

DERAILLEUR MAILLEUR

March 2009



On the Roadie

By Rich Baumgarten

There is no such word as “roadie” in the dictionary relating to cycling. Though Google did unearth the following cycling definition of a Roadie: (Row+d) “A cyclist who puts his rubber on something hard.” Whew! That's out of the way. Let's get down to the real story.

Monday and Wednesday night Cycling Club Training Rides:

Monday Rides

Sasha started the Monday night ride as a cool-down exercise after racing over the weekend. Instead of riding alone, he brought along new riders, people who were interested in learning what it was like to ride in a group, but at a slightly slower pace. It evolved into more of an instructional exercise with an emphasis on safety. We wanted to teach some of the more technical aspects of riding in a peloton. We work on group riding skills, sprinting and pedaling techniques. These rides are great for people to find out whether they're ready for the more strenuous Wednesday night training. These have proved to be popular rides which started bi-monthly but now run every Monday night.

Wednesday Rides

Former Club Presidents Steve Kramer and Mike Wasserman can tell you more about the history of this weekly training event because they were there when I first came around. At first it was a fairly fast-paced social ride, very much in line with my abilities at the time.

It wasn't until Sasha showed up that the pace sped up. With his racing background he brought his strength and speed and took the pace up a notch. Not too many people passed Sasha, but we turned up every year to try (I, for one, trailed the pack more than once and had to finish the ride solo). Though elite riders show up, you never feel intimidated about joining the ride. They always welcome you and encourage you to do better, an aspect that keeps me coming back. A certain amount of athleticism is needed, but anyone is welcome to give it a go to see where you stack up. And just in case, a route sheet is provided so, if you lose the pack, you can find your way back. The same attitude holds true today. The Roadies are a loosely organized group, and the people who show up year after year have created a fellowship that keeps us challenged as well as connected. Just when you think you've hit the ride's pace, someone raises the bar setting you on the road to a new goal. And in other ways we've broken the mold. For example, many times we have to rein in Litespeed Bob who likes to wave to passing kids in cars, threatening to break our persona as serious road cyclists. We do have something of a reputation to uphold. Both rides emphasize safety and traffic etiquette. Those who wish to participate should have some knowledge and athleticism, which is stressed in our online criteria. Safety is another reason we ask that only traditional road bikes be used. These are popular club events, and it's not uncommon to have 10-18 riders in the group. If anyone would like more details, I'll be talking at the next club meeting, Tuesday, March 10 at REI, and can answer your questions.

So, to sum up, these are physical rides. They are fast rides. They will challenge you. And you'll have a good time doing them.

Randonneuring 2009

By Jim Kreps

P-B-P, B-M-B you may have heard about these rides from club members. What ride is this? Is it a race? What makes a person want to participate? It is what the French call Randonneuring.

“Randonneuring is long-distance unsupported endurance cycling. This style of riding is non-competitive in nature, and self-sufficiency is paramount.” When riders participate in Randonneuring events, they are part of a long tradition that goes back to the beginning of cycling as a sport in France and Italy, in 1891, a few years after the invention of the “safety bicycle.” Friendly camaraderie, not competition, is the hallmark of Randonneuring.

Paris-Brest-Paris (P-B-P) is the paramount event of Randonneuring. Organized every four years by the host Audax Club Parisien, this ride is the oldest bicycling event still run on a regular basis on the open road. This 1200K ride is to be completed in less than 90 hours. In 1891, Pierre Giffard, a French newspaper publisher wanted a “dramatic demonstration of its (the new safety bicycle's) power, range, and versatility”. He created a test “not primarily of speed, but brains, skill and endurance.” Back then, he promoted a 9-day event. Nonetheless, 206 riders signed up, and the first P-B-P rider finished in 71 hours 22 minutes.

One American finished P-B-P in 1901, but Randonneuring did not really get U.S. rider attention until 1971, and even more so with the creation of RUSA in 1998. These days, Randonneurs train for 200K, 300K, 400K and 600K events, all leading up to the ultimate 1200K, 90-hour endurance challenge.

So then, who participates? The CCC Roadies Group trains folks to ride a century.

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PREZ SEZ

By Anne Alt



Our club belongs to a larger local and regional cycling community with a multitude of people, issues and ideas. Our working relationship with Active Transportation Alliance (formerly Chicagoland Bicycle Federation) has a long history. Many CCC members first became involved with CBF as volunteers: in the office, at the Boulevard Lakefront Tour, and later on Bike the Drive. CBF began in 1985 with a focus on making the Chicago area a better place for bicycling through education, advocacy, and improved facilities. That mission has expanded and evolved with the addition of important initiatives such as Bikes on Transit, Healthy Streets, Safe Routes to School, and Sunday Parkways. Their new name reflects that growth.

The scope of ATA's campaigns has been expanding and evolving for years, adapting to the needs of Chicagoland community by moving beyond their original bike-centric focus. This evolution hasn't necessarily been obvious to those outside the circle of regular CBF volunteers. Efforts to get the Bikes on Transit initiative rolling with CTA, Pace and Metra opened the door to transit advocacy. Safe Routes to School, which uses both walking and cycling, is a bridge to pedestrian issues. The Active Transportation Alliance staff has grown over the years to meet the needs of its expanded mission, enhancing and complementing their bike-related efforts, not taking energy away from them.

