



Riding At The Speed Of  
Fun Since 1977

Elmhurst  
Bicycle Club

# The Cue Sheet

## February-March 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 20<sup>th</sup> of the month to:  
[Newsletter@elmhurstbicycling.org](mailto:Newsletter@elmhurstbicycling.org)

## President's Message

Welcome to March EBC members,

Well, it certainly was a warmer than usual winter, which was good for most members but not so great for those of us that want to ski and snowshoe. March is the month that has the greatest warming so we should see a sharp upswing in road rides. This is also a great month to get your bikes into one of our Sponsor bike shops for tune-ups, new tires etc. Getting these items done early will allow you to be ready when the first really warm days arrive.

You can find our Sponsors here: [Elmhurst Bicycle Club Sponsors](#)

On Sunday, March 8, 2020 Dawn Piech is organizing rides for International Women's Day to celebrate the achievements of women around the world. There will be rides by Kim Messina, Petra Hoffman and Betty Bond. Please consider joining one to these rides to support this great cause. All participants will receive an official International Women's Day 2020 Together We Ride official roundel/patch. Let's support Dawn and International Women's Day. You can read about the work that is being done to get equal pay for Women in Sport at the link below.

[International Womens Day/Sport](#)

The March Club meeting will be on the 12th at 7:15PM at The Elmhurst Community Bank, 330 W. Butterfield Road, Elmhurst, IL. All members and guests are encouraged to attend to keep up with club happenings and to socialize with your fellow members. The Board meeting precedes the regular meeting at 6:15PM and all members are welcome to attend. Our Program Chairman Vince Gatto has booked a great Speaker for The Meeting. Russ Hoefer from Bike Tour Finder will be presenting on what his company does to match Cyclist's with the right tour. His presentation will be on their September trip to Girona and the Mediterranean, a summary of their previous Italy trip, and ideas for future trips. Plus he will be raffling off hats and T shirts.

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

George Pastorino

## Editor's Note

### Denise Kolden

Now that the clocks are ahead, the days will be getting longer. Are you, and your bikes, ready for the better weather ahead? Have you had your bike tuned up recently? Is your drivetrain clean? How old is your chain? Do you have all you need in your on-bike repair kit?

What about your clothes? When you hold them up, if you can see through your bibs, please, keep them at home for the trainer. No one wants to see your backside on a ride. No one. Invest in some new shorts! Keep your dollars local and head to one of our club sponsors to get your bike tuned up and some fresh clothes.

## Do You Have The Right Chainrings?

### Greg Pelican, Marketing Manager, Trek Bicycles Florida

Having the proper gearing to match both your ability, the type of bike and where you ride it, is one of the most important factors of your bike setup.

For example if your gearing is too high (hard) and you have to do a lot of climbing, will force you to stand or use too low of a RPM.

Conversely if your gearing is too low or easy you will spin out and not be able to put out maximum wattage which will limit your performance.

This short [video](#) focuses on having the optimum chain ring size and also touches on the advantage of Rotor Oval Rings.

Enjoy the video!



## March Presentation: Bike Tour Finder

### Vincent Gatto



As a competitor in triathlons and marathons during the 80's and 90's, Russ enjoyed the endurance aspect of these sports. But as often happen with age, his knees started creating problems for his running, so it was back to the bike with Tina joining him. The more they rode, the more they learned about great cycling regions and tours from friends and other bike riders. The idea for BikeTourFinder finally came about while Russ and Tina were showing friends and business associates their pictures from a Ride The Rockies Tour. People loved the pictures and learning about the trip, but didn't know how to find bike vacations themselves. No one aggregated rides and tours objectively, and the

existing sites were boring or just lists.

Their presentation will highlight how they plan tours that don't involve daily moves to different locations and all at a very reasonable cost. included will be highlights of a past group tour to Italy, their most recent group

trip to Girona and the coastal town of Tossa de Mar Spain, and plans for future destinations including Mallorca and Slovenia. You'll see a lot of beautiful images, tips for sightseeing, hotels, air and train travel, dining, and tour companies.

While the main purpose of BikeTourFinder is to highlight cycling possibilities, they have started receiving requests to plan trips for cyclists and they think the site could end up being an entry point for acting as a bike tour concierge.

## **Bike The Drive: Support The Active Transportation Alliance**

Grab your bike and join 20,000 people on a car-free Lake Shore Drive on Sunday, May 24. Whether you're new to biking, a seasoned veteran, or biking with kids, you'll find Fifth Third Bike the Drive an event to remember. Ride as little or as much of the 30-mile course as you'd like and then enjoy a post-ride festival in Grant Park. No bike? No problem! Rentals are available. Don't miss this once-a-year event when bicycles reign over Lake Shore Drive.



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