



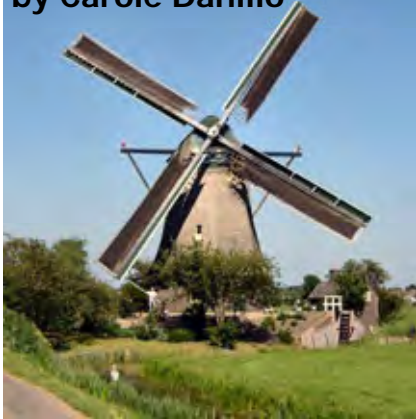
# Cue Sheet

## August 2006

### The Newsletter of the Elmhurst Bicycle Club Over 28 years and still riding

A club serving the Western Suburbs, Northern Illinois, and beyond.  
We ride anywhere, any time of day or night, year round. Come join the fun!

#### The Netherlands and Belgium on Barge and Bicycle by Carole Danillo



On Saturday, June 17, members of the EBC joined friends of the Naperville Bike Club on the barge *Iris* in Amsterdam for a seven day bike tour. We rode along canal trails and back roads through the Netherlands and Belgium. EBC members who attended were: **Susan Sperl, Keith Garland, Carole Danillo, Lou Fish, Jerry Fish, Betty Bond, Jerry Ringier, Marty Kotecki, Mary Moroney, Linda Lauer, Bill Michaux, and Al Stanke.**

Here's a brief description of our itinerary.

**Saturday, June 17.** The barge left Amsterdam for Breukelen. We enjoyed a light lunch while cruising. After lunch we made a short bike trip to Utrecht along the river Vecht. We visited the city center with its famous cathedral tower, and the lively outdoor cafés on the water. At the end of the afternoon the barge left for Vianen, a small town on the river Lek.



Linda  
Lauer in  
Bruges

**Sunday, June 18.** We cruised on the *Iris* to Schoonhoven, the Silver-town, during our breakfast. From Schoonhoven we rode to Kinderdijk across the Alblasserwaard river. We encountered an impressive row of large windmills, built to drain the Alblasserwaard. Then

we biked to Dordrecht, one of the oldest towns in Holland, and formerly an important junction for shipping traffic. There we meet the barge in the historic port of Wolwevershaven.

**Monday, June 19.** During breakfast on the *Iris* we cruised to Willemstad, an old fortified town on the Haringvliet. From there, we biked along an impressive complex of locks to Tholen. Tholen was once an island in the middle of the large Zeeland streams, where many people fished for their living. Today, it is connected to the mainland in various ways, but it is still a picturesque village with many relics of an eventful past.

**Tuesday, June 20.** We biked across the Oosterdam in the Oosterschelde, which connects Tholen with Zeeland Flanders towards the south. The barge waited for us at the end of the dam and from

there we cruised to the impressive port of Antwerp to the center of the city. Antwerp is known not only as diamond city, but also as native city of painter Rubens. Some of us toured the Rubens house and admired his work. In the middle of the city we found the Cathedral Of Our Lady and around the Market Square, some beautiful town houses from the past. After dinner, we did a town walk.



Betty Bond, Lou and Jerry Fish  
in Ghent

**Wednesday, June 21.** During breakfast we cruised the river Schelde. We followed this beautiful tidal river upstream to Ghent. Our biking began in Rupelmonde. There was a beautiful bike path along the river, and the landscape around the Schelde is magnificent. Then we cruised from Baasrode to Ghent, which is a lively university city, one with a rich past. The city has its origins in Roman Times, at the place where the rivers Leie and Schelde converge. Ghent has experienced a great deal of prosperity over the years, which had its peak in the late 13th, early 14th century. The textile industry brought great wealth. In the city center, we saw many well preserved old patrician houses. Textile merchants used to meet in the Clothmakers' Hall (1425). The major church is St. Baafs' Cathedral, which was built in various stages and in various styles. In the cathedral you can admire a number of masterpieces of mediaeval painting, of which *Adoration of the Lamb* by Jan van Eyck is the most famous. *(continued on page 8)*



Iris



**Need  
More  
Information?**

The club constitution and by-laws, information on rider and ride leader responsibilities, ride schedules, awards program, member mileage, how to join the club, and much more are available online at: **[www.elmhurstbicycling.org](http://www.elmhurstbicycling.org)**. If you're not near a computer and need ride information, try the **EBC Hotline** at 630-415-BIKE (630-415-2453)

## Elmhurst Bicycle Club Officers and Board Members

President  
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**Lew Worthem**  
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**Standing committees** are people who volunteer their time and efforts. They are the people who make the many activities of EBC possible. They call upon you to get things done. **Say Yes!**

Advocacy  
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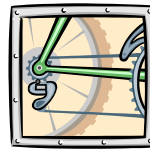
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Sergeant at Arms  
**Mike Struglinski**  
708-246-2089

Assistant Ride Captain  
**Nancy Rice**  
630-717-9923  
riceken@netzero.net



## New Links in the Chain Joining the EBC

**JEFFREY FRIEDMAN**  
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**WILLIAM & COLLEEN ORTEGA**  
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**GUILLERMO RUIZ**  
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**DAVID SISSON & AMANDA MUSACCHIO**  
GLEN ELLYN  
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**DEBBIE TAYLOR & JOHN VANA**  
WOOD DALE

**PAMELA TOPPER**  
ELMHURST

...and welcome back long-time member

**HENRY KARPLUS**

*Cue Sheet* welcomes articles, comments, notices, action photos and want ads. Remember to keep it interesting, timely, and pithy. Proof-reading or at least a pass through the spelling checker is a must!



Please keep fancy formatting to a minimum, as items will have to be reformatted for publication. The editor retains the right to reduce or revise copy, as well as to decide when and if it is printed. It is your input that makes *Cue Sheet* the best bike club newsletter anywhere!

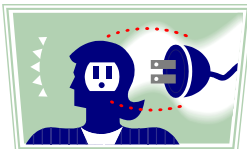
The submission deadline for each issue is Sunday evening following the monthly club meeting. Send items to:

**Lew Worthem**, Newsletter Editor  
Phone: 630-834-5281 or 630-835-7270,  
Email: **EBCNews\_at\_worthemdotcom**

## Staying Connected

Please inform us of any additions or changes to your address, phone number, or email address. It's our way of updating the EBC Directory on an ongoing basis. Send changes to:

**Mary Moroney**, Database Manager  
P.O. Box 902, Elmhurst, IL 60126  
Or email: **cycling33\_at\_comcastdotnet**



## EBC Hotline—630-415-BIKE

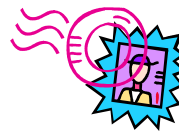
Call for ride updates, membership, and general information. To announce a late addition to the ride schedule, call **Nancy Rice**, 630-717-9923, or e-mail **Nancy** at **riceken\_at\_netzerodotnet**.

EBC Website **www.elmhurstbicycling.org**



Cue Sheet — August 2006 2

## Newsletter Collating Party



Friday, July 28, 7:00 P.M., at the home of  
**Judy and Charlie Mikesell** in Villa Park.  
Call Judy at 630-833-1036 for details.

