



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

SKI THE UP

Feb.3 - Feb 8, 2008
Contact Sharon Hermach
or call the Indianhead
Motel 906.932.2031

WINTER HIKE AT MAT- THIESSEN STATE PARK,

Saturday, Feb. 9, 2008.
Sponsored and led
by Quad Cities Bicycle
Club.

Contact: Kathy Storm
at 563.355.2564 or kb-
storm@aol.com.

THE ANNUAL CLUB CHILI MIXER AND HIKE,

Sunday, Feb. 24, 2008.
From Noon until 5 p.m.
Contact: RSVP Marge
Ricke, 630.616.8481

MOREL MUSHROOM FESTIVAL,

May 16,17 & 18,
2008. Contact: Karen
Schwartz, cteach3@
comcast.

GITAP

Jun . 15 - Jun. 21, 2008
Information: www.
bikelib.org/gitap;
oestreich@qconline.com;
or call Chuck Oestreich
at 309-788-1845.

NORTHWOODS BIKE RIDE,

Sep. 2 - 17, 2008.
Contact: Mary Jo Bolan

First Meeting of Advocacy Committee

by Bob Hoel

I am a new member of the EBC, having joined in November 2007. I am not new to Elmhurst (I moved here in 1975) and have biked for about the last 12 years. I live a block off the Prairie Path with my wife, Nancy. Our "kids" were born and raised in Elmhurst and now we are empty nesters.

Though I biked a lot growing up, high school and college interrupted that. When I moved to Elmhurst I took up running and that became the center of my exercise regimen along with playing handball at The Courts. Around 1994 I began having back problems that signaled the end of my running days and in 1996 I returned to biking and have not looked back.

ing as a mode of transportation. In 2007 I put in 5,000 miles, at least 60% of which were for transportation.

Biking has enabled me to slow down and enjoy the scenery rather than speeding past at 60 mph. I have enjoyed several years riding the MS 150 and TOMRV. I have biked on several occasions in Western Europe, primarily France, Holland, Germany and Denmark and have a trip coming up on the west coast of Ireland. These "explorations" have given me a taste of what the biking experience can be and helped me realize that bikes could be used for utilitarian purposes as well as recreation. Today I bike outside year round, only



Since my retirement in 2004 I have gone from biking just for recreational purposes to bik-

hitting the trainer when the roads are really messy. I do the family grocery shopping by bike; attend yoga class in the evening by bike; and I enjoy spending time with Nancy on our tandem. I put in at least as many mile on the bike as I do my car!

Like many of you, I have had incidents with automobiles that were life threatening. With my experiences in bike-friendly countries in Europe it occurred to me that the only way to change the biking environment was to start here at home. I began to look at what would improve my rides, besides always riding downhill with a tailwind. I came up with



Bob and Nancy and their DaVinci tandem in a field of Lavender somewhere in France.

(Continued on Page 3)

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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president_elmhurstbicycling.org

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List Server

Marty Kotecki, 630.620.6434
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Refreshments

Looking for Volunteers
Contact: Susan Sperl, 630.416.0655

Safety

Larry Gitchell, 708.409.0105
larsofmars_aol.com

Newsletter collating

Judy Mikesell, 630.833.1036
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Sergeant-at-Arms

Volunteer Needed

Assistant Ride Captain

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Mountain Bike Coordinator

George Pastorino, 708.903.8700
gpastorino_comcast.net



Opinion and Comment

Petra Lynn Hofmann



Believe it or not, and I can't believe it, I've run out of subjects to write about in this column. Perhaps good for you the reader, but bad for me the writer. However, several issues do come to mind worth mentioning. First, the membership vote on investigating the possibility of either re-newing, freshening, or re-designing our club logo was close but a plurality decided that the club should not move forward with any consideration of a change in the existing 'bananaman' logo. Second, the apparent death of the club jersey project for this year.

