



**Lookin' for a Ride?**

*See Ride Schedule, pages 7-10*

**Ride of the Month**

**Chuck Orwig's Pre-St. Patrick's Day ride - with Stag beer!**

Thank you to Gerry and Chuck Orwig for leading this ride on a cold day and providing a wonderful St. Patrick's Day feast.

**Almost Anything Award**

**Tracey Hurley earns this month's AAA for hosting an exceptional Superbowl party**

Members enjoyed a great game on a giant screen TV, with plenty of good food. Thank you for hosting a wonderful Superbowl party at the Hurley residence!

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

*See page 3*

**Monthly Ride Leader Incentive Drawings**



The board approved a monthly Ride Leader Incentive drawing starting in January. The award for this monthly drawing is a \$50 gift certificate to the bike shop of the winner's choice.

Thank you and congratulations to Alan Josephson, this month's Ride Leader Incentive award winner.

**Grover Everett is Rider of the Month with 527 miles!**

*Details on page 4*

## President's Column

May, 2009

### **Bike to Work Month**

May is Bike to Work Month and Friday, May 15<sup>th</sup>, is Bike to Work Day. If you've never tried bike commuting before, now would be a good time to start. Bicycle commuting saves gas and money, provides exercise and helps the environment. For most people in this area, commuting by bicycle does not take that much longer than driving. For beginners, get a copy of the Springfield Bicycle Map. (Contact Lynn Miller at 787-3354 to get one.) Try your route out on a weekend, realizing that there will probably be more traffic during weekday commuting times. The Springfield Bicycle Club is making it easy to ride to work on May 15<sup>th</sup>. Bicycle commuters will be meeting at 7:00 at four locations around the city to ride towards downtown: Fairhills Mall, Wabash trailhead at Park Street, IDOT on Dirksen Parkway, and Sangamon Center North.

### **Interurban Trail News**

The new west loop of the Interurban Trail around Legacy Pointe should be opening about the time you read this. The new routing of the Interurban Trail to accommodate the MacArthur Boulevard extension includes two new grade separations—a tunnel under the future MacArthur Boulevard and a bridge over the Norfolk Southern railroad tracks. Both of these grade separations were the result of advocacy efforts by the Springfield Bicycle Club. Thanks especially to John Day, Bill Donels and Lynn Miller for these efforts. A grand opening is scheduled for Trails Day, Saturday June 6<sup>th</sup>.

### **New SBC Jerseys!**

Tom Clark and graphic artist Terri Nelson have been working on a new SBC jersey design with an Abraham Lincoln theme. The new jerseys will be available by this summer and will also be sold at the Capital City Century for \$60. The cost for SBC members will be \$55. However, for SBC members who pre-pay before the CCC early registration deadline (August 21), the price will be only \$50. Cindy Kvamme will have samples for fitting in the near future. Watch for future announcements.

*(See also "Capital City Century Information Now Online," p. 14—the Editors)*

### **Springfield Bicycle Advisory Council**

We're still waiting for the nine members of the Springfield Bicycle Advisory Committee (BAC) to be named. The mayor's office tells us they will be appointed soon. There were more than 25 applications to serve on the BAC. 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	
<b><i>New Member Information</i></b>	
Come Ride with Us.....	3
Membership Application.....	22
<b><i>SBC Board</i></b>	
President's Column.....	2
Secretary's Report.....	4
Board Meeting Notes .....	5
Officers/QR Information.....	24
<b><i>Incentive Programs</i></b>	
Riders of the Month .....	4
Mileage and Activity File .....	11
Mileage Summary .....	23
<b><i>Club Events</i></b>	
Ride Schedule .....	7
<b><i>Features</i></b>	
2009 Memorial Day Weekend .....	13
CCC Information Now Online.....	14
Curb Your Car/Bike to Work.....	15
April/May Memories .....	18
Looking for an Out-of-Town Ride? ..	20
Bicycling with Helmets.....	21

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

Gene Fore  
 Mark Summer  
 JoAnn Abrams  
 Deeanna Shidler  
 Charlie Rabins  
 Mike Royer  
 Chris King  
 Kevin Brown & Lola Lucas

### Renewals at the Sustaining Level

Byron Nesbitt

### New Members

Janie Williams & Family  
 Steve Stone  
 Mark Wagner

### Renewals at the Contributing Level

Sid Marder  
 John Gee  
 Jan Cimarossa  
 Carol & Bill Buck  
 John Sandford

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 INFORMATION. LIMITED NUMBER OF RIDERS.

### Riders of the Month

3/09 Grover Everett 527 miles	11/08 Ruth Magos 601 miles	7/08 Byron Nesbitt 1,004 miles
2/09 Tom Clark 402 miles	10/08 Janet Cooper 664 miles	6/08 Tracey Hurley 800 miles
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

## Board Meeting Notes— March 4, 2009

Deb Cooper, Recording Secretary

Present: Ken Anderson, Marty Celnick, Deb Cooper, Bill Donels, Kevin Greene, Naomi Greene, Wayne Heideman, Karl Kohlrus, Dave Lucas, Lynn Miller, Mike Schwab and Alan Whitaker

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

Wayne Heideman spoke to the Board about the First Annual Bicycle Safety Rodeo to be held on April 26, 2009 at the Pleasant Plains High School. Wayne invited the SBC to participate and offered to make space available for club information. Board members suggested that Wayne also contact other groups such as Think First (a group which promotes the use of helmets), the League of Illinois Bicyclists (Train the Trainer/Bike Rodeo program) and the Secretary of State (safety demonstrations). There was some discussion about scheduling an SBC bike ride to Pleasant Plains the day of the Rodeo and about the possibility of donating gift certificates from local bike shops to be used toward the purchase of helmets. Further discussion will take place at the April board meeting.

