



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

EBC MEETING,

Thu, Nov 8, 7:15 p.m.
Community Bank,
Butterfield Rd.
Elmhurst

ROLL THE TOLLWAY,

Sponsored by CBF and
the Illinois Tollway, Nov.
11 Contact: Ethan Spotts,
312.427.3325 for information
and to volunteer.

THANKSGIVING DAY DINNER AND HIKE

Thursday November
22nd Hike 11:30 - 1:00
Buffet 1:30 about \$15.00
White Pines State Park -
Oregon, IL Leader: Judy
Mikesell To reserve a
spot either e-mail me at
mikesell2_juno.com or
call 630.833.1036

TURKEY DAY 2007

Traditional ride to
Brookfield Zoo Pace: 30
miles 13-15 mph. Meet at
Stemples Cycles
494 Spring Rd, Elmhurst
Larry Gitchell
(708) 409-0105 (H)
(708) 421-0120 (C)

SKI THE UP

Feb. 3 - Feb 8, 2008
Contact Sharon Hermach
or call the Indianhead
Motel 906-932-2031

Hills, Hills, and More Hills

By Susan Sperl

This was my first "Hilly Hundred". Betty, Pussanee, George P., George, and Hans with daughter (we never saw those two) were old pros to Ellettsville, IN invitational.

It did not take me long to realize this ride was like being on a cruise ship.... "You eat your way through it". The food keeps your mind off the hills, the hills help you make room for more food! They feed you lunch



both days (one table was marked for vegetarians).

The rest stops are about ten miles apart with live music! All the music was very good. My favorite was the last stop on Saturday, the "Island Breeze" band. I wanted to stay until they stopped playing for the day.

It is a very festive ride (some in costume).... not a race! Very family orientated. I saw uni-cycles, dads with burleys, tandems (one with extra pedals which did not seem to be pulling its weight), tri-tandem, and quad-tandems, recumbents with both two and three wheels, mountain bikes, cruisers and road bikes; you name it, it was there.

Sunday, I found myself in the middle of a double pace line gathering riders as it went



along. We ended with two rows of twenty riders each. Made it to lunch in no time!

The program Saturday night featured Pussanee front and center. It turns out there are picture takers at the top of most hills. Hills such as; "Water Tower Hill", "The Three Sisters" featuring the "Twisted Sister", the "Uglier Sister"Oops, a fourth "Sister 3.5"just to name a few. Mount Tabor did not need a silly name. The short 20% grade spoke for itself.

I have reservations for 2008's invitational, October 18 & 19. I Hope to see more EBC'ers joining us for a weekend party of calorie burning biking.



Photos by George Pastorino



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)

Elmhurst Bicycle Club

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Opinion and Comment

Petra Lynn Hofmann



Time flies when you're having fun and I hope all club members are having fun riding the roads of DuPage County and Northern Illinois. I mention this as I've been reading many horrible stories from around the county of bicyclists either being severely injured or killed by careless and thoughtless drivers. Further, not a few of these likely could have been avoided by cyclist's paying more attention to their environment.

One of the first activities I learned and taught in flight training is "situational awareness." This is the idea that one always, always knows what is going on around them in all directions. In an aircraft cockpit that means 180 degrees along all three axes outside and inside. Fortunately, for bicyclists that means being aware of your environment in only one plane. However, the plane includes: front, back, left, and right sides. For me, any incident that could have been avoided by going slower means you were going too fast for the environmental conditions. To plagiarize an old TV show: Let's be careful out there.

We have several good articles from members describing their varied and interesting trips the last days of Summer. I only wish I could have gone along. Speaking of trips, take a look at the DuPage County Bikeway Map available online. Maybe not quite as kewl as using Bikely or Favorite Run, but does permit one to select a particular section of either the trails or bikeways and print them at home. One has to view this map in detail to understand just how many miles of bikeways, paths, and trails we enjoy in DuPage County. This is due in large part to the efforts of Deborah Fagan, our DuPage County Chief Planner and County Trail System Coordinator and to all the members of the DuPage County Environmental Committee: Jeff Redick, Yolanda Campuzano, James Healy, Linda Kurzawa, Michael McMahon, and Debro Olson.

Let's not forget "Roll The Tollway," November 11. This is likely to be the one and only time we'll be able to ride down a nice smooth portion of interstate highway free of vehicle traffic. Unfortunately for me, I will be in Southern California that weekend working. In fact, I'll be gone for most of the next three weeks. Next week is, of all places, Lloydminster, AB. Geez!

