



Ride of the Month

Marty Celnick won this month's Ride of the Month for his ride on Sunday, June 6th. Marty led a ride from Fairhills to Pleasant Plains. It was a nice day with mostly sunny skies and cool temperatures. There was a northwest wind of 15-20 mph. Riders took a slightly different route going out on Prairie Creek Rd (1N) to Richland Elevator Rd and taking a tour of downtown Richland. The return took riders down Watts (2N), Jameson, and Old Covered Bridge Rd. The roads were in good shape, there wasn't too much gravel anywhere, although Watts Rd. is described as bit rough.

Almost Anything Award

There were two nominees for this month's AAA. The Rochester Women's Club gets kudos for spearheading the construction of a comfort station for cyclists and other trail users near the end of the Lost Bridge Trail in Rochester. The facility includes a unisex, handicapped-accessible bathroom and a water fountain.

Tracey Hurley nominated Pete Gudmundson, David Banks and Mike Eymann for helping her during a ride in June. Tracey says she became overheated on the June 12th ride when the heat index rose to at least 100. Dave poured his bottle of water on Tracey's head as she managed to get to the Love's Travel Stop in Williamsville. David and Mike stayed with Tracey and Pete rode on to Sherman, got his truck and took Tracey home. He also offered Mike and Dave a ride back to Sherman which both declined, preferring to finish their ride back to Sherman

Monthly Ride Leader Incentive Drawing

Chris King's name was drawn for this month's \$50 gift certificate.

Make an award nomination! *See article, page 15*

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

See page 3

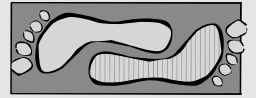
Jack Hurley is Rider of the Month with 1,050 miles!

Details on page 4

Lookin' for a Ride?

See Ride Schedule, pages 7-9

Tour De Pedi II



*August 27
See page 9*

Ride to Plains
August 1

Waverly Ride
August 1

Elkhart Ride
August 15

IDOT to Edinburgh
August 22

Fairhills Ride
August 22

Full Moon Ride
August 24

EZ Weekend Rides
August 15 & 22

See pages 8-9

President's Column

August, 2010

New Officers Needed!

There will be at least open four positions on next year's SBC Board: President, Vice President, Special Events Chairperson and Newsletter Co-Editor. I am retiring after recently serving two years as President (in addition to four years during the 1990s). Tom Clark, who presently holds the other three positions—VP, Special Events and Co-Editor, is also stepping down for a well-deserved rest. If you would like to know anything more about any Board position, contact any Board member or myself. Volunteers make the SBC what it is today. New people bring new ideas. Serving on the Board is a good way to help the SBC and bring your ideas forward to improve bicycling in Springfield. New officers take office October 1st.

The Board has set up a committee to make these jobs easier. Next year a Ride Committee will be reestablished to make the Vice President's job of preparing the ride schedule easier. The Board will also be considering alternative ways of running the Century, which will make the Specials Events Chair's job much easier. Also, we are contemplating changes that will make editing the QR easier. I'm sure Tom will be there to offer help and advice to anyone who volunteers to do any one of his former positions. With the quality Board and volunteers the SBC has, the President's job is not really very difficult as most of the work is delegated to other members. It involves preparing the agenda, chairing board meetings (2 hours per month), preparing this President's Column, handling inquiries, and dealing with occasional problems and issues that come up. The President's time commitment is about 4 hours per month.

Capital City Century

The 38th annual Springfield Bicycle Club Capital City Century will be held on Sunday September 12th at the Lake Springfield Center Park Beach House. If you plan to ride, that's great. If you or another family member is not riding, please volunteer to help. Volunteers are needed for a variety of activities including baking cookies or muffins before the event to helping out on Century Day at registration, a food stop or driving a SAG vehicle. Some people can both ride and volunteer. Contact Tom Clark at 726-5560 if you can help.

Sangamon Valley Trail Update

Paving will begin on a portion of the Sangamon Valley Trail between Centennial Park and Stuart Park by this fall. However, new bicycle bridges over Old Jacksonville Road, Washington Street and Jefferson Street won't be in place until next Spring. The fact that new, longer bridges are being installed now to accommodate the planned future road widening of Old Jacksonville Road and Jefferson Street means that the trail will not have to be closed in the future when these roads are widened.

