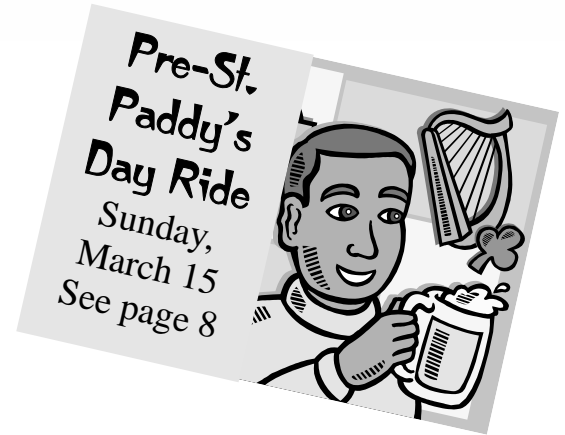




Ride of the Month

Karl Kohlrus' traditional New Year's Day Ride was the Ride of the Month

President Karl helped us start the New Year right, leading a dozen riders on a nine-mile loop to the lake then back to Rock-n-Roll Hardees for hot chocolate. Thanks Karl!



Almost Anything Award

Tracey Hurley earns the Almost Anything Award for organizing a great Winter Party

This month we recognize Tracey Hurley for her great organization and tireless efforts planning and managing this year's Winter Party. Tracey arranged the venue, organized the volunteers, arranged food, oversaw cleanup and basically did whatever needed to be done to assure a great event. For an outstanding job Tracey is the deserving recipient of this month's AAA. Thanks Tracey!



*Neighborhood ride from
Brew-Bakers Caffe, March 21
See page 8*

*Jack's Ride from Panera
Bread, March 1
See page 8*

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

See page 3*

**Jack Hurley is
Rider of the
Month with 880
miles!

Details on page 4**

**Lookin' for a
Ride?

See Ride Schedule,
pages 7-9**

President's Column

February, 2009

By the time you read this, spring will be just around the corner. The days are definitely getting longer and Daylight Savings Time begins Sunday March 8th. The temperatures will also become more spring-like, encouraging more people to get out and ride. I certainly hope this is the case. Our treasurer, Dave Lucas, did a survey that showed that in 2008, 75% of the new Springfield Bicycle Club members did not ride on any club rides. I know we have a great newsletter and website, but there's more to the SBC than reading about bicycling.

This year we will be making changes to encourage new and beginner riders to ride on club rides. During the warm weather months there will be one ride each month designed especially for new riders. The weekend ride schedules will include two standard ABCD rides which will start at the same time and same location. Each ride would include a short and a long option.

At the January SBC board meeting Kevin Greene was elected Vice President, filling this formerly vacant position. Also, Alan Whitaker will be taking over as SBC webmaster from David McDivitt. Thanks, David, for your work serving as SBC webmaster. And, thanks, Alan, for agreeing to be webmaster. Kevin Greene will continue to coordinate the monthly ride schedule, Alan Whitaker will continue to be Incentive Chair, and David McDivitt will continue to be Records Keeper.

The nine members of the Springfield Bicycle Advisory Committee (BAC) will soon be selected by Mayor Davlin. As of early February, there were 25 applications to serve on the BAC. Apparently there's a lot of interest in bicycling (or at least serving on a bicycle committee) in Springfield. Bicyclists will now have an official voice at City Hall. Our hope is that this committee will enable Springfield to work toward being named as a Bicycle-Friendly Community by the League of American Bicyclists. The BAC should help generate more safe and convenient bicycle transportation in Springfield.

Karl Kohlrus
SBC President

Come Ride with Us

In This Month's QR	
<i>New Member Information</i>	
Come Ride with Us.....	3
Membership Application.....	18
<i>SBC Board</i>	
President's Column.....	2
Secretary's Report.....	4
Board Meeting Notes.....	5
Officers/QR Information.....	20
<i>Incentive Programs</i>	
Riders of the Month.....	4
Mileage and Activity File.....	10
Mileage Summary.....	19
<i>Club Events</i>	
Ride Schedule.....	7
<i>Features</i>	
Update: GITAP 2009.....	9
March Memories.....	11
Paris-Brest Paris, Part Four.....	12
Bicycle Month License Plates.....	16
New Ride Leader Incentives.....	17

With spring activities beginning, 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!