It's time for a new club jersey and club logo. We should all thank Nancy Shack for taking up the baton (jersey) and providing the motivation and leadership to get these tasks done. I wish for a nice clean readily identifiable logo that signifies a long-time bicycle club composed of bicyclists with varied riding interests and skills. As to the jersey my yellow one from several years ago is probably ready for semi-retirement.

Further, I wish I could attend the Sounds of Silver concert the day before the tollway ride—not too many flute quartets out there. Laura Kuhlman's group looks quite interesting as they display a range of instruments not often heard.

I almost forgot, time change is just around the corner. Remember to 'fall back' on Sunday, November 4, at 2 am. Or, better yet, set your clock, and bicycle computers back Saturday night.



TRAIL USAGE DATA

In August, the Chicago Metropolitan Agency for Planning, working with the DuPage Mayors and Managers Conference, included 3 Southern Trail locations in a one-day trail count. The results are shown below and are significant. The counts exceed one-day counts taken at several locations on the Great Western Trail and some on the Illinois Prairie Path. For a full copy of the count data, contact dfagan@dupageco.org.

· 75th St. at Book Road, Naperville (Trail at Springbrook Prairie Forest Preserve) Total users: 616

· Hobson Road at Washington Street, Naperville (Trail at West Branch DuPage River Trail Intersection) Total users: 1197

· Waterfall Glen Forest Preserve loop trail at 101st St., Downers Grove Township Total users: 1284

From: Southern DuPage County Regional Trail Newsletter



Map of DuPage County Trails and Bikeways at the Hickory Grove bikeway dedication, 2005. A copy of the current Map is at: <http://www.dupageco.org/bikeways>

Nancy Shack Heads Club Logo And Jersey Project



Nancy is in the process of designing a new club jersey and EBC logo. Having met with a graphic artist to flesh-out the design requirements, she expects to meet soon to view the first drafts of the proposed design. The new jersey will display not only a new Elmhurst Bicycle Club logo, but a new jersey color palette and design as well.

Nancy is seeking board approval of the designs at the November meeting and is encouraging all interested members to contact her for their input and comments.

The Voler sales representative will be at the December club meeting with sizing samples and to take members' orders. All order need to be placed by the end of January, 2008 to meet the March production schedule.

Shown here, Nancy models one of the earlier versions of the EBC Club jersey.



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W	12-6	Haro • Univega
Sat	10-5	

Call for Winter Hours



November 2007

Club Rides

**Special Events and
Non-recurring rides.**

Date	Time	Distance	Start	Leader	Ride Description
Thur. Nov. 1	10:00 AM	40-50 miles 14-16 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.
Fri Nov. 2	10:00 AM	Determined by riders	Sunset Knoll Park Lombard	Determined by riders	Friday Show and Go The riders will determine the ride leader, distance and pace
Sat Nov. 3	10:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Weekly Show and Go The riders will determine the ride leader, distance and pace
Sun Nov. 4	8:30 AM	20-30 miles 11-14 mph	Panera Bread Elmhurst	Determined by riders	Sunday without Petra Petra's usual Sunday AM ride, but we need volunteers to lead this as a Show and Go during November.
Sun Nov. 4	8:30 AM 11:00 AM 1:30 PM	33, 66 or 100 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Triple Loop Century Dave is offering a century broken into three loops totaling 100 miles, all starting and ending at Panera. Come out and ride any or all of the loops. One short rest stop per loop. Dave will have his car parked at Panera so you can store personal items. He will also have food and drink to refuel after each loop. Bring lights for the first loop.
Sun Nov. 4	8:30 AM	30-45 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	Jeff's Sunday Morning Ride A road ride that's all about exploring various destinations in Cook and Du Page counties. Includes one short stop. Bring enough food/drink to refuel.
Sun Nov. 4	8:30 AM	20 miles 10-12 mph	Panera Bread Elmhurst	Determined by riders	Sunday Slow Ride Show and Go The slower ride will be a Show 'n Go for today.
Sun Nov. 4	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.
Tues Nov. 6	9:30	20 miles 8-11 mph	Harper Col- lege, Palatine, Bldg. M, (Roselle & Al- gonquin Rd)	Cindy Cochrane 847-991-6229	New Adventure Meet in the parking lot by the Recreation/Gymnasium building "M" at 9:30 am. Coffee/snack stop half way.
Tues Nov. 6	10:00 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 Koombie's Coffee Shop in S. Naperville and back. Call cell 630-303-1160 or 708-334-6250 if the weather looks iffy.
Wed Nov. 7	10:00 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 Nov. 7	6:30 PM	Determined by riders	Depot Villa Park	Determined by riders	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thur. Nov. 8	10:00 AM	40-50 miles 14-16 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.
Thur. Nov. 8	7:15 PM		Community Bank Elmhurst	Ray Dal Lago 630-543-4655	Monthly Club Meeting Board meeting precedes club meeting.
Fri Nov. 9	10:00 AM	Determined by riders	Sunset Knoll Park Lombard	Determined by riders	Friday Show and Go The riders will determine the ride leader, distance and pace
Sat Nov. 10	10:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Weekly Show and Go The riders will determine the ride leader, distance and pace
Sun Nov. 11	8:30 AM	20-30 miles 11-14 mph	Panera Bread Elmhurst	Determined by riders	Sunday without Petra Petra's usual Sunday AM ride, but we need volunteers to lead this as a Show and Go during November.
Sun Nov. 11	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 Nov. 11	8:30 AM	30-45 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	Jeff's Sunday Morning Ride With Jeff out of town, this ride is a show and go for today.