Karl Kohlrus
President

Come Ride with Us

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With the arrival of warm weather, many of us are gearing up for another season on the road. 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

Charles Downs
 Rick & Kyle Regan
 Debby Lewis
 Carol O'Connor
 Ken Ratliff
 David & Marcia Sykuta
 Kenny Vennell
 Dan Dungan
 Charles Witsman
 Robert & Cydne LaBonte
 Jackie & Adam Galli

Renewals at the Contributing Level

Lyn Schollett & Cindy Tubbs
 Garland & Lesley Stevens

Renewals at the Sustaining Level

Tom King & Family
 Ernest DeFrates

Renewals at the Patron Level

Boro Reljic

New Members

Cassandra Claman
 Fletcher Farrar
 Don & Lynda England

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

6/10 Jack Hurley 1,050 miles	2/10 Karl Kohlrus 140 miles	10/09 Tracey Hurley 549 miles
5/10 Tom Clark 606 miles	1/10 Charlie Witsman 127 miles	9/09 Bill Callen 463 miles
4/10 Grover Everett 653 miles	12/09 Lynn Miller 68 miles	8/09 David Ross 511 miles
3/10 David McDivitt 481 miles	11/09 Karl Kohlrus 515 miles	7/09 David McDivitt 791 miles

Board Meeting Notes— June 2, 2010

Kevini Greene Recording Secretary

Present: Alan Whitaker, Ken Anderson, Sandy Anderson, Lynn Miller, Kevin Greene, Karl Kohlrus, Marty Celnick, Tom Clark and Kent Kraft.

The meeting was called to order by the Karl Kohlrus at 7:11 pm.

Minutes. Kevin Greene presented the minutes from the May board meeting. They were no additions or corrections and the minutes were approved.

Treasurer's Report. Karl Kohlrus distributed the treasurer's report. He reported a balance of \$13,451.69 for the period ending May 31, 2010.

Legislative/Education Report. Lynn Miller reported that the contract for construction of the first section of the Sangamon Valley Trail will be awarded in June. The construction of the trail will start this summer and is expected to take one year to complete. Lynn presented the results of the Curb Your Car during Bike to Work Week challenge. He noted that the event took place for an entire week this time to provide more opportunities for people to participate. Of the 199 participants, 22 rode and/or took mass transit on all five days.

Karl Kohlrus updated the board on recent developments at the League of Illinois Bicyclists. Due to increasing requests for assistance, the organization may add another staff person to assist local governments in preparing bicycle master plans and studies.

Kevin Greene reported that the results of the Springfield Bicycle Survey have been posted on the Internet.

Social Chair Report. Karl Kohlrus distributed the social chair report. He noted that Deb Cooper is looking for one or two barbecue grills for the club's summer picnic in July.

Incentive Chair Report. Alan Josephson's New Glarus, WI weekend ride was voted Ride of the Month for May. The Almost Anything Award was given to Dale Schultz who coordinated the Curb Your Car during Bike to Work Week Challenge. Dale works for the Springfield-Sangamon County Regional Planning Commission. Ernie De-Frates' name was drawn for the monthly ride leader incentive award.

Ride Schedule Report. Tom Clark reported that he

is working on the ride schedule for July. There are 5-6 weekend dates that are still open. Tom will be stepping down from the vice president's position in October. He recommended that a ride committee be formed to help the new vice president schedule rides.

Special Events Report. Tom Clark reported that there will be additional porta-potty facilities at the Auburn food stop for the 2010 Capital City Century (CCC) in September. He circulated several design proposals for this year's CCC t-shirt, which will be developed by Terri Nelson. The board chose the recumbent design with an easy rider theme.

Karl Kohlrus suggested that the club consider a food caterer for the CCC. The board voted to form a subcommittee to evaluate food preparation and service options for future events. Lynn Miller volunteered to serve as Food Co-Chair for this year's CCC.

Newsletter Report. Marty Celnick reported that work will begin shortly on the July newsletter. Articles are due by June 15.

(Continued on page 6)

(Continued from page 5)

Webmaster Report. Alan Whitaker requested clarification on the policy for posting non-SBC cycling events on the club's website. The board recommended that only cycling events taking place within 100 miles of

Springfield be listed, in addition to events that are of special interest to members.

Old Business. No old business was discussed.

New Business. There was no new business brought

before the board. The meeting adjourned at 9:15 p.m.

The next meeting is scheduled for Wednesday, July 7, 2010, at 7:00 p.m., and will be held at the home of Ken and Sandy Anderson.

Call for CCC Volunteers

The 38th annual Capital City Century is September 12th, the Sunday after Labor Day. To make sure this year's century is another memorable one, the event's planners need **your** help.

If you've volunteered before, we'd love to have your help again this year. Volunteering for the century is also a great way for new members to get to know their fellow bike club members. If there are enough volunteers, there's no reason you can't ride and help out too.

