



The Cue Sheet

The Newsletter of the Elmhurst Bicycle Club Riding Strong in our 41st Year

May
2018



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

Our President's Message

Greetings EBC members!

May is upon us and the weather is finally warming up and so is the EBC ride schedule. Look for about 125 to 150 events this month for your cycling fun. No matter what speed you ride, you will find something that fits your needs. April was a great month for EBC despite the colder than normal weather. We had hill training rides, stair climbs, hikes, 5am rides, easy trail rides, fast night rides and much more.

Our website launch and redesign continues and is looking better by the day thanks to the tireless efforts of webmaster John Riordan. Please make sure to thank him when you see him on a ride.

We had our awards night at the April Meeting and what a blast it was! Congratulations to all who won awards! Those awards were made possible by The EBC Awards Committee who did an outstanding job figuring out who earned which award, then obtaining and organizing it all. It is a large endeavor that requires great effort and they are to be commended! Please say thanks the next time you see them. The Awards Team is Armaline Mirretti, Judy Mikesell, Susan Sperl. All the numbers are put together by John Riordan. Lynn Kroff did a great job helping out this year as well.

We are pleased to have our own Bob Hoel be our featured speaker at the May 10th meeting. He will tell us about his trip cycling along the Main River in Germany. Our meetings are at 7:15 pm at the Elmhurst Community Bank, 330 W. Butterfield Road, Elmhurst, IL (junction of Butterfield Road & Spring Road). All members and guests are encouraged to attend to keep up with club happenings and to socialize with your fellow members. Board meeting precedes the regular meeting at 6:15 pm and all are welcome to attend.

That's all for now...see you soon on the road or trail riding at the speed of fun!

George Pastorino
President



Cliff Swallow Stair Climbing

By Ken Hickey

Cliff Swallow stair climbing is a great way to cross-train and increase leg strength. Whether you join myself and others at the weekly climb on Wednesdays and Saturdays at 3 PM, or head over there yourself like some members are doing - you will be rewarded with increased strength and stamina for all activities. Try it, you'll like it! Even my 10 year old grandchildren are asking when they can go climb the stairs again.



May speaker - Bob Hoel

By Vincent Gatto

For the May EBC Meeting Speaker, Bob Hoel will present a slide show of his 2017 trip across Germany along the Main River. Come and join us as we watch Bob eat and drink his way across Germany in only 10 days!

EBC Annual Picnic Date

Reminder - Annual EBC picnic - Saturday, August 11, 2018!!!!

Working Bikes Bike Drive at June EBC Meeting

By Vincent Gatto

We will be having two speakers in June, Phil Kaplan and Eric Wood - speaking on behalf of "Working Bikes" store and charitable organization. They collect old and used bikes and pass them on to people in need. Their reach is both local and global.

Working Bikes is a 501(c)(3) not-for-profit that has redistributed more than 60,000 bicycles since its inception in 1999 to humanitarian aid organizations throughout Latin America and Africa. Locally, Working Bikes partners with veterans, homeless transition, refugee resettlement, and youth empowerment programs to give out thousands of refurbished bicycles to people in need in the Chicago area. Bicycles are life-changing tools enabling people in underserved communities to gain access to education, jobs, and healthcare that might otherwise be inaccessible.

Let's pitch in and put those underused or outgrown bikes sitting in your garage or basement to good use! You can donate bikes of any size, bike parts and accessories. All donations are tax deductible. For more information, visit www.workingbikes.org.

Working Bikes are planning a bike drive the night of the EBC June meeting, so if you have an old bike or equipment sitting around unused, bring them to the meeting to donate!! They will have vans available to take your old bikes and equipment from you that night.

Summer Pool Party Dates

By George Pastorino

The pool party events with rides, food, beer swimming, sun and fun, etc will be on again this year!!!! We will cater from Henry Tacos ;)

Dates: Sunday June 24, Sunday July 29 and Saturday August 25

Baltimore Ortega, Vince Gatto, Ed Gin, Chuck Gentile and Pussanee Pastorino will lead a number of road and MTB rides.

All are welcome - come join us!!



Meeting Minutes April

Board Minutes April 12, 2018

Present: George Pastorino, Ken Hickey, Kris Nicoletto, Kim Messina, Kelli Morgan

President: Discussions on various topics such as Working Bikes will be a guest speaker next month, fundraising for a worthy bike related charity.

Vice President: Ken mentioned there would be another EBC website training on Saturday Apr 14.

Membership Coordinator: Currently there are 454 members.

Treasurer: Monthly Banking Summary (dated 1/1/2018 – 4/4/2018): Total income: \$2,974.84; Total Expenses \$5,625.44; Total balance: \$12,652.00

Secretary: EBC will be participating in several non-bicycle events, to encourage cycling in our communities. Details to be listed in the list serve and club emails.