Secretary's Report

Ken Anderson, Secretary

Renewals

Jim Esela & Family
 Tony & Ada Henn
 Marty Morris, Christa McLaren Morris &
 Family
 Lois Jazo
 Dan Eatherington & Family
 Mark & Linda Flotow
 Amy Schmidt
 Mike Chew

Renewals at the Sustaining Level

Vaughn Morrison, Sherry Knight & Family
 Alan & Harriet Josephson

New Members

Mary Kay Eades
 Steve & Lori Frazier

Renewals at the Contributing Level

Donald Caspary & Family
 Jim Disney
 Larry & Cindy King

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.

NATCHEZ CHASE TOUR OCTOBER 3-11

CONTACT ALAN JOSEPHSON 793-0590 OR
 MARK RABIN 836-8500 FOR INFORMA-
 TION. LIMITED NUMBER OF RIDERS.

Riders of the Month

1/09 Jack Hurley 880 miles	9/08 Karl Kohlrus 765 miles	5/08 Charlie Witsman 882 miles
12/08 Tom Clark 711 miles	8/08 Marty Celnick 923 miles	4/08 Mike Vonnahmen 963 miles
11/08 Ruth Magos 601 miles	7/08 Byron Nesbitt 1,004 miles	3/08 Grover Everett 1,303 miles
10/08 Janet Cooper 664 miles	6/08 Tracey Hurley 800 miles	2/08 Cathy Yeaman 903 miles

Board Meeting Notes— January 7, 2009

Deb Cooper, Recording Secretary

Present: Ken Anderson, Marty Celnick, Tom Clark, Deb Cooper, Kevin Greene, Tracey Hurley, Karl Kohlrus, Dave Lucas, David McDivitt, Lynn Miller, Richard Tapia and Alan Whitaker

Karl Kohlrus called the meeting to order at 7:00 p.m.

During the meeting a motion was made and carried naming Kevin Greene the SBC Vice President.

December 2008 Meeting Minutes: Minutes from the December 3, 2008 meeting were approved as presented.

Treasurer's Report: Dave Lucas distributed the Treasurer's Report for December 2008 which reflected an ending balance of \$15,322.

Legislative/Education Report: At this time, the City of Springfield's website does not include information about, or the application to serve on, the Springfield Bicycle Advisory Council ("BAC"). Lynn Miller noted that several SBC members have expressed an interest to serve on the BAC. An email will be sent to board members when the website includes the BAC application.

Once the BAC is in place, Karl will contact LAB to request materials and guidelines so that Springfield can begin working toward being designated as a "bicycle friendly community".

Social Chair: Alan Whitaker mentioned that pictures from last year's Spinner's Awards did not develop properly but he may have some pictures that can be used during this year's presentation. Tracey will also call Mark Smith to see if he took any pictures last year that can be used at the presentation and to ask Mark if he is willing to take pictures at this year's winter party. Alan offered to also take pictures at this year's event. Karl will serve as master of ceremonies at the winter party.

Incentive Chair: Five rides were eligible for the designation of Ride of the Month. After a brief discussion, Lynn Miller's December 14, 2008 ride was voted as the Ride of the Month. The Almost Anything Award was given jointly to Tom Clark and Terri Hempstead for their work in planning and reporting on the CCC.

Discussion was had among board members about what exactly counts for ride miles. A motion was made and carried stating that when riders submit commute miles and/or miles from other club's rides to the SBC, they should include the date of the ride and the number of miles. This rule change will be added to the website.

Ride Committee: Kevin Greene distributed a report

which included informational updates and requests for board action. A draft February ride schedule was submitted for discussion and comment. Kevin stated that he will add back to the ride schedule the weekly Tuesday and Thursday evening rides from IDOT. At Kevin's suggestion, David McDivitt will add a drop down box to the club ride sheet that will accommodate sweeper points. Kevin suggested that the weekend ride schedules include two standard ABCD rides which will start at the same time and same location. Each ride would include a short and a long option. A motion was made and carried to implement this ride change. Kevin will monitor this change for the next year. Dave Lucas announced results of an informal study he performed showing that during the past year, 75% of the new club members did not participate in any rides. The board decided to highlight a ride on the newsletter cover each month which will target new riders. It was also suggested that some rides each month be announced in the State Journal Register and Illinois Times. Approximately three AB rides each month will utilize a ride leader for the faster riders and the ride schedule language for those rides will clearly state that CD riders are welcome but must be self-sufficient. A motion was made and carried to increase the gift certificate amounts which are presented yearly as ride leader

(Continued on page 6)

(Continued from page 5)
incentives.

