



Riding At The Speed Of
Fun Since 1977

Elmhurst
Bicycle Club

The Cue Sheet January 2020

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

President's Message

Happy New Year EBC members!

2020 is here and the Elmhurst Bike Club will have all your Road Riding, Hiking, Cross Country Skiing, Mountain biking and Snowshoeing needs taken care of! As an all season club, EBC is active in every month of the year so go to the ride calendar and find an event that suits you, and get out and have some active fun.

Please consider joining the annual EBC Cross Country Ski trip run by Kim Messina. This will be the 18th year, at the Indianhead Motel, in Ironwood Michigan. February 4 – 9. This is a fabulous trip and very economical as well...not to be missed. There is great snowshoeing as well. The majority of cross country skiing and snow shoeing is done at ABR which has some of the finest grooming in the country....no kidding. Come and join the fun!

If you are free on Wednesday nights this winter, please come out for the WWSR, (BTC) which is a great ride led by Vince Gatto and John Riordan. I ask you, where can you get Bourbon, Chocolate Chip Cookies, Fine Craft Beer and homemade pastries all on the same ride? WWSR! Along with tons of laughter, silliness, gregariousness, good cheer, singing, fireplaces and plain old fun. Don't stay home on Wednesday nights....come to this ride! See ride calendar for details.

Our club meetings are on the 2nd Thursday at 7:15 pm of each the following four months March, May, September & November at The Elmhurst Community Bank 330 W. Butterfield Road Elmhurst, Illinois. All members and guests are encouraged to attend to keep up with club happenings and to socialize with your fellow members. Board meeting precedes the regular meeting at 6:15pm and all are welcome to attend.

That's all for now...see you soon on the road or trail riding, skiing or hiking at the speed of fun!

George Pastorino
President

Editor's Note

Denise Kolden

Welcome to 2020! A new year, a new decade. Many of us, myself included, have set goals and made resolutions. Winter is a grand time to keep up with fitness, and our weather has been obliging for outdoor activities. I have renewed my club membership, and made sure that my emergency contact information is correct, and up-to-date. I have also inspected my Road ID, the band is in good shape, and no updates are needed. My equipment has gotten a review as well. The road bike is going in for a check up (Yay Winter Specials! Support our sponsors!), and I am getting fitted for my new gravel bike. Any clothes that needed minor repairs got the attention they needed. The saddle bag that wore out with holes I could no longer justify repairing has been replaced. What a difference! The zipper glides smoothly, and the new version holds a little more than its predecessor.

As we look into the year with our plans, consider joining a charity ride. Take a CPR and first aid class. Add some cross-training fun with dancing.

Club Update: Electronic Payments

With a membership of more than 500 individuals, we've got a pretty robust club. On any given ride you can see old school steel and modern carbon fibre. One thing members all seem to agree on – electronic payments! To that end, EBC will no longer be accepting checks or cash. All payments, for club dues, kit, holiday party, etc., will be electronic.

The biggest benefit – membership status. New members will be processed and added to the list serv the same day, rather than in a month. If you need help, please reach out to Member Chair Shelly Hicks for assistance. She is happy help!

American Lung Association: Fight For Air Ride

Linnea Myers

Lynn Korff and I are starting to build the Elmhurst Bicycle Club team for the American Lung Association Fight For Air Ride on June 12-14, 2020 and we would love to have as many EBC members as possible join us! Three glorious days of riding 50 miles per day through the beautiful countryside and up and down the hills of Wisconsin. We start at McHenry College in Crystal Lake, Illinois and ride to The Abbey Resort in Lake Geneva, Wisconsin. We currently have five team members, and the minimum donation fundraising for the three-day ride is \$500.00 per rider, if we have ten or more team members.

The registration fee through April 3 is \$50.00 per rider, but EBC members pay only \$35.00 when using code **TeamEBC2020**.

The Fight For Air Ride includes two nights at The Abbey Resort, luggage transportation, two dinners, two breakfasts, SAG support, rest stops with snacks, and lots of fun!

Our EBC team has been the #1 team fundraiser for the past two years and we hope to continue to be #1. The American Lung Association has many ways to help us with our fundraising, and Lynn and I can help with any questions.

The direct link to the EBC team page to register is <http://action.lung.org/goto/EBC2020>.

Click on the Menu at the top left for more information.

Will you join us on this ride for a very worthy cause?

