



The Cue Sheet

March
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

As the days get longer and the weather is warmer, more and more members will be out cycling and enjoying our group rides. Since 1977 our motto has been, "Riding at the Speed of Fun," and Safety First! The EBC has a clear focus of helping you get on a bike ride, and encouraging you to join other club events. Our Ride Leaders offer rides and events at all levels, and the Board is always working to make cycling better.

Let's start the year off by getting our bikes checked at one of the EBC bike sponsors. We would suggest you start out cycling nice and easy, unless you have been training all winter. If you are new to the club, welcome, and contact us with any questions, or if you need help getting started. If you have been a member for a while, or are an old-timer, tell us how we can make this club better. We are already one of the best cycling clubs, but we can be better.



This year we will push to make positive changes for all cyclists, and we will also reach out to the citizens, to let them know we are part of their communities. With 500 members, there are many opinions on many issues in our club, and they all count, but our goal is the same, to do what is best for the members, the club, and cycling. For 39 years our most valuable asset has been our members, thank you for being part of the EBC Family.

See you on road or trail soon, George Pastorino - President.

Jim Hennig Will Be Missed



Jim enjoys the ride and the company!

Shelly Hennig-Keller shared the following with us:

Hello EBC buddies. I wanted to let you know that my beloved Gram-paw and best buddy passed away today (February 25, 2016) around 6:30 PM. He had been in the hospital since Sunday after a fall in his breezeway. His BP became really low on Tuesday and he did not respond to the aggressive treatment. We were able to spend a few days with him and for that I am grateful. This afternoon my dad and grandpa's wife Laura agreed to stop treatment. He lasted about two hours and was very comfortable and in no pain. My parents, Mark and me, and Laura were there when he passed. He was

a great man who lead a full life and we are so grateful we had him in our lives for such a long time. I truly believe that biking and the bike club was a blessing and factor in his longevity as it

kept him active and healthy for so many years. At his core, he was a modest and somewhat shy person, so we are so grateful for the friends he made through the bike club. I am truly grateful that some of you could make it to his 100th birthday party a few weeks ago. It meant a lot and he really loved seeing you all again. Please remember him with joy and hope and keep on riding as long as you can. I know that would make him happy.



Jim Hennig and EBCers before a ride.

I'm sure that George Pastorino speaks for all club members in noting:

EBC lost one of its great members last month when Jim Hennig passed away.

Jim Hennig was one of my EBC heroes and our world got a little darker today. We can remember being on long rides with Jim when he was in his nineties and he would regularly drive himself to the EBC meetings at a very advanced age.

He had a wonderful attitude and will be missed by all. The Elmhurst Bike Club sends our most heartfelt condolences to the Hennig Family.

I took these 2 pics of Jim on John Park's Mansion Ride on September 6th, 2008. This ride was about 50 miles and Jim was 92 and riding strong!

Jim continued to ride with the club until he was 95 years old.



Jim Hennig and his EBC quilt. It's a beauty!

Jim has appeared in the newsletter on many previous occasions, but as editor, I thought it worth incorporating [the link to the February, 2010](#) newsletter to support the picture of Jim and the beautiful quilt of the EBC tee-shirts. Jim, we'll miss you.

EBC UP Ski Week 2016 - Trip Report by Carrie

I am an AHBC (Arlington Heights) member and just joined EBC to participate in some of your "getaway" trips. To date, I have participated in Hot Chocolate, Turkey Run weekend and UP ski week. I have found EBCers to be very welcoming and knowledgeable of several sports. It is through EBC that I have learned about technical hiking and snowshoeing. Thanks to you, REI now has me on the "favorite customer" list!

Having just returned from the UP, I wanted to share the week's event with club members, and encourage you to put it on the trip list for 2017. Let me start by saying that it was very well organized, and Kim Messina did a wonderful job keeping the group of 30+ folks informed and accommodated.

It is a long drive to the UP (>6 hrs.), but I had great company, with having found a car pool buddy to share the ride. Thank you Bonnie Brennan for good chats and bringing the book on CD. We were blessed this year with clear skies for travel to/from UP.

