



Ride of the Month

Ernie DeFrates leads a Madison County Exploration

Ernie provided the maps and plenty of options for a great weekend exploring the trails of Madison County. Ernie organized the motel arrangements and a nice dinner on the Hill in St. Louis. Thanks Ernie!

Honorable mention goes to Grover Everett for his Pana ride. Springfield riders especially appreciated the Edinburg starting point. Thanks Grover!



Almost Anything Award

This month's award goes to some of the people who promoted Bike Month

Thanks to Curt Evoy for organizing a meeting spot for morning bicycle commuters each Friday during May. And thanks to the folks at IDOT, who got the newly reopened Interurban trail into such wonderful shape in time for Bike Month.

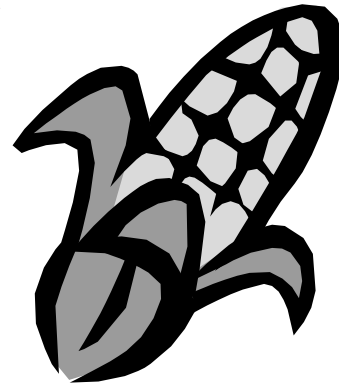
*Burgoo on
July 4th!*

*Tour de Corn
July 19th*

See page 9

Lead Water Bottle

No lead water bottle was awarded this month.



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

See page 3

**Charlie Witsman
is Rider of the
Month with 818
miles!**

Details on page 4

**Lookin' for a
Ride?**

*See Ride Schedule,
pages 8-11*

President's Rave

July 2008

Bonne Route

I've been commuting once or twice a week, for the last month or so... My schedule works out pretty well. I head into town after the morning rush and return home after the rush in the evening. My commute is 7.5 miles each way and it takes, on average, 30 minutes to accomplish that ride.

If the wind isn't favorable, I simply recognize that, sit up, ride slower and take it easy. It was on a windy day that I realized what I have been missing in my rush to get to my destinations.

I was missing the world around me and the daily changes in it. Flowers in bloom, homes and gardens, the sky, the smells both wonderful and awful. The sweet heady perfume of the black locust tree with just a counterpoint of skunk on the wind. (Actually...I don't mind a slight skunk smell. It really wakes up the ol' brain!) There are always the birds singing, perching, flying, cattle watch me pass and I say hello to them. A mouse dashes across the road, unnoticed by the kestrel. It's getting to be more about the journey than the destination.

"*Bonne Route*" the French say...enjoy the trip...It's not about how far or fast. I know how long it takes, and how far it is to get there. Every day this *Bonne route* of mine changes a little bit. It's getting to be more about what I see and experienced today on my ride...being here...now. Find your own "*Bonne route*". you have that opportunity on every ride.

Robert (smell the roses) LaBonte

Ride Review

By Robert LaBonte

June 1st: Pawnee breakfast ride

It was a beautiful day, high 70's with a slight breeze from the northwest. 30 riders assembled at Rochester Station at 8 am for the 15 mile ride to the Pawnee Family Restaurant. 20 stayed for breakfast. We had a new rider, who found us on the Internet. he commented, that he was a little surprised that the breakfast ride, really did stop for breakfast!

With our stomachs full, we re mounted our bikes and headed homeward, north up the Pawnee black top. Luck was with us and the wind was shifting to the south. The ride back was easy and the last of us were at our cars by 10:30. Plenty of time for yard work (or naps).

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 (see Ride Schedule beginning on page 8, and listing of ride types on page 11). In addition, the SBC annually sponsors the Capital City Century on the first Sunday after Labor Day, with routes of 12 to 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.

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

CCC organizers are looking for a few good men and women

The 35th annual Capital City Century is coming up Sunday, September 7. To make sure this year's century is another memorable one, the event's planners need **your** help. This year we're sending out an early "heads up" about our volunteer needs.

If you've volunteered before, we'd love to have your help again this year. Volunteering for the century is also a great way for new members to get to know their fellow bike club members. If there are enough volunteers, there's no reason you can't ride and help out too.

