



The Cue Sheet

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

July
2017



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

Our President's Message

Greetings EBC members, June was a great month if you were looking to give back to the community or raise some money for charity by biking. Kim Messina organized 3 great community events in June, first was The Elmhurst Library Safety Seminar where she and other members taught children and their parents all about safe biking. Second was the Ride with Chairman where an EBC group rode with Dupage County Officials and finally she organized Bike to Work week where a big group of EBC members setup a booth at the Elmhurst Train Station and encouraged folks to ride to work. Thanks Kim and all who helped her!

Also, we had 4 big rides to raise money for charity in June. There was the Bike MS Tour de Farms Ride which raised money for Multiple Sclerosis research and support. On the same day EBC members rode in the Fight For Air Ride which raised money for The American Lung Association. Then there was a big EBC group riding for Team Monarch to raise money for groundbreaking skin cancer awareness, prevention and research at Michigan State University. Lastly, several EBC members rode in the Chicagoland Tour de Cure to raise money for American Diabetes Association. The many riders that participated in these 4 rides are to be commended for making it about others and not themselves. Bravo!! Bravo!!



We had well over 150 rides and events in the month of June and July will have just as many or more, so please choose some of these and get on your bike. If you are a newer rider please consider Julia Stace's Go for Cozy(mel) Ride - Geared for Women Rides as they are a great way to get started in a non-intimidating environment.

We are extremely excited to have Brandon from Thule, Camelback, and Go Pro as our featured speaker at our July 13th, 2017, club meeting. He will educate us on these great cycling products. 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.

Please ride safely and I will see you on the road or trail, riding at the speed of fun!

American Lung Association Weekend - June 9-11
by Linnea Myers



Six EBC members (Michele Beck, Gan Gantumur, Lynn Korff, Steve Levinthal, Linnea Myers, Donnie Seals) joined the Elmhurst Bicycle Club Team for the American Lung Association Fight for Air Ride on June 9-11, 2017, starting in Crystal Lake, IL, and ending at The Abbey Resort in Lake Geneva, WI. Our EBC Team had 13 members, which included 7 non-members, and there were approximately 150 riders total for the 3-day / 2-day ride. Friday and Sunday were sunny and beautiful, but the 20-mph winds and 30-mph wind gusts on Saturday were brutal. Lynn, Steve, and Donnie finished the grueling 51 miles, but Michele and I chose to be sagged in at

mile 40 rather than be blown off the road and onto the gravel shoulder. We enjoyed a delicious BBQ dinner on The Abbey lawn by the harbor on Friday night, and we celebrated another year of fundraising for the ALA on Saturday night at a wonderful buffet banquet with a Mardi Gras theme.

There was a total of 18 teams and these team members raised \$155,339.72. The EBC Team raised \$13,180.00 and was the #3 team in fundraising this year. Of the 150 riders, 3 members of our EBC Team made the list of the top 10 individual fundraisers (Steve #5, Linnea #9 and Lynn #10). Thank you to the many Elmhurst Bicycle Club members who donated and supported us in our fundraising efforts for the American Lung Association! Take a deep breath, and be thankful that you can. Come join us next year!



Naperville Police Issue Bicycle "Citations"

Lee Nye offered this via the list server back in early June. It seems like such a good idea. Lee said: *Wouldn't it be fun to get a citation for safe biking from the police?*



For Immediate Release

Tuesday, June 6, 2017

Media Contact:

Cmdr. Louis Cammiso | [\(630\) 420-4137](tel:6304204137) | [Email](#)

Naperville Police Department and Park District Police Announce "Citations for Safe Biking Habits!"

NAPERVILLE, IL - The Naperville Police Department, in partnership with the Naperville Park District Police, will be "citing" residents all summer long for demonstrating safe biking. Unlike traditional citations, however, these "tickets" can be redeemed for a free ice cream cone at the Riverwalk Café, located near Rotary Hill.