We stayed at a rustic-but cozy motel named Indianhead Motel in Ironwood, MI. Proprietors, Linda and Morgan made us feel like we were staying at a B&B. They went above and beyond, from storing our leftover appetizers for the next day's happy hour, to towing a member out of a snowdrift, when needed. They are really super people and EBC has a long history of Ski week with them, for good reason.

The weather was balmy than what is normal for the area, roughly mid-20s for most of the days. I get cold easy, so I had layer after layer on. Looking like Mrs. Abominable Snowman, I peeled off the layers each day, as I got more acclimatized and comfortable with the brisk air.



Many of the usual suspects enjoy evening get-together at Indianhead Motel.

Our daily rhythm was complimentary breakfast anytime between 6-8am, Kim's morning briefing at 8:30 a.m. where you could choose your activity and sign up for Judy's snowshoeing treks, find your group of skiers/snowshoers, and get the scoop on any special activities offered. We would naturally filter into car pools, and you could switch up as needed based on your plan for the day.

I chose to xc ski ABR most days and then return around 3-4 p.m. to hit the sauna. Imagine half dozen ladies packed in a sauna only two doors down from your room...we sweated and chatted about our adventures until we were just a puddle on the floor. Evening schedule included 5:30 p.m. happy hour and back into car pools for dinner at various local spots. This was followed by game night back at the motel lobby. All activities were optional. .

I signed up solo for the trip and was a bit concerned I would be skiing alone, eating alone, sitting in my room and bored...nothing could be farther from the truth. I was welcomed to join folks every step of the way and it was very comforting. My only issue was going from no skiing, to 4-5 hrs. daily. George Hermach graciously offered to give a xc lesson to anyone interested, our first afternoon at ABR, and I was off and skiing. At the end of the first day, I was a bit tired but still going strong. At the end of the second day, I fell asleep in my room at 8:15 p.m. and woke up around 10:30pm...one tired puppy dog! .

Wednesday-Day 3 was a morning ski with afternoon planned tours at Stormy Kromer and Ironwood Theater. I heard good things about these tours and got back from ABR just in time for the theater tour. I missed the SK tour, but noticed a few of our group wearing fashionable SK hats!! I attended the historical theater tour and it was a delightful step back in time. This 1928 old world theater was restored by local volunteers and had an ornate ceiling mural and working Barton organ, still used during their twice monthly productions. A must see if you are a fan of live theater. .

Our nighttime event was the Community Hike. We gathered at Miner's Park and with headlights and snowshoes and followed a trail with the rest of the townspeople, in the dark, through the park. This was after an 8-10 inch snowfall, and it was just magical. They had something like 80 people show up for the hike. It lasted about an hour. I loved seeing the golden retriever with his headlamp on and tail wagging. It was a great event!!

Thursday we had an hour drive to the Porcupine Mountain State Park. It was a guided snowshoe hike through the wilderness. We crossed the Presque Isle River and viewed three rushing waterfalls. Our guide broke trail through the deep snow and kept us safely out of harms way, as portions of the park were old mining areas and there were areas unsafe to go on, near Lake Superior shoreline. Star, our guide, was amazing. She was dressed in a single layer long sleeve, with a vest, no hat and kept saying she gets hot easy. Crazy! It was some of the most scenic terrain I have ever hiked. Thank you Judy, for organizing this adventure!! .

Friday came quickly and we packed up and left after breakfast. It was happy-sad moment of hugs and goodbyes to new friends made. Next year's UP Ski week is scheduled for February 5-10, 2017. I encourage any and all EBCers that like to downhill/xc/snowshoe or just to hang out in the pristine beauty of UP, to sign up for UP Ski Week 2017!!

Roadside Distractions

By Petra Lynn Hofmann

One of the many pleasures of bicycle touring are the people one meets and their creativity. This creativity takes many forms: fiber art, outdoor art, and landscaping. During a recent bicycle tour of Door County, Wisconsin I encountered these creators and their artistic visions. Bicycle travel often leads to discovery, in many instances, in the most unlikely of locations. As you will soon read, merely riding by an artistic example arouses one's curiosity as to who, what and the why of their creation. For example: wild orchids along a highway, fields of lavender growing in parading purple rows, and outdoor sculpture dispersed among ferns and shade trees.



Petra and cyclists in Door County.

