

## PCC RIDES AND RULES 2007

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### WEEKLY RIDES

**Saturday** — many choices! Many thanks to all of you who are leading these rides.

NOTE: 9:00 a.m. departure time in April / May; switch to 8:00 in JUNE. Also, Saunter ride leaves at 5 or 10 minutes after the hour (after the faster groups have left). Meet at Meadowbrook Park (Windsor and Vine, Urbana) — the Prairie Play parking lot.

**Level 4+** - show and go - and go and go!!!

**Fitness ride - level 3/4: leader** Rick Francis (351-7587, [rikfrancis@hotmail.com](mailto:rikfrancis@hotmail.com))

**Saturday Scramble – Level 3** Leader: Brian McKneight  
**Level 1/2** ride: distances 12-20 miles, common destinations St. Joseph, Philo, or Tolono (with breaks for food and water along the way). **Leader:** Sue Jones (367-6521 [siouxgeong@gmail.com](mailto:siouxgeong@gmail.com))

**Monday Moderate ride** (level 2, 20 miles at average speed of 15 mph with emphasis on socializing, not speed): 6:00 p.m. from Countryside Day School, corner of Kirby and Staley, Champaign.

**Leaders:** Anne Robin and Jim Witte

**Monday Manic Ride: Level 3**

Leader: Jim Pirzyk (898-1750, [jim+pcc@pirzyk.org](mailto:jim+pcc@pirzyk.org)) - 15-18 mph; speed and distance eke up through the season.

**Tuesday Morning Tour** (Level 2), rides of gradually increasing length of 30+ miles, including brunch stop):

departs from Hessel Park in Champaign at 10 am in Mar--Apr., 9 am in May, and 8 am starting in June..

**Leader:** Ed BonDurant.

**Tuesday Pedaling for Pleasure**(Level 1), suitable for beginning riders and any rider who wants to meet people and enjoy a leisurely evening ride): Mountain bikes welcome. Departs 6:30 p.m. from Champaign Cycle at 506 S. Country Fair Dr., Champaign.

**Leader.:** Peter Davis, 352-7600

**Thursday Women's Ride** (Level 3 — average 25 miles, 13-16 mph depending a lot on the wind!) 6:00 p.m., meet at Zahnd Park, Windsor and Staley, Champaign. Emphasis is on having a good time while developing our cycling skills.

**Leader:** Babette Hiles

**Thursday East Side Ride** — Show and Go, generally an honest level 3 — peppy but polite :-). Just ask somebody on one of the other rides if they're going, or show up at Meadowbrook around 6:00.

**Thursday New Member Ride**— first Thursday of each month. Level 1: for new members — and those of you who might feel like you're starting over, or who'd enjoy meeting new riders. 6:15 Assembly Hall parking lot, First & St. Mary's. Road

**Leaders:** Bonnie Kemper and Stan Shobe.

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## PCC RULES OF THE RIDE

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Group riding skills are an important part of the fun of PCC rides. Please review the good group riding skills and safety habits PCC expects of all bicyclists participating in PCC rides. These Rules of the Ride are your guide:

- Ride no more than two abreast — single file in traffic and at intersections.
- Pass only on the left — and announce your intentions by calling out "On your left."
- When riding in a large group, create space to help motorists pass safely. Break into sub-groups.
- Maintain a safe distance from the rider ahead of you.
- Check all intersections for traffic. Avoid "group think."
- If you stop, pull completely off the road. All the way.
- Always ride with traffic — never against, traffic.
- Obey traffic signs and signals, markings and regulations.
- Use hand signals to indicate left turns, right turns and stops.
- Warn riders behind you of pot holes, dogs, cars (up, back, left, right), and other obstacles on the road.
- 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)
- 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.

## INVITATIONAL RIDES

Ride info: [www.mikebentley.com/bike/ilrides.htm](http://www.mikebentley.com/bike/ilrides.htm)

### MAY

Close to home:

#### 20 Sangamon River Valley Bike Ride

Monticello, Il ,16/24/34/42 mi; \$15  
800-952-3396; 217-762-7921 [gnix@pdnt.com](mailto:gnix@pdnt.com)

#### 5 Tour de Stooges, Lebanon, Il 13 to 63

\$25 adults; \$10 kids  
Roger Kramer ,314-516-4647 [tourdestooges@rogerkramercycling.org](mailto:tourdestooges@rogerkramercycling.org)

#### 5 Ride for the Ups and Downs Elizabeth,Il

22/31/46/60; \$15 by 4/30; \$20 after  
Annette Bausman, 815-275-0041

[bausmana@juno.com](mailto:bausmana@juno.com)

#### 6 Sudden Century, Joliet , Il 10/20/40/56

70/100; \$20 for family of 3

Diane Walsh, 815-730-1883

[dianew3miles@sbcglobal.net](mailto:dianew3miles@sbcglobal.net)

