

BOMB TRAINS: The Scariest Threat You Don't Know About

INSIDER'S GUIDE TO BIKING IN THE CITY // THE LIFE OF A PRIVATE EYE

CHICAGO

MAY 2016

Best New Restaurants

15 PICKS, FROM AN INNOVATIVE
FRENCH BISTRO TO A
DECADENT STEAK TEMPLE

See this finished
dish (served
by our new fave)
on page 3

FROM COUCH TO CENTURY

How to prep—in only 12 weeks—for the latest cycling craze: the 100-mile ride

By Cindy Kuzma

Runners have their marathons; triathletes, their Ironmans. Cyclists looking to test their mettle have a benchmark challenge of their own: the 100-mile century ride. Even if your winter workout regimen consisted primarily of streaming *Parks and Recreation*, if you start training now, you can still set your sights on conquering a century this fall.

“It’s challenging but doable,” says Jordan Grauer, a 40-year veteran of the sport and a cycling coach at Chicago Endurance Sports. Here are his key tips:

Be consistent. Ride at least three times a week (but no more than six) to build the necessary fitness and boost comfort in the saddle.

Go long. Designate one day a week for your long ride. Start with a length of about two hours and gradually, by two weeks before the race, build to around four hours.

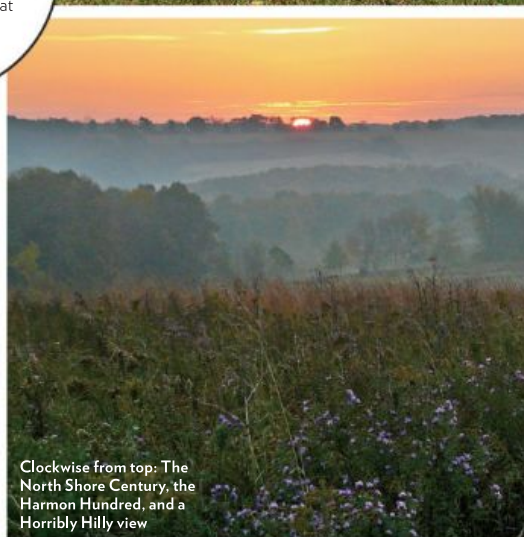
Fuel and hydrate. During long rides, make sure to drink at least a bottle of water an hour and ingest calories (sports drinks and gels or solid foods).

Pace yourself. Keep most of your rides—especially the long ones—at a comfortable pace. That’s true, too, when you bike the century itself. Advanced riders might target a five-hour mark, but beginners should focus on finishing with a smile. (Centuries have no official time clocks, anyway.)

Relax. Many newbies hold their handlebars with a vise-like grip, wasting valuable energy. If you loosen up, every turn of the pedal will feel easier.

Day-by-Day Training Guide

Grauer helped plot a comprehensive 12-week plan to get you ready for a century. Find it at chicagomag.com/centuryplan.



Clockwise from top: The North Shore Century, the Harmon Hundred, and a Horribly Hilly view

79K

Bike check-ins in 2015 at Divvy's Streeter and Illinois station, the busiest in town

JOY RIDES

Can't-miss events this spring and summer.
(Naked bike ride, anyone?)

By Paige Worthy

Beginning April 17 >> Lincoln Square Kidical Mass Chicago

Got a pintsize pedaler? This series of family-friendly rides returns from its winter hiatus with events in neighborhoods all over town. The Lincoln Square version is the third Sunday of every month, rain or shine.

>> chicago.kidicalmass.org



Beginning April 29 >> Loop Chicago Critical Mass

Annoying evening commuters for more than a decade! Critical Mass is the huge bike ride on the last Friday of every month that you've always wanted to join but never got around to. This is your month.

>> facebook.com/chicagocriticalmass

PHOTOGRAPHY: (NORTH SHORE CENTURY) LAWRENCE LOSOFF; (HORRIBLY HILLY) BOB CALLEBERG; (HARMON HUNDRED) DAVE WATCE



RIDES OF THE CENTURY

Five 100-mile events, all within an easy drive from Chicago

MOST SCENIC APPLE CIDER CENTURY

WHEN September 25 **WHERE** Three Oaks, Michigan

MILES FROM CHICAGO 75 **COST** \$45 (free for kids 12 and younger)

Rolling hills, rustic farmhouses, colorful leaves, stellar support crews, and a long history—the event dates back to 1974—draw upward of 5,000 cyclists annually to the Midwest's largest single-day century.

>> applecidercentury.com

CLOSEST NORTH SHORE CENTURY

WHEN September 18 **WHERE** Evanston

MILES FROM CHICAGO 14 **COST** \$30 (\$40 after August 15; \$50 day of ride)

You just might find a new favorite local route as you pedal the tree-lined suburban streets north to Kenosha. Aid stations feature famously delicious homemade cakes, cookies, and brownies.

>> evanstonbikeclub.org/nsc

MOST HISTORIC HARMON HUNDRED

WHEN September 11 **WHERE** Wilmet, Wisconsin

MILES FROM CHICAGO 65 **COST** \$20 (\$25 after September 8)

The event that bears the name of Phyllis Harmon, the grande dame of American bicycling, follows a peaceful, slightly hilly course along country roads, with rest stops legendary for pasta and subs.

>> wheelmen.com/harmon_hundred.asp

MOST HARDCORE HORRIBLY HILLY HUNDREDS

WHEN June 18 **WHERE** Blue Mounds, Wisconsin

MILES FROM CHICAGO 175 **COST** \$90

The bad news: If you didn't enter the registration lottery in February, you're already too late for this notoriously grueling event (riders ascend more than 10,000 feet through limestone hills in Wisconsin's Driftless Area). The good news: You'll appreciate the extra year to prepare.

>> horriblyhilly.com

MOST FAMILY FRIENDLY SWEDISH DAYS RIDE

WHEN June 26 **WHERE** Burlington, Illinois

MILES FROM CHICAGO 55 **COST** \$20 (\$38 for families; \$28 and \$48 after June 6)

Young riders are welcome, and there's an emphasis on safety, including ham radio operators to dispatch support crews if cell service fails.

The first 700 returning riders get watermelon and ice cream.

>> fvbsc.org/swedishdays

75

Number of Divvy stations the city expects to add in 2016

PHOTOGRAPHY: (MIDICAL MASS) OREN MILLER; (BIKE COMMUTER CHALLENGE) ACTIVE TRANSPORTATION ALLIANCE

May 14 >> Old Irving Park Chicago Velo Prairie Tour

Sure, the architectural boat tours are great for showing tourists around, but why not go off the beaten path to explore some of Chicago's hidden Prairie gems up close—and get a little exercise in the process.

>> chicagovelo.com

May 18 >> Loop Ride of Silence

Ever passed a white "ghost bike" memorial at a busy intersection? This slow and silent ride honors those injured or killed while cycling.

>> rideofsilence.weebly.com

May 29 >> Lake Shore Drive MB Bike the Drive

Experience the sunrise from the spot of your choice on the usually gridlocked Lake Shore Drive, with start times as early as 5:30. Register soon: The much-loved event (now in its 15th year) is expected to attract more than 20,000 cyclists.

>> bikethedrive.org



June 10 to 17 Bike Commuter Challenge

Join thousands of riders from more than 500 Chicago-area organizations as they compete to log the most bike mileage in a week. New for 2016: an app to track your mileage. Proceeds benefit the Active Transportation Alliance.

>> bikecommuterchallenge.org