As in the past, the area that requires the most volunteers is food (Beach House, Auburn and Covered Bridge). If you enjoyed helping out at a particular food location last year, here's a change to get your "dibs" for 2010. If you enjoy working with a friend, give them a call too!

We'll be calling club members in August about helping out with CCC. If you would like to volunteer, please get in touch with me (Tom Clark, 726-5560, [events\(at\)spfldcycling.org](mailto:events(at)spfldcycling.org)) or with one of my chairpersons:

Food (co-chairs)	Deb Cooper (971-4090) social(at)spfldcycling.org Lynn Miller (971-4090) legislative(at)spfldcycling.org Beach House Food: Kedra Elston (741-9421) Covered Bridge Food: Ken Anderson (522-3876) or secretary(at)spfldcycling.org Auburn Food: Judy Nesbitt (529-3306) or judy-nesbitt@comcast.net
Baked Goods callers	Sue Hack (546-4514) shack2@earthlink.net
Historic Sites Ride	Naomi Green (793-9622)
Public Relations	Naomi Greene (793-9622)
Marketing	Tom Clark (726-5560) or
Registration	Alan Whitaker (494-6807) or webmaster(at)spfldcycling.org
SAG	Tom Clark (726-5560) or events(at)spfldcycling.org
T-shirts	Cindy Kvamme (744-8864) or cindykvamme(at)att.net

If you cannot volunteer your time that day, please consider supplying some baked goods for the food stops, or a covered dish for the post-pedalin' party at the Beach House.

August 2010 Ride Schedule

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 the VP if you would like to lead an ad hoc ride. Please provide at least three days notice. The ride will be posted on the web site, and therefore becomes a scheduled ride eligible for club miles. For updates, corrections and additions 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, 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.

Weekday Daytime Rides		<i>Check start times!</i>
Monday thru Friday 8:00 am 9:00 am	Morning Geezer Ride Washington Park Shelter Show-N-Go	Show-N-Go — A 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. NOTE: optional 8 am start in hot weather.
Tuesday 9:00 am	Panera Bread Wabash & White Oaks Robert LaBonte, 787-0237	BC — Try a change of pace from the Geezer ride, which is usually a bit faster than this.
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		<i>Check start times!</i>
Monday 5:45 pm	Parkway Pointe Theatre Lindbergh & Robbins Road Show-N-Go	ABCD — A favorite for fast and intermediate riders. Ride to Chatham for 19 miles or to the T for 25 miles.
Monday, Tues- day, Wednes- day & Thurs- day 6:00 pm	Pana Trail Lake Taylorville Parking Lot Rt. 29 Show-N-Go Charles Witsman, 299-7038	Show-N-Go — Ride on the Lincoln Heritage Trail. Turn in miles to the club records keeper. Call Charlie if you need information about trail conditions or directions.

Tuesday 5:45 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Show-N-Go	BCD — Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper.
Tuesday 5:45 pm	Vredenburgh Park Saxon Dr. & Crusaders Rd. Show-N-Go	AB — Show-N-Go. A faster-paced workout. Slower-paced 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. Turn miles in to the club records keeper.
Tuesday 6:00 pm	Schlitt Park (south of Owen Marsh School) 2400 Sharon Dr. Naomi 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 16-20 miles.
Thursday 5:45 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Show-N-Go	BCD — Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper.
Thursday 5:45 pm	Lewis Memorial Christian Village Koke Mill and W Washington St Chris King 502-2121	ABC – Ride 23–25 miles to Salisbury with Chris.
Saturday 5:30 pm	Vredenburgh Park Saxon Dr. & Crusaders Rd. Robert LaBonte, 787-0237	BC — Saturday Night Ride. Take a ride to Chatham or Auburn. Dinner stop possible. Lights required for longer ride options.
Scheduled Rides and Events		<i>Check start times!</i>
Sunday August 1 8:00 am	Lewis Memorial Christian Village Koke Mill and W Washington St Kent Kraft, 871-6974	ABCD – Ride to Pleasant Plains. Kent will have route options of up to 40 miles.
Wednesday August 4 7:00 pm	Residence 2301 Sangamon Avenue Ken Anderson, 522-3876	NC – Board Meeting. All SBC members are invited to attend the board meeting.
Saturday August 7 8:00 am	DOT, Lost Bridge Trail Ash St. & Dirksen Parkway Jon Edwards, 726-7647	ABCD – Jon will take us somewhere eastwards for 30 to 50 miles. EZ riders can take the trails; ride to the ride for more miles.
Sunday August 8 8:00 am	Vredenburgh Park Saxon Dr. & Crusaders Rd. Tom Clark, 726-5560	ABCD – Ride to Waverly with Tom, or ride the trails. Several cutoffs available. 30-55 miles.
Saturday August 14 8:00 am	Rotary Park Archer Elevator & Iles Jerry Ihnen, 498-8877	ABC – Ride 40 miles or so to Loami and beyond. Jerry will make sure that this is an entertaining ride.
Sunday August 15 8:00 am	Waldrop Park Andrew Road, Sherman Karl Kohlrus, 544-8410	ABC – Ride to Elkhart with shorter options, 30 to 50 miles.
Sunday August 15 9:00 am	Wabash Trail east end parking lot Park St. & Wabash Ave. Robert LaBonte, 787-0237	D & EZ – Plan on 20 miles or so with a rest stop at the Apple Barn.
Saturday August 21 8:00 am	DOT, Lost Bridge Trail Ash St. & Dirksen Parkway Lynn Rhoades, 726-5560	ABCD – Ride 40 miles to Edinburgh or take the trails.
Sunday August 22 9:00 am	Arbys at Fairhills Mall Washington & Chatham Rd Marty Celnick, 522-4206	ABC – Sleep in another hour! Then join Marty for 40 miles, more or less.
Sunday August 22 9:00 am	Wabash Trail east end parking lot Park St. & Wabash Ave. Kevin Greene, 793-9622	D & EZ – Plan on 20 miles or so with a rest stop at the Apple Barn.

