



*Nancy Shack Sharing Florida Sun
Photo by Some Random Dude*

November-December 2020 ELMHURST BICYCLE CLUB



The Cuesheet

President's Message

December is here EBC members!

That of course means only one more month to 2020 and I think most of us will be happy to have this year in our rear view mirrors as Covid 19 has certainly made doing our normal activities more challenging and difficult both in our club and in our lives as well. I hope all of our members continue to take the necessary precautions and remain healthy.

As you know by now we have had to cancel the Club Christmas Party due to the Virus as there is no indoor dining. Kim Messina was looking into a possible casual outdoor get-together but with the new restrictions of no more than 10 people outdoors that is not going to happen. Still, we can all have a wonderful Christmas season with family and friends and find new ways to bring joy to others. Let's double our efforts at giving back and trying to help those who are less fortunate by donating money or time to the many charities that are involved in our communities.

I wanted to personally thank all of the EBC board members that have helped me steer the club through 2020 as their advice had been critical to me throughout the year. And in closing Pussanee and I want to wish all our members a Merry Christmas and a Happy New Year!

George Pastorino
President

George Pastorino

Editor's Note

What an extraordinary year it's been. I have thought, started, stopped, rewritten and deleted my note for this month.

I decided instead, to include the 2017 commencement address given by Chief Justice John Roberts at his son's school graduation. I think it is good food for thought for all of us, whatever our age. You may read the transcript, or watch the video. In the video, he begins speaking at 5:55.

Happy Holidays to you!

[Chief Justice John Roberts' Commencement Speech Transcript](#)

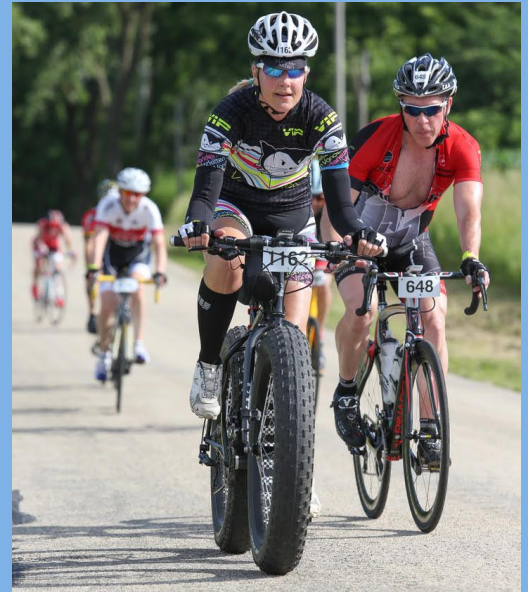


Ride Like A Woman: A 2019 Midwest Audax Club Parisien Super Randonneur Series On A Fat Bike Dawn Piech

PROGRESS. EVOLUTION. GROWTH.

Randonneurs have a common thread that binds us together, a wandering soul. Like wild horses roaming The Great Plains, we feed our spirits with wide-open spaces, new frontiers and adventures. These elements embody the free spirit of the sport of randonneuring.

In my quest to explore a new cycling frontier, I set a 2019 goal to complete an [Audax Club Parisien Super Randonneur Series](#) on my 2012 [Surly Moonlander Fat Bike](#) with 26 X 4.7" Big Fat Larry tires. Although I had previously completed two long rides, 100 miles and 124 miles, on my Surly 4130 CroMoly steel fat bike, this goal would be charting unknown waters and pushing the limit.



LOVE AT FIRST FLIGHT



I fell in love with the 2009 Space Black Surly Moonlander back in 2010. At that time, I was upgrading from my Trek Hybrid 7600 to my first road bike. Fondly, I recall walking into Spokes bike shop in Wheaton, Illinois in the Spring of 2010. When I walked into the shop, I saw the Surly Moonlander immediately as I opened the door. I had never seen anything like it. I was awestruck. I was without words. It was big. It was beautiful. It was bold. I had no business looking into this strange but quite mesmerizing bike, but it had an allure to it. I purchased a Pinarello FB Quattro carbon road bike, as it seemed like the natural progression from a hybrid. But truth be told, I could not get the Surly Moonlander out of my mind for many, many years.