As in the past, the area that requires the most volunteers is food (Beach House, Auburn and Covered Bridge). If you enjoyed helping out at a particular food location last year, here's a change to get your "dibs" for 2008. If you enjoy working with a friend, give them a call too!

If you would like to volunteer, please get in touch with me (Tom Clark, 726-5560, taconsulting1@yahoo.com), 438-3959 or with one of my chairpersons.

Food	Food Chair: Tracey Hurley (971-4090) or tvhurley1@hotmail.com Beach House: Kedra Elston (741-9421) Covered Bridge: Ken Anderson (522-3876 or k.anderson2(at)insightbb.com) Auburn: Tom Clark (726-5560) or taconsulting1@yahoo.com
Historic Sites Ride (9/8)	Chuck Orwig (793-3782) Dave Lucas (753-3831 or dwlucas62704(at)aol.com)
Public Relations	Naomi Greene (793-9622)
Registration	Alan Whitaker (494-6807) or alanw5@yahoo.com Kevin Brown (787-5652 or kjbrown607(at)yahoo.com)
SAG	Dave McDivitt (787-596) or david@bikehappy.org
T-shirts	Linda Butler (787-5027) or butlerlinda@netzero.net

If you cannot volunteer your time that day, please consider supplying some baked goods for the food stops or a covered dish for the post-pedalin' party at the Beach House.

Riders of the Month

5/08 Charlie Witsman, 818 miles	1/08 Jack Hurley 926 miles	9/07 Lance Kidd 857 miles
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

Secretary's Report

Ken Anderson, Secretary

Renewals

Mareia Barr
Nyle Robinson
Derek & Brigetta Ewing & Family
Richard Regan & Family
Susan Dees
Mike Royer
Michael & Emily Meyer
Dean Wisleder
Jon & Kathleen Edwards
Gary & Lynn Woerner
Cindy Kvamme
Susan McClintock
Ken & Sandy Anderson

Renewals at the Sustaining Level

Mark Rolens & Family
John & Judy Day
Susan Shelton

New Members

Wayne J. Noethe
Michael & Susan Moore
Ronald Koch
Tom Murray
Judy Smith

Renewals at the Contributing Level

Judy Nesbitt
Jim Stephens
Alan Whitaker
Lynn Schollett & Cindy Tubbs
Bill & Carol Bock
Thomas Dodegge
Jerry & Debbie Ihnen
Jackie & Adam Galli

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

Board Meeting Notes— May 7, 2008

Kevin Greene, Recording Secretary

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

President Robert LaBonte called the meeting to order at 7:04 PM and distributed an agenda. The minutes from the April 2 meeting were approved as submitted.

President's Statement.

Robert opened the meeting by identifying several issues he would like the club to address over the coming months. These included:

- Re-examining the purpose of the bike club,
- Looking for opportunities for the club to serve the community,
- Expanding efforts to promote safe cycling practices
- Incorporating environmental considerations into the planning of the Capital City Century (CCC).

Treasurer's Report. Dave Lucas presented the treasurer's report, covering the period from April 1, 2008 to April 30, 2008. The beginning balance for the period was \$14,149.89 with expenses of \$919.86 and income of \$597.00, leaving an ending balance of 13,827.03.

The Board accepted the treasurer's report.

Special Events. Tom Clark reported that planning for the CCC is moving forward. He is working with Linda Butler and Terri Nelson to finalize the design for the event t-shirts. Tom has recruited nearly 30 club members to help carrying out several aspects of the event, including public relations, signage, maps, SAG service and food.

Ride Schedule and Meetings. David McDivitt reported that he is working to fill the ride schedule for June. He is still experiencing difficulties recruiting ride leaders. The Board discussed several options for addressing the problem, but no course of action was settled upon. David proposed that the next board meeting be scheduled for Wednesday, June 4, 2008. The Board approved his recommendation.

