



The Cue Sheet

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

August
2016



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

Our President's Message

As June gave way to July, our ride schedule exploded with rides of every kind. We have a group in Colorado, there were a host of 5 a.m. rides, an incredible 200-mile ride, a great trip to Door County, Ron Richards took a group to the Holland 100, The Hump Day Hustle, and the Tuesday and Thursday evening rides are going strong, as well as Isaac's Friday morning ride, and we have some folks at Ragbraijust to name a few of our incredible Ride Schedule events.

There were also great Volunteer events: we had 20 folks come out and help at The Elmhurst Classic Bicycle Race and many of our members volunteered to help The Wheelmen with their rides on their High Wheel Bikes.....that was a sight to behold.

As we look to August, Baltimore will be organizing the EBC safety class and ride on August 20th; all members are encouraged to attend. There will be many volunteer opportunities including The Palos Meltdown, Blind Stoker Rides, 3 Bike Marshaling events and more.....please try to help out if you can. The August ride schedule is also packed with great events, Dalmac, Ron's Ride to Hackneys, Judy and Lynn's Milwaukee trip, Ken's ride around Lake Michigan, Shoreline West, Larry's New Glarus Trip, Jerry and Betty's self-contained ride to Twin Lakes, the EBC picnic and many more including single track and Path rides....we have it all.

Your only job is to pick which one of our great rides to go on each day. I highly encourage you to try something new....perhaps an event you have never done before, but the most important thing is that you get out and ride. Any ride is a great ride..... Be safe and I will see you on the road or trail.



Elmhurst Bicycle Club Annual Picnic

It's time again to think about our picnic being held on Saturday, August 13th at 11:00 A.M.

There will be several rides to and from the picnic grounds which are the same as last year at Salt Creek Forest Preserve, 2nd and Rte 83, Elmhurst, IL.

As usual we will serve lunch, this year Kim Messina and Judy Mikesell are helping me by handling this part of the picnic. We are asking that those members who are not riding to please bring a snack, dessert, or side dish. The girls will be asking for an RSVP which is the hardest part of this job so please let them know if you are coming so that the right amount of food can be ordered.



Tom Baldwin and Jim Gross had Picnic fun back in 2013!
Is it your turn to win the corn toss game this year?

We will need volunteers as usual so please let me know if the same people will help out. Preston's with

water, Chuck Dean with game handling and anyone else who can help by coming at 10:00 to set up the tables for lunch. Naturally we will need several people to help take down and clean up before we leave the picnic grounds.

If you have a "corn toss" board game please bring it. We will have the one with the club logo on it but can use two more sets. Let me know if you can bring them to the picnic or want me to come and get them ahead of time. Cindy Reedy has volunteered her bullhorn to announce whose turn it is and of course there will be prizes.

Those of you who have not been to any of our picnics can ask another member how much fun they are and it gives you a great chance to meet a lot of our members that you do not ride with during the year.

Hope to see you there!

SUMMER SAFETY MESSAGE 2016

by George Hardwidge - Safety Chair

As we ride into the heart of the summer cycling season the rash of cyclist fatalities has raised our awareness and concern over the safety of our sport. My very first safety message focused on the fact that cycling is by its very nature a hazardous endeavor. The risk level involved in cycling would never be tolerated in any US industry today. However, we all love to ride and, whether or not we think about it, we accept those risks every time we clip in. My goal as Safety Chair is simply to raise awareness of the risk and encourage riding habits, procedures and discipline to manage and reduce that risk.

There is little we can do to protect against an impaired or menacing driver once he has us in his sights. There are things we can do to reduce our chances of ever finding ourselves in those sights in the first place. And those are the same things that can protect us from the rest of the vehicles on the road as well. The suggestions offered below won't always work for every ride but are certainly worth consideration. For ten years I did most of my riding on the lakefront path on Saturday and Sunday mornings. The crowds were terrible and I would never recommend it to anyone. But, it was my only chance to ride.

ROUTE PLAN. Here are some things to consider in selecting a route. Look for routes with light traffic and minimal complex cross streets and intersections. Minimize your turns. Every turn bunches up your group and creates potential conflicts with vehicle traffic. Roads with slower speed limits are safer than roads with high speed limits. Look for roads that have wide shoulders or wide lanes where cars can pass easily. And finally try to find roads with the best possible pavement.

WHEN TO RIDE. Here again your choices may be limited by your work and personal schedule. Avoid riding during rush hours if possible. Traffic is heaviest and drivers have little or no patience with cyclists. Avoid late evenings as drivers are more likely to be impaired. On the weekends, the earlier the better.

HOW TO RIDE. Share the road. This doesn't mean take over the road. It means to peacefully coexist with vehicle traffic. All too often cyclists ride en masse rather than riding in an orderly line. Ride single file whenever riding on a busy road. Don't squeeze around cars on the right side at traffic lights only to delay them further once you get the light.