## By the Numbers



### Membership as of 7/15

| Type       | Memberships | Members |
|------------|-------------|---------|
| Family     | 69          | 163     |
| Individual | 166         | 166     |
| Total      | 235         | 329     |

### Ridership as of 7/23

| Year | Miles  | Events |
|------|--------|--------|
| 2006 | 89,143 | 394    |
| 2005 | 83,453 | 389    |

# August 2006

## ELMHURST BICYCLE CLUB CALENDAR

Compiled by Steve Josephs, VP and Ride Captain  
Ride Scheduling Guidelines

The deadline for submissions to next month's Ride Schedule is Sunday evening following the monthly meeting. Use the electronic ride submission form on the club website, call Ride Captain **Steve Josephs, 630-655-8710**, email Steve at **stevejosephs\_at\_yahoodotcom**, or see Steve at the monthly meeting.

You can submit a late ride addition by emailing or calling **Nancy Rice, riceken\_at\_netzerodotnet, 630-717-9923**. Late ride additions are posted to the listserver and listed on the website and the **HOTLINE, 630-415-BIKE**. To be considered for club mileage, late ride additions must be listed for a minimum of 3 days.

***You must not cancel or alter a scheduled ride solely by means of the list server unless there are very extenuating circumstances. If you cannot attend a ride that you have scheduled, then you must arrange for a substitute ride leader. Of course, sometimes this will not be possible, but do your best to be considerate to your fellow members.***

**Attention ride leaders!** Please use miles per hour to describe the pace of a ride. Please discontinue listing a ride at a "medium," "moderate," etc., pace. Use the following as a guide if you are used to using "slow, medium, fast, etc." to describe the ride pace:

|                  |                    |
|------------------|--------------------|
| 8-10 = very slow | 14-16 = medium     |
| 10-12 = slow     | 16-18 = fast       |
| 12-14 = moderate | 18-20+ = very fast |

APPROVED SNELL or ANSI HELMET IS RECOMMENDED ON ALL RIDES. USE OF HEADPHONES IS PROHIBITED BY THE ILLINOIS VEHICLE CODE, AND THEREFORE IS NOT ALLOWED ON ELMHURST BICYCLE CLUB RIDES.  
CALL THE EBC RIDE HOTLINE 630-415-BIKE FOR UPDATES.

### **Disclaimer—Elmhurst Bicycle Club Release and Liability Waiver**

For liability protection and insurance purposes, it is the policy of the Elmhurst Bicycle Club ("EBC") to require all of its members to sign the Release and Liability Waiver which is a part of the EBC Membership Application. Guests of the EBC (which term includes all non-members of EBC) who wish to participate in any EBC bicycle ride **must** sign the equivalent release and liability waiver contained on the EBC Ride Sheet before the ride starts. Any guest refusing to sign the release and liability waiver may **not** participate in the ride. Should the ride continue, however, with the participation of the non-signing guest, the ride will no longer be considered to be an EBC sponsored or sanctioned ride.

| Date                | Time    | Distance  | Start                                    | Ride Leader  | Ride Description   |
|---------------------|---------|---|--|--|--|
| Tues.,<br>August 1  |         | 5-8 miles daily of hiking                             | Rocky Mountain National Park, Colorado   | Kären Schwartz<br>630-963-6250                         | <b>Hike Colorado</b><br>August 1-5. Hiking in Rocky Mt National Park with hikes of varying lengths and some bike recovery rides of short duration. The particulars will vary each day, but hikes will average from 5-8 miles and will be of moderate to hard effort. Contact Kären for more details.   |
| Tues.,<br>August 1  | 8:30 AM | 20 miles<br>8-10 mph                                  | Gazebo<br>Glen Ellyn                     | Elaine Dow<br>630-293-1984                             | <b>Ball Seed Gardens, West Chicago</b><br>The gardens are ready... All new!! Join Elaine for a ride out to West Chicago and a tour of the Ball Seed Gardens. Bring snacks.   |
| Tues.,<br>August 1  | 5:30 PM | 30 miles<br>14-16 mph                                 | Panera Bread<br>Elmhurst                 | Larry Gitchell<br>708-409-0105 (H)<br>708-421-0120 (C) | <b>Tuesday Night Ride</b><br>All TuNRs will be 14-16 pace, 30ish miles. Have lights and bright clothing. Touring or hybrid preferred, road bike will work. These will be semi-nocturnal explorations of Eastern DuPage and Western Cook counties, similar to the MoNR. Paths and sneaks may be included. Rain or serious threat of bad weather one hour before cancels the ride. |
| Wed.,<br>August 2   | 9:00 AM | 52 miles<br>17-19 mph                                 | Sunset Knoll Park<br>Lombard             | Isaac R. Samayoa<br>630-627-3852                       | <b>From Lombard to St. Charles</b><br>Ride to St. Charles via Wayne at a sustained pace 17-19 mph. Stop for a sandwich in St. Charles. Back before 1:00 PM. Cue sheets will be available.  |
| Wed.,<br>August 2   | 9:00 AM | Approx. 45 miles<br>13-15 on roads<br>11-13 on trails | IMAX<br>Woodridge                        | George Hermach<br>630-717-1660<br>(630-886-1151 cell)  | <b>Le Tour de Forest Preserve</b><br>We'll ride a loop through eight forest preserves. Approximately 2/3 pavement, 1/3 limestone trails; touring bike OK. Bring lunch and drink for a picnic in one of the forest preserves. Ride cancelled if rainy.  |
| Wed.,<br>August 2   | 6:30 PM | Distance TBD<br>11-13 mph                             | Parking lot<br>Maple and Park<br>Lombard | Determined by riders<br>who show                       | <b>Wednesday Night Intermediate Pace Show n Go</b><br>The riders who show will decide ride leader, distance and pace. Lights are needed.   |
| Wed.,<br>August 2   | 6:30 PM | Distance TBD<br>16+ mph                               | Gazebo<br>Glen Ellyn                     | Determined by riders<br>who show                       | <b>Wednesday Night Fast Pace Show n Go</b><br>The riders who show will decide ride leader, distance and pace. Lights are needed.   |
| Thurs.,<br>August 3 | 6:00 PM | 25-35 miles<br>16-18+ mph                             | Depot<br>Elmhurst                        | Tom Mara<br>630-833-5739                               | <b>Thursday Night Fast Ride</b><br>This fast ride will be on longer stretches of roads. Be ready to leave at 6pm with your safe and maintained equipment. This is a fun ride. One short stop. Speed 16-18+ or to the speed of the group. Call Tom with questions.  |

The time of the event shown in the calendar is the actual departure time. Please allow time for bicycle assembly and inspection, filling of water bottles, inflating tires, etc.. prior to departure. The advertised pace will be at the discretion of the ride leader to allow for resistance to the wind and terrain. The pace is considered to be the maximum speed attained on a level road without appreciable head wind or tailwind. Please select the ride that best fits your ability. Know for yourself whether you are comfortable to sustain the pace and finish the advertised distance.

