



The Cue Sheet

July
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.

Need a Summer Mountain Bike? Get a Fat Bike

by George Pastorino - Mountain Bike Coordinator

There have been numerous articles published recently on how Fat Bikes are not just for winter and Pussanee and I could not agree more. Most of my mountain biking friends who have one Fat Bike and many 26" and 29" full suspension bikes that are much more expensive.....ride their Fat Bike all summer long for 4 reasons.

1. Fun.....There are no 2 ways about it.....Fat Bikes are way more fun to ride than regular 26" or 29" full suspension mountain bikes. Everyone who rides one instantly puts a big smile on his or her face. See Dawn Piech on John's Pugsley as an example. I have an \$8,500 full carbon, full suspension Giant Trance that I hardly rode last summer because I chose to ride a \$2,000 fully rigid Fat BikeWhy?

Fun is the answer..

Pussanee has a \$6,000 full carbon Trek Lush that she hardly rode last summer because she chose to ride a \$2,000 fully rigid Fat Bike instead because of the fun factor. They are just a blast to ride.

2. They make Mountain Biking way easier for everyone especially new riders. "Rock Gardens" suddenly become way less intimidating and everything in the way such as roots, rocks and bumps becomes way easier to roll over than on a 26" or 29" full suspension bike. The wide tires are super stable even in very difficult, technical sections as they smooth out the bumps and roots that jar riders on regular full suspension bikes. A Fat Bike is the ideal bike for a new or less skilled rider

Jeff Gunty rode my \$5,000 full suspension Enduro S-Works for most of the summer, then I let him ride my \$2,000 fully rigid steel Fat Bike. He said he could not believe how much easier it was to ride and that he felt like a better, more confident rider on the Fat Bike. He also said the climbing was easier due to the incredible traction. I recently took Dennis Schofield on his first ever single track ride on his new Fat Boy and he said he did not think he could do the trails I took him on with a regular mountain bike and I agree completely.

3.They are easier on the back.....The giant tires on a Fat Bike are more comfortable on the human back than full suspension regular bikes....after a long ride you are less beat up.....I know as I have had multiple back surgeries and have ridden both kind of bikes extensively.

4. They go anywhere.....You don't really need a trail.....you can go off trail through deep sand, loose gravel, high grass and weeds, rock piles etc..... You would not have much fun doing this on a regular mountain bike ... or this: <http://tinyurl.com/NudangBeachRiding>

They are great for city riding too as you just deliberately search out and hit every pot hole, which is why Dawn Piech tells riders on regular bikes not to follow her. So that's the summer side.....the winter side I think you know...plows through snow, great grip on ice, very confident and stable...you can ride most anything.....this is Pussanee effortlessly riding in deep, untracked snow....making first tracks:

<http://tinyurl.com/FreshSnowOnFatBike>. Try this on a regular bike and you won't like it as much.

Incredible Traction without studs, this is Pussanee on the shiny glare lake ice of Maple Lake. :

<http://tinyurl.com/RidingOnShinyGlareLakeIce>

That is me at the right hitting a bumpy, frozen stream at speed without studs.....that's traction.

Want to keep riding in Brutal Winter weather?.....Fat Bikes help you do that.....listen to the wind in this video of Pussaneethe windchill was 35 below zero: <http://tinyurl.com/NudangOnFrozenMapleLake>.



George rides over the frozen stream.

To train for riding in the cold you should consume Fine Belgian Ale in the snow while dressed in shorts and a tank top....see attached pic... Or to really get prepared....grab any mountain bike and a small winter figurine and sit in the snow while dressed for summer, this frees your mind to ride in the cold...see attached pic.



Is that a draft or a draught?



George and Frosty get frosty.

Fat Bikes are so cool to look at standing without support.



Pussanee and Dawn and Ruth



Look Ma, No kickstand.

So don't be surprised if you ask me for a MTB recommendation for summer riding and I advise "Get a Fat Bike." They are so much fun we road ours on The Horribly Hilly Hundreds, a brutal road ride with 20 percent grades.

You racers can race them too....almost every race has a fat bike category and there are many Fat Bike Only races.

Pussanee is 110 pounds and rides the following tire pressure on singletrack: Winter 2 psi front, 3 psi rear; Summer 4 psi front, 5 psi rear.

