



# The Cue Sheet

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

## February 2016



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

### Our President's Message

As January gives way to February...we have almost an hour more daylight in which to play. The EBC XC ski trip is just getting started.....Many thanks to Kim Messina for organizing this great EBC Tradition this year. We also enjoyed Dawn Maxwell's outstanding Shades and Turkey Run Hikes, Fat Bike mountain biking, Waterfall Glen and Arboretum hikes and rides....along with Petra's Tour of Elmhurst and a trip to Puerto Rico .....just another great month in EBC.

The Elmhurst Bike Club Brings many benefits and events to its members..... and now is the time to start thinking about giving back to the cycling community and our local communities in general. We do a lot of good in EBC.....but given our size and big hearts we could do a lot more..... We have Marge and Betty's Trail Cleanup planned, along with several charity rides. Baltimore and I are planning a "Take a kid mountain bike riding" and a Palos cleanup. Bob Hoel, our Advocacy Chair and newly elected President of Active Trans, will have many volunteer opportunities throughout the year and frequently he does not get enough people willing to help.....We are EBC....we can do better.

Dr. John Loesch will have many Blind Tandem Rides...where you can give the thrill of cycling to people without sight.....please partake in these.....it is very rewarding.....give up your Saturday, and you will receive much more in return.....as giving is the best reward.

My message this month is to look beyond the miles you ride or how fast you ride them. Look at what you can personally do as an advocate and volunteer to better the cycling community and the world at large..... no one will remember how far or fast you ride.....but if you reach out and touch some lives by your advocacy.....your legacy will be lasting rather than fleeting.

Reporting from a beach in Mexico.....George Pastorino

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Seems like Baltimore was out leading EBCers on a hike just about every weekend in January  
By Baltimore Ortega

And the EBCers had a great time, every time they went. Here is just one of Baltimore's reports:

With snow on the ground, trees, and shrubs, the Morton Arboretum looked like a winter wonderland. The temperature during the hike was in the mid to high 20's, along with sunshine and some light wind. Saturday, January 2, 2016, was a great day to be out walking in the woods. Eleven EBC members came out to enjoy a nice social workout and mild winter weather.





The Arboretum calls out to our members!



Just can't get enough hiking!

We walked out to the start of our East Side start to put on our micro spikes and set our trekking poles. Then we got in a circle of friendship and introduced ourselves. We played the usual points for animals game. Marion Morawicz quickly called out a red squirrel, and Loren Habergger called out a woodpecker. We also saw a hawk, some geese, a grey squirrel, and a coyote. George Hardwidge told us the hawks sometime hunt as a group, and woodpeckers use their tongues to protect their brains while they tap on the trees.

The trails had snow and ice but our micro spikes and trekking poles kept us balanced and on the trails. We hiked 6 miles at about 3.0 mph. It was nice to walk with Nature. Everyone dressed well for the cold, and the pace kept us warm. We walked the East Side, on the north part of the Main Trail Loops 1, 2, & 3, towards the Heritage Trail and the Big Rock. We took a break at the Big Rock Visitors Station and then walked to my favorite location, the Spruce Plot. There we walked into the middle of the tall evergreen trees to feel the peace and calm of Nature. It helped our brains and calmed down our stressful lives. We walked back through the south side of the Main Trail loops.

We took off our micro spikes and took a friendly break at the Visitors Cafe. The optional second

hike was the West Side, 3 miles at the same 3 mph pace. It included the tall evergreen trees on the Laux Loop, Sterling Pond, Lake Marmo, Sunfish Pond, and the Thornhill Trail.

We had a great group of hikers who brought a team spirit, a cheerful spirit, and a friendly social spirit. I always enjoy leading an event where we all work together as a team. I want to thank all of the hikers for making the hike special, Ruth Dover, Fredericka Laux, Homer Coble, Loren Habegger, Rob Barg, George Hardwidge, Marion Morawicz, Jose Sosa, Kate Dandley, and Kim Messina.

9 members + 2 shadows = 11 cheerful hikers enjoying the sunshine, photo by Ruth Dover

Here is another weekend of hiking:



They just look like they are having a good time!



When you are ready to tackle the hike for yourself!

## Turkey Run

Contributions by George Pastorino and Tom Naughton

Dawn Maxwell led an outstanding weekend of hiking at Shades and Turkey Run. Dawn is a very organized leader who puts great effort into making her events go off flawlessly and this was no

exception. If you have not done one of Dawn's events....you are missing out on a great experience. Dawn is an outstanding leader and organizer.

