



The Cue Sheet

June
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.

Blind Stoker Ride - May 17

by Chuck Dean

Photos by George Pastorino

Tom Preston and I stood nervously on the south side of the tracks in Elmhurst on a recent Saturday after the westbound train had already left. And where were our Blind Stokers? I had been at the east end of the platform while Tom had been at the west end. Neither of us had seen them. Did they miss the train? Were they arriving at a different station? How 7 or 8 minutes can become an eternity was apparent. Tom broke out his cell phone; of course there was no answer. Just as we really were running out of ideas, all of a sudden, there they were. How we had missed them is still a mystery to both of us. Safely loaded into our 2 cars, Tom and I headed over to Jerome's for the tandem bike fittings for ourselves and our guests.

While the possibility of rain had been threatened, Saturday's weather was just about perfect. And the attraction of the Taste of Glen Ellyn motivated all of us to make our way from Eldridge Park to downtown Glen Ellyn. Tom altered the route very slightly to avoid portions of the Prairie Path that might have been softened by the rains that had occurred in the days before Saturday. We had a mild head wind, but soon enough, we were there.



The group arrives in Glen Ellyn.

Our group sampled most of the offerings including pulled pork, ribs, tacos, pizza, and at least one corn dog. Jerome sampled an ice cold beer. The band shell (tent) had musicians playing and a competent young (13-year-old?) singer. There were sweet treats as well, and several funnel cakes were shared by many of us. (That light breeze spread powdered sugar over all of us.) Pussanee opted for the deep-fried Snickers.

George P's slide show is a 'must see' to enjoy the ride, the weather, AND THE FOOD. [Take a](#)

[look.](#)

The light westerly winds coupled with well-timed green lights, and no-traffic stops signs had us quickly back to Jerome's house in Elmhurst. Jerome broke out the chips and sauce; and George P. had a well-stocked cooler (beer, of course). What a delightful day.



Back in Elmhurst, Jerome's Backyard

Trail Mix, GORP, Pogey Bait - You Are What You Eat

By Chuck Dean and fellow-EBCers

Pushin' those pedals is all it takes to burn more than a few calories. It stands to reason that our energy stores need to be replaced. And of course, don't forget to stay hydrated. Knowing that EBCers have their favorite ways of getting an energy boost, I asked you to share your trail mix recipes and snack favorites. Here are your responses.

George Hermach provided the following recipe and entertainingly the definition of GORP: I make my Gorp from about equal parts of M&Ms, low-salt mixed nuts, and dried fruit. I currently have a supply of dried cherries, but you can use raisins or any dried fruit. I mix a large batch and keep what I'm not currently using in the freezer. I take a small zip-lock bag of my Gorp in my bike bag and in my day pack hiking and x-c skiing. Incidentally, Gorp is an old name for trail mix and originally stood for "Good Old Raisins and Peanuts".

Freda suggests keeping it simple: :-). Apple and cheese stick. :-) Keep it simple-no work. Balanced protein and healthy carbs.

Cheri O'Riordan offered her favorites for biking, hiking, XC skiing:

Trail Mix: Pieces of raw walnuts, pecans, pistachios and almonds mixed with dried banana chips, dried cranberries, and diced dried apricots with one small pkg. of plain M & M's.

Snack bar: Variety of Cliff Mojo bars (the ones with pretzel pieces, coconut, berries, etc.)

Favorite "must have": Cut-in-half fresh Navel orange slices in a small snack bag. Good for potassium and I never have any leg cramps.

Betty Bond prefers just an apple (Fiji or Golden Delicious) and some mixed nuts.... I buy the nuts at Costco...large containers...and get one salted and one unsalted and mix them....so I get less salt.

Loren Habegger takes a more elaborate approach and provided the recipe from Rick Gallop's "The Glycemic Index Diet." This recipe makes a kind of bar that holds up well on hot days.

Homemade Granola Bars

It makes 16 bars.

1 1/2 cups whole wheat flour
Sweetener equivalent to 1/3 cup of sugar
2 teaspoons baking powder
1/2 cup wheat bran cereal, such as All-Bran or Bran Buds
1 teaspoon ground cinnamon
1 teaspoon ground allspice
1/2 teaspoon ground ginger
1/2 teaspoon salt (optional)
1 1/2 cups large-flake, rolled, or steel-cut oats
1 cup finely chopped dried apricots
1/2 cup shelled sunflower seeds
3/4 cup unsweetened applesauce
1/2 cup apple juice
3 low cholesterol (omega-3) eggs
2 teaspoons vegetable oil

1. Preheat the oven to 400 degrees F.
2. Line a shallow 8-by-12-inch baking dish with parchment paper.
3. Mix the flour, sweetener, baking powder, wheat bran, cinnamon, allspice, ginger, and salt (if using), in a large bowl. Stir in the oats, apricots, and sunflower seeds.
4. In a separate bowl, mix the applesauce, apple juice, eggs, and oil together, and add to the flour mixture.
5. Pour the batter into the prepared baking dish and spread it out evenly.
6. Bake until lightly browned, 15 to 20 minutes. Let cool and cut into 16 bars. Keep the bars in the freezer and microwave on high for about 30 seconds to warm.

