



The Cue Sheet

December
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.

Graceland Cemetery by George Pastorino

Dawn Maxwell led a great 5.5 mile hike along the Lakefront to Graceland Cemetery, which is filled with the graves of Chicago giants like Marshall Field, Daniel Burnham, Pullman, Kinzie, Clarke, Palmer, Kimball, Wacker, McCormick, Getty, Hyde, Goodman, etc.

15 hardy souls showed up for a great day :)



"... neither rain, nor sleet, nor ice, nor snow" slow EBCers from their appointed rounds.

It was just idyllic weather for a walk in a historic cemetery....36 degrees, strong winds and sideways rain....which brings me to why I love EBC: reason 56....."If you lead it.....they will come.....in *any* weather."

Cemetery info here: <http://www.gracelandcemetery.org/the-cemetery-of-architects/>

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

Be Outside!

Goals
by Kim Messina

Goals: The object of a person's ambition, effort, or desired result. We all have set goals for ourselves, a means of motivating ourselves to do a little better in life, ride longer distances, or even get the club minutes finished a week before they are due. We set our minds and hearts toward achieving something important for ourselves. It takes discipline, time management, motivation, and focus.

Most recently on an EBC ride, I got to thinking not only of a goal I had set for myself this year, but also about the goals of some of the club members with whom I had ridden. They accomplished some awesome levels of achievement this past summer. There is Tom, who had completed his first century this summer; and the incredible foursome who had gone to France and completed the Paris-Brest-Paris challenge. Even qualifying for such a ride is an incredible honor. In talking with Vince Gatto, who joined EBC this past spring, he had set a personal goal to ride 1,000 miles. With many club rides, he has achieved his goal, and already has raised it to a higher level before the end of the year.

There are those who cross over to the dark side, leave their bikes at home, and run marathons. Dawn Maxwell has already run half marathons in 37 states. Her goal is to do all 50, and she crossed off a few more states this year.

I had set out to run a marathon this year, a goal I had set for myself years ago, but never moved beyond the spoken word. This was the year I was determined to set a plan, train, and achieve that goal. I ran the Chicago Marathon in October and finished within 6 hours. This was a pretty amazing accomplishment for me at 58, 33 years after I said - "I am going to do a marathon!"



Dr. John and Kim launch from Whole Foods in Elmhurst with 15 EBCers and 14 more bicycles in tow.

Then there is Dr. John Loesch, a biking aficionado, who at the age of 40, rode 40 centuries (4,000 miles); at the age of 50, rode 50 centuries (5,000 miles). For his 60th year on earth, he took into consideration the amount of time required to set a similar goal, so he elected to do 60 metric centuries or 3,728.22 miles. Crazy! This was quite an astonishing goal which required lots of discipline, determination, Gatorade, and Cliff Bars. It required riding early in the morning before work and riding late at night after work. In the rain, and lots of times - riding alone to achieve the personal goal he set for himself.

On Sunday November 29, 16 EBC friends joined John Loesch on his 60th metric century. The ride included 3 Panera Bread stops, riding along a river, over bridges, through neighborhoods, woods, and on trails, and roads. A great adventure for Dr. John's 60th metric century - celebrating his 60th year and a great personal goal he had set for himself.



All hearty and ale! EBCers celebrate a metric century.

2016 EBC Officers Elected

By Chuck Dean

By unanimous approval, attending members at the November 12, club meeting elected the slate of candidates presented below. Leadership in 2016 will be provided to the club by long-time member, former officer, and mountain bike coordinator, George Pastorino, and by the sincerely appreciated continued service of the carryover officers from 2015: Ken, Judy, Kim, and Jeff.

It's a BIG DEAL. Please congratulate and thank them all the next time you see them. The Elmhurst Bicycle Club will continue to enjoy its success and popularity because club members step forward and volunteer to sustain the club and improve it year after year.

These officers were elected:

President: **George Pastorino**

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

Secretary: **Kim Messina**

Treasurer: **Judy Mikesell**

Membership: **Jeff Gunty**

2015-11-29 / Dr. John's Final 2015 Metric Century / 17 Riders

by John Riordan



Brisk, 30-ish, a little wind, but EBCers are rarin' to go!

Sometimes a bike ride is so appealing that folks who know they don't have time for the whole ride, drop in for a bit and then "peel off" to go to their other obligations. Sometimes a bike ride experiences a situation where a group gets split off from the main body and runners go back to pick them up. Sometimes they reconnect at stopping points and continue on together. Sometimes

a bicyclist might become overwhelmed with the pace, inclines, wind conditions, or personal fatigue and the group will break off; go back; swarm him or her and pull them along to the finish.

