



Ride of the Month

Alan Josephson's Birthday Ride wins Ride of the Month

On a wonderful November day Alan mapped out a nice route to Auburn, with plenty of cut-offs for the less ambitious among us. Then he and Harriet welcomed us into their home for great food and a great time. Thanks Alan and Harriet!

Almost Anything Award

Micci Bly wins this month's AAA for rescuing a friend in need

On an ominous looking Sunday morning Linda Butler decided to try to beat the weather by heading out early. She didn't leave early enough, apparently, as just the other side of Salisbury the skies opened with pouring rain and thunder in the distance. Not relishing the thought of riding in a thunderstorm, Linda called Micci who came to the rescue without hesitation.

Linda would also like to mention the fine folks at the Morning StarCafe for inviting her to sit by their fireplace and not complaining about the puddle of water she left behind.

Lead Bottle Award

Another Lead-free month?

There was some discussion of awarding the LWB to a certain club member who ignored good judgment by setting off on a ride in the face of an imminent thunderstorm, but after a little discussion board members realized that that would be taking this "good judgment" thing too far. So no Lead Water Bottle was awarded this month.

Spinner Awards

Mark your calendars: the Spinner Awards will be on Wednesday, January 23, 2008, at 7 p.m. at the Days Inn, 2900 Stevenson Drive in Springfield.

Riders of the Month

11/07 Karl Kohlrus 602 miles	7/07 Marty Celnick 1,111 miles	3/07 Cathy Yeaman 1,077 miles
10/07 Byron Nesbitt 910 miles	6/07 Grover Everett, 1,203 miles	2/07 Rob Brokaw 221 miles
9/07 Lance Kidd 857 miles	5/07 Charlie Witsman 1,323 miles	1/07 Lisa Kidd 410 miles
8/07 Tom Clark 908 miles	4/07 Tom Murphy 889 miles	12/06 Kathy Shepard 319 miles

President's Report

January 2008

Happy New Year!

I'm writing this on December 15, 2007, and so far, December's weather has been pretty crummy for riding -- ice storms, rain, and now snow. Oh, well. Maybe they'll get the snow cleared off the streets and the sun will come out next week.

If you haven't tried winter riding, I'd encourage you to give it a shot. Make sure you keep your fingers and toes warm, and remember to drink plenty of fluids. A few years ago another Club member introduced me to toe warmers -- you stick 'em on your socks, and they do, indeed, keep your toes toasty. The cartoon strip character "Frazz" recently remarked, "There is no bad weather -- only bad clothing."

I hope to see you on our annual New Year's Day ride from Rock-n-Roll Hardee's.

My Snow Ride

By Marty Celnick

Through the first half of December, the weather was uniformly bad on weekends. First we had cold rain, and freezing rain, and then on the 15th, we received 8.1 inches of snow. As a result, I spent little time and logged few miles on the bike. And I was gaining weight.

I didn't much enjoy exercising indoors. No matter how often I used a stationary bike, elliptical, or treadmill, it just wasn't as much fun as riding. And I couldn't burn off as many calories. I was going crazy with cabin fever.

On Sunday, December 16th, the day after the storm, I decided, against my better judgment, to hit the road. I had invested in some hand and foot warmers, which are easily purchased at sporting goods stores. I knew

that the snow would not be cleared away, and I needed my mountain bike. That morning, it was bitterly cold and windy. When I got up the temperature was about 15 degrees, with a wind chill of 1. By early afternoon, the temperature rose to 22 degrees, and the wind chill had increased to a balmy 9. I decided it was time.

I rode north on 2nd Street past the state house and saw that Monroe, Adams, and Washington St were unplowed. My only choice, for getting out of town, was Jefferson. I turned left and rode past the Willard Ice Building. More than one lane was cleared of snow, and I was good to go. Then, as I got to the edge of town, the road narrowed, the speed limit increased to 55, and the nor-

mally rideable shoulder was snow-covered. It was a scary situation. When I got to the light in Bradfordton, I was glad to get off the highway. But Bradfordton Rd also had heavy traffic with little room for passing. When I saw a car coming, I tried to bear right and ride on the snow, and almost spun around a few times. Finally, when I turned onto W. Washington to get back into town, I had better riding conditions, and a tailwind.

I made it home OK. Despite the low temperature, I only got a little cold at the end. The hand and foot warmers are a great things to have. I may be using them very often during this long winter. But I probably won't do another ride like this anytime soon.

Board Meeting Notes— November 6,2007

Kevin Greene, Recording Secretary

Members Present: Dave Ross, David McDivitt, Tracey Hurley, Lynn Miller, Marty Celnick, Tom Murphy, Alan Whitaker, Dave Lucas, Naomi Greene, Mike Schwab, Bill Donels and Kevin Greene

Dave Ross called the meeting to order at 7:00 P.M. and distributed an agenda. The minutes from the October 9 meeting were approved as submitted.

Treasurer's Report. Dave Lucas presented the treasurer's report, covering the period from October 1, 2007, to October 31, 2007. The beginning balance for the period was \$20,630.50, with expenses of \$3,362.22 and income of \$230.00, leaving an ending balance of \$17,498.28. Dave reported that the net income for 2007 Capital City Century was \$6,436.06.

Ride Schedule and Meetings. David McDivitt reported that progress is being made on scheduling rides for December. David discussed a plan to compile a set of ride maps and cue sheets that would be posted on the SBC web site. He wants to make it easier for first-time ride leaders and others to select routes for their rides. Club members

would be contacted for route recommendations. The next board meeting is scheduled for Wednesday, December 5, 2007.

