



# The Cue Sheet

September  
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.

## Picnic Fun at Salt Creek Park, Elmhurst

by Chuck Dean

Pictures and Slide Show courtesy of George Pastorino

Great weather set the stage for our annual 2014 EBC picnic while Joanne Dezur and helpers set the table. Sixty or so EBCers met at the Salt Creek Park in Elmhurst near North Avenue and Rte. 83. Corkys provided the food and once again a feast was offered. Tasty chicken and beef and pasta insured no one went hungry. Wonderful salads and desserts brought by our members complemented the main course and satisfied 'the sweet tooth.'



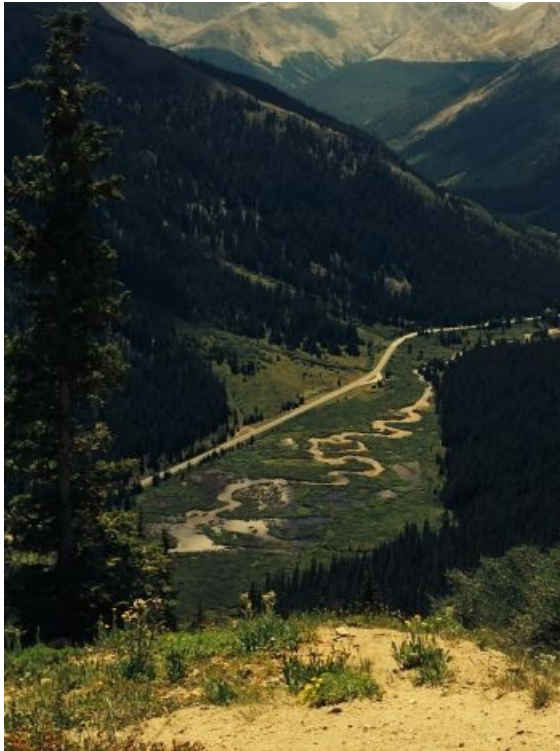
George P. led a ride and a dozen riders to the picnic combining calorie-burning and calorie-replacement exercises. George took pictures which are available at: [http://albums.phanfare.com/isolated/FQ3mFThF/1/6625759\\_7634908](http://albums.phanfare.com/isolated/FQ3mFThF/1/6625759_7634908)

Nine 2-person teams signed up and played bean bag toss. A \$25 gift certificate went to the winners; and a drawing for a 2nd \$25 certificate was held for all the teams that competed.

Joanne, I know I'm representing a large group of EBCers who thank you for staging another outstanding picnic. **THANK YOU!**



## Colorado Adventure By Kären Schwartz



This scene illustrates why we have returned to Colorado for 20 years to cycle every summer. The scene is what you see while descending Independence Pass. It shows the whole valley that you have just biked! Colorado is the most beautiful place to bike in the summer.

This year a group of EBCers hiked and biked Colorado and had a great adventure and fun. We began by spending 4 days in Estes Park hiking some wonderful trails. Estes Park is located next to Rocky Mountain National Park. The Park has Trail Ridge Road as the main thoroughfare. In previous years we have biked this 12,000 footer, but this year we spent the first four days hiking. Our favorite hike was a four-mile up climb on a trail called Lily Mountain. It had a great view at the top that was the reward for a rocky scramble up about 100 feet. It will be on our list of hikes to be repeated.



After the Estes Park portion of our Colorado stay, we headed off to Breckenridge where several others joined us in the 7-bedroom house we had rented in Breckenridge. The house was a mansion with TV's in every room, a hot tub and a huge living area. We like to begin our house search early so that we have a choice of the best places to stay. By getting enough folks to commit early, we can get a super house that is only a bit more than \$100 a night per bedroom! If you have any interest next year remember that the early decision to join in renting the house means a much nicer house and a lot more fun group experience!

