



The Cue Sheet

November
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.



**Elmhurst Bicycle
Club**

**HOLIDAY
PARTY!**

**Thursday December 10
6:30pm - 9:30pm**

**Please join us
at**

THE SNUGGERY

**122 South
York Road
Elmhurst IL
60126**

The EBC party will be held on the 2nd floor of The Snuggery,
in a private event room, a rustic and spacious area.
There will be delicious appetizers served, drink specials, and great fun for all!

Cost: \$ 5.50 for members
\$16.00 for guests

RESERVATIONS REQUIRED BY DECEMBER 5

Something new: bring a canned good - food donation for the local food pantry.

[>>>>Reserve & Pay with PayPal](#)

Or... write a check to: Elmhurst Bicycle Club (bring the check to the meeting Nov 12)

Or... mail check to: Elmhurst Bicycle Club / P.O. Box 902 / Elmhurst IL 60126

Padding on the Fox River, Wedron, IL, October 18



A crisp and sunny day is just the challenge for this group!

Just a beautiful day for 10 of us to kayak and canoe the lower Fox River out of Wedron, 32 degrees at the start made for crisp paddling conditions, but the unlimited sunshine warmed us and it was a stunning day to be on the water.

We saw blue herons, bald eagles, ospreys, egrets, and king fishers playing with the wind and enjoying the day and the beautiful sandstone cliffs.

Paddling quiet water is meditative and calms the soul.....and your bike won't miss you being on top of it for a day.

We had members of 3 bike clubs, Elmhurst , Naperville and once again we were joined by our friend Phil Furmanski, President of the Joliet Bike Club.

Paddlers were: Laurie Cooley, Bert Travis, Pussanee Pastorino, Michelle LeBlanc, Jim Ebel, Dubravka Juraga, Shelia Travis, George Pastorino, Jennifer Spitz, and Phil Furmanski .

See Slideshow here: <http://tinyurl.com/FoxRiverPaddle>

3 short Videos here: <http://tinyurl.com/4SecondBertAndShelia>
<http://tinyurl.com/BluffPaddling>
<http://tinyurl.com/NiceSpotForLunch>

Beer is the answer and so is Grand Marnier.....Thanks, George and Pussanee

RAGBRAI July 17 - 23, 2015
Register's Annual Great Bike Ride Across Iowa
by Joanne Nicholson

A trip like this deserves to be talked about.

Planning was a key factor in making this an enjoyable experience. I joined the Farrell family team as I rode in the mornings with Jim and had heard about his previous year's Ragbrai. We went with Pork Belly Ventures (PBV) so once I joined a team, I was able to get on their website which was very helpful. They sent ongoing emails to keep us informed and had videos from the previous year's ride. I found those very helpful especially in viewing the campsites and having a reasonable expectation about how we'd be set up. I heard that it was best to have 1,000 miles ridden before Ragbrai, which I did, as well as attending some of the great EBC hill training rides. One of my favorite t shirts I saw was ""Who ever said Iowa was flat?" Lots of rolling hills to be sure.

I hadn't tent camped since I was in college, so I had some preparation to do and gear to get. Best move in my mind was getting a cot from Roll-A-Cot. It was easy to put together and pack up each day and made sleeping more comfortable along with a self-inflating airpad. It was advised to bring a sheet, and that's all that was needed on all nights but one. We had small battery operated fans in our tent but I only used mine on two nights. We heard afterwards that the weather for the week was one of the best they've had in years. My bike computer registered over 90 degrees by the end of each day's ride, and we had 2 rain days. Good thing we get stuck in the rain on some of our EBC rides because the experience helps us to feel more confident riding the hills in wet conditions!

I was warned not to over pack, and only being allowed two duffle bags made that a challenge for me. With all the vendors available each day, bringing extra gear for emergencies wasn't necessary and mid-week laundry service was available from PBV. Had to pack our bikes up well to be put on the

truck from the endpoint to the start point.

The roads were in great condition. There was available food and drinks all along each day's route with reasonable prices. As on all long, hot rides, hydration was important and there was no problem getting water along the routes. Waiting in lines is a part of the experience. The kybos did not drive me too crazy, but definitely involved waiting in lines.

