

# The Cue Sheet

**July** 

The Newsletter of the Elmhurst Bicycle Club Riding Strong for over 38 Years



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

## Our President's Message

With the rash of recent deaths on the road including the 5 cyclists killed in Kalamazoo and the 2 last week in Morris who were friends of EBC member Lynn Korff, I am going to address what EBC can and will do with regards to safety. First, we need to recognize and be aware of the growing dangers on the road as drivers become more and more distracted due to texting and other smart phone use. Second, we need to recognize that our members and ride leaders are safe and do a good job on road rides, however there is always room for improvement and we must be vigilant in correcting unsafe riding when we see it.

Third, we need continuing education on how to ride the road in a safe manner. To that end, I have asked Baltimore Ortega and Ray Dal Lago to put together a safe cycling class and ride. Ray is a League Cycling Instructor (LCI) and is certified to teach Safe Cycling Classes. I have also asked Armaline Mirretti and Laurel Salvador to assist with this class; they are also League Cycling Instructors. Watch the List Serv for details. Read about the League Cycling Instructor Program here:



http://bikeleague.org/content/become-instructor I am considering taking the class and so should you.

Fourth, I would like to remind all members to ride safely and friendly on the road; we want people to know we are Elmhurst Bicycle Club cyclists. We ride safely, carefully, and are predictable. We should be setting the example of Safe Cycling.

Fifth, I plan to ask what the police and community officials are doing to make the streets safer for cyclists and the people who drive vehicles on the same streets. I will also ask them what we can do better as cyclists to help. I plan to send a letter to the prosecutors in the recent cases indicating our concern for justice in all cycling and vehicle accidents resulting in injury or death.

Sixth, as our club donates money to cycling organizations, I will ask them to send their top specialists to our monthly meetings and do a presentation on cycling safety, our legal rights as cyclists, and anything else they can offer us on the subject.

Seventh, I have asked our Safety Chair George Hardwidge to write an article about Safe Cycling for the newsletter. I would like to see at least one Safety Tip each month in the Newsletter. This can come from any member as well as George H.

Finally, I will ask Ed Barsoti of Ride Illinois about new signage in the pipeline. I feel that the main streets cyclists ride should have signs that say something about driving carefully / safely around cyclists.

Please be safe out there and I will see you on the road or trail soon.

ALA Fight for Air Ride by Colleen Kirchoff





Wow, I was so excited to have won the raffle for the American Lung Association, Fight for Li Geneva. I donated a mere \$40.00 for this exciting expedition. I was enraptured by the all-inclusive 3 day stay at the Abbey, on the shore of Lake Geneva, with amazing gourmet meals of all you can eat, and the opulent accommodations. The three day rides were routed through the rolling pastoral hills in northern Illinois and southwestern Wisconsin. Of significance, there were 1-2 major hill climbs per day, in which I

struggled successfully to get to the top (walking up was allowed). Fun, fun, fun in the sun!

The endless fields of corn and soybean, dotted with weathered red barns, enveloped me as I hammered on the flats. Yes, there were songbirds cheering on my progress! The rest stops and full SAG support were definitely a plus as I pedalled out the miles. Like a Bach fugue in G minor composition, there were polyphonic themes of charity, health, and friendship interwoven throughout the weekend. I instantly bonded with the cyclists, Gan, Jeff, Linnea, Lynn, and Steve in all the events and mealtime celebration. By the end of the weekend, I promised myself that I too, will become a sponsor and fund-raiser for the American Lung Association I was far more enriched in snirit and in mind than I ever anticinated. This is why I ride and

participate with the amazing Elmhurst Bicycle Club with its remarkable and diverse members. Rah Rah American Lung Association!!

### Bike and Barge by Marion Morawicz

This April, EBC went to the Netherlands on a Bike and Barge trip aboard the Merlijn. Twenty of us road from Amsterdam to Bruges, Belgium. A typical day would be a ride out in the countryside, led by our amazing leader, Felix, after breakfast on the barge. Lunch would be a packed lunch provided by the Merlijn. Often we stopped at a local bar to enjoy our lunch with a beer, or a hot soup. There were many, many stops along the way, sometimes to enjoy a tour of the town we were in, the scenery, or dodge the finicky weather we encountered. We returned to our floating hotel shortly before dinner, early enough to clean up and have a cocktail before dinner. Dinner on the boat was also provided, and by unanimous agreement, was fantastic. The evenings included an optional town walk led by our bike guide, Felix.

