



# The Cue Sheet

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

## December 2014



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

### White Pines State Park Hike Report w Slideshow and Video by George Pastorino



EBCers enjoy a perfect Thanksgiving Thursday to give thanks at White Pines State Park!

Another great turnout today for Judy Mikesell's Hike and Dinner at White Pines State Park in Oregon, Illinois.

This is a beautiful State Park with great hiking trails and they do a great job with the Thanksgiving Feast as well.

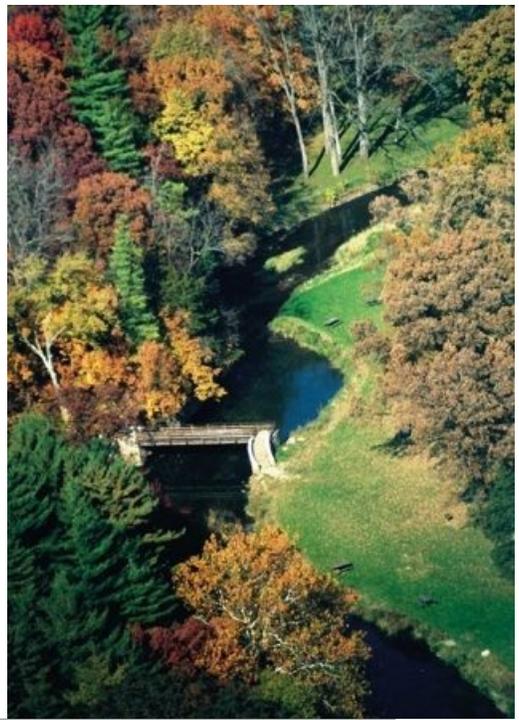
This is the first year that we hiked with significant snow on the ground....just beautiful :)

Thanks to Judy for organizing this great EBC Annual Event and for arranging the awesome snow and the 23 degree temp :)

See Slideshow here: [http://albums.phanfare.com/slideshow.aspx?i=1&db=1&pw=Mp44GZ6Y&a\\_id=6745735](http://albums.phanfare.com/slideshow.aspx?i=1&db=1&pw=Mp44GZ6Y&a_id=6745735)

See Video here: <https://www.youtube.com/watch?v=TYuTB0RkEpl&feature=youtu.be>

Editor's Note: An outing to White Pines State Park can be a wonderful idea at any time of the year. It is only about 90 miles out North Ave. (Route 64) from the Panera Bread in Elmhurst at York Road. It will take about an hour and 50 minutes. There is no admission fee. Overnight accommodations are available; and, of course, there is the wonderful lodge for dining. Check out the following link for a detailed summary of this Illinois treasure. <https://dnr.state.il.us/lands/landmgt/parks/r1/whitepns.htm>



## The List Server and Emails

From Cindy and Sharon - another wonderful webpage

Some of you probably recognize the webpage being reproduced below. But for others, take the opportunity to review this fine webpage to better understand our EBC list server. Take particular note of the the various options that exist to control the emails that are generated by the list server after our members post their thoughts, ride announcements, etc.



<a href="#">Home</a>	<a href="#">Rides &amp; Events</a>	<a href="#">About EBC</a>	<a href="#">Helpful Information</a>	<a href="#">Member Pages</a>	<a href="#">Ride Leaders Info</a>
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### What's All This List Server Stuff, Anyway?

Did you ever want to send a message to everyone in the bike club who wants to get bike club emails? Or would you like to be copied on all emails that go to that bike club group? Well, that's exactly what the mailing list server does.

A mailing list server is an automated system that accepts email messages sent to it and distributes those messages to all of the email addresses on its subscriber list. The EBC mailing list server helps keep members informed of the latest news, announcements and discussions. A message typically arrives a few minutes after it is posted.

The mailing list server is often referred to as "the list server" or "the listserv."

