



The Cue Sheet

July
2014

The Newsletter of the Elmhurst Bicycle Club
Riding Strong for over 36 Years



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

BRAG (Bike Ride Across Georgia)

by Chuck Dean

Loren and I had been talking about BRAG (Bike Ride Across Georgia) for several years because he had a son and daughter-in-law in Cummins, Ga. (near the start of the ride), while I had a son and daughter-in-law in Savannah, Ga. (near the end of the ride). Georgia was definitely on our minds. This year, we made it happen. Our wives traveled with us and planned to stay with the kids as we rode the 400 mile course across Georgia from Washington to Darien. This was a 7-day ride with camping indoors in air conditioned gyms or outdoors on the grounds of a school in each of the host cities. There were about 650 riders. Some of them stayed in motels.

Each day's ride was typically about 60 miles (shortest was 49; longest was 78), but there was a 'hammerhead' option each day which added 10 or 20 miles to the route - if you were so inclined. On Wednesday, there was a century option for those who needed it and had acclimated to the heat. We had good weather all week long. It stormed one night but was dry in the morning and for the rest of the day. On the day of the century, an afternoon thunderstorm popped up. About 80 riders did the century including myself. I happened to be riding with a female active duty U.S.M.C. Major who was determined to ride the century even as the rain threatened. At the last rest stop, one of the SAG drivers encouraged us to sag in as it looked pretty dark up the road and we were the last two riders on the course, but the Major was determined to finish on her bike. We launched. About 4 miles ahead, the sag vehicle pulled ahead of us and stopped. The driver was holding a tablet computer with a real time display. He said, "you guys are going to get soaked." We took his advice and started to load our bikes on to his vehicle. Before we finished securing the bikes it began to sprinkle. In another 3 miles it began to rain seriously. And then all hell broke loose with thunder and lightning and sideways rain.



Waynesboro welcomes BRAG with vintage bicycles staged in town.



Loren and I had some trouble taking these babies up the hills!

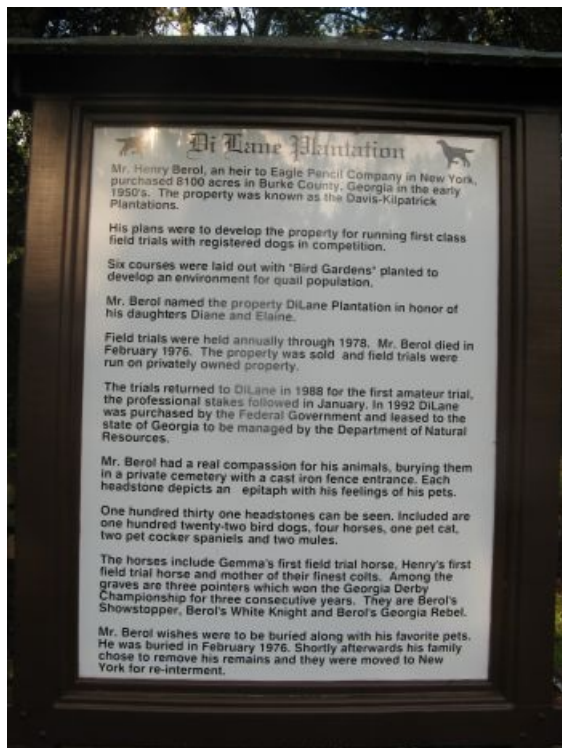
The registration fee for BRAG was \$340, which did not include meals except for an end-of-ride meal in Darien on the last day. There were plenty of rest stops along the route about every 15 or 20 miles. There was plenty of food including fresh fruit (bananas, apples, peaches, oranges), snack bars, cookies, peanut butter and jelly sandwiches, (and my

favorite) little chocolate training donuts, etc. Of course there were jugs of water and power aid. Good hygiene was stressed at the rest stops and the servers would not let you approach the tables to get food unless you had removed your gloves and washed your hands.

