



Ride of the Month

Lyn Schollett's Tour de Pedi is Ride of the Month

Lyn led a group for a one hour EZ ride followed by relaxing pedicures at EJ Nail Salon. At least one rider emerged with a snazzy lightning bolt toenail that (he says) added several miles per hour to his pace! Thanks Lyn, for an experience that was fun and different.

Tour de Pedi Pics are on p. 9!



Annual Halloween Party is Oct. 30!
See pp. 9 & 10

Apple Dumpling Ride Oct. 24! *See p. 9*

31st Annual Oktoberfest
is Oct. 11!
See p.p. 6 & 8



Almost Anything Award

Ed Barsotti, LIB and DNR win the AAA

This month's AAA goes to Ed Barsotti of the League of Illinois Bicyclists and to the Illinois Department of Natural Resources, organizers of the 2009 "Route 66 Trail" Ride, a 1-week bicycle adventure intended to raise public awareness and encourage route improvements including signage, paved shoulders, and off-road trails. Organizers arranged media interviews across the state and the ride attracted favorable press coverage including a very nice article in our own State Journal-Register.

Honorable mention AAA goes to Good Samaritan Dan Ingersoll. Riding in the country one Saturday Dan encountered a rider who had crashed and broken her collarbone. Dan went with her to the hospital, stayed with her while she was there, and took her home where we are told she is recovering well.

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 Sister Josepha Schaeffer, this month's Ride Leader Incentive Award winner.

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

See page 3

David Ross is Rider of the Month with 511 miles!

Details on page 4

Lookin' for a Ride?

See Ride Schedule, pages 7-9

President's Column

October 2009

Capital City Century

By the time you read this, the 37th annual Capital City Century will be history. Since this is being written before the CCC, I will report on what I'm sure will be another outstanding success in next month's column. The number of pre-registrations, volunteers and bakers assures that it will be a success. Thanks to all those who helped!

(Note: 2009 CCC volunteers are listed by name on pp. 10-11 —The Editors)

New SBC Vice President

Tom Clark has been elected Vice President. As Vice President, Tom Clark will be in charge of the Ride Schedule. Tom Clark had previously been Special Events chair and did a wonderful job of coordinating the Capital City Century.

Interurban Trail News

The completion of the new west loop of the Interurban Trail around Legacy Pointe has been delayed due to wet weather. The west loop is still scheduled to be opened this fall. IDOT did a good job in keeping the trail open during MacArthur construction this past summer.

Membership Survey

Alan Josephson and Lynn Rhoades have volunteered to help Naomi Greene summarize the results of the membership survey into recommendations. If you would like to help, contact Naomi at 793-9622.

Springfield Bicycle Advisory Council

We understand that the naming of the nine members of the Springfield Bicycle Advisory Committee (BAC) is now been put back on the front back burner. We'll let you know when the BAC members are finally named.

Karl Kohlrus
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	14
Mileage Summary	19
<i>Club Events</i>	
Octoberfest.....	6
Ride Schedule	7
Thank You CCC Volunteers!	10
Halloween Party	12
<i>Features</i>	
Tour de Pedi Pics	9
Tour de Traverse City	13
October Memories	17

Many bicyclists are enjoying the cooler temperatures and fall scenery this time of year. 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

Louis Spinner
 Ellen Kay Schlieckau
 Lynndell Jarrett
 Mary Thomas
 Aleshia Bunting
 Bob Steimel
 Lucretia Pitts
 Robert & Helen Sorenson
 Patricia Meyers
 Glenn Painter
 Marcia Barr
 Bill & Dara Voss

New Members

Valerie Cowen
 John Pohlman
 Kurt Potter
 Alicia Logsdon
 Mark Kuhn
 Boro Reljic

Renewals at the Contributing Level

Susan Hack
 Lynn & Andrea Miller
 Regina McGuire

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

8/09 David Ross 511 miles	4/09 Marty Celnick 457 miles	12/08 Tom Clark 711 miles
7/09 David McDivitt 791 miles	3/09 Grover Everett 527 miles	11/08 Ruth Magos 601 miles
6/09 Bill Bock 628 miles	2/09 Tom Clark 402 miles	10/08 Janet Cooper 664 miles
5/09 Charlie Witsman 709 miles	1/09 Jack Hurley 880 miles	9/08 Karl Kohlrus 765 miles

Board Meeting Notes— August 5, 2009

Deb Cooper Recording Secretary

Present: Ken Anderson, Sandy Anderson, Marty Celnick, Tom Clark, Deb Cooper, Bill Donels, Kevin Greene, Tracey Hurley, Karl Kohlrus, Dave Lucas, Mike Schwab and Alan Whitaker

Karl Kohlrus called the meeting to order at 7:10 p.m.

