

DERAILLEUR MAILLEUR

April 2011

How to Be a Ride Leader

By Brian Bird

If you've already led a CCC ride, I tip my cap to you for your dedication and sacrifice to make this club the best cycling club in Chicago. For those who have yet to become a ride leader, it's not as difficult as you might think and, quite often, can be a lot of fun. Here are twelve easy-to-follow steps that can make anyone a good CCC ride leader.

1. **Volunteer Early:** Just like your old high school or college speech class, he or she who volunteers early gets it over with first. Check out the new ride leader resource page at www.chicagocyclingclub.org/rides/leads.asp for open dates.

2. **Choose a Familiar Area or Theme for the Ride:** Think of a route of interest to you. You'll be surprised at how many CCC members will follow you because the route is unusual and different. Be creative (for example, ride to stops with the word "green" in them for a St. Patrick's Day ride, hit all the Chicago 1920s gangster sites, etc.). Remember: novelty + planning = fun.

3. **Plot Your Route Using A Good Map:** Any map showing the streets in minute detail will help you devise your route. This is the Dedicated Cyclist Method of Route Plotting. There's also the Lazy Bum Cyclist Method that involves:



3a. **Contact the Ride Committee for A Pre-Drawn Map:** They can get you a pre-arranged route map to get you through your tour, your ride will not be novel and unique, but it will be fun, nonetheless.

4. **Pre-ride Your Route:** Go out a week or so before your ride date and ride your route to uncover any unforeseen road changes, construction problems or potential traffic problems. It also offers you the opportunity to inspect the eating and drinking establishments for deciding where the rest stop and ride-ending eatery should.

5. **Bring Copies of Your Route Sheet and Waiver Forms:** Plan for up to 30 participants for Sunday social rides, 20 for others. Any extra copies can go to the Ride Committee to be put in the CCC ride route library.

6. **Relax the Night Before:** Do some non-strenuous activities the night before the ride (like see a movie, attend a show, shoot pool or dress in motorcycle gear and slam dance at the Exit Lounge on West North Avenue.) Just make sure you're bright-eyed and bushy-tailed for the next day's ride.

7. **Arrive Early:** This is to allow ride participants to preview your route sheet and to sign the waiver forms. Show up at the clock tower 15 minutes before ride start and you'll do fine.

8. **Complete Ride Leader Things Before Leaving:** The ride leader should introduce his or herself, describe what the ride is about, and review the signaling, cycling etiquette and rules of the road while making sure everyone has a route sheet and signed the CCC waiver form.

9. **Finally, ask for a "sweep"** to bring up the rear, and, if you have a very large group (over 20) it doesn't hurt to designate a "scout" who can scoot ahead to inform the leader of problems in the pack. Once this is complete, you're ready to hit the road

10. **Be Vigilant But Have Fun:** keep looking back to see that everyone in the group is within sight of you and make sure to obey all traffic laws that vehicle drivers must obey. At the same time, be sure to enjoy yourself point out the route landmarks to your newfound friends, make small talk, etc. It's your ride and, within reason, you'll do what you want to do.

11. **Save Those Waiver Sheets and Extra Route Sheets:** Turn these in to a member of the Ride Committee so we can have your work immortalized in our CCC library (a three-ring binder) for others to use as inspiration. A route copy in electronic form is appreciated as well. (Continued on page 3)

PREZ SEZ

By Justin Sondak



As I write this, it's late March, well below freezing with snow on the way. Once again, spring's arriving later than we'd prefer. But this column isn't about making excuses. Most of us joined the CCC to find more opportunities to ride and fun riding companions. By the time you read this, more comfortable cycling weather and the first wave of Cycling Club rides will be in reach.

This year's ride schedule promises to be "funner" than ever. It's online and frequently updated; bookmark <http://www.chicagocyclingclub.org/rides/rides.htm>.

You can also find the Chicago Cycling Club on Facebook or www.thechainlink.net or follow our Twitter feed, @ccc_scoop, for the latest club ride and event news.

The club's website will soon be redesigned to make it easier for CCC members to submit rides and fill out the open dates through October. We're proud to welcome back traditional club favorites like the weekly training ride series and Fourth Wednesday ("FWEGA") social rides, and we're counting on you to start new ride traditions and give us more excuses to shake cabin fever for a long, long time.



