



The Cue Sheet

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

August
2014



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

SOLITUDE, PEACE, ADVENTURE, ACTION

By Baltimore Ortega

Chequamegon 1st EBC MTB Expedition
Ortega/Pastorino/Sinderson/Pastorino
July, 2014

Note: The first few paragraphs include the short version of the ride recap; the long version follows for those who may be interested. If you don't feel like reading, the poem and picture at the end will give you the story. In Northern Wisconsin we biked, hiked, and paddled, in a National Forest and the Namakagon River. We enjoyed nice restaurants, and the camaraderie of the 16 1/2 EBC members. It was a memorable event; the first EBC Chequamegon Mountain Bike Expedition. Those of us there will remember the excitement of sharing the adventure with each other, and the feeling of being in a near wilderness area. This event was special, because we had EBC members who made it special. They all came to be part of something bigger, a memorable and historic event. Remember, nine years ago our club did not have a mountain bike program; your support helped make this event possible. We belong to one of the best cycling clubs, with one of the best mountain bike programs. I want to thank everyone who went to Chequamegon, you made it special. I also want to thank the team leaders of the expedition who offered professional top level activities. They put in a lot of time and effort before our trip, and throughout our time there. Expedition Team Leaders: George Pastorino, Steve Sinderson, Pussanee Pastorino. Expedition Members: Pravin Patel, Raul Alfaro, Maria Alfaro, Bruce Tyler, Ruth Dover, Dawn Maxwell, Karen Kiley, Jose Sosa, Salvador Ortiz, Diane Daudell, Brian Swanson, Marty Becker, and two year old hiker Elijah Alfaro. We also want to thank CAMBA, the Chequamegon Area Mountain Bike Association, Ron Bergin the Executive Director, the CAMBA Board of Directors, and all of its members for developing and maintaining what some consider to be the singletrack capital of the Midwest. Thank you EBC, and George Pastorino, the Mountain Bike Coordinator, for your help and support of the mountain bike program. The program is a growing part of our club that now draws new and young members to join. With best regards,
Baltimore Ortega
Team Leader

Thank you, take care, and be safe, ...enjoy your cycling and club events. I'm sorry it is a long recap, but I already miss Chequamegon, and writing about the trip brings back some fond memories.

HISTORIC EBC MTB/PADDLE TRIP TO NORTHERN WISCONSIN

It's tough being a mountain biker; you have to bike in beautiful areas, and then eat at nice restaurants. Some of the trails were so much fun you could hear riders yelling, "Woo-Hoo!"

DAY 1 - When I was 12 years old we lived in Gary, Indiana. Saturday mornings I would go to my friend's house and knock on the door. His mother would come to the door and I would say, "Mrs. Lopez, can Alex come out to play?" Alex would come out and we would ride our bikes or hike in the woods nearby until we got hungry. Forty-eight years later, I was knocking on EBC member Jose Sosa's door at 6:30 AM, "Can Jose come out to play?"

We had an enjoyable drive to Hayward, Wisconsin, population 2,318, and arrived at the Flat Creek hotel early in the afternoon. George and Pussanee had arrived days earlier to bike, scout, and dine. The day before they had run into a Black Bear on the trail. We met at the OO Trail Head start location. Everyone enjoyed a nice two mile warm up on the famous, Birkebeiner cross country ski trail. Although the trail is easy, the hills are tough with some 10-30 % grades. Our next stop was my favorite trail, the easy intermediate/intermediate MAKWA Trail. It is all singletrack, twisting, climbing, and rolling, in a wonderful and scenic forest. We finished the ride and met at our first restaurant. The Angler's Bar and Grill in Hayward offers a Wisconsin ambiance, with local wildlife on the walls. The menu offered sandwiches, burgers, salads, and of course, cheese curds.

DAY 2 - During the evening we could hear the rain. George Pastorino and I decided to change our rides to hikes. After breakfast at the hotel, we split into two groups and each caravan went to the trailheads. My group went to the Namakagon Trail. By the time we started hiking the rain had stopped. We hiked 5 miles on the dirt trail surrounded by beautiful scenery, giant trees, and an abundant forest of trees. All we could hear was the swaying of trees in the wind, and birds singing.

