



Ride of the Month

Kedra Elstons' Mother's Day ride was the ride of the month

Kedra, Mike, and family cleared the garage to set up tables and chairs for all. Kedra mapped a good route to Mt. Pulaski with shorter options, then invited everyone (non-riders too!) back for potluck and brunch with home-made waffles with strawberries and bacon. And it didn't storm this year.

Thanks Kedra!

Almost Anything Award

Linda Wheeland of the Springfield Sangamon County Regional Planning Commission is this month's AAA winner for stellar organization of Curb Your Car Day

Despite the ominous forecast, 129 commuters from 27 agencies participated in Curb Your Car Day on May 15th. Thanks to Linda Wheeland for coordinating and documenting the efforts of the many participants including commuters, employers, and various sponsors and promoters. Linda's energy and vision ensure that next year's effort will build on the foundation of this year's success.



We also recognize our own Curt Evoy and the other SBC volunteers who worked to make Bike to Work Day a success. Thank you Linda!

Monthly Ride Leader Incentive Drawing

The Ride Leader Incentive Award is a \$50 gift certificate to the bike shop of the winner's choice. Thank you and congratulations to Robert LaBonte, this month's Ride Leader Incentive Award winner.

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

See page 3

*New Jersey!
See page 16*



Charlie Witsman is Rider of the Month with 709 miles!

Details on page 4

Lookin' for a Ride?

See Ride Schedule, pages 7-9

President's Column

July, 2009

Nominations for SBC Officers

Are you interested in serving on the SBC Board? This involves attending one meeting per month and performing other duties based on the office. For people who want to learn about the inner workings of the SBC, but do not want to do much, running for an at-large board position is a good place to get your feet wet. Nominations will be taken up until the August 5th Board meeting when an election will be held for any contested office. The new officers take office October 1. Contact any SBC officer if you have questions or are interested.

Interurban Trail News

The completion of the new west loop of the Interurban Trail around Legacy Pointe has been delayed due to wet weather this spring. The new loop now is scheduled to be opened sometime in July. 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. A grand opening is tentatively scheduled for August.

SBC Membership Survey

Naomi and Kevin Greene have compiled the results of the SBC membership survey with the help of Tom Clark. They will prepare a summary of the results, which will be printed in the newsletter with the details on the SBC website. Look for the results soon. This survey will help us determine what types of rides and events you want. Thanks again to all those who responded.

New SBC Jerseys

Tom Clark and graphic artist Terri Nelson have finished working on the new SBC jersey design with an Abraham Lincoln theme. They will be sold at the Capital City Century for \$60. The cost for SBC members will be \$55. However, for SBC members who prepay before **July 21** (not August 21, as given earlier), the price will be only \$50. Jerseys ordered by this deadline will definitely be in hand prior to CCC. Cindy Kvamme has samples for fitting. Look for the jersey design and order form elsewhere in this newsletter (see pp. 16-17—the editors.).

Springfield Bicycle Advisory Council

By the time you read this the nine members of the Springfield Bicycle Advisory Committee (BAC) will have been named. 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

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!

Secretary's Report

Ken Anderson, Secretary

Renewals

Kenny Vennell
 Gary & Lynn Woerner
 Jackie & Adam Galli
 Brigetta & Derek Ewing
 Bob Dettling
 Lance Kidd & Family
 Michael & Emily Meyer
 Jack & Tracey Hurley
 Kedra Elston & Family
 Charlie Downs
 Nyle Robinson
 Dennis Keithley

Renewals at the Sustaining Level

Pat Stephens & Family
 Don & Michele Daniels

New Members

Ken Rattiff
 Loren Easter & Magdalena Rosol

Renewals at the Contributing Level

Dean Wisleder
 Lyn Schollett & Cindy Tubbs
 Ernie De Frates
 Judy Nesbitt
 Charles & Susan Hammond
 Alan & Kathy Whitaker
 Ken & Sandy Anderson

Thanks to all for your support of the SBC and bicycling!! Ride safe!!

Note: Renewals or new applications not received by the end of the first week of the month may be recorded on next month's report.