In 2012, a friend in the Elmhurst Bike Club, my local club, had two Surly Pugsley Fat Bikes. and generously let me borrow one of them for almost a year. I will never forget the moment I stood over the top tube to go on my first ride. I instantly smiled with joy. I felt like I was floating on a cloud of happiness. Pedaling without boundaries over curbs, potholes, tree stumps, large rocks... anything!

That spring, I did a century on it and even rode it on some fast group rides to test my limits. It was an absolute blast. I knew I was going to be buying a fat bike someday. That was without question. But if only I could find the 2009 Surly Space Black Moonlander...

As fate would have it, in early 2015, a friend of mine contacted me about someone who had the 2009 Surly

Moonlander in Space Black and was interested in selling it. I could not believe it. I had been searching the Internet and bike shops to find one since 2012, to no avail. Unfortunately Surly was no longer manufacturing the Moonlander. The individual only rode it a few times and it was collecting dust in his basement. He rode a Harley-Davidson motorcycle and purchased the Moonlander because it "looked like a Harley." I jumped at the chance and purchased it for \$1,500.00. At the time, many of my friends were trying to talk me into getting a newer, updated carbon fat bike with upgraded components. But I really wanted this particular bike. It was nostalgic for me. It brought me back to the feeling I had when I walked into the bike shop back in 2009. It felt like Christmas morning to me. And I was about to get a present I wanted for many years...

Big Mama Moonlander was born...

Our adventures began in January of 2015, when we

began local and larger events in the Midwest, competing in many races and events over the next few years: [Fat Bike Birkie](#), [Great Lakes Fat Bike Race Series](#), [Horribly Hilly Hundred](#), and [Spotted Horse Gravel Ultra](#). And no matter how difficult it was I always had a smile on my face. I came to the simple conclusion that my fat bike is my *INSTANT SMILE GENERATOR*!



In Memorium

By Betty Bond



Dick Diebold

In late November, one of the club's founding members, Dick Diebold died. He was seldom still and had ridden in every state of the USA from Maine to California and Florida to Utah. Mostly self contained, in that he carried everything he needed on the bike. He was a purist and felt that if you didn't have it with you you didn't need it.

Never did he allow vehicles on his rides. Freda Brown, his wife of many years, was by his side.

He was a great bike leader and one time even rode all the way up to Alaska...which I understand is difficult even for a car.

Dick was also a great cross country skier, and loved going up to the UP with EBC in past years.

Dick had reached the age of 91 years.

I'm sorry to report that Dick passed away on November 20, 2020. He had been on kidney dialysis for the past 10 years or so and his body just gave out.

Dick was a Charter Member and was one of the founding members who formed Elmhurst Bike Club back in 1977.

So every time you appreciate our great club....give a silent thanks to Dick Diebold.



Carol Nield



I am very sorry to advise you that our beloved Carol Nield died late September of Pneumonia. She was surrounded by her family and slipped peacefully away.

Carol joined EBC in 1987 and was a strong rider with lots of miles credited to her. She was also an avid skier...It was said they she would even ski on frost if no snow was available. When we would go up to the UP her famous words were "One more time". She hated to quit. She was always the first one at the ski site and the last to leave.

I remember her biking up to Minong, WI with us fully loaded and going up the hills like the trooper she was. Also cheerful and looking for the best in everyone and everything.

After her beloved husband, Bob died she moved into Plymouth Place in La Grange.

Carol was a wonderful lady...I, for one will truly miss her.

Carol, Al, and Mary Jo

2012

Mountain Biking- The DTE Energy Foundation

Trail, Chelsea, MI

By Pravin Patel

George Pastorino, our club President and Mountain Bike Coordinator led six EBCers on the eighteen mile mountain bike ride Saturday October 17th, 2020 at the DTE Energy Foundation Trail in Chelsea MI. The ride was the first of the two day event.



