



# The Cue Sheet

The Newsletter of the Elmhurst Bicycle Club  
Riding Strong for over 35 Years

## September 2013



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

### The Triple Crown by Dawn Piech

Last January, I asked the Elmhurst Bicycling Club (EBC) members two questions.

1. Did you want a challenge?
2. Were you interested in pushing yourself in 2013?

Twelve EBC members responded positively to those questions and the EBC 2013 Triple Crown Team was inducted.

**The Wisconsin Triple Crown Series**, sponsored by Pactimo, is a series of three challenging rides combined to make up the Triple Crown Series: Arcadian Brute, Kickapoo Kicker and the Dairyland Dare. All Stages are extremely hilly (hill grades ranged from 8-23%) and chip-timed with full on-course support. You could consider this series to be a "Hill Love Fest" because the overriding theme in each of the rides was hills...hills...and more hills.

#### **Arcadia Brute (5-18-13)**

In May, fifteen (15) EBC riders tackled the first ride of the series and everyone in our group finished safely. The weather cooperated and overall it was a good day. The area was simply beautiful and offered views along the Mississippi River. Arcadia offered some really nice hill climbs - up to 17 - 23% grades. This region is called the Coulee Region and it has some pretty dramatic changes in grade as a result. There were a lot of really beautiful hilltops on this ride and sometimes it felt like we were on top of the world. Okay, maybe just on top of Wisconsin... The day did not go without some challenges however, as we witnessed a couple of accidents. Dawn Maxwell ended up in back of a bad accident and Rich Aycock and Dawn Piech came upon a wreck and stopped to help. With descents at high speeds, you had to be confident in your bike handling skills and keenly aware of your surroundings.

#### **Kickapoo Kicker (6-22-13)**

In June, eleven (11) EBC riders came to ride in the Driftless Region of southwestern Wisconsin. The Driftless Area or Paleozoic Plateau is a region in the American Midwest noted mainly for its deeply carved river valleys. Although the radar called for a 40% chance of rain, we arrived at the start at 5:30 am amidst a terrible storm. Due to weather delay, the 150K and 200K routes were called off and all 430 riders completed the 100K route. Because of the rain delay and wet roads, the first 30 miles were even more challenging as we attempted to negotiate descents on wet pavement. Fortunately, after the sun came out and the roads dried, we appreciated a different tone throughout the ride. We were not about to let the weather ruin our enthusiasm for the event!

#### **Dairyland Dare (8-10-13)**

In August, sixteen (16) riders participated in the last ride of the series. It was a perfect day, with the temperatures in the mid 70s. As Eric Peterson said on the EBC list-serve, "I don't

do too many of these organized rides, but I did ride the 200K Dairyland Dare on Saturday... it was a treat... The 2013 Dairyland Dare seemed exceptionally well-organized and well-run - the routes, the (many) rest stops, the website, and the after-ride food and refreshments. You do have to like hills though." As we finished the last of the series, you could palpate the sense of pride and camaraderie each of us felt in completing this together.



Steve, Rich, Mary Ellen, Dawn, Susan, Marty, Isaac, and Ken

**Congratulations to the following 2013 Wisconsin Triple Crown participants who completed the series:**

Rich Aycock	Marty Becker	Mike Cabage	Ken Hickey
Dawn Maxwell	Susan Nagel	Steve Omori	Dawn Piech
MaryEllen Reedy	Isaac Samayoa	Susan Sperl	Stevie Wonder

Additional congratulations to EBC members who also showed up for individual rides: **Mike Arends** (Arcadia Brute), **Jessica Craft** (Arcadia Brute), **Gary Beardsley** (Kickapoo Kicker), **Ellen Weber** (Dairyland Dare), **Eric Peterson** (Dairyland Dare), **Larry Alvino** (Dairyland Dare) and **Jane Icenogle** (Dairyland Dare.)

Total EBC collective miles for the series: 3,307

Total EBC collective elevation gain for the series: 278,442 (that's summiting Mount Everest 10 times).

**A special thank you to the following individuals:** Isaac Samayoa for posting endurance and training rides over the past 6 months to prepare us and keep us ready for each ride; Baltimore Ortega, Dawn Maxwell and Ken Hickey for posting rides to work on hill training as well as rides in southern Wisconsin. And to Baltimore Ortega and George Pastorino for their virtual coaching and input on preparation for these rides. It was a collective EBC team effort on all fronts.

**Steward B. Johnson once said, "Our business in life is not to get ahead of others, but to get ahead of ourselves-to break our own records, to outstrip our yesterday by**

**our today, to do our work with more force than ever before."**

Congratulations to the entire EBC 2013 Triple Crown Team and additional EBC members who participated in the individual rides. It is clear that you took this opportunity to break your own record and you should be proud of your accomplishment.

