



The Cue Sheet

The Newsletter of the Elmhurst Bicycle Club
Riding Strong in our 40th Year

June
2017



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

Our President's Message

June has finally arrived and not a moment too soon as the summer riding season is where most of our rides are. You will find about 150 rides on the schedule this month so please take part in as many as you can. This month brings our 2 big charity rides, The American Lung Association's Fight For Air Ride and The Bike MS Tour de Farms Ride, both on June 11th. Please consider making a donation to these great causes.

Last month we lost a great friend in Chuck LaGreco, he always lit up our rides with his upbeat manner and smile, he will be missed. Please take the time to remember him in your thoughts and prayers.

Our Safety Director George Hardwidge wrote a great article this month, please take a moment to review it and always be aware that cycling is a risky activity and we need to be mindful of that as we ride.

This month we will be giving out awards to our members at the monthly meeting on June 8th..... come and get yours! Our meetings are at the Elmhurst Community Bank, 330 W. Butterfield Road, Elmhurst, IL (junction of Butterfield Road & Spring Road). All members and guests are encouraged to attend to keep up with club happenings and to socialize with your fellow members.

That's all for now...see you soon on the road or trail.



Ride of Silence 2017 by George Pastorino



Ride of Silence Group Picture

Activity Name EBC Ride of Silence 2017

Activity Date 5/17/2017 7:00 PM

Activity Times 7:00 PM

Distance & Pace 10 mi 8-10 MPH

Start Location Madison Meadow, 603 E Wilson Rd., Lombard, IL

Route Map There is no route map information entered.

Activity Leader & Phone Number Ken Hickey 630-290-0006

Description Ride of Silence is a World Wide Event to honor those injured or killed while biking. Our thoughts and prayers go out to the families of all those riders. This will be a slow, short ride and any type of bike is acceptable. Once we start pedaling there will be no talking except to call out cautionary directions.

Thanks to Ken Hickey for leading the Ride of Silence tonight. We had over 30 riders show up for this very solemn event. This is a very slow ride to honor our brothers and sisters that have either been killed or gravely injured while biking.

This is a world-wide event. 7 continents and 50 countries participate. No talking allowed, of course.

I am so proud of the turnout tonight. Thanks Everyone.

Here is the rollout: <https://www.youtube.com/watch?v=qtXStrXz2bU&list=UUjRDAoIoYOmaKctQLScXTlg&index=1>

EBC Summer Safety Message

Don't Get Squeezed

by George Hardwidge

When we talk about cycling safety, it is sometimes hard to know where to begin. And I don't want to get so serious as to risk scaring anyone off of their bike or to just quit reading my message. But my philosophy is quite simple. When you swing over the bar and clip into your pedals you are entering a high-risk environment. The dangers are very real; a simple fall, colliding with another cyclist, and worst of all an accident with a motor vehicle. WOW, why am I still riding? Because I love to cycle that's why. AND because I firmly believe that I can significantly mitigate (not eliminate) the risks inherent in cycling. The most important single thing you can do to stay safe on your ride is simply to get your head in the game. Take a minute to think about what you are doing. Once you start cycling, it is critical to maintain absolute focus on the ride. Socialize before or after rather than during the ride. The underdog 1936 Olympic Gold Medal winning Washington rowing team settled into their pre-race work outs with their coxswain George Morry chanting M-I-B, M-I-B, (mind in boat). I suggest starting every ride with a mental note "mind on the ride."

You have checked your bike, listened to a thorough ride leader briefing, are rolling in a good single file line (not a pace line) while keeping some space between you and the rider ahead of you (like you do on every ride, right?). You relax a little and enjoy the exhilaration that comes with cycling. Suddenly, as you start to pass a parked UPS truck you realize the truck has started moving AND another vehicle has started to pass you AND there is a car coming from the other direction...The UPS truck moves out into the lane forcing you to the left while the passing car squeezes you to the right. Fortunately, everything works out. However, for a few seconds you were in a very dangerous place. I have found myself in similar situations twice in the last ten years and both times left me shaken. There are endless scenarios where you can be trapped between cars, trucks, etc. Even a high curb can leave you with nowhere to go.

Avoid the danger zone and catastrophic crushing injuries by following some basic guidelines:

- Never ride between two moving vehicles or a vehicle and a wall or high curb.
- Never ride on the right side of a truck or bus. They have large blind spots on the right side and will mislead you by moving to the left before making a right turn.
- Follow the three-foot rule. Just as vehicles are not supposed to come within three feet of a

bike, cyclists should always maintain three feet of space between themselves and other vehicles or obstacles. Keep even greater distance from parked cars and never assume the vehicle won't start moving or worse, open a door into your path.

