



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!

UP SKI TRIP PLUS WARM 50TH ANNIVERSARY

Story And Photos By George Hermach

The first week of February saw 45 of us EBC'ers journey to Ironwood, Michigan, for the ninth annual EBC cross-country ski trip. The weather was great, with ample snow and moderate temperatures (highs in the teens and twenties). Morgan and Linda of the Indianhead Motel were our hosts, and what great hosts they were, sometimes joining us for socializing, games, or skiing.

Most of us cross-country skied, and some of us downhill skied, snowshoed, hiked, visited nearby waterfalls, shopped, went to the movies, or some combination of these activities. ABR is our favorite trail system, and some of us supplemented these trails by going to Wolverine, Milje's, and/or Sylvania. The downhillers mostly went to Big Powderhorn.

And we all ate well, breaking into early and late groups for dinners at different restaurants

to avoid overwhelming any one establishment. There were cocktail parties with munchies in the motel lobby before dinner each evening, and after dinner games such as Mexican Train and Catch Phrase. On two days, we had special lunches at ABR – pasties (a UP specialty) and brats.

A highlight the last evening was a surprise 50th anniversary party for Bob and Carol Nield. Actually the surprise was on us, as they



DICK, AND JUDY AT MILJE'S

—PHOTOS BY GEORGE HERMACH

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EBC SEEKS TO FORM ELMHURST BIKE TASK FORCE

By Bob Hoel, Chairman
EBC Advocacy Committee

We held our first committee meeting in January and the notes of our meeting are posted at the website. Just click on the moving banner



BIKE PARKING EUROPEAN STYLE

—JOSTA GMBH

on the home page.

With regard to websites, Sharon Hermach and Cindi Reedy have been working to place a greater emphasis on our advocacy efforts through the website. You will be getting more news than ever and tips about what you can do to help, as well as one-liners about what the committee is currently working on. As we communicate, please contact me or one of the other committee members if we are striking a chord (or nerve) with you.

The committee is busy identifying Elmhurst aldermen that we have a connection to and aldermen that sit on Council committees that will directly impact what we are working on. So far we have Pat Shea, Mike Regan, Diane Gutenkauf and Donna Lomnicki of the 14 aldermen. Please let me know if you have a con-

(CONTINUED ON PAGE 6)

Elmhurst Bicycle Club

Officers and Board Members

President

Ray Dal Lago, 630.543.4655
president_elmhurstbicycling.org

Vice President/Ride Captain

Steve Josephs, 630.655.8710
ridecaptain_elmhurstbicycling.org

Treasurer & MTB Coordinator

George Pastorino, 708.903.8700
treasurer_elmhurstbicycling.org

Secretary

Tom Manata, 630.971.1012
secretary_elmhurstbicycling.org

Membership Coordinator

Susan Sperl, 630.416.0655
membership_elmhurstbicycling.org

Newsletter Editor

Petra Lynn Hofmann, 630.290.5173
newsletter_elmhurstbicycling.org

Advocacy

Bob Hoel
bob.hoel_comcast.net

Publicity

John Park, 630.690.2881
john1park_comcast.net

Programs

Volunteer Needed

Database Manager

Mary Moroney, 630.629.1812
cycling33_comcast.net

Internet Bike Info

Rich Kuhlman, 630.462.5427
rkuhlman99_comcast.net

Website Team

Cindy Reedy, 630.530.1250
cmreedy_prodigy.net
Sharon Hermach, 630.717.1660
ganskesh_hotmail.com

List Server

Marty Kotecki, 630.620.6434
orionradio1_gmail.com

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
mikesell2_juno.com

Assistant Ride Captain

Nancy Rice, 630.717.9923
hotline_elmhurstbicycling.org

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Vince Boyer

45 Arlington Hts. Rd • Elk Grove Village, IL 60007 • (847) 439-3340
1313 N. Rand Road • Arlington Heights, IL 60004 • (847) 398-1650

Email vince@villagecyclesport.com www.villagecyclesport.com

NAHBS: THE NONPAREIL OF BICYCLE SHOWS

By Petra Lynn Hofmann, Editor

The North American Handmade Bicycle Show, held in Portland, OR February 8-10, is over and what a show it was. On display, the work of more than 150 bicycle builders and craftsman and women, a mind boggling variety of color, design, and utility. Over the three days, more than 6800 visitors attended the show, up from only 700 for the first show in 2004. The really good news is the 2009 NAHBS will be held in Indianapolis, IN, the home of the founder, Dan Walker and Dan Walker Cycles.

Rather than describe the variety and color of the show, I think the photographs will provide some idea of the excitement and wonder this show brought to my mind.



