

Chicago Cycling Club August Ride Schedule

Ride Line: 773-509-8093

Sunday, August 1, 2010 **Touring Ride: Old School** **Forest Preserve**

START: Clock Tower at Waveland and Lake Shore Dr.
8:30 a.m. 65 miles, 15 - 20 mph
Final training ride for Cowalunga 2010, visiting the Lake County Forest Preserve District's Ryerson Conservation area and Old School Forest Preserve.
Contact Mike Wasserman at (312) 726-1512

Monday, August 2, 2010 **Training Ride: Introduction to** **Training Rides**

REMOTE START: Roadies Dunkin' Donuts, Lincoln/ Calif.
6:30 p.m. 30 miles, 18 - 20 mph
This has the feel of a training ride, but slower. Emphasis on smooth riding and etiquette.
Contact Greg Hoskins at (312) 925-0435

Wednesday, August 4, 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 Tom MacNeill-Zimmerman at (773) 571-8087

Wednesday, August 4 & 18, 2010 **Social Ride: Navy Pier Fireworks**

REMOTE START: 31st Street Beach House
6:30 p.m. 10 miles, 10-12 mph
Slow-paced weekly social ride at the lake and Near West Side markets, to buy picnic goodies, picnic and enjoy Navy Pier fireworks. Ride is less than 10 miles. Fireworks begin at 9:30 p.m.
Please bring carry bag for food and safety lights.
Contact Tom Grose at (312) 305-2726

Thursday, August 5, 12, 19 and 26, 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, 10-12 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, August 7, 2010 **Touring Ride: Illinois Prairie** **Path**

REMOTE START: Forest Park Blue Line CTA Station
9:00 a.m. 50 miles, 10-15 mph
Remote start ride from the suburb of Berkeley on the Illinois Prairie Path. The half-way point will be the 2 Brothers Brewery in Warrenville.
Contact Dave Skogley at (312) 496-8294

Sunday, August 8, 2010

Touring Ride: Pampered Century

REMOTE START: Chandler-Newberger Community Center 1028 Central St, Evanston, IL
7:00 a.m. 100 miles, 15 to 18 mph
A century for those daunted by the distance, a joint event with the Evanston Bike Club. RSVP requested to get a headcount for the SAG vehicle. Two rest stops in each direction and a lunch break at the Kenosha Velodrome. We'll have food, energy bars, cookies, drinks and lunch plus bike supplies. Road bikes are recommended. CTA Purple Line Train to the Central Street station or, if you drive, there's street parking on Lincoln. Club charges \$16, covering food and SAG vehicle fuel costs, payable at the ride start. Ride leaves promptly at 7:00, expect to return between 5:00 - 6:30 p.m.
Contact Art Gilfand at (773) 781-1872

Sunday, August 8, 2010

Social Ride: Hyde Park/Kenwood Tour

REMOTE START: Queen's Landing, lakefront bikepath across from Buckingham Fountain
9:30 a.m. 28 miles, 12 to 14 mph
Sites include Prairie Avenue, Stephen Douglas's tomb, the Robie and Blossom Houses, and the World's Fair site. Rest stops and a short lunch, a quick spiel at each point of interest, and as many bike lanes as we can hit. Back around 1:30 p.m.
Contact George Vrechek at (312) 654-8909

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!

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Monday, August 9, 2010

Training Ride: Introduction to Training Rides

See listing for August 2.
Contact Larry Allingham at
(312) 286-1317

Saturday, August 14, 2010

Touring Ride: I Scream, You Scream, We All Scream for Ice Cream!

START: Clock Tower at Waveland & Lake Shore
8:00 a.m. 60 miles, 15 -17 mph
Ride to the Original Rainbow Cone in Beverly, a neighborhood institution since 1926 still run by the founder's granddaughter. Please arrive at least 15 minutes prior to the start time for check in. Expect to arrive home in the late afternoon.

Contact Take Yamamoto at (773) 528-7812



required and limited to 6 persons. Bring locks, cash, and panniers.
Contact Julie Sherman at (312) 401-8631

Saturday, August 21, 2010

Social Ride: Beer Run to Three Floyds

START: Clock Tower at Waveland & Lake Shore
10:00 a.m. 70 miles, 16-20 mph
Second start at the 31st Street beach at 10:45; break at Wolf Lake, lunch at Three Floyds Brewery. Those who are interested may stay for the 3 p.m. brewery tour. The group won't necessarily stay together. Bring money, a lock and panniers.

Contact Bob Hsiung at (773) 726-3227

Sunday, August 15, 2010

Touring Ride: A Visit to the Beloit, WI Angel Museum

REMOTE START: Downtown Brodhead, WI
10:30 a.m. 49 miles, 14 -16 mph
Moderately flat route to Beloit to tour the world's largest angel museum housed in a historic building with thousands of angels from The Berg Angel Collection and The Black Angel Collection donated by Oprah Winfrey. Bring cash for the admission fee.

Contact Sharon Kaminecki at (773) 442-2549

Monday, August 23, 2010

Training Ride: Introduction to Training Rides

See listing for August 2.
Contact Rich Baumgarten at (773) 759-8690

Saturday, August 28, 2010

Social Ride: 11th Annual Baseball Nostalgia Tour

START: Clock Tower at Waveland & Lake Shore
8:30 a.m. 30 miles, 10-12 mph
Chicago's baseball history isn't limited to Addison and Clark, or 35th and Wentworth. We'll cycle by the sites of more than 10 present and former professional ball parks as well as other historic locations. We'll stop for lunch at the famous Billy Goat Tavern.

Contact Joe Dickstein at (773) 262-0031

Monday, August 16, 2010

Training Ride: Introduction to Training Rides

See listing for August 2.
Contact Ivy at (607) 327-3326

Sunday, August 29, 2010

Social Ride: Boulevard Lakefront Tour

START: Morgan & Taylor, UIC Campus
Start between 7-9:30 a.m., Multiple Courses
More information and registration at www.boulevardtour.org

Saturday, August 21, 2010

Social Ride: Shop By Bike Italy

START: Clock Tower at Waveland & Lake Shore
10:00 a.m. 25 miles, 10 to 14 mph
This ride visits various Chicago import and specialty stores for ingredients to make a fresh, wonderful Italian feast. We'll stop at a variety of stores and bakeries for supplies and ready-made foods. If there's interest, a cooking class will follow at the ride leader's home to learn to make fresh pasta and some easy fresh sauces (not Ragu) with tasting to follow. A small fee to cover supplies of \$10 is requested. Pre-registration is

Monday, August 30, 2010

Training Ride: Introduction to Training Rides

See listing for August 2.
Contact Joseph De Castelneau at (312) 961-8289

New rides are being added all the time!

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