

MAY THE ROAD RISE UP TO MEET YOU,
MAY THE WIND BE ALWAYS AT YOUR BACK,
MAY THE SUN SHINE WARM UPON YOUR FACE;
THE RAINS FALL SOFT UPON YOUR FIELDS
AND UNTIL WE MEET AGAIN,
MAY GOD HOLD YOU IN THE PALM OF HIS HAND.
-TRADITIONAL GAELIC BLESSING

MAY THE ROAD BE PAVED AND SMOOTH FOR YOU,
MAY THE BIKE LANE BE CLEAR AND NO DOORS TO WHACK,
MAY THE SUN SHINE WARM UPON YOUR CRANK;
THE RAINS HOLD OFF UNTIL YOU ROLL TO WORK,
AND UNTIL WE MEET AGAIN
MAY GOD SPIN WITH YOU, THROUGH THIS
URBAN PROMISED LAND.
-CITY BIKING BLESSING



Friends~

This year, through the Advance Justice Mission Priority Leadership Team is sponsoring a team sport – one that you can be a part of! The POC is registered as a team in the Chicagoland Bicycle Federation's *Bike to Work Challenge*, and we are encouraging everyone who is able to bike to work during the week of June 7-13.



Why? *"O Lord, how manifold are your works! In wisdom you have made them all; the earth is full of your creatures...When you send forth your spirit, they are created; and you renew the face of the ground." (from psalm 104)*

In this age of increasing awareness of the threat of global climate change, people and congregations are often left wondering what tangible steps they can take to make a difference. As transportation is one of the largest contributors of greenhouse gases, bicycle commuting is one small step that has far-reaching impact. We as followers of Christ are a part of a long tradition that has valued the wise stewardship of the earth; and bring this calling to the current climate change movement. We propose, and practice, bicycle commuting as a spiritual practice, a way of both countering our society's over-reliance on fossil fuels and a way to pray, breathe, and connect with the urban environment, where God is very much at work.

Who? All are welcome to participate. Maybe the staff of your congregation would like to commit to biking one day that week. Maybe your congregation would like to form a team to see how many bikes they can tally on their way to their own workplaces. Maybe your church can serve as a support station for other riders. Maybe you have other ideas – we are open to suggestions. The Presbytery of Chicago will have a team registered with the Bicycle Federation, under the large nonprofit category. While the Bike to Work week has growth tremendously in the past years, we believe we will be the first church organization to join in. Let's make it a good start!

How? Do I have to wear that ridiculous spandex? Do I have to have a fancy bike? Do I have to ride the whole way, everyday? No, no, no. This is a way to challenge yourself, so thankfully, you set your own goals. Maybe it is a one time ride in. Maybe it is a partial public trans//partial city ride. You set the pace. Just one day that week, you have to roll into work...

We have put together some resources that might be helpful. We would also love to talk with you about your plans, compare biking stories, and encourage you on. To sign on, email Richard Williams (rwilli30@uic.edu) and he'll put you in for our team. For more info, go to www.biketraffic.org/commuterchallenge.

See you on the road ~

Rev. Matthew Lang
First Presbyterian, Des Plaines

Rev. Richard Williams
Agape House Campus Ministry



The Presbytery of Chicago's Bike to Work Week Tipsheet

- **Ready to Roll?** It's always good to do some bike maintenance in the beginning of the year. If you are new to it you really only need to check that brakes work, gears shift, tire pressure is fine, and that the chain looks lubricated enough and not dirty or gunky. If its been, ahmm, a little while since you've ridden - find a local bike shop & take it in for tune-up. For you do-it-your-selves here are some sites that can help you do maintenance:
http://www.bikewebsite.com/bike_tune-up_index.htm
<http://www.parktool.com/repair/>

- **Where to Roll?** Once you have your bike in good shape for commuting your will want to plan your route. The city bike route map is:
<http://www.cityofchicago.org/Transportation/bikemap/keymap.html>

A neat Google hack with bike routes for Chicago is here:

<http://andreischeinkman.com/bikemap/>

If you live in the 'burbs you may want to search this forum:

<http://www.bikely.com/listpaths/srchkey/oak+park/country/254/region/135>

- **Too far to Roll?** If your route is too long you may want to try combining it with public transit. Here are the rules on that:

<http://www.transitchicago.com/welcome/bikefran.txt>

<http://www.transitchicago.com/downloads/brochures/bikefran.pdf>

<http://www.metrarail.com/general.html#Bikes>

http://www.metrarail.com/Special_Promotions/bikes_on_trains.html

- **How to Roll?** Okay so your bikes ready and you have your route planned out? But what should you wear, how should you prepare for unlikely emergencies like accidents? What else do you need? Well that would be these (courtesy of the Bicycle Federation of Chicago):

bike safety: <http://www.biketraffic.org/safebicycling/>

bike2work guide: <http://www.biketraffic.org/btwg/>

tips&tricks for biking to work: <http://www.biketraffic.org/trickstips/>

what2do in a crash (legal guide) http://www.biketraffic.org/content.php?id=30_0_6_0

- Now you have everything you need to bike to work. Everything thing that is except maybe motivation. We will try to provide that the coming weeks but in the mean time:

"May the coast be with you..."