



# The Cue Sheet

November  
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.

## The 47th Hilly Hundred by Chuck Dean

Is it the HH, or the HH, or the HHH, or the HHH? Club members have heard of, and in some cases attended, the Horsey Hundred (KY), the Horrible Hilly Hundreds (WI), and the Hotter-than-Hell Hundred (TX), but I want to recap this year's Hilly Hundred, October 10-11, near Bloomington, Indiana. (Allow for a 4 hour drive [250 miles] from the western 'burbs and remember the time zone change from Central to Eastern.) It's a 2-day invitational, the 47th this year, sponsored by CIBA (Central Indiana Bicycling Association). In recent years, the 100 miles tend to be split approximately 55 on Saturday and 45 on Sunday. Registration costs \$65 if you don't wait until the last minute. Southern Indiana, similar to southern Illinois, can be very hilly - duh! Hence its name. Scenery in Owen, Monroe, and Morgan counties at any time of the year is delightful, but the fall color turn is special. Driving down route 37 south of Indianapolis presents gorgeous colorful murals around every bend in the road. The nooks and crannies and 'hollers' on either side of Route 37 are nestled into scenic hills splashed with tumble-down barns and silos, and modern up-to-date ones as well. Livestock can be found on many of the farms. The Hilly frequently has 4-5,000 riders. There are many experienced club and non-club riders, but lots of novices, college students, and others who turnout for this ride. It is a ride that begs for caution - not unreasonably - because of the close proximity of so many riders coupled with the challenges of the hills themselves. Rural roads can also be full of pot holes; but the ride organizers do a very good job of marking the holes with signs and florescent paint outlines. Hills offer challenges in both directions: up and down. Roadside signs offer advance warning of a sharp turn at the bottom of a hill; speed must be controlled. The biggest concern on the uphill is the occasional rider that abruptly stops in front of you just before he is about to fall over. You'll also find a lot walkers pushing their bikes up the hill. Most of the roads are conveniently bereft of traffic, except for cyclists. The few roads or intersections that have much traffic tend to have police officers insuring a safe crossing.



David, Sam, Dan, Chuck -



Flying down the hill!



Chicken Dinners will fill you up!



Could I be guilty of blowing my own horn?

Rest stops are plentiful (typical as with most invitational rides) with plenty of snacks, food, water, and porta-potties. Deserving special mention are the enroute chicken dinners at the mid-point rest stop each day. No one is going to go hungry. Several of the rest stops on Saturday and Sunday have live music. Blue grass, country and western, and some 'rock' are sure to entertain. At the high school marking the start and end of the ride, a huge tent is erected with dozens of vendors hawking bicycles and bicycle-wares. Parts, tubes, tires, clothing, mirrors, shoes, helmets, and on and on - they are all present. The weather in early October can range from down-right chilly to surprisingly warm, but in the last five years I'd say it generally starts out cool in the morning (low 40's) to mid-50's later. For more information about topography, try either of the next 2 links: [Indiana Topography. Karst formations and the Mitchell Plateau](#)

For information about the Hilly Hundred, itself: [General Info about the Hilly Hundred.](#) Finally, for information about the hills themselves: [Elevation data tables and graphs.](#)



## Elmhurst Bicycle Club Holiday Party for Members and their Guests

Featuring a variety of appetizers - something for the meat lovers, veggie lovers, and those sweet tooths among us.



**When:** Thursday, December 11th  
6:30 - 9:30 p.m.

**Where:** Snuggery  
[122 S York St, Elmhurst](#)  
(630) 279-3130

The entrance is around the corner on Adelaide.  
There is also a parking garage on Adelaide,  
just west of the Snuggery.  
Parking is free after 5 p.m.

**Costs:**  
Members \$5.50  
Guests \$16.00 (If you have an Individual Membership your spouse is a guest)

### Reservations REQUIRED by December 1st

**Reservations & Payment Options:**

- Click here to register and [pay via PayPal](#)



- Click here for a [reservation form](#) if you are paying with a check
- Write the check to Elmhurst Bicycle Club
- Pay in person at the November 13th meeting or Mail to P.O. Box 902, Elmhurst, IL 60126

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## Are Your Garmin Maps Up-to-Date?

by Chuck Dean

I'm not sure how many EBCers have Garmin devices that they take with them (or mount on their bicycles) when they ride, but I know there are some. I don't have one that I take along when riding myself, but I do have an inexpensive model (Nuvi 40LM) that I have used in the car for several years. I paid the extra \$20 for lifetime map updates when I purchased it, but have never been able to get the map updates to be loaded on to the device via my personal computer. My device now routinely reminds me that its maps are out-of-date. While I've not experienced a real problem because of the out-of-date maps, I thought I should try harder to get them updated.