Minutes: The Minutes from the February 2009 Board

Meeting were approved.

Treasurer's Report: Dave Lucas distributed the Treasurer's Report for February 2009 which reflected an ending balance of \$13,379.77.

Legislative/Education Report: Lynn and Bill Donels will attend the SATS meeting on March 5, 2009 to support the Sangamon Valley Trail and other stimulus projects that involve bicycle access. The LIB is encouraging members to contact legislators to see that Transportation Enhancement dollars are used for bicycle and other alternative transportation; and to support year long Bike license plates. LIB is holding a "Train the Trainer/Bike Rodeos" program on March 26, 2009. SBC and Springfield Roadrunners will share a booth at the Downtown Farmers Market in May to promote Bike Month. It was suggested that Governor Quinn be invited to participate in the May 15 Ride to Work Day.

Incentive Chair Report: Jim Hayek's February 12<sup>th</sup> Capitol Complex Visitor's Center Ride was voted as Ride of the Month. The Almost Anything Award

was given jointly to Chatham Mayor Tom Gray and the City Council of Chatham for their quick response to Lynn's email regarding damage to the trail north of Plummer Road. The damage was repaired within the week.

Dave Lucas presented a plaque to Karl Kohlrus in recognition of his 20 plus years of service on the SBC Board. Karl served as records keeper for 22 years, as well as serving terms as Past President and Past Treasurer.

Ride Report: Kevin asked the Board to consider revisions to the way some daytime rides and evening Show and Go rides are currently structured. After a lengthy discussion, the Board decided that starting in April, weekday evening rides must have a committed ride leader. Alan Whitaker will send an email announcement to SBC members regarding this change.

Special Events Report: Alan reported that he and Tom Clark have completed set-up of the Active.com registration option for the CCC. Alan and Kevin will test the site to make sure CCC registration will occur smoothly.

*(Continued on page 6)*

*(Continued from page 5)*

Tom Clark will email Board members last minute questions regarding the CCC jerseys, as some details need to be solidified prior to the April board meeting.

Newsletter Report: Submissions for the Quick Release are due by the 15<sup>th</sup> of each month.

Old Business: No changes

were suggested to the Membership Survey and it will be mailed to all members with a self-addressed, stamped return envelope. Naomi Greene will draft a cover letter to include with the survey and forward the cover letter to Karl for his review prior to the survey mailing.

The SBC membership directory is available on the

club website. Alan will email club members the password required to access the membership directory.

Meeting adjourned at 9:00 p.m.

The next board meeting is scheduled for April 1, 2009 at 7:00 p.m. The location will be announced at a later date.



## May 2009 Ride Schedule

For updates, corrections and last minute changes to the ride schedule, please check the SBC website at [www.spfldcycling.org](http://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](http://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 9:00 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.
Tues & Thurs 12:15/ 12:20 pm	Robert Morris College 3101 Montvale Dr. Vredenburgh Park Saxon Dr. & Crusaders Rd. Dave Ross, 789-4823 Tom Clark, 585-1539	BC – Westside Lunch Ride. Leaves Robert Morris College at 12:15 pm and Vredenburgh Park at 12:20 pm. Dave or Tom will hit the trails or go out in the country.
Monday through Friday Noon	Harris Building 100 S. Grand (at 2 <sup>nd</sup> 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 6:00 pm	Parkway Pointe Theatre Lindbergh & Robbins Rd. Marty Celnick, 522-4206	ABCD – A favorite for fast and intermediate riders. Ride to Chatham for 18 miles or to the T for 23 miles.
Mon, Tue, Wed & Thurs 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. 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 5:45 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Robert LaBonte, 787-0237	ABCD – Hit the trail with Robert and other SBC regulars for an early evening ride.
Tues & Thurs 6:00 pm	Rotary Park Archer Elevator & Iles Show-N-Go	ABC – Faster-paced workout to prepare for longer weekend rides. D riders are welcome to stretch their skills, but may be riding alone unless they bring a buddy. 12–25 miles. Turn in miles to the record keeper.
Tuesday 6:00 pm	Schlitt Park (south of Owen Marsh School) 1110 Avon Dr. Kevin Greene, 793-9622	EZ – 10 miles at a relaxed pace through city neighborhoods. Those interested will meet for dinner afterwards at a local west side restaurant
Wednesday 6:10 (ish) pm	Wheel Fast Bicycle Co. 20 Cottonwood Dr. Chatham Matt Saner, 483-7807	ABC – Intermediate training ride. Meet at the bike shop and plan on 20 miles.
Thursday 5:45 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway	ABCD – Join Cindy and others for an after-work ride along the trail.
Thursday 5:45 pm	Lewis Memorial Christian Village Koke Mill and W. Washington St. Linda Butler, 787-5027 Ernie DeFrates, 546-1398	ABC – Ride 23–25 miles to Salisbury with Linda and Ernie.
Scheduled Rides and Events		<i>Check start times!</i>
Saturday May 2 9:00 am	Rotary Park Iles & Archer Elevator Linda Butler, 787-5027	ABCD – Linda will take us out in the country for 40 miles or so.
Sunday May 3 9:00 am	Vredenburgh Park Saxon Dr & Crusaders Rd Marty Celnick, 522-4206	ABCD – Marty says if the weather is nice, we could go for 60 miles. Route depends on wind direction. This means we can go east as well as west.
Sunday May 3 9:00 am	Wabash Trail east end parking lot Park St. & Wabash Ave. Ken Anderson, 522-3876	EZ – Plan on 20 miles or so with a rest stop at the Apple Barn.
Wednesday May 6 7:00 pm	Residence 2301 Sangamon Avenue Karl Kohlrus, 544-8410	NC – Board Meeting. All SBC members are invited to attend the board meeting.
Friday May 8 6:30 am	The Bakery 15 <sup>th</sup> and Ash Curt Evoy, 502-1118	NC – Bike commuters meet early for coffee and donuts. May is Bike to Work month.
Friday May 8 8:00 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Marty Celnick, 522-4206	CD – Full Moon ride on Lost Bridge Trail. Lights are required. Marty will try to have Moon Pies for participants after the ride, with plenty of white flour to revive your blood sugar levels.
Saturday May 9 9:00 am	Centennial Park Lenhart Rd. & Bunker Hill Rd. Alan Whitaker, 494-6807	ABCD – Alan will take us 40 miles or so to Athens or Pleasant Plains.
Sunday May 10 9:00 am	Residence 115 Price St. Williamsville Kedra Elston, 741-9421	ABCD – Mother's Day Ride and Brunch. Kedra has 30–40 miles planned. Come to the potluck even if you don't ride. Bring something if you can. Those riding shorter distances may start later. Everybody eats after the ride.