The night before each ride was filled with festivities - more food and drinks, music, vendors, etc. Homemade ice cream, made daily, was a big part for me. The vendor about 15 miles from the end of each day's ride, and was a well-deserved treat.



The organization of Ragbrai was incredible. I don't think we ever rode more than 15-20 miles without passing through a city prepared to accommodate most of the riders' needs. Many of the stops we could ride through and not stop if we didn't need too, but most of the bigger stops involved dismounting and walking through the town. People watching was incredible. Looked like an army coming in and leaving.

What I enjoyed the most was riding for 7 days at my own speed but never alone. I wasn't sure how to pace myself for a 7 day ride so kept to my favorite 14-16 mph speed with a few sprints thrown in to make it all fun. Day 7, I sped up a bit so it was my fastest average speed as I didn't have to save myself for the next day. Traffic was usually rerouted or very minimal so both lanes were available. The pace lines were on the left and slow goers on the right. Saw some bad accidents. It got very busy at food stops with riders getting on and off the road, and if the riders didn't slow down when approaching those sites, it was an accident waiting to happen, and so they did. Emergency crews and the Air Force race team were very visible. The approximately 120 member Air Force team rode the route and checked with riders stopped with bike issues or accidents. I'm sure they changed a lot of flat tires. Hard to believe that some cyclists don't get their bike fixed up before a ride like that. Mechanics were available at the camp ground as well as at most of the daily midpoint lunch stops.



Cell phone service was sporadic so it wasn't the easiest to find or meet up with club members. Our EBC jerseys are easy to spot so that helped in some cases. Choosing an outfitter for the ride is a personal choice. PBV had a lot to offer as I wasn't about to move my gear or set up a tent every day. They also had a bus that could take you to the next day's site if you chose to take a day off. They also had great bike mechanics, free beer at the end of each day, cooling tents, food, showers, and lots more.

The ride each day was mostly corn fields, but with the rolling hills it was beautiful. Felt like traveling through the heart of the USA. People were very friendly even with the areas accommodating such large crowds.



Palos Peaks

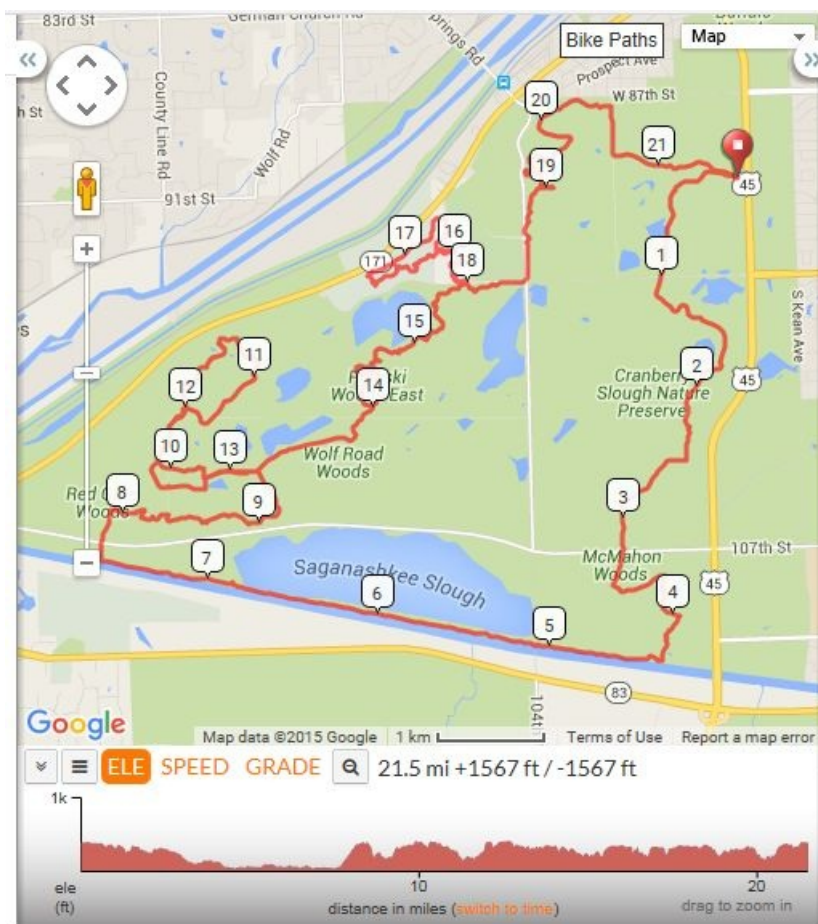
By C. Dean and G. Pastorino



Bert and Pusannee enjoy the glow! Hope you did too.

