



Ride of the Month

Christa Morris lead us to Elkhart

Fortunately, Christa's "Plan B" suggestion to bring snowshoes or cross-country skis turned out to be unnecessary. On a day that one rider described as, "not cold by February standards" the group enjoyed a trip to the Blue Stem Bakery in Elkhart. Thanks Christa!

Almost Anything Award

Dave Lucas is recognized for cleaning out the SBC storeroom

Like most families, the SBC has accumulated a lot of "stuff" over the years. That "stuff" is often useful, but only if someone remembers it's there and can find it when it's needed. A big thank you goes to Dave Lucas for organizing and inventorying the SBC storeroom.

Lead Water Bottle

We're sick of winter and we know who to blame

This month's LWB goes to the groundhog — for popping out of his winter burrow into the sun, thereby consigning us to another 6 weeks of winter!



Riders of the Month

2/08 Cathy Yeaman 903 miles	10/07 Byron Nesbitt 910 miles	6/07 Grover Everett, 1,203 miles
1/08 Jack Hurley 926 miles	9/07 Lance Kidd 857 miles	5/07 Charlie Witsman 1,323 miles
12/07 Mike Vonnahmen 269 miles	8/07 Tom Clark 908 miles	4/07 Tom Murphy 889 miles
11/07 Karl Kohlrus 602 miles	7/07 Marty Celnick 1,111 miles	3/07 Cathy Yeaman 1,077 miles

President's Report

April 2008
By Robert LaBonte, Incoming President

First off...Let me thank Dave Ross for his years of service to this club. I'm sure that we all hope for a speedy and full recovery for Dave.

- ◆ On March 6, Nancy Spinner passed away. Our thoughts, prayers and sympathy go out to the Spinner family.
- ◆ Ride leaders are needed. It's easy to do...Give it a try! Please check the calendar on the website for open days.
- ◆ Ken Anderson is still looking for someone to take over the bike portion of the Senior Olympics. Primarily this is a volunteer coordinator type position. I helped out a couple of years ago and had a great time.

Gas prices have hit an all time high! Now is a good time to use your bike for those short trips to the grocery store, coffee shop, etc. Perhaps you have an older spare bike that could be converted to a utility bike.

A utility bike can be a very simple thing, or a tricked out urban assault vehicle!

- Add a sturdy rack for panniers. Low/no cost panniers can be made from old book bags!
- A basket on the front is very good also.
- Platform or "campus" pedals, so that you can wear regular shoes if you like.
- A wider padded or spring-loaded saddle will smooth out the bumps.
- Wider tires and a more upright riding position will add to comfort and safety.
- A simple cable lock to keep the "rig" secure when you are shopping.

Mountain bikes, old 3 speeds, and touring bikes, all make good utility bikes. Utility cycling is different than most of our regular riding. It's slower, more relaxed. It's a time to look at the world around us, ride on a street that you've never been on before! You get to wear regular clothes and shoes, you get to your destination, you get to park right next to the door!

I know that I plan to do some of my shopping with an older bike to which I have added a rear rack and grocery bag panniers. I am still experimenting with the right clothes. I think that mountain bike or touring shorts look promising. A loose fitting shirt should work great.

Remember...It's not a race, relax, look around, take in the sights, obey the traffic signs! The best way to get Springfield to be more bike friendly, is for drivers to see more bikes being used as transport, and those riders obeying the traffic laws.
You will save some money, and you'll be greener!

Be careful out there and have a good ride.

Board Meeting Notes— February 6, 2008

Kevin Greene, Recording Secretary

Board Meeting Notes – February 6, 2008

Kevin Greene, Recording Secretary

Members Present: David McDivitt, Dave Lucas, Robert LaBonte, Lynn Miller, Alan Whitaker, Marty Celnick, Bill Donels, Tom Clark, Ken Anderson, Tracey Hurley, Dave Ross and Kevin Greene

David McDivitt called the meeting to order at 7:00 P.M. and distributed an agenda. The minutes from the January 3 meeting were approved as submitted.

