



THE CUE SHEET

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

Online

RIDES AND REPORTS

NEW GLARUS WEEKEND

2008

This year's New Glarus, Wisconsin weekend trip is scheduled for September 12, 13 and 14 2008. This is a joint venture between the EBC and the Naperville Bicycle Club. As of press time we had 6 rides scheduled, with the following led by Lee Nye:

- Friday 9/12 at 1:00 pm, a ride either to Blanchardville or Evansville.
- Saturday 9/13 at 8:00 am a longer ride to Mt. Horeb and beyond.
- Sunday 9/14 at TBD am, a shorter ride, leaving for home in the early afternoon.

The following are being led by Larry Gitchell:

- Friday 9/12 at 1:00 pm, a 30-35 mile ride to either Bellville or Mount Vernon.
- Saturday 9/13 at 8:00 am a 55-60 mile ride to the Earth Rider Bike shop in Brodhead.
- Sunday 9/14 at TBD am, a 36-40 mile ride to Baumgartner's in Monroe.

Three trail rides had been proposed but not yet scheduled:

- Friday 9/12 at 3 PM - Sugar River Trail south towards Albany - 20 mile.
- Saturday 9/13 at 9 AM - Badger State Trail north towards Madison *** - 30 mile.

- Sunday 9/14 at 7 AM - Badger State Trail south towards Monroe - 25 miles

***** The Saturday ride will go through the Stewart Tunnel, lights required**

All rides start at the Chalet Landhaus parking lot except where otherwise noted. Check the schedule on the EBC web page for late updates.

10 rooms were at the Chalet Landhaus (\$110 per night for two persons, \$140 if you only stay Saturday night), which includes a buffet breakfast on Saturday and Sunday mornings. The Chalet has an indoor pool, whirlpool, sauna, and steam room. Go to: www.chaletlandhaus.com for more information. The Chalet fills up most weekends so it may be hard to get a room at the last minute. They tend to give the rooms away if they are not reserved with a credit card so make your reservations as soon as possible to be sure you will get a room. Please contact the Chalet Landhaus at (800) 944-1716 you are interested in reserving one of these rooms.

For other lodging options see: <http://www.swisstown.com>

There is also camping available in the New Glarus Woods State Park if you would like to go that route. However, there are no showers at the campsite. Contact the New Glarus Woods State Park at (608) 527-2335 for more information.

For further information contact Larry Gitchell at (708) 421-0120 (larsofmars@aol.com) or Larry Alvino from the Naperville Club at (630) 730-5814 (lalvino@rocketmail.com)



A SUCCESSFUL FIRST ELMHURST GREENFEST IN AUGUST. RAY (R) LEADS THE FIRST GROUP OF RIDERS ALONG THE NEW SALT CREEK GREENWAY TRAIL AND SHARON (L) ENSURES ALL RIDERS ARE DISPLAYING THE GREENFEST STICKER.



SEPTEMBER 2008

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OF
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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

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.elmhurst_gmail.com

Advocacy

Bob Hoel
bob.hoel_comcast.net

Publicity

Need a Volunteer

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

Susan Sperl 630.416.0655
ssperl_sbcglobal.net

Refreshments

Cheri O'Riordan, 630.325.3917
cycle2ski_yahoo.com

Safety

Larry Gitchell, 708.409.0105
larsofmars_aol.com

Newsletter collating

Judy Mikesell, 630.833.1036
mikesell2_juno.com

Sergeant-at-Arms

Volunteer Needed

Assistant Ride Captain

Nancy Rice, 630.717.9923
hotline_elmhurstbicycling.org

Mountain Bike Coordinator

George Pastorino, 708.903.8700
gpastorino_comcast.net



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NEW CLUB JERSEY PROJECT UNDERWAY.

The EBC Board of Directors has unanimously approved spending \$400 to design a new club jersey. Laura Kuhlman is directing the design and production process. Laura is working with Karl Ziemer to develop the new design. The design concept is to be ready in October, according to Laura.

Further, Laura is looking for any member who may have one of the EBC T-shirts designed by Karl several years ago. Please contact her if you have one of those T's.



Notice how nice the jerseys and wind jackets look? Isn't time to finally have a new look at the EBC booth during Elmhurst Green Fest this year.

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OPINION AND COMMENTS

PETRA LYNN HOFMANN

VOLUNTERISM

During a conversation the other day, I was reminded of the few volunteers we now have in the EBC. Further, I started calculating the those who do the club's work while maintaining a full-time job and those who don't work. The EBC now has over 400 members and 270+ listserv members, yet we've no one to fill the many vacancies in the club's structure that help to make this club successful. For example, the Advocacy Committee, under the leadership of Bob Hoel has been effective in mobilizing bicyclists to push for citywide planning and improvements benefitting all riders; or, how about Steve Josephs, who as Ride Captain has put in many, many hours of work to improve ride scheduling; or Ray dal Lago our president who has managed to lead the club through several challenging events. The club needs members to step up and volunteer.