Awards. Alan Whitaker presided over nominations for the monthly awards for April. The Board chose Cindy Kvamme's pleasant trip to Middletown for Ride of the

Month. Lynn Miller and Bill Donels were awarded the Almost Anything Award. Lynn and Bill helped former Board President Dave Ross finish a backyard landscaping project that had been delayed due to his treatment for lymphoma. There were no nominations for the Lead Water Bottle.

Legislative/Education. Lynn Miller reported that the Interurban Trail will be open in May and June. He also indicated that the League of Illinois Bicyclists would like to work with the club to make the City of Springfield a bike-friendly community. Lynn mentioned that the Illinois Department of Transportation is accepting funding proposals for transportation enhancement projects in communities throughout the state. The Sangamon County Board has submitted a proposal to start the first phase of the Sangamon Valley Trail between Stuart and Centennial Park.

Social Chair. No report.

Newsletter. Marty Celnick reported that planning for the next QR will start soon. The deadline for articles is May 15. Several board members commented positively on the new format of the newsletter.

Old Business. No reports.

New Business. David McDivitt presented a proposal for the bike club to purchase bicycles and helmets for children from economically-disadvantaged families. The bicycles would be donated to a charitable organization, which would take responsibility for distributing the bicycles to needy children. No action was taken. David will add

more detail to the proposal for the next board meeting, including a budget that outlines expenses for the project.

David McDivitt expressed concern about certain riding practices he observed at a recent club ride. He proposed that the club adopt safety rules for its monthly rides. Several members pointed out that the club requires cyclists to follow

the rules of the road. There was discussion about posting guidelines on the club's web site and including safety tips in the newsletter. David's proposal was tabled until the next board meeting.

The Board meeting adjourned at 9:10 PM. The next meeting is scheduled for Wednesday, June 4, 7:00 P.M., at Robert Morris College .



July 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.**

For vacant days or times, for additional rides, or for ad hoc rides, contact David McDivitt if you would like to lead a ride and the ride will be posted on the web site. Please provide at least three days notice. You will be responsible for providing a ride sheet and turning in miles for everyone on your ride.

Be sure and check **the web site** for new ride information!

Weekday & Weekend Daytime Rides		Check the start times!
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		Check the start times!
Monday 6:00 pm	Parkway Point Theater Lindbergh & Robbins Road <<or>> Interurban Trail Parking Lot Woodside Rd & Iron Bridge Rd David McDivitt, 787-5964	ABCD - A favorite for fast riders and not so fast. The start location of this ride is determined by the status of the Interurban Trail. Check the web site or call and ask friends.
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.