George managed to get out on a beautiful day recently to both ride and photograph Palos fall splendor. Enjoy his slideshow: <http://tinyurl.com/PalosFallBeautyToday>

Here is the 22 mile Ride with GPS display:



Bert and Pusanee enjoy the glow! Hope you did too.

Officer Slate 2016

EBCers,

The slate of officer candidates for 2016 was presented at the October 8, 2015, EBC meeting. The slate includes:

President: **George Pastorino**

Vice President / Ride Captain: **Ken Hickey**

Secretary: **Kim Messina**

Treasurer: **Judy Mikesell**

Membership: **Jeff Gunty**

In accordance with Article VII of the club's Constitution and By-laws, in the presence of a quorum of club members at the November 12, 2015, club meeting, a vote will be taken to elect the 2016 EBC officers.

Additional nominations, with the nominee's approval, may be received from the floor up until the election. Election is by a majority of members present. All officers shall assume their positions on January 1, 2016.

All members are cordially invited to attend the November 12th EBC club meeting, 7:15 p.m.

Your club is still looking for a member to step-up for the Program Coordinator position. Ray Dal Lago is resigning after years of admirable service in this position. Thank you, Ray. The program coordinator keeps his or her eyes open for presenters of interesting topics for the monthly club meetings. Presenters can be found from the pool of club members, vendors, people who are interested in bicycling and fitness. Are you ready for the challenge?

Member miles database coordinator Peter Gough is moving on. We thank Peter for an excellent job

recording and maintaining the miles data base. We welcome and appreciate Dubravka Juraga, who has volunteered to take on this responsibility going forward.

Our Safety Chairman, Baltimore Ortega, also deserves our thanks for his fine service in recent years. If you have an inclination to fill this important position, please contact Baltimore or club president Tom Preston.

Meeting Minutes October

Board Minutes October 8, 2015

Present: Tom Preston, Judy Mikesell, Kim Messina; Jeff Gunty, Chuck Dean, George Pastorino, Ginny Preston, Ray Dal Lago

1. **President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
2. **EBC Donations:** Brief discussions began on possible donations to nonprofit organizations that support cycling or assist those who are in need of a special equipped bicycle. George Pastorino stated he would visit The Bike Rack and see if there is a need through Project Mobility. No designations were made, as a list of organizations is being formed for determination at our November meeting. A \$200 donation to Ride of Silence, in memory of Diane Wilkinson, will be made outside of our holiday donation program. Some of the other organizations on the list are: Trails for Illinois, CAMBR, Active Trans, Make-a-Wish, LIB, Special Bikes for Special Kids, Active Trans, and the purchase of lights and tail lights to give out in some proactive outreach. It was suggested that the lights be given to the local police to hand out. It is a challenge to see if they would even reach the kids. It was suggested that if there could be a program where kids take the Bike Safety Quiz - bring their certificate of completion and get a free light. It was suggested that if the Addison Park or Addison Police can be contacted to put a bike safety program together in Spanish, as there is a need for safe cycling for those who use bicycle for basic transportation. We could hand out the lights at such programs after participants completed the class.
3. **Ride Captain and Club Member behavior:** A ride leader's responsibility is to safely lead the qualified participants of their listed ride. The EBC members, who choose to participate in rides, have the responsibility to know their riding skill levels, and choose the ride that best suits their capability to ride safely. As participants in club sponsored events, we ALL have a responsibility in upholding a level of respect and acceptance amongst each other, no matter the many diverse personalities. We ALL have a responsibility to not yell out inappropriate, harassing comments. We represent Elmhurst Bicycle Club, and when we are out in our communities, we are all advocates of safe cycling and grown children enjoying the healthy and fun benefits of a simple pleasure - riding our bikes.
4. **EBC Award Program** - Judy Mikesell brought up a suggestion to award socks, instead of t-shirts, as the award for riding more than 1,000 miles. No decision has been made, but we currently are looking at socks from 2 vendors - The Sock Guy and Defeat.
5. **Treasurer:** Monthly Banking Summary (dated 9/10/2015 - 10/8/2015): Total income: \$225.89; Total expenses: \$1,763.50; Total balance: \$14,537.44.
6. **The next meeting** will be held on Thursday, November 12, at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina
Club Secretary