After the hike we went to Cable, population 825, and had lunch at the Brick House Cafe. We enjoyed a turkey sandwich with homemade potato salad, and homemade apple pie with ice cream. After lunch we visited the Cable Natural History Museum. Then we went to scout the SHORT and FAT gravel road. It's the same one they use for the FAT TIRE RACE; this race attracts over 2,000 riders every September. Gravel roads sound like they are easy to ride, but they can be tough. We rode 15 tough miles with plenty of hills, surrounded by the forest.

The EBC had a private room for dinner at the Flat Creek Hotel restaurant. The secret recipe all-you-can-eat fish fry was delicious, the menu offered plenty of other options, and of course we had some cheese curds. By the way, fried cheese curds are a Midwest delicacy, offered mostly in Wisconsin and Minnesota. The cheese curds are dipped in batter, fried, and served as an appetizer with a side of ranch dressing. The next morning Steve Sinderson was going to lead a canoe/kayak trip so he gave a presentation of the events and ordered subway sandwiches for those participating.

Day 3 - The day was divided into two groups, paddle and mountain biking. Most of the members went paddling, and a few of us hit the trails all day. Steve took everyone to the canoe rental to sign up, and get a shuttle ride to the start location. They paddled on the wonderful Namakagon River, a premier flat water location for paddlers. The river is full of forest trees and wildlife. The group saw a beaver, turtles, birds, deer, and more. At one point, when they were by the edge, a deer jumped over a canoe and swam away. The lunch break included a cooler full of Subway sandwiches and beverages.

The mountain bikers rode the Namakagon Epic Trail, and the Patsy Lake Trail. This is a favorite of many riders. The Namakagon trail was challenging, with twisting and rolling hills in the deep forest. The Patsy Lake trail had a sweet singletrack and some doubletrack, with bogs, rolling hills, a variety of forest views, and a wonderful view of the Lake. We could feel the immense presence of the forest, and being in a remote location closer to Canada, than Chicago. During the ride Karen Kiley lost her expensive cycling computer. The odds of finding it were very low, but we discussed whether we should go back to look. Ruth Dover said she wouldn't mind riding back and the other members agreed. As a ride leader my first concern is the riders; I said we would ride back to the previous stop and only on the easy sections. We rode back without luck and decided to look a little more before stopping the search. All of a sudden we found her cycling computer in the middle of the trail; we found the needle in the haystack. We all smiled and continued the ride.

Lunch was at the Cable Brick House Cafe. Our next stop was the SEELEY Trail, a solid intermediate singletrack. We rode to the "FLOW" trails and had a few Woo-Hoo moments. These trails wind up and down like a roller coaster; riders ride up and down without pedaling. This is something the younger mountain bikers like to ride. We continued on the trail to find the bigger Gravity Cavity "FLOW" trail, but we ran out of time and went back. We finished a fun day of riding all day.

We had a semi-private dining room at the Original Famous Dave's Restaurant in Hayward. The restaurant is located on the shores of beautiful Round Lake. They offer lip-smacking BBQ, other good food, and of course, cheese curds. After dinner we stepped out to the back deck facing the lake, and enjoyed the wonderful scenery under a full moon.

Day 4 - The Pastorino Team had an incredible ride on the challenging Rock Lake Trail, and the Epic Namakagon/Patsy Lake Trails. Our team rode the HATCHERY CREEK TRAIL in the Hayward Cluster, one of the six CAMBA Clusters of trails. This is a fun easy intermediate trail through rolling glacial terrain with some hills. Our ride was designated as a "Scouting Ride", anything can happen, expect the unexpected, and the unexpected happened, but it was all good. The trails, once again, were challenging but fun. We had four days, and more, of fun mountain biking, hiking, and paddling.

"Two roads diverged in a wood, and I,
I took the one less traveled by,
And that has made all the difference."

Robert Frost

The road less traveled. Photo by Ruth Dover, July 2014.



