



The Cue Sheet

June
2015

The Newsletter of the Elmhurst Bicycle Club
Riding Strong for over 37 Years



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

Ride Of Silence

contributors: Betty B., Chuck D., Baltimore O., and George P.

The Ride of Silence, Wednesday, May 20, was noteworthy, well-attended for a cool damp evening, and led by Betty Bond. A number of EBCers made contributions to the ride and this report.

Baltimore encouraged attendance with a brief reminder about the origin of the ride: *"Larry Schwartz was cycling in May, 2003 when a school bus mirror struck his head, and knocked him to the ground. His friend Chris Phelan was frustrated after the funeral. Another cyclist was killed and he waited for someone to do something. Nothing happened, so he sent out some emails announcing a one-time ride in silence at Dallas, Texas. On the day of the ride his wife and a friend joined him so he wouldn't have to ride alone. They rode silently and alone. As they approached the rise on one of the hills, there were over 1,000 cyclists waiting for the ride of silence. The cycling community was working together for a good cause. The following year other cities and locations held their own Ride Of Silence."*



Betty scheduled the ride and kept everyone up-to-date on the day of the ride as the weather outlook was grim for awhile. Betty thanked the attendees after the ride: *"I want to send out a thank you for all the brave riders that showed up for last night's bike ride in spite of the nasty, wet, cold conditions. I understand that other rides in our area were canceled, but not EBC's, thanks to the following members: Tom, Ginny, Grace, Pussanee, Marty, Paul, Fredericka, Al, Ted, Hope, Joanne, John, Jimmy, Mary Beth, Mary Ellen, Rich, Ken, and our guest, Laura Barkenquast."*



Very special thanks to George for being our official photographer, Lynn for being in charge of the black arm bands, Linnea for sweeping and pulling the Burly, Baltimore for being our back up sweep, and Jerry who always gives me so much love and support.

*EBC is so fortunate to have these wonderful folks that make it the **BEST CLUB ON THE***

George did his usual outstanding job with pictures and video clips. You can see a slide show at <http://tinyurl.com/RideOfSilenceSlideshow>. And a video clip at <http://tinyurl.com/BettyArrangingPoliceEscort>.

Horsey Hundred, 2015

By Chuck Dean

While I knew something about the Horsey Hundred from reports and pictures published in the Cue Sheet in previous years, I was still pleasantly surprised at just how nice a ride it was. Granted, from the western 'burbs, it is a 380 mile, 6 hour drive to Georgetown, KY (close to Lexington); but it is super-highway all the way. Marilyn and I left on Friday of the Memorial Day weekend at 9 a.m. and arrived at 5 p.m. after allowances for bio-breaks and the time zone change headed east. We checked in at the Hilton Garden in Georgetown before driving over to (1.7 miles) the Horsey registration at Georgetown College. Registration was open until 9 p.m. allowing plenty of time to get that requirement out of the way, before Saturday's ride.

Georgetown and the Georgetown college campus are picturesque with hundreds of older, quaint (and modern too) buildings to capture your interest. Food vendors and musicians were plying their wares to satisfy your various appetites. Other bicycling vendors had lots of goods available both inside the gym and outside in several locations. One area of the campus was devoted to the tent-campers who were roughing it. Some of our EBCers took the middle ground of staying in a college dorm room (about \$25 per night) rather than camping or motel-ing.

By previous agreement, a number of us met at the Waffle House at 5 a.m. to allow for a 6 a.m. start for a planned century ride. Your body tells you that the 4:30 a.m. wakeup call for the 5 a.m. breakfast is really 3:30 a.m. CDT, but perhaps the excitement that comes with the anticipation of a long new ride minimizes any anxiety at that hour in the morning. I felt great and ready to go. I'm not sure if pecan waffles qualify as carbo-loading, but they sure tasted good.



Tom, Chuck, Kären, and Bill



From the group picture at 6 a.m. you can tell that sunrise is a little later in the east than back home in Chicago. I remembered to charge a bicycle headlight Thursday night, and then promptly left it at home on Friday. No matter, by 6:15 when we actually left, you didn't really need lights.

So, how nice was it really? Really nice! The roads themselves were exceptionally smooth. Maybe 2 or 3% were marked as rough road; and there were the occasional places where red paint outlined one hazard or another. But riders universally commented among themselves about the smoothness of the roads. Another common topic was the beauty surrounding the roads. There are lots of horse farms in the area. Fenced-in pastures and paddocks make for beautiful scenery. Fences might be white-washed or soaked in creosote, but in either case, they formed a handsome boundary. Better still, miles and miles of stone fences captured one's attention. In some cases, these stone fences have been standing for centuries without any mortar, just careful craftsmanship. The lower sections of the fence are comprised of stones laid horizontally, but the top section has all the stones laid on edge. They are beautiful.