Special Events/CCC Report:

Tom Clark distributed recommendations for improving the 2009 Capital City Century. The date of the 2009 CCC is September 13, 2009. A motion was made, seconded and carried to increase the CCC fees for 2009. Terri Nelson has agreed to serve as the Jersey Chair for the CCC. The same call system utilized to solicit baked goods may be used to recruit volunteers in 2009.

Newsletter: Submissions for the Quick Release are due by the 15th of each month.

Old Business: Tom Clark and Linda Butler would like to cre-

ate a .pdf file membership directory which will be available on the SBC website. Members would receive a password to open the directory.

New Business: Lynn Miller agreed to coordinate a bicycle maintenance workshop which will be scheduled in the spring.

Lynn ordered the movie *Asie-mut*, which is about a Canadian couple who biked from outer Mongolia to India. The movie won awards at the 2006 Banff Film Festival and will be shown at 7:00 p.m. on Wednesday, February 18th at the Robert Morris College.

Karl mentioned that Ed Barsotti contacted him to see if the SBC would have any interest in assisting in some way during a Route 66 ride which will take place in late August or early September. Details are sketchy at this time about exactly what assistance is needed, but more details will be forthcoming as the date approaches. The Route 66 ride is an LIB sponsored event.

Meeting adjourned at 9:00 p.m.

The next board meeting is scheduled for February 4, 2009 at 7:00 p.m. in Room LL07 at Robert Morris College.



March 2009 Ride Schedule

For updates, corrections and last minute changes to the ride schedule, please check the SBC website at www.spfldcycling.org. Unless otherwise indicated, daytime rides will not take place on holidays. All rides return to the starting point unless otherwise noted.

Each ride in the schedule is designed for riders of a specific skill level or ability. A ride usually consists of more than one level and riders will normally break up into groups that ride at a similar pace. If you are unsure about your cycling ability, try a ride or ride with a group one class slightly below where you think you might be. You can then move up until you find the level that is right for you.

Please arrive 10 minutes early and be ready to leave on time; all rides leave promptly at the time listed. Make sure your bike is in proper working order before you arrive. All riders are strongly encouraged to obey traffic laws; wear a helmet; carry a spare inner tube, patch kit, tire irons, pump and water bottle; and have a rear-view mirror.

If there is no ride leader specified for a scheduled ride, club members are asked to greet newcomers, assist those who are not familiar with the route and report miles using a ride sheet. In the case of inclement weather, or if the leader fails to appear (probably because of an emergency), form a group and go on a ride if you like.

Please report miles to records (at) spfldcycling.org. See the ride rules at www.spfldcycling.org for details.

If you have a question or interest in leading a ride, contact the club vice president by e-mail: vp (at) spfldcycling.org. You can also contact him if you would like to lead an ad hoc ride. The ride will be posted on the web site. Please provide at least three days notice.

Weekday Daytime Rides		<i>Check start times!</i>
Monday thru Friday 10:00 am	Morning Geezer Ride Washington Park Shelter Show-N-Go	Show-N-Go ride for retired geezers or those hoping to become geezers. No leader or map. Please use ride sheet if riding together. Participating riders should turn in miles to the club record keeper.
Monday thru Friday 10:00 am	Daily Pana Trail Ride Lake Taylorville parking lot Rt 29 Show-N-Go	Show-N-Go along the Lincoln Heritage Trail. Turn in miles to the record keeper.
Mon, Wed, Fri Noon	IDOT, Lost Bridge Trail Dirksen Parkway Lisa Kidd, 546-1698	AB – Lunch with Lisa Ride. Skip lunch and ride on the trail with Lisa and other SBC regulars.
Monday and Wednesday 12:15/ 12:20 pm	Robert Morris College 3101 Montvale Dr. Vredenburgh Park Saxon Dr. & Crusaders Rd. Dave Ross, 789-4823	BC – Westside Lunch Ride. Leaves Robert Morris College at 12:15 pm and Vredenburgh Park at 12:20 pm. Dave will hit the trails or go out in the country.
Tue, Thurs, Fri 12:20 pm	Vredenburgh Park Saxon Dr. & Crusaders Rd. Tom Clark, 726-5560	BC – Westside Lunch Ride II. Leave Vredenburgh Park at 12:20 pm. Tom will hit the trails or go out in the country.
Monday through Fri- day Noon	Harris Building 100 S. Grand (at 2 nd St.) David McDivitt, 725-1986	BC – Ride 10-12 miles during lunch. Meet at the bike rack near the building. Please call David in advance.