Treasurer's Report. Dave Lucas presented the treasurer's report, covering the period from January 1, 2008, to January 31, 2008. The beginning balance for the period was \$15,634.64, with expenses of \$1,342.05 and income of \$225.00, leaving an ending balance of \$14,517.59. The Board accepted the report.

Ride Schedule and Meetings. David McDivitt reported that he plans to start work on the ride schedule for March. The Board considered a proposal to move its monthly meetings to another location, but decided to continue to meet at Robert Morris College. The next board meeting is scheduled for Wednesday, March 5, 2008.

Awards. Alan Whitaker presided over nominations for the

monthly awards. The Ride of the Month was awarded to Tom Clark's residence ride, which included good food, pleasant weather and a well mapped-out route. The Almost Anything Award was awarded to Deeanna Shidler for an improvised change in her Taylorville ride, in which she offered her van and shared driving duties with Charlie Witsman so that riders could enjoy a tailwind ride to Mt. Pulaski. The Lead Water Bottle was awarded to Mike Schwab for riding without a tail light to a club dinner at Cheddars.

Legislative/Education. Lynn Miller reported that the Interurban Trail has been closed at Hazel Dell Rd. longer than anticipated during the first phase of the MacArthur Blvd. extension project. Lynn plans to contact IDOT officials to find out when the trail may be re-opened.

Social Chair. Tracey Hurley reported that get well cards were sent to two club members.

Membership. Ken Anderson reported that membership renewals are coming in at the normal rate for this time of year.

Special Events. Tom updated the Board on planning for the Capitol City Century. He has submitted

the event information to three bicycle ride listings. He has begun to recruit people to join the Special Events subcommittee. Naomi Greene will serve as Marketing and Media Relations chair. Terri Nelson has agreed to modify the 2007 CCC brochure for this year's event. Tom indicated that the updated brochures will be included in a League of Illinois Bicyclists' mailing to 40 organizations across the state. Tom has also arranged for room discounts at the Days Inn and Microtel for CCC participants.

Tom presented two options for modifying the CCC route, given the likelihood that part of the Interurban trail will be closed for road construction during the event. The first option would keep the route basically the same as last year, but include an on-road alternative at Woodside Road. The second option would create a new Out route from the Center Park Beach House that would proceed south and then west to Auburn. This option would also include a new 12 mile route, allow the food stop at the Covered Bridge to be available for returning riders and create a new loop for 60 mile riders at Auburn. The Board approved the second option, which was developed with input from Roger McCredie.

Newsletter. Marty Celnick reported that planning for the next issue of the Quick Re-

lease will start soon.

Old Business. Alan Whitaker discussed several options for providing Springfield ARC with a bicycle parking rack to teach individuals with developmental disabilities how to lock a bicycle. SPARC requested a donation for a bike rack. Alan will contact Biketek to find out if a parking rack can be donated by one of the bike rack manufacturers. He will also contact local retailers to compare prices and models for racks.

Alan also presented a proposal to clarify the descriptions and criteria for the club's monthly and annual incentive awards, which recognize leadership in riding and volunteer activities. After some discussion, the point system for leading club rides was modified based on whether it was necessary to create a map and cue sheet for the ride. The Board approved the modified proposal, which will be posted on the club's web site.

The Board finalized a proposal to encourage club members to use their bikes to commute to work and for other purposes where they would normally drive a car. The ride sheets will be modified to allow members to count commuting miles separately from personal miles and the club's contribution to a healthier environment will be calculated at the end of the year. The instructions for recording commuting miles will be posted on the club's web site.

New Business. The Board accepted the resignation of Dave

Ross as SBC board president. Dave has started treatment for a recently-diagnosed illness. The Board thanked Dave for his service and wished him a speedy recovery. David McDivitt nominated Robert LaBonte to fill the remainder of Dave's term as board president. Additional nominations for president will be accepted and a special election will be held at the board meeting in March.

Dave Ross proposed that SBC hold a movie night for club members as a mid-winter social activity. He suggested that a movie with a cycling-related theme be shown on February 15 at Robert Morris College. The Board approved the proposal.

