



The Cue Sheet

The Newsletter of the Elmhurst Bicycle Club
Riding Strong for over 32 Years

August 2010



Elmhurst Bicycle Club is the League of American Bicyclists' 2009 Bicycle Club of the Year for Region 4.

Colorada 2010, EBC Tour in Frisco by Kären Schwartz

Colorado 2010 EBC Tour in Frisco Colorado and outstanding scenery are synonymous. This year's bicycle trip to Colorado affirms this statement. The mountains, clear blue skies, scenic tourist towns and rushing mountain streams paint a landscape that is wonderful. The rides we did up Montezuma Road and Vail Pass bike path were like an artist's painting. One of my favorite memories was Marty standing by the creek under the evergreens taking pictures and exclaiming that this was a wonderful scene. Vail Pass is truly one of the most scenic bike paths in the world. We had a wonderful lunch in Vail at Jeanne Snyder's house (an EBC member). The views from her patio were beautiful.



Jeanne's Place, Colorado



What a view!.

Bill, Lee Nye and I drove to Grand Junction, CO for the beginning part of our trip. We had heard that one of the classic 20 best rides in CO was Rim Rock Drive in the Colorado National Monument. None of us had ever ridden it before so we drove there to start our adventure. It did have stunning scenery, with red rock sheer cliffs at around 5,000 feet of elevation. (Getting used to the high elevation in Colorado is always a good idea and this was lower than the 9,000 to 12,000 feet in the Summit County area.) The ride is a nice one with few cars and temperatures that weren't too bad in the early morning. Bill and Lee rode the main part of the Drive, while I continued on to the end and back where there were about 4-5 miles of 10% descents and climbs back to the main Road. It was a workout!

The first day in Frisco, we met at our rental house, the one with

7 bedrooms and 11 TV's, and did 40 miles by biking on bike paths to Keystone and Copper Mountain. Summit County bike paths are a real treat. They are paved and eight feet wide with a usual grade of 2% or so. There are some slight steeper sections, but most are an easy grade. From our rental house, we could ride bike paths to many nearby towns. Here is a picture of a bike path scene.

Next we all met at our super deluxe rental home and began our ride up a new road for all of us – Montezuma Road, which is off of Keystone ski resort. Montezuma is a ghost town which now has a few inhabitants. It is what we like to call “a beginner mountain pass.” It is about 2,400 feet of climbing with only the last several miles of steeper elevation of 8%. All of the riders made the climb. They were: Bob and Fran Jones, John S, Hans W, Bill and Karen S, Lee Nye, and Laurel S and George. Marty and Maureen were doing a real mountain challenging activity that day. They were led up a 14,000 foot climb to the top and back down by a former EBC member, Nick Browne. They made it to the top of Mt Elbert! That was a real achievement!



Rim Rock Drive

Mountain passes continued the next day, July 4th, with a ride up Vail Pass to the home of club member Jeanne Snyder. We had begun the day by ferrying cars over to Jeanne's house so we could drive back instead of biking back. The ride up Vail Pass is fairly mellow, but the climb back is 7 miles of 7% grade! This isn't a real good thing to do when you have had a great luncheon. We learned this in earlier years when we rode back after eating a huge lunch. Also, I still have vivid memories of the year I rode back with Bill and didn't put my rain coat on right away when a cold rainstorm hit back on the top of the Pass. I got severe hypothermia and barely made it back. We had a great time at Jeanne's and she had ridden with us up from Frisco. She joined us at our rental house that evening for dinner. (We took turns preparing dinner in our rental house. It had seating for 14 at the dinner table and two dishwashers so a crowd was no problem!)

The next day we decided to try a new bike path that had just been completed. It goes from Glenwood Springs to Aspen and is called the Rio Grande Trail. We had to drive an hour to get to Glenwood Springs, but the path was worth it. It follows several rivers and creeks with some stretches through towns. It is different as it is at lower elevation and has more scenes like the Grand Junction area. We had lunch at a sub shop in Carbondale and avoided the threatened rain as the clouds dissipated and we remained dry. It was nice to experience a new trail. Here is a photo along the Rio Grande Trail.



Rio Grande Trail



Comfortably wide trails; reasonable grades. Ahhhh...

The final day of biking in Summit County took us to various places near to Leadville, Colorado. Leadville is the highest elevation town in Colorado with the entire town being over 10,000 feet. It is also a “grittier” town with its history as a mining town that hasn't been remade as a skiing location like Breckenridge or Frisco. Its main draw is the Leadville 100 Mountain Bike Race, which was featured in the movie “Ride to the Sky,” which many of us saw in a local theatre this winter. Jeanne Snyder's

husband Charlie Snyder has competed in the Race 9 times and has the belt buckle awards to prove it. It has the highest bike path in the country, with the path having 13 miles being at more than 10,000 feet of elevation. When we got to Leadville, we had two groups of riders. Some rode around Turquoise Lake, which is a scenic ride with many rolling hills. Bob and Fran Jones and George Hardwidge rode this ride. Bill and I, Lee Nye, Hans W, Jeanne Snyder, Marty and Maureen and John S tackled the most difficult ride of the week. We did the epic climb up Independence Pass. This is about 11 miles of not too bad climbing with an average 2-3 % constant climb. Then you come to a sharp switchback and you get 5 miles of 6% climbs with some major switchbacks along the way. The real challenge is that the top is over 12,000 feet, which means you have 33% less oxygen to breathe. You really feel this especially if you go too fast or push yourself too hard. Here are some shots of some of us at the peak.



