



The Cue Sheet

April
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.

Solvang Winter Break 2015

by Laurel Salvador

Solvang Winter Break 2015 (February 8th to February 14th) was our first [Bicycle Adventure Club](#) ride since we are new members, and we are already planning our next one!

The riding in and around Solvang is predominately rural, with rolling hills with vineyard and horse farm views. I can see why some folks have repeated this ride 10 years in a row! (Ride Director) George Ellis and Diane did a fantastic job documenting the routes, both with very readable Ride with GPS printed cue sheets, but also with routes that can be downloaded onto a GPS unit. We had no problems following the routes.



Bill Schwartz takes in hills and vines.



Ostriches are part of the scene.

As the rides were self directed, each night at the Happy Hour, 2 or more rides were discussed, with an easier pace generally lead by George and Diane and various folks offering moderate to fast pace rides. There were more choices that could be done in one week (that just means we will have to return!), but our favorites were: the Ballard Canyon routes going by various vineyards with a fair amount of climbing, We also liked la Santa Rosa road, this was less climbing, biking by agricultural area in the valley, with the mountains surrounding us.

One note, unless you want to scrape mud off your bike for about an hour after the ride, don't do this ride after recent rains. The trucks in the fields cover the road with an inch of mud in some areas. The folks that did this ride the next day had no problems with the mud.

Great ride otherwise though!

We did a variation on the Jalama Beach ride and would highly recommend this to anyone who loves beaches. We drove to Jalama beach and rode up Jalama Beach Road (over a 1000 foot climb) in the morning before turning around and going all downhill back to the beach. They have a great cafe there with the best burgers ever! We stayed at the beach for over 7

hours, staying to watch the sunset. It did cost \$10 to do the ride this way, but well worth it. Nice bathrooms and the camp store stays open until 5 for anything that you may have forgotten to bring on a day at the beach. Great bird watching too!

Another note, since we rode past most of the wineries during the day when they are open, it is worth doing a short ride one day and actually stopping by your favorite wineries with a car later so you can buy your favorite wine by the case. The last day of biking, we didn't ride with a group so we could stop at the wineries on our bikes to get in a few tastings, then we went back with our car to pick up our favorites. Not recommended on a hard biking day, but an easy day goes well with wine tastings!

One thing worth mentioning is that with 36 folks, the two group dinners swamped the local restaurants, not sure what could be done about that. Maybe skip organizing the entire group dinners and just announce at the happy hour where folks are going so we can break up into groups of about 10 and not include any group dinners. We can socialize with the group at the Happy Hours which were great fun.

My favorite Happy Hour night was the night that Mark Berenson, a long time BAC member and professional musician, performed for us during the happy hour on the patio. What fun! The weather was so good, that we all sat outside for the performance too, a great plus.

See the photos that folks uploaded to the web site, they tell the story better than I do! Great ride, worth repeating!

This was a great ride, worth repeating!

The EBC had a Division winner at Fat Bike Birkie....Ruth Dover.!!!
Contributors include C. Dean, Dawn P., and George P.

I borrowed the title of this article from a Google Groups posting by George Pastorino on March 9th. George justifiably sang the praises for Ruth Dover (EBCer since 1997), Dawn Piech, and Pussanee: 3 fine ladies who took the Birkie challenge. Take a look at George's posting if you would like to read his summary and see the video clips he took as the women crossed the finish line. George also provided the following link to a professional Birkie recap.



Congratulations! Ruth Dover

<http://tinyurl.com/FatBikeRecap>

Dawn recently gave us her own first-person account of the Birkie:

As I sit here and reflect on the 2015 Fat Bike Birkie race a few weeks ago, I still find myself thinking of the sheer excitement and joy I experienced in my first single-track mountain bike ride at Seeley Pass in Chequamegon, WI, with George Pastorino, Pussanee Pastorino and Ruth Dover on Sunday, March 8th.

Yet I did not start out with sheer joy and excitement at the beginning. As we arrived on the trail and began our ride down the Seeley Pass, I became apprehensive as I realized a few key important concepts: (1) I have never mountain biked before and (2) I have never ridden single track. This was definitely something outside of my comfort zone and walking this narrow trail sounded really good to me at that point. We began and probably went about 1/3rd of a mile onto the trail and I was nervous and braking the whole way down. At one point, I told George and Pussanne that I would go back onto the road and ride the fat tire for 2 hours and meet them back here. George assured me that he was going to go slow and it was going to be a leisure recovery ride post Birkie race. He calmed my nerves and then came up with a solution in switching bikes with him. I was riding a friend's Surley Pugsley with Endomorph 3.7 tires which have less grip than the 4.8 Surley Bud and Lou tires on George's Specialized FatBoy Pro. As soon as I got onto the bike, I noticed the grip on the 4.8 tires and the extremely responsive handling and shifting of the SRAM XX1. At this point, George then recommended I ride ahead with Pussanee so she could teach me some basics of mountain biking before we got started. So I spent the next 10-15 minutes and rode behind Pussanee and watched her move, shift her weight and tackle the sharp turns. As time passed, I felt my confidence rise and I became more relaxed. Pussanee coached me extremely well and was patient with me and demonstrated many new skills in my first single-track experience (i.e. shifting my weight, tackling the steep climbs and descending and centering my body on the bike).