Occasionally, a bicyclist even literally pushes another by hand up a hill, giving them that last 5% of power that they just don't have at that time, in order to keep them with the pack. Today's journey, aptly led by Dr. John & Kim, had ALL of those situations, and so much more. This might have been our last shot at getting a good distance road ride in with a large, speedy group this year. (Winter is coming. lol)

One of the highlights for me today was the travel through the beautiful parks that border the Fox River. We saw the river's majestic, high and heavy, snow-melt flow ripping southbound toward the Mississippi, in the constant pull to the Gulf of Mexico, and the rest of the world.

Everyone in the parks today was of good cheer. Those are the type of people who come out and bike, run, walk, or stroll on a blustery 40F-degree day. And that is the feeling that being along the river gives you.

At the half-century mark (50 miles), eastbound, into wind gusts, and up a long-lasting run of rolling hills in Naperville, my legs finally gave out. Sometimes folks "bonk" due to low blood sugar, or dehydration (also missing electrolytes and minerals in the body).

In my case, this time, it was because I had worked out like a fiend in the gym with my daughter on Friday after Thanksgiving, leaving no weight un-lifted; then I did an unplanned-for bike ride on Saturday (with Baltimore) that featured some climbs and wicked sprints.

Coming into today, and eventually knocking off a 70-mile ride, I had simply asked for too much of my leg muscles.

I had fellow riders waiting for me at the first turn. The group expressed both concern and understanding, and I actually - for the first time ever - felt a hand on my back, pushing me up the last hill before our final rest and refueling break. (Thanks, Vince.)

For the last bunch of miles, I tucked in behind one of the tandem bikes, drafting them religiously, and took the "John & Kim train" home.

The group stopped for drinks afterwards but I declined, knowing that I wanted to spend my son's last hours home from college with him, and also knowing that I was absolutely fried and "kaput." Later, it would end up taking all of my will power, and strength, to simply get out of the bath tub.

Non-athletes forever wonder "why." Why the seeming stupidity? ...Going out into the cold, sometimes fighting traffic, mechanical failures, and muscle fatigue. Why on earth??? They will never understand that you have to break through a barrier to "get it". ...Your body heats up, and at some point, you soar. You must preen the feathers, work the wings, and brave the wind. ...And you are best off surrounded by a flock. But then, you can soar!

Imagine the land and the beauty of nature flowing around you while you survey life in your winding journey, all the while surrounded with a lively bunch of fellow enthusiasts, soaring as well....Well, I really don't have to imagine.

See you on the road. :-)



Elmhurst Bicycle Club and Project Mobility Donations

Put a smile on a child's face this holiday season - and your donation can go twice as far with this EBC matching program.

Donate towards an adapted bike or trike for a special needs child from Project Mobility between December 1, 2015, and January 31, 2016, and Elmhurst Bicycle Club will match your donation 100% up to a total of \$2,500 matching.

The Elmhurst Bicycle Club has been involved with Project Mobility for over 5 years helping to raise money to provide bicycles for children and adults in our community who would otherwise be unable to experience the joy of bike riding. Hal Honeyman founded Project Mobility because of his interest in "adaptive cycling." This interest was spurred when his own son Jacob was born with cerebral palsy. After Jacob's needs were met, Hal found specialized bikes for other disabled children and began creating specialized bikes when other bikes were not available or did not exist for that particular disability. Bikes for those who are disabled goes beyond mere transportation, or even health building recreation for those whose health is often fragile. These specialized bikes create a sense of freedom for those who are disabled.



EBC's Involvement



The Elmhurst Bicycle Club's interest in adaptive cycling has been ongoing. We are proud of our club's contributions as well as the efforts of our individual members. Only last month our Vice President, Ken Hickey, personally donated a trike to a young man in Colorado for his use. Recently we received a letter from the parents of one of the children who received a bike through donations raised by our club four years ago.

"We would like to thank you all, again, for the wonderful gift of a bicycle for our son Josiah! As I was looking back through photos from that evening, I was shocked when I realized it has been four years. And he loves that bicycle just as much now as he did then. In fact, when my brother came for a quick visit yesterday, Josiah had to "show him my bike!" as if Uncle had never seen it. It has been such a joy to see Josiah out riding with siblings and friends.. Something that wouldn't be possible without your generous gift. It has truly put a smile on his face over and over.. And happiness in our hearts, as his parents, to see him gain an independence we weren't

sure would be possible.

