

# Chicago Cycling Club

## July Ride Schedule

Ride Line: 773-509-8093

**Wednesday, July 01, 2009**

### **Training Ride: Wednesday Evening Training**

REMOTE START: Roadies Dunkin' Donuts, Lincoln & California

6:30 p.m. 25-35 miles, 19 to 25 mph

Take your cycling skills and performance to a higher level. Increase your speed and improve your group riding skills. Use of traditional style road bikes is strongly recommended. A certain level of experience and fitness is expected.

Contact Tom MacNeill at 773-571-8087

**Thursday, July 02, 2009**

### **Social Ride: Weekly Gentlemen (and Ladies) of Leisure Rides (Cycling Seniors)**

REMOTE START: North Avenue Beach House, North Avenue and Lakeshore Drive in front of the bike shop

10:30 a.m. 10-20 miles, 10 to 12 mph

This ride affords an opportunity for active gentlemen and ladies, 55 years and older to meet, ride and perhaps have lunch. ALL RIDERS ARE WELCOME.

Contact Mitch Gold at rides@chicagocyclingclub.org

**Sunday, July 05, 2009**

### **Social Ride: Digital Photo Scavenger Hunt**

REMOTE START: Contact the ride leader for the start location and details

9:30 a.m. 20 miles, 10 to 14 mph

Bring your digital camera, your creative brain and your knowledge of Chicago history and trivia. We'll meet and get the list of clues, then split up into teams and go take photos for each clue. At the end of the ride, we'll meet for lunch. Afterwards, we'll put photos online to share. Bring your lock and lunch money. Contact the ride leader for details and start location.

Contact Anne Alt at (312) 520-1641

**Wednesday, July 08, 2009**

### **Training Ride: Wednesday Evening Training**

See description for Wednesday, July 1.

Contact Joe Shubert at 773-787-7311

**Thursday, July 09, 2009**

### **Social Ride: Weekly Gentlemen (and Ladies) of Leisure Rides (Cycling Seniors)**

See description for Thursday, July 2.

**Saturday, July 11, 2009**

### **Social Ride: Mid-Season Club Picnic Ride**

REMOTE START: Contact Ride Leader for South, West and North Side Start Locations

10:00 a.m. 35 miles, 10 to 14 mph

A club tradition for many years, this year we have a new twist. The destination for a picnic with grilling and other



summer food traditions will be Promontory Point on the lakefront at 57th Street and Lake Shore drive along the lakefront path. Riders will be able to start from South side, North side, and West side locations for Promontory Point. Please contact the ride leader with the information on the dish you plan to bring to pass or food item you will bring. Trailers will be provided to bring additional items (chairs, silverware, etc.) Contact Anne Alt at [riders@chicagocyclingclub.org](mailto:riders@chicagocyclingclub.org)

**Sunday, July 12, 2009**

### **Social Ride: Oak Wood Cemetery and Southside Boulevard Tour**

REMOTE START: Queen's Landing immediately east of Buckingham Fountain on the Lakefront Path

9:30 a.m. 28 miles, 12 to 14 mph

Our destination is the interesting Oak Wood Cemetery on 71st - one of the oldest in the City and resting place for

6,000 Confederate soldiers. The 28-mile trip will include: the Prairie Avenue Historic District, Lake Meadows present and future, Groveland Park, Stephen Douglas's tomb (and memorial rest stop), the last Chicago building associated with the Civil War, nine structures designed or remodeled by Frank Lloyd Wright, and a trip down the Boulevards. Rest stops including lunch or snack, a quick spiel at each point of interest, and as many bike lanes as we can hit. Back by about 1 p.m. Contact George Vrechek at 312-654-8909

**Monday, July 13, 2009**

### **Training Ride: Monday Training Ride: Introduction to Training Rides**

REMOTE START: Roadies Dunkin' Donuts, Lincoln & California

6:30 p.m. 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? 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 George Lagone at 708-466-3352

**Wednesday, July 15, 2009**

### **Training Ride: Wednesday Evening Training**

See description for Wednesday, July 1.

Contact Bevan Brookfield at 312-446-1737

**Thursday, July 16, 2009**

### **Social Ride: Weekly Gentlemen (and Ladies) of Leisure Rides (Cycling Seniors)**

See description for Thursday, July 2.

