



The Cue Sheet

May
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

This month's message is a profound and heartfelt thank you to the people who make EBC the best club in the Chicago area.....our Ride Leaders. Ever since I joined the club in 2005, I have been awed at the quality and quantity of the rides this club offers to its members. You name it...EBC has it.....fast rides, slow rides, rides to eat, trail rides, night rides, Centuries, short rides, MTB rides, training rides, social rides, hikes, canoe and kayak trips, XC skiing, snowshoeingetc. All made possible by the men and women that lead rides and other events.

Ride Leaders take a lot of time to design routes, look for nice rest stops, help riders, and keep people safe while out on the road or trail.....they do this even though it would be easier just to join a ride and follow.....they are very unselfish and dedicated. I recently proposed new awards and recognition yearly for our leaders and these were unanimously adopted by the EBC Board. My goal is to have Leaders recognized on a ride leader page that will be updated as often as the members miles page.....because without leaders there are no miles.

Beyond Club recognition though, please consider thanking some of your favorite ride leaders after a great ride that you enjoyed.....both in person and publicly with a nice note about the ride to our members, this will not only give recognition to the ride leader, but it will expose that ride and leader to members who have not done that ride before.

Take a bow Ride Leaders.....Bravo!

George Pastorino
President



Prairie Path Cleanup By George Pastorino

Marge Ricke did a great job organizing this trail cleanup today (Saturday, April 9); and, how about those homemade cookies. Yum!!! We had 18 people show up in 25 degree weather with a biting wind, this showed the true EBC spirit of community service.

We cleaned up our adopted section..... See Article on Trail Adoption here: <http://tinyurl.com/EBCTrailAdoption>

We did find a few oddities.....a baseball home plate and a handicapped parking sign thrown in the bushes....(sign found by Kim and Home plate by Hope H.).

We had a nice ride to the Brew Point Coffee shop and the club picked up the tab for the workers.

Reaching out and doing some good.....that's the EBC way.....

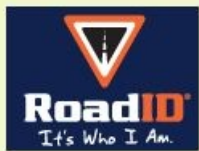


Marge organized the whole event and still had time to make cookies.



Crisp and cool (ok - down right cold), but sunny! EBCers brought their own sunny disposition!

In Case of Emergency by Chuck Dean



Many of us already wear a Road ID, and check the column on the sign-in sheet to let the ride leader be aware of that fact. And most of us are reminded about the importance of ICE (In Case of Emergency) information from conversations that frequently take place on rides or from the promo that appears on the club's home page.

In the era of smart phones, there are other ways to have this information readily available if an unfortunate event occurs. [Here is a link](#) provided by Cindy Reedy to an excellent article in PCMag.com.

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How to Add an Emergency Contact to Your Phone's Lock Screen

BY JILL DUFFY AUGUST 10, 2015 4 COMMENTS

This one tech trick could help save your life. Here's how to make sure you and your family members have emergency medical information readily available.

// MOST POPULAR ARTICLES



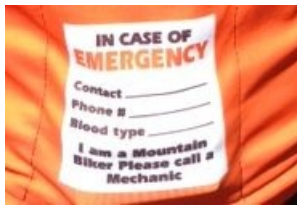
The Growing Threat of Ransomware



The Strange World of Japanese IBM PCs

scribe

Meanwhile, Phil Kolh had his ICE on display at a recent ride. Nice jersey, Phil!



For Want of a Nail ... or screw or bolt or whatever that thing is By Chuck Dean

Accidents and incidents are never far away when you are bike riding. Making sure that your equipment is properly maintained and stowed helps to keep these pests at bay.

Tom Preston shared this vignette: *To keep us sheltered from the cold northeast winds and to allow us to see more flowering trees, Bill "the man with the detailed neighborhood street map in his head" Schwartz led us on a twisty, turny ride this morning (Tuesday, April 26). When we arrived at Panera, I twisted my left foot to unclip; but I stayed attached to the pedal and made a graceful left roll to the concrete and ended up with my Lemond straight up in the air and still clipped to the left pedal. Phil Kohl kindly took my bike and as I was standing up, I noticed one of the screws which hold the cleat to the bottom of my shoe on the concrete right where I had stopped. So while others ordered coffee, I dug the multi-tool out and reattached the cleat securely to my shoe. I went ahead and tightened the screws on my right shoe too. Luckily the screw fell out at Panera and not a block before. I don't want to even think about riding the second half of a ride clipped in on one side only. When I got home I put a set of cleats and screws in the little bag under my saddle.*

Have you checked your screws lately?