Bill S. and John S. take a break.



Marty and Maureen bask in the sunlight and fresh air.

I want to extend a special congratulations to some first time climbers of Independence Pass. Jeanne Snyder, Marty and Maureen, John Stanaway and Hans Weckerle all were first timers!

In Case You Missed "Eye on Chicago"

Some 20+ EBC'ers did not miss the opportunity to see the sculpture, enjoy the ride to the downtown Chicago area, and take in good weather, good food, and club camaraderie.



EBC Picnic, Saturday, August 28, 2010

By JoAnne DeZur

Two years ago our club picnic got rained on all day so as this year's picnic is fast approaching we are hoping for better weather as we gather for a fun day of food and games. Details are:

1. Picnic will be held Saturday, August 28th, 12 noon till 4:00 P.M. at Salt Creek Park. It is located off of Route 83 (entrance if you are driving North) If you are coming from the East, West, or North you will need to turn East on North Ave and then South on West Ave (the first light east of Route 83) then proceed to Second St. and turn West till you get to the Park.
2. Members may bring one other person to the picnic.
3. We hope to begin eating at 1:00 P.M. The club will provide fried chicken and beef; also iced tea, lemonade, and water to drink. Alcohol is not permitted in Park District facilities.
4. We will have some side dishes but please bring your favorite salad or dessert to share.
5. We suggest you bring lawn chairs and/or a folding table in case there are not adequate picnic tables at the shelter.
6. Afternoon entertainment will be yard games and conversation under a shade tree. We are attempting to have a "bean bag throw" tournament so if you have a set please bring it with. Also any game you might think people would be interested in playing.

IMPORTANT RSVP

To ensure everyone has a good time and there is enough food for everyone, we must know if you plan on attending. You may RSVP either by phone or email.

Contact: Joanne DeZur 630/833-7688 or cyclejoey@sbcglobal.net. Please try to respond by Aug 21st.

I will need some volunteers to help with set up and take down.....be one of them.



Club Picnic, September, 2008



All are having fun!

Share the Road

by J.A. Sebastian

New legislation creates special "Share the Road" license plates, a fund for bicycle-safety education programs, and adds consequences for drivers convicted of driving recklessly close to bicyclists, pedestrians, someone riding a horse, or driving an animal drawn vehicle.

On July 5, 2010, Governor Quinn signed two bills that are designed to benefit cycling enthusiasts, among others. Both legislative measures become effective on January 1, 2011.

The Governor signed these legislative measures on the holiday weekend at the Campbell Street Bicycle Club, a small family-owned business in Arlington Heights. Governor Quinn, legislators, including Carol Sente, Mark Walker and Paul Froehlich, together with League of Illinois Bicyclists president Ed Barsotti, spoke briefly about the legislation to a packed cycle shop. Crowds of supporters, including a large number of EMC members wearing jerseys, packed the small shop, sidewalk, and benches. Bob Hoel

appeared and presented a framed certificate of appreciation to League of Illinois Bicyclists president Ed Barsotti, who, in turn, presented the certificate to Governor Quinn. Too many EBC members appeared to support the bike legislation to be listed individually but Petra Hoffman kindly shot lots of photos, including one of ride leader Jerome Hughes who rode tandem with Mike Delaney from the start location in Elmhurst at 7:00 a.m. on Monday morning.

Public Act 96-1006 (Senate Bill 2798) adds a new statutory provision to the State Finance Act (30 ILCS 105/5.755) to create a "Share the Road Fund" whereby all money in the Share the Road Fund shall be paid as grants to the League of Illinois Bicyclists for educational programs, subject to appropriation by the General Assembly and approval by the Illinois Secretary of State. The legislation also provides that the Secretary of State may issue special Share the Road plates, and approve and prescribe stickers or decals. An additional \$22 fee will be added to the cost of the license plate for the Share the Road special license plate, with \$17 designated for the Share the Road Fund at the time of issuance, and \$20 of the \$22 fee deposited into the Share the Road Fund at the time of each license renewal.

Public Act 96-1007

The existing law, in subsection (d) of this section of the Vehicle Code, by the way, provides that a driver on a highway, proceeding in the same direction as either a bicyclist or an individual, shall leave a safe distance, but not less than 3 feet, when passing the bicycle or individual, and shall maintain that distance until safely past the overtaken bicycle or individual.



EBC "present and accounted for"



Gov. Pat Quinn signs the bill.

Update on the Salt Creek Greenway Trail by Bob Hoel

Though many of you have seen my postings about the unfinished portion of the Salt Creek Greenway Trail (SCGT) through Elmhurst, some of our members are not on the Club's listserv so here is what is happening.

