



The Cue Sheet

September
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.

Club Picnic by Chuck Dean

How could we have had a picnic and not have taken any pictures? I don't know, but we did.

On August 22nd, we had a perfect day including [blue skies](#), pleasant temperatures in the 70's, light breezes, good food, fun, and camaraderie. Similar to picnics of recent years, the venue was Salt Creek Park near Route 83 and 2nd Avenue. The roofed pavilion provided comfortable shade and plenty of tables and seating for the 50 - 60 EBCers who turned out. Participants arrived by car and bicycle with many members opting for rides led by Pussanee and Baltimore.

The food was catered by Corky's and complimented by fruit and desserts brought by many of the attendees. Yum! Joanne Dezur, thank you for planning and organizing an outstanding event!

Nine teams signed up for the single-elimination Bean Bag competition held after lunch. The Raices (Omar and Laurel Salvador) and the Beanie Babes (Nancy Hoel and Lynn Korff) faced off in the finals. Omar and Laurel prevailed in a close match where either team could have won down to the last round of tosses. All 4 players went home with prizes.

Next year I'll remember to bring the camera.

Badlands, South Dakota by Armaline Mirretti

If you don't like to ride in the wind, don't ride your bike in the Badlands, South Dakota. I was more nervous about getting blown off my bike than I was getting run over by a buffalo.

The Badlands requires two bikes. A cross or mountain bike with the larger tires to ride on the many gravel or dirt roads and a road bike for riding the paved roads, which you will share with other vehicles, trucks, RV's and motorcycles.

Riding takes concentration. If the wind is at your back, look up and around at the wonderful colors in the rocks that highlight the different sediments that settled in the rock formations over thousands of years offering you a visual geological history of the area. If you are riding into the wind or if the wind is blowing at you sideways, hold on and pray. Although I was never able to figure out how fast the wind was blowing I knew it was hard enough to move me at least a couple of feet with each gust of air.



While riding on my cross bike I rode leaning forward and down as low as possible to keep myself on the bike. It was difficult for me to hear a motorized vehicle coming up behind me due to the noise of the wind in my ears. I was grateful they all passed around me giving me lots of room. I suggest waking up early to get your road ride in for the day because as families wake up the road becomes much more crowded and drivers are less likely to give you much room.

Riding on the gravel roads can be tricky. There are areas with small gravel while other areas have large gravel. There are areas where the gravel is pushed down into the ground and it feels like your riding on the prairie path. There are other areas where I found myself sliding due to the amount of gravel on the road. The gravel roads are sparse. I rode on them and saw only one car go by me. Bring lots of water and a few spare tires. If you have a flat you have to know how to fix it because you may not see anyone on the road for your entire ride. You can bring your phone; however, you may not have any service so make sure you tell someone the route you plan to ride and an approximate time of your return.



Mickelson Trail

If you drive west along I90 from The Badlands, you will be in The Black Hills National Forest. This is where you can access the converted Rails to Trails Mickelson Trail. It is a 108.8 mile trail that you can access from various small towns in the Black Hills. The official start/finish locations are Deadwood City to the north and Edgemont City to the south. It is a gravel trail, similar to our Prairie Path, with some paved areas. The portion I rode was in the Hill City Area. It stretched along the side of a major highway. Although I wasn't on the trail for more than ten miles, it was wonderful. The section I was on remained close to the highway but far enough away to be safe from the cars going 55 mph. I would have loved to have ridden the whole trail if I had more time. I imagine it would be a great ride to do over a few days where you can ride and stay at various cities along the trail. What I enjoyed most about riding in South Dakota was the silence and solitude of the rides. I rode three different times while out there and I only saw two other bicyclists. I really enjoyed riding leisurely through the area and taking in all the beauty this area of South Dakota has to offer.

