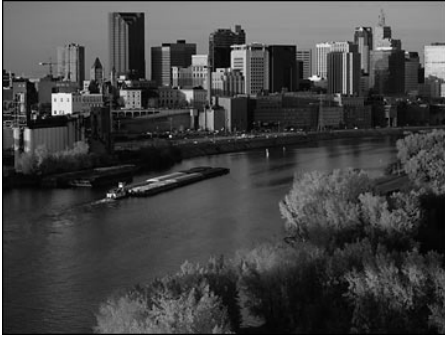


# DERAILLEUR MAILLEUR

November 2008



## Cycling St. Paul By Rick Pavia

The St. Paul Bike Classic is held each year on the Sunday after Labor Day. This year the ride fell on September 7, the same day as Chicago's Boulevard Lakefront Tour. I'd wanted to do this ride for a number of years after hearing club members Jack and Marcie Vinson and Jim Adgate talk about it. So, I skipped the BLT and took Amtrak up to St. Paul, Minnesota.

The ride's starting point is St. Thomas College in the far western section of St. Paul. The 30-mile option follows the Mississippi riverfront for a good 10-12 miles, heading east before finally venturing north and cutting across the northern part of the city through several large parks and finally returning to St. Thomas College. The 15-mile route would appear at first glance to be for novices but, once you ride it, you realize it is at least as challenging as the 30-mile ride.

The 15-mile ride follows the riverfront for about half the width of the city, then ventures north into the business district of St. Paul and up the fairly steep incline known as Ramsey Hill.

After that, it follows Summit Avenue, a broad residential street lined with old, large vintage houses of the variety you might find in Evanston, Oak Park or Hyde Park. There are 3 rest stops on the 30-miler along with a detour through a Mississippi regional riverfront park. The park is large and lush with trees and wildlife and it is hard to believe that you're in the midst of a large Midwestern city.

I found the ride to be extremely well organized despite the downpour we ran into as we were doing the 15-mile route along the riverfront (we did both routes). Most of the streets are closed to auto traffic. I would highly recommend it as an enjoyable urban ride. Of course, from Chicago, you'll need to drive 6-7 hours or take a 7-hour train ride to get there. There is also live entertainment at each rest stop and a point along the river where you enjoy a beautiful view of the city skyline.



## Urban Assaulting, Part I By Jeff Estrin

There was a chill in the air and an overcast sky, but I could feel the excited and slightly competitive energy as the crowds of city bikers gathered in the parking lot adjacent to Murphy's Bleachers. Some of the teams were dressed in costume: a couple of older guys as Vikings (I think), a bunch of folks wearing all white with tire tracks painted on them, and others just wearing silly hats. Julie Hochstadter and I stocked up on Cliff bars by the dozen, filled up our water bottles and got in line.

Since we scored less than 50% on the pre-race "quiz," we were delegated to the second wave of bikers, placing the required red sticker on our helmets (the first wave wore yellow stickers, the third no stickers). Julie and I quickly went over our route, which I had scrupulously mapped out based on the 6 known clues and the location of the first mystery clue, using a combination of Google maps and the Chicago Biking Map's best bike routes and bike-friendly streets. I told her we're here to have fun, but if we happen to win...even better.

Three minutes or so after the first wave departed, we were off, cruising straight down Waveland Ave, along with a dozen other bikers who apparently had the same idea as we did. We biked fast, and I felt a rush of adrenaline as the competitive spirit awakened in me (I don't even remember the last time I was in a race -- maybe a 5K in Madison in 1997). Our first destination was Hamlin Park. There, we each had to ride a mini-bicycle the length of a basketball court. No problem. We received a bead for completing the first obstacle, to be placed on a chain given to every team. Wasting no time, I shouted to Julie to follow me.

