

# Downers Grove Bicycle Club

**Minutes**  
**May 8, 2007**

## I. Welcome and Opening Remarks

New members welcomed including Guy, Kelly, Rudy  
Joanne Dybala complimented the progress of the club and its inclusion of new riders, social events etc.

## II. Committee and Officer updates

- A. Treasurer: *Opening balance-* \$3990 *Income* from memberships and sponsors- \$1170  
*Expenses* included printing, jerseys, newsletter costs and League of Illinois Bicyclists  
Membership- \$2229. *Closing Balance-* \$2931
- B. Membership: 237 members on the books. 50% have renewed for this year. 34 waivers not yet turned in. Reminder to renew membership by May 31....unless you joined during the 4<sup>th</sup> quarter of 2006. Benefits: 15% discount at Trek Bicycle Store on Tuesdays with current membership card. Also discount at DG Running Company next to sponsor Ballydoyle.
- C. Ride: 1. John K. is tracking milage...if he is able to read the sign in sheets. 2. RIDE LEADER MEETING AT BALLYDOYLE ON TUESDAY MAY 15 7:30 PM 3. Volunteers needed for easy paced rides. Club members need to step in here and help out with a ride or two....!
- D. Social:     1. Dancing with the stars May 24 at 7 pm, Celebrity Dance Studio, on 63<sup>rd</sup> near 83.  
                  2. Bowling at sponsor North Beach in Aug or Sept.  
                  3. Pizza Ride in June from Roundheads.  
                  4. Ice Cream Ride  
                  5. Picnic at Shanahon State Park...trail and road rides plus games and food.
- E. Apparel:    Jerseys distributed. Additional jerseys will be ordered when orders for 10 are received.  
They look great!!
- F. Park District Bike Rally: Saturday at the DG Fitness Center parking lot. 11-12. Bikes checked by Trek Bicycle Store technician, helmet fitting, safe riding practice.

## III. Program: The Importance of Nutrition – Jenny Garrison, USAT Level 2 Coach [jenny@endureitsports.com](mailto:jenny@endureitsports.com)

Jenny's presentation dealt with sports diets...before, during and after events. She pointed out that low heart rate, lengthy periods of exercise such as a long bicycle ride burn fat. She suggested that within 30 minutes of heavy exercise one eat .5-.7 grams/pounds of body weight of protein. Sports drinks, hydration and other points were discussed.

## IV. New Business

- A. Karen Van Dam...Team Luna Chix fund raiser and transition clinic  
B. Bike the Drive....May 27<sup>th</sup>  
C. I-355 extention pre-opening ride: still waiting to hear about progress on it  
D. Trek Bicycle Store event: May 17<sup>th</sup>, Women's Night...woman specific, wine, Fashion, mini-seminars...stretching, injuries etc.

The meeting adjourned at 8:37 or so....another meeting brought in on time. Tks Ron.

Respectfully, Bill Chalberg