It was quite a ride. I am glad that I had all of you with me on this exciting journey.

With gratitude-

Dawn Piech

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## How Often Do You Replace Your Chain?

By Dave Buckson

As it happens on occasion, the SMFR riders came to a topic of discussion toward the end of last Sunday's ride. This week's discussion centered on drive chains, specifically how often should it be changed. The conversation expanded to brake / shift cables and got me to contemplate what I'll call "consumables"... parts on the bike that wear out, therefore needing regular attention and replacement. The following schedule is my personal preference; you may have different needs based on your type of riding, chosen environments, budget, "If it ain't broke, don't fix it" syndrome, etc.

Chain - I replace mine every year / 3000 miles. I've only snapped a chain once, but I want to minimize the possibility of busting it, especially on a climb while out of the saddle; not something that I want to experience. I check the chain monthly for excessive stretch with a chain stretch gauge, a go/ no go measurement tool. This presupposes you properly maintain your chain. Synthetics such as "lubedirtlimestonedust" are no substitute for a clean and lubed chain.

Brake cables- Every year! Even though I go by the mantra "If you brake, you lose" it only applies to other cyclists. Cars don't really care too much if I can't stop before making contact. I won't take the chance of snapping a brake cable during an E-stop. Replace housings as well.

Derailleur cables- Every other year. Not nearly the concern as brake cables, but it's at the least an annoyance having to ride home in a gear not of my choosing. Replace housings as well.

Note on cables and housings. Use the highest quality cables and housing available. Dura Ace, Jagwire, etc. (not sure of Sram equivalent). Cheap cables stretch excessively and cheap housings compress excessively making brakes "squishy" and shifters sloppy.

Brake pads - Every other year. You may say "but they're not worn to the indicators," however pads are just as important to me as brake cables. Environmental conditions- heat, exposure to the elements, contaminants - all work to change the properties of the pads and increase the durometer (hardness) of the pad. Pads that are too hard are less effective (increased stopping distance) and can lead to premature rim failure.

Tires- every 1500-2000 miles. (225g. road tires) check for cuts, cracks, foreign materials, sidewall abrasions, bulges (ruptured casing), flat spots. The rear tire wears considerably faster than the front, some years I'll burn through 2 rear tires for every front. Your riding style, load, duty rating of your tire will change the interval.

I'm sure that any of our club sponsors would be more than willing to help you develop your personal schedule, evaluate the condition of your equipment and handle scheduled maintenance if you're not sufficiently mechanically inclined. I suppose I should add the disclaimer "This is NOT an endorsement of any of our club sponsors."

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## Officer Slate for 2014

by Chuck Dean

As noted in the minutes below, you can expect some turnover in the Board of Directors of the Elmhurst Bicycle Club at the end of this year. But NOW is the time to start thinking

about your ability to contribute your skills and leadership to the continuing success of the club.

If you have "what it takes" and want to participate in a manner beyond the rides that we all enjoy so much, please contact Chuck Dean or any other Board member to express your interest or to have your questions answered about Board Member service.

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**Perfect Weather for a Picnic**  
by Chuck, Valli, Kathy, and Mary Lee  
with pictures from Chuck

The annual club picnic on Saturday August 17th attracted more than 60 members to the Salt Creek Park in Elmhurst (just east of Route 83). This year again, Joanne Dezur did a masterful job of ensuring an outing worth attending. Early in the year, she had to reserve the sight so that it was available in August when we needed it. Then there was food planning, promotion, deciding the right number of orders, ordering the food, bringing the coolers, anchoring the table cloths, and the list goes on. Corky's provided a sumptuous fare. And many of our club members brought sides and desserts. It was impossible for anyone to go hungry.

Anticipating the good chow and the need to burn off some calories, several rides were scheduled that day. Cindy Reedy brought one group in and George Pastorino brought in another. Of course these riders needed to sustain themselves. But there was not too much jostling as people got in line for their food.

Six teams signed up for the bean bag competition, but Jim Gross and Tom Baldwin were the last two standing. Congratulations.

Going back to the work and efforts of Joanne, Mary Lee said, "My thanks, too, to Joanne who is almost a one-(wo)man-band when it comes to planning and executing the picnic. It's hard to imagine the time and effort it takes to plan, order food, post signs, lug equipment, coordinate deliveries, set up and take down, and manage an ill-trained volunteer crew. :-) Thanks, Joanne, for all of it. It was a glorious day with good friends and good food. Thanks also to the volunteers who pitched in and/or brought tasty appetizers and desserts. And thanks to all for friendship and camaraderie. What a terrific group EBC is!"

