



THE CUE SHEET

**The Newsletter Of The Elmhurst Bicycle Club
Riding Strong Over 30 Years.**

A club serving; Northern Illinois, Chicagoland, and beyond: riding anywhere, any time, day or night--year round. Come join the fun!



Coming Events

**Elmhurst Bicycle Club
Metro Metric XXVII**
Sunday, July 29, 2007

Monthly Meeting
Community Bank,
Elmhurst, 8/9 7:15 P.M.

Self-Contained Ride
to Minong, WI Sep 5-13
Contact: Jerry Ringier

New Glarus Weekend
New Glarus,
WI Sep 21-23
Larry Alvino:
630.730.6814

Waterford Factory Ride
Waterford, WI
Aug 4, 9 A.M.
Steve Josephs:
630.235.9841

**Kilgore's Kane Kounty
Kapers**
Wed, Aug 8, 9:30 A.M.
Ted Sward: 708.354.5782

De Ride to DeKalb
It's the 6th annual
"de Ride to DeKalb!"
Sat, Aug 11 9:00 A.M.
Ray: 630.543.4655

**Skokie Sculpture Garden
Ride**
Sat, Aug 18 9:30 A.M.
Judy: 630.833.1036

Metro Metric Pre-Ride

The week end before The Metro Metric finds several stalwart ride leaders out with others checking routes and signage. This year is no different; Mary, Gerry, Larry, and Ted (no pun intended) along with others completed the Pre-Ride in beautiful North Illinois weather.

Also, a very special thank you goes out to Vickie, who not only followed every route with a truck full of goodies, Gaterade, ice cold water but did smiling all the while. Vickie volunteers her time to assist EBC'ers during this and many other club rides. Thanks Vickie.

Riders did report a few locations that will need signs; however, this year's routes look to be in great shape. Thank you Peter for your efforts to find and map these routes.



Metro Metric Pre-Riders: Mike, Joanne, Ted, George, and Sharon.

Green Lanes In Chicago

**Green Bike Lanes Installed
throughout Chicago**

Be on the lookout for the Chicago's new green bike lanes. Seeking to repeat the success of cities like Portland, the City is testing colored bike lanes at eight locations. They are intended to alert motorists and bicyclists of conflict areas at intersections and assign right-of-way to bicyclists, therefore increasing safety. These eight pilot locations are part of the Chicago Bike 2015 Plan, which aims to convert 5 percent of all trips under 5 miles to bicycle by 2015.

From: Chicago Bike Federation, July, 2007

Our Next Meeting:

An August Speaker

Hear is a good reason to attend the next EBC meeting: Roland Porter, bike enthusiast and raconteur, presents "The Evolution of The Bicycle," and the assorted materials used to build them from past to present. Join us for an informative and entertaining evening with friends.



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, call the EBC Hotline at 630-415-BIKE (630-415-2453)

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Opinion and Comment

Petra Lynn Hofmann

As Editor, every month brings new issues and problems. Like, what will be interesting, informative and entertaining for you the reader and club member. Recently it seems the the choice has been either the Metro Metric or an accident. Now, accidents I do not particularly care to write about because it's just too painful. And most of the time, we know better, that is, we know how the could have been avoided. However, once in awhile an incident occurs which one must write about, especially when it is humorous.

Dare I mention last Sunday's "Ride with Petra," where a member, whose name shall go unmentioned, showed up for the ride, in time, with all necessary cycling clothing and gear. Except one important item: a bicycle. This little bitty problem is bound to go down in the club records as as the best story of 2007. Well it is something to talk about.

This incident reminded me of one of the first anecdotes I heard after joining the club. The story goes that while riding on the IPP a squarrel ran out onto the path of one or our most esteemed members, who promptly ran over it—cut in half I understand. Yuck.

For me, these stories add color and a sense of family. I think that is one of the reasons we continue to thrive as a club.

Metro Metric Newsletter Edition

Thank you to all who complimented me on the July newsletter. Perhaps we will be able to produce another print version with a 4-color cover in the future. Meanwhile, every member can download a color version in Adobe Acrobat format to their computer and it will be in color if you have a color printer.

Speaking of print versions of the newsletter, check out the August issue. I've converted all the color pictures to black & white first before inserting them into the final version. I hope this will improve the clarity and tonal rendition of each picture used.