| Date               | Time     | Distance                              | Start  | Ride Leader  | Ride Description   |
|--------------------|----------|---------------------------------------|--|--|--|
| Fri.,<br>August 4  | 9:00 AM  | 42 miles<br>14-16 mph                 | Sunset Knoll Park<br>Lombard   | Isaac R. Samayoa<br>630-627-3852                       | <b>From Lombard to Wayne</b><br>We'll ride to Wayne on an easy, comfortable 14-16 mph pace. We'll stop for a snack at Country Store and be back by noon. Cue sheets will be available.   |
| Sat.,<br>August 5  |          | 25-40 miles daily<br>at your own pace | Frisco<br>Colorado   | Karen Schwartz<br>630-963-6250                         | <b>Bike Colorado</b><br>August 5-9. Day rides on paths and then mountain passes averaging about 25-40 miles. Speeds vary depending on gradients. Contact Karen for more details.   |
| Sat.,<br>August 5  | 7:30 AM  | 25-40 miles<br>12-14 mph              | Plainfield H.S.<br>Plainfield, IL  | Janet K<br>630-964-5126                                | <b>Plainfield Ride with Janet K.</b><br>Join Janet K. for a ride on the quiet country roads outside of Plainfield IL.  |
| Sat.,<br>August 5  | 8:00 AM  | 75 miles<br>15 mph                    | Depot<br>Elmhurst  | Petra Hoffman<br>630-290-5173                          | <b>Pullman-Burnham Greenway Ride</b><br>Tired of Cornfields and steep hills and too much country aire? Ride on Chicago's Boulevards through parks and several historic Chicago neighborhoods, to the famous Pullman District; thence, ride the Burnham Greenway and step foot in Indiana. Several stops, time permitting at Remova Grill and Filbert's Old Time Root Beer. |
| Sat.,<br>August 5  | 9:00 AM  | Determined by<br>riders who show      | Depot<br>Elmhurst  | Determined by<br>riders who show                       | <b>Weekly Show and Go</b><br>The riders will determine the ride leader, distance and pace  |
| Sat.,<br>August 5  | 9:00 AM  | 63 miles<br>18-20 mph                 | Leroy Oakes<br>Forest Preserve<br>St. Charles, IL                        | Ray Dal Lago<br>630-543-4655                           | <b>De Ride to DeKalb</b><br>Join Ray on his fifth annual ride to the home of barbed wire, DeKalb, IL. A quick lunch/nourishment stop in DeKalb. No rest stops between St. Charles and DeKalb, just lots of rural roads. After the ride Ray will have a cold, juicy treat.  |
| Sun.,<br>August 6  | 7:30 AM  | 20-25 miles<br>10-12 mph              | Panera Bread<br>Elmhurst   | Walter Chlipala<br>630-832-9390                        | <b>Sunday Morning Ride</b><br>Ride along with Walt for two and one half to three hours.<br>We usually do not ride in rain.   |
| Sun.,<br>August 6  | 7:30 AM  | 25-35 miles<br>11-15 mph              | Panera Bread<br>Elmhurst   | Petra Hoffman<br>630-290-5173                          | <b>Sundays w/Petra</b><br>Sunday Morning Ride. Finished by 11 am (Most of the time).   |
| Sun.,<br>August 6  | 7:30 AM  | 25-35 miles<br>16-18+ mph             | Panera Bread<br>Elmhurst   | Tom Mara<br>630-833-5739                               | <b>Beat the Heat Sunday Fast Ride</b><br>16-18+ fast steady ready ride with team work inspiration. Be ready to leave with your safe and maintained equipment. This is a fun ride.<br>One short stop. Call Tom with any questions.  |
| Sun.,<br>August 6  | 8:30 AM  | 32-36 miles<br>16-18 mph              | Panera Bread<br>Elmhurst   | Dave Polkow<br>630-832-8131                            | <b>Sunday Morning Fast Ride</b><br>A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.   |
| Sun.,<br>August 6  | 8:30 AM  | 35-39 miles<br>18-20 mph              | Panera Bread<br>Elmhurst   | Ray Dal Lago<br>630-543-4655                           | <b>Sunday Morning Very Fast Ride</b><br>A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.  |
| Sun.,<br>August 6  | 10:00 AM | 15 miles<br>10-12 mph                 | Burlington Ave (at<br>Chase Ave - in<br>front of #2300)<br>Downers Grove | Susan Kilgore<br>630-515-1865                          | <b>4 by 15 Ride</b><br>This will be a ride through quiet neighborhoods in Downers Grove, Woodridge and Lisle. Four rides - four different routes during August. Hope others that have been meaning to get back on the bike will join me.   |
| Sun.,<br>August 6  | Noon     | Determined by<br>riders who show      | Gazebo<br>Glen Ellyn   | Determined by<br>riders who show                       | <b>Weekly Show and Go</b><br>The riders who show will decide ride leader, distance and pace.   |
| Mon.,<br>August 7  | 6:30 PM  | 25-30 miles<br>13-15 mph              | Meacham Grove<br>Forest Preserve<br>Bloomingtondale                      | Larry Gitchell<br>708-409-0105 (H)<br>708-421-0120 (C) | <b>Monday Night Ride</b><br>The Monday Night Ride goes West for the Summer! From July 3 to August 7 we'll be riding from Meacham Grove Forest Preserve in Bloomingtondale. Rides will be on pavement. Lights recommended. "N. Circle Ave at Spring Valley Dr.  |
| Tues.,<br>August 8 | 9:00 AM  | 15-20 miles<br>9-11 mph               | Depot<br>Villa Park  | Walter Chlipala<br>630-832-9390                        | <b>New Adventure Ride</b><br>New Adventure ride with a rest/coffee stop. Cancel if rain.   |
| Tues.,<br>August 8 | 5:30 PM  | 30 miles<br>14-16 mph                 | Panera Bread<br>Elmhurst   | Jeff Wincentsen<br>630-832-3338                        | <b>Tuesday Night Ride</b><br>See Aug.1 ride for description.   |
| Wed.,<br>August 9  | 8:30 AM  | 63 miles<br>10-12 mph                 | McCullum Park<br>Downers Grove   | Ted Sward<br>708-354-5782                              | <b>The Way West (Oswego)</b><br>Join Ted for a ride on bike friendly roads and lunch at the River View Diner in Montgomery. This is a great chance to complete your 62 miles for your patch.   |
| Wed.,<br>August 9  | 9:00 AM  | 52 miles<br>17-19 mph                 | Sunset Knoll Park<br>Lombard   | Isaac R. Samayoa<br>630-627-3852                       | <b>From Lombard to St. Charles</b><br>Ride to St. Charles via Wayne at a sustained pace 17-19 mph. We'll stop for a sandwich in St. Charles. Be back before 1:00 PM. Cue sheets will be available.   |
| Wed.,<br>August 9  | 6:30 PM  | Distance TBD<br>11-13 mph             | Parking lot<br>Maple and Park<br>Lombard                                 | Determined by<br>riders who show                       | <b>Wednesday Night Intermediate Pace Show n Go</b><br>The riders who show will decide ride leader, distance and pace.<br>Lights are needed.  |
| Wed.,<br>August 9  | 6:30 PM  | Distance TBD<br>16+ mph               | Gazebo<br>Glen Ellyn   | Determined by<br>riders who show                       | <b>Wednesday Night Fast Pace Show n Go</b><br>The riders who show will decide ride leader, distance and pace.<br>Lights are needed.  |

