



Ride of the Month

Cathy Yeaman's Sunday, June 4, 2006, ride included a ferry ride.

About this ride, Cathy said, "Kampsville ride had 50 and 66 mile routes that included a ferry ride across the Illinois River at Kampsville and a rest stop at Pearl. The long route included a great downhill to the bridge just past Detroit. The scenery along the river and the river bluffs were highlighted by a cool, cloudy day. The traffic was light but the deer and blue herons were plentiful." Thank you, Cathy, for planning and leading this great ride.

Almost Anything Award

Anita McDivitt supports the Bike Club for 13 hours, not on a bike, but in their van.

Mark Smith nominated Anita McDivitt for the "AAA" with the following story taken from his e-mail:

On Wednesday, July 5, 2006, a group of three SBC riders set out to ride with the "Big Fix" riders and escort them into Springfield from Jacksonville. Anita's sole job was to deliver the riders and bikes to Jacksonville. Due to delays experienced by the "Big Fix" riders caused by two television interviews, a stiff headwind, an extended lunch because the waitress was also the cook and a missed turn, Mark Smith, Dave McDivitt and Marty Celnick finally joined the "Big Fix" group at 4 p.m. rather than noon. Anita was finally free to head home. However, less than eight miles into the ride, Mark heard a "crash" behind him. In his mirror, Mark saw Dave on the ground, Marty in mid-air and a growing pile of Big Fix riders and their bikes in the middle of Old Route 36. Dave's hand was treated with 15 stitches at Passavant Area Hospital in Jacksonville—Anita returned to Jacksonville to be with Dave. Marty was driven to Springfield by one of the "Big Fix" support vehicles and received treatment at the St. John's ER. The "Big Fix" peloton only suffered minor scrapes and bruises.

In his final e-mail paragraph, Mark says: "So I want to nominate Anita, because she went way above and beyond the call of duty, and spent her entire day watching over us and taking care of Dave. I hope that you can find it in your hearts to award her with the AAA, because she deserves it more than anybody—she was involved in this ride from 11:00 a.m. to midnight, without getting on a bicycle." Thank you, Anita, for spending a very long day supporting these riders.

Lead Water Bottle

Bumbling Double Daves wimp out as ride leaders.

Dave Lucas agreed to lead the Saturday afternoon EZ rides for July. After so blithely volunteering, he realized he had conflicts on two of the Saturdays. Dave Ross nobly stepped up to lead those two rides. However, Dave Ross soon realized that he had a conflict with one of those two dates. Mary Lou Hicks stepped in to ably lead that ride. Checking calendars before volunteering evidently isn't as easy for some as one might think!

Riders of the month are shown on Page 5.

The President's Report

August 2006

IT'S SUNDAY AFTERNOON. I've had a cool shower and a nap after spending the morning out in the heat and the sun at the triathlon. I'm sure I wasn't as tired as one of the triathletes, but it sure seemed like a long, hot day.

I would like to express my heartfelt thanks to the many volunteers who helped at this year's Stoneman Sprint and Iron Abe Triathlon: Ken Anderson, Phil Arnold, Janie Bahlow, Micci Bly, Kevin Brown, Linda Butler, Marty Celnick, Bob Dettling, Jon Edwards, Curt Evoy, Pete Gudmundson, Tony Henn, Deb Ihnen, Jerry Ihnen, Julie James, Cindy Johnson, Alan Josephson, Karl Kohlrus, Dave Lucas, Dan Mitchell, Cindy Moreno, Joanne Mumaw, Joe Murphy, Connie Roberts, Mark Rollins, Lyn Schollett, Mark Smith, and Cathy Yeaman. All of you are terrific. And if I've inadvertently left someone off the list, please let me know and I'll include you in a future column.

As I've mentioned before, the strength of a club lies in its volunteers. And by that measure, the SBC is a very strong club indeed! Thank YOU for all you do.

See you on the road!

Secretary's Report

Ken Anderson, Secretary

Renewals:

Michael Ryan
Bruce MacRill
Richard Regan & Family
Susan Mc Clintock
Jon & Kathleen Edwards
Judy Shipp
Aaron Shehan
Lance Kidd & Family
Katherine Stefancic
Arden Gregory
Kathryn Weidner
Patricia Hughes
Susan Dees

Renewals at the Contributing Level:

Charles Witsman
Garland & Lesley Stevens

Jim Stephens
Mike & Cheryl Eymann
Linda Butler
Altheal Randolph
Dan Dungan

Renewals at the Sustaining Level:

Charles & Susan Hammond
John & Judy Day
Renewals at the Corporate Level
Wheel Fast Bicycle Company
New Members
Mike Dossett
Ben Showalter
Dave Banks
Martin Vandiver
Roger Frye

Thanks to all for your support of the SBC and bicycling!! Ride safe!! Note: Renewals or new applications not received by the end of the first week of the month may be recorded on next month's report.

Board Meeting Notes— June 7, 2006

Connie Roberts, Recording Secretary

Attending: Dave Ross, Kevin Brown, Ken Anderson, Dave Lucas, Cathy Yeaman, Alan and Harriet Josephson, Lynn Miller, Sue Hack, Marty Celnick, Regina McGuire, Mike Schwab, Connie Roberts.

Minutes of the May meeting were approved.

Treasurer's Report. Dave Lucas reported that we have a balance of \$16,726.10 as of June 1, 2006.

Ride Schedule and Meetings. Kevin Brown reported there are many annual rides that will be repeated again this year. The Springfield Tri-Fest will be held July 16 and about 20 volunteers will be needed to corner marshal. The next board meeting is scheduled for July 6.

