



# The Cue Sheet

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

## September 2017



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

### Our President's Message

Hi Everyone! Fall will make its appearance on the 22nd of this month, but we will still have lots of warm weather to enjoy the full calendar of events that EBC has to offer. A lot happened in August....we had some great rides in Wisconsin including Larry Alvino's New Glarus Ride and Lynn Korff's Grafton Lakefront Tour, Julia Stace had her monthly Go for Cozy(mel) Ride - Geared for Women Ride, Ron Richards led another great Ride to Eat at Hackney's, and Dawn Maxwell led a stunning lakeshore ride to see the air show practice.

Joanne Dezur, Kim Messina, Judy Mikesell and Betty Bond did a great job of organizing the annual EBC picnic which was a great success. 28 members volunteered to work the Palos Meltdown Race which helps Cambr raise money for trail work. Our own Bert Travis spearheaded getting "Start seeing Bicycles" signs placed on area roadways. Just another typical month in The Elmhurst Bike Club.



September will be rocking as well, Petra will lead a tour of Laporte, Bayfield, and Madeline Island in northern Wisconsin on the same day as Dawn Maxwell's Natchez Trace Parkway Ride in Tupelo, Mississippi. Michael Ploskonka is promoting the KOM competition and there will be a The Pedal the Parks family oriented ride in Burr Ridge. Laurel Salvador is leading a 4-day event, Bike, Hike and Kayak Washington Island, Wisconsin. Rich Aycock and Dawn Maxwell are leading the Six Gap Century Bike and AT Hike Weekend. Armaline Mirretti and Kim Messina will give a presentation on Bicycle Safety at The Pedal the Parks Event. These are just a few of the great events in September, check the ride schedule.

We are pleased that Bill Fischer will be our featured speaker at our next Club Meeting on September 14th, 2017. He will speak about his 2,000 mile bike trip across Canada with his daughter. Our next Club Meeting is September 14th, 2017. 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 come out and enjoy all that EBC has to offer and I will see you on the road or trail, riding at the speed of fun!

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Club Picnic at Salt Creek Park, Elmhurst, August 19, 2017

by Betty Bond

photos by Keith Garland

Our thanks to Joanne DeZur and Kim Messina for a very successful club picnic again this year. Everything from the weather to the food was perfect. They did a great job.



Ken and Betty



Petra and Betty

The Bean Bag Blowout was a ton of laughs and fun for everyone. We had some very skilled players and everyone played to the best of their ability. We had very close games. The first prize champions were Gary Bell and Tom Naughton and they were awarded \$15 gift cards to Panera. Second place went to the husband and wife team of Gary and Donna Busching who won \$10 gift cards to Subway.

If you were unable to attend this year's picnic you missed a great day of seeing old friends and getting a chance to visit with them. Also, to see riders of different levels that you might not get an opportunity to get to know otherwise. The picnic is similar to a yearly family reunion getting together at least once a year. Consider joining us next year. I guarantee you will not be sorry. You will leave with a rosy glow from your association with these wonderful people.



I see Tom and Kim. Tom must be fueling up for the Bean Bag contest.





Sue, Armaline, and Paulie



EBCers socialize while in the food line.



EBCers socialize while in the food line.





EBCers socialize while in the food line.

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## Start Seeing Bicycles by Chuck Dean

Bert Travis started the ball rolling when he suggested 'Start Seeing Bicycles' signs. The EBC board approved the idea and authorized an initial purchase. You are beginning to see these signs here-and-there on our rides.

Club President George Pastorino endorsed the program and personally purchased 20 signs for the Burr Ridge park district. Very Nice!





George Pastorino and Jamie Janusz, Burr Ridge Park District Superintendent

### Third Time's A Charm

Sunday, August 27, 2017. The Pastorino Pool party.

45+ riders today made for a great pool party and 5 great rides too!!!!



Pussanee

and I are blessed to have so many friends share our home.....

Too many people to **Thank**.....So, **Thank You All** :) We are truly grateful.

2 short videos here: [August the pool party hello](#) Turn your volume up!!

[August pool party roll out](#)

Thanks.....George and Pussanee

### Palos Meltdown

by George Pastorino, President and Mountain Bike Coordinator

I want to give a heart felt Thank You to 27 EBC members who gave up their Sunday, August 6, to volunteer at the Palos Meltdown Mountain Bike Race. Cambr could not run this race without you!!! This was a big commitment by the volunteers and I cannot tell you how much I appreciate



your efforts. You are Rock Stars in my eyes! Pussanee and I were so busy with First Aid Patrol that we didn't have time to get pictures.....The Race Director did snap one of us which is attached and I did get these videos of the racers going down Zip Tie....this is harder than it looks!!

