



The Cue Sheet

March
2015

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



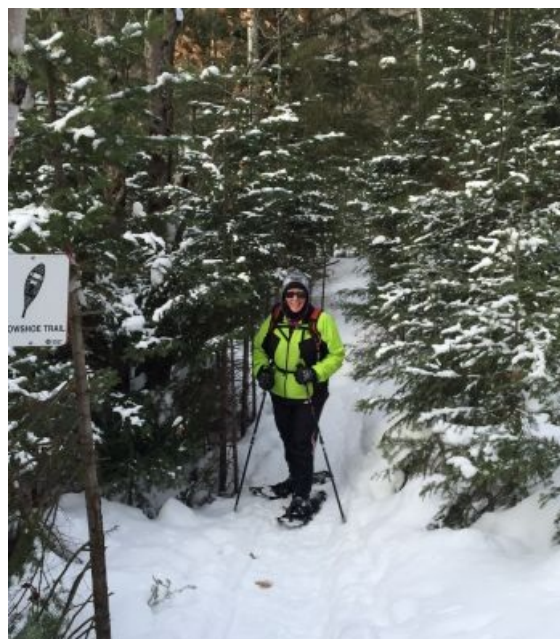
Elmhurst Bicycle Club is the League of American Bicyclists' 2009 Bicycle Club of the Year for Region 4.

2015 Elmhurst Bike Club UP Ski and Snowshoe Trip "Not about Cross Country Skiing or Snowshoeing Article" by Dawn Maxwell

Sorry in advance and fair warning, this recap article is not going to be about cross country skiing or snowshoeing. Over the years, I think everybody knows by now how great the skiing and snow shoeing is in the UP. That is not the real reason the EBC Club continues to go up there year after year, over and over again to the same place, same time, year after year. Sounds boring? Far from it. As a newcomer to the UP trip this year, I learned and experienced the real reason EBCers keep this tradition trip going and going.

First off, I will say one thing about cross country skiing. I initially listed myself on the signup sheet as an intermediate cross country skier but now I want everybody to know I will list myself as a beginner next year! I have been allegedly cross country skiing since the 1980's but I learned last week that I didn't have a clue what cross country skiing was or could be. If you think you are a cross country skier because you can ski at Waterfall Glen (Argonne), a golf course or the Arboretum, you really need to get out more and get up to the UP with the bike club.

And if you think snowshoeing with Judy Mikesell is a spectacular experience, wait until you play Dirty UNO with Judy and numerous others ("you know who you are" EBC members). I can guarantee your jaw and core muscles will be more sore from laughing so hard till you cry playing card games than any of the numerous hours of cross country skiing and snowshoeing. With that said and out of the way, lets get to the real reason the Bike Club goes to the UP year after year.



Intermediate or beginner; no matter.
Where else can you have so much fun?

Yes I can go up to the UP and Ironwood, Michigan by myself next year on any other weekend or week other than the first week of February and cross country ski and snowshoe to my heart's content. However, I already have my room booked for the EBC UP Ski Trip for 2016. I am not going to take a chance to get blocked out of a room at the Indianhead Motel. And if you think you can stay somewhere else or a different motel, then just go up by yourself on a different weekend or different month. Because the first step to a great week of "not skiing or snowshoeing" is to get a room at the Indianhead Motel with the EBC group. Not to even mention the great value of the package. Second step is to pack that cooler with your favorite cocktail beverage and appetizer.



Do these people look like they are having fun? You bet!

Yes I did enjoy hours of skiing and snowshoeing every day but I enjoyed most the group experience of the fun and laughter. Having breakfast and coffee in the motel lobby/community room with fellow EBC members every morning. Getting ready in the warming house at the ABR, bag lunch in between skiing and snowshoeing, sauna, cocktail/appetizer hour each night, group dinners and then reconvening afterwards for board and card games. We actually had to restrain ourselves and limit a cut off time for no more laughing, hooting and hollering. Shopping, sightseeing, and so much more than cross country skiing or snowshoeing. And yes a little run with yaktraxs thrown in the mix too. Can you keep up? Probably not, so there is the option to retire early or retreat to the privacy of your room for a nap or two.