On the first day of our tour, we rode to Keukenhof, a tulip park that has 7 million tulips, daffodils and hyacinths planted in the most beautiful landscaping arrays imaginable. This park is only open 8 weeks out of the year, from March to May. We got lucky and picked the right week to go, because the tulips were in bloom. Other highlights of the week included Kinderdijk, famous for its row of large windmills, visiting Gouda where gouda is made, and visiting Antwerp, Belgium, where we had dinner on our own, in town. Once we got to Belgium we traded stroopwafels – the favorite treat of the Netherlands, for Belgium beer. Belgium beer is the bomb. But the brew they send here is not the same, so the experience can't be replicated.



Keukenhof tulip park!



Home on the River - the Merlijn



100's of Beer Varieties and Glasses





Take a close look and you'll see some familiar faces

# Northwest Tour by Chuck Dean

The real starting point for the Northwest Tour is Kären S's reminder emails to prepare for the registration in early January. Only 300 riders are allowed on this tour and the online registration is filled within an hour or so from the time it opens. About a dozen EBCers made a timely registration and enjoyed Michigan's beautiful roads and shorelines over 5 days in June (Wednesday, the 15th thru Sunday, the 19th.



Can you spot the Michiganders who joined us to ride this day?

The Northwest Tour is a riding / camping trip based at Empire, Michigan very close to the Sleeping Bear Dunes. Unlike a lot of biking / camping trips, this one does not require setting up and taking down your tent except once. Going back 10 years or so, it seemed like it was standard to break camp each day of a ride. But more recently, many rides (such as the TRIRI, GITAP, BRAG, etc.) have moved to the model where you typically spend two nights at each campground. Because the Northwest Tour had us spending all 4 nights at the same location, I brought an old fashioned 9 x 12 canvas tent and enjoyed the spacious surroundings while not worrying about multiple setups and teardowns. The Northwest Tour was reasonably priced at \$170 which included the rides, the maps, SAG service, camping fees, and 7 meals (4 breakfasts - Thursday thru Sunday; and 3 dinners - Thursday thru Saturday). The planned rides on Wednesday (arrival day) and Sunday (departure day) are short - approximately 30 miles. On Thursday, Friday, and Saturday, riders are offered a menu of "short, long, or extended" rides approximately 30, 60, or 90 miles. Of course one of those extended rides is a "century." It so happens that Bill and Kären S. have done about 9 or the 10 NWTs that have been held. Yes, they really like the NWT. With Bill as a ride leader, many of us took a custom route prepared by Bill that featured the finest scenery and avoided some of the hills that are plentiful in this part of Michigan. While you can minimize some of the rolling terrain, you can't escape the hills completely. Be prepared for some climbing. Loren and I rode a century on Thursday. It was overcast and cool that morning which proved to be a pleasant start to a long day of riding. The overcast was a low fog over some of the smaller area lakes (Lake Anna and Long Lake) but I never broke out my rain jacket, and Loren, who started out wearing his rain jacket, removed it after the first hour as it was too warm.









Loren and George H. at Fishtown

More than reporting the weather, I want to say more about the hills, but here is the weather report in any case. It was rainy on Wednesday and none of us EBCers chose to ride the short route, but I'd guess that 30 - 50 riders did get the 30 mile ride in without really getting wet. It did rain Wednesday night, but no campers reported any tent problems. It was overcast and damp and foggy Thursday morning, but sunny for the 2nd half of the day and beautiful all the rest of the days.

Loren and I were feeling good through the 95 mile mark. Maybe because he rides a compact crank (34 -28) while I ride a 39 -26, my legs started to "talk" to me on the last two sets of hills returning to Empire. Maybe he is just stronger, but in any event he negotiated the final hills without any difficulty, while I chose to walk two stretches of the last 2 sets of hills. My legs did not actually cramp, but they told me that they were going to cramp if I didn't get off the bike. Walking and stretching my leg muscles allowed me to ride the last 2 miles without any more "talking." We did another extended ride on Saturday, and I had no issues. But I am reporting, be prepared for hills.

The food provided by the tour was wonderful including a lot of fresh fruit and good salad fixings. The main courses were delicious. And there was plenty of dessert. On several evening there was a bonfire, popcorn, and s'mores.

