



# The Cue Sheet

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

## November 2016



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

### Our President's Message

As we head into November and the temps start to drop, EBC will start to have more hikes and mountain bike rides for you to choose from to keep active in the colder months. One such event that I would like to highly recommend is Judy Mikesell's Thanksgiving Hike and Buffet. Pussanee and I have attended this festive event for 10 years and just love it. We hike for a few hours, and then have a wonderful buffet at The White Pines State Park dining room, then another hike after dinner. Judy does a great job running this event. Check the ride schedule for details.

Baltimore also has a great November event in the Celebrate National Bison Day at Midewin Ride; this a great way to not only ride but see some bison in a beautiful setting....see the ride schedule for details. Road rides will continue of course, all year long as well, and George Hardwidge is again running the U.P. XC ski and snowshoe trip. This is an awesome week in the upper peninsula of Michigan and is most highly recommended.



We also would like your recommendations on which advocacy groups the club should donate to, please contact me with any ideas, and finally we still are looking for a membership coordinator to replace Jeff Gunty.....please contact Kim Messina or Judy Mikesell if you have any interest. All the other Board members are planning on staying on, however all positions are open to anyone who would like to run for election. Nominations are open for any position. The election will be at the November meeting.

That's all for now...see you on the road or trail.

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### Hot Chocolate Bike Marshall - October 29

By Dawn Maxwell

Thanks to each and every EBC member for helping out yesterday. EBC is an awesome bike club and a hardy bunch of cyclists. The rain and injuries did not deter anybody. And we all made it here on time and safely back with everybody's help. Bikes get repaired and extra helmets appear !!! EBC gets things done!!!

The after-party went off with tons of food and drink contributed by everybody. Special shout out and thank you to Betty and Petra for setting up all the wonderful food and drinks for us. And clean up was a snap with so many extra hands.

And please expect your donation payment within 4-6 weeks. If you don't have it before Christmas, please contact me and let me know so I can follow up to make sure each one of you gets your check.

Plenty more bike marshal events and opportunities for EBC coming for next year and based on our continued attendance and quality of members, I am more than confident EBC will be the only bike club again next year for the Hot Chocolate event.



Thanks to George P. for pictures - others are available on the list server.

## Fight For Air Ride - June, 2016

by Linnea Myers

As many of you know, several members of the Elmhurst Bicycle Club participated in the three-day, 150-mile American Lung Association Fight for Air Ride on June 10-12, 2016, from Crystal Lake, IL, to The Abbey Resort in Lake Geneva, WI. We rode approximately 50 miles each day in heat and wind and up and down the hills of Wisconsin. The Ride is always lots of fun for a very worthy cause.

This was the fourth year that EBC participated in this charity ride as a team. Our EBC Team did an outstanding job this year and raised \$17,691.15 for the American Lung Association, which put us in 3rd place for the 2016 Top Fundraising Team Challenge. We were #3 out of 18 teams! Four members of our EBC Team made the list of top 10 individual fundraisers out of 118 riders. Those 118 riders raised a total of \$160,000.00 for the American Lung Association!

I am so proud of our Team members and I believe they should be recognized -- Ken Hickey, Lynn Korff, Steve Levinthal, Jeff Gunty, Tom Naughton, Tony Vernola, Gan Gantumur, Coleen Kirchoff and me (Linnea Myers). In addition to these 9 members, we had an additional 7 non-members who joined our team.

Ken Hickey, Lynn Korff, Steve Levinthal and I met with two ALA staff members a few weeks ago and we were presented this beautiful 3rd Place plaque in honor of the awesome fundraising by our EBC Team! If you would like to join us next year and experience the fun and incredible feeling of doing something good for others, please contact me directly at [linneamerle@gmail.com](mailto:linneamerle@gmail.com) and I will be happy to give you more details about the ALA Fight for Air Ride. Or, if you prefer, you may go to [www.FightForAirRide.org](http://www.FightForAirRide.org) to learn the many ways this event benefits those with lung cancer, COPD, asthma and other lung diseases. Our EBC Team already has 6 team members for 2017 and we would love to have you ride with us and enjoy The Abbey Resort in Lake Geneva!