Why I miss Sunday Rides

I thought everyone would like to see where I've been when not leading rides into and around Chicago. This is the Mendenhall Glacier in Juneau, Alaska. As some of your know, I could not believe it when I received the assignment. Even if it was for two days, it was worth the 14 hour flight getting there and back. I hope to have pix from this and my trips to Salt Lake City and Lake of The Ozarks after I finish with this newsletter.

—Petra



Summertour 2007 In Goble, MI

Joanne DeZur

A few EBC'ers drove up to Goble, Michigan for Summertour 2007. Summertour is a 5 day camping and biking trip where a U-haul truck carries your gear. We started out riding 46 miles the first day to our campsite, Van Buren State Park. We stayed there for 2 nights riding a choice of 55 or 31 miles. Next, we rode 62 miles to Yankee Springs Recreation Area, the next camp round on the tour. Saturday was a layover at Yankee Springs and the only rain day. While the rain was off and on a majority of the EBC riders rode 56 miles for the day. We marked our return to Goble on Sunday by completing a 48 mile ride.

The food was very good. In addition to a catered breakfast, we especially enjoyed the evening dinners. Further, there was a great lunch served at the Goble High School upon our return from the last ride of the tour.

This is the 3rd year some of us have attended tour which requires some advanced planning and decision making, as Summertour is limited to 165 riders and vacancies fill quickly.



Summertour 07 riders relax after a n enjoyable ride.





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Wheaton, IL 60187
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Susan After riding a Century



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August 2007

Club Rides

*Special Events and
Non-recurring rides.*

DATE	TIME	DISTANCE	START	LEADER	RIDE DESCRIPTION
Wed Aug. 1	9:00 AM	52 miles 16-18 mph	Sunset Knoll Park Lombard	Steve Josephs 630-235-9841	From Lombard to St. Charles We'll ride from Lombard to St. Charles via Wayne. Pitstop at Wayne's Forest Preserve, snack at Smithy's in St. Charles.
Wed Aug. 1	9:00 AM	Determined by Riders	McCollum Park Downers Grove	Determined by Riders	Wednesday Show and Go The riders will determine the ride leader, distance and pace.
Wed Aug. 1	6:30 PM	Distance TBD 12-14 mph	Parking lot Maple and Park Lombard	Determined by Riders	Wednesday Night Intermediate Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed Aug. 1	6:30 PM	Distance TBD 16-18+ mph	Gazebo Glen Ellyn	Determined by Riders	Wednesday Night Fast Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs Aug. 2	9:00 AM	40-50 miles 15-17 mph	IMAX Woodridge	Bill Schwartz 630-963-6252	Thursday IMAX Ride We will head out to different locations each Thursday, but plan on going to places like Yorkville, Oswego and Burr Ridge. Call cell 630-303-1160 or 708-334-6250 if the weather looks iffy.
Thurs Aug. 2	6:20 PM	25-30 miles 17-19 mph	Depot Elmhurst	Tom Mara 630-833-5739	Thursday Night Ride Join Tom for a quick ride after work. Ride is steady and quick with no scheduled stops. If weather is threatening or bad road conditions, ride will be cancelled. Road bike and lights recommended.
Fri Aug. 3	9:00 AM	40-45 miles 14-16 mph	Sunset Knoll Park Lombard	Bill Schwartz 630-963-6252	From Lombard to Batavia We'll ride from Lombard to Batavia via Fermi Lab. Pitstop at Fermi Lab, snack at Panera Batavia..
Fri Aug. 3	5:30 PM	25-30 miles 16-18 mph	Wheel Thing LaGrange	Bruce Glaser (708) 352-3822	Friday Evening Ride Join Bruce for a quick Friday evening ride from his shop in LaGrange. Optional refreshments post ride.
Sat Aug. 4	7:30 AM	40 miles 12-14 mph	Plainfield High School	Janet K 964-5126	Plainfield Ride Join Janet K. for a ride from Plainfield High School.
Sat Aug. 4	8:30 AM	Moderately Fast 3-3.5 hours ~ 25 miles	Palos Forest Preserve	Peter Gough 630-903-8436	Mountain Bike Ride Singletrack ride with technical sections. We will meet at the most southern parking lot on Wolf Road off 95th in Palos Forest Preserve.
Sat Aug. 4	9:00 AM	62 miles 16-18 mph 43 miles 14-16 mph 27 miles 12-14 mph	Waterford Preci- sion Cycles 816 Bakke Ave. Waterford, WI	Steve Josephs 630-235-9841	Waterford Factory to Lake Geneva We're returning to the Waterford Factory for a joint ride with the Wheeling Wheelmen through Lake Geneva, Williams Bay, Fontana, Walworth and Delavan Lake. Richard Schwinn will be giving factory tours from 8am -830am, get there early to see how high quality, custom steel bikes are built. Volunteers needed to lead the 27 and 43 miles routes, please contact Steve. Cue sheets provided.
Sat Aug. 4	9:00 AM	Determined by Riders	Depot Elmhurst	Determined by Riders	Weekly Show and Go The riders will determine the ride leader, distance, and pace.
Sun Aug. 5	8:00 AM	20 miles 10-12 mph	Panera Bread Elmhurst	John Konrad 630.728.8010	Sunday Slow Ride Join John for a Sunday AM slow ride, now at 8:00 AM to beat the heat.
Sun Aug. 5	8:00 AM	25-35 miles 11-14 mph	Panera Bread Elmhurst	Petra Hofmann 630-290-5173	Sunday with Petra Join Petra for a Sunday morning ride, cancelled if raining. Always done by 11 AM.
Sun Aug. 5	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with one short rest stop, finished by 11am. Bring enough food/drink to refuel.