While it is true that a lot of us EBCers have a screw loose, Eric Peterson did correctly point out that those are bolts, not screws. And Tom got a chance to use the *"stored cleats and screws (stored) in the little bag under (his) saddle"* only three days later. Tom and I turned back early on Isaac's Friday ride (April 29) at Route 59 to accompany Steve Joseph whose bike suffered a broken rear derailleurs when his jacket popped out of his pocket and fouled the derailleurs. So the 2nd safety warning is a familiar one about the consequences of improperly stowed equipment such as removed clothes, untied shoes, worn or tattered booties (Kathy W. will know this reference). Please be careful.

Three days later? Oh yeah, On the way back with Steve, we stopped for a potty break at the gas station in Winfield. Tom did not fall over this time, but that pesky "screw" came loose again and almost toppled him. He replaced the cleat and nut with a new set before we left the gas station.

The Folks on Spokes Easter Ride by George Pastorino

We had a great group of riders today on The Folks on Spokes Easter Ride.....it really is a very nice ride through some beautiful areas.....Nancy Shack made the mistake of following Pussanee and Ithis got her an extra 8 mile loop :)



Not a photo bomb; that's EBCer Luis on the left.

Meeting Minutes April

Board Minutes April 14, 2016

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

1. **President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
 - John Loesch, EBC ride leader who organizes Blind Stoker Rides for the visually impaired, has made arrangements for blind stokers to participate in the Bike the Drive on May 29. John has asked if EBC would reimburse 50% of the cost of the EBC member who captains a blind stoker. Currently if the EBC member registers using Women Bike Chicago code WBC15, the cost is \$40. EBC would reimburse \$20 to the EBC rider who captains the blind stoker. This motion was passed - to reimburse 50% of the Bike the Drive cost of the captain.
2. **Vice President:** There have been a lot of EBC members

EBC General Meeting Minutes April 14, 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.
 - A Ride Leader Recognition Program has been established to award the top 20 Ride Leaders who lead the most rides. This will be in addition to the Ride Leader jersey that is given out every 3 years, to those who lead 30 or more rides, hikes, snowshoeing, or canoeing events. Those who have led rides in 2014 and 2015 will be grandfathered in the original Ride Leader award program (15 rides or events). The new program, effective 2016 will now award a \$50 gift certificate from the EBC Club sponsor of the Ride Leader's choice. The EBC mileage page will be revised to include details of rides led by ride leaders.

riding in the middle of the road, rather than single file or 2 abreast. This creates a safety issue which will be discussed at the club meeting.

3. **Treasurer:** Monthly Banking Summary (dated 1/1/2016 - 4/12/2016): Total income: \$6,613.40; Total expenses \$2,394.00; Total balance: \$10,910.87.
4. **The next meeting** will be on Thursday, May 12 at 6:15 p.m., at the Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina
Club Secretary