An awesome fundraising team!

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## Grundy County Corn Festival Ride

By Chuck Dean

As evidenced by another large turnout, George Pastorino led fall revelers to the Morris Corn Festival parade. Just wondering what specifically draws people to this event ... is it the food? Could it be tractors in a parade? Or is it the nostalgic sense of the good old times? Add all of these reasons to the bike ride itself, and it was a winning combination at the start of October.



EBCers vote 'yes' on Corn Festival! Thanks to George Pastorino for the pictures.



Your mouth begins to water!

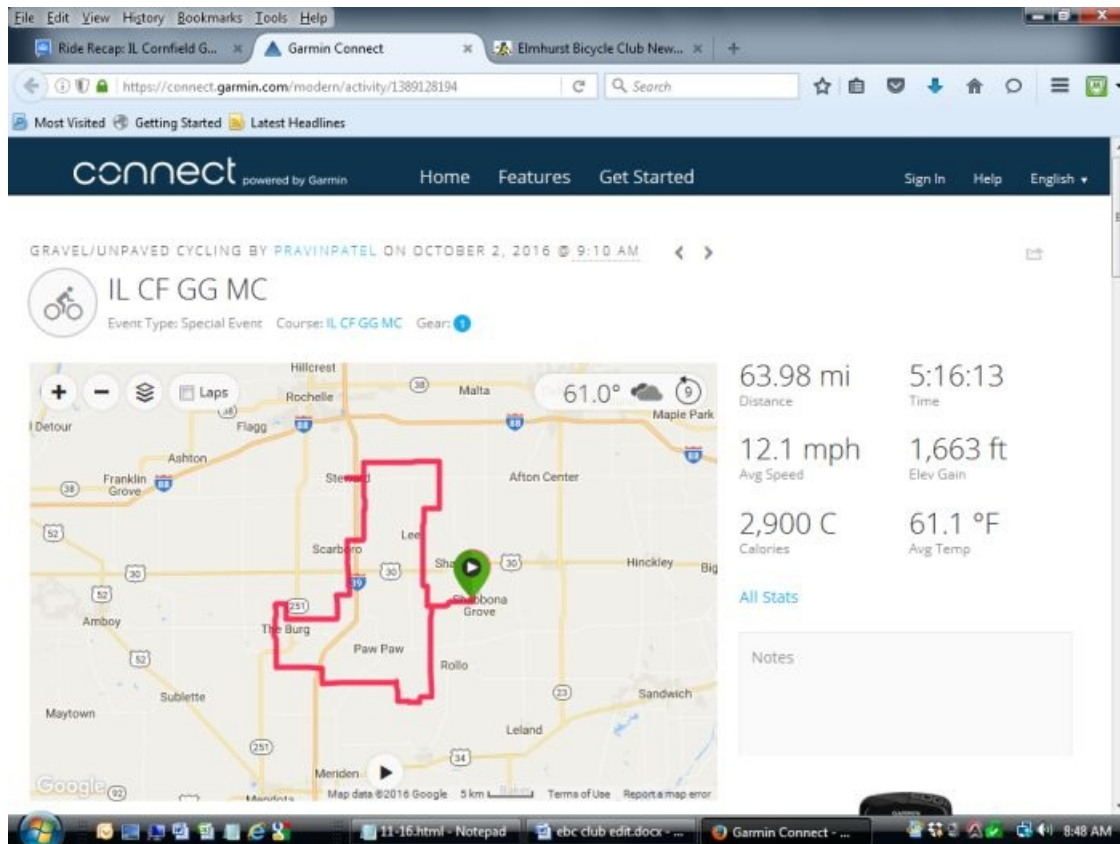


Oh, I love a parade!

