



Riding At The Speed Of
Fun Since 1977

The Cue Sheet June 2019

Elmhurst Bike Club's Monthly Newsletter

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See your words in print! Submit your photos and articles, in Word, by the 20th of the month to:

Newsletter@elmhurstbicycling.org

Next Meeting: CPR & First Aid training, with first aid kit review, instead of regular meeting.

Thursday, June 13th, 6:00PM.
CPR & First Aid Training With Certification.

When was the last time you got to practice your CPR?

President's Message

June Greetings EBC Members!

We are finally seeing this wet and cold Spring come to a merciful end as June 1st brings us to meteorological Summer, and I for one am ready for warm temps and sunny skies! We will be hitting our busy season and the number and type of rides will go up dramatically, so please check the ride schedule and pick a ride where the speed and distance are what you are looking for and join your fellow members on a fun bicycle ride - whether that be road, trail, Path or MTB

June has several opportunities to give back to the community by supporting the four charity rides on the schedule. There is the MSU Grandfondo, The Bike MS Tour de Farms, The American Diabetes Association Tour de Cure, and The American Lung Association's Fight For Air Ride. Please check the Ride Calendar for info on how to ride in or donate to these great causes! EBC will donate \$100.00 to each of these organizations, provided that there are four members participating and the event is on The EBC Ride Calendar.

There will be no Club or Board meeting in June. Instead, we will have Save a Life teaching CPR and bike-related First Aid to members who register here: [CPR/First Aid Registration](#) Ride leaders are highly encouraged to take this course which is being offered at a discounted rate. Our instructor will be Todd Gutzmer who has been a career paramedic and firefighter in Villa Park for 8 years and a certified American Heart Association CPR/First Aid instructor for 6 years. The Class will take place at The Elmhurst Community Bank, 330 W. Butterfield Road, Elmhurst, Illinois at 6pm on June 13th. Only those that have registered and paid will be admitted.

That's all I have for you right now...I will see you all soon on the road or trail riding at the speed of fun!

George Pastorino
President

Editor's Note

Our monthly "Meet the Sponsor" profile has not been abandoned, it is just changing hands. In July's Cue Sheet, you will see the profile written by Ms. Ginny Preston. We look forward to learning more about Prairie Path Cycles (Thank you for hosting the Memorial Day crits, it was fun racing again!), Rudy's, The Bike Fix, The Bike Rack, and The Community Bank of Elmhurst.

Sign up for the CPR training. While you may be certified, it's not a skill that the average person gets to practice. How will you react in an emergency? Training will help.

The call for updating your profile is a repeat from last month, as now that ride season is in full swing, it's a good idea to have.

We Need Your Emergency Contact Information!

By Shelly Hicks

Spring is here and our riding season is about to be in full swing. Although we never anticipate anything happening to us while we are out on our bike, the reality is we never know. Accidents happen and are always unexpected.

Please take a minute and update your emergency contact information on our EBC website.

Emergency Contact information was not transferred from our old website to Club Express, so for most members this information is blank.

Don't put this off...DO IT NOW IN FOUR EASY STEPS

Step 1: Log on to EBC website, click drop down arrow by your name,

Step 2: Click PROFILE

Step 3: Click ADDITIONAL MEMBER DATA

Step 4: Complete Emergency Contact Info

An emergency contact list is one of those "just in case" things you don't want to have to use, but you should have ready and updated. Readily available contact information can be a lifesaver in the event of a medical emergency. The names of all the people you would want contacted should be listed, together with their phone numbers and their relationship to you or your family members.

In an emergency situation you may not remember a phone number or be able to provide one. You or the medical staff may need to contact family members. Your emergency list should include anyone who needs to be notified. This list shouldn't be limited to family members.

Please include those people who **you do not ride with** on your local rides. If they are injured too, EBC and medical staff may need to contact another family member.

Should you need your password reset, please email me at shellyebc@gmail.com

Special Offering: First Aid & CPR Training In June

EBC has partnered with Save-A-Life Inc. to provide club members discounted first aid and CPR training and certification. This class will be held instead of our club meeting in June, at 6:00PM – 9:00. More details are on the Ride Calendar.

Ride Leaders are highly encouraged to take the course.

You can learn more about Save-A-Life here: <https://savealifeinc.net/>

Our instructor will be Todd Gutzmer. Todd has been a career firefighter and paramedic in Villa Park for 8 years. He has been a certified American Heart Association CPR/First Aid instructor for 6 years. He is passionate about teaching because he has seen the positive impact bystanders can have on survival. Todd enjoys giving students the confidence to know what to do when an emergency occurs.