As a club, we need to find a plan that will satisfy all of our members. That is, those who would like a jersey with a club logo and those who wish for the same but without 'bananaman.' Would the membership accept a club jersey with a club logo that did not include the little character, but did represent the club? Or, could be put the character on the sleeve as we've done in the past? Seems to me we need some compromise from both sides in this matter.

Lucas Brunelle has done it again, another great bicycling video this one of Stockholm: http://www.digave.com/videos/stockholm-digave_com.mpg

In the world of Human Powered Vehicles: At Battle Mountain, October 4th, Damjan Zabovnik set a new European Record of 74.96 MPH through the 200 meter trap. Sam Whittingham currently holds the world's record at 79.52 MPH over the same course. Please note, all you upright and conventional bicyclists, these records are set riding an enclosed recumbent. According to Peter Stull, president of Bicycle Man in Alfred Station, N.Y., since 1934, when the Union Cycliste Internationale (UCI) outlawed the Velocar, recumbents have not been permitted to compete in sanctioned events—no wonder. In fact, the United States Cycling Federation outlawed low riders in 2005 after Tim Brummer won a U.S. national championship.

Found on the web is this article and video news report of a drunk driver laughing at, taking out a "tree hugger, a bicyclist, a Frenchman, and a gay guy all in one shot." The drunk driver was sentenced to over 10 years, enough said? <http://www.cnn.com/2008/CRIME/01/24/jail.laughter.ap/index.html>

And finally, for all the Sunday riders, I plan on getting back on my bike sometime in February. hahahahaha!



Irwin Gardens, Columbus, Indiana. Columbus is the architectural wonder of the Mid-West.

(Continued From Page 1)

the following ideas and observations:

- 95% of the automobile drivers are courteous and give bikers a good distance when passing. It is the 5% that we need to educate and that we actively have to defend against.
- Do our city officials have any idea how to make Elmhurst a bike-friendly community?
- Are there enough bike racks around town and in areas where you need them? What would it take to regularly include some bike awareness information in the city's quarterly newsletter?
- What is Elmhurst doing to promote biking to and from school? This coincides with recent legislation regarding "Safe Routes to School." This has the potential to help address the surge in juvenile obesity in our community
- How have the Elmhurst police

responded when there has been a "conflict" between cyclist and car?

- What are the safest routes to get across Elmhurst by bike? Both North/South as well as East/West.

At the December Club meeting several people volunteered to work with me on advocacy and in mid-January we held our first meeting. We had 8 people in attendance with representation from the EBC, the League of Illinois Bicyclists, the Chicagoland Bicycle Federation and the League of American Bicyclists. Some of the issues covered were the need for bike racks, signed cross-community bike routes, education about cyclists for the general public and the police, training for cyclists, forming a Bike Task Force to work with the City of Elmhurst and the formulation of an Elmhurst Bike Plan. Though much of what we will do will focus initially on the city of Elmhurst, with a few successes we

will be able to roll our progress out to other communities that the EBC draws its members from. A full report of our first meeting is located on the Advocacy page of the Club website.

The Illinois Prairie Path is the oldest rail-to-trail conversion in the United States. Elmhurst is a part of this treasure and is uniquely positioned to start the advocacy ball rolling.

With help from Sharon Hermach and Cindy Reedy we will be adding more content to the Advocacy section of our website.

In the meantime, we want to identify elected and paid officials in Elmhurst who are or might be receptive to bicycling initiatives. Please send names along if you know of someone.

Also, please read our notes from the meeting. Let me know if we are overlooking ideas that you feel strongly about. Working together we can make cycling a more enjoyable and safe endeavor.

Annual Club Chili Mixer and Hike, Feb 24, 2008

Again this year, Marge Ricke is inviting club members to The Annual Club Chili Mixer and Hike, Sunday, February 24th. Bicycling begins at Noon, with two rides; followed by a 1 pm Hike led by Judy Mikesell and 10 mile ride led by Joanne DeZue. Please check the "Ride Sched-

ule," for speed and distance. Dinner begins at 3 pm. After adding their favorite chili recipe to the huge simmering Chili Pot, attendees will then either bike or hike, as they desire. In addition, Marge asks everyone to bring not only a serving of chili but a side dish or dessert as well. Upon returning to Marge's all will enjoy a spectacular and filling buffet! Please RSVP Marge with your contribution at 630-616-8481, or email margericke@gmail.com. See ride schedule for directions and event times.

