



# THE CUE SHEET

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

**Online**

## ELMHURST "BIKE TO WORK WEEK"

"Bike to Work Week, 2008," is again a success as club president, Ray Dal Lago; Advocacy Chair, Bob Hoel; Dave Polkow; and Owen Read, the Chicagoland Bicycle Federation's Suburban Bicycle Ambassador turned out at 6:30 AM to meet and greet bicycling commuters. These early risers handed out bags full of cycling goodies, bananas and free coffee from the Metra Station coffee kiosk.

Bob listened intently to bicycling commuters express their interest not only in bicycling safety in and around Elmhurst, but the lack of bicycle racks in front of most Elmhurst businesses.

Owen said, "Working with the Elmhurst Bicycle Club to cheer on everyone biking to the Metra station was an ideal way to spend a Thursday morning, especially after the Bicycle Commuter Class I held the night before at the Elmhurst Public Library. I was really pleased to meet a woman who was inspired to start bike commuting by her two brothers, both of whom are legally blind but dedicated to riding their tandems as much as possible. Elmhurst has a great community of bikers (and Metra riders), and it was great to meet so many of them and hear their bicycling stories in this fun way."



TOP LEFT: A COMMUTER COMPLETES A CBF MEMBERSHIP APPLICATION WHILE OWEN READ, CBF SUBURBAN AMBASSADOR AND EBC PRESIDENT, RAY DAL LAGO LOOK ON.

LEFT: RAY, AND BOB ARE DISCUSSING THE FREE COFFEE TICKET FOR THE BICYCLE COMMUTER, WHILE IN THE BACKGROUND DAVE POLKOW EYES BREAKFAST BANANAS BEFORE HEADING OFF TO WORK.

ABOVE: A COMMUTER CONSIDERS JOINING THE EBC.

**JULY 2008**

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OF  
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GREETINGS FROM THE FREDRICK MEIJER OUT-DOOR SCULPTURE AND GARDENS

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## OPINION AND COMMENTS

PETRA LYNN HOFMANN

The Summer cycling season is finally in full swing: a new listserve on Google Groups, members in Germany cruising the rivers and tasting beer, and several new club members leading rides. And, I'm still not on my bike.

In addition, a new look to the newsletter, in fact, two newsletters. First, the print version will continue as a printed and mailed newsletter for those wanting a hard copy of the ride schedule. Second, is an ONLINE version, similar to newsletters previously posted but in an expanded format able to contain more articles, pictures, and active links to web-based content.

In this issue, you will find issue articles on bananas (our favorite topic), mountain biking, The Tour de France, historic preservation of Chicago sites, and of course, more photographs. Also, in the ONLINE issue is a new author and newsletter volunteer, Glen Williams, whom I thank for all his assistance with

this issue.

After listening to several comments from commuters during "Bike To Work Week, Elmhurst," it's clear we, as a club and as individual cyclists, need a more active presence in Elmhurst and surrounding communities. A good start is our membership in the Elmhurst Chamber of Commerce.

Further, I believe one way to promote bicycling and community is to ask local merchants, while shopping in their stores, "where are your bike racks?" It would help for club members to appear during city and county meetings asking, "where are the bike racks?"

During these government meetings wouldn't it be informative and interesting to ask our representatives where the marked bike lanes are through Elmhurst? Communities across the country are wising up to the benefit and safety of clearly delineated bike lanes on surface streets. Take for example, Davis, California, a city not much larger in population and geographic size than Elmhurst, here bicycling to work and play is a way of life. Elmhurst is a community that could pass a bond issue for a new \$18M library, yet not enough space for bicyclists. Why is that? Take a look at what is possible:

<http://www.streetfilms.org/archives/adventures-in-a-platinum-bike-city-davis-calif/>

<http://daviswiki.org/Bicycling>

BTW, need I mention this issue covers most of what the EBC is all about.

## DUPAGE TRAIL UPDATE

Deborah Fagan, AICP, the Chief Planner and County Trail



System Coordinator, presented an update on the DuPage County Trail System. Key points of her presentation, the third countywide bikeway plan since 1984, include: an increase in the regional trail network to 191 miles from 75 miles in 1996, with a current plan of 298 miles of which 64% (191 miles) are completed. Further, in 1996 there were 198 miles of trail facilities which has now grown to a total of 462 miles. The members present expressed their appreciation for the fine work Deborah has done to plan and implement an outstanding trail system in DuPage County.

For more maps and more information see: <http://www.dupageco.org/bikeways>



# PRESERVATION GRANT AWARD WINNERS

Last Fall, Chicagoans and EBC members were asked to vote for those historic sites they felt most in need of financial support. The project, a partnership between American Express and the National Trust for Historic Preservation announced that 15 Chicagoland historic sites would receive American Express Partners in Preservation grants as part of the company's \$1 million commitment to preservation efforts in the Chicago Area.

The American Express Partners in Preservation grant award winners are:

- The On Leong Merchant Association Building/ Pui-Tak Center,
- Bohemian National Cemetery,
- Grand Army of the Republic Memorial Hall,
- Great Lakes Naval Station,
- Holy Trinity Russian Orthodox Cathedral,
- Homan Square Power House,
- Humboldt Park Stables and Receptory,
- Peabody Estate at Mayslake,
- Quinn Chapel A.M.E. Church,



THE ON LEONG MERCHANT ASSOCIATION BUILDING/PUI-TAK CENTER

- Robie House,
- South Side Community Art Center,
- Spring Grove Fish Hatchery,
- Unity Temple,
- Viking Ship and
- Von Steuben High School.

In addition, American Express and the National Trust for Historic Preservation announce they will be giving a \$5,000 award to each of the remaining 10 Partners in Preservation sites in recognition of their participation in the initiative and their commitment to preservation efforts.

Your support is still needed to protect and preserve Chicagoland's unique and diverse cultural heritage. We invite you to become involved in efforts to preserve the 25 Partners in Preservation sites and other historic locations that enrich community life in Chicago.

More information and photographs are at: <http://www.partnersinpreservation.org/chicago/index.php?sec=grarec>



ABOVE: UNITY TEMPLE, OAK PARK; BELOW: VIKING SHIP AWAITING RESTORATION IN BATAVIA



# INTRODUCING THE TEAM GARMIN-CHIPOTLE H3O TOUR DE FRANCE SQUAD!

Three of only four Americans at the Tour riding for Garmin-Chipotle

Boulder, CO – June 24, 2008 – Team Garmin-Chipotle presented by H3O today announced its much-anticipated Tour de France roster, which features three of only four Americans in the entire Tour peloton. The riders that will represent Team Garmin-Chipotle in tackling the world's toughest sporting event are:

- Magnus Backstedt (Switzerland)
- Julian Dean (New Zealand)
- Will Frischkorn (US, Charlottesville, VA)
- Ryder Hesjedal (Canada)
- Trent Lowe (Australia)
- Martijn Maaskant (Netherlands)
- David Millar (UK)
- Danny Pate (US, Colorado Springs)
- Christian Vande Velde (US, Lemont, Illinois)



“Bringing a team to the Tour de France has always been our vision,” said Jonathan Vaughters, CEO of Slipstream Sports LLC and Director Sportif, Team Garmin-Chipotle presented by H3O. “The riders on and off this list have worked incredibly hard for this. As a team, we are dedicated to giving our fans – and the world – something to cheer for at the Tour.”

The newly-named Team Garmin-Chipotle tour squad will unveil the team kit and other visuals at 1pm July 3 in the press room at Penfeld Parc des Expositions de Brest, in Brest, France. All media is invited to attend this presentation.



**NOTE:** We have a team member from our own backyard, Christian Vande Velde. I would add that Garmin-Chipotle means we know where to find the HOT sauce.

CHRISTIAN VANDE VELDE,  
PRETTY IN PINK, DURING  
THE GIRO D'ITALIA STAGE 2

# EAT A BANANA!?

From Kacy Worcester

After Reading this , you'll never look at a banana in the same way again.

**Bananas.** Containing three natural sugars: sucrose, fructose, and glucose, combined with fiber, a banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's bicycling athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

**Depression:** According to a recent survey undertaken by MND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

**PMS:** Forget the pills--eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

**Anemia:** High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

**Blood Pressure:** This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect way to beat blood pressure. So much so, the US Food and Drug Administration has allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

**Brain Power:** 200 students at a Twickenham (Middlesex, UK) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brainpower. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

**Constipation:** High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

**Hangovers:** One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels. while the milk soothes and re-hydrates your system.