Riders of the Month

5/09 Charlie Witsman 709 miles	1/09 Jack Hurley 880 miles	9/08 Karl Kohlrus 765 miles
4/09 Marty Celnick 457 miles	12/08 Tom Clark 711 miles	8/08 Marty Celnick 923 miles
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

Board Meeting Notes— May 6, 2009

Dave Lucas, Volunteer Recording Secretary

Present: Ken Anderson, Marty Celnick, Tom Clark, Kevin Greene, Tracey Hurley, Karl Kohlrus, Dave Lucas, Lynn Miller, Alan Whitaker

Karl Kohlrus called the meeting to order shortly after 7:00 p.m. Deb Cooper was unable to attend the meeting, and Dave Lucas volunteered to take minutes.

Minutes – The minutes of the April '09 board meeting were reviewed and approved without additions or corrections.

Treasurer's Report – Dave Lucas presented the treasurer's report for the month ending April 30, 2009 and noted that the current balance on hand was \$11,230.55. This report was also approved without further discussion.

Legislative/Education Report – Lynn Miller reported that Dave Sykuta had recently spoken with Jim Donelan regarding the status of Springfield's Bicycle Advisory Council (BAC). The application period closed some time ago, and the city continues to review its process. No members of the BAC have yet been selected. Lynn indicated that he would ask Dave Sykuta to draft a letter to the mayor's office formally requesting status of the BAC.

Lynn reported that funding for many central Illinois bicycle projects including the Sangamon Valley Trail is being reconsidered in the light of possi-

ble new state and federal funding sources. There are many projects vying for limited dollars, and the SVT is by no means a sure thing.

Construction of the MacArthur Street extension continues but has been delayed due to the very wet conditions experienced lately. There may be some temporary closures and/or rerouting of the trail as this project continues. Lynn will make every effort to keep us informed of any significant trail disruptions.

The annual Trails Day event usually held the first weekend in June may be delayed this year due to the above mentioned construction delays. Lynn will contact the interested parties and attempt to tentatively schedule a new date for this activity.

Bike to Work Day is May 15th, and the club has been very busy scheduling volunteers and working with a variety of state and private agencies in order to insure the visibility and success of this activity. Governor Pat Quinn has been very supportive of Bike to Work Month/Day and has helped facilitate the establishment of several state agency coordinators for these activities.

Phone call request for sponsorship – At this point in the meeting a phone call was received from new member

Chris King. He is very interested in raising money for the Lance Armstrong Foundation (LAF) and the Ride with Lance in Austin, TX. Chris had earlier requested SBC financial support for these activities. After some discussion it was decided that the SBC would put a link to Chris's planned activities on the club website and allow Chris to put up a booth at the CCC where he would sell LiveStrong wristbands and request donations from interested parties.

Social Chair Report – Tracey Hurley indicated that the summer picnic was scheduled for July 12th, and reservations for a Lake Springfield location had been requested as in the past. She will put an article in the July newsletter describing this event, and Alan will send a reminder on the club's e-mail announcement list.

Tracey also reported that Lola Lucas was ill, and Tracey had sent a card to her expressing the club's wish for her full and speedy recovery.

Incentive Chair Report – A drawing was held for the monthly ride leader \$50 gift certificate, and Ernie DeFrates was this month's winner. Alan Whitaker will send Ernie an appreciative e-mail, and Dave Lucas will secure and mail the gift certificate to Ernie.

The Ride of the Month was Mark Rabin's Edinburg ride

(Continued on page 6)

(Continued from page 5)

that started at Rochester Station. Thanks Mark for your help. The tail wind on the final leg was a nice touch!

The Almost Anything Award this month was awarded to David McDivitt for his creation of an online mileage entry page. Thanks David for developing and implementing this easy to use webform!

Vice President's Ride Report – Kevin Greene reported that the June ride schedule was full and he was still working on EZ rides, party/dinner rides and other similar activities for the coming months.

Special Event/CCC Report – Tom Clark is investigating some new roadside signs for the CCC. Our current wooden signs are quite old and somewhat difficult to erect and keep in place. All agreed that new signs would be desirable, and Tom will continue to investigate the possible purchase of such signs.

Tom had earlier e-mailed the board with a comprehensive summary of the month's activities relative to the CCC. In short, CCC brochures have been printed and available for distribution. Tom had earlier sent a large batch of these brochures to LIB for inclusion in their statewide bicycle shop mailing. Mailing to prior CCC participants will take place in late May or early June.

The final design for the CCC jersey sparked an entertaining

discussion as all present seemed to have a specific design element they felt should or should not be included on the jersey. The board finally agreed on some specific design elements, and Tom will continue to work with Terri Nelson on the final design of this most interesting jersey. A newsletter article will be in the June Quick Release detailing the jersey sizing/ordering process.

