



Ride of the Month

Cindy K's Middletown trip was ride of the month

Cindy Kvamme lead the group on a pleasant trip to points north. Some of the riders stopped to collect Cecropia moth cocoons. We forgot to ask why, but it was fun. Thanks Cindy!

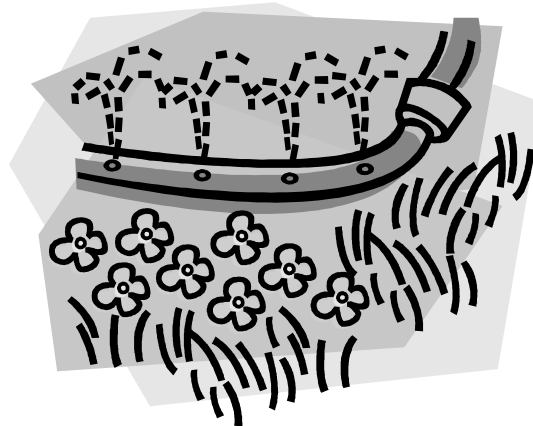
Come Ride with Us! • What's in this Month's QR

See page 3

Almost Anything Award

Lynn Miller and Bill Donels help a friend in a big way

Dave Ross reports that his recent treatment interrupted a major project, leaving his torn-up backyard with no grass. When Lynn learned of that predicament he took the initiative to scope out the shady yard, buy the appropriate seed, rake and plant, and come over to water twice a day until the new grass was established.



Bill (who modestly insists that Lynn deserves all the credit) then came over and planted native Illinois plants in the garden around the yard.

Dave nominated Lynn and Bill as deserving the AAA and we heartily concur. Good work guys!

Lead Water Bottle

No lead water bottle was awarded this month.

SBC Picnic is June 29th!

See page 15

Mike Vonnhamen is April Rider of the Month with 963 miles!

Details on page 5

Lookin' for a Ride?

See Ride Schedule, page 8

President's Rant

June 2008

Stop me...Before I don't stop again!

We all do it...Running stop signs. We have gotten so used to doing it, that we hardly even slow down for them anymore! This is a DANGEROUS and IRRESPONSIBLE habit, and we need to stop it!

I have, on two recent occasions, observed this traffic violation and it's ramifications. The first was way out in the country, at a signed crossing of a minor, 65MPH, highway. I and the group that I was riding with had stopped, at the stop sign, for cross traffic. Two cars, the first was turning, the second following car had slowed, two faster riders had just caught us and ran the stop sign, forcing the second car to a stop! This driver stopped in the middle of the highway, because of those two riders!

Do you have any idea how potentially dangerous the situation had just become? We were dumbfounded by the FOOLISH AND DANGEROUS actions of those two riders! The stopped driver looked at us and waved us through. I'm sure that she thought that we were about to dash in front of her too! We crossed at that time, primarily to avoid the potential of a very bad pile up!

The second occasion was on a Monday night ride. The entire group that I was riding with, just blew through the stop sign at Park and North St. A car, turning in from Wabash, that had the right of way, was forced to stop in the middle of a turn. That was RUDE and ILLEGAL on our part!

We demand the respect of drivers, but we don't give them any! Please put yourself in that driver's seat and in their mind, just for a moment. Would you feel like giving any cyclist respect, as we, the cyclists, break the traffic laws that you, the driver, must obey. When you are behind the wheel of your car, and a driver blows through a stop sign in front of you: how do you feel? Do you think that it is OK or cute. I doubt it!

Springfield is NOT a bike friendly town. There... I said it! A lot of the reason is due to our, the cycling community's, abuse of the rules of the road! It's dangerous out there...it gets more dangerous when drivers never know what that fracking biker will do next!

Respect yourself, respect others, set a good example. Help make Springfield a safer, more respectful, city.

Change will take place, but only through action.

Take action: Obey the rules of the road.

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.