Tom Clark reported that a club member contacted him to invite SBC to co-sponsor a bicycle ride with an entry fee in conjunction with the Sherman Sesquicentennial in September. The Board decided not to participate as a co-sponsor, but will list the event in the club ride schedule.

Kevin Greene distributed a proposal to create an email distribution list that would help SBC members stay up to date with club rides, events and cycling-related news. The proposal was developed in collaboration with David McDivitt and Lynn Miller. It will be considered at the next board meeting.

Ken Anderson reported that

planning for the Springfield Park District's Senior Olympics is underway for this summer. Ken has been in charge of recruiting and organizing volunteers to staff the cycling events. Ken plans to step down from this position. The Board would like a club member to continue to coordinate the volunteers and will seek a replacement for Ken, who will be available to assist with the cycling events for this year.

The Board meeting adjourned at 9:10 PM. The next meeting is scheduled for Wednesday, March 5, 7:00 P.M., at Robert Morris College, 3101 Montvale Drive.



Secretary's Report Ken Anderson, Secretary

Renewals

Lynne Allen
Dan & Amanda Eatherington
Ben Fox & Family

Renewals at the Contributing Level

Dave Scheina & Gail Roger
Len & Sherry Miner

Renewals at the Sustaining Level

Vaughn Morrison & Sherry Knight & Family

New Members

Mary Venturini
Carol O'Connor & Family
Brenda Reiling
April E. Smith
Rick & Pam Cox

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.

Try the Tri Set for May 4th By Brenda Reiling

AthletiCare's 5th Annual Try the Tri event will be held on Sunday, May 4, 2008, with a start time of 7:30 a.m.

This is a Supersprint triathlon that is geared to the novice participant, including kids. It is open to ages 9 and above. All funds raised will be contributed to Team AthletiCare, an initiative to award grants to local school physical education and fitness programs.

This USAT-sanctioned triathlon consists of 150 yd pool swim (FitClub South); 5 mile bike course; and a 1.2 mile run (Southern View Park). All participants will receive a dry-wicking t-shirt, water bottle, and bag. Numerous door prizes will be awarded. The brochure can be downloaded from www.athleticare.org or picked up at the Springfield bicycle shops, the Running Ceenter and at all Fit-Club locations.



If you have further questions, please e-mail [Brenda.reiling\(at\)st-johns.org](mailto:Brenda.reiling@st-johns.org) or call Brenda Reiling at 535-3685 (work). We also need volunteers. Please contact me if you are interested. Thank you!

April 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.

