



Elmhurst  
Bicycle Club

Riding At The Speed Of  
Fun Since 1977

**The Cue Sheet      March 2019**

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

### **Inside This Issue:**

- + President's Message:  
George Pastorino
- + Sponsor Profile: J &  
R Cycles In Villa  
Park: Denise Kolden
- + Tour De Cure Needs  
Volunteers 2019
- + Paris-Brest-Paris:  
Revisiting 2015 by  
Dawn Piech
- + From The Archives:  
August 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 14<sup>th</sup>,  
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!

Wow! February has ticked over into March and Spring is on the way. When there is snow, we will continue have snowshoe and ski events regularly, when the snow is gone we will begin to ramp up the bike rides in a big way. Now is the time to get your bikes to one of our sponsors for a tune up and a tire and safety check. It helps them if you get in early; you can see all our sponsors elsewhere in this newsletter.

The March club meeting is our big bike giveaway! Please come to this meeting to see EBC and Project Mobility give away specially adapted bicycles to physically challenged children. EBC raised an incredible \$11,446.00 for this very special cycling-related cause. It will be a memorable meeting, and you will get goosebumps and shed a tear as these young folks get their bikes. These families have huge medical expenses and there is no room in the budget for an expensive specially-adapted bicycle.

I would like to personally thank every member who donated and invite everyone to see the videos and pics from the 2015 giveaway here: [2015 EBC Bike give away](#)

At our January Board Meeting, we authorized a proposal to change the Club Bylaws to allow for the online election of the Board Officers. Members will vote on that change this month, with two-thirds(2/3) of members present voting "for," needed to pass the changes.

The March meeting will be on the 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 watch the bike giveaway and vote on the Bylaw change. 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

## J & R Cycle: March's Sponsor of the Month

240 W. St. Charles Rd.  
Villa Park IL 60181  
630.620.1606

Email: [help@jandrbcycleandski.com](mailto:help@jandrbcycleandski.com)  
<https://www.jandrcycleandski.com>



Mon, Thu: 10:00am - 8:00pm  
Tue, Wed, Fri: 10:00am - 6:00pm  
Sat: 10:00am - 5:00pm  
Sun: Closed

To Villa Park, home of J & R Cycle. Lorna took the time to answer a few questions about their shop. As always, you want a cool place to shop, support local! If you're dreaming of a "bucket list" bike trip, ask Lorna or Bob for help with booking a suitable trip through Trek Travel. Bring your road bike in for its tune up, you'll be ready for Spring road rides.

### When did you move to Villa Park?

We moved to Villa Park from Lombard on February 14, 2015.

### What got you into bike retail?

Bob started working at Ballous Cyclery in 1974 (when he was 15 years old. It was his first job.), which later became J & R Cycle. He became a partner in 1981 and sole owner in 1986.

**You have a link to Trek Travel on your site, can we book through you?** You have to book the trip directly through Trek Travel but we can help you with any questions you may have.

**What is a nice ride in your area?** Any ride is a nice ride! The Illinois Prairie Path and Great Western are the two popular trails to ride in our area.



**Any Winter specials going on?** We have closeouts on sale now. We have about 8 big sales throughout the year. Our [website](#) and [Facebook page](#) will always have the details about upcoming sales.

**Do you do classes for repairs?** We do not do any type of scheduled repair classes. However, if there was an interest, we could arrange something for basic maintenance during our off season.

**What else should we know about you?** This is our 45th year in business. We are one of the oldest bike shops in the Chicagoland area. We service all make and models. We sell Trek, Electra, Haro, Del Sol, Masi, Burley, Thule, Hollywood,

Saris. We have a 6000 square foot store with over 100 bikes and accessories on display. We sell electric (pedal assist), road, fat tire, mountain, recreational, and kids bikes. We also supply and maintain several Police Departments in the Chicagoland area. We have something for everyone. Bob and I met because of J & R Cycle. My sister's husband and Bob's brother also work in the bike industry.

We feel very blessed to have made so many friends through owning the store. As Bob always says..."I've never worked a day in my life!"

The photos are from a couple of rides they had from the shop.

Our club sponsors: Right click on the image to open the link



**Prairie Path Cycles**  
Expert Sales & Service

Mary Lee Geraghty  
owner/manager

27W181 Geneva Road  
Winfield, Illinois 60190  
(630) 690-9749  
www.prairiepathcycles.com

160 W. Wilson Street  
Batavia, Illinois 60510  
(630) 406-9749



**RUDY'S**  
CHICAGO

**CYCLE & FITNESS**  
5711 W. IRVING PARK  
(773) 736-4395  
RUDYSBIKES.COM



LANCE HONEYMAN

**The Bike Rack**  
www.thebikerack.com

2930 Compton Hills Rd. • St. Charles, IL 60175 • 630-584-6588  
Fax 630-584-1295 • e-mail: lance@thebikerack.com



**Trek Bicycle Store**  
Downers Grove • Naperville



**Community Bank  
of Elmhurst**  
Member FDIC  
*"Your Hometown Bank"*

## Tour De Cure Illinois Needs Volunteers

By: David Gibbs, via club email

Although it's winter, the Chicago Tour de Cure diabetes fundraising cycling event is looking for volunteers!