#### 19 Beautiful Southern Ride, Carbondale, Il

15/30/62 ;\$15 self; \$40 family  
M. Daniel Becque , 618-529-3307

[mdbecque@gmail.com](mailto:mdbecque@gmail.com)

#### 20 Arlington 500, Barrington, Il 30/44/54/68

Greg Konieczny, 312-240-7812

[500@cyclearlington.com](mailto:500@cyclearlington.com)

#### 20 Prairie Pedal, Grayslake , Il 4/7/12/23

Kathleen Fosha, 847-548-5989

[info@libertyprairie.org](mailto:info@libertyprairie.org)

#### 20 Am Cancer Society Walk & Roll Chicago

Chicago, Il; 15, \$50 min pledges

Tracy May 312-279-7258 [Tracy.May@cancer.org](mailto:Tracy.May@cancer.org)

#### 20 Walk & Roll North Shore, Skokie, Il

10/30/50, Carissa Esmon, 847-328-5147

[walkroll.northshore@cancer.org](mailto:walkroll.northshore@cancer.org)

#### 26-27 Blackhawk Country Roads, Rockton, Il;

10/30/45/60; \$29 by 5/19, \$34 after Rick Plantz

815-399-1404 [RPLANTZ@aol.com](mailto:RPLANTZ@aol.com)

#### 27 Bike The Drive Chicago, Il; 15/30;\$40

312-427-3325; [btd07registration@biketraffic.org](mailto:btd07registration@biketraffic.org)



Another New Zealand sign — how not to take those railroad tracks! Perpendicular Power. ...

## JUNE

Close to home:

#### 16 Ride and Stride, Bloomington, Il,

10/30/60/100 \$25 by 6/1; \$30 after

Scott Vogel, 309-662-0500, x25

[scott@archearthland.org](mailto:scott@archearthland.org)

#### 2-3 Ride for Aids Chicago, Chicago, Il, 180, \$85;

Rhett Lindsay, 73-989-9400 x233

[r.lindsay@tpan.com](mailto:r.lindsay@tpan.com)

#### 3 Udder Century, Union , Il; 31/50/62/100 mi;

\$20 by 5/27, \$25 after

Tom Baer, [udder@earthlink.net](mailto:udder@earthlink.net)

#### 3 Flat as a Pancake 5 Star Century, New Baden, Il; 33/67/100 mi

Billie Teneau 314-291-7860

[teneau2@sbcglobal.net](mailto:teneau2@sbcglobal.net)

#### 8-10 Lake Tour Bike Trek, Crystal Lake, Il 50

daily; Frank Dietrich, 630-260-9600

[fdietrich@lungil.org](mailto:fdietrich@lungil.org)

#### 9 Ogden Lions Bicycle Benefit Ride Ogden, Il;

12/32/62 mi; \$20 by 5/30, \$23 after

Bill Gillespie, 217-582-2117 [LionE1Z3@aol.com](mailto:LionE1Z3@aol.com)

#### 9-10 TOMRV, Bettendorf, Ia/Il; Sat 65/106

Sun 41/86 ;Linda Barchman, 563-388-8043

[TOMRV30@mchsi.com](mailto:TOMRV30@mchsi.com)

#### 10 BCLC Ramble, Wilmot, Wi/Il 12/30/50

70/100mi, \$15 online; \$18 by mail

Jan Benzuly, 847-636-4921; [president@bikebclc.com](mailto:president@bikebclc.com)

[bikebclc.com](mailto:president@bikebclc.com)

#### 10 Tour de Cure, Wheaton, Il ; 25/60/100k

Courtney DeRose, 312-346-1805; [cderose@diabetes.org](mailto:cderose@diabetes.org)

[diabetes.org](mailto:cderose@diabetes.org)

#### 17 Swedish Days Ride, Burlington, Il,

25/45/75/100/124; \$18 by 6/7, \$25 after

[swedishdays@fvbsc.org](mailto:swedishdays@fvbsc.org)

#### 17 The Great Carroll County Cycling Event,

Chadwick, Il; 20/62

Frank Flack, 815-275-2405 [fwflack@hotmail.com](mailto:fwflack@hotmail.com)

#### 17-23 GITAP , Batavia, Il; 315 to 565; \$345 by

4/1, \$355 after

Chuck Oestreich, 309-788-1845

[oestreich@qconline.com](mailto:oestreich@qconline.com)

#### 22-23 Le Tour de Shore, Chicago, Il; 90, \$50 Steve

Coughlin, 708-261-2905

[letourdeshore@yahoo.com](mailto:letourdeshore@yahoo.com)

#### 22-24 MS Bike Tour , Il; 35 to 175; \$25 early

Plus pledges ,Lisa Stephenson, 888-343-1179

[msbiketour@ild.nmss.org](mailto:msbiketour@ild.nmss.org)