Newsletter Report – Marty indicated that no articles had yet been received for the June newsletter and reminded everyone of the May 15th deadline.

Old Business – Kevin Greene indicated that he and Naomi were working on inputting some of the quantitative responses into a database and were working on summarizing the many general responses to the surveys questions. Kevin hopes to have an e-mail summary out to the board members within the next few weeks.

The LIB/IDNR Route 66 Ride will take place as planned, but due to the very unstructured nature of this ride, no specific SBC involvement is planned.

Much discussion was then held regarding the publicizing of other organizations events/rides. The club receives an increasing number of requests for such publicity, and it was felt that some policy should be in place in order to deal fairly with these many requests. All

agreed that there were now a number of excellent "aggregator" lists on the web, and information relative to specific dates and rides can easily be obtained using these lists. Alan will put links to these lists on the website and will individually list any ride of special interest to the club and its members.

Dave reported that he had received no bill for the production of laminated bike route maps for the BAC, Lincoln Library and the various bike shops, and no further information was available.

Alan reported that the 5/14 Tour de Revs would be held as planned and although the SBC has no specific involvement in this event, Alan and Dave Banks were assisting with the route planning into Springfield.

Ken Anderson reported that he had located a solid used bicycle rack that may fill the need that SPARC has for such a rack. It was agreed that the SBC would pay up to \$25 for this rack for SPARC if it would meet their needs.

A motion was then approved to adjourn the meeting with thanks to Ken and Sandy Anderson for their hospitality.

The next board meeting will be held on June 3rd once again at the home of Ken and Sandy Anderson. Hopefully Deb Cooper will be back in charge of keeping notes as mine are far too lengthy.

David Lucas

July 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 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.
Monday through Friday 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 6:00 pm	Parkway Pointe Theatre Lindbergh & Robbins Rd. Bob Dettling, 546-8216	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 Cindy Kvamme, 744-8864	ABCD – Join Cindy and others for an after-work ride along the trail.
Thursday 5:45 pm	Lewis Memorial Christian Village Koke Mill & 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>
Wednesday July 1 7:00 pm	Residence 2513 Shawnee Drive Karl Kohlrus, 544-8410	NC – Board Meeting. All SBC members are invited to attend the board meeting.
Wednesday July 1 4:45 pm to 6:30 pm	Public parking lot (near Bluestem Bake Shop) Governor Oglesby St. Elkhart Christa McLaren-Morris, 494-4028	ABC – Ride “The Parabola” that includes Elkhart Hill. We will leave from the parking lot, ride the hill, and then turn around and go back. Repeat! Come when you can during the scheduled time. Ride it as many times as you can. Maps and ride sheets will be provided.
Saturday July 4 See starting locations for ride start times	Bank of Springfield – 8:00 am Wabash & Koke Mill County Market – 8:40 am 1099 Jason Pl. Chatham U.S. Post Office – 9:15 am 100 Church St. Loami Robert Labonte, 787-0237	ABCD – Annual Burgoo Ride. Celebrate our nation’s Independence Day with a ride to Franklin, IL for its annual Burgoo Festival. The start times and ride distances are staggered to provide all riders an opportunity to participate. Leave from Springfield for 62 miles; Chatham for 48 miles; or Loami for 28 miles. It will be hot. Be sure to bring plenty of water.
Saturday July 4 4:00 pm	Residence 8 Bridge Terrace (near Cherry & Outer Park Dr.) Kevin Brown & Lola Lucas 787-5652	NC – July 4th Party. Burgers, hot dogs and drinks provided. Please bring snacks, side dish or dessert to share. Call 787-5652 for more info.