Weekday Evening Rides		
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. Please use ride sheet if riding together. Call Charlie if you need information about trail conditions or directions. Turn in miles to the record keeper.
Tuesday 6:00 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Show-N-Go David McDivitt, 725-1986	Show-N-Go ride on the Lost Bridge Trail. Lights are required. Please use ride sheet if riding together. Call David if you need information about trail conditions. Turn in miles to the record keeper.
Thursday 6:00 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Show-N-Go Tom Clark, 726-5560	Show-N-Go ride on the Lost Bridge Trail. Lights are required. Please use ride sheet if riding together. Call Tom if you need information about trail conditions. Turn in miles to the record keeper.
Scheduled Rides and Events		<i>Routes and mileage depend on weather conditions</i>
Sunday March 1 11:00 am	Panera Bread W. White Oaks & Wabash Jack Hurley, 971-4090	AB – Jack has 25 – 35 miles planned. Riders of all levels are welcome, but should be self-sufficient (i.e., comfortable reading a map and fixing a flat without assistance) and encouraged to bring a riding buddy. Slower riders may be dropped if they cannot keep pace with the rearmost group.
Wednesday March 4 7:00 pm	Robert Morris College 3101 Montvale Dr. Lower Level, Room #7 Karl Kohlrus, 544-8410	NC – Board Meeting. All SBC members are invited to attend the board meetings.
Saturday March 7 11:00 am	Vredenburgh Park Saxon Dr & Crusaders Rd. Lynn Miller, 787-3354	ABCD – Lynn has 25 – 35 miles planned.
Sunday March 8 11:00 am	Rochester Station Rt. 29 Rochester Alan Josephson, 793-0590	ABCD – Plan on going 25 – 35 miles with Alan.
Saturday March 14 11:00 am	Panera Bread W White Oaks & Wabash Sister Josepha Schaeffer 522-3386	ABCD – Ride 20 – 35 miles with Sister Josepha. Route depends on weather and may include the trail.
Sunday March 15 10:00 am 12:00 pm	Residence 3019 Cameron Dr. Chuck Orwig, 793-3782	ABCD – Pre-St. Patrick's Day Ride. Plan on 30 miles or so with corned beef, cabbage and green Stag beer after the ride. Ride starts at 10 am followed by a party at noon. Bad weather cancels the ride, but not the party.
Saturday March 21 11:00 am	Brew-Bakers Caffe 1041 W. Iles Ave. Dave Ross, 789-4823	ABCD – Dave has 20 – 35 miles planned, and he is guaranteeing (sort of) good weather for the day.
Sunday March 22 11:00 am	Vredenburgh Park Saxon Dr & Crusaders Rd. Alan Whitaker, 494-6807	ABCD – Alan plans to go 20 – 35 miles.
Saturday March 28 11:00 am	Waldrop Park Andrew Road Sherman Cindy Kvamme, 744-8864	ABCD – Cindy has 35 miles planned with a 24 mile short option.
Sunday March 29 11:00 am	County Market Rt. 4 & Plummer Rd. Chatham Alan Josephson, 793-0590	ABCD – Ride 25 – 35 miles with Alan.

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

Update: Grand Illinois Trail And Parks Bicycle Ride for 2009

Details about GITAP 2009 appeared in the December 2008 QR. Since then, a new option for online registration has been added. — The Editors

This annual tour begins on Sunday, June 14 and wraps up on Saturday, June 20. The focus for this year's route is the southern wing of the GIT, including the I & M Canal Trail and the Hennepin Canal Trail (with road routes paralleling soft trail mileage). We will also visit two outstanding parks off the trail – Shabbona and White Pines. The minimum distance this year is 310 miles for the week, but by taking extra loops, it will be possible to do 585 miles.

If you want to join this grand outdoor bicycling adventure, do one of the following:

1) Print a registration form in PDF format and mail your payment from the following page:
<http://www.bikelib.org/gitap/2009/index.htm>

Complete the form, remembering to sign the waiver.

