



Riding At The Speed Of
Fun Since 1977

The Cue Sheet February 2019

Elmhurst Bike Club's Monthly Newsletter

Inside This Issue:

- + President's Message: George Pastorino
- + Caring For Your Tech Fabric Apparel: Dennis Mariasis
- + Sponsor Profile: 7 Mile Cycles: Denise Kolden
- + Inside The Ride: WWSR: Johnny Dangerously
- + EBC Team ALA's Ride For Air 2019
- + Toys For Tots & Trek Naperville & Downers Grove: Denise Kolden
- + From The Archives: July 2002
- + January Meeting Minutes
- + Regarding Amendments To Bylaws
- + Contact Us

See your words in print!
Submit your photos and articles to:
Newsletter@elmhurstcycling.org

**Next Meeting: March 14th,
7:15PM.**

We will be voting on changes to the bylaws. See the President's Message, and the January meeting minutes for details.

President's Message

Greetings EBC Members!

I hope you had a stellar holiday with family, friends and loved ones. The Winter season is here with force and we are seeing lots of winter rides, snowshoe hikes and XC ski events. The EBC ski trip is coming up, please check the calendar and list serve for details.

At the January Board meeting, we authorized a proposal to change the club bylaws to allow for the online election of the Board Officers. We will follow the bylaw change procedure outlined in Article VIII here: [Bylaws](#). This will allow every paying member to vote, not only the less than 10% of club members who can attend meetings. Every member should be able to vote regardless of their ability to attend a meeting.

The nominating period will from September 1st to October 31st. The election will be open for voting the last 10 days of November. This was announced at the January meeting, is being published here and will be voted on at the March 14th meeting. For changes to go into effect, two-thirds (2/3) of members present, voting 'for', are needed to pass.

All officers shall assume their positions on January 1st. Voting will be confidential and secure. I urge all members to come out and vote in favor of this change. I believe this will motivate more members to run for office as they won't have to stand there and watch fellow members vote for or against them.

Please remember there is no club or Board meeting in February. At the March meeting, in addition to voting on the bylaw change, we will be presenting the specially adapted bikes that were purchased with money raised during our fundraiser. The March meeting will be on March 14th at 7:15PM 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. The Board meeting precedes the regular meeting at 6:15PM and all members 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

Caring For Your Investment: How To Wash Your Technical Clothing & Accessories

by Dennis Mariasis, CEO LifeBehindBarsCycling.com

Take care of your clothes the right way, they'll do what they are intended to, last longer and feel better. Performance fabrics need extra laundry care love due to their unique yarn content and special construction. We know walking in the door after a ride or other workout, it's all too easy to remove sweaty gear and toss it into the scary dark hamper environment, or that lonely pile. Worse yet; storing the garment moist, in a closed environment like a plastic bag. This is the perfect recipe for fabric deterioration. It's also one of the worst things you can do, as over time as odors will be much harder to get out.

The Dirty Truth, or, Don't Let Your Stuff Sit Around Waiting Days to Wash.:

Odor is caused by bacteria and sweat is toxic. On some individuals it's more, nevertheless, this phenomenon is known as bacterial attack. The not-so-friendly bacteria that cause those nose-wrinkling odors in your clothes can flourish, marinating the smells into the fabric. Sweaty moisture loves to promote microbial growth. And the longer they grow, the more odors and funky stuff they will produce. In other words, you may soon find yourself dealing with "Perma-Stank" (the scientific name).

Washing your gear right away means you won't allow your odor-causing bacteria friends to flourish and build up, embedding deeply into the performance materials. (It's like being the bouncer at the door)

Please follow these simple care instructions to maintain a healthy relationship with your athletic apparel:

1. Turn Inside Out And Fasten Up Apparel For A Thorough Cleaning

Wash your performance clothing and accessories separately from your everyday clothes. Best practice is to zip up all zippers, turn inside out, and place in a lingerie bag to avoid damage. Taking the time to do this also means you are checking your pockets for gels, multitools, keys, maps, or other items that can make a mess or destroy clothing. Bibs should be in lingerie bags so that the bibs/suspenders, don't get tangled and stretched out.

a. *Velcro and zippers can be evil (when they encounter technical fabrics)*

Nothing will destroy technical fabrics faster than Velcro, metal zippers or snaps! Take the time to close all fasteners prior to washing. The sticky side of Velcro, zipper teeth, and metal snaps will fray and ruin just about anything they touch. Zippers will damage other clothing, get tangled up, and can get caught in the washing machine.

b. Wash items in lingerie bags, or better yet, wash anything with Velcro or zippers individually in lingerie bags.

