



The Cue Sheet

March
2014

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



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

U.P. First Timers by Chuck Dean

Having edited U.P. reports in previous years, I almost feel like I had been there. There were great stories and fabulous pictures. And you could see that EBCers were really enjoying themselves. But, fact is, this is the first year that Marilyn and I joined the crowd. Thank goodness. Along with 45 others, we skied, hiked, ate, imbibed, and enjoyed 6 wonderful days including the drive up on Sunday and back on Friday.

Newsletter readers have previously seen beautiful shots of snow-filled, tree-lined, sunlit trails, there is nothing quite like being on those trails in person. Yes, we had some downright cold days with early morning temps starting out below zero, but our experienced club members all had the right kind of gear and clothing to get out there and enjoy the day one way or another. The only time I thought about the cold was when starting the car which had been parked outside all night in subzero temperatures. I always wondered if the engine would turnover as I turned the key. No problem!

Staying on the theme of pictures from previous years, I'll mention that the outdoor wooden bench donated by EBCers is still on one of the loops at the ABR resort. The trails were perfectly groomed as ever. You could snowshoe on paths or blaze your own trail. You could sit by a wood burning stove and take delight in a thawing break. Dozens of pictures have already been published from this year's trip and are accessible from the Photo Album link at the bottom of the EBC home page. Check it out. New this year, spectacularly however, are the ice cave photos along Lake Superior near Bayfield, Wisconsin. If you are an internet browser, you may have already had a hint about these scenic wonders. Most of the major news services devoted coverage to the caves as it has been many years since the lake has frozen over, thereby allowing the one mile hike from the National Lakeshore parking lot to the first of the caves. Once arriving at the caves, you could hike another mile or two along the cave-lined shore.

Michigan Rhyme by Marilyn Dean

No bikes, just hikes. Let's ski U.P.!

Travel good, knock on wood.

Polar Vortex, hats, and Gore-Tex.

Cross country ski, nice low fee.

Snowshoe walks, friendly talks.

Downhill, too, for a few.

Lots of snow, 12 below.

Woods are free at 1 degree.

Exercise, work those thighs.

Indianhead, cozy bed.

Dinners great, 5 or late.



l. to r. Carol N., Mary Jo B., Sharon H. along ABR trail.

Tours (inside) with theater guide.

Share a hobby? Meet in lobby.

Something more, the lakeshore!

Icy caves bringing raves.

Winter scene in '14,

Every member will remember.



Cheri, usually a blur behind George H. captured in a still moment.

Fun on a Trike by Ken Hickey

Early last year I had a spill on my bike and broke a collar bone. At that point I was so enthralled with riding I could not give it up when the Doc said no biking for 2 months. My solution was to purchase a trike, a 3 wheeled bike, so I could ride, steer with my one good arm, and not worry about falling off and making my injury worse.

Once I started riding it, I was having so much fun I could not give it up. It is much slower than my Trek or even my Hybrid as it weighs in at 65 pounds and is pushing 3 wheels down the road instead of two. The relaxed position riding it makes it all worthwhile and one of the best workouts on a bike I have ever had. I liked it so well I purchased a second one and then a third. Rudy rides tandem with me at times and loves it. My wife Sue also rides one when the weather is warm.



Ken and Rudy (l.) at the Arboretum



A little snow is not going to stop Kim.

When Dawn Piech started her Sunday morning rides at the Morton Arboretum I decided to bring my Trikes with me and share the experience with other EBC members. So far all were thrilled with the ride, even on ice and in snowy conditions, and had a great time on them. To date riders include Gary Bell, Kim Messina, John Loesch, Janet Martin, Dawn Piech, Rudy Winfrey, George Hermach, and several others I cannot remember.

If you would like to try one for fun and relaxation regardless of road conditions give me a call and we will set up a time.

XC Skiing vs. Snowshoeing -- A Comparison and the Case for Doing Both by George Pastorino - including pictures and videos

I posted a XC ski (hike) on Saturday and a snowshoe hike on Sunday.....one member emailed me and was disappointed that I was skiing on Saturday because she wished to snowshoe and was busy Sunday; another member emailed me and was disappointed that I was snowshoeing on Sunday as he wished to XC ski and was busy on Saturday -- the trials of a ride leader.

I wrote both back with my opinion and thought I would share it with the group.....it is OK and even desirable to do both activities. When you broaden your horizons and the scope of your activities you become a more seasoned and well-rounded outdoorsmen (women) and adventurer. I have this talk often with my CAMBR friends who only mountain bike.....I tell them that there are joys and thrills that you get from riding a road bike that you can't get from a mountain bike.....this often falls on deaf ears.

Since this is a progressive group, I think you will be more open to being flexible and trying different things.

