



Elmhurst  
Bicycle Club

Riding At The Speed Of  
Fun Since 1977

**The Cue Sheet      April 2019**

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

### **Inside This Issue:**

- + President's Message:  
George Pastorino
- + About Project  
Mobility: Katherine  
Reda
- + Bike Presentation:  
EBC & Project  
Mobility
- + Garrett & Gavin:  
Brothers & Partners  
for PMD: Gina Jones
- + WWSR
- + Glen Ellyn Downtown  
Improvements
- + Illinois Bike Law
- + Group Riding Tip
- + Prairie Path Clean Up  
Day April 6<sup>th</sup>
- + CAMBR: Thank You  
EBC
- + From The Archives:  
April 2003
- + Our Sponsors
- + Contact Us

See your words in print!  
Submit your photos and  
articles to:  
[Newsletter@elmhurstcycling.org](mailto:Newsletter@elmhurstcycling.org)

**Next Meeting: Thursday,  
April 11<sup>th</sup>, 7:15PM.**

Awards Night. Collect your  
award, socialize and meet  
your fellow members.

## **President's Message**

Happy Spring EBC members! Warmer temps are on the way and while the riding season never ends for The Elmhurst Bike Club, the number of rides will be increasing dramatically this month. Please check the ride calendar and choose a ride that suits your needs and abilities. EBC makes it easy; there is no reason not to ride!

April also brings another opportunity to do some advocacy and give back to the community by participating in our annual Prairie Path Trail Cleanup on Saturday, April 6<sup>th</sup>. As a club, we are heavy users of this path. The cleanup is our way of helping keep the path in pristine condition. Our section is a 1.1 mile section from Monterey Avenue west of Route 83 to the UP tracks by Pioneer Park. Mike and Hope Haberer are coordinating the cleanup. Please check the ride schedule for more details.

There is an article edition about the club fundraiser for Project Mobility. Let me just say that I am very proud of our club's efforts in this regard. I want to send a big Thank You to those who donated, and to Webmaster John Riordan for setting up the donation page.

The amendment of our Bylaws passed unanimously at the last meeting and our club officers will now be elected online. Watch the list serve for more details.

The April club meeting will be Thursday the 11<sup>th</sup> at 7:15PM at The Elmhurst Community Bank, 330 W. Butterfield Road, Elmhurst, Illinois. All members and guests are encouraged to attend to keep up with club happenings and socialize with your fellow members. This will also be awards night. Come get your award and cheer for your fellow members. The 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

## **Project Mobility Changing Lives One Bike At A Time**

### **Who They Are**

The mission of Project Mobility is to make a positive difference in the lives children, adults and wounded soldiers with disabilities. They provide the services, resources, and equipment needed to promote better health, independence, and the freedom of mobility through adaptive cycling.

They are a 501(c)(3) nonprofit organization based in St. Charles, Illinois.

### **How They Started**

Project Mobility is the charitable arm of The Bike Rack in St. Charles. Project Mobility's mission is to make a positive difference in the lives of children, adults and wounded soldiers with disabilities. This is made possible by providing the services, resources, and equipment needed to promote better health, independence, and the freedom of mobility through adaptive cycling.

Project Mobility formed in 2002 by Founder Hal Honeyman. Hal's interest in "adaptive cycling" - bicycles for people with disabilities - was spurred when his own son Jacob was born with Cerebral Palsy. Hal wanted to find a way for Jacob to join the family when bicycle riding. After Jacob's needs were met, Hal found a demand for adaptive cycling and this led to the formation of Project Mobility.

In 2018 Project Mobility traveled to 19 different states serving over 2,000 wounded soldiers and held over 47 day camps for children with special needs and donated over \$40,000 in adaptive cycling equipment to children, adults and wounded soldiers with disabilities!

Fundraisers, sponsors and donors all make this possible!

## **Project Mobility Changing Lives One Bike At A Time**

### **EBC Bike Presentation**

Through the generosity of their members and friends, the Elmhurst Bicycle Club raised \$11,446 for Project Mobility. We can't thank them enough for the life changing donation they have made. This past Thursday 7 children received their very own adaptive bikes at their meeting.