Mikes Solar Bikes by Chuck Dean

On August 13, Mike Romano, owner of Mikes Solar Bikes, made a presentation to assembled EBCers. Mike brought 2 of his EVELO e-BIKES to the meeting which constituted that night's program. Mikes Solar Bikes rents these electrically assisted bikes to individuals and groups by the day or week. Based in Naperville, Mikes will actually deliver e-Bikes to a destination starting point such as Chicago's lakefront.



EVELO Luna - electrically-assisted bicycle

Electrically-assisted means that the rider gets an assist from a battery-powered electric motor as the rider pedals the bicycle. The act of pedaling signals the motor to assist the front chain ring to spin. If you don't turn the cranks, the motor does not assist.* The bicycle including the motor and battery weighs about 60 pounds. The e-BIKE is a bicycle. It has front and rear wheel hand-brake controls. It has a 3-speed Shimano Nexus internal rear hub and right handle bar twist-shifter. The bike can be operated and ridden without using any electric motor assistance.

As for electric-assistance, the bike has only 2 controls in addition to the cranks: A switch on the lh handlebar to turn the motor on and set the assist level at low, medium, medium2, medium3, or high (1,2,3,4,5); and a throttle also on the left hand handlebar. But you don't really need to use the throttle. It is the act of turning the cranks that signals the motor to provide assistance. Why, then, is there a throttle? Well, you can command the motor to offer its assistance even if you are not turning the cranks by twisting the throttle. Interestingly, there is a free-wheel built into the crankset (bottom bracket) similar to the free-wheel that is built into the rear wheel. So if you choose not to pedal, you can still command the motor to offer assistance by twisting the throttle. You can also command the motor to offer more assistance even while you pedal by twisting the throttle - like you might do while pedaling as you encounter a hill.



Left hand grip, twist throttle, and brake lever



Right hand brake lever and 3 speed twist shifter

In preparing this article, I gave Mike a call to clarify a few things. Observing my comment about 'why a throttle?' Mike offered a few more thoughts:

Well, for some riders who may want to just let the e-Bike do all the work, such as in a hilly area for an errand, the throttle and motor will take you along at a speed of about 10 to 14 mph. The e-Bike using just the throttle has a range of about 20 miles. I've had people with physical disabilities express strong interest in that capability. (I.e. they'd like to enjoy a ride with their spouse, but maybe have some knee issues or hip problems, and just have found it too hard to ride a regular bike.)

For the typical regular rider, the throttle can come in handy, when for example one might get stopped at a light, on an uphill grade. The motor has the power to initially get you going, and could also come in handy on an extended ride when one doesn't have quite the stamina or energy left. Personally there are times when I have just used the throttle in the middle of a ride, for a few minutes to cool down a bit, as if there is no breeze and it's real humid/hot you can keep moving and get cooled off, without physically pedaling. Kind of nice.

After the club meeting Mike allowed interested members to test ride the 2 bikes on the bank parking lot. Several of us tried out the bikes. The experience was a blast. Great fun! You can clearly feel the power and assistance of the motor as you pedal. As fast as you start to turn the cranks, you can feel the motor kick in. The big surprise to me was the fact that it is the cranks that serve as the control over the motor. Yes, the throttle is there; but, again, you don't really have to use it.

For a much better detailed review of the bike, [try this link](#).

To contact Mikes Solar Bikes call 630 388 8938 or use: <http://www.mikessolarbikes.com/>

* There is a throttle that can also be used to command motor assistance.

Rain Hardly Dampens As Pool Party Shifts from Saturday to Sunday Another Great Turnout by George Pastorino

Another great day with 35+ riders over 4 rides and about 40 Pool Party attendees. (some camera shy).

Pussanee and I lent out 10 of our 11 loaner MTB bikes.....this made both the bikes and us happy :)

Thanks to Ed Gin, Brian Swanson and Pussanee for leading rides and to everyone who came out to enjoy the rides and the day.

Thanks to Chuck Gentile and Davis Johnson for sweeping the MTB rides...

Special Thanks to the incomparable Ed Gin for making his outstanding marinated Gobi Chicken.....gone within seconds.....

Thanks to all for bringing such great food!!

