



The Cue Sheet

January
2016

The Newsletter of the Elmhurst Bicycle Club
Riding Strong for over 38 Years



Elmhurst Bicycle Club is the League of American Bicyclists' 2009 Bicycle Club of the Year for Region 4.

Our President's Message

Well, a very warm December has passed us and we move on to January. I hope all our members had a wonderful Holiday Season.....rife with joy, love, food, family and friends.

I was having a conversation with a friend last week and he said to me... "Things must be pretty slow in that Bike Club you belong to this time of year" and I replied EBC? No way.....because EBC is not just a Bike Club, it's really a very active outdoor adventure, advocacy and social club and it never is slow....there is always something going on.....every day of the year.

I told him that In December alone there were well over 100 scheduled events and we not only had plenty of Road and MTB rides.....we had hikes in our local forests, a Christmas tree trimming party, an outing to a Carol King Musical, a trip downtown for caroling at Cloud Gate, an awesome Christmas Party attended by over 125 members, suburban nighttime hikes, a Christmas Day Quintathlon, trips to Rockford and Wisconsin and in our spare time we raised over \$5,000.00 to purchase a bike for a physically challenged child.....that is The Elmhurst Bike Club.....yes, we bike.....but we are so much more than that.....his jaw dropped in awe at what we had done in a single month.

This is why my love for the Elmhurst Bike Club runs so deep. We do it all, while having tons of fun.

As January unfolds we will continue to road and mountain bike.....but we will also XC ski, snowshoe, hike and have social outings. There will be trips to Turkey Run and Shades State Park, The Upper Peninsula of Michigan, Puerto Rico and much more.....because we are not just a bike club.....We are The Elmhurst Bike Cluba very active outdoor adventure, advocacy and social club.

That's all for now.....if you have not donated to our effort to provide a physically challenged child a specially built bike from Project Mobility.....please consider doing so here:

<http://www.elmhurstbicycling.org/rides/donation.aspx> to no one's surprise we have exceeded our original goal of \$5000.00, but donations are being accepted until January 31st and some children need bikes that are much more expensive, so we will continue our efforts.

Please get outside and be active in your sport of choice in January and don't forget your smile.....
George Pastorino - President



Christmas Party at the Snuggery, 2015
by Chuck Dean

EBC has been holding Christmas parties for years, but its most recent event was the 2nd to be held at the Snuggery in Elmhurst. It was a HUGE success! Approximately 125 members and guests enjoyed the camaraderie, food, spirits, and fun. If you were there, you may not need to review the photos

posted on our website, a few of which appear below. But I was there and still immensely enjoyed reviewing all of Tom Naughton's wonderful pictures ([see pictures here](#)).

Kim Messina deserves a big thank you for setting up the wonderful event. All the party details were done just right, even the festive personalized name tags. The hors d'oeuvres were fantastic. And the attendees also deserve a thank you for bringing good cheer, but especially for the food pantry donations that Kim encouraged. EBCers were very generous. Speaking of donations the Big Check was on hand to mark our donation to [Ride Illinois](#) (formerly League of Illinois Bicyclists).

There are not even 12 more months until next year's party. I can hardly wait!



Dr. John Loesch and Party Planner Kim Messina



Gary Bell, Sue Boose, Kären and Bill Schwartz



Susan Sperl and Isaac



Tom Preston (l.) & Bob Hoel (r.) present \$500 donation to Ed Barsotti of Ride Illinois .

Ride Report 2015-11-28 / 33 mi. Clarendon Hills / Balt' O. / 11 riders by John Riordan

Sometimes going on a Baltimore Ortega-led bike ride is like getting an expensive 1st class ticket on an airplane. There are accommodations that are un-thought of by the passengers, yet well-planned in advance by the staff.

We rode 24 miles to the Village Gourmet restaurant in Clarendon Hills (and did 9 miles later). (I forgot to turn my GPS back on after the break, yet again!!!) That little deli features co-owners that were chefs for a good deal of time at high-end hotels, and the place had some good food, and great service. Before we got to the eatery, we pulled into a downtown bike rack en masse (11 riders) and saw a whole bunch of heavy bike cables and locks at the rack. They were laid there earlier by Baltimore, awaiting our arrival. LOL

We had a rowdy bunch of riders today, and I am noticing that as the weather gets colder, the average ability of the riders present for any given ride goes up. This is for two reasons: 1) These riders have had a longer season on the calendar than most, and show it in their form; 2) More importantly, anyone coming out when the temperature is 37F degrees and cloudy and windy is already serious, and has the muscle-power, and the experience to back that claim up.