In each town at the end of the day, shuttle bus service was available to take riders into town to find dinner or a bar. A couple of towns had a band playing in the town square. In most towns, there were Italian ice or shaved ice trucks or trailers ready to provide a cooling refresher. Similarly, ribs (pork chops or brisket) were also available and seemed to get a lot of play from the riders. While you could always get into town to buy dinner, BRAG provided the option of purchasing breakfasts and dinners at the cafeteria of the schools where we stayed. Loren and I took this option, so we had breakfasts Monday through Saturday, and dinners Sunday through Friday (for \$107). Down south, grits was/were(?) on the menu each day, but the recipe changed mid-week to cheesy grits from plain-old grits. Of course there was bacon, sausage, eggs, fruit, yogurt, dry cereal, etc. The dinners were also good. I think I gained weight over the week. Loren and I both wore hippy bracelets the whole week in addition to the conventional medical-like bracelet that identified us as BRAG riders. The hippy bracelet was one of those multi colored shoe-string-like flat cords that identified us as pre-payers for the entire week (\$20) for gourmet coffee. A coffee tent (also serving fruit smoothies for an additional fee) was open for business each morning at 6 a.m. and was also in operation when you arrived at the next city serving coffee until 5:30 p.m. or so.

A word about the schools we stayed in: they were uniformly magnificent. They were all modern, air-conditioned, college-like campuses – even the middle school. We were repeatedly told that the local tax base could not support the building and maintaining of these wonderful plants. Rather, it was Georgia Light and Power (GLP) that funded them. I don't know how the trade works, but GLP had just opened several new nuclear facilities along the Savannah river. We rode past the familiar looking concrete towers on one of the days.

Each day's ride had a name. One night, the movie (Steven King's) "Pet Cemetery" was showing on large flat screen TV's at the school. The next day, the ride was named "Pet Cemetery" because we rode past (or optionally rode into) the grounds of a plantation that housed a pet cemetery. An heir to the Eagle Pencil company bought 8,100 acres of land in the 50's to facilitate bird dog training and "trials." His pets needed a special burial place including headstones. Waynesboro is the bird-dog capital of the world. A champion bird dog is like a race horse, and I was told they sell for more than \$100,000.



8,100 acres devoted to dog trials!



Headstones tell some interesting tales.



The course was a little hilly the first couple of days but flat on the coastal plain for the last three days. Several long-time BRAG riders said that the hilly portion of this year's ride was pretty tame in comparison with the other years where the ride starts further northwest. We usually were on the road by 7 a.m. and off the road by noon. On Monday, at 11:45 a.m. it was 96 degrees in Thompson, but for the rest of the week, the afternoon highs were 88 or 89 degrees.

In a ride like this (point to point across the state), one other logistical consideration is getting yourself and your bike to the start of the ride (if your car is at the end of the ride); or vice versa. BRAG had 2 greyhound style tour buses to transport you and your baggage from the end to the start (at the beginning of the ride); or from the end to the start at the end of the ride. Your baggage went with you on the bus. And the bus ride was about 5 hours long including a stop for lunch for Subway or Mickey D's. A semi-trailer truck hauled the bicycles. BRAG personnel asked you to remove your pedals and turn the handle bars 90 degrees before loading the bikes on the truck. Bikes were stacked 2 levels high with the upper level sitting on a cardboard floor. Each bike was separated from its neighbor by another cardboard wall. My observation was that the bikes were well packed and secure. The bus ride cost \$85.

Finally, one maintenance story At the last rest stop on the 5th day, as I moved my bike away from a wall against which it was resting, I noticed that the front wheel was dragging. The brake calipers were pinching the wheel. Now why would that be? I then looked at the left hand brake lever and noticed it seemed to be loose. As I touched the lever, it came off in my hand. Now I can't be sure what caused this, but I will tell you that the route maps each day would point out sections of the road which they called "shake and bake." This never amounted to more than a mile or two stretch, and it just wasn't all that bad. Surely, not like the cobbles on this year's Tour. But I suspect that the vibration from the shake and bake caused a nut to come loose which holds the lever to the rest of the brake assembly. I was able to open the calipers via the quick release and road the bike the remaining 20 miles for that day's ride. As is customary on these sorts of rides, a bike maintenance shop accompanied us each day and set up shop at the end of each day. I brought them my bike looking for an inexpensive fix, but the best they could do for me was \$279 for a pair of new STI brake-shifters. I declined their offer and they gave me all my parts back. As I studied the broken lever, I came upon a solution -- yes a little unconventional -- that got me through the next 2 days with a brake lever that actually applied the front brakes when I pushed it.



What's wrong with this picture?

All in all, BRAG was delightful. For more information about BRAG, see:
<http://www.brag.org/brag.html>



Loren and Chuck, 400 miles later! Darien, Ga.