Biking in Chicago is a dynamic process; when you're biking for speed and efficiency, you have to think quickly to change routes, depending on an upcoming red light, busy street, one-way street, pedestrian traffic, closed lanes, potholes, construction...the list goes on. As the leader of our team, I shouted and signaled last-minute turns to Julie, who was always right behind me. At the first mystery site (The Chicago Fire Academy) we didn't have an obstacle, but instead we were given a bead and the clue for the next mystery site. We figured out the clue, then jumped on our bikes to Millennium Park.  
[to be continued...]

# PREZ SEZ

By Michael Wasserman



Fellow cyclists:

Autumn is upon us. What a great year it's been for cycling and for the Club! I hope you have been enjoying both as much as I have. The regular club schedule might be winding down for the year, but that does not mean that the club is going dormant. To the contrary, we continue with our regular monthly meetings and are eagerly anticipating our annual holiday party and legendary end-of-year (bagel) ride in late December. Those of you who are subscribed to the chat list may also find several opportunities for last minute / impromptu rides. Want to lead a ride? Let us know. We will be happy to help you set things up and announce your offering to our fellow members.

As a friendly reminder to all, our club is an all volunteer endeavor. Everyone who leads a ride, serves on a committee or holds a high-falootin' executive title does so without compensation (beyond the heartfelt thanks of a grateful constituency and that warm happy feeling one gets when bettering Chicago's cycling community.)

I'd like to invite each and every one of you to help us out in the coming year.

Specifically, I'd like to invite anyone who's interested to consider serving as a club officer: President, Vice President, Secretary or Treasurer. Perhaps you would prefer to serve on the executive Steering Committee as an "at-large" member. We have two such positions. Perhaps you would be willing to serve on any of our regular committees: Rides; Education / Programming; Newsletter; or Membership.

Contact me at [pres@chicagocyclingclub.org](mailto:pres@chicagocyclingclub.org) for more details or to volunteer.



## October Club Meeting Recap

By Kathy Schubert

Members of the Chicago Cycling Club were sitting at the front of a huge auditorium at the Sulzer Library, about to start a discussion of winter biking and bike commuting in lieu of the scheduled and then canceled Paramedics on Bikes.

Then a man came in with his bike loaded down with panniers and rolled right to the front. When he turned around, we saw that his bike was labeled Chicago Fire Department and we realized that our Paramedic on Bike had decided to show up as previously announced.

Danny Bomben explained that he was told by his boss where and when to show up but never given my phone number to call and accept our invitation. So I didn't think he was coming.

My apologies to everyone who might have come if they knew we would be hearing all about the temporarily grounded Chicago Fire Department Paramedics on Bikes. Danny filled the entire hour and a half with tales of the department's origins and their efforts to upgrade equipment, clothing and procedures.

He unloaded two sets of panniers and showed us all the equipment carried by a team of two Paramedics. He boasted that the bikes get to emergencies in the Loop faster than the ambulances, so they can start treatment faster and they have saved many lives. He had us convinced that we should all call our Alderpersons to get the department opened up again as soon as possible.

He promised to come again - next year.



## Touring Natchez Trace Parkway Part 1

By Tom Grose

The Natchez Trace is a National Scenic Byway with a 2 lane paved road restricted to non-commercial traffic. The Parkway commemorates the ancient trail which connected the Southern portion of the Mississippi River with inland travel. The Trace covers 444 miles between Nashville, TN and Natchez, MS.

I took some day trips by bike on the Trace in Fall '07 covering small mileage. I saw Fall leaf colors the likes of which I hadn't seen in decades. When Ron Eash talked to me about biking the whole Trace this Spring I didn't have to be convinced about beautiful vistas.

Ron & I started our cycling adventure at the beginning of April planning to be in Natchez, MS in about 8 to 10 days. Day 1 was quite an adventure and a wet one. As we wrapped up our picture moment at the start, 3 wild turkeys and some light rain celebrated our shove off. Within the first 3 miles I had to stop Ron's hill climbing progress to announce a flat rear tire. Since Ron & I are experienced touring cyclists we repaired my tire and found the rude glass chard which had invaded my tire still cheerful & determined. I like finding the cause of a flat in the tire as it usually means a lasting repair.