Secretary's Report

Ken Anderson, Secretary

Renewals

Kyle Beachy
 John Gee
 Arden Gregory
 Deeanna Shidler
 Charles Downs
 Kevin Brown & Lola Lucas
 Gene Fore
 David & Marcia Sykuta

Renewals at the Contributing Level

Ruth Magos
 Greg & Colleen Pinto
 Mike Schwab

Renewals at the Sustaining Level

Mark Smith & Kathy Shepard
 Joel Johnson

New Members

Bill Klein
 Aleshia Bunting
 Vicki Berry
 Debby Lewis

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.

Riders of the Month

4/08 Mike Vonnahmen, 963 miles	12/07 Mike Vonnahmen 269 miles	8/07 Tom Clark 908 miles
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

Board Meeting Notes— April 2, 2008

Kevin Greene, Recording Secretary

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

Robert LaBonte called the meeting to order at 7:05 PM and distributed an agenda. The minutes from the March 5 meeting were approved as submitted.

Treasurer's Report. Dave Lucas presented the treasurer's report, covering the period from March 1, 2008, to March 31, 2008. The beginning balance for the period was \$14,695.45 with expenses of \$716.56 and income of \$171.00, leaving an ending balance of \$14,149.89. The Board accepted the treasurer's report.

Special Events. Tom Clark outlined several opportunities for SBC to support the Midwest Tandem Rally, which will be held in Springfield over the Labor Day weekend. These included recruiting volunteers to help staff the event; hosting a booth or table to publicize the Capital City Century (CCC) and other club activities; and assisting with publicity and outreach to the media. The tandem rally, which is ex-

pected to draw 2000 participants, will provide an opportunity to raise the profile of cycling in the Springfield area.

Tom provided an update on planning for the 2008 CCC. Club volunteers bundled 3,000 event brochures into packets, which were mailed to bike shops across the state by the League of Illinois Bicyclists. Another 2,000 brochures will be delivered to local shops for distribution to the public.

Ride Schedule and Meetings. David McDivitt reported that he is making progress in filling the ride schedule for May, with new rides being planned for the early mornings and evenings. David is working to recruit more leaders for the weekend rides. He plans to post prescribed ride maps on the club's web site to make it easier for new ride leaders to identify potential routes. David proposed that the next board meeting be scheduled for Wednesday, May 7, 2008. The Board approved his recommendation.

Awards. Alan Whitaker presided over nominations

for the monthly awards for March. The Board chose Lance Kidd for the Ride of the Month award for his ride from Panera Bread, which included a good route and pleasant tailwind for the return home. Sister Josepha Schaffer, Mary Celnick, Tom Murphy and Karl Kohlrus were named co-recipients of the Almost Anything Award for braving the cold weather and riding by themselves on several weekend rides during the month. There were no nominations for the Lead Water Bottle.

Legislative/Education. Bill Donels reported that officials for the MacArthur Blvd. extension project expect the Interurban Trail to reopen in late April.

Social Chair. Tracey Hurley announced that the summer picnic at Tom Madonia Park East will be held on Sunday, June 29, at 5:00 PM. She has reserved the Beach House on Lake Springfield for a winter party, which will be held on Saturday, January 17. The party will start at 5:00 PM, preceded by a noon ride. The event will replace the holiday party for next year and include the Spinner Awards.

Tracey reported that she sent

a sympathy card to one club member and ordered flowers for Louis Spinner, a charter SBC member whose wife passed away in March.

The Board approved a proposal to include an advertisement in the Quick Release (QR) for the Rolling on the River biking event. This is a fundraiser for three non-profit environmental groups that will be held along the Fox River near Yorkville in late August.

Newsletter. Marty Celnick reported that the April QR was completed ahead of schedule and that planning for the next edition will start soon. The deadline for articles is April 15.

Old Business. No reports.

New Business. Kevin Greene presented a proposal to create a page on the SBC web site to inform new riders about the bene-

fits of participating in club rides. The Board approved the proposal.

