



The Cue Sheet

May
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.

Large Turnout for Early Spring Rides photos courtesy of George Pastorino

Baltimore must be doing something right. One only has to scan all the rides since January 1st to notice the rides on April 18 and 19 standing out with huge attendance numbers. The "Ride for New Members" on a Friday drew 22 riders including 21 EBCers. The very next day, 29 riders participated in the "Hill Training #3" ride.

First, Baltimore tells the story of the Ride for New Members. Then George P. provides the photos and story for Hill Training #3. (Editor)

Test Ride for New Member - April 18, 2014

Dear EBC Members and Guests,

What a fun ride (April 18th - Ride for New members) with some new EBC members! Last year Cian Perez, EBC Membership Coordinator, considered some ideas for helping new members. When Molly N. joined our club recently she indicated being a little nervous about getting started on rides. We set up a ride for her, and found out other new members were also interested. We asked for help from our members, and they came. Thanks to the new members for joining, in my opinion, the best cycling club, and our ride today. Thanks, also to the EBC members who came to help and offer support. Our MVP, most valuable player, today was Ed Gin. He was the mid-sweep, helped everyone have a safe ride, and helped me the whole ride, thanks Ed. It is always nice leading a great group of riders; today was a nice day.

We had great weather, no flats, 4 new members on their first club ride, a new guest, and Lynn K. on her second club ride. At the start of the ride, I gave a short presentation on safety, how they should ride single-file with the group, and the different verbal calls we use like "car-up and car-back." I mentioned how most of the board members were there to help because our club cares about new members. The ride to the Polkow Loop was scattered at first, but by the end of Spring Road the riders were riding together. At York Woods, I suggested riders consider going to Dave Polkow's Thursday night training rides if they wanted to improve. Everyone enjoyed the faster pace around the Polkow Loop, and then we went to the McDonald's nearby. I wanted the new members to see how we take breaks for a snack, beverage, and restroom break. The ride continued back at an easy pace. At the end of our ride, riders looked happy, cycling does that to you.

A special thanks to the 25 EBC Team and new members! Molly N. your ride was well received and encouraged other new members to attend: Bill B., Barb C., Feaiza M., Katy R., Lynn K., and guest Austin D. . Other thanks go out to Cian for reaching out to new members; he thinks we should have an annual New Members Ride. To Ken Hickey for being the sweep. To Tom and Ginny Preston for helping watch the back and Tom for taking care of a mechanical. And to Judy Mikesell for her helpful comments and keeping an eye on things. Thanks to the EBC Team: Wayne P., Kathy P., Linnea M., Lauren G., Ed G., Marty B., Annette S., Khan S., John R., Jose S., Harlan M., Paul P.

If you are new to the club and want to get started, come to one of our rides, contact our club, contact Cian, or contact one of our ride leaders. Take care and be safe.

With best regards,
Baltimore Ortega
Ride Leader

Hill Training #3 - April 19, 2014



29 Riders - Hill Training #3

Thanks to my friend Baltimore Ortega for organizing this event and asking me to design a route and be the Guest Ride Leader. We had a

Thanks to my friend Baltimore Ortega for organizing this event and asking me to design a route and be the Guest Ride Leader. We had a great group of 29 riders today for a 45 mile hill training ride with 2000 feet of climbing. We did the Burr Ridge Hills, Little and Big Bluff, Timberline and the Refinery Loop in Lemont on High Road and 127th.

It's easy to lead a ride when you have a great group of riders like we did today. A group of us went for Recovery Beers and Burgers to Mo's.....no beer pics today due to an inversion in the lateral Quasar causing an acceleration of the Earth's rotation rate.

Beer is the Salvation of the Wayward Cyclist.....Thanks....George :)



EBC Women Rock!



Love these EBC gals!

No Polar Vortex in San Diego photos courtesy of George Pastorino

As you can see below, 10 EBCers had a great time out in San Diego in early April. When next year's polar vortex arrives, take a look at the slideshows to take a break from the weather. Here are the endorsements of some of the participating members. (Editor)

As is her habit, Laurel Salvador did an outstanding job in planning the EBC San Diego Road Bike Trip.