CLOCKWISE FROM TOP: CALFEE COW HORN AND BAMBOO; **BLACK SHEEP** URBAN, NAHBS CONVENTION FLOOR, **YOGI NASSER** SHOWS OFF ORIGINAL **BLACK SHEEP** DESIGN.



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EBC BOARD APPROVES ACCEPTABLE USE GUIDELINES

(The following Acceptable Use Guideline (AUG) was approved by the EBC Board of Directors at the February Meeting. —Ed.)

By subscribing to the Elmhurst Bike Club Listserve (“EBC Listserve”), users agree to the terms and conditions contained in these guidelines. These guidelines may be modified from time to time and such modifications shall be effective upon their posting to the club’s website.

Messages posted to the EBC Listserve should be limited to club business, club related social activities, recreational cycling and the sport of cycling. Do not make postings that are off-topic from this focus area. If another person posts a comment or question that is off-topic, do NOT reply to the list – this only perpetuates the off- topic discussion.

The EBC Listserve shall not be used to advertise commercial products or services unless this message has been specifically approved by a majority of the Elmhurst Bike Club Board of Directors, following their review of that item submitted for pre-distribution review. Members offering personal biking items for resale is permitted.

Do not send inflammatory messages or messages containing personal invective. No profanity, vulgarity, or derogatory, defamatory, abusive, threatening, offensive, or illegal remarks are appropriate. Be extremely judicious in your use of the “reply to all” button. If you are replying with a message that just says “thanks for the information,” a request to receive a copy of what someone has offered to share, or simply to agree with someone (such as “me, too”), do not reply to the entire group. Instead, send your response directly to the e-mail address of the person who posted the message.

Do not post personal email to the EBC Listserve without the express permission of the original email’s author.

Do not post to the EBC Listserve any message, data, information, text or other material (“Content”) that is unlawful, libelous, defamatory, obscene, pornographic, indecent, lewd, harassing, harmful, invasive of privacy or publicity rights, abusive or otherwise injurious to third parties.

Do not distribute through any EBC Listserve any Content that would constitute or encourage a criminal offense, create any liability or violate any local, state, national, or international law or regulation.

Do not impersonate any person or entity or otherwise misrepresent your affiliation with a person or entity or interfere

with other users of the listserve.

Do not distribute through any EBC Listserve any Content such as charity requests, petitions for signatures, other solicitations of listserve users, promotional materials, chain letters or letters relating to pyramid schemes, advertising or solicitations for funds, political campaigning, mass mailings, any form of unsolicited commercial or promotional email (“spam”) or an offering of lawful or fraudulent goods, services, schemes or promotions.

Do not disseminate through any EBC Listserve harmful content including without limitation, viruses, Trojan horses, worms, time bombs, zombies, cancel bots, or any other computer programming routines that may damage, interfere with, surreptitiously intercept or expropriate any system, program, data or personal information.

Any requests regarding administrative tasks such as being added or removed from the EBC Listserve should be made to the appropriate area, not the list itself.

If you will be out of the office for a period of time and will use an automatic “out of office” message, please configure your “out of office” message to not “respond all” to messages from the EBC Listserve.

Users of the EBC Listserve also must comply with all state and federal copyright, trademark and patent laws and regulations. By posting material on a EBC Listserve, the posting party warrants and represents that it owns the copyright with respect to such material or has received permission from the copyright owner. It is a violation of Elmhurst Bike Club policy to post information that is not original unless it meets the ‘fair use’ guidelines of copyright law, or unless the user has received permission to reproduce such information from the original source. If there is any question as to whether a particular transmission contains information in violation of federal copyright law, the user should not post that information on the EBC Listserve.

THE ELMHURST BIKE CLUB ACCEPTS NO RESPONSIBILITY FOR THE OPINIONS AND/OR INFORMATION POSTED ON OR THROUGH ANY EBC LISTSERVE.

The Elmhurst Bike Club may, but does not assume the obligation to, moderate or monitor discussions taking place

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through its Listserve. The Elmhurst Bike Club reserves the right, but does not assume the obligation, to investigate any violation of these guidelines. The Elmhurst Bike Club may remove any user from the EBC Listserve for violation of these guidelines, which authority shall be exercised in the sole discretion of the majority of the Board of Directors.



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UP SKI TRIP

were the ones setting it up and bringing the “goodies”.

There were eight “first-timers” on the trip – Jim Adams, Nancy Allured, Barb Epley, Ellie Feltz, Bob and Marianne McKeague, Martha Miles, and John Stanaway.

Ski trip notables:

- Well organized trip leader – Sharon Hermach
- Most miles skied – George Hermach 103, Peter Turula 102, Al Stanke 97
- Most miles traveled to get to Ironwood – Jerry Radek, 730 miles from Kansas
- Happy new skis – Ksenia Turula
- Most unusual souvenir – Bill Schwartz’s van load of lumber

All in all it was a great trip. Next years ski trip dates are February 1-6, so mark your calendars.