The morning continued up and down the hilly start of the Trace with the rain becoming more steady. We lunched our wet bodies at Leaper's Fork for some needed protein. By afternoon we were well on our way to Hohenwald when I started to feel some annoying leg cramps. I was enjoying some sun peaking through the forest so I thought I would ride through my problems. Between the rain & my cramps it was approaching sunset as we pushed off the Trace to the 8 miles left to our motel. I was very fatigued and needed a carbo fix so I stopped along the highway apron. As I munched on an apple sprawled next to my bike I must have looked pretty wasted because Ron quipped "They shoot horses don't they?" We got to our motel at dark and then filled our bellies with Mexican food & brew at Hohenwald's local version. First day done and 62 miles less cocky.

(to be continued )



## 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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Telephone: 773.509.8093

### Officers

President: Michael Wasserman  
 Vice President: James Adgate  
 Treasurer: Alice Kroman  
 Secretary: Jennifer Richards  
 Member at Large: Frances Austin, Steve Grossman  
 Education: Kathy Schubert  
 Newsletter: Justin Sondak, Tom Grose

### Next Club Meeting

CCC's November meeting moves to the Community Room of REI's new Lincoln Park store at 1466 N. Halsted Street. Join us on Tuesday, November 11 at 7 p.m. for a slide show presentation on RAGBRAI (Register's Annual Great Bicycle Ride Across Iowa) by club members

Jim Kreps, Art Gilfand, Jim Adgate, Duane O'Laughlin and Alice Kroman. RAGBRAI is a week long bicycle ride across the state of Iowa, encompassing 15,000 riders for roughly 500 miles over 7 days. Experience the ride and stories of incredible Midwestern hospitality through the eyes of 5 newcomers to this 36 year tradition.



### Biking Beyond the Season

The Cycling Club's "official" 2008 riding season is over, but you have plenty of opportunities to get out on two wheels this fall and winter. Yes, even through a winter as wintry as ours, cycling can help you kick the seasonal blues.

Through early spring, Club members lead rides from the Clock Tower and remote locations on short notice when weather and interest permit. Be the first to know by registering for our Group E-mail Lists at [www.chicagocyclingclub.org/elists.html](http://www.chicagocyclingclub.org/elists.html).

Our friends at Bike Winter want to help keep you in the saddle as the temperatures drop. Go to [www.bikewinter.com](http://www.bikewinter.com) for the frequently updated event schedule. November events include:

November 8, 2008  
 Holiday Bike Drive to benefit Working Bikes Co-Op  
 REI Lincoln Park  
 1466 N Halsted  
 10 a.m. 4 p.m.



<b>JERSEYS</b>	
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](mailto: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.

November 12 & 26, 2008  
 BikeWinter Basics Workshops  
 West Town Bikes  
 2418 W. North Ave.  
 7 - 10 p.m.  
 RSVP and \$10 donation appreciated

Sun, Nov 23, 2008  
 Winter Bicycling Tricks & Tips  
 Featuring Dave "Mr. Bike" Glowacz  
 UIC Student Center East  
 750 S. Halsted St., Illinois Room AB  
 3 - 5 p.m.

**Save the Date!**  
 This year's CCC Holiday Party moves to the Victory Gardens/Biograph Theater Rehearsal Room, 2433 N. Lincoln Ave., 2nd floor. Celebrate with us on Sunday, December 7 from 4 - 7p.m. Look for further details in next month's newsletter and on the CCC website.

## 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 November 2008



The BLT Metric Century Takes Riders  
to the Far South Side, September 2008

THE NEWSLETTER OF THE CHICAGO CYCLING CLUB  
**DERAILLEUR**  
MAILLEUR  November 2008

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