



Elmhurst  
Bicycle Club

Riding At The Speed Of  
Fun Since 1977

**The Cue Sheet      December 2018**

## **Elmhurst Bike Club's Monthly Newsletter**

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## **President's Message**

Greetings EBC Members!

The holiday season is upon us, boy that came fast! It is my hope that you all had a wonderful Thanksgiving with family and friends. It has been a great November for the Elmhurst Bike Club, with rides of every kind. Road rides, trail rides, mountain bike rides - you name it and EBC rode it!

Hiking season began in earnest as well. Dawn Maxwell led the November Fall Colors Veteran's Day Hiking weekend in Front Royal, Virginia, one of many Appalachian Trail adventures she has led this year. Judy Mikesell led her annual Hike and Dinner at White Pines State Park in Oregon, Illinois that was well attended. Many other hikes took place and will be happening throughout the winter. Check the club calendar.

With the new snow, watch the event schedule for snowshoe and cross country(XC) ski events, as EBC has vibrant programs in both disciplines. The 18th Annual EBC Upper Peninsula Ski Trip led by Kim Messina and George Hardwidge is an EBC tradition. Rooms will be filling up fast, please contact George or Kim for more info, this is a great event that is not to be missed.

Our Project Mobility Fundraiser has been amazingly successful with over \$7500.00 donated by members and nonmembers, and \$1000.00 matched by the club! \$8500.00 and counting! We will run this for another few months. If you want to donate to help physically challenged children get specially adapted bicycles, you can so by clicking here: [Donate](#)

The Annual EBC Christmas Party will be held at Angelo's Restaurant at 241 North York Road in Elmhurst on Thursday, December 13, starting at 6:30PM. There will no regular club meeting that day. Please get your tickets now by clicking on this link: [Buy Christmas Party Tickets](#)

Finally, I want to wish all our members a Merry Christmas and a Happy New Year! May 2019 be a wonderful year for our members and EBC!

Sincerely,  
George Pastorino  
President

# Inside The Ride: A Rider's Perspective of Isaac's Friday Morning Blue Skies Ride

**By Ron Richards, Club VP & Ride Captain**

It is a sunny summer morning as I ride over to the starting location for Isaac's Friday morning ride from Lombard to St. Charles. The name "Blue Skies" ride fits today's weather well, but it might just as well be for Isaac's sunny disposition as he greets everyone by name in an excited voice as they show up. There are over 20 of us gathered today for this fast-paced ride, as well as another group assembled for a slower version lead by Jerry Ringer or Betty Bond. As additional riders show up there is discussion over who is there and who might lead the "A-group" out on an even faster version of this iconic ride. While we are among the fastest riders in the club, it is always humbling to be joined by one of the triathletes, former racers, or just plain faster versions of ourselves (all the regulars know who they are!). For me, the choice is, do I want to break out with the A-group and hang on, or do I want a more comfortable ride with the larger "B-group"?

Isaac gives a quick pre-ride briefing telling us we are going to St. Charles (as if we didn't already know), that the ride will include a 6 mile extension called the "Munger Loop" and that faster riders are free to ride ahead. The ride starts out deceptively slow as we wind through Lombard on our way over to Crescent. There will be



a few loud "Righhht turn" or "Leffft turn" call outs from Isaac, just to remind you that this is his ride. Mostly there is chatter as riders continue to greet each other. Most of us have done this ride before . . . many countless times. Once we get on Crescent heading west, the pace picks up. I look out for the A-group breakaway which typically happens on this stretch. If you are a vanilla fast rider like me, you have to watch and catch the breakaway if you want to hang with the A-group. As they leave the pack, you can hang on and draft them as they stretch away from the main group. Miss this breakaway, and it takes a heroic effort to catch them. The A-group is typically no more than 6 riders and is usually anchored by one or two superfast riders who do the bulk of the "pulling" by leading in front. You are free to draft as much as you like as long as you have decent paceline skills.

As the A-group pulls away on Crescent, the B-group speeds up as well. Sometimes there is a C-group, depending on the number of riders and skill set. The main B-group often uses pacelines, especially on windy days, giving newer fast riders practice at this essential skill. There are plenty of long stretches heading west along College Road, Manchester, High Lake Road and Smith. And of course, there is the 6 mile Munger Loop with north and south stretches up Munger and down Powis. There is plenty of room for fast, uninterrupted riding with farm land and forest preserves as your backdrop.

While providing an outlet for the fastest EBC riders, Isaac's ride is remarkably accessible for newer fast riders. Isaac always takes care to coach a struggling rider and will hang back, offering plenty of encouragement, a wheel to follow, and even some short cuts. For those wanting to try a faster pace, there is no harm in hanging with the A-group for a while, then dropping back to the main pack.