Speaking of desserts, this part of Michigan is known for its cherry pies. Bill quotes Mario Batali (The Chew) who claims to know where the best pie is. Bill took a group into Traverse City on Thursday for that pie. Loren and I missed it, as that was the day we did our century. Uncharacteristically for me, I did not have pie until Sunday morning. Sunday's 30 mile route took us back into Glen Arbor and the Cherry Republic – a premier pie place that our group had sampled the Wednesday evening that we arrived. I had a fine piece of pie in the store / restaurant. I purchased a whole pie which was boxed and tied to my handlebars with a plastic garbage bag for the 7-9 mile ride /climb up the "3 sisters" (big hills) back into Empire. That day, I managed to ride the hills and avoid walking. And the pie made it safely all the way back to Glen Ellyn.



I'm not sure that Sir Edmund would think that I was making a political statement.

# The Marvelous Model 1000 by Chuck Dean

First of all, let me just say that it was only rumored that Park Tool Company (PTC) went after Loren after seeing the exquisite hand-built Model 1000 truing stand in the pages of the July issue of <u>Popular Whatchamacallits</u>. It is true that PTC does hold several patents on their own sleek wheel truing stands; and it is also true that in-house counsel did advise them of the likelihood of infringement in the case of Loren's Model 1000. But, in the absence of an aggressive marketing plan from Loren, Park chose to let the matter wheel on down the road.

The end result was that Loren was able to loan me the Model 1000 when I rebuilt the original rear wheel on my 25 year old Schwynn Crosscut bicycle. Loren manufactured the Model 1000 about 15 or 20 years ago at a time when he was more likely to build a wheel than buy a wheel. The Model 1000 was constructed of marine grade plywood and galvanized sheet metal and angle iron. It is fully adjustable and can handle 26-inch, 27-inch, 29-inch, and the ever-popular 700cc wheels. Loren's foresight must be complimented as the so-called 29-ers didn't exist when the Model 1000 was created. A sliding bracket allows the Model 1000 to accommodate rear wheels with hub widths designed for 5- and 6-speed cassettes and even 10- or 11-speed cassettes. The heart of the model 1000, however, is the truing mechanism. Fully adjustable curved brass calipers were salvaged from a hinged wooden lid from a



Loren's hand-built Model 1000 truing stand!

19th century Boston armoire. Loren used a grinding wheel to notch the ends of the calipers to allow each one to simultaneously check for truing and for wheel roundness.

From last month's issue of the Cue Sheet, EBCers know that I took the Crosscut on the Katy Trail down in Missouri. Whether it was a matter of the bicycle being 25 years old or the load suffered by the Crosscut in hauling my sorry butt 250 miles on a bumpy crushed limestone path, the spokes on the rear wheel were so loose that the wheel seemed to "talk" when ridden on a quiet smooth road. The wheel was not significantly out of true or round, but the spokes made a rubbing noise where 2 spokes crossed each other between the hub and the rim. Many of the cylindrical spokes had a flat side where one spoke touched the other spoke. The spoke nipples in many cases were "welded" to the spokes probably from salt corrosion related to years of winter riding. Frequently, the nipple would disintegrate around the spoke as I tried to loosen the spoke, or the spoke would shear off before it would let go from the action of the spoke wrench.



make a second trip to J&R to get more spokes and nipples as I erroneously thought I could get away with replacing about a third of all the spokes on the wheel. After replacing a dozen spokes, it seemed that the spoke that had to be tightened or loosened to true the wheel was always an old spoke that I hadn't replaced and that could not be loosened. Another 6 spokes, and the wheel was true and round. Thank you J&R. And thank you Loren for the Model 1000!

rebuild my wheel. Once I figured out how to best employ the Model 1000, the job was finished all too quickly. I did have to  $\frac{1}{2}$ 

Loren's hand-built Model 1000 truing stand with wheel!

# Gallery



The Wednesday evening Hump Day Hustle Crew enjoyed a beautiful evening.



Ray Dal Lago and others man the Elmhurst train station while promoting Bike-to-work week. Thank you to Joanne, Cindy, George, and Armaline.





You can experience a new high enjoying scenery along the Centennial Trail.