Pussanee and I abandoned early to take care of and drive home a sick member....so Dawn will have to provide a the full weekend report.



There are a variety of pictures, both from George Pastorino and Tom Naughton. These pictures really capture the flavor of the fun and adventure that the EBCers all shared. Check out the links below.

See Tom Naughton pictures here: [Tom Naughton pictures of Turkey Run](#)

See George P. slideshow here: <http://tinyurl.com/ShadesTurkeyRun>



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EBC SAFETY MESSAGE JANUARY 2016  
By George Hardwidge

Let me start by wishing everyone a Happy New Year and a safe, exciting and fun riding year in 2016. I would also like to thank Baltimore Ortega as well as many others who have worked hard

during 2015 to promote safe cycling habits. I have been concerned for some time by the number of riding accidents and injuries experienced by club members and by the unsafe actions I have witnessed on club rides. When Baltimore advised that he would be stepping down as safety director I volunteered to take over that post. Why? Because I firmly believe that we can do a better job of managing the risks involved in cycling without diminishing the fun and freedom we all enjoy while riding. I plan to detail specific safety topics on a monthly basis. For this message I would like to share a little bit about my safety philosophy and qualifications.

I worked for 45 years in the railroad industry in various capacities from entry level to executive management. My first responsibility was ensuring a safe operation at all times. Railroading has historically been one of the more dangerous industries in which to work; an industry which is hazardous by its very nature. During my career the industry has evolved from one where injuries and fatalities were simply part of the everyday landscape to one where disciplined safe practices have been implemented and are strictly enforced and every injury is viewed as being avoidable. A key component of that change has been the development of a Safety Culture. More about that at a later time.

Let me invite you to consider that cycling is an activity which is also hazardous by its very nature. Think about it. Once you put your feet on those pedals and hands on the bars you are confronted with a variety of risks from a simple fall to a mechanical breakdown to a collision with another bike, or worse, with a motor vehicle. By now you may think that I am trying to take all the fun out of cycling. Au Contraire!! I don't want to discourage anyone from cycling. Rather, I want us to be aware of the risks we face and with that awareness develop safe habits to better manage those risks.

One key process which I would like to implement immediately is voluntary accident reporting. First, we can learn more from our failures than from our successes. We need to share root cause information with the membership to give others the opportunity to avoid the same hazards or mistakes. I would ask that whenever anyone is hurt on a ride that the ride leader email me with the details of the incident and the probable cause. This process won't be popular with everyone as there are reasons why some people won't want to provide information or assess cause. I understand. Any information I provide to the general membership will not include the names of those involved.

That's all for now. Enjoy the ride.

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### ICE - In Case of Emergency by Chuck Dean

While my name appears above as editor, it is Jeff Gunty who deserves the credit for starting a thread about ICE that sparked comments from a dozen or so members. ICE is an important topic!

*Jeff noted: We had an incident on an event yesterday and needed to contact the emergency number for a member. The ride leader checked his sheet and called the listed number. The cell phone of the member rang in her coat. He then contacted me to get the number listed in the membership, I did not have one. There wasn't one listed on the application form.*

*This brings up the importance of having correct information on your application and as you sign the ride sheets. We cannot verify, nor should we have to. In this case things resolved successfully but it could have been much worse, please assure that as you fill out applications and ride sheets you are listing a number of someone that is not on the ride or event. We hope to never need to use these numbers but unfortunately it has been proven many times that we do. Please think about what you are writing down as you sign the ride sheets.*

Other members weighed in with a variety of helpful and useful comments. Thanks for sharing everyone including: Petra, Ken, Ray, Lynn, Jose, Cindy, Bert, Janet, and John Park. The exchange can be seen on the list server around January 17th. The fact that there were 11 authors and 15 comments tells you it is worth reviewing.

*John Park noted: 1st year I was president, we offered a free road id in lieu of a T Shirt. Road ID helped out by lowering the cost and they allowed us to pre-purchase them as needed. The members who wished to participate, still ordered off the Road ID website and were able to get the product they wanted, or even upgrade if they wanted to pay a little more. We even included the shipping cost to make it as attractive as we could. Come award time, some still got T-Shirts but many received the Road ID Gift Card with which they placed their order. At the same time,*

Perhaps the board may wish to try this again?

