



*Trader Joe's to Oswego
Photo by Tom Preston*

October 2020 ELMHURST BICYCLE CLUB



The cuesheet

President's Message

Happy October EBC Members!

The days are getting shorter and the leaves are starting to turn and in a blink of an eye Autumn has returned to our area. Soon we will abandon our shorts and short sleeve Jerseys for more robust clothing but we shall ride on. The Elmhurst Bike Club has a flourishing Fall and Winter Ride schedule that will be full of hikes, road rides, paddling, MTB rides, XC ski events and snowshoeing. It makes me proud to see so many non-summer activities! This is huge change from 2005 when only Pussanee and I were riding bikes in subzero temps and were considered odd!

There are always great opportunities to give back to our communities, every month. Project Mobility hosted its virtual Hops for Hope 5K. You can always support Project Mobility's mission to provide specially adapted bicycles to children, adults, and wounded veterans with a direct donation. Click [here](#) to do so.

It has indeed been a strange year with the appearance of Covid 19, and as DuPage, and surrounding counties face renewed safety precautions, we will get through this.

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

Sincerely,

George Pastorino

President

FROM THE EDITOR

I am back from visiting my parents, aged 91 and 89. I thought I would have the time, and energy, to compile and publish the newsletter. Pre-travel prep included gathering items that my parents had requested, and packing them in my bag or getting them ready to mail. My visit was a working one, from cooking and cleaning, to keeping my mom company while my dad took a well-deserved rest.

A gentle reminder to us all – make sure you have your sh*t together as far as estate planning, healthcare directives, funeral plans, and who will take in your pets, children, or special collection. Plan for the worst, and live for the best!

Happy Halloween!

Denise Kolden

GEAR RECOMMENDATION: GARMIN VARIA TAILLIGHT

Bob Dirth

Whether for yourself or your road-biking loved one(s) I would recommend considering the Garmin Varia Radar Taillight. (current model is the Varia RTL515 <https://buy.garmin.com/en-US/US/p/698001>)

I have been riding with one all of this year on both my road bike and our tandem. I have the "older" RTL510 model with ~2000 miles ridden with it. I could not imagine riding on the roads without one anymore! With a compatible computer or smartphone (or Garmin's optional RDU), it provides both audio and visual indicators of vehicles (up to 8) coming up behind you. (from ~1/10 mile away which is plenty of distance for a warning. And it seems to me to be even farther, especially on country roads.) The taillight will also change behaviour when a vehicle is detected (i.e. it will flash brighter and more quickly to provide more visibility/warning to the vehicle behind you.) I have had other riders ask me about that - they thought I was controlling it somehow! Nope, all automatic. There are several light modes so for example if you are riding in a group you can set it in "peloton mode" so it does not flash as brightly and blind the rider behind you! With my Garmin Edge computer, I have both audio and visual indicators of approaching vehicles. When it detects a vehicle it provides a distinctive audio beep, turns the edges of the display orange or red (depending on the closing speed of the vehicle) and displays where the vehicle(s) are in relation to myself / my bike and tracks their approach. Thus I can see vehicles as they approach and how close they are getting to me without having to look back. So I know in general proximity where they are in relation to





Stay safe out there!

myself. When it is all clear, another audio beep and the edge of my computer turns green before clearing. (All clear!)

It is compatible with most newer Garmin EDGE computers, Wahoo Element Bolt, and many smartphone cycling apps (e.g. Ride with GPS) I have only used it on my Garmin Edge 520 but I know others have used it on Wahoo Element and it works similarly.

It is pricey for a light, (~\$200 for newer model but you may still be able to find the 510 for \$150) But again, it is more than just a light!! I highly recommend it.

VILLA PARK BIKE FRIENDLY COMMUNITY SURVEY

Jason Jarrett

The Village of Villa Park recently applied for Bicycle Friendly Community status from the League of American Bicyclists!



As part of their review process, the League seeks input on bicycling in Villa Park. As a member of EBC and chairman of the Villa Park Planning and Zoning Commission, I have my own (strong) opinions on bicycling in Villa Park, but I know the village would appreciate each and every response.

Thanks in advance for your time!

https://www.surveymonkey.com/r/BFC_Fall20

EBC BOARD NOMINATIONS 2021

John Riodan, Webmaster

As Ride Leader Nancy Shack reminded us, we should be accepting EBC Board nominations for candidates for the 2021 term right now.

Everything is outlined and explained on our Election Central 2021 web page which has a link right from our Home page.

The procedures and date ranges are fully explained on our Election Central 2021 page as well. Cheers, and let's get those nominations in,



In Memorium

Sam Gunda was a great guy, and one of my go-to recommendations for riders just starting out in, or inquiring about, our club. Mary Beth and I were on many of his rides, and I gave out hundreds of such recommendations over the last few years.

If that esteemed EBC Ride Leader ever wore a frown, I sure never saw it much.

When I was cleaning up and moving the older Member Miles pages from our old web hosting service to our Club Express-hosted website years ago, I ended up noticing that Sam used to crank out quite the mileage per year.

He became yet another living proof of how staying active in all phases of your lifespan keeps your quality-of-life as high as possible. Mary Beth and I are very sad to see his passing, but at least he seems to have passed peacefully while surrounded by family. This is probably how most of us hope to go should we ever have to think about it.

Sam will be deeply missed.