Minutes: The minutes from the July 2009 Board Meeting were approved without revision.

Treasurer's Report: Dave Lucas distributed the Treasurer's Report for July 2009 which reflected an ending balance of \$12,311.44. Tom Clark noted that the four local bike shops are selling jerseys and the profit on CCC jerseys may not be known for at least 3 months.

Special Events/CCC Report: Tom highlighted some items from his Special Events Report. The CCC 40-mile loop has been changed this year and will now pass by the Covered Bridge food stop on both the outbound and inbound portions of the loop. Tom has researched new "Caution – Bikers Ahead" signs and is going to order one which is a wind-resistant, roll-up vinyl sign with a spring stand for use during the CCC. If this sign meets his and the Board's approval, more may be ordered in the future. Tracy Hurley is in charge of the food for the CCC and will make calls to recruit volunteers. This year Tom will coordinate the Cookie Callers. T-shirts will be available at the

CCC and will have the same design as the jerseys. Approximately 25 riders have pre-registered for the CCC. The goal is to have at least 600 riders participate in the CCC. A CCC application will be included in the September Quick Release.

Legislative/Education Report: Route 66 Ride Sunday August 30th— signs will be posted in Chatham at Walnut Street announcing the Route 66 route. There will also be signs at Hazel Dell leading riders to North Street (if the trail is closed) and at Wabash and MacArthur where media will gather. The Park District as well as city, state and county representatives will be invited to attend the press gathering.

Social Chair Report: The total amount spent on the July 12th Summer Picnic was \$71.39. Everyone received a door prize thanks to the generous donations from Fulgenzi's, Wheelfast, R&M, and BikeTek. Tracy will contact the Lake Springfield Beach House to confirm a date for the January 2010 Winter Party. She will send a card to Richard Tapia, who recently had a kidney removed.

Incentive Chair Report: Don Harvey's July 12th Illiopolis ride and his July 18th ride to Niantic were voted as Ride(s) of the Month. Riders on the July 18 ride appreciated Don's daughter providing sag service

as well as snacks and drinks during the ride. The Almost Anything Award was given to Bill & Carol Bock and Charlie Witsman for their continuing efforts to keep the Pana trail clean and weed-free. An AAA Honorable Mention was given to the sponsors of the Summer Picnic for their generous donations. Those sponsors were Fulgenzi's, Wheelfast, R&M and BikeTek. Alan Whitaker forgot to bring the names for the monthly ride leader drawing, and will make sure a name is drawn in the next day or so.

Ride Report. The ride schedule for September has been completed. Kevin Greene resigned as Vice President so Marty Celnick agreed to take care of completing the ride schedule for October.

..Newsletter Report: Submissions for the Quick Release are due by the 15th of each month. The printing company charges the bike club \$45 per month for label preparation for the Quick Release. Alan will talk to Linda Butler to see if she can reformat the labels so they can be printed directly onto the newsletter.

Old Business: Naomi Greene has recruited Alan Josephson and Lynn Rhoades to serve on the Membership Survey Committee. At least one or two additional committee volunteers would be appreciated.

New Business: The Board

(Continued on page 6)

(Continued from page 5)

briefly discussed on-line mileage entry forms.

Nominations were made and the new Board was elected as follows:

President: Karl Kohlrus; Vice President: Vacant at this time; Board Secretary: Ken Anderson; Recording Secretary: Kevin Greene; Treasurer: Dave

Lucas; Special Events: Tom Clark; Social Chair: Vacant at this time; Legislative/Education Chair: Lynn Miller; Incentive Chair: Alan Whitaker.


The following board appointments were approved: Records: David McDivitt; Quick Release Editor(s): Marty Celnick and Tom Clark; Webmaster: Alan Whitaker; Mem-

bers-at-Large: Bill Donels, Sandy Anderson and Mike Schwab.

