



The Cue Sheet

October 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

Fall is in the air.....52 degrees and windy as I write this. Many bike clubs are winding down their season with some that I belong to saying that October 1st is the end of cycling season. Nothing could be further from the truth at EBC. We will continue to road ride of course and mountain biking will increase with the cooler temps. Hikes will really begin in earnest with Dawn Maxwell's Fall Appalachian Trail Weekend. There will also be some fall canoe trips to look forward to. Ron Richards' Thursday night ride transitions to a trail ride as fall enters.

October will also have one of our biggest volunteer opportunities as over 45 EBC folks will work as Bike Marshalls for The Hot Chocolate running race. That is the great thing about The Elmhurst Bike Club, there is no end to active things to do as the weather changes.....our event schedule will remain full.

Please keep active and join your fellow EBC members in the many events that will be posted during the fall months. It is a great time to road bike, hike, canoe or mountain bike ride. I look forward to seeing you on the road, trail or river. Have fun and stay safe.



Membership Coordinator by Chuck Dean

MONSTER

I borrowed the monster.com logo to call attention to the club's need for the all-important Membership Coordinator position in 2017. Jeff Gunty, who has done a masterful job in this position for all of 2015 and 2016, is stepping down. Jeff not only successfully dealt with the normal responsibilities of this position (briefly described below) but participated in the transition from an Excel-based database to the current online database designed and provided by (similarly named) Jeff Gandy. Please join me in thanking Jeff Gunty for his valuable contributions in administering this position over the last two years.

EBC needs a responsible member to volunteer for this position, which also entails being on the board of directors of the club. If you are comfortable on a computer, adroit with email, able to interact with EBC's user friendly database, and willing to administer the club's Google Group account, we need your help.

The Membership Coordinator will collect and process all membership applications, transmit all dues to the Treasurer, maintain a current membership directory, maintain membership liability waivers, and provide a mailing list solely for use by the Club. The Membership Coordinator will maintain a membership database and administer the mailing list server.



Thank you Jeff Gunty for a job well-done!

If you think you are up to the task, please contact Kim Messina or Judy Mikesell (they constitute the

You Can Earn Donations for Your Activities

by Cindy Reedy

What could be better than a beautiful day and the time and energy to go out and bike, hike, run or walk? How about generating donations to your favorite charity while doing it, with no cost to you? Our Ride Captain Ken Hickey found this app a month or so ago, and I thought I'd elaborate. Charity Miles will pay selected charities on your behalf: 10 cents per mile for biking and 25 cents per mile for walking or running.



How can I sign up?

First, you need to have a smart phone.

- Download the Charity Miles app to your phone.
- Sign up with your email address.
- Create a password with at least 6 characters.
- Choose to allow Charity Miles (CM) to access your motion & fitness activity.
- Enable location and motion detection.*

* If you are concerned about privacy issues, please visit that section of their website: charitymiles.org/privacy2.html.

Choose the Elmhurst Bicycle Team

The Elmhurst Bicycle Club has a Charity Miles team. We have over 500 EBC members but, as of this writing, only 15 members are on the Charity Miles EBC team. As Ride Captain Ken Hickey has pointed out, our club does over a quarter million miles a year. That could earn \$25,000 for charities if they were recorded on Charity Miles.

Unlike the charity selection, you choose a team just once. To do so, click on the CM icon in the upper left corner. Select "Teams", search on "Elmhurst", and then choose Elmhurst Bicycle Club. Note: you can belong to more than one team. In that case your miles will be divided evenly among your teams. You can also leave a team at any time.



How do I use the App?

- Open the app.
 - Choose a charity from the list. There are currently 40 to choose from. These charities include the World Wildlife Fund, Alzheimer's Association, Wounded Warrior Project, Stand Up to Cancer, and many others. You choose a charity each time you log miles. You can choose different charities or stick with just one.
 - State your activity. The activity choices are Outdoor Walk/Run, Indoor Walk/Run, or Outdoor Bike.
 - Recording starts immediately.
- Yes, you can use other apps like Ride with GPS when CM is running. However, that may be a battery drain.

If you want/need to pause

- If there is no red square in the upper right corner, scroll down one screen until you can see it.
- When you click on the red square you get a choice between "Continue" and "Finished". Ignore them - you are in "Pause" mode.
- When you are ready to resume, click on "Continue".

When you are finished

- If there is no red square in the upper right corner, scroll down one screen until you can see it.
- Click on the red square.
- Select "Finished".

You will see how many miles were recorded for you, and a dollar amount. The dollar amount is what has been reserved term-to-date for the charity that you chose for this activity. The current term is June 1, 2016 to May 31, 2017. CM pays the charities after reconciling at the end of the term.

It takes a few screens to get out.

- Click "Next" on this first screen.
- Then "Skip" on the next one, unless you want to share with Facebook or Twitter.
- Scroll down on the 3rd screen to click on "I'm finished".