The Elmhurst Park District (EPD) Board meeting was held at the Wilder Mansion in downtown Elmhurst. Normally these meetings are held at the EPD administrative offices by the Conservatory but a large crowd was expected to attend. Over 110 guests were at the meeting. Without having access to the list I have no idea how this splits between pro and con on completion of the trail. During the public comment period at the beginning of the meeting 20 people spoke in favor of completion while only 16 spoke against. If this was representative of the guests, then about 55% favored completion and this included at least 21 Club members.

To put this in perspective, the last time this issue came before the Board, nearly 2 years ago, there were probably 80 against and only half a dozen in favor. Our presence at this Board meeting was extremely important to let the Board know that others in and around Elmhurst care about the completion of the SCGT. Up until now they had really only heard from the opposition. For the most part speakers on both sides were well behaved and respectful of others' opinion.

Good points were made by our speakers and the opposing side dug themselves in deeper expressing concerns about the safety of their children and an increased need to be careful as they exited their driveways. The real problem is not bicyclists hitting pedestrians but rather motorists hitting everyone else, both pedestrians and cyclists. Based on a study done recently by the City of Elmhurst, an average of 6 cars use Rex an hour. I don't think cyclists will have a hard time keeping an eye on such a low traffic volume. One person stated that pedestrians had been killed by cyclists. I think the statistic runs

something like 2 or 3 people are hit and killed by a cyclist each year. Let's face it. More people die each year from bee stings and anaphylactic shock or heat stroke. Things happen and being struck and killed by a cyclist is not the kind of risk we should be focused on. What about being struck by a distracted and texting driver.....?

Several opposing speakers talked about the heinous nature of people that the Trail would bring into their neighborhood. They spoke of sexual deviants that would run off with their children, thieves that would use the trail as a conduit to their houses and, of course, the drug deals that would follow. What they have not taken into account is the profile of the standard bike trail user.....young families, middle-aged men and women out for exercise, and kids exploring.

So what is our next step? On August 9, the EPD Board will meet again, only this time the SCGT issue will be on their agenda. Again there will be a public comment period at the beginning and it is important that we turnout even more people. I will talk to the EPD staff to see if a larger facility is available. Of the folks at the last meeting, about 20 were in the outer room as standing room was completely taken in the main area.

We need to continue sending notes to the Park Board. Several of you have already sent a note. If the above information sparks more ideas, do send another note. Please send letters to the editors of the Elmhurst Press, The Doings, The Independent and the Suburban Tribune.

Reach out to your neighbors and friends who live in Elmhurst, urging them to support the completion of the Trail. When you come to the August 9 meeting, bring a friend with you. And if you are so moved, please step to the microphone and say a few words. Write a few sentences or paragraph that will take less than a minute to deliver. The opposition is now aware that we are in motion and will have to re-double their efforts to convince the Board how dangerous cyclists are. The good news is that we have a much larger pool of people to draw from - the rest of the community and neighboring communities - when compared to the roughly 160 homes that they are trying to organize. And remember that not all the neighbors support the opposition's myopic and paranoid view. A few of them felt empowered to speak at the last meeting. Our presence gives them more courage to speak again.

Thanks to all who supported this effort through attending the meeting and/or sending a note to the Board. This is not about Elmhurst but biking and recognition that bike trails benefit everyone.

83 Members Earn Awards

By Chuck Dean; pictures by Sharon Hermach

Ride Leader jerseys, patches, road ID's "RoadID"), and certificates along with deserving, hard riding EBC members all came together at the July club meeting. John Park and Ray Dal Lago worked together to acknowledge and present the awards and certificates. At the top of the mileage pyramid, Nancy Shack stood alone with 6,411. But she was followed closely by Kären and Bill Schwartz who also had more than 6,000 miles. Larry Gitchell was the only member in the 5000 mile bracket. And 6 riders crossed the 4000 mile hurdle: Betty Bond, Ray Dal Lago, Steve Omori, Roland Porter, Susan Sperl, and Peter Turula. You can check out the archived Mileage log to find the other high mileage club members. Congratulations to all of these folks.

The riders earn mileage because the ride leaders lead rides. As the picture attests, EBC is fortunate to have a great group of dedicated, out-there-every-week ride leaders. They were acknowledged with handsome white with blue and yellow trim jerseys. You have probably already spotted these jerseys on various July rides. To the ride leaders, THANKS!!





Art Frigo recognized as high mileage new member.

A Welcome and A Thanks by Chuck Dean

The Sergeant-at-Arms baton has just been passed from Steve Sinderson to Jim Gross. You may not even have been aware that the Sergeant-at-Arms has been making an important contribution month after month. But he has. The Community Bank of Elmhurst building needs to be opened and prepared for each of our monthly meetings. Steve has been handling these duties over the past year. And now, Jim will be taking over (in fact, the July Club meeting already witnessed Jim's contribution). Club President John Park captured the sentiments of the board and all of the Club members in requesting the conveyance of a special *** Thanks *** to Steve for all his help over the past year. Similarly, we all appreciate Jim stepping in to fill this important position.

The club runs on volunteers. Jim is just the most recent volunteer. Your turn might be next (See Joanne's picnic needs above). Thanks Jim.

