



Riding At The Speed Of
Fun Since 1977

The Cue Sheet August 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:

Thursday, **September 12th**

Board Meeting: 6:00PM

Club Meeting: 7:00PM

Save the Date:

Annual Club Picnic, August 17th,
11:00AM, lunch around 12:00PM.
Salt Creek Forest Preserve, Route
83 & North Avenue
Please contact Joanne DeZur if
you can help. RSVP link is below

President's Message

Happy August EBC!

I hope you have been enjoying the beautiful weather and have been out on the Paths, Road and Trails on a regular basis. July was a great month for EBC with about 150 rides and events throughout the month. July also brought a great opportunity to give to back the Community by working the Elmhurst Classic Road Race. Thanks to all the EBC members who gave up all or part of their Friday to help The DuPage Cycling Foundation put on The Elmhurst Classic Road Race. Special Thanks to Kim Messina who took the day off work to cover the Bike Valet! Kim is a Rock Star!

The EBC Board has made permanent changes to our meeting schedule. Please note that there will be no club or Board meeting in August. We will have meetings in September and November to close out 2019. The new schedule for 2020 and onward will be as follows, 5 club and Board meetings per calendar year and those will be in January, March, May, September and November. The Board can discuss and vote electronically on issues that arise between meetings. January 9th 2020 will our semiannual CPR/First Aid Training, please plan to attend. Cost is an inexpensive \$70.00 and is well worth it. Full details are on the website here:

[CPR/First Aid](#)

August offers another great chance to give back to The Cycling community by volunteering at The Palos Meltdown Mountain Bike Race. The Palos Meltdown is Cambr's primary Fundraiser and provides most of the money they need to build and maintain the trails we love. I could not run The EBC Mountain Bike Program without Cambr's work. You do not have to be a mountain biker to volunteer as many jobs are open, however if you have a Fat Bike or Mountain bike you can be a course Marshall. Cambr provides food for the workers both at the Race and at a local eatery after the race. Register here: [Volunteer](#)

Saturday, August 17, 2019 will be our EBC Annual Summer Picnic at Salt Creek Park, 574 W. Second St. Elmhurst, IL. The Club will buy food and soft drinks so come on out and enjoy some Comradery with your fellow EBC members. There will rides to the Picnic lead by me and others and fun games as well.

That's all I have for now, I look forward to seeing you on the road or trail...riding at the speed if fun.

George Pastorino
President

Editor's Note

As we roll into the dog days of summer, a reminder to keep hydrated on and off the bike. You need to keep hydrated before you ride, as well as during a ride.

Summer cycling clothing tip: Tide Sports Wash. I've tried it on some of most aromatic of our clothes, jerseys that got forgotten in cars for example. The detergent seems to get the superfunk out, and does not interfere with the breathability of the fabrics. I have not had to wash any rain or snow gear, so we'll see. We dry our gear outside, in the shade. Direct sun can make elastic and spandex brittle.

Thinking about a cycling vacation in Italy? If you want a well-priced, family and non-cyclist-friendly option, check out Hotel Milano Helvetia, profiled in this issue.

RSVP To Club Picnic

John Riordan

Please help Joanne DeZur and others get at least some foggy idea of how many folks are coming to our Annual Summer Picnic on August 17th.

Yes registration is totally voluntary, but the idea is to help out the volunteers that work their collective butts off all of the time on these awesome social events that are part of the glue binding our wonderful club together.

With a week and a half to go, I am seeing (all logged in members can see) the registration of just 14 participants total!

The organizers have to procure food, beverages and do many other tasks that depend on a head count.

To register: Log in, then look to the right side of the event for the "Register Now" button. Here is the event on our calendar:

https://www.elmhurstbicycling.org/content.aspx?page_id=4002&club_id=695056&item_id=1046683

If interested in joining us at this fabulous annual event, we can at least respect the organizers' requests and mark that we are coming.

Club Benefit: Ride With GPS

From Our [Website](#)

How do members sign up to for the Ride with GPS EBC Club membership?

- Before doing anything, send Petra Hofmann <petrahof@gmail.com> a request to join RwGPS as an EBC member.
- In return, she will send you a link that you will use to access the RwGPS website.
- After clicking on that link, you will see an enrollment dialog box requesting your full name, user name, password and email address.
- Once you enter that information, a new page will open - the RwGPS home page, complete with your profile in the upper left and an EBC club icon near the bottom left of the page.
- You are able to use RwGPS in lite mode. To use the club pages: click on the club icon which in turn opens the RwGPS-Club-EBC home page.
- If you've followed these instructions, you will see, under the photograph, a line stating: "You are a member of this page."
- There is a Help link at the top of the page for **all** of the video tutorials which can guide you through using Ride with GPS.