Awards. Sue Hack presided over the awards. The Ride of the Month was awarded to Mike Schwab for his ride from New Salem which had many different options. The Almost Anything Award had two nominees. Matt Saner for his June 3rd ride which had 7 first time riders and 1 guest and good Samaritan Robert Koreing for picking up Bill Bock and his wife when his legs cramped up on Karl's ride from Sherman. Bill was waiting for someone to go back for a car when Robert Koreing pulled up and gave them a ride back to Sherman. The award went to Robert Koreing. The

Lead Water Bottle was awarded to Mike Schwab for his pickle juice cure for leg cramps.

Legislative / Education. Lynn Miller discussed the Springfield Area Transportation Study and the Transportation Improvement Program. He showed the board the plans for the future that the Springfield/Sangamon Regional Planning Commission has proposed for the years 2007-2010. Lynn also showed the board the map which Karl had marked the safest and most preferred bike routes on.

Social Chair. Alan and Harriet Josephson reported they had sent out several cards. The SBC picnic is scheduled for June 17. Alan gave a glowing report of the trip to St. Charles reporting there were many things available for both riders and non-riders.

Special Events. Cathy Yeaman reported that plans for the CCC are coming along well.

Quick Release. Marty Celnick reported he is setting up the July issue and has not run into any problems. He is going to try to incorporate some old articles from previous years into the QR.

Old Business. It was decided to continue the Easy Rider rides and discuss each month how well they are attended. Plans for next years Spring-

field Park District Display were discussed. The Springfield Tri-Fest was discussed and how many volunteers would be needed. Next years board was discussed and there are still a couple of positions available. Ken Anderson reported that a new directory will be put out later this year.

New Business. Kathy Shepard made a request that the SBC provide two new jerseys for Cindy Kvamme and Cydne LaBonte for all of their hard work on the new jerseys. The board unanimously approved the suggestion.

Thanks to Ken for hosting the meeting. The meeting was adjourned.

Next meeting: 7:00 p.m., Thursday, July 6, at Robert Morris College, 3101 Montvale Drive.

Rolling on the River

September 2-3, 2006
Rolling on the River
Illinois' Ride for the Environment
Register online through active.com
www.RollingRiverRide.org

Join us at this first annual outdoor event in Yorkville (1 hr sw of Chicago—no city traffic out here). Charity event raising funds to protect and improve Illinois' environment. Features a weekend's worth of activities and a 400 acre event site (Boy Scout camp that we've rented the whole weekend)

One-day Package: Features premium cycling (10, 25, 45, 62, 100 mi) along scenic Fox River valley roads. All rides are on Saturday. Post-ride meal and party includes folk music, massage, organic food, environmental expo and family-friendly activities. Nordic Walking clinics also included. Five organized rest stops include a school, church, Fox Valley Winery vineyard, Silver Springs State Park and Homestead Bed and Breakfast. First aid available through Rush-Copley Medical Center. Sag support by IL Department of Natural Resources. All registrants get event t-shirt and wonderful goody-bag. First 100 registrants get free pair of high-tech smart-wool socks courtesy of Champaign Surplus.

Or stay and play for the weekend.

Two-day package: Includes FREE tent camping on-site Friday and Saturday. Other activities included in the weekend package include canoeing and kayaking on the Fox River (2-3 hr trip), music, bonfires, stargazing and additional Nordic walking clinics. First 100 families to register for two-day package get a National Wildlife Federation backpack. Moonlight canoeing also available.

To register or find out more info go to www.RollingRiverRide.org or call Marise at 217.429.1870. Register soon—camping, canoeing and kayaking are first come first served.

Great incentives/prizes (highlights)

- Raise \$300 or more and you will be entered into a drawing for a two night stay at a two-bedroom condo just off Michigan Ave in Chicago
- Raise \$500 or more and get the VIP treatment! Best parking, express registration and a Voler jersey.
- Raise \$750 or more and you will be entered into a drawing for a 4-day trip to a villa on the coast of Mexico (complete with private pool!).

Teams and families receive a discount. Prizes for fundraisers in both categories. Kids 17 and under free.

Yorkville Hometown Days Festival going on the same weekend just 10 minute drive from Rolling on the River. Great restaurants nearby..

Specific groups being funded include the Illinois Environmental Council that is headquartered in Springfield, as well as the Illinois Stewardship Alliance (headquartered in Rochester) and Prairie Rivers Network in Champaign.

.Volunteers and Cookies needed for the CCC

Many cookies and muffins will be needed for the Sunday, September 10, 2006, date of the CCC ride. Callers will be contacting the membership about providing baked goods, but if you'd volunteer, that would be great! An easy and fun way to get to know some of your fellow SBC members better is to work a shift at a food stop for the CCC. Please contact Sue Hack at 546-4514 or shack2@earthlink.net.

Notice of Update to Membership Directory

We are in the process of updating the SBC Membership Directory and we would like to have it completed by September 2006. If there are any changes in your address, phone number, email address, etc., please contact Ken Anderson either by phone at 217-522-3876 or by email at k.anderson2@insightbb.com. Please contact Ken with your updated information ASAP, but no later than the end of August 2006.

Riders of the Month

6/06 Chuck Orwig 650 mi.	2/06 Marty Celnick 456 mi.	10/05 Lance Kidd 842 mi.
5/06 Cathy Yeaman 1190 mi.	1/06 Tom Clark 543 mi.	/05 Ruth Magos 690 mi.
4/06 Pete Gudmundson 757 mi.	12/05 Ben Cole 201 mi.	8/05 Derek Ewing 976 mi.
3/06 Phil Arnold 646 mi.	11/05 Charlie Witsman 657 mi.	7/05 Arden Gregory 844 mi.