Energy-related issues (and, subsequently, transportation issues) have become much more relevant to all of us. President Obama has made it clear that sustainable energy and transportation will be priorities for his new administration, making this a critical time to make proposals and secure funding to advance these goals.

In the course of an average week, most of us use at least one, if not all, modes of alternative transportation promoted by the new, broader scope of Active Transportation Alliance: bicycling, walking and public transit. Some of us take multi-modal trips regularly, so we recognize that they are not mutually exclusive.

Safe Routes to School is an excellent example of the organization's newer programs. The program promotes safe walking and bicycling to schools by emphasizing their benefits, including less traffic around schools, reduction of accidents and air pollution, more exercise and better health. If children learn to get around safely under their own power, they gain independence and self confidence. Regular exercise can reduce the growing problem of child obesity. Children who learn how to get around safely in traffic and are more aware of other types of traffic around them are more likely to understand how to share the road when they are old enough to drive. Programs like this are a win-win for the community as a whole, not just the children and their families, promoting a healthier lifestyle and sustainable transportation.



Randonneuring 2009

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Some gravitate to the next levels of Racing / Double Centuries / 12- or 24-Hour Challenges / Triathlons / Ironmans, etc. In cycling, there is Randonneuring.

I look forward to continuing the productive relationship between Chicago Cycling Club and Active Transportation Alliance, and supporting campaigns to improve active forms of alternative transportation in the Chicago area.

To learn more about this sport, the Great Lakes Randonneurs (GLR), who ride just north of our border in Delavan, WI, is giving a presentation at the March Cycling Club meeting. I personally discovered this sport after a double-century on the Apple Cider Century route, a few 12-hour challenges, and a similar presentation made to CCC back in 2001 or so.

Ready to try something new and challenging? See you on March 10.



Spring's Coming - Where is Everyone?

By Karen Shinnors

In recent years, the CCC has produced an annual membership directory each fall, which is when the membership roster is at its peak. But since the cycling season is winding down, that directory seems less timely.

So, this year we're planning a Spring Edition! We'll probably put it together in May and send it out in early June. In the meantime, we need help to lay the groundwork. Specifically:

1) If you haven't yet, RENEW your membership! CCC memberships are for the calendar year, more or less. Actually, it's mostly "more" - dues paid after Labor Day cover the year's end and the subsequent year (so if we got your dues after 9/1/08, you're in good standing until 12/31/09!) And if that's not enough, the first three months of the year serve as a grace period that lasts until our rides calendar starts in early April. Don't get dropped, renew today - go to the website or fill out the form on the last page and send it in!

2) Send us updated contact info! If you've moved, changed your e-mail address, decided you want us to share your contact info more or less widely than before, please e-mail the relevant details to membership@chicagocyclingclub.org and we'll update the database.

3) Lend a hand! CCC is an all-volunteer organization and we always welcome folks who want to pitch in. So if you've got a little time available this spring and you've been looking for a chance to use or hone your desktop publishing and other directory-making skills, the membership directory could have your name all over it! Drop a line to membership@chicagocyclingclub.org to sign up!

Hope to see you listed in the 2009 membership directory and of course, on the road!



About the Club

Mission

To facilitate recreational bicycling in a non-competitive environment in and around the Chicago area; to promote safe bicycling habits and proper bicycling etiquette; to provide bicyclists an opportunity to network with other bicyclists; to encourage bicycling as a safe and viable alternative to other modes of transportation.

Contact

Snailmail: P O Box 1178, Chicago, IL 60690-1178
 Website: www.chicagocyclingclub.org
 General: info@chicagocyclingclub.org
 Newsletter: editor@chicagocyclingclub.org
 Rides: rides@chicagocyclingclub.org
 Telephone: 773.509.8093

Officers

President: Anne Alt
 Vice President: Julie Sherman
 Treasurer: Alice Kroman
 Secretary: Michael Wasserman
 Member at Large: Jim Adgate, Art Gilfand
 Education: Kathy Schubert
 Newsletter: Justin Sondak, Tom Grose

Announcements

A **ride leader training class** for all new and current ride leaders will be led by Certified Instructor Jim Kreps on **Saturday, March 7, 9:30 a.m.** at the Chicago Public Library Humbolt Branch, 1605 N. Troy Street. Weather permitting, a short ride will follow, ending at a local rest stop for lunch.

All club members are invited to lead a CCC ride this year. Ride leaders introduce fellow club members to unique Chicago destinations, help people ride safely, and provide fun social events during our city's warmer months. Jim Adgate, our Rides Committee Chair, is happy to put your ride into the ride season calendar or help you plan a ride. Our route archive will make it easy for you. Email Jim at rides@chicagocyclingclub.org to get started.