Sunday July 5 9:00 am	Vredenburgh Park Saxon Dr. & Crusaders Rd. Marty Celnick, 522-4206	ABC – Join Marty for a 40 mile ride with several cutoffs.
Wednesday July 8 4:45 pm to 6:30 pm	Public parking lot (near Bluestem Bake Shop) Governor Oglesby St. Elkhart Christa McLaren-Morris, 494-4028	ABC – Ride “The Parabola” that includes Elkhart Hill. We will leave from the parking lot, ride the hill, and then turn around and go back. Repeat! Come when you can during the scheduled time. Ride it as many times as you can. Maps and ride sheets will be provided.
Friday July 10 5:00 pm	Sno Bizz Laurel & MacArthur (west side of the intersection) Curt Evoy, 502-1118	NC – Bike commuters gather after work for a shaved ice treat.
Saturday July 11 8:00 am	Chatham Community Park 760 S. Main St. Chatham Alan Josephson, 793-0590	ABC – Ride to Modesto. Alan thought he’d try again after a spring rainout of this ride. Six distances, ranging from 28-76 miles. Non-melting roads!
Saturday July 11 9:00 am	Wabash Trail east end parking lot Park St. & Wabash Ave. Naomi Greene, 793-9622	EZ – 15 miles or so with a food stop in Chatham.
Sunday July 12 8:00 am	Johnson Grocery Store 709 Old Rt. 36 Illiopolis Don Harvey, 433-0119	ABC – This is a new ride. Plan on 43 miles of great country roads.
Sunday July 12 5:00 pm	Tom Madonia Park East East Lake Shore Dr. (about 2 miles east of Spaulding Dam) Tracey Hurley, 414-8900	NC – SBC Summer Picnic. Come to the annual club picnic. Starts at 5:00 pm; plan to eat around 6:00 pm. See article in newsletter for details. See you there!
Friday July 17 5:00 pm	Baskin-Robbins 1700 S. MacArthur Curt Evoy, 502-1118	NC – Bike commuters meet for an after-work ice cream treat.
Saturday July 18 8:00 am	Rochester Station Rt. 29 & Walnut St. Rochester Don Harvey, 433-0119	ABC – Don wants to showcase more interesting routes. 60 miles to Niantic with shorter options.
Saturday July 18 9:00 am	Vredenburgh Park Saxon Dr. & Crusaders Rd. Kevin Greene, 793-9622	CD – Kevin has 20-25 miles planned.
Sunday July 19 8:00 am	Vredenburgh Park Saxon Dr. & Crusaders Rd. Jon Edwards, 726-7647	ABC – 40-50 miles with shorter options. Jon is promising wonderful roads.
Sunday July 19 4:00 pm	Residence 1709 S. Douglas Lyn Schollett & Cindy Tubbs 698-9446	EZ – Lyn and Cindy’s Annual Ice Cream Ride. If tradition holds, this will be the hottest day of the summer. Come peddle the park and surrounding neighborhoods for an hour, then your build your biggest and best ice cream sundae of the summer. Ride starts at 4:00 pm. Non-riding ice cream connoisseurs encouraged to join the group at 5:00 pm.
Friday July 24 5:00 pm	Pease’s Candy Shop 1701 State St. It’s All About Wine 1305 Wabash Ave., Suite M Curt Evoy, 502-1118	NC – Bike commuters get together at Pease’s Candy Shop at 5:00 pm for treats, and then ride to It’s All About Wine at 5:30 pm for wine tasting.
Saturday July 25 8:00 am	Pana Trail Lake Taylorville parking lot Rt. 29 Charles Witsman, 562-5208	ABC – Charlie will take us 50+ miles with a 30+ mile trail option.
Sunday July 26 8:00 am	Vredenburgh Park Saxon Dr. & Crusaders Rd. Jack Hurley, 414-8900	ABC – Jack plans on 25-55 miles with several shorter options.

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Sunday July 26 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.

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

July Memories

By Mike Becker

1974–35 Years Ago: The club meeting was held in the Washington Park Pavilion, same time and day of the month as we presently [that is, used to] meet. ++Planning for an A.B.L. of A. race in the spring commenced after Bud Cline and Lynn Lard determined that there was not enough time or prizes to do this during 1974. Frank McGowan volunteered to chair the race.

1979– 30 Years Ago: Dan Fry won the Almost Anything Award at the June meeting for riding a triple century at Litchfield and passed it on to someone this month, but to whom is lost to the ages. ++ The meeting program was a Swap Shoppe, during which you tried to pawn off stuff like an old Huret groupo as prized and rare parts once used by Eddy Merckx Himself. ++The QR reported that George Caldwell III and family moved from Williamsville to Nevada, Iowa, in June. Before leaving, he was presented special recognition in the form of the club's first Achievement Service Award, for being Ride Coordinator, President, Newsletter Editor and helper on centuries, not all, but some, at the same time. ++Greg Lakebrink took over the helm of the Quick Release. (Apparently he later learned that there is more \$\$ in being treasurer than editor.)