Editor's note: Loren did not recommend bringing the microwave along on the ride.

Mary Lee St. Aubin took another simple approach. I like and use Luna Bars and, occasionally, Shot Blocks. The Luna Bars with coffee work well for me, though they tend to melt and become gooey when the weather turns warm.

Riding with many of you over the years, I know that you could have provided a slew of additional recipes. On today's ride to the St. Charles Panera I sampled **John Stanaway's** nut mix (no M&M's). **Gary Beardsley** has shared dates on other occasions. **Pravin** offered me raw coconut out in Oswego one day. And I'm trying to think about who would be the banana king (or queen) in our club. Loren and I remember another rider (**Henry**) who had a banana on every single ride we ever took together.

Chuck LaGreco and I are both partial to Nature Valley Oats 'n Honey, but they can be hard to swallow if you have let yourself become dehydrated.. And lately, I like Trader Joe's Vanilla Almond Chewy Coated & Drizzled granola bars (150 calories).

Well that's it for the recipes this time. Whether you call it trail mix or GORP (or Pogey Bait from the Gedunk), a snack is an ideal refresher on your journey.

Horsey Hundred 2014

Text and Photos by George Pastorino

Another fabulous Horsey Hundred today (Saturday - near Lexington, KY). We had a great group of riders and terrific weather, with sunshine and a high of 78..... After a 4am wake up call....we hit The Waffle House at 5 am....and had wheels rolling at 6am sharp..... When you ride this early you are treated to beautiful morning mist that hangs in the valleys and you get to see the sun come up as you ride. Very cool!



...about 7,000 ft. of climbing over the 105 mile course.....mostly rolling hills, but the stretch between mile 50 and mile 70 had some 20% percent hills that had us down to 4 mph on our 50 pound steel tandem (steel is real baby). Roads are stunning country lanes with great view of the Blue Ridge Horse Farm country. Speaking of horses....they are very friendly and were whispering in Pussanee's ear.

The Horsey is not a ride to try to get from point A to point B in the fastest possible time....if you are not stopping and getting off your bike often to let the horses put their head on your shoulder.....you are missing out.

We immediately hit Galvan's Bar post ride to start the recovery with several outstanding beers. This might be my only report due to draconian union work rules in Kentucky.

[See Slideshow here, Horsey 2014](#)

[Cocktail Party Video here.](#)

(The next day's report -- after union work rules were suspended.)

We spent a leisurely day riding and petting horses on Sunday. They are so friendly, but we notice most cyclists are too busy trying to get to the end of the ride to stop and say hi that's too bad as you don't get a medal for finishing 10 minutes faster ... :)

Slow down and enjoy the ride :)

We did get our friend Bert to stop and pet the horses.....way to go Bert.

So, lay your bike down near the road as they don't like the bikes and walk up to the fence..... they will come to you for a little love.....

[HorsePlay Kentucky video here.](#)

June - A Busy Month

With June being the kick-off to biking season for a lot of people, we have a several events going on that we need your help and participation with. These will all result in publicity and possibly new members for EBC.

Here is the run down.

- June 2 - Elmhurst Mayor Morley will issue a proclamation that the week of June 16 is Bike to Work Week. I need your help by attending the Council meeting in City Hall as a show of support. The meeting starts at 7:30 pm and this will be early on in the agenda. You are free to leave after this part of the meeting and always welcome to stay if you are into government meetings.

- June 10 - DuPage County Chair Cronin will issue a proclamation declaring the week of June 16 as Bike to Work Week. The County Board meeting will start at 10 am in the County Board Room at 421 N. County Farm Road, Wheaton. I expect this to take place early in the meeting and you will be able to continue or start a bike ride immediately after this part of the meeting.
- June 11 - Elmhurst Farmers' Market. The Club will have a "welcome and information" table at the Farmer's Market again this year. We will start at 6:45 am with set up and be finished by 1:15 pm with take down. As in the past, we will break this into two shifts (6:45 am - 10 am and 10 am - 1:15 pm) and we will need 2 - 3 volunteers for each shift. This is a fun time to share your cycling expertise to the community and recruit new members to the Club.
- June 15 - Elmhurst Family Bicycling; a no-spandex ride organized by Club members Kim Messina and Petra Hofmann. The purpose of the ride is to introduce Elmhurst families to safe biking through town, exploring the neighborhoods and celebrating Elmhurst's Bicycle Friendly Community designation. This is the first of 3 such rides this summer. If you are able to help, please contact Kim. The ride will start at 3 pm and the start will be on the Cottage Hill side of Wilder Park. Helmets are required.
- June 17 - Join DuPage Chairman Cronin as he rides to work from Elmhurst to his office in Wheaton. The start point will be at the gazebo on the Prairie Path at Spring Road. The time has not been finalized yet but in the past this has started at about 7:30 am. More details will be announced as they become available.
- June 18 - Welcome and informational table at the Elmhurst Metra station. This is the annual observance of Bike to Work/Metra Week in Elmhurst where we will have the opportunity to introduce the community to the Bike Club (yes, there are still people out there who have not heard of the Elmhurst Bicycle Club). The table will open for "business" at 6:30 am and will close down at 8:30 am after the last commuter train has left.