2 Cold, Gentle Cycle

Always wash your technical fabrics using the gentle cycle with a cold wash and rinse. (**never** hot water). They're "delicates" and should be treated as such. Promptly remove garment from washer once cycle has finished.

A Note About Detergents And Softeners

Either use detergent specifically made for technical, high performance materials or keep it as simple as possible: No perfumes, no dyes, no bleach of any kind. Never use detergents or stain removers containing bleaching agents or additives. Do not pour the detergent directly onto the fabric, but rather pour it into the washing machine when filling the water.

Do Not Use Fabric Softener

Fabric softener strips the apparel fabric's specialty enhancements: breathability, wicking, windproof and water-repellent properties.

3 Avoid The Dryer – Air Dry

Heat can cause damage to materials and 'bake in' odors. Avoid the dryer altogether and hang dry. Technical fabric dries quickly so you won't be waiting long. Do **not** wring or twist.

If you must use a dryer, be sure to set it to NO HEAT, often called "Fluff Air", and do not use any dryer sheets or bars. Do not iron these clothes.

Real performance wear is special so here is one more tip:

Get yourself a few mesh laundry bags, aka lingerie bags. We can't say it enough: Washing in a laundry bag will ensure fabrics stay protected during the wash, get clean, will not stretch or get all tangled up in everything else.

7 Mile Cycles: February's Sponsor Of The Month

Getting To Know The Local Bike Shops Who Sponsor EBC, And Keep Local Shopping Alive By Denise Kolden

Thanks to the efforts of Ms. Ginny Preston, and her chauffeur and husband, Tom, Elmhurst Bike Club is sponsored by a fabulous group of bike shops.

A new monthly feature, we'll be learning a bit more about the local bike shops who support our club. Each shop is unique, so, the next time you need to get out of the house, check out one of our local bike shops.

For the month of February, we go to Elk Grove Village, and [7 Mile Cycles](#). Owner Vince Boyer was happy to answer a few questions.



Find them: online at 7MileCycles.com

In person: 45 S Arlington Heights Road, Elk Grove Village, Illinois.

Call them: 847.439.3340

Owner: Vince Boyer

DK:Which came first: Racing or the bike shop?

Vince: For me RACING. I loved the sport of cycling and then started shopping here [at 7 Mile Cycles.] After about a year. I bought into it and have never looked back. It truly is a dream job/business where almost everyone is happy when they come in here whether for a new bike or service!

DK:Basic maintenance we should do, but tend to overlook?

Vince: CHAIN for sure. Check lubrication every few rides and this will help keep your bike riding smooth and quiet all season long.

Tire pressure too. Use a floor pump and check on a regular basis (at least once a week). Try to ride a lower tire pressure too. Way more comfortable!

DK:What sets you apart from a big box store? I feel like you get superior service, attention, the right bike for your riding needs, going to the local shop.

Vince: We offer HIGH quality bikes that will perform for 10-20 years. They are lighter, more durable and better riding than anything you can get a mass merchant.

We have a FULL service department that KNOWS HOW to fix bikes!

Our sales people all ride and we pay attention to what our customers' needs are. We offer over 10 styles of bikes to choose from. No department store can do that!!

DK: What specials are you running?

Vince: We have ALL 2018's on sale and we always we offer EBC riders 10% off all parts and accessories and 5% off Bikes.*

DK: Best rides in your area?

Vince: We have Busse Woods 7 Mile Bike Path right across the street from us. It's a continuous loop and with the spurs, you can ride 12 miles per lap. No cars, no roads to cross and great scenery!!

*I checked the website, and Service Packages are on special until February 28th! DK

The club has six(!) other sponsors, be sure to check them out, and support them with a purchase!

[Bike Fix](#)

[The Bike Rack](#)

[J And R Cycle And Ski](#)

[Prairie Path Cycles](#)

[Rudy's Bikes](#)

[Trek Store](#) (Locations in Tucson, if you're going to ride Mt. Lemmon and environs)

Inside the Ride: The WWSR

By: Johnny Dangerously, explorer, master of the web, spinner of yarns

Dear Readers,

Somewhere on my cruise back from hoofing it around Antarctica and the South Pole, I decided that my next destination would be America and the famed WWSR riders.