There is an awful lot of work that goes into route planning, cue sheet creation, lodging arrangements, contacting other bike clubs, etc.....this takes a great deal of time and effort.

EBC is the best bike club due to dedicated ride leaders like Laurel who are unselfish.

We had 10 members attend this EBC event, and many would not have gone on their own.

Laurel and EBC Rock.....Thanks.....George and Pussanee.





Val, John, Pussanee, Laurel, Kären, Bill, Ken, Omar

I will add our thanks to Laurel also. She had routes from our tandem tour friend Rich and from the local bike club friend Delores. Delores' bike club was so friendly and always had a sweep from the club in back as some of us struggled up all those San Diego hills. The club reminded me of EBC. We had an interesting cyclist from the local club, Al, who we know. He and his wife, Stevie, did the tandem tour when we climbed Mont Ventoux. They did it on their tandem as we did. Al has done several Ironman challenges and just qualified for Hawaii! He is 75!

Kären

The San Diego trip was such fun! Every day, John and I enjoyed great bike routes, great camaraderie, great weather, and great fish tacos. What more could we ask for?

We really appreciate Laurel's attention to planning every detail. George is so right — I doubt that John and I could have pulled off a trip like this on our own. And the pleasure of meeting new challenges (oh, those "Sleeping Indian" hills...) and making new discoveries was heightened by being able to share them with EBC friends.

THANK YOU!

Valli Schiller & John Wu

As usual, George produced some excellent slide shows. (Editor)

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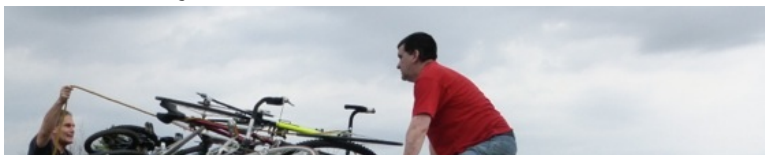
Elmhurst College Recycling Extravaganza
Partnered with Working Bikes Cooperative
photos courtesy of Bob Hoel

Several EBCers turned out again this year for the Elmhurst Recycling Event in early April. Working Bikes has a station where donors can turn in their old bicycles, helmets, and (yes) sewing machines (I think we got 2). About 65 bikes were collected along with various other wheels, tires, pedals, etc. This event continues to be one of the most productive collections for Working Bikes.

Aided by mild temperatures, three hours passed by quickly. Thank you to the volunteers.



l-r: Eric W. (Working Bikes), Steve H. (Elmhurst Bike Task Force), Bob, Kim, Kelli, Chuck, Fredericka





How many bicycles can you stack in a small truck?

SAFETY FIRST!

By Baltimore Ortega

At the last EBC meeting I volunteered for the position of Safety Chair. I want to thank the board for accepting my appointment, and the EBC Members for your help and support. A special thanks to Larry Gitchell for being the previous Safety Chair.

I am new to the position, and will be working to review our safety information and policies. My focus will be to help everyone have safe and fun rides all year. There are many safety issues and concerns. In general, most of our members are safe, careful, and cautious when riding. However, there are a few riders who sometimes forget to follow the safety rules. Rather than give you a long list of safety rules and issues, let's start with a few.

SINGLE FILE

Last year I was leading a ride with some members who were very friendly and social. Several members were riding next to each other enjoying their conversation, and not paying attention to the traffic. We called out car back and single file, but for some reason a few riders did not move to the edge and get in line. It wasn't a concern on the side streets with no traffic; however, it was a big concern on the busy streets.

1. Our first big focus will be to ride single file on busy streets, and when conditions require extra safety. If someone calls "CAR BACK," please get in a single file for your safety and the safety of the group. When everyone gets in a single file, make sure you are by the edge of the road. Riding single file in the middle of the lane is not safe; move to the curb. Ride Leaders and fellow riders can remind cyclists to ride single file and be safe, especially on busy streets. If you hear "CAR BACK!" what do we do? Yes, quickly get in a single file, if you are not already in one.

2. This is from Ted Sward, a former Safety Chair. Thanks Ted:

Do not call "Clear"! When passing through intersections or crossing roads some riders say "Clear" if there is no cross traffic. This is a dangerous practice that should be abandoned. It encourages riders to follow the leader, letting others do their thinking for them. Each rider is responsible for verifying that the way is indeed clear."