Valli Schiller singled out one of the desserts, "To whoever brought the spiked chocolate bundt cake: Wow, delicious! And to Joanne and everybody else involved in planning the picnic: Thank you!! John Wu and I had a great time connecting up with EBC friends, old and new. Great food, perfect weather, good company. Other than being trounced at beanbag tossing by Dave and Oscar, it was a wonderful way to spend the afternoon."

Kathy Wagner-Selbach added, "I'd also like to say Thank You to Cindy for leading a fun and relaxing ride this morning... great route!!! Joanne - once again you planned the perfectly fun picnic for all of us and even found the right place to give us wonderful weather... Thanks a million! It was nice to visit with everyone and I hope we all get to ride together soon."

Joanne, thanks so much for another terrific picnic.





EBCers Enjoying the picnic!





More EBC Picnic-ers



Tom Baldwin and Jim Gross had the touch!

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### Twin Lakes - Self Contained Chuck Dean

It was a mid-week adventure, the Twin Lakes outing that has been going on for several years now. I hope there is another one next year, as I am determined to make one of these. Betty and Jerry, and Dick and others put a lot of effort into this journey up to Wisconsin. You can see enjoyment radiating from the group of diners.

This ride is a great introduction to self-contained riding.





A Relaxing Dinner Caps the Ride!

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### Nifty Addition to Great Western Trail Pictures by Paul P.

Planning for the bridges spanning St. Charles Road and Grace Street began years ago. But the wait was worth while. The ribbon cutting happened August 5th. As usual a number of EBCers were there to mark the occasion.





Dupage Officials at Greatwestern Trail Ribbon Cutting



You can count on EBCers to make a showing (l to r) Kathy, Sharon, official, Paul, and Ken

### Plan For Safety by Chuck Dean

Hooray!! I haven't heard of any incidents or accidents the month of August. Let's start a new safety streak for the rest of the year. Remember, have an alert attitude as you enjoy the club rides. Safety doesn't happen by accident.



## Meeting Minutes August

### Board Minutes

August 8, 2013

**Present:** Chuck Dean, Cheri O'Riordan, John Stanaway, Gerry Fekete

1. **President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
  - A nominating committee needs to be formed to develop a slate of officer candidates for 2014. The slate will be presented at the October General Club meeting. Members will vote at the November General Club meeting with the announcement of the new 2014 Board at the December Holiday Party. Present Board members should submit at least two names to the President for the nominating committee. The President will assemble the nominating committee to form a slate of officer candidates.
  - All sponsor's names will remain in the 2013 *Membership Handbook & Directory* since the publishing of the 2013 directory has been delayed.
2. **Secretary:** The July 11, 2013 Board Meeting Minutes were approved. The Board Meeting Minutes can be viewed on the EBC website in the newsletter.
3. **Treasurer:** The Treasurer presented the Monthly Banking Summary (07/12/13 through 08/08/13). The listed income was \$373.05; expenses were \$886.30. At present, the balance in the treasury is \$14,500.36. The Treasurer's report was accepted. Members should cash their jersey credit checks.
4. **VP/Ride Captain:** The VP/Ride Captain suggested that former and present long-time members who are not riding anymore receive an invitation to attend the annual picnic and holiday party. The suggestion was supported. The VP/Ride Captain will contact a few active long-time members for their input and names. In addition, the VP/Ride Captain inquired if there should be a protocol before a member leads his/her first ride. The Board consensus was that a protocol was not needed.
5. **Newsletter Editor:** No report.
6. **Membership Coordinator:** The Membership Coordinator submitted the following report: 216 individual memberships, 109 family memberships; 216 individual members, 269 family members for a total of 485 members.
7. **New Business:**
  - The Secretary stated that all the Metro Metric supplies and equipment have been donated to four bicycle clubs. The rental of the storage unit has been cancelled. Numerous, newly-found cue sheet clips were given to the President to hold. Additional cue sheet clips were given to Ray Dal Lago for participants who attend his ride leader classes.
8. **Old Business:**
  - Sponsors and Advertising: A question lingers about sponsors using the list server to advertise. Further discussion is required.
9. The next Board Meeting will be held on Thursday, September 12, 2013 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Cheri O'Riordan