## Meeting Minutes January

### Board Minutes January 14, 2016

**Present:** George Pastorino, Ken Hickey, Judy Mikesell, Kim Messina; Chuck Dean, Jeff Gunty

- 1. President:** The meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
  - **Project Mobility:** They would like to present at the EBC March club meeting. They may build two bikes with donation received from EBC. Hal Honeyman of the Bike Rack will choose the recipients of the bikes.
  - **Club member emails to the Board:** Answer email ASAP even if it is to just acknowledge email received, and that answer will come later (give specific time frame).
  - **Club Meetings Time Management:** Will try to stay on meeting agenda topics during the meeting to cover what is planned. Other topics of interest will be asked to wait until the end of agenda topics, and may be presented under "New Business."
  - **Board Meeting:** discussion was held about alternating board meeting place and times other than the same night as the club meeting, to allow for sufficient time for discussion. No decisions have been made, but will continue to come up with a solution.
  - **Program Coordinator:** position still open, but for now, guest speakers are confirmed up through the April meeting. Judy requested a Hiking presentation at one of the club meeting, using video showing technics on some of George's hikes.
  - **Show and Go Panera location:** discussion to move the Show and Go location from the Panera to The Whole Foods at Route 83 & St. Charles, due to the construction near Panera, and traffic on Addison. Final decision will be made at the next board meeting after Whole Foods is contacted for permission to park in the outer lot.
  - **Data Base / Membership updates:** As of the meeting, there are 300 members; Membership application forms need to display the EBC address to mail check and forms. Jeff requested that the online form defaults to 'Yes' for printing member's address in the directory and in the online directory or 'No' not at all in the directory and online directory.
  - **Elmhurst Cool Cities Coalition** is a nonprofit organization promoting environmental issues where EBC can participate in some of their 'green events' to promote safe cycling. Currently there is an event to be held March 6, at the Elmhurst College, and donations are needed. Secretary, Kim Messina asked if a \$250 donation can be made to this organization if there was possibility of having a table at their green events. Some of EBC issues may get support by forming an alliance with a group that promotes sustainability in Elmhurst. Kim will meet with this organization to confirm EBC's opportunity with ECCC.
  - **Diane Wilkinson** is now listed in The Ride of Silence's memoriam. Her picture and the EBC tribute are included.
- 2. Treasurer:**
  - **Monthly Banking Summary** (dated 12/10/2015 - 1/12/2016): Total income: \$9,005.13; Total expenses: \$7,308.09; Total balance: \$19,583.52.
  - **Full Year Banking Summary Plus**(dated 1/1/2015 - 1/12/2016): Total income: \$21,708.68; Total expenses: \$16,755.69; Net Income: \$4,951.99
  - **Socks:** 90 members reached over 1000 miles, to qualify for the riding incentive. For 2015, EBC socks will be the award.
  - **Club Jerseys:** Susan Sperl requested \$200 to give to Voler to design our next new jersey design. A motion was passed to proceed for a new club jersey design.

### EBC General Meeting Minutes January 14, 2016

**Present:** George Pastorino, Ken Hickey, Judy Mikesell, Jeff Gunty, Kim Messina

- 1. President:** The General Meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst. **George Pastorino** opened the EBC meeting with The Pledge of Allegiance, an honorable tradition that was started by Tom Preston, our former EBC President. George also stated he would like to see EBC expand their involvement in communities promoting safe cycling and other programs related to EBC values.
- 2. Secretary:**
  - **Elmhurst Cool Cities Coalition:** Nonprofit organization promoting environmental issues where EBC can participate in some of their 'green events' to promote safe cycling. Currently there is an event to be held March 6, at the Elmhurst College, and donations are needed. Secretary, Kim Messina asked if a \$250 donation can be made to this organization IF there was possibility of having a table at their green events. Some of EBC issues may get support by forming an alliance with a group that promotes sustainability in Elmhurst. Kim will meet with this organization to confirm EBC's opportunity with ECCC.
  - **Diane Wilkinson** is now listed in The Ride of Silence's memoriam. Her picture and the EBC tribute are included.
- 3. Vice President/Ride Captain:** Ken began by welcoming our new President - George Pastorino. Ken stated there is not a whole lot of riding going on, but there are still a lot of hiking events for members to participate in. Ken and a few other members will be participating in an American Lung Association - Fight for Air Climb on February 14. See Ken for more information on participating or donating to a good cause.
  - **Guest Riders:** The club welcomes guest riders for the purposes of enabling prospective members to learn about the club and helping them decide if they would like to become a member. Guest rider privileges are limited to three rides. After three guest rides, the rider is expected to become a member in order to continue riding with the club. Guest riders must sign the ride sheet, provide contact information, and agree to the release and waiver.
  - **When listing a ride on the EBC,** remember to forward your email to the List Server, so not only is the ride listed to the schedule, but also everyone gets an email announcement of your ride. Failure to follow this procedure may make the ride ineligible for miles.
- 4. Membership Coordinator:** Total membership - 300. Those who have not paid their dues will be dropped from the List Server, will not receive emails, and will not accrue miles.
  - Door prize winners:
    - + Mike Struglinski - Trek Downers Grove \$25 gift certificate
    - + Gary Busching - Bike Rack \$25 gift card
- 5. Treasurer:**
  - **Monthly Banking Summary** (dated 12/10/2015 - 1/12/2016): Total income: \$9,005.13; Total expenses: \$7,308.09; Total balance: \$19,583.52.
  - **Full Year Banking Summary Plus**(dated 1/1/2015 - 1/12/2016): Total income: \$21,708.68; Total expenses: \$16,755.69; Net Income: \$4,951.99
- 6. Advocacy Chair Bob Hoel:**
  - **People for Bikes** - a nationwide bicycle trade group awarded two grants - one is to enhance rail trails from Champaign connecting to other trails in the state. Another grant is going to Institute of Design -