What are the vacancies you might ask? Current vacancies include: programs, publicity, and sargeant-at-arms. Future needs include: newsletter, database, advertising, ride leaders, and ride captain. Who will fill these positions?

The EBC has survived for more than 30 years because of its members and volunteers who put forth the effort to make riding with the club the most enjoyable possible. We NEED YOU now.

This past Sunday it came to me that I've not thanked all those who pitched in to continue the Sunday morning ride in my absence. To all those terrific leaders—Thank YOU.

I would also like to remind members to patronize our sponsors. These are the merchants that have made possible our continued success without the need for either a fund raiser or major ride event to fill our treasury.



BOTANICAL GARDEN RIDE



BETTY'S RIDE TO THE CHICAGO BOTANICAL GARDENS. LEFT, KEITH AND HANK AND NOT NECESSARILY WATCHING SUSAN, PETRA, AND BETTY CHECK OUT THE GARDEN SCULPTURE. HOWEVER, SOME RESIDENTS OF THE ROUTE WERE WARILY WATCHING AT 17 BICYCLITS PEDALED THE SHADY ROUTE.



RIDES FOR FOOD

WE'VE ALL TALKED ABOUT WHAT SORT OF CLUB THE EBC IS: DO WE RIDE, RIDE FOR BEER, OR RIDE FOR FOOD. IT'S CLEAR THIS CLUB RIDES FOR FOOD! TOP 3, WONDERFUL AND BEAUTIFUL MI TIERRA IN LITTLE VILLAGE. BOTTOM 2, SWEET BABY RAY'S AND PULLED PORK OMELETS TO DIE FOR.



ADVOCACY UPDATE

By Bob Hoel, Advocacy Chairman

It has been a busy month for the Advocacy Committee. Though not directly an Advocacy event, the Elmhurst Green Fest was well attended by residents (estimated at over 2,500) and well served by EBC volunteers (16 members). It provided a great opportunity to tell the public about the Club and to share information about safe biking practices. With a little effort we will rally the membership for a showing again next year.

Since the last newsletter we have had some great activity with the Elmhurst City Council. We presented at the Public Affairs and Safety (PAS) Committee with 17 cyclists in attendance (mostly from our club). This was a great show of support from the Club and nearly required a change of meeting rooms in order to accommodate us all. In addition to the three alderman who sit on the committee (Mulliner, Bram and Nybo), Mayor Marcucci joined us. We carried the message that biking is becoming a stronger element in our community which needs to be accommodated and not ignored. Strong supporting statements were delivered by all our elected officials for the need to address safe biking in Elmhurst.

On Aug. 20 the Advocacy Committee met to develop a "short" list of easily implemented ideas that can have a visible impact on biking in Elmhurst. This was done at the suggestion of Alderman Mark Mulliner and includes bike racks in the central business district, suggested routes through and into Elmhurst, better Prairie Path crosswalks, and bicyclist and car driver education. These will be taken to the next PAS committee meeting on Aug. 25 and, hopefully, forwarded to the Elmhurst City Council for action.

Those at the last meeting got to see the most recent iteration of the Du-

Page County Bikeway Plan Map. This has just been issued by the office of Deborah Fagan, County Trail Coordinator, and outlines the long range plan for trails in the county. DuPage County is doing a great job for bicyclists. A copy will be available online soon. You can get a printed copy by emailing Deborah at Deborah.Fagan@dupageco.org. The County is working on a users' map specifically for bicyclists and expects to have copies within the next month. The Club will be sent a copy for every member so look for that at one of the Fall meetings. These will be available at a regular meeting only and will not be mailed out.

Here is a site to get an update on more trail activity in DuPage County: http://www.dupageco.org/bikeways/generic.cfm?doc_id=448.

Finally, for those who were not at the last Club meeting, Sam Gunda brought us news from the Village of Addison that funding for the north leg of the Salt Creek Greenway Trail has made the first cut (of 2). The final selections will be made in early September based on public comment.



ATTENDEES TO FIRST ELMHURST BIKE TASK FORCE. FROM L: BOB, RAY AND HIS WIFE, REBECCA, KATHY, NANCY, SUSAN, DAVE, BETTY, KEITH, DON, AND DEBORAH.