- Most important of all; keep your head in the game, mind on the ride. Maintain situational awareness of everything ahead, behind, and on both sides of you. Plan your next move, anticipate hazards, and know where you will go in the event of something unexpected.

That's all folks. Stay safe out there.

The other George.

Bike the Drive 2017

by Tom Preston

I am so grateful that Armaline posted a ride with a 5 AM meetup time. I had planned to participate in Bike the Drive alone this year. Ginny and I have enjoyed it together a few times on the tandem, twice our grandson rode along with us on his mountain bike. My brother and I have ridden it together twice. But only last Sunday, May 28, for Bike the Drive #16 and way back for Bike the Drive #1 did I set the alarm for 3 AM so I could be at Buckingham Fountain by 5 AM for the 5:30 AM start. There is a magic in the early morning. Below is a picture I snapped while waiting for the other early EBC riders.



There were 5 of us there for the sign in and Armaline asked another participant waiting to meet her riding friends to take our picture.



We made sure we had each other's cell phone numbers and rolled into the staging area for riders going south.

It was so great to have the whole southbound Lakeshore Drive to ourselves. My past several Bike the Drives at 7 or 8 in the morning were very crowded, requiring very careful attention to maintaining a safe distance to all the other riders.

By 6:26 AM I had ridden all the way south to The Museum of Science and Industry and all the way back to Buckingham Fountain. Look how empty Lake Shore Drive was.



As you can see, by 7:36 AM, when I had ridden to the north turn around and back to Oak Street there were more riders; but still a very comfortable number.



Active Transportation Alliance did a fantastic job of organizing the 16th Annual MB Bike the Drive; and I strongly recommend that you sign up next year; and that you set your alarm for 3 AM so you can be there for the 5:30 AM start. Here is a link to most of the pix I took. Click on the little icon, upper right to Toggle Slideshow. <https://flic.kr/s/aHskXLnJEC>

Hero In Me

by Armaline Mirretti

On Sunday, May 21st, I took part in the inaugural Hero In Me ride. It is a ride to support the Banyan Treatment Center in Naperville. The center supports individuals recovering from drug and alcohol addictions. I decided to help with this bike ride because one of the League Cycling Instructors, Ira David Levy, asked for ride leaders. I didn't know anything about the Banyan Treatment Center, nor did I know much about the drug and alcohol addiction recovery. What I learned was fascinating. First, more than half of all the people with drug and alcohol addictions are Veterans. Second, participating in a bicycle program helps these individuals with transportation to get to and from work. It is also important to understand that unlike diabetes or heart disease, there aren't enough hospital beds to house these individuals for the appropriate treatment. What I also learned about the bike ride was that every dollar raised was going directly to the Banyan Treatment Center.

There were three routes for the ride: a 19 miles, 30 miles, and 48 miles. I was the ride leader for the 18 mile group. My route was absolutely beautiful. We rode through different bike trails that led us through Naperville and Aurora. I didn't know it but found out after the first stop that the people I was riding with were in their mid-twenties and were riding in celebration of their daughter, sister and best friend who had lost her life due to a drug overdose. Many people rode that day remembering people they loved that were lost too early. I was very glad I could be a part of it. The minimum amount they were asking for riders to raise was \$100. I look forward to doing the ride again next year. I hope you will consider joining me. If you would like to make a donation you can still do that by selecting the following link:
<https://www.firstgiving.com/Campaign/Donation/43989>

Horsey Hundred 2017

by Chuck Dean and George Pastorino

"Rain, rain, go away;
Come again some other day."

Just that simple chant was all it took to repel the awful forecast for riding weather in the Georgetown / Lexington, KY area. Instead of rain on any of the days of Friday, Saturday, or Sunday, we had pleasant temperatures, partial clouds or sun, and delightful riding conditions from 6 a.m. until 6 p.m. each day of the Memorial Day weekend.

About 30 folks (EBCers and members from Naperville and Joliet bike clubs) gathered Friday and Saturday evenings in the lounge of the Hilton Hotel to sip and munch and plan the next day's riding activities. Coolers and picnic baskets provided a shared bounty for the planners. Wine and beer and snacks amounted to a dinner appetizer, since most of the planners then got together at one of the local restaurants for dinner.