Friday May 15 6:30 am	The Bakery 15 <sup>th</sup> and Ash Curt Evoy 502-1118	NC – Bike to Work Day. Bike commuters meet early for coffee and donuts.
Friday May 15 7:00 am	Washington Park picnic shelter Sangamon Center North Arby's, Fairhills Mall Wabash Trail east end parking lot IDOT, Lost Bridge Trail parking lot Lynn Miller, 787-3354	NC – Bike to Work Day. Join experienced bike commuters from SBC for the ride into work, starting at several locations around the city. Bikers can also stop by Grab-A-Java ( <a href="#">1702 S. 6th St.</a> or <a href="#">3115 Hedley Rd.</a> ) to cool down at one of their water stations and pick up a coupon for a free cup of coffee. <a href="#">Cafe Moxo</a> (411 E. Adams) will be offering a free cookie to anyone biking to work who brings their helmet into the cafe with them.
Saturday May 16 9:00 am	Rotary Park Iles Ave. and Archer Elevator Rd. Lynn Rhoades, 891-8145	ABCD – Lynn will take us out for 30- 40 miles, with shorter options.
Sunday May 17 9:00 am	Centennial Park Lenhart Rd. and Bunker Hill Rd. Alan Josephson, 793-0590	ABCD – Alan has routes ranging from 25 to 60 miles on this beautiful Sunday.
Sunday May 17 9:00 am	Wabash Trail east end parking lot Park St. & Wabash Ave. Kevin Greene, 793-9622	EZ – Plan on 20 miles or so with a rest stop at the Apple Barn.
Friday May 22 6:30 am	Mel-o-Cream Donuts 227 East Laurel Curt Evoy, 502-1118	NC – Bike commuters meet early for coffee and donuts. May is Bike to Work month.
Saturday May 23 9:00 am	Vrandenburg Park Saxon and Crusaders Drive Show and Go	ABCD – Ride the Wabash Trail and anywhere you want. Please use a ride sheet if riding together, and turn your miles in to the record keeper.
Saturday May 23 9:00 am	Nature Trail parking lot Longfellow Ave. & IL 159 (South Buchanan Street) Edwardsville Ernie DeFrates, 546-1398	ABCD – Ride the Madison County trails this weekend with Ernie. The ride begins at the trailhead for the Nature and Nickel Plate Trails. You can ride to Marine, IL for up to 48 miles. For more information, see article in this month's QR.
Sunday May 24 9:00 am	Lewis and Clark Visitor's Center Hartford, IL Ernie DeFrates, 546-1398	ABCD – Day 2 of Madison County trail rides. Ride the Chain of Rocks bridge into Missouri, and perhaps continue on Riverfront Trail into downtown St. Louis, or the Confluence Trail into Alton. See QR article.
Sunday May 24 9:00 am	Rochester Station Walnut St. and Rt. 29 Sister Josepha Schaeffer 522-3386	ABCD – For those staying in town this weekend, Sister Jo will lead a ride to Edinburg via Lake Sangchris for about 30 miles.
Monday May 25 9:00 am	Waldrop Park Andrew Rd. Sherman Alan Josephson, 793-0590	ABCD – Celebrate Memorial Day with a ride to Lincoln, or part of the way there. Alan has 27 to 52 miles mapped out.
Friday May 29 6:30 am	Mel-o-Cream Donuts 227 East Laurel Curt Evoy, 502-1118	NC – Bike commuters meet early for coffee and donuts. May is Bike to Work month.
Saturday May 30 9:00 am	Vredenburgh Park Saxon Dr. and Crusaders Rd. Tracey Hurley, 414-8900	ABC – Tracey has 30–40 miles planned.
Saturday May 30 1:00 pm	Capitol Complex Visitors Center 425 S. College Karl Kohlrus, 544-8410	EZ – Historic Sites Ride. Karl will lead a 10 mile ride of the historic Lincoln sites. This ride will include stops along the way.
Sunday May 31 9:00 am	Rochester Station Walnut St. and Rt. 29 Robert LaBonte, 787-0237	ABCD – Breakfast ride to Pawnee. Another “ride to eat” adventure. About 26 miles round trip. Ride from IDOT for more miles.

