



Ride of the Month

This month's ROM is shared by Tom Clark and Marty Celnick. With nasty winter weather as the norm, Tom and Marty are credited for just showing up in foggy, wet or icy conditions and actually leading one or more riders.

Almost Anything Award

Organizers behind several elements of the Winter Party earned recognition for the Almost Anything Award. Deb Cooper and Alan Josephson were recognized for coordinating the main event. Curt Evoy once again produced another great slide show. A special tip of the front wheel to Mark Flotow for the fun and innovative "guess the location" quiz. Following a multiple tie in results of the quiz, Alan Josephson came up the winner by placing his tack closest to the mystery location shown on a slide – no small feat as the picture of a road surrounded by corn could have been taken anywhere in the five surrounding states!

Monthly Ride Leader Incentive Drawing

Marty Celnick won the \$50 gift certificate in the Ride Leader Incentive drawing.

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

See page 3

Charlie Witsman is Rider of the Month with 127 miles!

Details on page 4



Daylight Savings Ride
March 14

See page 8

**Informational Meeting & Biking
Boot Camp Preview**
March 24

See page 6

Wine Tasting
March 5

Friday Night Dinners
March 12, 19, 26

See page 8

Lookin' for a Ride?

See Ride Schedule, pages 7-9

President's Column

March, 2010

Nobell Award Winner – Bill Donels

Congratulations to Bill Donels, the Springfield Bicycle Club's winner of the 2009 Nobell Award. The Nobell Award is awarded each year to the person or persons who have gone above and beyond the norm in contributing to bicycling. Bill Donels is certainly deserving of this award, although he humbly doesn't seek out recognition for all he does to enhance bicycling. Bill has attended over 100 meetings over the past several years on behalf of the Interurban Trail, the Sangamon Valley Trail, and other bicycling related issues. Congratulations, Bill!

Sangamon Valley Trail approved by County Board

The Sangamon County Board approved the Sangamon Valley Trail by a vote of 23 to 4 after much discussion. The contract will be let in March with other IDOT projects, with construction slated to start June 2010 and completed mid 2011. This first section of the Sangamon Valley Trail will extend from Centennial Park to Stuart Park on the city's west side. Those who merit special thanks are: Andy Van Meter, Bill Moss, Debbie Cimarossa, Andy Goleman of the County Board; Tim Zahn, County Engineer, Dick Westfall, IDNR, Susan Poludniak, Regional Planning Commission, Tim Butler, Springfield Road Runners and staff to Ray LaHood, Bill Donels and Lynn Miller. The Sangamon County Farm Bureau also supported the trail, the first such endorsement for a trail in Illinois.

Springfield Bicycle Advisory Council

The Springfield Bicycle Advisory Council is now getting down to business. They are creating a website which will be linked to the City's website, working on a bicycle survey, and will be developing a master bicycle plan. Their public meetings are being held on the second Monday of each month on the third floor of Municipal Center West, 7th and Monroe Streets.

Bike Racks on Busses

The Springfield Bicycle Club is supporting a proposal by the Springfield Mass Transit District (SMTD) to include bicycle racks on busses. Such racks would enable commuters who don't like within walking distance of bus routes to have access to the SMTD system. Many other communities already offer this service.

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.....	11
New Ride Incentives.....	17
Mileage Summary.....	19
<i>Club Events</i>	
Ride Schedule.....	7
<i>Features</i>	
Baggy Shorts Make Tires Look Fat? .	6
Memorial Weekend Already?	9
February Memories.....	10
A Few Reasons to be Glad.....	16

With winter coming to a close, snow on the ground, and cool temperatures, some of us are in hibernation, while others are spending the season in a warmer climate. However, those of us who can't get away, can still ride in cool weather with proper preparation. And this might also be a good time to select a bike for spring rides. Sharing the cycling experience is what makes riding more enjoyable and one of the reasons that the Springfield Bicycle Club (SBC) sponsors rides virtually every day of the year. Members have come to appreciate the wide variety of destinations, distances and pace to accommodate cyclists of different abilities and skill levels.

