

# Chicago Cycling Club August Ride Schedule

Ride Line: 773-509-8093

**Sunday, August 03, 2008**

**Social Ride: Cruise to the Kane County Cougars**

REMOTE START: [Forest Park Stop](#) at end of CTA Blue Line

10:30 a.m., 57 miles, 14 to 16 mph

The route 28 mile route to Elfstrom Stadium goes through the Illinois Prairie Path's Main Stem, Elgin Branch and Geneva Spur. Riders will enjoy watching the [Kane County Cougars](#) wipe out the West Michigan Whitecaps. The return trip goes through the Geneva Spur, Timber Ridge Trail, Great Western Trail and back through the Illinois Prairie Path. Tickets will cost \$10-12. Riders are also welcome to start at the parking lot for the 4th District Court House Maywood Square at 1500 Maybrook Avenue in Maywood. Club members are welcome to join the group at the stadium instead of doing the ride. Contact Corina Schusheim & Joe Dickstein at

**Monday, August 04, 2008**

**Training Ride: Introduction to Training Rides**

REMOTE START: Roadies Dunkin' Donuts, Lincoln & California

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

Curious to find out what training rides are all about - but aren't sure if you can ride at 25 mph? Here's your chance. This ride has the look and feel of a training ride, but at a slower pace. Emphasis will be placed on smooth riding techniques and paceline etiquette.

Contact Rich Baumgarten at 773-545-8061

**Wednesday, August 06, 2008**

**Training Ride: Wednesday Evening Training**

REMOTE START: Roadies Dunkin' Donuts, Lincoln & California

6:30 p.m., 25-35 miles, 19 to 25 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. Practice rotating pace lines, close proximity riding and advanced bike handling while building fitness at a riding pace in excess of 18 m.p.h. Due to the need to ride in a tight pack, the fast pace and training specific nature of this ride, use of traditional style road bikes is strongly recommended. Recumbent, hybrid and mountain bikes are discouraged. A certain level of experience and fitness is expected. The actual pace of the ride will be determined by the ride participants.

Contact Bevan Brookfield at 312-446-1737

**Thursday, August 07, 2008**

**Social Ride: Gentlemen and Ladies of Leisure Rides**

REMOTE START: North Avenue Beach House Bike Shop

10:30 a.m., 15-20 miles, 10 to 12 mph

Join Mitch Gold for our new weekly social rides along the lake front. This ride affords an opportunity for active cyclists, 55 years and older to meet, ride and perhaps have lunch. ALL RIDERS ARE WELCOME. Contact Mitch Gold at (312) 642-1988



**Saturday, August 09, 2008**

**Social Ride: Parlay to Penny's**

REMOTE START: Davis CTA station on Purple Line

10:30 a.m., 20 miles, 12 to 14 mph

Explore the north shore neighborhoods on a leisurely ride to Penny's Noodle Shop in Northfield. We will meet at the Davis El station on the Purple Line. We'll gather between the Metra and CTA stations in the taxi waiting area. On our way, we'll see all those North Branch Trail crossings that make you wonder "where am I?" Now you'll know!

Contact Alice Kroman at 773-294-7533

**Saturday, August 09, 2008**

**Touring Ride: Holy Hill, Holy Cow!**

REMOTE START: Delafield, WI

10 a.m., 50 miles, 15 to 17 mph

Please don't swear going up Holy Hill, as it is in a religious sanctuary. Anyone looking for some challenging climbing should come 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, please contact Take' Yamamoto at 773-528-7812.

**Sunday, August 10, 2008**

**Social Ride: The Other Botanic Garden Ride**

START: Clock Tower at Waveland and Lake Shore Dr. (3700N)

8:30 a.m., 48 miles, 12 to 14 mph

This ride might be similar to Mike Prez's ride earlier in the spring, but this one's a little slower and certainly, summer temps! Some of this ride will be on the smooth, pothole-free North Branch Trail. Of course, we'll eat at the Cafe in the Botanic Garden.

Contact Kitty Shanahan at 773-736-7447

**Monday, August 11, 2008**

**Training Ride: Introduction to Training Rides**

REMOTE START: Roadies Dunkin' Donuts, Lincoln & California

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

See description for August 4.

