

CBC Rideletter



May 2009

CBC Meeting

Tuesday May 19. 2009

Attendance – Jane & Paul Hinze, Anne Johnson, Don Lawrence, Hugh Gilbert, Chuck Clemens, Sandy Anderson.

Treasures Report – No Report

Local Bike Rides

- **Saturday Rides** will leave Murdale at 9am weather permitting.
 - On Saturday June 13 Saturday rides will begin at 8 am.
- **Sunday Rides**
 - Rusty will lead rides either from his house at 11 am if the weather is nice or on the spin bikes at the Rec Center in poor weather.
 - Sunday May 31
 - Meet at downtown Murphysboro McDonalds at 1 pm
 - Anne will lead this ride
 - Ride to Kincaid Lake Marina for snacks
 - Sunday June 7th – Ride to the Bottoms Up in Neunert
 - Start at at the downtown Murphysboro McDonalds at 10 am
 - Eat lunch at Bottom Up – Great BBQ
 - Sunday July 1st Barbs Fed Acres Ride
 - Details to follow

- **Tuesday** – meet at Murdale parking lot in front of the Post Office for a 3 pm ride weather permitting
- **Friday** – 9 am weather permitting call Barb at 457-4369 for start information.

Organized Rides

- **SuperTrek** - Metropolis IL – Saturday June 13th.
 - Chuck, Sandy, Hugh and David are planning on attending.
- **Bike MS – Tour de Farms** – June 13-14 DeKalb
<http://www.bikems.org/>
- **Tour De Corn** – East Prairie Mo – Saturday June 27
 - Chuck, Sandy, Hugh, David and Jane are planning to ride.
- **Tour De Shawnee** – October 24 – run by the Tourism group of the very southernmost counties in Southern Illinois – the Southern Illinois Delta Empowerment Zone – www.sidez.org Anne will help with routes if the ride comes to our area.

Next Meeting

- Next Meeting is Tuesday June 9, 2009
- 5:30 at DiMaggio's for Dinner and Meeting
- You can bring your own adult beverage

Meet adjourned 6:53

Regular Weekly Rides Local Rides:

Every **Saturday** weather permitting we meet at the Murdale Shopping Center parking lot in front of Cristaudo's restaurant for a flat 15-mile ride to the airport and back. Additional mileage or alternative destinations may be added at the discretion of those who show up. This ride starts **at 9 AM**. On Saturday June 13 Saturday rides will begin at 8 am.

Tuesdays Ride organized by Sandy from Murdale parking lot in front of the Post Office for a 3 pm ride weather permitting. It varies sometimes in start time but currently it is 2 pm. or call Sandy (618-893-4545) to make sure, destination usually the airport. Call Sandy or Barb (618) 457-4369 if interested in this ride, which is slower than the faster ride on Saturday to the airport.

Wednesdays This is a ride that averages at least 15 mph for a 25 mile ride through hilly terrain. The ride starts at 4:30 from Campus Lake Beach.

Friday morning rides, weather permitting—Barb Eichholz, Dave Kvernes and sometimes Sandy ride from Evergreen Park about 9 A.M. These **are not** intense, hard rides and vary in distance according to the wishes of those who show up. Give Barb a call if interested. (618) 457-4369.

Sunday rides

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 - Anne will lead this ride
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Adventure Cycling WEBBING AMERICA WITH BIKE ROUTES

The Adventure Cycling Routes and Mapping Department reports that the web pages for the U.S. Bike Route System (USBRS) have been updated to include information about recent developments and links to the new USBRS forums.

If you visit the following link and click on "Discussion Forums" in the first paragraph (or on the right hand navigation), you'll find topics of conversation that include how to get involved as a volunteer in your state, as well as a request for input from locals on good regional routing opportunities.

We just got the ball rolling last week, so this is your opportunity to get in on the ground floor.