**Heartburn:** Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

**Morning Sickness:** Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

**Mosquito bites:** Before reaching for the insect bite cream, try rubbing the affected areas with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

**Nerves:** Bananas are high in B vitamins that help calm the nervous system.

**Overweight and at work?:** Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that to avoid panic-induced food cravings we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.





# EAT A BANANA!?

**Ulcers:** the banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronic ulcer cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

**Temperature control:** Many other cultures see bananas as a “cooling” fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

**Seasonal Affective Disorder (SAD):** Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

**Smoking Cessation:** Bananas can also help people trying to give up smoking. The B6 and B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

**Stress Relief:** Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body’s water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

**Strokes:** According to research in “The New England Journal of Medicine,” eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40 per cent.

**Splinter Removal:** For those hard-to-remove wood splinters, rather than poking and prodding with tweezers and needle, take a small piece of banana skin, large enough to cover the splinter wholly, yellow side out, and carefully tape it over the splinter with a band-aid or tape. Overnight the banana and its enzymes will work the splinter out, dissolving it and sealing the wound. So in the morning, when you remove the band-aid, the pad will be yucky brown mush and no more splinter!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrates, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe it’s time to change that well known phrase so that we say, “A banana a day keeps the doctor away!”

So, we go eating at the speed of bananas.



**Editor's Note:** Many versions of this article continue to circulate on the internet. However, while there doesn't seem to be any direct attribution to scientific studies, limited online research of the subject does support many of the article's statements. Therefore, there is truth to the fact that bananaman and club members are: cool non-smokers; unaffected by long wintery nights; smart; non-constipated with little signs of stress on busy streets; and not likely to suffer heartburn and stroke as a result of stress-free club rides. The “Banana Wall,” is an installation by Stefan Sagmeister.



# THE POWER OF BANANAS REVEALED

The thought of powering your house on banana waste may sound a little unrealistic, but, two years ago, UQ researcher, Associate Professor Bill Clarke, proved it was a possibility.



Between 2004 and 2005 Dr Clarke, supported by the Queensland Government through the Qld Sustainable Energy Innovation Fund (QSEIF), Ergon Energy, and The Australian Banana Growers' Association Inc., uncovered the potential to produce energy from banana waste.

Growcom, a peak horticulture organisation, has recently trans-

formed Dr Clarke's research into a commercial scale project in North Queensland, a location where bananas are far from scarce.

This venture is supported by an additional QSEIF grant.

"We demonstrated in 2004-2005 that waste bananas and stalk material within the banana bunch are a great source of methane," Dr Clarke said.

"There are no technical problems with producing methane from bananas.

"However, for the process to be economically viable, we need to develop a cheaper and simpler digester compared to those that are currently used for organic waste in Europe."

While extracting methane from bananas is technically possible, it is no simple task.

"Methane is produced by loading the bananas into an air tight reactor, with careful control of pH and, ideally, temperature.

"Growcom has built a pilot scale bladder reactor which sits in an excavation in the ground.

"The bladder contains the bananas and biogas," Dr Clarke said.

Biogas is the combination of methane and carbon dioxide and is the name given to fuel derived from organic matter.

It is the biogas produced from bananas which could potentially be used as an alternative energy source, Dr Clarke said.

"The biogas can either be stored at moderate pressure, possibly for use as a transportation fuel, or directed to a gas engine to generate electricity, as is currently done in Australia at a number of landfills."

Dr Clarke has taken on an advisory role with the Growcom plant, and has provided design and operational advice.

He is an Associate Professor with UQ's Division of Environmental Engineering within the School of Engineering.

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# IMBA WORLD SUMMIT DAY

## TREK PRESIDENT JOHN BURKE WANTS TO TRANSFORM MOUNTAIN BIKING

John Burke, president of Trek Bicycles, opened up the 2008 IMBA Summit in Park City, Utah, with an inspiring challenge. In a keynote address Burke told the gathering of more than 400 bicycle advocates, public lands officials and bike industry members that they could help “change the world” by providing better opportunities for on- and off-road bicycling.

In 2007, Trek introduced their One World Two Wheels program with the mission to increase cycling participation worldwide. Through the initiative Trek will donate at least \$600,000 to IMBA by 2009.

In his World Summit speech, Burke spoke about the health benefits of bicycling as one of the many important reasons to promote the sport. “There are a number of very concerning health trends happening in the world today,” Burke said. He said that between 1960 and the present, the average weight of a 6 to 11 year old child has increased by 11 pounds. The average weight increase of an adult is an astonishing 24 pounds - but the simple, muscle-powered fun of mountain biking can help reverse these troubling statistics.

Burke also discussed bicycling as a component of the energy and environmental challenges. “In 2003, traffic congestion delayed people 7 billion hours worldwide and wasted 5 bil-

lion gallons of fuel,” Burke said. He noted that IMBA, along with related groups such as Bikes Belong and the league of American Bicyclists, must take leadership roles in bringing new facilities and resources that will invigorate bicycling participation.

Burke stated that a simple solution to many of the maladies the world faces can be found in the bicycle. Citing examples of bike-friendly communities across the America - places like Boulder, Colorado; Portland, Oregon; and many European centers - Burke illustrated the impact that robust bicycle facilities can engender. “It proves the theory that if you put the infrastructure in, people will ride. The same thing is true for mountain bike trails,” said Burke.

Burke reminded everyone to “think big,” adding that if the entire bike industry followed Trek’s lead in donating just \$10 for each full-suspension bike sold (Quality Bicycle Products has adopted the measure) IMBA would have an additional \$3.5 million dollars with which to build trails. “This is a very achievable figure in the bicycle industry,” Burke continued. “If we made more than 3 million dollars available for new trails, we could really transform mountain biking in the U.S.” Burke implored everyone, from IMBA staff to individual riders, to ask the bicycle industry to join the cause, noting that doing so benefits us all.



# MOUNTAIN BIKING: AN INTERVIEW WITH BALTIMORE ORTEGA

**WHAT HAS BEEN YOUR EXPERIENCE AT THE ELMHURST BICYCLE CLUB (EBC) REGARDING MOUNTAIN BIKING.**

**Baltimore:** These are my opinions and comments. I speak only for myself and not any other members of our club. I want to start by thanking all of the members and officers of EBC. The club has been very helpful and supportive. EBC members have allowed us to give a mountain bike presentation at the monthly meeting; they have attended our Mountain Bike (MTB) rides, and developed a mountain bike coordinator position for the club. Because of your support EBC presently has one of the best mountain bike club programs in the area.

In my humble opinion, mountain biking is not taking “market share” at EBC, we are adding “market share”. Mountain biking is not making the “pie” smaller by taking a slice, we are making the “pie” bigger. When I visit bike shops and ask about their business they tell me their sales are 25-50% mountain and hybrid bicycles. We hope mountain biking will help make the club stronger.

I joined EBC as a new member several years ago hoping to do some MTB rides. After going to a couple of meetings and looking at the ride schedule, I realized the club did not offer mountain bike rides. I quit the club and joined the Chicago Cycling Club thinking they would have mountain bike rides. They did not. I left their club and just rode by myself. My wife was always concerned about my safety and encouraged me to join another bike club. I decided to come back to EBC in 2006. I asked some members if anyone rode a mountain bike. They were unsure but mentioned two names, Larry Gitchell and Jeff Vincentsen. I rode their road and trail rides. Then I saw the first mountain bike ride posted by Peter Gough at Palos Park. I had a great time on his ride. Later I met George Pastorino. He was very friendly, and I enjoyed his Palos Park MTB rides. I learned a lot about mountain biking from George.

**I NOTICED EBC HAS HAD MORE ACTIVITY IN**

**MOUNTAIN BIKING?**

**Baltimore:** I was lucky the second time I came back to EBC because Peter Gough and George Pastorino joined the club in the same year, 2006. They are both advanced MTB riders with excellent skills and experience. I consider myself a beginner to intermediate MTB rider. We met, exchanged ideas, and decided to offer mountain bike riding at EBC. The 2008 Mountain Bike Program was developed during the winter before the riding season. We are now working on ideas for the 2009 Mountain Bike program. We welcome any ideas, comments, or suggestions from members so we can make our MTB program the best. George has been very instrumental in developing our program. Peter’s support has contributed substantially. You have to consider we do not

have other MTB bike club programs to look at for direction. Most area bike clubs do not have a MTB program. EBC is helping set the pace and standard in MTB cycling by offering mountain biking.