The DTE Energy Foundation Trails were recently developed by local mountain bikers with the grants provided by the DTE Energy Foundation, a philanthropic organization which promotes arts and culture and economic development throughout Michigan. There were four interlinked trails of varying lengths from 4-8 miles and varying riding difficulties; the Green Lake, the Big Kame, the WINN and the Sugar Hill loops. The banking, smooth and narrow serpentine trails were machine cut and were mostly free of tree roots, ruts and rocks; fast cross country

mountain bikers' dream. They traverse a wooded ridge, dipping to the ravines and climbing hills, meandering around lakes, bogs and kames and always under the heavy canopy of mature oaks, maples and firs. The trails did have many machine made features; rock piles, jumps, berms, rock gardens etc. But, there was always a easier alternate trail around such features. The trails were posted signs to guide the riders and the hikers with mile markers every half a mile.

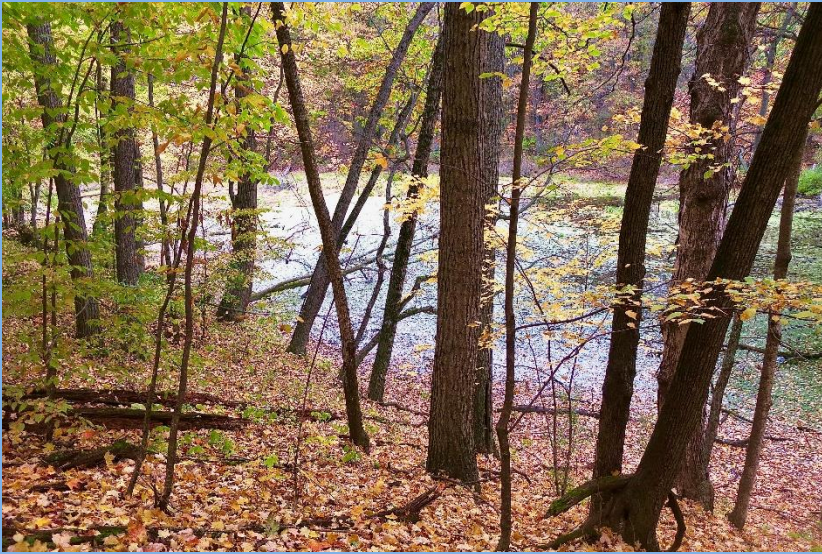
The town of Chelsea, Michigan is only 3-1/2 hours' drive from Chicago. Some of us arrived overnight and some arrived the Saturday morning. The group of seven riders assembled sharply at 11:30AM, went over the pre-ride preliminaries and were eager to tackle a new location. The temperatures were in the mid-forties and it was sunny, almost ideal riding conditions. George led the group cautiously in the beginning as we were on a new terrain, but, soon we warmed up found our groove and got going with the flow of the trails. Since this was a new trail for all of us, George would stop our group to scout a difficult passage before proceeding apace. He would warn us of any impending difficulties of turns and jumps and climbs. The route he had chosen had many heart-bursting climbs and steep hairy descents and we had to watch out for sharp turns. Fortunately the trails were only one-way on alternate days and we did not have to worry about on coming riders, we did have to yield occasionally to the fast riders coming from behind. George kept the group together by varying our pace. The autumnal trees and dappled sunshine filtering through the mature trees made the riding surreal. We rode the Green Lake and the Big Kame loops twice first at a slower pace to go around more difficult features and the second time we let it rip a bit. George encouraged us to overcome some of the obstacles in our path and ride on. We concluded our day after riding eighteen miles.

Pussanee Pastorino and Chuck Gentile graciously stayed alternately behind to sweep and make sure everyone was safe. The camaraderie of the group made this a special day. In my opinion, these were the best trails I have been on in my limited experience.

Chuck Gentile, Ann Engleman, Paul Moore, Pussanee Pastorino and Karen Kiley made up our strong group besides George and I. I would like to thank all the riders for the special day of riding considering the year of the miasmatic pandemic.

I thought on reflecting about the DTE WINN Loop since we could not ride it for the Sunday morning rain.