Ride Schedule

Sun Nov. 11	8:30 AM	20 miles 10-12 mph	Panera Bread Elmhurst	Determined by riders	Sunday Slow Ride Show and Go The slower ride will be a Show 'n Go for today.
Sun Nov. 11	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.
Tues Nov. 13	9:00 AM	20 miles 8-10 mph	Depot Elmhurst	Determined by riders	New Adventure Show and Go Show and Go for a New Adventure Ride from the Elmhurst Depot
Tues Nov. 13	10:00 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 Koombie's Coffee Shop in S. Naperville and back. Call cell 630-303-1160 or 708-334-6250 if the weather looks iffy.
Wed Nov. 14	10:00 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 Nov. 14	6:30 PM	Determined by riders	Depot Villa Park	Determined by riders	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thur. Nov. 15	10:00 AM	40-50 miles 14-16 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.
Fri Nov. 16	10:00 AM	Determined by riders	Sunset Knoll Park Lombard	Determined by riders	Friday Show and Go The riders will determine the ride leader, distance and pace
Sat Nov. 17	9:00 AM	25-30 miles 13-15 mph	Depot Elmhurst	Larry Gitchell (708) 409-0105 (H) (708) 421-0120 (C)	Loon Cafe Loop A ride to the Loon Cafe in River Grove for lunch. Long on the out-bound side, followed by a shorter return. May include a stop at a local bike shop. Bring lunch money and a good lock. All pavement, but will include sidewalk and possible construction zone sneaks.
Sat Nov. 17	10:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Weekly Show and Go The riders will determine the ride leader, distance and pace
Sun Nov. 18	8:30 AM	20-30 miles 11-14 mph	Panera Bread Elmhurst	Determined by riders	Sunday without Petra Petra's usual Sunday AM ride, but we need volunteers to lead this as a Show and Go during November.
Sun Nov. 18	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 Nov. 18	8:30 AM	30-45 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	Jeff's Sunday Morning Ride A road ride that's all about exploring various destinations in Cook and Du Page counties. Includes one short stop. Bring enough food/drink to refuel.
Sun Nov. 18	8:30 AM	20 miles 10-12 mph	Panera Bread Elmhurst	Determined by riders	Sunday Slow Ride Show and Go The slower ride will be a Show 'n Go for today.
Sun Nov. 18	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.
Tues Nov. 20	9:00 AM	20 miles 8-10 mph	Depot Elmhurst	Determined by riders	New Adventure Show and Go Show and Go for a New Adventure Ride from the Elmhurst Depot
Tues Nov. 20	10:00 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 Koombie's Coffee Shop in S. Naperville and back. Call cell 630-303-1160 or 708-334-6250 if the weather looks iffy.
Wed Nov. 21	10:00 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 Nov. 21	6:30 PM	Determined by riders	Depot Villa Park	Determined by riders	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thur. Nov. 22	8:30 AM	30 miles 13-15 mph	Stemples Cycles 494 Spring Rd Elmhurst	Larry Gitchell (708) 409-0105 (H) (708) 421-0120 (C)	Turkey Day 2007 Work off the turkey ahead of time with our traditional ride to Brookfield Zoo! We'll spend about an hour exploring the zoo - admission is free on Thursdays. Sag wagon with snacks and storage space provided, bring your own lock. Make sure to dress properly for weather conditions - could be anything from shorts and tank tops to snowmobile suits!

