

DERAILLEUR MAILLEUR

August 2009



The 2009 Boulevard Lakefront Tour By Art Gilfand

Bike Burnham's dream and Chicago's living history - the city's earliest parks, original boulevards and illustrious architecture. The Boulevard Lakefront Tour is Chicago's longest-running bike ride. We hope you will come out for a bigger and better ride this year, now with four routes.

The brand new 27-mile Beverly Cruise is new this year, added to our classic 15-mile, 35-mile and 62-mile routes that wind through many Chicago neighborhoods. The 62-mile option is CCC's Ultimate Neighborhood tour, combining the 27-mile Beverly-Pullman route with the traditional 35-mile Boulevard route. Whether you want to ramble through the South Side or pedal along Lake Michigan, there is a route for you. All routes start and finish at Washington Park, where you can enjoy food and entertainment at the post-ride festival.

Registration includes:

- * Event t-shirt
- * Post-ride festival with live entertainment
- * Volunteer support and five rest/water stops on the routes
- * Ride guide with points of interest along the routes

Regular registration is \$25 for Active Transportation Alliance members, \$30 for non-members and \$12 for youth under 17 years. In addition, there is a \$3 early registration discount through 8/9/09, or a \$2 discount from 8/10/09 to 8/31/09.

Through September 1, save \$5 on Active Trans membership by going to www.activetrans.org/membership and using the code **BOARDSAVE5**. You'll be adding your voice to making streets safer for everyone and you'll get a Chicagoland bike map for finding bike friendly roads and trails across the region. As a member, you'll enjoy discounts to events such as Bike the Drive and at bike stores and other bike-friendly businesses listed on the Active Trans website.

The Boulevard Lakefront Tour benefits the Active Transportation Alliance's work to improve bicycling, walking and transit in Chicagoland. The ride takes places rain or shine, thus no refunds are available.

For registration and more information, please visit the Active Transportation Alliance website at www.activetrans.org or call 312-427-3325.

Don't miss it!



West Suburban Bike and Dine returns by popular demand!

Get ready for triple the fun and triple the food with three West Suburban Bike and Dine events this summer. The West Suburban Bike and Dine, organized by the Active Transportation Alliance, tours the sights of the western suburbs on bike while sampling from local eateries.

The annual ride has become so popular that three separate events are scheduled this year on July 18, August 8, and September 26. Restaurants will include Vie, Grapevine and Ballydoyle Irish Pub. Details are available online at www.activetrans.org/bikeanddine.

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FWEGA Report

By Karen Shiners

Greetings from the morning after FWEGA! On Wednesday, July 22, 17 cyclists assembled in the cool damp mist surrounding the Clock Tower to enjoy a fine Fourth Wednesday Evening Getting Acquainted ride under a New Moon. The group was well balanced, with 9 current Chicago Cycling Club members including three former and one current CCC Presidents - and 8 "potential" members, including a very recent transplant from Atlanta, who was looking for (and found, we hope!) an introduction to her new city's cycling scene. Steve K and Art G took up the role of sweep, and fortunately, the group stayed together with no calamities, because as ride leader, I was too busy gabbing or trying to read the fine print on the cue sheet (note to self: check if Oakley does a bi-focal option!) so I kept missing the funny comments they were sending up over the radios.

We made an impromptu photo op rest stop on Hermitage to gaze on a magnificent stand of beeches which are one of many fine sights on my FWEGA route. We caused one minor annoyance for a motorist impatiently trying to cross Irving Park northbound while we were trying to cross it southbound into Kelly Park. But no one was harmed and shortly thereafter, the group was ensconced in Uncommon Grounds' front room for dinner, drinks (with a glass of Oberon raised in salute to the few who needed to move on to post-FWEGA plans!) and much lively getting acquainted conversation.

Thanks to all who participated, and to those who did not, you were missed. Hope to see you on some other FWEGA - Art's leading the next one on August 26! Hasta la FWEGA!



PREZ SEZ

By Anne Alt



Since 2005, CCC has worked in partnership with the Active Transportation Alliance (formerly Chicagoland Bicycle Federation) to offer the Ultimate Neighborhood Ride as a metric century option on the Boulevard Lakefront Tour (BLT). We did a northwest side route for two years, then a far south side route for the first time last year.

We are offering a combined 27-mile/62-mile route to the far south side this year, including many new locations never before seen on the BLT. It takes a lot of volunteers to present this event. We need your help for many different types of volunteer positions before and during the event. Some can be filled by anyone, while others require special skills.

Route marking and signage teams work out on the routes from 1 week to 1 day before the ride. Route marking is a late night or early morning job for folks who don't mind messing around with paint. Signage is a daytime job, posting signs in parks and other locations. Packet pick-up happens in the Active Trans office during the week before the event.

On the day of the ride, we need course marshals, ride marshals, rest stop and water stop volunteers, and reunion team volunteers. Course marshals are given information and assigned to specific locations to assist at difficult intersections or confusing locations, answer questions, and contact managers when further help is needed. Ride marshals are mobile, riding the route to assist riders who have flat tires, mechanical problems and other problems. Reunion team members work together to reunite parents and children when they get separated on the ride.