Bike Advocacy in June

By Bob Hoel

June was a busy month for bike advocacy and outreach. Here is a summary of what took place:

- June 2 - The Mayor of Elmhurst issued a Bike to Work Week proclamation declaring the week of June 16 Bike to Work Week. This was accepted by Club members Kim Messina, Cindy Reedy, Armaline Mirretti, and Linnea Myers.
- June 7 - John Loesch organized the 2nd Blind Stoker ride of 2014. Club members Tom Preston, George Pastorino, Ken Hickey, Jerome Hughes, Pussanee Pastorino, and Rich Aycock helped captain 10 blind stokers. (Apologies to anyone I missed or included by mistake.) Great outreach! ... and the County wants to run a PR piece about these events.



Ed Barsotti at podium with club members Linnea, Ken, George H., Sharon, and Tom P.; Dan Cronin too.

- June 10 - The DuPage County Chairman, Dan Cronin, issued a proclamation as above. This was accepted by Ed Barsotti, LIB Exec Director, with the following Club members as a show of support: George and Sharon Hermach, Ken and Sue Hickey, Linnea Myers, and Tom Preston.
- June 11 - Our first monthly showing at the Elmhurst Farmers' Market. Helping me were Ron Sebonia, Sharon Hermach and Linnea Myers.
- June 15 - Kim Messina has organized monthly Family Bike Rides through Elmhurst for the purpose of encouraging families to bike. Unfortunately due to the conflict with Father's Day and forecasts of very stormy weather, the ride had to be cancelled. The next ride is scheduled for July 20, see note below. Please contact Kim if you are interested in helping.
- June 17 - This was to be a bike ride with the County Chairman to his office in Wheaton but unfortunately it was cancelled by rain.



Cindy, Paul, Joanne, Ray, and John man the EBC table at Metra station in Elmhurst.

- June 18 - A bike information and safety table was hosted at the Elmhurst Metra station by Ray Dal Lago. Ray was assisted by Club members Cindy Reedy, Kim Messina, John Loesch, Joanne DeZur and Paul Dieterle.
- June 22 - A family bike ride in Addison was organized by Sam Gunda and Ray Dal Lago in conjunction with the Addison Park District.
- June 29 - In conjunction with Spin Doctor Cyclewerks and the Active Transportation Alliance, the Club helped with Bike the Burbs ride. This was organized to attract bicyclists from outside DuPage County to highlight the County's bike paths. The ride went from Elmhurst to Two Brothers Brewing in Warrenville and back. It was attended by 28 riders. Club members Petra Hofmann, Marion Morawicz, and Bob and Nancy Hoel helped welcome the riders.

Thanks to the members who helped with these events.

July will not be nearly as busy with only three outreach events on the calendar at this time.

- July 9 - Information table at the Elmhurst Farmers' Market. As in the past, 2 shifts (6:45 am - 10 am and 10 am - 1 pm) with 2 volunteers per shift. Contact Bob Hoel if you can help.
- July 20 - Kim Messina's second family ride in Elmhurst will start at 3 p.m. on the east side of Wilder Park. Contact Kim to see if she needs help.
- July 25 - Elmhurst Cycling Classic, a spectator event that will be held on the same course as last year. A call for volunteers has already gone out by Tom Preston. Free race t-shirts to volunteers.

White Pines, June 20-22
Text and Photos by George Pastorino

A **HUGE THANKS** to **Betty Bond** and **Susan Sperl** for all the work it took to plan this adventure..... This was a big job and it was done flawlessly:perfect Cue sheets.....a team of sag drivers.....great lunch stops.....We have been on paid tours that were not run as well as this. © EBC Rocks.....the best club ever





We rode 76 miles on Friday out to White Pines State Park.....spent 2 nights there.....with a day of hiking and biking on Saturday.

Great Cocktail Parties and EBC Camaraderie.....just a perfect weekendabout 180 miles total.

Thanks to Sag Drivers, **Judy Mikesell, Joanne Dybala, Mary Lee St. Aubin, Julie Savage, Keith Garland** and **Sharon Hermach**.....what a great job they did all the way around. © .

Special Thanks to **Judy Mikesell**.....she always leads great hikes and this was no exception.....way, way off the beaten path. .

This is what my good friend Baltimore calls bushwhacking ©

See Hike Slideshow here: http://albums.phanfare.com/slideshow.aspx?i=1&db=1&pw=Exu3Zle9&a_id=6569606

See Bike Trip Slideshow here: http://albums.phanfare.com/slideshow.aspx?i=1&db=1&pw=xO954Cf9&a_id=6569599



It's got 2 wheels. Why can't we get mileage credit?
Susan, Betty, and Sue

Meeting Minutes June

Board Minutes June 12, 2014

Present: Tom Preston, Ken Hickey, Judy Mikesell, Kim Messina, guest Betty Bond

1. **President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.