**WHAT IS YOUR FOCUS IN THE MOUNTAIN BIKE PROGRAM?**

**Baltimore:** George Pastorino, our MTB Coordinator, has given me the Beginner MTB rides. I have recently started leading rides. I offer MTB 100 trail rides, MTB 101 trail rides, MTB 102 trail & singletrack rides. I am also available to take any member on a private or group ride to help them get started. Please contact us if you are interested in mountain biking. If you are already a MTB rider then join us on one of our rides. We offer Beginner, Intermediate, and Advanced MTB rides. A mountain bike or hybrid bike can be used on my MTB 100 and 101 rides. We are working to develop riders for the Intermediate and Advanced rides. I have also started to lead my own rides. My “Ride To Eat” and “Endurance Ride On Trails” are MTB 100 trail rides for mountain, hybrid, and trail bikes. MTB 100 rides are simple trail rides. They offer a great introduction to MTB 101 & 102. We are looking for new club members, members who do not ride much, members who want a slower pace (but enjoy a challenge), and current members looking for a new way to go cycling.



## WHY DO YOU RIDE A MOUNTAIN BIKE?

**Baltimore:** I enjoy being out with “Nature”. I also like the freedom to ride anywhere. Sometimes I want a peaceful ride away from traffic, stop signs, and traffic lights. I ride on paved trails, paved streets, dirt fire roads, sidewalks, crushed limestone, gravel, dirt, and grass. I prefer the smoothness of the front and/or rear shock. I like the challenge of a mountain bike ride. Recently I rode 30 miles at Palos on double-track and some singletrack at a 7-14mph pace. The ride was more difficult for me than a recent 45 mile ride at an 11-16 mph pace on paved streets.

## WHAT ADVICE CAN YOU GIVE SOMEONE NEW TO MOUNTAIN BIKING?

**Baltimore:** Mountain biking is a fun sport. It is only as dangerous as the rides you decide to ride. We have easy, medium, and difficult trails to ride. There are two basic bikes to consider. First, a “Hardtail” bike only has a front shock. The back part of the bicycle under the seat does not have a shock and is hard. A “Full Suspension” bike has a shock in the front and the back. A “Hardtail” will handle your EBC rides on most trails and conditions, paved or unpaved. I would suggest you consider a mountain bike with a front shock lockout. The lockout makes your front fork stiff and allows you to ride on the road and hard trails faster. It also helps you climb better. I like mountain bikes with 29” wheels. They are great for most of the EBC rides on streets, trails, and mountain biking. The 26” wheels are better for more technical MTB riding. Choose the one you will enjoy.

When you first start to ride you may have to get off your bike to get over an obstacle or to climb a hill. The basic rule is: “when in doubt dismount.” New riders have a tendency to tense up. It took me a while to learn that relaxing actually improves your riding. Learn to relax. Also, learn the “Ready Stance”. In the ready stance your pedals are parallel to the ground, elbows and feet are bent, and you are standing off the seat. Your bike is now balanced. The next time you go

riding try to coast in the ready stance and you will notice how the bike feels. Learn to look ahead. Look in front of your wheel, but keep looking up ahead of the trails looking for the best path to ride. The best thing to do is ride easy trails where all you do is pedal and steer. Ride to the next level if you feel the need.



My advice is to simply ride and ride on various trails. Here is the reason. Do you remember when you learned to drive? You had to think about everything. Put the key in the ignition, press the brake pedal, turn on the ignition, and put the car in gear to drive, and so on. The more you drove the more it became instinctive. With mountain bike riding your brain is learning something new and it has to think about everything. The more you ride the more it becomes instinctive and automatic. By the way learning something new is good for your brain. The next time you see one of our MTB rides posted think about joining us for a ride. We are just getting started and need some new MTB cyclist.

## LAST YEAR YOU WENT TO CRESTED BUTTE, COLORADO. ARE YOU GOING ON ANY MOUNTAIN BIKE TRIPS THIS YEAR?

**Baltimore:** One of my other hobbies is fossil hunting. This year I am going on my first dinosaur fossil hunting expedition in eastern South Dakota. While I am there I'll also ride the Mickelson Trail in the Black Hills of South Dakota.

Let me close by saying thank you to all of the members and officers again. Your support and help is the reason we have a Mountain Bike Program at EBC. There is another reason I ride with the club. One of my health books indicates people who socialize and are part of a group live longer. I hope EBC will help all of us live longer. I hope everyone has a great riding season.





# SHOULD CYCLISTS SAY? ON YOUR LEFT!!!!

By Glen Williams

Yes, another busy summer is here and the Trikkies on the lakefront path in Chicago are on high alert. Friendly or hostile, depending on how its spoken the words “On Your Left” is a very common phrase coming out of cyclists mouths before they pass other patrons on the paths. But do the words really do anything? It has been said plenty of startled people swerve in the wrong direction. And the announcement often sounds rude, like “get out of my way!” People who aren’t used to hearing it (such as most of the people on the lakefront path) tend to react instead of simply heeding the warning, and that reaction can be very dangerous.

## TRY THIS TEST!

Many EBC riders totally agree with this assessment, slow down, announce politely your intention “On Your Left” and perhaps even say how many are in your group if you’re riding in a pack and pass amicably. Dave Kuhlman of Lombard says “Lets face it, very few of us are going to qualify for the Olympic cycling team and its better to make a few friends during leisure time. It’s suppose to be enjoyable!!”

## STARTLED VS. COURTESY:

Anytime day or night sharing paths with many other walkers, joggers and children on bikes are passed unexpectedly by cyclists on the right, and several more on the left, without saying a word, ringing a bell, etc. This can understandably be very unnerving and the implications unsafe since many veer unexpectedly to avoid dogs and playing children. Think to be courteous say “On Your Left” when passing, especially to those moving much slower for whatever reasons.

## LATE SUMMER PICNIC

**Saturday, September 13, 2008**

York Woods Forest Preserve, York and Roosevelt Rd. Afternoon. Exact times to be announced. Days events will include club rides, yard games, and food. Notice how much fun everyone is having at our last picnic in 2005?