| Date                 | Time     | Distance                              | Start  | Ride Leader  | Ride Description  |
|----------------------|----------|---------------------------------------|--|--|---|
| Thurs.,<br>August 10 |          | 25-50 miles daily<br>at your own pace | Ouray<br>Colorado  | Kären Schwartz<br>630-963-6250                         | <b>Bike Colorado</b><br>August 10-11. 1 to 3 mountain passes daily averaging from 20-50 miles. Speeds vary depending on gradients. Contact Kären for more details.  |
| Thurs.,<br>August 10 | 7:15 PM  |                                       | Community Bank<br>Elmhurst   | Ray Dal Lago<br>630-543-4655                           | <b>Monthly Club Meeting</b><br>Board meeting at 6:15 precedes club meeting.   |
| Fri.,<br>August 11   | 9:00 AM  | 42 miles<br>14-16 mph                 | Sunset Knoll Park<br>Lombard   | Isaac R. Samayoa<br>630-627-3852                       | <b>From Lombard to Wayne</b><br>We'll ride to Wayne on an easy, comfortable 14-16 mph pace. We'll stop for a snack at Country Store and be back by noon. Cue sheets will be available.  |
| Sat.,<br>August 12   |          | 30-40 miles daily<br>at your own pace | Mancos<br>Colorado   | Kären Schwartz<br>630-963-6250                         | <b>Bike Colorado</b><br>August 12-15. Road rides of 30-40 miles around Mancos. Contact Kären for more details.  |
| Sat.,<br>August 12   | 8:00 AM  | 56 miles<br>12-15 mph                 | Depot<br>Elmhurst  | Petra Hoffman<br>630-290-5173                          | <b>Long Grove Brunch Ride</b><br>Ride to Long Grove thru Busse Woods, stop for food, ice cream, snacks, or whatever and return. 56 easy miles with Apple Fritters in the middle! Plan on being back no later than 1:30 pm. As usual rain cancels, call with questions. See <a href="http://www.favoriterun.com/43229">http://www.favoriterun.com/43229</a> for route. |
| Sat.,<br>August 12   | 9:00 AM  | Determined by<br>riders who show      | Depot<br>Elmhurst  | Determined by riders<br>who show                       | <b>Weekly Show and Go</b><br>The riders will determine the ride leader, distance and pace   |
| Sun.,<br>August 13   | 7:30 AM  | 20-25 miles<br>10-12 mph              | Panera Bread<br>Elmhurst   | Walter Chlipala<br>630-832-9390                        | <b>Sunday Morning Ride</b><br>Ride along with Walt for two and one half to three hours. We usually do not ride in rain.   |
| Sun.,<br>August 13   | 7:30 AM  | 25-35 miles<br>11-15 mph              | Panera Bread<br>Elmhurst   | Petra Hoffman<br>630-290-5173                          | <b>Sundays w/Petra</b><br>Sunday Morning Ride. Finished by 11 am (Most of the time).  |
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| Sun.,<br>August 13   | 8:30 AM  | 32-36 miles<br>16-18 mph              | Panera Bread<br>Elmhurst   | Dave Polkow<br>630-832-8131                            | <b>Sunday Morning Fast Ride</b><br>A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.  |
| Sun.,<br>August 13   | 8:30 AM  | 35-39 miles<br>18-20 mph              | Panera Bread<br>Elmhurst   | Steve Josephs<br>630-235-9841                          | <b>Sunday Morning Faster Ride</b><br>A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.  |
| Sun.,<br>August 13   | 10:00 AM | 15 miles<br>10-12 mph                 | Burlington Ave (at<br>Chase Ave - in<br>front of #2300)<br>Downers Grove | Susan Kilgore<br>630-515-1865                          | <b>4 by 15 Ride</b><br>This will be a ride through quiet neighborhoods in Downers Grove, Woodridge and Lisle. Four rides - four different routes during August. Hope others that have been meaning to get back on the bike will join me.  |
| Sun.,<br>August 13   | Noon     | Determined by<br>riders who show      | Gazebo<br>Glen Ellyn   | Determined by riders<br>who show                       | <b>Weekly Show and Go</b><br>The riders who show will decide ride leader, distance and pace.  |
| Mon.,<br>August 14   | 6:00 PM  | 20-25 miles<br>13-15 mph              | Depot<br>Elmhurst  | Larry Gitchell<br>708-409-0105 (H)<br>708-421-0120 (C) | <b>"Regroup in Elmhurst" MNR</b><br>The Monday Night Ride returns to Elmhurst! Routes will be on pavement unless otherwise specified in the schedule. Headlight and taillight strongly  |
| Tues.,<br>August 15  |          | TBD                                   | Santa Fe<br>New Mexico   | Kären Schwartz<br>630-963-6250                         | <b>Santa Fe Exploration</b><br>August 15-17. Santa Fe NM road rides scouting area for future outings. Contact Karen for more details.   |
| Tues.,<br>August 15  | 9:00 AM  | 20 miles<br>slow pace                 | Gazebo<br>Glen Ellyn   | Elaine Dow<br>630-293-1984                             | <b>9th Anniversary of Rt.66 Ride</b><br>Join Elaine for a ride to the Elmhurst Museum for Route. 66 exhibit.  |
| Tues.,<br>August 15  | 5:30 PM  | 30 miles<br>14-16 mph                 | Panera Bread<br>Elmhurst   | Jeff Wincentsen<br>630-832-3338                        | <b>Tuesday Night Ride</b><br>See Aug. 1 ride for description.   |
| Wed.,<br>August 16   | 9:00 AM  | 52 miles<br>17-19 mph                 | Sunset Knoll Park<br>Lombard   | Isaac R. Samayoa<br>630-627-3852                       | <b>From Lombard to St. Charles</b><br>We'll ride to St. Charles via Wayne at a sustained pace 17-19 mph. We'll stop for a sandwich in St. Charles. Back before 1:00 PM. Cue sheets available.   |
| Wed.,<br>August 16   | 9:30 AM  | 53 miles<br>10-12 mph                 | Leroy Oakes For-<br>est Preserve<br>St. Charles, IL                      | Ted Sward<br>708-354-5782                              | <b>Kilgore's Kane Kounty Kapers</b><br>Ride the country roads with Ted. Lunch in Sycamore. Great opportunity to complete your 52 miles for your patch.  |
| Wed.,<br>August 16   | 6:30 PM  | Distance TBD<br>11-13 mph             | Parking lot<br>Maple and Park<br>Lombard                                 | Determined by riders<br>who show                       | <b>Wednesday Night Intermediate Pace Show n Go</b><br>The riders who show will decide ride leader, distance and pace. Lights are needed.  |
| Wed.,<br>August 16   | 6:30 PM  | Distance TBD<br>16+ mph               | Gazebo<br>Glen Ellyn   | Determined by riders<br>who show                       | <b>Wednesday Night Fast Pace Show n Go</b><br>The riders who show will decide ride leader, distance and pace. Lights are needed.  |
| Thurs.,<br>August 17 | 6:00 PM  | 25-35 miles<br>16-18+ mph             | Depot<br>Elmhurst  | Tom Mara<br>630-833-5739                               | <b>Thursday Night Fast Ride</b><br>See Aug. 3 ride for description.   |