September 2008

Club Rides

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

Date	Time	Distance	Start	Leader	Name	Description
Mon, Sep 01	6:00 PM	24-27 Miles 13-15 mph	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	Labor Day Monday Night Ride	Celebrate Labor Day with a Recreational Ride. Streets and paved trails; bring lights.
Tue, Sep 02	9:00 AM	35-40 mi 14-16 mph	IMAX Theater parking lot on HWY 53 north of Hobson Rd	Bill Schwartz Home (630-9636250) cell (630-3031160)	Tuesday Imax Ride	Ride through Southwest Naperville neighborhoods with stop at Koobie's Coffee Shop.
Tue, Sep 02	6:00 PM	30-40 mi 14-16 mph	Panera Bread, Elmhurst	Jeff Wincents-en, 630-832-3338	Jeff's Tuesday Night Ride	This is a road ride exploring Du Page and Cook counties. Destination will be posted on list server. Good lights and bright clothing required -- we will return around 9pm. Will be one short stop. Bring enough food/drink to refuel.
Wed, Sep 03	8:00 AM	430 + mi At your own comfortable pace.	Ringier/Bond-home...1141 S. Fairview Ave. Lombard, IL	Jerry Ringier 630-932-0271 630-881-1177	Self-Contained to Boulder Junction, Wisconsin	Self contained 8 day ride to Mary Jo Bolan's cottage in Boulder Junction, Wi. In conjunction with her planned 5 day bike rides in that area. We will be staying in camp grounds along the way and eating our meals at restaurants. There is a motel option.
Wed, Sep 03	9:00 AM	Determined by riders	McCullum Park, Downers Grove	Determined by riders	Wednesday S 'nG	The riders who show will decide ride leader, distance and pace.
Wed, Sep 03	9:00 AM	52 Miles 16-18 mph	Sunset Knoll Park, Lombard	Determined by riders	Lombard to St. Charles S 'nG	A flat to rolling beautiful scenic road ride with long stretches and a break at Smitty's in St. Charles.
Wed, Sep 03	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. and Park Ave. Lombard	Determined by riders	Wednesday Night Intermediate Pace S 'nG	The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed, Sep 03	6:30 PM	15-20 mi 18-20+ mph	Villa Park Depot - Villa & the P.P.	David Polkow 630-832-8131	Wednesday night fast ride	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.
Thr, Sep 04	9:00 AM	40-75 mi 14-16 mph	IMAX Theater parking lot on HWY 53 north of Hobson Rd	Bill Schwartz Home (630-9636250) cell (630-3031160)	Thursday Imax Ride	Longer distance rides in the rural area West of Naperville
Thr, Sep 04	6:00 PM	30-40 mi 14-16 mph (slower on trails)	Panera Bread, Elmhurst	Jeff Wincents-en, 630-832-3338	Jeff's Thursday Night Trail Ride	This is a road and/or trail ride exploring Du Page and Cook counties. May include scouting new routes and trails. Destination will be posted on list server. Good lights and bright clothing required -- we will return around 9pm. Will be one short stop. Bri
Fri, Sep 05	9:00 AM	42 mi 16-18 mph	Sunset Knoll Park, Lombard	Determined by riders	Lombard to Batavia S 'nG	A mostly flat road ride with a break at Panera in Batavia.
Sat, Sep 06	8:30 AM	62 mi 13-15 mph	Linne Woods F.P. - 6200 W. Dempster, Morton Grove	John Park - Cell 630-965-2740	Jerry Radek's Mansion Ride	Ride to the North Shore area to see how the better half live. Linne Woods parking lot is just east of the tracks on the North Side of the Street. Bring \$ for lunch from Bluffingtons to take to the lake or bring your own.
Sat, Sep 06	9:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday S 'nG	The riders will determine the ride leader, distance and pace
Sun, Sep 07	8:00 AM	25-30 mi 12-14 mph	Panera Bread	Petra Hofmann	Sunday with Petra	NOTE: Start time is 8 AM. Petra's mid-pace ride continues in September.
Sun, Sep 07	8:30 AM	30-40 mi 15-17 mph	Panera Bread, Elmhurst	Jeff Wincents-en, 630-832-3338	Jeff's Sunday Morning Ride	This is a road ride exploring Cook and Du Page counties. Includes one short stop. Bring enough food/drink to refuel. Guest ride leaders welcome.