UP SKIERS CLOCKWISE FROM TOP: JERRY, CHERI, BETTY AT WOLVERINE; BETTY, GERRY, LOU, JERRY AT ABR; MARTHA, CARO, TOM, PAUL, DICK, TED AT ABR FEBRUARY, 2008.

BIKE TASK FORCE

nection with any other aldermen and we will add them to the pool to work with.

The first goal we are working on is to convince the city to form a Bike Task Force to assess the “bike-friendliness” of Elmhurst. Our aldermen will be a channel to make this happen. At our most recent committee meeting on Feb. 20 we put together a list of the benefits to Elmhurst in having this ad hoc committee. These will be our consistent talking points with the aldermen.

Since bikes are entitled to be on the roadway, the committee will work to educate the public about the presence of bikes and their rights to the roadways through publications such as the Elmhurst “Front Porch,” the quarterly newsletter distributed to all residents. This awareness should reduce bike/auto accidents.

Encouraging biking will provide an active alternative which can address physical fitness for both adults and children, especially in view of the alarming incidence of obesity in younger children nationwide. Biking to school is not only healthy but will reduce pollution and auto congestion around the schools.

The committee will help improve bike safety and reduce bike/auto conflict. Being bike friendly is a proven way to increase property values by making the community more “green.”

Many people currently bike to the Elmhurst train station as demonstrated by the heavy use of the bike racks at the train station. Encouraging biking to the train station will help reduce the demand for parking and will reduce downtown auto congestion.

Nationally, it has been shown that increased bike traffic on organized trails brings more commerce into a community. Increased traffic on the Prairie Path will bring more shoppers to the Spring Road shopping area.

The communities of Naperville, Hinsdale, Lisle, Schaumburg, Oak Park and Wheaton all have a bike task force in motion or in formation to enhance the values of their communities. Not having a task force places Elmhurst at a disadvantage to our neighbors. Elmhurst has so many awards. Adding “bike-friendly” to the list will be a significant draw for home buyers.

The Illinois Prairie Path is the oldest rail-to-trail conver-

sion in the United States and Elmhurst is the first community riders encounter coming from the East. We have an opportunity to set the pace on trail development and usage for the DuPage communities to the West of Elmhurst.

Finally, the Elmhurst Bicycle Club has over 200 members, one of the larger organized groups in the city.

Please feel free to email me with other ideas: bob.hoel_comcast.net.

I have said a bike ride around Elmhurst accompanied city officials is a prelude to determining what enhancements can be made to bike safety. To that end, Pamela Brookstein, Suburban Coordinator for the Chicagoland Bicycle Federation (CBF), attended our meeting and explained how she can support this effort by providing a Senior Planner from CBF to facilitate discussions during the ride. We will work to have the ride sometime in May or June and we will be asking EBC members to join us. I will give you enough notice so you can clear your schedule.

We have submitted a list of desired bike rack locations to Deborah Fagan, the DuPage County Trail Coordinator, based on committee input. This is for the placement of the 450 racks for which the DuPage County received grant money. Our list included most of the shopping areas, grocery stores and parks. There appears to be some resistance from the city, however, not because they don’t want to put in racks but because they are not the “right style.” We will continue to push this initiative to make sure we have appropriately located bike racks in Elmhurst.

In April, the League of Illinois Bicyclists will conduct a seminar for the Elmhurst Police Department about bicycle laws and issues. This is exciting news and I will soon have more to report on what will be covered during the seminar, although I believe this event is restricted to public safety staff.

During our recent committee meeting we talked about the community’s perception of cyclists. As we go to the city looking for support it is important that the Club take a visible role in the community through outreach efforts. These include involvement in Prairie Path clean up (it’s a dirty job but someone needs to do it), Ride to Work Week and the Elmhurst Park District’s Safety Town event.

The notes from our February 20 meeting should be posted on the EBC website. For those without access to the listserv, frequently check the web site for newly posted information.

I can be reached by email at bob.hoel_comcast.net or by phone on 630-279-8510. Your thoughts, comments and additions to what we are doing will be appreciated.



WHAT DOES BLOS MEAN TO THE CYCLIST?

By Bob Hoel

There is an interesting term that has been floating around the cycling world for several years: Bicycling Level of Service (BLOS). The concept was put together, presumably by mathematicians (I will show you the formula later), to assess the bike worthiness of a roadway. The idea has been extended to cover pedestrians as well.