Mail the form and the total of your registration fees to GITAP, Chuck Oestreich, 816 - 22nd St, Rock Island, IL 61201. Make the check payable to "League of Illinois Bicyclists".

2) For online registration with electronic payment (including an extra fee to Active.com) go to:
http://www.active.com/event_detail.cfm?event_id=1651228 .

After May 15, 2009, fees are not refundable. But your registration will be transferable. If we meet our limit and have a waiting list of potential riders, we will help you if you need to transfer your registration.

Please address any questions to:

Chuck at oestreich@qconline.com or 309-788-1845.

Springfield Bicycle Club Mileage and Activity File As of January 31 2009

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RIDES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TO-TAL	RIDES	AVG RIDE	LED	LDR PTS
Jack Hurley	870	10	880	20	44.00	1	3	870	10	880	20	44.00	1	3
Tom Clark	413	21	434	9	48.22			413	21	434	9	48.22		
Grover Everett	307		307	3	102.33	1	3	307		307	3	102.33	1	3
Karl Kohlrus	177	33	210	4	52.50	1	3	177	33	210	4	52.50	1	3
Lynn Miller	135	14	149	4	37.25			135	14	149	4	37.25		
David McDivitt	138		138	12	11.50			138		138	12	11.50		
Marty Celnick	93	34	127	5	25.40	1	3	93	34	127	5	25.40	1	3
Dave Ross	112	14	126	4	31.50			112	14	126	4	31.50		
Don Harvey	102		102	4	25.50			102		102	4	25.50		
Tracey Hurley	47	35	82	2	41.00			47	35	82	2	41.00		
Ruth Magos	62		62	1	62.00			62		62	1	62.00		
Sr Josepha Schaeffer	47		47	3	15.67			47		47	3	15.67		
Alan Josephson	37	3	40	2	20.00			37	3	40	2	20.00		
Pat Stephens	35		35	1	35.00			35		35	1	35.00		
Lynn Rhoades	30	2	32	1	32.00			30	2	32	1	32.00		
Arden Gregory	9	10	19	1	19.00			9	10	19	1	19.00		
Bob Sorenson	9	10	19	1	19.00			9	10	19	1	19.00		
Curt Evoy	7	10	17	1	17.00	1	3	7	10	17	1	17.00	1	3
Mark Rabin	9	5	14	1	14.00			9	5	14	1	14.00		
Kevin Greene	12		12	1	12.00	1	3	12		12	1	12.00	1	3
David Banks	9		9	1	9.00			9		9	1	9.00		
Sue Hack	5		5	1	5.00			5		5	1	5.00		
Totals	2,665	201	2,866	82	34.95	8	24	2,665	201	2,866	82	34.95	8	24

March Memories

By Mike Becker

1974–35 Years Ago: In January and February, nothing was reported in this column because no records were available. However, newly located records revealed the following: **January:** Club Treasurer Carol McGowan reported a 1973 year end balance of \$268.08. More interestingly, it was divided up into shares: \$155.71 for the Springfield Bicycle Club and \$112.35 for the Springfield Bicycle Club Racing Team. You may recall as previously reported that the Club was split between the racing and touring members which almost led to SBC's demise. **February:** The meeting featured a bicycle service and repair clinic with Bud “Chuck Atlas” Cline as the instructor, assisted by Frank McGowan. The reference and guide book used was Tom Cuthbert's “Anybody's Bike Book.” Even though probably out of print today, this book is still the standard (except for index shifting, cassette hubs, aluminum frames, and other new-fangled and worthless technological perversities). Search for a copy—it is highly enjoyable reading, in addition to being instructive. ++SBC Racing Team's Larry Doering took fourth place in a March race in Carbondale.

1979– 30 Years Ago: Dean Wisleder won the Almost Anything Award for having run a St. Louis marathon. ++President Ron Habegger discussed bicycle safety statistics published in the Chicago Tribune. He proposed some countermeasures: “If you're young, don't walk anywhere, and definitely don't ride your bike. Put it away until you're 34. If you must ride, follow these safety tips: Ride it only in the rain. Ride a girl's bike. Ride it to school in the morning, but don't ride it home in the afternoon. Wait at school until 12:01 A.M. to return home. Don't ride your bike on Wednesday. Ride it on Sunday morning. If you are hit by a truck while riding your bike, don't despair. There will be little property damage. Statistics prove it.”