We then began to ride again as a group and my apprehension quickly dissipated and turned to excitement for each turn I would come to, I found myself standing on the pedals and shifting my body to get through these tight quarters, waiting for the next adventure around the corner. The switchbacks were amazingly fun despite the loose snow, when I was riding the Specialized FatBoy Pro, I did not feel my tires move under me at all with the Surley Bud and Lou tires.

It was one of the most serene bike rides I experienced after my comfort level increased. As we moved through the Seeley Pass for 2 hours, all I could hear was the sound of my tires gripping the snow, the wind in my ear and a gleeful cheer as I rode down the ravine.



Pussanee, Ruth, & Dawn at Seeley Pass

I would like to extend my gratitude to George Pastorino for allowing me the opportunity to ride his Specialized FatBoy Pro as he rode the Surley Pugsley up the ravines at Seeley Pass on the Endomorph 3.7 tires. He is an amazing cyclist and coach. My gratitude also extends to Pussanee Pastorino for her excellent mentoring and Ruth Dover for leading us through the Seeley Pass trails. It was an amazing way to finish a wonderful weekend in Hayward and Cable, Wisconsin.

I would encourage and recommend trying one of the off road adventures available via the Mountain-Fat Tire Biking program with EBC

for new adventures in your outdoor-cycling life.

Why I Love My HPVelotechnik Scorpion Trike

by Ken Hickey

A couple of years ago I fell at Busse Woods and broke my collar bone. I loved riding so much at that time I purchased a used trike so I could ride safely with my arm in a sling. Since that time I have grown to enjoy trike-riding more and more as it is so much more relaxed; and you get to see so much more going on. I decided to upgrade to a better trike as the old ones I had ride very rough and I have collapsed discs in my neck which hurt quite badly when

riding the older trike with no suspension. Also they were very heavy and very slow.

In my endeavors to decide what to ride, Hank Niedbaum, a long standing club member was nice enough to loan me his Scorpion trike while he was unable to use it. After riding it a couple of months, and road testing numerous other trikes I decided to make that model my own. The only real problem I had was I enjoyed riding IMAX rides and Isaac's rides where many times they approach 20 mph and I would not be able to accomplish that as it were. The answer was to add an electric assist to the trike. It will not move unless you pedal, and the harder you pedal the more it will assist you so this gave me the opportunity to push hard and still ride with my many friends on the faster rides. It also has a regenerative mode which when I ride at 8-10 MPH can be pushing and working as hard as when I am riding over 20 so this gives me the opportunity to ride with my wife Sue, and other more casual riders still getting the full benefits of a good workout.



Ken's Scorpion, sleek and dynamic!



Ken at Arb on a snowy day.

The suspension system is similar to an automobile so the ride is as smooth as glass on rough roads causing no pains in my neck. After having this for some time now, I am even happier I purchased it. Hopefully many of the members who are having trouble riding will use this as a reason to get a trike with assist and keep on riding until you are no longer breathing, I know I will.

Report from the 2015 National Bike Summit: Bikes+

By Bob Hoel

I was privileged to attend the National Bike Summit again this year for the 4th time. I am beginning to feel like an "old hand."

Illinois was represented by 20 people from across the state, a diverse group including a shop owner, lawyer, student, elected official and volunteers from several different bike advocacy groups. Over 800 advocates from across the nation attended the 3 days of workshops and lobbying day in the House and Senate offices. We were told that we were the largest presence the Congressional staff sees each year. We were easily recognized because of the bike pin everyone wore and that has become symbolic of the Summit.

The key issues this year were to ask our elected officials to continue their support of funding for bike and ped projects especially as it applies to the next Transportation Bill. The current Transportation Bill expires in May of this year. The sentiment on the Hill was that there was not sufficient time to write a new Bill and that the current Bill would probably be extended 6 - 12 months. We can expect that there will be moves by some U.S. Representatives to withhold all funding for bike and ped projects but I do not believe they will prevail. We have helped drive home the message that their constituents want more, not less, funding for these projects. Further, it is not just about recreation but health, safety, transportation, and putting more money into the economy. Our elected and appointed officials are beginning to realize that bike tourism dollars are real and large.