DATE	TIME	DISTANCE	START	LEADER	RIDE DESCRIPTION
Sun Aug. 5	8:30 AM	30-45 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	Sunday Morning Moderate Ride A road ride exploring various destinations in DuPage and Cook Counties. Includes one short stop. Bring enough food/drink to refuel. Ride includes optional sprints.
Sun Aug. 5	12:30 PM	Determined by Riders	Gazebo Glen Ellyn	Determined by Riders	Weekly Show and Go The riders who show will decide ride leader, distance and pace.
Mon Aug. 6	6:30 PM	25-30 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Monday Night Ride The Monday Night Ride returns to Elmhurst for the rest of the season.
Tues Aug. 7	9:00 AM	Determined by Riders	IMAX Woodridge	Determined by Riders	Tuesday IMAX Ride This ride will be a show 'n go for much of August.
Tues Aug. 7	9:00 AM	20 miles 8-10 mph	Herrick Lake FP Wheaton	Lou Fish 630-668-3446	New Adventure Ride Ride to Fermi Lab. Will also include stop at Pearl Izumi Outlet.
Tues Aug. 7	6:00 PM	~17 miles moderate to fast	Palos-Pulaski Woods West	George Pastorino 708-903-8700	Advanced Mountain Bike Ride Advanced Singletrack Ride. If you have singletrack experience and want to get in some hill climb training, come join George at Palos Forest Preserve. We will do a lot of Palos' tough climbs, mostly on singletrack. This is not a beginner ride. MTB Bike required See e-mail for directions. Cancelled if raining or poor trail conditions.
Tues Aug. 7	6:00 PM	30-40 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	Tuesday Night Ride A road ride exploring various destinations in DuPage and Cook Counties. Good lights required.
Wed Aug. 8	9:00 AM	52 miles 16-18 mph	Sunset Knoll Park Lombard	Steve Josephs 630-235-9841	From Lombard to St. Charles We'll ride from Lombard to St. Charles via Wayne. Pitstop at Wayne's Forest Preserve, snack at Smithy's in St. Charles.
Wed Aug. 8	9:00 AM	Determined by Riders	McCollum Park Downers Grove	Determined by Riders	Wednesday Show and Go The riders will determine the ride leader, distance, and pace.
Wed Aug. 8	9:30 AM	53 miles 10-12 mph	Leroy Oakes FP St. Charles	Ted Sward 708-354-5782	Kilgore's Kane County Kapers Ride the country roads with Ted. Lunch in Sycamore and a great opportunity to complete your 50 miles for your patch series.
Wed Aug. 8	6:30 PM	Distance TBD 12-14 mph	Parking lot Maple and Park Lombard	Determined by Riders	Wednesday Night Intermediate Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed Aug. 8	6:30 PM	Distance TBD 16-18+ mph	Gazebo Glen Ellyn	Determined by Riders	Wednesday Night Fast Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs Aug. 9	9:00 AM	Determined by Riders	IMAX Woodridge	Determined by Riders	Thursday IMAX S&G This will be a show and go for most of August.
Thurs Aug. 9	7:15 PM		Community Bank Elmhurst	Ray Dal Lago 630-543-4655	Monthly Club Meeting Board meeting precedes club meeting.
Fri Aug. 10	9:00 AM	40-45 miles 14-16 mph	Sunset Knoll Park Lombard	Determined by Riders	Lombard to Batavia Show & Go We'll ride from Lombard to Batavia via Fermi Lab. Pitstop at Fermi Lab, snack at Panera Batavia..
Fri Aug. 10	5:30 PM	25-30 miles 16-18 mph	Wheel Thing LaGrange	Bruce Glaser (708) 352-3822	Friday Evening Ride Join Bruce for a quick Friday evening ride from his shop in LaGrange. Optional refreshments post ride.
Sat Aug. 11	9:00 AM	Determined by Riders	Depot Elmhurst	Determined by Riders	Weekly Show and Go The riders will determine the ride leader, distance, and pace.
Sat Aug. 11	9:00 AM	65 miles 17-19 mph	Leroy Oakes FP St. Charles	Ray Dal Lago 630-543-4655	De Ride to DeKalb It's the 6th annual "de Ride to DeKalb!" Join Ray for a 33 mile ride out to DeKalb on lightly traveled roads with a 31 mile ride back. No rest stops before DeKalb. We'll have a quick lunch in DeKalb. Bring enough liquid for the ride to DeKalb. Afterward Ray will have a sweet juicy treat for all riders. Meet in the south lot at Leroy Oakes.