Singletrack beauty in Chequamegon near Hayward, Wisconsin

CURIOUS GEORGE AND THE BEAR

George and Pussanee Pastorino were mountain biking the second day on the premier off-road/gravel-road trails in the Midwest, Chequamegon, a near wilderness area of striking beauty and peaceful solitude. As they rode through the beautiful forest, along the Seeley Trail, George caught a quick glimpse of what seemed to be a large furry dog crossing the trail up ahead; it's not uncommon to see dogs on trails with hikers and runners. After a couple of more turns the dog reappeared about 20 yards up ahead, except it wasn't a dog, it was a ...Black Bear, in the middle of the trail. He quickly stopped, looked around for a cub, thought about taking a picture, but wisely motioned to Pussanee she should stop and turn around. A mother bear can be dangerous if she thinks her cub is threatened. They turned around, and sped away without any incident. After waiting 30 minutes at the start location, they went back to the same trail and enjoyed a wonderful mountain bike ride without any bear sightings.

This is my fifth time in the Chequamegon National Forest area, and I have never seen a bear; it's rare to see such a National Geographic moment. George felt bad about not taking a picture of the bear for his slide show. A few of us went to the Cable Museum to take this picture of a black bear for him. George, if you see another black bear on the trails, please, ...no pictures of the bear, Safety First!



Editor's Note:

Of course there are numerous slide shows and movie clips from George Pastorino with links available through his reports found on the EBC list server. Here is just one link if you would like to see more pictures. http://albums.phanfare.com/slideshow.aspx?i=1&db=1&pw=H6e2v5en&a_id=6594257

RAGBRAI 2014 With EBC Members
by Ken Hickey

Over the last two years as a member of Elmhurst Bicycle Club I have had numerous members speak to me about the fun they had on RAGBRAI. What is RAGBRAI?? Register's Annual Great Bicycle Ride Across Iowa, since it is sponsored by the Des Moines Register Newspaper. RAGBRAI has been growing for 52 years now and is, I believe, the largest single ride in the USA. Well after hearing all the stories, here is mine and Rudy's.

Rudy has been doing this ride for the last 14 years on tandems with various captains, but after riding my trikes this year he wanted to get his own recumbent tandem trike and ride it with me.

Here is an image of what he purchased from future sponsor, Mill Race Cyclery in Geneva, but in red to match his 4Runner. He will be riding this on club rides with myself and others in upcoming weeks. Rudy and I man the trike below.



Trident Chameleon Tandem Trike!

When we arrived at the start for registration, it was massively crowded, but sported loads of vendors and was very well organized. The only thing bad was due to 15,000+ people being there; the cell towers were overloaded and nobody's cell phones worked. Jerome Hughes, Rudy Winfrey and I rode up together and stayed together in housing of some sort most

nights due to Rudy's limitations. Most of the riders were camping, which is norm for this ride.



Ken and Rudy with hosts Debra and Norm in Okoboji, Iowa (Sunday host city).
The hosts had tents pitched all over the yard.

The other EBC members who participated this year were Brian Swanson, Jim Farrell, Bill Bonner, Fred Tarbell, Rich Aycock, and Mary Ellen Reedy. My original plans were to meet up each day with everyone and ride together a ways, but due to logistics and no communications that turned out to be impossible.

The most impressive thing to me about the ride was the number of youths doing it. We had one family with a 9 year old boy riding a 24" mountain bike completing the entire ride of nearly 500 miles over 7 days. Every time we saw him he was standing on the bike cranking away, never sitting down. There were hundreds of families with similar aged kids.

Types of bikes were all over the board, from ellipticals and multi person tandems (3 seaters and 4 seaters) to 4 person side-by-side pedal-powered carriage. A real neat one was a tandem trike with a yellow skin over it that looked like a giant banana, and the two inside were wearing banana costumes as well.



There is always something to see on a bike ride!

Needless to say the ride was hugely successful as in previous years. The hosting town's residents came out in droves to greet and pander to the riders hosting numerous bands and activities for all ages. Hundreds of food vendors along the way and in the hosting towns provided such a variety of nourishment and other things that were just too good to be true.

In 2016 Brian Swanson and I are going to try to put together a large contingent of EBC members. Hope you all keep it in mind and watch for the info in 2016 (yes 2 years from now).

