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Elmhurst  
Bicycle Club

# The Cue Sheet November 2019

## Elmhurst Bike Club's Monthly Newsletter

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George Pastorino
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See your words in print! Submit  
your photos and articles, in Word,  
by the 20<sup>th</sup> of the month to:

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

**Register for our annual Christmas Party!  
December 12<sup>th</sup>. Details and registration  
[here](#)**

**[Vote!](#) It's fun, and let's your voice be  
heard. Also, John spent a lot of time on  
this, so make it worthwhile!**

## President's Message

Happy November EBC members!

It's hard to believe that we are now in the last 2 months of 2019 and what a great year it was for The Elmhurst Bike Club! We of course remain the most active club in the area with Thousands of road rides, hikes, ski and snowshoe events, mountain bike and trail rides. I very proud to be President of The best bike club in Chicagoland and our members and ride leaders are to thank for that!

I wanted to remind you all how important our Bike Shop Sponsors are and appeal to all of you to visit one of them for your bike holiday shopping; the complete list of them is here: [EBC Sponsor Page](#) and they all do a fantastic job for us.

Please participate in our online elections which will be open for voting the last 10 days of this month. Please watch your email for messages from our webmaster concerning the particulars.

As a reminder, our club and board meetings are now quarterly events and will in the months of March, May, September and November at The Elmhurst Community Bank, 330 W.Butterfield Road, Elmhurst, IL. All members and guests are encouraged attend to keep up with club happenings and socialize with your fellow members. Board Meeting precedes the regular meeting at 6:15pm and all are welcome to attend.

George Pastorino  
President

## Editor's Note

### Denise Kolden

Nope, I haven't forgotten about the newsletter. It's been a busy cycling season for me, even as the weather cools. I am just back from an 8-day trip to Florida. I rode with my team in a fabulous charity ride, 72 Hours to Key West, in its 9<sup>th</sup> year. We were joined by former pro racer and 7-time National Champion, Rahsaan Bahati. Rahsaan leads The Bahati Foundation, based in Los Angeles, California. Three days of riding from Fort Meyers to Key West. I got caught in the rain a couple of times, one was a downpour on a bridge. It was a lot of fun,



and a lot of effort to ride against a headwind, and in heavy rain, and it is something I am quite proud of being a part of. Cyclists of all levels participated, and I believe all of us were 30+ years old. Enjoy this video by Rahsaan! Read more about his foundation [here](#).

Our fellow member, Donnie Seals, is the subject of a documentary produced and filmed by his son, Eric. Setting goals for 2020? How about learning CPR and First Aid? Sign up for the January 9, 2020 session now, via our club website.

## 'Bike Vessel': A Story Of Change & Defying Expectations

### Eric Seals

Donnie Seals Sr. would undergo his first open-heart surgery before the age of 50. The next five years, he would have a total of 3 quadruple bypass surgeries and be forced into early retirement. He was a college athlete, having both ran track and played football for more than 10 years. He never had to watch what he ate, monitor his weight or worry about physical activity—his new-found heart problems took him by surprise.

Seals' is now 67 years old and bicycles more than 40 miles a day; he is healthier than he was when he was in college and his heart problems have all but disappeared. Having once been on more than 20 daily medications, he is now down to one and his doctors call his recovery miraculous. 'Bike Vessel' tells the story of a man defying health statistics and renewing his lease on life.

The filmmaker's health similarities to his dad are striking. 'Bike Vessel' has become an emotional self-reflection for Eric, who is approaching the age his dad was when he had his first open-heart surgery. During the film, you see Eric bike alongside his father, symbolizing the parallels in their health journeys as the filmmaker hits a cross roads: change his habits now, or end up with the same scars as his dad.

In addition to Seals being a main voice in the film, Eric also follows 3 of Seals' co-riders from his bike group, The Elmhurst Bike Club, where most members are 50 years old or older. The Elmhurst Bike Club includes a cancer survivor, someone struggling with arthritis, hip replacement surgery and other open heart surgery survivors.

This film aims to expose inequalities in the American health system while also showcasing that you can successfully change your lifestyle and thus defy the odds set against you.

## From Illinois DMV

### Emergency Contact Database Driver Services

If you are an Illinois resident and hold an Illinois driver's license, instruction permit and/or identification card, you are eligible to register your emergency contact information.

The Emergency Contact Database allows you to voluntarily enter one or two individuals to serve as your emergency contacts in the event you are involved in a traffic crash or have a medical emergency where you cannot communicate directly with law enforcement or emergency responders. The Emergency Contact Database also allows you to enter basic medical information such as disabilities, medical conditions or special needs (i.e., drug allergies or taking certain prescription medication).

Your emergency contacts do not have to be Illinois residents.

In the event of an emergency situation, only law enforcement will have access to this information and can reach out to your emergency contacts on your behalf.