DATE	TIME	DISTANCE	START	LEADER	RIDE DESCRIPTION
Sun Aug. 12	8:00 AM	20 miles 10-12 mph	Panera Bread Elmhurst	John Konrad 630.728.8010	Sunday Slow Ride Join John for a Sunday AM slow ride, now at 8:00 AM to beat the heat.
Sun Aug. 12	8:00 AM	25-35 miles 11-14 mph	Panera Bread Elmhurst	Petra Hofmann 630-290-5173	Sunday with Petra Join Petra for a Sunday morning ride, cancelled if raining. Always done by 11 AM.
Sun Aug. 12	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with one short rest stop, finished by 11am. Bring enough food/drink to refuel.
Sun Aug. 12	8:30 AM	30-45 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	Sunday Morning Moderate Ride A road ride exploring various destinations in DuPage and Cook Counties. Includes one short stop. Bring enough food/drink to refuel. Ride includes optional sprints.
Sun Aug. 12	12:30 PM	Determined by Riders	Gazebo Glen Ellyn	Determined by Riders	Weekly Show and Go The riders who show will decide ride leader, distance, and pace.
Mon Aug. 13	6:30 PM	25-30 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Monday Night Ride The Monday Night Ride continues to explore the western suburbs. The days will be getting a little shorter - bring lights!
Tues Aug. 14	9:30 AM	20 miles 8-10 mph	Harper College Palatine	Cindy Cochrane 847-991-6229	New Adventure Ride, Palatine Take 90, 290 or 355 NW to Hwy 53; exit Algonquin Rd; go west to college. Meet/park in front of Bldg M (Gymnasium) near corner of Algonquin Rd & Roselle Rd. Ride north through Palatine neighborhoods, bicycle trail, and Deer Grove Forest Preserve. Stop half way for drink/snack.
Tues Aug. 14	9:00 AM	Determined by Riders	IMAX Woodridge	Determined by Riders	Tuesday IMAX Ride This ride will be a show 'n go for much of August.
Tues Aug. 14	6:00 PM	~17 miles moderate to fast	Palos-Pulaski Woods West	George Pastorino 708-903-8700	Advanced Mountain Bike Ride Advanced Singletrack Ride. If you have singletrack experience and want to get in some hill climb training, come join George at Palos Forest Preserve. We will do a lot of Palos' tough climbs, mostly on singletrack. This is not a beginner ride. MTB Bike required See e-mail for directions. Cancelled if raining or poor trail conditions.
Tues Aug. 14	6:00 PM	32 miles 13-15 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	Tuesday Night Ride Trail ride to Winfield via the Illinois Prairie Path and the Great Western Trail. Mountain, Hybrid or Touring bike recommended. Good lights required.
Wed Aug. 15	9:00 AM	52 miles 16-18 mph	Sunset Knoll Park Lombard	Steve Josephs 630-235-9841	From Lombard to St. Charles We'll ride from Lombard to St. Charles via Wayne. Pitstop at Wayne's Forest Preserve, snack at Smithy's in St. Charles.
Wed Aug. 15	9:00 AM	Determined by Riders	McCullum Park Downers Grove	Determined by Riders	Wednesday Show and Go The riders will determine the ride leader, distance, and pace.
Wed Aug. 15	9:00 AM	30 miles 12-15 mph	McCullum Park Downers Grove	Joanne Dybala 630-493-1514	Surprise Ride Zigzags and loops, and an interesting brief stop or two.
Wed Aug. 15	6:30 PM	Distance TBD 12-14 mph	Parking lot Maple and Park Lombard	Determined by Riders	Wednesday Night Intermediate Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed Aug. 15	6:30 PM	Distance TBD 16-18+ mph	Gazebo Glen Ellyn	Determined by Riders	Wednesday Night Fast Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs Aug. 16	9:00 AM	Determined by Riders	IMAX Woodridge	Determined by Riders	Thursday IMAX S&G This will be a show and go for most of August.
Thurs Aug. 16	6:20 PM	25-30 miles 17-19 mph	Depot Elmhurst	Tom Mara 630-833-5739	Thursday Night Ride Join Tom for a quick ride after work. Ride is steady and quick with no scheduled stops. If weather is threatening or bad road conditions, ride will be cancelled. Road bike and lights recommended.



