

Chicago Cycling Club September Ride Schedule

Ride Line: 773-509-8093

Monday, September 01, 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 paceline etiquette.
Contact Rich Baumgarten at (773) 545-8061

Wednesday, September 03, 2008 Training Ride: Wednesday Evening Training

REMOTE START: Roadies Dunkin' Donuts, Lincoln & California
6:30 PM 25-35 miles, 19 to 25 mph
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 m.p.h. Due to the need to ride in a tight pack, the fast pace and training 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 Bob Cardenas at (773) 332-0952

Thursday, September 04, 2008 Social Ride: Cycling Seniors

REMOTE START: North Ave Beach House Bike Shop
10:30 AM 15-20 miles, 10 to 12 mph
Ride, talk, have lunch, make some new friends – about 3 hours.
Contact Mitch Gold at (312) 642-1988

Monday, September 08, 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 Monday, September 1st.
Contact Bob Cardenas at (773) 332-0952



Wednesday, September 10, 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 Wednesday, September 3rd. Contact Rich Baumgarten at (773) 545-8061

Thursday, September 11, 2008 Social Ride: Cycling Seniors

REMOTE START: North Ave Beach House Bike Shop
10:30 AM 15-20 miles, 10 to 12 mph
See description for Thursday, September 4th.
Contact Mitch Gold at (312) 642-1988

Sunday, September 14, 2008 Social Ride: Fifth Annual Football Nostalgia Tour

START: Clock Tower at Waveland and Lake Shore Dr. (3700N)
8:30 AM 35 miles, 12 to 14 mph
We will visit the sites both past and present of Chicago's football teams. These include the ever popular Chicago Bears, the now defunct Chicago Cardinals as well as the University of Chicago Maroons. Places to be visited include Wrigley Field, Soldier Field, Old Comiskey Park, Old Stagg Field, New Stagg Field and Old Chicago Stadium (Yes pro football was once played there.) Lunch will be at the Goose Island Brewery. Contact Joe Dickstein at (773) 262-0031

Thursday, September 18, 2008 Social Ride: Cycling Seniors

REMOTE START: North Ave Beach House Bike Shop
10:30 AM 15-20 miles, 10 to 12 mph
See description for Thursday, September 4th.
Contact Mitch Gold at (312) 642-1988

Thursday, September 25, 2008 Social Ride: Cycling Seniors

REMOTE START: North Ave Beach House Bike Shop
10:30 AM 15-20 miles, 10 to 12 mph
See description for Thursday, September 4th.
Contact Mitch Gold at (312) 642-1988

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!