I am not sure what prompted the development of the formula but clearly we need some way to assess just how safe a given roadway is for cyclists and pedestrians. It is often used by consulting firms and bike task forces to quantitatively show a clear need to improve our alternative transportation ways. Because it is quantitative, a lot of data needs to be gathered to feed THE FORMULA. Let's take a look at the factors that are covered.

- Roadway width
- Bike lane widths and striping combinations
- Traffic volume
- Pavement surface condition, including storm sewer drain cover types
- Motor vehicle speed and type
- On-street parking

Ed Barsotti (Exec. Dir. of the League of Illinois Bicyclists) has created a BLOS calculator at this site: <http://www.bikelib.org/roads/blos/blosform.htm>.

So why am I telling you about this? It's because it is quantitative work like this that is being accepted by local and state governments across the U.S. to determine how bike friendly and accessible their locales are. Though anyone who bikes on a regular basis can watch a road for a few minutes and tell you how safe it is (it ain't rocket science), most of our government officials view that as anecdotal information and nothing that you would create a plan with. That is where BLOS comes in. By making it look scientific, you come to the same conclusion but then people look at the results as being fact.

Tools like this are used by groups that do studies for bicycle

task forces. Here is some material from a study Ed Barsotti did for Kane County several years ago.

"BLOS evaluations may be useful in several ways:

A bicycle map can be produced for the public to assist them in route selection.

The most appropriate routes for inclusion in the community bicycle network can be identified.

'Weak links' in the network can be determined, and sited needing improvement can be prioritized.

Alternate treatments for improving bike-friendliness of a roadway can be evaluated.

Road project selection formulas can include a BLOS term to encourage implementation of bike planning goals."

Though it may be fairly easy to manually identify routing in a suburb like Elmhurst, safe route planning becomes more difficult as you bridge to surrounding communities. This is where the BLOS calculations are most useful.

And now for the grand finale.....THE FORMULA:

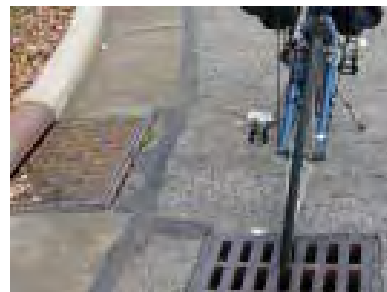
$$BLOS = 0.507 \ln(Vol_{15}/L_a) + 0.199 SP_t(1+10.38HV)^2 + 7.066(1/PR_d)^2 - 0.005 W_4^2 + 0.760$$

Impressive, huh! The explanation of the formula takes another several pages so for those of you who are masochistic mathematicians, send me an email (bob.hoel@comcast.net) and I will send you the full 5 page narrative.

In many cases communities and metropolitan areas have developed maps, much like the CBF Bicycling Map of metropolitan Chicago, and these are often produced through BLOS studies. The important thing to remember, however, is that in developing areas such maps can quickly go out of date with new development. Each cyclist will still have to make their own decision on the bikeability of a roadway based on their personal experience, comfort level and ability.

I suspect we will all be learning more about BLOS as we work to identify safe routes through Elmhurst and its surroundings. Thanks for paying attention.

R TO L: TWO
EXAMPLES OF
DANGEROUS
GRATES; FAR
RIGHT: SAFE
GRATE





CLOCKWISE FROM TOP LEFT: BIKE FRIDAY'S HANZ SCHOLZ; GIUSTAFORZA, BIKE TORQUE WRENCH; **DELTA 7 SPORTS** CREATES A 2 LBS. MTB FRAME OF COMPOSITE FIBERS; **SHEILA MOON**, EX-CYCLO CROSS RIDER DISPLAYS HER BICYCLE FASHIONS, NEW FOR FALL, WOOL CYCLING KNICKERS FOR HIM AND HER; **CARBON DESIGN** BRINGS FIRST DRIVE BELT TECHNOLOGY TO BICYCLES.

(CONTINUED ON PAGE 16)



CLOCKWISE FROM TOP LEFT: HAND DIMPLED LUGS, **JOHN CASTALANO**, HIS WIFE, AND HIS TI MTB; **TOM MILTON** DISPLAYS THE UNIQUE SPLIT LEATHER SEAT FROM **SELLE AN-ATOMICA**; **MON-SERÉ** NEW DESIGNERS OF BICYCLING CLOTHING; FROM AUSTRALIA, **DARRELL MCCULLOCH** AND **LLEWELLYN CUSTOM BICYCLES**; AND FROM PORTLAND, OR, **JORDAN HUFNAGEL**, BIKE BUILDER.