Saturday morning, the ride started early, about 6:15 a.m. Tandem and single riders all launched together and mostly stayed together until the first rest stop which was only 12 miles down the road. But then we tended to split into several groups as some people planned to do a full century, while others chose a metric century or some other distance.

Without any weather distractions, your attention is directed to the wonderful road conditions and beautiful scenery you are riding through. The roads are remarkable. While there were a very few blemishes here and there (carefully outlined and spray painted to help you avoid the problem areas), what you constantly observe is smooth asphalt on narrow, farm and fence-lined roads, with minimal traffic. There are rolling hills, a few long climbs, some great descents, and panoramic and pastoral views around every next turn. One of the routes also takes you into Frankfort, the state capital. This is another sight in itself. The farm fields have lots of horses and frisky colts and fillies, but we also saw sheep, donkeys, goats, cows, and cattle.

As I was checking out on Monday morning, I saw George Pastorino talking with Hilton management about reserving a block of rooms for next year's Horsey Hundreds. Will you be there?

At the risk of some redundancy, here is George's report as posted on the list server.

What a wonderful weather weekend we had to ride, despite forecasts of rain....it never came here at all!

We had a great group of riders again this year for the 40th Horsey Hundred.....we had over 30 riders participate in the great ride.....stunning country lanes and beautiful scenery over 180 miles.....this is our favorite ride by far.....Road Bike Heaven.....the pics and videos will show you

some of it....but to feel the majesty and grandeur of Blue Grass Kentucky ...you have to ride it.

Then.....there is the great camaraderie of the cocktail hour get together's and the dinners.....just too much fun ..

Pussanee and I are blessed to have so many friends join us :) Video links below and a few pics attached.



Bert and Sheila



Pussanee and Friend.

[Chuck Dean leading us out.](#)
[Beautiful Horsey Scenery](#)
[Horseplay at Horsey 1](#)

For more pics and videos see George's report on the list server.

Meeting Minutes May

Board Minutes May 11, 2017

Present: George Pastorino, Ken Hickey, Judy Mikesell, Kim Messina, Chuck Dean, Kelli Morgan, Armaline Mirretti, Donna Busching, Gary Busching, Ginny Preston.

- 1. President:**
 - The meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst.
 - When posting an EBC ride, gender specific rides should not be listed to exclude one group versus another. Rides may be posted as geared for women or geared for men, but all riders will be welcome on any of the club rides posted.
- 2. Vice President:**
 - Ken reviewed final details for the Ride of Silence on Wednesday May 17. The ride will depart 7:00 p.m. from Wilson Park in Lombard.
 - There is concern for experienced club members not riding single file. Not only is this not safe, it is also what angers motorists. When riding up hill, many riders tend to pass the slower rider in front of them, sometimes moving towards the middle of the road. These practices are not safe and members need to be reminded of the rules of the road.
- 3. Membership Coordinator:** Currently there are 454 members. The new EBC data base with Club Express is being worked on with good progress being made.
- 4. Treasurer:** Monthly Banking Summary (dated 4/13/2017 - 5/9/2017): Total income: \$280.63; Total Expenses \$677.70; Total balance: \$10,586.49.
- 5. Secretary:** no news
- 6. Sponsorship:** no news.
- 7. Publicity:** Kelli Morgan presented more information on the EBC Community Facebook page. The purpose of the site will be for publicity, to promote EBC, cycling advocacy, and cycling events. <https://www.facebook.com/Elmhurstbicycling.org/> A motion was made to make the EBC Community Facebook page public, and to promote it to all Facebook users and to anyone who wants to access Elmhurst Bicycle Club or general cycling information.