Sign up is available through the club site, with a handy payment button.

June 7th is the last day to register.

Preregistration And Payment Are Required.

https://www.elmhurstbicycling.org/content.aspx?page_id=0&club_id=695056

Paris-Brest-Paris 2015 Begins by Dawn Peich



We lined up at the start for our departure at 8:00 pm on Sunday, August 16th in the T-wave, the last 90 hour group to leave the Saint-Quentin-en-Yvelines velodrome.

Close to 6,000 riders were staggered in 3 different start waves. #TO73 and the Green Machine were ready for the adventure. All of my preparation over the last 6 months came to this moment. I did not know what would happen but I did know one thing. I would embark on this adventure with all of the passion, determination and perseverance I had and with all of my heart. I promised myself I would do the best job I could, full recognizing the statistics for Paris-Brest-Paris finishers (1 in 4 would not finish). I felt confident. One question I had yet to answer is how would my body and mind hold up doing a 1200K, only having done one 600K to qualify for PBP? And this was not just any 1200K; it was the quintessential cycling event. Paris-Brest-Paris Grande randonnée. 763 miles from Paris to Brest and back to Paris. 39,723 feet of elevation gain with less than 90 hours as a participant in the 18th edition.



READY...SET...GO.....

We began the ride out of Saint-Quentin-en-Yvelines to Mortagne-au-Perche in our 300 group T-wave peloton, our first control at 86.1 miles, with about 1 hour of daylight to spare.

Under the guidance and visionary leadership of Eric Peterson, our strategy and goals would be to ride a 446K (277.2 miles) to Loudeac and sleep there for a few hours. We would then continue on to Brest and back to Loudeac for the second leg with 331K (206.7 miles) an additional sleep in a hotel there. Our final leg into Paris would consist of a 449K (279.5 miles) ride to the finish at Saint-Quentin-en-Yvelines velodrome.



***Pedal.
Smile. Repeat.
Pedal.
Smile. Repeat.***



I cannot describe the majestic quality of PBP on so many levels. The route took us through many small, quaint French towns which all seemed to be linked by long, winding roads. Each village was like Christmas, a present in its own sense just waiting to be opened and explored. Some fond memories I have were as we headed into each of the dozen small towns, whether it was during the day or at night, the aromas were amazing. There were moments I recall smelling fresh baked bread and baguettes as we rode through the

town early in the morning. In the afternoon on the second leg, I recall smelling cologne through the town of Fougères as I passed the Chateau de Fougères. Additionally, there is an indescribable feeling of seeing both sunrise and sunsets, as well experiencing the French countryside lamp posts going on and off in a single ride. These are PRICELESS moments to me. It signifies something very significant, like a rite of passage in the randonneuring community. There are fifteen designated stages of the event, each had its charm and character. The feelings of accomplishment to get to each control to cross the timing chip and have my card stamped were very emotional to me. At almost every control, a tear of gratitude did stream down my cheek. These moments reminded me that amidst the pain and suffering, there was so much beauty about being part of this special event. I did not take one moment for granted, whether it was the brevets leading up to qualifying for PBP, doing PBP or after PBP. It was all beautiful, difficult, painful and satisfying, all at the same time. I was alive and experiencing every emotion. I was blessed to be here doing something I love.



The people in the French countryside were simply amazing, enthusiastically providing encouragement along the route. No matter what time it was, they were along the course cheering us on. I could not get over the families out at 2:00 or 4:00 in the morning, cheering us on as they shouted, "Allez...allez..." or "Allez madame" as I passed through the villages. I recall passing through a small town on my second night around 3:00AM, and I heard a mother and her child say to me, from the upper window of their apartment, "Bon courage madame". A tear streamed down my cheek.



There were several stands along the countryside at people's homes where they invited riders to have some coffee, pastries or



water. Excited French children were lined around portions of the road wanting to high-five riders when we got close, as if we were in the Tour de France. Their excitement and love for cycling was so palpable and so real. The event is a deeply held part of the culture of Normandy and Brittany. These were some of my most memorable moments on the ride.