I am 200 pounds and run the following tire pressure on singletrack : Winter 4 psi front, 5 psi rear; Summer 6 psi front, 7 psi rear.

This above represents my personal opinion and as such cannot be wrong.....or right :)

Rain, rain, go away,
Come again some other day!

Yes, we had some rain, and a few detours resulting from standing water. And we couldn't get to the town of London Mills on the 4th day at all for the same reason. Once, we had to ride through 20 feet of water which was about 8 inches deep at its midpoint. The Illinois river was across the road coming into Chillicothe. After the ride we learned that the campground in Canton flooded the afternoon of the day we left. But I have to tell you, we had a great time and twice as many days that were dry as were damp.



The Illinois river was really high!



Loren and high rider: Will B. Rolling!

GITAP is a 6 day ride (Sunday through Friday) which takes a different route than the year before. This year we started in Kewanee (Goods Furniture for you WGN listeners), headed to Illiniwek Forest Preserve near Hampton north of the Quad Cities, then south to Galesburg (Carl Sandberg College), then to Canton for two nights, then Chillicothe, and finally back to Kewanee. Because of the two night stay in Canton, you could take a day off from riding on Wednesday if you desired; and that was also the day for a century if you wanted those extra miles. Val and John Wu did. Val was the 'strongman' among the EBCers, always opting for the the extra mileage course that was associated with each day's ride. Most days, the typical ride was just under 60 miles.

Eleven EBCers signed up among the 225 riders that were on this ride, June 14-19.



l-r: Marty, Loren, Bob H., Chuck D., Val, John W., John L., Kim, Travis, and Colton.
Steve S. was the 11th rider, but was called home early due to torrential rains in Elmhurst.

Breakfasts and dinners were catered each day. With the exception of the stay in Galesburg where food was served indoors at the cafeteria, we ate outdoors under a huge wooden roofed pavilion at the campsite. There was plenty of good food. Noteworthy: lots of fresh fruit each morning at breakfast; and a slow smoker toiled morning-to-evening one day in Canton preparing a delicious barbeque. We also enjoyed two nights of entertainment in Canton. An entertaining anthology, a kind of 3 person musical play about the Spoon River Anthology (<http://spoonriveranthology.net/spoon/river>) occupied one hour right in camp. The next night, campers were shuttled into town for a wonderful rock and roll performance.

North Central Illinois looked lush and green. Most corn was already waist high or more. While a lot of terrain is flat, rolling and even more arduous hills appear as soon as you get close to certain stretches along the rivers. This was the 13th GITAP since its inception. It is a popular ride as evidenced by the nightly awards and recognition to riders who were on their 5th or 10th or even 13th consecutive GITAP. EBCers were at the first, and probably every one since the beginning. Gerry Fekete provided a list of the 20 people on the very first GITAP. In addition, there were some EBC riders -- Gerry was one of them -- who took part in a "trailblazing" ride to check out some of the routes a year or two before that first GITAP. Peter Turula was one of those 20 riders back in 2003; Peter was in attendance in 2015.

Who were the 20 back in 2003? Laura Sandborn & Rich Kuhlman (ride workers as well), Amos Kaufman, John Park, Ted Sward, Gerry Fekete, Carol Nield, Marty Kotecki, Mary Jo Bolan, Al Stanke, Jerry Radek, Jim Gross, Bernadine Fitzloff, Joanne Dybala, Roland Porter, Peter Turula, Freda Brown, Dick Diebold, Petra Hoffman, and Jan Koller. Many are still around and still riding with EBC :-)

GITAP - i.e. Grand Illinois Trails and Parks ride!

Other Invitational Rides in June by C. Dean, K. Schwartz, G Pastorino.

EBCers roamed the Midwest during June: The Horrible Hilly Hundreds in Wisconsin and the Northwest Tour in Michigan, just to mention two. Having discussed the rain that accompanied GITAP already, I'll hold off talking about the HHH since it also encountered some rain.