Thursday 6:00 pm	Wabash Trail east end parking lot Park Street & Wabash Avenue Lyn Schollett, 698-9446	CD - Ride Like a Girl! Continuation of last month's Ladies' Night Ride offering of gossip and good times (still no knitting!) PLUS dessert at the end! CD ride of up to 20 miles with a slushy or a shake afterwards. Great opportunity for new riders to come meet new friends.
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		Check the start times!
Wednesday July 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 July 4th	- Springfield Bank, Koke Mill & Wabash, Springfield (8:00am) - Harmon's IGA, Chatham (8:40am) - US Post Office, Loami (9:15am) Robert LaBonte, 787-0237	ABCD - Burgoo Ride - Various start times and locations are provided giving all riders an opportunity to ride to Franklin for the Independence Day celebration and Burgoo. Mileage from Springfield ~62 miles, Chatham ~48 miles and from Loami ~28 miles. It will be hot. Be sure to bring plenty of water.
Saturday July 5 9:00 am	Griswold Conservation Area Blue Mound, IL Donald Harvey, 433-0119	ABCD - Don says 30 miles rain or shine! Directions: From I-55, take I-72 east 24.3 miles to County Road 55. Go south 3.5 miles to County Road 2975 Mt Auburn Blacktop. Go east 2.75 miles to County Road 27 Lincoln Memorial Pkwy. Go south 4.6 miles to State Hwy 48. Go southwest to Blue Mound. On Hwy 48 in Blue Mound you will see a brown sign saying Griswold Conservation Area. Follow the sign and you will see two big hills/mounds. Go to the one north of Blue Mound to find a parking lot and restrooms.
Sunday July 6 8:00 am	AMF Strike & Spare Lanes 2660 W Lawrence Ave Ernie DeFrates, 544-1398	ABCD - Plan on going 40 miles or so with Ernie.
Sunday July 6 9:00 am	Wabash Trail east end parking lot Park Street & Wabash Avenue Kevin Greene, 793-9622	EZ - Kevin said he will go 18 miles, but there's a good chance he will end up at the Apple Barn!
Saturday July 12		No ride is scheduled on this day. See note at top if you want to lead.
Sunday July 13 9:00 am	Wabash Trail east end parking lot Park Street & Wabash Avenue Kevin Greene, 793-9622	EZ - Kevin plans to go 20 miles.
Saturday July 19 7:30 am	Chatham Community Park Main St, Chatham Matt Saner / WheelFast 483-7807	ABC - Tour De Corn Metric Century , Registration starts at 7am. 62 and 31 road miles, with a 20 mile trail option. Cost is \$10. This gets you food stops, sag service and lunch. Socks to the first 120 riders, donated by WheelFast. Proceeds go to Chatham Jaycees
Sunday July 20 9:00 am	Wabash Trail east end parking lot Park Street & Wabash Avenue David McDivitt, 793-9622	EZ - Plan on going to the Apple Barn, then to Auburn for those who seek thrills.
Sunday July 20 4pm/5pm	residence 1709 S Douglas Lyn Schollett, 698-9446	EZ - Do you think it will break 100 degrees like last year? Either way, come early for a 1-hour neighborhood ride, or just come at 5 pm to make your biggest and best ice cream sundae all year!
Thursday July 24 6:00 pm	Ice Deli Lawrence & Durkin Kevin Greene, 793-9622	EZ - Kevin has 10 to 15 miles planned after you get done with your snow cone.
Saturday July 26 8:00 am	Vredenburg Park Saxon Dr & Crusaders Rd Lynn Miller, 787-3354	ABCD - Plan on 40 miles or so, and hills! Lynn always has a few hills.
Sunday July 27 8:00 am	Waldrop Park Andrew Road, Sherman Karl Kohlrus, 544-8410	ABCD - Karl said we will go 30-50 miles. Does that mean Elkhart hill?

Friday August 1 6pm/7:15pm	IDOT, Lost Bridge Trail Dirksen Parkway Alan Josephson, 793-0590	CD - Ride for an hour on the Lost Bridge Trail, then eat at Gallina's Pizza at Capital City Shopping Center at 7:15.
Saturday August 2 9:00 am	Rotary Park Archer Elevator & Iles Marty Celnick, 522-4206	ABCD - Marty has 40 miles planned.
Sunday August 3 8:00 am	County Market Hwy 4 & Plummer, Chatham Alan Josephson, 793-0590	ABCD - Ride around the county for 25-50 miles with breakfast or lunch following in the restaurant next to the County Market. Be prepared for heat!