Awards. Alan Whitaker presided over nominations for the monthly awards. The Ride of the Month was awarded to Linda Butler for her delectable Apple Dumpling Ride. The Almost Anything Award was awarded to Kevin Greene for his op-ed piece on making Springfield more bike friendly, which appeared in the State Journal-Register. The Lead Water Bottle was awarded to Dave Banks for leaving his underwear in the lobby of Horace Mann after he left work to go riding.

Alan reported that the Spinner Awards will be held at the Days Inn Motel on Wednesday, January 23. Nominations for the club's annual No Bell Award should be sent to Lynn Miller by November 15.

Legislative/Education. Lynn Miller reported that early next year the Interurban Trail will be closed for nine months due to construction activities at the I-72 underpass. An alternative route around the site

will have to be identified during the construction period. Lynn and Bill Donels met with Norm Sims, the new Director of the Springfield-Sangamon County Region Planning Commission, to promote the creation of the Sangamon Valley Trail. Lynn and Bill also met with the Legacy Point developer to seek support for a grade crossing at Lincolnshire when this road is extended westward from the new development to Chatham Rd. The developer responded by saying that there are no plans to extend the road at this time and that a grade crossing will be considered in the future. A public meeting on the Legacy Point project and plans for rerouting the Interurban Trail will be held November 27 at Southside Christian Church from 4:00 PM to 7:00 PM.

Lynn attended the "Step It Up" Cool Town Meeting on global climate change that was held November 4 at the First Presbyterian Church. He brought back two citizen petitions, which are being circulated in the community for signatures. One petition urges Springfield city officials to join the U.S. Conference of Mayor's Cool Cities

(Continued on page 4)

(Continued from page 3)

Program, which would commit the city to developing a plan to reduce greenhouse gas emissions. The other urges the city to preserve approximately 7,000 acres of property purchased by CWLP as a protected natural area instead of building a dam and second lake. The Board authorized David McDivitt to create a web link on the club's home page to allow members to find out more information about these two local environmental issues.

Social Activities. Tracey Hurley reported that a get well card was sent to a SBC

member who is recuperating from a bicycling-related injury. Tracey is also working on finalizing plans for the club's Holiday Party in December.

Special Events. No report.

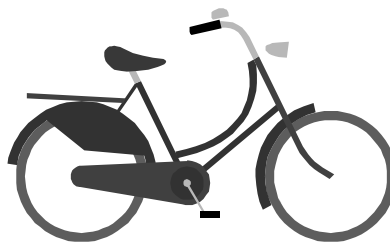
Newsletter. Marty Celnick reported that planning for the next issue of the Quick Release will start soon.

Old Business. The Board discussed a proposal by David McDivitt to backup the membership database on the club's web server and create an email notification list to alert club members about legislative

issues, club rides and other matters on a periodic basis. Lynn Miller volunteered to work with David to draft a formal proposal and report back to the Board. All other old business was tabled until the Board meets in December.

New Business. All new business was tabled until the next board meeting.

The meeting adjourned at 9:20 P.M. The next meeting is scheduled for Wednesday, December 5, 7:00 P.M., at Robert Morris College, 3101 Montvale Drive.



2007 NoBell Award

As Presented at the Holiday Party By the NoBell Award Committee

Sometimes people make such an impression on you that it seems like you've known them forever. Such is the case with this year's No-Bell winner. We had to check the Bike Club's records several times to ensure the correctness of the fact that this year's winner joined our illustrious group on July 24, 2003. This person rode a mere 375 miles that year during 19 rides. In 2004 he achieved a much better result with 2,538 miles by attending 115 different rides (an average of over 2 per week). He also started his volunteer status that year by leading 5 rides.

By 2005 he was quite absorbed into all things Springfield Bicycle Club related and was a fixture at many rides, always available to cheer on a new rider or help someone by encouraging them to go farther and faster than previously. He did an impressive 3,187 miles that year and led 8 rides. He also won a Ride of the Month award this year. By 2006 he was still increasing his personal mileage by being just shy of 4 thousand mile mark with 3,886 miles. And he led a whopping 19 rides that year and even winning another Ride of the Month award that year as well.

But he had quite a bit of history before coming around to us, both in bicycling and in life. He was born in Pittsfield but has lived most of his 50 plus years in Springfield. Even as a child, it was obvious that he would become a "go to" guy for just about everything, inheriting a memory like an elephant from his mother, tenacity, curiosity, and wit from his father, and from his grandfather, meticulous craftsmanship. He graduated from Glenwood High School and attended Lincoln Land Community College. After nearly completing a bachelor's degree in geology from the University of Missouri at Rolla, he turned his attention to his second lifelong passion: bicycling. He was the co-owner/operator of Pedal Power Cyclery in Rolla, MO for about three years. In 1975 he and his wife moved to Gainesville, FL to help his father open a restaurant where he served as manager. Dissatisfaction with the restaurant life prompted a return to good old Springfield in 1989. He once again took up his passion for woodworking, this time to build a new business, which continues to this day, with occasional time off to work as a bike mechanic.

His history with the bike club dates back to the mid-70's. After a long hiatus he rejoined in 2003 and, well, the rest is history! He has led many rides including his infamous "Chicken Run" ride, where he got to show off his own collection of barnyard fowl and landed himself with the infamous "Ride of the Month" award. He also had an Easter Egg ride where he donned a tail and fuzzy pink bunny ears, thereby assuring all that he fits right in to the Springfield Bicycle Club mentality. He also is one that is willing to take on the "big challenges" and outdid himself this year by serving as the food coordinator for the 2007 Capitol City Century and ensured that well over 600 folks had food, drink and nourishment to get them through a long ride.

If you haven't figured out our recipient by now it is none other than Robert LaBonte, the well deserving recipient of the 2007 No Bell Award.