- John Loesch, EBC ride leader who organizes Blind Stoker Rides for the visually impaired, has made arrangements for blind stokers to participate in the Bike the Drive on May 29. John had asked if EBC would reimburse 50% of the cost of the EBC member who captains a blind stoker. Currently if the EBC member registers using *Women Bike Chicago code WBC15*, the cost is \$40. The board passed a motion to reimburse \$20 to the EBC member who captains a blind stoker.
2. **Mileage Coordinator:** John Reardon is completely transitioned to his new role as Mileage Coordinator, which previously was handled by Peter Gough. John is now updating the mileage database and the Members Miles web page on a regular basis. Please take a picture of your sign-in sheet and scan/send it to him. Please do not send a fax. By mail or sent in as an email is preferred.
3. **Secretary Report:** The Hillside Public Library is having a Bike to the Library Day on Saturday, May 21. As part of this Event, several EBC members will be volunteering an hour to discuss bike safety checks, family bike rides, and wearing helmets. A link for the Bike Safety Quiz is being included in their promotional materials. Those completing the quiz are encouraged to bring in their certificate for a little prize. A ride to this event will be scheduled, which will continue beyond the event to a restaurant.
4. **Vice President/Ride Captain** Please be aware when riding on the road to stay on the right side of the road, and not in the middle. Riding 2 abreast is acceptable when there are no cars, but riding single file is required when cars are present. The Sweep should announce 'Car Back' - and riders should move to the far right where we belong. This rule is all about - riding safely.
5. **Membership Coordinator:**
 - Total memberships: Single - 202; Family - 98; Total Members - 440.
 - Door prize winners:
 - + Bob McKeague - Prairie Path Cycles - \$25 gift certificate
 - + Steve Wonder - Amlings Cycle - \$25 gift certificate
6. **Treasurer:** Monthly Banking Summary (dated 1/1/2016 - 4/12/2016): Total income: \$6,613.40; Total Expenses \$2,394.00; Total balance: \$10,910.87
7. **Awards and Club Attire:**
 - Susan Sperl announced Ride Leader jerseys are in production and will be awarded at the May meeting, along with patches and socks - to those who have achieved the qualifying criteria.
 - There are a few wool jerseys available for purchase.
 - A new EBC bike jersey is being designed, to be offered in 2017.
8. **Advocacy Chair** - Bob Hoel: No report, but items have been sent to the list serve and should be in your emails.
9. **Newsletter Editor** -Chuck Dean: No report.
10. **Safety Chairman** - George Hardwidge: Did you know that if your front wheel taps the rear wheel of the rider ahead of you, you are going down. And you are going down hard. No matter how gentle the tap is the physics are such that you cannot recover. And you may bring the rider ahead of you down as well. If others are following too close, they may crash too. Just a little something to think about next time you are riding too close on the other person's wheel. A good rule of thumb: always keep at least one bike length between you and the rider ahead of you. Keep a handle bar width between you and the rider next to you.
11. **Mountain Bike Coordinator:**
 - Palos trails are looking good for rides. A trail cleanup is being planned, but no date has been set yet. Please note: August 7, is the CAMBR Meltdown - a mountain bike race which is a major fund raising event for CAMBR. Many volunteers are needed, and there is always a bike ride and refreshments are involved. More details to follow.
 - Single Track - Mountain Bike lessons - dates have not been set, but if you want to learn skills to ride more comfortably, look for an email announcing training offered in June and July.
 - Pool Parties at the Pastorino's: Last Sunday of June / July / August. There are Mountain Bike or Road Rides of various skill levels, and then afterwards the Pastorino's host riders at their home for a pool party.
12. **Refreshments:** Thanks to Cheri O'Riordan for tonight's refreshments
13. **Sponsorship:** Two new sponsors! Prairie Path Cycles has locations in Batavia and Winfield and Amlings Cycle is

located in Niles. Go to EBC website to look at their links for more information.

14. **Website Team:** No report.

15. **Announcements:**

- Armie has organized a Bike Rodeo at Lincoln Elementary School, in Elmhurst. It will be held on April 23, from 8:30 a.m. to 10:00 a.m.

- Betty Bond: Wednesday May 18, at 7:00pm, Betty will lead The Ride of Silence. This is a world event to honor those injured or killed while biking. This year we will be honoring one of our own, Diane Wilkinson. This will be a slow, short ride, and any type of bike is acceptable for riding. Once we start pedaling there will be no talking, except to call out cautionary directions.

- Mike Struglinski: Spoke of Working Bikes in Chicago, a nonprofit organization which collects old bikes and parts, for selling or donating to those in need of a form of transportation. Also his friend Dennis makes jerseys for those who ride recumbent bicycles. The pockets will be in the front of the jersey, instead of the back. Life Behind Bars is his company.

- Donna Busching reminded everyone that there is still time to sign up for the MS Tour de Farm cycling fundraiser, held at NIU in DeKalb. For more details, see information listed in Future Events on the EBC website or contact Donna Busching.

- Marge Ricke wanted to thank those who participated in The Prairie Path cleanup on April 9, and to remind everyone, the next clean-up will be Saturday, June 25.

16. **Tonight's Program:** Bill and Karen Schwartz will present a program on some of their bicycle trips to Europe, New Zealand, Canada, and to many U.S. cities. Some trips were self-supporting, self-organized, or totally supported bike program. Very good information to be offered if one would like to plan their own biking adventure: Preparation, type of ride desired, location, and price considerations.

17. **The next meeting** will be on Thursday, May 12, 2016, 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.

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

May, 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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