Meeting Minutes July

Board Minutes July 8, 2010

Present: John Park, George Pasterino, Maria Kapusta, Chuck Dean, Cheri O'Riordan, Nancy Shack, Petra Hofmann

1. **President:** The meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst. The President announced that Jim Gross will be the new Sergeant at Arms.
2. **Secretary:** The June 10, 2010 board meeting minutes were previewed on line in Google Docs and were approved.
3. **Treasurer:** The monthly Banking Summary (06/10/10-07/08/10) listed income of \$1,195 and expenses \$301.95 to date. At present, the balance in the

EBC General Meeting Minutes July 8, 2010

Present: John Park, George Pasterino, Maria Kapusta, Chuck Dean, Petra Hofmann and Cheri O'Riordan

1. **President:** The meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst. The President introduced Jim Gross as the new Sergeant at Arms and thanked Steve Sinderson for his past contributions.
2. **Secretary:** The June 10, 2010 general meeting minutes were summarized and approved.
3. **Treasurer:** The monthly Banking Summary (06/10/10-07/08/10) listed

treasury is \$13,479.50. The following bike shops contributed \$300: Hartley's Cycle Shoppe, J&R Cycle & Ski, Koslow Cycle, Lickton's, The Bike Rack. The following bike shops contributed \$250 and gift certificates worth \$50: Midwest Cyclery and Village Cycle Sport. Discussion followed about EBC donating to non-profit organizations. There are not many expenses predicted for the rest of the year except for the club sponsored picnic and the annual holiday party. The President will send out an email soliciting members to email their thoughts as to what organizations EBC should contribute a donation to and a suggested amount.

4. VP/Ride Captain:

a. Safety Issues: Concerns for the best method of obtaining an injured rider's contact ICE information, in order to give it to emergency personnel if needed, has been either non-existent or inconsistent. Various methods of obtaining this information were discussed. Due to time factors, the Board will make a decision on how this concern will be addressed at the next board meeting in August.

b. Ride Sheets: Ride leaders MUST obtain from each guest: name, address, phone numbers, ICE numbers and signature. Ride sheets should be completed according to the club requirements, NO exceptions; otherwise this makes it very difficult for the Data Base Manager in collecting the mileage data. If ride sheets are not completed correctly, mileage will NOT be entered.

c. Ride Listings: "Current" rides are in the same month and may be already published in the newsletter or may not be in the newsletter if they are late listings. "Future" rides are for the next month. The words "published/unpublished" may not be used in the future as this may be confusing. Ride listings may be weaned out in the future in the newsletter since the rides are already posted on the EBC web site under "Ride Schedule" and "Future Rides". This is still to be determined.

d. Ride Leader Responsibilities: Ride leaders must be conscientious of the safety of the group as a whole but are not responsible for the safety of each individual rider. Prior to the start of the ride, all ride leaders should remind riders of safety rules, but it is the responsibility of each rider to be responsible for himself. Riders should: adhere to "car back" and "single file" instructions; use common sense and the Rules of the Road

income of \$1,195 and expenses \$301.95 to date. At present, the balance in the treasury is \$13,479.50 Koslow Cycle is a new sponsor. The club would like to make a donation to a few organizations. Please give your suggestions to the President.

4. Mountain Bike Coordinator: There is a ride this weekend at Ft. Custer State Recreational Area located in Augusta, Michigan.
5. Membership Coordinator: As of to date, there are 412 members. Keep passing out our EBC brochures and business cards. If you need more, contact the Membership Coordinator. Two guests were introduced.
6. Advocacy: The VP/Ride Captain read an email from the Advocacy Chairperson Bob Hoel: Salt Creek Greenway Trail (SCGT): Be advised that there are numerous signs on Rex Boulevard protesting the completion of the Salt Creek Greenway Trail; please sign the petition at tonight's meeting in favor of having signage to show bicyclists and other users of the trail where to go to connect with the SCGT; please attend the Park District meeting on Monday night at Wilder Mansion; volunteers were also requested to stop people on the SCGT and request that they sign a petition in favor of the Park District placing signs indicating what streets to use to connect to the SCGT. New Banner: The new EBC banner will be used at the Farmer's Market on Wednesday as well as for other events. Greenfest: July 31st. Volunteers are needed.
7. Bike to Metra: Ray Dal Lago offered items to the members which were left over from the Bike to Metra Day. Some of the items were plastic saddle protectors; small nutrition bars, and Momentum bicycle magazine.
8. VP/ Ride Captain:
 - Safety: What kind of message are we sending about our club when we are blowing through stop signs and wearing the club jerseys It is not the ride leader's job regarding your safety, that is, each person is responsible for his own safety by observing the Rules of the Road which applies to both motorists and bicyclists.
 - Rides: Ride leaders should not leave riders behind; riders, don't leave the ride leader behind. If there are any changes, discuss it with the ride leader.
 - Ride Sheets: Each guest must print his/her name, address, telephone number (including ICE) and provide his/her signature.
 - Emergency Contact Information (ICE): This will be discussed at the next board meeting and presented at the next club meeting.

for stop signs and red lights; and, not use the words "all clear," etc.

e. **Joint Club Rides:** Need to be listed as just that, "joint club ride," not "Show and Go." Show and go rides are different in that anyone can show up; and distance and speed are determined by the group. A leader volunteers or is selected.

f. **New Jerseys:** It has been two years since our last design. The present design is GREAT, but the company requires a minimum order of 25 for each clothing item; takes a long time in producing the order; and has not been very "customer service oriented." Another company has been contacted and it does not require a minimum order which means that jerseys can be ordered any time, particularly as new members join the club and want to purchase a jersey. Its delivery date is faster and the company wants to be very accommodating to the needs of the club. Further discussion is needed.

g. **Special Projects:** There has been some thought given about a 2011 club calendar, possibly featuring our members engaging in other hobbies in addition to bicycling. Other thoughts are towards developing a cookbook .