Weekday & Weekend Daytime Rides		<i>Check the start times!</i>
Monday thru Friday 10:00 am	Morning Geezer Ride Washington Park Shelter Show-N-Go	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.
Mon, Wed, Fri 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. >>> DAYS FOR THIS RIDE HAVE CHANGED <<<
Sunday 10:00 am	Wabash Trail East end parking lot Park St & Wabash Ave Show-N-Go	EZ - Slow easy ride 15-20 miles.
Weekday & Weekend Evening Rides		<i>Check the start times!</i>
Monday 5:45 pm	Interurban Trail Parking Lot Woodside Rd & Iron Bridge Rd Robert LaBonte, 787-0237	ABCD - A favorite for fast riders and not so fast. Go 7 miles to Chatham and back, 12 miles to the T and back, 20 miles to Moose Cry Road and back, or 23 miles for a Curran Road Loop.
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.
Tuesday 5:45 pm	Rotary Park Archer Elevator & Iles Show-N-Go	ABC - West side training ride. Aimed at those who want to train hard and fast. 12 - 25 miles.
Tuesday & Thursday 5:45 pm	IDOT, Lost Bridge Trail Dirksen Parkway Show-N-Go	ABC - Show-N-Go along the Lost Bridge Trail. Turn miles in to Karl.
Wednesday 6:00 pm	Butler School 1701 S MacArthur Blvd Show-N-Go	D - This is an easy, neighborhood social ride. No maps, everyone will stay together for a ride of about 1 hour. Turn miles in to Karl.
Wednesday 6:10(ish) pm	WheelFast Bicycle Co. 20 Cottonwood Dr, Chatham Matt Saner 483-7807	ABC - Intermediate training ride. Meet at the shop and plan on 20 miles. Ride to the ride for extra miles!
Thursday 5:45 pm	Rotary Park Archer Elevator & Iles Show & Go	ABC - 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-offs for 12 - 25 miles.
Saturdays 8:30 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>
Wednesday April 2 7:00 pm	Robert Morris College 3101 Montvale Dr Robert LaBonte, 787-0237	NC - Board Meeting. All SBC members are invited to attend board meetings. Room LL07 will be used as usual.
Friday April 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 April 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 April 5 10:00 am	Lake Taylorville Lake Taylorville Parking Lot, Rt 29 Grover Everett, 824-2952	ABCD - This is Grover's first time to lead a ride. He has a good route planned for 30 to 50 miles.
Saturday April 5 9:00 am	Capitol Complex Visitors Center 425 S. College Mike Schwab, 753-3585	EZ - Sheldon Brown Memorial ride. Ride to various bike shops. See sheldonbrown.com/harris
Sunday April 6 10:00 am	Lewis Memorial Christian Village 3400 W Washington Linda Butler, 787-5027	ABCD - Linda said we will probably go 40 miles to Pleasant Plains
Friday April 11 6:00 pm	Willy Mac's 1975 Wabash Ave	NC - This is a chance to have dinner with your SBC buddies. Eat at 6pm.
Saturday April 12 10:00 am	Arby's, Fairhills Mall Chatham Rd & Monroe Street Jack Hurley, 546-2750	ABCD - Hurley Weekend !!. Jack will take us 30 to 45 miles depending on wind.
Saturday April 12 10:00 am	Brew-Bakers Caffe 1941 W. Iles Ave. Kevin Greene, 793-9622	EZ - Kevin will go 10 to 15 miles through neighborhoods.
Sunday April 13 10:00 am	Panera Bread W White Oaks & Wabash Tracey Hurley, 546-2750	ABCD - Hurley Weekend !!. Tracey will take us 30 to 45 miles depending on wind.
Friday April 18 6:00 pm	Parkway Cafe 2715 N Dirksen	NC - This is a chance to have dinner with your SBC buddies. Eat at 6pm.
Saturday April 19 10:00 am	Panera Bread W White Oaks & Wabash Lance Kidd, 546-1698	ABCD - Lance said we will go 40-50 miles, weather dependent.
Sunday April 20 10:00 am	Rock & Roll Hardees 2501 Stevenson Drive 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 April 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 April 26 10:00 am	Stuart Park Winch Road & Palomino Road Pete Gudmundson, 523-8200	ABCD - Pete has 30 to 40 miles planned.
Saturday April 26 10:00 am	Capitol Complex Visitors Center 425 S. College Kevin Greene, 793-9622	EZ - Kevin will go 10 to 15 miles through neighborhoods.
Sunday April 27 10:00 am	Waldrop Park Andrew Road, Sherman Cindy Kvamme, 744-8864	ABCD - It's off to Middletown we go!

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

Memorial Day Weekend Update

By Ernie DeFrates

There may be a change in the lodging. I discovered there is a Hampton Inn & Suites listed in Glen Carbon at 5723 Heritage Drive. This hotel is closer than the one in Collinsville only 4 miles from the start of the ride which is scheduled to be at the Nature Trail parking lot in Edwardsville.

The price is the same \$109 a night. I have reserved 8 rooms 4 with king beds and four with 2 queens. I will drive down and check this hotel out before I make a final decision. I believe there is access to one of the trails close by so you could ride 4 miles to the start if you wanted. The only negative I see is that there are no restaurants with in walking distance like there are at the Hampton Inn in Collinsville, but they are only a mile or two away in Edwardsville.