Balt' cut the dogs loose when we were within 5 miles of home, and we had some wicked sprints: all on an ad-hoc, volunteer basis. I was a little worried about this ride today because I was not planning on it, and so worked the heck out of my legs yesterday at the gym. It ended up not being a problem, and I felt explosively powerful. But, no matter how much weight lifting you do in a gym, or how many stair-steppers, or stomach-crunches, or stationary bicycling (spinning), nothing can replace the camaraderie, the cardio, and the massive caloric expenditure of a ride out on a chilly, windy day, with very little sun.

See you on the road. :-)

Christmas Lights Ride

photos from the AycockReedy Library

Most people who think about a "Christmas Lights Ride" probably figure that the kids are in the back seat of the car looking out the windows at the decorated homes in Ginger Creek or virtually any town in the western "burbs." But some of you know that the "kids" are actually on the front seats of their elaborately decorated and illuminated bicycles cruising Elmhurst receiving 'oohs and ahs' from any passers-by fortunate enough to spot the parade.

EBCers and their decorated bikes took the streets of Elmhurst on Sunday evening, December 20th. There is an entire photo album from Rich Aycock and MaryEllen [available here](#) for your review. And here is a sample to show our EBCers out in the parade.



Rich Aycock is either on the right or the left, I'm not quite sure.



Santas in abundance!



Frosty Tours Elmhurst!

Does Your Bike Need Some Loving Attention? by Chuck Dean

Spoiler Alert: The punch line comes next.

Now is a good time to inspect your bicycles and either perform some maintenance or have it performed by one of our sponsors. Don't wait for a brake or shifter cable to break on a ride. I was

recently shocked by the condition of the saddle cables on my Schwynn Crosscut bicycle. I'm not sure how many individual strands make up a cable, but more than half of them were broken.

My Crosscut is more than 25 years old. I tend to ride it in the winter more than in the summer. And it might only average about 500 miles per year. I bought it brand new from Kozy's Cyclery and I thought of it as my "truck," in comparison to my Schwynn LeTour road bike (which I still have). At the time, Schwynn was selling the Crisscross and Crossfit bicycles (smaller, lighter tubes) and the Crosscut (definitely heavier even though it had a Cromoly frame). I chose the Crosscut, and, as a "truck" I opted for a bike rack over the rear wheel.

My enthusiasm back then allowed me to buy a maintenance stand and a lot of the necessary tools to perform my own maintenance on my bikes. And I have performed a lot of maintenance over the years, including R&R (repair and replace) to headsets, bottom brackets, and overhauls to the wheel bearings. And yet, I guess I either procrastinated or forgot how long it had been since I really took a good look at the bikes. How else can I explain the poor condition of the saddle cables?

When the Crosscut was new I marveled at the stopping power of the cantilever brakes in comparison to the LeTour. In 1990, my 10 year old son and I decided to ride from Villa Park to Lisle to visit his aunt. This would be a real adventure for the both of us. Only about 6 blocks away from the start of the ride, I carelessly allowed my front wheel to hit his back wheel; and down he went. While we were riding in the street close to the right hand curb, he managed to get pitched on to the grassy parkway. He bounced up laughing and we were quickly back on our way. Not more than a mile later, still probably distracted by the thought that I had knocked him off his bike, I noticed that I was about to hit him again. This could not be allowed to happen! I forcibly slammed on the brakes, pitching myself over the front handle bars and also into the grass on the parkway. I did not hit him. He was again cheerfully laughing; me, not so much. In any event those cantilever brakes could really stop the bike.

In recent years, the Crosscut did not seem to brake as well as remembered from its early days. Inspecting the brake pads about a year ago, I observed that the pads were misaligned, in one case too low. I.e., the lower edge of the brake pad had curved under the inside of the wheel rim. While I should have replaced the pad, instead, I used an exacto knife to trim the pad and put it back on the bike. (And you are no longer wondering why the brakes weren't as effective as they used to be.) Well a month ago, I ordered new pads from one of our sponsors. Given the age of the bike, the pads were not a stock item. When they came in and I picked them up I thought this would be a fast easy job. That is when I finally noticed that the saddle cables were seriously frayed.

Having previously mentioned that I have a bike rack over the back wheel, I use that as the excuse for not noticing the condition of the saddle cable in back. But I don't really have an excuse for not seeing the condition of the front cable. It is in plain view. Many of us have bike racks over the rear wheel of our mountain bikes, cross bikes, and road bikes. And not all cantilever brakes involve a saddle cable. Regardless, take a good look at your brakes (pads and cables and alignment and adjustment). Don't wait for a catastrophic failure.

Reread the 2nd paragraph.

Meeting Minutes December
No meetings were held in December.
Happy New Year!

Please submit articles and/or photos for the newsletter to Chuck Dean (cdean69033_aol.com). The deadline is the 20th of the month.

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

January, 2016 • • • 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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