The Board meeting adjourned at 8:40 PM. The next meeting is scheduled for Wednesday, May 7, 7:00 P.M., at Robert Morris College, 3101 Montvale Drive.



June 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.

Friday nights are fun! Don't miss out!

Weekday & Weekend Daytime Rides		<i>Check the start times!</i>
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 - Lunch with Lisa Ride. Lisa leads the noon trail ride. Skip lunch and ride on the trail with Lisa and other SBC regulars.
Sunday 9:00 am	See Sundays listed individually below	EZ - Slow easy ride 15-20 miles. LOCATION CHANGE
Weekday & Weekend Evening Rides		<i>Check the start times!</i>
Monday 6:00 pm	Parkway Point Theater Lindbergh & Robbins Road Robert LaBonte, 787-0237	ABCD - A favorite for fast riders and not so fast. Go 12 miles to Woodside Rd, 18 miles to Chatham, or 23 miles to the end of Main St. LOCATION CHANGE
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, Nighthawk Ride , Lights required. No leader and no map.

Scheduled Rides and Events		<i>Check the start times!</i>
Sunday June 1 8:00 am	Rochester Station Rt 29, Rochester Robert LaBonte, 787-0237	ABCD - Pawnee Breakfast Ride , Leave from IDOT and get another ten!
Sunday June 1 9:00 am	Wabash Trail east end parking lot Park Street & Wabash Avenue Ken Anderson, 522-3876	EZ - 18 easy miles with refreshment stop at Apple Barn.
Wednesday June 4 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 June 6 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 June 7 8:00 am	Rotary Park Archer Elevator & Iles Lynn Rhoades	ABCD - Lynn will take us 30 to 35 miles.
Saturday June 7 9:00 am	Vredenburg Park Saxon Dr & Crusaders Rd Kevin Greene, 793-9622	CD - Kevin has 20 miles planned, give or take a few.
Sunday June 8 8:00 am	Centennial Park Bunker Hill Rd & Lenhart Road Curt Evoy, 502-1118	ABCD - Frank Lloyd Wright Recognition Ride , Curt will take us 45 to 50 miles to celebrate the 141st birthday of Frank Lloyd Wright. That guy made some really neat things!
Sunday June 8 9:00 am	Wabash Trail east end parking lot Park Street & Wabash Avenue Kevin Greene, 793-9622	EZ - 18 easy miles with refreshment stop at Apple Barn.
Friday June 13 6:00 pm	McCormicks Restaurant 2621 W White Oaks	NC - This is a chance to have dinner with your SBC buddies. Eat at 6pm.
Saturday June 14 8:00 am	IDOT, Lost Bridge Trail Dirksen Parkway Bob Sorenson, 529-1141	ABCD - Bob has 40 miles planned.
Sunday June 15 9:00 am	Arby's, Fairhills Mall Chatham Rd & Monroe Street Marty Celnick, 522-4206	ABCD - Our favorite ride leader will take us 40 miles or so.
Sunday June 15 9:00 am	Wabash Trail east end parking lot Park Street & Wabash Avenue Kevin Greene, 793-9622	EZ - 18 easy miles with refreshment stop at Apple Barn.
Friday June 20 6:00 pm	Cancun Restaurant 420 Crossing Mall, Sherman	NC - This is a chance to have dinner with your SBC buddies. Eat at 6pm.
Saturday June 21 8:00 am	Arby's, Fairhills Mall Chatham Rd & Monroe Street Lynn Miller, 787-3354	ABCD - Happy Birthday Ride , It's Lynn's birthday and he's taking us 30 or more miles to celebrate!
Sunday June 22 9:00 am	IDOT, Lost Bridge Trail Dirksen Parkway Ernie DeFrates, 544-1398	ABCD - Ernie has 40 miles planned with a shorter option also.
Friday June 27 6:00 pm	Amber Jack's 3150 Chatham Rd	NC - This is a chance to have dinner with your SBC buddies. Eat at 6pm.