In tradition of the ride, riders bring gifts to give to locals when they stop to have a coffee or pastry or to show gratitude. I brought Vanderkitten stickers to give out to the locals I met, always willing to stop when there were children involved as kids love stickers. There was one moment heading out of Fougères on the third leg where I ran into a family along the side of the road. I stopped to talk to them but they did not speak English and I did not speak hardly any French, but we expressed our gratitude to one another as we reached to our hearts. I handed them all stickers and motioned as if taking a picture to see if I could have a picture taken with their children. They were excited and we captured the moment.

Another memorable moment came as I rode through the town of La-Tannière, the highlight of the Fourgères-Villares leg. Resident Paul Rogue and his family were making fresh crêpes and coffee for all riders who stopped outside of his garage. His stop has been a legend and tradition on PBP for many years. He and his family were serving fresh crêpes with plum jam, and coffee. When I stopped and tried to buy riders a crêpe, I was told that the refreshments are free. In return, the family ask you send a postcard from home in which they will place on a plywood board and keep for years to come.





It was interesting to look at the postcards and correspondence from previous PBP's. What an amazing tradition in Paris-Brest-Paris that has been going on for the past 24 years at least.

As I said earlier about my gear issues regarding my lights not arriving for PBP, with all the planning and preparation, some things are beyond one's control. It was very clear to me on that first day that my ability to keep my targeted average mph was not going to be achieved. I was going to have to adjust my plan later in the ride accordingly. The hills were simply relentless.

On the first leg of the ride, I arrived at the hotel in Loudéac after 278 miles (448km) with 13,301 feet of climbing. It was 9:00 pm.

Time was of the essence.

It was time to shower, eat and sleep.

EAT. SLEEP. RIDE. REPEAT.

I was lucky to get in 3 hours of sleep and then back out en route to the halfway point of PBP at Brest.

Up to this point, this was the most challenging portion of the ride, with the climbing into-out of Brest as well back into Loudéac. The hills were constant, in fact, they were the whole event. As far as weather on this portion, we had fog riding into Carhaix but no rain. We were very lucky with the weather for the majority of the ride, it was perfect riding weather. The descent into Brest was beautiful and sunny with views of the whole bay and Atlantic.





Crossing the suspension bridge over the Elorn River into the town of Brest

It was along this leg of the ride that I met Ivo Miesen, a rider from the Netherlands and 4 time finisher of PBP (participated in 6.)



Ivo and myself showing off our classic retro bikes

We both were riding steel rando bikes and began chatting along the climbs into Brest. He was so friendly and began offering me advice in doing PBP when I told him this was my first time. We talked for a while and then he took off. We would meet and ride along the course many other times and some of the best stops were because Ivo flagged me down to take in the full experience of PBP. I was so thankful to meet him and become friends with him.



neat. Additionally, Max has done PBP several times and I think he was on his 5th or 6th as well. Simply amazing and inspiring to say the least.

I arrived in Brest ahead of our group and took time to take in finishing the first leg of PBP and was feeling very good about it. At this midpoint control, I had the chance to meet fellow San Francisco randonneur Dawn Engstrom upon my arrival and also met up again with French rider Max Audouin, from CC Villers Saint-Paul. We talked several times on the route into Brest, talking about our classic steel rando bikes. There seemed to be an affinity to those who rode classic steel bikes, always coming alongside one another to talk about our respective bikes or compliment the other rider on their steed. It seemed to be a small subculture of PBP that I was a part of and it was really



Up to this point, I was not having any mechanical or physical issues. I felt strong and confident. Obviously I was tired but felt good having 3 hours of sleep under my belt to rejuvenate my body.

I did see Eric, Rick and Rob here as I left the control. We talked and high fived one another and I remarked, "We are halfway there!"



My climb out of Brest began.

Every kilometer/mile from this point on was farther than I had ever ridden before. EVER.

***Pedal. Smile. Repeat.
Pedal. Smile. Repeat.
Pedal....Pedal...Pedal...***



A precious gem in the countryside of France



As I climbed out of Brest on the way back to Loudéac for the second portion of our ride, I saw friend Paco Flaco descending into Brest on his Cinelli fixed gear track bike, sporting his unique Puerto Rican designed helmet. I met Paco at La Vuelta Puerto Rico in 2014, and he is an amazing guy and cyclist. He was taking PBP on his Cinelli Vigorelli track bike 48-16 in the 84 start time (he finished in 81 hours and 59 minutes.) I yelled out his name and said, "Go Paco Go..." as he continued his descent. It was on this portion of the ride where I met Chris Slocum, another American rider from New Jersey, as we headed from Carhaix to Loudéac. Chris rode up to me as he was having light issues and his battery was about to go out. He asked if he could ride with me to share my light. I was thankful to have him to ride the next 51 miles with as the time passed quicker as we talked about being PBP first timers, doing brevets and qualifying rides. He was an energetic and friendly guy and I enjoyed his company. Another blessing of Paris-Brest-Paris is the new friendships engendered and this trend of new friendships continued throughout the event.

