



The Cue Sheet

August
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 ANNUAL PICNIC



It is almost that time again for our annual picnic, this year to be held on Saturday, August 22, from 11:00 a.m. to 4:00 p.m. at the Salt Creek Forest Preserve. For those of you who haven't been able to attend before, the picnic gives everyone a chance to meet members who do not ride on the same rides that you do and maybe you have heard about them in passing (no pun intended).

We supply lunch but invite you to bring a dessert or fruit as an additional treat. There are several rides to the picnic grounds that usually cover different distances and speeds. We plan on eating at 12:00 so if you are going to lead a ride please plan accordingly.

As in the past, we will have a bean bag competition, teams being drawn by name so no one can put in "ringers." There will be prizes for the winners.

Lastly as it gets closer to the day, I will be asking for R.S.V.P.'s so I can order the food. HOWEVER right now I would like a list of volunteers to help with set up, liquid refreshments (water needs to be brought to the shelter) and of course clean-up. If you could please e-mail me at cyclejoey@gmail.com with your help it would be appreciated. It is our members that make this picnic possible.



Joanne DeZur

P.S. In addition to our decorated bean bag game, I would like two more sets, if possible.

P.P.S. [Salt Creek Park](#) is located off of Route 83 just south of North Avenue. There is an entrance to the park from Rte. 83 if you are driving north.

If you are coming from the West on North Avenue, or from the North on Rte 83, you will need to turn East on North Ave and then South on West Ave (the first light east of Route 83) then proceed to Second St. and turn West till you get to the Park.

Pastorino Pool Party
July 25th
pictures and text by George Pastorino

Another great day with 40+ riders over 5 rides and about 45 Pool Party attendees, Pussanee and I feel so very blessed to be able to share our home with so many friendsTHANK YOU ALL



Wide angle camera required just to capture the group picture! What a turnout.

Thanks to Ed Gin, Baltimore Ortega, Brian Swanson, Pussanee Pastorino for leading rides and to everyone who came out to enjoy the rides and the day. Thanks to Davis Johnson and Ann Englemann for sweeping.

Special thanks to our dear friend... the sovereign Ed Gin for bringing and cooking his world famous Gobi Chicken ... and to everyone for bringing all the food and drink.

Please consider coming out to the next one on the last Saturday in August.....all are welcome and invited to the rides and party..... watch the videos below to get a feel of the fun.....

“There is nothing I would not do for those who are really my friends. I have no notion of loving people by halves, it is not my nature.” Jane Austen, *Northanger Abbey*.

George noted the attendance of several father/son pairs ... and here they are. The fathers must wonder if they could ever have been as good-looking as their sons in their younger years. For more pictures, see the slide show by [clicking here](#) .



John Riordon and son Jimmy



Salvador Ortiz and son David.

And here are 2 videos from the party.

<http://tinyurl.com/JulyPoolPartyRollOut>

<http://tinyurl.com/DeepWoodsSingleTrackToday>

Celebration of Women in Cycling - Rapha 100K Event by Dawn Piech

Dawn and Betty and Kelli scheduled and described this ride, which was held on Sunday, July 26, 2015 and starting in Elmhurst, as follows:

This is Part 2 of the Elmhurst Bicycle Club's "Celebration of Women in Cycling" weekend event as we represent our club as part of Rapha Women's 100K Ride. Join thousands of women around the world to ride in unison. In 2014, over 8,000 women took part in the inaugural event; this year they are aiming to double that number. This is a fun ride in celebration of EBC cycling sisterhood. Invite your sisters, your mothers, your daughters and all your friends for an unforgettable ride of sisterhood and celebration. Each group will be riding 30 miles, there are 3 speeds to choose from of 12-14 mph, 14-16 mph or 16-18 mph (moving speed designated). Each group will leave from the start 5 minutes apart to ride the

same route. There will be a short rest break at 15 miles. Afterwards stay for lunch, socializing and networking as we will be having lunch and some "cycling coffee-talk" at Panera. If anyone cannot make the ride, please come by afterward for lunch with us! The event is free, please sign up and register on the Rapha website at <http://www.pages.rapha.cc/womens100>; select the ride from the Elmhurst Bicycle Club that is listed on the registration page. Rapha will issuing all riders a souvenir from the event.



picture from our first Women's only ride in support of Rapha, Vanderkitten and La Course of Tour de France. Fun day, 2 men came in support of us!

Kickapoo State Recreation Area - Mountain Biking by Pravin Patel

This is mainly for the club members interested in mountain biking.

Following are my first impressions of the mountain biking in the Kickapoo State Recreation Area near Danville, Illinois.

The park, located along the Kickapoo River, is 150 miles from Elmhurst. The nearest town is Danville (East of Champaign, IL along I74). It has single track mountain biking trails among other recreational facilities; mainly hiking and canoeing. The trails are developed and maintained by the Kickapoo Mountain Biking Club. The MTB trails are numbered 2-9 and are concatenated to form a single 10-12 mile loop. The trails meander among the ridges and ravines in densely wooded land. They are winding, free flowing, dipping and climbing along the Kickapoo River. The chief difficulties are the drops and climbs, similar to the kind a rider finds along the Three Ravines trail section at the Palos, and the climbs out of the ravines. I counted at least ten. I must admit I did not climb out of a single one. I chose to walk as I am a novice and the trails were new to me. But, I did not fall either. Flat pedals did help. There are abandoned trails and a few trail signs that do not correspond to the maps. It is easy to take a wrong turn and get lost if you are not familiar with the trails. These are easy to intermediate (+) trails interspersed with technical drops and climbs, some roots and minor artificial bumps, but not outcropping rocks.