EBC General Meeting Minutes October 8, 2015

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

1. **President:** The General Meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst. Tom announced that he will not be running for EBC Club President for next year. George Pastorino was asked if he would be interested in becoming the next EBC President, and he has accepted the nomination. Officer elections will be held at the next club meeting in November.
2. **Secretary:**
 - **Elmhurst Bike Club Donations** - Every year EBC makes donations to nonprofit organizations that promote cycling. If there is a particular organization you know of, please make the suggestion so that it may be considered for receiving a donation.
 - **The EBC Christmas Party** will be held Thursday, December 10, at The Snuggery in Elmhurst. Cost will remain the same as last year. \$5.50 for members; \$16.00 for non-members. This year, I am asking all members attending the party to please bring a 'non-perishable' item for the local food pantry.
3. **Membership Coordinator:**
 - Total memberships: Single - 213; Family - 115; Total - 328; Total Members - 520. Active members - 286.
 - Door prize winners:
 - + Al Stanke - Stemple's \$25 gift certificate
 - + Ted Sward - Panera \$15 gift card
4. **Adopt a Trail:** Marge Ricke stated that the Prairie Path section that EBC covers does not need cleaning. So, no October clean-up is necessary. For 2016, a couple of volunteers are needed to continue the program which is held 4 times a year. Betty Bond and Baltimore Ortega will not be able to co-lead next year. Please contact Marge if you are interested in helping her organize the program for 2016.
5. **Treasurer:** Monthly Banking Summary (dated 9/10/2015 - 10/8/2015): Total income: \$225.89; Total expenses: \$1,763.50; Total balance: \$14,537.44.
6. **Safety Chairman:** Baltimore Ortega will be stepping down from his role as Safety Chair. If you are interested in taking over this important role, please contact him or club president Tom Preston. Baltimore's advice this month dealt with:
 - Fruits, acorns, wet leaves - be careful on the roads and trails, as these obstacles can cause a crash.
 - Lights - The days are shorter, and it gets dark much earlier. Make sure to have proper lights, both front and rear.
 - Awareness of safety - Ride single file - Be predictable.
7. **Awards and Attire:** All the jerseys have been sold.
8. **Mountain Bike Coordinator:** George Pastorino - Fall color ride is Oct 17; Several MTB scouting trips are being planned, to bring more of an adventure to MTB riders. J&R Cycle will be having a Fat Bike demo day for EBC members - several bikes will there to try - November 1. See List Serve for details.
9. **Refreshments:** Thanks to Judy Mikesell for providing refreshments this evening. And thanks to Sue and Deb Hickey for bringing the Halloween decorations and cookies. Sign-up sheet for 2016 club meeting refreshments is being passed around. Pick a month that works for you to bring refreshments for the meetings. You will be reimbursed for the snacks that you purchase.
10. **Ride with GPS:** The new GPS application works with the iPhone and Android phones. RWGPS is great for

leading a ride, or just following along on a ride. Another great feature- there is a verbal cue sheet when downloading routes from the library. The program will also record your ride, and create a route for the library. Events can be created, and those who wish to join the event, can RSVP. This will give the ride leader an idea of who is coming to the ride. The benefit is provided to all EBC members. It is necessary to send a request to Petra Hoffman, for membership access to RWGPS, for access and use of the program. EBC members have Premium membership at no charge. There are a number of details and videos on the Ride with GPS website. If you have further questions, please email Petra.

