



### Ride of the Month

#### **Lance Kidd's New Berlin ride is Ride of the Month**

On a beautiful March day Lance lead 22 riders from Panera Bread Company down Mansion Road toward New Berlin. Lovely roads and a great tailwind on the way home. Thanks Lance!

*Come Ride  
with Us!*

*See page 3*

### Almost Anything Award

This month's Almost Anything Award goes those hearty souls who showed up for weekend club rides and rode by themselves because everybody else thought it was too cold.



Congratulations to Sister Josepha Schaeffer, who rode from Sherman on March 8th, Karl Kohlrus, who rode across town to an otherwise deserted Sunday Morning EZ ride, Marty Celnick, who rode from Vrendenburg Park on March 23rd, and Tom Murphy, who rode round trip from Centennial Park to Auburn on March 30th.

Sister Josepha, Karl, Marty, and Tom, you are an inspiration to the rest of us and we will be joining you soon!

### Lead Water Bottle

No lead water bottle was awarded this month.

***What's in this  
Month's QR?***

*Find out on  
page 3*

**Grover Everett is  
March Rider of  
the Month** with  
1,303 miles!

*Details on page 7*

**Got Bike?**

Then ride to work  
May 16!

*See page 16*



**May is National Bike Month**

## President's Report

### May 2008

May is bike month, and May 16<sup>th</sup> is bike to work day.

I'm looking forward to riding into work this month. The weather is finally getting nice. The trees are in bloom and leafing out. Birds are singing. The world is awakening from a longer than usual winter sleep. It's easy to get lost in thought, or let your awareness drift from cycling and the road, both in front of you and the traffic behind you.

There was an incident in Washington Park the other day. A local racing cyclist yelled at a pedestrian in the park. Ok...no big deal...a momentary lapse of courtesy, but he did it again on his next lap! Both he and his riding partner taunted this person and child while they were enjoying a beautiful morning in the park. Now we are pretty sure that we know who this person is...and he is NOT a club member. But this can serve as a reminder to us, that our actions in public are observed and judged by people, which with we share the road. How will that upset person react to the next cyclist that he or she sees when they are behind the wheel of their car? Maybe that cyclist is you or I.... Perhaps we are distracted by those flowers it the side of the road, or lost in conversation with a riding partner. Maybe we are out in the road a little further than we should be. We didn't notice that car, silently coming up from behind at a higher speed than we thought.

Share the road is NOT just a car/bike thing! We also share the road with pedestrians! We ride in public areas, streets, parks, multi use trails. If we demand to be treated well by others, then we must also treat others with respect! The parks and trails are NOT a place to "time trial" when lots of people are around, it's unsafe for you and them.

"What goes around, comes around" comes to mind here. I believe that each individual has an opportunity to make a difference, that difference may be good or bad. If you treat people with respect, you may, or may not, get respect in return. But you will have tried to do the right thing.

If you ride where people are walking...use a bell, or say hello, **before** you pass. Warn them of your approach, just as it would be great to know that a car is passing you. Slow down some as you pass...are you really in that big of a hurry anyway? Shouting "On your left" as you whip past a startled pedestrian is NOT the right way to win them over!

So get out and ride...look at the world around you, be aware of that world around you. Share the world with your friends and maybe strangers in the park and on the trail.  
Ride safe and smart.

Robert "Ring the Bell" LaBonte

## Come Ride with Us

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With spring activities underway, many are dusting off bikes and preparing to ride. Sharing the cycling experience is what makes riding more enjoyable and one of the reasons that the Springfield Bicycle Club (SBC) sponsors rides virtually every day of the year. Members have come to appreciate the wide variety of destinations, distances and pace to accommodate cyclists of different abilities and skill levels.

The EZ Rider program, for example, is for riders new to the sport or riders who simply prefer to ride at a more relaxed pace. Also, contrary to what many people might believe, you don't need an expensive bicycle or have to wear spandex to be a member. SBC members ride just about anything with two wheels and pedals, including those funny looking contraptions called recumbents.

The SBC rides offer a variety of benefits. The rides provide an opportunity to meet and socialize with others in the community who also enjoy cycling. They encourage cyclists to learn about different riding styles, and improve their riding skills and confidence. Novice riders will be introduced to safety techniques, effective riding habits and tips on basic bike maintenance. Another advantage of riding with the SBC is to learn preferred bicycle routes, both in town and out in the country.

### Club Rides

The SBC ride program contains rides to suit just about every cycling interest, whether for recreation, fitness, sport or touring. The rides include:

- **Morning Rides** – daily with a ride leader or “Show and Go”
- **Lunchtime Rides** – primarily on the Lost Bridge trail, year around, trail conditions permitting.
- **Friday Night Rides** – Short, slower paced rides year around (walks in winter) followed by dinner at a local restaurant or member's home.
- **Weekend Rides** – Every Saturday and Sunday of the year, between 10 to 75 miles (and sometimes more) in length. Shorter distances are always available.
- **EZ Rides** – Rides specifically aimed at newer rider wishing to have fun, while improving their skills.