Saturday June 28 8:00 am	Mission Outreach 4939 La Verna Road Sister Josepha	ABCD - Sister Josepha has 50 miles planned going from La Verna south to Chatham - New City - to Edinburg and back north to Buckhart Rd and back to La Verna and Mission OutReach. To get there take Sangamon / Camp Butler east from I-55. Move to the far right to go straight on Camp Butler Road, pass the Road Ranger, pass Colt Rd, and 100 yards after passing Jack Ln veer left onto La Verna Rd. La Verna winds past Marie Dr, McCormick Dr, Plateau Dr, Plateau Dr again, St James Rd, and you are there!
Sunday June 29 8:00 am	Panera Bread W White Oaks & Wabash Jack Hurley, 414-8900	ABCD - Jack will go 50 miles and take us along.
Sunday June 29 9:00 am	Wabash Trail east end parking lot Park Street & Wabash Avenue Ken Anderson, 522-3876	EZ - 18 easy miles with refreshment stop at Apple Barn.
Sunday June 29 5:00 pm	Tom Madonia Park, E Lakeshore Dr Shelter 4 Area 5 Tracey Hurley, 414-8900	NC - Annual Spring Picnic! Starts at 5, plan to eat around 5:45. See article in newsletter for details. See you there!

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

Springfield Bicycle Club Mileage and Activity File As of April 30 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
Grover Everett	1,575		1,575	28	56.25	1	3	3,720		3,720	78	47.69	1	3
Cathy Yeaman	876	10	886	20	44.3			3,695	10	3,705	80	46.31		
Jack Hurley	782	83	865	23	37.61			2,383	83	2,466	70	35.23		
Mike Vonnahmen	937	26	963	25	38.52			2,390	41	2,431	65	37.4		
Marty Celnick	460	97	557	24	23.21			1,378	231	1,609	72	22.35	2	6
Janet Cooper	381		381	18	21.17			1,344	15	1,359	55	24.71		
Charlie Witsman	648	7	655	15	43.67			1,181	19	1,200	31	38.71	1	3
Karl Kohlrus	286	51	337	26	12.96			945	173	1,118	99	11.29		
Lisa Kidd	461	44	505	17	29.71			970	63	1,033	43	24.02		
Ruth Magos	283		283	10	28.3			999		999	33	30.27		
Roger McCredie	334		334	12	27.83			993		993	35	28.37		
Lance Kidd	433	44	477	15	31.8	1	3	914	63	977	39	25.05	2	6
Tom Clark	377		377	17	22.18			950	13	963	52	18.52	2	4
Don Harvey	290		290	12	24.17			907		907	39	23.26		
Dean Wisleder	372		372	13	28.62			905		905	46	19.67		
Marilyn Powell	522	14	536	21	25.52			873	14	887	35	25.34		
Jim Hajek	263		263	12	21.92			762		762	35	21.77		
Curt Evoy	366	6	372	22	16.91			673	16	689	40	17.23		
David Sykuta	192		192	10	19.2			617		617	30	20.57		
Kevin Greene	187	28	215	13	16.54	1	1	492	67	559	32	17.47	2	2
Pat Stephens	322		322	11	29.27			559		559	24	23.29		
Mary Lou Hicks	170		170	9	18.89			527		527	26	20.27		
Alan Josephson	185	45	230	11	20.91	2	3	423	70	493	23	21.43	4	9
Tracey Hurley	255	13	268	10	26.8			478	13	491	18	27.28		
Mike Schwab	126	1	127	24	5.29	1	3	464	1	465	76	6.12	1	3
Connie Roberts	180		180	7	25.71			433		433	21	20.62		
Robert LaBonte	123		123	8	15.38	5	5	402	19	421	20	21.05	6	8
Sr Josepha Schaffer	122		122	4	30.5			415		415	16	25.94		
Mark Rabin	202		202	8	25.25			388		388	15	25.87		
Jan Cimarossa	225		225	8	28.13			377		377	15	25.13		
David McDivitt	188	7	195	14	13.93			339	7	346	21	16.48	1	1