<<http://www.adventurecycling.org/usbrs>><http://www.adventurecycling.org/usbrs>

Dues

If you have not yet paid your dues, please send your check for \$10 (\$20 for a family) to:

Diann Bauer
515 N. Helen
Carbondale, IL 62901.

Also, please indicate if you want to receive your newsletter via email and give her your address. An application form is at the end of this newsletter.

Ride Reports

Harmonie Hundred

Everyone I know who was planning on attending cancelled out due to a variety of reason. Mine was rainy weather, but I have heard that it did not rain in New Harmony like it did in Carbondale.

May 17th 4th Annual Beautiful Southern Ride

This years ride was call off due to unfavorable road conditions after the May 8th storm dropped trees all over the area the ride was to cover.

Tour de Art – SIU Campus

Don rode and got a nice passport from the event. He saw only one other rider.

UPCOMING OUT-OF-TOWN RIDES

June 15-21 GITAP Grand Illinois Trail and Parks Ride

This ride starts at Sauk Valley College in Dixon, Illinois. From Dixon, the stops are: Lowden State Park, Mississippi Palisades State Park, Augustana College (in the Quad Cities - 2 nights), Morrison/Rockwood State Park and back to Dixon. Part of the route will be on the Grand Illinois Trail (paved). Any soft trail routes will offer alternate hard surfaced roads. This is a camping ride, however a motel option is available.

The Cost is \$375, \$355 for LIB members. Subtract \$10 for registering before April 1. Add \$25 for registering after June 1. The price includes all

breakfasts and dinners plus a t-shirt and fees for camping. Motel packages are available for additional costs. More information is available on the LIB web site: <http://www.bikelib.org/gitap>

Jane and Paul Hinze and Anne Johnson are planning to do this ride.

June 21-17 The Twenty-seventh Annual PALM ride (Pedal Across Lower Michigan)

Begins in New Buffalo in the southwest corner of Michigan and crosses the state to Monroe. Daily distances range from 30 to 60 miles. This is a perfect ride for novice or intermediate touring riders or families.

The routes are along rural back roads, which pass scenic and historical areas. The cost is \$110. Meals are not included but local groups will have breakfast and dinner options available in places where local restaurants are not available. Lunches are the rider's responsibility. For more information go to: <http://www.lmg.org/palm> or call (734) 669-0172.

Jane and Paul Hinze have done this ride several times. Contact them for more information. jhinze@siu.edu or call Jane at 453-3127.

June 21-28 GRABAAWR (grah-bar) GReat Annual Bicycle Adventure Along the Wisconsin River

This is a 7 day tour which starts near the upper Michigan border and ends at Prairie du Chien .

Daily distances range from 55 to 84 miles. For more information go to <http://www.bikewisconsin.com> or email info@bikewisconsin.com

Next club meeting: Tuesday, June 9 2009 at DiMaggio's at 5:30

Contact Us:

President	Anne Johnson	(618) 528-4552	ajohnson@globaleyes.net
Vice President	Sandy Anderson	(618) 893-4545	sanders@alliedaccess.net
Secretary	Jane Hinze	(618) 457-7719	jhinze@siu.edu

Treasurer	Diann Bauer	(618) 351-1626	dsbauer@verizon.net
Webmaster	Chuck Clemens	(618) 985-2209	eo11@siu.edu
Membership	Rusty Martin	(618) 457-5404	rhmartin@mchsi.com
Newsletter Editor	Don Lawrence	(618) 457-8989	donald.lawrence@mchsi.com