What is Bike Advocacy About?

by Bob Hoel

From time to time I have heard and received comments that suggest we need to talk about why the Elmhurst Bicycle Club does bike advocacy. Here is how I see my role as the bike advocacy chair of the Club.

Bike advocacy is about creating a safer environment for people of all ages who use bikes for exercise, recreation and transportation. As your advocate coordinator it is my job to keep the Club aware of opportunities that help with this mission. Minimally, these include our outreach, developing programs and keeping in contact with our elected and appointed public officials and staff.

It helps to present multiple faces to the public. For example, it was good to have Kim Messina, with the other Club members, accept the "Bike to Work Week" proclamation on behalf of the Club from the Elmhurst Mayor. It sent a message that there are others who are involved and concerned. Likewise, Ed Barsotti receiving a similar proclamation from the County Chairman. The several Club members present told Chairman Cronin that Ed was representing others and not just himself.

When the message goes out to contact your elected representatives or government officials, it is critical that you respond. You can be sure that the other side is piping up. If they don't hear from us then they act on the information they get from those who think biking accommodations and safety requirements are not necessary. You could say we get what we ask for.....let's make sure it is more than nothing. The on-line processes to send messages make it easy. Often a simple one minute call is all it takes.

Our outreach efforts bring more members to the Club and, in turn, give us a larger voice to speak out on the issues that affect our advocacy mission. Five hundred voices carry more weight than one.

Finally, we enjoy biking and we would like to leave a legacy that our kids and grandkids can have the same or better conditions to bike in. Only by creating awareness and insisting on safe accommodations will we make progress to this end. Think of me as your spark plug or conduit for energy to make these things happen. When you advocate don't think about it as helping me; consider it as helping others enjoy biking safely.

Two Pool Parties Already – One to Go!

Narrative and Pictures from George Pastorino

Another great day with 35+ riders, over 5 rides, and about 40 Pool Party attendees. Pussanee and I feel blessed to be able to share our home with so many friends :) Thanks to Chuck Gentile, Ken Hickey, John Loesch, and Baltimore for leading rides; and to everyone who came out to enjoy the rides and the day.



A familiar sight; and another large turnout!

Please consider coming out in August (Sunday the 24th).....all are welcome and invited to the rides and party.....

"Friendship is unnecessary, like philosophy, like art... It has no survival value; rather it is one of those things that give value to survival." C. S. Lewis

See Slideshow here: http://albums.phanfare.com/slideshow.aspx?i=1&db=1&pw=E3NfzK2i&a_id=6611154



Lots of action as riders get ready. Can you find George in this picture?>

EBC Picnic
 Saturday, August 9, 2014
 11:00 A.M. till 4:00 P.M. (lunch at noon)
 Salt Creek Park, Elmhurst

Don't Forget! Please **RSVP by August 6th** To ensure that everyone will have a good time and that there is enough food, we must know if you plan on attending and how many. You may RSVP either by phone or e-mail. Please contact: Joanne DeZur at 630-833-7688 or cycl...@gmail.com.

[Salt Creek Park](#) is located off of Route 83 just south of North Avenue. There is an entrance to the park from Rte. 83 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.

We hope to begin eating at 12:00 noon. The club will provide fried chicken, beef, potato salad and cole slaw. Drinks will be lemonade and water. Alcohol is not permitted in Park District facilities. If you like, you can bring any side dish, fruit, or dessert to share with others.

Afternoon entertainment will be a bean bag contest and conversation under a shade tree. If you have a bean bag game we could use please let me know and bring it with you. If you have one we could use and are riding to the picnic let me know and I will arrange to have it picked up. Members can bring one other person to the picnic.