Sun, Sep 07	8:30 AM	32-38 mi 17-19 mph	Panera Bread at York & North Ave	David Polkow 630-832-8131	Sunday Morning Fast Ride	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, Sep 07	8:30 AM	20 mi 10-12 mph	Panera Bread, Elmhurst	Determined by riders	Sunday Slow Ride Show & Go	The slow ride is a S&G for September.
Sun, Sep 07	12:30 PM	Determined by riders	Gazebo, Glen Ellyn	Determined by riders	Sunday S 'nG	The riders who show will decide ride leader, distance and pace.
Mon, Sep 08	6:00 PM	Determined by riders	Depot, Elmhurst	Determined by riders that show	Monday Night Show & Go	The Monday Night Ride switches to Show & Go status for one week. Your regular leader will return on the 15th.
Tue, Sep 09	9:00 AM	35-40 mi 14-16 mph	IMAX Theater parking lot on HWY 53 north of Hobson Rd	Bill Schwartz Home (630-9636250) cell (630-3031160)	Thursday Imax Ride	Ride through Southwest Naperville neighborhoods with stop at Koobie's Coffee Shop.
Tue, Sep 09	6:00 PM	30-40 mi 14-16 mph	Panera Bread, Elmhurst	Jeff Wincentsen, 630-832-3338	Jeff's Tuesday Night Ride	This is a road ride exploring Du Page and Cook counties. Destination will be posted on list server. Good lights and bright clothing required -- we will return around 9pm. Will be one short stop.
Wed, Sep 10	9:00 AM	Determined by riders	McCullum Park, Downers Grove	Determined by riders	Wednesday S 'nG	The riders who show will decide ride leader, distance and pace.
Wed, Sep 10	9:00 AM	52 mi 16-18 mph	Sunset Knoll Park, Lombard	Determined by riders	Lombard to St. Charles S 'nG	A flat to rolling beautiful scenic road ride with long stretches and a break at Smitty's in St. Charles.
Wed, Sep 10	6:30 PM	15-20 mi 18-20+ mph	Villa Park Depot - Villa & the P.P.	David Polkow 630-832-8131	Wednesday night fast ride	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.
Wed, Sep 10	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. and Park Ave. Lombard	Determined by riders	Wednesday Night Intermediate Pace S 'nG	The riders who show will decide ride leader, distance and pace. Lights are needed.
Thr, Sep 11	TBD	48 to 65 mi Pace TBD	Boulder Junction, Wisconsin	Mary Jo Bolan 630 887 9652 715 385 2640	Ride in the Northwoods	Day rides on Sept 11,12,13,14,15 from Boulder Junction, Wi. to surrounding towns.
Thr, Sep 11	9:00 AM	40-75 mi 14-16 mph	IMAX Theater parking lot on HWY 53 north of Hobson Rd	Bill Schwartz Home (630-9636250) cell (630-3031160)	Thursday Imax Ride	Longer distance rides in the rural area West of Naperville
Thr, Sep 11	6:00 PM	30-40 mi 14-16 mph (slower on trails)	Panera Bread, Elmhurst	Jeff Wincentsen, 630-832-3338	Jeff's Thursday Night Trail Ride	This is a road and/or trail ride exploring Du Page and Cook counties. May include scouting new routes and trails. Destination will be posted on list server. Good lights and bright clothing required -- we will return around 9pm.
Thr, Sep 11	7:15 PM		Community Bank, Elmhurst	Ray Dal Lago, 630-543-4655	Monthly Club Meeting	Board meeting precedes club meeting.
Fri, Sep 12	9:00 AM	42 mi 16-18 mph	Sunset Knoll Park, Lombard	Determined by riders	Lombard to Batavia S 'nG	A mostly flat road ride with a break at Panera in Batavia.
Fri, Sep 12	1:00 PM	30-35 mi 14-16 mph	Chalet Landhaus, New Glarus, Wisconsin	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	New Glarus - Friday	Ride the hills and valleys of Green County to various destinations.
Fri, Sep 12	1:00 PM	40 mi 16-18 mph	New Glarus, WI at Chalet Landhaus	Lee Nye - 630-605-6373	New Glarus Friday Ride	Ride from Chalet Landhaus thru rolling Wisconsin farm country to either Blanchardville or Evansville
Sat, Sep 13	8:00 AM	70 mi 16-18 mph	New Glarus, WI at Chalet Landhaus	Lee Nye - 630-605-6373	New Glarus Saturday Ride	Ride from Chalet Landhaus thru rolling Wisconsin farm country to Mt Horeb and beyond
Sat, Sep 13	8:00 AM	36-50 mi 12-15 mph	Mather Park, Plainfield	Janet K, 630-964-5126	Plainfield Ride	Janet K leads a Saturday AM ride from Mather Park in Plainfield.

THE SECOND ANNUAL "I&M CANAL WALK OR RIDE"



Grab your walking shoes. Or get out your bike. And join the fun at the second annual I&M Canal Walk or Ride on Saturday, September 13, 2008.

The I&M Canal Walk or Ride is a special event organized by the nonprofit Canal Corridor Association to raise funds to enhance the trails and other attractions in the I&M Canal National Heritage Corridor. The event is generously underwritten by Hayes Mechanical.