5. **Newsletter:** No report.
6. **Membership Coordinator:** There are 412 members to date. Brochures and business cards continue to be given to members to hand out to interested persons and bicycle shops.
7. **Awards:** Certificates, awards and ride leader jerseys will be given out at tonight's meeting.
8. **Banner:** The Board approved the motion, "I move to allow Bob Hoel to purchase a banner similar to the existing one, but smaller in overall size with the cost estimated to be around \$75."
9. **Dreamweaver Version CS 5:** The Board approved the motion, "I move to approve the purchase of Dreamweaver CS5 for use by Sharon Hermach and Cindy Reedy for the EBC website maintenance with the cost not to exceed \$475."
10. **The next Board meeting** will be held on Thursday, August 12, 2010 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan
Club Secretary

• **Late Riders:** Ride leaders should use discretion. If the same person is habitually late, then start the ride without them

• **Show & Go Rides:** The Tuesday 8:30 a.m. rides in the July Ride Schedule will stay as is. If you list a ride, then it is not a true "show & go" ride.

• **Joint Club Rides:** These rides should be listed as a "joint club ride" not as a "show & go" ride. Guests from other clubs should sign the EBC ride sheet as "guests."

• **Rides:** Current rides are for the current month; future rides are for future months. Published rides are published in the newsletter; unpublished rides are not in the newsletter and are considered "late" rides. In the future, publishing rides in the newsletter may be abolished since all rides are listed on the website: on the EBC home page on the actual date, under "Ride Schedule" and under "Future Rides." There were 147 rides in June.

• **New Club Jerseys:** There has not been a new club jersey for 2 years. Another vendor has been contacted who does not require a minimum order. Due to tonight's time constraints, there will be further discussion on this topic.

• **Special Projects:** The Membership Coordinator and the VP/Ride Captain have been discussing the possibility of having a club cookbook and/or calendars picturing club members engaged in hobbies other than bicycling. There will be further discussion and suggestions are welcomed.

• **Ride Leader Jerseys:** The following ride leaders who lead 15 rides in the past 3 years received a ride leader jersey: Ray Dal Lago, Steve Josephs, Gerry Fekete, Janet Koludrovic, Sharon Hermach, George Hermach, Casey Worcester, George Pasterino, Bill Schwartz, Carol Nield, and Karim Mouline.

9. **Newsletter Editor:** The Newsletter editor expressed his appreciation to those who contributed articles for the July newsletter.
10. **Refreshments:** Gerry Fekete provided the refreshments.
11. **Program:** Past President, Ray Dal Lago and President John Park presented certificates and awards to those club members in attendance among the 83 members who rode over 1000 miles in 2009. If you were not in attendance, please contact the President for your certificate and award.
12. **The next EBC general meeting** will be held on Thursday, August 12, 2010 at 7:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan
Club Secretary

Please submit articles and/or photos for the newsletter to Chuck Dean (cdean69033_aol.com). The deadline is the 15th of the month.

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Interested in joining EBC? [Membership Application](http://www.elmhurstbicycling.org/about/membership.asp)
(<http://www.elmhurstbicycling.org/about/membership.asp>)

August 2010 • • • Club Rides

Note: The most current ride schedule can be found on our website at <http://www.elmhurstbicycling.org/rides/currentRide.aspx>.

Ride Pace - by Petra Hofmann, Ride Captain

Where there is not a miles per hour to describe the pace of a ride, please use the following as a guide:

8-10 = very slow  10-12 = slow  12-14 = moderate
14-16 = medium  16-18 = fast  18-20+ = very fast

Date	Time	Distance	Start	Leader	Description
Sunday, August 01, 2010	8:30 AM	Determined by those who show	Panera Bread (York & North ave)	Determined by those who show	Sunday Morning Show n Go Determined by those who show
Sunday, August 01,	8:30 AM	34-38 miles at a 16-18	Panera Bread (York & North	David Polkow 630-525-	Sunday Morning Fast Ride Fast road ride with one short rest stop. Ride typically returns by

