Chicago Cycling Club June Ride Schedule

Ride Line: 773-509-8093

Monday, June 1, 2009 Training Ride: Introduction to Training Rides

<u>REMOTE START</u>: Roadies Dunkin' Donuts, Lincoln & California Avenues 6:30 p.m. 30 miles, 18 to 20 mph 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 Larry Allingham at 312-286-1371

Wednesday, June 3, 2009 Training Ride: Wednesday Evening Training

<u>REMOTE START</u>: Roadies Dunkin' Donuts, Lincoln & California Avenues 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 Bevan Brookfield at 312-446-1737

Thursday, June 4, 2009 Social Ride: Weekly Gentlemen (& Ladies) of Leisure (Cycling Seniors)

<u>RÉMOTE START</u>: 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

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.

Saturday, June 6, 2009 Social Ride: 2nd Annual South Lakefront and Boulevard Architectural Tour

REMOTE START: Remote Start at Queen's Landing - east of Buckingham Fountain and Lake Shore Drive. 9:30 a.m. 28 miles, 12 to 14 mph The trip will include: the Prairie Avenue Historic District, Lake Meadows present and future, Groveland Park, and many more. Rest stops but no lunch stop, a quick spiel at each point of interest. Back by about 1p.m. Contact George Vrechek at 312-654-8909

Sunday, June 7, 2009 Touring Ride: Gather in Gary

<u>REMOTE START</u>: 31st Street Beach House 8:00 a.m. 60 miles, 14 to 16 mph

Join us for a Northern League contest between the Gary RailCats and the Joliet JackHammers. As incentive to ride a little faster, the RailCats are serving a pancake breakfast. Contact Joe Dickstein or Paul Pomerance at 773-262-0031



Monday, June 8, 2009

Training Ride: Intro to Training Rides <u>REMOTE START</u>: Roadies Dunkin' Donuts, Lincoln & California Avenues See description on Monday, June 1. Contact Rich Baumgarten at 773-759-8690

Wednesday, June 10, 2009 Training Ride: Wednesday Evening Training

<u>REMOTE START</u>: Roadies Dunkin' Donuts, Lincoln & California Avenues See description for Wednesday, June 3 Contact Bevan Brookfield at 312-446-1737

Thursday, June 11, 2009 Social Ride: Weekly Gentlemen (& Ladies) of Leisure Rides (Cycling Seniors)

<u>REMOTE START</u>: North Avenue Beach House, North Avenue and Lakeshore Drive in front of the bike shop. See ride description for Thursday, June 4

Saturday, June 13, 2009

Touring Ride: Ryerson Conservation Area <u>REMOTE START</u>: Addison and Lake Shore Drive 8:30 a.m. 62 miles, 15 to 17 mph Riders looking for longer distances with minimal stops will enjoy this ride. Contact Take Yamamoto at 773-528-7812

Saturday, June 13, 2009

Social Ride: 11th Annual Bike for Burgers to Hackney START: Clock Tower at Waveland and Lake Shore Dr. (3700N) 8:30 a.m. 35 miles, 10 to 12 mph Join Joe Dickstein as he leads a group of cyclists to a brunch-lunch stop at Hackney's. Bring a lock and cash. Contact Joe Dickstein at 773-262-0031

Sunday, June 14, 2009

Social Ride: Les Chateaux Blances Sont Retournees <u>REMOTE START</u>: Eckhart Park, Chicago Avenue, (800N 1400W) meeting on the Chicago Ave side of the building. 9:00 a.m. 40 miles, 14 to 16 mph We will pass by and potentially stop at several White Castles in and around the city. A possible ice cream stop may also occur. Bring money and locks for your bike. Contact Julie Sherman at 312-401-8631

Monday, June 15, 2009

Training Ride: Intro to Training Rides <u>REMOTE START</u>: Roadies Dunkin' Donuts, Lincoln & California Avenues See description for Monday, June 1. Contact Rich Baumgarten at 773-759-8690

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Wednesday, June 17, 2009 Training Ride: Wednesday Evening Training

<u>REMOTE START</u>: Roadies Dunkin' Donuts, Lincoln & California Avenues See description for Wednesday, June 3. Contact Tom MacNeill at 773-571-8087

Thursday, June 18, 2009 Social Ride: Weekly Gentlemen (& Ladies) of Leisure Rides (Cycling Seniors)

<u>REMOTE START</u>: North Avenue Beach House, North Avenue and Lakeshore Drive in front of the bike shop See description for Thursday, June 4.