The EZ Rider program, for example, is for riders new to the sport or riders who simply prefer to ride at a more relaxed pace. Also, contrary to what many people might believe, you don't need an expensive bicycle or have to wear spandex to be a member. SBC members ride just about anything with two wheels and pedals, including those funny looking contraptions called recumbents.

The SBC rides offer a variety of benefits. The rides provide an opportunity to meet and socialize with others in the community who also enjoy cycling. They encourage cyclists to learn about different riding styles, and improve their riding skills and confidence. Novice riders will be introduced to safety techniques, effective riding habits

and tips on basic bike maintenance. Another advantage of riding with the SBC is to learn preferred bicycle routes, both in town and out in the country.

Club Rides

The SBC ride program contains rides to suit just about every cycling interest, whether for recreation, fitness, sport or touring (see Ride Schedule beginning on page 8, and listing of ride types on page 11). In addition, the SBC annually sponsors the Capital City Century on the first Sunday after Labor Day, with routes of 12 to 100 miles.

If you are a novice or new to group riding, we encourage you to start with a weekend, EZ, or neighborhood ride that has a designated ride leader. Plan to arrive at least 10 minutes before the starting time so that you have an opportunity to meet the ride leader and other members of the group.

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

Secretary's Report

Ken Anderson, Secretary

Renewals

Jim Esela
Tony Henn
Amy Schmidt

Renewals at the Contributing Level

Donald & Melanie Caspary

Renewals at the Sustaining Level

Vaughn Morrison & Family
Alan & Harriet Josephson

Renewals at the Corporate Level

Cummins Engineering Corporation

New Members

Linda Schaeffer
George Jamison & Mary Lou Goodpaster
Michael Fahsl
Sarah Wolin

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

1/10 Charlie Witsman 127 miles	9/09 Bill Callen 463 miles	5/09 Charlie Witsman 709 mil
12/09 Lynn Miller 68 miles	8/09 David Ross 511 miles	4/09 Marty Celnick 457 miles
11/09 Karl Kohlrus 515 miles	7/09 David McDivitt 791 miles	3/09 Grover Everett 527 miles
10/09 Tracey Hurley 549 miles	6/09 Bill Bock 628 miles	2/09 Tom Clark 402 miles

Board Meeting Notes— January 6, 2010

Kevin Greene Recording Secretary

Present: Alan Whitaker, Marty Celnick, Bill Donels, Tom Clark, Ken Anderson, Sandy Anderson, Kevin Greene, Karl Kohlrus, Dave Lucas, Mike Schwab, Lynn Miller, Kent Kraft, Mark Rabin and Naomi Greene.

Karl Kohlrus called the meeting to order at 7:06 p.m.

Minutes. Kevin Greene presented the minutes from the December 2, 2009 meeting. They were approved without revision.

Treasurer's Report. Dave Lucas distributed the treasurer's report for the period ending December 31, 2009, which reflected an ending balance of \$16,738.09. Dave noted that SBC again assisted with the collection and processing of the annual poinsettia sale funds for the SIU School of Medicine's Think First Program. The club also received a donation from the Springfield Area Mountain Bike Association, which has been disbanded.

Legislative/Education Report. Lynn Miller reported that Sangamon County was awarded federal economic stimulus funds to complete the first segment of the Sangamon Valley multi-use trail that will link Centennial and Stuart Parks. This six-mile

stretch between the parks is the first phase of a planned 38-mile trail from Athens to just north of Girard.

Lynn announced that the League of Illinois Bicyclists is conducting a bike planning seminar for planners, engineers and local officials. It will be held at the Sangamon County Building on January 19th.

Kevin Greene reported that the Springfield Bicycle Advisory Council is working on an internet site and survey to solicit public suggestions for improving cycling as a viable means for transportation and recreation in the community.

Social Chair Report. A status report on planning for the SBC Winter Party was distributed.