### 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

## Home Repairs/Handyman Service

Repairs of all types. Need experienced help to build a deck or other project? I will hire out by the hour. Custom cabinets, book cases, entertainment centers, anything built from wood. Broken cabinet doors or drawers? I repair cabinets. I can build to match or modify existing cabinets. Reasonable rates - 10% discount for bike club members.

Ben Fox 836-8239 or email me at [benfox1@comcast.net](mailto:benfox1@comcast.net).

## Springfield Bicycle Club Mileage and Activity File As of March 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
Tom Clark	450	13	463	18	25.72			1,250	49	1,299	45	28.87		
Jack Hurley	37	11	48	1	48	1	3	907	21	928	21	44.19	2	6
David McDivitt	427	53	480	32	15			790	77	867	61	14.21	1	3
Grover Everett	527		527	14	37.64			854		854	18	47.44	1	3
Karl Kohlrus	257	93	350	28	12.5			573	135	708	52	13.62	1	3
Lynn Miller	239	8	247	8	30.88	1	3	620	38	658	20	32.9	1	3
Dave Ross	296	20	316	14	22.57	1	3	568	46	614	26	23.62	2	5
Marty Celnick	288	82	370	16	23.13			427	136	563	24	23.46	1	3
Curt Evoy	356	7	363	21	17.29			476	47	523	29	18.03	1	3
Pat Stephens	212		212	10	21.2			336		336	16	21		
Don Harvey	132		132	5	26.4			307		307	13	23.62		
Sr Josepha Schaeffer	140		140	5	28	1	3	262	15	277	12	23.08	1	3
Alan Josephson	140	10	150	6	25	1	3	238	20	258	11	23.45	1	3
Alan Whitaker	138	38	176	7	25.14	5	11	207	42	249	9	27.67	5	11
Tracey Hurley	67	31	98	3	32.67			134	66	200	6	33.33	1	3
Arden Gregory	109	56	165	3	55			118	66	184	4	46		
Bob Sorenson	109	56	165	3	55			118	66	184	4	46		
Robert LaBonte	118	10	128	9	14.22			136	10	146	10	14.6	2	6
Kevin Greene	83	7	90	7	12.86			119	23	142	10	14.2	1	3
Linda Butler	96		96	3	32			131	1	132	4	33	1	3
Kenny Vemnell	62	68	130	3	43.33			62	68	130	3	43.33		
Lynn Rhoades	46	2	48	2	24			111	6	117	4	29.25		
Mark Rabin	72	3	75	3	25			107	8	115	6	19.17		
Kedra Elston	89		89	7	12.71			108		108	8	13.5		
Bob Carmody	96	10	106	4	26.5			96	10	106	4	26.5		
Chuck Orwig	91	4	95	3	31.67	1	3	91	4	95	3	31.67	1	3
Christine Kohlrus	49	37	86	4	21.5			49	37	86	4	21.5		
Kent Kraft	55	15	70	2	35			55	15	70	2	35		
Jerry Ihnen	40	5	45	1	45			59	5	64	2	32		
David Banks	27		27	1	27			62		62	3	20.67		

## Springfield Bicycle Club Mileage and Activity File

### As of March 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
Ernie DeFrates	62		62	2	31			62		62	2	31		
Mike Eymann	37		37	2	18.5			56		56	3	18.67		
Jon Halterman	34	22	56	1	56			34	22	56	1	56		
Mike Vonnahmen	37	10	47	1	47			37	10	47	1	47		
Lisa Kidd	40	3	43	1	43			40	3	43	1	43		
Art Meyer	34	7	41	1	41			34	7	41	1	41		
Brenda Reiling	40		40	1	40			40		40	1	40		
Marilyn Powell	35	4	39	1	39			35	4	39	1	39		
Roger McCredie	37		37	1	37			37		37	1	37		
Jim Hajek	22	6	28	1	28			30	6	36	2	18	1	3
Tracie Stephens	18		18	2	9			36		36	3	12		
Dan Ingersoll	35		35	1	35			35		35	1	35		
John Lawyer	35		35	1	35			35		35	1	35		
Paul Purseglove	35		35	1	35			35		35	1	35		
Cindy Moreno	34		34	2	17			34		34	2	17		
Mark Summer	34		34	1	34			34		34	1	34		
Jim Disney	27	1	28	1	28			27	1	28	1	28		
Cindy Kvamme	28		28	2	14			28		28	2	14		
Bob Ayers	22		22	2	11			22		22	2	11		
Brigitta Ewing	22		22	1	22			22		22	1	22		
Gerry Orwig	17	4	21	2	10.5			17	4	21	2	10.5		
Jan Cimarossa	20		20	1	20			20		20	1	20		
Mike Elston	20		20	1	20			20		20	1	20		
Mary Grant	20		20	1	20			20		20	1	20		
Ivan Wright	10	2	12	1	12			10	2	12	1	12		
Sue Dees	11		11	1	11			11		11	1	11		
Dean Wisleder	3		3	1	3			11		11	2	5.5		
Totals	5,617	698	6,315	277	22.8	11	29	10,304	1,070	11,374	477	23.84	24	67