1984–25 Years Ago: Linda Morrison agreed to serve as the club archivist. Thanks to her, this column has been made possible. ++Program note: Lon Haldeman and Susie Notorangelo came to the club meeting, moved to the IDOT auditorium because of anticipated attendance to show slides and discuss how they spent their summer vacations: getting married, setting the tandem transcontinental record, Lon winning RAAM (Race Across America) and Susie the Paris-Brest-Paris ride, with a new women's record time. ++Finally, it is noted with some sadness (and lingering anger) that twenty five years ago the League of American Wheelmen board voted to change its name after ignoring its membership's vote not to. (Much bloodletting and back pedaling followed.) Fifteen years ago, they were at it again.

1989–20 Years Ago: Bob Sorenson led the club mileage race with 344 Club Ride miles. ++The monthly meeting program covered my favorite topic (and yours, I am sure): Double Centuries. Why not make it your goal this year and dream big during the dreadful winter doldrums. ++The SBC should be renamed to conform to the Illinois Motor Vehicle Code definition of a bicycle. We be the “Springfield Human-Powered-Tandem-Wheeled-Device-Except-Scooters Club.”

1994–15 Years Ago: President Karl Kohlrus reported that the club lost \$1,000 last year, mostly because of adverse weather during the CCC. Noting that membership dues do not even cover

(Continued on page 12)

(Continued from page 11)

the cost of the Quick Release, rather than raise dues, the Board reduced the QR's publication to 9 issues, combing October-November, December-January, and February-March, starting in October.

1999–10 Years Ago: Louie Spinner and Gail Mugler took down the AAA “for overcoming adversity on the Valentine’s Day ride” which Louie described as the “Unchained Malady.” Hmmmmmm. ++Ernie DeFrates earned Rider of the Month.



First published in the Quick Release in 1990-1991, the following article is the final installment in a four-part series on randonneuring that focuses on the oldest continuous ride of this kind.

PARIS–BREST–PARIS

Part Four

By Michael W. Becker

Last month when I left you, it was 4:00 A.M. at the start, with me in the rain, feverish and coughing. This month, the conclusion of the 1987 Paris–Brest–Paris, the 750 mile, 90 hour ride held every four years in France.

The Start

My thoughts stretched out over the 750 miles that lay ahead—375 miles between Paris and Brest, the turn around on the Atlantic coast. My plans were to ride 235 miles to the Tinteniac control, then sleep for as long as my speed out would allow in order to make the next control cutoff. I would then continue on to Brest and begin the return, resting twice more on the way back. Paris lies at about 180 meters above sea level; the road would rise and fall constantly, the worst part found outside Brest with several elevation changes between 75 and 400 meters. Not as steep as the hairpinned gradient up to *Alpe d’Huez* but not as easy as the 30 meter rise of Elkhart Knob, the rolling and occasionally mountainous terrain would be persistent.

4:00 A.M. finally came, none too soon. Standing around in a downpour, the pre-ride tension made the wait doubly difficult. Once we began riding, at least there would be challenges to distract from the damp and cold. The staging area corralled 1800 of the 2680 starters, tandems in front, the faster riders going off either 6 or 12 hours later. Upon the starting signal, we carefully negotiated our way out, one following the other and forming a five mile long pace line. The police were out in

(Continued on page 13)

(Continued from page 12)

full force to direct us at each turn and to protect us from traffic until safely in the countryside.

Because Paris is so far north (about the same latitude as Winnipeg) and so far in the western part of its time zone, the sun did not set until about 9:15 P.M. and did not rise until about 6:30 A.M. So, the first few hours would be spent in darkness, hoping for the rising sun to somehow dry out the skies. How I longed for the scorching 100 degrees of the brevets. The first control was Bellême, about 100 miles into the ride. The fever and malaise left me with not much to work with, so I settled back and rode easily to conserve energy.

Five miles from the start is the Forêt de St. Cucufa. A darker area does not exist on the face of this earth; absolutely no light from Paris or anywhere else could be seen, only the pencil thin beams of the bicyclists. The ride through this forest was up a steep hill, slowing the bike down to the speed of exhaling breath. Soon, my glasses fogged and I could see less than nothing. Stopping to wipe them, I was nearly run over by some riders who didn't hear or understand my spoken words or see hand signaled intentions.

Steady but very slow, the cyclometer constantly advised. The failure to get it covered during the initial downpour left only the average speed function working. I could no longer track my time, speed or distance, but would have to gauge these in other ways.