This is a group of hardcore seeming-roustabouts that ride what appear to be some sort of tundra bicycles ("fat bikes", or "fatties" in the local tongue) along quiet trails in the dark of night. At this point, it is a regular club function of the Elmhurst BC in the upper Midwest U.S.

People always ask me what motivates the participants of activities such as these, but I have come to chuck many of them into the bin of another "vigorous, cultural celebration of life itself".

I had done plenty of training, was fitted with a "fatty" and proceeded to see if the WWSR group would embrace my presence.

I was surprised that the feeling I got from the group lay somewhere between a deep caring, love even, that I sought to join them...and an indifference as to whether I was new to this or not. That is, I was treated as if I **always** do this. I liked that. I liked it very much.

The group encompasses some real characters.

There is a so-called Ride Leader. That, by the way, appears to be a title of deep significance, and denotes responsibility for the route, the health and well-being of the crew, and the general demeanor of the ride itself – much like a sea captain. In this case, we had a guy named "Vince" who had quite a few years of bicycling experience. He was said to have set the club record for single-year mileage at over 10,500 miles, but the hubbub was that even his dear wife did not know what his real, full mileage for the years was...And it was assumed to be quite a bit higher.

Then there was the exuberant woman, Dawn.

She brought the concept of drinking shots (not necessarily of booze) into the ride, and I humbly noticed that her conversation never actually slowed down to catch a breath, no matter how slippery the ice, how deep the slush, or how great the headwind.

She is a powerful figure who had the uncanny ability to make you brace up and want to improve your riding, just by turning her blue-eyed gaze right into your soul.

I guess that comes with the territory when you have completed the famed, once every four years, Paris-Brest-Paris, a long-distance cycling excursion, along with many other randonneuring events. She exemplified the concept of ultra-riding and affected (infected?) a number of strong riders in this club to do the same.

Group tales also suggest that she and another WWSR rider named Tony did the "Dirty Kanza" – a 200-miler gravel ride together. That is supposed to be one of the most difficult single-day events in the world.

The bike club tales did not start and end with just these few riders, and I wanted dearly to soak it all in, despite breathing like I was running from a dinosaur.

I did my best to hang with the pack on the way westbound. There is a constant monitoring of all of the riders by the "sweeps". Those folks that are so strong that they can ride up and down the line of riders, even when they spread out.

They watch the backend in particular, ever-wary of difficulties for anyone in the back, and, possessing the ability to sprint up to the front, past all other riders, to locate the Ride Leader and inform them of any issues that need to be dealt with.

Just when I was thinking that this actually seemed like a crazy workout of high athletic caliber, we rolled into a town like a bunch of motorcycles in the movie "Easy Rider" and cruised to a streetfront square featuring an open fire and plaza seating that seemed to be made just for us.

Throw in some Christmas lights that are on display much of the Winter here, and some piped-in music, and we had a party.

These folks know how to relax!

And they know how to exert!

There seems to be an unlimited supply of pack riding expertise here that is probably honed in part over other rides in the warmer seasons. (Now I have the desire to try that experience also.)

The way home brings the group cruising, despite conditions, in a tight-knit formation bound together in conversation, road-focus, and surprisingly, music wafting in the air from a portable speaker.

I don't know if the WWSR is the biggest adventure that I have ever done. I don't even know what "WWSR" stands for. You see, I was too caught up in the event to even care. BUT, I will say that there is nothing else quite like it, and when I am back stateside, I will seek it out again.

See you on the road,

~ Johnny Dangerously*

*His notebooks can be found at the Villa Park Depot, on a Monday night, on or around 6:15PM. They run with him, wild and free, until about 7:15PM. Dress for the weather.

EBC Team: American Lung Association's Fight For Air Ride

By: Linnea Myers, via club email

We are building the EBC Team for the American Lung Association Fight For Air Ride June 7-9, 2019. We already have seven team members and we would love to have more join us. This is a two- (100 miles) or three-day (150 miles) ride, and most of us do the three-day ride.

The first day we ride from McHenry College in Crystal Lake, Illinois to The Abbey Resort in Lake Geneva, Wisconsin. The second day, we will ride up and down the hills of Wisconsin, and the third day we ride from The Abbey Resort back to McHenry College. You can ride at your own speed and enjoy the beautiful countryside. The ride is fully supported and includes SAG vehicles, medical volunteers, bike mechanics, luggage transportation and rest stops. Each night, luxury accommodations are provided at The Abbey Resort and Spa. Breakfasts and dinners are included.