I will definitely treasure the new friendships I gained last week and the friendships that flourished because I finally got the chance to join in on this wonderful EBC tradition. I hope newcomers to the club and to the sport of cross country skiing/snowshoeing continue to keep this tradition alive and reserve your room early so you don't miss out next year.



Safety First! Spring Rides Are Just Around the Corner

By Baltimore Ortega

In general most of our members and rides are safe. We have a large number of rides and events during the whole year. From time to time we have a few accidents. This is a review of our current bike safety for new and other members. When you go out for a bike ride always remember, "**SAFETY FIRST!**"

BIKE SAFETY 2014

Last year our club had two areas to focus on.

1. **AWARENESS:** Our first step was to focus on being more aware of bike safety. We sent out emails with advice for road, mountain, and gravel rides, and suggested members think about **Safety First**.

2. **RIDE SINGLE FILE:** Our second focus was to RIDE SINGLE FILE ON BUSY ROADS, WHERE CONDITIONS EXIST, AND WHERE IT IS THE LAW.

The best way to be safe is by being aware of your safety and the safety of others. For example, if the Ride Leader calls "SINGLE FILE" move in line. If you see the need, get in a single file. If you see everyone is not getting in line, just make a suggestion, "Maybe we should all get in line". Thank you to all cyclists for making 2014 a good and safe year. Of course, we can always improve; here is our first focus for 2015.

BIKE SAFETY 2015

3. **AVOID WHEEL OVERLAP:** Avoid touching the wheels of other riders by being aware of riders and wheels around you. Concentrate on the ride and pay attention for possible problems.

Our first safety focus will be about riding on roads and pacelines. I asked two of our fast road riders to offer some safety advice, Dave Buckson and Steve Josephs.

Dave Buckson

Pacelines require a rider's full attention. Focus on the riders around you, the wheel you are

following, and riders ahead. Listen for cues of what's happening behind such as coasting, braking, vehicles approaching, and more. Be aware of road conditions; rough roads will break up a paceline. When this happens everyone should pick their line, but not slow down to the detriment of the group. The front rider should avoid small road problems in a smooth and non-disruptive manner which allows others to trust his/her line.

If the speed picks up in the pace line, avoid the pogo syndrome; ride at a steady pace and avoid constant coast/pedal style. Lay off unnecessary braking, use lighter pedal pressure, adjust gearing, sit up and gain some wind resistance to adjust speed. DON'T FIXATE ON THE WHEEL AHEAD. Also, pay attention to riders ahead, to anticipate changes and avoid surprises. Ride a steady line, swerving and an erratic style is disruptive to riders behind. Maintain a steady pace when trading pulls.

Steve Josephs

At the most fundamental level, riders need to be responsible for themselves, which mostly means being aware of what's going on around you. This allows you to take all the necessary steps to be safe for yourself, and to help your fellow riders be safe as well. It's great if someone calls out all hazards, and the person you are following is rock-steady. But this is not always reality - factor in bad roads, careless drivers, weather, etc., and any lapses in attention can be a problem.

The most fundamental item applicable to all levels of group rides is, AVOID FRONT WHEEL OVERLAP. This can lead to the "touching wheels" that probably is the root cause of half of cycling accidents. Don't call "CLEAR" at intersections; everyone should look for themselves and make their own decision about the safety of crossing a street.

A special thanks to Dave and Steve for their safety ideas and suggestions. Our great Ride Leaders can help if you have any questions or concerns on a ride or event. This year let's work on our bike safety, but let's also focus on making it about the safety of others.

February - Outdoors in the Snow by Chuck Dean and George Pastorino pictures and videos by George Pastorino

Mother Nature blessed us with the 3rd snowiest February on record with 26.4 inches of snow, just behind 1896 when 27.8 inches fell and 2011, when Chicago recorded 29 inches of snow, according to the National Weather Service.