#### To Subscribe

When you become a new member of the Elmhurst Bicycle Club, the Membership Coordinator will subscribe you to the club's list server discussion group. You will immediately have posting privileges and you will start receiving messages in the Individual Email format (Option 4 described below).

If you are an existing member who is not subscribed, email the Membership Coordinator and request a subscription.

The club's group is a closed group for EBC members only. All subscriptions must be entered by a group manager.

## **Creating a Google Account (So I can view messages on the Web and change my options)**

A group subscription is not the same as a Google account. When you join the club, you are given a group subscription that enables you to send and receive the club's Google Groups messages via email. A subscription alone does not enable you to view messages on the Google Groups website or to change your subscription options yourself. To view messages on the web or to change your settings you must have a Google account in addition to your subscription.

To create your account, go to <http://groups.google.com> and click on "Sign In." Then, click on the "Create an account" button. **Use the same email address as your EBC group subscription.** Create a password and supply the other required information, click on Accept.

You will be sent a verification email. Click on the link given in the email to activate your new account. You will then be able to log in to your Google account and change your Elmhurst Bicycle Club group subscription options.

If you have trouble with this, or if you don't want to create a Google account, then email the Membership Coordinator to request your subscription changes.

## **Delivery Options (AKA, Yikes! Too much email!)**

Google Groups has four options for managing the volume of mail you will receive:

1. **No Email** - This is what you want if you really hate email! You will have to read the messages on the web at <http://groups.google.com/group/ElmhurstBicycleClub?hl=en>.
2. **Abridged Email** - No more than 1 email per day. This is just a summary of the day's activity.
3. **Digest Email** - Up to 25 full new messages bundled into a single email.
4. **Email** - You will be sent each message as it is posted. For those of us who really want to know right away what's going on!

To change your delivery option (you already created your Google Account, right?), log in to Google Groups, navigate to Elmhurst Bicycle Club "Edit my membership" page, and choose your option.

## **Message Sending Guidelines**

Address messages to [ElmhurstBicycleClub@googlegroups.com](mailto:ElmhurstBicycleClub@googlegroups.com).

All users must agree to abide by the terms in [EBC List Server Acceptable Usage Guidelines](#).

When using the mailing list server, please observe proper etiquette:

1. Limit your postings to club activities and subjects of interest to bicycling and bicyclists.
2. Refrain from using attachments when you can use a link instead. If you must attach a photo, shrink it to a small file size. Shorten or delete lengthy quotes of earlier messages in the thread. Eliminate redundant material.
3. Address the original poster instead of the entire group when your reply is not of general interest to the club.
4. Use a meaningful subject line.

5. Include your full name in the body of the message.

### **To Unsubscribe**

Send a blank message to [ElmhurstBicycleClub-unsubscribe@googlegroups.com](mailto:ElmhurstBicycleClub-unsubscribe@googlegroups.com) from your email address, or use the link given at the bottom of all messages.

### **To Change Your Email Address**

Notify the Membership Coordinator at  Also indicate whether you want to change your email address in the club directory.

### **Want to Know More?**

See this [article](#) from the newsletter.

### **Need Help?**

Email the group manager at  .

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## The Many Reasons EBCers are Thankful

by Chuck Dean

- Whether riding, hiking, mingling, or volunteering, you won't find a nicer bunch of people.
- And these members turn out! Ride Leaders schedule and lead. And riders can confidently join a show-and-go knowing that others will be there.
- Western suburbia offers terrific riding opportunities. We have roads and routes headed in all directions of varying distances to entertain and challenge our members.
- How about those bicycle paths? You are just never far from paths that can take you on a journey.
- Chicago weather -- really! It truly is rideable all year round. It's a rare day or couple of days when no club member is out riding.
- While we haven't had a blemishless riding record (yet), the infrequent accidents or incidents are a testament to our riders' proficiency. Let's make 2015 incident free!
- Our club officers and volunteers. We've been going strong for 34 years because members step up, lead, guide, and support the club.
- The summer picnic; the holiday party; the U.P. adventure, Pastorino pool parties.
- Fun and exercise!