The "Citations for Safe Biking Habits" community education and bicycle safety awareness campaign will continue through the end of August 2017. Police officers from both departments can reward bicyclists for demonstrating good bike safety practices by providing the bicyclist with a coupon for a free ice cream cone redeemable at the Riverwalk Café, 441 Aurora Ave. When redeeming your coupon, residents are reminded that bikes are not permitted on the Riverwalk. Bike racks are available for public use at several Riverwalk gateways.

The purpose of this initiative is to encourage all bicyclists to always wear a helmet, obey all traffic laws, lock up bikes when not in use and be visible and predictable.

Additional bike safety rules are printed on the back of the coupon as another reminder to stay safe.

Naperville Park District Police would also like to encourage those bicyclists using the bike paths and trails throughout Naperville's parks to "Share the Trail" by always yielding to pedestrians, including hikers and joggers, staying to the right, alerting others when passing or approaching on the trail and controlling their speed at all times.

Although bicycling is a fun activity and a great way to become and remain fit, bicyclists can be seriously injured in accidents. They are less protected than drivers of automobiles and do not always practice safe riding habits. As part of this Summer Bike Safety Campaign, both police departments also recommend the following bike safety tips in order to enjoy a safe and secure ride, every time:

- Wear a bike helmet at all times. Wearing a bike helmet can reduce the risk of head injury by 85 percent.
- Keep your bike in good working condition. Be sure tires are properly inflated, brakes work, and the chain is clean and well oiled.
- Ride single file on the roadway, as far to the right as practical.
- Obey all traffic laws and slow down and check traffic at all corners and intersections.
- Watch parked cars for pedestrians and opening doors.
- Keep both hands on the handle bars except when indicating turn signals.
- Stay off busy streets.
- Have a headlight on your bike when riding at night, as well as rear and wheel reflectors.
- Wear light colored and/or reflective clothing while riding.
- Only one person on the bike.
- No stunt riding.
- Do not carry packages or bundles when riding.
- No hitching rides from cars.
- Do not wear headsets while riding.
- Always yield to pedestrians.
- Secure the bike when finished riding.

The Naperville Police Department also encourages bicyclists to register their bikes in case of loss or theft. Bike registrations are accepted at the Naperville Police Department, 1350 Aurora Ave., during normal business hours, Monday through Friday, 7 a.m. to 8 p.m. and Saturdays from 10 a.m. to 6 p.m. There is a one dollar (\$1.00) registration fee, and registration forms can be found on the City of Naperville's website at: www.naperville.il.us/protectyourbike.

For more information on bike safety and security, bicycle registration and suggested locking devices, contact the Crime Prevention Unit at (630) 420-6731 or visit the City of Naperville's website at: www.naperville.il.us/protectyourbike.



Photo caption: Stopped in Naperville recently for practicing safe biking habits, Roland (age 6) and Sophia (age 9) were "cited" by Park District Police Officer Dan Shipanik, Naperville Police Officer Scott Hiestand and Park Service Officer Ravi Shah. The citations, each good for one free ice cream cone at the Riverwalk Café, are part of the Naperville Police and Park District Police departments' "Citations for Safe Biking Habits" campaign.



Bike MS by Donna Busching





The weekend of June 10-11, 2017, was Bike MS Tour De Farms, which is a fundraising ride for the National MS Society which starts and ends at NIU in Dekalb. EBC had a team lead by Kelli Morgan. EBC riders included Edward Castellan, Joanne Nicholson, Marge Ricke. Kelli also led the Xerox Team with rider Richard Taylor. Donna and Gary Busching had the Buschings Beating MS Team. Together the three teams raised \$9,309 for research for a cure for MS. We suffered through sun, 90 degree temperatures, and 15-20 mile winds from the SSW, but we persevered and put in the miles. We want to thank EBC for supporting us through donations and training rides.

Pastorinos Host First Pool Party in 2017 by George Pastorino



About 40 riders at Pastorino Pool Party Rollout



Baltimore leads a group of riders.

Pussanee and I feel so blessed to be able to share our home with so many friendsTHANK YOU ALL.