GET YOUR HEAD IN THE GAME. Remember, riding requires much greater skill and attention than driving a car. The consequences of an accident are much greater than in a car as well. We all love to socialize on rides. That's why we are in a club and ride in groups. I try to do my socializing before or after the ride or at breaks. When I am riding I am 100% focused on what is going on around me and staying in control of my bike.

That's all for now. I have to go ride.

Double Century, July 2, 2016

by Dawn Piech

"People are made of flesh and blood and a miracle fibre called courage." Mignon McLaughlin



Courageous Riders, A Courageous Ride!

Congratulations to the following individuals for completing the Elmhurst-Naperville Bike Club Double Metric Century on 7-2-16:

Ray Dal Lago
Blaine Erwin (guest)
Luis Esparaza
Vince Gatto
Hollie Long
Doug McLerran (guest)
Dawn Piech
Brian Swanson

A shout out of thanks to Eric Peterson for organizing and coordinating the day/route and for being there to lead us out. Also special thanks also extends to Roger Pardon for being there and leading us out with Eric.

Brief ride summary: We all met started at 5:30 a.m. from the Trader Joes, Naperville location with the sun just coming up. Circumstances would not allow our ride leader, Eric, to do the ride. Despite this, he showed up at 5:30 a.m. to welcome us all and lead us out after Ray gave his prep speech. The weather was perfect for this ride, a high of 78 degrees, no rain and a moderate headwind when heading back east from Dixon. The route took us out from Naperville to Dixon with 4 sections: Naperville to Sycamore (44.9 miles), Sycamore to Dixon (60.2 miles, half way point at 105.1 miles), Dixon to Hinckley (52.4 miles, 157.5 miles) and Hinckley back to Naperville (42.5 miles, total miles 203). The route was a very scenic route, with some sections of gravel (about 3-4 miles) and total elevation gain at 4,488 feet.

At the beginning, every rider was given a cue sheet and was expected to ride the indicated distances with enough food and drink to get them through each section. Additionally, everyone was aware of the expectation of being comfortable riding at a rolling average speed of 16-17 MPH. There would be no babysitting on this ride. If you were not able to keep the expected pace, you would be on your own with a cue sheet. This is a different mindset than the traditional EBC rides. The focus of this ride was self-reliance and not relying on the co-leaders to get you through the ride. Additionally, long cycling events are about pacing. Each individual must ride their "own ride" and ride at a pace that will allow them to complete the distance. For example, if you were riding slower than the expected pace, then one would shorten the breaks to make up on time to finish or be prepared with the proper equipment to finish in the dark. Again, self-reliance is key. You were responsible for yourself, there was no SAG provided.

Initially, we all stayed together out of Naperville. It was a cool morning and comfortable for the beginning of July. We were on our way to Sycamore for the first stop. As the ride continued, the group gradually broke into 4 separate groups for the remainder of the ride, based on riding speed. The groups arrived in Dixon

(105.1 miles) at the Subway stop, although at different times, everyone was determined to finish. Each subgroup had a strong fellowship within their respective group to reach the goal of finishing the ride. They were up for the challenge from the beginning to the end.

The ride continued out of Dixon. The section between Dixon and Sycamore brought us along side of the Nachusa Grasslands preserve which consists of large remnant prairie, woodlands, and wetlands. The route also took us along the Fox River at times as well and we continued on towards Naperville, destination Trader Joes. At the conclusion of the ride, everyone finished the ride safely with staggered finishing times. There were no major mechanicals on the ride.

Thank you to everyone who came out to push their limits on this challenging ride. Again, congratulations to everyone on reaching a new PR (Personal Record)!

I know I personally feel very proud of our group and everyone that showed up for the challenge. Just showing up is an act of courage in itself and I am glad we could all share this milestone together. Members and friends of the club, if you see any of these riders on your next ride, please take a moment to congratulate them on this amazing accomplishment. Additionally, if anyone on the ride who would like to give their perspective to the club, please feel free to do so.

Furthermore, if you have questions about this ride, please reach out to myself, Eric, Ray and/or any of the riders this year and years past to get perspective on this ride.

For historical perspective on this ride, this is the 5th time Eric Peterson has put together this yearly challenge since 2010: <https://sites.google.com/site/ebcdoublecentury>

In closing, I think the name for this event needs to be changed from **“Double Century”** to the **“Double Courageous Century”** (DCC) for all of those courageous enough to try it and push their limits. As Pink so eloquently sings in her song Try, *“...just because it burns doesn't mean you are going to die, you gotta get up and try...try...try...”*

Are you up for the challenge in 2017?

Wheelmen High Wheelers by Chuck Dean



Quite a view from that perspective!



Big Turnout to See High Wheelers!