We especially need setup, route marking, tear down, and route unmarking, volunteers.

Check out <https://www.volunteermatch.org/search/org670138.jsp> for information on the volunteer opportunities available.

Tour de Cure is the premier fundraising campaign of the American Diabetes Association with cycling, running, and walking options. The campaign has been expanded to include more members of our community and bring them together to learn about diabetes, healthy living and to support people living with diabetes. Tour de Cure is a unique opportunity for businesses, clubs, friends and families to form teams with the vision of a life free of diabetes and all its burdens.

# Paris-Brest-Paris 2015

By: Dawn Piech

Excerpts from Dawn Piech's cycling blog, detailing her journey to the 2015 Paris-Brest-Paris ride. I asked Dawn for the recap, as this August will be the 19<sup>th</sup> edition of the amateur ride. DK

*"I dream of a truly utilitarian race, with racers who will sleep when their nature demands it, who will be true wandering cyclists with bags and lanterns." –Pierre Giffard, 1891; Le Petit Journal*



## December 2015

It's been sixteen weeks since I started one of the most amazing adventures of my life — participating in the 18th edition of Paris-Brest-Paris (PBP), the Mecca of randonneuring. It still seems surreal that I qualified, participated and completed one of the world's premier amateur international cycling events.

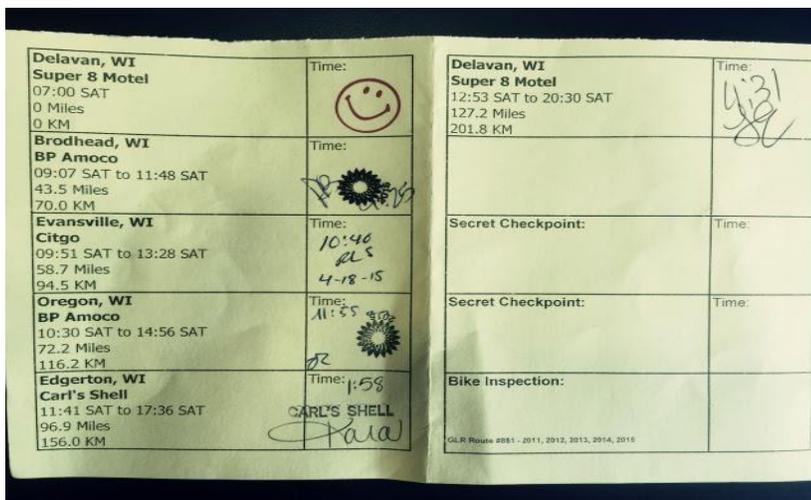
Preliminary data suggests that this year there were 5,820 riders at the starting line with 4,466 finishers worldwide (76.6% finish rate; 1 in 4 would not finish) with over 66 countries represented. Representing the United States were 473 cyclists with 357 finishers (75% finish rate). More importantly from my perspective, there were over 300 women worldwide that qualified for the event with approximately 250 female finishers. How things have changed from its inaugural event in 1891.

## HISTORICAL PERSPECTIVE

Paris-Brest-Paris (PBP) is a prestigious amateur long distance cycling event taking place in France every 4 years since 1891. The first event held in 1891 had 206 riders that started; restricted to French men only. Neither women nor non-French were allowed. PBP was originally a 1200km cycling race from Paris to Brest and back to Paris. It is one of the oldest bicycling events still regularly run with the last time as a race in 1951. It is considered by many to be the blue ribbon in randonneuring, a legendary endurance cycling and cultural event. There is a 90 hour time limit and the clock runs continuously. The ride is built on self-sufficiency with riders buying supplies and food along the course. One may have support at specific checkpoints. Riders are required to stop at controls to have one's control card stamped. Many riders sleep as little as possible, sometimes sleeping along the road before continuing. To qualify for PBP, riders vie for entry by qualifying in

officially sanctioned events known as brevets or randonnées. Randonneurs are given an old-fashioned booklet (also called a brevet card) that must be stamped by an official along a route, at sanctioned controls. It is the proof of passage along any given route

Brevet card: The rite of passage for randonneurs.



To qualify for PBP, one must complete four qualifying brevets (or a Super Randonneur Series the year of the event) which include a 200K (124 miles), 300K (186 miles), 400K (254 miles)

and a 600K (380 miles) brevet within a certain time frame. I completed my qualifying rides in southwestern Wisconsin with the Great Lakes Randonneurs in 2015.