August 2006 Ride Schedule

Anyone with questions about rides or interest in leading a ride can contact Kevin Brown at 787-5652 or by e-mail at kjbrown@prodigy.net **Members may count six out of town rides annually and add more through special volunteer activities.** Report Show n Go and out of town ride mileage to Records Chair Karl Kohlrus. For details see Ride Rules at www.spfldcycling.org. Daytime and evening rides are displayed under the first two shaded areas and go as indicated except on holidays. Special events, weekend, and holiday rides are listed under the third shaded area.

Be sure to check the start times, esp. for morning rides!

Note: There is an out of town ride weekend this month. August 26th is the Chambana Metric Century which looks like a good time. Stay over and on Sunday the 27th Robert & Alan will lead us on a tour of the town. The club will arrange for a block of rooms at a Champaign/Urbana hotel for Saturday night. Details are still being worked out. Call Robert or Alan if interested.

Weekday & Weekend Daytime Rides		
Monday thru Friday 09:00 AM	Morning Geezer Ride Washington Park Shelter Dave Ross, 789-4823	BC ride, Daily morning rides for retired geezers or those hoping to become geezers. No leaders, no maps. Participating riders should turn miles in to
Monday thru Friday 10:00 AM	Daily Show & Go Pana Trail-Lake Taylorville parking lot, Rt 29	BC ride, Show-N-Go along the Lincoln Heritage Trail M thru F during the day. Turn miles into Karl. .
Monday, Wednesday & Friday	IDOT, Lost Bridge Trail Dirksen Parkway Lisa Kidd, 546-1698	BC ride "Lunch with Lisa" ride. Lisa leads the noon trail ride. Skip lunch and ride on the trail with Lisa and other SBC regulars.
Tuesday and Thursday 12:15	Robert Morris College Dave Ross 793-4239	BC West side Lunch ride. Dave leads a ride on the trails or in the country. If he cannot make it, this becomes a show-n-go.
Sundays 9:00 am	Wabash Trail East end parking lot Park St. & Wabash Ave. Gerry Orwig 793-3782	EZ2 Ride – Meet at the east end of the Wabash trail for a slow, easy 15 – 20 miles on lightly traveled city streets or bike trails. Stop halfway for coffee/ snacks or brunch.
Weekday and Weekend Evening Rides		
Mondays 6:00 pm	Parkway Point Theater Lindbergh & Robbins Road Lyn Schollett 698-9446	C Ride. An easy ride to get started and gain conditioning while going slow enough for conversation. 10 – 22 miles. Cindy Moreno leads the ride on the 7 th .
Monday, Tues- day, Wednesday & Thursday	Pana Trail-Lake Taylorville Parking Lot Rt 29 Charles Witsman, 562-5208	BCD ride, This is a weekly show-and-go on the Lincoln Heritage Trail. Turn in miles to Karl. Call Charlie if you need information about trail conditions or directions.
Tuesdays 6:00 pm	Carmody Residence 517 Appomatox Dr. Bob Carmody, 787-3419	ABC Training Ride – This is the West side training ride. Aimed at those who want to train hard and fast. 12 – 25 miles.
Tuesdays 6:00 pm	Schlitt Park Dave Lucas 753-3831	EZ2 Ride – Begin at Schlitt Park (adjacent to Owen Marsh School.) An 8 – 12 mile neighborhood ride. The group will stop as necessary based on the needs/desires of the riders.

Tuesday & Thursday 5:45 pm	IDOT, Lost Bridge Trail Dirksen Parkway Show & Go	BC Ride. Show-N-Go along the Lost Bridge Trail. Turn miles in to Karl.
Wednesdays 6:00 pm	Butler School- 1701 S. MacArthur Blvd Show N Go	D Ride. This is an easy, neighborhood social ride. No maps, everyone will stay together for a ride of about 1 hour. This ride is a Show N Go this month. Turn miles in to Karl.
Wednesdays 6:10(ish)	Wheel Fast Bike Shop 20 Cottonwood Dr., Chatham Matt Saner 483-7807	BC Intermediate Training Ride. Meet at the shop and plan on 20 miles. Ride to the ride for extra miles! Start time depends on when they get the shop closed!
Thursdays 6:00	Rotary Park Archer Elevator & Iles Pete Gudmundson 523-8200	ABC Training Ride – A fast workout to prepare for longer weekend rides. D riders are invited to stretch their abilities, but may be riding alone unless they bring a buddy. Several cut-outs for 12 – 25 miles.
Saturdays 7:00 pm	Vredenburg Park	Nighthawk BC Ride –Saturday night show-n-go ride. Usual distance is about 17 miles. This ride is a lot of fun but <u>front & rear lights</u> required.
Scheduled Rides and Events		
Friday August 4 6/ 7 pm	TGI Friday's 2100 West White Oaks Dr	CD Ride – Meet at TGI's for an hours ride then meet back there for dinner.
Saturday August 5 8 am	Sherman City Park Alan Josephson 793-0590	ABC Ride - Breakfast ride to somewhere depend- ing on road conditions. 24 – 40 miles.
Sunday August 6 8 am	Lost Bridge Trail west end IDOT Building Dirksen Pkwy Cathy Yeaman 483-4912	ABCD Ride – 10, 32, 41 or 53 miles. Head toward Sangchris, Edinburg, Mechanicsburg ...
Sunday August 6 5 pm	2513 Shawnee Dr Karl & Christine Kohlrus 544-8410	CD Ride – Ice cream ride! Ride for around an hour and return to Karl and Christine's for ice cream. Maybe Bo will get a treat too?
Wednesday August 9 7 pm	Robert Morris College, Room L07 3101 Montvale Dr. Kevin Brown 787-5652	NC – Board meeting. All SBC members are in- vited to attend board meetings.
Fri August 11 6/7 pm	Lost Bridge Trail west end IDOT Building Dirksen Pkwy Smokey Bones BBQ 2660 S Dirksen Pkwy	CD Ride – An easy hour ride, then head over to Smokey Bones for dinner.
Sat August 12 8 am	Sherman City Park Cindy Kvamme 744-8864	ABC - Plan on a ride to Middletown.
Sunday August 13 8 am	Lost Bridge Trail west end IDOT Building Dirksen Pkwy Jon Edwards 726-7647	ABC – Jon leads us on a 30 – 40 mile ride.