- You should be back to where you can select a charity for you next bike/run/walk.

If you want to see how many miles the EBC team is doing, click on the upper left corner of your smart phone and select teams. Then click on Elmhurst Bicycle Club. In addition to the total miles there is a leaderboard with the individual miles recorded.

How does this work? Where does the money come from?

Charity Miles, LLC, connects charities, individuals, and corporate sponsors to create social change. In this case, to encourage healthy life styles.

Sponsors, those who pay the money on your behalf, are repurposing some of their advertising budgets for good. The current sponsors are Humana, Johnson & Johnson, MasterCard, Kenneth Cole, Timex Sports, Chobani, Lifeway Foods, CVS Health, and Hoka One One.

Charity Miles started in 2012 and has so far earned over 2 million dollars for charity.

Evaluations from other sources: Yahoo News, PCmag.com, BestApps.com, Download.com.

PROs:

- Easy to use.
- Great design.
- Donations on your behalf to your choice of 40 charities.
- Corporate sponsorships are subtle.
- Encourages maintaining an exercise regimen.

CONS:

- Battery drain.
- Requires a U.S. zip code.
- The interface could use some work.

BOTTOM LINE:

- Seems like an app that every fitness enthusiast should have.
- It's a great way to do good.
- The merits of the charities supported ultimately define it.

Shifting Gears

by Dave Buckson

We all do it... get over that hill, keep up with the pedals on a fast down hill or TWA (Tail Wind Assisted) ride. We all expect our shifting to work flawlessly in all conditions but it can deteriorate over time. The mechanics of shifting is interdependent on the shift lever indexing, cable tension and condition, and proper movement of the drive train.

Last month chain stretch was discussed and noted how an out of tolerance chain can impede shifting performance and promote drive train wear. If it were only that simple, replace the chain and instantly restore shifting to like-new condition.

Another consideration is proper alignment of the rear derailleur. A bent or twisted derailleur hanger won't allow the chain to properly line up with the sprockets on the rear wheel. Cable tension adjustments will fix the "out of gear" problem on a couple gears while others will become "out of gear."

Most modern bikes have a replaceable hanger that's designed to fail or give way in order to prevent more significant damage to the derailleur or frame. Consequently, the feature allows an easier path to poor shifting.

How does a derailleur get out of alignment? The bike may fall over onto the drive side of the bike, with or without a rider, or the hanger may never have been aligned in the first place. I've experienced a good percentage of new bikes, straight from the box that are out of alignment.



What does a properly aligned derailleur look like? Many times just like one that's not aligned. Technically, the derailleur needs to be parallel to the sprockets on the vertical and horizontal planes assuming nothing else is out of whack (bent frame, dropouts?).

Fortunately, a misaligned rear derailleur can be corrected with a gauge that restores the parallel relationship between the derailleur and sprockets. Park Tool has a slick tool (DAG-2.2) that checks and provides the means of realignment. It installs into the hanger (after removing the derailleur from the bike) and utilizes the rim as a point of reference for alignment.



Park Tool DAG-2.2 installed on the derailleur hanger

Although it's not a tool that we keep in the seat bag or have in our personal tool box, if you are having shifting issues insist that your mechanic check derailleur alignment as part of any adjustments.

See it in use:

<https://www.youtube.com/watch?v=zWe6Zbaz1uM>

What does a comprehensive shifting analysis encompass? These bullet points cover it, literally front to back:

- Condition of shifters, proper indexing through all shifts
- Cables and housing, minimal friction (lubricated, no rust, no fraying, no damage to housing)
- Alignment of derailleurs
- Free movement of derailleurs (clean, lubricated and inspected for damage)
- Derailleur limits (high/ low)
- Proper cable tension
- Condition of chain/ sprockets/ chainwheels

Of course it should go without saying, a clean drive train is a happy drive train.

Happy Shifting!

Red, White, and Blue!! Normandy, France

by Bob Hoel

In case you missed it on the list server, Bob and Nancy Hoel had one of their many French tandem bicycling adventures in September. They encountered a water hazard.

Here are a few pictures from the last couple of days. One of the hazards of biking along the Atlantic coast here in Normandy is the effect of tides. We were following the designated bike route (called the voie verte) when we encountered the sign below saying that we were to either meet a ferry here or go aquatic. I figured it was the ferry and didn't want to wait around for it. :-) At that time the effect of the tides did not occur to me and so I took an alternate route. Turns out we were within minutes after high tide. We continued around, watching the tide recede on our new route and stopped for lunch.





Bob and Nancy and Tandem: Red, White, and Blue

After lunch we decided to return the way we had come, only this time we followed the marked route with the tide out and here is a picture of the same sign. The road was a soggy mess but worth the experience.



A soggy road magically appears!