Garmin Nuvi 40LM car plug-in cord!

I'm happy to now report that the maps have been updated. How? I took my device to the Garmin store in downtown Chicago, 663 N. Michigan Ave. It took about 30 minutes including the wait time (10 minutes) to be seen by a technician. Garmin does not charge anything for the service; it's free. I did have to buy a 4 gig micro memory card (\$15) as I never previously added a card to my device. If I had already had a memory card in the device, I would not have had to buy another. (I witnessed another customer getting his maps updated who did not have to buy a card because he already had one in his device; and therefore there was no charge at all for the update procedure.) When my device was new, all the maps and lists of restaurants, hotels, and other points of interest (POI) fit within the capacity of the internal memory. But now, 3 years later, maps have more details and the lists of POIs are longer requiring the expanded memory of an SD card.

So, if you have been living with out-of-date maps in your device, consider a trip to the Garmin store. You can combine your trip with a lunch and a walk to nearby Millennium Park. On a recent Monday, my wife and I did just that.

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## Gallery at McCollum Park





Lots of 'color' rides in October. This is just one of them.  
At McCollum Park: George H., ?, Dave D., Nancy S. (ride leader), Mary Jo B., Hope H.

## Meeting Minutes October

### Board Minutes October 9, 2014

**Present:** Tom Preston, Ken Hickey, Judy Mikesell, Cian Perez, Cindy Reedy, Chuck Dean, Kim Messina, Ginny Preston, John Loesch

1. **President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
  - Susan Sperl agreed to stay on as Club Sponsor Chairperson for 2015. To assist with the outreach, both Tom and Ken stated that they would assist with securing club sponsors.
  - New EBC Tri-fold Brochure - has been slightly modified and is ready for printing. We are in the process of getting price quotes.
  - A new, oval, black and white EBC car sticker samples were available to share with club members to get their feedback.
2. **Treasurer:** The Treasurer reported: Monthly Banking Summary (dated 9/11/2014 - 10/9/2014) Listed income was \$137.00; expenses were \$39.79; Total Banking balance at this time: \$15,829.30.
3. **VP/Ride Captain:** No report
4. **Newsletter Editor:** No report.
5. **Membership Coordinator:** Total memberships: Single 246; Family membership - 120; Total memberships - 366. Total Members: 553.
6. **Tax Exempt:** EBC remains a nonprofit club, but not tax exempt. To create a tax exempt status (10.24/87.18 - additional forms required) it would cost more money than it would save to be known as 'Tax exempt Non Profit' organization.
7. **Club Jerseys:** John Loesch was present to make a request on behalf of several club members who want to order the current club jerseys. Susan and Armaline who coordinated the last order will be asked how the order process with Voler can be opened. Suggestion was made to have a set month every year where club members can have an opportunity to order a jersey.

### EBC General Meeting Minutes October 9, 2014

**Present:** Tom Preston, Ken Hickey, Judy Mikesell, Cian Perez, Kim Messina, Chuck Dean

1. **President:** The General Meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst.
  - Tom announced that Cian will be stepping down from his position as Membership Chair for 2015. Since this role covers 2 responsibilities - List Server Manager and Membership Coordinator - two positions will be open. Cian will assist with the transition and be available to consult as needed.
  - Club elections will take place at the November meeting. Except for Cian, the current board is willing to stay on, however if there are nominations for any of the positions, nominees should be present at the next meeting for the election.
  - Now is a good time to renew your dues for 2015. You can go to the EBC website and use PayPal to pay your dues.
  - Thanks to new members Tony and Gina Vernola for volunteering to be 'sweeps' for Mr. David's Annual 50k Bike and 5k Run/Walk Challenge on September 20, 2014.
  - Tom extended the thanks of Rich and Maryellen to those who volunteered to help at the Chicago Marathon on Sunday, October 12.
  - Heather Mitchell announced that there is a Breast Cancer Awareness ride, starting at the Naperville Trek Store on Sunday, October 12.
2. **Secretary:**
  - September 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.
  - The EBC 2014 Christmas Party will be held Thursday, December 11, from 6:30 p.m. - 9:30 p.m.