The meeting adjourned at 9:00 p.m.

The next board meeting is scheduled for September 2, 2009 at 7 p.m. and will be held at the home of Ken and Sandy Anderson.


31st Annual Oktoberfest
Sunday, October 11th, 2009



The Oktoberfest bicycle ride has reached a metric milestone. Half a century! (50 km or 31 miles)

Two options for the bike riders:

- 31 mile (50 km) ride leaves at 2 PM*
- 31 km (19 mile) ride leaves at 3 PM*




Burgers/brats/fish - 4:00 PM
Antone and Wick will perform

Yard games - badminton, bocci ball, volleyball
Garage games - darts, ping pong

Bonfire at dusk, weather permitting

Draft beer/soda/ice supplied
Side dishes welcome
Lawn chairs/car pooling suggested

Hope and Roger Schneifen
245 Circle Drive (Laketown)
Springfield, IL 62703
217-529-0780



October 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.
Tues & Thurs 12:20 pm	Vredenburgh Park Saxon Dr. & Crusaders Rd. Tom Clark, 585-1539	BC – Westside Lunch Ride. Leaves Vredenburgh Park at 12:20 pm. Tom will hit the trails or go out in the country.
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 5:30 pm	Parkway Pointe Theatre Lindbergh & Robbins Rd. Show and Go	ABCD – A favorite for fast and intermediate riders. Ride to Chatham for 18 miles, or on the road for a similar distance. Bring lights, as it gets dark early now. No evening ride for Columbus Day.

Mon, Tue, Wed & Thurs 5:30pm	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. Bring lights for early darkness.
Tuesday 5:30 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. Bring lights for early darkness.
Thursday 5:30 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. Bring lights for early darkness.
Tues & Thurs 5:30 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 5:30 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. Due to early darkness, this ride will end after Oct 13 and start up again in the spring.
Thursday 5:30 pm	Lewis Memorial Christian Village Koke Mill and W. Washington Street Show and Go	ABC – Ride out west into the country. No time to go to Salisbury any more. Bring lights as country roads are very dark after sunset. The ride to Salisbury resumes in the spring.
Scheduled Rides and Events		<i>Check start times!</i>
Saturday, October 3 rd 9:00 AM	Waldrop Park Andrew Road Sherman David Banks 691-2917	ABCD-Ride 48 miles to Petersburg, 36 miles to Cornland, or 28 miles to Elkhart.
Sunday, October 4 th 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. Bring warm clothes for fall temperatures.
Sunday, October 4 th 8:00 PM	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Kevin Greene 793-9622	ABCD – Full Moon Ride. Celebrate the Harvest Moon with a ride on the Lost Bridge Trail. Front and rear lights are required. The group will stay together for 15 miles.
Wednesday, October 7 th 7:00 PM	Residence 2301 Sangamon Avenue Karl Kohlrus 544-8410	NC-Board meeting. All SBC members are invited to attend the board meeting.
Saturday, October 10 th 9:00 AM	Waldrop Park Andrew Road Sherman Cindy Kvamme 744-8864	ABCD – Cindy may lead us on a breakfast ride to Athens. Plan on 23 to 40 miles.
Sunday October 11 th 10 AM	Wabash Trail east end parking lot Park and Wabash Avenue Kevin Greene 793-9622	EZ-Plan on 20 miles or so with a rest stop at the Apple Barn.
Sunday, October 11 th 3:00 PM	Residence 245 Circle Drive Roger and Hope Schnelten 529-0780	ABCD – 31th Annual Oktoberfest. Ride 50 km (31 miles) or 32km (19 miles). The long riders are free to start at 2 pm; short ride starts at 3 pm. Beer, soda, burgers and brats at the end of the ride. Bonfire at dusk. Side dishes and desserts welcome. Lawn chairs recommended and carpooling encouraged.
Monday, October 12 th 10:00 AM	Vrendenburgh Park Saxon Rd and Crusader Dr Show and Go	ABCD-Columbus Day Ride-Ride trails to Chatham, or any place you want. Turn in all miles to the record keeper.
Saturday, October 17 th 9:00 AM	Centennial Park Bunker Hill and Lenhart Rds Alan Josephson, 793-0590	ABCD -The wind will determine our route for today's 25-45 mile ride
Sunday October 18 th 10:00 AM	Rotary Park Iles and Archer Elevator Rds Lyn Rhoades	ABCD-Ride to New Berlin today with an optional breakfast stop at Shep's on Illinois Street (Route 54)