| Date                 | Time     | Distance                         | Start  | Ride Leader  | Ride Description   |
|----------------------|----------|----------------------------------|--|--|--|
| Fri.,<br>August 18   | 9:00 AM  | 42 miles<br>14-16 mph            | Sunset Knoll Park<br>Lombard   | Isaac R. Samayoa<br>630-627-3852                       | <b>From Lombard to Wayne</b><br>We'll ride to Wayne on an easy, comfortable 14-16 mph pace. We'll stop for a snack at Country Store and be back by noon. Cue sheets will be available.   |
| Sat.,<br>August 19   | 9:00 AM  | 35 Miles<br>12-14 mph            | Depot<br>Elmhurst  | Lew Worthem<br>630-835-7270                            | <b>Little Village</b><br>Back by popular demand! We'll ride to this lively and colorful neighborhood on Chicago's southwest side, then walk through the shopping district and take in the local Hispanic culture. City streets, some busy. Bring snacks or buy en route. |
| Sat.,<br>August 19   | 9:00 AM  | Determined by<br>riders who show | Depot<br>Elmhurst  | Determined by<br>riders who show                       | <b>Weekly Show and Go</b><br>The riders will determine the ride leader, distance and pace  |
| Sun.,<br>August 20   | 7:30 AM  | 20-25 miles<br>10-12 mph         | Panera Bread<br>Elmhurst   | Walter Chlipala<br>630-832-9390                        | <b>Sunday Morning Ride</b><br>Ride along with Walt for two and one half to three hours.<br>We usually do not ride in rain.   |
| Sun.,<br>August 20   | 7:30 AM  | 25-35 miles<br>11-15 mph         | Panera Bread<br>Elmhurst   | Petra Hoffman<br>630-290-5173                          | <b>Sundays w/Petra</b><br>Sunday Morning Ride. Finished by 11 am (Most of the time).   |
| Sun.,<br>August 20   | 7:30 AM  | 25-35 miles<br>16-18+ mph        | Panera Bread<br>Elmhurst   | Tom Mara<br>630-833-5739                               | <b>Beat the Heat Sunday Fast Ride</b><br>16-18+ fast steady ride with team work inspiration. Be ready to leave with you safe and maintained equipment. This is a fun ride.<br>One short stop. Call Tom with any questions.   |
| Sun.,<br>August 20   | 8:30 AM  | 32-36 miles<br>16-18 mph         | Panera Bread<br>Elmhurst   | Dave Polkow<br>630-832-8131                            | <b>Sunday Morning Fast Ride</b><br>A brisk paced road ride with one short stop. Ride includes optional sprints.<br>Bring enough food/drink to refuel.  |
| Sun.,<br>August 20   | 10:00 AM | 15 miles<br>10-12 mph            | Burlington Ave (at<br>Chase Ave - in front<br>of #2300) Downers<br>Grove | Susan Kilgore<br>630-515-1865                          | <b>4 by 15 Ride</b><br>This will be a ride through quiet neighborhoods in Downers Grove, Woodridge and Lisle. Four rides - four different routes during August. Hope others that have been meaning to get back on the bike will join me.                                 |
| Sun.,<br>August 20   | Noon     | Determined by<br>riders who show | Gazebo<br>Glen Ellyn   | Determined by<br>riders who show                       | <b>Weekly Show and Go</b><br>The riders who show will decide ride leader, distance and pace.   |
| Sun.,<br>August 20   | Noon     | 30 miles<br>12-14 mph            | Gazebo<br>Glen Ellyn   | Lew Worthem<br>630-835-7270                            | <b>USPRO National Criterium Championships</b><br>Ride to downtown Downers Grove to take in the hoopla and watch this spectacular race (starts at 3:10). Cue sheets provided for those who don't want to stay for the entire race. Bring a lock.                          |
| Mon.,<br>August 21   | 6:00 PM  | 20-25 miles<br>13-15 mph         | Depot<br>Elmhurst  | Larry Gitchell<br>708-409-0105 (H)<br>708-421-0120 (C) | <b>"Yukon" Go Anywhere MNR</b><br>Ride North - or South - or perhaps somewhere completely different!<br>Ride will be on pavement - quality of pavement not guaranteed!<br>Headlight and taillight strongly recommended.  |
| Tues.,<br>August 22  | 9:00 AM  | 15-20 miles<br>9-11 mph          | Depot<br>Villa Park  | Walter Chlipala<br>630-832-9390                        | <b>New Adventure Ride</b><br>New Adventure ride with a rest/coffee stop. Ride cancelled if rain.   |
| Tues.,<br>August 22  | 9:00 AM  | 35 miles<br>14-16 mph            | IMAX<br>Woodridge  | Bill Schwartz<br>630-963-6250                          | <b>IMAX Ride</b><br>Naperville ride through residential streets to Fat Bean Coffee Shop and back.  |
| Tues.,<br>August 22  | 5:30 PM  | 30 miles<br>14-16 mph            | Panera Bread<br>Elmhurst   | Jeff Wincentsen<br>630-832-3338                        | <b>Tuesday Night Ride</b><br>See Aug. 1 ride for description   |
| Wed.,<br>August 23   | 9:00 AM  | 52 miles<br>17-19 mph            | Sunset Knoll Park<br>Lombard   | Isaac R. Samayoa<br>630-627-3852                       | <b>From Lombard to St. Charles</b><br>Ride to St. Charles via Wayne at a sustained pace 17-19 mph. We'll stop for a sandwich in St. Charles. Be back before 1:00 PM. Cue sheets will be available.   |
| Wed.,<br>August 23   | 6:30 PM  | Distance TBD<br>11-13 mph        | Parking lot<br>Maple and Park<br>Lombard                                 | Determined by<br>riders who show                       | <b>Wednesday Night Intermediate Pace Show n Go</b><br>The riders who show will decide ride leader, distance and pace.<br>Lights are needed.  |
| Wed.,<br>August 23   | 6:30 PM  | Distance TBD<br>16+ mph          | Gazebo<br>Glen Ellyn   | Determined by<br>riders who show                       | <b>Wednesday Night Fast Pace Show n Go</b><br>The riders who show will decide ride leader, distance and pace.<br>Lights are needed.  |
| Thurs.,<br>August 24 | 9:00 AM  | 50 miles<br>17-19 mph            | Soccer field<br>parking lot<br>Peck+Campton<br>Hills Rd.<br>St. Charles  | Bill Schwartz<br>630-963-6250                          | <b>Sycamore</b><br>Fast paced hill training ride to Sycamore and back with stop in Sycamore for food and then return via Maple Park  |
| Thurs.,<br>August 24 | 6:00 PM  | 25-35 miles<br>16-18+ mph        | Depot<br>Elmhurst  | Tom Mara<br>630-833-5739                               | <b>Thursday Night Fast Ride</b><br>See Aug. 3 ride for description   |
| Fri.,<br>August 25   | 9:00 AM  | 42 miles<br>14-16 mph            | Sunset Knoll Park<br>Lombard   | Isaac R. Samayoa<br>630-627-3852                       | <b>From Lombard to Wayne</b><br>Ride to Wayne on an easy, comfortable 14-16 mph pace. We'll stop for a snack at Country Store and be back by noon. Cue sheets will be available.   |
| Fri.,<br>August 25   | 7:00 PM  |                                  | Mikesell's House<br>Villa Park   | Judy Mikesell<br>630-833-1036                          | <b>Newsletter Collating Party</b><br>Join fellow members in preparing next month's newsletter for mailing. Takes about 45 minutes. Call Judy for directions.   |
| Sat.,<br>August 26   | 9:00 AM  | Determined by<br>riders who show | Depot<br>Elmhurst  | Determined by<br>riders who show                       | <b>Weekly Show and Go</b><br>The riders will determine the ride leader, distance and pace  |