8. **Dawn Piech** inquired if we have a place where images of EBC logos are held; and yes we do. They can be found on our web server or on Googlegroups.docs. (Accessible by board members and those who work on the database)
9. **Changes to Member Miles Database:** Some club members do not want to have their names on the member miles page, and some members don't want to receive mile credit, but want to know how many rides they have been on this year. If they're on the ride, they can be listed for '0' miles and their name will not show on the mileage page. Everyone should be listed in the database if they rode on the ride. [Editor's note: after the board meeting, various complexities regarding this subject continued to be discussed by various board members and others (such as Mileage database manager). You should expect more information about this subject next month.]
10. **Pay Pal Credit Card:** Security procedures for Paypal will be reviewed to minimize the possibility of the account being hacked.
11. **Activities on the ride schedule:** Should social activities be listed on the ride schedule? The question was asked because a dancing social event was recently listed. OK to send through the general email, but not OK to list on the ride schedule.
12. **The next Board Meeting** will be held on Thursday November 13, 2014 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina  
Club Secretary

The Snuggery - 2nd floor  
122 S. York Road  
Elmhurst IL 60126

- The Snuggery will serve a variety of hot and cold appetizers throughout the evening. Soft drinks and coffee are included. Cash bar with drink specials will be available. Cost for club members: \$5.50. Cost for non-club members: \$16.00. **Casual dress or as festive as you like!**
3. **Treasurer:** Tom Preston read the Monthly Banking Summary: Monthly Banking Summary (dated 9/11/2014 - 10/9/2014) listed income was \$137.00; expenses were \$39.79; Total Banking balance at this time: \$15,829.30.
  4. **VP/Ride Captain:** Keep riding! Lots of good weather to get some good rides in. Dancing has been recently listed on the ride schedule, but for social get-togethers - please send an email on the list server and do not list the event on the ride schedule.
  5. **Membership Coordinator:** Total memberships: Single - 246; Family membership - 120; Total - 366. Total Members: 553.
  6. **Door prize winners:** Linnea Myers - Subway gift certificate.  
Heather Miller - Village Cycle & Sport gift certificate.
  7. **Newsletter Editor:** Thanks to Chuck Dean for doing a great job with the EBC newsletter. Keep contributing articles of your cycling experience or interesting cycling articles.
  8. **Safety Chairman:** Baltimore Ortega:
    - Focus this year is: Awareness of safety.
    - To be better received in communities is to be safe and considerate riders.
  9. **Advocacy:** No news.
  10. **Mountain Bike Coordinator:** George Pastorino:
    - New Trail at Palos - section is not finished yet, but when done, you will be able to ride from Gravity Cavity to Burrito Hill without taking any double track. The trail will be about 8 miles long.
    - Chequamegon is in the news... See November Mountain Bike action and Mountain flyer.
    - Pussanee is a MTB (Mountain Bike)-in-Training ride leader, please come and support the Fall Color rides that are listed. She will be also leading a Fat MTB ride November 2 at Kettle.
    - We have MTBs to loan out if you don't have one, and would like to try a MTB ride.
    - New areas to explore in 2015: Levis Trow in WI, 5 locations in Peoria (Farmdale, Dirksen, Independence, Black Partridge, and Jubilee), Comlora in Bloomington/Normal and Kickapoo State Park.
    - MTB Ride Leader Training - May 2015. This will be an all-day event, and details are still being worked out.
    - Rides are all winter long; see winter dressing tips, or contact me. (George Pastorino).
    - Per Baltimore - MTB program has grown and developed, and we are ready to bring the program to the next level.
  11. **Publicity Chairman:** no news
  12. **Refreshments:** Thanks to Marge Ricke for providing refreshments this evening, and Sue Hickey for her assistance. Now is a good time to see Marge about volunteering for next year - to provide refreshments at the club meetings.
  13. **Member Miles Database Manager: Peter Gough:**
    - We have surpassed 1,000 events for 2014 so far and over 200,000 miles.
    - Remember to clearly write your name on the ride sheet.
    - Everyone who is on an EBC ride must sign the ride sheet. If you do not want miles - just put '0' after your name, and your name will not be added to the member mileage page.
  14. **Blind Stoker Ride:** Next Blind Stoker Ride is October 18 to Sunny Acres Farm in West Chicago.

If you are interested in knowing more about these rides, contact John Loesch

15. **Program: Jim Saplis**, of Orland Park Cyclery, and a certified BG fit specialist, will explain the fit process and what it can do for you. The proper bike fit prevents injury, makes riding more comfortable, and can help make you a better rider. Jim will continue with part 2 of Ray Dal Lago's bike fitting.
16. **The next meeting** will be held on Thursday, November 13, at 7:15 p.m. at The Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina  
Club Secretary

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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>)

## November, 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>.



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