



The Cue Sheet

May
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.

EBC Adopts and Cleans IPP 1 Mile Stretch by George Pastorino and Betty Bond



EBCers turnout for IPP cleanup!

Here is George P's recap and photos which were published on the list server April 11, the day of the event:

Betty Bond and Marge Ricke did a great job of organizing a Prairie Path Clean up (Saturday, April 11,

20 EBC members showed up for the event.....we cleaned up the 1 mile area of the Path that EBC has adopted. It went very well and was fun too!!

After the ride Betty and Marge treated the workers to ice cream at Dairy Queen.....very kind of them.....great event all the way around.....

Please see the ride schedule or contact, Betty, Marge or Baltimore Ortega for info on future clean ups.....

Thanks to all those who attended.....George and Pussanee :)

Betty Bond added a thanks to George for the pictures and a few more comments applicable to all the volunteers:

Actually we had 23 helpers out there today. Can you imagine that! We ran out of vests and garbage bags.

I want to thank the wonderful members that took a beautiful Saturday morning to come out and work with us on our section of the Illinois Prairie Path. I know many bikers and walkers thanked us as they passed. You are very much appreciated by them and Marge and me. Let's hope that the path stays as whistle clean as when we left it. Everyone did a fantastic job.

Thank You,

Marge and Betty (and Baltimore)



Our Fearless Leaders: Betty and Marge.



Oooohh!! Dairy Queen!!

Welcome to the Illinois Bicycle Safety Quiz Challenge! Quiz from League of Illinois Bicyclists (LIB)



Grace Doyle, member of both [League of Illinois Bicyclists](#) (LIB) and EBC, was in attendance at the April EBC Club meeting to promote LIB's Bicycle Safety Quiz. There are actually 3 quizzes: Child Bicyclist, Adult Bicyclist, and Motorist. Here's a description from the LIB website:

This quiz website is provided by the League of Illinois Bicyclists, a statewide non-profit organization, as a convenient, interactive way for bicyclists and motorists to learn more about safely sharing our roads. The Secretary of State is one of our project partners.

The Adult Bicyclist quiz has 33 multiple-choice questions divided into Bronze (10 questions), Silver (11), and Gold (12) levels. The questions cover on-road and off-road situations, skills and techniques, common mistakes, and relevant laws.

You'll likely find many questions challenging. That's OK! The feedback provided to your answers is meant to be the teaching method. We will re-ask those questions you miss - you get up to three chances to correctly answer each question. Once you answer each question in one level correctly, you may move up to the next level. The highest priority questions are in Bronze but see if you can get the Gold!

You may print or e-mail a "certificate of completion" if you successfully complete at least one level. If needed, you may "Exit Quiz" - but you would have to start from the beginning if you came back to the site later. You're invited to also try the Motorist quiz later.

Good luck!

Since we EBCers are always talking about safety, why not invest a few minutes and enhance your knowledge base. [Link to the quiz.](#)

Elmhurst Installs New Bicycle Fix-it Station Near Metra Train Stop by Chuck Dean

Most of us recognize that Elmhurst is pretty progressive when it comes to bicycling. So you are probably not surprised to learn about the bicycle repair station that was recently installed near the Elmhurst train station (south side of the tracks, a little east of York road). Our list server reported this matter back in March, but I didn't get this news into the newsletter until now. Late in April, I rode my bike into Elmhurst to find and utilize the repair



GRAYDON MEGAN, SPECIAL TO THE TRIBUNE

station. I'm pleased to report that repair station was all you could expect to be. It properly supported my bike, the tools were in great shape, and the tire pump was perfectly functional. While it has hardly been little more than a month that this repair station has been available, I could tell that the pump has been getting use, and that its heavy-duty nature is likely to insure that it remains in working condition for the foreseeable future.

Dubravka Juraga, left, and Petra Lynn Hofmann, right, of the Elmhurst Bike Club check out the new bike repair station at Elmhurst's Metra station.

Also of interest given that so many of you carry smart phones, you can receive video instructions by scanning one of those QR codes (kind of bar code) or browsing <http://www.dero.com/bike-repair/>

Giving credit where credit is due, I borrowed the title of this article and the first picture from Graydon Megan's fine [Chicago Tribune article](#). That article says it all, so please take a look. And it is worth reiterating that the repair station was donated by [Elmhurst Master's Competition Cycling](#).

So, if your tires need a top-off, or your bike needs practically any adjustment, ride over to the repair station in Elmhurst. You can fix it there.



