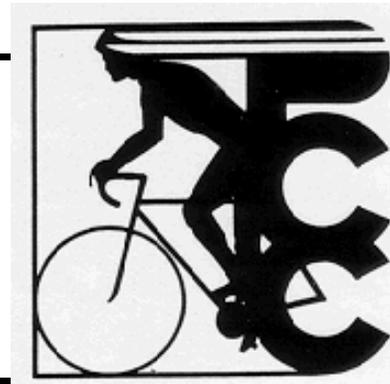

The Prairie Cyclist

Newsletter of the Prairie Cycle Club, Urbana-Champaign IL
Volume 42, Number 10
November-December 2009



2009 PCC Holiday Dinner RSVP by December 3

The PCC holiday dinner will be at El Toro Restaurant, 2561 W Springfield Ave, Champaign on Tuesday December 8th at 7pm. A cash bar social will be held in El Toro's bar from 6:30 to 7pm. The fare will be a Fajita Buffet with desserts, and cost will be \$10.00/head. Please RSVP the PCC Activities Coordinator Brian Barker at 720-862-5201 or barkerbj07@gmail.com by Thursday 3 December.

At this dinner we traditionally vote on any changes to our by-laws and elect and/or re-elect the PCC board. According to the local political blogs, all members of the PCC board, except the Secretary, will be seeking re-election. Nominations for this and other positions will be sought. (You can nominate yourself.)

End of Season Ride Report Sunday, October 11

On the way back from Homer Lake during the End of Season ride, our Treasurer, and well-trained cyclist Mike Bernon left Homer Lake after another rider who happened to be pulling a carrier with a small child.

For several miles Mike, huffing and puffing and pedaling as hard as he could, gained no ground on this rider ahead. “%\$**^” a frustrated Mike mumbled repeatedly to himself. Mike finally caught up when “Superman” stopped to rest on the east edge Urbana, only to discover that the rider was an engineering grad student who has fitted his bicycle with a battery operated motor.

November 1 PCC Board Meeting PCC Member Survey

Sue, Brian, Michael, Mike, Rick and Lorrie attended. The meeting was devoted to plans for the holiday dinner, and discussion of an on-line survey of PCC members.

By reading this newsletter...

... you agree to take the the **on-line survey** for PCC members, to help the PCC board assess members' satisfaction with PCC, and what, if any, other activities PCC should sponsor. To take the survey, which takes less than five minutes to complete, go to <http://tinyurl.com/ylp6z32> Relay any questions concerning the survey to our president, Sue Jones, president@prairiecyclclub.org

2009 Parade of Lights ..

The 9th Annual Parade of Lights will take place in downtown Champaign on Friday, December 4, beginning at 6:00 p.m. In the case of inclement weather, the parade will be postponed to Sunday, December 6 at 6:00 p.m. Decorate your cycle and come on out early to join in the fun! (Layers and gloves are a good idea.) Small strings of battery-powered LED lights are available for cheap, and a bow and ribbons go a long way.

While in downtown Champaign on the December 4 between 6 and 8pm, stop by Springer Center (NW corner of Randolph and Church) for the opening of an exhibit of drawings, paintings and installation pieces by artists Ryan Gray, Alberto Aguilar and Michael Fuerst

2009 Cranksgiving



The 2nd Annual Cranksgiving, a bike scavenger hunt providing food donations for Eastern Illinois Food Bank, occurred on a very balmy November 14. The Bike Project with local and national sponsors organized the event. Our president, Sue Jones, was the individual rider who scavenged the most donations.

Free Indoor Trainer Rides started November 10

Come and ride with friends this winter at Champaign Cycle, 506 S Country Fair Dr, Champaign. The nights are long and cold but you can stay warm and stay fit by riding inside every Tuesday and Thursday at 6:30 PM. Bring your bicycle and your trainer and ride to a variety of spin videos which will direct and motivate you keep riding and stay fit. This winter series of rides is open to everyone. You ride at your level and never get dropped. Stay active and stay healthy this winter by continuing your riding inside.

