



Elmhurst
Bicycle Club

Riding At The Speed Of
Fun Since 1977

The Cue Sheet January 2019

Elmhurst Bike Club's Monthly Newsletter

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Don't Forget to Renew
Your [Club Membership!](#)

President's Message

Happy New Year EBC!

Incredibly, the festive Holiday Season has come and gone and we are turning the calendar to January and the heart of winter. For many cycling clubs this means little to no activity and events; however this is not the case for our club as the calendar will be full of hikes and rides. Ski and snowshoe events will be added as soon as we get significant snowfall.

Don't forget to sign up for the Annual EBC ski trip to the Upper Peninsula. This is a great tradition that is also a great deal. They will certainly have snow in Ironwood!

I would like to take a moment to welcome new the new Board members, V.P. and Ride Captain Ron Richard and Newsletter Editor Denise Kolden. I am very pleased to have them on The EBC Leadership Team.

EBC prides itself on its volunteer work and Community Outreach and I would like to ask each and every member to consider giving at least one day to the many causes will be supporting in 2019. Help clean up a trail; work the Elmhurst Classic or the Palos Meltdown perhaps. Giving back to the Community is what separates EBC for other bike clubs; we do so much more that ride bikes! Kim and Armaline, our Advocacy Chairs, will be offering more ways for members to give back this year, so please say yes when they ask for volunteers.

The next Club meeting will be on January 10th at 7:15pm at the Elmhurst Community Bank, 330 W. Butterfield Road, Elmhurst, IL (junction of Butterfield Road & Spring Road). Our own Kim Messina will be the featured speaker. Her subject will be the U.P. Ski and Snowshoe trip. 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 6:15pm 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

Bicycle Touring

By Bill & Kären Schwartz

Bill & Kären gave a presentation to the club a few years ago about bike touring. If you've ever thought about touring, a few insights from them. The video is from their 2018 Belgian tour.

https://youtu.be/gyND4m_4li4

Reasons For Touring?

- Personal Accomplishment: Distance/Elevation/Independence
- Scenery: Natural and/or Urban
- Cultural Exposure
- Education: History, Art, Crafts
- Economical

Why Do We Tour By Bicycle?

- Balances experiencing an area with exploring an area
- Cycling encourages cultural immersion
- Breaks down cultural barriers
- Triggers more people interactions

Two Types of Tour Routes

- Rally (Central Base with loops)
 - Variant: Bike and Barge
- Excursion – 2 Types
 - Multi-day Loop (e.g. Around Lake Superior)
 - End-to-End (e.g. Cross Country)

Types of Bicycle Touring

(In Order of Increasing Cost)

•Unsupported

- Self Contained - Camping and Cooking
- Credit Card For Food
- Credit Card For Lodging and Food

•Supported

- Self-driven Van
- Club Sponsored

•EBC “Away” Tours

•TCBA (e.g. NW and Summer Tours)

•Invitationals (e.g. Horsey Hundred)

• Non-Profits”

–BAC (Bicycle Adventure Club)

–Heart Cycle

•Commercial

- Labor of Love (Pennywise)
- Modest (Vermont Bicycle, Adventure Cycling,)
- High-End (Back Roads, Trek, Butterfield and Robinson)

How Long Should a Tour Be?

- Local trips with overnight stay or long weekend are easy to plan
- Several EBC 5 day trips are regularly announced
- The farther away the destination, the longer the trip should be
- 2 weeks are much better than 1
- Longer than 3 weeks requires strong mental commitment

Where Should You Tour?

(Numbers indicate tours we have done)

Nearby (Less than 8 Hour Drive) (101)

- Wisconsin (34)
- Michigan (25) * January 20th – Registration opens for Northwest Tour “Biking the Bear”
- Illinois (15)
- Indiana (12)
- Iowa (10)
- Kentucky (5)
- Ohio (1)

Obviously we like Wisconsin best of nearby choices

Why Do We Tour Wisconsin?

Cheap (No Transportation Costs)

Convenient

Pleasant Scenery

Good Roads / Low Traffic

Challenging Terrain (If Desired)

USA (75)

- Cross-Country (2)
- West (3)
- South East (2)
- Midwest (2)
- New England (1)
- Colorado (30)
- Arizona (15)
- Utah (6)
- Florida (4)
- California (3)
- Alaska (3)
- New Mexico (2)
- Washington (1)
- Texas (1)

Obviously we like Colorado best of USA choices

Why Do We Tour Colorado?

Relatively Cheap

1 ½ Day Drive

Shared Housing

Shared Meals

Fabulous Scenery

Challenging Terrain (If Desired)

Great Weather

Excellent Hiking

Pioneer/Native American Culture

Foreign (21)

- Canada (7)
- New Zealand (2)
- Europe (12)
- France (9)
- Germany (4)
- Austria (2)
- Switzerland (2)
- Hungary (1)
- Luxemburg (1)
- Liechtenstein (1)

Internationally, we like France best

Why do we tour Europe?

- 2000 years of history
- Wide variety of food experiences
- Multiple cultures
- Interesting people with diverse backgrounds

Why do we tour France?