The Emergency Contact Database also allows you to modify your contact information. You can change the name, address, phone numbers or delete contacts at your convenience.

Once you have submitted your emergency contact information, we encourage you to print a copy of the information and keep it in a safe location with your other important documents such as your passport and credit card information. You are also encouraged to share copies with the individual(s) you name as your emergency contacts so they will know you have listed them.

It is the user's responsibility to enter accurate data into the required fields, as well as to update contact data if necessary. The Secretary of State's office assumes no responsibility for the accuracy of the data entered by the holder of a driver's license (including commercial driver's license), instruction permit, temporary visitor's driver's license and/or identification card and disclaims any liability for damages, costs, and/or expenses, including, without limitation, consequential damages, arising or resulting from any inaccurate data or failure to update contact data.

To add your information, click [here](#), or copy and paste:

<https://www.cyberdriveillinois.com/departments/drivers/ECD/home.html>

## CPR Class: January 9, 2020

### George Pastorino

The EBC Board has made arrangements with Save a Life to offer CPR and First Aid Training to members at a reduced cost. You can read about Save a Life here: [Save a Life](#) After completing the CPR Course you will receive a Certification Card from The American Heart Association that is good for 2 years. The First Aid class will be tailored to cycling-related situations including: Injury assessment, treating cuts and road rash, insect bites, recognizing the signs of dehydration, heat exhaustion and heat stroke, and what to do and not do in emergency situations.

Taking these courses will teach you how act appropriately and effectively to sustain life and avoid further injury until professional help arrives. Any member who wants to be better prepared for when emergency first aid might be needed will benefit greatly. Also addressed will be bystander laws.

We call 911 first thing, but we need to be able to take action before they arrive. American Heart Association statistics show that 45 percent of out-of-hospital cardiac arrest victims survived when bystander CPR was administered [AHA CPR Facts and Stats](#) Take CPR...it saves lives.

Member Cost is \$70.00 and must be paid in advance. The crack Web Team built a Paypal Button, so you can register and pay here: [Register for CPR/First Aid](#)

Course will about 4 hours long and will be taught at The Community Bank Of Elmhurst on January 9th at 6pm. (No Board or club Meeting in January)

The Course in June was outstanding and I have made a highlight compilation video and you can view it here: [SAVE-A-LIFE CPR/First Aid Training](#)

I used this song as it is recommended to help you get the right Rhythm of CPR...Please read here: [Stayin Alive is easy with CPR](#) Pussanee and I have registered.

## Vote For EBC Board

### John Riordan

Please go to our website home page, find the notification regarding our voting, and please vote.

True, we only have one person running for each office, but it is important that we at least verify that this new way of voting works.

All votes are fully anonymous. Each member votes once only. Each family membership gets 2 votes max – each by a different logged-in member.

Voting is open until the end of this month.

No more determining our officers by sheepishly raising our hands at an EBC meeting. Let's do this. ☑

Happy voting!

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

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**ELMHURST BICYCLE CLUB**

**Board Meeting Minutes**

**September 12, 2019**

**Present:** George Pastorino, Ron Richards, Shelly Hicks, Kim Messina, Kelli Morgan, Cindy Reedy

**President:** Discussion on purchasing a Pop-up Tent, table cover, and a flag from Omni Productions continued, and a motion to move forward with the purchase was passed. These items will be used when EBC participates in bike related or community events which promote cycling. Up to \$1300 was authorized to purchase these items once the company is chosen whom we will purchase from.

Beginning in 2020, EBC meetings will be held on the 2<sup>nd</sup> Thursday of MAR / MAY / SEP / NOV

The club will also meet the following months: Jan 2020 – the meeting will be the CPR class /

Aug – will be the Picnic / Dec – Christmas Party

**Vice President:** To encourage riders to participate in the Meet-Up Rides (previous Show & Go), it is suggested to email the club/list server announcing that they will be leading the Meet Up Ride.

**Membership Coordinator:** Currently there are 484 members.

**Treasurer:** Monthly Banking Summary (dated 1/1/2019 – 9/12/2019): Total income: \$201.79; Total Expenses \$956.93; Total balance: \$7,977.48

**Secretary:** Elmhurst College will having a block party-bike parade on Saturday Oct 5, from 10am-11am; EBC has been asked to help lead participants. Bike Marshals are need for Ram Racing Hot Chocolate 5k/15k to be held Sunday Nov 3. Send me an email if you are interested in volunteering to bike marshal.

Elmhurst Christmas Party will be held Dec 12 at Angelo's Restaurant in Elmhurst. Look to purchase tickets at the same time club members renew their club dues.

**Sponsorship:** not present at the Board meeting.

**Advocacy:** The City of Elmhurst has passed a motion to do a phase 1 engineering study to build the bicycle/pedestrian bridge over Route 83 on the north side of Elmhurst. This will allow safe crossing to the Salt Creek Greenway Trail, to Cricket Creek Park, and to many other trails.