2010		pace	ave)	1161	11am
Sunday, August 01, 2010	8:30 AM	20-25 miles, 10-12 mph	Panera Bread, Elmhurst	Cindy Reedy 630-234-1349	Easy Sunday Morning Ride Get some light exercise on a social ride. We will stop midway for a coffee break. All paved roads unless we go south, in which case there will be one crushed limestone bike path with an on-street alternative.
Sunday, August 01, 2010	9:00 AM	7+ mi self paced	William G. Stratton State Park, Morris, IL, 60450	Maria Esqueda 708-446-9252	Morris Kayak Trip The cost is \$30 per single kayak; \$40 for double kayak or canoe. It's about a 7 mile trip or longer if we wish. I've used this one service before and it was very nice. It's on the Mazon River. We can always go into Morris for dinner or opt for a picnic. Car pooling would be great. We can also add peddling if some are interested. Hope to hear from you all. I do believe the service can accommodate 10-12 people with canoes or kayaks. Best to pay online in advance. Look for link in e-mail. Guide accompanies group.
Sunday, August 01, 2010	1:00 PM	Determined by riders that show	Gazebo, Glen Ellyn	Determined by riders who show	Sunday Afternoon Show and Go Determined by those who show
Wednesday, August 04, 2010	6:30 PM	16-20 miles at a 16-22+ pace	Villa Park Depot (Villa Ave & the Prairie Path)	David Polkow 630-25-1161	Wednesday Night Fast Ride This is a very fast paced ride typically going North South on Villa Ave. Groups will form up based on their paces.
Thursday, August 05, 2010	6:15 PM	30 to 35 miles / 14-16 mph	Panera Bread at York & North Ave	Jeff Wincentsen 630.832.3338 h	Thursday Night Ride A road ride exploring Cook and DuPage counties. May include paved paths and limestone segments. Good lights and bright, reflective clothing required. Bring enough food and drink to refuel. Mid-point rest stop. Check the list server for updates.
Saturday, August 07, 2010	6:00 AM	32 mi , 18-21+	Elmhurst Depot	Jerome Hughes, 630.632.4566	Early fast to/from & easy around Busse Woods join Mike D. & Jerome's fast ride to & from Busse Woods ~ warmup on Greenway to George & Villa, blast Villa / Wood Dale / Tonne to Elk Grove ~ cruising 19-21+, some sprints to 30+, regroup at major intersections North/Lake/Irving/Thorndale/Devon, no one left behind, tandem drafting encouraged ~ at Busse Woods, short break & easy resting counter-clockwise loop before speedy run back S via same route
Saturday, August 07, 2010	7:00 AM	60 - 80 miles each day	Morris High School in Morris, IL	Joanne Dybala 630-493-1514	AIBR 4 day ride Four day ride sponsored by JBC and LIB. Ride to Shabbona, Ottawa, Pontiac and back. Scenic Illinois roads. Continental breakfasts and dinners provided on most days. Go to the Joliet Bicycle Club website for details. Ride is limited to 100 people so sign up ASAP.
Saturday, August 07, 2010	9:00 AM	63 miles, constant 18-22 MPH	Leroy Oakes Forest Preserve, St. Charles	Ray Dal Lago 630-417-9580, 630-543-4655	De Ride to DeKalb Now in its 11th year, this is the ride The Chicago Tribunal calls "fun, but certainly not like a ride in Arizona." The Chicago Readre writes "Off-hand, we can't think of another ride we'd rather do, but if you give us 10 seconds we'll think of one." Long time EBC member Jim Gross says "De Ride to DeKalb? I'm there!!!" 33 miles to DeKalb with no stops as there are no places to stop. Once in DeKalb we'll take a 15 minute break and then head back to St. Charles. Lots of long stretches of road. Pace line riding skills required. Bring two water bottles. PARK IN THE LOT ON THE SOUTH SIDE OF DEAN ST. After the ride there will be a sweet, juicy treat for all riders. No boat shoes allowed (inside joke).
Saturday, August 07, 2010	9:00 AM	Determined by those who show	Elmhurst Depot at NE corner of York and Vallette	Determined by those who show	Saturday Morning Show n Go Determined by those who show
Sunday, August 08, 2010	8:30 AM	34-38 miles at a 16-18 pace	Panera Bread(York & North ave)	David Polkow 630-525-1161	Sunday Morning Fast Ride Fast road ride with one short rest stop. Ride typically returns by 11am
Sunday, August 08, 2010	8:30 AM	Determined by those who show	Panera Bread (York & North ave)	Determined by those who show	Sunday Morning Show n Go Determined by those who show
Wednesday, August 11, 2010	6:30 PM	16-20 miles at a 16-22+ pace	Villa Park Depot (Villa Ave & the Prairie	David Polkow 630-25-1161	Wednesday Night Fast Ride This is a very fast paced ride typically going North South on Villa Ave. Groups will form up based on their paces.