When EBCers have snow, EBCers get out and go. The Ride Schedule for February was filled with hikes, snowshoe events, and cross-country skiing, near and far. It was hard to choose among these many events for a newsletter report. But George Pastorino published his usual excellent slide show and videos of the Matthiessen Park adventure on February 8th. Here is George's report:



What a great turnout of 21 snow shoe adventurers today at Matthiessen State Park.....we had a wonderful hike way off trail down in the ravines and canyons.....once again this was a great group that made my task as a hike leader easy..... Thanks to my good friend Baltimore for assisting and to Kathy Storm for leading the moderate group.....this was a truly enjoyable day in the woods.....

You can't be out of hope while you still have beer!

For a slide show, [click here](#); and a small film clip; [click here](#)



In no order and not all pictured: Pussanee Pastorino, Ann Englemann, Pravin Patel, Baltimore Ortega, Jeff Gunty, John Loesch, Chuck Gentile, Kim Messina, George Pastorino, Roberta Rehor, Bill Storm, June White, Bob Blew, Stacey Crevice, Sarah Koehler, Sue Stillman, Carries Stillwell, Carole Danillo, John Baxter, Sally Moore, Kathy Storm

Women Bike Chicago

Bob Hoel shared a link to the February edition of Women Bike Chicago newsletter in a Google Group post early in February. If you missed it and are interested, here it is: [Women Bike Chicago](#). The newsletter had a calendar of upcoming events and an article on spinning classes.

Meeting Minutes February

Board Minutes February 12, 2015

Present: Tom Preston, Judy Mikesell, Chuck Dean, Kim Messina, Ginny Preston, Jeff Gunty, Cian Perez

1. **President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
2. **EBC oval sticker:** It has been decided, the club will purchase 250 black and white oval EBC stickers from Lingraph, Glendale Heights.
3. **Treasurer:** The Treasurer reported: Monthly Banking Summary (dated 1/1/2015 - 2/10/2015). Listed income was \$4,280.95; expenses were \$1,672.80. Total Banking balance at this time: \$17,589.68
4. **VP/Ride Captain:** No report
5. **Newsletter Editor:** No report.
6. **Membership Coordinator:** Total memberships - 201: Single - 131; Family membership - 70. Total Members: 308.

Beginning with 2016 Memberships, it will be required to pay club dues by Dec 31, 2015, in order to receive mileage credit, have access to the List Server, and receive EBC emails in the new year. If members participate in activities involving miles and have not paid their dues, their miles will not be added, nor will they be retroactively recorded when dues are paid.

7. **The next Board Meeting** will be held on Thursday, March 12, 2015 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina
Club Secretary

EBC General Meeting Minutes February 12, 2015

Present: Tom Preston, Judy Mikesell, Jeff Gunty, Ginny Preston, Kim Messina

1. **President:**
 - The General Meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst.
 - Tom welcomed everyone to the first meeting of 2015. He also thanked Cian Perez for his 2 years of service as Membership Coordinator, and welcomed Jeff Gunty in his new role as Membership Coordinator. Also, welcome to Ginny Preston, as our new Sponsorship Chairperson.
2. **Secretary:** No meeting in January, 2015, no EBC Meeting Minutes. Special Bikes for Special Kids - a new organization in Elmhurst that purchases special bikes for special needs children. A fundraiser was held at the Diplomat West, Elmhurst, IL, on Feb 17.
3. **Membership Coordinator:**
 - Total memberships - 201: Single 131; Family membership - 70. Total Members: 308.
 - Door prize winners:
 - + Panera Bread \$10 gift card - Kelli Morgan
 - + Gift Certificate J&R Cycle - Vic Sholis
 - + Donated bike calendar by George Pastorino - Bob Hoel
 - Meeting attendance: members- 38 guests- 3
4. **VP/Ride Captain:** Ken's wife, Sue is recovering from surgery and doing well.
5. **Treasurer:** Tom Preston read the Treasurer's report: Monthly Banking Summary (dated 1/1/2015 - 2/10/2015). Listed income was \$4,280.95; expenses were \$1,672.80. Total Banking balance at this time: \$17,589.68
6. **Newsletter Editor:** Chuck acknowledged the thanks he received for editing the newsletter. He encouraged members to keep contributing articles about their cycling, hiking, ski experiences, or interesting related articles.
7. **Advocacy:**
 - Bob Hoel - The club has been invited by Dan Thomas, DuPage Trail Coordinator, to participate in the DuPage County Adopt a Trail Program. It would involve clean up along 2 one mile sections of the Great Western Trail. This is in addition to the Annual Earth Day Trail Clean-up.
 - Betty Bond, Marge Ricke, and Baltimore Ortega have volunteered to organize this project.