11. **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. Letters of thank you are going out to all of our sponsors, thanking them for being an EBC sponsor, and asking them to renew for 2016. If you have experienced any unpleasant service or issues with any of our sponsors, please contact Ginny Preston, via email or phone call. She may be able to assist to resolve any conflict that may have occurred.
12. **Data Base Manager:** Peter Gough is stepping down from his position as Data Base Manager. If there are any club members interested in taking over, please contact Peter. He will continue his role until someone is able to take over the responsibility.
13. **Newsletter Editor:** Thank you to Chuck Dean, for as always doing an excellent job of putting the newsletter together, and also for the wonderful article about Diane Wilkinson. Nicely done.
14. **Website Team:** (Cindy Reedy, Sharon Hermach, Chuck Dean, and Jeff Gandy) The hosting service for EBC website is no longer acceptable. We will continue with it until a new one has been identified as a viable alternative. It is estimated that it will take up to 2 weeks to get a new one up and running. As you read this, it is on the new service.
15. **Tonight's Program: Speed and Miles** We have not one, but two guest speakers tonight:
 - Dave Buckson will talk about this past September's Sub 5 Century, a ride where the goal is to ride a century (100 miles) in under five hours (which he did!).
 - Eric Petersen will talk about Paris-Brest-Paris, the most famous long distance randonneur (it is a long-distance cycling sport with its origins in audax cycling. In randonneuring, riders attempt courses of 200 km or more, passing through predetermined "controls" (checkpoints) every few tens of kilometers. Riders aim to complete the course within specified time limits, and receive equal recognition regardless of their finishing order.)
16. **The next meeting** will be held on Thursday, November 12, at 7:15 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

Advocacy
Bob Hoel

Refreshments
Marge Ricke, 630.616.8481

president_elmhurstbicycling.org

bob.hoel_comcast.net

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>)

November, 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>.

Please Support Our EBC Sponsors



Orland Park Cyclery
Giant Bikes
Specialized Bikes & Accessories
Endura Clothing

Jim Saplis - Owner
14445 S. John Humphrey Drive
Orland Park, IL 60462

(708) 460-2999
jsaplis@msn.com
www.orlandparkcyclery.com



240 W. ST. CHARLES RD. VILLA PARK, IL 60181
630.620.1606 JANDRCYCLEANDSKI.COM

BOB PECORA
OWNER

HOURS
MON & THURS 10-8
TUES, WED & FRI 10-6
SATURDAY 10-5
SUNDAY CLOSED

TREK - ELECTRA - HARO -
THULE - HOLLYWOOD

WE REPAIR ALL MAKES AND MODELS



**Community Bank
of Elmhurst**
Member FDIC
"Your Hometown Bank"

VILLAGE 
CYCLES**SPORT**
 Dedicated to the Sport of Cycling Since 1976
<http://villagecyclesport.com>

LANCE HONEYMAN

The Bike Rack
www.thebikerack.com
 2930 Compton Hills Rd. • St. Charles, IL 60175 • 630-584-6588
 Fax 630-584-1295 • e-mail: lance@thebikerack.com

HARTLEY'S CYCLE SHOPPE, LTD
 PINARELLO - CANNONDALE - BIANCHI
 FELT - GIANT - WATERFORD - SCOTT - COLNAGO
KENNETH J. HARTLEY
 24 WEST HINSDALE AVENUE
 HINSDALE, IL 60521
 (630) 323-7156 EMAIL: hartleyscycle@comcast.net
 WWW.HARTLEYSICYCLE.COM FAX: (630) 323-7195


SURLY BIANCHI GUNNAR SOMA WATERFORD VELO ORANGE FIXATION FOUNDRY

 Professional Bicycle Services
www.bikefixinc.com • 708.445.8760 • 310 Lake St. Oak Park, IL 60302

RUDY'S

CYCLE & FITNESS
 5711 W. IRVING PARK
 (773) 736-4395
 RUDYSBIKES.COM

Please
 Support our
 EBC
 Sponsors

STEMPLE'S

CYCLES
 494 Spring Rd, Elmhurst IL
 (Next to the Prairie Path)
630.834.1012
stemplesbikeshop.com


Sammy's
BIKES
 602 1st St. SAINT CHARLES, IL. 60174
 630 444-0690 SAMMY@SAMMYSBIKES.COM


Trek Bicycle Store
 Downers Grove • Naperville