We continued onto Loudéac. I got into the hotel at 12:45AM. Based on the time to finish this second leg (207 miles/333km with 11,604 feet of climbing) and extra time taken at the controls and stopping along the way, I recognized that getting

another 3 hours of sleep would not be feasible. One hour would have to do.
478 miles (781km) completed thus far with 24,905 feet of climbing.

The dice had been thrown.

Things were about to get very, well, interesting...

Check Your Gear!

It's June, and I assume everyone has had their bikes tuned up, and in general keeps their bikes clean and ready-to-go.

Bibs, shorts, and tights wear out. An easy transparency check is to hold your bibs or shorts up to a sunny window. If you can see through them, it's probably time for them to go. Not just for the fact that the rider behind you sees your bottom, but the chamois and overall fit may not be optimal, and cause chaffing or sores. You can keep these for when you train solo in the winter.

Helmets may need adjusting if you rode during cooler temps and adjusted the straps to accommodate hats. Follow the link from helmets.org, a consumer-run site, for how to fit a helmet. [How To Fit A Bike Helmet](#)



Photos from recent May rides. It was the rainiest May on record, but the last few days gave us sun! Welcome back, Isaac! It's good to see you on the bike again, with blue skies ahead of you!

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ELMHURST BICYCLE CLUB

General Meeting Minutes

May 9, 2019

Present: Ron Richards, Judy Mikesell, Kim Messina

The General Meeting was called to order at 7:15 p.m. at Community Bank of Elmhurst.

President: George was absent at this meeting.

Vice-president/Ride Captain: Ron suggested rides that are posted weekly at the same time, have a group of Ride Leaders who would lead the ride on a rotating basis. (Example: Early Fast Busse; Hump Day Hustle; Blue Skies; etc....). This would allow for a different ride captain to lead that ride, should the usual Ride Leader not be able to lead the ride. This Sponsor a Ride would be a slight change in policy will ensure one can expect to ride when posted but may have a different Ride Leader to lead the ride. This is only a suggestion at this time.

Secretary Report: no report

Membership Coordinator:

- Total members: 439
Meeting attendance: 23 members
Remember to update your ICE (In case of Emergency) number in your EBC membership profile:
Phone number, name of your contact, and their phone number.

• **Door prize winners:**

Parker W Hand, Terri Carrabello, Isaac Samayo

Tonight's refreshments: Tom and Ginny Preston

Newsletter Editor: Denise Kolden welcomes your articles, pictures, and riding experiences you wish to share

Refreshment Coordinator: Terri Caraballo

Treasurer: Monthly Banking Summary (dated 1/1/2019 – 5/8/2019): Total income: \$1,013.45; Total Expenses \$2109.32; Total balance: \$9,928.38

Awards and Club Attire: no news

Sponsorship: Ginny Preston reminded us that our sponsors have links on our websites, and that many are having sales at this time. Please stop and visit any one of our sponsors and let them know that you appreciate their sponsorship to our club

Advocacy Chair: Elmhurst Park District voted to support and contribute to the phase 1 study concerning the Bicycle/Pedestrian Bridge over Route 83 on the north side of Elmhurst. This would allow safe crossing to the Salt Creek Greenway Trail, to Cricket Creek Park, and to many other trails.

Sargent at Arms: Sue Hickey.

Programs: Should members have any ideas for guest speakers or bike related topics to be presented at our meetings, please contact Vince Gatto.

Safety Chairman: Tonight's presentation will be by George Hardwidge on Bicycle Safety while riding.

Mountain Bike Coordinator: no report

Website/Database Team: no report

Announcements: Publicity: Club members are encouraged to sign up for the CPR and First Aid training geared towards possible cycling accidents. You can register and pay for this course from our EBC website. The training will be held at 6:00 p.m. at the Community Bank of Elmhurst in lieu of our next club meeting.

Tonight's Program: – George Hardwidge will give a presentation on bicycle safety while riding

The next meeting will be Thursday July 11, at 7:00pm at 330 West Butterfield Road, Elmhurst IL 60126

Respectfully submitted,
Kim Messina, Club Secretary

Contact Us

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