| Date                 | Time     | Distance   | Start   | Ride Leader  | Ride Description   |
|----------------------|----------|--|---|--|--|
| Sat.,<br>August 26   | 7:00 AM  | 75 miles<br>12-15 mph                              | Depot<br>Elmhurst   | Petra Hoffman<br>630-290-5173                                    | <b>Old Rt 66: Chicago to Midewin Tallgrass Prairie</b><br>Ride to the Midewin Tallgrass Prairie 10th Anniversary and return Sunday. To make the return trip shorter, we'll bypass Chicago and return to Elmhurst from around La-Grange. There are several events planned at Midewin that weekend and especially Saturday afternoon; therefore we plan for the ride to arrive by the early afternoon. See <a href="http://www.fs.fed.us/mntp/">http://www.fs.fed.us/mntp/</a> . There will be an evening bike tour of the Midewin Tallgrass Prairie at 6 pm. Bring a light. For outbound riders who don't want to bike into Chicago, call Petra about rendezvousing in LaGrange. Riders can either camp nearby in Wilmington or overnight in a motel. Petra will be staying in a motel in Joliet. |
| Sat.,<br>August 26   | 9:30 AM  | 20 miles<br>10-12 mph (or<br>set your own<br>pace) | 2nd Forest Pre-<br>serve lot, west side<br>of Harms Rd.,<br>north of Golf Rd. | Judy Mikesell<br>630-833-1036<br>(630.290.2675 -<br>day of ride) | <b>North Branch Trail Path Ride</b><br>Paved path ride 10 miles to the Chicago Botanic Gardens. We will enjoy the gardens and have lunch before returning. Bring picnic or \$. There is an option to do additional 20 miles going south of parking lot. Harms Road is just west of I-94.   |
| Sun.,<br>August 27   | 7:00 AM  | 50 miles<br>12-15 mph                              | Joliet, IL  | Petra Hoffman<br>630-290-5173                                    | <b>Old Rt 66: Midewin Tallgrass Prairie to Chicago</b><br>Return ride from Saturday out bound. Ride will commence after breakfast.   |
| Sun.,<br>August 27   | 7:30 AM  | 20-25 miles<br>10-12 mph                           | Panera Bread<br>Elmhurst  | Walter Chlipala<br>630-832-9390                                  | <b>Sunday Morning Ride</b><br>Ride along with Walt for two and one half to three hours.<br>We usually do not ride in rain.   |
| Sun.,<br>August 27   | 7:30 AM  | 25-35 miles<br>11-15 mph                           | Panera Bread<br>Elmhurst  | Determined by<br>riders who show                                 | <b>Sunday Without Petra</b><br>Sunday Morning Ride. Finished by 11 am (Most of the time).<br>With Petra out of town, this is a show 'n go with a substitute leader.  |
| Sun.,<br>August 27   | 7:30 AM  | 25-35 miles<br>16-18+ mph                          | Panera Bread<br>Elmhurst  | Tom Mara<br>630-833-5739   | <b>Beat the Heat Sunday Fast Ride</b><br>16-18+ fast steady ready ride with team work inspiration.<br>Be ready to leave with your safe and maintained equipment.<br>This is a fun ride. One short stop. Call Tom with any questions.   |
| Sun.,<br>August 27   | 8:30 AM  | 32-36 miles<br>16-18 mph                           | Panera Bread<br>Elmhurst  | Dave Polkow<br>630-832-8131                                      | <b>Sunday Morning Fast Ride</b><br>A brisk paced road ride with one short stop. Ride includes optional sprints.<br>Bring enough food/drink to refuel.  |
| Sun.,<br>August 27   | 10:00 AM | 15 miles<br>10-12 mph                              | Burlington Ave (at<br>Chase Ave - in<br>front of #2300)<br>Downers Grove      | Susan Kilgore<br>630-515-1865                                    | <b>4 by 15 Ride</b><br>This will be a ride through quiet neighborhoods in Downers Grove,<br>Woodridge and Lisle. Four rides - four different routes during August.<br>Hope others that have been meaning to get back on the bike will join me.   |
| Sun.,<br>August 27   | Noon     | Determined by<br>riders who show                   | Gazebo<br>Glen Ellyn  | Determined by<br>riders who show                                 | <b>Weekly Show and Go</b><br>The riders who show will decide ride leader, distance and pace.   |
| Mon.,<br>August 28   | 6:00 PM  | 20-25 miles<br>13-15 mph                           | Depot<br>Elmhurst   | Larry Gitchell<br>708-409-0105 (H)<br>708-421-0120 (C)           | <b>Salt Creek Greenway Revisited MNR</b><br>How's that trail coming? We'll ride out and check on the progress of building the Salt Creek Greenway Trail. Road ride - headlight and taillight required.   |
| Tues.,<br>August 29  | 9:00 AM  | 35 miles<br>14-16 mph                              | IMAX<br>Woodridge   | Bill Schwartz<br>630-963-6250                                    | <b>IMAX Ride</b><br>Naperville ride through residential streets to Fat Bean Coffee Shop and back.  |
| Wed.,<br>August 30   | 9:00 AM  | 54 miles<br>13-15 mph                              | Channahon State<br>Park   | Joanne Dybala<br>630-493-1514                                    | <b>Ride to Seneca</b><br>Ride to Morris and on to Seneca. All road ride in the country.<br>Food stop (buy something or bring your own.) No ride if raining.  |
| Tues.,<br>August 29  | 5:30 PM  | 30 miles<br>14-16 mph                              | Panera Bread<br>Elmhurst  | Jeff Wincentsen<br>630-832-3338                                  | <b>Thursday Night Fast Ride</b><br>See Aug. 1 ride for description   |
| Wed.,<br>August 30   | 9:00 AM  | 52 miles<br>17-19 mph                              | Sunset Knoll Park<br>Lombard  | Isaac R. Samayoa<br>630-627-3852                                 | <b>From Lombard to St. Charles</b><br>We will ride to St. Charles via Wayne at a sustained pace 17-19 mph. We'll stop for a sandwich in St. Charles. Be back before 1:00 PM. Cue sheets will be available.   |
| Wed.,<br>August 30   | 6:30 PM  | Distance TBD<br>11-13 mph                          | Parking lot<br>Maple and Park<br>Lombard                                      | Determined by<br>riders who show                                 | <b>Wednesday Night Intermediate Pace Show n Go</b><br>The riders who show will decide ride leader, distance and pace.<br>Lights are needed.  |
| Wed.,<br>August 30   | 6:30 PM  | Distance TBD<br>16+ mph                            | Gazebo<br>Glen Ellyn  | Determined by<br>riders who show                                 | <b>Wednesday Night Fast Pace Show n Go</b><br>The riders who show will decide ride leader, distance and pace.<br>Lights are needed.  |
| Thurs.,<br>August 31 | 9:00 AM  | 50 miles<br>17-19 mph                              | Soccer field<br>same as Aug. 24<br>St. Charles                                | Bill Schwartz<br>630-963-6250                                    | <b>Sycamore</b><br>Fast paced hill training ride to Sycamore and back<br>with stop in Sycamore for food and then return via Maple Park   |
| Thurs.,<br>August 31 | 6:00 PM  | 25-35 miles<br>16-18+ mph                          | Depot<br>Elmhurst   | Tom Mara<br>630-833-5739   | <b>Thursday Night Fast Ride</b><br>See Aug. 3 ride for description   |