At 8:00 A.M. a small village bar provided *un café grand, noir, s'il vous plaît*. Before leaving, I required *la toilette* and found my first experience with very primitive facilities—a small hole in the floor with two ceramic or porcelain footprints on either side indicating where to stand.

With the coffee and then the small towns filled with people shouting encouragement, I was feeling stronger. But that was soon dampened with the continuing rain and by the road rising before me, gradually but constantly. The last 10 miles into Bellême were all up. I just shifted down into a lower gear and ground it out.

Le Monde, the leading French newspaper, reported a record four inches of rain inundated Paris that day. This was no light summer shower. In fact, even though the weather had been so ideal the preceding week, the rain would not clear for four days, the whole length of the ride. And, the temperature would hover around 55 degrees in daylight and lower at night. This weather would prove to be a formidable opponent for many.

Bellême

Bellême, finally. 100 slow, slow miles, and the first of seven controls out and eight back. The control was at a school, atop yet another hill. It was now 1:20 P.M., making this the slowest century of my life, but I still met the deadline. However, I would have to speed up to have some sleep time, late that night or early the next morning. After the staff checked and signed my card, food was next on the priority list. Each control offered a meal for about 40 francs. I had a small, thin steak, green beans and fruit. Wine was offered, but I passed that in favor of mineral water.

(Continued on page 14)

(Continued from page 13)

Villaines la Juhel would be the next control, 45 miles away. The rain eased up, so I removed my rain cape. (A cape is not the best for touring, I discovered too late, its non-aerodynamic shape catching the wind and offering little protection from cold.) I cycled down the hill, through the town, and past a large area where support vehicles had gathered. It was not uncommon to see a whole family with a table spread with food waiting for dad, mom, a son or a daughter. Support vehicles were prohibited on the route, but could congregate around control points.

After a brief three miles and just on the outskirts of Bellême, the rain resumed, so I stopped at the bottom of a hill to don my cape. Then it happened—a feeling that will never be forgotten. As I remounted and began pedaling, a down shift to start up the hill put the rear derailleur, apparently having gone out of proper adjustment during shipping, into the spokes. The bike skidded to a halt. Neither the bent derailleur nor the wheel would budge. All the training, brevets and sweat had come to this.

I flagged down a passing American cyclist and asked that he go back to the support vehicle area to get someone to take me back to the control, and he obliged. Repair stations were available there, but it was too far to walk. I did start, however, carrying the bike on my shoulder. Finally a small car came, but with no rack. So, hanging out the window, I cradled the bike in my arms back to the control. Several French riders saw my plight and tried to pull the derailleur away from the spokes or get the wheel off. They could not and ended up just shaking their heads, giving the French mechanic's shrug that ends with the shoulders rising to the level of the arching eyebrows.

Then, I located a repair van with the word "Motobecane" in large letters. Here was real help from the factory that produced my until-that-time reliable machine. After truing another rider's damaged wheel, he turned his attention to me. I described my problem in gesticulation—my French was only good enough to get me into trouble, but this problem actually didn't need much explanation. He worked on it for about 25 minutes and freed the wheel, but showed me where the drop out had bent. He did not have a replacement derailleur with him, either. My ride was over.

Wandering around, I commiserating with others who had their own troubles. One American receiving medical attention was badly cut when run over by two or three riders after going down on a rain slickened road. Another walked around with a split front fork in hand, dangling in two pieces from the wheel, crumpled and broken after he rode over a fallen rider. Then front runners from the 10:00 A.M. start arrived. A number of them were riding without rain gear or warm clothes; in fact, some looked like they were out for an ordinary summer ride after work.

Back to Paris

Sag wagons are not provided; a randonneur is self-supporting, after all. I had to sort out how to get myself and my wounded bike and pride back to Paris, so I wandered down to the village and inquired about a bus. A helpful villager took me to the town's patisserie where the owner called the inter-city bus line for a schedule and then directed me where to wait. The bus took me about 30 miles to the next town with a train to Paris. The only other bus passenger was an elderly

(Continued on page 15)

(Continued from page 14)

woman carrying an attaché case with two holes in its side. (Strange, I thought, but the explanation was at hand later when I observed a small dog's nose poking out.) After the bus ride, I boarded a train and then *le metro*, arriving back at the hostel 18 hours after leaving. It had been a long day, full of lofty goals and charming countryside but culminating in bitter disappointment.