Ride Schedule

Thur. Nov. 22	11:30 AM hike 1:30 PM buffet	3-4 mile hike before lunch	White Pines State Park Oregon, IL	Judy Mikesell 630-833-1036	Thanksgiving Day Hike & Buffet !!!! RESERVATION REQUIRED !!!! Thursday November 22nd Hike 11:30 - 1:00 Buffet 1:30 about \$15.00 White Pines State Park - Oregon, IL Leader: Judy Mikesell To reserve a spot either e-mail me at mikesell2@juno.com or call 630.833.1036 (I'm usually in after 6:30) I need to make reservations for the buffet by Nov. 8th. If you think you are interested please let me know. (I can always reduce the reservation, but by early Nov. it is hard to increase the number.) If you have a non-hiker that would like to come, there is a small gift shop where they can wait by the fireplace, just have them bring a book or something. White Pines is 8 miles west of Oregon, IL if you take North Ave. White Pines is 12 miles north of Dixon, IL if you take I88. Allow about 2 hours drive time. To reach White Pines Forest State Park from the Chicago Area, take Route 64 (North Avenue) west to Route 2 south in Oregon, turn left on Route 2 to Pines Road. At Pines Road, turn right and follow the signs to the park entrance, approximately 8 miles. From the Northwest suburbs, take I-90 west to Route 20 at Rockford. Take Route 20 west to Route 2 south. You will go through Byron and continue to Oregon. In Oregon, continue to the south edge of town to Pines Road. Turn right on Pines Road and follow the signs to the Park entrance, a distance of about 8 miles. From the north or south, take I-39 to the Oregon exit (Route 64). take Route 64 west to Oregon. You will turn left at Route 2 and continue to Pines Road. Turn right on Pines Road and go about 8 miles to the park entrance. If you are coming from eastern or western Illinois, take Toll Road IL RT 88 to the Dixon exit (Route 26). Take Route 26 north through Dixon to Lowell Park Road. Turn right and go about 11 miles to the stop sign which is Pines Road. Turn right on Pines Road and go about one mile to the park entrance.
Fri Nov. 23	10:00 AM	Determined by riders	Sunset Knoll Park Lombard	Determined by riders	Friday Show and Go The riders will determine the ride leader, distance and pace
Fri Nov. 23	7:00 PM	Monthly Col- lating 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 Nov. 24	10:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Weekly Show and Go The riders will determine the ride leader, distance and pace
Sun Nov. 25	8:30 AM	20-30 miles 11-14 mph	Panera Bread Elmhurst	Determined by riders	Sunday without Petra Petra's usual Sunday AM ride, but we need volunteers to lead this as a Show and Go during November.
Sun Nov. 25	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 Nov. 25	8:30 AM	30-45 miles 15-17 mph	Panera Bread Elmhurst	Jeff Wincentsen 630.832.3338	Jeff's Sunday Morning Ride A road ride that's all about exploring various destinations in Cook and Du Page counties. Includes one short stop. Bring enough food/drink to refuel.
Sun Nov. 25	8:30 AM	20 miles 10-12 mph	Panera Bread Elmhurst	Determined by riders	Sunday Slow Ride Show and Go The slower ride will be a Show 'n Go for today.
Sun Nov. 25	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.
Tues Nov. 27	9:00 AM	20 miles 8-10 mph	Depot Elmhurst	Determined by riders	New Adventure Show and Go Show and Go for a New Adventure Ride from the Elmhurst Depot
Tues Nov. 27	10:00 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 Koombie's Coffee Shop in S. Naperville and back. Call cell 630-303-1160 or 708-334-6250 if the weather looks iffy.
Wed Nov. 28	10:00 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 Nov. 28	6:30 PM	Determined by riders	Depot Villa Park	Determined by riders	Wednesday Night Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thur. Nov. 29	10:00 AM	40-50 miles 14-16 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.
Fri Nov. 30	10:00 AM	Determined by riders	Sunset Knoll Park Lombard	Determined by riders	Friday Show and Go The riders will determine the ride leader, distance and pace

Directions to Ride Start 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.

Bicycle For Sale:

Lamond Road Bike, 23" frame, low miles, \$500. Call Sharon Gilbert at 630.562.9419

November Meeting Speaker

Eric Peterson will discuss the work and effort involved in training and qualifying for the Paris-Brest-Paris competition. Eric will speak to the speeds, endurance, and the physical and mental conditioning required to successfully complete this grueling event.

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Sashay down the Champs Elysées..on a Segway

By Linda Lauer and Mary Moroney

What's the best way to finish a fabulous bike tour in Provence, France? Why sashaying down the Champs Elysees on a Segway, of course! That is what Mary Moroney & I did on our September trip to France.

What the heck is a Segway you ask? A Segway is sort of like a battery powered scooter, but way cooler than that. It is steered through the use of several internal gyroscopes. Simply lean forward to go forward, the more you lean the faster you go. Lean backward to go in reverse, lean further back and you can stop on a dime (or in this case, a Euro). Shifting your weight left or right is all that is needed to turn. While it feels rather unstable at first, after a short lesson and maybe 20 minutes getting used to it, you will be zipping along at 12 miles an hour. Once I figured out controlling the Segway feels much like downhill skiing, slaloming and doing 360s were definitely on the agenda.