Dr. John Loesch posted a ride for Saturday, July 9th, near Elmhurst College which, as you can see from the photo, drew a large crowd. It was undoubtedly great fun to witness and ride with the high wheelers. George Pastorino shared an email from Cary Williams who acknowledged his appreciation of the participation of the Elmhurst Bicycle club members. For additional pictures and videos, check out:

http://www.thewheelmen.org/forum/topic.asp?TOPIC_ID=8480

http://www.thewheelmen.org/forum/topic.asp?TOPIC_ID=8484

Door County - July, 2016

by Chuck Dean, but special thanks to George P. for narrations and pictures



Door County proves to be a powerful attraction to a group of EBCers!



From the top of the world, EBCers enjoy the view.

From the picture, you can see EBCers turned out for a great adventure up in Door County, Wisconsin. Credit Laurel Salvador for organizing and posting this series of rides and events that spanned the better part of a week. Add thanks to George P. for posting comments and pictures to give you a taste of the adventure. You can see many more pictures and short reports on the list server dated July 11, 12, 14, etc. George also made sure to thank the ride organizer: *Laurel did an outstanding job organizing this trip.....Lodging, cue sheets, Ride with GPS routes, dinners, map meetings....you name it and she did it.....her efforts are so appreciated by the riders who attended....it's like hiring a travel guide, but it's Free!!! Thanks Laurel....you rock!!!*

One of the reports from George on the 14th: *"In typical EBC fashion we used our first day off the bike to hike 7 miles, then kayak in the Big Lake, and then capped off the evening with a great sunset boat ride in Lake Michigan.....we fit 15 of us on the boat that I was happy to Captain."*

.. EBC is not only very active but we know how to have fun off the bike....as this boat video illustrates :

<http://tinyurl.com/EBCsunsetBoatRide>

Door County is a series of lovely lake-side towns that are just stunning....

George and Pussanee

A Bicycle Tool, What Is it? by Chuck Dean

In last month's newsletter, speaking about bicycle tools, the Model 1000 wheel truing stand was featured. This month, here is another tool for your consideration. I thought I'd let you study the picture for a moment to allow you to guess what this tool is. If any of you watch "This Old House," you may have seen a recurring segment where the show regulars (the plumber, the electrician, the gardener, etc.) are presented a tool and asked to tell the audience what the purpose of the tool is. It would be entertaining to hear some of your thoughts about the tool being displayed. Make your guess! ... Time's up!

This is a Park Tool Company Spoke Tension Meter. From their website: "The TM-1 Tension Meter accurately and reliably



How would you use this tool? What is it?

measures the absolute tension of each of the spokes in a wheel, as well as the relative tension between all the spokes in a wheel. Easy to use and priced affordably, the TM-1 works on nearly any bicycle spoke—no matter what the diameter, material, or shape. The TM-1 is for anyone building or truing wheels, diagnosing wheel problems, or assembling new bikes. It's a tool that belongs on every workbench."

If you recall, I used Loren's Model 1000 truing stand on an old Crosscut wheel after replacing about 18 spokes. I did get the wheel to be fairly true and round. But I did not use a spoke tension meter; perhaps I should have. I took 2 fairly short rides (12 miles each) after replacing the spokes; and then a 30 miler just last week. I didn't notice until I got home that one of the new spokes broke at the 90 degree bend up near the wheel hub. Ironically, I put the bike in a bike stand after the ride to allow me to use the tension meter since I knew that I was going to write about the tension meter. That is when I discovered the broken spoke. By the way, Bill Schwartz lent the tool to me. Thank you, Bill.

I measured the tension on all of the rear wheel spokes and found a fairly consistent reading, although there were a few outliers, including the broken spoke. While the tool easily allows this measurement, I don't know what to do with the measurement. Is the tension too high, too low, or just right? Remembering a club meeting where PSIMET wheelbuilders <http://www.psimet.com/> gave us a presentation about PSIMET wheels, I gave them a call. Anthony, their service representative, assured me that proper spoke tensioning was essential in building the custom wheels that they are known for. A chart that comes with the tool implies that there are a range of acceptable tensions. From other research, I learned that many wheel-rim manufacturers specify the correct tension which is a function of many factors such as spoke material (steel, aluminum, etc.), spoke cross section (round, rectangular - i.e. bladed) rim material, design, etc.

Park's website (<http://www.parktool.com/product/spoke-tension-meter-tm-1>) has good pictures, a video, and articles related to wheel truing and tensioning. Take a look if you have a greater interest.

Now, I'm off to [J&R](#) to buy more spokes.