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 May 31 2008

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RIDES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Grover Everett	1,819	34	1,853	30	61.77	1	3	5,539	34	5,573	108	51.6	2	6
Cathy Yeaman	667		667	16	41.69			4,362	10	4,372	96	45.54		
Jack Hurley	944	66	1,010	26	38.85			3,327	149	3,476	96	36.21		
Mike Vonnahmen	867	6	873	26	33.58			3,257	47	3,304	91	36.31		
Marty Celnick	559	52	611	23	26.57			1,937	283	2,220	95	23.37	2	6
Charlie Witsman	848	34	882	20	44.1			2,029	53	2,082	51	40.82	1	3
Janet Cooper	665		665	21	31.67			2,009	15	2,024	76	26.63		
Lisa Kidd	603	18	621	20	31.05			1,573	81	1,654	63	26.25		
Tom Clark	648	12	660	22	30	1	3	1,598	25	1,623	74	21.93	3	7
Marilyn Powell	714	3	717	24	29.88	1	3	1,587	17	1,604	59	27.19	1	3
Karl Kohlrus	365	86	451	31	14.55			1,310	259	1,569	130	12.07		
Lance Kidd	523	18	541	15	36.07			1,437	81	1,518	54	28.11	2	6
Don Harvey	560		560	16	35			1,467		1,467	55	26.67		
Dean Wisleder	420		420	19	22.11			1,325		1,325	65	20.38		
Ruth Magos	312	1	313	11	28.45			1,311	1	1,312	44	29.82		
Curt Evoy	581	6	587	28	20.96			1,254	22	1,276	68	18.76		
Roger McCredie	197	10	207	6	34.5			1,190	10	1,200	41	29.27		
Jim Hajek	270		270	11	24.55			1,032		1,032	46	22.43		
Tracey Hurley	462	30	492	17	28.94			940	43	983	35	28.09		
Pat Stephens	343		343	12	28.58			902		902	36	25.06		
Kevin Greene	277	45	322	17	18.94	3	3	769	112	881	49	17.98	5	5
David McDivitt	322	85	407	14	29.07			661	92	753	35	21.51	1	1
Connie Roberts	290		290	14	20.71			723		723	35	20.66		
Mary Lou Hicks	193		193	10	19.3			720		720	36	20		
Kevin Brown	20		20	1	20			711		711	24	29.63		
Robert LaBonte	275		275	16	17.19	4	9	677	19	696	36	19.33	10	17
Alan Josephson	172	27	199	9	22.11	2	4	595	97	692	32	21.63	6	13
Sr Josepha Schaffer	245	2	247	7	35.29			660	2	662	23	28.78		
Ernie DeFrates	379		379	21	18.05	1	3	633		633	30	21.1	1	3
Linda Butler	269		269	10	26.9			573	14	587	34	17.26	2	6
Mark Rabin	192		192	7	27.43			580		580	22	26.36		

Springfield Bicycle Club Mileage and Activity File As of May 31 2008

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RIDES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Kedra Elston	171		171	7	24.43	1	1	171		171	7	24.43	1	1
Mark Summer	56		56	1	56			141	8	149	3	49.67		
Louie Spinner	102		102	5	20.4	1	1	128	15	143	7	20.43	1	1
Mark Smith	94	45	139	4	34.75			94	45	139	4	34.75		
Lyn Schollett	89		89	5	17.8			132	6	138	8	17.25		
Jon Edwards	32	15	47	1	47			88	27	115	3	38.33		
Naomi Greene	18		18	1	18			109		109	9	12.11		
Dave Ross	80	5	85	5	17			99	5	104	7	14.86		
Gerry Orwig	63		63	6	10.5			95	8	103	10	10.3		
Hope Schnelten	77		77	4	19.25			102		102	5	20.4		
Bob Dettling	51		51	4	12.75			61		61	5	12.2		
Deb Cooper	54		54	3	18			54		54	3	18		
Bruce Yurdin	54		54	1	54			54		54	1	54		
Cyd LaBonte	28		28	2	14			48		48	4	12		
Mary Loker	48		48	2	24			48		48	2	24		
Anita McDivitt	24	8	32	3	10.67			38	8	46	5	9.2		
Cindy Tubbs	37		37	2	18.5			44		44	3	14.67		
Dara Voss	24		24	1	24			39		39	2	19.5		
Micci Bly	38		38	1	38			38		38	1	38		
Sue Dees	13		13	1	13			37		37	2	18.5		
Mark Rolens	17	18	35	1	35			17	18	35	1	35		
Brigitta Ewing	12		12	1	12			33		33	3	11		
Vicky Berry	29		29	3	9.67			29		29	3	9.67		
Marty Morris	28		28	1	28			28		28	1	28		
Jackie Galli	26		26	2	13			26		26	2	13		
Sid Marder	13	13	26	1	26			13	13	26	1	26		
Janice Perino	17	8	25	1	25			17	8	25	1	25		
Julie Perino	17	8	25	1	25			17	8	25	1	25		
Ed Taylor	24		24	1	24			24		24	1	24		
Totals	20,193	1,072	21,265	791	26.88	22	39	62,098	2,528	64,626	2,485	26.01	53	111