Of course, it didn't hurt that we were rolling under the Eiffel Tower. Lit up. At night. From there we toolled on over to the Arc de Triomphe, the Louvre, Alexander Bridge, Napoleon's Tomb, Place de la Concorde, and in the distance, Notre Dame. Big fun. Incredible views.

And the same company that hosts the Segway tours in Paris, also offers them right downtown in the windy city. And yup, I did that tour, too, also at night, in August with an out-of-town coworker. Looking out the windows eating lunch in the cafe at my client site on Randolph, right across from Millenium Park, seeing the touristas tooling around Chicago on the Segway, well, we just had to try it out for ourselves. The Chicago tour goes thru Grant Park, past Buckingham Fountain, down to the museum campus along the lakefront to Soldier's Field, then returns down Michigan Avenue. It's a great way to see a great city. <http://www.citysegwaytours.com/paris/>

Oh, yeah, the bike tour through Avignon, Arles, St. Giles, Remoulins, the Carmague, les Baux, Stes Maries (on the Mediterranean) wasn't half bad either! Lots of incredible food, wine, panoramic views, Roman ruins, Medieval towns, vineyards, rice paddies, and beaches.

<http://www.biketoursdirect.com/>



Sounds of Silver In Concert

Saturday, November 10, 2007

5 – 7pm.

Brookdale Music

1550 N. Route 59

Naperville

Tickets: \$12

Call Brookdale to order

630.983.5100 or email:

soundsofsilver@comcast.net



Photos by Mary Moroney

Linda and Mary, can this be any place but Paris?

Come listen to our very own Laura Kuhlman in concert with the Sounds of Silver November 10, at 5 PM in Brookdale Music, Naperville.

Sounds of Silver; Laura, Sandi, Nancy and Barb, will be accompanied by Dennis Colby on piano, Jeff Hansel on bass and Tim Wilsey on drums. A reception follows.

On Vacation: Bikes, Trains, Movies and More

by Larry Gitchell

Back at the end of August, Vicki and I took a trip to the 27th National Narrow Gauge [Railroad] Convention in Portland, Maine. We didn't get out on the bikes, but we saw many interesting things along the way, some of them related to cycling.

Our first major stop was the Caboose Motel in Titusville, Pennsylvania. It was made by lining up two rows of former railroad cabooses, 12 in all. The original interiors have been converted into cozy motel rooms. The area around Titusville is referred to as "The valley that changed the world" because the first producing oil well was drilled there in the 1800's. Oil Creek State Park has preserved or recreated some of the original buildings and equipment. There's a paved bike path through the park. The Oil Creek & Titusville railroad makes a big deal about riding the trail one way and taking the train back. I'm not sure how well that coordinates with the train schedule; the railroad wasn't running any day we were in town.

<http://www.octr.org/>

The second day out we drove over the hills to see the famous Horseshow Curve near Altoona. Visiting western Pennsylvania is like going to the Driftless Area of Wisconsin - but the hills are 2-3 times bigger. On top of the hills above the Horseshow Curve we passed a sign indicating

the road had been adopted by the Blair bicycle club.

They have some interesting notes on ride ratings and keeping groups together.

The Horseshoe Curve was built by the Pennsylvania Railroad to reduce the grade of its climb over the Allegheny Mountains. Just like bicyclists, trains have an easier time with a long gradual ascent, rather than a straight steep one. From the parking lot, you can watch trains going completely around the valley, almost a

hundred feet above you. We climbed the stairs to track level and watched the trains go by, and even saw a few bicyclists on the road far below.

<http://www.blairbicycleclub.org/>

Day three took us to New Jersey. First, we visited the Benjamin Moore Consumer Information Center in Flanders, so Vicki could meet the people she talks to on the phone at work, followed by a drive north to the tiny community of Newfoundland. Our goal: to find the locations used to film the movie "The Station



The Library used in the movie, "The Station Agent."

(Continued on Page 11)



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Agent". I highly recommend renting or buying a DVD of this one. This Wikipedia page explains it better than I can.

http://en.wikipedia.org/wiki/The_Station_Agent

Filming took place in various locations around Rockaway and Newfoundland, New Jersey. We found the library, school, convenience store, and train station. It was an interesting lesson in movie geography versus reality. In the film all the locations look like they're no more than a mile apart, but the library, school, and store are actually 6 or 8 miles south of the train station, over a huge hill. On the other hand, not more than 300 feet north there's a major highway with multiple gas stations, stores, and even a bike shop. Just not quaint enough for the movie, I guess!

