



The Cue Sheet

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

September 2016



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

Our President's Message

I was talking with some of my CAMBr friends at The Palos Meltdown and to a person, they said that they would never ride a road bike. I thought that view was very much a closed minded attitude as well as short sighted. This view prevents them from becoming more complete cyclists, denying themselves the joys of road riding and they are missing half the sport. Then I looked at our club and realized that many of our members share the same view as my mountain biking buddies. How many times have I heard from an EBC road rider, "I will never mountain bike." It is an unfortunate view as these road riders are also preventing themselves from becoming more complete cyclists, denying themselves the joys of mountain bike riding and missing half of the sport. I wonder why this attitude persists on both sides of the sport? Is it bias, fear, or misunderstanding? Who knows? But it does make me sad for both groups.

This narrow view also happens in other sports EBC participates in. There is a whole group of snow shoe enthusiasts who refuse to try cross country skiing. I have never heard a good reason for that. On the flip side, we have many cross country skiing enthusiasts who will not try to snowshoe. That view is very limiting and does not allow the participants to broaden their horizons.

I see it in water sports too.....canoe enthusiasts who do not kayak and vice versa.....odd....as both sports are awesome.

Pussanee and I have always embraced both sides of all the sports.....we mountain bike and road bike, cross country ski and snow shoe, kayak and canoe. Neither side of the above sports is better than the other, but they give you very different experiences. The grace and speed of cross country skiing is awesome, but I can go places on my snowshoes that I could never get to on skis. We loved climbing 12,000 ft. Independence Pass, Colorado, on our road bikes. It was spectacular, but a totally different experience from crossing the Continental Divide at 12,000 feet on our mountain bikes on the Monarch Crest Trail with 12 miles of riding over 11,000 ft. Which one was better? Neither, but they were as different as night and day.....so why limit yourself to one or the other when you can experience both?

So my request to all EBC members is to free your mind and try something different.....as a club we offer hiking, canoeing, snowshoeing, road biking, kayaking, cross country skiing, and mountain biking. Pick a sport that you have not tried and give it a whirl.....who knows, you might love it, but you will never know if you don't try. I will see you on the road or trail.....until then.....have fun and be safe.



What a Day For a Picnic by Chuck Dean

Good friends, good weather, good food! Mix these ingredients together, as we did on Saturday, August 13th, at the Salt Creek Park, and serve-up the annual EBC picnic. More than 60 EBCers arrived one way or another, many on bicycles as several ride leaders, including Armaline and Pussanee, arranged for rides to the picnic. Thank you, ladies.

The picnic does not just happen. Planning, coordination, preparation all play an important role to insure a good time. As usual, Joanne Dezur provided her fine leadership skills into making the picnic the best ever. Thank you, Joanne. Thanks too, to Kim Messina and Judy Mikesell for additional assistance. Augmenting an outstanding offering from Jim's BBQ in Elmhurst, many EBCers treated us with salad, snacks, and dessert to add to the table.

It was fun to see some long time members who have not been riding lately. Roland Porter contributed a few stories that we used to be able to hear from him on a ride. With or without a bike, it was a pleasure to have him at the picnic. And he had another old-timer with him - Frank Amorosi. Thank you for attending.

The bean bag competition was fiercely contested, but in the end the team of Armaline and Kelli bested Ron and Herman. Prizes were awarded.

All who attended were the big winners that day.



The ladies came out on top. Armaline and Kelli bested Herman and Ron.

Pastorino Pool Parties

Contributors: John Riordan, George Pastorino, Chuck Dean

Editor's note: Of course, as has been the case for many years now, George and Pussanee have hosted 3 pool parties at their home in 2016, the most recent of which was Sunday, the 28th. They were all well-attended and the source of club camaraderie for the attendees. John Riordan chronicles the Vince Gatto fast ride and the fact that the "The party was an epic chow-down and blast."

I share George's thanks to the attendees and his excuses for only having one group picture, shown below. If you want more pictures, look to George's list server reports for the earlier parties.

Here is John's report:

Pool Party Fast Ride/ Vince/ 13 Riders

*In absolute performance terms (i.e. *not* heroic efforts relative to my conditioning at the time), this was probably one of the top bike rides that I ever did. Vince, and his growing reputation, drew in an impressive group of 13 speedsters and climbers, and we put the pedal-to-the-metal as we did over 1,500 feet of*

climbing on this 55 mile, epic outing that brought us all into the sun and the heat of a wonderful Sunday morning. We rode hard. We climbed. ...And we flew.