Springfield Bicycle Club Mileage and Activity File

As of April 30 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
Mike Eymann	198		198	11	18			334		334	17	19.65		
Chuck Orwig	223		223	9	24.78			319	8	327	15	21.8		
Linda Butler	178	2	180	19	9.47	1	3	304	14	318	24	13.25	2	6
Arden Gregory	72	48	120	2	60			187	116	303	6	50.5		
Christa Morris	158		158	7	22.57			297		297	14	21.21	1	3
Deeana Shidler	210		210	10	21			274	17	291	14	20.79	1	3
Pete Gudmundson	208		208	7	29.71	1	3	287		287	10	28.7	1	3
Alan Whitaker	47	5	52	3	17.33			233	35	268	11	24.36	1	3
Ernie DeFrates	202		202	7	28.86			254		254	9	28.22		
Ben Fox	114	4	118	8	14.75			228	4	232	16	14.5		
Kent Kraft	85	6	91	2	45.5			194	27	221	6	36.83		
Bill Bock	206		206	4	51.5			206		206	4	51.5		
Bill Voss	203		203	6	33.83			203		203	6	33.83		
Rich Saal	58	24	82	3	27.33			114	52	166	7	23.71		
Joel Johnson	72	31	103	2	51.5			104	40	144	3	48		
Bob Carmody	53		53	3	17.67			138		138	7	19.71		
Cindy Kvamme	49		49	3	16.33	1	3	123		123	6	20.5	2	6
Ken Anderson	66	25	91	3	30.33			94	25	119	4	29.75		
Roger Schnelten	58		58	2	29			113	6	119	6	19.83		
Cindy Moreno	73		73	5	14.6			101		101	6	16.83		
Carol Bock	100		100	2	50			100		100	2	50		
Bob Sorenson	77	22	99	4	24.75			77	22	99	4	24.75		
Mark Summer	85	8	93	2	46.5			85	8	93	2	46.5		
Amanda Kidd	82		82	4	20.5			92		92	5	18.4		
Lynn Miller	77		77	4	19.25			92		92	5	18.4	1	3
Naomi Greene	32		32	3	10.67			91		91	8	11.38		
Tracie Stephens	60		60	3	20			90		90	5	18		
Kenny Vinnell	52	30	82	3	27.33			52	30	82	3	27.33		
Dan Payne	38	3	41	1	41			70	6	76	2	38		
Brenda Reiling	38		38	1	38			70		70	2	35		
Christine Kohlrus	31	15	46	1	46			36	33	69	2	34.5		

Springfield Bicycle Club Mileage and Activity File As of April 30 2008

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RID ES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Dara Voss	15		15	1	15			15		15	1	15		
Anita McDivitt	7		7	1	7			14		14	2	7		
Bob Dettling	10		10	1	10			10		10	1	10		
Cindy Tubbs	7		7	1	7			7		7	1	7		
Totals	16,027	744	16,771	645	26	14	27	41,646	1,456	43,102	1,683	25.61	31	72

June Memories

By Mike Becker

1973–35 Years Ago: One of the early annual events for the Springfield Bicycle Club was the Annual Lincoln Bike Trail Tour to New Salem. This year was its third staging, taking its origins back to the SBC's first year.

1978– 30 Years Ago: The SBC co-sponsored a bike-a-thon with the American Cancer Society, raising more than \$800.00. This was the Club's first involvement with fund raising, other than to promote cycling, of course. ++The New Salem overnight ride drew 26 riders and some non-cycling folk. Although it rained heavily, a good time was had by all. ++The SBC treasury contained \$240.78.