If you don't have a trainer, phone Champaign Cycle about the availability of their loaner trainer-- which allows you to try the indoor trainer rides and see if it's an activity you want to continue.

League of Illinois Bicyclists News

The 2010 Grand Illinois Trails and Parks (GITAP), LIB's premier bicycle tour, will occur Sunday, June 13 to Friday, June 18. This year the 160 rider limit filled by mid March and so far twice as many have already registered as had by this date last year.

The 2010 route will traverse very scenic northwest Illinois, including Rock Cut, Lake Le Aqua Na, and Miss. Palisades state parks. Most of the tour's route will be on roadways through interesting country and small towns— with a day off and two overnights in Galena (camping within walking distance of Main Street.).

The ride will start and end at Highland Community College in Freeport. Depending on the optional routes taken, total distance can be as few as 250 or as many as 510 miles. The tour includes all meals (except lunches), camping (motels extra), and all the usual bike ride amenities.

To register, www.bikelib.org/gitap/ or contact Chuck at 309-788-1845

Champaign Cycle gifts \$500 to PCC

Champaign Cycle supports PCC's efforts to improve cycling opportunities and facilities in the Champaign-Urbana area. Champaign Cycle earlier this year volunteered to contribute ten percent of the first \$5K of PCC member purchases to the club. PCC received a \$500 check from Champaign Cycle in October.

Three Illinois Businesses earn Bike Friendly Recognition

Three Illinois concerns have received the 2009 “Bike Friendly Business” award from the League of American Bicyclists in Washington, D.C.

The REI outdoor store in the Lincoln Park neighborhood on Chicago’s North Side received a silver award, and the Champaign-Urbana Mass Transit District (CUMTD) and Spin Doctor Cyclewerks bike shop in Bartlett received bronze awards. The three join 42 other businesses across the country recognized for the first time by LAB.

REI Lincoln Park won its recognition in part for having employee facilities that encourage biking to work. Claire Hurwitz, REI community liaison, said the store has showers for employees and in-door racks so bikes can be secure. She said that employees are knowledgeable about bikes and can help customers with their questions. The store also conducts classes on biking. “I think the award validates the spirit of what we’re doing and that people do care about biking to work,” Hurwitz said. “It’s cool there are organizations (like LAB) that support that kind of healthy lifestyle.” REI also has been a contributor to the Active Transportation Alliance’s Bike Ambassador program in Chicago, donating \$10,000.

The CUMTD becomes the first public transportation provider to be recognized as a Bike Friendly Business. The agency has promoted bike-to-work programs, contributed to a local bicycle map, provided employee access to showers and lockers, sponsored bicycle rodeos for children and bike safety classes for adults. “We will be continuing to work to increase safety and promote bicycling both inside and outside of our organization. There is a lot of work to do,” said Cynthia Hoyle, the district’s transportation planner.

Spin Doctor Cyclewerks owner Greg Anderson said, “We do more than just sell bikes. We promote bicycling as a lifestyle with our employees and customers. If our employees want to go to lunch or to

the post office, we suggest they take the shop bike rather than driving the three miles.” His bike shop conducts bike rodeos and safety classes for youngsters and works in the community and with local officials to improve bicycle access.

Bicycle Friendly America recognizes states, communities and businesses for their efforts to promote bicycling and improve bicycling transportation. If you know of a community or a business that would like to apply for the program, have them visit.

<http://www.bikeleague.org/programs/bicycledfriendlyamerica/>



The League Of American Bicyclists

The Prairie Cycle Club is an affiliate of the League of American Bicyclists, and the League of Illinois Bicyclists

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Address Correction Requested

PCC Board Members

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The board meets monthly, usually on the third Sunday of the month, at Panera's at Mattis and Kirby. Everyone is welcome to attend, just to listen in or to bring ideas or feedback.