I notice sometimes members send the club safety information, please continue. If you have any ideas, concerns, or suggestions, please contact me directly. Thank you, and remember, SAFETY FIRST!

Gallery

photo courtesy of Kim Messina



Meeting Minutes April

Board Minutes April 10, 2014

Present: Tom Preston, Kim Messina, Chuck Dean, Judy Mikesell, Ginny Preston, Todd Pavloski

- 1. President:** The Board Meeting was called to order at 6:15pm at the Community Bank of Elmhurst.
 - Todd Pavloski was present at the board meeting to discuss redesigning the member miles database and making the maintenance process web-based. He stated that the various processes (mileage documentation) could possibly be streamlined, and work more efficiently for whoever takes over Nancy Shack's (Database Manager) position. Todd will work along with the new person, learning the current process as a new program is developed. The MS Access program is used to run the program as it is. It was also requested that Cindy Reedy work with Todd, and the new Database Manager. A web based data entry program is going to be pursued, similar to the program that is used to list the rides.
 - Peter Gough has expressed interest in taking over Nancy Shack's responsibilities as Database Manager; and had hoped to attend but could not be here tonight.
 - Kim Messina requested \$150 for flyers, to promote Elmhurst Family Rides June 15, July 20, and Aug 10. Motion was made and passed to purchase flyers. These would be placed at the Elmhurst Park District, local bike shops, and a few local businesses.
 - A request was made to purchase a gift certificate for the Database Manager, to thank her for all the work she has done for the club for the last 5 years. Motion was passed.
- 2. Secretary:** The March 13, 2014 Board Meeting Minutes were not read, but have been published in the EBC website. Minutes can be viewed on the EBC website in the newsletter.
- 3. Treasurer:** The Treasurer reported: Monthly Banking Summary (03/13/2014 - 04/10/2014) Listed income was \$2,303.50; expenses were \$3,684.42. Total Banking balance at this time: \$14,945.24
- 4. VP/Ride Captain:** No report / ride captain not present.
- 5. Newsletter Editor:** No report.
- 6. Membership Coordinator:** Total membership - Single 180; Family membership - 235; Total - 415.
- 7. Advocacy:** A check was for \$250 was given to Bob Hoel for reimbursement for some of his expenses for attending the National Bike Summit. Originally \$200 was requested, to be split with Ray Dal Lago who also attended the summit. A motion was stated to approve the original check, giving \$125 each to cover some of their expenses.
- 8. Safety:** Larry Gitchell is no longer a member of the club and a replacement for his position, Safety Coordinator, is needed. A request will be made at the General Meeting.
- 9.** The next Board Meeting will be held on Thursday May 8, 2014 at 6:15pm at the Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina
Club Secretary

EBC General Meeting Minutes April 10, 2014

Officers Present: Tom Preston, Judy Mikesell, Kim Messina, Chuck Dean
Members Present: 36
Guests: 1