Incentive Chair Report. Lynn Miller's Warm-Up Ride was voted as Ride of the Month for December. The Almost Anything Award was given to Dave Lucas for providing support for the SIU School of Medicine's Think First annual poinsettia sale. Lynn Miller's name was drawn for the monthly ride leader incentive award.

Ride Schedule Report. Tom Clark reported that work has begun on the February ride schedule. He noted that there will be a weekend dual ride for cyclists that will start from the same location. It will cater to all riders in the club. Kent Kraft reported that 13 mountain bike riders participated in the annual Hike the Lick Creek Trails event on New Year's Day. Lynn Miller volunteered to prepare the ride schedule for March.

Special Events Report. Mark Rabin reported that the Center Park Beach House at Lake Springfield has been reserved for the day of the 2010 Capital City Century. He also noted that volunteers have been recruited to serve as chairpersons for registration, road signs and SAG, food, public relations, logo design, T-shirts and historic sites ride.

Newsletter Report. Marty Celnick reported that work will begin shortly on the February newsletter. Articles are due by January 15th.

Old Business. Naomi Greene distributed a series of recommended actions to enhance the SBC ride program. The recommendations were

(Continued on page 6)

(Continued from page 5)

developed by a committee of club members that was formed to review the results of last year's membership survey. The board approved several of the follow-up actions, including the creation of a cycling boot camp to encourage new rid-

ers to participate in club rides and events. The board also approved a proposal for a special informational session for new members, as well as the scheduling of more breakfast and new member rides.

New Business. There was

no new business to discuss.

The meeting adjourned at 8.35 p.m.

The next meeting is scheduled for Wednesday, February 3, 2010, at 7 p.m. and will be held at the home of Ken and Sandy Anderson.

SBC Cycling Informational Meeting

By Naomi Greene

Join us for a Springfield Bicycling Club informational meeting on Wednesday, March 24 at 6:30 p.m., Robert Morris College Auditorium, Room 103. This session provides an opportunity to learn about upcoming local and out-of-town club rides and to meet and greet current and new riders.

This will also serve as a kick-off for SBC's Biking Boot Camp - a multi-week session to get new riders comfortable riding in a group, learn to change a tire and other biking basics. The Boot Camp will begin in April. More experienced riders will receive information on the club's faster and longer distance rides.

For more information on this meeting and activities, please email [kngreene](mailto:kngreene@comcast.net) at comcast.net.

March 2010 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 / impromptu 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 records 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 records keeper.
Monday thru Friday 12:20 pm	Vredenburg Park Saxon Dr. & Crusaders Rd. Dave Ross 789-4823 Tom Clark, 726-5560	BC – Westside Lunch Ride. Dave or 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	AB – Ride 10-14 miles during lunch. Meet at the bike rack near the building. Please call David in advance.
Weekday Evening Rides		
Monday, Tues- day, Wednes- day & Thurs- day 6:00 pm	Pana Trail Lake Taylorville Parking Lot Rt. 29 Show-N-Go Charles Witsman, 562-5208	Show-N-Go, Ride on the Lincoln Heritage Trail. Lights are required. Turn in miles to the club records keeper. Call Charlie if you need information about trail conditions or directions. <i>Daylight Savings Time begins March 14</i>
Tuesday 5:45 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Show-N-Go	BCD – Show-N-Go along the Lost Bridge Trail. Lights required. Turn miles in to the club records keeper. <i>Time Change! Daylight Savings Time begins March 14</i>
Thursday 5:45 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Show-N-Go	BCD – Show-N-Go along the Wabash Trail. Lights required. Turn miles in to the club records keeper. <i>Time/Location Change! Daylight Savings Time begins March 14</i>

