

# Chicago Cycling Club September Ride Schedule

Ride Line: 773-509-8093

**Wednesday, September 2, 2009**

**Training Ride: Wednesday Evening Training**

START: Roadies Dunkin' Donuts, Lincoln & California  
6:30 p.m. 25-35 miles, 19 to 25 mph

Join us for a fast paced training ride aimed at increasing your speed and improving your group riding skills. Use of traditional style road bikes is strongly recommended.

Contact Joe Shubert at (773) 787-7311

**Thursday, September 3, 2009**

**Social Ride: Weekly Gentlemen (and Ladies) of Leisure Rides (Cycling Seniors)**

START: North Avenue Beach House, North Avenue & Lakeshore Drive in front of the bike shop

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

Come make some new friends! Join us for a weekly social ride along the lake front. This ride affords an opportunity for active gentlemen and ladies, 55 years and older to meet, ride and perhaps have lunch. ALL ARE WELCOME.

Contact Mitch Gold at [rides@chicagocyclingclub.org](mailto:rides@chicagocyclingclub.org)

**Saturday, September 5, 2009**

**Social Ride: 32<sup>nd</sup> Ward Ride**

START: Holstein Park, 2200 N. Oakley, Chicago  
10:00 a.m. 20 miles, 10 to 12 mph

Points of interest in the 32nd ward include Our Lady of the Underpass, a state of the art energy saving home, recycling facilities on Goose Island, and an artistic fence. The ride leader requests that all riders please wear a helmet. Alderman Waguespack will be joining the ride and has promised to provide refreshments, so R.S.V.P.'s are necessary in order to have enough food.

Contact Kathy Schubert at (773) 248-5499



**Wednesday, September 9, 2009**

**Training Ride: Wednesday Evening Training**

START: Roadies Dunkin' Donuts, Lincoln & California  
6:30 p.m. 25-35 miles, 19 to 25 mph

See description for September 2. Contact Bevan BrookField at (312) 446-1737

**Thursday, September 10, 2009**

**Social Ride: Weekly Gentlemen (and Ladies) of Leisure Rides (Cycling Seniors)**

START: North Avenue Beach House, North Avenue and Lakeshore Drive in front of the bike shop

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

See description for September 3. Contact Mitch Gold at [rides@chicagocyclingclub.org](mailto:rides@chicagocyclingclub.org)

**Saturday, September 12, 2009**

**Touring Ride: Waterfall Glen Forest Preserve Pre-Fall Redox**

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

8:00 a.m. 70 miles, 16 to 20 mph

Check out the fall foliage by riding west and south through the Salt Creek Bike Path, down Wolf Road, past Argonne National Laboratory, through Waterfall Glen Forest Preserve, and up and down the hills of Burr Ridge. Hills? Yup.

Rest stops? Three. Bring fully-functioning road bike? Yes. Fun to ride? Absolutely.

Contact Brian Bird at (773) 354-8056

**Monday, September 14, 2009**

**Training Ride: Monday Training Ride: Introduction to Training Rides**

START: Roadies Dunkin' Donuts, Lincoln & California Avenues

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

See description for September 7.

Contact Rich Baumgarten at (773) 759-8690

**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)!**

# Chicago Cycling Club September Ride Schedule

Ride Line: 773-509-8093

**Wednesday, September 16, 2009**

**Training Ride: Wednesday Evening Training**

START: Roadies Dunkin' Donuts, Lincoln & California  
6:30 p.m. 25-35 miles, 19 to 25 mph

See description for September 2.

Contact Rich Baumgarten at (773) 759-8690

**Thursday, September 17, 2009**

**Social Ride: Weekly Gentlemen (and Ladies) of Leisure Rides (Cycling Seniors)**

START: North Avenue Beach House, North Avenue & Lakeshore Drive in front of the bike shop

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

See description for September 3.

Contact Mitch Gold at [rides@chicagocyclingclub.org](mailto:rides@chicagocyclingclub.org).

**Saturday, September 19, 2009**

**Touring Ride: fRedhots and Fries**

START: Jefferson Park Field House, 4822 N Long Ave

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

If you thought Superdawg was good, try a Smoked Salmon, Buffalo, Chicken or good ol' beef dog served up with a generous side of Belgian Frites and gourmet dipping sauces by a guy named Fred. Veggie options are also available. Check out [www.fredhots.com](http://www.fredhots.com) for the daily specials. The route will go through Sauganash, Niles, Wilmette and Glenview. Be advised that some roads will have heavy traffic and the ride will move at a fairly brisk pace. Start location is very near the Jefferson Park Blue Line stop and bus terminal.

Contact Alice Kroman at (773) 294-7533



**Wednesday, September 23, 2009**

**Social Ride: FWEGA (Fourth Wednesday Evening Get Acquainted Ride)**

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

6:30 p.m. 15 miles, 10 to 14 mph

FWEGA, a club tradition for more than 10 years, is an easy way to start riding with the club and meet new friends and old ones.

We'll end with a late dinner stop somewhere on the North Side.

Bring a lock and money for food and drink. Please note the 6:30 p.m. departure time from the

Clock Tower and that a Cubs

game is scheduled that evening.

Contact Rides Chair at [rides@chicagocyclingclub.org](mailto:rides@chicagocyclingclub.org)

**Thursday, September 24, 2009**

**Social Ride: Weekly Gentlemen (and Ladies) of Leisure Rides (Cycling Seniors)**

START: North Avenue Beach House, North Avenue & Lakeshore Drive in front of the bike shop

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

See description for September 3.

Contact Mitch Gold at [rides@chicagocyclingclub.org](mailto:rides@chicagocyclingclub.org)

**Saturday, September 26, 2009**

**Social Ride: North Park Neighborhood Tour**

START: Near Millennium Park - RSVP to Ride Leader for Starting Point

1:00 p.m. 12-14 miles, 10 to 14 mph

Lee Diamond will host this ride, which tours and explores the major attractions, sites, and buildings of the North Park area, focusing on its history and architecture. Pace and timing will be determined by the ride leader depending on turnout. Plan on a lunch stop somewhere in the North Park area.

Contact Lee Diamond at [rides@chicagocyclingclub.org](mailto:rides@chicagocyclingclub.org)

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