Thank you George (President of EBC) and Elmhurst Bicycle Club for your kindness and passing your joy of cycling to those that may have never gotten the chance to experience it. This is the third fundraiser EBC has held for us. Thank you for your continued support!

Click the links the below to watch the videos.

[Project Mobility Bike Short Clip](#) [Project Mobility Long Video](#)



Bicycle Recipients, left to right: Ajas, Samantha, Gavin, Garrett, Bella, Ashley, and Jose

## **Garrett and Gavin: Brothers And Partners for PMD**

**By Gina Jones**

*Written for PMD Foundation Newsletter, 2014*

The Jones boys (Garrett, 16 and Gavin, 12) were diagnosed with Classic duplication Pelizaeus-Merzbacher Disease (PMD) in 2001. Garrett was 3 and Gavin was not born yet. My husband and I made the decision to have Gavin because of the rarity of PMD, and they would at least have each other as brothers and partners. We were warned not to expect Gavin to be as high functioning as Garrett even though they both had 80% of their cells affected by the duplication of the PLP gene (Proteolipid protein 1 - a protein associated with pelizaeus-merzbacher disease).

The neurologist was right. Gavin's first 5 years of his life were extremely medically challenging. Because his trachea was collapsing, he had to have a tracheotomy before he turned one year old. Because of tracheomalacia (collapsing of the trachea). Six months later I had to save his life using CPR because his tracheostomy tube came out. At 3, due to severe gastric reflux causing failure-to-thrive, a gastric tube was necessary. Our little fighter started to get stronger, having fewer and fewer hospital stays, as he continued his therapies. Shortly after Garrett received his second power wheelchair, Gavin got a chance to try one. It was as if we gave him a new lease on life. He had the freedom to go anywhere that he wished!

Gavin does not talk, but that does not stop him from singing karaoke with his big brother who has slurred speech. He loves to read audio books. In school, he is learning to use an augmented communication device. Gavin enjoys many adaptive sports: T-ball, bowling, bocce, sailing, hand cycling, rock climbing and sled hockey. Believe it or not, Gavin loves swimming. But his most favorite thing to do is driving his wheelchair around the city with his brother or off-roading when we go camping.

Garrett has always been a wonderful big brother. From the day Gavin came home on Christmas, 2001, Garrett wanted to hold and feed him. And of course, I let him. They are very close still. Garrett has had his share of medical issues of late. Starting with hip surgery for a dislocation, then a tonsillectomy and adenoidectomy due to obstructive sleep apnea. He also has mild central sleep apnea. Most recent, he was in the height of his growth spurt, and developed severe scoliosis. This required spinal surgery and a recovery period with a torso brace lasting through the beginning of high school. Garrett championed through a severe mental break down; completing his freshman year on the honor roll and with a girlfriend. This year as a

sophomore he is challenging himself by trying out for the golf team. His school has never had a student with disabilities join the team, until Garrett. He continues to enjoy adaptive sports like, swimming, hand cycling, sailing, fishing, rock climbing and playing power soccer .

The Jones boys are never afraid to seek out new adventures and meet new people. Garrett and Gavin live a life filled with love, compassion, fun and adventure. My husband and I enjoy and cherish every day with them. Our sons: The light of our lives.

## **Last Wednesday Winter Special Ride 2018-2019**

Thanks Vince Gatto for all your leads!

Members left to right, standing: Bill, Herm, Ken, Rich, John, Ron, Chuck, Tom, and Steve, Erich in front.



## **Glen Ellyn Road Improvements: Support Bike Lanes!**

Click the link above to add your support for bike lanes in downtown Glen Ellyn.

## **Illinois Bike Laws: Source: Illinois State Police**

[www.state.il.us/safety/eduprogs.cfm](http://www.state.il.us/safety/eduprogs.cfm)

Know the Laws. Bicyclists have all the rights and responsibilities of other road users. Your actions affect the public's opinion of cyclists. For bicycling safety and to do your part to share the road, read and obey Illinois traffic laws.