Snowshoeing and cross country skiing are just 2 different tools for traversing across snow-covered terrain, yet they are both fantastic experiences; either is not to be missed. Backcountry skiing is a hybrid that is somewhere in between and we love this as well; but since most skiers like groomed trails, I will cover groomed XC skiing vs. snowshoeing.



George enjoys beautifully groomed trail on a brisk sunny day!

First XC Skiing: this has a tougher learning curve than snowshoeing. You will learn to glide, kick, transfer weight, wax skis, step turn, and snowplow among many more skills; and you will be rewarded with an exhilarating experience of speed and smooth gliding. XC skiing can take you greater distances in faster time than snowshoeing and because of this speed the incidence of injury can be greater. XC ski gear is more expensive and if you are going to a real nice groomed area there will be a trail pass fee.



Pussanee blazes the trail in heavy powder!

Now Snowshoeing: this has a very easy learning curve, as my good friend Baltimore Ortega likes to point out.... **"if you can walk....you can snowshoe."** Pussanee and I first went out on snowshoes with Judy Mikesell in the U.P. last winter on rental shoes, this year we bought our own and without any training or lessons we have snow shoed very extreme terrain in Porcupine Mountain State Park by Lake Superior and the most technical and demanding trails at Palos, with extremely rugged and steep hills -- - this would not be possible on XC skis. Snowshoes take you to places that XC skis cannot --- ice covered frozen waves on Lake Superior --- down impossibly steep ravines with roots and rocks in the way. Gary Beardsley joined us for a snowshoe hike at Palos

that went up and down ravines so steep that we were on all fours; and Karen and Bill Schwartz joined us on Palos XX Black Diamond trail which is very rugged with many obstacles and we are all newer to shoeshoes.

XC skiing gives you a feeling of flying that you cannot get from snowshoes --- the speed on the downhills is thrilling. See this video of Pussanee at Devils Thumb Ranch on a Black Diamond run:

<http://tinyurl.com/ThaiSkiRacer>

Snowshoeing takes you to places that have few people and 3 feet of soft snow.....impossible on XC skis.....see this Video of Pussanee up by Lake Superior: <http://tinyurl.com/SnowshoeingVirginPowder>

Which of the 2 is better?.....I asked Pussanee today and she said **"neither."** Both are unique experiences that are not to be missed --- and I agree. When you broaden your horizons and free your mind to new experiences you get the best of both worlds.

So if you **only** mountain bike.....I suggest taking up road riding.

If you **only** XC Ski.....I suggest taking up snowshoeing.

If you **only** Canoe.....I suggest taking up kayaking.

If you **only** Snowshoe.....I suggest taking up XC skiing.

By becoming proficient in more of the modes of human powered outdoor transportation you will become a more accomplished outdoorsmen and adventurer.

The following slideshows illustrate the beauty of both. This is groomed XC skiing in Colorado:

<http://tinyurl.com/Devil-sThumbWaxWing>

This is snowshoeing in the Porcupine Mountain Wilderness State Park up on Lake Superior in 3 feet of snow in the forest and along the frozen lake waves: <http://tinyurl.com/PorcupineSnowshoe>

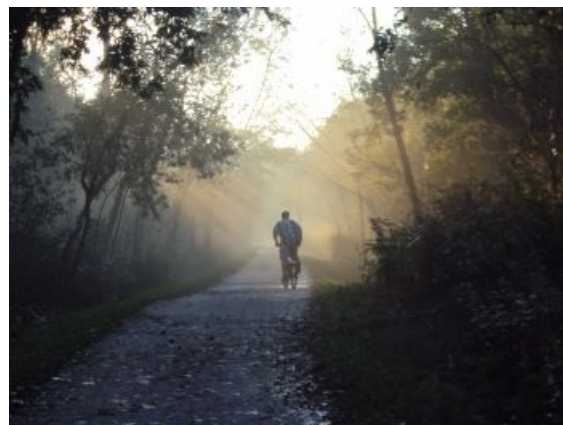
Both are awesome experiences and it is OK and desirable to do both. All of this is only my educated opinion and cannot be wrong.....or right.

Illinois Prairie Path Archives Move to North Central College

by Chuck Dean (based upon an article by Troy Kelleher)

Probably you would need a fat tire bicycle to ride the Illinois Prairie Path (IPP) this time of the year (although I can remember Ray D. and Peter G. laboriously grinding out a short section in the snow several years ago on conventional mountain bikes). But there are many of us who have continued to use the path to hike with xc skis, snowshoes, or boots. As road riders it is sometimes easy to forget the value of having the IPP in our midst. But I think it is a most wonderful asset. There have been recent Google posts about village organizations who have taken up the task of planning community bicycling resources. And it is interesting to think back to the 1960's when various resources were being combined to help with the emergence of the IPP. And you may recall the presentation from Bob Sobie (past president of the Illinois Prairie Path Not-For-Profit Corporation) we had last year about the Prairie Path origins. So, I found it newsworthy when I encountered an article (Feb. 26th) in the Suburban News Bulletin dealing with IPP archives being moved to North Central College in Naperville.