Saturday, June 20, 2009 Social Ride: North to Northfield

<u>REMOTE START</u>: Davis El station on the Purple Line

10:30 a.m. 20 miles, 12 to 14 mph This little village is home to one of the best bakeries around. We'll stop for a light lunch at Three Tarts Bakery (other options

available). 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. Contact Alice Kroman at 773-294-7533

Saturday, June 20, 2009 Training Ride: The Fast Road to Hegewisch, Hammond, Highland and Beyond Pt 8

<u>REMOTE START</u>: Remote Start at 31st Street Beach House

9:00 a.m. 55 miles, 16 to 20 mph

This is the fastest-paced version of the rides to the south this summer. We'll head to the most remote corner of Chicago, Hegewisch, founded as a separate town in the 1880s. We'll shoot for getting back by 2 p.m. Contact George Vrechek at 312-654-8909

Sunday, June 21, 2009

Social Ride: Bungalows, Ranches, and Georgians REMOTE START: 63rd Street Beach House, 63rd and

Lake Shore Drive 9:00a.m. 35 miles, 12 to 14 mph Join us on this leisurely tour of attractive communities and subdivisions possessing a wealth of housing styles: Georgians, Ranches, Bungalow, and a rarely seen Frank Lloyd Wright estate. There will be a lunch stop. Contact Derrick James at 773-978-5875

Monday, June 22, 2009

Training Ride: Introduction to Training Rides <u>REMOTE START</u>: Roadies Dunkin' Donuts, Lincoln & California Avenues See description for Monday, June 1. Contact Rich Baumgarten at 773-759-8690



Wednesday, June 24, 2009 Social Ride: FWEGA (Fourth Wednesday Evening Get Acquainted Ride)

START: Clock Tower at Waveland and Lake Shore Dr. (3700N) 6:30 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 and old friends. The pace is social. We'll end with a late dinner stop somewhere on the North Side. Bring a lock and money for food and drink.

Contact Anne Alt at anne.alt@gmail.com.

Wednesday, June 24, 2009 Training Ride: Wednesday Evening Training

<u>REMOTE START</u>: Roadies Dunkin' Donuts, Lincoln & California See description for Wednesday, June 3. Contact Larry Allingham at 312-286-1371

Thursday, June 25, 2009 Social Ride: Weekly Gentlemen (&

Ladies) of Leisure Rides (Cycling Seniors) <u>REMOTE START</u>: North Avenue Beach House, North Avenue and Lakeshore Drive in front of the bike shop See description for Thursday, June 4.

Saturday, June 27, 2009

Social Ride: 10th 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 circuitous route: six different bike paths, all the way to Glencoe and back. Your reward: a stop at Moody's Pub in Edgewater. Contact Joe Dickstein at 773-262-0031

Sunday, June 28, 2009

Social Ride: Superdawg Ride - In its 5th Year START: Clock Tower at Waveland and Lake Shore Dr. (3700N) 8:30 a.m. 40 miles, 12 to 14 mph Take a tour of northwest park neighborhoods. Lunch will be

at Superdawg. Contact Duane O'Laughlin at 773-612-8157

Monday, June 29, 2009

Training Ride: Introduction to Training Rides <u>REMOTE START</u>: Roadies Dunkin' Donuts, Lincoln & California Avenues See ride description for Monday, June 1. Contact Greg Hoskins at 312-925-0435

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: <u>www.chicagocyclingclub.org</u>!