### [Racers in Zip Tie](#)

### [Rock Jump is the best line](#)

Anybody can pedal a bike from point A to point B, but it takes special people to leave their bike at home and make their day about others.....I am always most proud of The Elmhurst Bike Club members for what they do in service to others. Special shout out to my lovely wife Pussanee who rode 34 miles with me today on a 38 pound Fat Bike while carrying a 28 pound backpack.....this was a tough day on the bike for us.....but we loved every moment.

I am in debt to all of you that volunteered

*"You make a living by what you get. You make a life by what you give."*  
~Winston Churchill

*"Life's most persistent and urgent question is, What are you doing for others?"*  
~ Martin Luther King, Jr.



## Governors' Highway Safety Association Report

Petra first, quickly followed by George P., shared safety information from the GHSA. George observed: *Please be careful on the road and keep in mind the words of our Safety Chair George Hardwidge. "Anytime you are riding on the road with vehicles around, you are in a high risk environment."*

*"In 2015, 818 bicyclists were killed on U.S. roadways, a 12.2% increase over the previous year and the largest uptick in two decades" Report is attached.*

[2017BicyclistSafetyReport-FINAL.pdf](#)

## Post Script

#1 Kären and Bill Schwartz shared:

We had a perfect riding day and riding group today (Saturday, August, 26) to Oswego. Several new members present, but missing one of our usual riders who was in the hospital getting a double knee replacement; we sent him a thumbs up picture so he can get back to riding with us soon!



#2 Out on the Olympic Peninsula, state of Washington, Susan Sperl spotted some wooden bikes. She said, "Check out the rusty chains ..... these bikes have been used! Beautiful woodworking."



#3 Also out on the Olympic peninsula, where the roads are frequently just 2-lane and no shoulder, bicyclists are provided a way to alert motorists to their presence. Chuck Dean spotted

these bicycle aids in a couple of different places.



# BICYCLISTS READ NOTICE

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PLEASE USE CAUTION WHILE TRAVELLING  
THE NEXT TEN MILES.

THE ROAD IS VERY WINDING WITH NO  
SHOULDERS. MANY TRUCKS AND  
RECREATIONAL VEHICLES USE THIS  
SECTION OF ROAD. PLEASE PULL OFF THE  
ROADWAY AND ALLOW TRAFFIC TO PASS  
WHENEVER POSSIBLE.

REMEMBER:  
SIGHT DISTANCE IS LIMITED BECAUSE OF  
THE CURVATURE OF THE ROAD AND THE  
SPEED DIFFERENCE BETWEEN VEHICLES  
AND BICYCLES MAY CAUSE VEHICLES TO  
COME UPON BICYCLES WITHOUT WARNING.

# BICYCLISTS READ NOTICE

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PUSH BUTTON TO ACTIVATE OR  
REACTIVATE WARNING LIGHTS

LIMITED SHOULDERS AND  
VISIBILITY FOR NEXT 11 MILES

PLEASE USE PULLOUTS AND  
ALLOW TRAFFIC TO PASS  
WHEN EVER POSSIBLE

WARNING LIGHTS WILL FLASH  
FOR 1 HOUR (12 MPH)

## Easing Tragedy via Bicycle.....George's Story

by George Pastorino

Many of you know that I was stricken by 3 infections and hospitalized for several days, then Pussanee's mother passed away and she had to go to Denmark for 9 days. I would think that would be enough. Last night I got a call from longtime friend Steve Culen that our good friend Charlie Marquardt was killed in a car accident in Wyoming. He had gone there to watch the eclipse. Charlie was a friend for 20 years, he loved to XC ski, mountain bike, and snowshoe; and at 55 years old he was just too young. Needless to say, I was reduced to tears and did not sleep until about 5 a.m. I awoke about 9 a.m. and instinctively reached over for Pussanee and of course she was not there. Fate had dictated that we be apart at this difficult time. (I was not allowed to travel with these infections). So I called and gave her the tragic news, we had just seen Charlie at Pussanee's 50th birthday party. Then after walking the bulldogs, I just laid on the couch and cried. Suddenly, a thought came to my mind.....get out on a bicycle.....so I walked into my garage....hmmm.....20 bikes were staring at me.....