"This is a great way to showcase the scenery and charm of the I&M Canal while raising funds for a good cause," said Ana Koval, president and CEO of Canal Corridor Associa-

tion. "It's also a chance to meet and greet your friends and neighbors while enjoying the outdoors on a fall morning."

The non-competitive Walk or Ride begins at 8 am and ends at noon in Canalport Park, Morris, Illinois. Choose from a 1- to 5-mile walk or a 10- to 25-mile bike ride. Walkers will head west on the I&M Canal State Trail; bicyclists will ride east. All will meet back at the park to celebrate afterwards with music and refreshments. Prizes will be awarded for the largest teams and the biggest fundraisers.

It's easy to join the fun. Just go to the Canal Corridor Association website, <http://www.canalcor.org>, to sign up and pledge. Registration is \$20 per person for adults and \$10 per person for children under 12. Why not invite your friends, family and colleagues and form a team? You and your teammates can take care of everything online.

Volunteers are welcome, too. You can help with setup the day before the event and/or with a variety of day-of-event activities, including registration, distributing water on the trail to walkers and riders, goodie bag distribution and more.





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Sat, Sep 13	8:30 AM, 10:00 AM	10mi 7-10Mph 10mi 7-12Mph	Palos Forest Preserve- 95th&Wolf RD, Last Parking Lot Wolf RD	Baltimore Ortega C:630-697-7031, W:312-630-7030, H:630-920-0056	Last Mountain Biking 101&102 Until 2009	Lap 1: Intro Doubletrack (wide trail) ride for anyone interested in mountain biking. Previous mountain bike(MTB) knowledge & experience not required. Crushed limestone trail. Lap 2: Advanced MTB beginner ride on doubletrack and singletrack. All laps: crus
Sat, Sep 13	8:30 AM	55-60 mi 14-16 mph	Chalet Landhaus, New Glarus, WI	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	New Glarus - Earth Rider	Ride to the Earth Rider Bike Shop in downtown Brodhead. Ice Cream or full lunch stop optional. Bring money and a lock.
Sat, Sep 13	9:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday S 'nG	The riders will determine the ride leader, distance and pace
Sat, Sep 13	11:00 AM start; 12:30 PM food		York Woods FP southwest corner of Roosevelt and York Roads.	Phil Keller, 630-964-5795	Club Picinic	The picnic will be held Saturday, September 13th, at York Woods Forest Preserves pavilion. York Woods is located on the southwest corner of Roosevelt and York Roads.
Sun, Sep 14	8:00 AM	Approx. 30 mi 16-18 mph	New Glarus, WI at Chalet Landhaus	Lee Nye - 630-605-6373	New Glarus Sunday Ride	Ride start time and distance will be TBD to allow return to New Glarus Chalet Landhaus in time for late Sunday breakfast and checkout.
Sun, Sep 14	8:00 AM	58 mi 17-19 mph	Trader Joe's in Naperville Plaza	Roger Pardon	Roger's Sunday Ride	A ride through Naperville's subdivisions and out to long rolling country roads with a stop in Oswego for coffee.
Sun, Sep 14	8:00 AM	25-30 mi 12-14 mph	Panera Bread	Petra Hofmann	Sunday with Petra	Petra's mid-pace ride continues in September.
Sun, Sep 14	8:30 AM	30-40 mi 15-17 mph	Panera Bread, Elmhurst	Jeff Wincentsen, 630-832-3338	Jeff's Sunday Morning Ride	This is a road ride exploring Cook and Du Page counties. Includes one short stop. Bring enough food/drink to refuel. Guest ride leaders welcome.
Sun, Sep 14	8:30 AM	32-38 mi 17-19 mph	Panera Bread at York & North Ave	David Polkow 630-832-8131	Sunday Morning Fast Ride	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, Sep 14	8:30 AM	20 mi 10-12 mph	Panera Bread, Elmhurst	Determined by riders	Sunday Slow Ride S 'nG	The slow ride is a S 'nG for September.
Sun, Sep 14	8:30 AM	36-40 mi 14-16 mph	Chalet Landhaus, New Glarus, WI	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	New Glarus - Monroe	Ride the road to the world famous Baumgartner's in Monroe. Very hilly with multiple climbs and descents, plus some busier roads - be prepared! Bring money and a lock.
Sun, Sep 14	12:30 PM	Determined by riders	Gazebo, Glen Ellyn	Determined by riders	Sunday S 'nG	The riders who show will decide ride leader, distance and pace.
Mon, Sep 15	6:00 PM	24-27 mi 13-15 mph	Depot, Elmhurst	Larry Gitchell (708) 421-0120, (708) 409-0105 (H)	Monday Night Ride	The Monday Night Ride rolls on, covering Elmhurst and beyond. Lights required.
Tue, Sep 16	8:00 AM	439+ Miles At your own	Mary Jo Bolan's Cottage in Boulder Junction, Wi.	Dick Diebold and Jerry Ringier	Boulder Junction, Wi. to Lombard, IL	Self contained bike ride from Boulder Junction, Wi. back to Illinois.
Tue, Sep 16	9:00 AM	35-40 mi 14-16 mph	IMAX Theater parking lot on HWY 53 north of Hobson Rd	Bill Schwartz Home (630-9636250) cell (630-3031160)	Thursday Imax Ride	Ride through Southwest Naperville neighborhoods with stop at Koobie's Coffee Shop.
Tue, Sep 16	6:00 PM	30-40 mi 14-16 mph	Panera Bread, Elmhurst	Jeff Wincentsen, 630-832-3338	Jeff's Tuesday Night Ride	This is a road ride exploring Du Page and Cook counties. Destination will be posted on list server. Good lights and bright clothing required. Back around around 9pm. Will be one short stop. Bring enough food/drink to refuel.
Wed, Sep 17	9:00 AM	52 mi 16-18 mph	Sunset Knoll Park, Lombard	Determined by riders	Lombard to St. Charles S 'nG	A flat to rolling beautiful scenic road ride with long stretches and a break at Smitty's in St. Charles.
Wed, Sep 17	9:00 AM	Determined by riders	McCullum Park, Downers Grove	Determined by riders	Wednesday S 'nG	The riders who show will decide ride leader, distance and pace.