- **Holiday Rides** – Of varying lengths and appropriate to the occasion.
- **Ice Cream and Neighborhood Rides** – Short, slow-paced rides on quiet residential streets and bike trails. Food, often ice cream, frequently is the “reward” at the end of these rides.
- **Training Rides** – From April through mid-October, throughout the week, the SBC holds training rides of varying lengths and intensities. These rides allow riders to build their strength and endurance.
- **Tours** – many SBC riders attend or offer tours out of the area that may last a day, a weekend, or a week.

In addition, the SBC annually sponsors the Capital City Century (commonly known as the “CCC”), a special event that draws as many as 600 riders from Illinois and surrounding states. The Capital City Century is held on the first Sunday after Labor Day and includes rides of 12, 30, 60, 80 and 100 miles.

If you are a novice or new to group riding, we encourage you to start with a weekend, EZ, or neighborhood ride that has a designated ride leader. Plan to arrive at least 10 minutes before the starting time so that you have an opportunity to meet the ride leader and other members of the group.

### Ride Safety and Gear

The SBC expects its members to ride safely, defensively and in accordance with all traffic laws. The club strongly encourages all riders to wear a bicycling-specific helmet in order to protect their head in the event of a fall or accident. It is well documented that those who fail to wear a helmet face the greatest risk of severe injury and/or death in a bicycling accident. Other desirable safety gear includes gloves to protect the skin on your hands and eye protection to help keep dust and bugs out of your eyes.

If you’re going to come out for one of the longer rides, you should bring a water bottle, with water or sports fluids, and exercise snacks. A pump, tire levers and a spare inner tube and/or patch kit is also recommended. For the neighborhood or EZ rides, consider wearing a bright shirt in addition to a helmet. We also suggest a rear-view mirror for your bike or helmet.

Finally, make sure your bike is roadworthy. Try the brakes to check if they are working well. Inspect the tires to make sure they are in good condition and inflated. Check seat, pedals and handlebars to be sure they are firmly attached. Lube the chain if it squeaks. It will eventually break without regular maintenance.

### Join Us!

Now that you’ve learned about our ride program, the SBC hopes you will consider joining us on our rides. We really enjoy group bicycling and would like to share this rewarding pastime with you. Come ride and experience the camaraderie, knowledge and enthusiasm of hundreds of people who love cycling as much as you do.

Please contact a club officer or ride leader if you have any questions. We look forward to riding with you.

## Board Meeting Notes— March 5, 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, Karl Kohlrus and Kevin Greene

David McDivitt called the meeting to order at 7:00 p.m. and distributed an agenda. The minutes from the February 6 meeting were approved as submitted.

Special Election. David McDivitt opened the floor for additional nominations to fill the remaining term of former Board President Dave Ross, who resigned in February due to illness. Robert LaBonte's name was submitted by David at the February meeting. No other nominations were put forward. The Board elected Robert as the new president and thanked him for agreeing to serve in this position. Robert chaired the remainder of the meeting.

Special Events. Tom Clark reported that SBC has been in contact with sponsors of the Tour de Lincoln – the 360-mile Lincoln Bicentennial Bike Tour that will begin in Abraham Lincoln's birthplace in Kentucky and end in Springfield. The ride

will take place August 16 – 23. SBC will co-lead a special cycling day trip to Lincoln's New Salem State Historic Site on the seventh day of the tour. Tom plans to investigate opportunities to cross-market this event with the 2008 Capital City Century (CCC). The Board also discussed opportunities to collaborate with the 33<sup>rd</sup> Annual Midwest Tandem Rally, which will be hosted by the Chicago Area Tandem Society in Springfield during the Labor Day weekend.

Tom updated the Board on planning for this year's CCC. The event has been posted on nine cycling-related web sites. He has forwarded information on the ride to the Springfield Convention & Visitors' Bureau for posting in its annual events calendar. Tom distributed a mockup of the 2008 CCC brochure, which is an updated version of the last year's brochure with an enhanced front page graphic. The brochure will be included in an upcoming League of Illinois Bicyclists' mailing to bike shops and clubs across the state to help publicize the event in other communities. Tom and Roger McCredie have recruited nine spon-

sors for the CCC, including two new supporters. Tom has arranged for bike repair stations to be set up at the Beach House and Auburn food stop for the participants. His report ended with a Board discussion on potential growth in the size of the CCC and the implications for planning and supporting the event in the future.