The **Ride of Silence**, a silent procession honoring cyclists killed or injured while cycling on public roadways, returns to Chicago and Chesterton, IN, on **May 20, 2009**. The nationwide series of rides calls attention to cyclists' rights during Bike Safety month. Riders are asked to ride no faster than 12 m.p.h. and remain silent during the event. For more information, visit www.rideofsilence.org.

March Club Meeting Endurance Cycling

You've read all about it on the front page. Now join Jim Kreps and other members of the Great Lakes Randonneurs, who will discuss the whys and hows of Randonneuring: long-distance, unsupported, endurance cycling that dates back to 1891 on **Tuesday, March 10 at 7 p.m.** in the community room at **REI, 1466 N Halsted St., Chicago**. The shop is located one block south of CTA's North/Clybourn red line stop. Ample bike parking is available.



JERSEYS		CLUB MEMBERS ONLY may purchase these items by contacting Duane O'Laughlin merchandise@chicagocyclingclub.org 773-612-8157 May not be shipped We will meet you at a club event or ride or you may pick up items by making arrangements to do so in advance.
Sleeveless	\$50 (Men: S - XL)(Women: S - 2X)	
Shortsleeves	\$55 (Men: S - 3X)(Women: S - 2X)	
Longsleeves	\$60 (Men: M - 3X)(Women: M - XL)	
WINDBREAKER -	\$60 (Men: M - 3X)(Women: S - 2X)	
GLOVES -	\$10 (XS-2X)	
SOCKS -	\$6 (S-XL)	
BOTTLE -	\$3	

Rolling Along: March/April Calendar of Events

- Mar 7** - Ride Leader Training, Humboldt Branch Library, 1605 North Troy, 9:30 a.m.
- Mar 10** - Cycling Club monthly meeting, REI, 1466 North Halsted Ave, 7 p.m. See this page.
- Mar 28** - Training Ride to Winthrop Harbor, 18-20 m.p.h. Riders meet at Lincoln & California Avenues, Chicago, at 8 a.m.
- Apr 4** - Tax Deadline Ride, 12-14 m.p.h., 30-mile trip leaves from Clock Tower at Waveland & Lake Shore Drive at 9:30 a.m.
- Apr 5** - Annual Champagne Ride, 12-14 m.p.h., 30-mile trip leaves from Clock Tower at Waveland & Lake Shore Drive at 8:30 a.m.



BECOME A MEMBER FILL OUT THE FORM AND MAIL IT WITH YOUR CHECK TO CHICAGO CYCLING CLUB

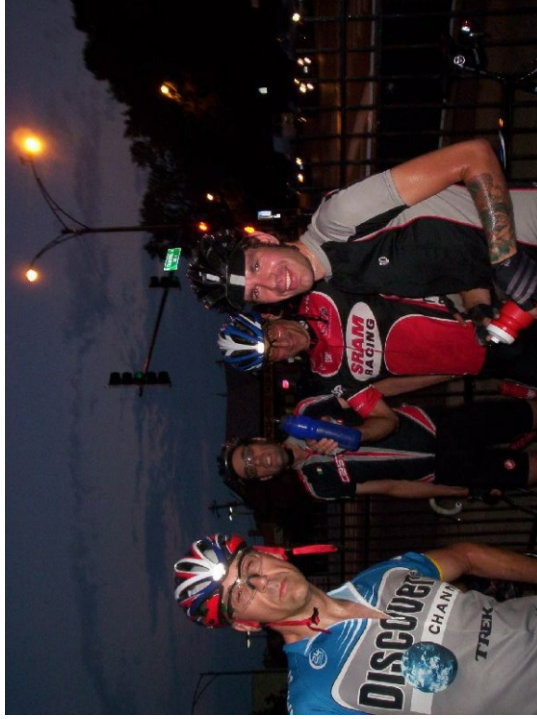
I, for myself and for any other minor on whose behalf I sign this membership application, agree that 1) bicycling is a potentially hazardous activity and that accidents can occur from negligence or carelessness; 2) ride leaders' maps and/or written directions are provided for my convenience only and not to guarantee a safe route or trip; and 3) I voluntarily participate in club events and assume all risks associated with participation therein, including but not limited to injury, falls, contact with other participants, weather, traffic, and road conditions, all such risks being known and appreciated by me.

Name(s) _____ Birthdate(s) _____
 Name(s) _____ Birthdate(s) _____
 Address _____
 City _____ State _____ Zip _____ Primary
 phone _____
 Secondary phone _____ E-mail _____
 Emergency contact/phone _____

I obtained this membership application from _____
 I want to receive a paper copy of the members' directory Yes No the club newsletter Yes No
 I would like to help with the following: ride planning newsletter publicity meetings social events
 Annual dues: Individual (\$20) Family (multiple individuals at one address \$25)
 Do not share my contact information: within the Chicago Cycling Club with other bike-related organizations

Signature _____ Date _____

Chicago Cycling Club Newsletter March 2009



Rich Baumgarten and fellow roadies take an evening break.

THE NEWSLETTER OF THE CHICAGO CYCLING CLUB
DERAILLEUR
MAILLEUR  **March 2009**

P. O. Box 1178
Chicago, IL 60690 - 1178

