

Chicago Cycling Club Sept-Oct Ride Schedule

Ride Line: 773-509-8093

**Wednesday, September 7,
14, 21, 28, 2011**

Training Ride: Wednesday Night Training Ride

START: Dunkin Donuts,
California & Lincoln Aves.
6:30 p.m. 30 miles, 17-26
mph

Take your cycling skills and performance to a higher level. Join us for a fast-paced training ride aimed at increasing your speed and improving your group riding skills. A certain level of experience and fitness is expected. The actual pace will be determined by the ride participants.

Contact Bevan Brookfield at
(224) 548-6173



8:25pm) or Aurora Station (trains leave at 6:20, 8:20, 11:20). RSVP by email as Aurora train has 10 bike limit and we will have at least one car (SAG) going to Aurora. Contact Thomas Grose & Jill Weigel at fishsonar@sbcglobal.net.

Sunday, September 11, 2011 Social Ride: Louis Sullivan Architecture Tour

START: Contact Ride Leader for Location
9:00 a.m. 30 miles, 10-14 mph
Small group docent tour of Louis Sullivan architecture, with a new route this year. Space is limited to 15 riders.

Contact ride leader to reserve your space early and get the start location.

Contact Anne Alt at (312) 520-1641

**Thursday, September 8, 15, 22, & 29,
2011**

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

REMOTE START: North Ave Beach House
10:30 a.m. 10-20 miles, 10 to 12 mph
Come make new friends who bicycle and go for lunch. This ride along the lakefront affords an opportunity for active gentlemen and ladies, 55 years and older, to meet, ride and have lunch. ALL RIDERS ARE WELCOME.

Contact Mitch Gold at (312) 203-1944

Saturday, September 10, 2011

Social Ride: Elburn BBQ

REMOTE START: Aurora Metra Station
11:00 a.m. 17/53/76 miles, 12-17 mph
Start at Aurora Metra Station and bike to the Roundhouse in Aurora, then to Elburn Market using trails and roads. Bring money for purchase of BBQ items, we'll BBQ at the market for lunch. Train to Aurora leaves Union Station at 8:40 a.m., we'll return to Chicago from Elburn Station after BBQ (trains leave between 4:25pm -

**Monday, September 12, 19 & 26, 2011
Training Ride: Intro to Training Rides**

START: Roadies Dunkin' Donuts, Lincoln & California Avenues
6:30 p.m. 28-30 miles, 18-22 mph
Curious to find out what training rides are about but aren't sure if you can ride at 25 mph? This has the look and feel of a training ride, at a slower pace. Emphasis on smooth riding techniques and paceline etiquette. New start time!

Contact Rich Baumgarten at
(773) 759-8690

**Monday, September 12, 19 & 26, 2011
Training Ride: South Shore Fitness
Rides**

START: Roosevelt Road Museum Underpass
6:00 p.m. 20 miles, 15-20 mph
Brisk pace to the South Shore Cultural Center and return, geared towards riders looking to stay fit who can use the encouragement from a group to push "a

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!

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little harder". Road bike only.
Five rider limit for safety.
Please RSVP via email.
Contact Howard Lo at
hloworld@gmail.com

**Wednesday, September 14,
21, & 28**

**Training Ride: Wednesday
Roadies Ride**

START: Dunkin Donuts,
California & Lincoln Aves.
6:30 p.m. 25 miles, 15-22 mph
Take your cycling skills and
performance to a higher level.
Join us for a fast-paced training
ride aimed at increasing your
speed and improving your
group riding skills. A certain
level of experience and fitness
is expected. The actual pace will be
determined by the ride participants.
Contact Bevan Brookfield at (224) 548-6173

Saturday, October 1, 2011

Touring Ride: I & M Canal

START: Contact the Ride Leader
10:00 a.m. 50 miles, 12-16 mph
A ride from Joliet to Morris on the historic I
& M Canal trail. Mountain or hybrid bikes
are strongly encouraged, as the trail is
crushed fine limestone. Lunch will at a
restaurant in downtown Morris between 12-
1 and we will return to the starting point
between 2 -3, plenty of time to catch trains
returning to downtown Chicago. Please
contact the ride leader for the start location
and a map/directions so he knows how
many riders will be coming.
Contact Jim Adgate at jadgate@yahoo.com

Sunday, October 16, 2011

**Social Ride: Bumper Sculpture
Adventure**

START: Clock Tower at Waveland Avenue
(3700N)
9:30 a.m. 35 miles, 10-14 mph
We will scout out many of John Kearney's
sculptures made from metal automobile



bumpers. They include the
Tin Man at Oz Park, a few
giraffes, horses, goats, deer
and bears, a gorilla, a lion
and a cougar. We will meet
the sculptor John Kearney
and see those in his own
backyard. We will stop for a
self-hosted lunch at Carbon
Mexican Grill, 300 W. 26th
St. (outdoor tent) or you can
choose Ricobene's which is
nearby. We go under a few
viaducts, so you might
prefer to have your front and
rear headlights installed.
Contact Kathy Schubert at
773-248-5499

Saturday, October 29, 2011

Social Ride: Season-End Picnic Ride

START: Clock Tower at Waveland Avenue
(3700N)

10:00 a.m. 30-35 miles, 10-14 mph
Celebrate the changing of the seasons by
joining the CCC on our annual end-of-
season Picnic Ride! Destination TBA, so
please consult the website or ride line closer
to the event. If it rains, this ride will be
cancelled.

Contact Justin Sondak at (773) 259-1130

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www.chicagocyclingclub.org!**