# July 2008

## Club Rides

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

| <b>Date</b>     | <b>Time</b> | <b>Distance</b>                                    | <b>Start</b>  | <b>Leader</b>  | <b>Ride Description</b>   |
|-----------------|-------------|--|---|--|---|
| Tues<br>July 1  | 9:00<br>AM  | 35 miles<br>moderate<br>pace<br>(14-16 mph<br>avg) | IMAX Theater<br>Woodridge   | Bill Schwartz<br>630-9636250 H<br>630-3031160 C        | <b>Imax Tuesdays</b><br>This is a ride through Naperville on lightly traveled streets with a stop at Koobie's Coffee Shop   |
| Tues.<br>July 1 | 06:00<br>PM | 30-40 miles<br>14-16 mph                           | Panera Bread<br>Elmhurst  | Jeff Wincentsen<br>630-832-3338                        | <b>Tuesday Night Ride</b><br>This is a road ride exploring Du Page and Cook counties. Good lights and bright clothing required. Includes one short stop. Bring enough food/drink to refuel.   |
| Wed<br>July 2   | 9:00<br>AM  | Determined<br>by riders                            | McCollum Park<br>Downers Grove  | Determined by<br>riders                                | <b>Wednesday Show and Go</b><br>The riders will determine the ride leader, distance and pace  |
| Wed<br>July 2   | 9:00<br>AM  | 53 miles<br>16-18 mph                              | Sunset Knolls<br>Park<br>Lombard  | Determined by<br>riders                                | <b>Lombard to St. Charles SnG</b><br>Lombard to St. Charles A flat to rolling beautiful scenic road ride with long stretches and a break at Smitty's in St. Charles. Cue sheets will be provided on request.  |
| Wed<br>July 2   | 6:30<br>PM  | Distance TBD<br>11-13 mph                          | Parking lot<br>Maple and Park<br>Lombard  | Determined by<br>riders                                | <b>Wednesday Night Intermediate Pace Show n Go</b><br>The riders who show will decide ride leader, distance and pace. Lights are needed.  |
| Wed<br>July 2   | 6:30<br>PM  | 35 miles<br>12-15 mph                              | Parking lot<br>Maple and Park<br>Lombard  | Larry Gitchell<br>708-409-0105 (H)<br>708-421-0120 (C) | <b>Ride for the Birds</b><br>Ride through Hawk Hollow and Mallard Lake Forest Preserves. Route includes streets (some busy), paved, and limestone trails. Mountain or hybrid bike recommended. Please bring lights; we are likely to get back after dark.                                     |
| Wed<br>July 2   | 6:30<br>PM  | 15-20 miles<br>18-20+ mph                          | Depot<br>Villa Park   | Dave Polkow<br>630-832-8131                            | <b>Wednesday Night Fast Ride</b><br>This non-stop ride will be a short fast road ride and will include some tempo riding and intervals. This is a joint ride with the Elmhurst Triathlon Club.  |
| Thurs<br>July 3 | 9:00<br>AM  | 75 miles<br>16-18 mph                              | IMAX Theater<br>Woodridge   | Bill Schwartz<br>630-9636250 H<br>630-3031160 C        | <b>Yorkville Ride from Imax Theater</b><br>Ride from Imax to Yorkville with lunch at cafe in Yorkville  |
| Thurs<br>July 3 | 6:00<br>PM  | 30-40 miles<br>13-15 mph<br>(slower on<br>trails)  | Panera Bread<br>Elmhurst  | Jeff Wincentsen<br>630-832-3338                        | <b>Thursday Night TRAIL Ride</b><br>This is a road and TRAIL ride exploring Du Page and Cook counties. Will include scouting new routes and trails. Mountain bike or hybrid recommended. Good lights and bright clothing required. Will be one short stop. Bring enough food/drink to refuel. |
| Fri<br>July 4   | 7:00<br>AM  | 100 miles<br>12-14 mph<br>14-16+ mph               | Parking lot<br>Arlington Hts<br>Rd and Edge-<br>ware Ave.<br>Elk Grove Vil-<br>lage | Larry Gitchell<br>708-409-0105 (H)<br>708-421-0120 (C) | <b>Wauconda Wild Ride</b><br>Larry's famous Century ride to Woodstock returns! This year we start at Busse Woods and ride north through Long Grove and Wauconda. Return via Elgin. SAG Wag-on with snacks and drinks provided, lunch in Woodstock.  |
| Fri<br>July 4   | 9:00<br>AM  | 42 miles<br>16-18 mph                              | Sunset Knolls<br>Park<br>Lombard  | Determined by<br>riders                                | <b>Lombard to Batavia SnG</b><br>A mostly flat road ride with a break at Panera in Batavia. Come and join us. Nobody that can maintain a speed of 16 mph on the flat, will be dropped. Cue sheets will be provided on request.  |
| Sat<br>July 5   | 7:30<br>AM  | 36-50 miles<br>12-15 mph                           | Mather Park<br>Plainfield   | Janet K.<br>964-5126                                   | <b>Plainfield Ride</b><br>Janet K leads a Saturday AM ride from Mather Park in Plainfield.  |
| Sat<br>July 5   | 8:15<br>AM  | 112 miles<br>17-19 mph                             | MononaTerrace<br>Madison WI   | Karen Zenisek  | <b>Madison Ironman Ride</b><br>Join Karen to ride the Madison Ironman Course on Satur-day July 5th. Please RSVP to ensure coordination.   |

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| Sat<br>July 5   | 8:30<br>AM<br><br>10:00<br>AM<br><br>Noon | 10 miles<br>7-10mph<br><br>10 miles<br>7-12mph<br><br>10 miles<br>7-12mph | Palos Forest<br>Preserve - 95th<br>& Wolf Rd, Last<br>Parking Lot on<br>Wolf | Baltimore Ortega<br>W:312-630-7030<br>C:630-697-7031<br>H:630-920-0056 | <b>MOUNTAIN BIKING 101&amp;102 WITH BALTIMORE</b><br>Lap 1: Intro doubletrack ride for anyone interested in mountain biking. Previous mountain bike (MTB) knowledge & experience not required. Basic info and three basic MTB riding positions covered. Lap 2: Advanced MTB beginner ride on doubletrack & some singletrack. Short training classes before ride. Lap 3: Recovery & miles. Ride 1, 2, or all 3 laps. New members, guests, and all members are welcome. Self contained ride: bring helmet, eye protection, tire repair kit, full gloves, food & water to refuel your energy. No Cyclist Gets Left Behind. ENJOY NATURE! No traffic, stop signs, or traffic lights. Rain or wet trail cancels all rides. Doubletrack: crushed limestone, gravel, dirt. Singletrack: dirt. Mountain or Hybrid bike required. Fun Ride! |
| Sat<br>July 5   | 9:00<br>AM                                | Determined<br>by riders   | Depot<br>Elmhurst  | Determined by<br>riders  | <b>Saturday SnG</b><br>The riders will determine the ride leader, distance and pace  |
| Sun<br>July 6   | 7:30<br>AM                                | 25-30 miles<br>12-14 mph  | Panera Bread<br>Elmhurst   | Mary Jo Bolan<br>630 887 9652  | <b>Sunday Without Petra</b><br>Petra's mid-pace ride continues in July with a rotation of ride leaders.  |
| Sun<br>July 6   | 8:30<br>AM                                | 20 miles<br>10-12 mph   | Panera Bread<br>Elmhurst   | Determined by<br>riders  | <b>Sunday Slow Ride Show &amp; Go</b><br>The slow ride is a S&G for July   |
| Sun<br>July 6   | 8:30<br>AM                                | 32-36 miles<br>17-19 mph  | Panera Bread<br>Elmhurst   | Dave Polkow<br>630-832-8131  | <b>Sunday Morning Fast Ride</b><br>This 2 1/2 hour weekly ride will go in various directions with one brief rest stop included. Ride will have a few optional sprints.   |
| Sun<br>July 6   | 8:30<br>AM                                | 30-40 miles<br>15-17 mph  | Panera Bread<br>Elmhurst   | Jeff Wincentsen<br>630-832-3338  | <b>Jeff's Sunday Morning Ride</b><br>This is a road ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel.  |
| Sun<br>July 6   | 12:30<br>PM                               | Determined<br>by riders   | Gazebo<br>Glen Ellyn   | Determined by<br>riders  | <b>Weekly SnG</b><br>The riders who show will decide ride leader, distance and pace.   |
| Mon.<br>July 7  | 6:30<br>PM                                | 25-30 miles<br>13-15 mph  | Spring Creek<br>Reservoir For-<br>est Preserve,<br>Bloomingtondale           | Larry Gitchell<br>708-409-0105 (H)<br>708-421-0120 (C)                 | <b>Monday Night Ride</b><br>The Monday Night Ride continues at its July venue in Bloomingdale. Note that time has changed to 6:30. Spring Creek Reservoir Forest Preserve is 1-1/4 miles west of Interstate 355 on Route 20 (Lake Street) Routes include roads and paved trails.   |
| Tues.<br>July 8 | 9:00<br>AM                                | 35 miles<br>moderate<br>pace<br>(14-16 mph<br>avg)                        | IMAX Theater<br>Woodridge  | Determined by<br>riders  | <b>Imax Tuesday SnG</b><br>This is a ride through Naperville on lightly traveled streets with a stop at Koobie's Coffee Shop   |
| Tues.<br>July 8 | 6:00<br>PM                                | 30-40 miles<br>14-16 mph  | Panera Bread<br>Elmhurst   | Jeff Wincentsen<br>630-832-3338  | <b>Tuesday Night Ride</b><br>This is a road ride exploring Du Page and Cook counties. Good lights and bright clothing required. Includes one short stop. Bring enough food/drink to refuel.  |
| Wed<br>July 9   | 9:00<br>AM                                | 32-36 miles<br>12-14 mph  | Fullersburg<br>Woods<br>Oak Brook  | Mary Jo Bolan<br>630 887 9652  | <b>Ride to Bollingbrook Shopping Center</b><br>Ride all paved roads. Coffee stop.  |
| Wed<br>July 9   | 9:00<br>AM                                | Determined<br>by riders   | McCollum Park<br>Downers Grove   | Determined by<br>riders  | <b>Wednesday SnG</b><br>The riders will determine the ride leader, distance and pace   |
| Wed<br>July 9   | 9:00<br>AM                                | 50 miles<br>15-16 mph   | Kobies at route<br>59 and 103rd  | Michal Baker<br>c 708-421-8391<br>h 630-978-4014                       | <b>50th Birthday Ride</b><br>Come celebrate my 50th birthday by riding 50 miles with me. We will start at Kobies on route 59 then head west and into Yorkville.  |
| Wed<br>July 9   | 9:00<br>AM                                | 53 miles<br>16-18 mph   | Sunset Knolls<br>Park<br>Lombard   | Determined by<br>riders  | <b>Lombard to St. Charles SnG</b><br>Lombard to St. Charles A flat to rolling beautiful scenic road ride with long stretches and a break at Smitty's in St. Charles. Cue sheets will be provided on request.   |
| Wed<br>July 9   | 6:30<br>PM                                | Distance TBD<br>11-13 mph   | Parking lot<br>Maple and Park<br>Lombard                                     | Determined by<br>riders  | <b>Wednesday Night Intermediate Pace Show n Go</b><br>The riders who show will decide ride leader, distance and pace. Lights are needed.   |



