



EBC President George Pastorino, center, with fellow members Pussanee, & Elizabeth. At Palos Forest Preserve, August 2020

SEPTEMBER 2020 ELMHURST BICYCLE CLUB



The cuesheet

President's Message

Greetings and Happy September!

After being shut down for over 2 months due to Covid-19, we made the choice to reopen rides on May 30th. We are back to our full complement of rides. It's so wonderful to see the club back up and running and seeing so many members riding together once again.

As Illinois is now in phase 4, we can have gatherings of up to 50 people for any reason. We almost never have rides that big so we are well within compliance with Governor's guidelines. Members do not have to wear a mask on rides but should bring one for breaks at restaurants, gas stations, etc. Some members have decided not ride due to personal concerns and we should respect their choice.

Please follow the guidelines laid out by VP/Ride Captain Ron Richards in his list serve emails on the subject. We do not know when we will resume indoor meetings or whether we will have the Christmas Party. It will depend on how Covid is trending in Illinois.

We continue to ask ride leaders to write the names of members attending the ride on the ride sheet.

Riders should not be signing their own name. Also please keep the ICE number file that I emailed out in your phone in case of an emergency. It would be best if all members have the file in case a ride leader is injured.

2020 has been a strange and crazy year but as always, the Elmhurst Bike Club rolls on.

That's it for now, see you on the road or trail.

George Pastorino

President

FROM THE EDITOR

After a few months of no newsletter, it's back.

This is a reminder that this is *your* club's newsletter. Please send articles and photos to share. My email is newsletter@elmhurstbicycling.org. Please send to me by the 15th of the month, so if I need clarification or more photos, we have plenty of time!

Local-ish travel -

I spent the last weekend of August in Three Oaks, Michigan. We rented a charming Airbnb just down the street from the Dewey Cannon Trading Company. While the roads were often bumpy, it was easy to ride without much planning, thanks to the wonderful wayfinding. Road signs with rides that began and ended at Three Oaks, with lengths from 8 to 60 miles.

Upcoming this Labor Day weekend, and through the month of September, is LaCrosse, Wisconsin's Bicycle Fest. Register for free, and enjoy a month of free, self-supported, self-paced rides. Online maps, free routes, cue sheets, and GPS or smartphone directions, it's a great experience! The Driftless Region has something for everyone. Check it out here: <https://www.bicycle-lacrosse.com>

Best to everyone this month!

Denise

16 Paddlers! We do more than ride!





Mountain Biking In Palos

Pravin Patel

We rode mostly the single tracks with many short climbs and descents and couple of heart pumping long climbs. There were very few bikers on the trails. The trails were dry and dusty. It was hot from the start of the ride and only got hotter.

Here is our route today: [12 mile loop Little red schoolhouse route](#)

Elizabeth is a new member of the club, and has recently started riding her mountain bike after a long hiatus. George and Pussanee are

coaching her with suggestions to improve her riding. The highlight of the ride came early as she went for surmounting a short rise on the trail with 25-30% grade. While Karen and I spotted her at the rise, Elizabeth followed Pussanee and overcame the rise. Spotting is a technique where fellow riders stand on either side of the trail to catch a rider in case he or she fails to overcome a technical spot and may fall while attempting to overcome a rising spot. Elizabeth showed a lot of pluck by trying and you can hear her joyous sounds after succeeding the very first time. The video George took is wild! This is what mountain biking is all about: helping fellow riders and camaraderie of the riders.



See video here on the EBC Youtube

Channel: [Coaching Elizabeth up the 25% plus grade](#)

PROJECT MOBILITY

Hal and Project Mobility are wonderful and our club has raised tens of thousands of dollars to buy over a dozen specialty bikes for physically challenged children, including \$12,000 to purchase 7 bikes in 2019.

See the highlights of the 2019 giveaway here on The EBC Youtube page: [EBC Project Mobility Bike Presentation](#)

We also raised \$13,000 in 2016 to purchase 6 bikes for the kids: [2016 EBC Project Mobility Presentation](#)

Be proud of your club!

EBC BLACK & WHITE JERSEYS!

Here is everyone's chance to get the classic black and white jersey in 2 different versions of black. And 3 different styles.

Short sleeve, sleeveless and racerback styles.

Let me know if you have any questions.

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In Memorium

The beloved wife of Jerry Fish, Louise passed away at Edward Hospital in Naperville in August. Lou and Jerry had been members of EBC since 1996. Lou used to lead many bike rides, especially out west. And was very good at it. She was a swimmer, triathlete, and hiker. They lived in Wheaton for many years and had moved into Monarch Landing in Naperville about five years ago.

Lou had to give up biking but Jerry still rode with a group from Monarch Landing until a year or so ago.

There was no be a service of any kind due to the coronavirus.



Jerry & Louise Fish

The People You Meet While Out

Tom Preston

I rode my 29er to the top of the Scenic Overlook in Green Valley Forest Preserve on August 29th. There was a couple sitting at the picnic table there at the top of the east nob. The gentleman noticed my EBC jersey and said that he used to ride with Elmhurst Bicycle Club and asked if I knew his nextdoor neighbor, Nancy Shack. I said, "Yes I do. You must be Peter." I told him that I had followed him as he led EBC rides when I first joined 12 years ago. We talked for a while and they walked back to their car and I rode to the west knob of Mount Trashmore. Later I rode past them as they walked along one of the crushed limestone trails. I stopped and asked if I could take their picture and share it with members of EBC. They were kind enough to oblige.

Peter and




Ksenia and one of Whalon Lake as seen from the west nob of Mount Trashmore.

We can't travel to Europe right now, but we can enjoy it by video. A lovely clip from Karen and Bill Schwartz and their 2018 tour of Belgium.

https://youtu.be/gyND4m_4li4

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