MARCH 2008

CLUB RIDES

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

Date	Time	Distance	Start	Leader	Ride Description
Sat Mar. 1	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 Mar. 2	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 Mar. 2	9:30 AM	mileage TBD 10-12 mph or 12-14 mph	Panera, Elmhurst	Determined By Riders	Sunday Slow / Medium Pace Show & Go Both the slow and the medium pace rides will be S&G for March. Anyone interested in leading these in April, please contact the EBC Ride Captain
Sun Mar. 2	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 Mar. 2	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.
Tues Mar. 4	10:00 AM	30 miles moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Imax Moderate Ride This is a ride through Naperville on lightly traveled streets to a coffee house in south Naperville and then back to the start.
Wed Mar. 5	9:30 AM	18-20 miles 10-13 mph	Katherine Legge Parking Lot 60th & County Line Rd Hinsdale	Mary Jo Bolan 630-887-9652	Ride to Oak Brook Gentle ride to MacDonalds in OakBrook for coffee or hot chocolate. Ride will be cancelled if the predicted high for the day is below 35 degrees, or if there is any ice or snow on the roads.
Wed Mar. 5	10:00 AM	Determined By Riders	McColum Park Downers Grove	Determined By Riders	Wednesday Show and Go The riders will determine the ride leader, distance and pace
Wed Mar. 5	6:30 PM	Determined By Riders	Depot Villa Park	Determined By Riders	Wednesday Night Ride Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs Mar. 6	10:00 AM	30 miles fast moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Imax Thursday Ride This is a ride through Naperville on lightly traveled streets The ride will be longer if weather permits.
Fri Mar. 7	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 Mar. 8	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 Mar. 9	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 Mar. 9	9:30 AM	mileage TBD 10-12 mph or 12-14 mph	Panera, Elmhurst	Determined By Riders	Sunday Slow / Medium Pace Show & Go Both the slow and the medium pace rides will be S&G for March. Anyone interested in leading these in April, please contact the EBC Ride Captain

Sun Mar. 9	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 Mar. 9	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.
Mon Mar. 10	06:00 PM	20-25 miles 12-14 mph	Depot, Elmhurst	Larry Gitchell (708) 421-0120 C (708) 409-0105 H	Monday Night Ride (Prologue) Daylight Saving Time is back, and so is the Monday Night Ride! Expect the first month of rides to be relaxed while we get our legs back in shape. "If it's snowing, I'm not going" rule is in effect during March. Call first if forecast indicates poor weather. Headlight and taillight required.
Tues Mar. 11	10:00 AM	30 miles moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Imax Moderate Ride This is a ride through Naperville on lightly traveled streets to a coffee house in south Naperville and then back to the start.
Wed Mar. 12	9:30 AM	15 miles 10-12 mph	Carol Nield's House 6326 Fairview Ave Downers Grove	Carol Nield 630-964-2488	Easy Riders's Bike Ride and Planning Meeting Following the ride at 9:30, the Wednesday Morning Easy Riders Planning Meeting will take place at 11:30. Food will be served between the ride and the meeting
Wed Mar. 12	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 Mar. 12	6:30 PM	Determined By Riders	Depot Villa Park	Determined By Riders	Wednesday Night Ride Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs. Mar. 13	10:00 AM	30 miles fast moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Imax Thursday Ride This is a ride through Naperville on lightly traveled streets The ride will be longer if weather permits.
Thurs. Mar. 13	7:15 PM		Community Bank Elmhurst	Ray Dal Lago 630-543-4655	Monthly Club Meeting Board meeting precedes club meeting.
Fri Mar. 14	9:00 AM	35 miles 12-14 mph	Busse Woods Biesner off Biester- field	Rich Diebold 847-891-6010	Friday Ride Join Rich for a Friday ride on the 2nd and 4th Friday of the month. May be shortened due to weather. Join him in the first parking lot.
Fri Mar. 14	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 Mar. 15	9:00 AM	40-45 miles 13-15 mph	Depot, Elmhurst	Larry Gitchell (708) 421-0120 C (708) 409-0105 H	High Wheels to High Wheeler Ride to the Model Railroad show at Harper College in Palatine. "If it's snowing, I'm not going" rule is in effect. Call first if forecast indicates poor weather. If there's enough interest, we'll spend about an hour in the show. Admission charge applies. Snack stops along the route. Bring money and a substantial lock.
Sat Mar. 15	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 Mar. 16	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 Mar. 16	9:30 AM	mileage TBD 10-12 mph or 12-14 mph	Panera, Elmhurst	Determined By Riders	Sunday Slow / Medium Pace Show & Go Both the slow and the medium pace rides will be S&G for March. Anyone interested in leading these in April, please contact the EBC Ride Captain