Special thanks to our dear friend, the incomparable Ed Gin, for bringing and cooking his world famous Galbi Chicken and to everyone for bringing all the food and drinks. Big Thanks to our great friend Luis Esparza for making a special contribution to the Party!!

Thanks to



Ed Gin prepares ever-popular Galbi chicken! Mouth-watering!

Baltimore. Ed, Ron, John, and Vince for leading rides.

Please consider coming out to the next one which is Sunday, July 16th.....this will also be a party to celebrate Pussanee's 50th Birthday...all are welcome and invited to the rides and party.....

Watch the 6 very short videos below to get a feel for the fun:

[Pool Party Roll Out](#)

[Pool Party Hello](#)

[Pool Party Riders Chit Chatting](#)

[Pool fun with Bulldog](#)

[Steve and Larry Chilling](#)

[Bruno with John and Nudang](#)

[Bruno with John and Nudang 2](#)

[Me and my Sons in the Yard](#)

Friendship... is not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything: Muhammad Ali

Bike-To-Work Week by George Pastorino



Kelli, Kim, Armi, George, Bob, Tracy, Nancy, Dr. John



Pauli, Kim, Cindy

Thanks to Kim Messina for organizing this fun and informative event. Volunteers today were Cindy Reedy, Armaline Mirretti, George Pastorino, John Loesch, Paul Punchum, Bob Hoel, Kelli Morgan, Tracy Gainer, Nancy Hoel, and of course Kim Messina.

Thanks to all of them for coming out at 6 a.m. and encouraging commuters to Bike to Work.

Ride With The Chairman

by Kim Messina

EBC is well represented for the Ride to Work without the Chairman Dan Cronin. He couldn't make it however John Loper, Chief of Transportation Planning did. This ride occurred on Tuesday, June 13, 2017.

On the way to the county building, the whole group of riders stopped at the bridge over the east branch of the DuPage river just west of I355, where Erik Spande (in the red shirt pictured below) met the group. Erik is the village president of Winfield and an IPP board member.

Tom Preston noted in a list server post, *"During the dedication of the bridge honoring Paul and Jean Mooring, Erik Spande, an Illinois Prairie Path Board member, read a touching letter from Paul and Jean's daughters recounting the story of the 3 bridges which preceded this bridge. It was an honor to be there. Ginny had a prior commitment or she would have been there too. We had the honor of working with Paul and Jean several years ago clearing invasive plants along the Illinois Prairie Path. They gave thousands of hours so we could enjoy."*



l. to r.: Buschings, Elmhurst Bike Officer, ?, Dr. John, Joanne, Tom P., Paul P.



Paul and Jean Mooring bridge dedication on the Ride with the Chairman.

For additional pictures courtesy of Tom Preston: <https://flic.kr/s/aHskXaWBtR>

Meeting Minutes for June were added retroactively in late July

Board Minutes June 8, 2017

Present: George Pastorino, Ken Hickey, Shelly Hicks, Judy Mikesell, Kim Messina, Chuck Dean, Cindy Reedy, Kelly Morgan, Tom Preston, Ginny Preston, Collen Kirchoff. Guest - Jeff Cox

1. **President:** The Board discussed the wording on rides that are posted. The ongoing choice of words, which define the type of ride, (road, fast, trail, etc.), *average speed versus specific speed range* (13mph - 15mph), and ride distance. The wording when posting rides may need further explanation in the description so that riders can best choose the ride that best fits their level of riding. The goal is to have no riders dropped, but riders have a responsibility to choose rides they are capable of riding. Any concerns about the posted ride should be directed to the ride leader prior to the ride. Occasionally a group may spread out due to various conditions that affect the speed of faster riders. There should be a point where the riders can regroup, so no one gets dropped. Wording in the EBC Handbook and on the website will be reviewed for greater clarity.
2. **Vice President:** Ken Hickey, the Ride Captain, will be away for the next 16 weeks. Should there be any changes after you post your rides (delay start time, cancel, destination, etc.), please send an email out to the List Server, to announce these changes. Ken will be away and will not be able to update the posted ride in the schedule. Sending an email out to the club will be the best way to announce the changes.
3. **Membership Coordinator:** Currently there are 481 members. The new EBC data base with Club Express is being worked on with good progress being made.
4. **Treasurer:** Monthly Banking Summary (dated 5/9/2017 - 6/7/2017): Total income: \$330.69; Total Expenses \$275.02; Total balance: \$11,172.20
5. **Secretary:** Upcoming programs: Ride with the County Chairman June 13 - meet at Elmhurst Gazebo on Spring Road at 6:45 a.m.; July 20 - Bike-To-Work Week, EBC will be at the Elmhurst Metra Station from 6:30 a.m. - 8:00 .am.