Maah Daah Hey
by Chuck Dean
photos courtesy of George Pastorino



George called this bunch the 'Wild West Rough Rider Scouts'

The Little Missouri National Grasslands is a little closer than Normandy, France, but still too far for a weekend getaway. Located in the southwest corner of North Dakota, a group of EBCers led by Baltimore Ortega had what looks like a great bicycling adventure. George Pastorino put together several picturesque slide shows and videos, which you can find on the list server. Here is a reference to just one of them. It

looks like a great place for a ride.

<http://tinyurl.com/Day1BuffaloGap>

Meeting Minutes September

Board Minutes September 8, 2016

Present: George Pastorino, Ken Hickey, Judy Mikesell, Kim Messina, Chuck Dean, Ruth Buffalo

1. **President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
 - Discussion on Club Express; one concern is keeping our ride schedule page, the same as it currently looks. There are a lot of features Club Express offers, and the ride schedule page seems to be one of our main concerns.
 - A motion was passed to allow a Ride Leader to consider a ride valid even if the only other rider is a nonmember. The ride will qualify as a club ride and miles will count for the Ride Leader.
2. **Vice President:** Recommended to the Board to experiment with Club Express' test web page to get an idea on how it can look and work for EBC.
3. **Treasurer:** Monthly Banking Summary (dated 8/11/2016 - 9/8/2016): Total income: \$450.65; Total Expenses \$875.64; Total balance: \$10,079.78
4. **Secretary:** The EBC Christmas Party will be held Thursday, December 8, the same night as our normal club meeting, at The Snuggery in Elmhurst. This is the same location as it was last year. Cost for members is \$5.50; cost for guests is \$16.00. Once again we will be asking for a canned food donation for the local food pantry.
5. **The next meeting** will be on Thursday, October 13, at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina
Club Secretary

EBC General Meeting Minutes September 8, 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.
 - Moment of Silence was held in memory of Diane Wilkenson, EBC member. Last year on Labor Day Weekend she was killed on her bike while riding the Virgil Gilman Trail in Aurora. Saturday, September 5th, marked one year of her passing. Diane is remembered on the Ride of Silence page: http://www.rideofsilence.org/memoriam.php#letter_W
 - Discussion on Club Express continues, and the various levels of services that can be offered in taking over EBC's website. EBC Board members met with a representative from Club Express to get more information on what they can do for EBC. They create many bicycle club sites, one being Evanston Bicycle Club.
2. **Vice-president/Ride Captain:** Lots of rides and invitationals coming up, please ride safely. Remember to download the APP "Charity Miles" to your phone and start accumulating money for a good cause. EBC has a team, under Elmhurst Bicycle Club. Contributions go out to charities from 10 to 25 cents per mile for your activities. You select the charity via your smart phone when you ride, walk, or run.
3. **Secretary Report:** The EBC Christmas Party will be held Thursday, December 8, the same night as our normal club meeting, at The Snuggery in Elmhurst. This is the same location as it was last year. Cost for members is \$5.50; costs for guests is \$16.00. Once again we will be asking for a canned food donation for the local food pantry.
4. **Membership Coordinator:**
 - Membership data will be presented next month.
 - Door prize winners:
 - + Kim Messina - EBC socks
 - + Donna Bushing - Rudy's \$25.00 Gift CertificateSocks awards from last month and this month will be presented next month at the October meeting.
5. **Treasurer:** Monthly Banking Summary (dated 8/11/2016 - 9/8/2016): Total income: \$450.65; Total Expenses \$875.64; Total balance: \$10,079.78
6. **Awards and Club Attire:** EBC socks are available for \$6.00 per pair. Wool Jerseys are available for \$75.00 each.
7. **Advocacy Chair:** no report
8. **Sargeant 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 that will be put together in an album.
9. **Newsletter Editor** -Chuck Dean: People like hearing of biking experiences, or articles of cycling interests. I encourage you to write and submit articles to the newsletter.
10. **Programs** -Vince Gatto: Should members have any ideas for guest speakers or bike-related topics to be presented at our meetings, please contact Vince.
11. **Mileage Coordinator:** no report
12. **Safety Chairman:** tonight's presentation.
13. **Mountain Bike Coordinator:** no report
14. **Refreshments:** Thanks to Betty Bond and Sue Hickey for tonight's refreshments
15. **Sponsorship:** Remember to support our sponsors by shopping at their stores.
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:** Club member, Dennis Mariasis, has a bike clothing company, and advised that he can design EBC arm warmers, coolers, caps, as well as bike jerseys for EBC.
18. **The next Blind Stoker Ride** will be on Sunday, September

18. Please see the ride schedule for more details.
19. **Tonight's Program:** Guest speaker will be Safety Chairman, George Hardwidge. He will give a safety presentation on important reminders when cycling.
20. **The next meeting** will be on Thursday, October 13, 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
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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
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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
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		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>)

October, 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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