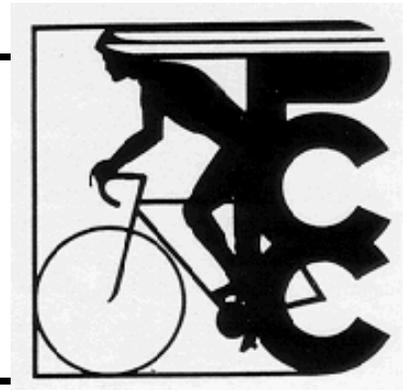

The Prairie Cyclist

Newsletter of the Prairie Cycle Club, Urbana-Champaign IL
July 2010



Paying 2010 PCC Membership Dues

The easiest way is to pay your dues on line at <https://www.signmeup.com/site/reg/register.aspx?fid=VW2V4K7>
Or you can print the membership form at tinyurl.com/boyctl.

Get Your Friends to C-U Across the Prairie! (and maybe this applies to *you*)...

PCC's annual ride occurs Saturday, August 14 —17, 35 and 65 mile routes—all of which start and end at The Hideaway of the Woods Restaurant in Mahomet IL. Registration from 7:30-10:00am. Riders for the longest route should start by 8:30am. PCC members: \$20 by 1 Aug; \$25 thereafter. Online sign up: <https://www.signmeup.com/site/reg/register.aspx?fid=S52VZJ7>

You've been looking at that bicycle, or thinking about it when you see others out pedaling around. C-U Across the Prairie is a great chance to set a goal and then keep it.

You're not in shape? Well, you can always ride less and turn around -- and C-U Across the Prairie has Sag Support. You get tired, you call us and a spiffy Subaru will soon be picking you up.

You're unsure the bike's in shape? Take it in to the bike shop for a tune up - hey, it's about time -- or join the bike coop and learn how to do that chain lube and tire pumping yourself! Oh, and one visit is free -- it's in the basement of the old Post Office -- the Independent Media Center -- near Lincoln Square. www.thebikeproject.org for hours and more info.

C'mon, you're looking for motivation... we'll have food, prizes (okay, nothing *amazing,* but the Subaru folks will have some handy things), good company, great food from Hideaway of the Woods.

CU Across the Prairie (CUAP) Volunteers Needed

WAIT! WAIT! There are WAYS you can HELP!! If you haven't already, VOLUNTEER to help with preparation before and staffing during CUAP. How many rides have you been on and benefited from a volunteer leader? How 'bout doing a few hours yourself, ONE DAY out of the year?

Volunteers are still needed during the ride to (a) drive sag wagons and (b) staff the rest stops and registration tables. Contact board members Richard (217-607-0327 ribabran@aol.com) or Sue (president@prairiecyclclub.org) to volunteer

Help Get the word out for CUAP

The CUAP flier and brochure are linked from www.prairiecyclclub.org . Print 'em out and post 'em up. Talk it up. Make it the signature on your emails. Let's make this the biggest, best C-U ACross the Prairie it can be.

Put a message in the signature block of any emails you send: "C-U Across the Prairie (CUAP), the Prairie Cycle Club's annual sponsored ride occurs on August 14, 2010 <http://www.prairiecyclclub.org/taxonomy/term/6>

Everything You Wanted To Know About Bicycling

..... can be found at Mike's Mega Bicycle Links <http://www.mikebentley.com/bike/index.html>

PCC's Saturday Morning Ride



Upcoming Organized Rides

Two good lists of rides in the Midwest this season are <http://brinin.org/> and <http://www.mikebentley.com/bike/mwrides.htm>

Champaign Cycle is sponsoring Museum Tours on the last Saturday of July and August: <http://champaigncycle.com/about/museum-tour-pg241>.