Italian Cycling Vacation In Riccione Italy

By Denise Kolden



Many of our fellow members have travelled domestically or internationally for cycling vacations. We've had a few articles, and several emails, on how much fun they are. This Spring, I had the good fortune to take my first Italian cycling vacation in the seaside resort town of Riccione, on the Adriatic coast. I spent six days with my husband, and our cycling team at the charming [Hotel Milano Helvetia](#). What we loved about the hotel was everything. The staff, from the front desk to maid service, the cycling guides, food, location, and rooms. We brought our bikes, and they were safely kept in locked bicycle storage. The bike storage has pumps, basic tools, and bike stands, so we were able to clean our bikes and make adjustments easily. Riccione has several bike shops, and these are close to the hotel. We particularly enjoyed [Cicli Migani](#), a small shop, in business since 1961, whose owner was Fabian Cancellara's mechanic.



BORA-HANS GROHE TEAM STAYED AT OUR HOTEL.

No need to worry about language barrier. The hotel's guide, Steve, speaks fluent English. Steve contacted us with all forms, and was super responsive to any questions we had about our stay and the event. Booking, payment, and service was seamless. May to Mid-June, and then September, are Bike Seasons at the hotel. There is a special Cyclist's luncheon served, and the Cycling Plus Package includes meals (breakfast, lunch, dinner), laundry service for cycling kit (washing was done well – jerseys, bibs, socks, gloves, sports bras all came back in great condition. You can always do your own washing in the room, as racks are provided.), onsite parking, wifi, secure onsite indoor bike storage, and guided rides. Price per person was 75 Euros a day. Steve, and his Italian counterpart Luigi, do a great job of leading fast and moderate rides. When booking, discuss with Steve the tempo of ride you would looking for, so that he can plan accordingly.

We happened to be in Riccione at the same time the town welcomed the individual time trial stage of the Giro d'Italia. The Bora-Hans Grohe team, and support staff, stayed at our hotel. We got to see the riders, and yes, they are even leaner and more muscular in person! It was a beautiful backdrop, even with rain. The circus that surrounds a Giro event is incredible – all the buses, cars, people, all gathered for cycling.

One of the oldest hotels in Riccione, the Hotel Milano Helvetia can trace its history back more than 100 years. A true family-run hotel, they retain traditions with classic styling and genuine, friendly service. English-speaking staff and guides, you will enjoy your stay. Don't feel like riding, or have family who prefer not to? Riccione has a dedicated tourism office an easy walk from the hotel, near the shopping district. English-speaking staff happily provides maps, suggestions, directions, and information on the town, places to visit outside of Riccione, transportation, and things to do. Riccione is a seaside resort town, and an easy distance to visit Rimini, Urbino (a UNESCO World Heritage Site), the Republic of San Marino, and other beautiful hilltop villages.

Meals

You will eat really well. Breakfast, lunch, and dinner, are part of your hotel stay. The food was fresh, seasonal, delicious, and there were plenty of options at every meal. The traditional Italian cuisine is cooked by Mama Lea, the hotel manager's mother. Part of eating is presentation, and every dish was presented with care. Breakfast - A wide variety of hot and cold choices, from eggs, meats, cheeses, yogurt, to cereals, with coffee, various nut milks, tea, and juice. During Bike Season, lunch is timed to be served post-ride. Dinner gives you a choice of starter and main course, wine included, and amazing antipasta spread, of hot and cold items. Should you wish to have a cocktail or coffee, the café-bar is open during the day and after dinner.

Rooms

Classic styling, clean and comfortable, perfect for a relaxing night's sleep. You can take the elevator, or use stairs. Our room had a small balcony, with a view of the sea. Other rooms overlooked the hotel's pool and patio.

Getting There

The nearest airports are Rimini, Bologna and Ancona. Rimini operates a limited service but is the

closest. Bologna is usually recommended, as the train is an easy and inexpensive way to arrive to Riccione. The hotel will collect you from Riccione train station for no charge.

Alternatively, the hotel will arrange private transportation from the airport to Riccione. The cost varies on the number of people and bikes present. Hotel staff will provide a no obligation quote. For our group, a very comfortable minibus was cheaper than the airport shuttle service.

The hotel has a private parking lot, should you have a car during your stay.

Beach & Town

A busy summer resort for Italians, the hotel is central location within Riccione, the beach is across the road and the famous Viale Ceccarini and its designer shops a short walk away.

Located by the beach on the Adriatic Coast, you will be a short distance from

the beautiful countryside and hinterland. The region has many hills with something suitable for every rider. Your work up the hills is rewarded with gorgeous views of villages, castles, or sea.