We continued north into New York, crossing the beautiful Hudson River Valley and heading into Massachusetts. Our route took us along the Taconic State Parkway, which Vicki compares to Lake Shore Drive. That is, the lanes are undersized, the traffic is fast, and there's no room to run up or slow down for the exits. At least L.S.D. doesn't have the huge walls of rock right next to the road.

Late at night we arrived in Boston, and promptly got lost. Boston is said to be a great city for walking. It certainly stinks for driving! After extricating ourselves from multiple loops of various southern suburbs, we crawled back out to the interstate and located a motel. The next morning we drove back into the city looking for the Science Museum and the same thing happened again. This time, though, I had written myself a cue sheet, including alternate instructions in case we couldn't turn where the obvious route suggested. We spent the day at the museum, and late in the afternoon left for Portland, Maine.

Along the way we stopped at a gas station in Topsfield, Massachusetts. The station attendant (yes, they still have 'full service' pumps) apologized profusely that he hadn't gotten a delivery and only had premium left.

The price of premium, full-service in Massachusetts was 25 cents less than low-octane slop in Chicagoland!

Entering New Hampshire, we had



Train Station from, "The Station Agent."

to stop and check out a unique feature of the Granite State - possibly the only state in the union that has liquor stores in the tollway oasis's. They've earned the unfortunate nickname of "The Drink & Drive". I didn't buy anything, as I was busy examining with morbid fascination the moose collision warning poster, complete with map of accident density.

We arrived in Portland unscathed by antlered ungulates and preceded to search for our hotel, which turned out to be sandwiched in between a railroad embankment and 3 one-way streets, making actually getting to it a tricky proposition. The good news is that since we were there to look at trains, we could listen for the rumble outside and dash to the window when the Maine Central ran by.

Correctly surmising that parking spaces would be a rare commodity in downtown Portland, we opted to walk to the main convention hotel. Unlike the Science Fiction conventions I attend, the railroad convention opened at 9 AM, then promptly closed at noon. This is their way of saying "go play outside", and the attendees are expected to visit

museums or go on layout tours in the afternoon.

We walked over to the waterfront looking for the Maine Narrow Gauge

Museum. Portland harbor is making the transition toward a tourist economy, but it's still a working waterfront, with every kind of boat imaginable, all the way up to a supertanker unloading across the bay. The Narrow museum built it's track alongside the Waterfront Trail, and bicyclists were pulling alongside the train asking questions while we waited for the ride to start.

<http://www.mngrp.org/indexa.php>

The convention reopened at 6 PM, so we walked back to the convention hotel to see the railroad layout displays, and then back to our hotel, arriving just as a thunderstorm blew through.

The next day turned out rainy, so we decided to drive up to Freeport and shop L.L. Bean. Bean's is a very large store in a small town, and while they stay open 24 hours a day, nothing else does. Don't go too late at night, or all the restaurants and other stores will be closed. And while it's perfectly true that you can buy a pile of gear in the wee hours of the morning, your credit card company may not know that!

The con-

(Continued on Page 12)

Touring

(Continued from Page 11)

vention ended at noon Saturday.

We stopped in for a last trip around the dealers room, and headed to the waterfront for a visit to DeMillo's floating restaurant and marina, where we amused ourselves during lunch watching large yachts trying to back out of small slips without banging into other boats.

I'm a statistical aberration - a New Englander who doesn't care for seafood, so Vicki got to torment me by poking pieces of lobster at me. After lunch we went to visit Maine Paint Service, another Benjamin Moore dealer, and one of the test locations for the computer system Vicki's store is installing.

Our next destination was my hometown of Montpelier, Vermont. We set out across the lake district of western Maine, relatively flat until the White Mountains of New Hampshire loom up. Crawling through traffic in North Conway, we found ourselves pulled into the vortex of a Louis

Garneau factory store. Two pairs of shorts and a helmet later, we extricated ourselves. Those of you who remember "Lifestyles of the Rich And Famous" just imagine the phrase "The Oh-So-Trendy North Conway New Hampshire!" spoken in Robin Leach's voice, and you'll get the tone what the town is like!

Traversing Crawford Notch, we found ourselves near sunset at the site of the Old Man of the Mountain, an area where I spent many weekends hiking as a youngster in Vermont.

It a good thing that Vermont is a small state, because driving through the mountains at night gets nerve-racking for flatland midwesterners like us. We arrived at my friends' house in East Montpelier, Vermont around 9:30 - after a Ben & Jerry's ice cream stop, of course!

