



Cue Sheet

The Newsletter of the Elmhurst Bicycle Club
Over 30 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!

January
2007

CROSS-COUNTRY SKIING: The biker friendly alternative

When, on those occasions we receive snow in Chicago, our attention is turned to a different outdoor activity—cross-country skiing. I think the



ADVENTURE CYCLING

attraction for many is the desire to escape the long Winter blahs. The bright blue sky against the brilliant white snow gives one a feeling of being alive. And this is a feeling I truly enjoy. The desire to be outside in nature's element is a common theme

among cyclists, as many were runners in a previous lifetime, the very nature of the outdoors goes to the heart of who we are. Furthermore, as a bicyclist I never thought I'd pray for snow until two years ago when I decided to try x-c skiing—on an EBC ski trip of course.

Let's not forget, too, another attraction, the opportunity to share a common interest amongst a group of friends and like-minded enthusiasts. A commonality between bikers and skiers is their ability to consume quantities of food while sharing their latest outdoor experiences.

So, to assist those interested in this sport, I've put together a list of locations in and around DuPage County that have 'groomed' x-c ski trails. For those new to the sport, 'groomed' means the

county or forest preserve personnel have smoothed the trail and used a machine to set a pair of tracks for the skis to glide in.

Whether you are an experienced skier or a newbie, it can be difficult to find sites to ski in Chicagoland. Therefore, I've listed all the forest preserves and golf courses in the area, which support x-c skiing. In addition, addresses and web addresses are listed where possible. This is not necessarily a complete list: only those findable on the internet are included. (Go to page: 5)



Midnight Sleigh Ride, and Bonfire, February 2006

2007 Upcoming Events

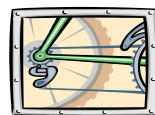
Dates	Event	Contact
Feb. 4-9 2007	Annual UP Ski Trip	Sharon Ganske 630.462.3734
Sep. 5-13 2007	Self-Contained Tour: Lombard, IL to Minong, WI	Jerry Ringier 630.932.0271



**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**. 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



New Links in the Chain

Bonnie Brennan

Chicago, IL

bonniebrennan_at_hotmail.com

*Why the odd email addresses? We disguise our members' email addresses as a measure to foil spammers who might try to harvest addresses from our on-line newsletter. Please change "member_at_domain.com" to "member@domain.com."

President
Ray Dal Lago
630.543.4655
dlag10@aol.com

Vice President/Ride Capt.
Steve Josephs
630.655.8710
stevejosephs@yahoo.com

Secretary
Tom Manata

Treasurer
Phil Keller
630.964.5795
philtrains@comcast.com

Metro Metric Co-Chair
Phil Keller
630.964.5795
philtrains@comcast.com

Membership Coord.
Nancy Shack

Newsletter Editor
Petra Lynn Hofmann
630.833.1667
petralyn@sbcglobal.net

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
Maureen O'Rourke
708.660.9185
morourke@chicagonet.net

Publicity
John Park
630.690.2881
john1park@comcast.net

Programs
Tom Mara
630.833.5739
marafamily@comcast.net

Database Manager
Mary Moroney
630.629.1812
cycling33@comcast.net

Internet Bike Info
Rich Kuhlman
630.462.5427
rkuhlman99@comcast.net

Website
Cindy Reedy
630.530.1250
cmreedy@prodigy.net

List Server
Marty Kotecki
630.620.6434
orionradio@hotmail.com

Safety
Larry Gitchell
708.409.0105
larsofmars@aol.com

Refreshments
Volunteers needed

Newsletter collating
Judy Mikesell
630.833.1036
mikesell2@juno.com

Sergeant-at-Arms
Mike Sruglinski
708.246.2089

Assistant Ride Captain
Nancy Rice
630.717.9923
riceken@netzero.net



Newsletter Collating Party

Friday, Jan. 26, 7:00 P.M., at the home of
Judy and Charlie Mikesell in Villa Park.
Call Judy at 630-833-1036 for details.

Editorial Guidelines

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:

Petra Lynn Hofmann, Newsletter Editor

Phone: 630-833-1667,

Email: Newsletter@elmhurstbicycling.org

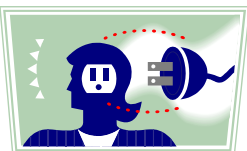
Staying Connected

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 — January 2007 ☺ 2



Evening Dinner February, 2006 Ski Trip

By the Numbers



Membership as of 12/18/06

Type	Memberships	Members
Family	73	172
Individual	179	179
Total	252	351

Ridership as of xx/xx

Year	Miles	Events
2006	177733	769
2005	173856	734

January 2007

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. —or— **Winter rules**.