January 2008 Ride Schedule

Be informed! Check the website www.spfldcycling.org regularly for announcements, error corrections, and last minute changes.

For questions about rides or interest in leading a ride contact David McDivitt at 725-1986 or by e-mail: [vp\(at\)spfldcycling.org](mailto:vp(at)spfldcycling.org). Report Show n Go miles to Records Chair Karl Kohlrus: [records\(at\)spfldcycling.org](mailto:records(at)spfldcycling.org). See Ride Rules at www.spfldcycling.org for details. **Daytime rides go as indicated except on holidays.** Contact David McDivitt with questions or suggestions for Friday night events.

We are trying to rejuvenate Friday night gatherings. Please attend some of the Friday night dinners. Also, suggest places to eat!

Weekday & Weekend Daytime Rides		<i>Check the start times!</i>
Monday thru Friday 10:00 am	Morning Geezer Ride Washington Park Shelter Dave Ross, 789-4823	Show-N-Go, Daily morning ride for retired geezers or those hoping to become geezers. No leader, no map. Participating riders should turn miles in to Karl Kohlrus.
Monday thru Friday 10:00 am	Daily Pana Trail Ride Lake Taylorville parking lot, Rt 29 Show-N-Go	Show-N-Go along the Lincoln Heritage Trail. Turn miles into Karl.
Monday thru Friday Noon	IDOT, Lost Bridge Trail Dirksen Parkway Lisa Kidd, 546-1698	AB - Lunch with Lisa Ride. Lisa leads the noon trail ride. Skip lunch and ride on the trail with Lisa and other SBC regulars. day of week change
Monday thru Friday 12:15 / 12:20	Robert Morris College, Vredenburg Park Dave Ross 793-4239 Robert LaBonte 787-0237	BC - West side Lunch Ride. Dave and Robert lead a ride on the trails or in the country. If they can't make it, this becomes a show-n-go. Dave leaves Robert Morris at 12:15, pick up Robert and others at Vredenburg Park at 12:20.
Sunday 10:00 am	Wabash Trail East end parking lot Park St & Wabash Ave Show-N-Go	EZ - Slow easy ride 15-20 miles.
Sunday 10:00 am	Eisenhower Pool 2351 E. Cornell Christa McLaren-Morris, 494-4028	NC - Swimming on Sundays - Stay in shape over the winter by swimming laps. Christa will be there most Sundays for anybody interested in help with technique. Lap swim at Eisenhower Pool is located at 2351 E. Cornell (next to Southeast High School off of Taylor Avenue). Sunday 10:00 a.m. - 12:00 p.m. For more info about the pool, call 525-8847. \$3 per session.
Weekday & Weekend Evening Rides		<i>Check the start times!</i>
Tuesday 6:00 pm	IDOT, Lost Bridge Trail Dirksen Parkway Show-N-Go	BCD - Show-N-Go along the Lost Bridge Trail. Lights required. Turn miles in to Karl.
Monday, Tuesday, Wednesday & Thursday 6:00 pm	Pana Trail Lake Taylorville Parking Lot, Rt 29 Show-N-Go Charles Witsman, 562-5208	Show-N-Go, Ride on the Lincoln Heritage Trail. Lights are required. Turn in miles to Karl. Call Charlie if you need information about trail conditions or directions.
Thursday 6:00 pm	Parkway Point Theater Lindbergh & Robbins Road Show-N-Go	BCD - Show-N-Go along the Wabash Trail. Lights required. Turn miles in to Karl.
Saturdays 8:00 pm	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go, Nighthawk Ride , Lights required. No leader and no map.
Scheduled Rides and Events		<i>Check the start times!</i>
Tuesday January 1 1:00 pm	Rock & Roll Hardees 2501 Stevenson Dr. Karl Kohlrus, 544-8410	ABCD ER EZ - New Years Day Ride. Get 2008 off on the right foot, or right pedal! Just dress warm. If the weather is too bad, come for hot chocolate anyway. 10 to 26 miles.