The Summit attendees heard from the Mayors of Minneapolis, Oklahoma City and Madison, WI, extolling the value that biking and bike share systems have brought to their communities. We heard from health officials in New York City and elsewhere that the use of active transportation can help turn the corner on obesity. We learned from Dept. of Transportation officials that they have heard our call about the need to make the roads more safe for cyclists. There were breakout sessions covering community planning, retrofitting our built environments to accommodate all users of the roadway and how to advocate for better and safer conditions in our communities. Complete Streets. Safe Routes to School. Vision Zero. These were terms on everyone's lips.

After two days of workshops and speakers, we were primed to take our message to the Congressional offices. As in the past the Illinois delegation had appointments to meet with nearly all (17 of 18) districts to discuss key issues. With 3 - 5 delegates in each meeting, we presented the following requests to the staff member who specializes in Transportation issues:

- Continue their support for bike and ped funding in the next Transportation Bill;
- Join the Congressional Bike Caucus http://www.blumenauer.house.gov/index.php?option=com_content&view=article&id=280, a bi-partisan group that maintains awareness of issues that concern biking, provides a lighter outlet and some camaraderie in an otherwise contentious environment;
- And that the Representatives co-sponsor the newly introduced bill called the Vision Zero Act.

The Vision Zero Act would be a new program to encourage communities to adopt a Vision Zero policy. This means to have as our goal in "x" years to reduce deaths and serious injuries on our roadways to zero for all users of the roadway, pedestrians, cyclists and motorists. It is not enough to want to reduce this statistic. Like the "zero defects" goals in industry, zero deaths are the only acceptable outcome on our roadways. This new approach has been adopted by over 150 cities here in the U.S. and many more cities around the globe. Is this realistic? Perhaps not, but if you don't aim for the bulls-eye, then you will probably not hit the target either. More information here: http://bikeleague.org/sites/default/files/VZ_FAQ.pdf



The Illinois delegation meets with Senators Durbin and Kirk at their bi-weekly constituent coffee reception in the Senate Office Building and presents them with certificates of thanks for their support of "all things biking."

The Summit is a great experience for exchanging ideas, stories and successes from across the United States. It provides training and direction to energetic people who are passionate about bikes for recreation, health and transportation.

St. Patrick's Invitational
by Kim Messina

On Sunday, March 22, John Loesch led a brave and warmly dressed group of EBCers on the first invitational ride of the season. Thanks go out to the Wheeling Wheelmen. Rolling hills,

paved roads, and wind in our faces a couple of times made for a good workout around Wauconda. There were 2 tandems, 9 singles, 1 trike, and one Vanderkitten on a fat bike.

Afterwards we had lunch and warmed up at Middletons on Main Street in Wacounda.

Thanks to Dr. John for leading a great ride and knowing the safest alternative scenic routes.



Smiling people face down a brisk wind. Dr. John and Kim sport matching green leggings. Others also sport a 'wee bit' of the Irish!

Vernal Equinox

I am including a [vernal equinox link to Wikipedia](#) right off the bat for those of you who want a more detailed definition. But basically, it is both the start of spring and a day where the amount of light and darkness are about equal. For EBCers on March 20, it was a day that could have been warmer, but a beautiful day for a bike ride nonetheless.



Panera Bread in St. Charles (l-r) Chuck D., Tom P., Karen K., Isaac, Gary B. and Gary B., John S., Chuck L., Hans Yes that is an extra bike between Chuck D. and Tom P.; and it belongs to photographer Pravin P.

Meeting Minutes March

Board Minutes March 12, 2015

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

1. **President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
2. **Roller skating:** It has been decided that roller skating will be one of the social activities that can be announced on the list serve and ride schedule, but it would not be an EBC event where sign-up sheets are required or mileage credit received..
3. **National Bike Summit:** Bob Hoel requested \$200 to cover the registration of the summit, which has gone up to \$350. Since he is paying more than 3 times that amount to attend the summit for transportation, lodging, and food, the Board passed a motion to reimburse the total amount of the registration.
4. **Loop Training Rides:** Training rides held at the Arboretum or other closed loop training rides currently do not follow the current EBC guidelines, where the riders must ride with the leader. A request to modify the wording to: In regards to Training Rides, a rider may ride at his/her own pace, and must keep track of his/her own mileage and advise the Ride Leader. No rider can report more miles than the posted Distance on the Ride Schedule. Future discussions will continue on the exact wording in regards to training rides.
5. **Electric Assist Bicycles:** which require pedal power to operate, but yet there is a motorized assist. There was some discussion on this, as how this new technology may enhance mileage accrual. For now, any awards or recognition may be questionable.
6. **Multiple Unwanted Emails:** It is not the intent of the club to stifle members wanting to contribute bike related articles, ride recaps, or pictures. It is suggested to include links for further details versus attachments. Guidelines for posting to the EBC list server can be found on the website.
7. **Treasurer:** The Treasurer reported: Monthly Banking Summary (dated 2/12/2015 - 3/11/2015) Listed income was \$1,036.01; expenses were \$567.16; Total Banking balance at this time: \$18,058.53
8. **Membership Coordinator:** Memberships: Single - 147; Family - 76; Total memberships - 223; Total Members- 341
9. **Velodrome:** EBC will not be making a donation, as it does not appear that this project has more challenges than promising possibilities.
10. **The next Board Meeting** will be held on Thursday April 9, 2015 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina
Club Secretary