Wed, Sep 17	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. and Park Ave. Lombard	Determined by riders	Wednesday Night Intermediate Pace S'nG	The riders who show will decide ride leader, distance and pace. Lights are needed.
Wed, Sep 17	6:30 PM	15-20 mi 18-20+ mph	Villa Park Depot - Villa & the P.P.	David Polkow 630-832-8131	Wednesday night fast ride	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.
Thr, Sep 18	9:00 AM	50 mi 14-16 mph	Parking Lot on Southwest corner of Peck and Campton Hills Rd.	Bill Schwartz Home (630-9636250) cell (630-3031160)	Thursday St. Charles Ride	Ride from St. Charles to Sycamore with lunch stop in Sycamore. This is a hilly ride for the first and last 10 miles.
Thr, Sep 18	6:00 PM	30-40 mi 14-16 mph (slower on trails)	Panera Bread, Elmhurst	Jeff Wincentsen, 630-832-3338	Jeff's Thursday Night Trail Ride	This is a road and/or trail ride exploring Du Page and Cook counties. May include scouting new routes and trails. Destination will be posted on list server. Good lights and bright clothing required -- we will return around 9pm. Will be one short stop.
Fri, Sep 19	9:00 AM	42 mi 16-18 mph	Sunset Knoll Park, Lombard	Determined by riders	Lombard to Batavia S'nG	A mostly flat road ride with a break at Panera in Batavia.
Fri, Sep 19	6:00 PM	12-15 mi 10-12 mph	Villa Park Depot - Villa Ave & IPP	Judy Mikesell - 833-1036 day of ride 630.290.2675	ETHNIC DINNER RIDE - Thai Food	We will ride for an hour then enjoy dinner at a Thai restaurant in Elmhurst. Will need lights for ride back to start. Bring \$. Non bikers join us at restaurant.
Sat, Sep 20	9:00 AM	75 mile apx. 13-15 mph	Meachem Grove Bloomingdale, IL	John Park - Cell 630-965-2740	Wander to Wilmette	Streets and paved trails to Wilmette and then wander back through Chicago. Bring \$ for lunch and/or ice cream. Meachem Grove parking lot is on the west side of Circle Ave. Circle runs N-S and is east of Roselle Road and runs north from Lake.
Sat, Sep 20	9:00 AM	28-30 mi 13-15 mph	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	Eli's Cheesecake Festival	Always remember to stop and sample the cheesecake! Take an urban ride to Eli's Cheesecake Festival. Some segments are on busy streets. Bring money and a lock.
Sat, Sep 20	9:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday S'nG	The riders will determine the ride leader, distance and pace
Sun, Sep 21	6:00 AM	100 mi 14-16+ mph	Panera Bread, North and York, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	Loopy With Lars	Triple Loop Century: First loop at 6 AM, Second about 9:15 - 9:30, third about 12:30 - 1 PM. Routes will cover a variety of urban and sub-urban territory. Light snacks and drinks will be provided between loops. Call Larry for further information
Sun, Sep 21	8:00 AM	58 mi 17-19 mph	Trader Joe's in Naperville Plaza	Roger Pardon 630 639 8505	Roger's Sunday Ride	A ride through Naperville's subdivisions to long rolling country roads with a stop in Oswego for coffee
Sun, Sep 21	8:00 AM	25-30 mi 12-14 mph	Panera Bread	Petra Hofmann	Sunday with Petra	Petra's mid-pace ride continues in September.
Sun, Sep 21	8:30 AM	32-38 mi 17-19 mph	Panera Bread at York & North Ave	David Polkow 630-832-8131	Sunday Morning Fast Ride	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, Sep 21	8:30 AM	30-40 mi 15-17 mph	Panera Bread, Elmhurst	Jeff Wincentsen, 630-832-3338	Jeff's Sunday Morning Ride	This is a road ride exploring Cook and Du Page counties. Includes one short stop. Bring enough food/drink to refuel. Guest ride leaders welcome.
Sun, Sep 21	8:30 AM	20 mi 10-12 mph	Panera Bread, Elmhurst	Determined by riders	Sunday Slow Ride Show & Go	The slow ride is a S&G for September.
Sun, Sep 21	12:30 PM	Determined by riders	Gazebo, Glen Ellyn	Determined by riders	Sunday S'nG	Determined by riders.
Sun, Sep 21	3:30 PM	24 mi 14-16 mph	Panera Bread, York St and North Ave, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105	Make it Metric	Fourth Loop to make "Loopy With Lars" a double metric century, or start later and still get 100. Start time approximate, call Larry's cell number for updates on when we'll return to Panera.

