

DERAILLEUR MAILLEUR

July 2008



The Green Ride Part I - Saturday, June 7, 2008

by Jack Labolt

This bike rider discovered many new and interesting ecological spots in the city of Chicago on the Ride for the Climate A.K.A. the Green Ride. Behind our tireless leader, Kangaroo Kathy Schubert we boomeranged from stop to stop, which is no mean feat considering our single file line of approximately 30 riders stretched nearly an entire block. Navigating the streets in the heart of the city is extremely difficult but Kathy handled our group with humor, patience and aplomb.

Our first stop was True Nature Foods in Edgewater (www.truenaturefoods.com) which features a rooftop garden that aids in keeping the building cool in the summer and warm in the winter. The owner said that she hopes to feature vegetables grown on their garden roof at the Edgewater Farmers Market this summer.

We passed a Victory Garden turned into a Public Garden and viewed a green alley which was constructed from permeable paving blocks which help keep rainwater runoff from entering the storm sewer system and running into nearby basements. It's also more aesthetically pleasing, at least to this untrained eye.

From there we saw a Yannell Zero Energy Residence (www.greenhome.chicago.us) complete with solar panels and a butterfly roof. We stopped for water on this extremely hot and humid day at the Waters School, where part of the paved parking lot has been reclaimed for a native prairie plant garden and another flower garden, which was planted and is maintained by the students.

The group walked along a peaceful and secluded spot along the Chicago Riverbank at Rockwell/Berteau called the Riverbank Neighbors Bill McBride Prairie (www.riverbankneighbors.org). It's amazing just how much a neighborhood of committed people can accomplish and this beautiful spot is well worth a look.

My personal favorite part of this and every trip was lunch. We dined on a delicious organic lunch with Kathy and her noble Schnauzer Joey and left no footprints by burying our leavings in the garden.

After lunch we toured an urban farm (www.resourcecenterchicago.org/70thfarm.html) located on a lot donated by the city. Restaurants purchasing vegetables from the urban farm include The Frontera Grill and The Lula Cafe.

We headed due west from the farm and discovered a recycling facility run by the city that accepts old computers, other electronic equipment and hazardous waste materials such as paint, motor oil and batteries. We received our second compact fluorescent bulb of the day, courtesy of the Chicago Dept. of the Environment.

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Cycling Seniors Ride Report

By Kathy Schubert

Mitch Gold started a weekly tradition with the newly dubbed "Cycling Seniors Ride." We met on a Thursday morning at the North Ave. Beach House near the bike rack resembling a bike sculpture. There were six of us (including Joey the Schnauzer) which enabled us to get well acquainted as we rode two-abreast most of the way.

We would have stopped for lunch, but some of us had other things to do. Next time, we may go to a place I found that has a special \$5.00 Thursday lunch salad.

Please keep in mind, you don't have to be a senior to ride with us. Just be available during a weekday. Check the Club's often-updated ride schedule for future rides.



Cinnamon-Roasted Almonds

INGREDIENTS:

1 egg white
1 teaspoon cold water
4 cups whole almonds
1/2 cup white sugar
1/4 teaspoon salt
1/2 teaspoon ground cinnamon

DIRECTIONS:

Preheat oven to 250 degrees F (120 degrees C). Lightly grease a 10x15 inch jellyroll pan. Lightly beat the egg white; add water, and beat until frothy but not stiff. Add the nuts, and stir until well coated. Mix the sugar, salt, and cinnamon, and sprinkle over the nuts. Toss to coat, and spread evenly on the prepared pan. Bake for 1 hour in the preheated oven, stirring occasionally, until golden. Allow to cool, then store nuts in airtight containers.

Tales from a RAGBRAI Virgin (Part 2)

By Alice Kroman

We're in! We're in! Our team has made the lottery and we're in RAGBRAI. Crap. I'm doing RAGBRAI! I'd better start training! As of today, I've logged around 1200 miles for the year. Sounds impressive, but the vast majority of it was in 9 miles increments to and from my office. I've recently moved, upping the ride to 13, but still, 13 miles followed by 8 hours of sitting on my butt, followed by another 13 miles isn't exactly the Eddy Merckx recipe for success.

So, I've started working in some longer and hillier rides. I rode the Udder Century June 1st and got 101.4 miles under my belt. This was my first time on the Udder Century and I assure you that it is a great ride. The turnout was record breaking (perfect weather), the route well marked, good eats at the rest stops and friendly people to ride with. It was 20 minutes on the road before we encountered our first car.

Last weekend, Duane, Art and I were planning on riding the Fox Valley Bicycle and Ski Club's Swedish Days Ride. They have a 124 mile option that we were initially eyeing as the inaugural ride for our new tandem. Sadly, the tandem is running late so we decided we would do the 100 miles on our regular road bikes. A few miles from the start, horrible weather moved in and we decided to ditch the organized ride. Art graduated from NIU in DeKalb (date classified), so we headed to DeKalb to eat breakfast and wait for the storm to pass. After some fabulous pancakes that I really didn't need, we invested in a map and took a tour of the campus and surrounding roads. thing.