3. **The next meeting** will be on Thursday, February 10, at 6:30 p.m. at the Elmhurst Community Bank.

Respectfully submitted,

Kim Messina  
Club Secretary

for working on a Bike share equity program nationwide. Bob also has been working with Elmhurst District 205 on Safe Routes to School, Health and Wellness programs that involve safe routes to school and bike handling skills. Active Trans has a program: Bikes on Wheels where they bring 30 bikes on trailers - used for Phys Ed classes for 4th and 5th graders. They are looking for schools that want to use this program. Please contact Bob if you have any suggestions.

- Bob is now President of the Board at Active Trans.

7. **Newsletter Editor Chuck Dean:** Keep those articles coming on rides, or interesting subjects.
8. **Data Base Manager:** 2015 mileage is closed. Miles listed: 255,576 . Ride Leaders qualifying for jerseys have been identified and their names sent to the board. Patches will be awarded to those who rode a 25, 50, 62, and 100 mile bike rides. If you rode four 100 mile rides, that does not qualify for a patch. This is the club rule. Data base manager does not handle mileage or ruling disputes.
9. **Safety Chairman George Hardwidge:** could not be here but sent an email to the club stating that all the activities we participate in can be dangerous if you are not aware of what is going on around you, and what you are doing. Be careful, and stay alert.
10. **Mountain Bike Coordinator George Pastorino:** winter rides will continue. You should have basic riding skills for winter riding as this is not the time for MTB training. The trails have a lot of litter these days, and in the spring, it has been suggested that EBC take a day and clean the trails at Palos. August 7 is the date for CAMBR's Melt Down - (mountain bike races) - CAMBR's fundraiser .
11. **Refreshments:** Thanks to Fredericka Laux for providing refreshments this evening. Sign-up sheet for 2016 club meeting refreshments is being passed around. July is still in need of a volunteer for refreshments. You will be reimbursed for the snacks that you purchase.
12. **Sponsorship:** There are 8 EBC sponsors that are featured on the EBC website. They appreciate our business to their shops, and like that we are active all year round.
13. **Website Team:** Cindy Reedy, Sharon Hermach, Chuck Dean, and Jeff Gandy There have been updates going on, and lots of programs to automate what we do now manually. Thanks go to the above team who has transitioned our site from the old service to the new.
14. **Baltimore Ortega:** has very interesting hiking and snowshoe events that he is putting together. Please see the EBC website for details, and contact Baltimore with any questions you may have.
15. **Tonight's Program:** Our guest speaker will be new Club member Kees Riphagen. Kees will tell us about one of California's great rides, L'Eroica. Kees rode L'Eroica last year and will ride again this year. L'Eroica started in 1997 because of one man, Giancarlo Brocci, who admired the values of a past cycling so much that he wanted to reconnect others to the heritage that inspired much Italian history, literature, culture, and music. L'Eroica was also begun as a foundation for the protection and preservation of the last gravel roads in Tuscany. These romantic concepts led to the idea of L'Eroica, an event that initially saw 92 "hunters of feelings and emotions," as the creator Giancarlo Brocci defines them.
16. **The next meeting** will be The Elmhurst Community Bank, held on Thursday, February 11, 7:15 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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**Human Interest Person**

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

## February, 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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