Chatham Jaycees and Wheel Fast Bicycle Co.

present

The 10th Annual Tour De Corn

Chatham Community Park

Saturday July 19th, 2008 at 7:30 a.m.

Registration will be open from 7:00 a.m. until 9:00 a.m.

Mass start at 7:30 a.m.

The Tour De Corn is a metric century or half metric century
(62 or 31 miles)

A shorter 20 mile option is also available

The cost is \$10.00

SAG service until 1:00 p.m.

Rest stops with food and drink

Lunch at the Sweet Corn Festival following the ride



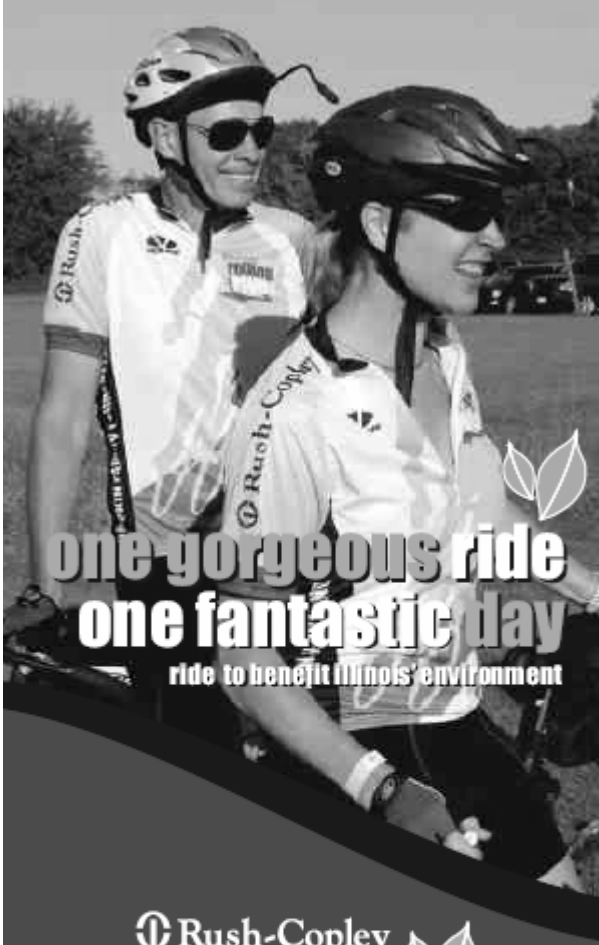
All proceeds benefit the Chatham Jaycees.

Call Matt, Jake, or Bob at Wheel Fast with any questions


217-483-7807




Illinois' Ride for the Environment



**one gorgeous ride
one fantastic day**
ride to benefit Illinois' environment

 Rush-Copley
ILLINOIS RIDE FOR THE ENVIRONMENT

 **rolling
on the
river**

August 16, 2008
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June Memories

By Mike Becker

1973–35 Years Ago: The SBC newsletter noted that on July 28 the Club held a ride called Tour of Sangamon County Fair. This was an SBC event even back that far but the tradition ended in 1993 for reasons not of the Club's making. ++The Club picnicked and met in Washington Park during July this year, the precursor to our present annual June event. ++A new class of membership—the Affiliate—was created. Pedal Pushers, 2126 Peoria Road, was the first bicycle shop to sign up (in July) and Capital Cycle, 1248 N. Fourth St., the next (in August). Springfield's present line up of shops seems to have been around so long that memory of these have faded

1978– 30 Years Ago: The SBC noted some changes in the Club roster—Benton Weathers, a charter member, died in June and Ed Herdes moved to the Chicago area. ++Phyllis Zoll won the Almost Anything Award, replacing Debbie George who had it the previous month, both for acts and deeds unspecified and now lost to memory. ++Program Note: Terri Duncan shared her experiences while living in France for a year.