The 55 miles garnered wasn't anywhere near the 124 originally planned, but the ride was enjoyable and the company even better. Please note that if you ever decide to roam around the DeKalb area, there are a lot of unpaved roads. Brace yourself.

This weekend, Duane and I will be pre-riding our New Glarus Ride (scheduled for the weekend of July 4th) as well as pre-riding the Superdawn Ride (scheduled for June 29th). Not long after those rides take place, we're on our way to Missouri Valley, IA. The RAGBRAI message boards are lit up right now with riders concerned that the recent flooding will affect the ride. My heart is warmed when I see residents of those towns responding with assurances that not only are RAGBRAI riders still welcome, but they are needed now more than ever. So, if like me and my boys, you are planning on riding this year, bring a little extra cash with you. Because, yes, you really DO need the lawn goose with the homemade outfits. I don't care if you live in a high-rise. Buy the stupid thing.



The Green Ride Part I

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Another stop I found fascinating was West Town Bikes (westtownbikes.org) which teaches bike repairing and maintenance skills to novice mechanics. The shop features repair and truing stands and an array of tools, all of which can be used for a small donation.

I made a hasty departure from the tour when we reached the proposed Bloomingdale Trail but was amazed at the number of green spots we visited in one day. I wasn't even aware that many of these places even existed. Kathy did her homework and you should definitely check out Kathy's next Green Ride. I highly recommend it and think you will be pleasantly surprised. And don't forget to say hi to Joey.



Giggles, Grins, Groans and Gripes

By "Gabby" Greg Valent

In last month's article about the 'Wild Turkey Attack', the author, (who shall remain nameless), made an extreme error. It was written that the CBF map showed the Lake County Skokie Valley Trail as completed north to IL 176. WRONG. The CBF map, in the current edition, shows the trail as proposed. Previous editions show little of the trail. However, the first edition of the State of Illinois bicycle map for the same area, shows the trail as complete. Subsequent editions show the trail as proposed.

An addendum was written to the Wild Turkey attack. It was a report on trail extension progress as of 17 May 2008. Oops. This was posted to the Lake County DOT on May 19, 2008:

5/19/2008: This project began in April thru mid-May, but is currently shut down due to redesign. Anticipate construction to restart in Summer 2008.

Also, early editions of both the CBF and State maps show the NW suburban Algonquin Road Trail as complete all the way to Palatine Road. The current CBF map shows it ending at Penny Rd. (which is correct). The current State map shows it as proposed. I bring this up because I spotted this item in the Illinois Trail Conservancy newsletter for June 2008: Cook County Forest Preserve Dist. approved the release of nearly \$1 million to complete the extension of the Algonquin Road bicycle trail near Penny Road. A spur will connect the Ameritech campus to the trail and another section will extend from Algonquin Road to Palatine Road.

Addendum: On June 21, 2008, I attended the official opening of the Valley Line Trail that runs thru Sauganash. Alderman Margaret Laurino gave a short speech. Then we rode and/or walked the trail. I met the cycling mayor of Lincolnwood, Gerald Turry. He was wearing a CUBS jersey, (Chicago Urban Bicycle Society). Also on hand were Keith Privett of CDOT, and the CBF's Rob Sadowsky and his son. After Ald. Laurino complimented me on my CCC jersey, I engaged her in conversation and gave her a club business card.



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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 Secretary: Jennifer Richards
 Member at Large: Frances Austin, Steve Grossman
 Education: TBD
 Newsletter: Justin Sondak, Tom Grose
 Rides: Corina Schusheim



July Club Meeting

We have been invited to the Pritzker Military Library for our July 8 meeting. This classy location full of books, posters and videos about our nation's defense teams is owned by our own James N. Pritzker, a retired Army Colonel and owner of quite a few bikes and helmets.

I have secured a promise from Sgt. Joseph Andruzzi of the Chicago Police Dept. on Bicycles that he will either come himself or send one of his fine officers. We have enjoyed his presentation very much in the past and I'm sure you will enjoy it again.

Come to 610 N. Fairbanks Court, 2nd floor, Tuesday, July 8 at 7 p.m., and enjoy a special venue, announcements of upcoming rides and events, an interesting speaker AND pizzas and salad courtesy of our host Jim Pritzker.

If you have any questions, please contact Kathy Schubert at 773-248-5499 or kangarookathy@yahoo.com



JERSEYS		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.
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		

Portable Quotes

"I love the bicycle. I always have. I can think of no sincere, decent human being, male or female, young or old, saintly or sinful, who can resist the bicycle."
 - William Saroyan

"Nothing compares to the simple pleasure of a bike ride"
 - John F. Kennedy



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 July 2008



Green Riders at the Clocktower, June 7, 2008

THE NEWSLETTER OF THE CHICAGO CYCLING CLUB
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