Sun August 13 4 pm	Stone Cold Creamery 544-8410	D – An easy afternoon ride followed by treats. 6th Street just north of Adams across from the Old State Capitol. This ride is a Show N Go this month. Turn miles in to Karl.
Friday August 18 6/7:00 pm	4123 Crocus Dr. Linda Butler, 787-5027	D Ride - Now that the roof has been re-shingled, shed re-sided and painted, and back yard re-landscaped, it's time for a cookout! Linda will provide grilled chicken breasts.
Sat August 19 8:00 am	Rotary Park W. Iles & Archer Elevator Rd. Linda Butler, 787-5027	ABC Ride – Linda's second ride in a row. Ride to Auburn. Mileage will be around 45 miles, with a shorter ride option. Wish Linda an early Happy Birthday!
Sun August 20 9:00 am	Fairhills Mall W. Monroe & Chatham Rd David McDivitt 725-1986	ABC Ride – Mileage will depend on heat & road conditions, but sure to be a good ride! Note the start time.
Sun August 20 4:00 pm	Baskin-Robbins Laurel & MacArthur	D – Sunday afternoon ice cream ride. Be sure to have a cool treat after riding an hour or so! Turn miles in to Karl.
Fri August 25 6/7:15 pm	Banana Leaf Restaurant Town & Country Shopping Center MacArthur Blvd	CD – Meet in the parking lot for an hour ride & return to the restaurant for dinner.
Saturday August 26 8 am	Vredenburg Park	ABCD – Show – N – Go for those not doing the out of town ride. Turn miles in to Karl.
Saturday August 26 7:30 am	Chambana Metric Century Robert LaBonte 787-0237 Alan Josephson 793-0590	ABCD – Out of town ride. 20, 35, 65 miles. Stay overnight and do another ride on Sunday. See www.prairiecycleclub.org for details of the metric. Call Robert or Alan for details.
Sunday August 27 8 am	Rochester Station Rt. 29, Rochester	ABCD – Show – N – Go for those not doing the out of town ride. Turn miles in to Karl.
Sunday August 27 Time to be decided	Out of town ride Champaign Urbana Robert LaBonte 787-0237 Alan Josephson 793-0590	CD – Casual ride around some interesting stuff in Champaign/Urbana. Call Robert or Alan for details.
Sun August 27 4 pm	Stone Cold Creamery 544-8410	D – An easy afternoon ride followed by treats. 6th Street just north of Adams across from the Old State Capitol. This ride is a Show N Go this month. Turn miles in to Karl.

Bicycle Trail Dollars Preserved

From the Summer Issue, 2006 Newsletter of the League of Illinois Bicyclists

Thanks to all who made calls or sent e-mails in April, when we asked members to help stop the state's disproportionate raids of federal trail dollars. The campaign was successful, saving roughly \$2.5M in bikeway funds. Grassroots efforts made a difference, as did an LIB media campaign resulting in some key newspaper articles.

During the last two years, the state, through IDOT, was forced to return some of its federal transportation dollars. Instead of "sharing the pain" with proportional cuts across all categories, IDOT raided bike and trail funds in an overwhelming way. "These cuts have been blatantly wrong and against the intent of the federal legislation," wrote LIB's Ed Barsotti in a letter to Gov. Blagojevich and IDOT Secretary Tim Martin. He pointed out that in Fiscal Year 2006, nearly half of the money in one category used for bikeways and 23% in another were returned to Washington. This compares with an overall 4.5% cut from other funding categories. "That's bad, and FY2005 was almost as bad," he added.

Barsotti urged the state to correct the situation over the next three-four years by sparing bikeway funds from further "rescissions". He suggested taking April's cut and future cuts from other transportation funding categories so that over time the total cuts from all funds are as balanced as possible. IDOT had based their cuts on unobligated balances in the various funds. "While it seems logical to return funds that look like they are not being spent, appearances are deceiving," Barsotti said, "The decision is definitely not fair because IDOT's state programming methods and specific decisions are leading causes for the large balances in the two funds in the first place."

"Engineering often takes a long time," Barsotti said. "The shortage of IDOT staff has worsened the situation. Until a project's engineering is approved, the much larger construction contract money sits unobligated." Because this money is unobligated, it then becomes a tempting target for raiding by the state, he added. "This should not be happening, and it should be corrected by the governor and his transportation secretary."

To make matters even worse, IDOT spent 32 months accumulating but not awarding federal grant dollars in the major bikeway funding category (ITEP grant winners announced on page). "To then base these cuts on unspent dollars is disturbing and entirely wrong," Barsotti said.