Old timers report that this year's course was a little flatter than in previous years, but there are still plenty of rollers and a few steeper ascents and descents. There were also a couple of canyons where the road was bounded by high limestone cliffs. These were scenically grand but melodious as well as you could hear and see water sprinkling down the walls.

George P. forewarned us that the first rest stop would not even be open when we rolled past. But it didn't matter, because its location was only 12 miles into the first leg. And the remaining rest stops would all be open by the time we got there. It seemed like there was a rest stop every 15 miles; and there was. Besides the usual fare (peanut butter and jelly sandwiches, cookies, fruit, trail mix, granola bars, etc.,) a big contract had been let for PayDay candy bars. Every rest stop offered PayDays. Naturally, I stocked up. Well, maybe the very last rest stop did not have PayDays. I really can't remember as I got distracted by the root beer and dreamsicle ice cream floats that were being served. No one said, "Just take one!" So I did not just take one. Refreshing.



By mid-day we were in Frankfort, the capital of Kentucky

Saturday night after the ride, 20 of us ate at Sopporo restaurant, a Benihana-like Japanese grill. We all fit around one grill and ate a mountain of food. We had a really good time. It may be that the chef got carried away with extra large portions, because Brian S. was plying him with sake and toasts as the meal began. The chef could hardly say no out of politeness, right? Thanks Brian. Oh, before I forget, one of us did not make the dinner. Salvador O., who did the century, didn't want to be rushed and get cleaned up for the dinner. He needed a little downtime, after playing 18 holes of golf AFTER the bike ride.

Sunday there were rides in lengths of 25, 35, 50, and 77 miles. George made a point of saying that although he and Pussanee were going to do the 77 mile course, the pace would be a lot slower than on Saturday. Either George or Pussanee, or maybe both, are horse whisperers. They were frequently seen nuzzling and talking to the horses. Or, maybe the horses were talking to them.

I can truly say, having done many of these destination weekend rides, the Horsey Hundred is one of the nicest.

In the Beginning ... EBC Founder Evelyn Staehle by Chuck Dean

EBC sadly noted the passing of Evelyn Staehle on April 19, 2015. Evelyn was founder of our club back in 1977. Daryl Staehle shared this news with us recently along with several pictures and links. See Tom Preston's post on the List Server dated April 25th for all the available information. One of links takes you to the [April, 2002 Cue Sheet](#), in which the following article appeared: *Twenty-Five years ago **Evelyn Staehle** was planning a bicycle vacation in Europe and decided riding with a club would help get her in shape. The League of American Wheelmen told her there was no club in Elmhurst and suggested she start her own. We now have her to thank for that because that is exactly what she did. She placed notices in the local papers and the LAW Monthly Bulletin which brought a response from **Dick Diebold**. Several members of the Franklin Park Club offered to help as did the Elmhurst Park District by offering the Depot as a meeting place. The **Lockmans, Connie and Orrin** were next, and then with the efforts of **Evelyn, Dick, Connie and Orrin** the bicycle club which in April, 1978 became the ELMHURST BICYCLE CLUB was formed.*

Some tidbits of our past are as follows:

- 1. Oct 26, 1977 first meeting with 32 in attendance*
- 2. March 12, 1978 first Virgin Voyage*
- 3. March 1978 affiliated with L.A.W./Got Charter*
- 4. April 1978 Official name chosen and Incorporated by State of Illinois*
- 5. May 17, 1978 changed meeting place, "outgrew" Depot and moved to Eldridge School.*
Total Membership now 109
- 6. Oct. 18, 1978 First Birthday Party celebrated*
- 7. Oct 19, 1978 First Halloween Party*
- 8. Dec 2, 1978 First Christmas Party at the Abbey*



Evelyn Staehle, RIP, 1925 - 2015



Evelyn marks the 5th birthday of EBC, 1982,
with a birthday cake

Blind Stoker Ride - Taste of Glen Ellyn

This is the **18th year** Dr. John has led these great rides that give so much joy to our non-sighted friends.....we did not see any Rain.

Once again, he did an outstanding job leading the Tandem Captains who were carrying our Blind Stokers to the taste of Glen Ellyn. All the Stokers did an outstanding job as well and were an inspiration to their sighted Captains.



Thanks to Dr. John Loesch (back row, 3rd from left, yellow green helmet) who organizes these rides. Next Ride is June 6th (Taste of Wheaton). Please contact Dr. John at drjo...@gmail.com if you are interested. Please consider taking a day out of your riding schedule to Captain a ride and bring the thrill of cycling to a person without sight. If you want to do some outreach, this program is very worthwhile. I have attached the schedule for the year.

I know a lot of folks who talk the talk when it comes to advocacy and making it about others. Dr. John walks the walk. As an Optometrist in retail, Saturday is his regular working day...so he has to take six vacation days to do these rides. He is dedicated to helping those without sight get on a bike and get some enjoyment for the day. He is to be commended.