2009 Ride Table

Flat As A Pancake	June 4	New Baden, IL	http://www.bikeride.com/calendar/event.asp?id=1182
PSTR	June 13-15	Woodstock, IL	http://chicagotandems.home.mchsi.com/PSTR2008/
SuperTrek	June 14	Metropolis, IL	http://www.bikeworldky.com/events.htm
GITAP	June 15-21	Northern IL Parks	http://www.bikelib.org/gitap/2008/index.htm
PAW River	June 15-21	Wisconsin	http://www.pedalacrosswisconsin.com/river
POWWOW Fox	June 15-20	Wisconsin	http://www.wisconsinbicycletours.com/
PALM	June 21-27	Lower Michigan	http://www.lmb.org/palm
GRABAAWR	June 21-28	Wisconsin	http://www.bikewisconsin.org/Grabaawr/index.html
TRIRI	June 22-28	Indiana Parks	http://www.pedalacrosswisconsin.com/#heart
Tour De Corn	June 28	East Prairie, MO	http://www.bikeworldky.com/events.htm
Tour de Donut	July 11	Staunton, IL	http://www.bebikeclub.com/tourdedonut/yearsast.html
Bike Northwoods	July 5-11	Wisconsin	http://www.bikewisconsin.org/BNT/index.html
MUP	July 20-26	Michigan UP	http://www.LMB.org/pages/Events/ShorelinePages/mup.htm
SAGBRAW	July 27-Aug 2	Wisconsin	http://www.bikewisconsin.org/Sagbraw/index.html
SBT West	Aug 3-9	Western Michigan	http://www.LMB.org/pages/Events/ShorelinePages/west.htm
PAW Heart	Aug 3-9	Wisconsin	http://www.pedalacrosswisconsin.com/#heart
POWWOW KM	Aug 3-9	Wisconsin	http://www.wisconsinbicycletours.com/kettlemoraine.php
Kiwanis Fun Day	Aug 22	Mt. Vernon, IL	http://www.fundaybikeride.com/
MTR	Springfield, IL	Aug 29-Sept 1	http://mtr2008.home.mchsi.com/main.htm
IL Great Rivers	Sept 7-13	Southern Illinois	http://www.illinoisgreatriverside.com/index.htm
Misaligned Minds	Sept 13	Paducah, KY	http://www.bikeworldky.com/events.htm
Amish Bike Tour	Sept 13	Arthur, IL	http://www.decaturbicycleclub.org/arthur.html
SWFR	Sept	Carbondale, IL	http://bikelib.org/swfr/index.htm
TRIRI SE	Sept 14-19	Indiana Parks	http://www.triri.org/se.html
Tour de Cape	Oct	Cape Girardeau, MO	http://tourdecape.com/default.htm
Pedaling for Cure	Oct	Paducah, KY	http://www.bikeworldky.com/events.htm
Hilly Hundred	Oct 17-19	Ellettsville, IN	http://www.hillyhundred.org/

CARBONDALE BICYCLE CLUB MEMBERSHIP FORM & RELEASE

Name: _____ Home Phone: _____

Work Phone: _____ Email _____

Home Address: _____

In consideration of, and as an inducement to, the CARBONDALE BICYCLE CLUB permitting me to participate in their rides, I hereby certify and represent the following:

1. I realize bicycling is a dangerous sport, which can occasionally result in harm or death to its participants.
2. Furthermore I understand the rides will be carried out primarily on public roads without special traffic control.
3. I am fully aware of any and all danger inherent to bicycling and willingly assume all risk and responsibilities of participation in this ride.
4. In signing this release for myself, or for the named entrant (when the entrant is under 18 years old), I understand the intent of this release and agree to waive to the fullest extent permitted by law any and all claims I may have against the CARBONDALE BICYCLE CLUB, its members, officers, directors, committees, and/or agents arising out of or in any way connected with such participation.
5. I furthermore certify that the entrant and his or her equipment are physically prepared for this event, and the entrant will exercise due caution, obey all traffic laws and wear a helmet at all while bicycling.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND WAIVER OF CLAIMS AND SIGN IT OF MY OWN FREE WILL.

DATE: _____ Signature _____

Send Completed membership form and release, along with the membership fee of \$10.00 single, \$20.00 family to: Diann Bauer, 515 N Helen, Carbondale, IL 62901