This year was the best year ever. We had a very compatible group that really enjoyed having a good time! Our wine supply was never exhausted as everyone brought quite a few bottles along. The group took turns cooking the dinners and that proved to be one of the highlights of each day as our outstanding chef Brian lent his expertise to each meal. His fruit dessert with liquor marinating the fruit was one of the highlights! There were a few hijinks too. There is a long-standing joke about an extra pair of underwear that appeared in someone's luggage several years ago on an earlier Colorado trip. This year it made its appearance when Diane was driving to her swimming pool outing. Some unknown person in the group had tied a pair of men's boxers to her roof rack. She couldn't figure out why other drivers kept waving at her. She just thought they were a friendly community! We just had a lot of fun!

We tried a new place to bike that starts in Basalt Colorado. It's called Frying Pan Road. It is truly one of the most scenic roads we've ever cycled. We saw mountain goats on one side of the road and a flowing river on the other. It's on our list to do again!



Fryingpan-Arkansas Reservoir

Finally, on the last day some of us tackled my favorite pass - Independence Pass. Eight of us made it up to its 12,000 foot top. The feeling of accomplishment is the ultimate cycling high!

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**Bike Accidents**  
by Baltimore Ortega, Safety Chair

On a recent ride with a great group of riders, I decided to ride back to Villa Park from the Pastorino home with John Riordan, who was leading his first ride. On the way back we rode over a bridge on the sidewalk. At the bottom, I turned my bike to get off the sidewalk and onto the street. Suddenly, my front wheel got caught in a groove between the curb and sidewalk. I pulled up the front to get the tire out and fell on the street in the line of traffic. I jumped up quickly and was okay because I was riding slowly and fell on my hydration backpack. Another rider fell later while we were almost stopped. The rider was not injured. What did I learn today, and what should we think about on rides?

- 1) We need to ride single file when road conditions are busy, or there is a town ordinance. I saw a rider today who kept moving in the middle and riding next to riders on busy roads.
- 2) I saw a rider ride with his wheel next to the wheel of another rider. This happened because the rider up front slowed down and the rider behind did not adjust. Remember, when you overlap wheels, accidents happen.
- 3) We had a tire blowout today. Fortunately, there was no accident, the flat was fixed, and the ride continued at a slower pace. Please have your tires checked and replaced when needed, and buy tires with flat protection.
- 4) Watch out for any grooves on sidewalks, railroad tracks, and on the roads. Be careful with potholes, and call out any possible road problems and holes.
- 5) Call out the turns before so riders can get ready. We had a rider fall because it was not clear we were turning. We were almost stopped, so the rider was not hurt. But, the lesson is we should call out the turns and anything else on the roads.

PLEASE REPORT ACCIDENTS, INCIDENTS, AND SAFETY ISSUES ON RIDES.

We had some accidents recently, and we did not get reports on all of them. We would like the information in order to send it out to the club.

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## Bicycles in History - A Different Kind of Cavalry

By Ted Sward

1896 — A young West Point graduate — Lt. James A. Moss (also an avid bicyclist) — who was stationed at Fort Missoula, Montana, gained the approval of General Nelson A. Miles, and the 25th US Infantry Bicycle Corps was formed. Bicycles had many advantages over horses. They were cheaper, did not eat, required little care. They made almost no noise, raised little dust and the tire tracks did not betray their direction. They needed no caretakers thus freeing men for battle.

Two shakedown treks of 126 miles (Lake McDonald) and 791 miles (Yellowstone Park) were successful. The troops carried 80 pound packs on their bikes and could roll the bikes when they could not ride. On June 14, 1897 they set out on a 2,800 mile round trip to St. Louis, Missouri. During the trip they encountered awful conditions. RAIN — HAIL— Roads turned into gumbo, snow, ice, cold, ankle deep sand, lack of water in Nebraska (even bumpy railroad ties looked attractive for 170 miles) — 100 degree heat, sickness and blisters. They arrived in St. Louis on July 24 to cheers from large groups of wheelmen and citizens. However, no officers from the Army were present. The troops had accomplished the greatest military bicycle feat ever proposed on this continent. The corps returned to Fort Missoula by rail despite high praise from Gen. Miles. The corps disbanded April 10, 1898. (Condensed from Invention and Technology Magazine)

(This article along with many others by Ted and other authors appears on the Safety Tips link (under the Helpful Information drop down menu) of our EBC website. Take a look sometime. [Safety Tips Link](#). Ed.)