1983–25 Years Ago: Harvey Schrenk helped to organize the Second Annual Capitol City Biathlon, a 3.1 mile run and 15 mile bicycle ride. The SBC sponsored this, along with the Springfield Road Runners and Springfield Internal Medicine Associates. ++The “Unknown Rider”, in an article entitled How to Impress a Female Cyclist, expounded on $x=v*v/2gu$ and Dr. W.J. Kessler waxed poetic on lipids, RNA-DNA, enzymes and B complex factors in carbohydrate metabolism. (For those who are interested, reprints are available for \$10.00. In brief, the former relates to stopping, and the latter to keeping going.) ++Even ten years ago, the traffic in one of the city's parks was reaching a critical point. “Seven Rules of Safe Cycling in Washington Park” were offered, such as “If you see a cyclist doing something really stupid, talk to them about it.” The others may be summarized as ride carefully, courteously and with an eye on traffic. Good advice for riding anywhere, not just Washington Park.

1988–20 Years Ago: The SBC met up with the McLean County Wheelers, the Decatur Wheelers, and the Illinois Valley Wheelm'n, each riding from their home towns to Atlanta for an overnight rendezvous. This event showed support for the Prairie Land Trail, a rail to trail conversion from Morton to Decatur. It was hot...no, make that...HOT!!...the HOTTEST day of the year. A loosely organized search to locate a missing rider failed to notice he (well, me) was taking a cooling (and nap) break under a large oak 30 yards off the route. Much food, merriment and softball ensued, with Karl Kohlrus, Ernie DeFrates and Dean Wisleder representing

SBC and demonstrating their prowess. ++The Sangamon County Fair Metric drew 170 riders riding over not one mile of oily road. How did that happen? Oh, Paul Sweet organized the ride. That's how. ++Sandy Andrighetti and a hoard of others were thanked for there volunteer efforts for the Ironhorse Triathlon, for which the club received \$1.00 for each of the 400 or so participants.

1993–15 Years Ago: In an effort to round out the SBCer's life, occasional gems were published, such as this month's "No man's life, liberty or property are safe while the legislature is in session." Estate of A.B., 1866 NY Surrogate's Court, 247, 249. A truly timeless message, especially for Illinois in these times. ++Mark Flotow was rider of the month, beating out Alan Josephson by 2 miles. Bode Zietz continued to lead for the year, who also did the Central Double Century in 10:57. ++More than 60 members helped to sheppard the 419 Ironhorse Triathlon riders around the bike portion of the event.

1998–10 Years Ago: Club miles totaled 13,180 through June, lower than the 14k of 1990, 1994 and 1995, with Lynn Rhoades leading all riders for the month with 564. ++Dozens and dozens of members helped with the Ironhorse Triathlon. ++The treasury balance was \$7,692.21. ++Mark Smith picked up the AAA for his perseverance continuing to ride with no seat after a loose saddle clamp prompted him to remove it. Stan Gralnick justly picked up the Lead Water Bottle for locking his keys in the car (a traditional SBC gaff and automatic LWB nomination) prior to a ride after he unlocked it to retrieve a newsletter to prove that Theresa DeLeon started one of her rides from the wrong location (she didn't—although she did leave 30 minutes early, prompting her nomination for the LWB, along with Lisa Kidd's, who gave Theresa "an inordinately large amount of grief for leaving early.").

Wanted: New Ride Leaders

By Marty Celnick

Has everybody noticed the large number of Show and Gos on the weekend? Those on the Board have, and its not a good thing. Some of us have been asking why have a cycling club if nobody is leading rides. If we're all just going to ride on our own, there is no need for a bike club.

There is talk on the Board, about abolishing Show and Gos. For example, if no one wants to lead a ride on Saturday, August 2nd, no club rides will be scheduled for that day, and your miles won't count. I'm not necessarily in favor of that, but it may happen.

I often ride on my own, but the club ride is a far superior experience, both socially and athletically. I would like to see this continue, but someone needs to step up to the plate and volunteer to lead. If you have some free time available, please volunteer. Don't wait until you are asked.