1984–25 Years Ago: July must have been a good month for flea market type activities, 'cuz another one was held this year, too. ++A rider named Jim Craig was in town for a few weeks for work and came out often to club rides. On his departure, he wrote: “The widely acclaimed 1982 Lincolnfest t-shirt that was bestowed upon me was an honor indeed. Years from now, when I am waxing my car with the remains of that t-shirt, I will look at Bozo's picture on the front of it and immediately think of the club.” ++The Club gave \$100 to John Forester's new organization, the Effective Cycling League, which he formed that after splitting with LAW (for good reason, too). \$50 was for membership and another \$50 for a do-

nation.

1989–20 Years Ago: Time: 8:21 pm (sunset); Start: Fleetwood; Event: Inaugural Capital City Century/Moonlight Edition; Goal: ride 100 miles in 9 hours 28 minutes (before sunrise). An event whose time had not yet come. Many (OK, several) participants, none of whom completed, but all had great time riding over Elkhart Knob in total darkness. Did you know that if you can't see it, it doesn't exist? ++If it's July 4, it's time for Burgoo in Franklin. Nothing like the feeling of riding back to Springpatch in 98 degrees with three bowls of burgoo in your belly. (Trust me on this.) ++On July 7 a cyclist was cited by SPD for running a red light and other traffic citations (e.g., riding under the influence, wrong lane, no headlight). So, when you're arrested in Washington Park for speeding, it won't be a case of first impression. ++From June: Pam Alborg, Ernie Defrates, Gerry Boutelle, Theresa DeLeon, Karl Kohlrus, and Bode Zietz all completed a Double Century in Litchfield with a support team of Christine Kershner, Sandy Andrighetti, and Marybeth Zietz.

1994–15 Years Ago: Burgoo. See above. ++Meteorological note: July 14, 1954: hottest ever in Springpatch (112), July 14, 1955: most rain in one hour (3.12"); July 14, every year: peak of the average high temperature, i.e., hottest day on average. So, stay inside on July 14. ++The monthly meeting was at the Lincoln Library for a showing of the video from Cannondale, The Complete Cyclist.

1999–10 Years Ago: Arden Gregory took Rider of the Month. ++Gail Mugler, Jerry Ihnen, Deb Russell, Marsha Mundstock, and Todd and Nancy Byerline road RAGBRAI (a/k/a the Register's Annual Great Beer Run Across Iowa).

SBC SUMMER



WHEN: Sunday July 12

TIME: Begins at 5:00 PM – eat at 6:00 PM

WHERE: Tom Madonia Park East (old Forest Park East)
East Lake Drive about 2 miles east of the dam

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

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

Enjoy the scheduled ride earlier in the day and relax with us at our annual picnic. No speeches, work details, or assignments. Just fun! Bring your spouse, friend or anyone who may be interested in the club. Come Rain or Shine!



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

Any questions, call Tracey Hurley at 414-8900.