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## Shoes For Every Occasion

by Chuck Dean

One size does not fit all; nor does one style of shoe work on every occasion or bike ride. Cindy's recent Sunday ride had 10 riders evenly divided between men and women. 'Survey Says:' Seven of the ten riders wore 'bicycle shoes' including me.

For years, when riding either of my two bikes with fairly conventional platform pedals, I

wore tennis shoes. I've done centuries in tennis shoes and week-long bike rides in tennis shoes. Lately, when wearing tennis shoes, the bottoms of my feet would become sore. Maybe it was because the shoes were very old, soft, and actually had a lateral crack across the sole near the arch of my foot. Whatever the reason, I caved in recently and bought real 'bicycle shoes' - why they even prominently say 'Shimano.' I rode forty miles with the new shoes on a recent Thursday and did not experience any foot pain. Wanting to break-in the new shoes a little more, I thought Cindy's ride on Sunday would be another good test.



I arrived at the start of the ride thinking about how nice my new shoes were and noticed Cindy wearing casual light-weight shoes. She said her feet were much more comfortable after she switched from conventional bike shoes to some sandals. So, if there is a moral to this story, choose shoes that make you comfortable.

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### Sunscreen by Chuck Dean

I had an independent idea to put in a plug for sunscreen as I have been pretty good this year about remembering to wear sunscreen. I say 'independent' because I thought about this before seeing the July issue of Bicycling which also ran an article. There was more drama in their headline: "Say No to Skin Cancer," but that does seem like a pretty good reason to protect yourself. I'm not aware of anyone in my personal circle of bicycling friends that have had skin cancer, but I know a number of other friends (outdoors people: golf, tennis, gardening) who have had parts of an ear or nose removed due to a melanoma.

Elsewhere in this issue, I reprinted Ted Sward's historical piece about an 1896 bicycle brigade. This article has been on our website for years under a 'Safety' tab. Ted mentioned the article as a candidate for the newsletter and told me where I could find it. While searching the Safety tab, it was interesting to note the absence of any prior article about sunscreen. So it is probably fair to say that it is a subject that can easily be overlooked. The Bicycling piece mentioned products that include sprays and creams and materials used for helmet beanies or arm UV screens. Quite a few EBCers have been wearing these arm screens in recent years. They report that they are cool (not hot). I have taken to wearing a long sleeve jersey on many occasions myself, but my jerseys are not UV rated. I'm not sure how much protection they provide. Nonetheless, without trying to be too preachy, consider protecting yourself when you are out on a ride.

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### Can You Remember What This Used To Look Like? Panorama Photo by Sharon Hermach



You had to remember to pick up your speed because the RR tracks were up about 30 inches higher than grade. But the extra speed worked against you as you had to make the quick left, then right while crossing the tracks. And hopefully you did not have to contend with a rider crossing in the other direction. Well, this RR crossing on the Illinois Prairie Path just west of York Road has had the deluxe treatment. How Nice!

