



The Cue Sheet

February 2015

The Newsletter of the Elmhurst Bicycle Club
Riding Strong for over 37 Years



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

Elmhurst Bicycle Club Donation to CAMBr by Tom Preston

Chicago Area Mountain Bikers (CAMBr) plans to purchase tools and supplies to maintain multi-use trails.



CAMBr South Region President Burak Balkuv, left, posed with a representative check recently with George Pastorino, Mountain Bike Coordinator for Elmhurst Bicycle Club. CAMBr is a volunteer organization whose members monitor, maintain, and improve forest preserve trails in the area used by hikers, equestrians, runners, mountain bikers, and more. Elmhurst Bicycle Club members truly enjoy riding the trails maintained by CAMBr and have seen the benefits to those trails made possible by the work of the CAMBr volunteers. Elmhurst Bicycle Club hopes you will visit the CAMBr website to print trail maps and refresh your knowledge of trail etiquette. We invite you to check our ride schedule at our website and join us for a mountain bike ride.

That's a Lotta Miles

Our Member Miles Database Manager, Peter Gough, assembled a recap of 2014 EBC events and miles. Thanks for the review, Peter.

• Total Club Miles	256,916
• Total Club Events	1,299
+ Bike Rides	1,150
+ Hikes	123
+ Ski Outings	24

343 members contributed to club miles.

98 members either led or co led a ride at some point during the year.

Longest single ride was 160 miles; shortest was 6 (these are bike rides for this stat).

The most common mileage reported was 32 which occurred 65 times.

The highest number of members on a single ride was 27 which occurred 3 times.



Dennis Schofield, left, was the high-mileage new member for 2014 amassing 2,846 miles.

Picture courtesy of George Pastorino.

Nutrition for a New Year

At the November Club meeting one of the guest speakers was registered nurse and certified nutritionist Suzanne Dal Lago. Suzanne talked about healthy eating and answered many questions about nutrition and the foods (or non-foods) we eat. Meeting attendees found her presentation very interesting and informative and someone said she should put an article into the Newsletter each month. That idea has materialized. Each month Suzanne will submit a nutrition article. The topic will be one suggested by you, the reader. If you have a general nutrition question send it to suzanne0812@aol.com. She'll select one question to be answered in each month's newsletter. You can request anonymity if you want to. Here is Suzanne's new year nutrition thought for this month.

A new year...a new beginning...a fresh start...new goals...new projects...YUK! I can't be the only person who hates all the pressure to meet goals. I always say "my goal is to have no goals."

This is a nutritionist's busiest time of the year. People want to start a new diet, sign up for a gym membership and have a more balanced life. I think goals set you up for failure. You are determined and so committed in the beginning. Then, a few weeks later, or, if you're lucky, a few months later, you hit a brick wall. The most common question I'm asked when we start a new year is "Which diet should I try?" From there people ask "Should I try low carbs, high carbs or no carbs? What about gluten free or protein rich? Let's not forget full fat, low fat or no fat. Should I go sugar free or should I eat natural sugars. Should I use agave, honey or stevia to sweeten my tea or yogurt?" So many questions, so little time.

Here's my answer to those questions: DIETS DON'T WORK. Diets imply a beginning and an end: a starting point and a finishing point. Consider an 80-20 philosophy. You make great choices 80 per cent of the time and 20 per cent of the time you're a human being that enjoys dessert and wine. The easiest way to make great choices is to pick foods that only have one ingredient. These foods are fruits, vegetables, low fat dairy, lean meats, nuts, seeds, beans and grains like oatmeal, quinoa, millet and brown rice. They're healthy and healthy eating is a lifestyle we hope to maintain 'til the end.

Here's a tip: you can make up an assortment of grains at the beginning of the week and store them in pint size mason jars in the refrigerator. At meal time remove the lid and microwave for a minute or two. Stir in some milk or almond milk along with nuts like walnuts or almonds. Add some chia seeds, cinnamon and fruit or beans. This is a great powerhouse breakfast or lunch and it's quick. It's also great fuel for your bike rides.

