



Syscon 2009 Double-Century (Almost) Bike Ride

When: Saturday June 27th and Sunday June 28th, 2009
Where: Elmhurst, IL to Utica, IL – Total Distance approximately 100 miles each way

Saturday, June 27th

Starting the Ride

Riders will leave from Larry Wendt's house at 296 E. Van Buren, Elmhurst, IL. You can park in front of the house and we will make arrangements with the Elmhurst police so no one gets a ticket. **We want to be on the road by 6:00am**, so get there with about 30 minutes to get ready. We will all exchange cell phone numbers so each rider can call each other or the on-call SAG van.

There will be a van there to load your overnight gear and any extra equipment you might be taking that you do not want to carry with you. **Please pack your gear into a single travel bag.** The van will be responsible to get our gear to the hotel in Utica and get it back to Elmhurst. It will also be on-call if someone has a break-down or wants to ride part way.

You will need to sign the waiver form prior to starting the ride. **No one will be allowed to ride without a helmet!**

The Ride

The route is a little flexible depending on weather and traffic conditions. We can stop as many times as we need to, but in general, we have three major stops: Breakfast in Oswego (~35 miles), break in Morris (~30 miles), lunch in Ottawa (~25 miles), then on to Utica (~15 miles). Again, depending on wind and weather we will average between 15.5 and 16.5 mph on this trip. There are many places where we can do a pace line safely and if you need a rest this is a great way to do it.

The Evening

We will be staying at the Willow Hotel in downtown Utica (815-667-3400) and if we need more room, there is another hotel three blocks away that has a couple of rooms for us. We will gather at the Willow Hotel about an hour after the ride and walk downtown to Duffy's Tavern for dinner.

Sunday, June 28th

The Ride

We will leave by 7:00am on Sunday morning. Typically, we like to get a few miles in prior to stopping for Breakfast. Our target is: Breakfast in Ottawa, Break in Morris, Lunch in Oswego. We should arrive in Elmhurst around 4:00pm and the van will be there with our gear. We can all take showers at my house if you would like.



Cost

Syscon will be providing the meals and the hotel for the ride. Instead, put your efforts into getting support for *Daybreak of Elmhurst*.

Pack

Bring the following with you while you are riding:

- Your bike, **helmet**, gloves, shoes
- Sunglasses
- **2 Water Bottles** (some people like Gatorade or some sport drink)
- Basic gear to change a flat tire
- **Cell Phone!**
- Emergency money
- Camera (if you would like)
- Sun block

For the Van:

- Rain gear and alternate warm riding clothes
- Spare clothes (don't forget shoes) for Saturday evening and the Sunday return
- Riding clothes for Sunday (you can hand wash your Saturday clothes if you would like)
- Toiletries for the Hotel
- Medicine, Pain Reliever, Salve (for sore butts)

Syscon will have in the van:

- Drinks, snack bars and gel packs
- Spare inner tubes (700 x 18/25)
- Spare tires (700 x 23)
- Basic tools (not anything that would take a real bike mechanic to fix)
- Lubricant for the bikes
- All the personal gear