On Sunday morning we enjoyed a leisurely breakfast while looking across the valley at Hunger Mountain and Camel's Hump (the peak pictured in the background of a Vermont Quarter). In the afternoon we decided to visit the Vermont Teddy Bear store and the Cabot Cheese annex in



The Caboose Motel

Waterbury. As one of the customers suggested "people would kill their own families for free cheese cubes". We also found out it's really jarring when a big biker on a Harley starts speaking French.

Figuring Ben & Jerry's would be an even bigger madhouse than the cheese store, we skipped the factory and visited Green Mountain Coffee Roasters, followed by a trip to the granite quarries. We're just easily amused—we spent quite a while picking interesting chunks out of the free scrap bin at the visitor center.

Labor Day morning we had to start driving home. Our goal for the first night was a return to the Caboose Motel. The difficulty is that all interstates in Vermont run north-south, while we needed to go west. It became a process of going southwest to go west to go south to get to a highway heading across New York, almost as convoluted as some of my bike routes.

I'll mention here that New York has the most elaborate rest areas I've ever seen, including one with a parking garage and a multi-story building the size of a shopping mall outside NYC. That's on the tollways. The Southern Tier expressway just gets little buildings with bathrooms, and the local Lions Club sells food out of a trailer in the parking lot for donations. And some parts of it

aren't up to Interstate standards yet, so for a while it turns back into a regular road. Kind of like Route 83, if it was surrounded by mountains.

Many hours of driving behind us, we exited the expressway into the mountains of Pennsylvania. Looking at my nationwide road atlas, I saw one line indicating a road straight into Titusville. When I looked back at a detail map of the area, I saw three roads going the same way, and I have no idea which one we were on, or how we got to town without becoming irretrievably lost.

On the last day of vacation we left the Caboose Motel in search of breakfast. We stopped at King's Family Restaurant, home of the "Frownie", a chocolate brownie frosted to look like a scowling face. This was apparently devised as a response to competitor Eat & Park's Smiley Cookie. (Wouldn't the name Park & Eat be more logical? For goofy names, it still doesn't beat the Chat & Chew in Lanesboro, Minnesota. But possibly the strangest is the Pump & Munch in La Crescent MN!)

During breakfast I took a second look at the Titusville area brochure and discovered another 2 paved bike trails, with tunnels longer than Elroy-Sparta. Too late to do anything about it! How about an EBC outing to Pennsylvania? Only 490 miles from Elmhurst to Titusville...

2008 UP Cross-Country Ski Trip

By Sharon Hermach

The annual EBC cross-country ski trip to the Upper Peninsula of Michigan is scheduled for February 3 through February 8, 2008. There are still some rooms available at our home base the Indianhead Motel in Ironwood, MI. The price for a double occupancy is \$205. The price includes lodging for 5 nights, continental breakfasts, \$10 credit towards dinner each evening and trail passes. The average annual snow fall for this area is 200 inches. The club, for several years, has enjoyed; skiing, eating, getting together at night for socializing, playing dominoes and other games, snow shoeing, and night hiking. Downhill skiing is also available. You can get more details and the downhill package pricing when you call the motel or check their website at <http://www.indianheadmotel.com/>.

If you are interested and want to experience some of the best XC skiing in the Midwest, call the Indianhead Motel 906-932-2031 to make your reservations. Sharon Hermach will be coordinating the trip again this year and will assist with ride/room

sharing details if possible. Please let her know when you make your reservations. Sharon will send out the details on the dinner and trail location schedules in January to those who have signed up.

In addition, ABR has on staff, several experienced X-C ski instructors for those new to the sport or out of shape.



Scenes from the 2006 UP Ski Trip.

Notice they illustrate what EBC'ers do best: some outdoors and a lot of food and socializing.

-Editor



Putting Portions in Perspective

There has been a lot of talk about supersized portions, but little action about cutting them down to size. Yet reducing the portions of food on your plate can be the key to weight loss and lower cancer risk.

A few years ago, everyone in America was talking about portion size. In the Summer 2003 Newsletter, AICR pointed out that portions in restaurants had doubled, tripled and quadrupled since the early 1980s, and portions served at home had expanded as well.

This growth in portion size coincided with the spectacular growth in the number of overweight and obese Americans. Most experts agreed there was a cause-and-effect relation between the two growth trends.

"Whenever I pointed out to an audience that today the average American chocolate chip cookie is 700 percent larger than it was in 1982, people roared with laughter. They made jokes about cookies the size of frisbees," says Jeffrey R. Prince, AICR's Vice President for Education.

