in office, and in assisting new Board Members with the transition of responsibilities. Also thanked for their contributions were Cindy Reedy, email forwarding updates; Susan Sperl - 10 club sponsors added, organized and processed the ordering of 36 EBC wool jerseys; And a reminder - to support the sponsors.
  - The President stated a change to the time requirement for listing an EBC Club ride for mileage credit. Effective immediately, 12 hour notice is required to list an EBC ride for mileage credit.
  - The President announced that Jersey Credits will be eliminated from the Total Mileage Program of our EBC Awards Programs and that checks will be mailed by the end of the first quarter to each member who has money set aside. And that members who are to receive mileage premiums for having ridden 1,000 miles or more in 2013 will receive either the tee shirt or other premium or a check of equal value. Here is a link to the current list: <http://www.elmhurstbicycling.org/memberPages/jerseyCredits.html>
- 2. Secretary:** The minutes of December 12, 2013 General Club Meeting were read and approved. The EBC monthly Board and General Club minutes can be viewed on the EBC website.
- 3. Treasurer:** The Treasurer advised that a month-to-month bank summary report will be provided at meetings, for accurate and updated reporting. Banking Summary report dated December 31, 2013 lists \$12,169.06 total income; expenses were \$11,262.75. Total balance not available at time of the meeting. The complete report will be provided and can be viewed on the list server. Official procedures took place to transfer the requirements for banking responsibilities for the new Treasurer.
- 4. VP/Ride Captain:** Thanked all the Ride Leaders who post rides and other activities.
- 5. Membership Coordinator:** Gerry Fekete read the Membership Report. Currently there are 117 Family memberships; 232 - Individual memberships; Total memberships - 349; Total members - 521. As a reminder, if you have not paid your dues, please do so.

Report. Currently there are 117 Family memberships; 232 - Individual memberships; Total memberships - 349; Total members - 521. As a reminder, if you have not paid your dues, please do so.

tee shirt or other premium or a check of equal value. Here is a link to the current list

<http://www.elmhurstbicycling.org/memberPages/jerseyCredits.html>

- Bob Hoel presented a general Bike Use Survey for EBC Members to get an idea to see how members use their bikes in the community in which they live, other than for recreation.

Information received will assist in addressing community needs to encourage greater biking participation. A link to access the survey will be sent to the list server. All responses will remain anonymous.

- George Pastorino recommended that official EBC Rides for mileage listing be changed from 24 hour advance notice to 12 hour advance notice. After discussion, The Board approved the motion, "I move for the 24 hour notice requirement to post an official EBC ride for club miles be changed from a 24 hour notice to a 12 hour notice."

- Chuck Dean was on hand to give direction to new EBC Board Members. His valuable input was greatly appreciated.

8. **New Business:** Time did not permit the discussion of the following topics that were on the agenda:

- RAGBRAI and other similar invitational rides (for profit versus nonprofit) - club mileage ride qualification.

- 2014 Christmas Party - Offsite location for holding the Christmas party versus the event held at the Elmhurst Community Bank meeting room. The next Board Meeting will be held on Thursday February 13, 2014 at 6:15pm at the Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina  
Club Secretary

6. **Newsletter Editor:** Chuck Dean encouraged contributions to the EBC newsletter from all members. Cycling experiences and similar stories of interest are welcomed.

7. **Advocacy:** The President announced that Bob Hoel has put together a "Bike Use Survey" which soon will be accessible via a link that will be sent on the list server. This is a simple 10 question survey which will help determine the needs of the club and community to increase cycling for more than just recreation. All responses will remain anonymous.

8. **Mountain Bike Coordinator:** MTB Coordinator stated best weather conditions for winter mountain bike riding were when it is 27 degrees or colder. Baltimore Ortega stated that he and George Pastorino will be offering a four day adventure mountain bike and canoe trip in the near wilderness forest of the Chequamegon National Forest and Namakagon River (northern Wisconsin). This trip will be Jul 10 - 13, 2014, and will include Intermediate and Easy-Intermediate rides, and an all-day canoe trip. See Jan 7, 2014 email that was sent by Baltimore for more details.

9. **Refreshments:** Marge Ricke, Refreshment Coordinator, thanked Linnea Myers for providing refreshments for tonight's meeting and appealed to club members to volunteer to bring refreshments for club meetings. The club will reimburse you.

10. **Program:** Rich Aycock presented: Shifting, gear ratios, cross chaining, and chain stretch - Drive train visuals and explanations shown so you can see what you may be doing, what you should do, and what you shouldn't do when you change gears - all to better understand the mechanics of the bikes we ride. Rich also followed up by emailing his presentation along with informative links for further reading.

11. The next meeting will be held on Thursday, February 13, 2014 at 7:15p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina  
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**

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**Advocacy**

Bob Hoel  
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**Vice President/Ride Captain**

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**Human Interest Person**

Betty Bond, 630.932.0271

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

## February, 2014 • • • 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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