- Tom brought up the subject of personalized mileage tee shirts. Discussions will continue on this subject as it is a highly personal choice, involving an additional cost and possible variations. Quotes from different vendors will be sought for more specific costs and options to offer to club members who would like to personalize their shirts or jerseys.
- Judy Mikesell brought up concerns that EBC purchased 34 black and white EBC wool jerseys and only 28 have been paid for. There needs to be research on who has received their jerseys, and who has not paid. Armaline will need to be questioned and may have documentation on this subject.
- Some discussion was devoted to the new retro EBC/black and white bike kits which had been initiated by a few club members. EBC board had not been involved with the decision to offer this option to club members, nor were there EBC funds involved in the purchase of these 'kits.' Tom contacted Kathy Wagner-Selbach to let her know this. Kathy was to have been working on a new design for an EBC club jersey, and Tom wanted her to continue to do so.
- EBC trifold membership/club flyer - discussion on should new fliers be ordered? What is the return response when we hand out these brochures? Would it be best just to hand out the EBC business card with information directing them to the EBC website for more information? Judy Mikesell will look to see how many trifold brochures and business cards were ordered last and what the cost was. Quotes on these items will

EBC General Meeting Minutes June 12, 2014

Present: Tom Preston, Ken Hickey, Judy Mikesell, Kim Messina

New Members: 25

Members Present: 26

1. **President:**
 - The General Meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst.
 - Tom reminded everyone after posting a ride, an email must be sent to the List Server (elmurstbicycleclub@googlegroups.org), announcing the ride. This is the correct procedure and is required for listing rides.
2. **Secretary:** May 2014 EBC Meeting Minutes were not read, but have been published in the EBC website. Minutes can be viewed on the EBC website in the newsletter. Kim spoke of the Elmhurst Family Bicycling rides - Sundays Jun 15 / Jul 20 / Aug 10 at 3:00 p.m. Ride will begin at Wilder Park / Cottage Hill side. Easy pace, great for the whole family
3. **Treasurer:** Tom Preston read the Monthly Banking Summary: Monthly Banking Summary (dated 5/8/2014 - 6/11/2014) listed income was \$290.00; expenses were \$1,457.83; Total Banking balance at this time: \$14,183.49
4. **VP/Ride Captain:**
 - Lots of rides are being posted; weather has been great for riding. Also there is a lot of information on invitational rides on the table if anyone is interested in participating in any of them, please take a brochure. There are also bicycle magazines there if anyone is interested, feel free to take them.
 - Ray Dal Lago and Sam Gunda are looking for EBC members to attend the Addison Bike Fest June 22. Volunteers are needed to work the EBC table, as well as ride along with families. Sam will also be leading family rides organized with Addison Park District on Saturdays. These rides

be looked into for consideration.

2. **Secretary:** Christmas Party at a remote location. Kim Messina and Sam Gunda met to discuss locations for the club party. Pints, HB Jones, and The Snuggery were the contenders for this event. After discussing these options with the board members, the Snuggery was selected to be the location for the party. Their menu, location, parking, and venue were most favorable. The cost for members who will be attending is \$5.00. If members want to bring a guest, the cost would be \$15. Payments can be made through PayPal, after setting it up the program to allow this. Cian Perez will be contacted on this subject.
3. **Treasurer:** The Treasurer reported: Monthly Banking Summary (dated 5/8/2014 - 6/11/2014) listed income was \$290.00; expenses were \$1,457.83; Total Banking balance at this time: \$14,183.49
4. **VP/Ride Captain:**
 - A concern from a club member has been brought to the board's attention that emails are not always being sent to the List Server announcing the rides, after the ride is posted. This possibly is not being done because the correct procedures may not be known. Ken suggested that maybe once the ride is posted, would it be possible to automatically go to the List Server? Judy stated a security concern of just anyone posting bogus rides, that maybe a password should be required. Several possibilities of how to resolve these issues were discussed. Training was one suggestion. Creating a password protected access to list a ride is a possibility which will require information from Cindy Reedy to see if this is even possible.
 - Show and go rides: Is it a Show and Go if a ride leader sends out an announcement that they will lead a Show and Go to a destination? Or must it follow the rules for properly listing rides. After discussion on this topic, no changes will be made.
5. **Newsletter Editor:** No report.
6. **Membership Coordinator:** Total memberships: Single 219; Family 111; Total - 330. Total Members: 498
7. **The next Board Meeting** will be held on Thursday July 10, 2014 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina
Club Secretary

will take place the 2nd and 4th Saturdays in June, July, and August from the Addison Community Park. See Sam for details.