Treasurer's Report. Dave Lucas presented the treasurer's report, covering the period from February 1, 2008, to February 29, 2008. The beginning balance for the period was \$14,517.59, with expenses of \$502.14 and income of \$680.00, leaving an ending balance of \$14,695.45. Dave reported that sponsor contributions for the CCC are starting to arrive, which is the earliest these donations have been received. The Board approved the treasurer's report.

Ride Schedule and Meetings. David McDivitt reported that two weekend rides have been scheduled for April. He will continue to work on filling the rest of the ride schedule for the month. Dave proposed that the next board meeting be scheduled for Wednesday, April 2, 2008. The Board approved his recommendation.

Awards. Alan Whitaker presided over nominations for the monthly awards for February. The Board chose Christa Morris for the Ride of the Month award for her pleasant ride to Elkhart, which included a visit to the Blue Stem Bakery. The Almost Anything Award was awarded to Dave Lucas for straightening up the club's storeroom at Spinner Plastics. The Lead Water Bottle was awarded to Punxsutawney Phil, who saw his shadow on Groundhog Day. This means cyclists will have to endure six more weeks of winter.

Legislative/Education. Lynn Miller reported that he and Bill Donels met with Legacy Point and Springfield Park District officials to discuss the plans for reconfiguring the Interurban Trail as part of the South MacArthur extension to I-72. The Springfield Public Works Department has proposed including loops in the western part of the re-routed trail that would prevent a grade separation from being erected on Lincolnshire Blvd. The club is advocating for the grade separation to allow a box culvert to be installed in the future. This would allow cyclists to travel under Lincolnshire when it is extended to Chatham Road.

Social Chair. Tracey Hurley

Social Chair. Tracey Hurley proposed that the club's annual summer picnic be held on Sunday, June 29<sup>th</sup> at Tom Madonia Park on Lake Springfield. The Board approved the proposal. The Board also discussed dates for the club's Holiday Party and Spinner Awards. The Board approved a proposal to combine the two events into a Winter Party scheduled for late January for the purpose of boosting interest and attendance.

Newsletter. Marty Celnick reported that planning for the next issue of the Quick Release will start shortly. The deadline for articles is March 15.

Old Business. Alan Whitaker reported that he visited Sam's Club Wholesale Warehouse to look into a bike rack for Springfield ARC. This organization has requested a donation from SBC to install a rack in front of its building to help instruct individuals with developmental disabilities on methods for locking a bicycle. Alan identified a model that would hold six bicycles, but the rack was not made from galvanized steel. Alan plans to contact Biketek to find out if a galvanized parking rack can be donated by one of the

bike rack manufacturers. The Board approved a proposal to create an opt-in email notification list for SBC members to help them stay up to date with club rides, events and cycling news. Dave McDivitt will manage the email list.

New Business. There was no new business.

The Board meeting adjourned at 9:12 PM. The next meeting is scheduled for Wednesday, April 2, 7:00 P.M., at Robert Morris College, 3101 Montvale

**Riders of the Month**

3/08 Grover Everett 1,303 miles	11/07 Karl Kohlrus 602 miles	7/07 Marty Celnick 1,111 miles
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

## Secretary's Report

Ken Anderson, Secretary

Renewals

Mike Becker  
 Tony Henn  
 Louie Spinner  
 Ron Melcher  
 Connie Roberts  
 JoAnn Abrams  
 Jack & Tracey Hurley

Renewals at the Contributing Level

Ted Harvatin  
 Jan M. Cimarossa  
 Jim Disney

New Members

Nicole Besse  
 Sid Marder  
 Kenny Vennell

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.

## Senior Olympics Announcement

I'm still looking for someone to take charge of the Senior Olympics this year. I've done it for several years, and while I'm still willing to help with this event, I would like someone else to be in charge of the event. If you are interested, please contact me.

Thanks,  
 Ken Anderson

## May 2008 Ride Schedule

**Be informed!** Check the website [www.spfldcycling.org](http://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](http://www.spfldcycling.org) for details. **Daytime rides go as indicated except on holidays.** Contact David McDivitt with questions or suggestions for Friday night events.

Friday nights are fun! Don't miss out! May is Bike Month.