12:00 noon - 25 miles - 12-14 mph - Larry Gitchell (medium)


12:00 noon - 20 miles - 10-12 mph - Mary Moroney (moderate)

1:00 pm - 10 miles - 8-10 mph - Joanne DeZur (slow)

1:00 pm - 3 miles Hike - Judy Mikesell

3:00 pm - Chili Buffet





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Morel Mushroom Festival, May 16,17 & 18, 2008

By Kären+Bill Schwartz

We will be having our Spring Green Wisconsin biking weekend again this year. There will be three biking options on three days. Friday, the 16th of May, we will have a slower, moderate and a fast ride. There will be also be a slow, moderate and a fast ride on May 16. The rides will take place in the beautiful setting of the Spring Green Wisconsin area. Spring Green is a scenic area to cycle in as it has the Wisconsin River and rolling farm country. The views are wonderful and the roads are a cyclists dream with little traffic and good road surfaces. Spring Green has many interesting places to visit: the American Players Theatre - world class Shakespearean theatre in a natural amphitheatre; the home and school of Frank Lloyd Wright; the House on the Rock; and galleries and artists' studios in Spring Green. Also, in nearby Black Earth Wisconsin is our favorite place to stop on the way to Spring Green, the Shoe Box shoe store, which is the Midwest's largest shoe store. We always find at least one shoe bargain there or get a bratwurst from the brat cookout in the front of the store. Of course, Saturday when we are biking in the area of Muscoda, they have the Morel Mushroom Festival where you can buy morels or take a ride in an airboat or see the antique steam engines or cars on display. The details of the Festival can be found at: http://grantcounty.org/ci/muscoda/event_morels_08.html

The weekend will be May 16,17 & 18, 2008. The rides will start Friday around 2-3 PM, and will start in Spring Green. The exact location of the ride start, and the time of each ride, will be announced later by each ride leader. The rides will finish in time to do a group dinner Friday night. The exact details of the dinner will also be announced later as the restaurant doesn't open until May 1st. The Saturday and Sunday rides will also feature a slow, moderate and a fast ride. Each of these rides will also have the exact starting time and place announced later. Saturday there is Muscoda Volunteer Fire Dept. Annual Steak Feed. The benefit takes place from 5 pm on at the Fire Station--701 N Wisconsin Ave. in Muscoda Wisconsin. This is always a fun activity as it involves the whole community, including everyone loaning their steak knives for the weekend! Sunday the rides take place from Spring Green and are shorter than the Saturday rides. After everyone packs up, we head back to the Grumpy Troll Restaurant in Mount Horeb, Wisconsin.

This town is interesting because it has the Mustard Museum where you can purchase over 1,000 different kinds of mustard. The places to stay in Spring Green are either a motel or a campground. We have ten rooms set aside at the Prairie House Motel in Spring Green. They had lots of room when we called in early January. The prices were \$40 for a single and \$48 for a double. Their website is: <http://www.theprairiehousemotel.com/> Call (608)588-2088 · (800)588-2088 to reserve a room for the weekend.

We will stay at the Wisconsin Riverside Resort Campground in Spring Green Wisconsin. We will reserve a group of tent sites. Last year the charge was \$5 a person per night. It is a nice campground with showers and a bar situated right on the Wisconsin River! If you want to camp, just email cteach3@comcast.net and let me know ahead of time so I can reserve enough room at the group campsite. The website is :<http://bobsriverside.com/>

Breakfasts are on your own, but last year we went to the Round Barn for breakfast at 7 AM and had a cheap and fill meal. Lunches will be usually a snack on the bike ride, but the ride leader will have more details on that later.