EBC General Meeting Minutes March 12, 2015

Present: Tom Preston, Ken Hickey, Judy Mikesell, Ginny Preston, Kim Messina

1. **President:** The General Meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst.
2. **Secretary:** February minutes are posted in the monthly newsletter, which can be found on the EBC website.

This summer many of our towns will be having community events. This would be a good time for EBC to get involved with simple bike safety programs, perhaps joining forces with local bike shops to educate other bike riders on simple bike safety. Anyone interested in helping to put a program together, see me. (Kim Messina)
3. **Membership Coordinator:**
 - Memberships: Single - 147; Family - 76; Total memberships - 223; Total Members- 341
 - Door prize winners:
 - + Pravin Patel - J&R Cycle Gift Certificate
 - + Joe D'Onofrio - Subway Certificate
 - Dennis Schoefield - Rookie of the Year award - most miles for a new member- 2,846 miles!
 - Meeting attendance: members- 31 guests- 2
4. **VP/Ride Captain:** •The biking season has started, be safe, be courteous to drivers, in hopes that they will be considerate of cyclists. •Several fundraising bike rides are organizing teams.
 - +American Lung Association representative - Kristen is here tonight to talk about her event which will be held June 12 -14. + de Cure Diabetes - Steve is here to talk about his event being held June 14, and + Tour de Farms - MS Ride - which will be Jun 27 - 28 in DeKalb. Kelli Morgan will be leading this team.
5. **Treasurer:** The Treasurer reported: Monthly Banking Summary (dated 2/12/2015 - 3/11/2015) Listed income was \$1,036.01; expenses were \$567.16; Total Banking balance at this time: \$18,058.53. All 10 sponsors have paid, thanks to Ginny Preston who met with all the sponsors who expressed enthusiasm for EBC, and all the support we give to Biking advocacy organizations.
6. **Newsletter Editor:** Thanks to Chuck Dean for doing a great job with the EBC newsletter. Keep contributing articles of your cycling, hiking, ski experiences, or interesting related articles.
7. **Advocacy:** Bob Hoel is attending the National Bike Summit in Washington DC and is not here this evening, but will be asking EBC members to handle the bike parking during the Elmhurst Cycling Classic July 24. (Friday). He will not be in town this year during the Classic, and will need someone to take the lead, and several volunteers to run the bike parking program.
8. **Data Base Manager:** Peter Gough - If you have ridden club rides and don't see your miles, it could be because you have not paid your dues. It is time to renew your dues.
9. **Safety Chairman:** Baltimore Ortega Focus this year is: Safety first! and check your tires, especially if you are taking the bike out for the first time.
10. **Awards and Attire:** EBC bike jerseys have been ordered for those who have placed their orders, and will be arriving in May.
11. **Mountain Bike Coordinator:** Baltimore Ortega spoke on behalf of George Pastorino, who is not here tonight, mentioned that the Mountain Bike Program is going to be expanded with more rides, Mountain Bike Leader training, clinics, and rides to explore new areas to mountain bike. The trails in March are going to be muddy, so you should stay off the trails. This is a good time to do hill

- training until conditions improve.
12. **Refreshments:** Thanks to Ginny Preston for providing refreshments this evening. And to Sue Hickey for bringing dessert. Now is a good time to see Marge about volunteering - to provide refreshments at the club meeting. June / July / August are open for volunteers.
 13. **New Business:** Sharon Hermach - Abercrombie and Kent is collecting used bikes for Africa "Wheels of Change International" - Friday Apr24, Saturday Apr 25 / Friday May 1, Saturday May 2 Address to drop off bikes is: 1411 Opus Place, Executive Towers West II, Downers Grove IL 60515 Or call for pick-up of donated bikes: 630-725-3400 For more information: wocinternational.org
 14. **Program:** Kristin, Executive Director, from American Lung Association's Clean Air Ride, is here tonight to present information on fundraising bike trip Jun 12-14.
 15. **The next meeting** will be held on Thursday, April 9, at 7:00 p.m. 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.

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

April, 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>.

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