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. January

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	Leader	Ride Description
Mon., January 1	9:00 AM	30 miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (home) 708-421-0120 (cell)	New Year's Day Start off the new year pedaling! Come out for a road-bike friendly tour in the western suburbs. Route will include coffee stop, location to be determined. We will ride if it's above 20 degrees and not actively raining or snowing.
Mon., January 1	10:00 AM	10 miles 8-12 mph	Gazebo Glen Ellyn	Mary Moroney 630-629-1812 (home) 630-936-3503 (cell)	First Day of 2007 Slower Ride Ride to Egg'lectic Cafe in Wheaton (145 N. Hale) for breakfast. Non-riders, meet us at 10:30 (rsvp). Additional miles added at the end as determined by group/weather.
Tues., January 2	9:30 AM	3 Hour Hike (Approx)	Fullersburg FP Oak Brook	Ted Sward 708-354-5782	Ted's Tours - Part 5 This is a flat hike but scenic, including part of the Oak Brook area. Meet at Fullersburg main lot off of Spring Road in Oak Brook. Bring Snacks.
Wed., January 3	10:00 AM	Determined by riders who show	McCullum Park Downers Grove	Determined by riders who show	Wednesday Show and Go The riders will determine the ride leader, distance and pace
Wed., January 3	6:30 PM	Determined by riders who show	Depot Villa Park	Determined by riders who show	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Fri., January 5	10:00 AM	Determined by riders who show	Sunset Knoll Park Lombard	Determined by riders who show	Friday Show and Go The riders will determine the ride leader, distance and pace
Sat., January 6	10:00 AM	Determined by riders who show	Depot Elmhurst	Determined by riders who show	Weekly Show and Go The riders will determine the ride leader, distance and pace
Sun., January 7	8:00 AM	20-30 miles 11-14 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	Sunday with Petra Sunday morning touring ride, back by 11 am as usual, precipitation and still air temps below 30 deg. F. cancel the ride. Call if in doubt.
Sun., January 7	9:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Vincentsen 630.832.3338	Sunday Morning Moderate Ride A steady, moderate paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel. Ride canceled if: Colder than 30F at start time, raining, snowing or unsafe road conditions.
Sun., January 7	9:30 AM	20-25 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with optional sprints.
Sun., January 7	Noon	Determined by riders who show	Gazebo Glen Ellyn	Determined by riders who show	Weekly Show and Go The riders who show will decide ride leader, distance and pace.