Please let me know if you are able to help with one or more of the events above. This is a great time for community outreach for the Club. Show your colors and show up! Contact me with questions.

Bob Hoel
 Advocacy Chair
 Elmhurst Bicycle Club
 630-240-0219, cell

Better on a bike than in a box!

Cycling Lingo - A List of Common Terminology
 from RBR - RoadBikeRider

Did you happen to see Joanne Dybala's forwarded reference from the Joliet Bike Club about bicycling lingo? [Bicycling Lingo](#)

Retro Style Jersey

We are offering a second style EBC cycling jersey that's modeled after the black retro wool jerseys seen on many members this winter. These are short sleeve summer fabric jerseys with a full zipper from Verge Sport Cycling Apparel. If you are interested, we will have one of each size jersey, XS through 3XL at the June 12th EBC monthly club meeting. They are unisex and "club cut." You can test the fit and find the correct size to order. The cost is \$65 each and delivery usually runs 3 to 4 weeks.

If you would like to purchase a jersey but are unable to attend the club meeting you can use

the referenced [sizing chart](#) for your selection and e-mail it to Rich Aycock, aycockreedy_at_gmail.com, please use EBC Retro Jersey Order in the subject line. We will be collecting payment and placing an order the last week in June. Also, at the end of the meeting we'll be selling the jerseys used for sizing. If you are a new member, here's a link to the monthly meeting information on the EBC website, hope to see you there. -Rich



Summer Weight Jersey

<http://www.elmhurstbicycling.org/aboutebc/meetings.asp>

Meeting Minutes May

Board Minutes May 14, 2014

Present: Tom Preston, Kim Messina, Ken Hickey, Sam Gunda

- 1. President:** The Board Meeting was called to order at 6:15 pm at the Community Bank of Elmhurst.
 - Tom read an email from Marion Morawicz, EBC member, who asked if it could be possible to have miles ridden and year printed on jerseys. A few years ago, instead of tee-shirts, the person in charge ordered jerseys with the miles ridden that year printed on the jerseys. The following year, so many members rode over 1000+ were disappointed when the traditional club t-shirts were given. For now no decision has been made, but ongoing discussions will continue on this subject.
 - Tom read an email from Cian Perez stating that since the current EBC tri-fold brochure/membership application is in short supply, the club should consider updating the current version with more accurate information. For example, membership fees have changed and the form reflects a different amount. Also, he suggested that a line be added to the application, as to "how did you become aware of EBC". He would like to have this also added to the online application.
 - Christmas Party - discussion to create a committee to start looking for offsite locations for the EBC holiday party. Should the party be held offsite, the cost should be covered by EBC only to the extent of the previous Christmas party with attending members paying the balance.
 - Sam Gunda has requested that an Addison location be added to the Show and Go roster. It was discussed that he list rides from that location so many will get familiar with a new location, and then later it can be added as a frequent Show and Go location.
 - Sam is looking for EBC members to attend the Addison Bike Fest June 22. He needs volunteers to work the EBC table, as well as ride along with families. Sam will also be leading family rides organized with Addison Park District. See Sam for more details.