Sun Mar. 16	9:30 AM	30-40 miles 15-17 mph	Panera, Elmhurst	Determined By Riders	Jeff's Sunday Morning Ride SnG 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 Mar. 16	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.
Mon Mar. 17	06:00 PM	20-25 miles 12-14 mph	Depot Elmhurst	Larry Gitchell (708) 421-0120 C (708) 409-0105 H	St. Patrick's MNR The Ridin' of the Green! Join your overgrown leprechaun ride leader for a jaunt about the western suburbs. Lights required. Fluorescent green apparel optional.
Tues Mar. 18	10:00 AM	30 miles moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Imax Moderate Ride This is a ride through Naperville on lightly traveled streets to a coffee house in south Naperville and then back to the start.
Wed Mar. 19	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 Mar. 19	10:00 AM	20-22 miles 10-13 mph	IMAX Theater Woodridge	Sharon Hermach 312 560 2783	Woodridge to Clarendon Hills Ride east and west in 4 suburbs. Ride canceled if streets are icy. Short reststop at library. Bring snacks.
Wed Mar. 19	6:30 PM	Determined By Riders	Depot Villa Park	Determined By Riders	Wednesday Night Ride Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs Mar. 20	10:00 AM	30 miles fast moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Imax Thursday Ride This is a ride through Naperville on lightly traveled streets The ride will be longer if weather permits.
Fri Mar. 21	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 Mar. 22	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 Mar. 23	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 Mar. 23	9:30 AM	mileage TBD 10-12 mph or 12-14 mph	Panera, Elmhurst	Determined By Riders	Sunday Slow / Medium Pace Show & Go Both the slow and the medium pace rides will be S&G for March. Anyone interested in leading these in April, please contact the EBC Ride Captain
Sun Mar. 23	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 Mar. 23	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.
Mon Mar. 24	06:00 PM	20-25 miles 12-14 mph	Depot, Elmhurst	Larry Gitchell (708) 421-0120 C (708) 409-0105 H	Easter Monday Night Ride Hop on your bike and bounce away! Bunny-hopping skills not required, but headlight and taillight are.
Tues Mar. 25	10:00 AM	30 miles moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Imax Moderate Ride This is a ride through Naperville on lightly traveled streets to a coffee house in south Naperville and then back to the start.

Wed Mar. 26	9:00 AM	20 miles 10-13 mph	Spring Rock Park Western Springs	Gerry Fekete 708-352-0913	Ride to Grumpy's Ride to Riverside with a stop at Grumpy's for a snack.
Wed Mar. 26	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 Mar. 26	6:30 PM	Determined By Riders	Depot Villa Park	Determined By Riders	Wednesday Night Ride Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs Mar. 27	10:00 AM	30 miles fast moderate pace	IMAX Theater Woodridge	Bill Schwartz 630-9636250 H 630-3031160 C	Imax Thursday Ride This is a ride through Naperville on lightly traveled streets The ride will be longer if weather permits.
Fri Mar. 28	9:00 AM	35 miles 12-14 mph	Busse Woods Biesner off Biester- field	Rich Diebold 847-891-6010	Friday Ride Join Rich for a Friday ride on the 2nd and 4th Friday of the month. May be shortened due to weather. Join him in the first parking lot.
Fri Mar. 28	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 Mar. 28	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 news- letter for mailing. Takes about 45 minutes. Call Judy for directions.
Sat Mar. 29	9:00 AM	25 miles 13-15+ mph	Depot, Elmhurst	Larry Gitchell (708) 421-0120 C (708) 409-0105 H	Bike Show (& Go) A rollicking ride to Rosemont! Some short stretches on busy streets. Expect to spend 1-1/2 to 2 hours vis- iting the Bike Show. Admission charge applies. Bring money and a good lock.
Sat Mar. 29	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 Mar. 30	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 moun- tain bikes.
Sun Mar. 30	9:30 AM	mileage TBD 10-12 mph or 12-14 mph	Panera, Elmhurst	Determined By Riders	Sunday Slow / Medium Pace Show & Go Both the slow and the medium pace rides will be S&G for March. Anyone interested in leading these in April, please contact the EBC Ride Captain
Sun Mar. 30	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 Mar. 30	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.
Mon Mar. 31	06:00 PM	20-25 miles 12-14 mph	Depot, Elmhurst	Larry Gitchell (708) 421-0120 C (708) 409-0105 H	No Fooling MNR A Post-Bike Show, Pre-April Fools Monday Night Ride. Be smart - bring a headlight and taillight.

EASY RIDERS PLANNING MEETING WEDNESDAY, MARCH 12, 2008

From Carol Nield

The Easy Riders Planning Meeting will be held on Wednesday March 12th at the home of Carol Nield 6326 Fairview Ave, Downers Grove. The meeting will start at 11:30. The meeting will be preceeded by a bike ride starting at 9:30. If the roads are icy or snow covered we will hike instead of bike.