Troy Kelleher, a sophomore at North Central College recently wrote about this, "North Central College is the new home of stories, photographs, illustrations and other materials that chronicle the 50-year history of the Illinois Prairie Path. ... The Prairie Path archives feature an extensive variety of items about the organization's history, including artwork, maps, letters and writing from renowned naturalist May Theilgaard Watts. A Naperville resident, Watts spearheaded the concept of a regional trail and organized a dedicated group of volunteers that cleared land, built bridges, and expanded the path from 1966 to 1986. Despite frequent issues with vandalism, lawsuits, and licensing — including a bridge over the East Branch of the DuPage River that had to be replaced six times — the path was successfully built. ... The (61 mile) Illinois Prairie Path (was) the first successful volunteer rails-to-trails conversion in North America and helped catapult a railroad conversion movement across the globe."



No fat tires are required during the summer!
You do remember summer, don't you?

Troy mentions a film strip that was used many times to help promote the building of the path. Knowing that it is as close as Naperville, perhaps we can have a viewing at one of our monthly meetings.

To read the entire article, here is a link. [Suburban News Bulletin](#)

Meeting Minutes February

Board Minutes February 13, 2014

Present: Tom Preston, Ken Hickey, Carole Danillo, Kim Messina, Sharon Hermach, George Hermach, Gerry Fekete, Bob Hoel, Nancy Shack

- 1. President:** The Board Meeting was called to order at 6:15pm at the Community Bank of Elmhurst.
 - Copy of Committee Recommendations from 2013, in regards to Invitational rides was discussed. A change was made to Section C. It states: No miles accrued should exceed those of the group. Group will be changed to leader.
 - No other motions were passed.
- 2. Secretary:** The January 9, 2014 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 Banking Summary (01/01/2014 - 01/31/2014). Listed income was \$2,402.08; expenses were \$2,131.68. At present, the balance in the treasury is \$15,382.99. Please welcome new club sponsor - Stemple's Cycles, located in Elmhurst.
- 4. VP/Ride Captain:** The VP/Ride Captain thanked everyone

EBC General Meeting Minutes February 13, 2014

Present: Tom Preston, Ken Hickey, Carole Danillo, Kim Messina
New Members: 0
Guests: 0
Members Present: 40

- 1. President:** The President called the meeting to order at 7:15pm at the Community Bank of Elmhurst.
 - The President thanked Chuck Dean for doing an excellent job on the January newsletter, which featured an article on Ride Leader Ron Richards.
 - The President explained that carrying over Jersey Credits from year to year will be eliminated from the Mileage Award Program. Credits from previous years will be given to members in form of a check later this year if not used. Link to the current list: <http://www.elmhurstbicycling.org/memberPages/awards.asp>
 - Susan Sperl has added Stemples Cycles in Elmhurst to our list of sponsors. Cindy Reedy has already added a link to their web site to the EBC Home Page.
- 2. Secretary:** The minutes of January 9, 2014 General Club Meeting were read. The EBC monthly Board and General Club minutes can be viewed on the EBC website in the newsletter.

for posting rides and activities. He reminded all to send an email to EBC list server after listing a ride, especially within 24hours.

5. **Newsletter Editor:** No report.
6. **Membership Coordinator:** Complete details not given, but it was stated that there are 287 paid memberships.
7. **Advocacy:**
 - Bob Hoel presented information received so far on the general Bike Use Survey sent out last month. Approximately 99 club members responded. The survey was to remain open until Feb 15.
8. **Old Business:** Nancy Shack made us aware that the cash in lieu of tee shirts earned for mileage change we made in January was vague and that we should make it clear that this would only be true for miles posted in 2013. Sharon Hermach has made the change to our web site here: <http://www.elmhurstbicycling.org/memberPages/awards.aspx>
9. **New Business:** Discussion on the following topics continued but no motions were made:
 - RAGBRAI and other similar invitational rides (for profit versus nonprofit/ limited participation) - club mileage ride and Ride Leader qualification.
 - Discussions took place, but no changes were made to the club policy.
10. **The next Board Meeting** will be held on Thursday March 13, 2014 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina
Club Secretary