- Cyclist friendly
- Rich history
- Picturesque
- Many different regions

Project Mobility: Fundraiser Closing January 7th!

We all remember the freedom our first bikes gave us, share this feeling with those who need a little extra help.

Ok, your President needs your help! We will be ending the fundraiser on January 7th and so far we have raised \$8891 which includes a \$1000.00 donation from the Club. **Let's hit \$10,000!** After all, we are EBC! Pussanee I will start this drive off with an additional \$150.00 donation – won't you join us? I would like to make a personal plea for more members to get behind our drive to buy specially adapted bikes for physically challenged children.

Wouldn't you like to join those that have donated to this worthy feel good Cycling related cause? We have had 60 members do so, but we are EBC, We can do better!

Thank you to all who have given! 60 EBC members have donated \$6041.00, and 13 non-members have donated \$1850.00.

Still on the fence about donating to this great cycling related cause? Watch our 2015 bike presentation here: [2015 EBC bike for kids](#).

Members may donate by visiting the donation page here: [Project Mobility donation page](#)

Thank you all all who have donated to this wonderful cause.

Christmas Party – Kim Messina, EBC Secretary/Advocacy Co-Chair

Thanks to the many members of the Elmhurst Bicycle Club who attended the Christmas party and brought a donation for the Elmhurst Yorkfield Food Pantry. My car was pretty full, and the volunteers at the pantry welcomed everybody's generous donations.



Also, I want to thank Sue and Debbie Hickey, Laurel Salvador, and a few others who helped with checking in attendees. We had 117 RSVPs and 110 members and guests who showed up. A great time to catch up with friends who maybe ride in different groups and to make new friends with members you may have seen in the "news".

All I can say is, what an awesome club!

2018 Picnic at Salt Creek Preserve.

By Joanne DeZur

We must all live a good life because again this year we had beautiful weather for our picnic. There were several rides lead by George, Cindy, and Ken (hope I did not forget anyone) to the actual picnic while the rest of the crew drove to Salt Creek Forest Preserve.

It has been my pleasure to plan this picnic again this year with all my volunteers. We had our usual bean bag game with prizes for 1st and 2nd place teams and unfortunately I never learned who the winners were.

We tried a different food supplier this year, Yorkies on York Road. which has been around almost as long as Elmhurst has been. In addition to beef, chicken, mostaccioli, and salad, there were a lot of snacks and desserts brought by the members.

Take a look at the [pictures](#). In addition to people you know, part of the fun at the picnic is meeting riders that you usually do not see. We ride so many different speeds and distances that the picnic or other events are the only chance to get to see other members.

If you do not attend, you have no idea what you are missing...take a look at all the happy faces. Hope to see you next year.

PS – Joanne has a silver cake server and a tape measure. Please reach out to her to collect.

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Bike riders attending the groundbreaking ceremony for the new southern DuPage Trail:

(from left) LIB President Ed Barsotti, Betty Bond, Carol Nield, Lou Fish, Mary Jo Bolan, Ted Sward, Arne Jorgensen, and Jim Hennig. Also attending, but not pictured, were Rich Kuhlman, Dick Major, and Ed Curtin.

DuPage County Breaks Ground For New Southern Trail

From The Archives: March 2002

DuPage County Board Chairman Robert Schillerstrom and Environmental Committee Chairman Tom Bennington today led the County in breaking ground for the new Southern DuPage Region Trail. Once completed, the 46-mile trail will create a regional facility linking existing and proposed off-road trails and bikeways in several communities and the DuPage County Forest Preserve District. "Intergovernmental cooperation is the key to this entire project," said Bennington. "The ability to link to existing and proposed municipal trails as well as forest preserve trails is what makes this project feasible." DuPage County will construct 26 miles of the new system at an estimated cost of \$8 million. The DuPage Forest Preserve District and local communities will construct an additional 12.4 miles of the trail. The plan also incorporates 7.6 miles of existing trail into the trail system, which will eventually link Aurora; Naperville; Woodridge; Darien; Bolingbrook; Downers Grove; Westmont; Clarendon Hills; Willowbrook; Burr Ridge; Hinsdale, and unincorporated areas of Naperville, Lisle and Downers Grove Townships. Schillerstrom and Bennington (District 3) have been actively working to provide a linked trail facility for DuPage County. The Prairie Path and the Great Western Trail expansion and improvement projects have historically been spearheaded by outside organizations. Schillerstrom recognized the need for the County to step in and coordinate the effort in the southern part of the county. "I have long been an advocate for connecting the trail systems in DuPage County so we no longer have to get in our cars and drive to access a trailhead," he said. "DuPage County has one of the best trail systems in the state and with the addition of the new Southern DuPage County Regional Trail our residents will be able to travel from east to west and north to south in the County without ever having to leave the system." Engineering studies are underway on most of the County and Forest Preserve portions of the trail. The Forest Preserve is presently constructing the Greene Valley Spur and the County anticipates construction on the Hobson Road portion of the trail to begin in May this year. For more information: Rena Mack