# Meeting Minutes August

## Board Minutes August 14, 2014

**Present:** Tom Preston, Judy Mikesell, Cian Perez, Cindy Reedy, Kim Messina, Ginny Preston, Betty Bond

- 1. President:** The Board Meeting was called to order at 6:15 pm at the Community Bank of Elmhurst.
  - First topic of the evening was the new EBC Tri-fold Brochure that is being updated by Cian. He will have an example of the brochure with a simplified membership - Single membership or Family membership with 1 membership fee option for each to make it less confusing. Also the question will be asked "Where did you hear about the Elmhurst Bike Club," to see where new members are coming from. It has not been determined how many will be ordered, as pricing options need to be researched.
  - Printed Directories - It was proposed to show only sponsors, the officers, chair persons, the membership roster, and the links to the EBC web-site for the complete Club By-laws. This change was made to avoid the additional cost in printing information that can be found easily on the EBC web-site. It is also easier to update, should changes occur during the year. A PDF of the membership roster will be emailed to all members.
  - A request was received from Petra to allow Ignite Glass to utilize the club PayPal account to organize an EBC group outing at their studio. Payments would be made through EBC, and EBC would then send a check to Ignite Glass Studios. This request was denied due to the fact that Ignite has its own PayPal account.
- 2. Treasurer:** The Treasurer reported: Monthly Banking Summary (dated 7/10/2014 - 8/13/2014) listed income was \$103.84; expenses were \$658.89; Total Banking balance at this time: \$14,382.49
- 3. VP/Ride Captain:** No report
- 4. Newsletter Editor:** No report.
- 5. Membership Coordinator:** Total membership - Single 237; Family membership - 118; Total - 355. Total Members: 537
- 6. Miles or No Miles:** A suggestion was made by a club member to eliminate the mileage program to remain consistent as a club. Some members don't want to accumulate their miles, some do. As a club we should have a consistent policy. Everyone gets miles or no one gets miles. After a discussion, it was decided that no changes will be made to the current program.
- 7. Advocacy:** The League of American Bicyclists has put together a new booklet which is a good resource to pass out at EBC community functions. It is a quick guide to safe cycling for those who would like to learn the correct and safe way to road cycling. Bob Hoel requested that EBC purchase 100 booklets at a \$1.00 per book. This request was approved by The Board.
- 8. Discussions** are ongoing in regards to developing a new integrated computer program to include membership, mileage, ride schedules, and personal club member profile. Cindy and Cian mentioned that this dream program will be similar to what many may have seen when

## EBC General Meeting Minutes August 14, 2014

**Present:** Tom Preston, Judy Mikesell, Cian Perez, Cindy Reedy, Kim Messina

- 1. President:** The Club Meeting was called to order at 7:15 pm at the Community Bank of Elmhurst.
- 2. Secretary:**
  - June 2014 EBC Meeting Minutes were not read, but can be viewed on the EBC website in the newsletter.
  - Kim spoke of the Elmhurst Family Bicycling rides - Last ride was held August 10. Four guests joined 7 members for a community ride. There may be another Family Ride in September, which will encourage Elmhurst Schools to participate. A date has not been set, but Joanne DeZur will help plan this ride.
  - Christmas Party will be held Dec 11 at the Snuggery in Elmhurst. Cost to members is \$5.50 / cost to nonmembers will be \$16.00. A link will be put on the EBC website that will direct members to PayPal to pay for the Christmas party.
- 3. Treasurer:** Tom Preston read the Monthly Banking Summary: Monthly Banking Summary (dated 7/10/2014 - 8/13/2014) listed income was \$103.84; expenses were \$658.89; Total Banking balance at this time: \$14,382.49
- 4. VP/Ride Captain:** Ride captain is on vacation - he sends his greetings from Colorado
- 5. Picnic Chair -** Joanne DeZur organized a great picnic that was held Saturday August 9, at Salt Creek Park in Elmhurst. Great weather, great food, and great turnout - another successful EBC picnic.
- 6. Membership Coordinator:**

Total membership - Single 237; Family membership - 118; Total - 355. Total Members: 537. New memberships since last month - 18.

