

**DERAILLEUR
MAILLEUR**

December 2010



Picnic Ride Wrapup

By Anne Alt

We had a small, hardy group of riders for our traditional end-of-season picnic ride. It was a raw, gusty start from the Clock Tower. I chose a relatively sheltered route so we wouldn't get completely beat up by the wind before reaching our lunch destination.

The Forest Preserve District removed the picnic tables even earlier this year, scuttling our original plan for a picnic at LaBagh Woods. Instead we found a suitable spot to set up the picnic buffet at Gompers Park, about 100 yards to the east of our original location. We had an eclectic mix of treats, from sushi to fried chicken to homemade sweets.

Our nicest surprise came towards the end of the picnic, when Rob and Annie Sindelar brought their daughter Alana in to visit with us for a while. We look forward to welcoming our youngest new member when their baby is born in the coming weeks.

The fall colors were gorgeous on our windy trip back to the lake. While we were riding along the river through Ronan Park, we happened to notice picnic benches. Food for thought for next year's picnic ride ...



Bike Winter Begins

By Justin Sondak

Chicago's eleventh annual Bike Winter is underway, helping you stay on the saddle all year round. The volunteer project's newly redesigned site, www.bikewinter.org, provides encouragement and helpful advice on proper layering, maintaining your ride, and staying safe. The CCC's October meeting doubled as a Bike Winter workshop, reminding guests how viable and fun (yes, fun!) it can be to ride in the winter.

Winter riding is a powerful antidote to cabin fever, keeping your spirits (and endorphins) up and travel budget under control. When properly layered, you may get warmer pedaling past traffic than sitting on the couch. Maintaining your winter bike is easier than digging out your car and, come spring, you'll possess the momentum to ride strong the rest of the year. Winter cycling vets encourage you to be seen via reflective clothing, sufficient lights and assertive riding habits; to use extra caution on wet or icy days; and keep a eye out for potholes, "black ice," and other hazards.

Bike Winter rides from the Handlebar, 2311 West North Avenue, Chicago, at 7 p.m. on any day with two or more inches of new snow. We're highlighting other key Bike Winter rides in this issue's calendar. Keep checking their website (www.bikewinter.org) for updates.



2010 Holiday Party

What better way to celebrate this year's holiday season than with a CCC get together? The Chicago Cycling Club's annual holiday party will be **Saturday, December 11, 2010**. This annual potluck extravaganza will feature good cheer, old and new friends, interesting conversation, injury comparison and other fun times.

The fun begins at 7 p.m. at 2133 W. Huron, Chicago, easily accessible via the Western, Damen, Grand or Chicago CTA buses. Bike parking in the backyard (enter through the side gate) and non-permitted street parking can be found in the area.

Feel free to bring friends and please bring a dish to share. Soda will be provided.

Questions? Contact Julie Sherman at 3 1 2 - 4 0 1 - 8 6 3 1 o r Bikegoddess@hotmail.com (please bring clean shoes to change into, the floors are newly refinished)



PREZ SEZ

By Anne Alt



As my term as president comes to an end, I'd like to thank all of you for helping to make it a rewarding experience. I've shared beautiful riding days and interesting conversations with so many of you. I look forward to leading more rides next year.

We are working on some changes to our newsletter format for next year. We will still have a monthly newsletter, but we will be expanding our electronic communications (via e-mail, Chainlink, Facebook and Twitter). Keep your eyes open for new things in 2011.

I'm looking forward to seeing you all at our Holiday Party on Saturday, December 11. Our vice president, Julie Sherman, will be hosting the potluck food and fun extravaganza. All members will receive an invitation as part of their election ballot. Those who have provided e-mail addresses should already have received an Evite.

We have two special winter rides on the schedule: the Christmas day Bagel Ride and the "Weather Be Damned" New Year's Day ride. Each is a great excuse to celebrate the holiday on your bike, and make use of that new wool jersey, if you got one.

Want to get out for more CCC fun over the winter? Feel free to suggest "show-and-go" rides, cross-country ski outings, ice skating, or other activities on the club chat list.

See you on the road!



CCC January Meeting

The Chicago Cycling Club will hold its annual brainstorming meeting **Tuesday, January 11, 2011 at 7 p.m.** in the downstairs room at Goose Island Brewpub, **1800 N Clybourn Avenue, Chicago.** Bring your ideas for improving the club in 2011. We'll discuss them and then announce this year's election results. Goose Island is 2 blocks northwest of the North/Clybourn red line el stop. Ample bike parking and limited curbside car parking are also available.

Truths About Tires Pt. 1 (opinion)

The biggest, best bargain in bicycles is air in the tires, yet for the last twenty years or so there's been a heinous trend toward tires with lower and lower volumes. This is bad because these skinny tires need to be pumped up to outrageous pressures like 110 to 145 psi just to protect the tubes from pinch flats and the rims from flat spots. Such high pressure tires roll fast on smooth roads, but as soon as the road turns slightly rough or slightly wet, they're uncomfortable and slippery.

The whole idea of hard skinnies is speed, but it doesn't work that way. **Speed comes from fitness, not hard & skinny tires.**

It's better to ride on higher volume tires that can be ridden at lower, more comfortable, and grippier pressures.

Bigger softer tires are often faster than hard skinnies, anyway. When a hard tire hits a bump in the road, two things happen. First, the bike is jolted upward, slowing its forward progress. Second, you-the-rider are jostled at least to the point of having to recover from the feel of the bump, and maybe even to the point where you lose control. Certainly, if you hit a bump as you're cornering at high speed, the wheel will likely lose the ground, and you'll go down.

Rolling Along: December & January Calendar of Events

December

4 - Bike Town Bash, Active Transportation Alliance's holiday celebration is an 80s-themed costume party. Info at www.activetrans.org

Dank Haus, 4740 North Western Ave., Chicago, 7-11 p.m.

9 - Learn How to "Bike Winter" at Creative Living in the City, a brief but informative presentation covering how to bike through the cold and snow. More info at www.bikewinter.org

Chicago Cultural Center, Cassidy Theater, 78 East Washington St., Chicago, 12:15-1:15 p.m.

12 - Chicago Cycling Club Holiday Party, More info on pg. 1 *2133 West Huron St., 7 p.m.*

25 - Chicago Cycling Club Bagel Ride, 10-12 miles from Evanston to The Bagel Restaurant at Old Orchard Shopping Center, Skokie, 10-12 mph. More info at www.chicagocyclingclub.org

Start at *Robert Crown Community Center, 1701 Main St., Evanston, 10 a.m.*

January

1 - Chicago Cycling Club "Weather Be Damned" Ride, 9 miles, 10-14 mph. More info at www.chicagocyclingclub.org Start at *Clock Tower at Waveland Lake Shore Dr., Chicago, 10 a.m.*

2 - Bike Winter Film Fest, Program features classics and local contributions. More info at www.bikewinter.org *Facets Multimedia, 1517 West Fullerton Ave., Chicago, 12-8 p.m.*



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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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

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 December 2010



Weather Be Damned, we rode from the Clocktower
January 1, 2008

THE NEWSLETTER OF THE CHICAGO CYCLING CLUB
DERAILLEUR
MAILLEUR December 2010

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