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| Wed<br>July 9                          | 6:30<br>PM                                      | 10-15 miles<br>10-12 mph                                 | Oak Brook Park<br>Dist. - 31st St<br>go north on<br>Jorie Blvd, at<br>first light turn<br>left, 1st lot on<br>right | Judy Mikesell<br>630.833.1036 or<br>290-2675 day of<br>ride                       | <b>Shakespeare-Under-the-Stars</b><br>"Much ado about Nothing" One of Shakespeare's most popular comedies. Preview night \$16, tickets can be purchased as you enter. The play starts at 8:15 and it is performed outside at Mayslake. ???Do we have a non-biker that would like to meet us at the start location and bring our blankets, lawnchairs, beer, wine and cheese or other snacks???? We will bike the OakBrook trails and side streets with a stop to purchase food/drinks/snacks to bring to the play. Please visit firstfolio.org web site for more information.   |
| Wed<br>July 9                          | 6:30<br>PM                                      | 15-20 miles<br>18-20+ mph                                | Depot<br>Villa Park   | Dave Polkow<br>630-832-8131   | <b>Wednesday Night Fast Ride</b><br>This non-stop ride will be a short fast road ride and will include some tempo riding and intervals. This is a joint ride with the Elmhurst Triathlon Club.  |
| Thurs<br>July 10                       | 9:00<br>AM                                      | 40-60 miles  | IMAX Theater<br>Woodridge   | Determined by<br>riders   | <b>Yorkville Ride from Imax Theater</b><br>Ride determined by riders who show up.   |
| Thurs<br>July 10                       | 6:00<br>PM                                      | 30-40 miles<br>13-15 mph<br>(slower on<br>trails)        | Panera Bread<br>Elmhurst  | Jeff Wincentsen<br>630-832-3338   | <b>Thursday Night TRAIL Ride</b><br>This is a road and TRAIL ride exploring Du Page and Cook counties. Will include scouting new routes and trails. Mountain bike or hybrid recommended. Good lights and bright clothing required. Will be one short stop. Bring enough food/drink to refuel.   |
| Thurs<br>July 10                       | 7:15<br>PM                                      |  | Community<br>Bank Elmhurst  | Ray Dal Lago<br>630-543-4655  | <b>Monthly Club Meeting</b><br>Board meeting precedes club meeting.   |
| Fri<br>July 11                         | 9:00<br>AM                                      | ~25 miles<br>advanced                                    | Kettle Moraine<br>Lagrange Wis-<br>consin   | George Pastorino<br>708-903-8700  | <b>Kettle advanced MTB ride</b><br>Advanced Mountain Bike Ride. Kettle has technical trails full of large rocks, roots and other obstacles, it also features lung busting climbs and steep descents which require good bike handling skills.. Unlike some of my Pa-los rides, this ride is not appropriate for beginners. I-94 north to Highway 50 in Kenosha, WI. Go west (left) on 50 to Highway 12 (just before Lake Geneva). Take Highway 12 north (it curves west) to Highway H (you'll see the La Grange General Store). Go north (right) on H. The John Muir trailhead is approx. 1-1/2 miles on your left.  |
| Fri<br>July 11                         | 9:00<br>AM                                      | 42 miles<br>16-18 mph                                    | Sunset Knolls<br>Park<br>Lombard  | Determined by<br>riders   | <b>Lombard to Batavia SnG</b><br>A mostly flat road ride with a break at Panera in Batavia. Come and join us. Nobody that can maintain a speed of 16 mph on the flat, will be dropped. Cue sheets will be provided on request.  |
| Fri<br>July 11<br>to<br>Sun<br>July 13 | Noon<br>Friday<br><br>8:00<br>AM<br>Sat/<br>Sun | Various<br>10-12 or<br>12-14+ mph                        | Sparta Museum<br>on the Elroy<br>Sparta Trail   | Carole Danillo<br>630-495-8162 (H)<br>630-291-0381<br>(cell)                      | <b>Trail Riding in South Western Wisconsin</b><br>This is a three day weekend of trail riding in Western Wisconsin on July 11, 12 and 13. The trails will include Elroy-Sparta The Great River Trail The LaCrosse River Trail. Our base camp will be at Leon Valley Campground, just south of Sparta: <a href="http://www.campleonvalley.net/">http://www.campleonvalley.net/</a> The camp sites accommodate two people, two small tents on each site. There is a two night minimum stay on week-ends. For those who do not want to camp, you may want to stay at: Best Western in Sparta for \$90/night which includes a continental breakfast. 4445 Theater Road, Sparta, Wisconsin, 54656. Phone: 608-269-2664 |
| Sat<br>July 12                         | 7:00<br>AM                                      | 38 miles<br>16-18 mph<br>(15-16 mph<br>on computer)      | Depot<br>Elmhurst   | Jim Gross<br>630-530-0554   | <b>Ride to Busse Woods</b><br>Will stop at Einsteins for a bagel at halfway point.  |
| Sat<br>July 12                         | 9:00<br>AM                                      | 65 miles<br>16-18 mph<br>30&45 op-<br>tions<br>12-16 mph | Waterford Pre-<br>cision Cycles<br>816 Bakke Ave<br>Waterford, WI   | Steve Josephs<br>630-235-9841<br><br>Larry Gitchell will<br>lead moderate<br>ride | <b>Waterford Factory Ride 2</b><br>Join Steve for a ride through the beautiful rolling coun-tryside around Waterford. This will be a joint ride with the Evanston Bike Club. In addition to the faster metric century, there will be shorter routes of 30 miles and 45 miles. Richard Schwinn will give tours of the factory between 8:00 and 8:30. This is a great opportunity to see how top quality bicycles are built. (volunteers needed to lead the 30 and 45 miles routes, please contact Steve. Cue sheets provided)  |
| Sat<br>July 12                         | 9:00<br>AM                                      | Determined<br>by riders                                  | Depot<br>Elmhurst   | Determined by<br>riders   | <b>Saturday SnG</b><br>The riders will determine the ride leader, distance and pace   |