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## Map My Ride

By Chuck Dean

In December of 2011, my cousin Michael Upsall wrote an [article](#) for the Cue Sheet about route planning and tools. I don't recall a more recent article and I haven't had a reason to use a mapping service myself - until the Wednesday before Thanksgiving. A group of us did a 30 miler on Wednesday and one of the riders proposed doing a familiar 40 miler on Friday. The group consensus seemed to shy away from the 40 miler for that Friday, but agreed to meet at the usual Friday morning Sunset Knoll Park starting point when I suggested a 30 miler. I was looking for a 20 mile out, coffee break, and 10 mile back in. Ultimately, the West Chicago McDonald's on Route 59 and Main Street proved to work out just about right.

I started planning with the knowledge that Isaac's normal Friday route (to Panera Bread in St. Charles) took 10-12 miles from Sunset Knoll Park out to Prince Crossing Road and North Avenue. So the question became, what loop could be added to give us 10 more miles, a break, and then 10 more miles back in. I have a very old hard copy North DuPage County map that I unfolded carefully to avoid adding any more tears to the folded seams that were barely holding together. As I considered and then

abandoned various ideas, I knew that I would eventually have to use some kind of service such as MapMyRide to carefully measure the actual distances. A Google-search on 'MapMyRide' quickly found the website. And then the 'fun' began ...

Because I'm now going to whine about automation, let me first say that, ultimately, MapMyRide did what I wanted it to. It told me exactly how far we would ride given the route that I had chosen. But now, for the whines ...

As fast as I called up the MapMyRide website, it wanted me to update my computer's QuickTime Player. I was reluctant to do this and it took me a few minutes to figure out that MapMyRide would not really force me to perform the download and installation. As I began to map, it took me a few false starts before I got the hang of the user interface. I was exclusively using the mouse. You left-click the mouse to start your route; and then left-click again to further extend the route that you are laying down upon the map. This extension eventually takes you to the edge of the map that is being displayed. I wanted to left-click and drag to move the map, but that doesn't really accomplish the objective. Rather, use the mouse to hover over the compass rose and then click one of the arrows to get more of the map to be displayed. While you are getting used to this user interface, MapMyRide does have a helpful 'Undo' tool displayed that you can click on to allow yourself to correct any errors.

Having plotted out a 30 mile route, I was disappointed to be unable to save the route by clicking on the 'Save' icon. MapMyRide kept giving me a cryptic error message about selecting an 'activity.' I couldn't figure out how to do this and finally abandoned my session. But even without saving the route, I did know exactly how far we would ride and how much climbing we would do, because MapMyRide displays cumulative mileage as you click your way along the route.

I reentered MapMyRide a second time and quickly evaded the QuickTime detour and more carefully studied the user interface where I discovered a place to tell MapMyRide that the activity was a 'bike ride' (as opposed to a walk or workout, etc.). I clicked my way around the route for a second time and successfully saved the route. Yes, I did have to register an email address and a birth date (ugh! not even an age range), but the route was saved.

Now to print it ... Just click the handy print icon. Oops! For that you'll need to sign up for \$8.95 per month 'professional' service (or whatever they called it).

By the way, did you know that UnderArmour bought MapMyRide sometime in the past? Of course there is plenty of advertising and the whole theme of the MapMyRide website seems to be healthy active living and, of course, you ought to have their app.

Let me repeat, MapMyRide did allow me to carefully determine the route and mileage - and that was my objective.

As for the ride, my fellow riders seemed to accept the fact that we had to hop a fence to be able to use McChesney Road between Roosevelt Road over to Fabyan Parkway. Darn, I couldn't see that gate on old or modern maps. And they didn't even complain when I got lost in West Chicago less than a half mile from the McDonalds. A train blocked us on Washington Blvd. and I thought I knew how to zigzag over to Wilson to use the bridge that crosses all the railroad tracks. Maybe I should have paid \$8.95 and had a printed map. What a great group of guys!