Tuesday August 24 8:00 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Marty Celnick, 522-4206	CD – Full Moon ride on Lost Bridge Trail. Lights are required. Marty will try to have Moon Pies for participants after the ride, with plenty of white flour to revive your blood sugar levels.
Friday August 27 6:00 pm	EJ Nail Salon (next to Darcy's Pint) 621 W. Stanford Ave. Lyn Schollett, 698-9446	ER – Tour de Pedi. Ride for one hour and then pamper your tootsies at EJ Nail Salon. Please note: pedicure appointments have already been made and space is limited. Call Lyn by Wednesday, 8/25, to make a reservation. "First come, first pampered" until the spots are gone!
Saturday August 28 8:00 am	Centennial Park Bunker Hill & Lenhart Alan Whitaker, 494-6807	ABC – 40 miles or so. Alan says he will pick a direction that we haven't ridden in a while.
Sunday August 29 .	Chatham Community Park South Main Mark Rabin, 529-7377	ABCD – Ride 40 miles or so with Mark, or take the trails.

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
- 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

Springfield Bicycle Club Mileage and Activity File As of June 30 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
Grover Everett	1,242		1,242	22	56.45			3,090	36	3,126	68	45.97		
Tom Clark	637	10	647	23	28.13	1	3	2,236	61	2,297	81	28.36	2	6
Marty Celnick	437	211	648	22	29.45	2	5	1,610	517	2,127	82	25.94	5	12
David McDivitt	493	64	557	38	14.66			1,905	194	2,099	145	14.48	1	3
Lynn Miller	527	17	544	21	25.9			1,969	54	2,023	77	26.27	2	6
Don Harvey	367		367	13	28.23			1,719	108	1,827	86	21.24	3	12
Karl Kohlrus	335	54	389	29	13.41			1,515	264	1,779	152	11.7	1	3
Bill Bock	569		569	15	37.93			1,358		1,358	37	36.7		
Mark Rabin	366		366	7	52.29			1,305	24	1,329	33	40.27	2	6
David Ross	383	16	399	17	23.47	1	2	1,157	60	1,217	58	20.98	4	9
Curt Evoy	372	13	385	20	19.25			1,182	32	1,214	71	17.1		
Tracey Hurley	224	32	256	7	36.57			1,029	169	1,198	36	33.28	2	5
Jack Hurley	1,005	45	1,050	21	50			1,065	61	1,126	23	48.96		
Charles Witsman	184		184	2	92			986	72	1,058	10	105.8		
Alan Whitaker	321	20	341	7	48.71			922	76	998	28	35.64	1	3
Pat Stephens	422		422	17	24.82			992		992	52	19.08		
David Banks	407		407	13	31.31	1	4	915	51	966	29	33.31	1	4
Carol Bock	440		440	12	36.67			955		955	26	36.73		
Ruth Magos	406		406	11	36.91			856	2	858	20	42.9		
Robert LaBonte	283		283	15	18.87	9	18	837	6	843	45	18.73	26	59
Cindy Kvamme	260		260	14	18.57	4	11	827		827	43	19.23	12	32
Mike Eymann	243		243	9	27			752	10	762	26	29.31		
Alan Josephson	108	42	150	4	37.5			596	110	706	21	33.62	7	21
Ernie De Frates	147		147	6	24.5			601		601	22	27.32	5	12
Chris King	175	4	179	6	29.83	5	11	559	32	591	20	29.55	9	19
Linda Butler	180		180	7	25.71		1	574		574	20	28.7		1
Ben Fox	450		450	6	75			564	2	566	9	62.89		
Tracie Stephens	321		321	16	20.06			559		559	31	18.03		
Jerry Ihnen	122	23	145	3	48.33			435	124	559	15	37.27		
Mary Venturini	159		159	4	39.75			510	20	530	14	37.86		
Kevin Greene	110	6	116	9	12.89	3	4	474	39	513	39	13.15	13	21
Tony Henn	159		159	7	22.71			508		508	23	22.09		
Dee Wise	148	112	260	5	52			278	227	505	10	50.5		