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
Cue Sheet — January 2007 3

Tues., January 9	9:30 AM	3 Hour Hike (Approx)	Little Red Schoolhouse	Ted Sward 708-354-5782	Ted's Tours - Part 6 A new look at some old trails. Little Red School House is 1/2 mile south of 95th St. on Willow Springs Rd. (Flavin/104th Ave) Bring Snacks.
Wed., January 10	10:00 AM	Determined by riders who show	McCollum Park Downers Grove	Determined by riders who show	Wednesday Show and Go The riders will determine the ride leader, distance and pace
Wed., January 10	6:30 PM	Determined by riders who show	Depot Villa Park	Determined by riders who show	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs., January 11	7:15 PM		Community Bank Elmhurst	Ray Dal Lago 630-543-4655	Monthly Club Meeting Board meeting precedes club meeting.
Fri., January 12	10:00 AM	Determined by riders who show	Sunset Knoll Park Lombard	Determined by riders who show	Friday Show and Go The riders will determine the ride leader, distance and pace
Sat., January 13	10:00 AM	Determined by riders who show	Depot Elmhurst	Determined by riders who show	Weekly Show and Go The riders will determine the ride leader, distance and pace
Sun., January 14	8:00 AM	20-30 miles 11-14 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	Sunday with Petra Sunday morning touring ride, back by 11 am as usual, precipitation and still air temps below 30 deg. F. cancel the ride. Call if in doubt.
Sun., January 14	9:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	Sunday Morning Moderate Ride A steady, moderate paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel. Ride canceled if: Colder than 30F at start time, raining, snowing or unsafe road conditions.
Sun., January 14	9:30 AM	20-25 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with optional sprints.
Sun., January 14	Noon	Determined by riders who show	Gazebo Glen Ellyn	Determined by riders who show	Weekly Show and Go The riders who show will decide ride leader, distance and pace.
Tues., January 15	9:30 AM	3 Hour Hike (Approx)	Teason's Woods FP	Ted Sward 708-354-5782	Ted's Tours - Part 7 Meet at Teason's FP at the intersection of 111th St. (Rte 83) and 104th Ave. (Willow Springs Rd.). SE Corner. Bring Snacks.
Wed., January 17	10:00 AM	Determined by riders who show	McCollum Park Downers Grove	Determined by riders who show	Wednesday Show and Go The riders will determine the ride leader, distance and pace
Wed., January 17	6:30 PM	Determined by riders who show	Depot Villa Park	Determined by riders who show	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Fri., January 19	10:00 AM	Determined by riders who show	Sunset Knoll Park Lombard	Determined by riders who show	Friday Show and Go The riders will determine the ride leader, distance and pace
Sat., January 20	10:00 AM	Determined by riders who show	Depot Elmhurst	Determined by riders who show	Weekly Show and Go The riders will determine the ride leader, distance and pace
Sun., January 21	8:00 AM	20-30 miles 11-14 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	Sunday with Petra Sunday morning touring ride, back by 11 am as usual, precipitation and still air temps below 30 deg. F. cancel the ride. Call if in doubt.
Sun., January 21	9:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	Sunday Morning Moderate Ride A steady, moderate paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel. Ride canceled if: Colder than 30F at start time, raining, snowing or unsafe road conditions.
Sun., January 21	9:30 AM	20-25 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with optional sprints.
Sun., January 21	Noon	Determined by riders who show	Gazebo Glen Ellyn	Determined by riders who show	Weekly Show and Go The riders who show will decide ride leader, distance and pace.
Tues., January 22	9:30 AM	3 Hour Hike (Approx)	Waterfall Glen FP	Ted Sward 708-354-5782	Ted's Tours - Part 8 Meet in the parking lot of the Park Ranger's Residence. / Outdoor Education Camp. 7/10 mile west of Rt 83 on Bluff Rd. Bring Snacks.
Wed., January 24	10:00 AM	Determined by riders who show	McCollum Park Downers Grove	Determined by riders who show	Wednesday Show and Go The riders will determine the ride leader, distance and pace
Wed., January 24	6:30 PM	Determined by riders who show	Depot Villa Park	Determined by riders who show	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Fri., January 26	10:00 AM	Determined by riders who show	Sunset Knoll Park Lombard	Determined by riders who show	Friday Show and Go The riders will determine the ride leader, distance and pace
Fri., January 26	7:00 PM	Monthly Collating Party	Mikesell's House Villa Park	Judy Mikesell 630-833-1036	Newsletter Collating Party Join fellow members in preparing next month's newsletter for mailing. Takes about 45 minutes. Call Judy for directions.
Sat., January 27	10:00 AM	Determined by riders who show	Depot Elmhurst	Determined by riders who show	Weekly Show and Go The riders will determine the ride leader, distance and pace
Sun., January 28	8:00 AM	20-30 miles 11-14 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	Sunday with Petra Sunday morning touring ride, back by 11 am as usual, precipitation and still air temps below 30 deg. F. cancel the ride. Call if in doubt.
Sun., January 28	9:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	Sunday Morning Moderate Ride A steady, moderate paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel. Ride canceled if: Colder than 30F at start time, raining, snowing or unsafe road conditions.

Sun., January 28	8:00 AM	20-30 miles 11-14 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	Sunday with Petra Sunday morning touring ride, back by 11 am as usual, precipitation and still air temps below 30 deg. F. cancel the ride. Call if in doubt.
Sun., January 28	9:30 AM	30-40 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	Sunday Morning Moderate Ride A steady, moderate paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel. Ride canceled if: Colder than 30F at start time, raining, snowing or unsafe road conditions.
Sun., January 28	9:30 AM	20-25 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with optional sprints.
Sun., January 28	Noon	Determined by riders who show	Gazebo Glen Ellyn	Determined by riders who show	Weekly Show and Go The riders who show will decide ride leader, distance and pace.
Tues., January 29	9:30 AM	3 Hour Hike (Approx)	Little Red Schoolhouse	Ted Sward 708-354-5782	Ted's Tours - Part 9 New route. Little Red School House is 1/2 mile south of 95th St. on Willow Springs Rd. (Flavin/104th Ave) Bring Snacks.
Wed., January 31	10:00 AM	Determined by riders who show	McCollum Park Downers Grove	Determined by riders who show	Wednesday Show and Go The riders will determine the ride leader, distance and pace
Wed., January 31	6:30 PM	Determined by riders who show	Depot Villa Park	Determined by riders who show	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.