At some point, it was thoughts of Ed Gin's specially-prepared chicken, the pristine, cool, healing waters of the Pastorino pool, and the inviting crowd (standard at one of George & Pussanee's parties), that motivated us to go any further. To a man and woman, we were spent. We had riders excel, bonk, excel again, mechanical incidents, and much stalwartness on display. It turns out that the club has even picked up some new members with impressive power and endurance.

Our ride was one of many party rides this day. There was a lot of variety in the ride formats. By all accounts, each ride featured its own brand of fun.

The party was an epic chow-down and blast. At the end, I had to eat a little food again, and drink a lot of water to help my system get over the types of hearty beers that George favors and educates us all on.

Many thanks to our hosts and ride leaders!
See you on the road. :-) -- John

... and George's post of August 29th.



Pussanee and I wanted to thank all the EBC members who attended the pool parties this year, we are truly blessed to be able to share our home with so many great friends..... We had about 45 people attend yesterday. Thank you all.

Thanks to Ed Gin for bringing his awesome Galbi chicken and to all the ride leaders as well.

The tacos from Henry's were very well received, so we may repeat this sometime in the future.

Due to the accelerated rotation rate of the Earth and the strike by the Hibiscus growers in Antarctica, we were unable to take pictures of the party.....we did get rollout video though.....you can see that by clicking here: <http://tinyurl.com/PoolPartyRollOutAugust> and one group picture (above).

Great friends make a great life. George and Pussanee

More Tools on Display by Chuck Dean

Continuing the bicycle tool series, this month you can see two different tools that essentially do the same thing. Either tool tells you if your chain is stretched and in need of replacement.



\$25-ish, most precise.



\$7 - \$8 tool; no moving parts

I have to credit Bill Schwartz for putting me up to discussing more tools. That is his Park Tool Company Chain Checker cc-2. I already had the Spin Doctor tool. Park's tool has moving parts; and the Spin Doctor has none. I brought both tools to a recent ride and a pair of rubber gloves (keeps your hands clean while handling a chain); and a plan to measure the chains of a bunch of riders who happened to come out for a

ride. I'll share the results of these measurements shortly.

I bought the Spin Doctor tool after one of our sponsors pointed out how stretched was a chain on one of my bikes. He replaced the chain in front of me that very day even though that was not the reason I was in his store with my bike. I had other bikes that needed the chain to be checked, so I bought the tool. When I measured the chains of my other bikes, both had chains that were stretched beyond recommended tolerance. Given the nature of the Spin Doctor tool (call it a pass/fail concept) and the fact that both chains failed, I wondered about the accuracy of the tool. The tool is sort of T-shaped, like a miniature pickaxe. You can flip the tool over to engage the end of the tool that mounts any one of the chain rollers, and then drop the pickaxe end into a chain opening. If the pickaxe end slides all the way into the chain, the chain is too stretched. If the chain is within limits, the pickaxe end will not drop all the way into the chain. The tool is designed so that one side of the tool tells you if the chain is less than .75 too long, and the other side tells you if the chain is less than 1.0 too long.

The Park tool cc-2, in addition to telling you if the chain is too stretched or not, also tells you the amount of stretch. A scale on the moving part of the tool tells you that your chain is at .4, or .5, or .6 all the way up to 1 or more. In general, if a chain is stretched less than .75, you probably do not need to replace your chain. If a chain falls within the .75 to 1.0 or greater range, you should replace your chain.

A worn / stretched chain starts to wear out the teeth on the cassette sprocket. Among other symptoms, shifting becomes less smooth. Replacing the chain is a lot less expensive than replacing a cassette. I have included the Park Tool instructions immediately below as they probably have explained the measuring concepts more clearly than I have.

Park Tool Co., 5115 Hadley Ave. N., St. Paul, MN 55128 (USA) www.parktool.com

A worn chain shifts poorly and wears sprockets at an accelerated rate. The CC-2 Chain Checker provides a precise measurement of chain wear on most derailleur chains.

Instructions:

1. Set pivoting gauge so "0" is visible in viewing window.
2. Lower CC-2 so fixed pin rests between chain's outer plates and movable pin rests between chain's inner plates.
3. Lightly push pivoting gauge just until it stops. Forcing the gauge will damage the CC-2's pins, resulting in inaccurate measurements. Read number in viewing window. Chain replacement is generally recommended at .75%, although this percentage can vary between chain manufacturers. Contact the manufacturer for specific recommendations.

Notes:

Because a chain must have a small amount of play in the links to run smoothly, the CC-2 will show a reading of .25% to .5% on new chains. This does not mean that the chain is .25% to .5% worn. It only means there is .25% to .5% play built into the links of the chain before it starts to wear. No matter what the reading of a new chain, it should be replaced when the CC-2 shows a reading of .75 (or the percentage recommended by the manufacturer).