We recently moved to Wisconsin and were thrilled to be able to find a house that is just a couple of blocks away from a beautiful paved bike path that meanders through the "greenbelt" in town. (For those of you familiar with Wisconsin trails, this is a section of the Ice Age Trail.) We are very much looking forward to the opportunities for riding this offers. Having seen Josiah's love for riding his bicycle, we are hoping to encourage this as a lifelong hobby for him, as well as the rest of our family!

Casey and Jennifer Bessette"

How to Donate

All donations will remain anonymous and the donation period will run until January 31st of 2016. Donations are tax deductible. You can donate using the button below.

Donate



You can also donate by sending a check to the address below. Please note that you are contributing to the Project Mobility donation drive.

Elmhurst Bicycle Club
P.O. Box 902
Elmhurst IL 60126

Meeting Minutes November

Board Minutes November 12, 2015

Present: Tom Preston, Ken Hickey, Judy Mikesell, Kim Messina; Chuck Dean, George Pastorino, Ginny Preston, Susan Sperl, Ray Dal Lago, Jeff Gandy, Cindy Reedy

1. **President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
2. **EBC Donations:** Donation of \$200 was given to The Ride of Silence, memory of Diane Wilkinson last month outside of our holiday donation program. It was confirmed that this year's EBC donations will be given to:
 - League of Illinois Bicyclists (Now called Ride Illinois) - \$500.
 - Active Transportation Alliance - \$500.
 - Chicago Area Mountain Bikers - \$500.
 - League of American Bicyclists - \$250.

George Pastorino presented information on 6 handicapped children in need of special equipped bicycles to accommodate their ability to ride. Hal Honeyman, of The Bike Rack (club sponsor) and Project Mobility builds these bikes which can cost anywhere from \$3,000 - \$5,000. George proposed that EBC enable club members and others to donate to Project Mobility. EBC will match donations up to \$2,500. From Dec. 1, through Jan. 31, 2016, a link will be available on the EBC website where donations can be sent via PayPal.

3. **Mileage Awards:**
 - Socks: Judy presented 2 companies which can make socks with the EBC logos - The Banana Man, with a neon green sock, and the retro, black and white - Elmhurst Bicycle Club logo. After reviewing the options with DeFeet and The Sock Guy, it has been decided that the club would ask DeFeet to create a prototype sock of what we want. Socks will be awarded to members of the club who have ridden over 1,000 miles in lieu of t-shirts. Extra socks will be ordered to allow club members to purchase the socks if they had not ridden over 1,000 miles.
 - Susan Sperl proposed a new jersey design for EBC which would be a high visibility design including an EBC logo, and a safety message on the back side of the jersey.
 - There have been requests to order the black and white EBC retro sweater by club members. Susan Sperl will send out an email with information on how club members can go about ordering the sweater direct from the company.
4. **Treasurer:** Monthly Banking Summary (dated 10/8/2015 - 11/12/2015): Total income: \$982.84; Total expenses: \$364.55; Total balance: \$15,155.73.
5. **Holiday Party:** Ginny will be making visits to each of the sponsors, asking them to renew their sponsorship. At this time, she would like to invite them to our Christmas Party as our guests. It was agreed unanimously to invite our sponsors as our guests, along with representatives from the organizations we are making donations to.
6. **Website and server:** Cindy Reedy and Jeff Gandy asked that we approve the additional \$21.00 per year to cover the cost of automatic back-up of our website each night. Five nights storage will be saved, with the oldest being deleted each night. The cost will increase from \$240.00 to \$261.00 per year.

Because of the complexity of recording 2 ride leader's credit for leading one ride, it has been decided only 1 ride leader will receive 'ride leader credit' for the ride. Two leaders may lead a ride - only 1 will get 'credit' which may count towards an EBC Ride Leader jersey after 15 leader rides. This new ruling will allow an automated system to record miles in the future.