<b>Weekday &amp; Weekend Daytime Rides</b>		<b><i>Check the start times!</i></b>
Monday thru Friday 9:00 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 9:00 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 - <b>Lunch with Lisa Ride.</b> Lisa leads the noon trail ride. Skip lunch and ride on the trail with Lisa and other SBC regulars.
Sunday 9:00 am	IDOT, Lost Bridge Trail Dirksen Parkway David Lucas, 753-3831	EZ - Slow, easy ride 10-15 miles.  <b>Note - No EZ ride on Sunday, 5/25/08</b>
<b>Weekday &amp; Weekend Evening Rides</b>		<b><i>Check the start times!</i></b>
Monday 6:00 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 6:00 pm	Schlitt Park, directly south of Owen Marsh School, 1100 Avon Drive David Lucas, 753-3831	EZ - 10 easy miles at a relaxed pace through low traffic neighborhoods. Those interested will meet for dinner afterwards at a local west side restaurant.
Tuesday 6:00 pm	Rotary Park Archer Elevator & Iles Show-N-Go	AB - 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 6:10(ish) pm	WheelFast Bicycle Co. 20 Cottonwood Dr, Chatham Matt Saner 483-7807	AB - Intermediate training ride. Meet at the shop and plan on 20 miles. Ride to the ride for extra miles!
Thursday 6:00 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, <b>Nighthawk Ride</b> , Lights required. No leader and no map.



Scheduled Rides and Events		<i>Check the start times!</i>
Friday May 2 6:30-7 am	Mel-O-Cream 2nd St and Laurel Curt Evoy, 502-1118	NC - Bike commuters meet early for coffee and donuts! May is bike month.
Friday May 2 6:00 pm 7:15 pm	residence 111 Price St, Williamsville Kedra / Louie 741-9421	ABCD - Meet at Kedra's for a 6pm ride. Come for the potluck even if you don't ride. Bring something if you can. Eat at 7:15.
Saturday May 3 9:00 am	Kitchell Park (City Park) Fair Av & Cold Springs Rd, Pana Deeanna Shidler, 562-4583	ABCD - Deeanna has 50 miles planned or do the trail for 36.
Sunday May 4 9:00 am	Rock & Roll Hardees 2501 Stevenson Drive Show-N-Go	ABCD - Ride with your bike buddies wherever you want. Please use a ride sheet if riding together. Turn in miles to Karl.
Wednesday May 7 7:00 pm	Robert Morris College 3101 Montvale Dr Robert LaBonte, 787-0237	NC - <b>Board Meeting.</b> All SBC members are invited to attend board meetings. Room LL07 will be used as usual.
Friday May 9 6:30-7 am	Mel-O-Cream 2nd St and Laurel Curt Evoy, 502-1118	NC - Bike commuters meet early for coffee and donuts! May is bike month.
Friday May 9 6:00 pm	Hickory River Smokehouse 2343 N Dirksen Pkwy	NC - This is a chance to have dinner with your SBC buddies. <b>Eat at 6pm.</b>
Saturday May 10 9:00 am	Rotary Park Archer Elevator & Iles Marilyn Powell, 891-9506	ABCD - Marilyn has 45 miles planned, give or take a few!
Saturday May 10 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 May 11 9:00 am	residence 111 Price St, Williamsville Kedra / Louie 741-9421	ABCD - <b>Mother's Day Ride</b> , Kedra has 30-40 miles planned. Ride at 9am. Come for the potluck even if you don't ride. Bring something if you can. Eat at noon!
Friday May 16 6:30-7 am	Cafe Moxo 411 E Adams Curt Evoy, 502-1118	NC - <b>Bike to Work Day</b> , Bike commuters meet early for coffee and donuts! May is bike month.
Friday May 16 6:00 pm 7:15 pm	IDOT Lost Bridge Trail, Dirksen Gallina's Pizza, Dirksen Pkwy Alan Josephson, 793-0590	BCD - Meet at the Lost Bridge Trail at 6pm, ride for an hour, then eat at Gallina's around 7:15.
Saturday May 17 9:00 am	Vredenburg Park Saxon Dr & Crusaders Road Show-N-Go	ABCD - Ride with your bike buddies wherever you want. Please use a ride sheet if riding together. Turn in miles to Karl.
Sunday May 18 9:00 am	County Market Rt 4, Plummer Alan Josephson, 793-0590	ABCD - Ride around Sangamon County for 25, 35, or 50 miles.
Thursday May 22 6:00 pm	Ice Deli Lawrence and Durkin Kevin Greene, 793-9622	EZ - Kevin will go 10-15 miles through neighborhoods
Friday May 23 6:30-7 am	Mel-O-Cream 2nd St and Laurel Curt Evoy, 502-1118	NC - Bike commuters meet early for coffee and donuts! May is bike month.