Springfield Bicycle Club Mileage and Activity File As of June 30 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
Bob Carmody	153		153	5	30.6			480		480	17	28.24		
Lynn Rhoades	52	20	72	1	72	1	3	346	89	435	12	36.25	2	6
Ken Anderson	102	35	137	4	34.25			295	122	417	11	37.91		
Ken Ratliff	172		172	5	34.4			398	4	402	13	30.92		
Kent Kraft	218	4	222	7	31.71	1	3	397	5	402	15	26.8	3	9
Sidney Marder	83	119	202	7	28.86		1	236	159	395	12	32.92		1
Christa McLaren-Morris	158		158	7	22.57	5	15	377	14	391	16	24.44	5	15
Dean Wisleder	315		315	9	35			365		365	17	21.47		
Stephen Paca	127		127	1	127			291	47	338	11	30.73		
Kedra Elston	73		73	5	14.6			324	5	329	16	20.56	1	3
Pete Gudmundson	120		120	3	40			303		303	9	33.67		
Jon Edwards	32		32	1	32			251	39	290	7	41.43	1	3
Derek Ewing	130	117	247	2	123.5			130	117	247	2	123.5		
Cindy Moreno	59		59	3	19.67			240		240	13	18.46	1	3
Micci Bly	171		171	6	28.5	1	2	239		239	8	29.88	1	2
Phil Garee	44	20	64	2	32			169	64	233	10	23.3		
Harv Koplo	47		47	2	23.5		1	228		228	9	25.33		3
Garland Stevens	62		62	3	20.67		1	207		207	10	20.7		1
Anna Marie Kraft	162		162	5	32.4			205	1	206	7	29.43		
Mike Higgins	55		55	3	18.33		1	202		202	9	22.44		2
Bob Dettling	86		86	6	14.33	1	2	189	4	193	15	12.87	1	2
Boro Reljic	76	5	81	2	40.5			161	25	186	5	37.2		
Mark Summer	40		40	1	40			181		181	5	36.2		
Joe Hills	54		54	2	27			176		176	7	25.14		
Linda Schaeffer	76	4	80	5	16			165	10	175	12	14.58		
Naomi Greene	22		22	2	11			170		170	14	12.14	4	5
Deb Cooper	59		59	3	19.67			169		169	9	18.78		
Bill Callan	78		78	2	39			162		162	5	32.4		
Jim Hajek	22	7	29	1	29			147	14	161	6	26.83		
Bob Steimel	81		81	5	16.2			148		148	10	14.8		
Aleshia Bunting	15		15	1	15			130		130	6	21.67		
Don Mallette	50	12	62	1	62			90	26	116	2	58		
Chris Scheufele	83		83	3	27.67			108		108	4	27		