## 2009 Memorial Day Weekend in Madison County

I am leading rides on the Madison County Trails May 23 & 24, Memorial Day Weekend. On Saturday May 23, we will start at 9 AM in Edwardsville, Illinois at the Nature Trail and Nickel Plate Trail Parking lot at Longfellow Avenue & IL 159 or (South Buchanan Street) This will be a great chance to ride on several very nice paved trails in Madison County with mileage loops from 15.3 miles to 31 miles. My idea is to ride several trails to Marine, IL to Mills Apple Farm it is similar to the Apple Barn in the past they have been participating at the Farmers Market in Downtown Springfield on Wednesday & Saturdays. There are many mileage options for this ride choose from 48, 43, 38, 35, or 27 miles all start at Nature Trail and will get you to Marine, IL. I am staying Friday & Saturday at the Hampton Inn in Collinsville area they have only rooms available with king beds last time I checked. There are other hotels very close to the Hampton Inn they are Days Inn, Fairfield Inn by Marriot, Comfort Inn, Super 8 Hotel if you would like the address and phone number of these hotels let me know.

On Sunday May 24 we will begin at 9 AM starting at the Lewis & Clark State Historic Site. We will ride on the partly paved Confluence trail to the old Chain or Rocks Bridge we will have the option to ride to St Louis if the paved River-front trail is repaired or we can head back North on the Confluence trail past Lewis & Clark State Historic Site on to Alton, IL. The Confluence Trail is paved all the way from the Lewis & Clark State Historic Site to Alton. We might check out the Clark bridge in Alton or stop by Fast Eddies for a drink and food. The mileage will range from 18, 38, or 56 if you ride to St Louis and Alton. I would also strongly suggest you bring a bike lock with you.

Directions to The Lewis & Clark State Historic Site (One Lewis & Clark Trail, Hartford, IL 62048): Take I-55 South about 85 miles to I-270 West. Follow I-270 West for 10 miles. Take the exit for Illinois Route 3 North. Travel about 3 miles, site is at the first stoplight on the left.

Directions to Edwardsville, Illinois and the Nature Trail & Nickel Plate Trail Parking lot: Take I-55 South about 80 miles to Exit 23 Edwardsville/Marine. Turn right off the exit onto Illinois 143 you will travel about 3 miles east to Edwardsville till you come to the first stoplight you will go another two blocks and turn left at the next stoplight. This is North Buchanan Street which becomes South Buchanan Street. To get to the trail parking lots, you will go past a small grocery store called Market Basket very shortly you will go past some concrete road barriers. Then after 4 blocks you should see a Water Tower that says Historic Le Clair district. Just before the water tower, take the road to the right, Longfellow Avenue. You will see the Nature Trail & Nickel Plate Trail Parking lot on the right (S Buchanan St & Longfellow Av, Edwardsville, IL 62025).

Hope to see you there  
Ernie De Frates  
home phone 544-1398  
cell 217-971-1246  
eld3bik(at)aol.com

## Capital City Century Information Available Online

By Tom Clark

Information about the 37th Annual CCC (Sept. 13, 2009) is now on SBC's club Website, at:

[www.spfldcycling.org/2009ccc.htm](http://www.spfldcycling.org/2009ccc.htm).

A printable registration page can be downloaded there by those wishing to mail in their registration with a check. The print version of the CCC 2009 brochure will soon be posted online. The print brochure contains complete information about the event.

We have several CCC firsts this year. First, our 2009 CCC print brochure is in color for the first time! The excellent brochure design by Terri Nelson of TEN Design features photos taken at the 2008 CCC by Naomi Green. LIB distributed the brochure to bike clubs and bike shops around the state in early April. We will be mailing 2009 brochures to individual 2008 CCC registrants in May, including club members.

We also made many copies for additional distribution. If you are planning to go on an organized out-of-town ride in Illinois or another related event this spring or summer, I would be glad to get a batch of CCC brochures to you to take along.

Also this year, for the first time ever, we are making an online Active.com registration option available! *Note: Active.com convenience fees apply.* The simplest way to reach our Active.com portal is to go to the SBC Webpage above and click on the link. Here is the direct link:

[http://www.active.com/event\\_detail.cfm?event\\_id=1706156](http://www.active.com/event_detail.cfm?event_id=1706156)

And for the first time in five years—a club jersey is planned. Both a Lincoln Bicentennial Edition t-shirt and jersey will be available for purchase during registration—by mail, online, or on-site, for pickup on site the day of the CCC (September 13).