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## EBC Club Apparel Order In Progress

Susan Sperl's email (November 8 on the list server) about an order for the current club jersey is largely reproduced below.

Pictured to the right is the EBC jersey that many new members have been asking if they could acquire. The answer is 'yes.' We have **two months** to receive enough single orders to make a **minimum purchase** through Voler. The more we order the cheaper the jersey per order will be. I will bring my jersey to Thursday night's meeting if anyone is interested in sizing. I ask that others who have this jersey do the same. We will close the order in February, 2015, with delivery in April, 2015. We will need to reach the minimum order. The more tops ordered the cheaper the price.



This is the jersey design of the current order.

If you are interested in an EBC jersey, just click on the link and follow the directions.

Available are mens and womens short sleeve jerseys, sleeveless jerseys, and long sleeve jerseys, all in race and club fit. Also available are vests and jackets. Long sleeve jerseys are available with a lightweight fabric or thermal fabric.

For sizing please ask a member if you can try on their jersey as no sizing kit will be available.

I will periodically send out email updates as to whether or not we reached minimum order and/or if we made it to the next price break.

Here are the instructions for using the Voler ordering system:

### **Welcome to the Voler Online Ordering System**

Your team has decided to use the Voler Custom Online Order System for collecting and processing your cycling apparel order. Please follow the steps below to place your individual order for inclusion in the overall team order.

1. Click on this link to access your team order site: <http://www.voler.com/custom/ordering/li/7237>
2. Click on "LOGIN" to enter your Login/Billing Info. Click on "Create Account" to save the information and to create your new User ID and Password. You will automatically be directed to the home page for your team order. If you are a returning customer, please use your original Login and Password.
3. Click on "Begin Shopping" to gain access to the orderable products page. To place items in your shopping cart, click on the item you want to order, then the options you want to select, then the "Add to cart" button. You can choose to "View Your Bag" or "Continue Shopping" after adding each item. Repeat these steps for each item you want to order.
4. After placing the last item you want to order in your shopping cart, click on "View Your Bag" to display the items. Carefully review the items and make any necessary modifications or deletions. Because each item is custom built, refunds and exchanges will not be accepted. After you have confirmed your order is correct, click on "Proceed to Checkout" to complete the secure checkout process by entering your credit card payment information.
5. After you have completed the secure checkout process, an Order Confirmation will automatically be displayed and e-mailed to you for your records.
6. After the order deadline date has passed, you will no longer be able to access the order site. If you have not completed the checkout process for your order by this date, any items in your cart will be removed. The Order Deadline and the Order Ship Date are displayed on the order homepage. The Ship Date is the date that your order will be shipped from Voler.

Thank you,  
Susan Sperl & Armie Mirretti

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Gallery, The Weather Is Getting Cooler



It was still above freezing this day. Some of us are not wearing a balaclava. Panera Bread, St. Charles, IL



It was spritzing the weekend before Thanksgiving at the Morton Arboretum. But it didn't bother this crew!

## Meeting Minutes November

### Board Minutes November 13, 2014

**Present:** Tom Preston, Ken Hickey, Judy Mikesell, Cian Perez, Cindy Reedy, Chuck Dean, Kim Messina, Ginny Preston, Jeff Gandy, George Pastorino, Maria K.