Sunday 9/13 will be here soon. If you volunteer, you WILL have an opportunity to ride the route on our 8/30 pre-ride. Volunteering can be a fun, positive experience and a great way to help both organizations in our shared goal of better riding in Chicago. I hope that you will join us for the BLT, whether you are volunteering or riding.



Choose the CCC Ride that Best Suits You

By Art Gilfand

When you look at our ride schedule, please review the ride descriptions to find the rides that are best for you. The ride leader will always describe their rides and average riding speed so you can choose one where the advertised pace is comfortable for you over the advertised distance.

We offer a variety of rides, which fall into three broad categories:

* Social rides: leisurely rides up to 35 miles, usually with a theme and at least a couple of stops. FWEGA (our Fourth Wednesday Evening Getting Acquainted Ride) is the most leisurely at 10 to 12 miles. The riding pace of most social rides is 10 to 12 mph. Any type of bike is suitable, as long as it has two inflated tires!

* Mid Range or Touring Rides: medium-paced rides, typically 40 to 70+ miles. A riding pace of 14 to 20 mph is common. These rides require a higher level of strength and endurance, and have less frequent stops. A road bike or hybrid is more suitable for touring rides.

* Roadie or training rides: faster rides, where riders are expected to ride at speeds of 18-30 mph. These include longer rides (50-100+ miles) and weekly training rides, and are designed for the strongest riders. Traditional road bikes are required for these rides.

At the start of each ride, you will usually be offered a cue sheet, which gives the route for the ride. TAKE ONE.

If you get separated from the group, this will allow you to find the group if you can catch up, or retrace your route and get back to the start.

If you have any questions about any ride, please contact the ride leader. Listings always have an e-mail contact and frequently a telephone number. You can always leave a message on the club voice mail at 773-509-8093.



CCC Picnic Ride Report

By Anne Alt

We tried something a little different for the picnic ride this year. I led a group from Avalon Park on 83rd St, Jim Adgate led another group from the Clock Tower, who met Julie Sherman's group at Eckhart Park on the west side and, after being delayed in heavy traffic, headed south to meet us at Promontory Point on what turned out to be a perfect riding day. We got the grill started and waited for the other groups to arrive, including a few others who came directly to the Point.

The early morning rain that had some of us a bit worried turned to bright overcast, then to glorious sun and a light breeze, a perfect summer day when everyone arrived. We spent a few hours enjoying sun, breeze, beautiful skyline views and good conversation, as we tried to avoid burning the hot dogs. Additional fun and food came courtesy of our special guests from the Major Taylor Club and a couple visitors from Milwaukee. Thanks for joining us!

To those who couldn't make it, we missed you and hope that you can join the ride next year. Thanks to everyone who came out to make it a fun day. Special thanks to Julie and Jim for leading the north side riders.



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.

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Officers

President: Anne Alt
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 Treasurer: Alice Kroman
 Secretary: Michael Wasserman
 Member at Large: Jim Adgate, Art Gilfand
 Education: TBD
 Newsletter: Justin Sondak, Tom Grose
 Rides: Jim Adgate



Dark and White Chocolate Chunk Cookies

Julie S. served these at the CCC Picnic Ride. They were devoured by all.

Makes about 2 dozen cookies

Ingredients

2 2/3 cups bittersweet or semisweet chocolate chips, divided
 1/4 cup (1/2 stick) unsalted butter
 2 large eggs
 1/2 cup (packed) golden brown sugar
 2 teaspoons vanilla extract
 3/4 cup self-rising flour
 1/2 cup cup chopped crystallized ginger
 3 1/2 oz high-quality white chocolate(such as Lindt or Perugina), very coarsely chopped

Preparation

Preheat oven to 350°F. Line 2 baking sheets with parchment paper. Stir 2 cups chocolate chips with butter in heavy small saucepan over low heat until melted and smooth; cool 10 minutes. Beat eggs and sugar in large bowl until well blended. Beat in melted chocolate mixture and vanilla, then flour. Stir in ginger and remaining 2/3 cup chocolate chips; let stand 10 minutes.

Drop cookie dough by rounded tablespoonfuls onto prepared baking sheets, spacing cookies 1 1/2 to 2 inches apart. Press white chocolate pieces into top of cookies, dividing equally. Bake until cookies look puffed and slightly dry on top, about 13 minutes. Cool cookies on sheets.

August Club Meeting

The CCC's traditional August "Don't Drive In" movie night returns Tuesday, August 11. Join your Cycling Club friends at Grant Park's Butler Field, Monroe Street at Columbus Drive, for the Chicago Outdoor Film Festival. Alfred Hitchcock's chilling classic "Psycho" screens shortly after sundown. Bring a picnic dinner and look for Club members in

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

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.

West Suburban Bike and Dine returns by popular demand!

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Each ride is a total of about 20 miles, and the pace is a leisurely 10-12 mph. Registration is open for one, two or all three events. Each ride is \$50, or \$45 for Active Trans members. Space is limited. Register online at www.activetrans.org/bikeanddine or call 312-427-3325.



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 August 2009



Riders on the July Chinatown/Bridgeport
Ride gather for dim sum at Furama Restaurant

THE NEWSLETTER OF THE CHICAGO CYCLING CLUB
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