Marco Pantani

Born in the region, "Il Pirata" trained and raced here too. Several climbs close by are famous for being used by Marco when training for Grand Tours, including the brutal Monte Carpegna, known to the locals simply as "The Cippo."

Guides And Groups

Three different groups to cater for all levels, each rides together and always regroup at the top of hills....nobody gets left behind. We select the best roads the area has to offer with the best scenery along the way! Other options are available including, Ladies Only, Castles & Culture and the famous Nove Colli Gran Fondo - something for all! The Plus Package is amazing value, they include everything needed for a great and successful bike holiday.

The guides have many years of experience and speak English. They are strong riders but more importantly, caring people who look after the whole group with equal care and attention.

Don't see what you want, or have questions? Email guide@hotelmilano.net, for a timely and friendly response.

Bike Rental



THE PASTRIES WERE GOOD, BUT I PREFERRED THE SAVORY MEALS. I STILL THINK ABOUT THEM.



The hotel has carbon fibre bikes for hire including the BMC SLR 03. Equipped with compact gearing, prices range from 25-30 euro per day or 165-185 euro per week.

GROUP DISCOUNTS – PELOTON PACKAGE

For new guests, bring a large group of more than 15 cyclists and we offer a discount. The rate increases the more friends

you bring making our packages even more amazing value!

HOTEL MILANO HELVETIA

E: guide@hotelmilano.net

Via Milano, 2 - 47838 Riccione (RN) ITALY

Tel. (+39) 0541.605410 - Fax (+39) 0541.600754



Cycling Events

August

11th

Naperville Rotary Ride, www.napervillerotaryride.com

17th

Elmhurst Bike Club Picnic, [RSVP](#), it's the nice thing to do!

Ride Like An Egyptian, www.rlae.org

18th

Bike Psychos Century XXXVI, www.bikepsychos.net

The Wright Ride, www.oakparkcycleclub.org

24th

No Baloney Ride, www.ivwnobaloney.com

September

2-4th

LaCrosse Area Bicycle Festival, www.bicyclelacrosse.com (Wisconsin)

8th

Harmon Hundred, www.wheelman.com

Capital City Century, www.cccweekend.org

Easter Seals Bike for the Kids, www.eastersealsdvr.org/bikeforthekids

14th

Amish Country Tour, www.decaturbicycleclub.org

15th

North Shore Century, www.northshorecentury.org

Everybody Rides, www.projectmobility.org

28th

Venus De Miles, www.venusdemiles.com

Rise and Shine! Join us for a 5 AM Early Bird Ride!

By Kelli Morgan & Armaline Mirretti

Are you an early riser? Yeah, we know not everyone is an Early Bird but we have a lot of them in our club. The Early Bird has now expanded to Two rides - Elmhurst and Lisle.

The 5 AM Early Bird was started when Kelli Morgan kept bugging people to ride with her early in the morning. A former member, Elizabeth Collins posted the first 5 AM back in the summer of 2012. The original 5 AM riders were, Kelli Morgan, Elizabeth Collins, Joanne Nicholson, Paul Punchum, Jim Farrell, and Armaline Mirretti. The remaining originals who still ride are the Fab Four: Kelli, Joanne, Jim and Armaline. Following the first summer, Armaline and Kelli became the main ride leaders but as ride participation grew so did ride leaders. Thanks to Vince Gatto, Jay Lumke, Dr. John Loesch, Joanne Nicholson, Jim Farrell and Tony Harrington for stepping up and helping when the regular ride leaders are unavailable to lead and continue to help when needed.

We have ridden several routes over the years but have settled on mainly one or two routes for Elmhurst. Riding the same route almost every day for some people could be quite boring, but it is a great way to test yourself on your abilities and see your improvement over the season.

Why do we ride early?

- Low traffic and quiet streets
- Morning rides are invigorating and give you energy all day.
- Many of us started riding since we had other responsibilities and couldn't do the night rides.
- To beat the summer heat!

The Elmhurst ride starts on Park Avenue, near the Elmhurst Library then goes South through Elmhurst then heads West through Villa Park to Lombard, then returns back to Elmhurst. We have many levels of riders that usually divide into two or three groups sprinting at different paces, with the Ride leader keeping the pace with the slowest rider. We have a 5 AM ride text group for those who want to join to get updates, but also to be able to quickly check in on the ride. We ride Monday-Friday with 2 to 12 riders.

This year, Vince and Jay started a ride to Lisle near their homes. The Lisle ride starts from the Lisle Police Station. There may be a ride starting in Park Ridge as one of our members is moving later this year.

Want to check out an Early Bird ride? Contact the ride leader to let them know you are coming and ask any questions that you might have. We would love to have you join us!