The length of time and amount of riding it takes to wear a chain is determined by several factors, including chain quality, riding conditions, and level of maintenance. As a result, chain life can vary significantly.

Well, the gloves did keep my hands clean, and here is what I learned. I measured 7 bicycle chains one day last week. Six chains were in good, not-stretched condition; one chain was very stretched. Both tools agreed with each other: 6 chains were ok and one chain was not. The Park tool could tell me that 4 of the 6 good chains appeared to be at the .45 reading, and 2 of the good chains were at about .55. The Spin Doctor tool would not drop its .75 arm into the slot, so it too told me that the chains were good. So both tools get the job done.

Have you had your chain checked recently?



Try as I might, neither tool could measure the 'chain' on Bill's tandem.

August Was A Month for Adventure

by Chuck Dean

Where did it go? It seemed like it just got here. Even with some rainouts, all kinds of events took place the month of August. Just to avoid forgetting, do you remember that:

- Some EBCers had 2 weeks out in Colorado enjoying rides and hikes.
- Other EBCers did the Shoreline ride over in Michigan.
- Still other EBCers opted for a self contained outing to Twin Lakes in Wisconsin.
- Ray Dal Lago led the Ride to DeKalb, a ride he has led annually for many years.
- Dawn Maxwell offered bike marshalling adventures.
- Mountain Bikers took their show on the road up in Kettle Moraine.

September is likely to have just as many adventures. Get ready!

Meeting Minutes August

Board Minutes August 11, 2016

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

1. **President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
 - Discussion on Club Express, and the various levels of services that they can offer in taking over EBC's website. The discussion concluded in stating the need to meet with Club Express to learn further of what they can do for us, and their costs. In comparison, we plan to talk to Rick Cosaro, of Cosaro Associates who has built the Naperville Club's website.
 - A request may be presented to purchase a pop-up tent, with the EBC name and logo on it for events that we participate in, such as CAMBr Meltdown, Farmers Market, Cycling Classic, and other events.
 - John Loesch has requested the possibility of EBC offering multiple jerseys as the official jerseys. The Board has no problem with the club having more than one 'official jersey.'
2. **Vice President:** There is an APP that links to an organization that will pay out to charities 10 cents for bike miles ridden and 25 cents per mile for walking, running or hiking. All you need to do is go to app on your phone for Charity Miles and download it. Then once you setup your account, click on little running man on top left, select teams, select Elmhurst Bicycle Club. Once you are a member of club you do not have to do that again. Then when you start a ride or walk, select the charity you wish to accumulate donations for and start. This costs you nothing, funds are from large corporations and disbursed by Charity Miles.
3. **Treasurer:** Monthly Banking Summary (dated 7/14/2016 - 8/10/2016): Total income: \$50.60; Total Expenses \$126.41; Total balance: \$10,504.77
4. **Secretary:** 60 people RSVP'd for the EBC Picnic August 13, at Salt Creek Park in Elmhurst. This year's menu for the picnic will be from BBQ Jim's, an Elmhurst caterer.
5. **The next meeting** will be on Thursday, September 8, at 6:15 p.m., at the Community Bank of Elmhurst.

EBC General Meeting Minutes August 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.
 - The Safety Ride will be conducted by Baltimore Ortega, Ray Dal Lago, and Armaline Mirretti on Saturday, August 20, 9:30 a.m. at Pleasant Dale Park, 7425 Wolf Road, Burr Ridge, IL 60527.
 - [Club Express](#), "an easy-to-use online management system for any association or club," is being discussed as a possible website service provider to replace EBC's existing website. The discussion concluded in stating the need to meet with Club Express to learn further of what they can do for us, and their costs. In comparison, we plan to talk to Rick Cosaro, of Cosaro Associates who has built the Naperville Club's website.
 - EBC will allow multiple jerseys as the official jerseys. The Board has no problem with the club having more than one 'official jersey.'
 - A pop-up tent with the EBC name and logo on it will be purchased. This will be used for events that we participate in, such as CAMBr Meltdown, Farmers Market, Cycling Classic, and other events.
2. **Vice-president/Ride Captain:** Here is an organization <http://www.charitymiles.org/> that will pay out to charities 10 cents for bike miles ridden and 25 cents per mile for walking, running or hiking. All you need to do is go to app on your phone for Charity Miles and download it. Then once you setup your account, click on little running man on top left, select teams, select Elmhurst Bicycle Club. Once you are a member of club you do not have to do that again. Then when you start a ride or walk, select the charity you wish to accumulate donations for and start. This costs you nothing, funds are from large corporations and disbursed by Charity Miles.
3. **Secretary Report:** The EBC 2016 Summer Picnic is August 13, at the Salt Creek Park in Elmhurst. Come join us for fun and games! This year we are using Jim's BBQ, a local caterer in Elmhurst. Pulled pork, pesto chicken, tortellini, chipotle mashed sweet potatoes, and more. Please RSVP to: secretary@elmhurstbicycling.org
4. **Membership Coordinator:**
 - Total memberships: Total members - 473
 - Meeting attendance: 24 members
 - Door prize winners:
 - + Dave Wilson - EBC socks
 - + Gary Bushing - EBC socksI O U - prizes will be given out at the next meeting, as they were not brought to this meeting.
5. **Treasurer:** Monthly Banking Summary (dated 7/14/2016 - 8/10/2016): Total income: \$50.60; Total expenses \$126.41; Total balance: \$10,504.77
6. **Awards and Club Attire:** EBC socks are available for \$6.00 each. Wool Jerseys are available for \$75.00 each.
7. **Advocacy Chair:** No report.
8. **Sergeant at Arms:** When posting pictures on Facebook, or sending pictures to the List serve, please identify the EBC event, so they can be added to the collection of EBC pictures