DATE	TIME	DISTANCE	START	LEADER	RIDE DESCRIPTION
Fri Aug. 17	9:00 AM	40-45 miles 14-16 mph	Sunset Knoll Park Lombard	Bill Schwartz 630-963-6252	From Lombard to Batavia We'll ride from Lombard to Batavia via Fermi Lab. Pitstop at Fermi Lab, snack at Panera Batavia..
Fri Aug. 17	5:30 PM	25-30 miles 16-18 mph	Wheel Thing LaGrange	Bruce Glaser (708) 352-3822	Friday Evening Ride Join Bruce for a quick Friday evening ride from his shop in LaGrange. Optional refreshments post ride.
Sat Aug. 18	9:00 AM	Determined by Riders	Depot Elmhurst	Determined by Riders	Weekly Show and Go The riders will determine the ride leader, distance, and pace.
Sat Aug. 18	9:30 AM	20 miles stop & go 10-12 mph	Skokie parking lot on the east side of McCormick Blvd just north of Golf Rd.	Judy Mikesell 833.1036 or 290.2675 day of ride	Skokie Sculpture Garden Ride Ride: This is a 4 mile paved path and the ride will be slow with stops to view the sculptures along the way. Then a short ride to the Northwestern lake front trail past beaches and wind surfers. The lake front trail about 5 miles. Lunch stop on the way back. Bring snacks & lunch or \$.
Sun Aug. 19	8:00 AM	20 miles 10-12 mph	Panera Bread Elmhurst	John Konrad 630.728.8010	Sunday Slow Ride Join John for a Sunday AM slow ride, now at 8:00 AM to beat the heat.
Sun Aug. 19	8:00 AM	25-35 miles 11-14 mph	Panera Bread Elmhurst	Petra Hofmann 630-290-5173	Sunday with Petra Join Petra for a Sunday morning ride, cancelled if raining. Always done by 11 AM.
Sun Aug. 19	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with one short rest stop, finished by 11am. Bring enough food/drink to refuel.
Sun Aug. 19	8:30 AM	62 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	Sunday Morning Moderate Ride This will be a Metric Century. Depending on road conditions and weather we may ride to the Chicago Botanic Garden. Bring drink and snacks to refuel.
Sun Aug. 19	12:30 PM	Determined by Riders	Gazebo Glen Ellyn	Determined by Riders	Weekly Show and Go The riders who show will decide ride leader, distance and pace.
Mon Aug. 20	6:30 PM	25-30 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Monday Night Ride The Monday Night Ride continues to explore the western suburbs. The days will be getting a little shorter - bring lights!
Tues Aug. 21	9:00 AM	15-20 miles 8-10 mph	Depot Villa Park	Chuck Ziemer 630-323-8083	New Adventure Ride Easy ride to Itasca with a bakery stop.
Tues Aug. 21	9:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6252	Tuesday IMAX Ride Join the Schwartzes for a moderate ride from the IMAX Theatre in Woodridge to Naperville and back. Call cell 630-303-1160 or 708-334-6250 if the weather looks iffy.
Tues Aug. 21	6:00 PM	34 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	Tuesday Night Ride Busse Woods -- Road and paved trail ride. Good lights required.
Wed Aug. 22	9:00 AM	45 miles 12-14 mph	Lake Katherine Nature Preserve	Gerry Fekete (708) 352 -0913	Lake Katherine to Frankfort Ride Tinley Creek Path, roads and Old Plank to Frankfort for lunch. Bring your own or buy lunch at the Deli. Start is on Rt. 83, west of Harlem and one block East of 76th Ave. Entrance is on the north side. Drive back to the preserve parking lot.
Wed Aug. 22	9:00 AM	~25 miles moderate to fast	Kettle Moraine LaGrange, WI	George Pastorino 708-903-8700	Kettle Moraine Mountain Bike Ride Advanced Mountain Bike Ride. Kettle has technical trails full of large rocks, roots and other obstacles, it also features lung busting climbs and steep descents which require good bike handling skills.. Unlike some of my Palos rides, this ride is not appropriate for beginners. I-94 north to Highway 50 in Kenosha, WI. Go west (left) on 50 to Highway 12 (just before Lake Geneva). Take Highway 12 north (it curves west) to Highway H (you'll see the La Grange General Store). Go north (right) on H. The John Muir trailhead is approx. 1-1/2 miles on your left.