Food will be served before the meeting. Remember to bring your calendars and ideas for the rides you would like to lead this year.

If you are unable to attend the meeting but would like to lead a Wednesday morning ride, call (630-964-2488) or E-mail (carolnld@yahoo.com) and let Carol know what rides you would like to lead.

AUGUST: HIKE AND BIKE COLORADO

By Karen+Bill Schwartz

August 9 to 16 - HIKE Estes Park Colorado (Rocky Mountain National Park)

This year we are leading two outings in Colorado. The first week will be in Estes Park Colorado where we will be hiking in Rocky Mountain National Park. This Park has many wonderful trails that we have hiked over the years. There are short trails of a mile for the beginner hiker up to challenging trails that feature 4,000 feet of climbing. Check this website for hike descriptions: <http://www.rocky.mountain.national-park.com/hike.htm>

Rocky Mountain National Park is a park for hikers. More than 355 miles of trails provide access to remote areas of the park so you can escape the crowds and savor the streams, meadows, and mountains. Hiking in Rocky Mountain National Park features all the usual things folks expect from an alpine locale: breathtaking views of jagged mountains, lush alpine meadows and tundra, cascading mountain streams and cool pine forests. Wildlife abounds in the park as well--moose, elk, deer, marmots, beaver, pika, mountain lion and bighorn sheep abound. For bird watchers, the diversity of ecosystems within the park presents a smorgasbord of viewing opportunities. Also present within park boundaries are glimpses of history and remnants of the mining background that helped build much of the early history of the area around the park.

To join us on the hiking week, you would need to either drive (1000 miles so we usually drive it in two days with an overnight stop in Nebraska) or fly into Denver and rent a car. Then you would need to arrange your lodging. There are many places to stay, but as this is a popular location. You need to arrange lodging as soon as possible. We have camped near the Park in a private campground, but you can also camp right in the Park. The campground we have camped in is: National Park Retreats and it is located right next to the Park. It has a coffee house and WIFI also. <http://www.nationalparkretreats.com/>

To stay in a condo or motel in Estes, we have found that



staying outside of the town, nearer that Park is a better way to go. The town is a very touristy town and has lots of traffic. We have stayed in several houses or townhouses. Check out the web page <http://www.estes-park.com/> and the lodging link to find a place to stay. There is also a link for availability. We have also stayed in Grand Lake Colorado for hiking in Rocky Mountain National Park. This is a town that is on the other side of Trail Ridge Road. Trail Ridge Road is the road that bisects the Park and is the highest continuous road in the USA. We have biked it and it is a challenge because of the elevation gain. It starts at 7,000 feet and goes to 12,000 feet. There are other biking opportunities also in the area. We hope to see some EBC members on the

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trails with us in Rocky Mountain National Park!

August 16- 23 - BIKE Frisco Colorado

Biking Frisco Colorado is a memorable experience. The mountain areas are full of beauty and while we have biked most of Colorado at some time since it is our favorite biking destination, the Frisco area remains as our favorite place to cycle. There are 50 miles of paved paths that stretch from Vail to Frisco and Dillon and from Keystone to Breckenridge. It is located on the shore of Lake Dillon and there are hiking trails right at the edge of the town. The great thing about this location and the biking is that there is riding for every type of cyclist. The mountain biking trails are numerous as well as the downhill rides down the ski slopes for the more daring! The paths are easy so that many families with children can be seen riding the trails. For the more adventurous, there are mountain passes to climb at the end of many of the trails. Over the years we have had cyclists of every level bike Colorado with us, from the easy rider to the fast rider.

One place we will be biking is the Glenwood Springs bike trail. This is a trail that we drive to on I-70 and then start a 20 mile ride to Glenwood Springs on a bike path that literally follows the river on one side and I-70 on the other. As this is a narrow canyon, the trail winds along and under the highway leading to spectacular views. We have also done river rafting on the river into Glenwood Springs where there is a very moving memorial to the Storm King fire that killed 14 firemen.

We will also bike from Silverthorne to Ute Pass. This is a 50 mile round trip that leads to a "beginner" pass. This pass is a short climb that is a great intro to climbing. We'll also do the bike trails to the ski town of Breckenridge where there are lots of views and interesting shops, like the hat shop that provides lots of great opportunities to pose for pictures with silly hats on our heads. This is a 25 mile journey on flat paths. There's a new bike path to try on the way back on Swan Mountain Road. Another bike path day is on to Keystone and back. This can be followed by a bike up Loveland Pass and back to Keystone for the more adventurous. "What's so great

about dragging a bicycle up a pass?" Well, "because it is there". That about sums it up. If you understand, you already know. If you don't, no argument will convince you. Another day it's on to the world's highest bike path in Leadville Colorado. The whole path is above 10,000 feet. The signs along the way that tell the story of the mining in Leadville are great to read as you bike the path. The ride can stop there or can continue on to Twin Lake and the ride up Independence Pass. This has the most amazing view near the top where you can see the valley and the road you've just climbed. The final ride we've planned is biking from Frisco to Vail Pass and on to East Vail where an EBC member will give us lunch in her house in East Vail. Some may opt to ride back in a car that we've brought over in the AM or the hardy riders can bike back to Frisco by the bike path. (The path over to Vail is a snap, but coming back has some steep 9%+ climbs on the path.)