Google Maps by Nancy Shack



Maps

This is general information that I just discovered last week concerning Google Maps and anyone who uses the service for any route planning, be it biking or driving, might find it of interest.

A year or two ago Google offered a new format for maps but I didn't care for it and stuck with Classic Maps. Last week I was startled to find that when I tried to access Classic maps it was no longer available. The choices are now Lite or Full Maps. However, depending on the version of your browser, you may find that you can't get Full Maps, only Lite.

There is an icon that looks like lightning at the bottom right hand corner of the map. If the icon is in parenthesis then you can click on it and switch to Lite maps. If there is no parenthesis then clicking on it will bring up a dialog box that tells you that your browser version may not support Full maps.

The reason that I am bringing this to everyone's attention is first of all, so that you don't think you are going nuts, as I did for awhile! And secondly, when I look at either driving directions or bike route directions I make heavy use of the drag to change route feature. What I have discovered from online research is that the drag feature is not offered in the Lite Maps version. For me, this is a huge disadvantage and therefore I will not use my older browser version for Google Maps. I do have several browsers that meet the requirements

for the Full map and I'll use one of those browsers when I want to play with routing.

Here's an article that explains the changes in Google maps: <http://www.lireo.com/google-closing-down-classic-google-maps-replacing-with-new-lite-mode/>

Meeting Minutes April

Board Minutes April 9, 2015

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

- 1. President:** The meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
 - **Confidentiality of emails to the Board:** It was reconfirmed that emails from members to the EBC Board will remain confidential when confidentiality is appropriate.
 - **Incident Report on file along with a copy of the sign-in sheet.** - Many are not aware of the need to fill out an Incident Report, should there be an accident. After discussion, mailing the Incident Report and Ride Sheet to the Safety Chairman, or to one of the Board Members will be required if there is an accident. It can also be brought to the club meeting, and turned in at the meeting. Riders should be reminded to fill out the Ride Sheets with current In Case of Emergency (ICE) information. If Road ID is checked "yes," know where this Road ID can be found: some are on the wrist, or inside the helmet, or in a bike bag. The need for a Ride Leader Training was mentioned and will be further developed for a later date to include new policies and procedures. The Safety Chairman Baltimore Ortega will be contacted to assist in updating this training program. This subject will receive further discussion at the May Board meeting.
 - **BananaMan:** Judy is in the process of researching information on the origin of the BananaMan. Several club members from years ago have been contacted.
 - **Hank Niedballa:** a card will be sent to his family, including the tribute emails from club members.
 - **Awards Night:** At the time of this meeting, awards night will need to be postponed till June, due to a failure of the T-shirt Company. However shortly after the meeting, a new vendor will supply T-Shirts.
- 2. Treasurer:** The Treasurer reported: Monthly Banking Summary (dated 3/12/2015 - 4/9/2015); Listed income was \$721.14; expenses were \$2,250.50; Total Banking balance at this time: \$16,529.17
- 3. Membership Coordinator:** Memberships: Single - 172; Family - 217; Total memberships - 389. Total Members - 415.
- 4. Women's Tab to the EBC website:** It was requested to the Board if a separate page can include the topic: Women's Initiatives. This section would include access to women's specific links, other club/program links, and other resources (i.e.: Chicago Women's Elite Cycling, Women Bike Chicago, Woman specific nutrition guidelines, etc.). After some discussion, it was suggested to add website links to our resource page. Discussion took place on an area for new members/new riders to get information about the EBC rides - how to choose a ride that is right for you. Further discussion will take place with the website team.
- 5. The next Board Meeting** will be held on Thursday May 14, 2015 at 6:15 p.m. at the Community Bank of Elmhurst.