- As a service to the club, Ray Dal Lago is a Certified Bicycle Instructor, and will instruct anyone who does not know how to ride a bike. Contact Ray for details.

5. **Membership Coordinator:**
 - Total membership: Single - 219; Family - 111; Total - 330. Total Members: 498.
 - Cian thanks Baltimore for the new member rides that were lead earlier in the year.
 - All non-renewals have been removed from the membership list. If you are not receiving EBC emails and have paid your dues, contact Cian.
6. **Door prize winners:**
 - Karen Kiley - Gift certificate from J&R Cycle
 - Ginny Preston - Gift certificate from Hartley's
7. **Newsletter Editor:** Thanks for contributions to the EBC newsletter. Cycling experiences and similar stories of interest can be sent to Chuck Dean.
8. **Safety Chairman:** No safety report.
9. **Advocacy:**
 - EBC had a table at the Elmhurst Farmers Market. Rainy weather dampened the attendance.
 - Bike to Work with the County Chairman will be on Tuesday June 17, leaving from the Gazebo on Spring Road and Prairie Path at 7:00 a.m. Kevin York, Elmhurst Alderman, will be leading the ride. Please consider riding along if you are able to.
 - Wednesday June 18, EBC will be at the Elmhurst Metra Train Station 6:30 a.m. for 2 hours to promote cycling. A few volunteers are needed to assist.
 - County officials heard of The Blind Stoker Rides, led by John Loesch, EBC member and were impressed by such an event. This is a positive note on building awareness on biking.
10. **Mountain Bike Coordinator:**
 - Baltimore Ortega: Due to lots of rain, trails are not good for riding, but this is a good time for hill training.
 - Chequamegon Mountain Bike 1st Expedition 2014 -- July 10 - 14 - Mountain bike rides led by Baltimore (easy rides) and George (intermediate rides). Steve Sanderson will lead canoe trips.
 - For summer mountain bike / pool party rides: Sundays June 29 / Jul 27 / Aug 24. Easy, intermediate mountain bike rides, as well as road rides led by others, and then after the rides - stay for the party.
 - Pure Michigan Ride - please join us.
11. **Awards and Club Attire:** Ken announced the names and Armaline handed out the Tee-shirts and a \$25 gift certificates from Voler to qualifying members. The \$25 certificate is a credit against a future purchase. It was an apology from Voler for being late on their delivery.
12. **Refreshments:** Ginny Preston gave a report on Marge Ricke's recovery from knee surgery, which is coming along nicely. Cheri O'Riordan provided refreshments for tonight's meeting. A volunteer is needed for next month's meeting.
13. **Program:** Bob Hoel gave a presentation on his bike trip in Morocco highlighting some of the gourmet foods, architecture, and culture he had experienced on his bike tour.
14. **The next meeting** will be held on Thursday, July 10, 2014 at 7:15 p.m at The Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina
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

President Tom Preston, 630.852.8836 president_elmhurstbicycling.org	Advocacy Bob Hoel bob.hoel_comcast.net	Refreshments Marge Ricke, 630.616.8481 margericke_gmail.com
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Treasurer Judy Mikesell, 630.833.1036 treasurer_elmhurstbicycling.org	Programs Ray Dal Lago, 630.543.4655 dlag10_aol.com	Sergeant-at-Arms Sue Hickey, 630.627.4518 sue_kensvideo.com
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		Human Interest Person Betty Bond, 630.932.0271 betzbond_sbcbglobal.net

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

July, 2014 • • • 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 out 30 or more days, 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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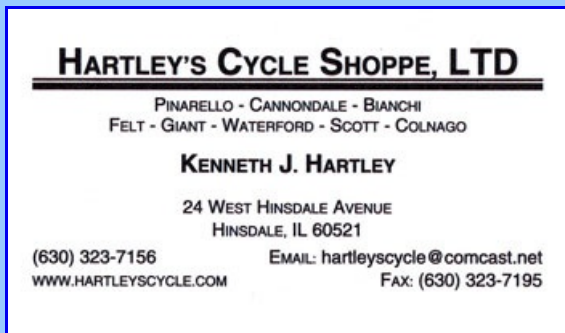
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