The Taste of Glen Ellyn, Saturday, May 16, was one of the rewards of this day's riding adventure. Food was available for every palate, salty or sweet. And of course, one needs something to wash it all down.



No one is going to go hungry!



Of course there will be dessert.



George calls this "The Goods"



Pussanee is up to the challenge!.

You can't be out of hope while you still have beer.... Thanks....George and Pussanee

Meeting Minutes May

Board Minutes May 14, 2015

Present: Tom Preston, Ken Hickey, Judy Mikesell, Jeff Gunty, Kim Messina; George Pastorino, Nancy Shack, Brian Swanson, Diane Daudell, Ginny Preston

- 1. President:** The Board Meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
 - Incident Report on file along with a copy of the sign-in sheet. - Many club members, including members of the Board, had not been aware until recently of the need to fill out an Incident Report, should there be an accident while on an EBC ride. This always has been a requirement of the liability and excess medical insurance policy held by the club. When this procedure was made mandatory, many club members brought up concerns about legal ramifications that these reports can create for the club and personally for the ride leader. After a discussion amongst the Board Members, it was decided that this additional insurance would be cancelled and Article #7 from the Ride Leader's duty to submit the Incident Report would be removed. A motion was made and passed to cancel the liability insurance and excess medical insurance. The board members feel that there should be an incident report, which should be submitted by the person who had the accident and given to the Safety Chair. Reporting incidents will make us aware of what we can do as a group to prevent these accidents in the future. Going forward, it was suggested to involve Ray Dal Lago and Baltimore Ortega, in writing a procedure that would best assist the club when there is an accident.
 - Loop Training Rides: Training rides held at the Arboretum or other closed loop training ride locations currently do not follow EBC guidelines, where the riders must ride with the leader. A request was made to modify the wording to: In regards to Training Rides, a rider may ride at his/her own pace, and must keep track of his/her own mileage and advise the Ride Leader. No rider can report more miles than the posted distance on the Ride Schedule and miles reported can be no more than the ride leader's total mileage. Future discussions will continue on the exact wording.
 - Ride Leader Responsibilities change wording: All members must clearly print their names on an official Club Ride Sheet and guests shall sign the back that includes the Club release and liability waiver. Both members and guests must provide an Emergency Contact name and number or show Road ID bracelet and advise of its location. Ride Leaders should carry the Ride Sheet with them on the ride. In the event of an emergency, the ride leader is to provide the emergency medical personnel with the contact information.
 - Sign suggestion: Brian Swanson mentioned that the Joliet Bike Club, working with IDOT, has put up road signs that state: Give a Cyclist 3 Feet - It's the Law. It was suggested that the club do something similar for the communities in which we ride.
 - Confidential Emails to the Board: should be marked "Confidential," if the sender does not wish to have that information shared.
- 2. Treasurer:** Monthly Banking Summary (dated 4/9/2015 - 5/13/2015) Total income: \$1,285.97; Total expenses: \$888.18; Total balance: \$16,926.96.
- 3. The next meeting** will be held on Thursday, June 11 at 6:15 p.m. at the Community Bank of

EBC General Meeting Minutes May 14, 2015

Present: Tom Preston, Ken Hickey, Judy Mikesell, Ginny Preston, Jeff Gunty, Kim Messina

- 1. President:** The General Meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst.
 - Excerpts were read from an email sent to the club from the son of Evelyn Staehle, who was one of the original founders of EBC. More detailed information can be found on the first page of the EBC website.
- 2. Secretary:** April minutes are posted in the April monthly newsletter, which can be found on the EBC website.
- 3. Membership Coordinator:**
 - Total memberships: Single - 197; Family - 255; Total - 389; Total Members: 452
 - Door prize winners:
 - + Ed Castellan - Rudy's Certificate \$25
 - + Ron Fruin - Sammy's Bike Shop Certificate \$25
 - + Ginny Preston - Blackhawks jersey
 - Meeting attendance: members- 47 guests- 2
- 4. VP/Ride Captain:**
 - For Ride Leaders, there has been a change to responsibility item #7, regarding the Ride Incident Report. It is no longer being required to be filled out by the Ride Leader. It will still be necessary to report the accident, but the details should come from the person who had the accident. Information gathered will be used to alert the club as an information training tool to avoid similar mishaps.
 - Betty Bond will be leading the Ride of Silence Ride on May 20th. It will be nice for a good show of support for this ride by participating in this ride. Here is a link of an article on the ride, where Betty was interviewed: <http://www.chicagotribune.com/suburbs/downers-grove/news/ct-dgr-silent-bike-ride-tl-0514-20150512-story.html>
 - Training Rides- an email will be coming out, establishing structured guidelines for such rides, as they differ from the original definition of an 'EBC Club Ride', but benefit many in the club who participate.
- 5. Treasurer:** Monthly Banking Summary (dated 4/9/2015 - 5/13/2015) Total income: \$1,285.97; Total expenses: \$888.18; Total balance: \$16,926.96.
- 6. Newsletter Editor:** Thanks to Chuck Dean for doing a great job with the EBC newsletter. Keep contributing articles of your cycling, or interesting related articles.
- 7. Advocacy:**
 - Bob Hoel attended an Illinois Transportation meeting, which was more of chance to get public input on what are the 3 most important transportation issues. Communities working on bike plans include Lombard, Glen Ellyn, Wheaton, Villa Park, Winfield, Downers Grove, Elk Grove Village, and Elgin. Even though Elmhurst adopted a bike plan 2 years ago, citizens have to get involved to ensure the plans are acted on and effective. Elmhurst will do a pilot program - putting 'sharrows' on selected streets.
 - EBC will not be doing the Farmers Market this year, but Elmhurst Sustainability Committee will have a table there, where bike literature can be given out. A list of dates to sign up to volunteer will be passed around.
 - Bike to Work Week - the week of June 15-19. Ray