A recent trip to Door County, Wisconsin, illustrates many of these experiences. [Click Here](#) to continue reading Petra's article and to enjoy more pictures.

Thank You's Abound!

After several years of stellar service as Database Manager, Peter Gough is leaving the position. We thank Peter for his years of dedicated service in a difficult job. Peter is a long time club member and ride leader and an outstanding Gentleman as well.

While thinking about Thank You's, let's note the recent progressive leap forward in our website.

Thank you Jeff Gandy for another round of improvements on our website. These improvements are more than a short list. Jeff's February 20, email to the list server mentions:

- Added link to mileage administration area to the admin menu.
- Buttons for reports added to the main Administration page.
- Created a Membership Listing Report that has multiple fields and sort capability for administrative use.
- Created a new security role "Report Admin" and secured the new reports to members of this role.
- Created a new security role "Mileage Admin" and secured the new mileage area to members of this role.

- Corrected a security flaw that allowed anyone with a valid login to see admin link for New Activities. This is now secured to the Activity Admin role.
- Per George's request we created a "Read Only" role and modified the membership database to give full access to all member data without the ability to edit.
- Created a Membership Directory Report that can be used to create the annual membership directory.
- Added two new statistics to the Administration page, total renewals for the last 30 days and total renewals year to date.
- Created a new report to show the total count of current members by city.
- Created an ICE Search that allows a user to lookup any active member and see emergency contact information along with medical conditions.

Meeting Minutes February

Board Minutes February 11, 2016

Present: George Pastorino, Ken Hickey, Judy Mikesell, Kim Messina

1. **President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
 - Data Base Manager: John Riordan has accepted the position as Data Base Manager and has started training with Pete Gough to learn his new responsibilities.
 - Double Century Patches: Eric Petersen requested, if possible, that a patch designating "Double Century" be awarded to those who have completed a 200 mile ride within 1 day. Because this is quite an incredible feat to accomplish, the board agreed to award those who have completed a "Double Century" their own patch designating 200 miles or Double Century.
 - EBC Donations: Ken Hickey requested that EBC donate \$100 to an established 501c charity, when 4 or more club members participate in such a bicycle riding event. The Board agreed to make the donation to the qualified charity on behalf of the Team of EBC members.
2. **Treasurer:** Monthly Banking Summary (dated 1/13/2016 - 2/10/2016): Total income: \$5,062.20; Total expenses: \$5,816.50; Total balance: \$19,080.72.
3. **The next meeting** will be on Tuesday March 8, 7:30 p.m. at the George Pastorino's home; 7551 Blazer Ave, Justice, IL.

Respectfully submitted,

Kim Messina
Club Secretary

EBC General Meeting Minutes February 11, 2016

Present: George Pastorino, 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. George Pastorino began by sharing his vision for the club, and asked for all members to get involved in their communities by volunteering in local events - promoting bicycle safety, trail clean up, marshalling races, and helping out with blind stoker rides. This is not a mandatory requirement, but EBC is a well-respected club because we give back to cycling advocacy groups, Project Mobility, and to an Elmhurst Food Bank.
 2. **Data Base Manager:**
 - John Riordan has accepted the position as Data Base Manager and has started training with Pete Gough, to learn his new responsibilities.
 - George read the following letter from Database manager Peter Gough:
To confirm and reiterate what has already been stated, patch awards are being calculated for 2015 the same way as 2014, there has been no change. The mileage database has a table that is exported to excel and then it's possible to establish who has achieved the 4 categories, 25-49; 50-61; 62-99 and 100 or more (Bill Shack was very helpful in explaining to me how to do this). It is now time for me to step aside from being the mileage database manager. I took on this position not really because I wanted to, but because it was a good way to give back to the club as I have got so much from EBC since joining in 2006. Even though I have previously been a supporter of the mileage page, I now believe there is too much focus on recording miles within the club. The only miles that matter to me now are the miles that are in my legs. I think the database needs to be managed by someone who doesn't share this opinion.
I would like to take this opportunity to thank those club members who have expressed their gratitude to me for taking on this role for the last two years.
- Respectfully
Peter Gough*
3. **Double Century Patches:** Eric Petersen requested a patch, designating "Double Century," be awarded to those who have completed a 200 mile ride within 1 day. Because this is quite an incredible feat to accomplish, the board agreed to award those who have completed a "Double Century" their own patch designating a one day Double Century.
 4. **Award Patches:** Are awarded to EBC members to those who ride 4 specific qualifying rides: 25-49miles; 50-62miles; 62-99miles; 100miles+; or who ride a one day Double Century.
 5. **Vice President/Ride Captain:**
 - **EBC Donations:** The Board approved a donation of \$100 to an established 501c charity, when 4 or more club members participate in such a bike riding event and request the donation. The donation will be to the qualified charity whose event is being

participated in by the EBC Team.