Contact Bob Cardenas at 773-332-0952

**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](http://www.chicagocyclingclub.org)!**

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**Wednesday, August 13, 2008**

**Training Ride: Wednesday Evening Training**

REMOTE START: Roadies Dunkin' Donuts, Lincoln & California

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

See description for August 6.

Contact Joe Shubert at 773-787-7311

**Thursday, August 14, 2008**

**Social Ride: Gentlemen and Ladies of Leisure Rides**

REMOTE START: North Avenue Beach House - by the bike shop, in front of the bike sculpture on the west side

10:30 a.m., 10-20 miles, 8 to 15 mph

See description for August 7.

Contact Mitch Gold at 312-642-1988

**Saturday, August 16, 2008**

**Social Ride: Ninth Annual Mosey on to Moody**

START: Clock Tower at Waveland and Lake Shore Dr. (3700N)

8:30 a.m., 40 miles, 12 to 14 mph

Join Joe Dickstein on a magical mystery tour all over the North side. You'll mosey along a circuitous route: six different bike paths, all the way to the Chicago Botanic Gardens in Glencoe and back. Your reward: a stop at Moody's Pub in Edgewater for burgers and brews at the end.

Contact Joe Dickstein at 773-262-0031

**Sunday, August 17, 2008**

**Touring Ride: Slower Century**

REMOTE START: Chandler-Newberger Community Center, 1028 Central St, Evanston, IL

7:00 a.m., 100 miles, 15 to 20 mph

If you feel strong enough for a century ride, but don't feel like riding at really fast speeds all day, this is the ride for you. We will be riding between 15 and 20 mph with two rest stops in each direction and a lunch break at the Kenosha Velodrome, the north end of the ride. Jim Kreps will provide SAG service and act as your caterer. We will have food, energy bars, cookies, drinks and lunch plus bike supplies for common bike mishaps. Road bikes are recommended. All surfaces are paved and it is the type of ride best suited for road bikes. We will leave from the Chandler Community Center located at 1028 Central Street in Evanston. You can take the CTA Purple Line Train to the Central Street station. If you drive, there is street parking on Lincoln. There is a \$16 charge for this ride for food and SAG vehicle fuel costs. This ride is a joint event with the Evanston Bike Club. The ride leaves promptly at 7:00 a.m. and expect to return between 5:00 and 6:30 p.m.

Contact Arthur Gilfand at 773-871-1872

**Monday, August 18, 2008**

**Training Ride: Introduction to Training Rides**

REMOTE START: Roadies Dunkin' Donuts, Lincoln & California

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

See description for August 4.

Contact Greg Hoskins at 312-925-0435



**Wednesday, August 20, 2008**

**Training Ride: Wednesday Evening Training**

REMOTE START: Roadies Dunkin' Donuts, Lincoln & California

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

See description for August 6.

Contact Dave Thomas at 708-267-8948

**Thursday, August 21, 2008**

**Social Ride: Gentlemen and Ladies of Leisure Rides**

REMOTE START: North Avenue Beach House - by the bike shop, in front of the bike sculpture on the west side

10:30 a.m., 10-20 miles, 8 to 15 mph

See description for August 7.

Contact Mitch Gold at 312-642-1988

**Monday, August 25, 2008**

**Training Ride: Introduction to Training Rides**

REMOTE START: Roadies Dunkin' Donuts, Lincoln & California

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

See description for August 4.

Contact Larry Allingham at 312-286-1371

**Wednesday, August 27, 2008**

**Training Ride: Wednesday Evening Training**

REMOTE START: Roadies Dunkin' Donuts, Lincoln & California

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

See description for August 6.

Contact Tom MacNeill at 773-297-6698

**Wednesday, August 27, 2008**

**Social Ride: FWEGA**

START: Clock Tower at Waveland and Lake Shore Dr. (3700N)

6:30 p.m., 10 miles, 12 to 14 mph

Fourth Wednesday Evening Get Acquainted ride - an easy way to start riding with the club, to meet new friends and old ones. Ends with a late dinner stop - bring lock and money for food and drink.

Contact Arthur Gilfand at (773) 871-1872

**Thursday, August 28, 2008**

**Social Ride: Cycling Seniors**

REMOTE START: North Avenue Beach House Bike Shop

10:30 a.m., 15-20 miles, 10 to 12 mph

See description for August 7.

Contact Mitch Gold at 312-642-1988

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