

# DERAILLEUR MAILLEUR

February 2010



**Oy Vey, New Years Day!**  
By Julie Sherman

It was a wonderful January 1, 2010. There was minimal wind, no blinding snow, and the temperature was actually not too bad, for Chicago that is.

My annual Weather Be Damned ride saw a larger turnout than the prior two years, which were cold, snowy, icy and oh yeah, horrifically cold. Eighteen riders showed up to start 2010 on the right side.

My route was only about 8 miles through some lovely neighborhoods with, sadly, not enough holiday decorations to delight us, but we made our own festivities and encountered light traffic. For those of us who make that annual New Year's resolution to eat well, eat less, yadda yadda, the Red Apple Polish Smorgasbord on Milwaukee, where the ride ended, promptly blew that resolution to the dust-balled corners of my inner closet, where so many other resolutions have gone to die.

At the January club brainstorming meeting, it was funny to see so many of the ride ideas and conversations winding back to restaurants.

While we as a club delight in exploring so many new areas or return to old favorites to ride, we also greatly enjoy as a whole the abundance and variety of restaurants that Chicago and some of the near 'burbs have to offer.

So if you missed the NYD ride, come out and join us from March October for a cornucopia of rides, exploration and great food. Make riding with the CCC one very easy resolution you can keep, it will be worth it!



**Rolling Along: February Calendar of Events**

6 - Bike winter Swap Meet and Expo, Jaks Tap, 901 West Jackson Boulevard. More information on pg. 1.

9 - Cycling Club monthly meeting, Social gathering at Goose Island Brewpub, 1800 North Clybourn, Chicago. 7 p.m.

18 - Chainlink Bar Night at The Orbit Room, 2959 North California, Chicago. 8 p.m. More info at [www.thechainlink.org/events](http://www.thechainlink.org/events)

24 - Derailleur Mailleur Mailing Party. Venue TBA. 7 p.m.

26 - Bike Winter Art Show Opening Night, Rumble Art Center, 3413 West North Ave, Chicago, 8 p.m., More info at [www.chicagocriticalmass.com/artshow](http://www.chicagocriticalmass.com/artshow)



**Bike Winter Swap Meet and Expo Coming Soon!**

Finally a bike extravaganza for the winter months with an urban, transportational focus, presented by Chicago cyclists for Chicago cyclists. Join [bikewinter.org](http://bikewinter.org), UIC College of Cycling, Active Transportation Alliance, and Big Shoulders Realty for the first annual Bike Winter Swap Meet and Urban Bicycle Expo!

Join the fun Saturday, February 6, 11 a.m. - 6 p.m., at Jaks Tap, 901 West Jackson Boulevard, Chicago. Admission is a \$5 suggested donation or purchase a table to sell your gear. Table fees range from \$25-100, based on group size. Email your table reservation to [expo@bikewinter.org](mailto:expo@bikewinter.org) While you're there, stop by the Chicago Cycling Club table and say hi.

Year-round cyclists will be on hand to teach you how to maintain your two-wheeled ride year round. Break the Gridlock will sponsor a social event immediately following the Expo. For more information, visit [www.thechainlink.org/events](http://www.thechainlink.org/events).



(Continued on page 2, col. 3 )

# PREZ SEZ

By Anne Alt



Happy New Year! Mid-winter brings changes as well as a longing for winter to be over.

The new Bike Winter Swap Meet and Urban Bike Expo will be happening on Saturday February 6, and CCC will be there. You can buy or sell bike parts, talk to local organizations and check out presentations. If you'd like to volunteer at the club table, please contact me at [pres@chicagocyclingclub.org](mailto:pres@chicagocyclingclub.org). Look for details and updates on the events page of [www.thechainlink.org](http://www.thechainlink.org).

Our recent election brings some changes to the slate of club officers. Please welcome Brian Bird as our new treasurer, Jim Adgate as secretary and Julie Hochstadter and Justin Sondak as members at large. I'd like to thank our former officers (Alice O'Laughlin, Mike Wasserman and Art Gilfand) for their service to the club.

On election ballots and in our January brainstorming meeting, many of you indicated how much you like social nights, so we're trying a different kind of meeting schedule for this year. Odd-numbered months (January, March, etc.) will feature club meetings in a regular structured format. Even-numbered months (February, April, etc.) will feature social nights, where we'll gather for dinner, a movie night or other activity. As always, we welcome input from all club members.

If you'd like to organize a winter social event on a non-meeting day,

please send a message to the CCC chat list with details. Cross-country skiing, ice skating, or game nights are great ways to bring friends together during the colder months when we're riding less.

I look forward to sharing rides with many of you as ride participants and leaders. See you on the road!



## Ride, Lead, Ride

Miss riding with your club friends, exploring the city on two wheels? It's not too early to plan ahead. The Club ride season's only 2 months away, with the season opener Champagne Ride return in early April.

This club runs on volunteers, and our members make our amazing ride schedule possible. Please help us continue this tradition by contributing a ride or two in 2010. Whether you choose to ride on a weekend morning or afternoon or a weekday morning or evening, your ride can go as far as your imagination and stamina take you.

Need help planning a route? We now have a library of old rides at the club website to provide suggestions along with links that will allow you to map routes. You can also draw inspiration from our past rides page. See highlights from last year, check out a few early season highlights, and add a ride of your own at:

[www.chicagocyclingclub.org/rides/rides.htm](http://www.chicagocyclingclub.org/rides/rides.htm)

Questions? Contact Jim Adgate at [jadgate@yahoo.com](mailto:jadgate@yahoo.com).



## Resolve to Renew in 2010

If you joined the Chicago Cycling Club before September 2009, your membership has expired! Members support the CCC's outstanding ride schedule, social gatherings, our monthly newsletters and annual membership directory. Renewing is easy. Simply fill out the membership form on page 3 and mail it with your check to the address below. Or opt for online convenience by renewing at [www.chicagocyclingclub.org/renew](http://www.chicagocyclingclub.org/renew). Thanks!



## Rolling Along: February Calendar of Events

(Continued from page 1)

27 - Frozen Snot Century starts at Hollywood Grill, 1601 West North Ave, Breakfast at 7 a.m., ride starts at 8 a.m. RSVP to [John Greenfield-greenfieldjohn@hotmail.com](mailto:John.Greenfield@hotmail.com)



## Opinions

(If you love your clipless pedals, read no further)

The biggest myth in bicycle riding is the need for special cycling shoes and the benefits of stiff ones. The argument in favor of Special Shoes is this: With a firm connection to the pedal, you will be able to apply power for the full 360-degrees of a pedal revolution.

...When elite pedalers and lousy rookie pedalers have been hooked up to machines that measure muscle activity during pedaling, the machines tell us this:

**during normal pedaling at normal cadences, nobody pulls UP on the backstroke the elite/efficient pedalers push down less on the upward moving pedal than the rookies do.**

- Grant Petersen

## 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: Brian Bird  
 Secretary: Jim Adgate  
 Member at Large: Justin Sondak,  
 Julie Hochstadter  
 Education: TBD  
 Newsletter: Justin Sondak,  
 Tom Grose  
 Rides: Jim Adgate

# STYLE YOUR RIDE



### JERSEYS

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

### 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.

## 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 February 2010



Riders rest on the New Glarus Ride 2009

THE NEWSLETTER OF THE CHICAGO CYCLING CLUB  
**DERAILLEUR**  
MAILLEUR  February 2010

P. O. Box 1178  
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