Scheduled Rides and Events		<i>Check start times!</i>
Wednesday March 3 7:00 pm	Residence 2301 Sangamon Avenue Ken Anderson 544-8410	NC – Board Meeting . All SBC members are invited to attend the board meetings.
Friday March 5 5:30 pm	All About Wine 1305 Wabash Curt Evoy, 502-1118	NC – Wine Tasting . Join Curt for a wine tasting to celebrate the upcoming spring cycling season. Those in attendance may make plans for dinner afterwards.
Saturday March 6 11:00 am	Waldrop Park, Sherman Cindy Kvamme, 744-8864	ABCD – Cindy will take us downwind, right? 24-35 miles. D riders are welcome, but should be self-sufficient (i.e., comfortable reading a map and fixing a flat without assistance) in case they cannot keep pace with the rearmost group.
Sunday March 7 11:00 am	Centennial Park Robert LaBonte, 787-0237	ABCD – Robert will lead us to Auburn. 25-35 miles for the brisk weather riders. D riders are welcome, but should be self-sufficient (i.e., comfortable reading a map and fixing a flat without assistance) in case they cannot keep pace with rearmost group.
Friday March 12 5:30 pm walk 6:30 am dine	VFW 2211 Old Jacksonville Rd Kevin Brown, 787-5652	NC – Friday Night Dinner . Walk for an hour beginning at 5:30, or just come for dinner at 6:30 (Please call Kevin if just coming for dinner). Walks become self-directing if Kevin is not there. <u>Time Change!</u>
Saturday March 13 11:00 am	Vredenburgh Park Tracey Hurley, 414-8900	ABC – 25-30 miles to warm up for the ride season.
Sunday March 14 11:00 am	Waldrop Park, Sherman Alan Josephson, 793-0590	ABC – Daylight Savings Ride . 25-40 miles with a stop for breakfast to refuel with friends. <i>Make sure to “spring forward” your clocks the night prior!</i>
Friday March 19 5:30 pm walk 6:30 am dine	Froggies Bar & Grill 1975 Wabash Avenue Kevin Brown, 787-5652	NC – Friday Night Dinner . Walk for an hour beginning at 5:30, or just come for dinner at 6:30 (Please call Kevin if just coming for dinner). Walks become self-directing if Kevin is not there. <u>Time Change!</u>
Saturday March 20 11:00 am	Vredenburgh Park Lynn Rhoades	ABC – Lynn will take us 20-30 miles on the roads. <i>See also the following ride, which starts at same time & place.</i>
Saturday March 20 11:00 am	Vredenburgh Park Kevin Greene, 529-1141	D & EZ – Kevin will lead a more leisurely 15- 20 mile ride that will include the trail. If you are new to the club or just starting to ride again, give this ride a try!
Sunday March 21 11:00 am	320 South Crossing Rd (near Sams Too Ital. restaurant) Kent Kraft, 787-6974	ABC – Kent will lead us on the roads and byways. 20 & 35 miles.
Wednesday March 24 11:00 am	Robert Morris College, Auditorium Room 103, 3101 Montvale Dr Naomi Greene, 793-9622	NC – SBC Cycling Informational Meeting . Here's an opportunity to learn about upcoming local and out-of-town club rides and to meet and greet current and new riders. The event will also preview SBC's Biking Boot Camp that begins in April. <i>See related article for details.</i>
Friday March 26 5:30 pm walk 6:30 am dine	Dublin Pub II Vinegar Hill Mall, 107 W Cook Kevin Brown, 787-5652	NC – Friday Night Dinner . Walk for an hour beginning at 5:30, or just come for dinner at 6:30 (Please call Kevin if just coming for dinner). Walks become self-directing if Kevin is not there. <u>Time Change!</u>
Saturday March 27 11:00 am	Rochester Station Don Harvey, 433-0119	ABCD – Don will take us on back roads for a spring tune-up, 20-30 miles. D riders are welcome, but should be self-sufficient (i.e., comfortable reading a map and fixing a flat without assistance) in case they cannot keep pace with rearmost group.
Sunday March 28 11:00 am	Lincoln Memorial Gardens Ben Fox, 836-3159	ABCD – Ben is giving us a ride to finish the month. 20-40 miles. D riders are welcome, but should be self-sufficient (i.e., comfortable reading a map and fixing a flat without assistance) in case they cannot keep pace with the rearmost group.

