

From: [Village of Lake Bluff](#)
To: [Gail Ciolek](#)
Subject: Lake Bluff Letter - June 6, 2014
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Lake Bluff Letter June 6, 2014

Now Accepting Applications for PW Maintenance Worker I

The Village of Lake Bluff is accepting applications for a Public Works Maintenance I Worker position. Responsibilities include lawn maintenance, snow removal, water and sewer infrastructure repairs, street patching, and tree trimming. Basic electrical knowledge a plus. Must have the a CDL license or the ability to acquire within 90 days of employment, be able to lift up to 100 lbs., have the ability to operate tools and equipment necessary to perform core public works functions, be dependable, and provide references. Experience in municipal public works is desirable. Must be available for emergency calls. Starting salary for this position is \$22.32 per hour. The Village of Lake Bluff offers a comprehensive benefits package and is an equal opportunity employer. Send cover letter, resume and a completed [application form](#) by Friday, June 13 to: Carol Weatherall, Lake Bluff Village Hall, 40 E. Center Avenue, Lake Bluff, IL 60044, Fax: 847-234-7254 or email: cweatherall@lakebluff.org

LEAD Sponsors Middle School "Movies in the Park" on June 12

What could be more fun than watching a movie outside on the Green? Come join LEAD as it kicks-off the summer with "Middle School Movies in the Park" on Thursday, June 12.

The night will begin with music and dancing from 8:00 pm to 8:30 pm. Starting at 8:30 pm, there will be an outside viewing of "The Sandlot" on a 12' x 7' inflatable movie screen. There will even be snacks on hand, courtesy of Griffith, Grant & Lackie Realtors. So, bring a blanket and some friends and join LEAD for an awesome evening on the Green.

For more information, please visit leadingefforts.org, or call Joy Markee at 847-295-9075.

Start Your Weekends at the Lake Bluff Farmers Market

Start your weekend at the Lake Bluff Farmers' market! Soon residents will have the chance to enjoy fresh fruits and vegetables, summer blossoms, and delicious baked goods, every Friday on the Village Green from June 13th through October 10th (7:00 a.m. to 12:00 p.m.). Visit www.lakeblufffarmersmarket.com for more information, including a list of the 2014 season vendors.

Artists on the Bluff Host Summer Art Fair, June 21 & 22

Event Calendar -

Committee-of-the-Whole Meeting

Monday, June 9, 2014 - 6:00 pm

Village Board Meeting

Monday, June 9, 2014 - 7:00 pm

Historic Preservation Commission Meeting

Wednesday, June 11, 2014 - 7:00 pm

Artists on the Bluff, a local nonprofit organization dedicated to educating, supporting and promoting the arts is holding its annual Arts Festival on the Village Green on Saturday, June 21st and Sunday, June 22nd (10:00 a.m. to 5:00 p.m.). Additional information is available at artistsonthebluff.org/.

Criterion Cycling Returns to Lake Bluff on July 19th!

The Northwestern Medicine Lake Bluff Criterion and Block Party are back, Saturday, July 19th. The races will run from 10 a.m. until 8 p.m. The Block Party, produced by Friends of Lake Bluff Parks, will be 4 p.m. until 11 p.m. Local restaurants will provide a Taste of Lake Bluff on the Green, while live music with local talent, is staged in the Gazebo during the Block Party. Marco Colbert, a retired racer himself, and the creator and race director of this event in Lake Bluff, recently shared his views of the venue and racing

What is the structure of a Criterion, is it time or distance or both?

A Criterion is a road race, on a closed race course, usually 1 mile or less in circumference. This year in Lake Bluff the course is 0.93 miles. In some races, the length of the race is determined by the number of laps in others it is by time. We are using the time method in this race. The women's shortest race will be 30 minutes, and is an amateur race. Pro Women will race 60 minutes, Pro Men will race 90 minutes.

What are the biggest challenges for a racer in this venue?

Racers try to stay at the front, staying in the moment, and sharply focused. Things can happen very quickly. In the back there is "rubber-banding," where the pace slows down and speeds up dramatically. There is constant breaking and accelerating, which is more tiring. The ride is smoother at the front.

What other cycling venues exist nearby?

Road racers and Criterion racers can do two races every weekend around here, but few are of the quality of the Prairie State Series, of which the Lake Bluff race is a part. In Lake Bluff we are a National Criterion Calendar (NCC) race. There is only one other NCC race this summer in the area, which is in Glencoe in late May. That will bring a high caliber of professional men and women from around the world.