Conclusion

This PBP was not good to many. Only 2200 finished out of 2680 starters, and 125 out of 210 Americans. Besides the accidents and my own plight, several friends suffered from hypothermia as the constant rain and severe cold drained their bodies of the ability to keep warm. One realized that he had to abandon for his own safety after shivering so hard down a hill that he nearly lost control.

Despite the high dropout rate, the Americans otherwise accorded themselves well in individual categories. Third in 1983 and second in 1979, Scott Dickson came in first this time, in 44 hours and 1 minute (11 minutes short of the course record), and Kay Ryschon at 61 hours and 17 minutes was the first woman. Lon Haldeman and his tandem partner Bob Breedlove took honors for the fastest tandem, and Patricia Brehler and Patience Hotton were the fastest women's tandem pair.

In retrospect, I have questioned whether all the preparation, the pain, the training, was worth for what turned out to be no longer than an ordinary club century ride. I philosophized that the failure of machine cannot be anticipated; it is sufficient to prepare against failure of spirit or of body. Was it worth it? Well. . .

To be continued in 1991. . .

Post Script:: It was continued in 1991, but that's a whole 'nuther story. Maybe sometime later.

C'est Fini



Photocopy as needed for additional applications

National Bicycle Month 2009



- Celebrate National Bicycle Month with your own personal Bike Month License Plates.
- Plates are approved and shipped by the Secretary of State directly to you.
- Plates may be displayed during April and May 2009. The cost for the Bike Month Plates is \$28.00.
- A copy of this years plate is shown above. A color image can be seen at www.bikelib.org.
- Plates are numbered from 1 to 350 with number preference given to last years plate holders.

IMPORTANT

The Secretary of State mails all plates. We must send a COMPLETE, CURRENT, LEGIBLE photocopy of your regular license plate registration card. If your plates expire in APRIL or before you can not use your 2008 registration card. You can renew up to two months early at a Secretary of State office near you.

PLEASE PRINT LEGIBLY OR TYPE

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Phone _____

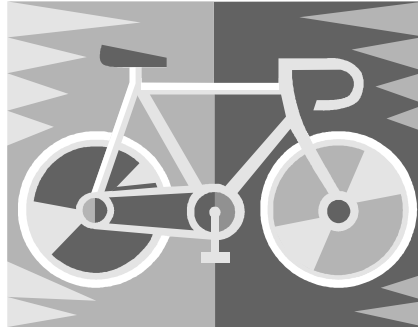
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(This will only be used to contact you about your plate order)

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Car Make _____ VIN# _____

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Club Enhances Incentives for Ride Leaders

Kevin Greene VP-Rides

The new year brings with it new incentive awards for ride leaders. The Board decided to expand the incentives to encourage club members to volunteer to lead more rides and encourage new ride leaders to step forward.

Currently, ride leaders that accumulate 15 or more points for the year qualify for a drawing of four \$50 gift certificates, redeemable at a bike shop of his or her choice. The drawing for the 2008 leaders was held at the Winter Party in January.

For 2009, the club will also have a monthly drawing for one \$50 gift certificate. Club members that accumulate 3 or more ride leader points for each month will be eligible for the drawing. Ride leaders that scout and map a weekend ride are eligible for 3 points. Non-mapped rides, such as a weekday training or EZ ride, will earn 2 ride leader points.

Club members who volunteer to act as a “sweep” during a weekend ride will be eligible for 1 ride leader point. A sweep will typically remain at the back of the group to assist other riders where necessary. To be eligible for a point, the ride leader must designate the sweep at the beginning of the ride and notify the club record keeper when the mileage sheet is turned in.

We want to encourage more club members to lead rides in 2009. It’s a great opportunity to share your favorite cycling routes and help maintain the club’s extensive riding schedule.

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 opt out of (not receive)
 Bike Shop [name] _____ club email announcements
 A current Club member [name] I would like to help with SBC activities
 Yes 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

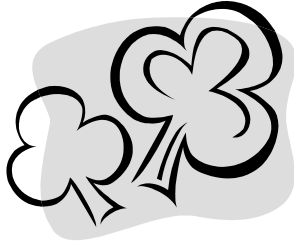


MONTHLY								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	2,665	201	2,866	82		8		34.95

CUMULATIVE								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	2,665	201	2,866	82		8		34.95



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March, 2009

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president(at)spfldcycling.org

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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 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.