The attention worked. Cuts announced in April were nearly proportional to what Congress had allocated. While the latest cut did not make up for past raids, it was a step in the right direction.

Springfield Bicycle Club Mileage and Activity File As of June 30 2006

Possible Miles for the: Month
1813

Year
7347

NAME	RIDE	T/F	TO-TAL	RIDE S	LED	RIDE	T/F	TO-TAL	RIDE S	LED	LENGT H
Marty Celnick	806	263	1069	34	2	3245	1203	4448	153	4	29.1
Pete Gudmundson	971	0	971	27	4	3488	50	3538	114	4	31.0
Tom Clark	504	326	830	23		1993	1135	3128	104	0	30.1
Phil Arnold	337	239	576	11	1	1620	1445	3065	64	4	47.9
Cathy Yeaman	860	100	960	20	1	2500	243	2743	56	2	49.0
Lisa Kidd	485	103	588	21		2171	349	2520	101	1	25.0
Lance Kidd	401	85	486	16		1952	308	2260	89	2	25.4
Chuck Orwig	555	95	650	17		1685	329	2014	56	0	36.0
Robert LaBonte	361	80	441	15	3	1771	140	1911	87	9	22.0
Lynn Miller	423	18	441	11		1799	89	1888	55	2	34.3
Karl Kohlrus	250	120	370	9	3	1215	661	1876	61	4	30.8
Bob Sorenson	262	92	354	9		1381	493	1874	61	1	30.7
Ruth Magos	597	0	597	17		1765	23	1788	51	0	35.1
Charlie Witsman	582	0	582	16		1618	57	1675	46	0	36.4
Bill Voss	193	142	335	10		1124	491	1615	49	0	33.0
Curt Evoy	151	14	165	6		1320	210	1530	59	0	25.9
David McDivitt	341	81	422	14		1397	119	1516	59	5	25.7
Roger McCredie	427	22	449	10		1310	175	1485	36	0	41.3
Alan Josephson	366	122	488	16	2	1238	242	1480	55	10	26.9
Pat Stephens	260	0	260	10		1465	12	1477	55	0	26.9
Cindy Kvamme	317	14	331	14		1406	63	1469	66	4	22.3
Arden Gregory	219	80	299	7		1001	418	1419	33	0	43.0
Dave Ross	316	39	355	12	3	1303	106	1409	52	30	27.1
Joel Johnson	185	78	263	6		928	474	1402	34	0	41.2
Bill Bock	617	0	617	16		1338	0	1338	37	0	36.2
Mike Vonnahmen	144	15	159	6		1150	93	1243	46	0	27.0
Ken Andersen	275	115	390	8		897	287	1184	28	1	42.3
Carol Bock	583	0	583	15		1144	0	1144	30	0	38.1
Jerry Ihnen	172	78	250	8		809	292	1101	34	2	32.4
Derek Ewing	148	74	222	4		837	231	1068	24	0	44.5
Marilyn Powell	42	5	47	2		992	43	1035	49	4	21.1

Springfield Bicycle Club Mileage and Activity File

NAME	RIDE	T/F	TO-TAL	RIDE S	LED	RIDE	T/F	TO-TAL	RIDE S	LED	LENGT H
Katie Wiedner	182	42	224	8		764	270	1034	33	0	31.3
Jon Edwards	216	26	242	6		917	109	1026	27	0	38.0
Brock Webb	190	0	190	4		911	113	1024	22	0	46.5
Ernie DeFrates	337	1	338	13	2	888	11	899	39	3	23.1
Sr Josepha Schaeffer	101	0	101	3		819	38	857	32	0	26.8
Bob Carmody	194	10	204	8	4	756	31	787	32	11	24.6
Lynn Rhoades	124	40	164	5		619	163	782	22	0	35.5
Linda Butler	194	6	200	9		755	22	777	31	2	25.1
Dave Lucas	114	67	181	13	9	539	204	743	71	23	10.5
Rich Saal	42	21	63	3		531	193	724	23	0	31.5
John Day	292	0	292	5	1	685	30	715	19	2	37.6
Mary Lou Hicks	217	35	252	9		618	48	666	23	0	29.0
Kathy Shepard	188	90	278	9		496	135	631	26	0	24.3
Cindy Moreno	117	0	117	6	1	599	10	609	30	1	20.3
Mark Smith	174	67	241	8		482	112	594	25	0	23.8
Bruce Yurdin	229	6	235	8		527	61	588	18	0	32.7
Dan Mitchell	133	2	135	3		556	16	572	14	0	40.9
Karen Bretenbach	134	21	155	6		486	65	551	21	0	26.2
Mike Schwab	51	16	67	5		484	59	543	39	1	13.9
Stan Gralnick	54	0	54	2		428	12	440	18	0	24.4
Aaron Shehan	151	0	151	4		414	22	436	13	0	33.5
Micci Bly	105	2	107	2		381	14	395	10	0	39.5
Don Daniels	120	43	163	4		276	97	373	10	0	37.3
Ed Taylor	142	0	142	6		366	0	366	15	0	24.4
Kevin Brown	110	13	123	10	1	319	47	366	35	6	10.5
Jack Hurley	177	25	202	6		285	67	352	11	0	32.0
Ben Cole	39	0	39	1		253	74	327	15	0	21.8
Connie Roberts	78	19	97	4		281	30	311	13	0	23.9
Jan Cimerosa	87	20	107	3		283	20	303	12	0	25.3
Harriet Josephson	118	25	143	11		262	37	299	23	1	13.0
Mark Rolens	72	0	72	4		282	6	288	15	0	19.2
Roger Wright	80	128	208	3		114	165	279	4	0	69.8