When the next person asks your advice about a diet, you can tell them Suzanne said "DIETS DONT WORK" and that your goal is to have no goals. Amen.

Wishing you and your family a HAPPY 2015.

Suzanne Dal Lago, RN, CN, CPT

Slow Roll to Big Marsh
by Chuck Dean

While this winter, so far, has been milder than last year's, I still did not have many miles recorded in January. Seeing the confluence of a beautiful weather day (high in the 40's and low wind) and Jerome's Slow Roll to Big Marsh (Martin Luther King Day, Monday, January 19) I decided to take advantage of this opportunity. The ride proved to be everything I could have hoped for.

The fact that the ride would cover some of the Pullman and Roseland neighborhoods was of particular interest to me because I grew up in Roseland and had ridden many of their streets in my grammar school days. [Big Marsh](#) (on the east side of Lake Calumet) was not designated as such back in the 1950's, but the Lake Calumet area was an occasional objective of the pack of bike riders that I hung around with in the 6th grade. A bike trip to Lake Calumet, more or less east of 115th and Doty Avenue, was a real adventure and a somewhat guilty pleasure. We would go down there to harvest cattails (and occasionally smoke them). Manufactured 'punks' (similar to incense sticks) were available at some of the corner penny candy stores, but a little pricey for our penny and nickel budgets. Our coins had to be saved for candy. But the lure of the punks was strong. The exotic smell and the need to handle matches and start fires convinced us to make the challenging ride to the lake.

While we all had our fat tire bicycles (Schwynn's with a single knee-action front shock absorber or Columbia's with a big spring that never seemed to be as effective as the Schwynn), it was a good thing as we eventually had to go off-road down a packed dirt road littered with glass and occasionally submerged as that whole area was really nothing more than a swamp. We also had to be on the lookout for the hobos and bums that lived down there. For no good reason that I can recall, we got chased by scary-looking, ragged, swamp creatures more than once while traveling on byways around the lake.

I'll come back to Big Marsh in a moment, but recap the rest of Jerome's ride as it made for a really wonderful day. At 8 a.m. the temperature was in the mid-twenties with a ton of sun.

There were 4 riders and 5 bikes seats as Jerome was on his tandem with an empty back seat. We would be riding to pickup Rudy in the Austin neighborhood on our way to Buckingham Fountain where we would pickup Dawn Maxwell. We rode the prairie path from Berkeley through Maywood. This made for occasional interesting riding due to slick ice in the low spots that trapped water. Ken Hickey did not seem to be troubled by any of this as he was on a trike, but the rest of us would get off and walk if the ice patch was any bigger than a 2 foot traverse. After Maywood, we were on roads until we got to the fountain. After picking up Rudy, we rode on Augusta Blvd. which had long stretches of new asphalt that made for smooth riding. Eventually we were at least briefly on Grand Avenue and portions of this route provided well-marked bike lanes. In the downtown area, the river bridges now have a decking surface in the bike lane that protects you from the nerve-racking steel-grating that you used to have to contend with.



l. to r. Dawn, Tony, Tom, Jerome, Chuck
The selfie stick comes in handy again!

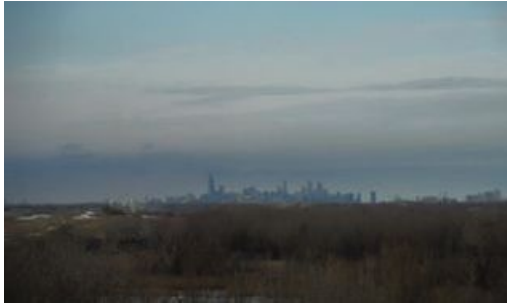
After Maywood, we were on roads until we got to the fountain. After picking up Rudy, we rode on Augusta Blvd. which had long stretches of new asphalt that made for smooth riding. Eventually we were at least briefly on Grand Avenue and portions of this route provided well-marked bike lanes. In the downtown area, the river bridges now have a decking surface in the bike lane that protects you from the nerve-racking steel-grating that you used to have to contend with.