**Newsletter:** no report

**Website/Database:** no news

**Publicity:** no news.

**The next Board meeting** will be Thursday November 14, at J&R Cycle, 240 St. Charles Road, Villa Park IL 60181 at 6:15pm. Members are welcome

Respectfully submitted,  
Kim Messina, Club Secretary

**ELMHURST BICYCLE CLUB**

**General Meeting Minutes**

**September 12, 2019**

**Present:** George Pastorino, Ron Richards, Shelly Hicks, Kim Messina, Kelli Morgan, Cindy Reedy,  
The General Meeting was called to order at 7:15 p.m. at Community Bank of Elmhurst.

**President:** There was a moment of silence, in honor of Gerry Fekete, who recently passed away. Betty Bond spoke a few minutes of Gerry's kindness and her wish for club members to take her jerseys and patches that were brought to the meeting.

Everybody Rides is this Sunday Sep 15, come out and support a good cause.

This year, voting for EBC Officers will be through the online voting tool offered on the EBC website, a feature of the Club Express program. If anyone would like to run for a board post, please let George know. All votes cast will remain anonymous. Please sign up for a position that you would like to volunteer for. We are in need of a Treasurer, as Judy will retire her post after 2019.

**Vice-president/Ride Captain:** Ron announced some changes to the Ride Posting Rules: Show & Go will now be called Meet-Up rides. If someone knows they will be going to this ride, they are asked to send an email to the club announcing that they will be there, in hopes of more people will come out to do this impromptu ride.

There is now a 6-hour lead time – to post for a P.M. ride. The 12-hour rule still applies for an a.m. ride. For invitational rides only: riders can exceed the miles ridden by the posted Ride Leader, and have their actual miles posted to the ride sheet. In the past that was not possible, but to keep recording of miles simple, it is up to the member to advise the Ride Leader how many miles were ridden.

**Secretary Report:** Elmhurst College will having a block party-bike parade on Saturday Oct 5, from 10am-11am; EBC has been asked to help lead participants. Bike Marshals are need for Ram Racing Hot Chocolate 5k/15k to be held Sunday Nov 3. Send me an email if you are interested in volunteering to bike marshal.

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The club will also meet the following months: Jan 2020 – the meeting will be the CPR class / Aug – will be the Picnic / Dec – Christmas Party

**Membership Coordinator:**

- Total members: 484

Meeting attendance: 23 members

Remember to update your ICE (In case of Emergency) number in your EBC membership profile:

Phone number, name of your contact, and their phone number.

- **Door prize winners:**

Rich Jurewicz - \$25.00 Rudy's Cycle & Fitness

**Tonight's refreshments:** Sue and Debbie Hickey

**Newsletter Editor:** Denise Kolden welcomes your articles, pictures, and riding experiences you wish to share

**Refreshment Coordinator:** Terri Caraballo

**Treasurer:** Monthly Banking Summary (dated 1/1/2019 – 9/12/2019): Total income: \$201.79; Total Expenses \$956.93; Total balance: \$7,977.48

**Awards and Club Attire:** Dennis Mariasis is here to show new club jerseys and explain sizing to ensure correct sizes are ordered.

**Sponsorship:** Ginny Preston presented information on Rudy's Cycle and Fitness, located at 5711 Irving Park Road in Chicago. Go to our website and click on the link for more information on Rudy's and our other sponsors. Please stop and visit any one of our sponsors and let them know that you appreciate their sponsorship to our club

**Advocacy Chair:** The City of Elmhurst has passed a motion to do a phase 1 engineering study to build the bicycle/pedestrian bridge over Route 83 on the north side of Elmhurst. This will allow safe crossing to the Salt Creek Greenway Trail, to Cricket Creek Park, and to many other trails.

**Sargent at Arms:** Sue Hickey.

**Programs:** Should members have any ideas for guest speakers or bike related topics to be presented at our meetings, please contact Vince Gatto.

**Safety Chairman:** No report.

**Mountain Bike Coordinator:** Trails are "Yellow" – not really safe for riding

**Website/Database Team:** no report

**Announcements: Publicity:** Club members are encouraged to sign up for the CPR and First Aid training geared towards possible cycling accidents. You can register and pay for this course from our EBC website. The training will be held at 6:00 p.m. at the Community Bank of Elmhurst in lieu of our next club meeting.

**Tonight's Program:** – Ginger Wheeler, Lombard resident and bicycling advocate will talk about the [East Branch DuPage River Trail](#), a long-planned, but never fully funded hike/bike trail that will connect the Great Western Trail to the Illinois Prairie Path, and then south to the Arboretum.

**The next meeting** will be Thursday November 14, at J&R Cycle, 240 St. Charles Road, Villa Park IL 60181 at 6:15pm. Members are welcome

Respectfully submitted,  
Kim Messina, Club Secretary

## Contact Us

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