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| Sun<br>July 13   | 7:30<br>AM  | 25-30 miles<br>12-14 mph                           | Panera Bread<br>Elmhurst   | Harold Lassers   | <b>Sunday Without Petra</b><br>Petra's mid-pace ride continues in July with a rotation of ride leaders.  |
| Sun<br>July 13   | 8:30<br>AM  | 20 miles<br>10-12 mph                              | Panera Bread<br>Elmhurst   | Determined by<br>riders                                    | <b>Sunday Slow Ride Show &amp; Go</b><br>The slow ride is a S&G for July   |
| Sun<br>July 13   | 8:30<br>AM  | 32-36 miles<br>17-19 mph                           | Panera Bread<br>Elmhurst   | Dave Polkow<br>630-832-8131                                | <b>Sunday Morning Fast Ride</b><br>This 2 1/2 hour weekly ride will go in various directions with one brief rest stop included. Ride will have a few optional sprints.   |
| Sun<br>July 13   | 8:30<br>AM  | 30-40 miles<br>15-17 mph                           | Panera Bread<br>Elmhurst   | Jeff Wincentsen<br>630-832-3338                            | <b>Jeff's Sunday Morning Ride</b><br>This is a road ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel.  |
| Sun<br>July 13   | 12:30<br>PM | Determined<br>by riders                            | Gazebo<br>Glen Ellyn   | Determined by<br>riders                                    | <b>Weekly SnG</b><br>The riders who show will decide ride leader, distance and pace.   |
| Mon.<br>July 14  | 6:30<br>PM  | 25-30 miles<br>13-15 mph                           | Spring Creek<br>Reservoir For-<br>est Preserve,<br>Bloomingtondale | Larry Gitchell<br>708-409-0105 (H)<br>708-421-0120 (C)     | <b>Monday Night Ride</b><br>The Monday Night Ride continues at its July venue in Bloomingdale. Note that time has changed to 6:30. Spring Creek Reservoir Forest Preserve is 1-1/4 miles west of Interstate 355 on Route 20 (Lake Street) Routes include roads and paved trails.   |
| Tues.<br>July 15 | 9:00<br>AM  | 35 miles<br>moderate<br>pace<br>(14-16 mph<br>avg) | IMAX Theater<br>Woodridge  | Bill Schwartz<br>630-9636250 H<br>630-3031160 C            | <b>Imax Tuesdays</b><br>This is a ride through Naperville on lightly traveled streets with a stop at Koobie's Coffee Shop  |
| Tues.<br>July 15 | 6:00<br>PM  | 30-40 miles<br>14-16 mph                           | Panera Bread<br>Elmhurst   | Jeff Wincentsen<br>630-832-3338                            | <b>Tuesday Night Ride</b><br>This is a road ride exploring Du Page and Cook counties. Good lights and bright clothing required. Includes one short stop. Bring enough food/drink to refuel.  |
| Wed<br>July 16   | 9:00<br>AM  | 39 miles<br>12-14 mph                              | Highland<br>Woods Golf<br>Course in Hoff-<br>man Estates           | Hank Niedballa<br>630-629-1569                             | <b>W O W Ride</b><br>Entrance located off Ela Rd. between Algonquin Rd. and Central Rd. Ride thru South Barrington Hills with optional lunch stop at Penny Pub   |
| Wed<br>July 16   | 9:00<br>AM  | Determined<br>by riders                            | McCullum Park<br>Downers Grove                                     | Determined by<br>riders                                    | <b>Wednesday SnG</b><br>The riders will determine the ride leader, distance and pace   |
| Wed<br>July 16   | 9:00<br>AM  | 53 miles<br>16-18 mph                              | Sunset Knolls<br>Park<br>Lombard                                   | Isaac R. Samayoa<br>H 630-627-3852<br>C 630-808-4810       | <b>Lombard to St. Charles</b><br>A flat to rolling beautiful scenic rode ride with long stretches and a break at Smitty's in St. Charles.  |
| Wed<br>July 16   | 6:30<br>PM  | Distance TBD<br>11-13 mph                          | Parking lot<br>Maple and Park<br>Lombard                           | Determined by<br>riders                                    | <b>Wednesday Night Intermediate Pace Show n Go</b><br>The riders who show will decide ride leader, distance and pace. Lights are needed.   |
| Wed<br>July 16   | 6:30<br>PM  | 15-20 miles<br>18-20+ mph                          | Depot<br>Villa Park  | Dave Polkow<br>630-832-8131                                | <b>Wednesday Night Fast Ride</b><br>This non-stop ride will be a short fast road ride and will include some tempo riding and intervals. This is a joint ride with the Elmhurst Triathlon Club.   |
| Thurs<br>July 17 | 9:00<br>AM  | 75 miles<br>16-18 mph                              | IMAX Theater<br>Woodridge  | Bill Schwartz<br>630-9636250 H<br>630-3031160 C            | <b>Yorkville Ride from Imax Theater</b><br>Ride from Imax to Yorkville with lunch at Yorkville cafe  |
| Thurs<br>July 17 | 6:00<br>PM  | 30-40 miles<br>13-15 mph<br>(slower on<br>trails)  | Panera Bread<br>Elmhurst   | Jeff Wincentsen<br>630-832-3338                            | <b>Thursday Night TRAIL Ride</b><br>This is a road and TRAIL ride exploring Du Page and Cook counties. Will include scouting new routes and trails. Mountain bike or hybrid recommended. Good lights and bright clothing required. Will be one short stop. Bring enough food/drink to refuel.                                  |
| Fri<br>July 18   | 9:00<br>AM  | 42 miles<br>16-18 mph                              | Sunset Knolls<br>Park<br>Lombard                                   | Isaac R. Samayoa<br>H 630-627-3852<br>C 630-808-4810       | <b>Lombard to Batavia</b><br>A mostly flat road with a break at Panera in Batavia.   |
| Fri<br>July 18   | 6:00<br>PM  | 12-14 miles<br>10-12 mph                           | Depot<br>Villa Park  | Judy Mikesell -<br>833-1036<br>day of ride<br>630.290.2675 | <b>Monthly Ethnic Dinner Ride</b><br>3rd Friday of the Month Ethnic Dinner Ride - Hungarian We will ride 7 or 8 miles before dinner & 6 or 7 after dinner Non-riders can join us at Epicurean's in Hillside You MUST have a headlight for the return ride. Bring \$ & ideas of other ethnic restaurants you would like to try. |

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| Sat<br>July 19   | 7:30<br>AM  | 36-50 miles<br>12-15 mph                                  | Mather Park<br>Plainfield                                      | Janet K.<br>964-5126   | <b>Plainfield Ride</b><br>Janet K leads a Saturday AM ride from Mather Park in Plainfield.  |
| Sat<br>July 19   | 9:00<br>AM  | Determined<br>by riders                                   | Depot<br>Elmhurst  | Determined by<br>riders  | <b>Saturday SnG</b><br>The riders will determine the ride leader, distance and pace   |
| Sun<br>July 20   | 7:00<br>AM  | 100 miles<br>12-14 mph<br>14-16+ mph                      | Lions Park<br>South St. and<br>Fillmore St.<br>Elburn, IL      | Larry Gitchell<br>708-409-0105 (H)<br>708-421-0120 (C)             | <b>Pre-Ride It Anyway!</b><br>The Metro Metric will not be held this year, but we'll pre-ride it anyway. Route adapted from the 2007 MM cue sheet. SAG Wagon will be provided. Lions Park is 1 mile south of Route 38 and 1 block west of Route 47 in Elburn.   |
| Sun<br>July 20   | 7:30<br>AM  | 25-30 miles<br>12-14 mph                                  | Panera Bread<br>Elmhurst                                       | Betty Bond   | <b>Sunday Without Petra</b><br>Petra's mid-pace ride continues in July with a rotation of ride leaders.   |
| Sun<br>July 20   | 8:30<br>AM  | 20 miles<br>10-12 mph                                     | Panera Bread<br>Elmhurst                                       | Determined by<br>riders  | <b>Sunday Slow Ride Show &amp; Go</b><br>The slow ride is a S&G for July  |
| Sun<br>July 20   | 8:30<br>AM  | 32-36 miles<br>17-19 mph                                  | Panera Bread<br>Elmhurst                                       | Dave Polkow<br>630-832-8131  | <b>Sunday Morning Fast Ride</b><br>This 2 1/2 hour weekly ride will go in various directions with one brief rest stop included. Ride will have a few optional sprints.  |
| Sun<br>July 20   | 8:30<br>AM  | 30-40 miles<br>15-17 mph                                  | Panera Bread<br>Elmhurst                                       | Jeff Wincentsen<br>630-832-3338                                    | <b>Jeff's Sunday Morning Ride</b><br>This is a road ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel.   |
| Sun<br>July 20   | 12:30<br>PM | Determined<br>by riders                                   | Gazebo<br>Glen Ellyn   | Determined by<br>riders  | <b>Weekly SnG</b><br>The riders who show will decide ride leader, distance and pace.  |
| Mon.<br>July 21  | 6:30<br>PM  | 25-30 miles<br>13-15 mph                                  | Spring Creek<br>Reservoir For-<br>est Preserve,<br>Bloomington | Larry Gitchell<br>708-409-0105 (H)<br>708-421-0120 (C)             | <b>Monday Night Ride</b><br>The Monday Night Ride continues at its Bloomingdale location. Spring Creek Reservoir is 1-1/4 miles west of Route 53 on Route 20 (Lake Street). Lights recommended. Route will include streets and paved trails.  |
| Tues.<br>July 22 | 9:00<br>AM  | 35 miles<br>moderate<br>pace<br>(14-16 mph<br>avg)        | IMAX Theater<br>Woodridge                                      | Bill Schwartz<br>630-9636250 H<br>630-3031160 C                    | <b>Imax Tuesdays</b><br>This is a ride through Naperville on lightly traveled streets with a stop at Koobie's Coffee Shop   |
| Tues.<br>July 22 | 6:00<br>PM  | 30-40 miles<br>14-16 mph                                  | Panera Bread<br>Elmhurst                                       | Jeff Wincentsen<br>630-832-3338                                    | <b>Tuesday Night Ride</b><br>This is a road ride exploring Du Page and Cook counties. Good lights and bright clothing required. Includes one short stop. Bring enough food/drink to refuel.   |
| Wed<br>July 23   | 9:00<br>AM  | Determined<br>by riders                                   | McCollum Park<br>Downers Grove                                 | Determined by<br>riders  | <b>Wednesday SnG</b><br>The riders will determine the ride leader, distance and pace  |
| Wed<br>July 23   | 9:00<br>AM  | 53 miles<br>16-18 mph                                     | Sunset Knolls<br>Park<br>Lombard                               | Isaac R. Samayoa<br>H 630-627-3852<br>C 630-808-4810               | <b>Lombard to St. Charles</b><br>Lombard to St. Charles A flat to rolling beautiful scenic road ride with long stretches and a break at Smitty's in St. Charles.  |
| Wed<br>July 23   | 9:30<br>AM  | 50 miles<br>14-16 mph<br>on road<br>12-14 mph<br>on trail | I&M Canal<br>State Park<br>Channahon                           | George Hermach<br>630-717-1660<br>cell 630-886-1151<br>day of ride | <b>Channahon to Seneca</b><br>Ride country roads to Seneca and return on the scenic I&M Canal trail. The trail is crushed limestone, most suitable for touring or hybrid bikes. We'll stop to check out the historic grain elevator and LST memorial in Seneca, and have lunch at a local restaurant. Directions: take I-55 to US-6, go west into Channahon, turn left on Canal St then right on Story St into the park. Ride cancelled if rainy. |
| Wed<br>July 23   | 6:30<br>PM  | Distance TBD<br>11-13 mph                                 | Parking lot<br>Maple and Park<br>Lombard                       | Determined by<br>riders  | <b>Wednesday Night Intermediate Pace SnG</b><br>The riders who show will decide ride leader, distance and pace. Lights are needed.  |
| Wed<br>July 23   | 6:30<br>PM  | 15-20 miles<br>18-20+ mph                                 | Depot<br>Villa Park  | Dave Polkow<br>630-832-8131  | <b>Wednesday Night Fast Ride</b><br>This non-stop ride will be a short fast road ride and will include some tempo riding and intervals. This is a joint ride with the Elmhurst Triathlon Club.  |