Mon, Sep 22	6:00 PM	24-27 mi 13-15 mph	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	Post-Equinox Monday Night Ride	The Monday Night Ride officially enters Autumn - and keeps on pedaling! Lights required.
Tue, Sep 23	9:00 AM	35-40 mi 14-16 mph	IMAX Theater parking lot on HWY 53 north of Hobson Rd	Bill Schwartz Home (630-9636250) cell (630-3031160)		Tuesday Imax Ride
Tue, Sep 23	6:00 PM	30-40 mi 14-16 mph	Panera Bread, Elmhurst	Jeff Wincents-en, 630-832-3338	Jeff's Tuesday Night Ride	This is a road ride exploring Du Page and Cook counties. Destination will be posted on list server. Good lights and bright clothing required -- we will return around 9pm. Will be one short stop. Bring enough food/drink to refuel.
Wed, Sep 24	9:00 AM	52 mi 16-18 mph	Sunset Knoll Park, Lombard	Determined by riders	Lombard to St. Charles S 'nG	A flat to rolling beautiful scenic road ride with long stretches and a break at Smitty's in St. Charles.
Wed, Sep 24	9:00 AM	Determined by riders	McCollum Park, Downers Grove	Determined by riders	Wednesday S 'nG	The riders who show will decide ride leader, distance and pace.
Wed, Sep 24	6:30 PM	15-20 mi 18-20+ mph	Villa Park Depot - Villa & the P.P.	David Polkow 630-832-8131	Wednesday night fast ride	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.
Wed, Sep 24	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. and Park Ave. Lombard	Determined by riders	Wednesday Night Intermediate Pace S 'nG	The riders who show will decide ride leader, distance and pace. Lights are needed.
Thr, Sep 25	6:00 PM	30-40 mi 14-16 mph (slower on trails)	Panera Bread, Elmhurst	Jeff Wincents-en, 630-832-3338	Jeff's Thursday Night Trail Ride	This is a road and/or trail ride exploring Du Page and Cook counties. May include scouting new routes and trails. Destination will be posted on list server. Good lights and bright clothing required -- we will return around 9pm. Will be one short stop.
Fri, Sep 26	9:00 AM	42 mi 16-18 mph	Sunset Knoll Park, Lombard	Determined by riders	Lombard to Batavia S 'nG	A mostly flat road ride with a break at Panera in Batavia.
Sat, Sep 27	9:00 AM	Determined by riders	Depot Elmhurst	Determined by riders	Saturday S 'nG	The riders will determine the ride leader, distance and pace
Sun, Sep 28	8:00 AM	25-30 mi 12-14 mph	Panera Bread	Petra Hofmann	Sunday with Petra	Petra's mid-pace ride continues in September.
Sun, Sep 28	8:00 AM	58 mi 17-19 mph	Trader Joe's in Naperville Plaza	Roger Pardon 630 639 8505	Roger's Sunday Ride	A ride through Naperville's subdivisions to long rolling country roads with a stop for coffee in Oswego.
Sun, Sep 28	8:30 AM	30-40 mi 15-17 mph	Panera Bread, Elmhurst	Jeff Wincents-en, 630-832-3338	Jeff's Sunday Morning Ride	This is a road ride exploring Cook and Du Page counties. Includes one short stop. Bring enough food/drink to refuel.
Sun, Sep 28	8:30 AM	32-38 mi 17-19 mph	Panera Bread at York & North Ave	David Polkow 630-832-8131	Sunday Morning Fast Ride	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, Sep 28	8:30 AM	20 mi 10-12 mph	Panera Bread, Elmhurst	Determined by riders	Sunday Slow Ride Show & Go	The slow ride is a S 'nG for September.
Sun, Sep 28	12:30 PM	Determined by riders	Gazebo, Glen Ellyn	Determined by riders	Sunday S 'nG	The riders who show will decide ride leader, distance and pace.
Mon, Sep 29	6:00 PM	24-27 mi 13-15 mph	Depot, Elmhurst	Larry Gitchell (708) 421-0120 (C), (708) 409-0105 (H)	Fifth Monday Night Ride	Keep on rolling with the Monday Night Ride. Lights required.
Tue, Sep 30	9:00 AM	35-40 mi 14-16 mph	IMAX Theater parking lot.	Show and Go	Tuesday Imax Ride S 'nG	Determined by riders.
Tue, Sep 30	6:00 PM	30-40 mi 14-16 mph	Panera Bread, Elmhurst	Jeff Wincents-en, 630-832-3338	Jeff's Tue Night Ride	This is a road ride exploring Du Page and Cook counties. Destination will be posted on list server. Good lights and bright clothing required -- we will return around 9pm.