Door prize winners: John Loesch - wine; Paul Punchum - Gift certificate from J&R Cycle & Ski
- 7. Newsletter Editor:** Thanks to Chuck Dean for doing a great job with the EBC newsletter. Keep contributing articles of your cycling experiences.
- 8. Safety Chairman:** Baltimore Ortega discussed 'Awareness.'
  - We are a great bike club with the best mountain bike program! There are a variety of rides offered daily.
  - If there is an incident or accident, please report it - so we can learn from it, and advise others in hopes of avoiding similar accidents in the future.
  - Focus on safety. For as many club rides as we have, we are fortunate to have a pretty good safety record.
- 9. Advocacy:** No news
- 10. Mountain Bike Coordinator:** George Pastorino:
  - All the mountain bike trails are open. Baltimore and George will be doing a mountain bike training day sometime in the future. Also a Fall Color ride will be posted in the future. It will be an easy ride to allow many to participate.
  - Being aware of your surroundings and concentrating while riding is the key to safe riding.
  - Flat Pedals - Are highly recommended when mountain biking for safety and riding convenience. There is a great Article on Flat Pedals here: <http://www.bikejames.com/wp-content/uploads/2012/12/FlatPedalRevolutionManifesto.pdf>
- 11. Publicity Chairman:** No news
- 12. Refreshments:** Betty Bond provided refreshments this evening. Thank you Betty!
- 13. Member Miles Database Manager:** Peter Gough:
  - He is able to post pictures on the EBC website - so please email pictures to him for posting. Make sure you have everyone's permission to post their pictures.
  - Thanks to all those who are sending in their ride sheets promptly and encouraging members to list their names legibly.
  - One note to ride leaders: If there is someone on your ride you don't know, please ask the person if he/she is a member or not. Have him/her sign the correct side of the ride sheet.

registering online or creating a 'personal preference' profile at work or with the bank they use. When there is the opportunity, there will be an outline with all the features that would make the website more time efficient for those who update or input data on a regular basis.

9. **The next Board Meeting** will be held on Thursday September 11, 2014 at 6:15 pm at the Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina  
Club Secretary

14. **Web Site Team:** Cindy Reedy: Server errors have been occurring recently. Please let Cindy know. This has happened in the past, and it was discovered that the website was on a bad server. Before anything major happens, Cindy would like to have documented examples of server errors. This information will help in taking corrective measures to ensure a problem free website.
15. **Awards Chairman:** There are a few wool jerseys and t-shirts available for sale if anyone is interested. Voler has given \$25 certificates toward your next purchase, as an apology for being late with the t-shirt order. If you don't plan on using the certificate, please turn it back in to the club, so it can be used as an item to raffle.
16. **Program:** Joseph DiCarlo has reflective bicycle accessories for sale, reasonably priced. If you are interested in purchasing any items, contact Mike at: mstruglinski@att.net
17. **The next meeting** will be held on Thursday, September 11, 2014 at 7:15 pm 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

<b>President</b> Tom Preston, 630.852.8836 president_elmhurstbicycling.org	<b>Advocacy</b> Bob Hoel bob.hoel_comcast.net	<b>Refreshments</b> Marge Ricke, 630.616.8481 margericke_gmail.com
<b>Vice President/Ride Captain</b> Ken Hickey, 630.290.0006 ridecaptain_elmhurstbicycling.org	<b>Publicity</b> Bill Bonner, 630.297.9773 bill@bonnerimpr.com	<b>Safety</b> Baltimore Ortega, 312.697.7031 baltimore.ortega_gmail.com
<b>Treasurer</b> Judy Mikesell, 630.833.1036 treasurer_elmhurstbicycling.org	<b>Programs</b> Ray Dal Lago, 630.543.4655 dlag10_aol.com	<b>Sergeant-at-Arms</b> Sue Hickey, 630.627.4518 sue_kensvideo.com
<b>Secretary</b> Kim Messina, 630.204.8945 secretary_elmhurstbicycling.org	<b>Database Manager</b> Peter Gough, 630.903.8436 prgough98_aol.com	<b>Assistant Ride Captain</b> Nancy Rice, 630.717.9923 hotline_elmhurstbicycling.org
<b>Membership Coordinator</b> Cian Perez, 847.722.7110 membership_elmhurstbicycling.org	<b>Website Team</b> Cindy Reedy, 630.234.1349 cmreedy_prodigy.net Sharon Hermach, 630.717.1660 ganskesh_hotmail.com	<b>Mountain Bike Coordinator</b> George Pastorino, 708.903.8700 gpastorino_gmail.net
<b>Newsletter Editor</b> Chuck Dean, 630.790.4203 newsletter_elmhurstbicycling.org		<b>List Server</b> Cian Perez, 847.722.7110 cian.perez_gmail.com
		<b>Human Interest Person</b> 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>)

**September, 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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