Friday May 23 6:00 pm	Mekong Cafe 1308 S 2nd Street	NC - This is a chance to have dinner with your SBC buddies. <b>Eat at 6pm.</b>
Saturday May 24 9:00 am	Nature Trail parking lot Longfellow Road & S. Buchanan Street, Edwardsville Ernie De Frates, 544-1398	ABCD EZ - <b>Memorial Day Weekend Day 1</b> , Ride 10 to 50 miles on paved trail mileage loops, trails and roads. Ride the Schoollhouse Trail, too. Make it a three day weekend or drive down for just a day, or two. Have fun!
Saturday May 24 9:00 am	Stuart Park Winch Road & Palomino Road Show-N-Go	ABCD - Ride with your bike buddies wherever you want. Please use a ride sheet if riding together. Turn in miles to Karl.
Sunday May 25 9:00 am	Nature Trail parking lot Longfellow Road & S. Buchanan Street, Edwardsville Ernie De Frates, 544-1398	ABCD EZ - <b>Memorial Day Weekend Day 2</b> , Ride 10 to 50 miles on paved trail mileage loops, trails and roads. Ride the Schoollhouse Trail, too. Make it a three day weekend or drive down for just a day, or two. Have fun!
Sunday May 25 9:00 am	Chatham City Park Main St, Chatham Alan Josephson, 793-0590	ABCD - Ride to Modesto 28-75 miles. Short riders can breakfast in Virden.
Monday May 26 9:00 am	Nature Trail parking lot Longfellow Road & S. Buchanan Street, Edwardsville Ernie De Frates, 544-1398	ABCD EZ - <b>Memorial Day Weekend Day 3</b> , Ride 10 to 50 miles on paved trail mileage loops, trails and roads. Ride the Schoollhouse Trail, too. Make it a three day weekend or drive down for just a day, or two. Have fun!
Monday May 26 9:00 am	IDOT, Lost Bridge Trail Dirksen Parkway Show-N-Go	ABCD - <b>Memorial Day</b> , Ride with your bike buddies wherever you want. Please use a ride sheet if riding together. Turn in miles to Karl.
Friday May 30 6:30-7 am	Mel-O-Cream 2nd St and Laurel Curt Evoy, 502-1118	NC - Bike commuters meet early for coffee and donuts! May is bike month.
Friday May 30 6:00 pm	McCormicks Restaurant 2621 W White Oaks	NC - This is a chance to have dinner with your SBC buddies. <b>Eat at 6pm.</b>
Saturday May 31 9:00 am	Ayerco Station, adjacent parking lot Edinburg Grover Everett, 824-2952	ABCD - Grover has 30 to 60 miles planned. Ride to Edinburg for more!
Saturday May 31 10:00 am	Brew-Bakers Caffe 1041 W. Iles Ave Kevin Greene, 793-9622	EZ - Kevin will go 10 -15 miles through neighborhoods.
Sunday June 1 8:00 am	Rochester Station Rt 29, Rochester Robert LaBonte, 787-0237	ABCD - <b>Pawnee Breakfast Ride</b> , Leave from IDOT and get another ten!

### 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

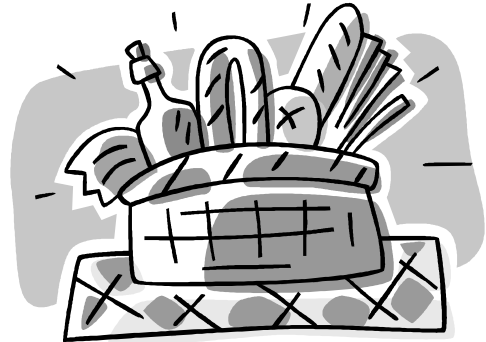
## 2008 Summer Picnic By Tracey Hurley

Enjoy the scheduled ride earlier in the day and relax with us at our annual picnic. No speeches, work details, or assignments. For new riders and veterans alike this is a good time to catch up with old friends or meet new ones. Bring your spouse, friend or anyone who may be interested in the club. Come Rain or Shine!

**WHEN:** Sunday June 29, 2008

**TIME:** 5:00 PM begins-6:00 PM Food Served

**WHERE:** TOM MADONIA PARK EAST  
old Forest Park East  
(East Lake Drive about 2 mile east of the dam)



**WHAT:** last names beginning with **A-H** please bring desserts  
last names beginning with **I-R** please bring salads  
last names beginning with **S-Z** please bring appetizers  
Or bring your own dish if the suggestions above are not satisfactory.

The club will provide boca burgers, hot dogs and brats, soda and lemonade, paper goods and plastic ware. Bring your own liquid refreshments if you choose.

Anyone arriving 30 minutes earlier can help unload and set up!

Any questions, call Tracey Hurley at 414-8900.