8. **Safety Chairman:** Baltimore Ortega discussed the focus this year being: Avoid wheel overlap - focus on the ride, stay behind the person in front of you, not alongside of them. If you are leading a ride, call out bad road conditions loudly so others behind you can adjust to avoid problems and crashes.
9. **Sponsorship:** Ginny Preston thanked Susan Sperl and Betty Bond for assisting with the transition of responsibilities. Ginny contacted the 10 sponsors we currently have, and has confirmed their interest in continuing their sponsorship of EBC. They mentioned they noticed that EBC is active in supporting Bike Advocacy; and they are happy to see what we do with their donations. So please, support our sponsors, as they support our club; and remember to ask for the EBC discount.
10. **Awards and Attire:** As of the meeting, we need 7 more orders to get the discount on the jerseys. Now would be a good time to order your EBC jersey - go to the Voler website. The order form is still open, and orders must be placed by March 15. Here is the link:
<http://www.voler.com/custom/ordering/li/7237>
11. **Mountain Bike Coordinator: George Pastorino:**
 - Winter riding can continue at Palos - fat tire bikes, studs, or good mountain bike skills suggested, as riding can be challenging due to trail conditions.
 - Our goal this year is to reach out to more cyclists so they can learn about the EBC Mountain Bike Program, and to continue offering a good experience to all our members and guests. We do that in several ways.
 - Baltimore Ortega and I will run a Full Day Ride Leader Training class on a Saturday in May. The first Part will be a group session at the Pastorino Home and cover many subjects including learning the Palos Map System, what to carry, radios, assigning a sweep, judging Trail conditions, judging rider ability and conditions. This will be followed by a complimentary lunch. Part 2 will be trail based with hands on practice.
 - Baltimore and I will scout different areas this year and run some new rides in Peoria, Wisconsin, and Michigan at the easy intermediate and intermediate levels. New areas to explore in 2015: Levis Trow in WI, 5 awesome systems in Peoria: Farmdale, Dirksen, Independence, Black Partridge, and Jubilee.) Comlora in Bloomington/Normal and Kickapoo State Park in Danville; Fort Custer in MI, and other MI areas that Baltimore is scouting.
 - Baltimore and I will run more MTB rides at Palos and Kettle in 2015. All joint rides will have some training review. Working together we give our riders a better experience and riders can learn skills and ride styles from 2 different perspectives; offering a better experience than possible from a single ride leader.
 - Pussanee will assist in all projects as needed as her time allows.
 - Pool Party/MTB/BBQ/Road Rides - Last Saturday of June, July, and August at Pastorino's. All members are invited. See ride schedule for details.
 - Loaner Bikes - Pussane and I have 10 mountain bikes and loan them free to members. There is no reason not to ride. Baltimore has several bikes that he loans on a selected basis as well.
 - Tuesdays with George - private single track lessons at Palos. Limit - 2 per class, Tuesdays at 6 p.m. during June and August. Email George for an appointment.
 - Baltimore and I will organize an EBC effort to provide Course Marshalls for the Palos Meltdown Mountain Bike Race. This race is a major fundraiser for CAMBR and a good way for EBC to give back support to mountain biking. Mark your calendars: Aug 9th. Details to follow.
12. **Publicity Chairman:** No report.
13. **Refreshments** Thanks to John Dickson for providing refreshments this evening. Now is a good time to see Marge about volunteering - to

provide refreshments at the club meeting. June / July / August are open for volunteers.