**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](http://www.chicagocyclingclub.org)!**

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Ride Line: 773-509-8093

**Saturday, July 18, 2009**

**Touring Ride: Waterford Precision Cycles Factory Tour and Ride - 3 Routes**

REMOTE START: Waterford, WI - 816 Bakke Ave, Waterford, WI

8:30 a.m. 25 - 60 miles, 12 to 20 mph  
Back again this year, this ride has been an annual occurrence on the club calendar. Richard Schwinn, in conjunction with Waterford Precision Cycles, has sponsored and mapped 3 rides through the beautiful rolling countryside around Waterford, WI. This will be a joint ride with the Kenosha-Racine, Evanston, and other Chicagoland area bike clubs. There will be a slow/moderate (12-14 mph) ride of 25-30 miles that is mostly flat and faster (14-16 mph) 45 mile and metric century rides. The rides will be self paced with sag vehicles. Richard Schwinn will give tours of the factory between 8:00 and 8:30. Allow 1 1/2 hours to travel. Contact Jim Adgate at rides@chicagocyclingclub.org



**Saturday, July 18, 2009**

**Touring Ride: The Road to Hegewisch Part 9**

REMOTE START: Remote Start - 31st Street Beach House

8:30 a.m. 40 miles, 14 to 18 mph  
We'll head to the most remote corner of Chicago, Hegewisch, founded as a separate town in the 1880s. 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 in downtown Hegewisch. We'll shoot for getting back by 2 p.m. Contact George Vrechek at 312-654-8909

**Sunday, July 19, 2009**

**Touring Ride: The Orient Express Touring Ride**

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

8:30 a.m. 51 miles, 15 to 17 mph  
Join us on a trip to the huge Japanese grocery store, Mitsuwa, in Arlington Heights. There you can taste the exotic foods of Japan. In the suburbs, we will be riding on some roads with fast and heavy traffic. Except for lunch, there will not be a lot of stopping on this ride. If you have any questions, contact Take' Yamamoto at 773-528-7812.

**Monday, July 20, 2009**

**Training Ride: Introduction to Training Rides**

See description for Monday, July 13.  
Contact Greg Hoskins at 312-925-0435

**Wednesday, July 22, 2009**

**Training Ride: Wednesday Evening Training**

See description for Monday, July 1.  
Contact Larry Allingham at 312-286-1371

**Wednesday, July 22, 2009**

**Social Ride: FWEGA (Fourth Wednesday Evening Get Acquainted Ride)**

START: Clock Tower at Waveland and Lake Shore Dr. (3700N)  
6:30 p.m. 15 miles, 10 to 14 mph  
FWEGA, a club tradition for more than 10 years, is intended to be an easy way to start riding with the club and meet new friends and old ones. Bring a lock and money for food and drink. Contact Karen Shinnars at rides@chicagocyclingclub.org

**Thursday, July 23, 2009**

**Social Ride: Weekly Gentlemen (and Ladies) of Leisure Rides (Cycling Seniors)**

See description for Thursday, July 2.

**Saturday, July 25, 2009**

**Social Ride: 1st Annual Wander to Whiting (for pierogis)**

REMOTE START: Remote start from

31st Street Beach.

9:30 a.m. 35 miles, 10 to 12 mph

Tired of the same old boring fast food? Come join us to ride to Whiting, Indiana for the annual Pierogi Fest. Contact Joseph Dickstein and Kitty Shanahan at 773-262-0031

**Sunday, July 26, 2009**

**Social Ride: Chinatown/Bridgeport Ride**

START: Clock Tower at Waveland and Lake Shore Dr.

8:30 a.m. 25 miles, 12 to 15 mph

On the way to your tasty dim sum in Chinatown, you will tour through many interesting neighborhoods such as Roscoe Village, Pilsen, Central Station and the south Loop. After the lunch stop in Chinatown, we'll head back via Ping Tom Park, Fulton Market and an interesting industrial area just east of the Elston Avenue bike lanes. Please bring locks and money for the brunch.

Contact Art Giffand at 773-871-1872

**Monday, July 27, 2009**

**Training Ride: Introduction to Training Rides**

See description for Monday, July 13. Contact Rich Baumgarten at 773-759-8690

**Wednesday, July 29, 2009**

**Training Ride: Wednesday Evening Training**

See description for Monday, July 1. Contact Rich Baumgarten at 773-759-8690

**Thursday, July 30, 2009**

**Social Ride: Weekly Gentlemen (and Ladies) of Leisure Rides (Cycling Seniors)**

See description for Thursday, July 2.

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