The fundraising minimum for a team of 10 or more members is \$500.00 each member. This includes your two-night stay at The Abbey Resort, breakfasts and dinners, SAG vehicles, bike mechanics, luggage transportation and rest stops.

Ride for a personal achievement, a new cycling experience or to honor a loved one affected by lung disease. For more information, go to <https://action.lung.org>

Click the "Play Button" on the right to see highlights and why to ride.

The American Lung Association is rolling back the registration fee for the Elmhurst Bicycle Club! Register today for \$35.00 using our team code: TeamEBC2019.

Register now at <http://action.lung.org/goto/EBC2019>.

https://youtu.be/A7GaJ7l_umk



Toys For Tots: Greg Nesypor, Owner of Trek Naperville & Downers Grove, Supports DuPage County Communities

By Denise Kolden

Greg Nesypor, owner of Trek Downers Grove and Naperville, and another club sponsor, donates bikes to DuPage County Toys For Tots every year.

I spoke with Greg about his shops, and how he got involved in giving back to his community.

Greg has been in the bike business for 30 years, starting with Schwinn. Greg's original partner was with the Richards family, who have been selling bikes since 1910. He was ready to expand, and the two Tucson shops became available, it made sense to him. It's doing something different, and he enjoys the gentler desert winters. Greg does, on occasion, get an Illinois customer snowbirding in Tucson.

It was a customer who sparked Greg to start donating kid's bikes to Toys For Tots. Every year, this customer came in to purchase a bike for donation. Greg learned through this connection, that Toys For Tots accepts used bikes. Downers Grove and Naperville Trek Stores have a "Trade Up" option. (If you buy a new kid's bike from the Trek Bicycle Store, you can bring it back within 3 years and trade it in, receiving credit towards a new bike. The program stops after the trade up to their first adult sized bike (13" frame size).)





The used bikes are available for purchase, those that are not sold, are donated to [DuPage County Toys For Tots](#). For the last 6 years, Greg and his staff have provided rideable, cleaned up, tuned up kid's bikes to those who wouldn't otherwise have a bike.

How can you get involved? You can donate to Toys For Tots directly, or, like Greg's customer, purchase a bike for donation purposes.

From The Archives: July 2002

HISTORY OF ELMHURST BICYCLE CLUB

Twenty-Five years ago Evelyn Staehle was planning a bicycle vacation in Europe and decided riding with a club would help get her in shape. The League of American Wheelmen told her there was no club in Elmhurst and suggested she start her own. We now have her to thank for that because that is exactly what she did.

She placed notices in the local papers and the LAW Monthly Bulletin which brought a response from Dick Diebold. Several members of the Franklin Park Club offered to help as did the Elmhurst Park District by offering the Depot as a meeting place. The Lockmans, Connie and Orrin were next, and then with the efforts of Evelyn, Dick, Connie and Orrin the bicycle club, which in April 1978 became the ELMHURST BICYCLE CLUB, was formed.

Some tidbits of our past are as follows:

1. Oct 26, 1977 first meeting with 32 in attendance
2. March 12, 1978 first Virgin Voyage
3. March 1978 affiliated with L.A.W./Got Charter
4. April 1978 Official name chosen and Incorporated by State of Illinois
5. May 17, 1978 changed meeting place, "outgrew" Depot and moved to Eldridge School. Total Membership now 109
6. Oct. 18, 1978 First Birthday Party celebrated
7. Oct 19, 1978 First Halloween Party
8. Dec 2, 1978 First Christmas Party at the Abbey

ELMHURST BICYCLE CLUB

Board Meeting Minutes

January 10, 2018

Present: George Pastorino, Judy Mikesell, Denise Kolden, Kim Messina, Kelli Morgan, Armaline Mirretti

President: EBC annual donations will be awarded to Active Transportation Alliance, Ride Illinois, and CAMBr.