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

Making Your Miles Count

By Naomi Greene

With the first day of spring coming around (finally) later this month, many will likely find pleasant days that will inspire them to clean off grime from chains and pedals and jump in the saddle to get out and stretch their legs. Unlike January and February, when some of our SBC rides were frozen out, March is likely to allow more cycling jaunts to take place.

The start-up of the cycling season is a good time to review the ways SBC tracks, counts and rewards mileage. The SBC Board approved revised mileage rules that took effect January 1, 2009. The rules reflect the club's dual mission to provide opportunities for cyclists to ride together and to promote and advocate for cycling in the community.

SBC members can report, and the club will track, the following cycling miles:

- Club miles: Miles ridden as part of a scheduled SBC ride.
- To/From Miles: Miles ridden to and from a club ride.
- Organized rides and tours: Miles ridden on organized rides and tours sponsored by another group can be counted as club miles.
- Commuting miles: Trips to work (paid or non-paid employment), and other personal trips, such as shopping, running an errand or visiting friends.

Recording of Scheduled Ride Miles

The official SBC ride sheet is used to track and report miles. If the Ride Leader misses the ride start, the ride becomes a "Show-N-Go".

Ride sheets and Show-N-Go mileage should be turned in to the SBC Records Keeper as soon as possible after each ride, but no later than the fifth (5th) day of the following month. Mileage turned in by that date is counted toward monthly totals and Rider of the Month awards.

SBC members should forward mileage reports to the Records Keeper using the ride entry forms that are posted on the club's web site. There are online mileage forms available to file available for both club rides and commuting trips. The information for the rides will typically include:

- Location of the event (if applicable)
- Date of ride
- Names of the riders.
- Miles ridden.

Spinner Awards

SBC provides recognition to its members based on mileage levels achieved for the year. In past years, members competed against riders within their same age group. Now, achievements are rewarded after surpassing club-set performance goals. SBC riders work to meet and attain one of those goals by the end of the year, regardless of age.

Mileage awards are set up in the following categories:

- 10,000 miles + (Spinner Platinum)
- 7,500 - 9,999 (Spinner Gold)
- 5,000 - 7,499 (Spinner Silver)
- 2,500 - 4,999 (Spinner Bronze)

All riders reaching 1,000 miles or more receive a pin with the year and their total miles listed.

Springfield Bicycle Club Mileage and Activity File

As of January 31 2010

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
Charles Witsman	127		127	1	127			127		127	1	127		
Karl Kohlrus	107		107	18	5.94			107		107	18	5.94		
David McDivitt	92		92	9	10.22			92		92	9	10.22		
Marty Celnick	42	10	52	3	17.33	1	3	42	10	52	3	17.33	1	3
Tom Clark	20	6	26	1	26			20	6	26	1	26		
Dean Wisleder	22		22	1	22			22		22	1	22		
Lynn Miller	20	1	21	1	21			20	1	21	1	21		
Kevin Veara	12		12	1	12			12		12	1	12		
Kevin Greene	12		12	1	12			12		12	1	12		
Jim Disney	12		12	1	12			12		12	1	12		
Don Harvey	11		11	4	2.75			11		11	4	2.75		
Grover Everett	8		8	1	8			8		8	1	8		
Totals	485	17	502	42	11.95	2	6	485	17	502	42	11.95	2	6

35 Recognized for Cycling Achievements

Bill Donels earns top award

By Naomi Greene

Springfield, IL – The Springfield Bicycle Club (SBC) recognized 35 individuals as part of its annual awards program held Saturday. Bill Donels of Springfield received the club's top award, the "No-Bell Award," to an individual in recognition of significant contributions in promoting and supporting bicycling with the Springfield community. Grover Everett of Taylorville earned the top "Spinner" mileage award for accumulated miles in 2009.