EBC General Meeting Minutes April 9, 2015

Present: Tom Preston, Ken Hickey, Judy Mikesell, Jeff Gunty, Kim Messina

Members: 25

Guests: 2

- 1. President:** The General Meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst. A moment of silence was held for Hank Niedballa, who passed away April 2. A few Hank memories were shared, reflecting on what a great person he was. Anyone wishing to send a sympathy card to his daughter: Sharon Letter / 27 W760 Sycamore Lane / West Chicago, IL 60185; or to his good friend: Sheila Annen / 573 N Emory Ave / Elmhurst, IL 60126.
- 2. Secretary:** March minutes are posted in the monthly newsletter, which can be found on the EBC website.
- 3. Membership Coordinator:**
 - Memberships: Single - 172; Family - 217; Total memberships - 389. Total Members - 415.
 - Door prize winners:
 - + John Loesch - \$15 Panera Bread Certificate
 - + Cheri O'Riordan - \$25 Orland Park Cyclery Certificate
 - + Abby Hoffman - Bike Computer
- 4. VP/Ride Captain:**
 - The Cal Sag Trail is having events to celebrate opening of the trail - June 6. A ride to this ride / event will be posted.
 - For March there were 96 bike rides / 3 hikes / 1 snow shoe / 3 other events / 1 club meeting. Year to date totals: 189 bike rides / 7 mountain bike rides / 39 hikes / 20 snow shoe / 9 cross country ski / 3 other events / 3 club meetings.
 - Many are not aware of the need to fill out an Incident Report, should there be an accident on a ride. More details on the procedures are being worked out, but in the meantime keep in mind Ride leaders need to make sure *everyone* on the ride signs the ride sheet, and provides an emergency contact. This ICE contact should have legal responsibilities to make decisions on behalf of rider's welfare. The need for a Ride Leader Training was mentioned and will be further developed for a later date to include new policies and procedures. The Safety Chairman Baltimore Ortega will be contacted to assist in updating this training program.
- 5. Treasurer:** The Treasurer reported: Monthly Banking Summary (dated 3/12/2015 - 4/9/2015); Listed income was \$721.14; expenses were \$2,250.50; Total Banking balance at this time: \$16,529.17
- 6. Advocacy:**
 - Bob Hoel is in need of 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.
 - Grace Doyle, League of Illinois Bicyclists and EBC member is here to promote the LIB Bike Safety Quiz, which is taken online. We are trying to involve the mayors of all the towns to participate in the Mayors Bicycle Safety Challenge. I would like to ask EBC members to send an email on behalf of our club to the mayors of the town you live in.
 - Prairie Path - EBC has adopted a 1.1 mile section between Monterey St. and the UP railroad

Respectfully submitted,

Kim Messina
Club Secretary

tracks near Pioneer Park located in Elmhurst. Marge Ricke and Betty Bond have scheduled the first clean-up for April 11, at 9:00 a.m. The group will meet at the Villa Park Depot, and afterwards - ice cream at Dairy Queen.

7. **Safety Chairman:** Baltimore Ortega - Remember to check your helmets for proper fit and worthiness. Tires - check for wear, cracks, proper tire pressure. Emergency Contact updates - ICE - correct numbers, name of contact, and location where this information is.
8. **Awards and Attire:** EBC bike jerseys have been ordered for those who have placed their orders and will be arriving in May. A vendor is being searched to provide t-shirts for the awards meeting.
9. **Mountain Bike Coordinator:** George Pastorino
 - Full day Ride Leader Training on May 30. The first part will be a group session at the Pastorino home, and cover many subjects including learning the Palos Trail system, what to carry, radios, assigning a sweep, judging trail conditions, regrouping, judging rider ability and conditions, MTB safety and trail etiquette, responding to an accident, basic first aid, and more. This will be followed by lunch. Part 2 will be trail based with hands on practice. June 2nd is the rain date.
 - Pool Parties - MTB and road rides - at the Pastorino house, last Saturday in June, July, and August - All members invited.
 - Private MTB lessons with George - email me privately if you are interested.
 - MTB Trail Etiquette - when out on the trails - Mountain Bikers yield to all traffic on the trails - hikers, horse riders, all uphill traffic. Let them know you are coming through. Pass slowly and prepare to stop. Using a single track, step aside. Be polite. Advise you are passing, and how many people are in the group. The last person should state - I'm the last person.
 - Baltimore and I will organize an EBC effort to provide Course Marshalls to the Palos Meltdown Mountain Bike Race on Aug 9. This race is the primary fundraiser for CAMBR and it would be good for EBC to help. Mark your calendars, details to follow.
10. **Refreshments:** Thanks to Cheri O'Riordan for providing refreshments this evening.
11. **New Business:** John Loesch has brochures with information on the 2015 Blind Stoker Rides that are scheduled. The number of captains needed will depend on how many stokers sign up for the rides. If you have any questions on this program, please contact John.
12. **Website:** Thanks to Sharon Hermach for posting all the 2014 photos on the EBC website. Take a look at the club pictures and all the great information we have on the website.
13. **Program:** Jim Saplis, EBC member, and owner of Orland Park Cyclery is here tonight to give a presentation on basic bicycle maintenance.
14. **The next meeting** will be held on Thursday, May 14, at 7:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina
Club Secretary

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

May, 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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