Cars Passing Bikes: Riding two abreast is permitted as long as the normal and reasonable movement of traffic is not impeded. Riding more than two abreast is prohibited except on paths or parts of roadways set aside for the exclusive use of bicycles. (ILCS 5/11-1505.1)

## **Group Riding Tip adapted from an article by Skip Hamilton**

Don't be jerky. Adjust your speed with a combination of light braking (fluttering the brakes), and light pedal (soft pedaling) pressure. If you begin to run up on the wheel ahead, lightly apply both brakes with equal pressure but continue to pedal. Avoid pedaling hard, coasting, braking hard, then pedaling hard again. This kind of yo-yoing brands you as unsteady, and is tiring. Always keep spinning, even if you're softpedaling and there's no pressure on the pedals.

Riding in a group is an exercise in trust.

## **Save The Date: Spring Clean Up Of EBC's Section Of The Prairie Path Saturday April 6th**

Give back to our community on Saturday, April 6<sup>th</sup>, at the Spring cleanup of our club's section of the Prairie Path.

Our new project leaders are Mike and Hope Haberer. Most likely, we've all used a section of the path at some point. This is a chance to give back and to help keep this path beautiful.

We will meet at 9:00 am at the Villa Park Depot. We will supply garbage and recycling bags, along with safety vests and gloves. Gloves are limited so feel free to bring your own. It is always a fun time so please join us!

If you have any questions, please contact Mike or Hope at [dahabes@gmail.com](mailto:dahabes@gmail.com)

## **Chicago Area Mountain Bikers(CAMBR): Thank You EBC**

From their March 26<sup>th</sup> letter to the club

Thanks so much for your donation of \$500 to the Chicago Area Mountain Bikers. Your gift will help support maintenance and expansion of riding destinations across the Chicago region by funding the purchase of tools and equipment, workday supplies, and feeding our volunteer trail crews.

CAMBr is a 501c (3) Organization.

We really appreciate your support. Enjoy the Ride!

Sincerely,



Dave Bell

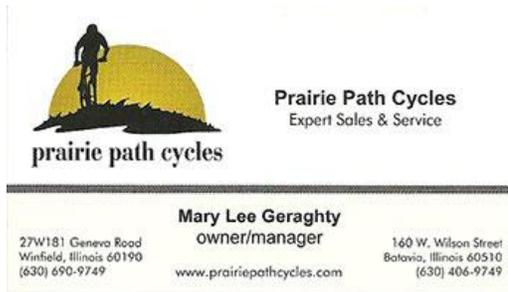
South Region Director Chicago Area Mountain Bikers

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(630) 297-6860



## Our Club Sponsors: Right Click On The Image To Open The Link



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of Elmhurst**  
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## From The Archives: April 2003

### Finger Lakes Rides

Join us July 13-23 in Upstate New York for 10 days of riding in this fabulous area of the Empire State. Wineries, waterfalls and 10 lakes to explore. We will be using routes from Back Country Publications book "30 Bicycle Tours in the Finger Lakes Region." Laura and I have used this series of books for rides in Wisconsin, the San Juan Islands and Maine and find them to be excellent. Rides can vary from 20 to 90 miles, both inland and circling the lakes. The rides are mostly easy to moderate with a few segments rated difficult. From looking at the pictures this looks to be like riding in the Driftless area west of Madison, WI. We will be staying at the Gables Bed and Breakfast in Watkins Glen from 7/13—7/18 and the Bed and Breakfast at Oliver Phelps in Canandaigua from 7/19—7/23. Some riding will be from the B&B's and other rides will require short drives to the starting locations. We plan to take one non-riding day to visit Cornell University and the Corning Glass (Steuben) glass Museum. Along the routes are many historical sites and this is the second largest wine producing area in the US after California. (Do I put a Cabernet or Chardonnay in my CamelBak today?) If you are considering this trip we suggest you book a B&B soon as this is high season and they are already taking many reservations. The drive from Chicago is about 700 miles.—Laura and Rich Kuhlman

### Board Meeting Minutes

No March Board meeting. Meeting was pre-empted by Project Mobility bicycle giveaway.

**The next Board meeting** will be Thursday, April 11th at 6:15pm, at Elmhurst Community Bank, 330 West Butterfield Road, Elmhurst IL 60126. Club meeting to follow

## Contact Us

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