### EBC General Meeting Minutes

August 8, 2013

**Present:** Chuck Dean, Cheri O'Riordan, John Stanaway, Gerry Fekete

**New Members: 0**

**Guests: 1**

1. **President:** The President called the meeting to order at 7:15 p.m. at the Community Bank of Elmhurst. The President:
  - Announced that he received two thank you notes: 1) from the Arlington Heights Bicycle Club for the donation of Metro Metric supplies and 2) from Lekotek for the donation of an adapted child's bicycle for use by many children at the Lekotek center.
  - Acknowledged Joanne Nicholson for the very enthusiastic article that she wrote for the EBC August newsletter about the *Elmhurst Bicycling Classic* on July 19.
  - Reminded members that there are extra jerseys and T-shirts for purchase. Jerseys are \$62 and T-shirts are \$15.
  - Announced that on August 25 the *Bike & Chow Ride*, sponsored by the ATA at UIC, will take place. Registration is \$35.
  - Petitioned for members to volunteer on August 14 at the Elmhurst Farmer's Market with assisting at the EBC booth. Contact Bob Hoel.
2. **Secretary:** The minutes of the July 11, 2012 General Club Meeting were read and approved. (Full reports are on the EBC website in the newsletter).
3. **Treasurer:** The Treasurer presented the Monthly Banking Summary (07/12/13 through 08/08/13). The listed income was \$373.05; expenses were \$886.30. At present, the balance in the treasury is \$14,500.36. The Treasurer's report was accepted. Members were encouraged to cash their jersey credit checks.
4. **VP/Ride Captain:** The VP/Ride Captain expressed that there have been a nice array of rides on the *Ride Schedule*. There is a need for a few more rides in the lower pace range.
5. **Membership Coordinator:** Submitted a report: 216 individual memberships, 109 family memberships; 216 individual members, 269 family members for a total of 485 members.
6. **Mountain Bike Coordinator:** (Please contact the MTB Coordinator for further information). No Report.
7. **Advocacy:** (Please refer to the EBC website's *Advocacy* link or to Bob Hoel for further information). No report.
8. **Other:**
  - The Secretary stated that all the Metro Metric supplies and equipment have been disposed of and that the rental of the storage unit has been cancelled.
  - Tom Preston spoke about his participation as a volunteer at the *Elmhurst Bicycling Classic*; Joanne Dezur also spoke about the generalities of the event.
  - August 17: This is the date for EBC Annual Picnic. Joanne Dezur stated it will be held at Salt Creek Park in Elmhurst. She reminded members that she needs an RSVP for the food count if members plan to attend since food was thrown away last year. She also stated that she needed volunteers to assist with set up before, clean up after, and to oversee the beanbag toss.

Club Secretary

• A question was raised regarding how much money the club can have in the treasury and still remain as a non-profit. The Treasurer stated there is no set rule that he is aware of. He said the important factor is how a non-profit organization brings in money and that EBC's main source of revenue is through membership dues. He gave the example that a non-profit cannot be in the business of making money, i.e., EBC cannot own a building and then charge rent.

9. **Refreshments:** Tasty refreshments were provided by Tom and Ginny Preston.
10. **Program:** No program.
11. The next EBC General Club Meeting will be held on Thursday, September 12, 2013 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 20th of the month.

### Elmhurst Bicycle Club Officers and Committee Chairs

<b>President</b> Chuck Dean, 630.790.4203 president_elmhurstbicycling.org	<b>Advocacy</b> Bob Hoel bob.hoel_comcast.net	<b>Refreshments</b> Marge Ricke, 630.616.8481 margericke_gmail.com
<b>Vice President/Ride Captain</b> Gerry Fekete, 708.352.0913 ridecaptain_elmhurstbicycling.org	<b>Publicity</b> <b>Volunteer Needed</b>	<b>Safety</b> Larry Gitchell, 708.409.0105 larsofmars_aol.com
<b>Treasurer</b> John Stanaway, 630.653.3427 treasurer_elmhurstbicycling.org	<b>Programs</b> Ray Dal Lago, 630.543.4655 dlag10_aol.com	<b>Sergeant-at-Arms</b> <b>Volunteer Needed</b>
<b>Secretary</b> Cheri O'Riordan, 630.325.3917 secretary_elmhurstbicycling.org	<b>Database Manager</b> Nancy Shack, 630.964.3862 nshack_comcast.net	<b>Assistant Ride Captain</b> Nancy Rice, 630.717.9923 hotline_elmhurstbicycling.org
<b>Membership Coordinator</b> Cian Perez, 847.722.7110 membership_elmhurstbicycling.org	<b>Website Team</b> Cindy Reedy, 630.234.1349 cmreedy_prodigy.net Sharon Hermach, 630.717.1660 ganskesh_hotmail.com	<b>Mountain Bike Coordinator</b> George Pastorino, 708.903.8700 gpastorino_comcast.net
<b>Newsletter Editor</b> Chuck Dean, 630.790.4203 newsletter_elmhurstbicycling.org		<b>List Server</b> Cian Perez, 847.722.7110 cian.perez_gmail.com
		<b>Human Interest Person</b> Betty Bond, 630.932.0271 betzbond_sbcglobal.net

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

## September, 2013 • • • Club Rides

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



'Future Rides' (typically beyond the end of next month, if any exist) can be found on our website at <http://www.elmhurstbicycling.org/rides/futureRide.aspx>.

The 'Ride Schedule Archive' can be found on our website at <http://www.elmhurstbicycling.org/events/archive.asp>.

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