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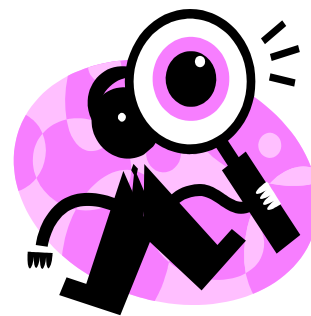
earching the EBC Website

By Cindy Reedy

earching for information on the Elmhurst Bicycle Club Website can be very difficult if not impossible, unless you use the <Search> function. This function is provided, free of charge, by WebSideStory. To use this feature, type in the search box the word or group of words (often called "key words") you wish to find, and click <search>. The function will then return a list of page links to pages containing those key word(s) **on our site**.

To help track search usage, WebSideStory emails me, monthly, a list of all searches performed during the month. The heaviest use of the <search> function is during the Spring and Summer riding season where it is used at least once a week. People search on the obvious, such as: "ride schedule", "newsletter", "joining", "Metro Metric." In addition, searches are made on person's names. By the way, Roland and I are tied for the most searches too date—2 each. However, there are bewildering searches such as: "Italy", "rodeo", "heartland" and "spiderflex", to name a few. My all time favorite is "zen". I wondered if someone thought that our rides could provide spiritual enlightenment. Sharon though, "burst my bubble," she pointed out that the user was probably searching for Karen Zenisek.

There are several other ways to locate information on <http://www.elmhurstbicycling.org>; one, use the top drop-down menus, the list of links at the bottom of each page, or take the short cut-- search from the home page. Though you may not find what you are looking for, you'll surely keep Sharon and me entertained.



Continued from Page 1

Cook County Forest Preserve Trails

Arie Crown Forest Cross-Country Ski Trail
LaGrange Rd., north of I-55, Hodgkins

Bemis Woods Cross-Country Ski Trail
Ogden Ave., west of Wolf Rd., Western Springs

Beverly Lake Cross-Country Ski Trail
Rt. 72, west of Rt. 59, Barrington

Camp Sagawau Cross-Country Ski Trail
12545 W. 111th St., Lemont

Deer Grove Cross-Country Ski Trail
Quentin Rd., north of Dundee Rd., Palatine

Maple Lake Area Cross-Country Ski Trail
Wolf Rd., south of 95th St., Willow Springs

Swallow Cliff Area Cross-Country Ski Trail

Maps of the trails listed at [Cook Co. X-C skiing info and maps](#)

Cook County, Rules of the Trail

1. RESPECT OTHERS: Ski so that you don't endanger or offend others.
2. SKI RIGHT: Ski the right-hand track. Groups should ski single file on the right side of the trail.
3. MEETING: Keep to the right when meeting. On hills, downhill skiers have the right of way.
4. POLES IN: Keep your poles close to your body when near other skiers.
5. KEEP TRAILS CLEAR: If you stop, get out of the track. If you fall, get up and out of the track quickly.
6. WATCH YOUR SPEED: Suit your skiing speed to your personal ability, the terrain, visibility especially on hills. Keep a safe distance from skiers ahead. As a last resort, fall intention-ally to avoid a collision.
7. DON'T LITTER: Don't carry in what you cannot carry out. Carrying litter is easy — it's light.



A Sunday meeting at Frank's house, Oct '05

MONTHLY MEETING

Thursday, January 11, 2007, 7:15 P.M.

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

Continued from Page 5

DuPage County

Waterfall Glen

Arrowhead Golf Course (This is questionable as the website no longer lists any X-C skiing information) The following is from the University of Chicago, Outdoor Adventure Club.

You're invited to ski at Arrowhead Golf Club this winter. We're located at 26W151 Butterfield Road in Wheaton. Arrowhead Golf Club offers groomed trails, rental equipment, group lessons, and party facilities for cross-country skiers - and there is no trail fee.

Cross-country skiing is a most popular winter sport for all ages, and the facilities at Arrowhead provide hours of fun and exercise inexpensively and close to home. Skiing is allowed anywhere on the golf course except in the areas which are roped off. The best trails are, of course, the groomed ones.