|                  |   |   |  |  |  |
|------------------|---|---|--|--|--|
| Thurs<br>July 24 | 9:00<br>AM                              | 50 miles<br>16-18 mph                             | Soccer field<br>Campton Hills<br>& Peck<br>St Charles    | Bill Schwartz<br>630-9636250 H<br>630-3031160 C      | <b>St Charles Hills</b><br>Ride to Sycamore for lunch at cafe. Rolling hills in first and last 5 miles of the ride.  |
| Thurs<br>July 24 | 6:00<br>PM                              | 30-40 miles<br>13-15 mph<br>(slower on<br>trails) | Panera Bread<br>Elmhurst                                 | Jeff Wincentsen<br>630-832-3338                      | <b>Thursday Night TRAIL Ride</b><br>This is a road and TRAIL ride exploring Du Page and Cook counties. Will often include scouting new routes and trails. Mountain bike or hybrid recommended. Good lights and bright clothing required. Will be one short stop. Bring enough food/drink to refuel. Rain or winds over 20 mph will cancel.   |
| Fri<br>July 25   | 9:00<br>AM                              | 42 miles<br>16-18 mph                             | Sunset Knolls<br>Park<br>Lombard                         | Isaac R. Samayoa<br>H 630-627-3852<br>C 630-808-4810 | <b>Lombard to Batavia</b><br>A mostly flat road ride with a break at Panera in Batavia.  |
| Fri<br>July 25   | 7:00<br>PM                              | Monthly Col-<br>lating Party                      | Mikesell's<br>House Villa<br>Park                        | Judy Mikesell<br>630-833-1036                        | <b>Newsletter Collating Party</b><br>Join fellow members in preparing next month's newsletter for mailing. Takes about 45 minutes. Call Judy for directions.   |
| Sat<br>July 26   | 8:00<br>AM                              | 48 miles<br>12-14 mph                             | Mather Park<br>Plainfield                                | Diane Daudell<br>815-436-1843 - H                    | <b>Saturday Morning in Fox River Valley Farm Fields</b><br>Plainfield to Yorkville to Millbrook and back on long country roads with low traffic. Joint ride with Joliet Bicycle Club. Take I-55 South, exit at Rt. 126, drive through town to Drauden Rd. (2nd traffic light out of town) turn Left to traffic circle, 3/4 way around right onto Renwick, on Left in 1/4 mile.   |
| Sat<br>July 26   | 8:00<br>AM                              | 48 miles<br>15-17 mph                             | Mather Park<br>Plainfield                                | Nick Browne<br>630-605-1575                          | <b>Saturday Morn in Fox River Valley Farm Fields-2</b><br>Plainfield to Yorkville to Millbrook and back on long country roads with low traffic. Joint ride with Joliet Bicycle Club. See Diane Daudell ride for directions to start point.   |
| Sat<br>July 26   | 9:00<br>AM                              | Determined<br>by riders                           | Depot<br>Elmhurst  | Determined by<br>riders                              | <b>Saturday SnG</b><br>The riders will determine the ride leader, distance and pace  |
| Sat<br>July 26   | 9:00<br>AM                              | ~25 miles<br>moderate                             | Pastorino<br>Home<br>7551 Blazer<br>Justice IL.<br>60458 | George Pastorino<br>708-903-8700                     | <b>Pool Party- MTB ride</b><br>Come join George and Pussanee for a scenic ride through The Palos Forest Preserve on Saturday June 28th at 9am George will lead and Pussanee will sweep, we have radios so no one will get lost or dropped. Mountain Bike required. We have 3 good mountain bikes for club members to use. 2 for riders 5' 5" to 6' 3" and 1 for riders up to 5' 6". First come basis. E-mail George if you need to use one. Route is mainly dirt doubletrack with singletrack options for those interested, plus a bit of paved trail and road. We will BBQ some hotdogs at our house after the ride, We will have Veggie Dogs and Kosher Dogs for those with Dietary restrictions, followed by a cool off swim in the Pastorino pool--swim suit required! Find out how nice it is to ride without cars flying by. |
| Sun<br>July 27   | 6:00<br>AM<br>8:30<br>AM<br>11:00<br>AM | 33, 66 or 100<br>miles<br>16-18 mph               | Panera Bread<br>Elmhurst                                 | Dave Polkow<br>630-832-8131                          | <b>Triple Loop Century</b><br>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.  |
| Sun<br>July 27   | 7:30<br>AM                              | 25-30 miles<br>12-14 mph                          | Panera Bread<br>Elmhurst                                 | Mary Jo Bolan<br>630 887 9652                        | <b>Sunday Without Petra</b><br>Petra's mid-pace ride continues in July with a rotation of ride leaders.  |
| Sun<br>July 27   | 8:30<br>AM                              | 20 miles<br>10-12 mph                             | Panera Bread<br>Elmhurst                                 | Determined by<br>riders                              | <b>Sunday Slow Ride Show &amp; Go</b><br>The slow ride is a S&G for July   |
| Sun<br>July 27   | 8:30<br>AM                              | 30-40 miles<br>15-17 mph                          | Panera Bread<br>Elmhurst                                 | Jeff Wincentsen<br>630-832-3338                      | <b>Jeff's Sunday Morning Ride</b><br>This is a road ride exploring Du Page and Cook counties. Includes one short stop. Bring enough food/drink to refuel.  |
| Sun<br>July 27   | 12:30<br>PM                             | Determined<br>by riders                           | Gazebo<br>Glen Ellyn                                     | Determined by<br>riders                              | <b>Weekly SnG</b><br>The riders who show will decide ride leader, distance and pace.   |