I looked around.....mountain bike? No....not today. Then a glint of light from my Titanium Litespeed caught my eye....as if it was saying "choose me old friend" so I picked it up and put it on the bike rack....but where to? I had missed all the club rides, I looked online and saw you could register and do the Wright ride as late as 2 p.m. .... and off we went. Me and an old friend. I had bought the 1999 Litespeed Ultimate in 1998 and it has taken me up and down Mount Lemmon in Tucson several times, over many big Colorado passes....Vail, Independence, Loveland. I rode my first century on it and my first 150 mile ride. I was on that bike when Kevin Baily, Pussanee and myself rode an impossibly stunning ride through Zion National Park.....one so beautiful that both Kevin and I said we never wanted to do it again because it could never match the first one...incredibly we saw no cars for 9 miles in a busy National Park. That bike carried me on my first road ride with Pussanee in 2004 ....it contains countless memories and feels like a part of me...I bought it for \$5500.00 back in 1998 and today I would not sell it for \$20,000....you don't sell old friends.



Today, as soon as I swung a leg over it and clipped in....I began to feel better....It was late so I chose the 32 mile route to Western Springs.....something about just gliding along with the wind in my hair lifted my spirits greatly....the bike fits me like a glove and riding it today was therapeutic.....I know it's just titanium and rubber, but I felt the presence of all those memories it carries and somehow my damaged heart felt better. I stopped for a beer with the bike right next to me....it brought a ray of sunshine to a dreary soul. So when things get you down and life reaches up and slaps you.....take comfort in a favorite bicycle and ride like the wind.

Charlie of course had no idea that yesterday would be his last day on earth.....we have to always remember that we are all on limited time here and it might expire in 50 years or in the next 5 seconds.....use your time wisely, hug your loved ones...cherish you friends, forgive those who have hurt you, do all the things you want to do....now....not later....who knows if there will be a later. Tim McGraw sings about it in Live Like You Were Dying. Listen Here: [Live like you were dying](#) Really....listen.

Charlie loved my Sicilian Sugo so much that we had a group of friends over every year for a Sugo Party and Charlie was the guest of honor each year. The only thing really is limited in your life is Time....so let's all live like we are dying.....because we are. I loved Charlie Marquardt.





George, Pusanee, & Litespeed



Pussanee and Charlie.

## Meeting Minutes August

### Board Minutes August 10, 2017

**Present:** Judy Mikesell, Kim Messina, Chuck Dean, Cindy Reedy

1. **President:** The meeting was called to order at 6:15 p.m. at the Community Bank of Elmhurst. George Pastorino was not here tonight due to illness.
2. **Vice President:** Ken Hickey was not present, no news.
3. **Membership Coordinator:** Currently there are 492 members.
4. **Treasurer:** Monthly Banking Summary (dated 7/14/2017 - 8/8/2017): Total income: \$400.65; Total Expenses \$242.46; Total balance: \$11,100.54.
5. **Secretary:** EBC Club Picnic will be on August 19, at Salt Creek Park in Elmhurst. Final details on the menu selection, picnic set up, and Baggo prizes were discussed. EBC Christmas party locations were discussed as The Snuggery has changed ownership, and the new business does not seem as ideal as what the previous set up was. Several other places in Elmhurst will be looked at to discuss at the next board meeting.
6. **Sponsorship:** No news.
7. **Publicity:** Kelli Morgan - No report.
8. **The next Board meeting** will be on Thursday, September 14, 2017, at 6:15 p.m. at The Community Bank of Elmhurst.

Respectfully submitted,

Kim Messina  
Club Secretary

### EBC General Meeting Minutes August 10, 2017

**Present:** Judy Mikesell, Kim Messina, Chuck Dean

1. **President:** The General Meeting was called to order at 7:15 p.m. at the Community Bank of Elmhurst. George Pastorino was not present due to illness.
2. **Vice-president/Ride Captain:** Ken Hickey was not present, no news.
3. **Secretary Report:**
  - EBC 2017 Picnic will be Aug 19 at 11:30 a.m.
  - Upcoming events for EBC to volunteer or participate in are:  
Sep 9 - Busse Woods Night Ride.  
Sep 10 - Burr Ridge's Pedal the Parks.  
Sep 20 - Elmhurst Park District is having another Health and Wellness Fair from 8:30 a.m. - 11:30 a.m., to be held at the Wilder Mansion. If anyone would like to volunteer to set up an EBC table, please contact Kim Messina for further details.  
Dec 14 - EBC Christmas Party, Thursday, destination to be determined.
4. **Membership Coordinator:**
  - Total members: 492
  - Meeting attendance: 22 members
  - Door prize winners:  
+ \$25.00 Trek certificates - David Maki  
+ Thule 50% off coupon - Mike Struglinski
5. **Tonight's refreshments:** Judy Mikesell
6. **Refreshment Coordinators:** Donna and Gary Busching.
7. **Treasurer:** Monthly Banking Summary (dated 7/14/2017 - 8/8/2017): Total income: \$400.65; Total Expenses \$242.46; Total balance: \$11,100.54.
8. **Awards and Club Attire:** We are moving forward with the design for the new club jerseys. Susan Sperl will send out details in the next few weeks.
9. **Sponsorship:** no news, due to Sponsor chairs are on vacation
10. **Advocacy Chair:** none
11. **Sergeant at Arms:** Sue Hickey. Send photos to her for entry into our new data base.
12. **Newsletter Editor:** Chuck Dean. 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:** no message, due to Safety Chair on vacation,
15. **Mountain Bike Coordinator:** No news.
16. **Website/Database Team:** no news
17. **Announcements:**
  - Joanne DeZur presented a preview of what to expect at our EBC picnic to be held Aug 19, and