Linnea Myers - linneamerle@gmail.com

Lynn Korff - koof420@att.net

Illinois Rules Of The Road From Illinois DMV

On most roadways, bicyclists have the same rights and responsibilities as other types of vehicles, including the right of way. Remember to follow these important laws and safety tips regarding bicyclists:

- Some municipalities have roadways with designated bike lanes. Even if bicyclists are not present, vehicles are not allowed to drive, park or idle in this space or pickup passengers in these designated lanes.
- Bicyclists may need to ride outside a bike lane and motorists should be prepared to safely move around them. The bicyclist must be aware of the directions a moving vehicle is traveling when properly completing a left or right turn.
- Bicyclists are prohibited on controlled-access highways, expressways and certain other marked roadways.
- Motorists must yield the right of way to a bicyclist just as they would to another vehicle. Extra caution should be used during bad weather. If a motorist passes too close to a bicyclist and it results in a crash, the motorist may face criminal charges. Crowding or threatening a bicyclist is prohibited

CPR Class: January 9, 2020

George Pastorino

The EBC Board has made arrangements with Save a Life to offer CPR and First Aid Training to members at a reduced cost. You can read about Save a Life here: [Save a Life](#) After completing the CPR Course you will receive a Certification Card from The American Heart Association that is good for 2 years. The First Aid class will be tailored to cycling-related situations including: Injury assessment, treating cuts and road rash, insect bites, recognizing the signs of dehydration, heat exhaustion and heat stroke, and what to do and not do in emergency situations.

Taking these courses will teach you how act appropriately and effectively to sustain life and avoid further injury until professional help arrives. Any member who wants to be better prepared for when emergency first aid might be needed will benefit greatly. Also addressed will be bystander laws.

We call 911 first thing, but we need to be able to take action before they arrive. American Heart Association statistics show that 45 percent of out-of-hospital cardiac arrest victims survived when bystander CPR was administered [AHA CPR Facts and Stats](#) Take CPR...it saves lives.

Member Cost is \$70.00 and must be paid in advance. The crack Web Team built a Paypal Button, so you can register and pay here: [Register for CPR/First Aid](#)

Course will about 4 hours long and will be taught at The Community Bank Of Elmhurst on January 9th at 6pm. (No Board or club Meeting in January)

The Course in June was outstanding and I have made a highlight compilation video and you can view it here: [SAVE-A-LIFE CPR/First Aid Training](#)

I used this song as it is recommended to help you get the right Rhythm of CPR...Please read here: [Stayin Alive is easy with CPR](#) Pussanee and I have registered.

Cross Training: Dancing At The Sands Tuesday Nights

Downers Sand Club Sports Bar & Grill
1211 Butterfield Rd, Suite B.
Downer's Grove, IL 60515

(At times GPS doesn't find us correctly. The Sand Club is off the Butterfield frontage road in between Olive Garden and Hooters)

Come out and get some social crosstraining! Dust off your dancing shoes and cut a rug with fellow club members and others!

SummerTour: Michigan

This year's family-friendly five-day bicycle tour features routes on roads, the Pere Marquette Trail and the White Pine Trail as well as the Cadillac Pathways (if you are interested in dirt trail riding), all from the convenience of a single camping location, Veteran's Memorial Park Campground in Marion, Michigan.

The tour will begin on Wednesday, July 15 and end on Sunday, July 19, 2020. Camping will be available starting on Tuesday, July 14 after 4 PM at no additional charge. On Sunday riders will return to the campground in time to pack and leave by 2 PM.

Daily routes will vary between 25 and 75, with various options. The Sunday rides will be a shorter variety to allow for returning to camp, shower and check-out by 2 PM.

This is **primarily a tent camping tour**, with provision for some RV's (for an extra fee). Be ready to "Ride Your Own Story." Take your bicycle anywhere. Do your own thing. We'll be back in the same campground at the end of the day.

Included in the basic fee are tent camping facilities, route maps, Use of RideWithGPS, SAG service, and meals. Dinners Wednesday through Saturday, and breakfasts Thursday through Sunday are provided and served in a pavilion at the campground. SummerTour has our own Campground Hosts to help you with questions and provide you with light snacks daily in the afternoons as well as group campfires with S'mores and munchies some evenings.

SummerTour is sponsored by the Tri-County Bicycle Association (TCBA) of Lansing, MI and is open to all capable interested bicyclists. You need not be a member of any organization to participate. The first **150** entries will be accepted.

For more information or questions email SummerTour@biketcba.org, or call 734-330-2283 (leave message)

Also, please reach out to Karen Schwartz. She has done this tour before.

Our Club Sponsors: Right Click The Image To Open The Link

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