

Chicago Cycling Club September Ride Schedule

Ride Line: 773-509-8093

Wednesday, September 1, 2010

Training Ride: Wednesday

Evening Training

REMOTE START: Roadies -
Dunkin' Donuts, Lincoln &
California

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

Take your cycling skills and
performance to a higher level on
this fast-paced training ride
aimed at improving your group
riding skills. Practice rotating
pace lines, close proximity riding
and bike handling. Road bikes
are strongly recommended. Pace
determined by participants.
Contact Jeremy Gershfeld
(773) 571-8087

**Thursday, September 2, 9, 16,
23 & 30, 2010**

**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
Make new friends who bike and go for lunch.
This lakefront ride is an opportunity for active
gentlemen and ladies, 55+ years, to meet, ride
and have lunch. All riders are welcome.
Contact Mitch Gold at (312) 642-1988

Saturday, September 4, 2010

Touring Ride: Hard Labor Weekend Ride

REMOTE START: Madison, WI
60 miles, 15 - 17 mph

Enjoy a 3-day Labor Day weekend, ride
approximately 60 miles on Saturday, join the
Wright Stuff Century on Sunday, and do a short
recovery ride on Monday. This is a hilly area, so
you should enjoy climbing. We will stay in a local
motel/hotel and eat meals at local restaurants.
RSVP to Take' Yamamoto at (773) 528-7812

Monday, September 13, 2010

Training Ride: Introduction to Training Rides

REMOTE START: Roadies Dunkin' Donuts,
Lincoln/ Calif.

6:30 p.m. 30 miles, 18 - 20 mph

Curious to learn what training rides are about?
This has the feel of a training ride, at a slower
pace. Emphasis on smooth riding and paceline
etiquette.

Contact Rich Baumgarten at (773) 759-8690



Saturday, September 18, 2010

**Touring Ride: fRedhots and
Fries**

REMOTE START: Jefferson Park
Field House, 4822 North Long
Ave, Chicago

10:00 a.m. 40 miles, 16-18 mph

Let Alice introduce you to
Smoked Salmon, Buffalo,
Chicken or good ol' beef dogs,
served with a generous side of
Frites and gourmet sauces by a
guy named Fred. Veggie options
also available. Our route will lead
through Sauganash, Niles and
Glenview. Be advised that some
roads will have heavy traffic and
we'll be moving at a fairly brisk
pace. Start location is very near
Jefferson Park bus terminal and
blue line CTA stop.

Contact Alice O'Laughlin at
(773) 294-7533

Sunday, August 19, 2010

Social Ride: Louis Sullivan Architecture Tour

REMOTE START: Contact Ride Leader for Start
Location

10:00 a.m. 35 miles, 12-14 mph

A small group docent tour of Louis Sullivan
architecture with a visit to a special exhibit and a
lunch stop. Please wear shoes suitable for
walking, and bring a lock and money for lunch.
The ride is limited to 15 riders on a first come
basis, so reserve a spot early if you are
interested.

Contact Anne Alt at (312) 520-1641

Saturday, September 25, 2010

Touring Ride: Holy Cow, Holy Hill!

REMOTE START: Delafield, WI

50 miles, 15 -17 mph

Please don't swear going up Holy Hill, as it's in a
religious sanctuary. Anyone looking for some
challenging climbing should join us for a fun day
of rolling hills in southern Wisconsin. We start in
Delafield, WI, about 2 1/2 hours from Chicago
and just west of Milwaukee. For details on the
exact starting location and time, please contact
Take'.

Contact Take Yamamoto at (773) 528-7812

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!