George had planned to ride the WINN Loop Sunday after he led our group of seven Saturday on the Green Lake and the Big Kame Loops. We rode 18 miles yesterday repeating both loops. After the light morning rain passed Karen Kiley and I decided to hike or possibly ride the WINN Loop. The rest of our group had left for the home early. We pulled into the newer Cassidy Road trailhead just before 10:00 AM. From here the WINN Loop can be accessed by crossing the Cassidy Road. There was only two cars and four riders in the lot. I lent a couple from Holland, MI my air pump, their tires had looked low on the air pressure. We put on our biking gear and pedaled to the beginning of the WINN loop. There was a nice display with colored maps of all four loops and the overall map. The trail was damp not wet or sodden. We both thought we could ride it. It was dry under our footprints. We found only the damp thin layer of sand and dirt, but, we turned around after riding a short distance. We thought to hike the trail rather just to be safe and scout it at hikers' perspective for any future expedition. We rode back to the car, locked our bikes to the carrier and changed into the hiking gear and got going.



The WINN Loop is rated 'more difficult' than the Big Kame and the Green Lake Loops. There is also the Sugar Hill Loop which is considered the hardest. The WINN Loop is eight mile long and no stretch of it is straight or level. The meandering trail has two more or less parallel elongated legs and traverses a heavily wooded ridge, dipping to small ravines and climbing hills and skirting bogs and kames and small lakes. The trail surface was more or less relatively smooth and free of ruts, roots and rocks. What it lacked in natural obstacles it amply made up with never ending climbs and long descents and man/machine made features; rock gardens, log skinnies, a narrow tree entrance with short 45 degree wooden ramps on either side of it, numerous berms and series of mounds for

jumps. It seemed every turn had a berm. It is said that this trail has most berms of any trail in Michigan. A dozen or so such features except one had a easier alternate. One without an alternate was lined with smooth flag stones and rocks and was easily rideable. All jumping mounds can be safely rolled over eliminating need for jumping. There is no by-pass or short cut and rider must commit for the full eight mile loop. However, we could see a trail at certain spots and someone can cut thru the woods and down the slope to cut the ride short in an emergency.


At mile four, a rider can access the four mile long Sugar Hill Loop by crossing fast moving Waterloo Road. One must watch for a fast moving occasional automobile. We did not explore it. It is said to be the hardest among all the loops. By eleven o'clock as the trail dried out we started seeing riders a dozen in all. We saw two groups of exuberant teenagers trailed by an adult going fast and furious doing jumps! We could only envy their youth! The WINN Loop as all other loops is one way and the riding direction changes every other day and hikers must hike in opposing riders. The trail was well marked and had mile markers every half a mile. We did not see any other hikers and it was a therapy to hike on a bed of fallen variegated colorful leaves and pine needles and half denuded colorful maples, oaks and pines. We realized the ephemeral beauty of this world: always churning and transforming and we just needed a different perspective to appreciate each phase of it. The day reminded me how diametrical it was to the cold late 2015 December day I had found myself at 16,000 ft on a high Himalayan pass with 5000 feet drops on either side. Today was vibrant, colorful, full of vital air and filled with birdsongs and that day was of primordial beauty; reigning silence of ice and frozen rock, indigo blue vault overhead and deficient of vital air. Both beautiful days, but, of different kinds.

In my opinion, as a final thought, all our members who have ridden at the Palos can tackle DTE Energy Foundation trails with acquired fitness for endurance and climbing and a dose of determination. In some respects the Stonehouse and the Campground trails of the Palos Forest Preserve are harder. I would allow three days including driving to experience all four loops of the DTE Energy Foundation Trails Mid September to mid October would be the ideal time for the future excursion here. And if you have more time there are many trails nearby to explore.

I would like to thank the Pastorinos for planning the trip and Karen Kiley, Chuck Gentile, Ann Engleman and Paul Moore for making it a fun trip. George had put the WINN Loop pictures on the SmugMug website. Please click on the attached link to view and download them.

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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

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