Respectfully submitted,

*Kim Messina
Club Secretary*

Dal Lago, who has in the past has organized the information table previous years, will need volunteers to help him at the Elmhurst Train Station.

- National Bike Month is May. Locally, Bike to Work Week is in June. A suggestion is going to be made with Active Trans, and other bike organizations to coordinate the timing of these 2 designations, to gain greater synergy on a national level.

- Bike Valet - Paul Dieterle has volunteered to organize the Bike Valet - the bike parking during the Elmhurst Cycling Classic July 24. (Friday). He will need several volunteers to help run the bike parking program.

- Bike the Drive - Contact Bob for a promotional code for a discount on the ride fee. This event is Active Trans' biggest fundraiser and supports all their efforts in making cycling safer in communities.

- Grace Doyle, League of Illinois Bicyclists asked EBC members to forward the link to our mayors, asking them to take the LIB Bike Safety Quiz. As of this writing, the Mayors of Woodridge and Elmhurst have taken the quiz, and both have forwarded the information to the weekly Community News, asking readers to take the online quiz.

8. **Data Base Manager:** - Peter Gough - as of May 12, 199 members have participated in at least one of the 303 activities posted so far this year and logged nearly 49,000 miles.

9. **Safety Chairman:** Baltimore Ortega

- Ride single file when the road conditions require extra safety.
- Be careful of riders around you, and do not let your tire get close to anyone's tire.
- Make sure you are drinking enough water and eating your snacks on all rides

10. **Awards and Attire:** Awards - 130 members with 500 miles or more are eligible to receive certificates; 82 members with 1,000 miles are eligible for T-Shirts; 57 members are eligible to receive Patch Awards for at least one ride each of 25 miles, 50 miles, 62 miles, and 100 miles; 19 members are eligible to receive a Ride Leader Jersey.

11. **Mountain Bike Coordinator:** George Pastorino

- Full day Ride Leader Training on May 30 -is full.
- Pool Parties - MTB and road rides - at the Pastorino house, last Saturday in June, July, and August - All members invited.
- Ride Leaders needed for Road Rides for the pool party bike rides, both fast, and moderate paced rides.
- Private MTB lessons with George - email me privately if you are interested.
- MTB Trail Etiquette - check with George before going out on the trails if there is any doubt of the condition of the trails.
- Baltimore and I will organize an EBC effort to provide Course Marshalls to the Palos Meltdown Mountain Bike Race on August 9. This race is the primary fundraiser for CAMBR and it would be nice for EBC to help. Mark your calendars, details to follow.

12. **Refreshments:** Thanks to Sue Hickey for providing refreshments this evening.

13. **Sponsor Chairman:** Ginny Preston:

- We have 10 sponsors who do advertising through our website. 10% discount is given to EBC members.
- J&R (formerly in Lombard) has moved their shop to 240 W. St. Charles Road, Villa Park.
- Should there be any unhappy moments with any of our club sponsors, please contact Ginny Preston with your issues first.

14. **Program:** Guest speaker - Andrew Nesypor, Trek Area Brand Manager. Trek Bicycle stores have teamed up with Abercrombie & Kent Philanthropy and Wheels of Change International to change the world, two wheels at a time. Andrew was going to talk about this program, but was unable to make

- the meeting.
15. **The next meeting** will be held on Thursday, June 11, at 7:00 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
Vice President/Ride Captain Ken Hickey, 630.290.0006 ridecaptain_elmhurstbicycling.org	Publicity Bill Bonner, 630.297.9773 bill@bonnerimpr.com	Safety Baltimore Ortega, 312.697.7031 baltimore.ortega_gmail.com
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_sbcglobal.net

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

June, 2015 • • • 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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