We're looking forward to another great Wisconsin riding experience in Spring Green. Email me at cteach3@comcast.net with any questions or to let me know that you're coming.



Photos of the 2007 Morel Mushroom Festival courtesy of Bill and Kären Schwartz



**Northwestern Illinois prairies;
the Mississippi River bluffs around Palisades State Park;
the trail-friendly Quad Cities;
and down-home small town hospitality!
What's not to like?**

This year try the Grand Illinois Trail And Parks ride. Set for mid June—Sun., the 15th to Sat., the 21st. When bicycling is at its best. GITAP is a week-long biking loop featuring routes focused on the Grand Illinois Trail combined with overnights at three outstanding state parks and one college campus.

The route is generally flat with some optional hilly areas. Mileage choices range from 300 to 550 miles for the week.

Included are dinners, breakfasts, camping sites, an optional motel package, sags, bike repair, T-shirts, door prizes, and evening programs, including the optional Illinois Humanities Council's acclaimed Velosophie. For information: www.bikelib.org/gitap; oestreich@qconline.com; or call Chuck Oestreich at 309-788-1845.



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JANUARY MEETING GALLERY



The New EBC Board Of Directors: Tom Manata, Secretary; Ray Dal Lago, President; Steve Josephs, Vice-President And Ride Captain; and George Pastorino, Treasurer And Mountain Bike Guru.



Nancy shack announces this year's Ride Across America.



Susan Sperl, the new membership chairperson hands out the first of several door prizes at this month's meeting.

In addition, Susan adds, that membership for 2008 stands at 171 members of which 9 are new to the club.

VOLUNTEER TODAY

Tom Mara assists handing out door prize to Dave Maki.



Refreshment Chairperson Needed

At present, we do not have a Refreshment Chairperson for all of our monthly meetings.

We are looking for different "Refreshment Teams" for each month.

Refreshments can be purchased or homemade. Refreshment team members will be reimbursed up to \$25.00 per meeting.

Men, too, can participate. To sign-up, please contact Susan Sperl: ssperl@sbcglobal.net.

February 14th (Valentine's Day) -

1. MaryJo Bolan

2.

March 13 -

1. Cheri O'Riordan

2.

April 10th -

1.

2.

May 8th -

1.

2.

June 12th -

1.

2.

July 10th -

1.

2.

August 14th -

1.

2.

September 11th -

1.

2.

October 9th -

1.

2.

November 13th -

1. Cheri O'Riordan

2.

December 11th -

1.

2.



Susan sperl asking for members to signup as refreshment teammates. As of the end of January she has three teams and needs eight more. See chart at right.

David Maki presents his experience and enjoyment of his Erie Canal bike tour.