Jeff is currently considering the idea of creating a directory of members and their ICE (In Case of Emergency), which would be only viewable to people with logins and passwords for the administration area

EBC General Meeting Minutes November 12, 2015

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

1. **President:**
 - The General Meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst. As Tom's last meeting as EBC President, he began by thanking Ray Dal Lago, Program Director; Baltimore Ortega, Safety Director; Peter Gough, Database Manager - for their years of service and contribution to the club as they move on. And thank you to Dubravka Juraga, for volunteering to take over for Peter Gough. George Hardwidge has mentioned to Tom that he has had Safety experience, however would not be able to attend meetings. If no one else can take over as Safety Chair, George might be persuaded to issue safety related emails. Thank you to The Ride Leaders, who lead so many rides and activities. It has been my pleasure to serve with Ken, Kim, Judy, Jeff, and Chuck these past 2 years.
 - EBC Officer Elections:
 - + President: George Pastorino
 - + Vice President/Ride Captain: Ken Hickey
 - + Secretary: Kim Messina
 - + Treasurer: Judy Mikesell
 - + Membership Coordinator: Jeff Gunty
 - + Newsletter: Chuck Dean

Members who were present unanimously voted for the officers listed above.

 - The Board voted to donate to the following organizations:
 - + League of Illinois Bicyclists (Now called Ride Illinois) - \$500.
 - + Active Transportation Alliance - \$500.
 - + Chicago Area Mountain Bikers - \$500.
 - + League of American Bicyclists - 250.
 - + Ride of Silence - given in November - \$200.
 - George Pastorino presented information on 6 handicapped children in need of special equipped bicycles to accommodate their ability to ride. Hal Honeyman, of The Bike Rack (club sponsor) and Project Mobility builds these bikes which can cost anywhere from \$3,000 - \$5,000. George proposed that EBC ask club members, and anyone else who would like to donate to Project Mobility and that EBC would match donations up to \$2,500.00. From Dec 1, through Jan 31, 2016, a link will be available on the EBC website where donations can be sent via PayPal.
2. **Secretary:** The EBC Christmas Party will be held Thursday, Dec 10, at The Snuggery in Elmhurst. Cost will remain the same. \$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. **Vice President/Ride Captain:**
 - Ken began by thanking Tom for his years of service as EBC President.
 - Ken attended a Bike and Pedestrian safety plan meeting in Lombard this afternoon, and spoke of the city's plan for adding bike lanes on Westmore from St. Charles to Roosevelt; stop lights at some of the Prairie Path and Great Western Trail crossings (Main Street, Westmore) There will also be an open house Bike Plan meeting next Thursday, Nov 19. Anyone able to go, please attend.
 - While in Colorado, Ken recently donated one of his trikes to a handicapped man who had attended a special camp this past summer and rode a trike, similar to one that he now received from Ken. The man had a severe brain injury, and was unable to walk, but able to ride a trike.
 - The club has had over 1,500 activities so far this year according to reports.
4. **Membership Coordinator:**
 - The following membership data has not been updated since last month: Total memberships: Single - 213; Family - 115; Total - 328; Total Members - 520. Active members - 286.
 - Door prize winners:

of the current website. That way a ride leader could contact Board Members or the Web Team in an emergency to obtain this information, if needed.

New membership application forms were deployed on 10/25 and since then every renewal or new membership has been saved into the database. Then, when the end of year comes, we will have all active members in the database without having to do a lot of tedious data entry. This will continue through 10/1/2016 when we will deploy a new membership application form. Those who signed up before 10/25, or mail-in a paper application form, will need to be entered manually.

PayPal API Integration and future website tools are being discussed by the EBC Web Team. These enhancements will allow greater efficiency and capabilities of our website in the future. More details will be provided as they become closer to reality.

7. **The next meeting** will be The EBC Christmas Party on Thursday, December 10, at 6:30 p.m. at The Snuggery, Elmhurst.

Respectfully submitted,

Kim Messina
Club Secretary

+ Roberta Rehor - Village Cycle \$25 gift certificate
+ John Stanaway - Panera \$15 gift card