DATE	TIME	DISTANCE	START	LEADER	RIDE DESCRIPTION
Wed Aug. 22	9:00 AM	52 miles 16-18 mph	Sunset Knoll Park Lombard	Steve Josephs 630-235-9841	From Lombard to St. Charles We'll ride from Lombard to St. Charles via Wayne. Pitstop at Wayne's Forest Preserve, snack at Smithy's in St. Charles.
Wed Aug. 22	9:00 AM	Determined by Riders	McCollum Park Downers Grove	Determined by Riders	Wednesday Show and Go The riders will determine the ride leader, distance, and pace.
Wed Aug. 22	6:30 PM	Distance TBD 12-14 mph	Parking lot Maple and Park Lombard	Determined by Riders	Wednesday Night Intermediate Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed Aug. 22	6:30 PM	Distance TBD 16-18+ mph	Gazebo Glen Ellyn	Determined by Riders	Wednesday Night Fast Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs Aug. 23	9:00 AM	Determined by Riders	IMAX Woodridge	Determined by Riders	Thursday IMAX S&G This will be a show and go for most of August.
Thurs Aug. 23	6:20 PM	25-30 miles 17-19 mph	Depot Elmhurst	Tom Mara 630-833-5739	Thursday Night Ride Join Tom for a quick ride after work. Ride is steady and quick with no scheduled stops. If weather is threatening or bad road conditions, ride will be cancelled. Road bike and lights recommended.
Fri Aug. 24	9:00 AM	40-45 miles 14-16 mph	Sunset Knoll Park Lombard	Bill Schwartz 630-963-6252	From Lombard to Batavia We'll ride from Lombard to Batavia via Fermi Lab. Pitstop at Fermi Lab, snack at Panera Batavia..
Fri Aug. 24	5:30 PM	25-30 miles 16-18 mph	Wheel Thing LaGrange	Bruce Glaser (708) 352-3822	Friday Evening Ride Join Bruce for a quick Friday evening ride from his shop in LaGrange. Optional refreshments post ride.
Fri Aug. 24	7:00 PM	Monthly Collat- ing 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 Aug. 25	8:00 AM	~20 miles moderate ~3+ hours	Pastorino House 7551 Blazer Ave. Justice IL. 60458	George Pastorino 708-903-8700	Palos Mountain Bike Ride Come join George and Pussanee for a scenic ride through The Palos Forest Preserve. George will lead and Pussanee will sweep, we have radios, so no one will get lost or dropped. Mountain Bike required. We have 3 good mountain bikes for club members to use. 2 for riders 5' 5" to 6' 3" and 1 for riders up to 5' 6". First come basis. E-mail George if you need to use one. You do not need mountain bike experience to do this ride, but there are advanced sections for experienced riders. Route is mainly dirt doubletrack with single-track options for those interested, plus a bit of paved trail and road. We BBQ some hotdogs at our house post ride, followed by a cool off swim in the Pastorino pool--swim suit required! Mapquest for directions. Cancelled if raining or poor trail conditions.
Sat Aug. 25	9:00 AM	Determined by Riders	Depot Elmhurst	Determined by Riders	Weekly Show and Go The riders will determine the ride leader, distance, and pace.
Sun Aug. 26	8:00 AM	20 miles 10-12 mph	Panera Bread Elmhurst	John Konrad 630.728.8010	Sunday Slow Ride Join John for a Sunday AM slow ride, now at 8:00 AM to beat the heat.
Sun Aug. 26	8:00 AM	25-35 miles 11-14 mph	Panera Bread Elmhurst	Petra Hofmann 630-290-5173	Sunday with Petra Join Petra for a Sunday morning ride, cancelled if raining. Always done by 11 AM.
Sun Aug. 26	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with one short rest stop, finished by 11am. Bring enough food/drink to refuel.
Sun Aug. 26	8:30 AM	30-45 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	Sunday Morning Moderate Ride A road ride exploring various destinations in DuPage and Cook Counties. Includes one short stop. Bring enough food/drink to refuel. Ride includes optional sprints.
Sun Aug. 26	12:30 PM	Determined by Riders	Gazebo Glen Ellyn	Determined by Riders	Weekly Show and Go The riders who show will decide ride leader, distance, and pace.