# Meeting Minutes June

#### **Board Minutes June 9. 2016**

Present: George Pastorino, Judy Mikesell, Kim Messina, Chuck Dean, Cindy Reedy

#### President:

- Due to the cyclist deaths in Kalamazoo, EBC has passed a motion to donate \$250.00 to Kalamazoo Strong, who is raising money for the surviving victims and their families Susan Sperl has been working with Voler on the new EBC jersey design and will have preliminary sketches to present at the next meeting.
- · Club Picnic: The date has not been announced, but Joanne DeZur is starting to make plans for the EBC 2016 Annual Picnic. Keep on the lookout for the August date to be announced soon.
- $\bullet$  Club Directory: Bruce Tyler is assisting with putting the EBC Directory together. Because of the many changes in membership, detailed membership information, and privacy concerns for some, a paper directory will not be printed this year. Once the Directory has been updated with the membership information given at the time of registration, a directory will be sent out in a PDF file in an email to all the
- Cindy Reedy and Jeff Gandy both will be retiring from the Website Team soon. We are asking if there are any club members who are knowledgeable in website creation and management. Anybody who has questions about the responsibilities and qualifications, please contact George Pastorino
- Vice President: Ken is still traveling, and Cindy Reedy is still assisting with the role of Ride Captain.
- 3. Treasurer: Monthly Banking Summary (dated 1/1/2016 -6/8/2016): Total income: \$889.34; Total expenses \$576.82; Total balance: \$10,909.95
- The next meeting will be on Thursday, July 14, at 6:15 p.m. at the Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina Club Secretary

#### **EBC General Meeting Minutes June 9. 2016**

Present: George Pastorino, Judy Mikesell, Kim Messina, Chuck

- President: The General Meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst. We started the meeting with a moment of silence to honor the victims of the Kalamazoo bicycle accident.
- Secretary Report: The EBC 2016 Summer Picnic is being planned for August. The date will be announced next month. The EBC Christmas Party is confirmed for Thursday, December 8, 2016, at the Snuggery in Elmhurst.
- Vice President/Ride Captain: Please be aware that Ken is still traveling, on his "Fight for Clean Air Ride" tour to Colorado. Cindy Reedy will continue to assist with Ride Captain listing while Ken is away. After listing a ride, Ride Leaders should also send an email to the list server. announcing the ride. Also, should a ride need to be cancelled, an email should be sent to the list sever, as well to the Ride Captain stating ride is cancelled.

## **Membership Coordinator:**

- Total memberships: Total members 473
- Meeting attendance: 23 members; 1 guest
- Door prize winners:
  - + Paul Boyce EBC socks
  - + Bob Hole \$25 Hartley's Cycle Shop certificate
- + Herman Tamling cycling picture (donated by Julianne Sebastian)
- Treasurer: Monthly Banking Summary (dated 1/1/2016 -6/8/2016): Total income: \$889.34; Total expenses \$576.82; Total balance: \$10,909.95
- Awards and Club Attire: New Rider Award: Vince Gatto was awarded a J&R Cycle \$50 certificate for riding the most miles, as a new EBC member in 2015. EBC socks are available for \$6.00 per pair. Wool Jerseys are available for \$75.00 each

#### **Advocacy Chair:**

- · Bob Hoel announced that Dan Thomas, DuPage County Bike Coordinator, has resigned his post and will be working for Metra, in the Grant Writing Department.
- County Ride with the Chairman June 14, at 7:30 a.m.
- From Elmhurst to Wheaton with Dan Cronin.

  Bike to Work Week June 17. EBC will be at the Elmhurst Metra Station, and Ray Dal Lago will be looking for some volunteers to help him on Friday June 17.
- Elmhurst Cycling Classic July 22: The 4th annual

EIMMURST CYCIING Classic is on July 22nd and quickly approaching. We're continuing with the success of last year's "twilight" Pro 1/2 race *under the lights*, making our race one of the premier cycling races of the summer. For more information on the race and to volunteer with this event, please go to the website:

http://www.elmhurstcyclingclassic.com/

EBC will once again be coordinating Bike Parking and is looking for a volunteer to head up the program, and volunteers to help. Please let George Pastorino know if you are interested.