February 2008

Club Rides

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

Date	Time	Distance	Start	Leader	Ride Description
Fri Feb. 1	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 Feb. 2	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 Feb. 3		Ski, Hike, etc.	Ironwood, Michigan	Sharon Her-mach	2008 UP Ski Trip Feb. 3 to Feb. 9 Join the group for skiing, snowshoeing, eating and games. Contact Sharon for details.
Sun Feb. 3	9:30 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 February.
Sun Feb. 3	9:30 AM	20-25 miles 16-18 mph	Panera Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with optional sprints. There is usually no rest stop for this shorter ride. This ride goes out whatever the weather - in case of poor road conditions, a notice will be sent out to bring mountain bikes.
Sun Feb. 3	9:30 AM	20 miles 10-12 mph	Panera Elmhurst	Determined by riders	Sunday Slow Ride Show and Go The slow ride is a S&G for February.
Sun Feb. 3	9:30 AM	30-40 miles 15-17 mph	Panera Elmhurst	Jeff Wincentsen 630-832-3338	Jeff's Sunday Morning Ride A road ride exploring DuPage and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Temps below 32 degress at ride start time or precipitation will cancel.
Sun Feb. 3	12:30 PM	Determined by riders	Gazebo Glen Ellyn	Determined by riders	Sunday Show and Go The riders who show will decide ride leader, distance and pace.
Wed Feb. 6	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 Feb. 6	6:30 PM	Determined by riders	Depot Villa Park	Determined by riders	Wednesday Night Ride Show and Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Fri Feb. 8	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 Feb. 9	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
Sat Feb. 9	11:00 AM	2-3 hours of hiking	Matthiessen State Park	Kathy Storm 563-355-2564 (cell)	Hike with Quad Cities Bike Club Kathy Storm and the Quad Cities Bicycle Club invites you to join them on a Winter Hike. This park is located next to Starved Rock State Park near Utica, IL. Plan to meet members from the QCBC at 11am at the entrance. In addition to Kathy, hike leaders include Cindy Botrell & Paul Sullivan. They can be contacted at 563-355-7122. All you need are a pair of hiking boots or other sturdy shoes, something to carry a small container of water in and a snack. If there is snow on the ground, please feel free to bring your cross country skis or snow shoes.
Sun Feb. 10	9:30 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 February.
Sun Feb. 10	9:30 AM	20-25 miles 16-18 mph	Panera Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with optional sprints. There is usually no rest stop for this shorter ride. This ride goes out whatever the weather - in case of poor road conditions, a notice will be sent out to bring mountain bikes.
Sun Feb. 10	9:30 AM	20 miles 10-12 mph	Panera Elmhurst	Determined by riders	Sunday Slow Ride Show and Go The slow ride is a S&G for February.
Sun Feb. 10	9:30 AM	30-40 miles 15-17 mph	Panera Elmhurst	Jeff Wincentsen 630-832-3338	Jeff's Sunday Morning Ride A road ride exploring DuPage and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Temps below 32 degress at ride start time or precipitation will cancel.
Sun Feb. 10	12:30 PM	Determined by riders	Gazebo Glen Ellyn	Determined by riders	Sunday Show and Go The riders who show will decide ride leader, distance and pace.
Wed Feb. 13	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 Feb. 13	6:30 PM	Determined by riders	Depot Villa Park	Determined by riders	Wednesday Night Ride Show and Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs. Feb. 14	7:15 PM		Community Bank Elmhurst	Ray Dal Lago 630-543-4655	Monthly Club Meeting Board meeting precedes club meeting.
Fri Feb. 15	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 Feb. 16	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 Feb. 17	9:30 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 February.
Sun Feb. 17	9:30 AM	20-25 miles 16-18 mph	Panera Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with optional sprints. There is usually no rest stop for this shorter ride. This ride goes out whatever the weather - in case of poor road conditions, a notice will be sent out to bring mountain bikes.
Sun Feb. 17	9:30 AM	20 miles 10-12 mph	Panera Elmhurst	Determined by riders	Sunday Slow Ride Show and Go The slow ride is a S&G for February.
Sun Feb. 17	9:30 AM	30-40 miles 15-17 mph	Panera Elmhurst	Determined by riders	Jeff's Sunday Morning Ride Show and Go A road ride exploring DuPage and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Temps below 32 degrees at ride start time or precipitation will cancel. This ride is a Show'n Go for today with Jeff out of town.
Sun Feb. 17	12:30 PM	Determined by riders	Gazebo Glen Ellyn	Determined by riders	Sunday Show and Go The riders who show will decide ride leader, distance and pace.
Wed Feb. 20	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 Feb. 20	6:30 PM	Determined by riders	Depot Villa Park	Determined by riders	Wednesday Night Ride Show and Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Fri Feb. 22	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 Feb. 23	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 Feb. 24	9:30 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 February.
Sun Feb. 24	9:30 AM	20-25 miles 16-18 mph	Panera Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with optional sprints. There is usually no rest stop for this shorter ride. This ride goes out whatever the weather - in case of poor road conditions, a notice will be sent out to bring mountain bikes.
Sun Feb. 24	9:30 AM	20 miles 10-12 mph	Panera Elmhurst	Determined by riders	Sunday Slow Ride Show and Go The slow ride is a S&G for February.
Sun Feb. 24	9:30 AM	30-40 miles 15-17 mph	Panera Elmhurst	Jeff Wincentsen 630-832-3338	Jeff's Sunday Morning Ride A road ride exploring DuPage and Cook counties. Includes one short stop. Bring enough food/drink to refuel. Temps below 32 degrees at ride start time or precipitation will cancel.
Sun Feb. 24	Noon	25 miles 12-14 mph	Larry Gitchell		Chili Mixer Ride and Hike Three bike rides and a hike will be featured before the Chili Buffet. Bring a serving of chili to add to the pot and a side dish, appetizer, or dessert. For more information or directions, please call.
Sun Feb. 24	Noon	20 miles 10-12 mph	Mary Moroney	Marge Ricke's House 16W701 Red Oak Bensenville 630-616-8481	
	Noon	10 miles 8-10 mph	Joanne Dezur		
	1:00 PM	3 mile hike	Judy Mikesell		
	3:00 PM	Buffet			
Sun Feb. 24	12:30 PM	Determined by riders	Gazebo Glen Ellyn	Determined by riders	Sunday Show and Go The riders who show will decide ride leader, distance and pace.
Wed Feb. 27	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 Feb. 27	6:30 PM	Determined by riders	Depot Villa Park	Determined by riders	Wednesday Night Ride Show and Go The riders who show will decide ride leader, distance and pace. Lights are needed.