Saturday, October 24 th 10:00 AM	Residence 4123 Crocus Road Linda Butler, 787-5027	ABCD - Apple Dumpling Ride. The ride will be 35 to 40 miles with an 20-25 mile short option. Apple Dumplings will be served after the ride.
Sunday, October 25 th 10:00 AM	Vrendenburgh Park Saxon and Crusaders Drive Tom Clark, 726-5560	ABCD-Tom will lead us for 40 miles, with shorter options.
Sunday October 25 th 10:00 AM	Wabash Trail east end parking lot Park and Wabash Avenue Kevin Greene 793-9622	EZ-Plan on 20 miles or so with a rest stop at the Apple Barn.
Friday, October 30 th 7:00 PM	Residence 8 Bridge Terrace Kevin Brown and Lola Lucas 787-5652	NC- Annual Halloween Party . Show-N-Go at 6 pm. The party begins at 7 pm. Bring food and/or drink to share; costumes are strongly encouraged.
Saturday, October 31 st 10:00 AM	Arbys Fairhills Mall Washington St and Chatham Rd Marty Celnick 522-4206	ABCD-Marty will take us out in the country on this Halloween, with the wind direction determining our destination.

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

Tour De Pedi Pics

SBC members show their toes (And hands) after the ride and nail work was completed



The group then adjourned to D'Arcy's Pint to complete their tour

Thank You CCC Volunteers!

By Tom Clark

Special Events & Capital City Century Chair, 2008-09

Thanks to all of the volunteers whose efforts made our 37th annual Capital City Century on Sunday, September 7th a great success. We had 28 new volunteers in 2009 in addition to 55 continuing volunteers. Our final count of 725 registered riders was our highest ever. Our riders varied in age from 6 to 74, and riders came from as far away as New Hampshire and Nebraska. We received high marks from riders afterwards via email, phone and an online survey.

Riders liked the route and scenery, the marking and maps, the SAG and Radio support services, food stops, and the Post-Pedalin' Party at the Beach House, which this year featured both music and massage services. The mobile bike shops at Beach House, Covered Bridge, and Auburn were also much appreciated by riders. These services are what make the CCC special.

The level of dedication of club members and friends to ensuring the success of the Capital City Century via their volunteering is truly amazing. Many of you worked long hours. Some of you passed up riding the CCC to help us put on our key event of the year. Every volunteer made a valuable contribution to our success. Thank you, one and all!

The Sangamon Valley Radio Club once again provided excellent information and communication support. Thanks to Dan Butzirus, coordinator, and Steve Upchurch for organizing and helping us keep our riders safe once again. The Cookie Callers went above and beyond again this year, obtaining baked goods from 79 households and helping us get some new CCC event volunteers as well.

The following list of volunteers is complete to the best of our knowledge. If you know of someone who volunteered who isn't list, please advise and we'll get an additional list in a future QR. In this list, a "*" indicates a subcommittee chairperson or coordinator:

Event Chair	Tom Clark
Graphic Designer	Terri Nelson*
T-shirts	Linda Butler* with Terri Nelson (design)
Jerseys	Tom Clark* & Cindy Kvamme with Terri Nelson (design)
Public relations	Naomi Green*
Photography	Naomi Green, Lynn Shanklin
Marketing	Tom Clark* and Naomi Greene with Terri Nelson (design)
Historic ride	Naomi Green*
Route markers	Chuck Orwig*, Tom Clark, Ernest DeFrates, Ben Fox, Pete Gudmundson, Dave Lucas, Bob Sorenson, Dean Wisleder
Signs	Alan Josephson*, Linda Butler, Ernie DeFrates, Dave McDivitt & Tom Clark