I will need a \$50 deposit or before May 2nd for any or all three days, whether we stay in Glen Carbon or Collinsville.

Please send me your deposit ASAP and the nights you wish so that I can reserve your room. I expect to have excellent interest in this very relaxing and fun Memorial weekend trip.

I will keep you informed of any changes and the final lodging decision.

See my article in the March *QR* for details about sightseeing, activities for non-riders, etc. As noted in the March *QR*, Please let me know by May 20, 2008 whether or not you are interested in dinner at a restaurant "on the hill" in St. Louis on Saturday night. Also, if you plan to come down for just a day, please advise by May 20, so I can plan activities accordingly.

Ernie De Frates
2068 North 6th Street
Springfield , IL 62702
544-1398
[Eld3bik\(at\)aol.com](mailto:Eld3bik(at)aol.com)

Co-Contact: Alan Josephson
4117 Gaskell Drive
Springfield , IL 62711
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[ahjosephson\(at\)yahoo.com](mailto:ahjosephson(at)yahoo.com)



Greetings from the Grand Illinois
Trail And Parks Ride

Chuck Oestrich, League of Illinois Bicyclists



Here's a quick reminder that (1) we still have openings for GITAP (160 is the cap), and (2) about a few fun things that keep our GITAP chain spinning. The dates are June 15-21, 2008.

A few features of GITAP this year:

Photo contest. Fame and fortune await you and your artistic eye for pictures taken on GITAP. OK, sure, the fame is somewhat limited (GITAP is not National Geographic), and the fortune will not have you solving the mortgage crisis either. But bring your camera and stretch your imagination and you, too, could be a winner.

Bike club incentive. The more members of your bike club on GITAP, the more the club's listed contribution to LIB increases, starting with a minimum of five riders. On your next club ride, gather the gang for GITAP.

Velosophie. The theme for this year Velosophie program is going to be "revolutions." The program - free and open to all GITAP riders - involves some reading (and thinking) beforehand, and then nightly discussions with fellow riders.

Ryan Lewis, the program's innovator says, "This year we'll consider revolutions of various kinds from various perspectives. We'll roll ourselves down the hills and up the hills and over the prairies, and we'll let our minds revolve around some readings and some conversation. We'll turn things over and return to where we started."

From Thomas Paine to Karl Marx, Mary Austin to Mary Oliver, and Wallace Stevens to Dave Eggers - and it's all on GITAP!

If interested in GITAP registration, please contact me:

Chuck Oestreich/GITAP
816 22nd Street
Rock Island, IL 61201
Phone: 309-788-1845
Email: oestreich(at)qconline.com.
Or visit GITAP on the Web at: www.bikelib.org/gitap.

Springfield Bicycle Club Mileage and Activity File

As of February 29 2008

*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
Cathy Yeaman	903		903	18	50.17			1,753		1,753	39	44.95		
Jack Hurley	156		156	7	22.29			1,082		1,082	30	36.07		
Grover Everett	337		337	10	33.7			842		842	23	36.61		
Marty Celnick	261	20	281	15	18.73			539	85	624	29	21.52	1	3
Mike Vonnahmen	168	15	183	7	26.14			586	15	601	19	31.63		
Karl Kohlrus	123	12	135	15	9			403	45	448	45	9.96		
Roger McCredie	133		133	5	26.6			385		385	14	27.5		
Tom Clark	196	5	201	11	18.27			366	13	379	21	18.05	2	4
Janet Cooper	135		135	10	13.5			339		339	21	16.14		
Dean Wisleder	144		144	9	16			337		337	21	16.05		
Don Harvey	78		78	3	26			317		317	13	24.38		
Derek Ewing	300		300	7	42.86			300		300	7	42.86		
David Sykuta	118		118	6	19.67			277		277	13	21.31		
Mary Lou Hicks	141		141	6	23.5			276		276	13	21.23		
Mike Schwab	74		74	10	7.4			235		235	31	7.58		
Jim Hajek	132		132	7	18.86			232		232	12	19.33		
Ruth Magos	54		54	1	54			218		218	7	31.14		
Kevin Greene	111	1	112	7	16			197	19	216	12	18		
Sr Josepha Schaffer	73		73	3	24.33			183		183	7	26.14		
Robert LaBonte	48		48	2	24			167	9	176	7	25.14	1	3
Mark Rabin	17		17	1	17			140		140	5	28		
Pat Stephens	60		60	4	15			135		135	8	16.88		
Charlie Witsman	72		72	2	36			113	12	125	4	31.25		
Linda Butler	25	2	27	1	27	1	3	102	12	114	4	28.5	1	3
Alan Josephson	48		48	2	24			97	5	102	4	25.5	1	3
Connie Roberts	32		32	2	16			80		80	5	16		
David Banks	28		28	1	28			55	22	77	2	38.5		
Curt Evoy	15		15	1	15			65		65	3	21.67		
Christa Morris	28		28	1	28	1	3	65		65	3	21.67	1	3