Meeting Minutes July

Board Minutes July 10, 2014

Present: Tom Preston, Judy Mikesell, Cian Perez, Chuck Dean, Cindy Reedy, Kim Messina

1. **President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
 - First topic of the evening was personalized jerseys with miles ridden in a given year. Cherokee

EBC General Meeting Minutes July 10, 2014

Present: Tom Preston, Judy Mikesell, Cian Perez, Chuck Dean

1. **President:** The Board Meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst.
 - Regarding the Egg Yolk Loop Ride cancellation,

Rose Embroidery, Villa Park gave a quote for \$12-15, depending on the size of lettering desired. Lingraph, a company in Glendale Heights quoted \$8 - 10 for iron on lettering. Club members who want to personalize their jerseys can seek out these vendors, or choose one of their own if they would like to have their achievements on their jerseys... Example: 3,892 miles 2014.

- Tri-fold - membership application brochures need to be updated with correct information on membership fees and a question on how new applicants found out about EBC. Judy will get pricing details from the printer who did the last brochure. Cian will review the brochure for updates, and Cindy will make the updates.
- Bill Bonner has volunteered to be the Publicity Chairman. He is a new member to the club and has experience in advertising and public relations.
- Christmas party will be at the Snuggery in Elmhurst Thursday Dec 11. The cost is \$5.50 per member and \$16 for non-members. Payments will be made through PayPal. A link will be put on the EBC website that will direct members to PayPal to pay for the Christmas party.

2. **Treasurer:** Monthly Banking Summary (dated 6/12/2014 - 7/10/2014) listed income was \$535.26; expenses were \$935.10; Total Banking balance at this time: \$14,969.71.
3. **VP/Ride Captain:** No report
4. **Newsletter Editor:** No report.
5. **Membership Coordinator:** Memberships: Single - 225; Family - 113; Total - 338. Total Members: 510.
6. **Password Protected** - program to list a ride was discussed. Many steps are involved which affects all the existing components of the existing program. More discussion needed on this topic.
7. **The next Board Meeting** will be held on Thursday August 14, 2014 at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina
Club Secretary

Tom made the decision to cancel the ride, in fear of insurance not covering, should there have been an accident. Later after speaking to the Insurance representative, EBC learned it would have been covered if the post marked envelope with the date, signed dated check, and dated application could be presented

2. **Secretary:**
 - June, 2014 EBC Meeting Minutes were not read, but have been published. Minutes can be viewed on the EBC website in the newsletter.
 - Kim spoke of the Elmhurst Family Bicycling rides - Sundays / 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.
 - Correction to the June minutes: Ray Dal Lago has offered to give **a free lesson** to a member, or anyone who needs to learn how to ride a bicycle, **not lessons**.
 - Christmas Party will be held Dec 11 at the Snuggery in Elmhurst. Cost to members is \$5.50; cost to nonmembers will be \$16.00. A link will be put on the EBC website that will direct members to PayPal to pay for the Christmas party.
3. **Treasurer:** Tom Preston read the Monthly Banking Summary: (dated 6/12/2014 - 7/10/2014) listed income was \$535.26; expenses were \$935.10; Total Banking balance at this time: \$14,969.71
4. **VP/Ride Captain:** Ride captain is on vacation - he sends his greetings from Colorado
5. **Picnic Chair** - Joanne Dezur is organizing the picnic for Saturday Aug 9, to be held at the Salt Creek Park in Elmhurst, from 11:00am to 4:00 p.m. She needs to have people RSVP by Aug 6 so that the right amount of food can be ordered. Volunteers are needed to help with the Bean Bag Toss; set up, and clean up.
6. **Membership Coordinator:** Memberships: Single - 225; Family - 113; Total - 338. Total Members: 510.. Cian gives thanks to Betty Bond for her assistance while he is away. And he thanks all the club members who have welcomed and encouraged new members.
7. **Door prize winners:** • Cindy Reedy - Gift Certificate from Orland Park Cyclery • Paul Punchum - Gift Certificate from Hartley's
8. **Newsletter Editor:** Thanks to Chuck Dean for doing a great job with the EBC newsletter. Tonight he is wearing his GOLD medal that he earned while doing a Bike Ride Across Georgia. Chuck rode 400 miles, and has earned the right to BRAG about this great achievement!
9. **Safety Chairman:** Baltimore Ortega is in Wisconsin, on the Chequamegon Mountain Bike trip, but has sent a few reminders to be read at the meeting: • Remember to ride single file on busy streets, when vehicles are approaching, or when the ride leader calls out "single file!" • Ride Leaders should advise the Safety Committee if there is an incident or accident, so we can learn from it, or advise the club if there are dangerous conditions to be aware of. • Please don't ride with your tire close to, or touching the tire directly in front of you.
10. **Advocacy:** Remember: The Elmhurst Cycling Classic is July 25. They are still looking for volunteers for the bike valet. Please contact Bob Hoel. (630-240-0219). A great way to get a free t-shirt! The Cycling Classic is a bicycle race organized by Prairie State Cycling for professional and amateur riders, with the course held on streets around Elmhurst College. Here is the website for more information:
<http://www.elmhurstcyclingclassic.com/>
11. **Mountain Bike Coordinator:** (George Pastorino)
 - CAMBR needs volunteers for the Palos Meltdown Race, Sunday July 20, 2014. They have requested EBC help with Course Marshaling as that is the most urgent need and requires many volunteers. It is not a difficult job, but vital to the race. • Please use the link here: <http://cambr.org/meltdown> • The race is the number one fundraiser for CAMBR by