### EBC General Meeting Minutes November 13, 2014

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

1. **President:** The Board Meeting was called to order at 6:15

1. **President:** The General Meeting was called to order at

- p.m. at the Community Bank of Elmhurst.
2. **Dot Club:** The Board chose to not purchase the "elmhurstbicycle.club" domain name. The club continues to enjoy the rights through the expiration dates noted within parentheses to elmhurstbicycling.org (4/22/18), elmhurstbicycling.com 7/17/17), elmhurstbicycle.org (1/19/17), elmhurstbicycleclub.org (1/13/17), and elmhurstbicycleclub.com (1/13/17).
  3. **Treasurer:** The Treasurer reported: Monthly Banking Summary (dated 10/9/2014 - 11/12/2014), Listed income was \$2,002.96; expenses were \$14.95; Total Banking balance at this time: \$17,818.29
  4. **VP/Ride Captain:** No report
  5. **Newsletter Editor:** No report.
  6. **Membership Coordinator:** Total Memberships - 376; Single - 252; Family - 124; Total Members: 568
  7. **Website:** Jeff Gandy (club member with ASP.net experience who has volunteered to help the website team eliminate the occasional server errors that occur with the Ride Schedule) presented basics for creating a Request for Proposal - in the event we should choose to re-design and recreate the EBC website. Tonight's discussion was to aid the Board in understanding the complexity of our current site and what will be required before actually making any changes. Cindy and Jeff are working on some of the basic changes that can be made to our existing site to improve functionality and dependability. If after implementing these we find little or no improvement, it may be necessary to switch to a new higher level server. This process can be a smooth transition, but would require board approval. With the holidays coming up and people traveling, a motion was passed to authorize a switch to a new server without a board meeting to approve - if it should be necessary. A limit of \$500 was set if the switch must be made.
  8. **A Special Board Meeting** will be called next week to continue unfinished business. TBA

**Special Board Minutes  
November 24, 2014**

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

1. **President:** The Board Meeting was called to order at 7:45 p.m. at Panera Bread, Elmhurst.
2. **Elmhurst Bicycle Club Donations:** The Board voted to award the following organizations by the end of the year:
  - League of Illinois Bicyclists: \$500.
  - League of American Bicyclists: \$250.
  - Active Transportation Alliance: \$500.
  - Chicago Area Mountain Bikers: \$500.

Other possible contributions were being discussed and will be confirmed after verifying additional information about candidate organizations.
3. **Club Sponsor Chairperson:** Ginny Preston has accepted this position. Ginny will meet when Susan Sperl and Kieth return from Minnesota next week.
4. **Sponsors advertising:** Guidelines involving sponsors advertising on the EBC list server need to be reviewed. Tom will check with Susan Sperl to verify the current agreement we have with our sponsors.
5. **Elmhurst Bicycle Club - name and logo (Banana man)** - In response to a question from a member regarding having t-shirts made showing a particular group of Elmhurst Bicycle Club members the Board passed a motion stating: In the interest of maintaining the continuity and integrity of the Elmhurst Bicycle Club 'brand,' all items, including clothing containing the words 'Elmhurst Bicycle Club', EBC, or its logo 'Banana man' - must have the approval of the EBC Board. Tom will advise the member that his request is denied.
6. **The next Board Meeting** will be held on Thursday January 8, 2015 at 6:15 p.m. at the Community Bank of Elmhurst.

- 7:15 p.m. at the Community Bank of Elmhurst.
- Tom reminded everyone that it is time to renew your membership. Best way is to use the PayPal link from the EBC website.
  - It was suggested if anyone is overwhelmed with too many EBC emails, consider setting up a 2nd email for their EBC emails. Other tips for managing list server emails will be re-presented in the December issue of the newsletter.
  - A big thank you to Jeff Gandy for all the hours he has volunteered helping our website team with fixes and improvements for our EBC website.
  - Club election of officers: The current Board members except for the Membership Coordinator are willing to retain their appointments. After last month's general club meeting, Jeff Gunty volunteered for the Membership Coordinator position. No further nominations for Board positions were received from the floor during the November general meeting. Accordingly, the following slate was presented, voted upon, and unanimously approved by the assembled quorum of EBC members. The following members assume their positions on January 1, 2015:

President	Tom Preston
Vice President/Ride Captain	Ken Hickey
Secretary	Kim Messina
Treasurer	Judy Miksell
Membership Coordinator	Jeff Gunty

2. **Secretary:** September 2014 EBC Meeting Minutes were not read, but have been published in the newsletter on the EBC website.