Springfield Bicycle Club Mileage and Activity File As of February 29 2008

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
Alan Whitaker	53		53	2	26.5			55	7	62	3	20.67		
Roger Schnelten	7		7	1	7			49	6	55	3	18.33		
Pete Gudmundson	25		25	1	25			47		47	2	23.5		
Naomi Greene	10		10	1	10			42		42	3	14		
Tracie Stephens	15		15	1	15			30		30	2	15		
Lynn Miller	15		15	1	15			15		15	1	15		
Totals	4,135	55	4,190	181	23.15	2	6	11,919	325	12,244	510	24.01	8	22

Nancy L. Spinner By Mike Becker

Nancy Spinner died March 6, 2008. Nancy, who married Louis Spinner in 1951, was a charter member of the Springfield Bicycle Club, joining with Louis in 1971 on a family membership. While not an active rider, she did significantly contribute to the club by allowing the time for club stalwart Louis to ride and to take many club leadership positions.

Our condolences to Louis and their family, including five children as well as eleven grandchildren and four great-grandchildren.

April Memories By Mike Becker

1973–35 Years Ago: The Club claims 250 members. One month later, it claims 300. ++The following is, verbatim, a note found typed on the back of a membership application submitted this month. It obviously is by someone testing out a typewriter and bespeaks as much concerning the times in which it was typed (both lack of computers with word processing spell checker and politics) as it does of the author's typing abilities:

Now is the first time xtf for all good men to come to the aid of their ocountry.
ksa""jjkkjjnow is the first time for all good men to come to the aid of their

country because nixon has screwed it up xd almost beyond repair.. ;sj;djlsk
jsdfjld fj i really don't know if i like this thing or not. stumble. stumble.

1978–30 Years Ago: President George Caldwell observed: “. . . [T]he most important contribution [to the Club] is recruitment of people. Lasting friendships have been made during hills, headwinds, covering miles, or around the table at the end of the ride..” ++This month's program featured Bob Childers, from the St. Louis area, and a former member of SBC. He regaled us with stories and slides of his bicycling trip to England and of other rides he had done.

1983–25 Years Ago: Dave Stjern was *not* among the 80 or so who rode the Alrutz Metric this year and did his best to substantiate the reasons therefor in a legal brief in the QR entitled "The Complete Layman's Guide to Proximate Cause, or How I Missed the Alrutz Metric." In summary, he had six flats in a 48 hour period, rode over 80 miles (starting from his home in Springfield) to attempt to participate, etc., etc., etc. He also blamed Mike Rafalowski for leaving town with his second spare tube, the headwind, etc., etc., etc. ++Program Note: Dean Wisleder presented an informative program on reading bike maps.

1988–20 Years Ago: The 11th Annual Ken Alrutz Metric Century rode off from the campus of Lincoln College in Lincoln on April 24. No follow up reports were published, so I cannot report here number of riders, cute anecdotes, or anything else, for that matter.

1993–15 Years Ago: The 16th Annual Ken Alrutz Metric Century rode off with 115 riders, despite thunderstorms on the eve of the ride. However, the rain stayed away during the event. ++The monthly membership meeting featured Craig Williams, the Bicycle and Pedestrian Coordinator of DOT talked about citizen involvement in government policy making.