Paul Punchum (left) and John Park discover that Lombard is going to the dogs. Photos courtesy Paul Punchum.

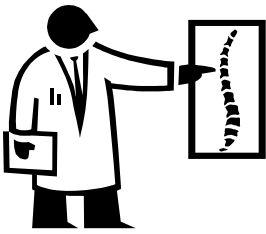


## 2006 Upcoming Events

Watch for more upcoming events at  
[http://elmhurstbicycling.org/r\\_events.asp](http://elmhurstbicycling.org/r_events.asp)

| Dates         | Event                            | Contact                      |
|---------------|----------------------------------|------------------------------|
| Sept.<br>6-13 | Minnesota<br>Self-Contained Tour | Gerry Fekete<br>708-352-0913 |

## AUGUST MEETING



Dr. Paul Mikulski, Doctor of Chiropractic and Certified Clinical Nutritionist with a Bachelor of Science in Kinesiology (movements) is an expert in structural and functioning mechanics. He will discuss complete medicine involving all of the healing arts and basic athletic habits. He will

discuss a myriad of applied health measurements and correct food usage. There will be a demonstration, and many other health related issues will be discussed. This doctor is donating his time. Let's support him in huge numbers! Don't miss this one.

**Thursday, August 11, 2006, 7:15 P.M.**

**Community Bank of Elmhurst**  
330 W. Butterfield Road, Elmhurst  
(at the intersection of Spring Road  
& Butterfield Rd.)

## A Visit to the Waterford Bike Factory

We had a great time up in Waterford! On July 15, ten Elmhurst members joined about 100 people from other clubs for the factory tour and ride in the Wisconsin countryside.

It was interesting to see how these beautiful Waterford and Gunnar frames are made. These are all steel and traditionally made - but these are more about a great fit and ride on a beautifully crafted frame than riding the latest and greatest technology. Richard Schwinn did field a question about carbon fiber forks, and he assured the tour group that many of his frames go out the door with "plastic" forks - if this is what the customer wants!



*Where Waterford frames are born*

In terms of the rides, it was hot yesterday in the farmland and small towns west of Waterford. But a group of us managed to turn the metric century into a 72 mile ride, with the help of a few missed turns.



*Tom Mara, Pussanee Pastorino, Steve Josephs, George Pastorino, Larry Gitchell, Martin Becker, and Karim Mouline pause on the Waterford, WI, ride.*

There was actually only one nice downhill that we had to climb back up due to a missed turn.

This is an annual event, and will be back on our ride schedule next year - I encourage people to give this a try next year, you will enjoy it!

*-Steve Josephs*

## Netherlands and Belgium, continued from page 1

**Thursday, June 22.** We stayed in Ghent in the morning where we did some shopping and more sightseeing. We boarded the *Iris* and had a light lunch while cruising. Then we biked through the pleasant countryside of Western Flanders to Bruges. Bruges, is also called the Venice of the North, because it is the most beautiful of all Flemish cities. Its old center, which dates from the Middle Ages, is almost completely intact. At one time Bruges was a center of trade and art. Today there are plenty of shopping, eating and sightseeing opportunities.



*Lou Fish visits the gardens at the home of Peter Paul Rubens in Antwerp*

**Friday, June 23.** This day the barge stayed in Bruges all day. We had the opportunity to spend the day in town or join a bike tour to Damme, a charming town, where popular hero Tjil Uilenspiegel is said to be born.

On Saturday morning, we said goodbye to the crew of the *Iris*, including Jossie, the owner, Thomas, our guide, Me-

jke, our chef, Tom, the captain, Heinrich, mate, and Fleur the Corgi. We all had a great time and hope to do another tour with Jossie in the future, maybe in France or Germany.

Some of us decided to stay in Bruges for another day or two, and others decided to go on to other destinations. For me, it was an opportunity to reconnect with old friends and meet some new ones. I took a lot of pictures on this trip, a few of the better ones are included in this article.



*Mary Moroney and Julie Koivula (Naperville BC) on the Iris leaving Amsterdam*

*Bill Michaux, Carole Danillo and Julie Koivula in Ghent*



Many thanks to Laurel Salvador, President of Naperville Bike Club, for making this happen. I've known her for many years, and she always surprises and delights me with her spirit of adventure and willingness to put forth the effort to make things happen.