1983–25 Years Ago: SBC President Bob Brennan noted that the annual ride to Franklin for burgoo (a/k/a *Pot au Roadkill*) drew 23 cyclists even though it rained. The WRVI announcer doing a live broadcast from the site remarked in amazement that so many would ride 38 miles one way through rain for a bowl of burgoo. Well, I suppose many others would be amazed as well, but, then, they don't know anything either about a good bowl of burgoo or about the mental state of cyclists! ++Marcey Werthwein gave some hints to ride leaders: “Before embarking on a ride, find out who are non-members and/or first timers and introduce them to the group. That way some club members may make a point to ride with them, instructing them to proper bike etiquette and insuring that their first ride isn't spent unsafe, alone or far behind.” Good advice. ++Mike Rafalowski, SBC member who moved to Maryland, reported on bike paths in the Washington, D.C., area, some of which have, as he politely put it, “mixed surfaces.” ++A push started (which fizzled then, but planted the seeds of later success) to do something about the banning of bicycles along Veteran's Parkway.

1988–20 Years Ago: John Werthwein, editor, finally challenged the SBC board to find someone to replace him: “Find another editor. I'm quitting tonight.” He then suggested that Louie Spinner could perform this function, which Louie most graciously accepted and did for the next five years.

1993–15 Years Ago: Jo VanMetre took over as the Quick Release editor, replacing Louie Spinner who had served for the previous five years. ++Bode Zietz continued to lead the SBC with 4,095 miles, smashing Karl Kohlrus's 2,389 mile second place. Theresa DeLeon was Rider of the Month with 501. ++The Lead Water Bottle was snatched from (Run'Em-Off-the-Road) Theresa's hands by “Good Samaritan” Don Struck who repaired a flat on Ed Caupert's bike and then proceeded to add slightly more than 60 psi – enough to blow it up.

1998–10 Years Ago: Summer seems to be the time for SBC editor changes. Jim Nugent, editor, moved away, far enough to escape the SBC QR duties. In what seems to be a time warp, Louie Spinner once again stepped up to assist, albeit with, by this time, an older version of Windows, perhaps even DOS 3.1. ++Theresa DeLeon led the club in 1993 ride miles through July. Cathy Yeaman was top rider of the month.

News from the



Adventure Cycling Association

BIKING THE OUTBACK

There's great riding to be found in AusTRAILia

By Michael McCoy, Adventure Cycling Field Editor

In October 2002, I had the pleasure of “springing” Down Under, where I took part in the event ride known as 2002 Bicycles: An Outback Odyssey. I, along with a couple of hundred other riders—mostly native Australians—bicycled the Mawson Trail, which goes from Adelaide, South Australia’s seaside capital city, to the Flinders Ranges settlement of Blinman, a distance of more than 500 miles. Much like Adventure Cycling’s Great Divide Mountain Bike Route, the Mawson Trail connects an assortment of dirt paths, gravel roads, single-track trails, and hard-surfaced byways to create a through route between its two end points. (Those who crave only single-track riding will find that in the Adelaide Hills, the Mawson Trail links up with the Mt. Crawford-Cudlee Creek Forest Trail Network, offering a wealth of trails rated beginner to advanced.) The Mawson Trail dished up an unforgettable two-week ride full of fantastic scenery, exotic wildlife, and great people. The adventure is written up in the May and June 2003 editions of *Adventure Cyclist* magazine, accessible online at www.adventurecycling.org/library/

The Mawson is not the only long-distance mountain bike trail that’s either been completed or is under development in Australia. For instance, also situated in the state of South Australia is the Kidman Trail—designed for cyclists, equestrians, and hikers alike—which spans some 150 miles, linking the McLaren Vale and Fleurieu Peninsula to the Barossa Valley in the Mount Lofty Ranges. Beautiful country.