The EBC 2014 Christmas Party will be held  
Thursday December 11, from 6:30 p.m. - 9:30 p.m. at  
The Snuggery - 2nd floor  
122 S. York St.  
Elmhurst IL 60126

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 (dated 10/9/2014 - 11/12/2014), Listed income was \$2,002.96; expenses were \$14.95; Total Banking balance at this time: \$17,818.29
4. **VP/Ride Captain:** Lots of rides still being posted and lots of hikes being posted too now that the weather is cooler. The Thanksgiving Day hike has been posted. If interested, sign up with Judy Miksell
5. **Membership Coordinator:**
  - Total Memberships - 376; Single - 252; Family - 124; Total Members: 568
  - Door prize winners: Panera Bread \$15 gift card - to John Stanaway; Rudy's Cycle and Fitness gift card - to Lynn Korff
6. **Newsletter Editor:** Chuck invites members to keep contributing articles of your cycling experience or interesting cycling articles. For those concerned with getting too many EBC emails, there is information on the EBC website which tells you how to opt-out of receiving too many emails. Please see the December newsletter for more specific details on controlling the amount of EBC emails you receive.
7. **Safety Chairman:** Baltimore Ortega said the focus this year is: **Wheel overlap** - riders get too close which causes accidents. Safety also applies to other activities we do such as hiking, snowshoeing, and cross country skiing. Remember to follow safety guidelines such as properly dressing for winter activities, hydrating, and nourishment.
8. **Club Apparel: Susan Sperl told members that an order for the current club jersey is currently in progress. She sent a message via the list server to remind everyone who is interested in ordering the current EBC jersey to go to the Voler website. Her email is largely reproduced elsewhere in the newsletter.**
9. **Mountain Bike Coordinator: George Pastorino:**

Respectfully submitted,

Kim Messina

Winter riding can continue at Palos - if it is above 30 degrees, it is not good to mountain bike ride, because the moisture softens the ground, and riding will destroy the trails. Early morning rides, colder weather (under 30 degrees) is best for mountain bike riding.

10. **Publicity Chairman: No news.**
11. **Refreshments: Thanks to Gerry Fekete for providing refreshments this evening. Also there is birthday cake, courtesy of Suzanne Dal Lago, to celebrate Ray's 29th birthday. Now is a good time to see Marge about volunteering for next year - to provide refreshments at the club meeting.**
12. **Member Miles Database Manager: Peter reported that due to a family emergency and the need to travel out of the country, the member mile database won't be updated for at least a week until his return.**
13. **Program: Ray Dal Lago announced two presentations tonight: First, Lorna Samatas, owner of The Dailey Method in Elmhurst, will discuss the fitness classes offered at the exercise salon. The Dailey Method is a unique combination of ballet barre work, core conditioning, muscle strengthening, yoga and orthopedic exercises. The second presentation is by Suzanne Dal Lago, certified nutritionist and registered nurse. Suzanne will discuss general nutrition as it pertains to everyday activities, not just cycling. She will share some amazing stats and facts about the foods we eat. A good book to learn more about nutrition and healthy recipes is The Feed Zone (Good reviews from Ray and Googlegroups). To conclude the program, Ray will give a follow up to the bike fit Orland Park Cyclery owner Jim Saplis gave him at the last month's meeting.**
14. **The next meeting will be the Christmas Party to be held on Thursday, December 11, at 6:30 p.m. at The Snuggery in 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	<b>Mountain Bike Coordinator</b> George Pastorino, 708.903.8700 gpastorino_gmail.net

Interested in joining EBC? [Membership Application](http://www.elmhurstbicycling.org/about/membership.asp)  
(<http://www.elmhurstbicycling.org/about/membership.asp>)

## December, 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>.

### Please Support Our EBC Sponsors



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