Springfield Bicycle Club Mileage and Activity File As of June 30 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
Doug Smith	72		72	3	24			100	5	105	4	26.25		
Bob Ayers	42		42	2	21		1	105		105	6	17.5		1
Lyn Schollett	47		47	3	15.67			83		83	6	13.83		
Cris Martin	54		54	2	27			82		82	3	27.33		
Paul Purseglove	82		82	2	41			82		82	2	41		
JoAnn Abrams	16		16	1	16			80		80	6	13.33		
Blaine Kinsley	79		79	4	19.75			79		79	4	19.75		
Jadon Harvey	10		10	2	5			76		76	18	4.22		
Bill Bernard	22		22	2	11			70		70	7	10		
Jim Disney	40	15	55	1	55			52	15	67	2	33.5		
Vicki Berry	22	10	32	2	16			57	10	67	6	11.17		
Brigitta Ewing	22	12	34	2	17			54	12	66	5	13.2		
Gary Terpstra	31		31	1	31			56		56	2	28		
Steve Stone	52		52	1	52			52		52	1	52		
Dave Lucas	22		22	2	11	2	2	46		46	6	7.67	2	2
Wayne Noethe	24		24	1	24			46		46	2	23		
Cyd LaBonte	26		26	2	13			43		43	4	10.75		
Lynda Kerstein	12	3	15	1	15			34	8	42	2	21		
Dave Kolaz								38		38	1	38		
Don England	37		37	3	12.33			37		37	3	12.33		
Mike Fahsl	22		22	1	22			33		33	3	11		
Larry Small	30		30	2	15			30		30	2	15		
Craig Ross	12	8	20	1	20			12	8	20	1	20		
Mark Carnduff	15		15	1	15			15		15	1	15		
Roger Schnelten	15		15	1	15			15		15	1	15		
Terri Carnduff	15		15	1	15			15		15	1	15		
Phil Witkop	14		14	1	14			14		14	1	14		
Petra Schutt	10		10	1	10			10		10	1	10		
Totals	15,924	1,060	16,984	589	28.84	37	91	45,880	3,394	49,274	1,992	24.74	118	296

August Memories

By Mike Becker

1975–35 Years Ago: The QR published an urgent call to help save the Rock Island Trail along the abandoned Rock Island railroad track from Alta to Toulon. Petitions were signed and calls made. ++Thirty-six members came to the August meeting featuring elections. (Notice how attendance always drops off in August—48 came in July. I wonder why.) Anyway, Dean Wisleder was elected President after cutting a backroom deal with George Caldwell to serve as Ride Coordinator. Connie Brager was unopposed for Secretary, and Dave Lucas prevailed over a field of three other contenders for the VP slot—Jon Brager, Bud Cline, and Jim Godwin. Jon Brager then won the Treasurer's post over Tom Clark and Hal Wakefield.

1980– 30 Years Ago: The first SBC fashion show burst onto the *haute couture* scene, with members demonstrating gear for various seasons and weather. Bud Cline was in attendance but there was no sighting of Calvin. ++Elections were held in August, just as in every other year. Dave Ringland won as President, Mike Huelskoetter as Vice-P, Teresa Kluthe as Treasurer, and Sue Davis as Secretary.

1985–25 Years Ago: Marcey Werthwein and Tom Wood presented a talk on First Aid for Cyclists, which had to be held over from last month because the business portion of the meeting ran a tad long, as was its wont in years gone by. ++Elections: Mike Huelskoetter was elected to the presidency post, John Hoffman as VP, Dell Fink as Treasurer, and Tom Wood as Secretary. Lance and Lisa Kidd continued as newsletter Puter-Togetherers.

1990–20 Years Ago: If you were not at last month's meeting, it's something like Classic Coke returning to Ralph's Pretty Good Grocery in Lake Wobegon—it was back before anyone knew that New Coke had replaced it. The meeting returned to Security Federal Savings and Loan, after going elsewhere to view a film on Greg LeMond's victory in the Tour de France. This month, John T. Johansen shared remembrances of his European and Olympic bicycle racing career from 1954 to 1968. ++Elected to officer were Theresa DeLeon, President; Kent Weber, V-P; Erica Timmerman, Secretary; Sandy Andrighetti, Treasurer; Rob Baxter, Special Events; Greg Lakebrink, Legislation/Education; Bode Zietz, Program; and Christine Kershner, Social. ++Lead Water Bottle, Jerry Saladino, for installing a cellular phone on his recumbent. (*See, Starship Enterprise, infra.*)

1995–15 Years Ago: Following last month's Multicultural Bicycling, Part I: Tandems, this month's program was Part II: Truly Weird Bikes. At that time what qualified as "truly weird" were penny farthings, folding bikes and recumbents, such as the Starship Enterprise (sunglasses mandatory for viewing). What qualifies today as "truly weird" is the elegantly lugged, leather seated, Tubasti stuck tubular tired, computer-less (Huret spoke clicker notwithstanding), dust covered Reynolds 753 steel 10 speed down in your basement. ++Elected to office: Karl Kohl-rus, President; Linda Butler, V-P; Alfred Arkley, Secretary; Alan Josephson, Treasurer; Stan

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Gralnick, Legislative-Educational Chair; Wendy Edwards and Christine Kohlrus, Social; Micci Bly and Nancy Jones, Special Events; Jim Nugent, Newsletter; Records, Karl (who else?!); and John Haramia, Incentive. ++AAA, Jon Edwards for organizing the Sparta-Elroy trip; LWB, John Haramia for various reasons; and Rider of the Month, Linda Butler.

