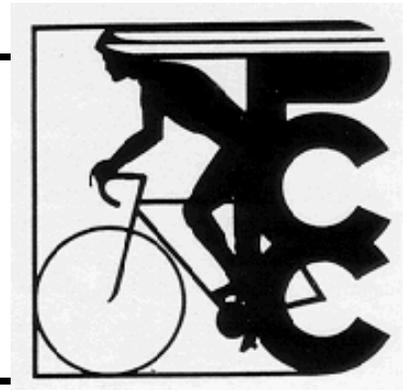

The Prairie Cyclist

Newsletter of the Prairie Cycle Club, Urbana-Champaign IL
August, almost September, 2010 :-)



Thanks to all who made the August 14 CU Across the Prairie a success

Despite a hot, muggy day, 109 registrants participated in either the 15, 35 or 62 mile rides routed through parts of Piatt and Champaign counties.

Thanks to our sponsors: Durst Cycle (\$100 contribution), Strawberry Fields (luscious fruits and bananas for the rest stops), Common Ground Food Co-op (trail mix for the rest stops), and Worden-Martin Subaru (sag vehicles and the gasoline), Bikeworks (a bicycle helmet to be raffled).

Board members Susan, Lorrie, Richard, and Rich organized the ride literally four handedly.

Also thanks to all the volunteers (apologies for any omissions): route mapping/marketing (Rich Furr, Susan Jones, Ann Robin, Nancy Melin, Mike Bernon), map preparation (Tom Carlson), pre-ride shopping (Nina Chaplin), rest stop supply delivery/clean-up (Lorrie Pearson, Peter Davis, Richard Brannon, Jim Witte), registration (Sharon Michalove, Maggie McGuire, Peter Davis), rest stop staffing (Anna Barnes, Michael Fuerst, Richard Brannon, Vevi Brannon, Jim Witte), sag wagon drivers (Craig Russell, Bernie Hettinger, Richard McClary), final clean-up (Lorrie Pearson, Cynthia Hoyle), on-call contacts (Rich Furr, Susan Jones)

If you have suggestions for how next year's ride can be improved, please contact one of our board members.

PCC Board Meeting Report Wednesday August 18

Attending: Susan Jones, Rich Furr, Lorrie Pearson, Michael Fuerst and Richard Brannon.
Absent: Mike Bernon

CU Across the Prairie 2011 will occur on Saturday August 13, 2011, with departure and lunch at the Pavilion in Lake of the Woods Park in Mahomet. The facility has already been reserved.

CUAP Rest Stop Food: After this year's ride, a lot of leftovers existed (which were donated to The Times Center). Food and snack supplies for next year will be revised/decreased. During this year's ride, the stop at Sangamon Park ran out of water this year and it took a while to get more, so next year additional 5 gallon water jug will be provided at each rest stop.

CUAP Registration: An e-mail address needs to be included in the registration brochure next year, in order to participants if necessary and to e-mail them about future rides

End of the season ride: The season's last PCC organized ride is tentatively scheduled for Sunday October 17th, departing Meadowbrook Park at 12:30 PM for Homer Lake (where we will reserve a shelter from 12pm). The Club will furnish food from purchased from Jimmy Johns or a similar business. The Ride will be officially announced in the September newsletter and a reminder e-mail sent to all club members. Richard will reserve the shelter and pick-up and deliver the food and drinks.

End of the year bicycle party will occur at the El Toro Restaurant on Springfield (across from Kaufman Lake) on December 7, 2010 (to be changed only if the banquet room is not available that day.) The November newsletter will contain an announcement and an e-mail sent to all members.

There will be a modest fee for all those attending. Sue is taking care of all arrangements.

Thank you letter to CUAP Sponsors: Thank you letters to sponsors for their contributions will be mailed shortly. Richard will write the letters based on last year's correspondence. Nancy, Nina and Sue will e-mail the contributors names to Richard along with what they donated.

Suggestions to Train a Trainer: Lorrie suggested that PCC train a person to learn to teach safe cycling classes, who will teach these same safety rules to willing members. The Club has to be sure of the person selected to do subsequent membership training because the training class for trainers is fairly expensive.

Suggestion to organize a Family Ride so children can learn to appreciate bike riding. Sue will speak to members who have asked about this, and hopefully propose such a ride.

Analysis: Lorrie will analyze the CUAP registration data in an effort to get more riders to attend the event.

Next Meeting: The next meeting will be Sunday, September 19th at 6:00 PM at Panera Bread. As usual the meeting is open to all PCC members.

Google Maps and Bicycling

<http://travel.nytimes.com/2010/08/15/travel/15Prac.html?nl=technology&emc=ctb1>

Everything You Wanted To Know About Bicycling

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

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>.

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/>

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.

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.



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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Activities Coordinator: Vacant.

Membership: Mike Bernon 217-355-9313
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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.

Prairie Cycle Club
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Address Correction Requested

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