**NOTE: If you pre-register and are a local SBC member—please pre-order a jersey locally—not during online or mail-in registration, to get the best discount.**

- SBC members who pre-order and pre-pay locally for a jersey will pay \$50.
- SBC members who do not prepay but ask to have a jersey ordered, or who purchase the jersey from stocks on hand, or purchase it on the day of the CCC, will pay \$55.
- Non-members will pay the full, non-discounted jersey price of \$60.

Local SBC members will have the option (in June) of trying on samples from a sizing kit provided by the jersey vendor. For local pre-orders only, we will then order batches for local pickup (in July/August). As noted above, those who order jerseys during CCC registration can pick them up the day of event. We aren't eBay; we'll mail jerseys only when truly necessary.

Details about local pre-ordering of jerseys will appear in the June QR and on SBC's Website.

## Curb Your Car/ Bike to Work Day, May 15, 2009

By Lynn Miller

SBC is participating with the Springfield RoadRunners, AthletiCare, Downtown Springfield, Springfield Park District, Springfield-Sangamon Regional Planning Commission, SMTD, Prairie Heart Institute, Café Moxo, & Grab a Java to promote Bike to Work Day. State Agencies and businesses will compete for most participants. In addition SBC will help promote several information booths.

Washington Park Picnic Shelter

We need volunteers for an informational table to hand out promotional brochures, answer questions about bike routes to work, maintenance & fitting questions. This will help publicize the bike to work event.

Dates: Sunday May 3            10:00-12:00 noon  
           Sunday May 10        10:00-12:00 noon

Farmers Market

We need volunteers for an informational booth at 4<sup>th</sup> & Adams for the following dates. Hand out brochures, answer questions.

Dates: Saturday, May 16    8:00-10 & 10-12  
           Saturday, May 23    8:00-10 & 10-12  
           Saturday, May 30    8:00-10 & 10-12

Wednesday, May 20    “            “  
           Wednesday, May 27    “            “

We will also provide ride leaders for commuters at the following locations on the 15th:

- Sangamon Center
- Fairhills Mall
- Washington Park Picnic Shelter
- Wabash Trailhead at Park St.
- IDOT parking lot at Lost Bridge trailhead.

Regional Planning Commission will have a website and provide links for ride leaders.

Contact Lynn Miller [lynnbikeil@sbcglobal.net](mailto:lynnbikeil@sbcglobal.net) or 787-3354

Thanks

*(See also poster on next page—the Editors.)*

# Curb Your Car on



## BIKE TO WORK DAY

### Friday, May 15, 2009

*Take the challenge! BIKE, WALK, RUN or TAKE THE BUS to work!*

- A competition is put out: to any business, agency, organization, school, etc.
- 3 categories of competition: large employers (300+ employees), medium employers (50 - 299 employees) and small employers (5 - 49 employees)
- Certificates awarded to ALL participating businesses
- The business in each category with the highest percentage rate of participation will receive a TRAVELING TROPHY
- Register online at [www.sscrpc.com](http://www.sscrpc.com) between April 6 and May 8
- Pit stops for bikers! Water station and free coffee coupons at both Grab-A-Java locations. Bikers that bring a helmet will receive a free cookie at Café Moxo.



### Questions? Call 535-3110



Springfield Regional Planning Commission



SPRINGFIELD MASS TRANSIT DISTRICT



Downtown Springfield



AthletiCare  
St. John's Hospital



café Moxo.



Grab-A-Java



Springfield Park District



Springfield Bicycle Club



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](http://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

Name \_\_\_\_\_ Signature \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-Mail \_\_\_\_\_  
(This will only be used to contact you about your plate order)

Driver's License Number \_\_\_\_\_

Current Plate Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Car Make \_\_\_\_\_ VIN# \_\_\_\_\_

Please make your \$28 check or money order payable to League of Illinois Bicyclists. Mail it with this form and a photocopy of your car's current plate registration to: LIB, c/o Laura Kuhlman, 1s110 Normandy Woods Lane, Winfield, IL 60190. Phone: 630-462-5427

## April Memories

By Mike Becker

**1974–35 Years Ago:** 25¢ would buy a raffle ticket for a new “10 speed” (remember those?) bike with a value of \$128 (about the cost of the average non-titanium bicycle seat post binding bolt today). The drawing was at the April meeting, but no mention of who rode it home.

**1979– 30 Years Ago:** The meeting centered around bicycle commuting. Allen Elrod of the Illinois Institute of Natural Resources discussed the need for resource conservation, and Ron Habegger, President of SBC and City Traffic Engineer, addressed what could be expected from local government in promoting bicycling commuting. I seem to recall some mention of speed bumps.

**1984–25 Years Ago:** The board discussed the proper spelling of the ride held for the last twelve years. They decided, once and for all, that the CCC was the *Capital* City Century, not the *Capitol* City Century. Now if they could just final-decide that “chilli”, not “chili”, is correct. (Did you notice that it took less than twelve *days* for the Capitol City Brewing Company to decide it should be the Capital City Brewing Company?) ++President David Stjern gave the first State of the Bike Club message, and all seemed in order. Everyone was doing a fine job, and he suggested that the officers and board could be eliminated because “the terrible twosome, Leah Newell and Marcey Werthwein would somehow manage to keep the club functioning. Those two ladies respond to the word “volunteer” the way Mark Grieve responds to an 8-pack of Little Kings.”