Sponsor Profile: Bikefix, Inc. Oak Park Illinois

By Ginny Preston, Photos by Tom Preston

310 Lake Street

Oak Park 60302

708.445.8760

service@bikefixinc.com

Our spotlight this month is on Bikefix, Inc., club sponsor since 2013. Shop owner Curt Warner has been at this Lake Street address since March, 2012. The shop had been at a previous location for 5 years.

Curt employs full time mechanic, Bill Olderr, to help with repairs on the many bicycles being brought in daily by neighbors needing simple repairs such as flat tires to more complex repairs such as broken chains, broken spokes, and completely rebuilding a wheel. These are the guys they know will be able to do this work!

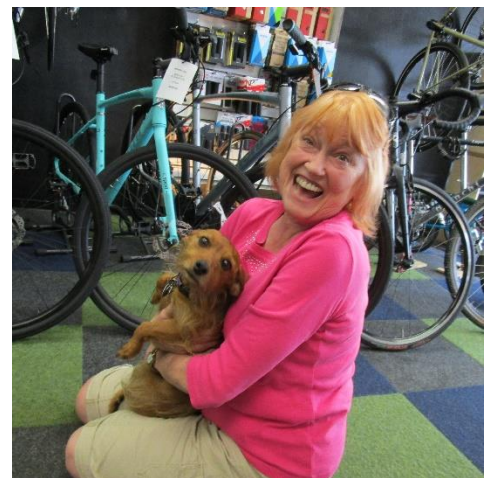


Club members can call to make an appointment to have their bikes checked and repairs made. Appointments are fine but walk-ins are welcome too. In winter months, most repairs could be done in only a day or two. Understandably, in summer months it may take up to one week.

The Surly Cross-Check is their number #1 seller. Bianchi road bikes are also great sellers. These bicycles are beautiful. For the bike owner who knows exactly what they want, these can be custom-made by Curt and Bill to meet the customer's specifications. This way the customer leaves the shop with their bicycle and very pleased; and Curt & Bill are happy that they were able to make that happen.



On a personal note, both Curt and Bill are married with families. Curt's son, Lincoln, helps out in the shop and will be starting college this autumn. His daughter, Daisy, will be beginning her fourth year at University of Iowa. When Curt and Bill can "squeeze in" some time, they both still LOVE to ride bikes. These are great guys and can help you with your bicycle needs, accessories, and repairs.



As Curt says, "I'm always pleased and surprised by how many bike shops people will drive past to have us service their bikes."

Our Club Sponsors: Right Click On The Image To Open The Link
Shopping at our sponsors is good for our communities.



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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

BOARD: President George Pastorino	President@elmhurstbicycling.org
BOARD: Ride Captain/Vice President: Ron Richards	RideCaptain@elmhurstbicycling.org
BOARD: Secretary Kim Messina	Secretary@elmhurstbicycling.org
BOARD: Treasurer Judy Mikesell	Treasurer@elmhurstbicycling.org
BOARD: Membership & E-mail Coordinator Shelly Hicks	Membership@elmhurstbicycling.org
BOARD: Newsletter Editor Denise Kolden	Newsletter@elmhurstbicycling.org
BOARD: email whole EBC board: George Pastorino	Board@elmhurstbicycling.org
Mountain Bike(MTB) Coordinator: George Pastorino	MTB@elmhurstbicycling.org
Member Miles Coordinator: David Vogt	MemberMiles@Elmhurstbicycling.org
Assistant Ride Captain: John O Riordan	RideCaptain@Elmhurstbicycling.org
Program Chairman: Vincent Gatto	ProgramChairman@Elmhurstbicycling.org
Advocacy Co-Chairs: Armaline Mirretti & Kim Messina	Advocacy@elmhurstbicycling.org
Publicity Chair: Kelli W Morgan	Publicity@Elmhurstbicycling.org
Sponsorship: Ginny Preston	Sponsorship@elmhurstbicycling.org
Safety: George Hardwidge	Safety@elmhurstbicycling.org
Awards & Club Attire: Armaline Mirretti	Awards@elmhurstbicycling.org
Refreshments: Terri Caraballo	Refreshments@elmhurstbicycling.org
Sergeant at Arms: Sue Hickey	ElsiesAntiques@gmail.com
Social Services: Chair Betty Bond	SocialServices@Elmhurstbicycling.org
Facebook Public Group Admin: Kelli W Morgan	5Morganpk@gmail.com
Facebook Private Group Admin: John O Riordan	john_r@RiordanArtistry.com
Ride-with-GPS Admin: Petra L Hofmann	PetraHof@gmail.com
Webmaster: John O Riordan	Webmaster@elmhurstbicycling.org
Web Admin: Lynn Korff	Webmaster@elmhurstbicycling.org

Contact Us