			Path)		
Thursday, August 12, 2010	6:15 PM	30 to 35 miles / 14- 16 mph	Panera Bread at York & North Ave	Jeff Wincentzen 630.832.3338 h	Thursday Night Ride A road ride exploring Cook and DuPage counties. May include paved paths and limestone segments. Good lights and bright, reflective clothing required. Bring enough food and drink to refuel. Mid-point rest stop. Check the list server for updates.
Friday, August 13, 2010	8:00 AM	12 - 15 mph	Elmhurst Depot	Mary Jo Bolan 630 887 9652	Friday the 13th Breakfast Ride Ride to the Rose Garden Restaurant in Elk Grove Village. Return ride via Busse Woods. Ride to the restaurant will be 14 miles.
Saturday, August 14, 2010	6:00 AM	32 mi , 18- 21+	Elmhurst Depot	Jerome Hughes, 630.632.4566	Early fast to/from & easy around Busse Woods join Mike D. & Jerome's fast ride to & from Busse Woods ~ warmup on Greenway to George & Villa, blast Villa / Wood Dale / Tonne to Elk Grove ~ cruising 19-21+, some sprints to 30+, regroup at major intersections North/Lake/Irving/Thorndale/Devon, no one left behind, tandem drafting encouraged ~ at Busse Woods, short break & easy resting counter-clockwise loop before speedy run back S via same route
Saturday, August 14, 2010	9:00 AM	Determined by those who show	Elmhurst Depot at NE corner of York and Vallette	Determined by those who show	Saturday Morning Show n Go Determined by those who show
Saturday, August 14, 2010	9:30 AM	14-16 mph, 62 Mi	Greenfield Park, Greenfield Wisconsin	Larry Gitchell (708) 421-0120 (C), (708) 409- 0105 (H)	Beer, Burgers, and Custard Tour Tour the Milwaukee area with stops at the Sprecher Brewery, Sollie's Grille, St. Francis Brewpub, and Kopp's Frozen Custard stand. Directions to Greenfield Park: I-94 North to I-894 West. Exit at Greenfield ave and turn left, going about 1.4 miles to 124th Street. Left on 124th to the Greenfield Park driveway opposite Park Ave. Park in the large parking area left of the driveway. (Look for the orange minivan!)
Saturday, August 14, 2010	10:00 AM	24 miles, moderate, 3 hrs	Imagination Glen Park, Portage, Indiana	Peter Gough 630-903- 8436	Imagination Glen, Mountain Bile Ride I am filling in for George and Chuck on their Adventure Series as their time is limited in August. Please join me for a great summers day of mountain biking. Imagination Glen (The Dark Side) MTB biking. This ride is for Intermediate to Advanced skill level. It is about 8 miles of single-track. The trails are all are tight and twisty. The trail on the far side of the river (reached by crossing the railroad tracks) is known as The dark Side.... with challenging turns, logs, roots, jumps, and plenty of ups and downs. We will do 3 loops of this section, you can easily bail after 1 or 2 loops From I-94 take 249 South (at Exit 19 for Portage) through US 20 intersection. Turn left (continuing south) onto Chrisman Ave. immediately past the Old Porter Rd. intersection. Continue south on Crisman Ave. until it ends at Portage Ave. Turn left onto Portage Ave. and follow it until it ends at McCool Rd. Imagination Glen Park is at the intersection of Portage Ave. and McCool Rd
Sunday, August 15, 2010	8:30 AM	Determined by those who show	Panera Bread (York & North ave)	Determined by those who show	Sunday Morning Show n Go Determined by those who show
Sunday, August 15, 2010	8:30 AM	34-38 miles at a 16-18 pace	Panera Bread(York & North ave)	David Polkow 630-525- 1161	Sunday Morning Fast Ride Fast road ride with one short rest stop. Ride typically returns by 11am
Sunday, August 15, 2010	8:30 AM	20-25 miles, 10- 12 mph	Panera Bread, Elmhurst	Cindy Reedy 630-234- 1349	Easy Sunday Morning Ride Get some light exercise on a social ride. We will stop midway for a coffee break. All paved roads unless we go south, in which case there will be one crushed limestone bike path with an on-street alternative.
Wednesday, August 18, 2010	9:00 AM	45 - 50 miles 11 - 15 mph	Elmhurst Depot	Mary Jo Bolan 630 887 9652	Ride the Lakefront Ride to the lakefront using side streets as possible. Access the lakefront path at Wilson Ave. Lunch at Millennium Park (bring your own) while orchestra is rehearsing for the evening concert. Continue riding south to 63rd. Return to Harlem Ave., Oak Park via the Lake street "L". Bike to Elmhurst.
Wednesday, August 18, 2010	6:30 PM	16-20 miles at a 16-22+ pace	Villa Park Depot (Villa Ave & the Prairie Path)	David Polkow 630-25-1161	Wednesday Night Fast Ride This is a very fast paced ride typically going North South on Villa Ave. Groups will form up based on their paces.