Springfield Bicycle Club Mileage and Activity File

As of May 31 2009

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RIDE S	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Grover Everett	950		950	16	59.38			3,121		3,121	57	54.75	2	6
Tom Clark	521	57	578	18	32.11			2,264	130	2,394	76	31.5	1	3
David McDivitt	559	148	707	41	17.24	1	2	1,719	253	1,972	128	15.41	2	5
Marty Celnick	537	191	728	20	36.4	5	11	1,269	479	1,748	58	30.14	6	14
Jack Hurley	238	79	317	6	52.83			1,243	138	1,381	30	46.03	2	6
Dave Ross	358	40	398	18	22.11			1,252	121	1,373	59	23.27	2	5
Curt Evoy	335	14	349	20	17.45			1,194	97	1,291	70	18.44	1	3
Karl Kohlrus	196	86	282	23	12.26			1,003	257	1,260	106	11.89	1	3
Tracey Hurley	405	85	490	16	30.63	1	3	834	220	1,054	35	30.11	2	6
Lynn Miller	227	8	235	7	33.57			927	55	982	30	32.73	1	3
Pat Stephens	331		331	12	27.58			922		922	40	23.05		
Charlie Witsman	705	4	709	14	50.64			885	4	889	16	55.56		
Mark Rabin	506	12	518	11	47.09			818	37	855	23	37.17	1	3
Don Harvey	351		351	11	31.91			786	10	796	27	29.48		
Alan Whitaker	213	21	234	6	39	1	3	579	76	655	21	31.19	7	17
Sr Josepha Schaeffer	209	10	219	7	31.29	1	3	621	30	651	24	27.13	2	6
Alan Josephson	250	52	302	11	27.45	1	3	508	72	580	23	25.22	3	9
Linda Butler	324	2	326	11	29.64	2	5	536	22	558	18	31	3	8
Bob Sorenson	212	84	296	7	42.29			360	156	516	12	43	1	3
Kevin Greene	198	42	240	13	18.46	4	7	421	83	504	30	16.8	7	14
Kenny Vennell	149	54	203	4	50.75			328	152	480	11	43.64		
Ernie DeFrates	304		304	11	27.64	5	12	453	10	463	16	28.94	6	15
Arden Gregory	135	75	210	5	42			308	147	455	11	41.36		
David Banks	271	12	283	10	28.3	1	2	402	20	422	16	26.38	1	2
Robert LaBonte	180	6	186	10	18.6	2	5	382	16	398	24	16.58	4	11
Cindy Kvamme	245	3	248	12	20.67	1	2	377	3	380	20	19	5	10
Jon Edwards	224	73	297	7	42.43			280	91	371	9	41.22		
Ruth Magos	244	6	250	8	31.25			306	6	312	9	34.67		
Tracie Stephens	186		186	9	20.67			310		310	18	17.22		
Cindy Moreno	215	3	218	10	21.8	1	2	297	3	300	15	20	2	4
Bill Callan	287		287	11	26.09			287		287	11	26.09		
Sid Marder	124	44	168	4	42			177	110	287	7	41		
Lynn Rhoades	81	23	104	4	26	1	3	250	35	285	10	28.5	1	3
Pete Gudmundson	149		149	4	37.25			267		267	8	33.38	1	3

Springfield Bicycle Club Mileage and Activity File

As of May 31, 2009

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RIDE S	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Roger McCredie	155		155	4	38.75			259		259	7	37		
Ben Fox	183	4	187	6	31.17			248	8	256	9	28.44		
Bill Bock	243		243	6	40.5			243		243	6	40.5		
Carol Bock	243		243	6	40.5			243		243	6	40.5		
Bob Carmody	45	11	56	2	28			222	21	243	10	24.3		
Marilyn Powell	68	32	100	2	50			197	40	237	6	39.5		
Mike Eyeman	93	10	103	4	25.75			181	10	191	8	23.88		
Jon Halterman	63	46	109	2	54.5			122	68	190	4	47.5		
Christa Morris	163		163	7	23.29	3	6	186		186	8	23.25	3	6
Ken Anderson	88	58	146	3	48.67	1	2	105	71	176	4	44	1	2
Christine Kohlrus	12	49	61	5	12.2			63	108	171	11	15.55		
Kedra Elston	18		18	1	18	1	3	156		156	10	15.6	1	3
Bob Dettling	110		110	7	15.71			141		141	9	15.67		
Chris King	100		100	4	25			133		133	5	26.6		
Mike Vonnahmen	45	5	50	1	50			107	23	130	3	43.33		
Dan Payne	89	4	93	2	46.5			122	4	126	3	42		
David Brodsley	124		124	4	31			124		124	4	31		
Derek Ewing	93	30	123	2	61.5			93	30	123	2	61.5		
Kent Kraft	25		25	1	25			103	15	118	4	29.5		
Ivan Wright	66	2	68	3	22.67			106	7	113	5	22.6		
Connie Roberts	43		43	1	43			105		105	3	35		
Lyn Schollett	69	11	80	4	20	1	2	90	14	104	5	20.8	2	4
Mark Summer	40		40	1	40			104		104	3	34.67		
Bob Ayers	29		29	2	14.5			87	5	92	6	15.33		
Art Meyer	38	10	48	1	48			72	17	89	2	44.5		
Mary Venturini	28	10	38	1	38			68	10	78	3	26		
Bruce Yurdin	63	10	73	2	36.5			63	10	73	2	36.5		
Naomi Greene	55	4	59	4	14.75	1	2	63	4	67	5	13.4	1	2
Cindy Tubbs	40	3	43	2	21.5			61	6	67	3	22.33		
Jim Disney	28	10	38	1	38			55	11	66	2	33		
Bob Steimel	62		62	4	15.5			62		62	4	15.5		
Ron Melcher	28	10	38	1	38			51	10	61	2	30.5		
Ken Ratliff	50		50	2	25			50		50	2	25		
Brian Fowler	49		49	1	49			49		49	1	49		