- 1. President:** The General Meeting was called to order at 7:15pm at the Community Bank of Elmhurst.
 - Tom announced that Judy Mikesell has taken over as the Club Treasurer and thanked her for volunteering.
 - Tom thanked Cindy Reedy for updating the website and EBC Board member email list to include the new Treasurer. He also thanked John Stanaway for assisting Judy with the transition on her new responsibilities.
 - Credits for wool jerseys due to better (quantity) pricing will be given to those present who had ordered the jerseys. If you are not present, the checks will be mailed out. T-shirt credits are being figured out, for those who earned t-shirts awards. Some who have qualified for t-shirts are donating their credits back to the club.
- 2. Secretary:** The March 13, 2014 EBC Meeting Minutes were not read, but have been published in the EBC website. Minutes can be viewed on the EBC website in the newsletter.
- 3. Treasurer:** Ginny Preston read the Monthly Banking Summary: (01/01/2014 - 04/10/2014) Listed income was \$7,424.59; expenses were \$8,267.53. Total bank balance: \$14,945.24.
- 4. VP/Ride Captain:** Tom read an email from Ken Hickey sent from the EBC San Diego trip thanking all the members who took the time to answer the board's survey regarding invitational rides and express their feelings and comments. The motions that passed were overwhelmingly supported by the membership.
- 5. Membership Coordinator:**
 - Betty Bond read the report from Cian and read the names of 24 new members. 1 potential member; Single 180; Family - 235; Total - 415.
 - EBC has been invited to provide an information table at Performance Bicycle Store, Downers Grove event, May 10. Details will be confirmed and emailed to the club.
 - Anyone who has not renewed their 2014 EBC membership will be removed from the list server and will no longer be receiving emails, and will be removed from the list server.
 - Door prize winners: Baltimore Ortega - Gift certificate from J&R Cycle and Sli; Cheri O'Riordan - Bottle of wine.
- 6. Newsletter Editor:** Thanks for contributions to the EBC newsletter: Cycling experiences and similar stories of interest can be sent to Chuck Dean.
- 7. Sponsorship:** Susan Sperrl picked up the last of the gift certificates from our sponsors. She is waiting for **Mill Race** to get back to EBC, as they requested to be club sponsor. **Lick Bike** is no longer a sponsor as they have changed their business direction. **J&R** thanked EBC for the great turnout for the special club event that was held last month.
- 8. Advocacy:** Tom asked all present to remember the bicycling collection event at Elmhurst College this Saturday April 12. Working Bikes collects bikes, repairs and sells some of the bikes, and ships some to countries who can benefit from the donations.
- 9. Mountain Bike Coordinator:**
 - Baltimore Ortega: Trails are not ready for riding, but this is a good time for hill training.
 - Chequamegon Mountain Bike 1st Expedition 2014 -- July 10 - 14 - informational meeting will be at George Pastorino's home Saturday Apr 19. Please RSVP and attend the meeting if you are interested.
- 10. Awards and Club Attire:**
 - Last of the extra-large wool jerseys should be coming in. There were a few extra jerseys ordered. Check with Armaline to see what is available. Patch awards are in. Ride leader jerseys and t-shirts are being shipped. May meeting is being scheduled for the awards ceremony.
 - Armaline Mirretti reminded that T-shirts sizes are needed for those who want T-shirts. For those who don't want one, a check will be given for same value.
- 11. Database Manager:** Nancy Shack, Database Manager, requested that names on ride sheets should be members; and guest should sign on the guest's ride sheets.
- 12. Refreshments:** Marge Ricke, Refreshment Coordinator, is out, due to knee surgery. Mary Lee St. Aubin provided refreshments for tonight's meeting.
- 13. Announcements:**
 - Tom Preston stated that the club is in need of a Sergeant at Arms - to assist with getting the key from the bank for the meeting space, and locking up when we leave. Ken Hickey's wife Sue volunteered to assume that responsibility.
 - Tom also announced that Larry Gitchell has chosen to take a year away from EBC and therefore we are in need of a Safety Chair. Baltimore Ortega volunteered to assume this position, until Larry decides to return.
 - EBC is also in need of a Publicity Coordinator to communicate club activities to the newspaper.
 - Elmhurst Family Bicycling Fun Rides have been scheduled for Sundays on the following dates: June 15 / July 20 / August 10. All rides will begin at 3 pm from Wilder Park, Cottage Hill side in Elmhurst. Bike route will follow local streets, at a family friendly speed, and be completed within 2 hours. These rides will be highlighting bike safety, cycling fun, and Elmhurst's designation as a Bike Friendly Community.
- 14. Program: No guest speaker.**
- 15. The next meeting will be held on Thursday, May 8, 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 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 Baltimore Ortega, 312.697.7031 baltimore.ortega_gmail.com
Treasurer Judy Mikesell, 630.833.1036 treasurer_elmhurstbicycling.org	Programs Ray Dal Lago, 630.543.4655 dlag10_aol.com	Sergeant-at-Arms Sue Hickey, 630.627.4518 sue_kensvideo.com
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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
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Interested in joining EBC? [Membership Application](http://www.elmhurstbicycling.org/about/membership.asp) (<http://www.elmhurstbicycling.org/about/membership.asp>)

May, 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 out 30 or more days, 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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