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Directions to Ride Start Locations

STARTING POINT	DIRECTIONS
Bullfrog Lake—Palos Forest Preserve, Willow Springs, IL	From I-55, exit at LaGrange Road (Route 45) south. Turn right onto Archer Ave south bound about 3 miles. Past the cemetery, turn left east bound onto 95th Street. Take the next right onto Wolf Road and into Palos. Bullfrog is the first Grove on your right.
Depot, Elmhurst, IL	Rides start from the public parking lot just east of York Road on Vallette Street. Vallette St. is 1/4 mile south of St. Charles Road, York Road is 1 mile west of I-290.
Depot, Villa Park, IL	The Villa Park Depot is located at the intersection of Villa Ave. & Park Ave. on the IPP. Approximately 2-3 blocks South of the Villa Ave. & St. Charles Road intersection in Villa Park.
Gazebo, Glen Ellyn, IL	On the Prairie Path between Park Ave and Main Street. The Gazebo is in the middle of the train station parking lot on the south side of the UP tracks.
IMAX Theatre Woodridge, IL	Located on Rt. 53, one half mile north of Hobson Road, one half mile south of Maple Ave. Riders meet in the parking lot in front of the theatre.
McCollum Park, Downers Grove, IL	McCollum Park is located at the SE Corner of 67th and Main Streets in Downers Grove.
Parking Lot at Maple and Park Lombard, IL	The start is located in the parking lot at the NE corner of Maple Street and Park Ave., just east of Lilacia Park and the Helen Plum Memorial Library in Lombard.
Soccer Field, St. Charles, IL	Parking lot one block west of Randall Road and one block south of North Avenue (Rt. 64) at the SW corner of Peck and Campton Hills Roads.
Sunset Knoll Park, Lombard, IL	On Finley, at Wilson, half a mile north of Roosevelt Road. Please park behind the recreation facility; address is 820 South Finley Road.
Volunteer Park, Wheaton, IL	Milepost zero on the Prairie Path Main Stem., at the intersection of Liberty and Carlton StreetsWheaton. 1/4 mile north of Roosevelt Road, 1/2 mile west of Main Street / Schmale Road.
Waterfall Glen Forest Preserve, Darien, IL	Rides typically start from the parking lot on Northgate Road. This is just south of Interstate 55 and just to the west off of Cass Avenue.

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CLUB PICNIC SEPTEMBER 13TH

Plans are all set for our upcoming picnic.

The picnic will be held Saturday, September 13th at York Wood Forest Preserve pavilion. The Roosevelt Boulevard underpass may be completed by the time of the picnic facilitating an easy bike ride from anywhere in Elmhurst and vicinity.

York Woods is located on the southwest corner of Roosevelt and York Roads.

To ensure the correct amount of food is ordered, members are asked to RSVP no later than September 3rd. Contact Phil Keller by email to: philtrains@comcast.net or phone 630-964-5795.

Several rides begin at 11 AM with lunch being served at 12:30 PM. Members are asked to bring lawn chairs.

Food and drinks will be provided. <http://www.elmhurstbicycling.org/photopages/Picnic2005/index.htm>



WE ALL RECOGNIZE THESE FAMILIAR FACES FROM THE LAST EBC PICNIC, AUG. 05.