However, the park is pure joy to mountain bike in.

Saturday afternoon I met Steve Fox, the president of the club Saturday and he apprised me with the lay of the park. This morning, I chatted up with Jason Elliot who turned out to be the vice president. I rode with him the entire loop. Both were quite amicable (attached pictures). Without Steve's help it would have been hard for me to finish the loop. I learned never to mountain bike alone as it is just not safe.



In my opinion, based on limited MTB experience, the Kickapoo Recreation Area is a great park for mountain biking. A weekend trip in the late fall would be most enjoyable when temperatures are mild, trees are shedding leaves, and mosquito infestation subsides.

2015 Membership Directory

Dear Fellow Members,

2015 MEMBERSHIP DIRECTORY



Elmhurst
Bicycle Club

www.elmhurstbicycling.org

Bruce Tyler and Jeff Gunty have made all the changes you requested and added the Awards Program page from our website. We are ordering 100 printed copies to be available at the next meeting, August 13, 2015. (We ordered 100 last year and we have 3 left.)

When you ride with Bruce Tyler and Jeff Gunty next, please thank them for all the volunteer hours they have contributed to produce the EBC 2015 Directory.

Sincerely,
Tom Preston

Editor's Note: You can download the electronic version of the Directory from Tom's Google Group post dated 7/25/2015.

Meeting Minutes July

Board Minutes July 9, 2015

Present: Ken Hickey, Kim Messina; Cindy Reedy, Chuck Dean

1. **President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
2. **List Server Position:** responsibilities of this role were discussed. Currently Jeff Gunty is both Membership Coordinator and List Server coordinator. The Board is considering assigning list server responsibilities to another club member to lighten Jeff's load.
3. **Advocacy pages:** General discussion on the possibility of putting links from the informative emails that Bob Hoel, the Advocacy Chairman sends out, on this page to keep it updated and current for club members to follow.
4. **Rides and Ride Leader Responsibilities:** General discussion on the need for more midrange distance and moderate speed (12 mph - 16mph) rides.
5. **Thank you to the bank:** Chuck mentioned that a couple times in previous years the club would leave a few coffee cakes for the bank. We all agreed that it would be a good gesture for the club to do this again.
6. **Treasurer:** Monthly Banking Summary (dated 6/11/2015 - 7/7/2015): Total income: \$536.96; Total expenses: \$346.96; Total balance: \$16,863.53
7. **Guest speakers:** Suggestion was made to get a mini CPR and first aid training presentation by

EBC General Meeting Minutes July 9, 2015

Present: Ken Hickey, Kim Messina

1. **President:** The General Meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst.
2. **Secretary:** June minutes are posted in the July monthly newsletter, which can be found on the EBC website.
3. **Membership Coordinator:**
 - Total memberships: Single - 212; Family - 115; Total - 327; Total Members - 510.
 - Door prize winners:
 - + Dave Seils - Orland Park Cyclery gift certificate
 - + Isaac Samayoa - Panera gift card
4. **VP/Ride Captain:**
 - Thanks to all the Ride Leaders who post rides, keep up the great work.
 - Mary Lee St. Aubin asked me to remind everybody about the Project Mobility fundraiser ride August 30, in St. Charles, IL, hosted by our sponsor, The Bike Rack in St. Charles. Attached below are links for more information on registering:
 - + Pre-register online at: www.regonline.com/everybodyrides2015
 - + "For more information visit www.projectmobility.org
 - EBC Picnic: Mark your calendars! Saturday August 22. JoAnne Dezur is looking for volunteers

local firemen or paramedics.

8. **The next meeting** will be held on Thursday, August 13 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina
Club Secretary

to help out with picnic. More details to follow to follow, so check your emails. EBC t-shirts will be given out as 'door prizes' in bean bag competition.

- Bike Valet - Paul Dieterle has volunteered to organize the Bike Valet for bike parking during the Elmhurst Cycling Classic July 24. (Friday). He will need several volunteers to help run the bike parking program.

- Rider GPS Club - how many people use GPS software on their rides?
5. **Treasurer:** Monthly Banking Summary (dated 6/11/2015 - 7/7/2015) Total income: \$536.96; Total expenses: \$346.96; Total balance: \$16,863.53
6. **Safety Chairman:** Baltimore Ortega
- Check your helmets, make sure you are wearing it properly for safety.
 - Bike check: A - B - C's:
 - + Air - check the tire pressure, check the quick release - make sure it is fastened correctly
 - + Brakes - check to make sure brakes are positioned correctly
 - + Chain - make sure it is lubed, check gears - that you can easily shift
 - Turn signals:
 - + Left hand - pointing left - to give indication you are turning left
 - + Right hand - point right - to give indication you are turning right
 - + Announce what you are going to do - Left turn, right turn, slowing, stop, etc.
 - Make eye contact with the car approaching - to ensure he sees you
7. **Awards and Attire:** Awards - anyone who has not picked up their t-shirt, patch, or ride leader jersey - see Susan Sperl.
8. **Mountain Bike Coordinator:** George Pastorino
- Due to wet weather (soft trails), not much mountain biking going on.
 - Pool Parties - MTB and road rides - at the Pastorino house, last Saturday in August - All members invited.
 - 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 a Mountain Bike ride near Peoria in the near future.
9. **Refreshments:** Thanks to Fredericka Laux for providing refreshments this evening.
10. **Program:** None
11. **The next meeting** will be held on Thursday, August 13, 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>)

August, 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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