The Blue Skies ride is one of those destination rides for fast riders. There is a group of very faithful regulars who are either retired or have flexible enough schedules to have Friday morning off. For those who work, it is worth taking a vacation day to join in, especially on a beautiful summer morning.



**Do you have a favorite ride you'd like to write about? Submit your article to [Newsletter@ElmhurstBicycling.org](mailto:Newsletter@ElmhurstBicycling.org)**

## **Meet The Editor: Denise Kolden**

Hello! Welcome to the Cue Sheet. I have read several years' worth of newsletters that are archived on the EBC website. We have a dedicated, and loyal membership. We are active in community events, and have a ride or activity suited for all levels of cyclist. I've been a member since July of this year. I rode the trails in 2017, or with my husband on his easy ride days. I've been riding for about ten years, mostly road, including five years of track. In the winter, I ride my cross bike on trails, or do indoor workouts. Since my husband also rides, it makes it a lot easier, and more fun, to train.

If you have an idea for an article, please do a brief write up. It doesn't have to be long, even a paragraph works! Photos are always appreciated.

In the coming months, you will read about our sponsors, especially the local bike shops, or LBS. It's a tough business to be in, but if you don't support your brick-and-mortar shop, you will lose out on one-on-one attention, bike fits, repairs, and a place to go that's neither work nor home.

You've just read Ron's write up about what it's like to ride with Isaac on his Friday morning Blue Skies Ride. You too can contribute to this! We all can remember being the newbie, or just learning to ride in a group. Submit your article!

Enjoy the month, and thank your non-cycling spouse or partner for understanding how much time rides take. Happy holidays to all!

Denise

[Newsletter@ElmhurstBicycling.org](mailto:Newsletter@ElmhurstBicycling.org)

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## R U Outside All Winter? You Could Be...And Comfortably.

**By George Pastorino**

This is a winter dress guide for cyclists that has been battle tested by Pussanee and me. We both hate to be cold and unlike me, Pussanee has a scant amount of body fat to insulate her. There are many good ways to stay warm riding year round, and everyone has a different internal thermostat and cold tolerance, but this article will give you a good general starting point. Most of these tips also work well for snowshoeing and crosscountry skiing. You will find links to the products we use and recommend at the end of the article.

Pussanee and I ride all winter long and are never cold. Most people over-dress for cold weather rides. It takes a little tinkering to find the best combination for each person and weather conditions. Start out cold and carry layers in your pack, put them on if you don't warm up. Don't think you can start warm and shed layers, this does not work as you will get sweaty. Do not wear battery-operated electric clothing of any kind! That is for sitting and watching an outdoor football game....you will generate heat as you ride, snowshoe, or ski, and the battery-operated clothing may make you overheat!



Down to about 10 degrees F we will wear a thin wool top and longbottom under a breathable windproof jacket and windproof tights. Below 10 degrees F, we will add a thin synthetic long underwear layer under the wool, this set up takes us all the way below 0F. Don't forget, you are cycling, not ice fishing, dressing too warm is a killer. Most of the winter, we just wear the thin synthetic long underwear under our windproof tights as the legs are easier to keep warm.

Cold hands and feet are a big problem for most people, but both can be kept warm. All things being equal - fabrics, thickness, and insulation - mittens are warmer than gloves. Regular five finger gloves are not very effective below 30 degrees F in my opinion. You can spend a lot of money on gloves and your hands can freeze because the fingers are isolated from each other. Glove liners do not help because they further isolate the fingers from each other.

From about 20 to 35 degrees we use good quality heavy lobster gloves. This type of glove has a thumb, and two fingers. The style may keep the index finger separate from the other three fingers, or pair the index and middle fingers, and the ring and little fingers. Below 20 degrees F, I have found the best way to keep the hands warm is a good quality mitten with a hand warmer inside. Mittens are your ticket to happy winter cycling and yes, you can shift fine - road or mountain. We have tested many, but like Outdoor Research's Alti Mitts, available in women's and men's versions, the best.

The fact that mittens are warmer than gloves is not my opinion, it is a fact backed by much empirical scientific evidence, research, and field experience. Physics dictates that mittens must be warmer than gloves made of the same material. Gloves put more surface area in contact with cold air than mittens do, so they cannot keep your hands as warm with the same amount of insulation. What's more, gloves force each finger to fend for itself. In a mitten, fingers are in direct contact with other fingers...sharing the heat.

You can also use pogies, commonly known by the brandname Bar Mitts. With pogies, you can just wear a light glove or glove liner. My hands get cold easily so I use Revelate Design's Expedition Pogies. They are the warmest made that I have found.