The lake front was gorgeous. We were on the path from the fountain to a little past 31st street. The lake was frozen and had that glacier-blue turquoise color that glows. One interesting scene included a tug boat that was being used as an icebreaker in the harbor area where the empty star docks hibernated. We departed the path and made our way down to the A. Phillip Pullman Porter Museum which was the official starting point for the Slow Roll. Having to deal with a flat tire on the tandem almost made us late for the Slow Roll kickoff, but we arrived in time to hear the kickoff speeches by the ride promoters and sponsors.

On the way back home hours later we were again on the lake front path, but we got on much farther south, perhaps somewhere in the 60's (60th street). We had a very late lunch or early dinner at BJ's Market and Bakery on 87th Street. Catfish is a specialty, but within our party we also sampled chicken and meatloaf, greens, and cornbread. Yum!! Once on the path, you can usually see the lake, but at some point, you turn a corner and the breathtaking Chicago skyline comes into view. Yum again!!

We rode through the museum campus and around the lake-side of the Aquarium. We

dropped Dawn off close to home. We took Randolph and Washington boulevards through Garfield Park back out to Elmhurst. Here's one interesting note about a forecast Ken made at 8 a.m. He told us that we would have tailwinds out and back. And this proved to be true. The ride back west was especially delightful because the temperature was still in the mid-to high-30's, the moon was out lighting the way, there was very little traffic, and we had a light tailwind all the way west. We reached the Elmhurst depot at about 7:45 p.m.



Returning to the Slow Roll, we joined about 100 riders at the museum. The pace was probably mostly 8-10 mph. The ride itself was less than 20 miles split into 2/3's out and 1/3 back. We actually had a police escort for most of the ride back from Big Marsh. We were on paved road except for a ¼ mile stretch to the foot of the 'mountain.' Our EBC president has occasionally described his rides on Mt. Trashmore in Woodridge (or is that Bolingbrook?). Similarly, portions of the 278 acre Big Marsh area are trash hills. About 20 or 25 riders hiked up

through 8 foot tall tassel-topped grasses to get to a clearing at the top that allowed us to see the lakes and ponds and low areas; the intertwined highways that surround Big Marsh, and off north - the appealing Chicago metropolis.

The reason that the Slow Roll targeted Big Marsh was to continue to promote this area as a future national park and as a world-class bicycle park, which it is expected to become over the next few years. Ride promoters want local area residents, who are under-represented in the bicycle-riding community, to recognize the value of the planned park and reap the benefits of bicycling that most of us EBCers already recognize. The beautiful day and turnout suggests to me that progress was made. For a [short video, click here](#) (yes Ken is captured in EBC colors). You can see a number of other videos by Googling Slow Roll Big Marsh. And for more general information about [Slow Roll, click here](#).

Awards Night at May Club Meeting

As customary, T-shirts, patches, mileage certificates, and Ride Leader jerseys are expected to be distributed at the May EBC club meeting. Be on the lookout for correspondence over the next month regarding your eligibility for any of these awards.

Armaline has already published the list of members eligible for patches; and she is looking for feedback by Friday, February 6th. Her Google Group List Server email was dated January 24th.

For members eligible for t-shirts based upon miles, there will be two choices: A) a t-shirt; or B) leave the money in the EBC treasury. An email will be sent to eligible members in the near future.

Finally, club president Tom Preston reports that he has all the Mileage Certificates ready to print, and will print one only if a member wants to receive it at the May meeting. He can also email it to any member who wishes to print his or her own. As with the case of t-shirts, an email will be published soon to coordinate and capture your desire to receive a mileage certificate.

Winter Wonderland at Morton Arboretum - February 1



The Morton Arboretum will close at noon today

Due to the severe weather we are experiencing, The Morton Arboretum's buildings and grounds will be closed at noon today, Sunday, February 1, 2015. All courses, activities, and amenities have been canceled.