Respectfully submitted,

*Kim Messina
Club Secretary*

- that will be put together in an album.
9. **Newsletter Editor:** No report.
 10. **Programs:** If members have any ideas for guest speakers or bike related topics to be presented at our meetings, please contact Vince Gatto.
 11. **Mileage Coordinator - John Reardon:** no report.
 12. **Safety Chairman:** Be predictable, be friendly, obey rules of the road, and be alert.
 13. **Mountain Bike Coordinator:** September 24 / 25 - Pure MI MTB Weekend - [Fort Custer Recreation Area](#). We will ride single track in the historic Fort Custer Recreation Area. This is an intermediate-level MTB ride requiring easy- to intermediate-level MTB handling skills. Body armor (such as elbow and knee/shin pads and eye protection) is highly recommended. Annual (\$31.00) or a day pass (\$9.00) is required. Please, bring plenty of water and snacks including a sandwich for nutrition. We will ride as a group and no one will be dropped. Please allow extra time for traffic delays, pass purchase and bike preparation if you are driving Saturday morning.
 14. **Refreshments:** Thanks to George Pastorino for tonight's refreshments.
 15. **Sponsorship:** Ginny Preston reminded everyone to look to our sponsors for great service. For more information about our sponsors, use their links on the EBC website homepage.
 16. **Website Team:** Cindy Reedy, our Web Master is retiring, and we are looking for her replacement. If you know anybody in the club who would like to take over this role, or have any questions, please contact George Pastorino or Cindy Reedy for more information.
 17. **Announcements:** Robert Innoenzi offered a handout of what to do, if a rider goes down while on a ride. Look for the information on the table, along with other club and trail information.
 18. **The next Blind Stoker Ride** will be on Saturday August 20. Please see the ride schedule for more details.
 19. **Tonight's Program:** Guest speaker will be Pravin Patel, a well-known leader of unique rides and unusual hikes in our club. He will be presenting his exciting trip to the Himalayan Mountains.
 20. **The next meeting** will be on Thursday, September 8, 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.

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 Vince Gatto, 630.832.2133 vcas1_me.com	Sergeant-at-Arms Sue Hickey, 630.627.4518 sue_kensvideo.com
Secretary Kim Messina, 630.204.8945 secretary_elmhurstbicycling.org	Mileage Coordinator John Riordan, 630.833.8201 EBCDB_RiordanArtistry.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
Volunteer Needed

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>)

September, 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



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



SURLY BIANCHI GUNNAR SOMA WATERFORD VELO ORANGE FIXATION FOUNDRY

bikefix inc
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

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

STEMPLE'S

 CYCLES
 494 Spring Rd, Elmhurst IL
(Next to the Prairie Path)
630.834.1012
stempebikeshop.com

RUDY'S

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


Trek Bicycle Store
 Downers Grove • Naperville


Prairie Path Cycles
 Expert Sales & Service
prairie path cycles

Mary Lee Geraghty
 owner/manager

27W181 Geneva Road
 Winfield, Illinois 60190
 (630) 690-9749

160 W. Wilson Street
 Batavia, Illinois 60510
 (630) 406-9749

www.prairiepathcycles.com

Joe Reichert
 Owner


AMLINGS
CYCLE

8140 N. Milwaukee Ave.
 Niles, IL 60714
 847.692.4240 • Fax: 847.692.4260