**1989–20 Years Ago:** Kevin Imhoff, D.C., spoke to the club about sports injuries. Injuries from bike riding?? Never. ++A dues increase from \$6/\$10 was discussed at the meeting. Dues increase?? Never. (Well, seldom, at least. It was raised to \$10/\$15.) ++No data on the 12<sup>th</sup> Annual Ken Alritz Memorial Metric Century. Therefore, I get to make it up based on 11 years of averages. A good turn out, despite the early morning rain and chill. A warming sun finally emerged, but the wind added difficulty to the incoming leg. Helen showed up with cookies. A good time was had by all

**1994–15 Years Ago:** Published this month (and in honor of your tea baggers out there): “A taxpayer is someone who doesn’t have to take a civil service examination to work for the government.” ++Dean Wisleder discussed bicycle maintenance and repairs, and a tube replacement contest pitted Bruce Beazly (first place, two minutes flat, so to speak), Dan Eatherington, and Garland Stevens against one another and the clock. ++Don Struck was featured in the February Rider of the Month profile. It’s April, you say. Well, that’s because of Theresa DeLeon’s error involving her bike bag. ++The 17<sup>th</sup> Alritz Memorial ride brought out 202 riders to a “warm, sunny but windy day.” (Compare 1989, *supra*.) This was to be the last year for the ride under that name. ++Stan Gralnick (no, it’s not the sound of your chain shipping) was Rider of the Month, earning the publication of his profile.

**1999–10 Years Ago:** Mayor Karen Hasara took out a full page ad in QR to thank the SBC for being “a vital partner as we work to expand bicycle trails in our city.” ++The Prez, Alan Josephson, noted in his column that during a Washington, D.C., meeting the US Chamber of Commerce presented SBCer Don Daniels a plaque for saving a person from drowning in 1998. Lisa Kidd took rider of the month honors.

## May Memories

By Mike Becker

**1974–35 Years Ago:** The May meeting was held at the Washington Park Pavilion. ++Bike-centennial printed an attractive poster featuring the 1976 Bike Ride route. It could be had for the cost of a stamp—10¢. ++Finally, Rod Yoswig took first place in the Champaign Crystal Lake race, and Dave Johnson took fourth place.

**1979– 30 Years Ago:** The ride classification system 30 years ago was just the reverse of today: “A” meant a ride for Almost Anyone and “D” meant Difficult. B and C fell somewhere in between, so a C+/B- rider would be the same then and now. ++Warren Boner led a discussion of bicycling safety at the May meeting, and Duncan Weathers was recognized for his scholastic achievement (??— unspecified) with the Almost Anything Award. Nopie Castleman baked the cookies for the refreshment table.

**1984–25 Years Ago:** The Board discussed the budget overruns for the Biathlon and that SBC may still be owed something by SRRC for 1983. ++The Quick Release noted that Route 4 was posted with no bicycling signs. Members were urged to contact Senator Davidson—a lot of good that did at the time. It took 10 years to fix that one. ++The League of American Wheelmen Brouhaha Part I (which recently re-erupted this year as Part II), involved a name change. BUSA refused to print any adverse letters, and Jim Reynolds of BUSA explained: “. . . I think the magazine should advance the cause of the trade name, now that the deed is done. I see no useful purpose at all in publishing material that will keep this controversy alive.” The translation provided by SBC: “[LAW/BUSA] will continue to imply in our magazine that the bulk of our membership supports our actions, even though this is not true; because if the truth is known, the entire membership may rise up against us.” Also, John Forester, a disgruntled LAW director and former president, proposed a new organization to do the work he felt BUSA was abandoning. His proposed name was “American Cyclists' League.” More about this later.

**1989–20 Years Ago:** Toni Patt started a ride from “the Coke machine in Loami.” This is a landmark and everyone knows (or should know) where that be. ++The Stjern-Corrigan combine spoke at the meeting about camping preparedness. Dave is the organizer of the annual Backpacking Weekend of the Living Dead, “where campers are faced with surviving hoards of mosquitos, ticks, poison ivy, and malfunctioning camp stoves.” But these annoyances and obstacles pale in comparison to his last camping outing—he got married. (Sorry, Mary, couldn't resist.)

**1994–15 Years Ago:** George Bellovics of the Department of Conservation spoke to the club about Rails to Trails projects. ++Mark Flotow was the March Rider of the Month, and rather than be subjected to an interview for the profile, he asked that *his* profile of friend Lucien Vonsped (renamed OneSpeed, of course) be published. Lucien was a professional bike racer in Europe, then transplanted to central Illinois, where he hung up his bike, farmed and led a frugal life. A truly touching story about an intriguing guy.

*(Continued on page 20)*

(Continued from page 19)

**1999–10 Years Ago:** The TGI Spring Metric (the renamed Alrutz Memorial ride) brought in 200 riders. Gail Mugler took credit for the “A+” weather and suggested that because Jerry Ihnen was responsible for the CCC later that year, everyone bring winter coats and show shovels. Both shared the AAA. ++Bode Zietz was rider of the month. And Theresa “the Outlaw” DeLeon won the Lead Water Bottle for running the red light at Washington and Koke twice. Such shame hung over her head, she soon moved to Chicago. (Actually, she moved to take care of her mother.)