Jerry Seiden (l), and Sam, at Mile 50, Bike MS 2019



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Treasurer's Report – January 1, 2020-August 31, 2020

| BANKING SUMMARY 1/1/2020 THROUGH 8/31/2020 | |
|--|-----------------|
| INCOME | |
| 2020 Membership | 2,020.00 |
| Club Express Web Income | 2.80 |
| Club Sponsors | |
| 7 Mile Cycles | 250.00 |
| J&R Cycle | 250.00 |
| Bikefix Inc | 250.00 |
| Prairie Path Cycles | 250.00 |
| The Bike Rack | 250.00 |
| Rudy's Cycle | 250.00 |
| Trek Store DGN | 250.00 |
| TOTAL Club Sponsors | 1,750.00 |
| Donation Income | 820.00 |
| Event Registration | |
| CPR | 70.00 |
| TOTAL Event Registration | 70.00 |
| Interest - checking | 11.38 |
| Socks-Sleeves Sales | 45.00 |
| TOTAL INCOME | 4,719.18 |
| | |
| EXPENSES | |
| Annual State Report | 11.00 |
| Awards – Expenses | 50.00 |
| Awards - Leaders | 464.24 |
| Awards – Mileage | 1466.92 |
| Club Express Web | 808.36 |
| CPR | 840.00 |
| Donations | 100.00 |
| EBC Misc Expenses | |
| Go Daddy.com Web Hosting | 42.34 |
| Holiday Party | 10.00 |
| Insurance | |
| Club Liability | 1219.00 |
| Insurance | 26.00 |
| Medical | 192.00 |
| TOTAL Insurance | 1411.00 |
| Picnic Supplies | 401.24 |
| TOTAL EXPENSES | 5631.10 |

ELMHURST BICYCLE CLUB

Board Meeting Minutes

September 30, 2020

Present: George Pastorino, Ron Richards, Shelly Hicks, Denise Kolden, Kelli Morgan, Kim Messina

President: Pravin Patel, one of several EBC members who are passionate about mountain biking have requested a T-Shirt (or whatever the award is a given year) specific to those who have achieved a mountain biking goal (30 mountain bike rides) for the year, similar to the t-shirt given to those who ride 1000 road miles in a given year. After some discussion, it was agreed to extend an award specifically for mountain biking. Details on the criteria will be those worked out and published by the Mountain Bike Coordinator, but for now it will be 30 defined mountain bike rides in a calendar year. The qualifying EBC member will choose either the 1000 road mile t-shirt/award or the 30 mountain bike rides t-shirt/award. Should the member want both qualifying awards, then option to purchase one of them is possible

Eliminating the patch award was discussed, as it costs more to embroider the year of the achievement than what it cost to purchase the patch. Only 30% of those who have qualified for this award (completed rides of 25miles, 50miles, 62miles, and 100miles) claim this award. Since the club has a large supply of patches, for now the award will continue with option in the future to possibly change the award to something more useful. EBC socks, buffs, and spoke lights were some of the optional awards that may be considered in the future.

Vice President: Due to Covid-19, the ride leader has been required to sign in all ride participants to prevent any spread of the illness. It has been determined that there is little risk of spreading the illness with using the same pen. Beginning Jan 1, 2021, members will sign the ride sheet themselves instead of requiring the ride leader to sign in all riders.

Club Express website has the option of 'RSVPing' or 'Registering' for events or rides. This is an optional feature but has proven convenient to the ride leader. It is not required to register for rides but the option is there to give the ride leader an idea who is coming to the ride.

Membership Coordinator: Currently there are 461 members. Many have begun renewing their membership for 2021 as it is that time of the year. Reminder to pay your dues prior to Jan 1, 2021 to avoid being dropped off the email list and access to the complete EBC website.

Sue Hickey, our Sergeant at Arms, has been made an Honorary Lifetime EBC Club Member for her volunteering, always being there to set up our meeting room and donating her time, even though she does not ride. Her husband, Ken Hickey was our long time VP/Ride Captain whose dedication and contributions to the Elmhurst Bike Club was unsurpassed.

Treasurer: Monthly Banking Summary (dated 1/1/2020 – 8/31/2020): Total income: \$2.37; Total Expenses \$507.85; Total balance: \$11,265.66

EBC will be making the following donations to organizations which advocate for safe cycling laws and infrastructure, nonprofit organization that makes cycling possible for challenged individuals, and an environmental, civic minded group that promotes and supports green initiatives like cycling.

- \$500 to Ride Illinois

- \$500 to Project Mobility

- \$500 to CAMBR (Chicago Area Mountain Bikers)

- \$500 to Active Trans

- \$100 to Elmhurst Cool Cities Coalition

Secretary: There will be no EBC Christmas party this year due to Covid-19. There has been some discussion to have a Winter Cheer outing Sunday January 10. This would be an outside event a forest preserve where we can possibly have a shelter where we can build a fire. Hot beverages will be offered and packaged snacks. Once location is found, more information will be sent out.

Sponsorship: not present at the Board meeting.

Advocacy: No news

Newsletter: No news

Website/Database: no news

Publicity: no news.

Respectfully submitted,
Kim Messina, Club Secretary

CONTACT US

| | |
|---|--|
| BOARD: President George Pastorino | President@elmhurstbicycling.org |
| BOARD: Ride Captain/Vice President: Ron Richards | RideCaptain@elmhurstbicycling.org |
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Autumn Colors Ride Video Clip