DATE	TIME	DISTANCE	START	LEADER	RIDE DESCRIPTION
Mon Aug. 27	6:30 PM	25-30 miles 13-15 mph	Depot Elmhurst	Determined by Riders	Monday Night Show & Go The Monday Night Ride is designated a Show & Go for 2 weeks. Headlight and taillight required.
Tues Aug. 28	9:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6252	Tuesday IMAX Ride Join the Schwartzes for a moderate ride from the IMAX Theatre in Woodridge to Naperville and back. Call cell 630-303-1160 or 708-334-6250 if the weather looks iffy.
Tues Aug. 28	5:45 PM	15-20 miles 8-10 mph	Depot Villa Park	Kacy 630-569-4689	Night of the Full Moon New Adventure Cancelled if inclement weather.
Tues Aug. 28	6:00 PM	~17 miles moderate to fast	Palos-Pulaski Woods West	George Pastorino 708-903-8700	Advanced Mountain Bike Ride Advanced Singletrack Ride. If you have singletrack experience and want to get in some hill climb training, come join George at Palos Forest Preserve. We will do a lot of Palos' tough climbs, mostly on singletrack. This is not a beginner ride. MTB Bike required. See e-mail for directions. Cancelled if raining or poor trail conditions.
Tues Aug. 28	6:00 PM	37 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	Tuesday Night Ride West Chicago road ride. Good lights required.
Wed Aug. 29	8:30 AM	59 miles 12-14 mph	Herrick Lake FP Butterfield Lot Wheaton	Betty Bond 932-0271 Cell 881-1177	St. Charles and Beyond We will meet at Herrick Lake and ride to St. Charles and have lunch at Smitty's. Or you may bring your own lunch. The route can be found on EBC's website submitted by Lou Fish.
Wed Aug. 29	9:00 AM	52 miles 16-18 mph	Sunset Knoll Park Lombard	Bill Schwartz 630-963-6252	From Lombard to St. Charles We'll ride from Lombard to St. Charles via Wayne. Pitstop at Wayne's Forest Preserve, snack at Smithy's in St. Charles.
Wed Aug. 29	9:00 AM	Determined by Riders	McCullum Park Downers Grove	Determined by Riders	Wednesday Show and Go The riders will determine the ride leader, distance, and pace.
Wed Aug. 29	6:30 PM	Distance TBD 12-14 mph	Parking lot Maple and Park Lombard	Determined by Riders	Wednesday Night Intermediate Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed Aug. 29	6:30 PM	Distance TBD 16-18+ mph	Gazebo Glen Ellyn	Determined by Riders	Wednesday Night Fast Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs Aug. 30	9:00 AM	Determined by Riders	IMAX Woodridge	Determined by Riders	Thursday IMAX S&G This will be a show and go for most of August.
Thurs Aug. 30	6:20 PM	25-30 miles 17-19 mph	Depot Elmhurst	Tom Mara 630-833-5739	Thursday Night Ride Join Tom for a quick ride after work. Ride is steady and quick with no scheduled stops. If weather is threatening or bad road conditions, ride will be cancelled. Road bike and lights recommended.
Fri Aug. 31	9:00 AM	40-45 miles 14-16 mph	Sunset Knoll Park Lombard	Bill Schwartz 630-963-6252	From Lombard to Batavia We'll ride from Lombard to Batavia via Fermi Lab. Pitstop at Fermi Lab, snack at Panera Batavia..
Fri Aug. 31	5:30 PM	25-30 miles 16-18 mph	Wheel Thing LaGrange	Bruce Glaser (708) 352-3822	Friday Evening Ride Join Bruce for a quick Friday evening ride from his shop in LaGrange. Optional refreshments post ride.