Springfield Bicycle Club Mileage and Activity File

NAME	RIDE	T/F	TO-TAL	RIDE S	LED	RIDE	T/F	TO-TAL	RIDE S	LED	LEN GTH
Sue Dees	71	6	77	5		271	6	277	19	0	14.6
Brigetta Ewing	113	37	150	11		216	56	272	18	0	15.1
Hope Schnelten	45	0	45	2		243	22	265	12	0	22.1
Kent Kraft	66	0	66	1		218	37	255	6	0	42.5
Garland Stevens	117	0	117	10		231	16	247	16	0	15.4
Christa Morris	87	40	127	6		199	40	239	12	0	19.9
Cyd LaBonte	82	18	100	5		211	18	229	14	0	16.4
Curt Winhold	50	0	50	1		189	25	214	5	0	42.8
Janice Perino	18	11	29	1		100	114	214	7	0	30.6
Lyn Schollett	78	8	86	5		183	8	191	12	0	15.9
Tracey Hurley	119	13	132	5		173	13	186	8	0	23.3
Gerry Orwig	39	18	57	3		109	71	180	12	3	15.0
Bob Dettling	137	18	155	13		160	18	178	16	0	11.1
Pete Harjes	28	12	40	1		104	55	159	5	0	31.8
Brian Esker	40	56	96	2		60	98	158	3	0	52.7
Matt Saner	80	3	83	4	4	155	3	158	8	8	19.8
Scott Cheffy	60	30	90	3		100	50	150	5	0	30.0
Kedra Elston	52	0	52	4		150	0	150	11	0	13.6
John Sanford	71	18	89	4		109	33	142	7	0	20.3
Janet Cooper	39	4	43	1		128	4	132	3	0	44.0
Randy Germerand	97	26	123	3		97	26	123	3	0	41.0
Regina McGuire	122	0	122	8		122	0	122	8	0	15.3
Tammy Pastor	40	40	80	2		60	60	120	3	0	40.0
Roger Frye	43	0	43	2		118	0	118	7	0	16.9
Christine Kohlrus	16	16	32	1		65	52	117	4	0	29.3
Brea Elston	52	0	52	4		113	0	113	9	0	12.6

Springfield Bicycle Club Mileage and Activity File As of June 30, 2006

NAME	RIDE	T/F	TO-TAL	RID ES	LED	RIDE	T/F	TO-TAL	RIDE S	LED	LEN GTH
Libby Pyle	79	22	101	3		79	22	101	3	0	33.7
JoAnn Abrams	40	3	43	3		96	5	101	7	0	14.4
Mike Elston	39	0	39	3		80	0	80	5	1	16.0
Harv Kaplo	18	0	18	1		70	0	70	4	0	17.5
Kerry Wright	58	5	63	3		58	5	63	3	0	21.0
Alan Whitaker	48	14	62	4		48	14	62	4	0	15.5
Nick Brummer	20	0	20	1		40	22	62	2	0	31.0
Craig Kniffin	54	5	59	5		54	5	59	5	0	11.8
Blake Scran-ton	36	0	36	2		54	0	54	3	0	18.0
Jack Elston	21	0	21	2		52	0	52	4	0	13.0
Jim Disney	28	0	28	1		50	0	50	2	1	25.0
David Sykuta	12	10	22	1		30	18	48	2	0	24.0
Holling Kniffin	36	5	41	4		36	5	41	4	0	10.3
Edward Long-core	32	6	38	2		32	6	38	2	0	19.0
Brenda Michel	36	0	36	2		36	0	36	2	0	18.0
Rachel Doc-tors	30	5	35	3		30	5	35	3	0	11.7
Pat Hughes	30	3	33	2		30	3	33	2	0	16.5
Pickley McMillan	20	10	30	1		20	10	30	1	0	30.0
Tony Henn	10	10	20	1		20	10	30	2	0	15.0
Sue Hack	25	0	25	4	2	25	0	25	4	2	6.3
Terry Robin-son	24	0	24	1		24	0	24	1	0	24.0

Springfield Bicycle Club Mileage and Activity File As of June 30, 2006

NAME	RIDE	T/F	TO-TAL	RID ES	LED	RIDE	T/F	TO-TAL	RIDE S	LED	LEN GTH
Mascia Sykuta	12	10	22	1		12	10	22	1	0	22.0
Dara Voss	12	7	19	1		12	7	19	1	0	19.0
Judy Carmody	17	0	17	1		17	0	17	1	0	17.0
Joe Murphy	17	0	17	1		17	0	17	1	0	17.0
Warran Lutz	7	0	7	1		7	0	7	1	0	7.0
Lola Lucas	6	0	6	2		6	0	6	2	0	3.0
TOTALS	19241	3614	22855	764	43	71543	13310	84853	2997	154	28.3
114 riders			166		57.3%	84.3%	15.7%			45.8%	

SBC MEMORIES

Mike Becker

The Springfield Bicycle Club collectively tossed its leg over the top tube for the first time in June 1971, just over 35 years ago. For an interesting glimpse back into the murky past, this column will take a monthly snapshot look at the SBC 35, 30, 25, 20, 15 and 10 years ago. Because we have some catching up to do, June through August appear this month. Thereafter, the column will be current.

This column will rely heavily on SBC newsletters and other documents, but these don't tell the whole story. The early newsletters are sometimes less than informative. Be patient. The juicy stuff follows.

If you have some events to share with us which may not have appeared in the newsletter or which you want included, call Mike Becker at 528-3405.