far. Without CAMBR's dedication we would have no single track to ride. After you have registered please email George so he will know you will be there.

12. **Publicity Chairman:** Bill Bonner, a new EBC member has volunteered for this position. He is familiar with this role, as this is what he does professionally.
13. **Refreshments:** Marge Ricke is back! Thanks to Ginny Preston who organized refreshment volunteers while Marge was recovering from knee surgery. Refreshments provided by Cheri O'Riordan.
14. **Member Miles Database Manager:** In an email dated July 4, Peter Gough reported that:
 - EBC YTD miles surpassed 100,000 during June.
 - Thanks to all those who are sending in their ride sheets promptly and with rider names clearly identifiable.
 - One note to ride leaders: If there is someone on your ride you don't know, please ask them if they are a member or not. Have them sign the correct side of the ride sheet.
15. **Web Site Team:** (Cindy Reedy and Sharon Hermach)
 - Chuck Dean, taught himself the software program used for the EBC Ride Schedule and has made numerous improvements to the original programing. The capability of the Future Rides moving over to the Current Rides - make the Ride Captain's job a lot easier. He has created a Time Formatted Field - which puts the rides in chronological order. A note here: If you do not put the start time in the suggested format, it would have to be manually corrected, which may delay the posting of your ride. He created a separate Ride Entry Form, for the Ride Captain. This helps with the Show and Go listed rides. Specific email messages are also sent to the Ride Captain when there are typos, allowing errors to be corrected quickly. He also fixed the program so that if the form is not completely filled out, it alerts you to the fact before submitting. Thank you Chuck Dean, for all the work you have done to make the program more efficient for the Ride Captain, and for all who list rides! P.S. Chuck added that all he did was some tinkering, and we should all remember that Steve Josephs did all the real work years ago when he automated the Ride Schedule in the first place. Thank you Steve.
 - Gerry Fekete also did a lot of work and contributed to the wish list of all these enhancements. Thank you Gerry!
 - There are more items on the wish list - such as creating a program to query or sort the ride schedule, to look for a specific ride leader's rides. This is something to consider, but may not be necessary if it is not going to be used.
16. **Awards Chairman:** Armaline has given out all the awards (patches, t-shirts) that have been earned from 2013. There are a few wool jerseys and t-shirts available for sale if anyone is interested. Voler has given \$25 certificates, as an apology for being late with the t-shirt order. If you don't plan on using the certificate, please turn it back in to the club, so it can be used as an item to raffle.
17. **Program:** Guest speaker Carol Garsee spoke of her trip across America. If you missed the presentation, she was absolutely delightful. She spoke highly of her tour guides, which offered an affordable, safe adventure for all:

Nancy and Ken Wright
1298 Faybrook Rd.
Sharon, VT 05065-6545

802-763-8937
ngwright@valley.net

Thanks to Ray Dal Lago for helping with coordinating and setting up the screen and projector.

18. **The next meeting** will be held on Thursday, August 14, 2014 at 7:15 p.m. at The Community

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

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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, 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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