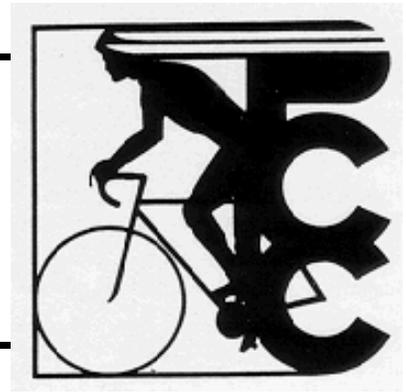

The Prairie Cyclist

Newsletter of the Prairie Cycle Club, Urbana-Champaign IL
April 2011



Pre-season Social & Membership Kickoff David Combs Fundraiser

Village Inn, Thursday, April 7, 2011, 5:30-7+pm

Come to pay your 2011 dues (\$15 individual, \$20 family); and then have some pizza and soft drinks (both supplied by PCC for 2011 members) and beer (available for purchase at Village Inn); and socialize with new and old club and board members. Get the latest on who's riding when, with whom. The Village Inn restaurant is on the SW corner of Mattis and Springfield in Champaign

David Combs Recovery Fund. On Monday March 7th Prairie Cycle Club members Cindy and David Combs were struck by a motorist on their tandem bicycle west of Champaign. Cindy Combs was killed and her husband David was gravely injured. At the Village Inn, PCC will accept cash or checks made out to David Combs Recovery Fund. Alternatively, consider sending a check to David Combs Recovery Fund, c/o First State Bank, 101 Windsor Road, Champaign, IL 61820 (217-239-3000).

Paying 2011 PCC Membership Dues if You Don't Make It To Radio Maria's or Village Inn

You can join PCC by printing out our membership form and mailing it with a check, or through our on-line membership site. For complete instructions,

<http://prairiecycle.wordpress.com/join-pcc/>

C-U Across the Prairie

PCC's annual ride, C-U Across the Prairie occurs on August 13, 2011. Contact any PCC board member if you would like to volunteer to help with this event

PCC Ride Season Starts Saturday April 16

Monday Moderate Ride – Level 2 (20 or so 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. Leaders: Jim Witte (jim@thunderingbison.com) and Anne Robin (arobin@uiuc.edu arobin@uiuc.edu)

Tuesday Morning Ride – Level 2 (20-40 mi, 12-15 mph) 9am from the north side of Hessel Park and continues on for 20-40 miles through the local countryside. For retirees or those who can afford to take a morning off. This The ride often includes a breakfast stop at a small time restaurant. Leader: Ed Bondurant (bonduran@illinois.edu)

Tuesday Pedal for Pleasure – Level 1 (12-14 miles, 9-12 m.p.h.) 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 and board shorts welcome. Leader: Peter Davis (peter@champaigncycle.com)

Wednesday Long Ride – Wild Card Racing ride – Depart: Burwash Park, (corner of Burwash & Prospect, Savoy), 5:45pm. Since average speeds will often exceed 20 mph, and distances may exceed 50 miles, riders should be prepared to get home on their own. Lighting gear is encouraged. (see <http://wildcardcycling.org/index.php/site/calendar/> for details)

Thursday Three Ride – Level 3 (20-25 miles, 15-17 m.p.h.) 6:00 P.M. from the Savoy Recreation Center, (Prospect just north of Old Church along the bike trail). Ideal for those riding at Level 2 last season who want to move up and faster riders needing a slower recovery ride. At present, this is a Show and Go. We are looking for ride leaders.

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.

Saturday Saunter— Level 1 (10-20 miles, 10-13 mph) Meadowbrook Park, (Windsor & Vine) Urbana 9:00 Apr-May; 8:00 June-Aug. Common destinations are Philo, St. Joseph or Tolono, with water and rest stops. A smaller group riding at level 2 (12-15 mph) often breaks off for an additional 10-20 miles after a designated stop. All frame types of cycles and riders welcome. Leader: Sue Jones (siouxgeonz@gmail.com)

Housework Avoidance Ride Level 3 (40-60 miles, 16-18 mph) Meadowbrook Park, (Windsor & Vine) Urbana; 9:00 Apr-May; 8:00 June-Aug.. This ride will offer several options ranging from and meander through some of the more interesting (read challenging) roads in the area at a quick, but not anaerobic clip. Those on longer rides should expect a lunch stop at a small-town restaurant. Ride Leaders: Rick Francis (rikfrancis@hotmail.com) and John Prince (johnmprince@hotmail.com)

Sunday Show and Go Level 3 – from Espresso Royale at Windsor and Duncan 9:00 in April and May and 8:00 June-Aug. This ride is a Show and Go. Riders will sometimes carpool to a more interesting starting point. A Wild Card Level leaves at the same time/place. See <http://wildcardcycling.org/index.php/site/calendar/>

NON-WEEKLY RIDES

Newbie Ride – Level 1 – 3rd Sunday of the month, 12:15 P.M., from Common Ground Food Cooperative. (East Entrance of Lincoln Square; Vine and Green); for those new to cycling and anyone else who feels like they’re starting over.

Keep Your Eyes Browsers Open For Show-and-Go Rides

Throughout the season, several members post announcements on the PCC email group about show-and-go rides—with form several hours to two days notice. Often for Sundays or nights with a full moon. Feel free to organize such rides by posting an announcement.

C-U Bike To Work Day

Join the celebration for the first C-U Bike to Work Day on Tuesday, May 3, 2011. On that day:

- Bike to work (or school, or anywhere) and encourage others to do the same. Organize a contest at work to include new bike commuters.
- Pedal to a Bike Station between 7am-10am for giveaways and other treats. Bike Stations are (tentatively) located in Downtown Champaign, Downtown Urbana, the UI Engineering Plaza, and at the Savoy Recreation Center.

Be sure to **register**(for free) and get more information at

<http://champaigncountybikes.org/CUBikeToWork/index.html> . Download, email, or print and post the online flyer to spread the word! C-U then!

The Tour de Exchange...

...is a 1-day bike tour of the beautiful landscape of historic Coles County, IL. You will be riding a scenic green wave prairie, the scenery representative of the traditional Midwest.

The Exchange Club of Charleston has designed a variety of routes on including a 10, 25 hard surface roads Route Maps are & 50 mile route. For ride brochure: <http://tiny.cc/14bq4>

Women on Wheels: The Bicycle and the Women's Movement of the 1890s

An article worth reading:

<http://www.annielondonderry.com/womenWheels.html>

The Cyclists in this Video Were Wearing Helmets

<http://vimeo.com/9970489>

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>

Everything You Wanted To Know About Bicycling

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

Contribute to the Newsletter

If you have any photos, or a 1-2 paragraph account of rides you have taken, or links to interesting articles or web sites about bicycling, send them to the newsletter editor, Michael Fuerst (mjerryfuerst@yahoo.com)

Save us a stamp

Individuals receiving a post office mailed copy of this newsletter can save both an itsy-bitsy part of a tree and also some of PCC 's 44-cent stamps by emailing the editor (at mjerryfuerst@yahoo.com) that you will read future newsletters on-line

Starting in May, newsletters will be post office mailed only to paid PCC who specifically requested such



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

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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.

Prairie Cycle Club
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Urbana, IL 61803

Address Correction Requested

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