Lodging in Frisco can be researched at: <http://summitnet.com/lodging/lodging.cfm?location=Frisco>

The cheapest place we have stayed in Frisco is the Snowshoe Motel. There are rooms available for \$55 to \$90 per day for August. The motel has kitchenettes in some of the rooms. There are other motels also, but if you have a group, the condo or house rental will also be very inexpensive. One site we use a lot is: <http://www.vrbo.com/> (vacation rental by owner). These rentals are cheaper as you don't have to pay a booking

fee for an agency. I would try this site first if you want a condo or house. There is also camping in the area on Swan Mountain Road at the Lake Dillon campground.

If you are interested in biking Colorado with us, just book your lodging and let us know you're coming!



A black and white advertisement for Midwest Cyclery. It features a logo of a cyclist on the left. The text includes "Midwest Cyclery", "Family Service & Quality Products", "www.midwestcyclery.com", "117 East Front St. Downtown Wheaton", "630-668-2424", and "our 25TH year". Brand names like Cannondale, Diamondback, and Fuji are listed at the bottom.

A color advertisement for The Bike Shop. It features a logo with a bicycle and the text "THE BIKE SHOP GLEN ELLYN, IL". Contact information includes "The Bike Shop 630.793.4030", "449 N. Main Street Glen Ellyn, IL 60137", "thebikeshop@aol.com", and "www.thebikeshop.com". A slogan at the bottom reads "Where customer service is not a department, it's an attitude!". The name "Anthony sales - certified bike fitter" is also present.



CLOCKWISE FROM TOP LEFT: FROM SAM WHITTINGTON FROM **NAKED BICYCLES AND DESIGN** NAMED "BEST IN SHOW," THE INCOMPARABLE **RICHARD SACHS** WHO ALSO SCREENED HIS NEW AUTOBIOGRAPHICAL VIDEO; **WOOD WHEELS**, THE ULTIMATE MTB FROM MOOTS;; AND THE BEAUTIFUL **PEGORETTI** FRAMES.



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BOARD MEETING MINUTES

1. Discussed the continued concerns about the need to protect Club member's privacy and unauthorized republication of EBC Website info onto other Websites.
2. Discussed the List Serve Acceptable Usage Guidelines Version 1.0. Called to a vote whether to publish these guidelines in the March Newsletter. Members voted unanimously to do so.
3. Discussed making donations to L.I.B, L.A.B, C.B.F. Prairie Path, CAMBR, and other worthy groups. Discussed donating helmets to a Children's cycling program. Members decided to discuss further in March.
4. Discussed the sponsorship program and ways to retain current sponsors and attract new ones. We will coordinate this with Phil Keller.
5. Discussed the Advocacy Program and the need to fund this program with its own budget, all expenditures requiring Board approval.
6. Called to a vote and approved obtaining gift certificates from Sponsors to give away as door prizes and set a \$40.00 per month door prize budget, to be reviewed in 6 months
7. Discussed obtaining Tee Shirts and Ride Leader Jerseys
8. Ray spoke of visit by a State Senator as a guest speaker.

CLUB MEETING MINUTES

1. George Pastorino thanked Cindy Reedy and Sharon Hermach for supporting the mountain bike program by putting a MTB page on the website.
2. Ray announced that REI will be providing refreshments as well as a speaker at the March Meeting.
3. Ray spoke about donations to various groups and possibly donating helmets to children.
4. Bill Schwartz spoke about possibly donating bikes to The Elmhurst Police Dept.
5. Bob Hoel spoke extensively about the first Advocacy Meeting, see website for details.
6. Bob Hoel will be attending an Advocacy Seminar this Spring.
7. Susan Sperl asked Ride Leaders to think of routes and have rides to our sponsor shops.
8. Karen Schwartz spoke about four trips that she and Bill are doing and asked for interested members to join them. E-mail her for details.
9. Roland suggested free memberships to Police Officers.
10. The Ride Captain announced March rides and Newsletter items need to be submitted by February 17th.
11. Ray announced the member Dave Fairburn was stricken with throat cancer and asked members to keep him in their thoughts and to wish him well.