Skiers also have the opportunity to use the Herrick Lake Forest Preserve trails; you may enter and exit at Arrowhead or through Herrick. Call 653.5800 for more details. A security deposit is required to rent skis: credit card, driver's license, student ID or car keys. School-age group rates are available on school days only - for six or more people, the fee is \$5 for two hours. Cross-Country Ski Lessons

Lessons for adults 12 and older are available every weekend when there is adequate snow. Please call Arrowhead at 653.5800 to check on conditions. Lessons include a brief orientation, instruction in basic cross-country skiing, and some hill work. There is time to ski after the lesson. If you are renting equipment, please call and reserve your correct size in advance. • Adult lessons will be held every Saturday and Sunday at 10 a.m. beginning Jan. 5. Ski rental is \$10 and the lesson is \$10.

Cue Sheet — January 2007 ☎ 6

Lake County: Cross-Country Skiing

Outdoor recreation fun in your Forest Preserves doesn't end when winter arrives. Nearly 100 miles of challenging and fun cross-country skiing trails await beginners and skilled enthusiasts.

A groomed trail is available when conditions allow at the Winter Sports Area at Lakewood Forest Preserve near Wauconda. Grooming is typically done two days after a large snow.

Ryerson Woods is a perennial favorite among cross-country skiers. At least 4 inches of snow is required for trails to open at that site.

Check here for current winter sports conditions or call our hotline at 847-968-3235.

Kane County Forest Preserves

Snowmobiling, on designated trails, cross country skiing and sledding are allowed. All state and local regulations relating to the operation of snowmobiles apply. There must be a minimum of 4 inches of snow and the ground must be frozen for snowmobiling, sledding and cross country skiing. No ice skating is allowed at or from any forest preserve. Call individual forest preserves for information.

Campton

Oakhurst

Rutland(on the Great Western Trail west of Wasco Road)

Prairie Path(Batavia Branch)

Hampshire



Trail to Rainbow Falls, Wisconsin, February, 06

Directions to Ride Starting Locations

Starting Point	Directions
Community Bank of Elmhurst Elmhurst, IL	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.
Depot Elmhurst, IL	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.
Depot, Villa Park, IL	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.
Gazebo Glen Ellyn, IL	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.
IMAX Theatre Woodridge, IL	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.
McCollum Park Downers Grove, IL	McCollum Park is located at the SE Corner of 67th and Main Streets in Downers Grove.
Panera Bread Elmhurst, IL	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.
Parking Lot at Maple and Park Lombard, IL	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.
Soccer Field St. Charles	Parking lot one block west of Randall Road and one block south of North Avenue (Rt. 64) at the SW corner of Peck and Campton Hills Roads.
Sunset Knoll Park Lombard, IL	On Finley, at Wilson, half a mile north of Roosevelt Road. Please park behind the recreation facility; address is 820 South Finley Road.
Volunteer Park Wheaton, IL	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.
Waterfall Glen Forest Preserve Darien, IL	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

The Pix of '06



The Pix of '06



The Pix of '06



The Pix of '06



AFFILIATED WITH
THE CHICAGO AND 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

Elmhurst Bicycle Club
P.O. Box 902
Elmhurst, Illinois 60126

Fun: Games and Internet Surfing

Web links of Interest to All

The following are an assortment of links to web pages I have found fun and interesting. There are links to articles, blogs, and cycling organizations.

1. The One Million Miles Bicycling: [Million Mile Man](#)
2. Nothing new, bicycling at 90! [90 Years Young](#)
3. Bike Winter: [bikewinter.org](#)
4. Holy smokes, Hokey Spokes? [hokeyspokes.com](#)
5. Bicycle Safety: [bicyclesafe](#)

THE EBC PUZZLE

Calling all game, puzzle, and cross-word aficionados: help me create the first and only Elmhurst Bicycle Club Cross-word Puzzle.

I would like for every member of the club to send to me at <mailto:newsletter@elmhurstbicycling.org> the following two items.

1. A member's first and last name as one word. e.g. petrahofmann
2. The hint must consist of less than 9 words which describe the person. e.g. wears glasses and rides a 'bent.

After I have collected enough names and hints, I will create a crossword puzzle and publish it in the EBC Newsletter. Of course, the more names and hints, the more fun this will be. In any event, I'll withhold publishing the puzzle until I've collected a goodly number of names and hints.

NOTE: send an email with the name and solution hint to: <mailto:newsletter@elmhurstbicycling.org>

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

E-mail **Petra Hofmann** at newsletter@elmhurstbicycling.org or mail to **Petra, 128 Fellows Ct., Apt. A., Elmhurst, IL 60126-3160**. 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.