- Armaline Mirretti suggested that EBC create a **Bike Rodeo** where bicycle handling skills, police bike registering, and general cycling information can be given out to the kids and their families who participate. If you have ideas about assisting with such an event, please contact Armaline.

- **Wool jerseys** will be in the end of February.

6. **Membership Coordinator:**
 - Total membership - 378 including 19 new members.
 - Door prize winners:
 - + Betty Bond - bottle of wine.
 - + Donna Busching - Village Cycle Sport Elk Grove \$25 gift card.
7. **Treasurer:** Monthly Banking Summary (dated 1/13/2016 - 2/10/2016): Total income: \$5,062.20; Total expenses: \$5,816.50; Total balance: \$19,080.72.
8. **Advocacy Chair Bob Hoel:** no report.
9. **Newsletter Editor Chuck Dean:** Have you done an interesting ride? Write about your experience and send it to Chuck.
10. **Safety Chairman George Hardwidge:** no report
11. **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) - that club's fundraiser.
 - Palos - EBC recreation day is being planned for this summer. This event would give EBC members a chance to bike, hike, or canoe - and picnic at a rented shelter for the day's event.
 - Pool Party Rides - At George and Pussanee's home. Everyone is invited to join in one of the bike rides - both road and mountain bike rides of various speeds and levels. Afterwards there is swimming, food, and great laughs. The dates scheduled are the last Sunday of June, July, and August.
12. **Refreshments:**
 - Thanks to Donna and Gary Busching for providing refreshments this evening.
 - Marge Ricke has set April 9 - as a Prairie Path clean up date. More information can be found in the list serve at a later date.
13. **Sponsorship:** No report - but a reminder to shop at our Club Sponsors!
14. **Website Team:** No report.
15. **Baltimore Ortega:** Talked about the National Forest wilderness area that he and several others will be hiking at the Upper Peninsula. He talked about the importance of being physically prepared for such a hike and having the proper gear. If you have any questions on this event, please contact Baltimore.
16. **Tonight's Program:** Our guest speakers are representatives from MS Tour de Farm and American Lung Association - Ride for Air. They will tell us about their great cycling fundraising events, which have usually enjoyed EBC member participation, and which are expected again this year to draw in EBC member participation.
17. **The next Board meeting** will be on Tuesday March 8, 7:30 p.m. at the George Pastorino's home; 7551 Blazer Ave, Justice IL
18. **The next club meeting** will be at The Elmhurst Community Bank, held on Thursday, March 10, 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

President George Pastorino, 708.903.8700 president_elmhurstbicycling.org	Advocacy Bob Hoel bob.hoel_comcast.net	Refreshments Marge Ricke, 630.616.8481 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 George Hardwidge, 312.656.6591 ghardwidge_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	Sponsor Chair Ginny Preston, 630.852.8836 ginny-preston_sbcglobal.net	Mountain Bike Coordinator George Pastorino, 708.903.8700 gpastorino_gmail.net
Newsletter Editor Chuck Dean, 630.790.4203 newsletter_elmhurstbicycling.org	Website Team Cindy Reedy, 630.234.1349 cmreedy_prodigy.net Jeff Gandy, jeff.gandy_mindspear.com	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>)

March, 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>.

Please Support Our EBC Sponsors



LANCE HONEYMAN

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

STEMPLE'S



CYCLES

494 Spring Rd, Elmhurst IL
(Next to the Prairie Path)

630.834.1012
stemplesbikeshop.com

Please
Support
our EBC
Sponsors



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

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

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



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



Trek Bicycle Store
Downers Grove • Naperville

VILLAGE 

CYCLESPORT

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