## Looking for an Out-of-Town Ride?

By Kevin Greene

Are you interested in information about out-of-town bike rides and events? The League of Illinois Bicyclists' web site has an extensive listing of bicycling events in Illinois and surrounding states. Coming up soon is the Tour de Stooges Ride that will take place in Highland, IL on May 2. Another upcoming event is the Sangamon Valley Bike Ride, which is scheduled for May 17 in Monticello, IL. The distances for these two rides range from 15 to 64 miles. For more information about these and other out-of-town rides, go to:

[www.lepirtle.com/lib/rides/events.cfm](http://www.lepirtle.com/lib/rides/events.cfm)

To find out about cycling events in the St. Louis area, visit [trailnet.org](http://trailnet.org). Click the “rides and events” link and you will see a listing of weekly and special event rides for the area. For example, the River des Peres Ramble will start in Kirkwood City Park on May 3.

These web sites are a great resource that will allow you to explore riding opportunities in nearby areas. Hopefully, you'll find one that meets your interests.

## *News from the League of Illinois Bicyclists*

### Bicycling With Helmets

By Dean Schott, LIB Outreach Director

When you ride in car with a teenager behind the wheel, do you make sure he or she buckles the seat belt, and do you do the same? If you do, you're a good role model.

Should it be any different when you and your kids go for a bicycle ride? You insist they wear their bike helmets, but do you do the same? It's an opportunity to set an example by being a positive role model.

Too many parents fail to set an example by wearing their own helmets and give all kinds of excuses for not doing so. "It doesn't go with my hair." "I forgot it this time." "I couldn't find mine." "I don't have one." "I'm not going far."

Parents should also teach their children how to wear a helmet properly. It should not be pushed back on the head, exposing the forehead. The helmet should set right above the eyebrows and the straps should make a snug "Y" below each ear for it to be effective.

According to the Insurance Institute for Highway Safety, 92 percent of bicyclists killed in 2007 were not wearing a helmet.



When it comes to bicycle helmets, remember the saying, "One and done." That means when a helmet has been in a crash, it needs to be replaced because it cannot provide protection in the future.

For more tips for children riding bicycles, visit the League of Illinois Bicyclists' website at <http://www.bikelib.org/education/kidsheets.htm>.



## SPRINGFIELD BICYCLE CLUB 2008 MILEAGE SUMMARY

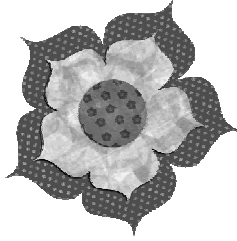


MONTHLY								
MONTH	RIDE	T/F	TOTAL	#RIDES	#RIDERS	LED	#RIDERS	AVG
	MILES	MILES	MILES				PER	RIDE
							RIDE	LENGTH
January	2,665	201	2,866	82		8		34.95
February	2,002	171	2,173	117		5		18.57
March	5,617	698	6,315	277		11		22.80

CUMULATIVE								
MONTH	RIDE	T/F	TOTAL	#RIDES	#RIDERS	LED	#RIDERS	AVG
	MILES	MILES	MILES				PER	RIDE
							RIDE	LENGTH
January	2,665	201	2,866	82		8		34.95
February	4,667	372	5,039	199		13		25.32
March	10,304	1,070	11,374	477		24		23.84



Springfield Bicycle Club  
Post Office Box 2203  
Springfield, IL 62705



Presorted  
Standard  
U.S. Postage  
Paid  
Springfield, IL  
Permit #325

Address Service Requested

Not for Commercial Use

May, 2009

**Please note:** Be sure to check the renewal date on your address label. If the date is **HIGHLIGHTED**, please fill out and return the renewal form along with your check. This will help to keep your membership information current and up to date. **You will get only one newsletter after your renewal date.** Note: 'AT' replaces @ in all email addresses given below to protect our board members from spamming.

**Officers**

**President**

Karl Kohlrus  
544-8410  
president(at)spfldcycling.org

**Vice President**

**Kevin Greene**  
793-9622  
vp(at)spfldcycling.org

**Board Secretary**

Ken Anderson  
522-3876  
secretary(at)spfldcycling.org

**Recording Secretary**

Deb Cooper  
546-5099  
recording(at)spfldcycling.org

**Treasurer**

Dave Lucas  
753-3831  
treasurer(at)spfldcycling.org

**Special Events**

Tom Clark  
726-5560  
events(at)spfldcycling

**Social Chair**

Tracey Hurley  
414-8900  
social(at)spfldcycling.org

**Legislative/ Educational Chair**

Lynn Miller  
787-3354  
legislative(at)spfldcycling.org

**Incentive Chair**

Alan Whitaker  
494-6807  
incentive(at)spfldcycling.org

**Records**

David McDivitt  
787-5964  
records(at)spfldcycling

**QR Editor**

Marty Celnick  
editor(at)spfldcycling.org  
522-4206

**QR Editor (cont)**

Tom Clark  
726-5560  
editor(at)spfldcycling.org

**QR Deadline 15 th of the month**

**Web Master**

Alan Whitaker  
494-6807  
webmaster(at)spfldcycling.org

**At Large Members**

Bill Donels  
546-8036  
at-large(at)spfldcycling.org

Naomi Greene

793-9622  
at-large(at)spfldcycling.org

Richard Tapia  
at-large(at)spfldcycling.org

***QUICK RELEASE ADVERTISEMENT RATES***

Half Page                      \$20    Full Page                      \$40

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