Northwest Tour - While it just might have seemed this way to me, Kären Schwartz seemed to take undue delight in reporting the perfectly dry weather that the Michigan people

enjoyed. Her report:

We just finished the best NW Tour ever. The weather was perfect with 70's and NO RAIN. The rides were varied with some folks only doing paved flat paths and others doing rolling hills with thousands of feet of climbs. The towns were great with festivals, shops and wonderful lake views. The best part was the camping with the group and sharing wine and stories every day before dinner. Also, we had more women than men biking! That doesn't happen often. We met a couple from N Aurora and they biked with us and are future EBCers. They seemed to see how much fun we were having! The husband from N Aurora works at the Arboretum and talked about the crazy folks who hike the Arb in the frigid winter. He laughed when we told him that it was us!



The Horrible Hilly Hundreds - While they may not all be EBCers, George P. reported that 22 riders did the HHH. And they did enjoy a little rain. Here is George's report:

We did it HHH on our 38 pound Fat Bikes with 5 inch knobbies 72 miles and 6,000 feet of climbing never put a foot down Pussanee is a rock star that bike is 38% of her body weight Yikes!! Do the math for 38% your own body weight

This was a very challenging Horribly Hilly Hundred for all riders we had intermittent showers and thunderstorms with some lightning and hail the Course was typically tough with 6,700 feet of climbing on the short route and over 12,000 feet of climbing on the 200k.

Our riders split into different groups by speed, range, and distance attempted. Many plans changed including ours due to the weather. This a very challenging ride, yet it is stunningly beautiful as well....



The Green Wave - Chicago
Forwarded by Bob Hoel

The "green wave" is a stretch of Wells Street between Huron and Wacker in Chicago that has traffic lights timed to allow bicycles to avoid seeing red lights assuming they are traveling at about 12 mph. Here is a link to the story: [The Green Wave](#).

Meeting Minutes June

Board Minutes June 11, 2015

Present: Tom Preston, Ken Hickey, Judy Mikesell, Kim Messina; Chuck Dean, Cindy Reedy, Ginny Preston

1. **President:** The meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
2. **Incident Report on file along with a copy of the sign-in sheet.** - At the May meeting, the Board passed a motion to cancel the Excess Accident Medical Master Policy; however, after communications between Treasurer Judy and the Insurance Agency, the insurance was left in force pending additional research by the board. Should there be an accident; the Incident Form will be emailed to the member who had the accident to fill out. The form **will be required** should there be a need to file a claim with the insurance company. Going forward, EBC will look into competitive pricing of other insurance companies.
3. **Loop Training Rides:** Wording on the rides and responsibilities page is being revised to include training rides and a more clear definition of the program.
4. **Ride Leader Responsibilities change wording:** Changes on the website to remind Ride Leaders to have ALL members print their names on an official Club Ride Sheet and have guests sign the back that includes the Club release and liability waiver. Both members and guests must provide an Emergency Contact (name and number), show Road ID bracelet or advise of its location.
5. **New Member Packets** - have not been mailed out, as all the information is on the website. A 'new member email' with attachments will be emailed to new members. Developing a New Rider Program has been mentioned, and Betty Bond and Jim Farrell are willing to assist new riders and suggest best rides for them to go on.
6. **Treasurer:** The Treasurer reported: Monthly Banking Summary (dated 5/14/2015 - 6/10/2015): Total income: \$202.95; Total expenses: \$741.44; Total balance: \$16,468.47
7. **The next meeting** will be held on Thursday, July 9 at 6:15 p.m. at the Community Bank of Elmhurst