On another matter, we are reprinting on page 17, Ken Anderson's plea for volunteers to lead the Senior Olympics. If nobody is willing to step up, we may cease our support of this worthwhile event.

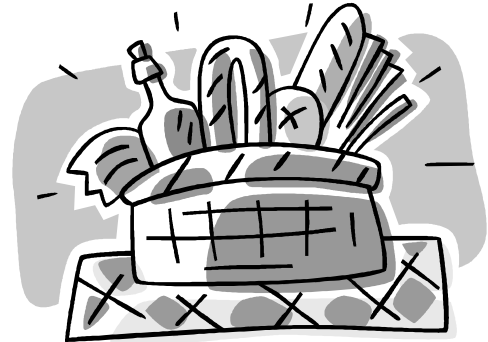
2008 Summer Picnic By Tracey Hurley

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.





Stiff Upper Lip and Legs (and Buns) of Steel

High-wheeling Brit rides 'round the world the old-fashioned way

By Michael McCoy, Adventure Cycling Field Editor

It probably won't surprise you to be told that we at Adventure Cycling hear and read about a lot of bicycle adventures-not to mention witnessing many of them in progress, as hundreds of traveling cyclists stop by our Montana offices every year. In my mind, one escapade stands out above all the others I've learned about in recent years.

To be fair, Joff Summerfield sends me, and a couple of hundred other fans, periodic updates from the road. These always include a link to his Crazy Guy on a Bike site, with photos and commentary from his most recent travels. This is no doubt one reason Joff's journey remains foremost in my mind.

So far, in just over two years on the road, Joff has ridden his fixed-gear ordinary, or Penny Farthing, some 17,000 miles through dozens of countries. A few of these include the Czech Republic, Turkey, Australia, China, Nepal, India, Thailand, and Cambodia. His most recent posting came from Colorado, in the good old USA, where he finally landed in March.

How Joff has made it up some of those hills and over those rough and muddy roads is anyone's guess-well, not always a guess, because he does admit to getting off and pushing "the wheel" now and then. Consider this snippet from a web entry he posted while in Tasmania: "The island an eleven-hour ferry ride off the south of Australia sets itself before me as the wheel rolls onto its rugged soil ... The old coach road leaves the centre on tarmac for the first 20km, then turns into 30kms of gravel and bumping corrugations which make my teeth chatter as the wheel passes over their rough peaks.

A two-day detour is made out to Maria Island with Chloe, a splendid cyclist from Canada. We ride the mountain bike path the length of the island and I'm happy with only falling from the wheel five times. Onwards round Tassie the machine rolls, and soon the grade starts to get steeper as mountains appear in the west. It's back to the feet I go with a good two hours of pushing the wheel to the top of the first peak."

If you visit the following URL you'll find Joff's main page, where you can click away on the countries of your choice to see some truly stunning photography. His site is a wonderful travelogue, made even better by the fact that he's traveling aboard a late-nineteenth-century style of bicycle: <http://www.crazyguyonabike.com/doc/joff1>

Go Joff!



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





SPRINGFIELD BICYCLE CLUB 2007 MILEAGE SUMMARY

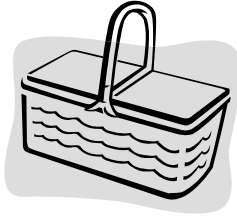


MONTHLY								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	7,303	270	7,573	302		6		25.08
February	4,135	55	4,190	181		2		23.15
March	12,129	344	12,473	471		9		26.48
April	16,027	744	16,771	645		14		26.00

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
April	41,646	1,456	43,102	1,693		31		25.61



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June, 2008

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QUICK RELEASE ADVERTISEMENT RATES

Half Page \$20 Full Page \$40

Payment in advance is required for all business ads. Ad copy should be sent to the newsletter editor no later than the 12th of the month in order for the ad to appear in the following month's newsletter. Individual club members (excluding businesses) may list bicycling related items to buy or sell without charge.