## Springfield Bicycle Club Mileage and Activity File

### As of March 31 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](http://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	1,066		1,066	21	50.76			2,819		2,819	60	46.98		
Grover Everett	1,303		1,303	27	48.26			2,145		2,145	50	42.9		
Rob Brokaw	1,141		1,141	29	39.34			1,791		1,791	51	35.12		
Jack Hurley	519		519	17	30.53			1,601		1,601	47	34.06		
Mike Vonnahmen	867		867	21	41.29			1,453	15	1,468	40	36.7		
Marty Celnick	379	49	428	19	22.53	1	3	918	134	1,052	48	21.92	2	6
Karl Kohlrus	256	77	333	28	11.89			659	122	781	73	10.7		
Ruth Magos	498		498	16	31.13			716		716	23	31.13		
Derek Ewing	375		375	12	31.25			675		675	19	35.53		
Roger McCredie	274		274	9	30.44			659		659	23	28.65		
Don Harvey	300		300	14	21.43			617		617	27	22.85		
Tom Clark	207		207	14	14.79			573	13	586	35	16.74	2	4
Charlie Witsman	420		420	12	35	1	3	533	12	545	16	34.06	1	3
Dean Wisleder	196		196	12	16.33			533		533	33	16.15		
Jim Hajek	267		267	11	24.27			499		499	23	21.7		
David Sykuta	148		148	7	21.14			425		425	20	21.25		
David Drennan	369		369	17	21.71			369		369	17	21.71		
Mary Lou Hicks	81		81	4	20.25			357		357	17	21		
Marilyn Powell	351		351	14	25.07			351		351	14	25.07		
Kevin Greene	108	20	128	7	18.29	1	1	305	39	344	19	18.11	1	1
Mike Schwab	103		103	21	4.9			338		338	52	6.5		
Lance Kidd	115	8	123	4	30.75	1	3	303	19	322	14	23	1	3
Lisa Kidd	115	8	123	4	30.75			303	19	322	14	23		
Curt Evoy	242	10	252	15	16.8			307	10	317	18	17.61		
Deb Cooper	312		312	15	20.8			312		312	15	20.8		
Robert LaBonte	112	10	122	5	24.4			279	19	298	12	24.83	1	3
Sr Josepha Schaffer	110		110	5	22			293		293	12	24.42		
Alan Josephson	141	20	161	8	20.13	1	3	238	25	263	12	21.92	2	6
Connie Roberts	173		173	9	19.22			253		253	14	18.07		
Pat Stephens	102		102	5	20.4			237		237	13	18.23		

## Springfield Bicycle Club Mileage and Activity File As of March 31 2008

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RID ES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RIDE S	AVG RIDE	LED	LDR PTS
David Banks	153		153	3	51			208	22	230	5	46		
Tracey Hurley	58		58	3	19.33			223		223	8	27.88		
Alan Whitaker	84	23	107	4	26.75	1	3	186	30	216	8	27	1	3
Mark Rabin	46		46	2	23			186		186	7	26.57		
Arden Gregory	115	68	183	4	45.75			115	68	183	4	45.75		
Jan Cimarossa	136		136	6	22.67			152		152	7	21.71		
David McDivitt	91		91	5	18.2	1	1	151		151	7	21.57	1	1
Christa Morris	60		60	3	20			139		139	7	19.86	1	3
Linda Butler	24		24	1	24			126	12	138	5	27.6	1	3
Mike Eymann	70		70	4	17.5			136		136	6	22.67		
Kent Kraft	32	7	39	1	39			109	21	130	4	32.5		
Ben Fox	100		100	7	14.29			114		114	8	14.25		
Lynn Rhoades	32	4	36	1	36			81	6	87	3	29		
Bob Carmody	85		85	4	21.25			85		85	4	21.25		
Deeana Shidler	36	17	53	3	17.67			64	17	81	4	20.25	1	3
Pete Gudmundson	32		32	1	32			79		79	3	26.33		
Cindy Kvamme	52		52	2	26	1	3	74		74	3	24.67	1	3
Tom Murphy	32		32	1	32			60		60	2	30		
Naomi Greene	17		17	2	8.5			59		59	5	11.8		
Jerry Ihnen	56		56	2	28			56		56	2	28		
Chuck Orwig	9	1	10	1	10			45	8	53	3	17.67		
Ernie DeFrates	24		24	1	24			52		52	2	26		
Dan Payne	32	3	35	1	35			32	3	35	1	35		
Brenda Reiling	32		32	1	32			32		32	1	32		
Cindy Moreno	28		28	1	28			28		28	1	28		
Gerry Orwig	9	1	10	1	10			20	8	28	3	9.33		
Christine Kohlrus	5	18	23	1	23			5	18	23	1	23		
Brigitta Ewing	12		12	1	12			12		12	1	12		
Cyd LaBonte	10		10	1	10			10		10	1	10		
Anita McDivitt	7		7	1	7			7		7	1	7		
Totals	12,129	344	12,473	471	26.48	9	23	24,800	669	25,469	1,006	25.32	17	45

## May Memories

By Mike Becker

**1973–35 Years Ago:** The SBC helped with the Mummert's City–Wide Bicycle Clinic for children in cooperation with the Springfield Police Department and the Springfield Park District. The program involved riding safety, road testing, maintenance and equipment safety checks.