The "No Bell Award" is the club's most prestigious award, presented each year since 1982 through nominations and selection by previous recipients. Donels was cited for serving on the Citizens Advisory Board for the Springfield Area Transportation Study and serving or attending public meetings related to bike trails and National Bike Month. Donels, a retired state worker who also has an engineering background, also considers cycling as part of his personal activities, not just for pleasure.

For example, he has delivered newspapers by bicycle on two routes and has been seen pulling a mower behind his bike to sites where he mows lawns for clients. He also serves on the SBC Board and served as the point person for the Route 66 Day publicity event for the Springfield area.

Grover Everett of Taylorville logged in the most miles of any SBC member with 6,584. He was followed by Marty Celnick, 5284 miles; Dave McDivitt, 5,274 and Charlie Witsman, 5,251. Each received an engraved pewter tankard.

Receiving "Bronze" Spinner awards were Karl Kohlrus, 4,168; Tom Clark, 3,435; Tracey Hurley, 3,117; Don Harvey, 2,898; Dave Ross, 2,722; Pat Stephens, 2,677; Mark Rabin, 2,640; Linda Butler, 2,617; Ernie DeFraties 2,543; Lynn Miller, 2,520.

Receiving pins for miles over 1,000 were Alan Whitaker, 2,491; Bill Bock 2,420, Curt Evoy, 2,392; Carol Bock, 2,258; Jack Hurley; 2,118; Bill Callan, 2,090; Kevin Greene, 2,002; Alan Josephson, 1929; Cindy Kvamme, 1,905; Dave Banks, 1,770; Ruth Magos, 1,738; Sid Marder, 1,611; Tracie Stephens 1,433; Robert LaBonte, 1,424; Lynn Rhoades, 1,237; Ben Fox, 1,228; Mike Eymann, 1,225; Josepha Schaeffer, 1,040; Mary Venturini, 1,039; Bob Sorenson 1,008.

For more information about registration about SBC, please visit www.spfldcycling.org

March Memories

By Mike Becker

1975–35 Years Ago: Bicycle camping is a popular topic for winter meetings when no one would do it; so it was this month as well. Fifty three people attended last month's meeting. ++Mikie offered a new definition of “presta”: “That's the way I ride. I presta down on the pedals as hard as I can.”

1980– 30 Years Ago: Program Note: Karl Moore, a local amateur nature photographer, presented a selection of slides showing some of the wild flowers and butter-flies that might be encountered on a ride in central Illinois. ++Vinnie Galli won the Almost Anything Award, for feats unspecified in the Quick Release.

1985–25 Years Ago:

*and they did all eat, and were filled;
and they took up of the fragments that remained twelve baskets full.*

—Matthew 14:20.

The results of the Steve Newell Open were published. (This is the ride where “acts of gluttony were performed that are banned in a half dozen states and unheard of in the third world”, followed by an invigorating ride. The winner eats the most, rides the hardest, and still can stand at the end.) On the first leg of this triathlon event, Steve defended his title by polishing off four (!) plates of food at a local all-you-can-stuff eatery with a manager nervously eyeing his profit margin. Mike Fitzgerald was not a close second, and he “lay broken under the table; his stoic attitude had turned to despair. . .A run that morning to create caloric debt just wasn't enough.” Dave Stjern and Tom Wood displayed valiant efforts but were not up to the task that day.

The second event, a bike ride, had been prophesied in Isaiah 22:13:

Let us eat and drink, for tomorrow we shall die.

That tomorrow occurred twenty minutes later when a van nearly squeezed them into stuffed oblivion. “Reaction time was sickeningly slow due to fat buildup in synaptic junctions and low oxygen supply to the brain during digestion.”

Qu'ils mangent de la brioche. —Marie Antoinette.

CAKE! That's all they needed. After retreating to a home for dessert, “some curiosity seekers stopped by to view this ugly scene of moaning and writhing.” As brutal as the day was, plans were formulated for the next year's event.