Fri Feb. 29	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 Feb. 29	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.

Directions to Ride Start Locations

STARTING POINT	DIRECTIONS
Bullfrog Lake—Palos Forest Preserve, Willow Springs, IL	From I-55, exit at LaGrange Road (Route 45) south. Turn right onto Archer Ave south bound about 3 miles. Past the cemetery, turn left east bound onto 95th Street. Take the next right onto Wolf Road and into Palos. Bullfrog is the first Grove on your right.
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.
McCullum Park, Downers Grove, IL	McCullum 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, IL	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 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.

 <p>Midwest Cyclery "Family Service & Quality Products"</p> <p>www.midwestcyclery.com</p> <p>117 East Front St. Downtown Wheaton 630-668-2424</p> <p>Cannondale Diamondback Fuji</p> <p>our 25th year</p>	<p>TREK BICYCLE STORE — DOWNERS GROVE —</p> <p>TREK FISHER LEMOND SEROTTA All Your Cycling Needs Sales - Service - Custom - Bike Fitting Expert Assistance</p> <p>639 Ogden Ave Downers Grove 630 971 8877 www.americanbike.com</p>
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Northwoods Bike Ride

By Mary Jo Bolan

On September 2 we will again be having a bike ride to Northern Wisconsin. This one will be to the vacation home of Mary Jo Bolan in Boulder Junction, Wisconsin. There will be three components to this ride. First there will be a ride from here to Boulder Junction led by Jerry Ringier. The second component will be a five day series of rides beginning and ending in Boulder Junction each day. This will probably begin on September 11. Finally, Dick Diebold will lead a return trip home, which will probably begin on September 17.

While in Boulder Junction we will be staying at the home of Mary Jo, and at motels and campsites in the area. A canoe, two kayaks and a row boat will be available. The water temperature will be warm and hopefully the air temperature will be mild. Fall color changes should be well underway. More details will follow.



Hike Matthiessen State Park

by Kathy Storm

The Quad Cities Bicycle Club invites you to join them on a Winter Hike at Matthiessen State Park on Saturday, February 9th. This park is located next to Starved Rock State Park near Utica, IL. Plan to meet members from the QCBC at 11am at the entrance. Hike Leaders are Cindy Botrell & Paul Sullivan. They can be contacted at 563-355-7122 or cbotrell@hawkeyecollege.edu.

All you need are a pair of hiking boots or other sturdy shoes, something to carry a small container of water in and a snack. If there is snow on the ground, please feel free to bring your cross country skis or snow shoes.