Keeping the feet warm comes with an investment. Shoe covers with chemical hand or toe warmers may work down to about 20 degrees, but are not ideal. If you want to give up your clip-less pedals, you can wear warm hiking boots. I really like the Vasque Snowburban II Ultradry. Pussanee and I use aggressive flat pedals like these for mountain biking all year long and on the road in winter: Thin, aggressive Flat Pedals.

Here are two robust boots for clip-less pedals from 45nrth: WÖLVHAMMER. Review here: Wolvhammer Review. If you really get cold feet and must clip in and can afford it, then buy the WØLFGAR cycling boots. They are the warmest boot for clips. Make sure your winter boot is not tight, go at least one size larger than normal as you need room for thicker socks and if your boots are tight, your feet will freeze.

We augment our warm hiking boots with gaiters. Gaiters are not just for deep snow - they have another function - warmth. I learned this in my mountain climbing training. Heat escapes up and out from the cuff of your boot allowing your feet to get cold. Gaiters seal the cuff completely, making whatever boot you wear much warmer. We wear them all the time when it's cold, not just when we think we will encounter deep snow. We really like Outdoor Research's Crocodile gaiters, available for women and men.

Socks are important, and the warmest are made from alpaca. They are much warmer than our heaviest wool socks and they are sinfully soft and insulate while wet. While on the subject of socks, do not wear 2 pair and do not wear sock liners. One pair of warm socks is all you need.

Below 20 degrees F, we wear downhill ski helmets and ski goggles. The helmets are very light and warm and completely cover your ears, same for the ski goggles - very warm and your eyes won't freeze. Add a balaclava to keep your face warm. The ski helmets and goggles work better MTB riding in the woods, rather than road riding with cars due to peripheral vision issues. We really love this helmet: [Smith Vantage Helmet MIPS](#). Any ski goggle with double lenses will work just fine.

I would like to share a product Pussanee and I use on our face and other exposed skin while being active outdoors in winter to prevent wind burn and frostbite. It's called Dermatome Skin Protector. It provides great skin protection against wind, chapping, and has SPF 23. Info here: [Dermatone](#).

This video was taken at wind-chill minus 40, turn the volume up to hear the wind, Pussanee was never cold: [Frozen Lake Riding](#).

Remember, the weather is never bad, people just fail to dress appropriately for it. There is no such thing as bad winter sports weather, just bad clothing.

Click the links below for the goods we've tried, and recommend:

- [Lobster Gloves](#)
- [Outdoor Research's Alti Mitts](#)
- [About Pogies](#)
- [WÖLVHAMMER](#)
- [Wolvhammer Review](#)
- [Alpaca Socks](#).
- [Dermatone](#)
- [Revelated Designs Expedition Pogies](#)
- [Vasque Snowburban II Ultradry](#)
- [Thin, aggressive Flat Pedals](#)
- [WØLFGAR cycling boots](#)
- [Crocodile gaiters](#)
- [Smith Vantage Helmet MIPS](#).

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## From The Archives: June 2002, Lake Geneva Tour By Dick Diebold & Freda Brown



Twelve years ago **Richard Diebold** introduced bicycle touring to the Elmhurst Bicycle Club. His goal was to give EBCers who wanted to try touring a safe environment to experience bicycling long distances "self contained." Self contained means you hook little bags, Panniers, on your bicycle and go. Your panniers contain your clothes,

tent, sleeping bag, what ever you need for a cross country adventure on your bicycle.

The tradition continues with the fifth annual three day tour to Lake Geneva September 13-15. What wonderful memories we have of those trips. Always a memorable experience, we ride up Friday, pitch our tents at BigFoot Beach State Park, do the tourist thing in Lake Geneva Saturday, then ride back home Sunday.

You have many options....

Unsupported: Carrying your tent, sleeping bag and clothes in panniers, bicycle there on the Fox River Trail from Elgin. 48 miles [camping at BigFoot Beach State Park]

Supported: Bicycle from Elgin but have someone else drive your gear up if you are going to camp - OR - stay in a motel. [Make your own arrangements]

Drive up and join the group in Lake Geneva for a day of boating on the lake, shopping, etc.

For those who cannot take Friday off...some may choose to bicycle up on Saturday and back to Elgin on Sunday.

In the past participants have bicycled from their homes to meet with those starting in Elgin. From Elgin 40 miles are on the Fox River Trail with the last 8 miles on a sparsely traveled Wisconsin road. "I've always wanted to that.", is the comment we hear as we travel for weeks, months on our bicycles cross country. "I could never do that" they say enviously. What's holding them back is their thinking. They project their fears of the unknown onto a false belief it is "too hard", "impossible" for the ordinary bicyclists. That's not true. You can do it. The longest bicycle ride I had ever done was 36 miles when I did my first self contained trip to Michigan. The secret is go with experienced tourers.

There will be many experienced EBCers on this trip. You can do it. Join us.

—**Dick Diebold** and **Freda Brown**