Thursday January 3 7:00 pm	Robert Morris College 3101 Montvale Dr Dave Ross, 789-4823	NC - Board Meeting. All SBC members are invited to attend board meetings. Room LL07 will be used as usual.
Friday January 4 9:00 am	D & J Cafe 915 W. Laurel St	NC - Join SBC members for breakfast and try to stay for the Geezer bike ride at 10:00 am.
Friday January 4 6:00 pm	Mekong Cafe 1308 S 2nd Street	NC - This is a chance to have dinner with your SBC buddies. Eat at 6pm.
Saturday January 5 1:00 pm	Pana Trail Lake Taylorville Parking Lot, Rt 29 Deeanna Shidler, 562-4583	ABCD - Deeanna will take us to Stonington for 32 miles or do a trail ride to Pana. Cross country ski if snow.
Sunday January 6 1:00 pm	Centennial Park Bunker Hill Rd & Lenhart Road Robert LaBonte, 787-0237	ABCD - Can't say how far, but show up if the weather's good enough to ride and Robert will have a route planned for us.
Friday January 11 6:00 pm	Mikes Family Restaurant 1401 S Dirksen Pkwy	NC - Good feedback on food! Last month was the first time we tried this restaurant. Eat at 6pm.
Saturday January 12 1:00 pm	Waldrop Park Andrew Road, Sherman Alan Josephson, 793-0590	ABCD - Alan said we will go 30 miles. If snow, show up at Lincoln Memorial Gardens with skis at the ride time.
Sunday January 13 1:00 pm	Parkway Point Theater Lindbergh & Robbins Road Show-N-Go	Show-N-Go - Ride with your bike buddies wherever you want. Please use a ride sheet if riding together. Turn in miles to Karl.
Friday January 18 6:00 pm	Azteca Mexican Grill 2753 Chatham Rd	NC - This is a chance to have dinner with your SBC buddies. Eat at 6pm.
Saturday January 19 1:00 pm	Waldrop Park Andrew Road, Sherman David Banks, 566-3560	ABCD - Elkhart! It's never too cold for Elkhart! Plan on 30 miles.
Sunday January 20 1:00 pm	Stuart Park Winch Road & Palomino Road Show-N-Go	Show-N-Go - Ride with your bike buddies wherever you want. Please use a ride sheet if riding together. Turn in miles to Karl.
Monday January 21 1:00 pm	IDOT, Lost Bridge Trail Dirksen Parkway Dave Ross, 789-4823	ABCD - Martin Luther King Day Ride - Our fearless leader/president will take us somewhere between ten and forty miles.
Wednesday January 23 7:00 pm	Day's Inn 2900 Stevenson Alan Whitaker, 494-6807	NC - Spinner Awards. Come out and pick up your awards and mileage pins, and celebrate friends who are getting theirs. Well done everyone!
Friday January 25 6:00 pm	Cheddar's 3151 Horizon, off Dirksen David McDivitt, 725-1986	NC - This is a chance to have dinner with your SBC buddies. Eat at 6pm. Please let David McDivitt know if you plan to attend, or just show up if you get hungry.
Saturday January 26 1:00 pm	Arby's, Fairhills Mall Chatham Rd & Monroe Street Marty Celnick, 522-4206	ABCD - Marty said we will go 30 miles, weather depending.
Sunday January 27 1:00 pm	Residence 1914 Bayview, off Turning Mill Tom Clark, 726-5560	ABCD - Tom has a good idea! If the weather's good we ride then eat, otherwise we just eat. Show up regardless. Plan on zero to 30 miles. Please bring something good to share! A main dish will be provided.
Friday February 1 6:00 pm	TGI Fridays Restaurant 2100 W White Oaks Dr David McDivitt, 725-1986	NC - This is a chance to have dinner with your SBC buddies. Eat at 6pm. Please let David McDivitt know if you plan to attend, or just show up if you get hungry.
Saturday February 2 1:00 pm	IDOT, Lost Bridge Trail Dirksen Parkway David McDivitt, 725-1986	ABCD - Plan on Sanchris Lake or some shorter distance, weather dependent.
Sunday February 3 1:00 pm	Panera Bread W White Oaks & Wabash Show-N-Go	Show-N-Go - Ride with your bike buddies wherever you want. Please use a ride sheet if riding together. Turn in miles to Karl.

Ride Types

- A** Speed 18+mph average
- B** Speed 15 to 18 mph average
- C** Speed 12 to 15 mph average
- D** Speed 8 to 12 average
- ER** Speed under 8 mph average, slow paced social group ride without map, usually neighborhood tour
- EZ** Easy ride with no given speed
- NC** Non cycling event, but to/from miles still count
- MB** Suitable for mountain and all terrain bikes
- Show-N-Go** No ride leader, no speed specified, ride on your own and turn in miles to the Club Records Keeper

Holiday Party '07

Dave Lucas

The '07 annual holiday party is now history, and I believe that all attendees had a good time and LOTs of food. The weather forecast turned out to be much worse than the actual weather, and travel to and from the beach house was not nearly as life threatening as might have been envisioned if you relied solely on "Storm Team 20" for your weather information. CWLP is to be complimented for keeping the lake roads clear of ice and debris, and the sidewalks and steps of the beach house were well salted and not at all slippery.

Attendance was definitely reduced due to the weather, but approximately 54 hearty members and guests ventured out and were greeted by welcoming fires in the fireplaces, friendly faces, and holiday music. Tracey Hurley, our special events chairperson, was off vacationing in Peru, but she had earlier purchased an ample supply of snacks for all to enjoy, and many cycling stories and excellent wine were shared while we chatted and waited for the food to be served.

The food was outstanding (as usual) thanks to those members who brought ample amounts of their favorite dish. There was more than enough to feed a crowd twice the size of those present. Anticipating a larger crowd, Tracey had purchased three 20# turkeys and one 10# ham; so, no one went away hungry. Thinking ahead, Pam Lucas had brought a couple of boxes of zip lock bags, and the extra food was divided up and carried home for lunches and snacks later in the week, and nothing was wasted.

Following dinner, our club president, Dave Ross, took over as Master of Ceremonies, welcomed everyone to the party and began the program for the evening.

Alan Whitaker, our new incentive chairperson, started the program off with drawings in both the Ride Leader Award program and the Volunteer Hours Award program. A total of eight \$50.00 gift certificates from the bike shop of your choice were awarded to winners of these two drawings. Winners in the Ride Leader Award program were: Marty Celnick, Tracey Hurley, Dave Lucas and Tom Murphy. Winners in the Volunteer Hours Award program were: Alan Josephson, David McDivitt, and repeat winners Dave Lucas and Tom Murphy. Thanks to all for your work for the club last year!

(Continued on page 9)

(Continued from page 8)

Next up was the awarding of the annual NoBell Award. Chuck Orwig, a recent NoBell winner, read the write-up for this year's winner, and it soon became evident that Robert LaBonte was this year's worthy recipient of our club's most prestigious award. Robert has a long history of bicycling activities and continues to ride actively on a variety of fancy two wheeled steeds. Robert is always willing to share his experience and knowledge with others and is a source of excellent advice for all riders new and old. The full write-up for Robert's will appear in a later newsletter. Check it out, and you'll see why Robert was a most deserving winner of this year's NoBell award. Way to go Robert! Your dedication to cycling and your help of others are most appreciated!