Registration	Alan Whitaker*, Linda Butler, Judy Day, John Day, Ernest DeFrates, Brea Elston, Linda Flotow, Mark Flotow, Anita McDivitt, Catherine O'Connor, Lucretia Pitts, Lynn Shanklin, Erik Welch, Kata Whitaker
SAG	Alan Josephson*, Kevin Greene, Don Harvey, David McDivitt, Marty Morris, Byron Nesbitt, Bob Sorenson, Alan Tapia
Baked Goods	Tom Clark*, (callers): Deb Cooper, Sue Hack, Mary Lou Hicks, Harriet Josephson, Francie King, Christine Kohlrus, Regina McGuire, Gerry Orwig, Deanna Shidler, (dropoff): Bill and Dara Voss
Food	Tracy Hurley* (chair), Jack Hurley (logistical support)
Auburn (set-up)	Tracey Hurley, Jack Hurley, Judy Nesbitt, Cindy Kvamme, Cindy Moreno, Tom Clark
Auburn food stop	Judy Nesbitt (coordinator)*, Micci Bly, Angie Gum, Anne King, Ella King, Francie King, Sue Hack, Gerry Orwig, Mark Rabin, Mary Venturini, Mark Wagner, Cathy Yeaman
Beach house	Kedra Elston (coordinator)*, Mike Elston (coordinator)*, Louie Spinner (runner), Brea Elston, Jack Elston, Danielle Benner, Kevin Brown, Barb Carney, Don Harvey, Tony Henn, Harriet Josephson, Deb Ihnen, Blaine Kinsley, Diane Long, Kevin Miller, Susan Moore, Michael Moore, Mike Royer, Louie Spinner, Carolyn Taft, Roger Wright
Covered bridge	Ken Anderson (coordinator)*, Jan Cimarossa, Jerry Ihnen, Bruce Van Metre, Joann Van Metre
Cleanup	All the food crews plus Kevin Brown, Sue Dees, Cindy Kvamme, Cindy Moreno and John Sanford
Service providers	Mobile bike shop services at Auburn (BikeTek), Beach House (R & M), and Covered Bridge (Wheelfast); music (Moroccan Soul Band), Massage Therapy (Add A Touch Massage & Body Co-Op), and Deep Tissue Massage (Laurence Miller, DC)
Information	Judy Nesbitt (Auburn), Mike Eymann (Beach House)
Traffic direction	Naomi Greene, Mark Rabin, Frank Farley

I wish to apologize to anyone whose name I've failed to mention. There are so many faithful volunteers who come out every year to make this such a great event. Your efforts are greatly appreciated!



You are invited to the annual
Halloween Party
hosted by the Lucas-Browns

How do you know the people riding next to you are *really* who you think they are? What if they were replaced with pod persons down in the Troll's Grotto during last year's Halloween party at the Lucas-Brown Haunted Castle? Do you think real people have helmet hair quite *that* weird?? No, of course not.

Come—if you dare!--Friday, October 30th. The doors will creak open at 7:00 and costumes are strongly encouraged. (No one's ever done a zombie biker but one SBC member came as a ride sign-in sheet in days of yore at Fayette.) Please bring food to share; we'll provide beer and soft drinks, only some of which will foam, seethe, or sizzle in the Mad Scientist Lab.

Cross over the bridge of lost souls to #8 Bridge Terrace just north of Cherry & Outer Park for yet another memorable evening at the lair of the Lady Lola and Kevin the Beerbarian.

Need more info? Call 787-5652.

Recumbent for Sale

1999 (WHITE) GOLD RUSH REPLICA (GRR)
GO TO EASYRACERS.COM TO SEE NEW MODEL
ALUMINUM FRAME COMES FULLY EQUIPPED
VERY GOOD CONDITION AND EXTREMELY COMFORTABLE
CALL OR EMAIL
ALAN JOSEPHSON
217-793-0590
AHJOSEPHSON@YAHOO.COM

Tour de Traverse City

Do you like riding flat routes, hilly routes or something in between? How about stopping at light houses, sand dunes, wineries, microbreweries? Care for scenery like trees and water rather than corn and beans? What about ice cream? Don't even want to ride?

Appealing? That's what 12 of us thought as we made reservations for a lake house last January.