Pussanee and I feel so blessed to be able to share our home with so many friends :)

Friendship is the only cement that will ever hold the world together. - Woodrow T. Wilson

See Pool Party Roll out here: <http://tinyurl.com/RollOutToday>

See Hello Video here: <http://tinyurl.com/OurGroupHello>

Took just a few pics today...they appear below :)

What a great day all the way around.....Thanks to all.....Beer is the answer.....



Could attendance really have been held down as party was shifted from rainy Saturday to Sunny Sunday? I don't think so! !



Pussanee's Group of Riders !



Pastorino Fleet of Bicycles: "All present and accounted for! " !

Meeting Minutes August

Board Minutes August 13, 2015

Present: Tom Preston, Judy Mikesell, Kim Messina; Chuck Dean, Cindy Reedy, Jeff Gandy, George Pastorino, Ginny Preston

1. **President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
2. **Review of Waiver, Insurance, and Incident Report:** The board is in the process of reviewing the EBC policies of insurance and the liability waiver form that EBC requires members to sign before participating in club events. The concerns involve the participation of all club members, their family members, and guests in various club activities, and the responsibilities the club has in protecting itself from litigation, should an unforeseen event occur. The wording of the Waiver which is signed when members renew or join the club, or sign the Ride Sheet - is what is being reviewed to ensure it includes - all activities - all members - and their guests.
3. **Changes to Awards Program Guidelines:**
 - Ken Hickey is asking the award program guidelines be changed to: Invitational rides shall receive EBC credit if they meet the following criteria: The ride may be sponsored by any organization. The fee for the ride must be reasonable and customary for rides of this type. All such rides must be posted per our usual guidelines, and require a ride sheet and leader. All rides held beyond the 200 mile range require at least two member riders. For invitational rides, there should be a signup sheet at beginning and riders will turn their actual mileage into *ride leader*. Riders may break into separate groups and ride at their own pace. No miles accrued should exceed those of the group leader. The VP/Ride Captain will have the final authority over any events in question.
 - Here is what it currently states: (**Bold text is changed from what is above.**) Invitational rides shall receive EBC credit if they meet the following

EBC General Meeting Minutes August 13, 2015

1. **President:** The General Meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst.
2. **Secretary:** July minutes were read, as they had not been submitted in August newsletter.
3. **Membership Coordinator:**
 - Total memberships: Single - 212; Family - 115; Total - 327; Total Members - 510. (These are last month's numbers.)
 - Door prize winners:
 - + Mike Struglinski - Trek Bikes in Downers Grove- \$25 gift certificate
 - + Michael Ploskonka - \$15 Panera gift card
4. **VP/Ride Captain:**
 - Thanks to all the Ride Leaders who post rides, keep up the great work.
 - EBC Picnic: Mark your calendars! Saturday August 22. Location: Salt Creek Forest Preserve on 2nd Avenue between Route 83 and West Ave., Elmhurst. Lunch will be at 12 noon. Bean Bag competition will begin shortly after. Bring desert to share. EBC t-shirts will be given out as 'door prizes.'
5. **Treasurer:** Monthly Banking Summary (dated 7/9/2015 - 8/10/2015): Total income: \$103.00; Total expenses: \$244.58; Total balance: \$16,723.64
6. **Safety Chairman:** Baltimore Ortega
 - Awareness - be aware of road conditions, and riders riding near you.
 - Single file - ride single file on the roads. Do not ride 2 and 3 across on busy streets.
 - Use hand signals and announce -RIGHT turn / LEFT turn/ Slowing / STOP! HOLES!
 - Remember, you represent EBC - ride safely, and be predictable.
 - Listen to someone who states he or she is not feeling good. Take note if someone is not riding 'normal' as usual. Ask if assistance is needed - be aware if there is a health issue that may need

criteria: The ride may be sponsored by any organization. The fee for the ride must be reasonable and customary for rides of this type. All such rides must be posted per our usual guidelines, and require a ride sheet and leader. **The sponsor organization must be located, and the ride held, less than 200 miles from Elmhurst. All rides held beyond the 200 mile range require two member riders and two months' posted notice on the club website. For invitational rides, there should be a separate leader for each distance or pace ride group. The leader of each group is responsible for turning in his or her own ride sheet per our usual guidelines.** No miles accrued should exceed those of the group leader. The VP/Ride Captain will have the final authority over any events in question.