Today's Chamber Concert will be rescheduled. If you have purchased a ticket for today's performance, you will be contacted by a member of our staff in the near future.

We thank you for your understanding.

That's right. On the very same morning that our intrepid EBCers are out for a ride, the Morton Arboretum announces that it is closing at noon. A little snow is not going to stop our gang.



EBCers enjoying the day: MaryEllen R., Tom N., Tom P., Rich A.



Can it get any prettier than this?

Meeting Minutes - No Meetings January 2015

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 Bill Bonner, 630.297.9773 bill@bonnerimpr.com	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
Secretary Kim Messina, 630.204.8945 secretary_elmhurstbicycling.org	Database Manager Peter Gough, 630.903.8436 prgough98_aol.com	Assistant Ride Captain Nancy Rice, 630.717.9923 hotline_elmhurstbicycling.org
Membership Coordinator Jeff Gunty, 815.258.7275 membership_elmhurstbicycling.org	Sponsor Coordinator Ginny Preston, 630.852.8836 ginny-preston_sbcglobal.net	Mountain Bike Coordinator George Pastorino, 708.903.8700 gpastorino_gmail.net
Newsletter Editor Chuck Dean, 630.790.4203 newsletter_elmhurstbicycling.org	Website Team Cindy Reedy, 630.234.1349 cmreedy_prodigy.net Sharon Hermach, 630.717.1660 ganskesh_hotmail.com	List Server Jeff Gunty, 815.258.7275 membership_elmhurstbicycling.org
		Human Interest Person Betty Bond, 630.932.0271

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

February, 2015 • • • 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



Orland Park Cyclery
Giant Bikes
Specialized Bikes & Accessories
Endura Clothing

Jim Saplis - Owner
14445 S. John Humphrey Drive
Orland Park, IL 60462

(708) 460-2999
jsaplis@msn.com
www.orlandparkcyclery.com

J & R CYCLE & SKI
716 S. Main • Lombard, IL 60148
(630) 620-1606

BOB PECORA

M & Th	10-8	Diamond Back • GT/DYNO
T & F	10-6	Fisher • Yakima
W	12-6	Haro • Univega
Sat	10-5	

Call for Winter Hours




**Community Bank
of Elmhurst**
Member FDIC
"Your Hometown Bank"



**VILLAGE
CYCLESport**
Dedicated to the Sport of Cycling Since 1976
<http://villagecyclesport.com>

LANCE HONEYMAN



The Bike Rack
www.thebikerack.com

2930 Compton Hills Rd. • St. Charles, IL 60175 • 630-584-6588
Fax 630-584-1295 • e-mail: lance@thebikerack.com

HARTLEY'S CYCLE SHOPPE, LTD

PINARELLO - CANNONDALE - BIANCHI
FELT - GIANT - WATERFORD - SCOTT - COLNAGO

KENNETH J. HARTLEY

24 WEST HINSDALE AVENUE
HINSDALE, IL 60521

(630) 323-7156
WWW.HARTLEYSICYCLE.COM

EMAIL: hartleyscycle@comcast.net
FAX: (630) 323-7195

SURLY BIANCHI GUNNAR SOMA WATERFORD VELO ORANGE FIXATION FOUNDRY




bikefix inc
Professional Bicycle Services

www.bikefixinc.com - 708.445.8760 - 310 Lake St. Oak Park, IL 60302



RUDY'S
CHICAGO
CYCLE & FITNESS
5711 W. IRVING PARK
(773) 736-4395
RUDYSBIKES.COM

Please
Support our
EBC
Sponsors



STEMPLE'S
CYCLES
494 Spring Rd, Elmhurst IL
(Next to the Prairie Path)
630.834.1012
stemplesbikeshop.com



Sammy's
BIKES
602 1st St. Saint Charles, IL. 60174
630 444-0690 SAMMY@SAMMYSBIKES.COM



Trek Bicycle Store
Downers Grove • Naperville