Respectfully submitted,

Kim Messina
Club Secretary

EBC General Meeting Minutes June 11, 2015

Present: Tom Preston, Ken Hickey, Judy Mikesell, Chuck Dean, 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:** May minutes are posted in the June monthly newsletter, which can be found on the EBC website.
3. **Membership Coordinator:**
 - Total memberships: Single - 207; Family - 276; Total - 389; Total Members: 483
 - Door prize winners:
 - + Lee Ann Layden - \$15 Panera gift card
 - + Ken Hickey - \$25 The Bike Rack in St. Charles gift certificate
 - Meeting attendance: members- 38
4. **VP/Ride Captain:** Thanks to all the Ride Leaders who post rides, keep up the great work. A discussion on developing a New Rider Program has been mentioned, and Betty Bond and Jim Farrell are willing to assist new riders in determining the best rides for them to go on. New members will get an email inviting them to go on a simple ride to see what future rides would be best for them.
5. **Treasurer:** The Treasurer reported: Monthly Banking Summary (dated 5/14/2015 - 6/10/2015) Total income: \$202.95; Total expenses: \$741.44; Total balance: \$16,468.47
6. **Advocacy:** Bob Hoel -
 - Congress defeated by 2 votes, an amendment which would have removed bicycle trails and safe pedestrian walkways from funding. This is why it is important to write to your local representatives and congressman to support funding for these important issues.
 - Communities working on bike plans: Glen Ellyn needs club members who live in Glen Ellyn to help with implementing its bike plan. Contact Steve Johnson - resident and bike advocate of Glen Ellyn, who is heading up efforts to put this plan together.
 - Bike to Work Week - the week of Jun 15-19. Ray Dal Lago, who has in the past has organized the information table previous years, will need volunteers to help him at the Elmhurst Train Station.
 - Bike Valet - Paul Dieterle has volunteered to organize the Bike Valet - the bike parking during the Elmhurst Cycling Classic **July 24. (Friday)**. He will need several volunteers to help run the bike parking program.
 - Donna Bushing - Joined the MS Bike Tour de Farms - EBC team - and encouraging donations from the club or joining the team. The ride is held Jun 27 - 28 at Northern Illinois University in DeKalb.
 - Ken Hickey reminded the club members that the American Lung Association has their 3 day ride to raise funds to support lung health this weekend. There is still time to join, and enjoy riding around Lake Geneva.
 - Marge Ricke, along with Betty Bond and Baltimore Ortega are organizing the club members for Prairie Path cleanup for 1 mile - east of route 83 through Elmhurst train tracks. The cleanup scheduled for June 27 has been cancelled, due to the Path is pretty clean. Next cleanup will be the end of August and will be posted on the ride schedule.
7. **Data Base Manager** - Peter Gough - as of June 6, 225 members have logged 72,323 miles and 424 activities.
8. **Safety Chairman**ur tire get close to anyone's tire.
 - Learn and review safety rides will be posted - Ray Dal Lago and Baltimore will develop these rides.
 - It has been observed that some of the

accidents are happening on faster rides. • Stop at red lights, stop signs; coming to an intersection - making a left turn - turn into your correct lane- following 'rules of the road'; when you are taking a drink of water, keep your eyes on the road; Be mindful of clipping in quickly - to prevent drifting out of your path (i.e. "Hold your line"). • Lights - a good bright light is a safe requirement. Both front and back lights required for night riding, or even on cloudy days. 600 lumens are recommended.

9. **Awards and Attire:** Awards - anyone who has not picked up his or her t-shirt, patch, or ride leader jersey - see Tom.
10. **Mountain Bike Coordinator:** George Pastorino -
 - Full day Ride Leader Training was held on May 30; this was a group session and covered many subjects including learning the Palos Trail System, what to carry - radios, assigning a sweep, judging trail conditions, MTB Safety and Trail Etiquette, responding to an accident, basic first aid, and more. This was followed by a complimentary lunch.
 - Pool Parties - MTB and road rides - at the Pastorino house, last Saturday in July, and August - All members invited.
 - Ride Leaders needed for Road Rides for the pool party bike rides, both fast, and moderate paced rides.
 - Private MTB lessons with George - email me privately if you are interested.
 - MTB Trail Etiquette - check with George before going out on the trails if there is any doubt of the condition of the trails.
 - Baltimore and I will organize an EBC effort to provide Course Marshalls to the Palos Meltdown Mountain Bike Race on August 9. This race is the primary fundraiser for CAMBR and it would be good for EBC to help. Mark your calendars, details to follow.
11. **Refreshments:** Thanks to Kim Messina for providing refreshments this evening.
12. **Sponsor Chairman:** Ginny Preston: We have 10 sponsors who do advertising through our website. 10% discount is given to EBC members. You can click on the links to go direct their websites. Welcome all new members - come to the club meetings and get to know other club members.
13. **Program:** EBC Bike Swap
14. **The next meeting** will be held on Thursday, July 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.

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
Jeff Gunty, 847.258.7275
membership_elmhurstbicycling.org

Human Interest Person
Betty Bond, 630.932.0271
betzbond_sbcglobal.net

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

July, 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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