April Club Rides

Starting Locations:

Clock Tower at Waveland and Lake Shore Dr. (3700N)
Roadies Dunkin' Donuts at Lincoln & California Avenues

Saturday, April 16, 2011

Tour Ride: 15th Annual Tax Deadline Ride
START: Clock Tower @ 9:00 a.m. 35-40 miles, 13 to 15 mph

Moderate early season ride running up the lakeshore area to Glencoe and back through the Chicago Botanical Gardens. Brief stop at the Plaza Del Lago Starbucks and then a lunch stop in Glencoe. Contact (773)206-5282.

Sunday, April 17, 2011

Where is the Fullersburg Nature Preserve?

START: Clock Tower @ 8:00 a.m. 55 miles, 15 to 18 mph

Ride west and south to historic Graue Mill or the Fullersburg Nature Preserve in trendy bucolic Oak Brook and find out: "How far west does the Salt Creek Bike Path run?". Three rest stops - Oak Park for coffee en route, the Mill/Nature Preserve and Tasty Dog in Oak Park en return. Contact Brian Bird at (773)354-8056.

Monday, April 25, 2011

Training Ride: Introduction to Training Rides (Season Kick-off)

START: Roadies Dunkin' Donuts @ 6:30 p.m. 25-30 miles, 18 to 22 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)759-8690.

Wednesday, April 27, 2011

Training Ride: Roadies Wednesday Night Training Ride

START: Roadies Dunkin' Donuts @ 6:30 p.m. 25 miles, 17 to 25 mph

Meet and greet Wednesday ride, food and drink following. Ride leaders, potential ride leaders and all roadies welcome. No drop ride with occasional hard efforts and re-grouping. Contact Thomas MacNeill-Zimmerman at (773) 571-8087.

Saturday, April 30, 2011

Tour Ride: Dark Lord Ride

START: Clock Tower @ 8:30 a.m., 31st Street Beach @ 9:15 a.m. 70 miles, 16 to 20 mph

Dark Lord Day is the only day of the year to buy Three Floyds Dark Lord Russian imperial stout. You can meet other beer enthusiasts, sample beers from all over the world, try Oak Aged Dark Lord, eat BBQ, listen to live music, and have a great time. It will be a "tour ride" with few stops.

We may not stay together. Bring money, a lock, snacks to have en route, and panniers for Dark Lord you don't finish there. Anyone interested is more than welcome to meet us at the brew pub if they don't care to participate in the bike ride. Contact Bob Hsiung at (773) 726-3227.



April Club Meeting : A Journey of Injury Recovery

Susan Reed will be speaking about her journey from injury to recovery to cross country bike touring at our April club meeting. Susan is a coach and certified addiction counselor and the founder of Reed Consulting, helping clients live fully after a life-altering injury, illness or loss. Her blog, Bent Wanderings: A Spiritual Journey of a Recumbent Rider, is her recumbent bike travelogue across country and abroad.

Join us at **Tuesday, April 12** at REI Chicago's 2nd floor community room, located at 1466 North Halsted Street. Meeting begins at **6:30 p.m.**, Susan's presentation will begin at **7:00 p.m.**



CCC Financials: 1/16/2011 - 02/15/2011

Total Assets as of 1/16/2011: \$8,303.75

Total Income: \$395.00

Total Expenses: \$331.27

Total Assets as of 02/15/2011: \$8,357.48

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

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 General: info@chicagocyclingclub.org
 Newsletter: editor@chicagocyclingclub.org
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 Telephone: 773.509.8093

Officers

President: Justin Sondak
 Vice President: Julie Hochstadter
 Treasurer: Brian Bird
 Secretary: Jen Welch
 Member at Large: Greg Borzo, Kitty Shanahan
 Rides: Julie Sherman
 Publicity: Anne Alt
 Education: TBD
 Newsletter: Justin Sondak, Tom Grose

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)

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

How to Be a Ride Leader

(continued from page 1)

12. Enjoy the satisfaction of knowing that you improved your leadership skills while adding to the resources available to Chicago cyclists.

Adapt and change this in a way you see fit to enable you to be an effective ride leader (or to improve your life, help you achieve perfect oneness with nature, etc.). But above all else, volunteer, relax and have fun and you will have done your part to keep this club the best cycling club in Chicago.



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 April 2011



Champagne Ride, March 2011

THE NEWSLETTER OF THE CHICAGO CYCLING CLUB
DERAILLEUR
MAILLEUR  April 2011

P. O. Box 1178
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