Saturday, August 21, 2010	6:00 AM	32 mi , 18- 21+	Elmhurst Depot	Jerome Hughes, 630.632.4566	Early fast to/from & easy around Busse Woods join Mike D. & Jerome's fast ride to & from Busse Woods ~ warmup on Greenway to George & Villa, blast Villa / Wood Dale / Tonne to Elk Grove ~ cruising 19-21+, some sprints to 30+, regroup at major intersections North/Lake/Irving/Thorndale/Devon, no one left behind, tandem drafting encouraged ~ at Busse Woods, short break & easy resting counter-clockwise loop before speedy run back S via same route
Saturday, August 21, 2010	9:00 AM	Determined by those who show	Elmhurst Depot at NE corner of York and Vallette	Determined by those who show	Saturday Morning Show n Go Determined by those who show
Sunday, August 22, 2010	8:30 AM	34-38 miles at a 16-18 pace	Panera Bread(York & North ave)	David Polkow 630-525- 1161	Sunday Morning Fast Ride Fast road ride with one short rest stop. Ride typically returns by 11am
Sunday, August 22, 2010	8:30 AM	20-25 miles, 10- 12 mph	Panera Bread, Elmhurst	Cindy Reedy 630-234- 1349	Easy Sunday Morning Ride Get some light exercise on a social ride. We will stop midway for a coffee break. All paved roads unless we go south, in which case there will be one crushed limestone bike path with an on-street alternative.
Wednesday, August 25, 2010	6:30 PM	16-20 miles at a 16-22+ pace	Villa Park Depot (Villa Ave & the Prairie Path)	David Polkow 630-25-1161	Wednesday Night Fast Ride This is a very fast paced ride typically going North South on Villa Ave. Groups will form up based on their paces.
Thursday, August 26, 2010	6:15 PM	30 to 35 miles / 14- 16 mph	Panera Bread at York & North Ave	Jeff Wincentzen 630.832.3338 h	Thursday Night Ride A road ride exploring Cook and DuPage counties. May include paved paths and limestone segments. Good lights and bright, reflective clothing required. Bring enough food and drink to refuel. Mid-point rest stop. Check the list server for updates.
Saturday, August 28, 2010	6:00 AM	32 mi , 18- 21+	Elmhurst Depot	Jerome Hughes, 630.632.4566	Early fast to/from & easy around Busse Woods join Mike D. & Jerome's fast ride to & from Busse Woods ~ warmup on Greenway to George & Villa, blast Villa / Wood Dale / Tonne to Elk Grove ~ cruising 19-21+, some sprints to 30+, regroup at major intersections North/Lake/Irving/Thorndale/Devon, no one left behind, tandem drafting encouraged ~ at Busse Woods, short break & easy resting counter-clockwise loop before speedy run back S via same route
Saturday, August 28, 2010	9:00 AM	Determined by those who show	Elmhurst Depot at NE corner of York and Vallette	Determined by those who show	Saturday Morning Show n Go Determined by those who show
Saturday, August 28, 2010	9:00 AM	~3 hours moderate pace	Pastorino Home 7551 Blazer Justice IL. 60458	George Pastorino 708-903- 8700	MTB ride/Pool Party/BBQ Come join us for a scenic ride through The Palos Forest Preserve. We have radios so no one will get lost or dropped. Mountain Bike required. You do not need to be an expert to do this ride, but there are advanced sections for experienced riders. The ride will have beginner, moderate, and advanced loops led by various ride leaders. We have 3 MTB bikes to loan to Club members, 2 large and 1 small...please e-mail me if you would like to reserve one...first come basis. Also Club Sponsor Cycle n Sports has several bikes to loan to club members at no cost, please contact Dawayne at 708-360-0440 to reserve one. Route is a mix of dirt double track and single track. We will get all riders some single track time. 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.
Sunday, August 29, 2010	6:10 AM	124 miles, 16-18 computer avg.	Coal City High School 655 W Division St, Coal City, IL	Chuck Gentile 708- 289-3988 & George Pastorino 708-903- 8700	Bike Psycho's 124 mile Invitational Have you been stuck at 100 miles as your maximum daily ride limit? Do you want some help pushing past that? Well, come on out and join Chuck and George on Aug. 29th and get your double metric Century in the books! We will keep a moderate pace that will allow you to finish this distance with a 16 to 18 computer avg. Enjoy one of the best Invitationals in the Chicago Area. This is one of the few to offer a 124 mile route. Best Rest Stops, very scenic route on low traffic country roads along The Illinois River with a fair amount of hills to add to your riding pleasure. Frequent sag vehicles checking

					for riders needing assistance. ?Excellent, easy-to-follow route markings Early start to beat the heat. Meet at registration lot at 6:10am to get ready for 6:30 start. I-55 south Exit I-55 at #236, Coal City/Kankakee Take Route 113 west - 4 miles
Sunday, August 29, 2010	8:30 AM	34-38 miles at a 16-18 pace	Panera Bread(York & North ave)	David Polkow 630-525-1161	Sunday Morning Fast Ride Fast road ride with one short rest stop. Ride typically returns by 11am
Sunday, August 29, 2010	8:30 AM	20-25 miles, 10-12 mph	Panera Bread, Elmhurst	Cindy Reedy 630-234-1349	Easy Sunday Morning Ride Get some light exercise on a social ride. We will stop midway for a coffee break. All paved roads unless we go south, in which case there will be one crushed limestone bike path with an on-street alternative.
Sunday, August 29, 2010	8:30 AM	Determined by those who show	Panera Bread (York & North ave)	Determined by those who show	Sunday Morning Show n Go Determined by those who show

Note: The most current ride schedule can be found on our website at <http://www.elmhurstbicycling.org/rides/currentRide.aspx>.

More information on [Start Locations](http://www.elmhurstbicycling.org/helpfulinfo/startlocations.asp) (<http://www.elmhurstbicycling.org/helpfulinfo/startlocations.asp>).

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