EBC General Meeting Minutes May 14, 2014

Present: Tom Preston, Ken Hickey, Kim Messina
Members Present: 31 Guests: 1

- 1. President:**
 - The meeting was called to order at 7:15 pm at the Community Bank of Elmhurst.
 - Tom read a thank you note from Cian thanking Nancy Shack for sending out individual emails to members who had not yet paid their club dues. By her doing this, many sent their dues in and membership totals reflect this. Also Cian thanked Baltimore Ortega for holding a new rider event, which helps new members feel welcomed. Ed Gin and others also helped with new members. Cian hopes this becomes a yearly event.
- 2. Secretary:**
 - The April 10, 2014 EBC Meeting Minutes were not read, but have been published on the EBC website. Minutes can be viewed on the EBC website in the newsletter.
 - Kim spoke of the Elmhurst Family Bicycling rides: Elmhurst Family Bicycling Fun Rides have been scheduled for Sundays, June 15 / July 20 / August 10. All rides will begin at 3 pm from Wilder Park, Cottage Hill side in Elmhurst. Bike route will be contained to local streets, family friendly speed, and completed within 2 hours. These rides will be highlighting bike safety, cycling fun, and Elmhurst's designation as a Bike Friendly Community.
- 3. Treasurer:** Judy Mikesell is on vacation. Ginny Preston read the Monthly Banking Summary dated 4/11/2014 - 5/6/2014, listed income was \$471.20; expenses were \$609.06; Total Banking balance at this time: \$15,580.32.
- 4. VP/Ride Captain:**
 - Ken Hickey announced that he would lead the Ride of Silence be on May 21 at 6:45 pm. Distance: 10-15 miles at 6-8 mph. Arm bands are available. Jerome led this ride last year, but is unavailable, so Ken will lead. Here is the website for more information on this organization: <http://www.rideofsilence.org/main.php>
 - Sam Gunda is looking for EBC members to attend the Addison Bike Fest June 22. He needs

2. **Secretary:** The April 10, 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:** Judy is on vacation. She emailed her reports which will be read and passed around at the meeting. Tom will send email copy to list server after the meeting.
4. **VP/Ride Captain:** Ken will mention the Ride of Silence and Sam's Addison rides during the meeting.
5. **Membership Coordinator:** Cian emailed his report to be read at meeting: Single Memberships 200; Family Memberships 105; Total Memberships 305; Total Members: 466
6. **The next Board Meeting** will be held on Thursday June 12, 2014 at 6:15pm at the Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina
Club Secretary

5. **Membership Coordinator:** Email report from Cian, 13 new member's names were read and will be listed in an email to the list server. Single Memberships 200; Family Memberships 105; Total Memberships 305; Total Members: 466
6. **Door prize winners:**
 - George Hermach - Trek - Gift certificate
 - Kim Messina - \$20 certificate Lick bike
 - Cheri O'Riordan - Rudy's Cycle \$20 certificate
7. **Safety Chairman:** Baltimore Ortega - list for safety is quite long, a few items will be taken at a time to talk about. Riding single file is important and is just one of the rules that should be followed. It is up to you to ride safely. Stop signs - policy of the club should be to follow the rules. Any concerns or questions send a personal email to Baltimore directly.
8. **Members Mileage Database:** Peter Gough, in an email read by Tom, said he is enjoying his new job and that all is going well. He is thankful that Nancy and Bill Shack had done such a great job in maintaining the program, which makes it easy for him to continue in his new responsibilities. Bill was very helpful in setting up Peter's computer to run the program. Tom mentioned that Bill Shack was also very helpful in creating the membership directory in the past. Jerome Hughes has volunteered to help with the 2014 Membership Directories.
9. **Mountain Bike Coordinator:** George Pastorino: Due to lots of rain, trails are not good for riding, but this is a good time for hill training. - Chequamegon Mountain Bike 1st Expedition 2014 -- July 10 - 14 - Mountain bike rides led by Baltimore (easy rides) and George (intermediate rides). Steve Sanderson will lead canoe trips. - For summer mountain bike / pool party rides: Sundays June 29 / Jul 27 / Aug 24. Easy, intermediate mountain bike rides, as well as road rides led by others, and then after the rides - stay for the party. - Tuesday nights with George - learn how to ride a mountain bike- private lessons - contact George. He has bikes to loan out if you need to borrow one. - Watch for future mountain bike rides to Kettle, Brown County
10. **Awards and Club Attire:** Armaline handed out patch awards, and certificates to qualifying members. T-shirts are not in and will be given out next month. Because of the delay, Voler will give each t-shirt recipient a \$25 gift certificate.
11. **Website Team:** Tom thanked Sharon Hermach and Cindy Reedy who have updated and edited the web site to reflect the changes in the awards program.
12. **Refreshments:** Marge Ricke, Refreshment Coordinator is out, due to knee surgery. Tom and Ginny Preston provided refreshments for tonight's meeting.
13. **Announcements:** Request for volunteers to seek out an offsite location for the 2014 EBC Christmas Party. Should the party be held offsite, the cost should be covered by EBC only to the extent of the previous Christmas party with attending members paying the balance. Armaline, Cheri, Betty, Kim, and Sam volunteered
14. **Program:** no guest speaker
15. **The next meeting** will be held on Thursday, June 12, 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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Interested in joining EBC? [Membership Application](http://www.elmhurstbicycling.org/about/membership.asp)
(<http://www.elmhurstbicycling.org/about/membership.asp>)

June, 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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