

THE SCHAUMBURG QUICK RELEASE



Welcome to the Schaumburg Bike Club newsletter. One source available for what's going on with our cycling members, tips, suggestions and off the cuff news to keep you informed.

Welcome to the FALL Edition!

Chock full of great cycling news both competitively and recreationally

THE EDITOR AND STAFF REMIND ALL MEMBERS, THE NEWSLETTER IS YOUR OPPORTUNITY TO PUBLISH YOUR INTERESTING AND NEWSWORTHY ITEMS. SEND TO: BEERSSC@WOWWAY.COM. NOTHING IS TOO MINISCULE OR MEANINGLESS FOR INCLUSION TO THE NEWSLETTER



Cold Winter winds, icy streets and sidewalks... bike paths snowed over and you are unable to identify the edges.....extra layers of clothing....scraping the car windows umpteen times..... it's time to think WINTER CYCLING FITNESS!!!!

What will YOU do when the snow falls? Looking for a way to keep fit and have outdoor fun this winter?

Northwest Nordic Ski Club invites you to cross-country ski with us!

We have a full schedule of day trips and weekend/week-long trips, as well as social activities such as our monthly dinner meetings. The club has been in existence for over 30 years, and we welcome skiers of all levels, from beginner to racer.

Check our website at www.nwnordicskiclub.com, or call Don at 847-358-8814. See you on the trail!

***** *And Other ideas* *****

Village CycleSport Computrainer Classes

Looking for an indoor cycling training solution?

Or looking to stay in top cycling shape and gain more POWER, SPEED and ENDURANCE?

Try Indoor off season cycle training!

Open time is available at the Arlington Heights & Elk Grove Village locations

Phone: 847-439-3400 (Elk Grove)

Phone: 847-398-1650 (Arlington Heights)



Upcoming Organized Ride Events

Check the Schaumburg Bicycle Club Website and another outstanding source is <http://www.mikebentley.com/bike/ilrides.htm> for Midwest area & local rides

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2011 TRIP TO ROOT RIVER TRAIL – MINNESOTA

When: July 8, 9, and 10, 2011

Where: Lanesboro, Minnesota

Ride headquarters:

Brewster's Red Hotel 507-467-2999. Rooms are limited, includes large deck with gas grills. Plan to barbecue on Friday night. Also - four one-bedroom apartments on site.

Also accommodations at Cottage House Inn - 507-467-2577-
7 one-bed rooms & 7 two-bed rooms

or

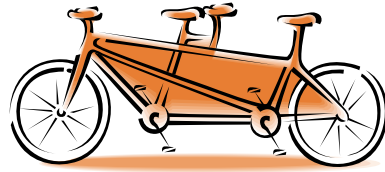
Camping is abundant.

Member Roger Messman is leading the ride.

Check website of **Lanesboro.com** for all alternatives for lodging and camping.

And do not forget this reminder to all members: Our Ride Posting process is:

Let everyone know to send out a message to everyone who is a Schaumburg Bike Club member is- sbcannouncements@googlegroups.com. So if you feel like going for a ride somewhere, just send a message out to this address and chances someone will respond.



Next Bike Club Meeting is:

Date: Wednesday Sept. 22, 2010

Location: The Barn 231 Civic Dr.

Time: 7:00 pm- 8:00 pm

We hope you all plan to attend!

Major items to be discussed include the HOLIDAY PARTY 2011 and discussion of next year's board members



Special Membership Benefit

Remember your Schaumburg Bicycle Club membership gets you 10% off discount at the local bike shops. Carry your membership card with you!



MONTHLY SADDLE SORES

This month we recap the winners of the major Professional Grand Tours from Italy, France and Spain.....

Giro D'Italia (Tour of Italy) 2010

Pink Jersey Overall Winner: Ivan Basso

Overall standings or General Classification (GC), it is the sum of each rider's stage times, adjusting for any time bonuses, penalties or other changes. At the Giro, the leader wears the *maglia rosa* (pink jersey).

Red Jersey Points Winner: Cadel Evans

The leader of the points standings wears the *Maglia Rosso Passione* (red jersey), comparable to the green jersey worn by the points leader in the Tour de France.

Green Jersey Winner: Mathew Lloyd

Climber standings: AKA King of the Mountain or KOM, the leader of the climber's competition wears the *Maglia verde* (green jersey).

White Jersey Winner: Richie Porte

A general classification for riders under age 25 (according to UCI age rules, where the racing age is the rider's age on Dec. 31, 2010). As in the Tour, the leader of this competition wears the *Maglia bianca* (white jersey)

Tour De France 2010

Yellow Jersey Overall Winner: Alberto Contador

Overall standings or General Classification (GC), it is the sum of each rider's stage times, adjusting for any time bonuses, penalties or other changes. The fastest overall time against all other riders is awarded the *Maillot Jaune*.

Green Jersey Points Winner: Thor Hushvold

The leader of the points standings wears the Green jersey. Points are obtained by passing specific points along the road during stages within the race.

Polka Dot Jersey, a.k.a.- King of the Mountains

Winner: Jerome Pineau

Climber standings: AKA King of the Mountain or KOM, the leader of the climber's competition wears the Polka Dot jersey. Points are gained by passing points along the course on hilly and mountainous stages.

White Jersey Winner, a.k.a. Best Young Rider: Andy Schleck

A general classification for riders under age 25 (according to UCI age rules, where the racing age is the rider's age on Dec. 31, 2010).

Vuelta D' Espana (Tour of Spain) 2010

Golden Jersey Overall Winner: Vincenzo Nibali

Green Jersey Points Winner: Mark Cavendish

Red Jersey a.k.a. King of the Mountains Winner: David Moncoutié

HAVE A GREAT FALL RIDING SEASON

USCIRE LA BICICLETTA E RIDERE!



September 2010

Editor

Scott Beers