The annual "slide show", now digitalized, was up next on the program and is one of the most anticipated activities of the holiday party. Curt Evoy, with graphic assistance from Terri Nelson and Brian Maslouski, received many, many photos from club members over the last year and edited them into a most entertaining overview of the year's activities. It was great fun to see the many places that our club members had cycled in during the last year. The Moab pictures were particularly impressive! Curt obtained some new editing software this year and was able to zoom in and out as well as pan back and forth on the pictures in order to enhance the presentation. Well done Curt! Very cool show!

And many thanks to Action Audio Visual in Chatham from whom we had rented the digital projector, screen and associated systems. These folks not only delivered and set up the projection equipment but also returned later to pick up the equipment. Very nice, extremely helpful folks, and their assistance and excellent equipment were most appreciated.

I'd like to thank all the folks who helped out and made this event possible again this year. The number of volunteers who helped in one way or another this year was quite impressive, and I sincerely hope that I haven't left anyone out. If I have neglected to acknowledge your help, e-mail me, and I'll not only print an addition in the next month's newsletter, but will also give you my turkey serving at next year's holiday party.

Those helping out this year were:

Ken Anderson	Kevin Brown	Tom Clark	Curt Evoy
Sue Hack	Tracey Hurley	Alan & Harriet Josephson	Cindy Kvamme
Dave & Pam Lucas	Brian Maslouski	Christa & Marty Morris	Terri Nelson
Chuck Orwig	Dave Ross	Kathy Shepard & Mark Smith	Louie Spinner
Alan Whitaker			

Thanks to everyone for your help and participation! See ya next year!

P.S.: I would like to extend a big MUCHAS GRACIAS to mi amigo Dave Lucas for volunteering to take over the Holiday Party while I vacationed in Peru. I hear it was a great time and all of your work is much appreciated. -Tracey Hurley

Springfield Bicycle Club Mileage and Activity File As of November 30 2007

*Editor's note: Only those who rode in the current month are listed below. This is done to reduce printing costs.
All riders can view their current mileage on the club website www.spfldcycling.org*

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RID ES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RID ES	AVG RIDE	LED	LDR PTS
Charlie Witsman	1240	30	1270	25	50.8			10384	163	10547	211	49.99		
Rob Brokaw	932		932	27	34.52			9868	554	10422	274	38.04		
Tom Murphy	901	17	918	24	38.25	1	3	9168	503	9671	266	36.36	8	21
Grover Everett	1345		1345	27	49.81			8551		8551	186	45.97		
Cathy Yeaman	1007		1007	21	47.95			7162	238	7400	164	45.12	4	12
Tom Clark	466	4	470	20	23.5	1	3	6971	285	7256	235	30.88	4	12
Mike Vonnahmen	551		551	18	30.61			6714	47	6761	216	31.3		
Marty Celnick	322	61	383	14	27.36			5411	1141	6552	206	31.81	6	18
Lisa Kidd	462	45	507	23	22.04			6024	454	6478	227	28.54		
Derek Ewing	562		562	20	28.1			6398		6398	182	35.15		
Karl Kohlrus	461	141	602	34	17.71			5014	1179	6193	309	20.04	1	3
Lance Kidd	383	45	428	20	21.4			5451	471	5922	196	30.21	2	6
Jack Hurley	196	66	262	7	37.43			4587	519	5106	128	39.89	1	3
Marilyn Powell	42	6	48	2	24			4739	93	4832	157	30.78		
Roger McCredie	176		176	6	29.33			4054	77	4131	120	34.43	1	3
Ruth Magos	522		522	15	34.8			3888	38	3926	112	35.05		
Alan Whitaker	153	39	192	6	32	1	1	3367	515	3882	116	33.47	4	10
Dean Wisleder	273		273	18	15.17			3818	30	3848	165	23.32		
Dave Ross	173	2	175	7	25	1	2	3588	188	3776	137	27.56	7	16
Curt Evoy	26	2	28	1	28			3377	145	3522	118	29.85	5	11
David McDivitt	178	14	192	11	17.45	1	3	2992	479	3471	119	29.17	6	14
Tracey Hurley	177	62	239	7	34.14			3116	272	3388	94	36.04	14	30
Pat Stephens	164		164	7	23.43			3205		3205	149	21.51		
Alan Josephson	225	31	256	9	28.44	1	3	2832	320	3152	97	32.49	5	11
Bill Bock	303		303	10	30.3			3085		3085	81	38.09		
Connie Roberts	284		284	15	18.93			3050	27	3077	110	27.97		
Carol Bock	177		177	6	29.5			2922		2922	77	37.95		
Kevin Greene	273	40	313	18	17.39	1	1	2384	415	2799	166	16.86	5	7
Lynn Miller	130		130	4	32.5			2699	86	2785	81	34.38	1	3
Linda Butler	84	7	91	3	30.33			2616	76	2692	97	27.75	4	10
Dave Lucas	53	4	57	8	7.13			2365	204	2569	204	12.59	38	49