2000–10 Years Ago: Elected to officer were Ernie Defrates, President; Alan Josephson, V-P; Dave Lucas, Board Secretary; Cindy Kvamme, Recording Secretary; Cindy Moreno, Treasurer; Chuck Orwig, Incentive; Kathy Shepard, Social; Kurt Evoy, Editor; Gail Mugler, Legislative; Karl, Records; and Linda Butler, Johnathan Reininger and Christa McLaren, At Large. ++Bob Sorenson and Carol Anderson picked up the AAA for their efforts in returning a horse to its stable during a ride. Kathie Eller got the LWB for a pretty standard reason: she failed to carry on any ride the LWB that she won the previous month.

Semi-Contemporary Note: Upon recently visiting R & M Cyclery for the first time in a few years (where I became a customer in 1978 with a purchase of a Motobecane Grand Jubilee), I discovered that Rich Huelskoetter retired two years ago and sold R & M Cyclery to Todd Mitchell. Rich was the first winner of the NoBell Award for his bicycle shop, his support of bicycling in the area, and riding BikeCentennial across the United States in 1976. No doubt Todd will continue the excellence Rich pursued and may even improve on Rich's unique view of what it means by "It'll be ready in a couple weeks."

Out of Town Rides

By Mike Eymann

Check out these upcoming out-of-town rides that are a day trip Away. Mike says these nearby clubs support our Century, and we should support theirs too. —The Editors

Decatur Bicycle Club

Bob Galloway Memorial Amish Country Bicycle Tour Sept 18 in Arthur, IL
<http://www.decaturbicycleclub.org/arthur.html>

Illinois Valley Wheelm'n

No Baloney Ride Sept 25 in Chilicothe, IL
<http://ivwnobaloney.com>

Make A Nomination!

By Naomi Greene

Anyone can nominate a ride or AAA. Please send your nominations for AAA or Ride of the Month. Include any anecdotal information that made the incident or ride of particular interest. Email information to [incentive\(at\)spfldcycling.org](mailto:incentive(at)spfldcycling.org)

Mountain Bike Camp

By Christa McLaren-Morris

On June 12th, my friends Michelle and Julie and I drove over to Brown County, Indiana to attend the Midwest Women's Mountain Biking Clinic held in the Brown County State Park.

The 2010 event debuted the teaching techniques and guidelines of the International Mountain-bike Instructor Certification (IMIC) program. IMIC Master Coach and 2-time World Masters Downhill Champion Shaums March led his team of Mad March coaches, Gael Dahlager and Derrick Maready to assist him at the clinic, along with ten IMIC Instructors and seven IMIC Ride Leaders.



Brown County is known for its picturesque scenery, especially in the fall. The town outside of the park is Nashville, Indiana which reminded us of St. Charles, Missouri with historic building and cute shops. We didn't stop in town because we were short on time, but we agreed that we would plan more time to go there when we came back. Brown County State Park was the largest park I have ever been in and at the entrance to the park was a beautiful Olympic-size swimming pool.

It was stifling hot and humid and the pool looked inviting, but storms were forecasted, and we had chores to do at the campsite, including setting up our tents. It was a 7-mile drive from the park entrance to our campsite up some pretty steep hills. We were glad to not have to ride our bikes up them. We were rewarded with some beautiful views as we drove up to the 'Rally Campground'. We set up our tents and unloaded the truck and by the time we were finished, we were all soaked with sweat. Just like when I went to

Girl Scout camp, the campsite and our tents were crawling with daddy-long-legs spiders. I had forgotten about daddy-long-legs, but as far as spiders go, they are the best of the lot so they weren't too worrisome, and it was easy enough to pick them up by one leg and put them outside of the tents.

Part of the price for the clinic included a cook-out dinner on Saturday, continental breakfast, and lunch on Sunday so we did not have to worry about buying firewood and bringing cooking

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supplies. With the heat, the last thing anyone wanted to do was sit around a campfire. At 8pm, we took our camp chairs to the area where the clinic leader was going to show a movie on an outdoor screen, but she said that a storm was coming and she didn't want to show a movie outside with a storm rolling in. It was hard to believe that a storm was headed our way because the skies were blue with big fluffy clouds, but we believed her and decided the next-best thing to do was to go the bathhouse and take showers with hopes of cooling off. We took showers, but they did not help cool us off. As soon as we were done, the sweat came right back. We got back to our tents at 9pm when the first drops of rain fell. There was nothing else to do but to go to our tents and go to sleep. The next hour brought no sleep, but did bring a spectacular lightening storm which was a little scary since we were in tents. The lightening seemed very close and the thunder was loud and sharp. We eventually fell asleep and found out that only 2 of the 3 of our tents were waterproof. Poor Julie!