Our trip to the Traverse City, Mi area was over a week beginning August 15th. We rented a house on Long Lake which was a 6 mile straight shot to downtown Traverse City right past Moomers ice cream store. Now unlike all other ice cream places, the cows that give us such delightful treats are resident members of the store. So when you go to Moomers on a daily basis you are sure to make friends with one of the "gals!"



Our daily routine was to have a short meeting at night to decide the next days' route and activities. Routes were selected from those described on a wonderful map created by the local bike club. Some would do part of a route (the flat part) and others would do the whole loop or some of two connecting loops. Still others went shopping or just read.

Food was consumed at local bakeries and restaurants along the way.

Throw in a trip on a tall sailing ship, a winery tour or two and a night music concert at Interlochen as part of the fun.

And the best part was we all remained friends after spending a week together in one house which fortunately had three bathrooms.



The consensus was that we would all return anytime.

But next year? Still working on it.

Submitted by

Alan Josephson, organizer
Mark Rabin, picture guru

Springfield Bicycle Club Mileage and Activity File

As of August 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	579		579	9	64.33			6,421	60	6,481	114	56.85	2	6
David McDivitt	555	47	602	41	14.68	1	3	3,388	505	3,893	250	15.57	4	10
Marty Celnick	468	145	613	18	34.06	1	3	2,724	953	3,677	112	32.83	8	20
Charlie Witsman	879	10	889	14	63.5	1	3	3,111	24	3,135	49	63.98	2	6
Karl Kohlrus	345	79	424	25	16.96	1	3	2,082	514	2,596	190	13.66	2	6
Don Harvey	771	23	794	23	34.52			2,429	61	2,490	73	34.11	2	6
David Ross	472	39	511	13	39.31			2,026	172	2,198	84	26.17	2	5
Tracey Hurley	375	80	455	13	35			1,742	347	2,089	66	31.65	2	6
Curt Evoy	222		222	14	15.86			1,940	107	2,047	117	17.5	2	6
Pat Stephens	271		271	13	20.85			1,949		1,949	86	22.66		
Jack Hurley	197	102	299	5	59.8			1,621	262	1,883	40	47.08	3	9
Mark Rabin	377	14	391	7	55.86			1,706	74	1,780	45	39.56	2	6
Bill Bock	308		308	8	38.5			1,768		1,768	46	38.43		
Linda Butler	309	22	331	11	30.09	3	7	1,675	86	1,761	61	28.87	11	25
Carol Bock	308		308	8	38.5			1,692		1,692	44	38.45		
Lynn Miller	166		166	6	27.67			1,603	88	1,691	55	30.75	2	6
Ernie De Frates	272	20	292	10	29.2	2	4	1,578	66	1,644	58	28.34	12	27
Bill Callan	488		488	15	32.53			1,569		1,569	53	29.6		
Alan Josephson	333	15	348	7	49.71	2	4	1,325	133	1,458	46	31.7	6	16
Cindy Kvamme	384	6	390	15	26	4	8	1,438	12	1,450	67	21.64	17	35
Alan Whitaker	319	60	379	10	37.9			1,206	203	1,409	43	32.77	7	17
Kevin Greene	238	44	282	16	17.63	4	5	1,094	219	1,313	77	17.05	23	36
Ruth Magos	308	5	313	8	39.13			1,253	11	1,264	29	43.59		
Tracie Stephens	195		195	13	15			1,191		1,191	65	18.32		
Ben Fox	88	6	94	4	23.5			1,030	30	1,060	31	34.19		
Sr Josepha	119		119	3	39.67	1	3	994	46	1,040	34	30.59	3	9
Robert LaBonte	173		173	8	21.63	3	6	986	47	1,033	55	18.78	21	47
Sid Marder	109	89	198	6	33			620	300	920	27	34.07		
Lynn Rhoades	309	16	325	5	65			825	74	899	22	40.86	2	6
Mary Venturini	280	10	290	9	32.22			847	28	875	28	31.25		
Cindy Moreno	160		160	4	40			822	3	825	35	23.57	2	4
David Banks	100	28	128	4	32			701	99	800	29	27.59	3	7
Kenny Vennell	104	84	188	3	62.67			472	256	728	15	48.53		
Bob Sorenson	127	26	153	3	51			527	200	727	16	45.44	1	3