JUNE MEMORIES

35 Years Ago: In June 1971 the Springfield Bicycle Club was formed by 28 active Springfield area bicyclists. Names will follow in later installments.

30 Years Ago: The June meeting (yes, the club had regular membership meetings) had 65 people in attendance! In fact, the first six meetings in 1976 drew an average of 55, with a *low* of 45 in January!

25 Years Ago: The SBC participated in the Sangamon County Fair this year by staffing a booth and holding a 30/60 mile ride on the Fair's Sunday date. Thirty three riders participated.

20 Years Ago: Lisa and Lance Kidd announced their retirement as QR Editors, Lisa claiming a permanently sticky tongue from licking stamps. Dave Stjern volunteered to do the next QR, but the search was on for an unsuspecting fool....er.....new editor.

15 Years Ago: The SBC was well represented in the Central Double Century, a 200+ mile, 24 hour, ride from Litchfield. Pam Alborg rode a quad (400 miles) in less than 24 hours and Jo VanMetre finished her first double, in 13 hours. Jim Hajek was rider of the month, with 907 miles. SBC provided course marshals for the Governor's Cup Races.

10 Years Ago: SBC Health Check: 430 members from 162 individual, 93 family, and 1 corporate memberships. Garland Stevens rode the most miles for June, but being a previous winner of the Rider of the Month (unlike the Lead Water Bottle which can be "won" many times each year), the award went to Jim Stephens. Micci Bly led bunches of SBCers in helping with the Iron Horse Triathlon, which put \$850 into the coffers.

JULY MEMORIES

35 Years Ago: Early details are sketchy, but the SBC quickly becomes involved in touring, racing, promoting bicycle legislation, installation of bicycle paths in the parks and various civic projects.

30 Years Ago: Greg Lakebrink scheduled a "Bad Road Ride to New Salem." Guess Sangamon county roads don't change that much.

25 Years Ago: The SBC sponsored a Lincolnfest Springfield and Sangamon County Historical tour. 57 people road that day, but 104 bought tee shirts.

President Dave Ringland wrote about leading a successful club ride: "The most important thing ... is to set a good example. Obey all of the laws and inform others of them. Be helpful, courteous, and most of all, ride defensively." Guess good advice doesn't change that much either.

20 Years Ago: Marcey and John Werthwein, Mary Corrigan, and Dave Stjern participated in the LAW Rally in St. Louis. What? You don't know what LAW is? That's the LAB before its leadership, in what some call an underhanded, deceptive and dastardly move, thumbed their noses at members by ignoring members' wishes. Bob Brennan, Mary Corrigan, Sue Mueller and Dave Stjern rode POWWOW (Pedal Over Wisconsin Weekend on Wheels).

15 Years Ago: The July Membership meeting (yes, we had monthly membership meetings) featured a discussion and tips on night riding, one of the more pleasurable activities when the thermometer approaches 100 during the day. Useful information for the July 27, 1991, Capital City Century, Moonlight Division. No one finished the full century, which started at 8:18 pm, but all participants had more fun than should be allowed. "If you can't see Elkhart Hill in the dark, does it really exist?"

10 Years Ago: Stan Gralnick took the Rider of the Month award, with 779 miles, including to/from. Total club miles through July were 66,177. Nearly two dozen members helped with the Sprint Triathlon. Garland Stevens, Micci Bly, Linda Butler, Brad Kerekes and Jim Nugent rode the Bicycle Tour of Colorado.

AUGUST MEMORIES

35 Years Ago: Election of first slate of officers. Dorothy Doering is the first President. Other officers and Chairs were Harry Simpson, Vice-President; Allen Pryor, Secretary/Treasurer; Barb and Benton Weathers, Program; Judy Hamilton, Publicity; Cathy Pouder; Membership; Ruth Cycholl, Membership Certificates; David Jackson, Work Shop; and Betty Simpson, Refreshments.

SBC becomes affiliated with the League of American Wheelmen (See July, 20 years ago, above).

30 Years Ago: Through August 14, 1976, the SBC held 66 rides for 1,947 miles. There was an average of 29.5 miles and 19 riders per ride. At that point, there were 31,698 rider miles and 3,071 to/from miles.

25 Years Ago: The SBC completed its first year of the blood donor program and met its projected goal of 40 donations with 49 actual donations. Dave Ringland was the biggest bleeder, with five pints.

20 Years Ago: The QR published some rules for Bikers, one of which was :”Never spit into the wind.” A notation was made along side that: “Ask Bozo what else not to do with the wind.”

15 Years Ago: August ride leaders, some departed, some nearly forgotten, but many still with us: Karl Kohlrus, Christine Kershner (pre-Kohlrus), Ernie DeFrates, J.C. Clifton, Greg Lakebrink, Roger Ricketts, Kent and Gail Weber, Erica Timmerman, Louie Spinner, Dan Eatherington, C.M. Wood (Damn the torpedoes!. . .), Bruce and Jo VanMetre, David and Mary (post-Corrigan) Stjern, Jim Hajek and Jerry Saladino.

10 Years Ago: The Quick Release published a top ten list: Reasons for a Lead Bowling Ball Award. Number 1: Garland Stevens (a frequent recipient) misplaced the Lead Water Bottle. The AAA was shared by Jay Galnick and Mike Wyatt.

Holiday Slide Show Needs Photographers

Have you been taking photographs of your biking adventures this year? Are you riding the Capital City Century or Hilly Hundred? There are several months to go before the season ends. Wherever you go biking, take a camera, take great pictures and then submit your photos to me for the holiday party slide show.