- Discussions on the old policy versus the new policy continued for several minutes, with no final decision made on exact wording of the revised policy.

4. **Rides with GPS:** Petra Hoffman suggested that EBC purchase "Rides with GPS" - a cloud-based software program that allows rides to be mapped and stored and printed. A Premium membership (\$250 per year paid by the club) allows all club members the privilege of using the program. The program provides functionality related to Club Administrators to manage the library of saved bike routes. The Administrators will all be able to manage the route library at the same time, create routes, edit routes, remove routes, etc. All members will then get access to Premium features: PDF Maps + Cuesheets, Garmin Write, and voice navigation in a mobile app. (Android or iPhone required). Routes can be grouped into Regions to be able to search from; there is a voice navigation feature; and the program interfaces with Garmin. These are some of the basic features the program offers. For an example of the program and more details, go to: <http://ridewithgps.com/clubs/1-ride-with-gps> The Board has not made the decision to purchase the membership as of the writing of these minutes. Independent of Ride with GPS, the club has many rides and cue sheets that are already stored on the list server. The Board is reviewing our existing processes and cue sheets while considering Ride with GPS.
5. **Treasurer:** Monthly Banking Summary (dated 7/9/2015 - 8/10/2015): Total income: \$103.00; Total expenses: \$244.58; Total balance: \$16,723.64
6. **CPR Training:** George Pastorino suggested that EBC look into having a CPR class offered to the club for ride leaders or other interested club members. This will be taken under consideration, as we all agreed this would be beneficial to all club members.
7. **Website Improvements:** Jeff Gandy and Cindy Reedy were present to give us an update on progress of website improvements. Because the Board Meeting was running long, Tom asked that Jeff and Cindy be our program guest speakers at the September Meeting. Jeff said he would put together a presentation.
8. **The next meeting** will be held on Thursday, September 10, at 6:15 p.m. at the Community Bank of Elmhurst.

attention.

7. **Awards and Attire:** Men's club cut - EBC Jersey on hand for sale, \$72.
8. **Mountain Bike Coordinator:** George Pastorino advised everyone to be careful out on the mountain bike trails - someone has partially buried broken glass on some of the trails recently.
 - Pool Parties - MTB and road rides - at the Pastorino house, last Saturday in August - All members invited.
 - Peoria Trip - Baltimore and I will lead a group to seek new MTB trails and routes.
9. **Refreshments:** Thanks to Chuck and Marilyn Dean for providing refreshments this evening.
10. **Sponsorship:**
 - There are 10 EBC sponsors that are featured on the EBC website. We encourage you to take time to view their websites, shop their stores - support them as they support our club through sponsorship. Some give us a discount, so let them know you are an EBC member.
 - The Bike Rack of St. Charles, an EBC sponsor is having an invitational ride to raise money for a charitable cause, on August 30. Please participate if you can!
11. **Program: Sustainability Innovations** - electric assist bikes to rent or purchase, powered by solar energy. Mikes Solar Bikes provides electric-assist bikes (e-Bikes) for rental in the Chicago Metropolitan area. Headquartered in Naperville, IL, Mikes Solar Bikes is pleased to offer Evelo brand e-Bikes that are an exciting form of sustainable transportation designed to get you anywhere faster, effortlessly, and more enjoyably while getting an 'assist' from a DC motor/Battery combination designed into the e-Bike which makes peddling so much easier. For more details, see: <http://www.mikessolarbikes.com/>
12. **The next meeting** will be held on Thursday, September 10, at 7:15 p.m. at The Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina
Club Secretary

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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

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

September, 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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