1990–20 Years Ago: Jerry Saladino earned the Lead Water Bottle for bringing a key lime pie to the Werthwein's Choc-a-holic party. ++After much discussion, an SBC policy was adopted

(Continued on page 14)

(Continued from page 13)

to not release members' names and addresses to anyone other than SBC members.

2000–10 Years Ago: Dave Lucas was nominated, but, alas, did not win the AAA for providing Moon Pies on his Full Moon ride. On the other hand, Roger Wright took down the LWB for riding to/from Sherman in the dark knowing that he would be an hour late and, consequently, miss the Full Moon ride.

1995–15 Years Ago: The monthly meeting added a new segment–Back to Basics. Ten minutes at the beginning of the program was devoted to answering questions from newbies. ++With a dearth of worthy achievements in March, Greg Lakebrink nominated himself for not going on the gas guzzling tail-wind ride. The only other nomination was Alan Josephson for organizing said event.

2000–10 Years Ago: Dave Lucas was nominated, but, alas, did not win the AAA for providing Moon Pies on his Full Moon ride. On the other hand, Roger Wright took down the LWB for riding to/from Sherman in the dark knowing that he would be an hour late and, consequently, miss the Full Moon ride.

Bicycling Position

By Dean Schott
League of Illinois Bicyclists

To be safe on the road, bicyclists should know their rightful place. All bicyclists should ride with the flow of traffic, not against it. Both the cyclist and driver have less time to react when cyclists go against the flow. Also, motorists don't expect to see cyclists riding toward them and so are not on the lookout for them, particularly when motorists are making turns at intersections.

Illinois law states that bicyclists should ride as far to the right as is practicable, which doesn't mean as far as possible to the right. The law allows a bicyclist to ride away from the roadway edge and further into the lane to avoid broken glass, broken pavement, pot holes, gravel and other debris that can cause the rider to crash. Also, when a lane is too narrow for a car to pass safely, a bicyclist under the law may ride further into the lane to prevent a motorist from trying to squeeze by and endanger the rider.

A recent Illinois law requires motorists to pass bicyclists with a minimum of three feet of space. If motorists can't pass with at least three feet, they should wait until they can safely do so.

Most crashes involving bicyclists and motorists occur at intersections. Being more visible, particularly at intersections, makes bicyclists safer. That's why bicyclist should consider wearing bright clothing so that motorists are more likely to see them.

Although some motorists believe that bicyclists should ride on sidewalks, many communities prohibit bicyclists from riding there. Except for small children and beginners, bicyclists are usually safer riding in the street than on the sidewalk. Again, visibility is the issue. A bicyclist on the road is more visible to motorists than bicyclists riding on the sidewalk. Often motorists approaching intersections look for other cars and not particularly for bicyclists or pedestrians on the sidewalk. For more information on riding safely, log on to www.bikelib.org

Reprinted by permission of the League of Illinois Bicyclists.
Dean Schott, the league's outreach director, can be reached at <mailto:dean@bikelib.org>.

New Ride Initiatives

By Naomi Greene

Following last year's membership survey, a committee made up of club members reviewed the survey results and submitted a series of recommended actions to the SBC Board, aimed at expanding ride opportunities in the club. The committee consisted of Jack and Tracey Hurley, Lynn Rhodes, Alan Josephson and Naomi Greene. The following are some of the follow-up actions or activities that the Board approved at its January meeting.

One recommendation focused on encouraging more members or new riders to participate in the club rides and events. The committee suggested developing a cycling boot camp of four to six weeks for new riders. The boot camp would be designed to get riders comfortable with riding in a group, with the goal of preparing them to ride in the CCC. Depending on the level of skill and experience, participants will be referred to appropriate level rides. A program proposal will be developed and more information on this will be forthcoming.

The Biking Boot Camp is likely to be scheduled to start in April. If you know of any individuals who may be interested, please alert them to look for information in upcoming QRs.

The Biking Boot Camp and other new initiatives will be shared at an informational session to be held in March. SBC will be looking for volunteers to assist with the information session and/or to refer potential or interested riders to the session or Biking Boot Camp.