EBC General Meeting Minutes June 8, 2017

Present: George Pastorino, Ken Hickey, Judy Mikesell, Shelly Hicks, and Kim Messina

1. **President:** The General Meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst. No announcements. It's EBC Awards Night!
2. **Vice-president/Ride Captain:** Ken Hickey, the Ride Captain, will be away for the next 16 weeks. Should there be any changes after you post your rides (delayed start time, cancellation, destination, etc.), please send an email out to the list server, to announce these changes. Ken will be away and will not be able to update the posted ride in the schedule. Sending an email out to the club will be the best way to announce the changes.
3. **Secretary Report:** Join us June 1, 3- 6:45 a.m. for Ride with the County Chairmen. Check the Ride Schedule for details. Volunteers needed for June 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: 481
 - Meeting attendance: 40 members 2 guests
 - Door prize winners:
 - + EBC socks - Mike Driscoll
 - + Eye glass holder - Brad Willis, Marty Becker, Linea Meyers, Jeff Cox, Jeanine Willis
 - + \$25 J&R Gift Certificate - John Loesch
5. **Tonight's refreshments:** Colleen Kirchoff
6. **Refreshment Coordinators:** Donna and Gary Busching.
7. **Treasurer:** Monthly Banking Summary (dated 5/9/2017 - 6/7/2017): Total income: \$330.69; Total Expenses \$275.02; Total balance: \$11,172.20
8. **Awards and Club Attire:** Awards will be given out at this 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

6. **Sponsorship:** no news.
7. **Publicity:** Kelli Morgan
8. **The next Board meeting** will be on Thursday, July 13, 2017, at 6:15 p.m. at The Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina
Club Secretary

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:** The message tonight is brief: Remember you are in a high risk environment when you ride a bike. Pay attention and focus on the ride.
15. **Mountain Bike Coordinator:**
 - Trails are perfect are for riding. The Pastorino's have scheduled their summertime mountain bike rides and pool parties dates will be on Saturdays: Jun 24 / Jul 15 / 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 August 6, and volunteers are needed for this event. Please contact George if you are interested in helping.
16. **Website/Database Team:** John Riordan announced that progress continues on the new website hosted by Club Express. Membership portion has been entered, but the site is not ready yet for use.
17. **Announcements:**
 - Air Ride - Ride for Clean Air, and Bike MS - two fundraising rides are this weekend. See Linea Myers or Kelli Morgan if interested.
 - The new EBC directory has been delivered. Please, 1 per family. Thanks to Nancy Shack and her husband for proof reading and putting the directory together.
 - Tom Preston thanked Armaline Mirretti and Kim Messina for putting on an excellent bike safety presentation at the Elmhurst Library, which covered bicycle basics and safety. Armaline also thanked the support of the many members who attended the presentation. We had about 17 people attend plus the 7 EBC members. Good questions were asked by some of the attendees, including the young cyclists.
18. **Publicity:** Kelli Morgan thanked those who 'liked' the EBC Community Facebook page. If anyone does not want their name or picture published in any of articles that may be put on the Facebook page, or sent to the local paper, please contact Kelli and let her know.
19. **Tonight's Program:** Tonight is EBC Awards presentations. Congratulations to all those who achieved recognition for their cycling achievements in 2016.
20. **The next meeting** will be on Thursday, July 13, 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>)

July, 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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