"Similarly, AICR's study of 'super-sizing' in the food industry provoked a lot of articles in newspapers and magazines. Readers laugh at how fast food clerks routinely asked customers, 'Would you like to supersize that order?' The news that 12-inch plates had replaced the standard 10-inch plates in restaurants also caused quite a stir," he adds.

Most Changes Are up to Individuals

There was a lot of talk and laughter, but did anyone do anything about the problem? A few prominent food companies made an effort to change. Two overweight teenagers filed an obesity lawsuit against McDonald's in 2003, and the company's practices inspired the 2004 documentary, "Super Size Me." McDonald's then discontinued its "supersized" menu and expanded

its healthful offerings such as salads and fresh fruit.

A few other companies also made efforts to provide healthy alternatives. But the great majority either reneged on promises to reduce portion sizes, or ignored the problem altogether. Asked why, they usually said they were giving customers what they wanted: More food for less money.

"Ultimately, each of us has to take portion control into our own hands," Prince says. "If we want to stop weight gain or lose weight, we have to reduce caloric intake and increase caloric expenditure. The easiest way to reduce intake is to very gradually reduce the size of the portions on our plates."



AICR believes that portion control is important because cancer and other chronic diseases are linked to overweight and obesity. Research shows that being overweight specifically increases the risk of getting cancers of the colon, kidney and endometrium, as well as post-menopausal breast cancer.

A Handy Point of Reference

To manage portion size, it helps to have a point of comparison. Fortunately, the USDA's standard serving sizes are based on averages of consumption figures gathered in 1982, before portion size skyrocketed. Therefore, they provide a good measure by which to assess just how much we are eating.

AICR's New American Plate recommends that people familiarize

themselves with standard serving sizes and compare them to the portions they ordinarily eat. For instance, pour the amount of dry cereal you usually eat into a bowl. Then measure out the standard serving of the same cereal into a bowl of the same size. Compare.

"Ask yourself how many standard servings go into the portion you usually eat. Then ask yourself, 'Do I really need that many?'" Prince suggests.

Small Reductions Are Easy

If your weight is more than ideal, start by reducing your regular portions. Decrease the amount on your plate gradually to avoid hunger pangs. Each small reduction adds up to a substantial difference over time.

Recent research shows that, when larger portions are put in front of us, we automatically eat more than we ordinarily would. So, for Americans accustomed to oversized meals, cutting down the size of the portions we eat should cause little discomfort and should contribute to slow yet steady weight loss.

"Remember that eating healthy meals, exercising regularly and managing your weight are all vital parts of reducing the risk of getting cancer," Prince concludes.

This article was provided by the American Institute for Cancer Research in Washington, D.C. A registered dietitian is available to respond to questions about diet, nutrition, and cancer at the free AICR Hotline at 1 (800) 843-8114 during business hours.

Presentations at Club Meetings

Clockwise from right: There are few more memorable moments in club presentations than when Roland Porter gives a presentation on the history of the modern bicycle. His always entertaining insight into the modern bicycle is worth the attendance. Furthermore, one gets to learn about the difference between a clincher tire and a sewn-up tire.

Bruce Glaser, on the other hand, had many standing, sitting, and some laying on the floor as he demonstrated the proper technique for riding a paceline, both single and double lines. Notice the poor fellow in back trying to keep up the pack?



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Meeting Minutes

Board Meeting Minutes October 11, 2007

President - Ray Dal Lago

- Announced nominations will take place for the following positions-treasurer, membership director, refreshment chairman and Sergeant at Arms.
- Proposed having the board meeting on a different day than the club meeting.
- Announced December 15th will be our pizza party.

Ride Captain - Steve Josephs

- The 24hr rule for rides will begin November 1st and end April 1st.

Nancy Shack-Membership

- Announced 233 people accumulated miles with EBC.
- Met with representative from Voler regarding a new club jersey. Jersey and logo will be presented at November meeting.

Club Meeting Minutes October 11, 2007

President - Ray Dal Lago

- In place of Petra, Ray announced articles for newsletter needed by Sunday, October 14th.
- Announced to club members nominations for the following positions will take place soon. Treasurer, Membership Director, Refreshment Chairman and Sergeant at Arms.

Ride Captain - Steve Josephs

- November rides needed by October 14th.
- 24 hour rule will run from November 1st to April 1st.
- Marge's Halloween Party will take place October 28th and a sign up sheet was passed out for goodies.
- Ski trip to Ironwood Michigan for Feb 3rd to Feb 8th and organized by Sharon.

Nancy Shack-Membership

- Membership information was announced to club members as follows:
- 68 family, 198 individual for a total of 266 memberships and 355 total members.