Other survey suggestions included "new member rides" and adding more rides for beginners and more breakfast rides. Members also asked for more rides that fit their schedule or location. These are great suggestions. All rides are scheduled by SBC members who volunteer their time. SBC encourages anyone wishing to schedule these types of rides to contact SBC V.P. Tom Clark. Members willing to provide "EZ" and "D" level leadership as part of other rides should also contact Tom for ideas and suggestions. If you've never lead a ride, there is information posted on the website on rider leader tasks and responsibilities.

A suggestion to schedule out of town rides as club rides is already underway. For example, Alan Josephson has led and offered out of town rides, such as the recent Natchez Trace ride. Ernie DeFrates last year also led a ride for members on Madison County trails. In the past, the Champaign-Urbana Century has also served as an official club ride. Rides like the Champaign club ride will continue to be scheduled as long as they do not conflict with SBC member club rides.

More information on the above activities, and in relation to other suggestions, will be shared in future QRs and on the website.

MEMORIAL WEEKEND REMINDER

WE HAVE ABOUT 25 PEOPLE INTERESTED IN OUR OUT OF TOWN WEEKEND TO NEW GLARUS, WISCONSIN (SEE FEBRUARY QR).

THERE ARE A FEW ROOMS STILL AVAILABLE.
ALSO SOME FOLKS ARE LOOKING FOR A ROOMATE. PLEASE CONTACT ME
BY MARCH 1ST IF INTERESTED. JOIN THE FUN!

ALAN JOSEPHSON
793-0590
AHJOSEPHSON@YAHOO.COM

Springfield Bicycle Club Membership Application

Member

Member Information

New Member Renewing Member Change Address

Name _____ Home Phone _____

Address _____ Work Phone _____

City _____ Birth Date _____

State _____ Zip _____ Email Address _____

I obtained my application from: I would like to opt out of (not receive)
 Bike Shop [name] _____ club email announcements
 A current Club member [name] I would like to help with SBC activities
 Yes No

Type of Membership

Individual \$15/yr Family \$20/yr Contributing \$25/yr
 Sustaining \$50/yr Patron \$100/yr Corporate \$100/yr

Dollars beyond basic \$15 or \$20 rate from Contributing, Sustaining, and Patron memberships go to your choice:

Bicycle Advocacy Fund SBC General Fund

My Advocacy Donation Amount is: _____

Family Member Information

The SBC presents yearly awards for the most "club miles" in various age groups. We need birth dates to determine these presentations. Your participation is optional, of course.

Name 1 _____ Birth Date _____

Name 2 _____ Birth Date _____

Name 3 _____ Birth Date _____

Name 4 _____ Birth Date _____

Legal Waiver

I (and my parent or guardian in case of a person under 18 years of age) hereby release the Springfield Bicycle Club and any other party or parties involved in any Springfield Bicycle Club activity of any liability whatsoever for any loss or damage to property or for personal injury sustained or occurring on any Springfield Bicycle Club event.

Signature _____
 Date _____
 Parent / Guardian _____
 Date _____

Official SBC Name Badges

Hang it on your seat bag. These are a pretty neat way to let other riders know your name. Include **\$11.00 dollars** extra and print your name (clearly) on the following line as you would like it to appear on your name badge:

Badge Name: _____

Mail with Check to:
 Springfield Bicycle Club
 Post Office Box 2203
 Springfield, IL 62705

SPRINGFIELD BICYCLE CLUB 2009 MILEAGE SUMMARY



Monthly						
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	LED	AVG RIDE LENGTH
January	485	17	502	42	2	11.95

CUMULATIVE						
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	LED	AVG RIDE LENGTH
January	485	17	502	42	2	11.95



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

March, 2010

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
000-0000
events(at)spfldcycling

Mountain Bike Chair
Kent Kraft
787-6974
mountain(at)spfldcycling.org

Social Chair
Deb Cooper
social(at)spfldcycling.org
546-5099

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 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.org

Dave Sykuta
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 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.