**1978– 30 Years Ago:** The Spring Metric Century this year was dedicated to the memory of Ken Alrutz, making this the first annual Alrutz Memorial Metric Century. The ride was held in May that year, but in recent years has been moved to the last Sunday in April. ++Betty Simpson won the Almost Anything Award “for her endurance trials during the Tour of the Scioto River Valley.” The QR did not memorialize the facts leading to this honor, but I am sure it was well deserved, as is every award bestowed by the SBC. (However, some are more deserved than others, now that we have the Lead Water Bottle Award to supplement the time–honored AAA.) ++Program Note: The Third Annual Shop Talk Night was held, during which four area bike shops were invited to bring their wares for display only (no sales allowed).

**1983–25 Years Ago:** The first S.H.I.F.T., Southern Hilly Illinois Family Tour, was a “tremendous success”, thanks to Dean Wisleder, who put it all together. Sixteen members took part, experiencing good weather (“no rain or dust storms”), good food (causing the lodge a financial loss on its all-you-can-eat chicken dinner, what with hungry cyclists after a 70 mile ride), and good roads (mostly). ++The QR thanked Michele Cheffy for getting ride schedules into local papers and congratulated Jackie Galli for her first place finish in the pattern flatwork division of the Mellotte-Morse/Lincoln Library stained glass competition. ++Program Note: John Werthwein presented a slide show about two popular Illinois bike tours, BAMMI and PACRACC. (On another matter, John, the Treasurer this year, had been putting off publication of the Club's financial statement, but he said he was now ready to publish it next month, having “finally figured out how to cover up the purchase of my new bike as newsletter expense.”)

**1988–20 Years Ago:** Lt. Lance Charlson of the Secretary of State’s Department of Police spoke to the SBC meeting about laws affecting bicycling (like some of us pay any attention to them) and their bicycle safety and youth programs. ++Along the same line, President Larry Small described sighting a family with small children out for a ride, all without helmets. He said “The best approach [to bicycle safety] is by example. . .” ++ Sandy Andrighetti chaired the bicycle portion of the Spring Biathlon. ++On May 21-22, David Stjern and Greg Lakebrink led the SBC-Sierra Club Sangamon Valley Chapter on a backpacking trip at Siloam Springs State Park. They advised not to bring a bike unless it fits in the backpack (which I believe Dave Lucas possesses).

**1993–15 Years Ago:** Karl Moore showed slides of wild flowers at the monthly meeting. He probably covered which are edible for the carbohydrate depleted. ++The SBC assisted with the American Lung Association’s May 16 3<sup>rd</sup> annual Clean Air Challenge. ++President Karl Kohlrus wrote to IDOT offering the club’s assistance with road improvements in the Springfield area. ++Bode Zietz led the club in miles through May. ++The SBC sponsored a double century ride on May 29. These are the type of rides that prove the old biking adages “The best

rides are best when they're over" and "The destination, not the journey, is the most important element of any ride." Wait a minute. I may have that wrong.

*1998-10 Years Ago:* Stan Gralnick contributed 544 miles as rider of the month towards the club's 17,412 miles through May, which I believe was (maybe still is) the record. ++Jim Nugent won the AAA for his TGI Spring Metric route planning efforts, and the whole club was gifted with the Lead Water Bottle for leaving a rider at a red light at the start of a ride.

**ridden your bike lately?**

## EZ Rides Begin Again in May '08

Dave Lucas

The Sunday morning and Tuesday evening EZ rides will begin this year on May 4th. This is an excellent chance for those of you who want to ride at a casual pace (10 – 12 mph) in the company of others of similar interest and ability. Everyone will stay together as a group, and no one will be left behind to ride by themselves!

These rides should be particularly attractive to those cyclists who haven't touched their bike(s) since they were tucked away in the garage last September or October. Here's a chance to get back into cycling shape by riding with friends on the shorter distance EZ rides. All EZ rides will be led by an experienced cyclist who can advise and assist with any questions or bike problems you might have such as flat tires, brake and saddle adjustments, etc.

The Sunday morning rides will be approximately 15 – 20 miles in length, and riding time should be approximately 1½ - 2 hours. Normally, we will take a break at the midpoint of the ride for rest and refreshments. Last year, we rode the Interurban Trail to Chatham and stopped at the Apple Barn for some of their excellent baked goodies. This year, the Interurban Trail is closed due to the construction of the MacArthur Street extension; so, we are going to start the year on the Lost Bridge Trail and head toward Rochester and the lightly traveled county roads radiating from there.

The Tuesday evening rides will be shorter in duration, approximately 10 miles, and will ride through a variety of low traffic Springfield neighborhoods. If you are uncomfortable riding on the streets, these Tuesday evening rides will improve your confidence and ability to deal with varying roads and traffic conditions.