|                  |            |  |   |  |   |
|------------------|------------|--|---|--|---|
| Mon.<br>July 28  | 6:30<br>PM | 25-30 miles<br>13-15 mph                           | Spring Creek<br>Reservoir For-<br>est Preserve,<br>Bloomingdale | Larry Gitchell<br>708-409-0105 (H)<br>708-421-0120 (C) | <b>Monday Night Ride</b><br>The Monday Night Ride continues at its July venue in Bloomingdale. Note that time has changed to 6:30. Spring Creek Reservoir Forest Preserve is 1-1/4 miles west of Interstate 355 on Route 20 (Lake Street) Routes include roads and paved trails.              |
| Tues.<br>July 29 | 9:00<br>AM | 35 miles<br>moderate<br>pace<br>(14-16 mph<br>avg) | IMAX Theater<br>Woodridge                                       | Bill Schwartz<br>630-9636250 H<br>630-3031160 C        | <b>Imax Tuesdays</b><br>This is a ride through Naperville on lightly traveled streets with a stop at Koobie's Coffee Shop   |
| Tues.<br>July 29 | 6:00<br>PM | 30-40 miles<br>14-16 mph                           | Panera Bread<br>Elmhurst  | Jeff Wincentsen<br>630-832-3338                        | <b>Tuesday Night Ride</b><br>This is a road ride exploring Du Page and Cook counties. Good lights and bright clothing required. Includes one short stop. Bring enough food/drink to refuel.   |
| Wed<br>July 30   | 9:00<br>AM | Determined<br>by riders                            | McCollum Park<br>Downers Grove                                  | Determined by<br>riders                                | <b>Wednesday Show and Go</b><br>The riders will determine the ride leader, distance and pace  |
| Wed<br>July 30   | 9:00<br>AM | 53 miles<br>16-18 mph                              | Sunset Knolls<br>Park<br>Lombard                                | Isaac R. Samayoa<br>H 630-627-3852<br>C 630-808-4810   | <b>Lombard to St. Charles</b><br>A flat to rolling beautiful scenic road ride with long stretches and a break at Smitty's in St. Charles.   |
| Wed<br>July 30   | 6:30<br>PM | Distance TBD<br>11-13 mph                          | Parking lot<br>Maple and Park<br>Lombard                        | Determined by<br>riders                                | <b>Wednesday Night Intermediate Pace SnG</b><br>The riders who show will decide ride leader, distance and pace. Lights are needed.  |
| Wed<br>July 30   | 6:30<br>PM | 15-20 miles<br>18-20+ mph                          | Depot<br>Villa Park   | Dave Polkow<br>630-832-8131                            | <b>Wednesday Night Fast Ride</b><br>This non-stop ride will be a short fast road ride and will include some tempo riding and intervals. This is a joint ride with the Elmhurst Triathlon Club.  |
| Thurs<br>July 31 | 9:00<br>AM | 50 miles<br>16-18 mph                              | Soccer field<br>Campton Hills<br>& Peck<br>St Charles           | Bill Schwartz<br>630-9636250 H<br>630-3031160 C        | <b>St Charles Hills</b><br>Ride to Sycamore for lunch at cafe. Rolling hills in first and last 5 miles of the ride.   |
| Thurs<br>July 31 | 6:00<br>PM | 30-40 miles<br>13-15 mph<br>(slower on<br>trails)  | Panera Bread<br>Elmhurst  | Jeff Wincentsen<br>630-832-3338                        | <b>Thursday Night TRAIL Ride</b><br>This is a road and TRAIL ride exploring Du Page and Cook counties. Will include scouting new routes and trails. Mountain bike or hybrid recommended. Good lights and bright clothing required. Will be one short stop. Bring enough food/drink to refuel. |



At The Metra Station in Elmhurst, Bicycle Club President Ray Dal Lago talks to a commuter during "Bike To Work Week."



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## ***Directions to Ride Start Locations***

| <b>STARTING POINT</b>  | <b>DIRECTIONS</b>   |
|--|---|
| <b>Bullfrog Lake—Palos Forest Preserve, Willow Springs, IL</b> | 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.  |
| <b>Community Bank of Elmhurst Elmhurst, IL</b>                 | 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.   |
| <b>Depot, Elmhurst, IL</b>                                     | 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.   |
| <b>Depot, Villa Park, IL</b>                                   | 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.   |
| <b>Gazebo, Glen Ellyn, IL</b>                                  | 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. |
| <b>IMAX Theatre Woodridge, IL</b>                              | 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.  |
| <b>McCollum Park, Downers Grove, IL</b>                        | McCollum Park is located at the SE Corner of 67th and Main Streets in Downers Grove.  |
| <b>Panera Bread, Elmhurst, IL</b>                              | 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.   |
| <b>Parking Lot at Maple and Park Lombard, IL</b>               | 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.   |
| <b>Soccer Field, St. Charles, IL</b>                           | 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.   |
| <b>Sunset Knoll Park, Lombard, IL</b>                          | On Finley, at Wilson, half a mile north of Roosevelt Road. Please park behind the recreation facility; address is 820 South Finley Road.  |
| <b>Volunteer Park, Wheaton, IL</b>                             | 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.  |
| <b>Waterfall Glen Forest Preserve, Darien, IL</b>              | 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.  |

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# WELCOME A NEW CLUB SPONSOR

By George Pastorino

Elmhurst Bicycle Club now has a new sponsor. It is Ultra Discount Nutrition. Located at 5408 S. La Grange Road in Countryside, Ultra carries a full variety of Vitamins, Minerals, Herbs and Sports Nutrition. Deceivingly, the store appears to be relatively small, but once you enter, you realize that is much larger than it appears. The store itself is open and spacious. It has carpeted floors, is nicely furnished and is very clean.

You will find that the brands that it carries are only top quality – no “house” brands, so you can be assured that any supplement you might purchase will provide the utmost benefits. The primary brands of their vitamins are Solaray, Source Naturals and Enzymatic Therapy – all highly regarded brands in the supplement industry.

For the sports supplements, Ultra has a vast selection that



takes-up about half of the store. Additionally, something that is good to know that Ultra has “weaned-out” the lower grade brands or the over-priced brands, so as to be able to offer only high quality supplements at very reasonable prices.

Ultra Discount Nutrition is run by George Whaley. George has been involved with exercise, nutrition and weight lifting for over 20 years. Also, George was a certified personal trainer, competed in 5 natural bodybuilding competitions and is preparing to compete again in August. George is no youngster and isn't shy about bragging about his age. At 51, George is proud of his physical accomplishments and (of course) attributes a great part of it to his nutrition and supplements.

A refreshing aspect of talking with George is that besides having notable experience, he also has quite a bit of product knowledge. He has been known to “talk his customers’ ears off” for over an hour. That is unlike, as I’m sure you’ve experienced, going into a supplement store where the clerk doesn’t really know much about the products.

George has volunteered to speak at an upcoming meeting early this fall and would like some input as to what topic(s) the members would like him to discuss. Anything from specific supplement benefits to muscle development/recovery; joint issues; performance supplements; weight-loss – you name it. Any suggestions can be submitted to George Pastorino and he will be glad to pass it on. By the way, Ultra has a website you can find it at [www.ultradiscountnutrition.com](http://www.ultradiscountnutrition.com). So members, the next chance you get, ride on-over to Ultra Discount Nutrition and say Hi to our new sponsor.





# FLOWER HUNTERS



RESULTS FROM A RESENT VISIT TO THE FREDRICK MEIJER OUTDOOR SCULPTURE AND GARDENS., GRAND RAPIDS, MI.

-EDITOR



**By George Hermach**

These photos were taken in a valley full of Virginia Bluebells in Messenger Woods Forest Preserve this Spring. Its the largest display of Bluebells in one place I've ever seen. The photo of all of us standing was taken by me using; a tripod and self timer, a Sony DSC-H5 digital camera set for maximum resolution. I lowered the

resolution to make the file sizes manageable for email. I have lots of closeup flower photos taken on the two hikes I led, however, I don't usually take a lot of people photos. To get



good closeup photos, you need a camera with closeup macro capability and through-the-lens viewing. The digital camera I use is better than "point-and-shoot" cameras, but doesn't have all the control that my old Nikon film SLR had.



Morton Arboretum is another favorite location for spring wild-flowers.

ON THE LEFT FROM THE LEFT: HANK, MEREDITH, SUSAN, EARL, GEORGE.