Springfield Bicycle Club Mileage and Activity File As of May 31, 2009

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RIDE S	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Deb Cooper	18		18	1	18			46		46	3	15.33	1	2
Traci Beckley	30		30	2	15			40		40	3	13.33		
Tina Verner	32	8	40	2	20			32	8	40	2	20		
Nancy Alexander	38		38	1	38			38		38	1	38		
Don Daniels	38		38	1	38			38		38	1	38		
Wayne Noethe	26		26	1	26			26		26	1	26		
Dean Wisleder	10		10	2	5			25		25	5	5		
Kevin Brown	23		23	2	11.5			23		23	2	11.5		
Cyd LaBonte	22		22	2	11			22		22	2	11		
Michael Higgens	19		19	1	19			19		19	1	19		
Nancy Probst	15		15	1	15			15		15	1	15		
Totals	13,338	1,561	14,899	512	29.1	34	78	30,972	3,388	34,360	1,294	26.55	75	187



SUNDAY, SEPTEMBER 13, 2009

Lake Springfield Beach House
Springfield, Illinois

www.spfldcycling.org/2009CCC



Springfield Bicycle Club - Capital City Century Jersey 2009



2009 SPRINGFIELD BICYCLE CLUB JERSEY: PRE-ORDERING INFORMATION

TRY ONE ON FOR SIZE FIRST

We strongly recommend trying on jerseys from the sampling kit prior to placing your order. We plan to order batches of 15+ jerseys over time, rather than a large batch up front. Order early for faster delivery. Members will be able to try on sample jerseys at Cindy K's by appointment and at some SBC events in June and July. Cindy K may announce a schedule for drop-in visits later on. See directory for Cindy's phone & address; an email Announce List item will also be sent out.

MEMBERS ONLY PRICING

\$50- MEMBERS ONLY, PREPAID Fill out the form and enclose your check. Order prepaid before **July 21** (not August 21—correction to the order sheet) to get this price. After that date, members pay \$55.

\$55 - MEMBERS ONLY, NOT PREPAID OR AFTER JULY 21 Mail or hand in the form to pre-order, but don't enclose a check. Or buy a jersey any time from stock on hand, or at the Capital City Century.

NON-MEMBER PRICING

\$60 - NON-MEMBERS Non-members can purchase the jersey when registering for the Capital City Century. We realize that some non-members who won't be riding the CCC would like to purchase a jersey anyway. Non-members can use this form for that purpose. Please note "Pickup Only Policy" below.

PICKUP ONLY POLICY

Member and non-members are advised that jerseys are for PICKUP ONLY, at the CCC or by appointment with Cindy K or at club rides. We will only mail jerseys in extraordinary circumstances.

2009 SBC JERSEY ORDER FORM

• \$50- MEMBERS ONLY, PREPAID • \$55 - MEMBERS ONLY, OTHER • \$60 - NON-MEMBERS

SHORT SLEEVE CLUB JERSEY - LINCOLN THEMED
SEE DESIGN AT WWW.SPFLDCYCLING.ORG/2009CCC (OR IN THE JULY QR)

	S	M	L	XL	2XL	3XL	QTY@	TOTAL
MENS								
WOMENS								

GRAND TOTAL (CHECK ENCLOSED) _____

I WILL PAY WHEN I PICK UP MY JERSEY(S)

Make check payable to:
Springfield Bicycle Club

Name _____ Phone _____

Street Address _____

City _____ State _____ ZIP _____

Email Address _____

Mail form/check to:
2009 SBC JERSEY
PO BOX 2203
SPRINGFIELD, IL 62705

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 I would like to help with SBC activities
[name] 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 2009 MILEAGE SUMMARY



MONTHLY						
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	LED	AVG 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
April	6,987	957	7,544	283	17	27.36
May	13,338	1,561	14,899	512	34	29.10

CUMULATIVE						
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	LED	AVG 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
April	17,297	1,827	19,124	761	41	25.13
May	30,972	3,388	34,360	1,294	75	26.55



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

July, 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

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
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incentive(at)spfldcycling.org

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

QR Editor (cont.)
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QR Deadline 15 th of the Month

Web Master
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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.or

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.