Sponsorship: no news.

Newsletter: Kris Nicoletto - no news

Website/Database: no news

Publicity: Kelli talked about several opportunities for EBC to participate in Elmhurst city events such as City Block Party, Girl's Night Out, and community family rides.

The next Board meeting will be Thursday May 10, 2018 at 6:15pm at Elmhurst Community Bank, 330 Butterfield Road, Elmhurst IL 60126.

Respectfully submitted,

Kim Messina
Club Secretary

EBC General Meeting Minutes April 12, 2018

Present: George Pastorino, Ken Hickey, Kim Messina, Kris Nicoletto, Kelli Morgan

The General Meeting was called to order at 7:15 p.m. at Community Bank of Elmhurst.

President: Discussions on various topics such as Working Bikes will be a guest speaker next month, fundraising for a worthy bike related charity.

Vice-president/Ride Captain: Please take time to list rides correctly on the list server and follow the format that is required: Ride name / number of miles speed / your name
Call Ken if you have any questions on how to list a ride or other website questions

Secretary Report: EBC will have a table at the Green Garden Fair, First Congregational Church, 235 S Kenilworth Ave, Elmhurst. From 9a – 12p. If you are leading a ride from Elmhurst, stop by and smell the flowers, and say hello. I will be there promoting safe cycling, community rides, and the 2 mile initiative.

Membership Coordinator:

- Total members: 420
Meeting attendance: 56 members 4 guests
- Door prize winners:
Karen Kiley – EBC socks
Debbie Hickey Richards - \$25 certificate Bike Rack

Tonight's refreshments: Chuck Dean, with set up by Linea Myers

Refreshment Coordinators: Donna and Gary Busching.

Treasurer: Monthly Banking Summary (dated 1/1/2018 – 4/4/2018): Total income: \$2,974.84; Total Expenses \$5,625.44; Total balance: \$12,652.00

Awards and Club Attire: Award ceremony tonight.

Sponsorship: Ginny Preston announced The Bike Rack's "The Everybody Rides Ride" Sunday August 26 – to support Project Mobility, a charity that provides bicycles to people with special needs and wounded warriors. The Bike Rack is one of our club sponsors. Sign up now for the ride and save on registration:
<https://www.bikereg.com/37720>

Also EBC members are encouraged to shop our club sponsors, click on their links which can be found on the EBC website.

Advocacy Chair: Illinois Bike Summit May 7- day of learning and networking with over 300 bicycle advocates meeting at University of Chicago. Recent Illinois bills in the process of passing: House Bill 4799 – that schools start teaching bike safety in PE; House Bill 5143 – require bike safety be added to the driver's safety and license exam.

Sargent at Arms: Sue Hickey. There is a new Bike Library – check out EBC's book collection to borrow or possibly donate to.
Programs: Should members have any ideas for guest speakers or bike related topics to be presented at our meetings, please contact Vince Gatto

Safety Chairman: Words of the day: Pay attention when on the bike; be aware of your surroundings, communicate with the driver – eye contact, hand signals. Also keep some distance between you and the bike in front of you.

Mountain Bike Coordinator: Palos is still wet, not good for cycling. Once weather warms up, mountain bike rides will begin. There are bikes to loan if interested – talk to George. Pastorino Pool parties this summer: Jun 24, Jul 29, and Aug 25.
Dunes Hike on Apr 28 – lead by Baltimore Ortega

Website/Database Team: no news

Announcements: Mary Ann Walters attended the meeting, to mention that her father Paul Walter, long time club member, recently passed away. She told some stories of while he was a club member and the recent sale of some of his bikes. A moment of silence was offered in his honor.

Publicity: Kelli has brought EBC business card, great to hand out to those interested in more information on the bike club. Look for them on the table at the next meeting, or ask Kelli for some. Participating in Elmhurst events is being planned. Please check out EBC's Facebook page – for the general public

Tonight's Program: Kathryn, from Bike MS gave a presentation on 2018 MS Tour de Farms and Kristen from Ride for Clean Air, gave a presentation on their event. Tonight is also EBC's award ceremony.

The next meeting will be the Thursday May 10, at 7:15pm at Elmhurst Community Bank, 330 West Butterfield Road, Elmhurst IL 60126

Respectfully submitted,

Kim Messina
Club Secretary

Please submit articles and/or photos for the newsletter to Kris Nicoletto (newsletter_elmhurstbicycling.org). The deadline is the 25th of the month.

Interested in joining EBC? - [Membership Application](#)

May 2018 • • • Club Rides

Ride Schedule - The most current ride schedule can be found on our website at: [Ride & Event Calendar](#).

Please Support Our EBC Sponsors



LANCE HONEYMAN

The Bike Rack

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