Meeting Minutes July

Board Minutes July 14, 2016

Present: Ken Hickey, Judy Mikesell, Kim Messina, Chuck Dean, Cindy Reedy

1. **President:** No report as president was on vacation.
2. **Vice President:** Since Cindy Reedy will be moving on, it was discussed that there should be a backup for Ride Captain responsibilities. No decision was made, just discussed.
3. **Treasurer:** Monthly Banking Summary (dated 1/1/2016 - 7/13/2016): Total income: \$0.63; Total expenses \$750.00; Total balance: \$10,430.58
4. **Secretary:**
 - I would like to put an exploratory committee together to plan events for EBC's 40th anniversary in 2017.
 - Club Picnic: August 13, at Salt Creek Park in Elmhurst. This year's menu for the picnic will be from BBQ Jim's, an Elmhurst caterer.
5. **Awards and Club Attire:** Susan Spertl was presenting preliminary drawings of EBC's next club jersey. The theme on the next proposed jersey is "safety" and will tie in with the "the 40th EBC anniversary. Additional suggestions were given for further development of the next design.
6. **The next meeting** will be on Thursday, August 11, at 6:15 p.m. at the Community Bank of Elmhurst.

EBC General Meeting Minutes July 14, 2016

Present: Ken Hickey, Judy Mikesell, Kim Messina

1. **VicePresident:** The General Meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst.
2. **Secretary Report:**
 - The EBC 2016 Summer Picnic is August 13, at the Salt Creek Park in Elmhurst. Come join us for fun and games! This year we are using Jim's BBQ, a local caterer in Elmhurst. Pulled pork, pesto chicken, tortellini, chipotle mashed sweet potatoes, and more. EBC members are encouraged to RSVP by August 5, so we make sure we have enough food. EBC members are encouraged to bring an appetizer, side dish, or dessert. Please RSVP to: secretary@elmhurstbicycling.org.
 - I would like to put an exploratory committee together to plan events for EBC's 40th anniversary in 2017. If anyone is interested in planning fun events to commemorate our milestone achievement, please send me an email.
 - Remember to have an EBC logo on your car or car dashboard when parking behind Whole Foods. We are permitted to park behind the store, in the parking spaces facing West Avenue. Please don't park close to the store, which is for their customers.
3. **Membership:**
 - Total members - 473
 - Meeting attendance: 23 members 1 guests
 - Door prize winners:
 - + Sue Hickey - EBC socks
 - + Mike Struglinski - EBC socks
4. **Treasurer:** Monthly Banking Summary (dated 1/1/2016 - 7/13/2016): Total income: \$0.63; Total expenses \$750.00; Total balance: \$10,430.58
5. **Awards and Club Attire:** EBC socks are available for \$6.00 for 1 pair. Wool Jerseys are available for \$75.00 each.
6. **Advocacy Chair:** no report
7. **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.
8. **Programs:** Vince Gatto. Should members have any ideas for guest speakers or bike related topics to be presented at our meetings, please contact Vince.

Respectfully submitted,

Kim Messina
Club Secretary

9. **Mileage Coordinator:** John Reardon: no report
10. **Safety Chairman:** Baltimore Ortega and Ray Dal Lago will be putting together an EBC Bicycle Safety Class and Ride. Saturday, August 20th in Burr Ridge. Check EBC ride schedule for exact time and location.
11. **Mountain Bike Coordinator:** No report, but 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. Please check their website for further details.
12. **Refreshments:** Thanks to Kim Messina for tonight's refreshments
13. **Sponsorship:** Ginny Preston reminded everyone to look to our sponsors for great service from our sponsors. Go to EBC website to look at their links for more information on our sponsors. Many are have summer sale specials.
14. **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.
15. **Tonight's Program:** Jerry Stoeckigt, Executive Director of [CAMBR](#), will be speaking tonight on some of the new mountain bike trails at Palos.
16. **The next meeting** will be on Thursday, August 11, 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	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 George Hardwidge, 312.656.6591 ghardwidge_gmail.com
Treasurer Judy Mikesell, 630.833.1036 treasurer_elmhurstbicycling.org	Programs Vince Gatto, 630.832.2133 vcas1_me.com	Sergeant-at-Arms Sue Hickey, 630.627.4518 sue_kensvideo.com
Secretary Kim Messina, 630.204.8945 secretary_elmhurstbicycling.org	Mileage Coordinator John Riordan, 630.833.8201 EBCDB_RiordanArtistry.com	Assistant Ride Captain Nancy Rice, 630.717.9923 hotline_elmhurstbicycling.org
Membership Coordinator Jeff Gunty, 847.258.7275 membership_elmhurstbicycling.org	Sponsor Chair Ginny Preston, 630.852.8836 ginny-preston_sbcbglobal.net	Mountain Bike Coordinator George Pastorino, 708.903.8700 gpastorino_gmail.net
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		Human Interest Person Betty Bond, 630.932.0271 betzbond_sbcbglobal.net

August, 2016 • • • 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>.

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