Springfield Bicycle Club Mileage and Activity File As of November 30 2007

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RID ES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RID ES	AVG RIDE	LED	LDR PTS
Robert LaBonte	136	8	144	6	24			2459	75	2534	109	23.25	8	19
Cindy Kvamme	103		103	5	20.6			2372	30	2402	113	21.26	6	15
Mike Schwab	178		178	25	7.12			2254	3	2257	189	11.94	1	3
Christa Morris	255		255	11	23.18			2067	36	2103	77	27.31	1	3
Louie Spinner	171	4	175	6	29.17			1991	29	2020	78	25.9		
Bob Carmody	58		58	2	29			1892	26	1918	68	28.21		
Bob Dettling	34		34	2	17			1825	14	1839	118	15.58		
Sr Josepha Schaffer	177		177	6	29.5			1779	40	1819	58	31.36		
Chuck Orwig	68		68	3	22.67	1	3	1656	33	1689	65	25.98	3	7
Ben Fox	42		42	3	14			1631	40	1671	76	21.99		
Ernie DeFrates	84		84	3	28			1623	12	1635	61	26.8	3	9
Jerry Ihnen	66		66	2	33			1545	70	1615	80	20.19		
David Banks	243		243	10	24.3	1	3	1544	58	1602	45	35.6	1	3
Rich Saal	98	49	147	7	21			980	375	1355	52	26.06		
Sue Dees	18		18	1	18			1243		1243	70	17.76		
Jim Hajek	97	7	104	6	17.33			1119	121	1240	63	19.68		
Mike Eymann	26		26	1	26			1194	7	1201	44	27.3		
Brigitta Ewing	32	13	45	2	22.5			964	163	1127	60	18.78		
Tracie Stephens	50		50	4	12.5			897		897	65	13.8		
Naomi Greene	19	4	23	1	23			635	66	701	45	15.58		
Deb Cooper	347		347	20	17.35			648	5	653	36	18.14		
Brenda Reiling	73		73	2	36.5			584	7	591	21	28.14		
Deeana Shidler	35		35	1	35	1	3	589	1	590	19	31.05	4	12
Gerry Orwig	36		36	4	9			499	24	523	49	10.67		
Jackie Galli	48		48	2	24			469	17	486	15	32.4		
Kent Kraft	22	6	28	1	28			433	45	478	10	47.8		
Katie Weidner	14		14	1	14			402	32	434	17	25.53		
Pete Harjes	28		28	1	28			414		414	24	17.25		
Mary Lou Hicks	111		111	7	15.86			413		413	25	16.52		
Mark Rabin	98	10	108	3	36			218	10	228	5	45.6		
Ron Melcher	28		28	1	28			173	16	189	5	37.8		

Springfield Bicycle Club Mileage and Activity File As of November 30 2007

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RID ES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RID ES	AVG RIDE	LED	LDR PTS
Lenny Miner	111		111	5	22.2			111		111	5	22.2		
Amanda Kidd	22		22	1	22			86		86	4	21.5		
Anita McDivitt	45		45	5	9			83		83	11	7.55		
Harriet Josephson	30		30	3	10			57		57	8	7.13		
Sue Hack	4		4	1	4			30		30	5	6		
Jason Kidd	22		22	1	22			22		22	1	22		
Jason Beauman	12	4	16	1	16			12	4	16	1	16		
Samantha Beauman	12	4	16	1	16			12	4	16	1	16		
Totals	15294	747	16041	601	26.69	10	25	244772	14018	258790	8825	29.32	165	362

January Memories

By Mike Becker

1973–35 Years Ago: Committees and chairs for the 1973 included Membership—Debbie Bedford; Fund Raising—Harry Simpson; Legislation—Richard Doering; Refreshments—Vickie Brothers; Map, Tour and Routes—Benton Weathers; Century—John Danser; Historian—William Sausaman; and Public Relations—Susan Nelson.

1978–30 Years Ago: Forty seven Springfield Freewheelers (as we were called back then) showed up at the January meeting to see Dean and Nancy Wisleder's slides from their bicycling adventure in the Vermont rain and to bestow the Almost Anything Award upon Debbie and Mike Pfeilschifter for their new baby.

1983–25 Years Ago: Winters seem like a good time to recall memories of summers past. This year, Jim and Genny Kaufmann presented slides of their ride along the entire BikeCentennial trail during June and July 1982. It was also time for the periodic plea for newsletter articles, as stated by Bozo in his distinctive handwriting style:

This is a space. If you had written a witty and/or informative article last month and given it to Lisa or Bozo perhaps you'd be reading that now instead of this. You know we have to fill this space up with something . . . just write it up in legible form and heck! Even if we don't like it, we won't slash your tires or anything.

The need for articles still exists today. Go ahead! Push the edge of the envelope—write something for the Quick Release!

1988–20 Years Ago: Secretary Sheila Hansen chided members who have become less than friendly, saying “Common courtesy dictates that the overtaking rider at least say ‘Hi’ to the overtaken.” She also sought a member to spearhead a legislative initiative to get a mountain or two built around here. I can only add that a nice model would be Alpe d’Huez.

1993–15 Years Ago: Ernie DeFrates was still hawking left over 20th Century mugs with the price reduced from \$7.00 to \$6.00. (If Karl has any in his basement, I will purchase some.) ++Mark Flotow, a later prolific contributor to the QR, joined the SBC. ++Bode Zietz led all riders during January, with 392 miles. ++Bozo won the AAA for catching a run away shopping cart in the Fairhills Mall parking lot before it could damage a car, all without getting off his bike. ++Karl Kohlrus was burdened with the Lead Water bottle for NOT riding on January 9 in the face of a weather forecast for snow, but he DID ride the next day after 5 inches fell overnight.

1998–10 Years Ago: The Illinois Second District Appellate Court held that a bicyclist is not an intended user of roadways, thus protecting a township in DuPage County from its shoddy maintenance of a wooden bridge floor. Jon Boub was severely injured when his tire caught in a groove between the wooden planks. The Illinois Supreme Court accepted an appeal. If you don’t remember how that turned out, stayed tuned. ++Theresa DeLeon topped all other riders during the month with 249 miles.

George Caldwell III

By Mike Becker

George Caldwell III, two term past president of the Springfield Club, died December 2, 2007, at age 65. While President, George lived in Williamsville, later moving away from the area for job related reasons.