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Illinois Cornfields Gravel Grinder Metric Century  
October 2, 2016  
by Pravin Patel

Editor's note: A couple of years ago "Gravel Grinder" was not part of the club lexicon. But EBCers have more recently started to tackle these rides. Pravin's ride description begins to define a Gravel Grinder: "We will ride a gravel grinder metric century in central Illinois. Our route comprises of rural agricultural country roads laid with lightly compacted loose gravel. A cross bike, a fat-tire bike or a MTB would be appropriate for the undulating terrain and riding conditions. Please, bring food, sandwiches/energy bars etc, and water for the full ride as there are no gas stations or other facilities available along the route. Riders are expected to be self-sufficient and well conditioned for this ride. There are no bailouts, however, I will provide cue sheets for an alternate route of 48 miles. If a rider wishes to cut short the ride after riding 30 miles, he/she is expected to get back on his/her own. We will ride as a group, taking breaks as necessary."



Garmin map and data from the ride: <https://connect.garmin.com/modern/activity/1389128194>

And here is Pravin's report: "Above is the Garmin map data for the gravel grinder Metric Century ride. Three of us, Tom Preston, Karen Kiley and I, rode gravel roads of central Illinois for 64 miles. The terrain was rolling and 'roads' were almost devoid of cars. Few roads had signs and some were just access roads used by local farmers. We saw grain silos, harvesters and tractors with huge wheels. We saw some friendly dogs who would follow us for a minute or two. But, there was one aggressive one, who would not let up until we sped up to 18-20 mph to drop him! We carried snacks and water we needed as none were available along the route. We rode our mountain bikes with a bit narrower tires (40 mm front and 33 mm rear) which had less aggressive treads. Still, we found the going harder. It is surprising to find such riding within an hour's drive from Elmhurst. I wish to find more gravel roads next year."

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**Proposed Amendment to the Illinois Constitution**  
by Chuck Dean

Just a reminder to EBC voters: you will have an opportunity to vote yes or no to an amendment to the Illinois Constitution. As seen on sample ballots, this amendment uses the following words: Yes or No, For the proposed addition of Section 11 to Article IX of the Illinois Constitution.

Section 11 deals with "Transportation Funds." The term "Transportation Funds" includes funds that can be spent on bicycling infrastructure. Make yourself an informed voter.

Here are 3 references if you would like to know more.

1 From Secretary State of Jesse White:

2. From ATA (Active Transportation Alliance): <http://activetrans.org/blog/safe-roads-amendment-about-more-just-roads>

3 From League of Illinois Women Voters of Illinois:  
[http://www.lwvil.org/uploads/1/5/9/8/15985276/transportation\\_amendment.pdf](http://www.lwvil.org/uploads/1/5/9/8/15985276/transportation_amendment.pdf)

## Meeting Minutes October

### Board Minutes October 13, 2016

**Present:** George Pastorino, Judy Mikesell, Kim Messina, Chuck Dean, Cindy Reedy

1. **President:** Discussion on Club Express: A motion was made and passed to move forward on hiring Club Express to create EBC's website. It will be several months before the new website is created. Terms of the contract will need to be reviewed and agreed upon. Greater functionality will be given for creating specific pages for subjects such as mountain biking, advocacy, hiking, etc, without knowing 'HTML.' The Board began discussion on which bike organizations EBC will be making donations to. A request to the club will be made at the meeting for recommendations of potential recipients of an EBC donation. As of now, donations to CAMBR, Ride Illinois, Active Transportation Alliance, and League of American Bicyclists are being considered.
2. **Vice President:** No report.
3. **Membership Coordinator:** We are still in need of a volunteer for this position. There are a few people who have expressed interest, and hopefully a commitment can be confirmed.
4. **Treasurer:** Monthly Banking Summary (10/12/2016): Total income: \$721.57; Total Expenses \$269.32; Total balance: \$10,532.03
5. **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; Costs for guests is \$16.00. Once again we will be asking for a canned food donation for the local food pantry.
6. **The next meeting** will be on Thursday, November 10, at 6:15 p.m., at the Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina  
Club Secretary

### EBC General Meeting Minutes October 13, 2016

Minutes were amended on November 3, 2016

**Present:** George Pastorino, 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 motion was made and passed to move forward on hiring Club Express to create EBC's website. It will be several months before the new website is created. Terms of the contract will need to be reviewed and agreed upon. Greater functionality will be given for creating specific pages for subjects such as mountain biking, advocacy, hiking, etc, without knowing HTML.
  - Discussion on Club Donations: A request to the club was made at the meeting for recommendations of potential recipients of an EBC donation. As of now, donations to CAMBR, Ride Illinois, Active Transportation Alliance, and League of American Bicyclists are being considered.
2. **The slate of officer candidates for 2017** was finalized after the October 12, 2016 EBC meeting.