Both hike leaders have previously hiked in these parks and will serve as your guide. We'll plan to hike for 2-3 hours, depending upon the interest of the group. Come out and join us as we engage in a 'cross training' activity. Check out our web site for updates to this hike and others we have planned near the Quad Cities (www.qcbc.org), contact Kathy Storm at 563-355-2564 or kbstorm@aol.com.



Geological Features

The many unusual and beautiful rock formations make a trip to Matthiessen State Park an educational as well as a fun experience. Exposed sandstone can be seen throughout. The main canyon, consisting of the Upper and Lower Dells, provides an unusual and interesting walking tour. The Upper Dell begins at Deer Park Lake and continues to Cascade Falls, where the canyon drops 45 feet and the Lower Dell begins. The canyon, formed by water erosion, is approximately one mile long, from Deer Park Lake to the Vermilion River. Visitors may observe ground water seeping out along the sandstone of the canyon walls. As the ground water evaporates along the canyon walls, the minerals that are carried in solution in the water contribute to the beautiful coloring of the rocks.

The park has several mineral springs, and each was a popular spot for the large deer population that used it as a salt lick.

Photo courtesy of Illinois Department of Natural Resources..

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

AFFILIATED WITH:

Elmhurst Bicycle Club
P.O. Box 902
Elmhurst, Illinois 60126
www.elmhurstbicycling.org

Meeting Minutes

January 10, 2008

By Tom Manata

Board of Directors

The board meeting was called to order by club president Ray Dal Lago at the Community Bank of Elmhurst at 6:15p.m.

1. Need to look at the Newsletter and determine what jobs are being done and what we need to do to further promote the club. More accountability is needed with each position within the club.

2. Call to a vote if the position of Sergeant At Arms will continue. Members voted to leave it open for a possible volunteer.

3. Discussed EBC website info being republished onto other websites. Discussed the need to protect membership privacy.

4. Discussed setting up guidelines for member usage of the List Server. Voted to put a copy of the List Server usage guidelines in the Newsletter.

Membership

1. Treasurer's report: Checking acct: \$21,881.22 C/D acct: \$3391.92 Total amt: \$25,272.74

George also wanted to thank Phil Keller for spending time showing George how to perform duties of the Treasurer.

2. George Pastorino will put out an e-mail to further promote Mountain Biking within the club and has volunteers to assist.

3. Membership Director Susan Sperl expressed the need for members to send in their renewals for the 2008 season.

4. No Refreshment Chairman was selected. The position will require two volunteers each month, one for liquids and one for food. Budget is \$25 per month and will be reimbursed by Treasurer George Pastorino.

5. Al Stanke donated numerous cups for drinks.

6. EBC has announced a new member that attended the meeting, Glen Williams. Welcome Glen!

7. V.P Ride Captain announced February rides need to be in by Jan 13th.

8. Newsletter Editor Petra Hofmann announced letters, pics, etc need to be turned in by Jan 13th.

9. Nancy Shack announced a ride called Pedal Across Wisconsin. She will send advanced notice so interested club members can sign up. Talk to Nancy for details.

10. Phil Keller was looking for riders for "Summer Tour" this year and wanted to organize some club members.

11. Mary Jo Bolan announced a ride in Northern Wisconsin later this year. See her for details.

12. Mike Struglinski announced a ride from here to Western Ill and into Iowa. See Mike for details.

13. Ray Dal Lago did a indoor time trial completing the 6 mile course in 15:59 and taking third in his age bracket. Eric Peterson placed first in age bracket.

14. Roughly a half dozen members are helping with Advocacy under new chairperson Bob Hoel.

15. Ray received a call from The Doings newspaper about bike racks with Dupage County. 450 racks will be supplied, 12 per town. An article later in Jan regarding this.

16. Dave Maki will give a presentation about the Erie Canal.

17. Ray would like more ideas for presentations in the future.