5. **Treasurer:** Monthly Banking Summary (dated 10/8/2015 - 11/12/2015): Total income: \$982.84; Total expenses: \$364.55; Total balance: \$15,155.73.
6. **Safety Chairman:**
 - Baltimore Ortega will be stepping down from his role as Safety Chair. George Hardwidge has volunteered to assist with this role via emails, as he may be unable to attend club meetings.
 - Baltimore's parting recommendations:
 - + Be predictable - let drivers know what you are doing.
 - + Ride respectfully in the communities in which you ride.
 - + Buddy system - look out for the riders around you, watch out for each other.
7. **Awards and Attire:**
 - Socks with EBC logos - socks will be awarded to members of the club who have ridden over 1,000 miles in 2015 in lieu of t-shirts. Extra socks will be ordered to allow club members to purchase the socks if they had not ridden over 1,000 miles. Two types of socks will be offered: Green neon socks with the Banana Man and the black and white Retro EBC style.
 - Susan Sperrl proposed a new jersey design for EBC which would be a high visibility design including an EBC logo, and a safety message on the back side of the jersey.
 - There have been requests to order the black and white EBC retro sweater by club members. Susan Sperrl will send out an email with information on how club members can go about ordering the sweater directly from the company.
8. **Mountain Bike Coordinator:** George Pastorino - As you all know, Tom Preston is stepping down as EBC President at the end of the year. When I first heard this news I wrote Tom an impassioned letter asking him to reconsider and stay on. I did this because I believe Tom is a great leader and embodies everything we want in a President and everything EBC stands for. I had the opportunity to advise Tom on some of the more difficult issues facing the club in the last few years and he graciously thanked me publicly for that help. However, during those 2 years....*It was I who learned a lot from Tom Preston.* He is thoughtful, compassionate, reasoned, wise, friendly and kind. He has displayed an uncanny ability to do what is right for most club members. Unlike a lot of people he is able to make it about others and not himself. On several occasions he voted in favor of actions that he might not have liked personally....because he thought the item would benefit most club members.....this is a rare quality.

Tom not only was a great President, he is a fine gentleman and I am proud to call him a good friend. All EBC members should be proud of how he helped the club. Take the time to thank him for his service to the club when you see him. I will strive to continue his excellent work.
9. **Refreshments:**
 - Thanks to Linnea Myers for providing refreshments this evening. And thanks to Sue Hickey for your help in setting up.
 - 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.
 - Active Trans attended a Bike and Pedestrian Safety Plan in Bensenville last week. Only 2 people attended, which was a disappointment. Marge stated that there are great plans for providing bike routes far beyond our communities to neighboring communities. It is important to get involved. Attend the bike planning meetings that you may hear of. Active Trans has an online suggestion link on their website.
10. **Sponsorship:** There are 10 EBC sponsors that are featured on the EBC website. Rudy, of Rudy's Cycle and Fitness is here tonight. He has renewed his EBC sponsorship, and we thank you Rudy!
11. **News and events for 2016:**
 - Donna Busching, who last year did the MS Tour de Farms Bike Ride, will be on the MS Committee for the

2016 Bike MS fundraiser. Just wanted to get the word out now so everyone can plan on participating in the weekend ride event in June, 2016.

• Ken also reminded that he and Linnea plan to again ride and support the American Lung Association Lake Geneva ride, raising funds for programs sponsored by that organization.

• **The annual and official EBC Cross Country / Snow shoeing / Downhill skiing / Winter hiking trip** will be held in Ironwood, MI - Jan 31 - Feb 5, 2016. For over 15 years, this has been a well-attended tradition of EBC, with anywhere from 40 - 50 members attending, and taking over the entire Indianhead Motel. For this upcoming 2016 season, we encourage the tradition! The hotel is 10 minutes from the best cross country skiing you'll find anywhere. ABR offers over 1,100 scenic acres of trails - from the easiest to the more challenging runs - to ensure an incredible winter adventure for all. There are many snow shoe trails to hike, with some intersecting the ski trails; so seeing a familiar face in the middle of the wilderness is possible. Now is a good time to call and make your reservations. **Reservations are made directly with the motel:** 906-932-2031 or indianheadmotel@hotmail.com.

Once you have made your reservations - PLEASE email me: smkamesina@gmail.com.

12. **Website Team:** Cindy Reedy and Jeff Gandy announced that EBC is now using a new hosting service for our website. Cindy and Jeff deserve a big thanks for transitioning our site from the old service to the new.
13. **Tonight's Program:** Our guest speaker for tonight is Mark Barrette from Hammer Nutrition. Mark will talk about the various Hammer products, what they are made of, when to use them and when NOT to use them. He has been associated with Hammer Nutrition for the past ten years and for the past three years he has given seminars for bicyclists, swimmers, runners, CrossFit athletes, weight lifters, and Navy Seals to name a few. Mark has a background in endurance sports and participated in 16 Ironman races and a couple hundred shorter races. More recently he has been doing Masters Cat 3-4 bicycle races, mountain bike races, gravel grinders, and fat bike races. Hammer nutrition has filled his water bottles and his jersey pockets to help him succeed.
14. **The next meeting** will be The EBC Christmas Party, held on Thursday, December 10, at the Snuggery in Elmhurst at 6:30 p.m.

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

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

December, 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>.

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