President	George Pastorino
Vice President/Ride Captain	Ken Hickey
Treasurer	Judy Mikesell
Secretary	Kim Messina
Membership Coordinator	Shelly Hicks

- Additional nominations, with the nominee's approval, may be received from the floor up until the election. Election is by a majority of members present. All officers shall assume their roles on January 1, 2017.
  - ALL members are cordially invited to attend the November 9, meeting, which begins at 7:15 p.m. at The Elmhurst Community Bank, located at Spring and Butterfield Road, in Elmhurst.
3. **Vice-president/Ride Captain:** No report
  4. **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.
  5. **Membership Coordinator:**
    - We are still in need of a volunteer for this position .
    - Total memberships: Total members - 511
    - Meeting attendance: 28 members
    - Door prize winners:
      - Cindy Reedy - EBC socks
      - Fredericka Laux - J&R Cycle \$25.00 Gift Certificate
  6. **Treasurer:** Monthly Banking Summary (10/12/2016): Total income: \$721.57; Total Expenses \$269.32; Total balance: \$10,532.03.
  7. **Awards and Club Attire:** EBC socks are available for \$6.00 each. Wool Jerseys are available for \$75.00 each.
  8. **Advocacy Chair:**
    - The Elmhurst Park District is working on more access points to the Greenway Trail Path, particularly across from the Whole Foods. It has been requested to add curb-cuts at various locations along the Prairie Path in Elmhurst.
    - Active Trans supports the Safe Roads - Transportation Amendment currently on the Illinois ballot on this year's political agenda. Please review the complete details in the amendment before casting your vote. The extension of the

I&M Trail from Justice to the Lake Michigan is being considered. Active Trans is working with local city officials on considering this project.

9. **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 that will be put together in an album.
10. **Newsletter Editor:** People like hearing of biking experiences, or articles of cycling interests. I encourage you to write and submit articles to the newsletter.
11. **Programs:** Should members have any ideas for guest speakers or bike related topics to be presented at our meetings, please contact Vince Gatto.
12. **Safety Chairman:** No report.
13. **Mountain Bike Coordinator:** Please review the EBC ride schedule for many Mountain Bike Rides being scheduled by Pussanee and Baltimore in the next couple of weeks
14. **Refreshments:**
  - Thanks to Linnea Myers for tonight's refreshments.
  - Marge Ricke, The Refreshment Coordinator, will be stepping down from this role. We are in need for another volunteer to take over. Any concerns on this responsibility, please contact her or one of the Board members.
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 Cindy Reedy or the Board for more information.
17. **Announcements:** • Judy Mikesell is leading a hike on Thanksgiving Day, which will be after the Thanksgiving Buffet at White Pines Lodge. If interested in this event, please contact Judy or check the EBC activity page for further information. • For those who want to renew their memberships online, please wait as the website is not working as perfect as it should. Cindy Reedy will send an email out when the site is working properly. (The website was working properly as of October 15.)
18. **Tonight's Program:** Guest speaker will be Lisa Brenan of Yoga by Degrees, which has 6 locations in the Chicago area. Information was provided on some of the programs that are offered at Yoga by Degrees. Simple yoga stretches good for cyclists were demonstrated and the audience participated..
19. **The next meeting** will be on Thursday, November 10, 2016, at 7:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina  
Club Secretary

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Please submit articles and/or photos for The Cue Sheet 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  
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vcas1\_me.com

Sergeant-at-Arms  
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sue\_kensvideo.com

Secretary  
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secretary\_elmhurstbicycling.org

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EBCDB\_RiordanArtistry.com

Assistant Ride Captain  
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membership\_elmhurstbicycling.org

Sponsor Chair  
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ginny-preston\_sbcglobal.net

Mountain Bike Coordinator  
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Newsletter Editor  
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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>)

## November, 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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