### WHY PARIS-BREST-PARIS?

One of the most frequent questions I was asked along the PBP route when people found out I was new to both randonneuring and Paris-Brest-Paris was, *“What brought you to the event?”* I remember completing my first 300k in August 2014 in Wisconsin called the Dairyland Dare. It was 186 miles with 13,500 feet of elevation gain. As I finished that event and got off the bike, one question came to mind, *“How much further could I ride if I could ride 186 miles in 1 day?”*



Wisconsin Dairyland Dare 300K: August 2014

As a result, in the fall of 2014 with that question in mind, I then began to investigate other riders in my club who were riding longer distance events and reached out to them to inquire more. I met with fellow Elmhurst Bike Club member Eric Peterson in the late fall-early winter of 2014. I had not met Eric previously, but would see his longer rides posted in the club every so often. I started following his posts on Facebook and was quite intrigued with his stories of adventure on his long rides. After completing the Wisconsin Triple Crown Series in 2013 and completing the Dairyland Dare 300K in 2014, my interest was definitely peaked, *“How much farther could I go?”*

Eric and I met for dinner in the fall of 2014 and he introduced me to this new[for me] realm in the cycling community called randonneuring. He explained what brevets were, how they were structured and the importance of self-reliance on them. I asked many questions. Eric was wonderful and full of information and suggestions to someone new to this type of cycling. He is a true mentor and leader. He offered me a lot of wisdom and expertise from his years of doing brevets and randonneuring. At that meeting, I told him that I would be interested in doing some brevets with him in 2015.

The seed of randonneuring was planted and continued to grow. I wondered then if I could complete the full series in 2015 and started to do my homework and planning-training with that goal in mind. I did not know if Paris-Brest-Paris would be within my reach, but I would use the qualifying brevets as a benchmark. I was very excited for this new adventure ahead of me.

## Paris-Brest-Paris OR BUST!

Our "Paris-Brest-Paris or Bust" group was born in early 2015. Eric Peterson, Rick Cosario, Roger Pardon, Rob Schaller and I began our quest to finish the 2015 Super Randonneur brevet series. Both Eric and Rick had previously participated in PBP; Eric in 2007 and Rick in 2011. We began our brevets to try to qualify for Paris-Brest-Paris in April 2015 with the Great Lakes Randonneurs, out of southwestern Wisconsin.



Eric Peterson, Roger Pardon, Rick Cosario and Rob Schaller; 300K brevet outside of New Glarus, Wisconsin on May 2nd, 2015

Since these brevets are built on self-reliance and self-sufficiency, the proper gear is key to success. Although I love to ride my light carbon road bike, I knew I would have to get a new steed for these brevets as my bike would not enable me to carry much gear with me. The search for my new rando steed began...

## From The Archives: August 2002

### 25th Anniversary Celebration

Elmhurst Bicycle Club's elected officers and board members have generously voted to host a 25th anniversary party/picnic for all members on Sunday August 25, 2002. Food and beverages will be provided for your lunching pleasure. Let's show our board that we appreciate that gesture with our attendance. There will be three bike rides in the morning. Check the ride schedule for times, speed, and distances. There is a restroom with flush toilets and running water if you want to wash up after the bike ride. Food will be served at 3:00 PM. Madison Meadow is a lovely park with tennis courts, basketball courts, Frisbee golf, and plenty of lawn space. You may want to bring bocce' ball, croquet equipment, tennis racquets, or a ball to play catch. Also, all seating will be at picnic tables so you may want to bring a comfortable lawn chair for sitting under a shade tree and visiting with friends after lunch. We ask that you RSVP on the EBC Hotline (630-415-BIKE). Just give us your name and how many will be coming. We need to know so we order sufficient amounts from the caterer. The deadline to RSVP will be August 18th. Why not call now and avoid the rush??

# ELMHURST BICYCLE CLUB

## Board Meeting Minutes

### January 10, 2019\*

**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](#)

*\*Most recent minutes. No meeting in February 2019.*

## Contact Us:

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Advocacy Co-Chairs: Armaline Mirretti & Kim Messina	<a href="mailto:Advocacy@elmhurstbicycling.org">Advocacy@elmhurstbicycling.org</a>
Publicity Chair: Kelli W Morgan	<a href="mailto:Publicity@Elmhurstbicycling.org">Publicity@Elmhurstbicycling.org</a>
Sponsorship: Ginny Preston	<a href="mailto:Sponsorship@elmhurstbicycling.org">Sponsorship@elmhurstbicycling.org</a>
Safety: George Hardwidge	<a href="mailto:Safety@elmhurstbicycling.org">Safety@elmhurstbicycling.org</a>
Awards & Club Attire Co-Chairs: Susan D. Sperl & Armaline Mirretti	<a href="mailto:Awards@elmhurstbicycling.org">Awards@elmhurstbicycling.org</a>
Refreshments: Terri Caraballo	<a href="mailto:Refreshments@elmhurstbicycling.org">Refreshments@elmhurstbicycling.org</a>
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Social Services: Chair Betty Bond	<a href="mailto:SocialServices@Elmhurstbicycling.org">SocialServices@Elmhurstbicycling.org</a>
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