Do cyclists cross over from one style of racing to another?

A Criterion is a short road race. Then there are long road races like Tour de France, are from point A to B, with a much bigger loop. The Prairie State Series, of which the Lake Bluff race is a part, has one big road race, each lap is 9 miles, in Willow Springs on July 23rd. Another type of racing is track racing at a velodrom (an indoor track cycling facility) which is highly specialized. There is one in Northbrook, and Kenosha and now one in Chicago. Another type of racing involves solo riders against the clock and is called time trialing. Mountain Bike Racing, is the sport of riding bicycles off-road, often over rough terrain, using specially designed mountain bikes. Mountain bikes share similarities with other bikes, but incorporate features designed to enhance durability and performance in rough terrain. Most mountain bike riders don't cross over to road racing. In the fall there is Cyclocross. It is off-road, like mountain bike racing, and uses a special bicycle. This is growing faster than other cycling disciplines and growing popular in the Chicago area. It's like steeplechase on a bike, with obstacles, and riders on and off their bikes to navigate.

Who are the superstars? How do people follow them?

Last year the United Healthcare team came here, and is still a big contender on the men's side. Erica Aller on the women's side, is a very strong competitor. Laura Van Gilder is coming back, and she is always on the podium. Find more information at these websites: www.Cyclingnews.com, www.velonews.com and www.chicagobikeracing.com.

How big is Criterium racing the US?

Criterium is a uniquely American style. Europeans don't really acknowledge it. It's intense, and fast, with lots of thrills and spills. We've perfected it and should be proud of it. It's very spectator friendly, with progress visible over multiple laps. Road Races not so much, as they pass by and aren't seen again. They go by and it's done. Track Racing at the Velodrome is also spectator friendly.

When does the season run?

The season starts in early March and winds down at the end of July, when riders start training for Cyclocross.

How far in advance do teams plan their calendar?

Some teams plan out their calendar 6 months in advance. They have only so much money for racing. They plan around the prestige of the races and their budget. Host housing where riders stay with local residents, helps teams and riders expand their total races, and connects local residents with cyclists. In the Criterium season there are a couple races every weekend, so racers decide at the last minute whether to go or not.

What are the guiding organizations of the sport and how do they differ?

The national federation of the sport is USA Cycling. They sanction most of the races. They license officials for the events, including junior and more senior. NCC is a racing calendar, designated by USA cycling, which recognizes 22 races for each season. Points are given based on performance, so riders strive to win as a team or as an individual, the NCC title for the year. The Lake Bluff Criterium is one of those exclusive 22 races.

What attracts riders to Criterium racing?

It's very competitive, intense, and fast. It's also a team sport, involving strategy. Teammates can be given roles to play, with assignments. One cyclist starts hard, so his teammate can draft. The rider who benefits from that drafting is later fresh, to sprint for the win. The rider feels validated, who leads, to position his teammate for the win, and feels a sense of accomplishment. It's hard for individuals to win, because teams can wear them out. The good teams will manage the sprints and not let a solo rider get out on a sprint at the end.

How do members of teams find each other?

It's a niche sport, with a small universe. Cycling clubs are a source of making teams. Sometimes it is age, or just if riders get along well.

What are the differences between male and female categories in this sport?

There are maybe 3-4 times more men than women. Prairie State is doing a program for women June 14-15 and there is a clinic in Chicago, June 14, to build interest. Also, in Crystal Lake on Sunday, June 15, will be two group rides for women, of 25 miles, and 45 miles in length. There are nice roads and beautiful scenery. We're creating with the Women's Cycling Association, and a couple pro women will be there. The purpose will be to help grow women's cycling. Beginner women and men are category 4, and there will be races for them that Sunday, June 15.

If somebody decides they'd like to try Criterium racing, how do they pursue that?

You have to be comfortable with group riding. Perhaps join a cycling club. You need to get comfortable in a group, or a peloton. In the spring there are a few training races. In Chicago there is a training Criterium every week. Tune in to the road racing community. Find some mentors, who do racing, get tips, or hire coaching services. It's competitive, not recreational, not risk-free, and you need to accept the risk involved. You're going to lose some skin on the pavement sooner or later.

at the next regular meeting and posted on the website the following day.

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