

Chicago Cycling Club May Ride Schedule

Ride Line: 773-509-8093

Saturday, May 03, 2008

Social Ride: Let's Get Wasted Ride

START: Clock Tower at Waveland and Lake Shore Dr. (3700N)

8:30 AM 20 miles, 12 to 14 mph

Ride responsibly and help keep our environment safe by joining us on this fun ride to the Chicago Household Chemical and Computer Recycling Center. Help keep dangerous chemicals from polluting our land and drinking water by bringing your left-over household chemicals, batteries, cell phones, etc. We'll make a beeline to the Center and afterwards do a meandering tour of Ukrainian Village. Contact Take' Yamamoto at 773-528-7812

Saturday, May 03, 2008

Social Ride: American Science and Surplus

START: Clock Tower at Waveland and Lake Shore Dr. (3700N)

9:30 AM 20 miles, 12 to 14 mph

Come for a ride to American Science and Surplus. This place is a haven for prop masters, teachers and geeks in general. En route, we will stop for coffee, baked goods and sandwiches at Jefferson Park's newest independent coffee shop – i Coffee. Contact Duane O'Laughlin at 773-612-8157

Monday, May 05, 2008

Training Ride: Introduction to Training Rides

REMOTE START: Roadies Dunkin' Donuts, Lincoln & California

6:30 PM 30 miles, 18 to 20 mph

Curious to find out what training rides are all about - but aren't sure if you can ride at 25 mph? Here's your chance. This ride has the look and feel of a training ride, but at a slower pace. Emphasis will be placed on smooth riding techniques and pace line etiquette. Contact Rich Baumgarten at 773-545-8061

Wednesday, May 07, 2008

Training Ride: Wednesday Evening Training

REMOTE START: Roadies Dunkin' Donuts, Lincoln & California

6:30 PM 25-35 miles, 19 to 25 mph

Take your cycling skills and performance to a higher level. Join us for a fast paced training ride aimed at increasing your speed and improving your group riding skills. Practice rotating pace lines, close proximity riding and advanced bike handling while building fitness at a



riding pace in excess of 18 mph. Due to the specific nature of this ride, use of traditional style road bikes is strongly recommended. Recumbent, hybrid and mountain bikes are discouraged. A certain level of experience and fitness is expected. The actual pace of the ride will be determined by the ride participants. Contact Rich Baumgarten at 773-545-8061

Saturday, May 10, 2008

Touring Ride: Waterfall Glen Forest Preserve

START: Clock Tower at Waveland and Lake Shore Dr. (3700N)

8:00 AM 70 miles, 16 to 20 mph

Join Brian Bird on a 70-mile roundtrip road-bike ride to the aforementioned forest preserve - conveniently located next to Argonne National Laboratory in swinging DuPage County. Points of

Interest include Oak Park, Brookfield Zoo, Salt Creek Bike Path, Wolf Road and the hills of Burr Ridge. There will be three rest stops - one at or near the Forest Preserve and two in Oak Park, both en route (for coffee/pastry) and on return (for a snack/lunch). Contact Brian Bird at 773-354-8056

Sunday, May 11, 2008

Touring Ride: The Chicago Botanic Gardens

START: Clock Tower at Waveland and Lake Shore Dr. (3700N)

9:00 a.m. 50 miles, 15 to 18 mph

Join in our early season foray up the north branch trail from our "city in a garden" to our city's botanic garden (ok, technically Glencoe). We'll make one stop each on the way up and back. Contact Michael Wasserman at 312-719-9191

Monday, May 12, 2008

Training Ride: Introduction to Training Rides

REMOTE START: Roadies Dunkin' Donuts, Lincoln & California

6:30 PM 30 miles, 18 to 20 mph

See description for May 5th. Contact Larry Allingham at 312-286-1371

New rides are being added all the time!

For an up-to-date schedule, or a look at the rest of the season, go to:

www.chicagocyclingclub.org

Chicago Cycling Club May Ride Schedule

Ride Line: 773-509-8093

Wednesday, May 14, 2008

Training Ride: Wednesday Evening Training

REMOTE START: Roadies Dunkin' Donuts, Lincoln & California
6:30 PM 25-35 miles, 19 to 25 mph
See description for May 7th. Contact Jason Yee at 773-474-9788

Monday, May 19, 2008

Training Ride: Introduction to Training Rides

REMOTE START: Roadies Dunkin' Donuts, Lincoln & California
6:30 PM 30 miles, 18 to 20 mph
See description for May 5th. Contact Bob Cardenas at 773-332-0952

Wednesday, May 21, 2008

Training Ride: Wednesday Evening Training

REMOTE START: Roadies Dunkin' Donuts, Lincoln & California
6:30 PM 25-35 miles, 19 to 25 mph
See description for May 7th. Contact Joe Shubert at 773-787-7311

Sunday, May 25, 2008

Training Ride: Bike the Drive Twice

START: Clock Tower at Waveland and Lake Shore Dr. (3700N)
6:00 AM 60 miles, 18 to 20 mph
Really get your money's worth and Bike the Drive twice. Registration is required. For more information, see: <http://bikethedrive.org>. Contact Robert Hsiung at 773-726-3227

Monday, May 26, 2008

Touring Ride: Tinley Woods - Old Plank Trail

REMOTE START: Bremen Woods Preserve (159th St. and Oak Park Ave.)
10:00 AM 40 miles, 14 to 16 mph
A CCC Memorial Day tradition! Join CCC's resident Southwest-sider, Brian Bird on 40-some-odd mile tour of (what else?) the Southwest suburbs. We'll be starting at the Bremen Woods Preserve (159th St. and Oak Park Ave.) then riding through the Cook County Forest Preserve, and on the Old Plank Trail to Frankfort, IL. and back. All roads and paths are 100% paved and skinny tire ride-able (fat tires welcome too!). Mid-point stop at the Frankfort Creamery. Contact Brian Bird at 773-354-8056



Wednesday, May 28, 2008

Training Ride: Wednesday Evening Training

REMOTE START: Roadies Dunkin' Donuts, Lincoln & California
6:30 PM 25-35 miles, 19 to 25 mph
See description for May 7th. Contact Jason Yee at 773-474-9788

Saturday, May 31, 2008

Touring Ride: The Road to Hegewisch Part 4 Continued

REMOTE START: 31st Beach House
9:00 AM 40 miles, 14 to 18 mph
We'll start at the 31st Beach House and head to the most remote corner of Chicago, Hegewisch, founded as a separate town in the 1880s. We'll avoid most lights and head down the lakefront via South Shore Drive, Ewing and the Burnham Greenway. The pace should get you sweating but not keeling over. You'll see the only lakes inside the City, the only trailer park, and the only saw mill. We'll stop for lunch at Darcy's Dog and Shrimp Shack or equivalent establishment in downtown Hegewisch. Parking is usually available at the 31st Street Beach lot or ride your bike to the start to add some more miles to your trip. We'll get back by 2PM. Contact George Vrechek: vrechek@ameritech.net or 312-654-8909 Contact George Vrechek at (312) 654-8909

New rides are being added all the time!

For an up-to-date schedule, or a look at the rest of the season, go to:

www.chicagocyclingclub.org!