

# DERAILLEUR MAILLEUR

October 2010



## Assault on the Alleghenies By Joe Dickstein

For years, I have had in the back of my mind to ride the off road trail from Pittsburgh to Washington, DC. So when my daughter Erika asked Phyllis to compete with her as mother-daughter entrants in a triathlon in Columbia, MD, the obvious next step (at least to me) was riding this trail on the way to this event. Talking this over with fellow CCC members Tom Grose and Rebecca Tung, we planned our trip for the week preceding the triathlon in August. The route is actually two interconnected trails, the first being the Great Allegheny Passage (GAP), a rail to trail route from McKeesport just east of Pittsburgh to Cumberland, MD. The second half is the Chesapeake and Ohio Canal path which continues the journey from Cumberland to the Georgetown section of our nation's capital. The total distance of the two trails is about 330 miles which we decided we would ride in five days. The average day was about 60 miles with the longest being 77 miles. Jill Weigel, Tom's wife agreed to act as our SAG and transport our luggage.

We left Chicago on a Saturday and, after arriving in Pittsburgh, all went to Kennywood, an old fashioned amusement park (a la Riverview for those old enough to remember).

The next morning we set out. Following the course of the Youghiogheny River (don't ask me to pronounce it), we reached the resort town of Ohiopyle, PA, our first overnight stop. Phyllis rode with us this first day before leaving for DC to train with Erika. The second day, we continued to the upper reaches of the river and the Eastern Continental Divide, the highest point on the ride, crossing over the Mason-Dixon line to spend the night in Frostburg, MD. We saw numerous decorative benches scattered along the trail, most of them memorials to various individuals. We all hoped these were not dedicated to cyclists who had perished attempting the trail.

Once we passed the continental divide, the trail descended about 2000 feet over the next 30 miles. While this was in fact only a 2% drop it was a welcome to relief to the slight but almost constant climb of the first two days. Marring this almost idyllic downhill run was the fact that our bed and breakfast in Frostburg was significantly uphill from the trail. Indeed, except for the first night, we had to more or less climb uphill each night from the trail to our overnight accommodations. At the 17 mile mark of the third day we came to the town of Cumberland, the junction of the two trails. As center of a metropolitan area of about 72,000 this is the biggest community along the trail other than Pittsburgh and Washington DC. The center of Cumberland has been converted into a pedestrian mall and it was here we met Gail Hall, the outfitter that we had used to obtain our hotel

## Open Letter to Mayor Richard M. Daley

By Julie Sherman

Your Honor,

You have crushed me!

Your recent announcement was a shock, as no doubt you have now gleamed from the reactions of so many others. I really expected that cloning would become a reality and Chicago would be forever safe with you as mayor, in cloned format. I, and other cyclists, can only hope that the next mayor will be as committed to building and maintaining Chicago as a great cycling community and be open to the needs and desires of cyclists and make sure these needs are met.

Hopefully, the annual Bike to Work Rally will continue as will the bike months the city has initiated under your guidance, bike lane expansion, more bike racks and perhaps even bike streets. Thank you for bringing cycling to the forefront of city dwellers and letting people know that it is an important tool for transportation, leisure and fun. When you were able to attend the bike rally, you always seemed so happy to be there, among your lycra-clad people.

So thank you for moving us forward and promoting cycling in the city, we are much further ahead now than we were when you took office. Thanks for meeting with club leadership to discuss and listen to the Chicago Cycling Club; maybe now that you are retired, you can come out and ride on some of our rides!?

As you determine how to spend your retirement days, let me just say that we are always on the lookout for new club leadership. Think about it, President Daley!



# PREZ SEZ

By Anne Alt



I'd like to welcome new members who joined us via BLT registration. I hope that you'll enjoy riding with us.

'Tis the season to enjoy autumn rides and consider the upcoming CCC election. Nominations are currently open for next year's slate of CCC officers. You don't need to have years of experience with the club. Fresh ideas and new faces are welcome.

We had a great time at our September meeting, a social night at Goose Island brewpub. A large group of new members, potential members and old timers shared an evening of fun conversation and fine food and drink. Please join us for our next meeting a presentation at REI on Tuesday, October 12.

Save the date for our upcoming holiday party: Saturday December 11. Details coming soon.

If you haven't already done so, please share your thoughts about the club via our member survey:

<http://www.surveymonkey.com/s/S5K8R7B>

Our next steering committee meeting will be on Monday October 18. If you'd like to get involved in club leadership, we'd welcome you there. Please contact me for details at [pres@chicagocyclingclub.org](mailto:pres@chicagocyclingclub.org).

See you at our October 30 picnic ride!



## Assault on the Alleghenies

(continued from page 1)

reservations and who also arranges fully supported tours of the trail and runs a bed and breakfast in Cumberland.

Following this interlude, we said goodbye to the GAP and began the canal trail ending the day in Hancock, MD at a bed and breakfast called the 1828 Trail Inn. The name refers not to the age of the building but to the historic challenge issued that year to the builders of the C&O Canal and the B&O Railroad that whichever reached Cumberland first would receive government funding to continue west. The railroad won that battle and is still in business as the CSX System. The canal ended in Cumberland never living up to its name of connecting the Chesapeake and Ohio River watersheds. The canal did operate though for almost a hundred years before it closed in the 1920's following a series of disastrous floods. According to our innkeepers well over ninety percent of their business is from people riding the trail.