encouraged others to attend. Betty Bond announced that she will be organizing the Bean Bag Blow Out, so grab a partner and plan on signing up at the picnic. Prizes will be awarded to the 1st and 2nd place winners.

- Cindy Reedy had one of the *Start Seeing Bikessigns* to show. Bert Travis had these signs made, which can be purchased for \$10 from Bert, or see Lorna at J&R Cycle in Villa Park. She has a supply of these signs to sell.

18. **Publicity:** No news

19. **Tonight's Program:** EBC's Jay Lumkes is our featured speaker tonight. He will share the great adventures he and other EBC members experienced on Ragbrai 2017

20. **The next meeting** will be on Thursday, August 10, 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

<b>President</b> George Pastorino, 708.903.8700 president_elmhurstbicycling.org	<b>Advocacy</b> Bob Hoel bob.hoel_comcast.net	<b>Refreshments</b> Donna and Gary Busching, 630.967.4727 dj28724_aol.com
<b>Vice President/Ride Captain</b> Ken Hickey, 630.290.0006 ridecaptain_elmhurstbicycling.org	<b>Publicity</b> Bill Bonner, 630.297.9773 bill@bonnerimpr.com	<b>Safety</b> George Hardwidge, 312.656.6591 ghardwidge_gmail.com
<b>Treasurer</b> Judy Mikesell, 630.833.1036 treasurer_elmhurstbicycling.org	<b>Programs</b> Vince Gatto, 630.832.2133 vcas1_me.com	<b>Sergeant-at-Arms</b> Sue Hickey, 630.627.4518 sue_kensvideo.com
<b>Secretary</b> Kim Messina, 630.204.8945 secretary_elmhurstbicycling.org	<b>Mileage Coordinator</b> John Riordan, 630.833.8201 EBCDB_RiordanArtistry.com	<b>Assistant Ride Captain</b> John Riordan, 630.833.8201 hotline_elmhurstbicycling.org
<b>Membership Coordinator</b> Shelly Hicks, 614.371.0040 membership_elmhurstbicycling.org	<b>Sponsor Chair</b> Ginny Preston, 630.852.8836 ginny-preston_sbcglobal.net	<b>Mountain Bike Coordinator</b> George Pastorino, 708.903.8700 gpastorino_gmail.net
<b>Newsletter Editor</b> Chuck Dean, 630.790.4203 newsletter_elmhurstbicycling.org	<b>Website Team</b> <b>Volunteer Needed</b>	<b>List Server</b> Shelly Hicks, 614.371.0040 membership_elmhurstbicycling.org
		<b>Human Interest Person</b> 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>)

**September, 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>.

## Please Support Our EBC Sponsors



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Judy Sack, wife of Bob Sack, past president of the Elmhurst Bicycle Club has 3 bikes for sale: A Trek/Multitrack 7500, a Randonee Novara, and a Blue Ride Litespeed. See details below.

Item: Trek/multi rack 7500, Silver/aluminum  
Item Description: 57cm, Shimano Deore XT, more than 15 years old, good condition  
Asking \$200  
Seller: Judy Sack: judy8831@aol.com, 630-726-0688



Item: Randonee Novara, Blue  
Item Description: 59cm, Shimano Tiagra, more than 15 years old, good condition  
Asking \$200  
Seller: Judy Sack: judy8831@aol.com, 630-726-0688



Item: Blue Ride Litespeed, Brushed Titanium  
Item Description: 59cm, Shimano Ultegra, more than 15 years old, good condition  
Asking \$1,000  
Seller: Judy Sack: judy8831@aol.com, 630-726-0688