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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 1/4 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 1 1/4 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), 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/Wheaton. 1/4 mile north of Roosevelt Road, 1/2 mile west of Main Street / Schmale Road.
Waterfall Glen FP 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.

A Week In Door County

Nancy Shack

The Door County 2007 trip was a wonderful experience. Peter and Ksenia Turula, Nancy Shack, and Joanne Dybala rented a house in Fish Creek. But, unfortunately Joanne had to cancel the week before departure due to her husband's illness. (He's recuperating now from a nasty bout of pneumonia.) Marty Becker was able to join us for a day of riding



and thus EBC was well represented on the joint adventure with the Joliet Bicycle Club and members of Folks on Spokes.

If you've never ridden in Door County you might be surprised to learn of the seemingly endless miles of interior roads to explore, islands too. A twenty-minute ferry ride carries riders to Washington Island where we spent the day exploring the sights. This is a trip I highly recommend to all. Beautiful blue skies, temperatures in the mid to low 70s (with one day in the high 60s) made for great cycling conditions. Peter and Nancy rode 322 miles in 6 days, Ksenia riding somewhat less, set a personal best for the most consecutive days riding. We rewarded ourselves with a variety of local fish dishes and cherry desserts because after all, how can you visit the Door and not partake in the full flavor of the area? Even the "Not Licked Yet" custard was a treat to remember.

We are seriously considering organizing a 2008 Door County trip. Who's interested?



Notice How everyone has a smile on their face after riding a century. Would you believe that?

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Meeting Minutes

Doard of Directors

President - Ray Dal Lago

- Regarding giving credit on Invitational mileage, proposed to have a separate category.
- Asked if awards should be given for Invitational mileage.
- Discussed Invitational mileage would be retroactive from Jan 1st of 2007.

Ride Captain - Steve Josephs

- Proposed having a separate listing in ride schedule for Invitationals.
- Suggested Invitationals would be self-reported quarterly.
- Stated Invitationals are not other club rides, commuting mileage, tours.
- Announced club is out of mileage patches and will make arrangements to purchase more.

Nancy Shack - Membership

- Would like to see reports on how our club members liked the Invitationals they rode and suggested
- opening for discussion at club meeting.

President - Ray Dal Lago

- Announced 13 more people needed to volunteer for the Metro.
- Announced brochures and posters were brought in for volunteer distribution.
- All articles, pictures, etc need to be sent in to Petra for listing in newsletter.
- Discussed Invitational mileage and sought ideas on how to track.
- Proposed to club members about possibility of changing the name of the club.
- Proposed on changing our club logo.

Ride Captain - Steve Josephs

- Announced for 2007, current mileage is 7,000 ahead of 2006.
- August rides need to be turned in by 7/12.
- Announced club ran out of mileage patches and suggested alternative awards. Asked club members for feedback.

Nancy Shack-Membership

- 64 family memberships, 186 individual memberships for a total of 250 memberships and 333 total club members.
- Suggested obtaining a new club jersey.

Membership Meeting