- Newsletter Editor Chuck Dean: People like hearing of biking experiences, or articles of cycling interests. I encourage you to write and submit articles to the newsletter.
- Programs- Vince Gatto. Should members have any ideas for guest speakers or bike related topics to be presented at our meetings, please contact Vince.
- Mileage Coordinator John Reardon: Updating miles reported and adding new pictures to the pages and all is working fine.
- 12. Safety Chairman: Helmets, bright clothing, lights, and a rearview mirror. These are items that can help you be safe as you ride. Some discussion continued on whether or not large groups or smaller groups are safer. A common statement was repeated, being disciplined, and riding single file. John Loesch spoke on the use of mirrors, as contributing to safe cycling. It is safer to glance slightly towards your left, to see what is behind you, than turning your head around to see behind you, as you are moving forward.
- 13. Mountain Bike Coordinator:
  - Please note: August 7, is the CAMBR Meltdown a mountain bike race which is a major fund raising event for CAMBR. Many volunteers are needed, and there is always a bike ride and refreshments involved. More details to follow.
  - Single Track want to learn skills to ride more comfortably, look for an email announcing training offered in June and July.
  - Pool Parties at the Pastorino's: Last Sunday of July and August. There are Mountain Bike or Road Rides of various skill levels, and then afterwards the Pastorino's host riders at their home for a pool party.
- 14. **Refreshments:** Thanks to Colleen Kirchoff for tonight's
- 15. Sponsorship: Ginny Preston told 2 stories about great service our sponsors offer to EBC members, because they know us. Go to EBC website to look at their links for more information on our sponsors.
- 16. Website Team: Cindy Reedy, our Web Master is retiring, and we are looking for her replacement. If you know anybody in the club who would like to take over this role, or have any questions, please contact George Pastorino or Cindy Reedy for more information.
- Tonight's Program: Dan Hammer, of ProArgi-9+, will tell us about a nutritional supplement for improving athletic performance. For more information on this product, and EBC special pricing on purchases: http://danhammerhealth.com/ebc
- 18. The next meeting will be on Thursday, July 14, 2016, 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

George Pastorino, 708.903.8700 president elmhurstbicycling.org

#### Vice President/Ride Captain Ken Hickey, 630.290.0006

Ken Hickey, 630.290.0006 ridecaptain\_elmhurstbicycling.org

#### Treasurer

Judy Mikesell, 630.833.1036 treasurer\_elmhurstbicycling.org

#### Secretary

Kim Messina, 630.204.8945 secretary elmhurstbicycling.org

Membership Coordinator Jeff Gunty, 847.258.7275

#### Advocacy Bob Hoel

bob.hoel comcast.net

# Publicity

Bill Bonner, 630.297.9773 bill@bonnerimpr.com

#### Programs

Vince Gatto, 630.832.2133 vcas1\_me.com

#### Mileage Coordinator

John Riordan, 630.833.8201 EBCDB\_RiordanArtistry.com

#### Sponsor Chair

Ginny Preston, 630.852.8836

## Refreshments

Marge Ricke, 630.616.8481 margericke gmail.com

#### Safety

George Hardwidge, 312.656.6591 ghardwidge gmail.com

# Sergeant-at-Arms

Sue Hickey, 630.627.4518 sue kensvideo.com

#### Assistant Ride Captain

Nancy Rice, 630.717.9923 hotline elmhurstbicycling.org

#### Mountain Bike Coordinator

George Pastorino, 708.903.8700

membership\_elmhurstbicycling.org

newsletter elmhurstbicycling.org

Chuck Dean, 630.790.4203

Newsletter Editor

ginny-preston\_sbcglobal.net

Website Team Volunteer Needed

gpastorino\_gmail.net

List Server

Jeff Gunty, 847.258.7275 membership\_elmhurstbicycling.org

Human Interest Person Betty Bond, 630.932.0271 betzbond\_sbcglobal.net

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

#### **Club Rides July, 2016**

'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.

# **Please Support Our EBC Sponsors**









# HARTLEY'S CYCLE SHOPPE, LTD

PINARELLO - CANNONDALE - BIANCHI FELT - GIANT - WATERFORD - SCOTT - COLNAGO

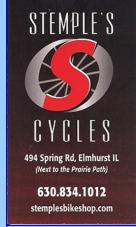
KENNETH J. HARTLEY

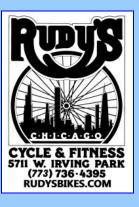
24 WEST HINSDALE AVENUE HINSDALE, IL 60521

(630) 323-7156 WWW.HARTLEYSCYCLE.COM EMAIL: hartleyscycle@comcast.net Fax: (630) 323-7195













Prairie Path Cycles Expert Sales & Service

Mary Lee Geraghty owner/manager 27W181 Geneva Road Winfield, Illinois 60190 (630) 690-9749

www.prairiepathcycles.com

160 W. Wilson Street Batavia, Illinois 60510 (630) 406-9749

Owner 8140 N. Milwaukee Ave. Niles, IL 60714 847.692.4240 • Fax: 847.692.4260