Springfield Bicycle Club Mileage and Activity File

As of August 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
Ken Anderson	83	65	148	5	29.6	1	2	406	269	675	19	35.53	3	6
Christa Morris	85	14	99	3	33	1	3	661	14	675	23	29.35	8	17
Arden Gregory	89	26	115	2	57.5			468	173	641	14	45.79		
Bob Dettling	160		160	10	16			630		630	41	15.37	4	8
Jon Edwards	122	24	146	4	36.5			484	144	628	16	39.25	1	3
Chris King	162	9	171	6	28.5			550	25	575	20	28.75		
Bob Steimel	202		202	9	22.44			552		552	31	17.81		
Roger McCredie	48	3	51	1	51	1	3	523	3	526	12	43.83	1	3
Dean Wisleder	148		148	5	29.6			522		522	22	23.73		
Mike Eymann	193		193	6	32.17			495	10	505	18	28.06		
Derek Ewing	176	9	185	4	46.25			419	39	458	9	50.89		
Lyn Schollett	59	3	62	3	20.67	1	1	408	44	452	22	20.55	5	9
Ron Melcher	227	10	237	5	47.4			408	20	428	10	42.8		
Tony Henn	174		174	8	21.75			416		416	19	21.89		
Kedra Elston	71	38	109	2	54.5			371	38	409	18	22.72	1	3
Micci Bly	172		172	4	43			356		356	11	32.36		
Bruce Yurdin	192	13	205	4	51.25			310	23	333	7	47.57		
Cindy Tubbs	26		26	1	26			299	29	328	15	21.87		
Bob Carmody	84		84	3	28			306	21	327	13	25.15		
Kent Kraft	101	1	102	3	34			294	25	319	9	35.44		
Wayne Noethe	226	3	229	8	28.63			297	3	300	10	30		
Marilyn Powell	49	11	60	1	60			246	51	297	7	42.43		
Ken Ratliff	48		48	1	48			289		289	10	28.9		
Christine Kohlrus	25	39	64	3	21.33			126	153	279	16	17.44		
Sue Dees	82		82	4	20.5			272		272	14	19.43		
Deb Cooper	72		72	4	18	4	8	256		256	14	18.29	5	10
Mark Summer	150		150	3	50			254		254	6	42.33		
Cyd LaBonte	70	16	86	4	21.5			236	16	252	18	14		
Naomi Greene	69	8	77	5	15.4	2	4	184	14	198	15	13.2	3	6
Mike Vonnahmen	43	10	53	1	53			150	33	183	4	45.75		
Brigitta Ewing	48	17	65	4	16.25			153	21	174	12	14.5		
Dan Payne	36	3	39	1	39			158	7	165	4	41.25		
Art Meyer	56	10	66	2	33			128	27	155	4	38.75		
Blaine Kinsley	85		85	3	28.33			145	9	154	5	30.8		

Springfield Bicycle Club Mileage and Activity File

As of August 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
Ivan Wright	15	9	24	1	24			121	16	137	6	22.83		
Brian Fowler	53		53	1	53			102		102	2	51		
Chris Scheufele	51		51	1	51			101		101	2	50.5		
Jim Hajek	23	7	30	1	30			74	16	90	4	22.5	1	3
Vicki Berry	37		37	3	12.33			84		84	7	12		
Dave Kolaz	36		36	1	36			72		72	2	36		
Aleshia Bunting	52	14	66	2	33			52	14	66	2	33		
Rebecca Hood	63		63	1	63			63		63	1	63		
Paul Aulich	58		58	1	58			58		58	1	58		
Dee Wise	48	5	53	1	53			48	5	53	1	53		
Linda Schaeffer	29	2	31	2	15.5			49	2	51	4	12.75		
John Bannon	30		30	2	15			45		45	3	15		
Steve Frazier	38		38	1	38			38		38	1	38		
Neiman Jason	38		38	1	38			38		38	1	38		
Michelle Cozadd	37		37	1	37			37		37	1	37		
Michael Higgens	15		15	1	15			34		34	2	17		
Sue Hack	23		23	1	23			28		28	2	14		
Harriet Josephson	21		21	1	21			21		21	1	21		
Deb Lewis	21		21	1	21			21		21	1	21		
Jill Hawkins	19		19	1	19			19		19	1	19		
Alecia Logsdon	19		19	1	19			19		19	1	19		
Jason Beauman	18		18	1	18			18		18	1	18		
Scott Stahlman	18		18	1	18			18		18	1	18		
P J McCredie		16	16	1	16				16	16	1	16		
Totals	15,103	1,355	16,45	532	30.94	33	70	75,348	6,622	81,970	2,918	28.09	178	407