George succeeded Dean Wisleder as President in August 1976, and Ron Habegger took over the Club’s reins from him in August 1978. George was an avid bicyclist, observing, “You’re hooked on cycling when you fill out a TOSRV [Tour of the Scioto River Valley] application on February 6, when there is still a foot of snow on the ground and you haven’t been on a bike for weeks.” As an enthusiastic supporter of the SBC, he was an advocate for cycling, in general, and commuting to work, in particular. He penned in his final column as President, “The thousands of miles that we members pile up both on club and training or pleasure trips each year do not even equate to the totals compiled by just 5 cars traveling 15–20,000 miles a year. Here in Springfield, where thousands of State workers alone live within a five mile radius of their offices, virtually no percentage commutes by bike regardless of the weather. Wouldn’t it be better to spend tax money on lockers or bike security instead of expansive parking lots for belchfire 4’s, 6’s and V8’s?”

George once wrote: “. . . [T]he most important contribution [to the Club] is recruit-

(Continued from page 13)

ment of people. Lasting friendships have been made during hills, headwinds, covering miles, or around the table at the end of the ride.” How true.

Our condolences to the family, including his daughter, Nancy Jane, who at age 6 wrote a short story published in the QR:

A man bought a bicycle.
He went for a ride.
He got a flat.
He didn't know what to do.
To be continued.

Secretary's Report Ken Anderson, Secretary

Renewals

Gene & Bobbe Rupnik
Cindy Moreno
Ellen Kay Schlieckau
Robert Brokaw
Bruce & Jo VanMetre
Ed Taylor
Mike Vonnahmen
Greg Gutzman
Dave Ross & Family
David Leigh
Janice Perino & Family
Sharon Stanley
Bode & Marybeth Zietz

Renewals at the Contributing Level

Karl & Christine Kohlrus
Marty Celnick
Chuck & Gerry Orwig
Bill Donels
Bridget Holcomb

Renewals at the Sustaining Level

Kevin & Naomi Greene
George Anne Daly

Renewals at the Corporate Level

Gene Rupnik

New Members

Michelle Trueblood
Don Harvey
Mike Cummins & Family
Marilyn Okon & Ed Doornbos

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.

Give Me a Brake

By Larry Diskin, former Events Coordinator, Adventure Cycling Tours Department

Excerpt reprinted with permission from Adventure Cycling

That is what you'll be thinking when you're zooming down a mountain pass on a loaded touring bike, counting on reliable, well-adjusted brakes. Most high-quality models will do the job, but there are some things you should consider before picking a brake set for your touring bike. This article will describe the pros and cons of the three most prominent styles of brakes and help you decide what is best for you.

Disc brakes are the most significant advance in bicycle technology since suspension. Without question, they are the most precise and powerful style of brake. A few of the manufacturers already have them honed in well for bicycle use. The leader is Hayes Brake of Wisconsin, the same company that makes brakes for Harley Davidson and Ford.

In a disc brake system, a steel rotor is bolted to a special hub and a hydraulic- or cable-actuated caliper is bolted to the lower end of the fork or rear portion of the frame. When you pull your brake lever, extremely powerful pistons squeeze the rotor to provide stopping power.

Here are four advantages to disc brakes:

1. Since there is no need for a flat braking surface on the rim, manufacturers are able to experiment with new weight-saving and strengthening techniques to improve rim designs.

2. Rim brakes actually wear out rims over time by grinding away at the braking surface of the rim. This will cause some rims to crack.

3. If the wheel goes out of true a bit, the performance of the brake will not be hindered and the wheel will turn freely, instead of rubbing on the brakes.

4. On most models, the performance of the brake does not change with pad wear.

Wet, dry, muddy, dusty, hot, or cold, a good set of hydraulic disc brakes will outperform any other type of brake. Once properly installed, you might get a year or more of heavy use with no maintenance at all. However, installation and maintenance can be quite complicated and definitely requires expertise, unless you are a hard-core tinkerer.

Linear-pull or V-brakes are an evolved version of cantilever brakes that provide more power through increased leverage. Two things make this happen. The brake lever is designed to pull more cable, and the brake arms are longer and at a different angle. V-brakes are currently the most widely used style of brake. They are still cable-actuated but far easier to adjust than tradi-

(Continued on page 16)



(Continued from page 15)

tional cantilever brakes. Pads are also much easier to replace than those on cantilever brakes. Since linear-pull brakes require that the lever has increased cable pull, if you want to use them in conjunction with a road bike-style brake lever, you will need to install an additional, but inexpensive, adapter to facilitate proper function. There is a new original-equipment-model road lever that can work with both linear-pull and cantilever brakes, so it may not be long before linear-pull road levers are available for after-market sales.

Cantilever brakes are rapidly being replaced by linear-pull brakes. Cantilevers were once cutting-edge and have proven to be adequate for loaded touring for many years, but now most manufacturers are now focusing their developmental efforts on linear-pull and disc-brake technologies.



This is especially true regarding mountain bikes. Most new suspension forks are not made with the proper cable hanger for cantilever installation; it's not even an option anymore in many cases. These forks are designed for linear-pull and disc brakes only. Installing and adjusting the pads is much more difficult on cantilever brakes than it is on linear-pull brakes. Cantilevers are, however, the least expensive brakes and have been the touring standby for years. And, of the three styles discussed here, cantilevers are the most compatible with standard road levers; no adapter is needed.

Right about now you are probably thinking, that's great information, Larry, but how do I decide what I should use? I'd have to say that the all-around winner is a good set of linear-pull brakes. They provide excellent stopping power, are reasonably priced, and are the lowest maintenance of these three options. Linear-pull brakes are not likely to leave you completely brakeless, and, if you do have trouble while touring, any bike shop will be able to help you adjust or fix a linear-pull brake.

