

## WEEKLY RIDES

**Saturday – 8:00 a.m. in June**— Saunter ride leaves at 5 or 10 minutes after the hour (after the faster groups have left). many choices! Many thanks to all of you who are leading these rides.

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 [siouxgeonz@gmail.com](mailto:siouxgeonz@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

**Wednesay Long Ride:** Level 4

Leader: Pete Nast (352-0305)

Depart: Burwash Park, corner of Burwash & Prospect, Savoy Time: 5:45 pm

This is a ride for folks who want to ride hard and don't mind getting dropped. We usually average around 20mph doing distances of 30-50 miles. We try to keep the group together going out, but after the turn the attacks begin. Please come out and join us and have a beer with us afterwards.

**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 :-)

Meadowbrook Park 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.

[sshobe@hobbico.com](mailto:sshobe@hobbico.com)

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. No, further than that ;)
- 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 our 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)

**Close to home:**

**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)

**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)

**9-10 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)

**10 Tour de Cure**, Wheaton, Il ; 25/60/100k  
 Courtney DeRose, 312-346-1805; [cderose@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; \$35 huck  
 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)

**JULY**

**4 4<sup>th</sup> of July Metric Century Joliet**

30/45/62 mi. 773-779-3251 [bike67@juno.com](mailto:bike67@juno.com)  
[www.jolietbicycleclub.org/Invitationals/July%204/jul4info.htm](http://www.jolietbicycleclub.org/Invitationals/July%204/jul4info.htm)

**7 Firecracker 100**, Greenville 50/100 mi. \$30  
 314-997-5005; [judy1@mfc.us](mailto:judy1@mfc.us)

**7 Pedaling for Kicks** Bloomington 15-64 mi;  
 \$15-20 Richard Verdery 800-676-2353  
<http://www.fcfi.org/>

**7-14 Tri-State Tour**, Chicago; 500 mi; \$498  
 Rob Layton 877-868-7455

[tristatetour@bicycleillinois.com](mailto:tristatetour@bicycleillinois.com)  
[www.bicycleillinois.com](http://www.bicycleillinois.com)

**14 Tour de Donut**, Staunton; \$20 by 6/30;  
[david.l.sweeney@boeing.com](mailto:david.l.sweeney@boeing.com)

**The LATE ride**, Chicago; 25 mi \$35-40. Nancy  
 Minster Swabb 733-918-RIDE

[lateride@hotmail.com](mailto:lateride@hotmail.com) <http://www.lateride.org/>

**15 Biking with Beanie**, Dekalb; 23-100 mi.  
 815-758-7502 [drduetz01@aol.com](mailto:drduetz01@aol.com)

<http://www.kish-kiwanis.com/beanie.htm>

**15 Biking to Galena Cellars Vineyard**,  
 Galena 12 mi. Deb Malone 815-776-9425

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

<http://www.feverriveroutfitters.com/>

**21 Tour de Health**, Rock Falls 7/25/50 mi. \$1  
 for 7 mi, \$25 25/50. Sherry DeWalt 815-625-0400  
 x5716; [sdewal@cghmc.com](mailto:sdewal@cghmc.com)

**22 Peach Pedal** Belleville 14/22/41 mi. \$10  
 Billie Teneau 314-291-7860

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

**22 Melon Metric**, Plano 32/62/100 \$18/20  
 Meredith Wayant 630-517-4942

[merewayant@hotmail.com](mailto:merewayant@hotmail.com)

<http://www.napervillebikeclub.com/melon.html>