The fourth day was significant primarily for a brief detour of five or so miles where repairs on the trail forced us onto local roads, the only hilly portion of our ride. As luck would have it the moment we hit the detour was when it started to rain. Once back on the trail, we were for the most part sheltered from the rain by the thick overhead tree cover, but we'd find the trail quite muddy in places.

Our final overnight stop was in Harper's Ferry, WV, of John Brown fame. At the confluence of the Potomac and Shenandoah Rivers and where Maryland, Virginia and West Virginia come together, we had to carry our bikes up a spiral staircase and go across a narrow walkway on a railroad bridge to get to the other side of the Potomac and our hotel. Harper's Ferry is very scenic, very hilly, and very historic. We had dinner at the Secret Six Tavern, named in honor of the six New England abolitionists who clandestinely financed John Brown's ill fated 1859 raid on the federal arsenal in that town. Their identities were not discovered until after the Civil War and therefore they did not share John Brown's fate who was captured by federal troops led by Robert E. Lee tried and executed less than three months after his abortive attempt to raise a slave uprising.

The final day's ride was rather uneventful other than navigating sloppy trail conditions. The first few miles

shared the Maryland portion of the Appalachian Trail. The Great Falls of the Potomac sits about fifteen miles from the trail terminus in Georgetown. Having completed that final distance we were glad to see Jill, Phyllis and Kitty Shanahan, acting as Phyllis' private cheerleader and triathlon coach; and we headed to well earned showers and dinner at one of Washington's many fine restaurants.

Not having enough cycling we were joined the next day by Phyllis, my daughter Erika, Kitty and my granddaughters Lily and Yael, the former riding a trailer bike with her mom and the latter in a bike trailer pulled by yours truly over the Capital Crescent Trail. This rail trail goes from Bethesda, MD back to Georgetown. Once in the district, we visited the American History branch of the Smithsonian, had lunch at a restaurant with a six page beer list and visited the National Building Museum for a Lego exhibit where many of the model buildings depicted places in Chicago.



Saturday was a day of relative rest with all sightseeing done by subway rather than bike. On Sunday, everyone went bright and early to Columbia to cheer Phyllis and Erika, who both successfully completed the triathlon course of 0.6 mile swim, 18 mile bike and 3.2 mile run.

For a truly unique experience, I highly recommend this trail ride.



## Save the Date: Club Holiday Party

It's never too early to plan for fun!

The Chicago Cycling Club annual potluck holiday party returns to its roots on the second Saturday of December, so put it in your calendar, write it on the bathroom walls, sharpie it on your hand, just don't forget that on Saturday December 11, 2010, it's time to frolic and make merry.

The party will be held at Julie Sherman's abode at 2133 W. Huron. Check next month's newsletter and the club website for more details.

## 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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Newsletter:

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Rides:

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### 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

### Major Taylor Trail ride

By Anne Alt

On Saturday September 11, a small group met at Dan Ryan Woods to ride the Major Taylor Trail. Some were arriving from an earlier start at Blackstone Bikes in Woodlawn. We headed south into the train, hoping it would clear. Trail conditions were good, and we had no flat tires along the way. We stopped for a group picture by the Major Taylor mural at 111th St.

From Whistler Woods, I headed west to Blue Island, while the rest of the group continued south to Major Taylor's grave in Glenwood. The rain got heavier along the way. The silver lining in that cloud was that the train washed down the quarry dust that usually makes the route to the cemetery a challenge in dry weather. They returned via Wolf Lake, the Burnham Greenway and the lakefront bike route. Part of the group completed a 55 mile route to Blackstone, while the others did a 45 mile route, returning to Dan Ryan Woods. My 18 mile route through Morgan Park and Beverly was slightly less soggy.

There may be a similar ride offered in October by Friends of the Major Taylor Trail and Friends of the Parks. Watch the Chainlink and the CCC chat list for info.



## 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  
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

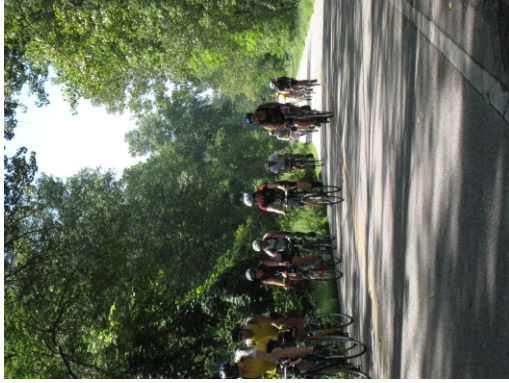
I would like to help with the following:  ride planning  newsletter  publicity  meetings  social events

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 October 2010



Riders on the Pampered Century 2010

THE NEWSLETTER OF THE CHICAGO CYCLING CLUB

**DERAILLEUR**  
MAILLEUR

October 2010

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