1998–10 Years Ago: Christine Kohlrus (then Kershner) nominated herself for the AAA for having more miles than her neighbor, Theresa DeLeon. Christine didn't nominate anyone for the Lead Water Bottle, thereby ensuring that Karl would keep it for another month. (Despite that, Karl didn't foresee any obstacles and she later became the permanent Lead Water Bottle (sorry, Christine, couldn't resist) in his life.) ++Garland Stevens was rider of the month with 262.

Message from the Web Master

By David McDivitt

If you are a member of the Springfield Bicycle Club, make sure you receive announcements and other information for club members by subscribing to the official Springfield Bicycle Club email list. To subscribe, send a request to [webmaster\(at\)spfldcycling.org](mailto:webmaster(at)spfldcycling.org), and make sure your name and the address you wish added is included in the request. If you are already subscribed and your address changes, be sure and send that information to me. Thanks!

Send Me You Commuting Miles

Karl Kohlrus, Records Chair

Beginning in 2008, SBC members are asked to record and send in their bicycle commuting miles at the end of each month along with their personal miles. Commuting miles are defined as miles ridden to get to and from any destination in which a bicycle is used for transportation in lieu of an automobile. (If extra miles are ridden, these should be recorded only as personal miles.)

Commuting miles are a subset of personal miles and thus will always be less than or equal to personal miles. They will be recorded separately and not double-counted in the SBC mileage totals. Commuting miles will be totaled for each member and for the entire SBC so we can calculate the gasoline saved and the environmental benefits by riding bicycles for utilitarian purposes.

Joe Friel To Appear at SportsCare

Joe Friel will present a talk at SportsCare on April 19th, 2008, on “Your Best Season Ever”.

Joe conducts seminars around the country on training and racing for cyclists, multisport athletes, and coaches, and provides consulting services for corporations in the fitness industry. Every year Joe selects a group of the brightest coaches with the greatest potential and oversees their progress as they move into the ranks of elite-level coaching.

He is the founder and President of Ultrafit Associates, LLC and Training Peaks, LLC. As an age-group competitor, he was a Colorado State Masters Triathlon Champion, a Rocky Mountain region and Southwest region duathlon age-group champion, was on several All-American teams and represented the USA at the world championships several times. He has also competed in road-running races and USCF bike races.

Joe has trained endurance athletes since 1980. His clients have included elite amateur and professional road cyclists, mountain bikers, triathletes, and duathletes. They have been from all corners of the globe and included American and foreign national champions, world championship competitors, and an Olympian.

Joe is the author of *The Cyclist's Training Bible*, *Cycling Past 50*, *Precision Heart Rate Training* (co-author), *The Triathlete's Training Bible*, *The Mountain Biker's Training Bible*, *Triathlon: Going Long* (co-author), *The Paleo Diet for Athletes* (co-author) and *Total Heart Rate Training*. He holds a masters degree in exercise science, is a USA Triathlon and USA Cycling certified coach, and is a founder and former Chair of the USA Triathlon National Coaching Commission.

You can find all of this information and more at the following link. http://www.ultrafit.com/coaches.asp?coach=all#joe_friel

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	T/F	TOTAL	#RIDES	#RIDERS	LED	#RIDERS	AVG
	MILES	MILES	MILES				PER	RIDE
January	7,303	270	7,573	302		6		25.08
February	4,135	55	4,190	181		2		23.15

CUMULATIVE								
MONTH	RIDE	T/F	TOTAL	#RIDES	#RIDERS	LED	#RIDERS	AVG
	MILES	MILES	MILES				PER	RIDE
January	7,303	270	7,573	302		6		25.08
February	11,919	325	12,244	510		8		24.01



Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705



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April, 2008

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

Robert LaBonte
787-0237
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
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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

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787-5964
webmaster(at)spfldcycling.org

At Large Members

Bill Donels
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Tom Murphy
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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.