I need time to figure out how to create a slide show on my Apple Mini Mac, so send some pictures now so I can practice. Photos can be sent to me at sbcphotos@insightbb.com.

Thanks,

Curt Evoy
cmevoy@insightbb.com

Support the Bicycle Commuter Act Contact your Representative and Senators Today!!

From the League of American Bicyclists Web Site

The Bicycle Commuter Act would extend the transportation fringe benefit, currently available to transit users and car drivers, to bicycle commuters. The legislation would provide a tax benefit to employers who offer cash reimbursements to an employee who commutes by bicycle, while helping defray the costs of commuting for the bicyclist. Congress should amend the tax code to allow this benefit.

Representatives Earl Blumenauer (D-OR) and Mark Foley (R-FL) introduced H.R. 807 in February 2005. The bill has at least 46 cosponsors. On April 24, 2006, Senators Ron Wyden (D-OR), Olympia Snowe (R-ME), Maria Cantwell (D-WA), and Susan Collins (R-ME), introduced the companion legislation titled the Bicycle Commuters Benefits Act of 2006 (S. 2635) in the Senate. To view the Senate Dear Colleague letter, [click here](#).

Currently, employers may offer a transportation fringe benefit to their employees for certain costs incurred while commuting to work. Employees who take advantage of this benefit may receive a tax-exempt benefit of up to \$200 per month, for drivers participating in qualified parking plans, or \$105 per month for those using transit or vanpooling. The employer may also give cash compensation for these costs – although this is included as taxable income to the employee – or allow the employee to take a tax-free deduction for the purchase of transit tickets.

The Bicycle Commuter Act would simply extend the definition of “transportation” in Section 132 (f) of the 1986 IRS code to include “bicycles.” The program is voluntary. The change would provide a strong incentive to employees to bike to work, contribute to cleaner air, reduced energy consumption and many other benefits. The costs of commuting, such as lights, bike maintenance, raingear, panniers, parking (locker rental) and changing facilities, would be reimbursable under this program.

Census and other data show that half of the working population lives within five miles of their place of work and that more than one quarter of all trips in this country are one mile or less – distances that are very compatible with cycling. Currently, less than one percent of journeys to work are made by bicycle, even though consumer studies repeatedly show that many more people would do so with incentives such as this.

Write to your Representatives and Senators today and tell them to support H.R. 807 and S. 2635. Encourage your Senators to sign onto the letter to their colleagues in support of the Bicycle Commuters Benefits Act of 2006

TAKE ACTION NOW!

League of American Bicyclists, 1612 K Street NW, Suite 800, Washington, DC 20006. 202-822-1333
bikeleague@bikeleague.org

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Springfield Bicycle Club
Membership Application

Member

Member Information

New Member Renewing Member Change Address

Name _____ Home Phone _____

Address _____ Work Phone _____

City _____ Birth Date _____

State _____ Zip _____ Email Address _____

I obtained my application from:

I would like to help with SBC activities

Bike Shop Name _____

Yes

A current Club member

No

Type of Membership

Individual \$15/yr Family \$20/yr Contributing \$25/yr

Sustaining \$50/yr Patron \$100/yr Corporate \$100/yr

Dollars beyond basic \$15 or \$20 rate from Contributing, Sustaining, and Patron memberships go to your choice:

Bicycle Advocacy Fund

SBC General Fund

My Advocacy Donation Amount is: _____

Family Member Information

The SBC presents yearly awards for the most "club miles" in various age groups. We need birth dates to determine these presentations. Your participation is optional, of course.

Name 1 _____ Birth Date _____

Name 2 _____ Birth Date _____

Name 3 _____ Birth Date _____

Name 4 _____ Birth Date _____

Legal Waiver

I (and my parent or guardian in case of a person under 18 years of age) hereby release the Springfield Bicycle Club and any other party or parties involved in any Springfield Bicycle Club activity of any liability whatsoever for any loss or damage to property or for personal injury sustained or occurring on any Springfield Bicycle Club event.

Signature _____

Date _____

Parent / Guardian _____

Date _____

Official SBC Name Badges

Hang it on your seat bag. These are a pretty neat way to let other riders know your name. Include **\$10.00 dollars** extra and print your name (clearly) on the following line as you would like it to appear on your name badge:

Badge Name: _____

Mail with Check to:
Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705



SPRINGFIELD BICYCLE CLUB 2006 MILEAGE SUMMARY



MONTHLY								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	6,589	1,385	7,974	40	297	9	7.4	26.85
February	4,102	675	4,777	36	195	9	5.4	24.50
March	7,013	1,277	8,290	42	298	9	7.1	24.82
April	14,782	2,777	17,559	67	623	44	8.3	28.18
May	19,810	3,582	23,392	76	820	40	10.8	28.53
June	19,241	3,614	22,855	75	764	43	10.2	29.91

CUMULATIVE								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	6,589	1,385	7,974	40	297	9	7.4	26.85
February	10,691	2,060	12,751	76	492	18	6.5	25.92
March	17,704	3,387	21,041	118	790	27	6.7	26.63
April	32,486	6,114	38,600	185	1,413	71	7.6	27.32
May	52,296	9,696	61,992	261	2,233	111	8.6	27.76
June	71,537	13,310	84,847	336	2,997	154	8.9	28.31



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August, 2006

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***QUICK RELEASE* ADVERTISEMENT RATES**

Half Page \$20 Full Page \$40

Payment in advance is required for all business ads. Ad copy should be sent to the newsletter editor no later than the 12th of the month in order for the ad to appear in the following month's newsletter. Individual club members (excluding businesses) may list bicycling related items