Spokes Hauling Cargo

Large tricycles for urban living: <http://cityroom.blogs.nytimes.com/2010/07/17/spokes-hauling-cargo-no-car-necessary/>

PCC Weekly Ride Schedule

Monday Moderate Ride - Level 2 Averaging 20 miles at 12 to 15 mph 6:00 P.M. from Countryside Day School, corner of Kirby and Staley, Champaign. Emphasis on socializing, not speed. One of the most popular rides. Ride Leaders: Anne Robin (356-1107, arobin@uiuc.edu), Jim Witte (356-8085 jim@thunderingbison.com)

Monday Moderately Manic Ride – Level 3-4 Same departure as Monday Moderate Ride, but faster. No leader—but lots of fun folks to ride with. This ride

starts in late March with an earlier departure (5:30) and then "goes to 6:00 when it gets warmer."

Tuesday Morning Tour — Level 2/3, 14-16mph, length 30 miles or so, increasing over the season; 9am April-May; 800 am June-August; Departs from the pavilion at Hessel Park in Champaign; Ed Bondurant (bonduran@uiuc.edu) Expected to be 2 hours initially, lengthening as season progresses

Tuesday Pedal for Pleasure – Level 1 Averaging 12 to 13 miles, 10 to 12 mph. 6:30 P.M. from Champaign Cycle, 506 S. Country Fair Drive, Champaign. Suitable for beginners and any rider who wants to meet people and enjoy a leisurely ride. Mountain bikes welcome. Ride leader: Peter Davis (352-7096/h, 352-7600/w, peter@champaigncycle.com)

Thursday Three Ride - Level 3 averaging 25 miles at 15-17 mph 6:00 P.M. from Countryside Day School, SW corner of Kirby Ave and Staley Road. Geared to those riding at Level 2 last season who want to move up and faster riders needing a slower recovery ride. Ride Leaders: Richard Brannon and Lorrie Pearson. Looking for another ride leader to help cover some rides. Contact Lorrie at lorrie_pearson@hotmail.com

Saturday Saunter – Level 1/2 Averaging 10 to 20 miles at a leisurely 10-13 mph. Departs from the Windsor Rd parking lot of Meadowbrook Park, 9:00 am in April and May, and 8:00 am in June through August. Common destinations are Philo, St. Joseph or Tolono, with water and rest stops. Smaller groups often break away for longer/faster rides. All frame types of cycles and riders welcome. Ride Leader: Susan Jones, siouxgeonz@gmail.com

On the Tuesday Pedaling for Pleasure and Saturday Saunter rides, the leaders ensure that no riders are left behind.

Those interested in 45+ mile long rides at 20+ mph, refer to <http://wildcardcycling.org/index.php/site/about/>

PCC Rules Of The Ride

Group riding skills are an important part of the fun of PCC rides, so please review the group riding skills and safety habits PCC expects of all bicyclists participating in PCC rides. Use these Rules of the Ride as your guide:

1. Ride no more than two abreast — single file in traffic and at intersections.
2. Pass only on the left — and announce your intentions by calling out “On your left.”
3. When riding in a large group, create space to help motorists pass safely. Break into sub-groups.
4. Maintain a safe distance from the rider ahead of you.
5. Check all intersections for traffic. Avoid "group think."
6. If you stop, pull completely off the road. All the way.
7. Always ride with traffic — never against traffic.
8. Obey traffic signs and signals, markings and regulations.
9. Use hand signals to indicate left turns, right turns and stops.
10. Warn riders behind you of pot holes, dogs, cars (up, back, left, right), and other obstacles on the road.
11. Check your bike before every ride to be sure it's in safe operating condition. Check tire inflation and seat height as well. (ABC Quick Check: Air, Brakes, Cables & Quick Release levers)
- 12 **ALWAYS WEAR YOUR HELMET** when riding your bike! Accident prevention is the first principle of safety, but accidents sometimes do happen. Helmets are the best means of minimizing head injuries.

Contribute to the Newsletter

For possible inclusion in the newsletter, send editor Michael Fuerst (mjerryfuerst@yahoo.com) photos and a paragraph or two about any rides you have taken, or links to interesting articles or web sites about bicycling.



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

PCC Board Members

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Publicity: Lorrie Pearson
lorrie_pearson@hotmail.com

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.

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