Meanwhile, the in-progress Munda Bididi Trail, beginning in the hills north of Perth, Western Australia, will ultimately bear south for some 550 miles, winding through scenic river valleys and spectacular eucalyptus forests, ending at Albany on the southern coast. The Munda Bididi (which translates in the Nyoongar Aboriginal language to “path through the forest”) is made up of bush tracks, fire breaks, and rail-trail conversions. It’s approximately half finished, with long sections presently available for riding. Go to www.mundabididi.org.au for current information.

Western Australia is also home to the 1,250-mile Canning Stock Route, which—though considered one of the longest and most difficult tracks on Earth—has successfully been negotiated by a mountain biker. For an account of that adventure, see “Crossing the Canning” in the January 2008 *Adventure Cyclist*.

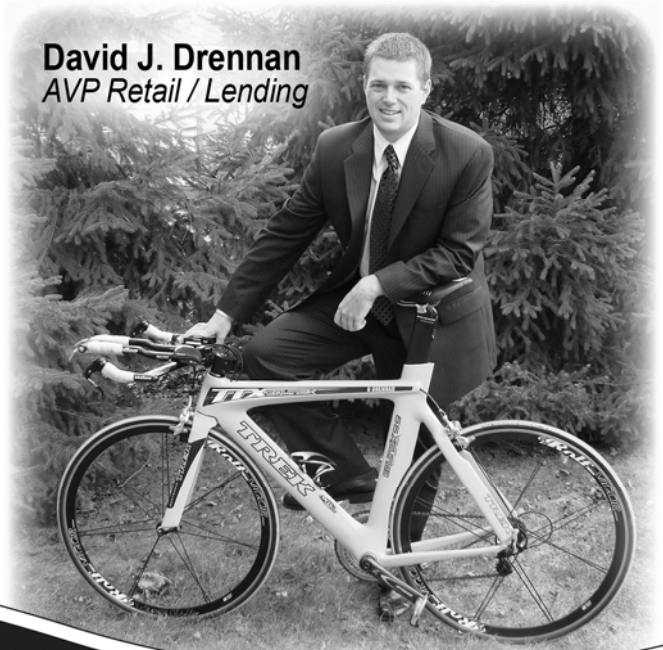
The trails mentioned here merely scratch the surface. Home to just 20 million people, Australia covers 95 percent as much land area as the 48 contiguous United States. Obviously, that translates to a lot of wide-open spaces, where you can find a bonanza of great cycling, both on and off the pavement. Any cyclist searching for new horizons would be well advised to make the long flight to the Australian continent some day, mountain bike or road bike in tow.

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What is Burgoo?

Ride to Franklin on Independence Day and enjoy our world famous burgoo!

Courtesy of www.franklinillinois.net

Franklin Burgoo Facts

How many kettles are used?

30 to 35 which hold 50 to 75 gallons of burgoo.

How much stuff is in it?

1,900 lbs. - chicken

120 gals. - tomato puree

1,800 lbs. - beef plate and shanks

120 gals. - corn

1,300 lbs. - potatoes

10 lbs. - rice

650 lbs. - cabbage

650 lbs. - cabbage

15 lbs. - navy beans

700 lbs. - onions

35 lbs. - salt

500 lbs. - carrots

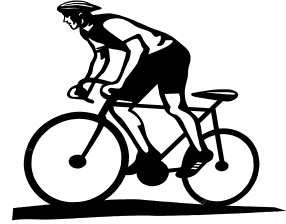
10 lbs. - pepper

120 gals. - canned tomatoes

30 lbs. - suet



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
April	16,027	744	16,771	645		14		26.00
May	20,193	1,072	21,265	791		22		26.88

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
May	62,098	2,528	64,626	2,485		53		26.01



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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.