*Certified Personal Trainer and EBC member Armando Valerio was the featured speaker at the July meeting. He spoke on the importance of keeping a strong body core, how to avoid injury while exercising and bike riding, and how to manage injury with exercise. The next day, area sporting goods stores reported a surge in sales of Swiss balls.*



## Directions to Ride Starting Locations

| Starting Point                                       | Directions   |
|--|--|
| <b>Community Bank of Elmhurst<br/>Elmhurst, IL</b>   | 330 West Butterfield Road, at the intersection of Butterfield Road and Spring Road. The Community Bank is on the southwest corner. Meeting room is on the second floor. Please don't bring bikes into the meeting room.  |
| <b>Depot<br/>Elmhurst, IL</b>                        | Rides start from the public parking lot just east of York Road on Vallette Street. Vallette St. is ¼ mile south of St. Charles Road, York Road is 1 mile west of I-290.  |
| <b>Depot,<br/>Villa Park, IL</b>                     | The Villa Park Depot is located at the intersection of Villa Ave. & Park Ave. on the IPP. Approximately 2-3 blocks South of the Villa Ave. & St. Charles Road intersection in Villa Park.  |
| <b>Gazebo<br/>Glen Ellyn, IL</b>                     | On the Prairie Path between Park Ave and Main Street. By car, take Roosevelt Road (Route 38) or North Ave. (Route 64) to Main Street Glen Ellyn (about 1¼ miles west of I-355) and head into downtown Glen Ellyn. The Gazebo is in the middle of the train station parking lot on the south side of the UP tracks. |
| <b>IMAX Theatre<br/>Woodridge, IL</b>                | Located on Rt. 53, one half mile north of Hobson Road, one half mile south of Maple Ave. Riders meet in the parking lot in front of the theatre.   |
| <b>McCollum Park<br/>Downers Grove, IL</b>           | McCollum Park is located at the SE Corner of 67th and Main Streets in Downers Grove.   |
| <b>Panera Bread<br/>Elmhurst, IL</b>                 | Panera Bread is located on the west side of York Road, just south of North Avenue (Route 64), in the same building with CVS Pharmacy. Use southwest parking lot.   |
| <b>Parking Lot at Maple and Park<br/>Lombard, IL</b> | The start is located in the parking lot at the NE corner of Maple Street and Park Ave., just east of Lilacia Park and the Helen Plum Memorial Library in Lombard.  |
| <b>Spring Rock Park<br/>Western Springs, IL</b>      | Spring Rock Park is located at 47 <sup>th</sup> Street and Central, just East of I-294 (Tri-State Tollway). The parking lot entrance is off Central north of 47th Street.  |
| <b>Sunset Knoll Park<br/>Lombard, IL</b>             | On Finley, at Wilson, half a mile north of Roosevelt Road. Please park behind the recreation facility; address is 820 South Finley Road.   |
| <b>Volunteer Park<br/>Wheaton, IL</b>                | Milepost zero on the Prairie Path Main Stem., at the intersection of Liberty and Carlton Streets in Wheaton. ¼ mile north of Roosevelt Road, ½ mile west of Main Street / Schmale Road.  |
| <b>Waterfall Glen Forest Preserve<br/>Darien, IL</b> | Rides typically start from the parking lot on Northgate Road. This is just south of Interstate 55 and just to the west off of Cass Avenue.   |

## MEMBERSHIP APPLICATION

☐ Individual(\$20)     
 ☐ Family(\$25)     
 ☐ New    ☐ Renewal

[Indicate with \*\* next to any information you **do not want** to appear in the club directory]

EBC's membership year runs from January 1 to December 31.

Name \_\_\_\_\_  
(If family membership, list names of all members)

Address \_\_\_\_\_  
(Street) (City) (State) (Zip)

Phone—Home \_\_\_\_\_ Work \_\_\_\_\_ E-Mail \_\_\_\_\_  
Delivery of your newsletter by website download will be assumed unless Editor is notified otherwise.

The following is a Release and waives your rights in the event of injury and/or death. In consideration of being permitted to be a member of Elmhurst Bicycle Club and to participate in club rides and/or events, including transportation to and from same, I do hereby for myself, my heirs, executors and administrators, release, waive and forever discharge Elmhurst Bicycle Club, its officers and members from any and all claims, demands, actions or liabilities on account of any injury to me which may occur from any cause whatsoever, including negligence or other fault on the part of anyone released hereunder, during my participation in or transportation to or from said rides and/or events. I ACKNOWLEDGE I AM AWARE OF THE RISKS AND HAZARDS INHERENT UPON ENGAGING IN SAID CLUB ACTIVITIES, AND I DO SO ENTIRELY UPON MY OWN INITIATIVE, RISK AND RESPONSIBILITY. I FURTHER UNDERSTAND THE CLUB DEPENDS ON ITS MEMBERS TO PROVIDE AND LEAD CLUB ACTIVITIES AND THAT THOSE MEMBERS RELY ON THE PROTECTION AFFORDED HEREUNDER. I hereby further agree to operate my bicycle in a manner that is safe to me and those around me, to observe all applicable safety regulations and to conduct myself in a manner that will be complimentary to the sport of bicycling. It is my intent that this release and waiver apply at all times, notwithstanding that my membership in the Elmhurst Bicycle Club may have expired, elapsed, been renewed or reinstated after a period of non-membership. I FURTHER ACKNOWLEDGE THAT I HAVE READ THE FOREGOING RELEASE AND WAIVER AND UNDERSTAND IT, INCLUDING THAT IT IS INTENDED TO COVER OCCURRENCES WHICH MAY NOT YET HAVE OCCURRED AND WHICH ARE UNKNOWN TO ME, AND NOTWITHSTANDING THE FOREGOING, I SIGN IT VOLUNTARILY WITH THE FULL INTENT THAT IT BE FOREVER ENFORCEABLE.

Date \_\_\_\_\_ Signature \_\_\_\_\_

Signatures of adult family members for family Membership \_\_\_\_\_

Mail to: Elmhurst Bicycle Club, P.O. Box 902, Elmhurst, IL 60126

AFFILIATED WITH  
THE CHICAGOLAND BICYCLE FEDERATION,  
THE LEAGUE OF AMERICAN BICYCLISTS,  
THE LEAGUE OF ILLINOIS BICYCLISTS,  
LIFE MEMBER ILLINOIS PRAIRIE PATH,  
MEMBER CONSERVATION FOUNDATION,  
RAILS TO TRAILS CONSERVANCY,  
AND ADVENTURE CYCLING.



www.elmhurstbicycling.org

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P.O. Box 902  
Elmhurst, Illinois 60126



Larry Gitchell's 4th of July Century Ride was well attended. L to R, Vicki Ortega (our SAG angel!), John Czarnecki, Jim Gross, George Hermach, Al Stanke, a guest, Carol Nield, Joanne Dybala, John Park, Larry Gitchell, Jerry Ringier, Martin Becker, Mrs. Gitchell (who gave us Larry and a great rest stop!), Peter Turula, Mary Jo Bolan, and Gerry Fekete.

**Cue Sheet** will publish members' **WANT ADS**—free!

E-mail **Lew Worthem** at **EBCNews\_at\_worthemdotcom** or mail to **Lew, 320 Hillside Ave., Elmhurst, IL 60126-3812**. Please let us know when your articles have been sold or when your Equipment Wanted request has been filled. Ads will be deleted after three months. Notify us if you want them to run longer. Space permitting, we will accommodate you.

**For Sale:** Terry Fly Titanium saddle, regularly about \$100 for \$50. New in box **Xport Flat Bed 2-Bike Universal Hitch Rack**, regularly \$140-\$180 for \$100. Fits 2" and 1 1/4" receiver hitches. Contact John Kaczmarczyk, 630-257-9013.

**For Sale:** Brand new **EBC club jersey**, women's small. \$67.25. Contact **Ray Dal Lago**, 630-543-4655, **dlag10\_at\_aoldotcom**.