3. **Treasurer:** The Treasurer presented the Monthly Banking Summary (01/01/2014 - 01/31/2014). Listed income was \$2,402.08; expenses were \$2,131.68. At present, the balance in the treasury is \$15,382.99.
4. **VP/Ride Captain:** Thanked all the Ride Leaders who post rides and other activities; Reminded Ride Leaders to send an email to the EBC list server after listing a ride. Sharon Hermach has made the changes to our web site:
<http://www.elmhurstbicycling.org/rides/addRide.aspx>
<http://www.elmhurstbicycling.org/rideLeaderInfo/scheduleRide.aspx>
5. **Membership Coordinator:** Gerry Fekete read the Membership Report. Currently there are 287 members.
6. **Newsletter Editor:** Contributions to the EBC newsletter from all members are welcomed. Cycling experiences and similar stories of interest can be sent to Chuck Dean.
7. **Advocacy:** Bob Hoel thanked all who participated in the "Bike Use Survey". As of the meeting, 99 members responded. Final results will be tallied after Feb 15 and reported next meeting. Bob reminded everyone to keep sending letters/emails to government officials to ask for support in making our roadways safer for all users. Several communities (Glen Ellen, Villa Park, and Lombard) are forming bike plans. Bob Hoel and Ray Dal Lago will be attending the National Bike Summit in Washington, DC in early March.
8. **Mountain Bike Coordinator:**
 - Palos and Kettle are open for winter riding. Please don't ride if high temps are over 28 degrees. Fat Bikes have better luck in deep snow.
 - Pastorino Pool Party Rides scheduled for the last Sunday in June, July, and August - MTB Rides for all levels, and road rides from the house too. Ok to just attend the party.
 - "Tuesdays with George" - private single track lessons by appointment - Tuesday nights in June and July. Space is limited so please RSVP.
 - Chequamegon Mountain Bike 1st Expedition 2014 -- July 10 - 14 Baltimore and George will lead Intermediate rides, Steve Sinderson will lead the Canoe Trip. Details will follow.
 - Mountain Bike Clinics, Brown County trips, 4 trips to Kettle Moraine - dates to be announced.
 - Loaner mountain bikes available - contact George and Baltimore for more information.
 - Trail Stewardship - real time updates on trail conditions will be provided when it is ok to ride without damaging the trail. It is our number 1 responsibility not to cause trail damage.
9. **Website Administrator:** Sharon Hermach advised that the pictures from the website can now be found in the website photo album.
10. **Data Base Manager:** Nancy Shack, Database Manager requested that names on ride sheets be legible, otherwise mileage will not be recorded.
11. **Awards and Club Attire**
12. **Refreshments:** Marge Ricke, Refreshment Coordinator, thanked Kim Messina for providing refreshments for tonight's meeting. Marge reminded the volunteers who provide refreshments that the club reimburses for expenses.
13. **Announcements:**
 - George Hardwidge gave a review on the successful trip of the UP Cross Country Trip. Pictures can be found on the EBC website.
 - George Hermach gave a review on the SISU Ski Fest that was held 2 weeks prior to the EBC UP trip. There is a variety of winter events including a 21K XC event which George participated in. For further information, please check out the website for details on this yearly event.
<http://www.sisuskifest.com/>
 - Kelli Morgan announced details on the MS Ride - Tour de Farm to be held Jun 21 - 22. If you have not registered for this good cause, please contact her, or refer to the email that was sent Feb. 12.
 - John Loesch announced that Blind Stoker rides are scheduled for 2014. Anyone interested in volunteering to be a ride captain, or would like to know more about tandem cycling, please contact John.
14. **Program:** Ray Dal Lago presented: "Enjoy the Ride" - a video prepared by the League of American Bicyclists which emphasized traffic skills, bicycle handling skills, and general bike knowledge. Also shown was "16 Nuggets of Knowledge," tips and information I've gathered in my many years on the bike.

15. The next meeting will be held on Thursday, March 13, 2014, 7:15 p.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 Tom Preston, 630.852.8836 president_elmhurstbicycling.org	Advocacy Bob Hoel bob.hoel_comcast.net	Refreshments Marge Ricke, 630.616.8481 margericke_gmail.com
Vice President/Ride Captain Ken Hickey, 630.290.0006 ridecaptain_elmhurstbicycling.org	Publicity Volunteer Needed	Safety Larry Gitchell, 708.409.0105 larsofmars_aol.com
Treasurer Carole Danillo, 630.495.8162 treasurer_elmhurstbicycling.org	Programs Ray Dal Lago, 630.543.4655 dlag10_aol.com	Sergeant-at-Arms Volunteer Needed
Secretary Kim Messina, 630.204.8945 secretary_elmhurstbicycling.org	Database Manager Nancy Shack, 331.214.3000 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_gmail.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)

March, 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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