Linear-pull brake components like levers, cables, and pads are usually interchangeable between brands. This increases parts availability, and, if your brakes are not repairable, the bike shop will likely have an appropriate, affordable replacement set on the shelf that can be installed in a jiff. If, however, you are using a set of road brake levers that are not designed for linear-pull brakes, you may want to stick with cantilevers to avoid the hassle of using the required adapter.

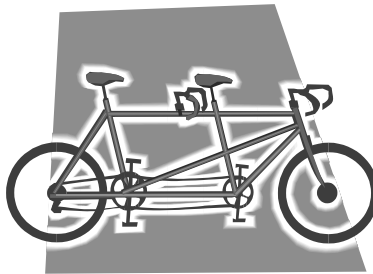
There is no question that hydraulic disc brakes are the most powerful, most precise, and, therefore, the highest performance. I have a set on my mountain bike and wouldn't have it any other way. However, potential maintenance issues make them a bit of a liability for touring purposes. They tend to work very well or not at all. When you go to a bike shop to get them fixed, there is a higher chance you'll hear the mechanic say, "I've never worked on this brand before," referring to your disc brakes. Variations between brands can create a problem in this sense. Another issue is that disc brake systems require levers, calipers, rotors, and sometimes even cables that are all part of a unique system and not interchangeable between brands. If your brake lever fails, for example, you will need to replace it with one that was made for your system. This can create significant part-availability issues. There may come a day when disc brakes are the stan-

(Continued on page 17)

(Continued from page 16)

dard, but we are not there quite yet.

If you simply must have disc brakes for your touring bike, consider a model that is cable-actuated rather than hydraulic. By using a cable-actuated rather than a hydraulic system, your brakes will be less prone to rapid failure and more easily serviceable by the average mechanic. Cable-actuated models will provide at least as much stopping power as linear-pull brakes and will still provide the previously described advantages associated with non-rim brakes.



Note for Tandems:

Blair Winter, the bicycle product manager for Burley Design in Eugene, Oregon, feels that the most tried-and-true setup for loaded touring on a tandem is linear-pull brakes used in conjunction with a rear drum brake. The drum brake is activated by a thumb shifter on the handlebar and provides adjustable drag to control the extra weight on long descents. The most popular drum brake is made by Arai and requires a special rear hub with threading on the left side of the hubshell. Two of Burley's top-of-the-line tandem models come disc brake-ready in anticipation of the day when there are disc brake models designed specifically for tandems.

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 **\$11.00 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 2007 MILEAGE SUMMARY



MONTHLY								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	4,578	735	5,313	183		4		29.03
February	1,343	192	1,535	90		3		17.06
March	16,236	1,154	17,390	702		12		24.77
April	20,167	1,975	22,142	849		2		26.08
May	29,516	1,183	30,699	1,084		10		28.32
June	32,261	1,570	33,831	1,051		20		32.19
July	38,052	2,274	40,326	1,207		25		33.41
August	26,837	1,366	28,203	943		23		29.91
September	30,141	1,531	31,672	944		27		33.55
October	21,084	1,225	22,309	797		22		27.99
November	15,294	747	16,041	601		10		26.69

CUMULATIVE								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	4,578	735	5,313	183		4		29.03
February	5,921	927	6,848	273		7		25.08
March	22,157	2,081	24,238	975		19		24.86
April	43,400	4,056	47,456	1,867		21		25.42
May	73,523	5,239	78,762	2,969		38		26.53
June	106,188	6,809	112,997	4,039		58		27.98
July	147,642	9,123	156,765	5,356		83		29.27
August	175,773	10,489	186,262	6,340		106		29.38
September	206,735	12,040	218,775	7,357		133		29.74
October	229,387	13,272	242,659	8,244		155		29.51
November	244,772	14,018	258,790	8,825		165		29.32



Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705

Presorted
Standard
U.S. Postage
Paid
Springfield, IL
Permit #325



January, 2008

Address Service Requested

Not for Commercial Use

Please note: Be sure to check the renewal date on your address label. If the date is **HIGHLIGHTED**, please fill out and return the renewal form along with your check. This will help to keep your membership information current and up to date. **You will get only one newsletter after your renewal date.** Note: 'AT' replaces @ in all email addresses given below to protect our board members from spamming.

Officers

President

Dave Ross
789-4823
president(at)spfldcycling.org

Vice President

David McDivitt
787-5964
vp(at)spfldcycling.org

Board Secretary

Ken Anderson
522-3876
secretary(at)spfldcycling.org

Recording Secretary

Kevin Greene
793-9622
recording(at)spfldcycling.org

Treasurer

Dave Lucas
753-3831
treasurer(at)spfldcycling.org

Special Events

Tom Clark
726-5560
events(at)spfldcycling

Social Chair

Tracey Hurley
971-4090
social(at)spfldcycling.org

Legislative/ Educational Chair

Lynn Miller
787-3354
legislative(at)spfldcycling.org

Incentive Chair

Alan Whitaker
494-6807
incentive(at)spfldcycling.org

Records

Karl Kohlrus
544-8410
records(at)spfldcycling

QR Editor

Marty Celnick
editor(at)spfldcycling.org
522-4206
Tom Clark
726-5560
editor(at)spfldcycling.org

QR Deadline 15 th of the month

Web Master

David McDivitt
787-5964
webmaster(at)spfldcycling.org

At Large Members

Bill Donels
546-8036
at-large(at)spfldcycling.org
Tom Murphy
726-6539
at-large(at)spfldcycling.org
Naomi Greene
793-9622
at-large(at)spfldcycling.org

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 to buy or sell without charge.