October Memories

By Mike Becker

1974–35 Years Ago: At the Club meeting of October 28, the vote proposed the previous month on disbanding the SBC was never taken. Whew! Instead, after much discussion, new officers were elected: Dean Wisleder, President; Bill Herrmann, Vice-President; George Caldwell, Secretary; and Dave Johnson, Treasurer. Dean and this slate would become saviors of the Club. Tell Dean thanks the next time you see him.

1979– 30 Years Ago: Slides of the Hilly Hundred were shown at the monthly meeting, and dressing for cold weather riding was the topic of discussion. 39 SBC members traveled to Indiana for HH, taking third place in club attendance. The weather, as usual, was beautiful. (Even today, this ride is still going strong and is on the recommended list.)

1984–25 Years Ago: The Steve Newell Challenge was had on October 14—a ride following a dinner at which who could eat the most (or at least more than Steve) was hotly contested. Sort of a Cool Hand Luke/hard boiled egg thing on wheels. Steve, you need to return to Springpatch and on active status so we can have reason to do this again. ++Once the closing of Veterans Parkway to bicycles faded from the forefront as an issue, albeit unresolved, “Motorcycles in the Parks? Yes or No” surfaced as the replacement. Turned out to be not such a terrible thing. Far less annoying than speed bumps. ++CCC sponsor and active rider Gene Rupnik had Gios Torino (a real bike, cut-out lugged and in gleaming, lovingly hand-painted steel, not one of these glued-together composite or aluminum macaroni-noodled vat-dipped things today) stolen from the back of his truck, prompting an article on security. Conclusion: “If we persist in not locking our bicycles, it's an unhappy certainty that one of these days some of us will wind up scowling at . . . the empty spot where our bike used to rest.” How many of us have had to learn this the hard way!

1989–20 Years Ago: Rachel Doctors was named October's Rider of the Month. She didn't ride the most, but was top rider amongst those not yet honored. ++The QR reported that Sheila Hansen embarrassed herself by driving into her garage (in Peoria) with her bike still atop the car. Been there. Done that.

1994–15 Years Ago: If you are ever in a situation in which you need blood, you'll be dependent upon those people who took the time to give blood so that it will be available when you need it. The QR named 15 SBC members who donated, most multiple times. Think about it. It only takes a few minutes and means so much. You are a macho or macha (is that the feminine?) rider, are you not?. What's a little needle prick? ++Many of us gathered at Roger Schnelten's 16th (yes, 16th) Annual Oktoberfest. ++A Winter Clothing Fashion show was the centerpiece to the monthly meeting.

1999–10 Years Ago: Roger Schnelten's Oktoberfest became of age when it was held for the 21st time. I suspect it had already been drinking for some time. ++Sister Josepha won two gold and two silver medals in cycling events at the Senior Olympics in Orlando.



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
June	14,299	914	15,213	521	36	29.2
July	14,619	965	15,584	551	34	28.28
August	14,582	1,355	15,937	512	33	31.13

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
June	45,271	4,302	49,573	1,815	111	27.31
July	59,903	5,267	65,170	2,368	145	27.52
August	74,827	6,622	81,449	2,898	178	28.11



Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705

Presorted
Standard
U.S. Postage
Paid
Springfield, IL
Permit #800



Address Service Requested
Not for Commercial Use

October, 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
Tom Clark
726-5560
vp(at)spfldcycling.org

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

Recording Secretary
Kevin Greene
793-9622
recording(at)spfldcycling.org

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

Special Events
Vacant
events(at)spfldcycling

Social Chair
Vacant
social(at)spfldcycling.org

Legislative/ Educational Chair
Lynn Miller
787-3354
legislative(at)spfldcycling.org

Incentive Chair
Naomi Greene
793-9622
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

Sandy Anderson
523-3876
at-large(at)spfldcycling.org

Mike Schwab
801-7224
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.