Motions were passed:

- To purchase a Memorial Brick at the Morton Arboretum in honor of Ken Hickey for \$300.00;
 - To amend the EBC Board Member election process which would offer a voting opportunity to the entire club membership and to have one's vote be private via an electronic voting process available through our website. From Sept.1 through Oct. 31, nominations for board positions will be accepted; from Nov 1 – 10, opportunity to electronically and confidentially cast your vote. Any changes to the bylaws must be mentioned at a club meeting, then announced via the minutes or club president, and then voted on at the next club meeting which will be held in March.
 - 1000 Mile Award will be dry fit t-shirts, to be purchased from Life Behind Bars, club member Dennis Mariasis. \$1250 max has been approved. Armaline will work with Dennis on the design and how to get orders. 78 club members qualify for an award
 - No meeting in February due to the UP Ski Trip and many members away this time of year.
 - Specially adapted bikes will be presented to recipients of the Project Mobility fundraiser on Thursday Mar 14.
 - EBC Club awards presentation to be held Thursday April 11.
 - EBC will make \$100 donation to Elmhurst Cool Cities, as a sponsor of the One Earth Film Festival, event to be held March 3 at Elmhurst College.
- Marge Ricke has resigned as Prairie Path Clean Up Coordinator, an announcement and a request for a coordinator will be made at the meeting.
- The subject of reducing the numbers of EBC meetings was brought up, due to the low attendance of monthly meetings, especially during summer months. No decision has been made as more discussion is needed.

Vice President: No announcements

Membership Coordinator: Currently there are 535 members.

Treasurer: Monthly Banking Summary (dated 1/1/2019 – 1/10/2019): Total income: \$4,874.19; Total Expenses \$12,134.36*; Total balance: \$13,709.68 *(Donations for Project Mobility were donated)

Secretary: EBC will have a table at the One Film Festival to be held Sunday Mar 3 at Elmhurst College and at The Green Garden Faire Sat. May 11 (details TBA). EBC will participate in the Elmhurst Memorial Parade on Mon. May 27. Annual EBC UP Cross Country Ski trip is Feb 3 – 8.

Sponsorship: No news.

Advocacy: No report

Newsletter: No report

Website/Database: No news

Publicity: No news.

The next Board meeting will be the Thursday March 14 at 6:15pm, Elmhurst Community Bank, 330 West Butterfield Road, Elmhurst IL 60126.

Respectfully submitted,
Kim Messina
Club Secretary

Amendments to Bylaws:

These articles may be amended by a two-thirds vote of members present at a regular meeting, provided that the proposed changes have been presented at the previous regular meeting and also printed in the Club Newsletter immediately preceding the regular meeting at which the vote is to be taken.

For the full bylaws, please click [here](#)

Contact Us:

BOARD: President George Pastorino	President@ElmhurstBicycling.org
BOARD: Ride Captain/Vice President: Ron Richards	RideCaptain@ElmhurstBicycling.org
BOARD: Secretary Kim Messina	Secretary@ElmhurstBicycling.org
BOARD: Treasurer Judy Mikesell	Treasurer@ElmhurstBicycling.org
BOARD: Membership & E-mail Coordinator Shelly Hicks	Membership@ElmhurstBicycling.org
BOARD: Newsletter Editor Denise Kolden	Newsletter@ElmhurstBicycling.org
BOARD: email whole EBC board: George Pastorino	Board@ElmhurstBicycling.org
Mountain Bike(MTB) Coordinator: George Pastorino	MTB@ElmhurstBicycling.org
Member Miles Coordinator: David Vogt	MemberMiles@ElmhurstBicycling.org
Assistant Ride Captain: John O Riordan	RideCaptain@ElmhurstBicycling.org
Program Chairman: Vincent Gatto	ProgramChairman@ElmhurstBicycling.org
Advocacy Co-Chairs: Armaline Mirretti & Kim Messina	Advocacy@ElmhurstBicycling.org
Publicity Chair: Kelli W Morgan	Publicity@ElmhurstBicycling.org
Sponsorship: Ginny Preston	Sponsorship@ElmhurstBicycling.org
Safety: George Hardwidge	Safety@ElmhurstBicycling.org
Awards & Club Attire Co-Chairs: Susan D. Sperl & Armaline Mirretti	Awards@ElmhurstBicycling.org
Refreshments: Terri Caraballo	Refreshments@ElmhurstBicycling.org
Sergeant at Arms: Sue Hickey	ElsiesAntiques@gmail.com
Social Services: Chair Betty Bond	SocialServices@ElmhurstBicycling.org ;
Facebook Public Group Admin: Kelli W Morgan	5Morganpk@gmail.com
Facebook Private Group Admin: John O Riordan	john_r@RiordanArtistry.com
Ride-with-GPS Admin: Petra L Hofmann	PetraHof@gmail.com
Webmaster: John O Riordan	Webmaster@ElmhurstBicycling.org
Web Admin: Lynn Korff	Webmaster@ElmhurstBicycling.org
Data Protection Officer: John O Riordan	john_r@RiordanArtistry.com