So, if you want to EZzzzz yourself back into riding shape in the company of social and helpful bicycle club friends, come on out on Sunday morning or Tuesday evening and enjoy the latest edition of the club's EZ rides. If you have any questions, please feel free to call me at 217 753-3831 or email me at DWLucas62704(at)aol.com.

Ride right; wear a helmet, and share the road.

## Bike to Work Day is May 16

Springfield Bicycle Club, St. John's Hospital and other Springfield Area Organizations have endorsed the efforts of the Springfield Sangamon County Regional Planning Commission to promote the national Bike to Work Day, which this year falls on Friday, May 16.

Plans are being finalized as the QR goes to press. Possible activities for this or future Bike Work Days include a Web survey and "biking buddies" activity pairing experienced and new commuters.

Is the price at the pumps draining your bank account? Looking for a way to squeeze in some exercise in that busy workday? The Springfield-Sangamon County Regional Planning Commission has the solution.

Friday, May 16, 2008 is National Bike to Work Day and the Planning Commission, along with several sponsors, is promoting it as "Curb Your Car on Bike To Work Day".

Although not everyone has access to a bicycle, people will be encouraged to bike, walk, run or take the bus to work as healthy alternatives to driving a car.

Curb Your Car on Bike to Work Day participants will be asked to complete a survey regarding their experiences with alternative modes of transportation and the perceived integration of these into the design of the City of Springfield. For bicycle maps, safety tips or advice on what to wear visit our website:

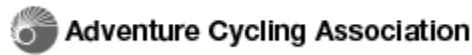
<http://co.sangamon.il.us/Departments/RegionalPlanning/Transportation/NationalBiketoWorkDay.asp>.

Thanks to St. John's Hospital through Prairie Heart Institute and AthletiCare for the design and printing of posters to promote this year's event. Other sponsors include Springfield Mass Transit District, Springfield Park District, Downtown Springfield Inc., Springfield Roadrunners Club, Springfield Bicycle Club and WeGoGreen.

Café Moxo, located downtown at 411 East Adams, is also taking part in the event. Stop in all day to see Mark and his crew to receive a free cookie with proof of a bike helmet.







## Hit the Road with Our Newest Maps

Reprinted with permission from Adventure Cycling

Adventure Cycling Association, has added three new maps to our network of over 37,000 miles of cycling routes. These three newest routes total almost 1,000 miles in the eastern United States. The Adirondack Park Loop <http://www.adventurecycling.org/routes/adirondackparkloop.cfm> and Allegheny Mountains Loop <http://www.adventurecycling.org/routes/alleghenymountainsloop.cfm> are both extended loop rides, while the Pittsburgh Spur <http://www.adventurecycling.org/routes/undergroundrailroad.cfm> connects Pittsburgh with the acclaimed 2,028-mile Underground Railroad Bicycle Route <http://www.adventurecycling.org/routes/undergroundrailroad.cfm>. These three maps are part of our downloadable map collection and are available in our online store <http://www.adventurecycling.org/store/index.cfm>.

The Adirondack Park Loop rambles 394 miles through upstate New York and picturesque Adirondack Park, the largest publicly protected parkland in the lower 48. Utilizing off-road bike paths and low-traffic roadways, the route starts and ends in Niskayuna, just northwest of Albany, and reaches some of the highest elevations in New York State.

The 396-mile Allegheny Mountains Loop starts and ends in Blacksburg, VA, and weaves between Virginia and West Virginia, offering adventurous cyclists several route options along the way. Featuring a mix of roads and traffic-free rail trails, the route takes in classic Allegheny scenery as it follows gentle river valleys and tackles steep, muscle-burning climbs and thrilling descents.

The Pittsburgh Spur stretches for 152 miles from Pittsburgh, PA, to Erie, PA, on the shores of Lake Erie, where it connects with the Underground Railroad (UGRR) Bicycle Route (which can then be then be ridden south to Mobile, AL, or north to Owen Sound, ON).

Also on the horizon, our next map set, The Washington Park Route, covers the scenic byways of western Washington. These maps will be available for order in May. Check out our Routes and Mapping <http://www.adventurecycling.org/routes/index.cfm> pages for information on all of the routes in our ever-expanding network and don't forget that member clubs can purchase maps for club use at the member price from our online store <http://www.adventurecycling.org/store/index.cfm>.

**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 2008 MILEAGE SUMMARY



MONTHLY								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	7,303	270	7,573	302		6		25.08
February	4,135	55	4,190	181		2		23.15
March	12,129	344	12,473	471		9		26.48

CUMULATIVE								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	7,303	270	7,573	302		6		25.08
February	11,919	325	12,244	510		8		24.01
March	24,800	669	25,469	1,006		17		25.32



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May, 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.

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787-0237  
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**Recording Secretary**

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**QR Deadline 15 th of the month**

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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 12<sup>th</sup> 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.