EBC General Meeting Minutes May 11, 2017

Present: George Pastorino, Ken Hickey, Judy Mikesell, Chuck Dean, Kim Messina

- 1. President:**
 - The General Meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst.
 - A moment of silence was given in honor of Chuck LaGreco, long time club member who recently passed away.
 - When posting an EBC ride, gender specific rides should not be listed to exclude one group versus another. Rides may be posted as geared for women or geared for men, but all riders will be welcome on any of the club rides posted.
- 2. Vice-president/Ride Captain:**
 - Ken announced final details for the Ride of Silence on Wednesday, May 17. The ride will depart 7:00 p.m. from Wilson Park in Lombard.
 - There is concern of experienced club members not riding single file. This is not safe and it angers motorists. When riding up hill, many riders tend to pass the slower rider in front of them, sometimes moving towards the middle of the road close to oncoming traffic. Please remember safety first when passing slower riders, and mind the rules of the road.
- 3. Secretary Report:** Jun 7 - Elmhurst Library Bicycle presentation. Jun 20, 6:30 a.m. - 8:00 a.m. - Elmhurst Metra Station - Bike to Work Week. Please contact me if you would like to participate in these events.
- 4. Membership Coordinator:**
 - Total members: 454
 - Meeting attendance: 30 members
 - Door prize winners:
 - + Bike the Drive - Dennis Mariasis
 - + Rudy's Gift Certificate - Gary Busching
 - + EBC Socks - Jim Zimmerman
- 5. Tonight's refreshments:** Tom and Ginny Preston
- 6. Refreshment Coordinator:** Donna and Gary Busching. A volunteer to bring refreshments to the meeting is needed for the month of September and

This official Facebook page is initiated and operated as a Community EBC page, to be monitored and managed by Kelli Morgan-Publicity Chair and another board member. Items on the Community EBC Facebook page will also be put on the EBC member's Facebook page.

8. **The next Board meeting** will be on Thursday, June 8, 2017, at 6:15 p.m. at The Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina
Club Secretary

November. Please contact Donna and Gary if you wish to sign up for one of these months. The club will reimburse you for the cost of the food you bring.

7. **Treasurer:** Monthly Banking Summary (dated 4/13/2017 – 5/9/2017): Total income: \$280.63; Total Expenses \$677.70; Total balance: \$10,586.49
8. **Awards and Club Attire:** Awards will be given out at the June meeting.
9. **Sponsorship:** Remember to visit and shop at our club sponsors when needing bikes or accessories. Rudy's, located on Irving Park in Chicago is one of our sponsors. Make a point to try and visit a different sponsor each time you are in need of bicycle related items.
10. **Advocacy Chair: no report.**
11. **Sergeant at Arms:** Sue Hickey. Send photos to her for entry into our new data base.
12. **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.
13. **Programs:** Should members have any ideas for guest speakers or bike related topics to be presented at our meetings, please contact Vince Gatto
14. **Safety Chairman:** Tonight the message is "Attitude." There are plenty of threats out there when we ride our bikes; you need to pay attention to what you are doing. Socialize before the ride, and after the ride. During the ride – focus on the ride.
15. **Mountain Bike Coordinator:** No rides going on right now due to wet trails. The Pastorino's have scheduled their summertime mountain bike rides and pool parties dates will be on Saturdays: Jun 24 / (Sunday) Jul 16 / Aug 26. All are invited, and there will be several rides of various speeds and mileages – to match everyone's ability. Beginner Mountain Bike Rides will be scheduled and there are bikes to borrow if you don't have one. CAMBR Palos Meltdown, their main fundraiser will be Aug 6, and volunteers are needed for this event. Please contact George if you are interested in helping.
16. **Website/Database Team:** Information from the old EBC website continues to be transferred to the new EBC website, by Club Express. John Riordan reports that the transition is going well, but cutover date has not been determined.
17. **Announcements:** Air Ride – Ride for Clean Air, and Bike MS – two fundraising rides are still open for joining one of the EBC Teams. See Linea Myers or Kelli Morgan if interested.
18. **Publicity:** See information above regarding the EBC Community Facebook page.
19. **Tonight's Program:** Jay Readey, Executive Director of Big Marsh, which is the vision for Chicago's Park No. 564, about 20 minutes southeast of the Chicago Loop, just east of Lake Calumet. It has 278 acres of open space for outdoor recreation, for more information go to: BigMarsh.org
20. **The next meeting** will be on Thursday, June 8, 2017, 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 25th 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 Donna and Gary Busching, 630.967.4727 dj28724_aol.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 Shelly Hicks, 614.371.0040 membership_elmhurstbicycling.org	Sponsor Chair Ginny Preston, 630.852.8836 ginny-preston_sbcglobal.net	Mountain Bike Coordinator George Pastorino, 708.903.8700 gpastorino_gmail.net
Newsletter Editor Chuck Dean, 630.790.4203 newsletter_elmhurstbicycling.org	Website Team Volunteer Needed	List Server Shelly Hicks, 614.371.0040 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)
(<http://www.elmhurstbicycling.org/about/membership.asp>)

June, 2017 • • • 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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