Sunday morning, we crawled out of our tents no-worse-for-the-wear, and while the ground was wet, it had stopped raining. We had to be at registration at 8.30am so we packed up our stuff and headed to the shelter where participants began the morning with a continental breakfast while local mechanics were on hand to safety check every participant bike. After the welcome speeches, the 80 women attending were divided into groups. Michelle and Julie both were in the 'Brown County Babes' group and I was in the 'Hoosiers Hussies' group. The morning was going to be spent doing drills in small groups in the parking lot while the organizers hoped the trails would dry. There was a team of professional instructors including my instructor Gale who is one of the first women to successfully land a back flip on her bike. Hardcore!



She and all the instructors were very nice and patient and VERY committed to teaching women how to mountain bike. Despite the varying levels of ability among the participants, we went back to the basics and practiced basic skills for hours. Like many mountain bikers, I am self-taught and know that I need some basic handling skills. I was thrilled that we worked on those skills, including the basic fundamentals of mountain biking like basic mountain biking stances, braking, cornering, and then working up to front and rear wheel lifts. I think I got more out of the 3 hours of practicing in the parking lot than anything else we did that weekend.

We took a break for lunch and then after lunch, the head of the clinic said 'we have good news and bad news'. We all assumed that they bad news was that we would not be able to get on the trails because they were still too wet. She announced that the "good news was that we WERE going to be able to ride the trails. HOORAY! The bad news was we have so many prizes to give away that we had better get busy." HOORAY AGAIN!

Before we had the door prize giveaway, we had the 'naked lady party'. The 'naked lady party' was a hoot. The organizers had asked people to bring in gently-used biking clothes and equipment so new bikers could kit themselves out with biking clothes without dropping a lot of

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money. There was a whole picnic table FULL of biking clothes/shoes/helmets/etc.

Beginning cyclists were invited up first to take an item, and once they were done, everyone else was invited up to take an item too. I got a pair of mtn biking shoes, Julie got a helmet, a pair of shoes, and a sleeveless jersey, and Michelle got a pair of Shimano shoes. After that, they had the door prizes that had been donated by their sponsors to give away and they had so many of those, it filled a second picnic table. They had enough stuff for everyone to pick a brand new item off of that table too. I got a mountain bike tire, Michelle got a t-shirt and Julie got a pair of bike shorts. After all that was over, they came around with gift bags for us full of samples of 'Nuun', water bottles, and other little gifty items.

After we lugged all of our 'schwag' back to the truck, we split up into small groups to go mtn biking on the trail. By now, it was 1:30pm and nearly 100 degrees with very high humidity. I wasn't in the same group as Michelle and Julie, and I don't know if they were struggling as much as I was in the heat and humidity, but I have never sweat so much in my life. Their trail system is terrific and well-maintained. We rode for 2-3 hours straight and by the end of our ride, I was gassed and *so* ready for a shower.

We didn't get on the road until after 5pm so we got back to my house around 10pm. We were all worn-out and tired but we had a good time, we learned a lot, and we were glad we went. We can't wait until next year and hope others will think about joining us. For anyone interested in beautiful scenery and great mountain biking, I highly recommend going to Brown County State Park. If you see a clinic offered, consider signing up – I'm glad I did.





SPRINGFIELD BICYCLE CLUB 2010 MILEAGE SUMMARY



Monthly						
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	LED	AVG RIDE LENGTH
January	485	17	502	42	2	11.95
February	972	89	1,061	70	7	15.16
March	4,713	217	4,930	249	9	19.8
April	9,467	748	10,215	455	25	22.45
May	14,169	1,263	15,432	581	37	26.56
June	15,924	1,060	16,984	589	37	28.84

Cumulative						
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	LED	AVG RIDE LENGTH
January	485	17	502	42	2	11.95
February	1,505	106	1,611	115	10	14.01
March	6,301	323	6,624	366	19	18.1
April	15,768	1,071	16,539	821	44	20.51
May	29,937	2,334	32,271	1402	81	23.02
June	45,880	3,394	49,274	1992	118	24.74



Springfield Bicycle Club
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