14. **Member Miles Database Manager:** Peter Gough
 - Some interesting figures:
 - + Total club miles: 256,916
 - + Number of activities: Bike- 1150; Hike - 123; Ski- 24; Canoe - 2
 - + 343 members contributed to the club miles
 - + 98 members either led or co led a ride at some point during the year
 - + The highest number of members on a single ride- 27, which occurred 3 times
 - + The most common mileage posted- 32 miles
 - + Shortest ride- 6 miles
 - + Longest ride- 160 (this was to be Roger Pardon's "Eric's Epic 200 Ride" with Bill Fisher, Bruce Tyler, Eric Peterson, and Dawn Piech but they were forced to abandon the attempt on 200 miles because of a heavy storm.)
 - All rides are entered as normal although anyone who has not renewed will not see their mileage. Once dues are paid, the miles will get retroactively credited. Beginning in 2016, if you have not paid your dues by Dec 31, 2015, and participate in activities in 2016, miles will not be retroactively credited.
15. **Club member announcements:**
 - Kelli Morgan, leading the EBC team in the MS Bike 2015 ride, which is going to be held Jun 27 - 28, introduced Melissa Foley, MS Coordinator to talk about registering for the MS Ride tonight. The ride begins at Northern Illinois University, in Dekalb, IL and is a 2 day event. For more information on registering go to: www.BikeMSIllinois.org Look for Elmhurst Bike Club team, or contact Kelli Morgan.
 - John Loesch, organizer of the Blind Stoker Ride (BSR) announced the 2015 schedule. Rides planned:
 - May-Taste of Glen Ellyn;
 - June - Taste of Wheaton;
 - July - The Arboretum;
 - August - Batavia;
 - October - Sunny AcresThese are rides are done on a tandem bicycle, and give blind cyclists a chance to ride a bike, with a sighted captain. Consider captaining for a blind stoker ride, as it is a great way to offer a riding experience to the unsighted. All members are invited to ride their single bikes on the BSR to see what it is like. If interested in wanting to try tandem cycling, contact John Loesch, he has several tandems to lend out.
16. **Program: Ray Dal Lago:** Thanks to Kim Messina for suggesting our speaker for this evening: Nancy Wagner, Suburban Outreach Manager for the Active Transportation Alliance. Nancy created Active Transportation Councils to advance regional biking, walking, transit goals, and looks forward to the councils working toward linking trails in a regional system. Part of her presentation will outline community programs to get participation in fun bike safety events or in community bike rides.
17. **The next meeting** will be held on Thursday, March 12, at 7:00 p.m. at The Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina
Club Secretary

(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, 847.258.7275 membership_elmhurstbicycling.org	Website Team Cindy Reedy, 630.234.1349 cmreedy_prodigy.net Sharon Hermach, 630.717.1660 ganskesh_hotmail.com	Mountain Bike Coordinator George Pastorino, 708.903.8700 gpastorino_gmail.net
Newsletter Editor Chuck Dean, 630.790.4203 newsletter_elmhurstbicycling.org		List Server Cian Perez, 847.722.7110 cian.perez_gmail.com
		Human Interest Person Betty Bond, 630.932.0271 betzbond_sbcbglobal.net

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

March, 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
Orland Park Cyclery
Giant Bikes
Specialized Bikes & Accessories
Endura Clothing

Jim Saplis - Owner (708) 460-2999
14445 S. John Humphrey Drive
Orland Park, IL 60462
jsaplis@msn.com
www.orlandparkcyclery.com

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

BOB PECORA

Diamond Back • GT/DYNO
Fisher • Yakima
Haro • Univega

M & Th 10-8
T & F 10-6
W 12-6
Sat 10-5

Call for Winter Hours





Member
FDIC

Community Bank of Elmhurst

"Your Hometown Bank"

VILLAGE 
CYCLES
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 EMAIL: hartleyscycle@comcast.net
WWW.HARTLEYSCYCLE.COM FAX: (630) 323-7195


SURLY BIANCHI GUNNAR SOMA WATERFORD VELO ORANGE FIXATION FOUNDRY

 Professional Bicycle Services
www.bikefixinc.com • 708.445.8760 • 310 Lake St. Oak Park, IL 60302

RUDY'S

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
stemplebikeshop.com

 **Sammy's**
BIKES
 602 1ST ST. SAINT CHARLES, IL. 60174
 630 444-0690 SAMMY@SAMMYSBIKES.COM

 **Trek Bicycle Store**
 Downers Grove • Naperville