



**Don't Miss the
38th Annual Capital City Century!
Sunday, September 12, 2010**

Printable registration form, p. 13

Ride of the Month and Almost Anything Award

The **Tour de Corn** won this month's Ride of the Month. **Wheelfast** earned kudos for the Almost Anything Award for coordinating the ride, held the week before the Sweetcorn Festival. Over 160 riders participated, including many SBC members, on rides of 22, 31 or 62 miles. All the proceeds from the ride were donated to the Chatham Jaycees. Riders enjoyed brats after the ride and the Jaycees provided tickets to the Sweet Corn Festival for the following next weekend. Matt Saner from Wheelfast donated five watermelons left over from the event to the SBC picnic held later that afternoon.

Matt and his family, along with other friends and relatives put on another great event. Plans are already underway for another ride next year. Thank you, Matt for a great ride!

Monthly Ride Leader Incentive Drawing

Alan Joseph's name was pulled from among eligible leaders for this month's Ride Leader Incentive award. Alan will receive a \$50 gift certificate to a bike shop of his choice.

You can nominate for the Monthly SBC Awards!

If you've enjoyed a memorable ride, or know someone or an organization who deserves recognition, you can submit that information. Send ride or nomination details to incentive@spfldcycling.org

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

See page 3

**Tracey Hurley is
Rider of the
Month with 802
miles!**

Details on page 4

**Lookin' for a
Ride?**

*See Ride Schedule,
pages 7-9*

President's Column September, 2010

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. This is the Springfield Bicycle Club's major event of the year. 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.



This year's theme is "CCC Rider—What a Ride You've Done!" Limited quantities of a commemorative gold-colored t-shirt (pictured above) will be available for purchase at the event.

Lost Bridge Trail Comfort Station

The Springfield Bicycle Club sent a letter of thanks to the Village of Rochester and the Rochester Women's Club for the new comfort station in Rochester. The comfort station is located on the side street across from the parking lot. The Rochester Women's Club also maintain the Rochester park and are thinking of doing the same for the comfort station. The comfort station will be closed in winter. On a related note, the Springfield Bicycle Club, in conjunction with the Road Runner's Club, pays for the porta-potty in the IDOT parking lot at the west end of the Lost Bridge Trail.

Bikes on Busses

The Springfield Mass Transit District (SMTD) has been awarded a grant to help pay the \$57,000 cost of equipping over 50 SMTD busses with bicycle racks. The racks will be mounted right under the windshield on the busses. Bike racks should make it easier for people with long commutes or for people who get caught in the rain to take the bus. The Springfield Bicycle Advisory Council helped support this project.

Sangamon Valley Trail Update

Work has begun on a portion of the Sangamon Valley Trail between Centennial Park and Stuart Park. 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. This portion of the Sangamon Valley Trail is supposed to open by next summer.

Karl Kohlrus
President

Come Ride with Us

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With the arrival of warm weather, many of us are spending another cycling 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

Deb Cooper
 Ken & Sandy Anderson
 Gerri Anne Graham & Family
 Pete Gudmundson
 Michael & Susan Moore
 Rich Saal & Family
 Brenda Michel
 Bob Dettling
 Cathy Yeaman & Mary Lou Hicks
 Grover Everett
 Mark Summer
 Ann Robert
 Steve Lashbrook

Renewals at the Sustaining Level

Mark & Barbara Rabin
 David & Anita McDivitt

New Members

- Nancy Bruene
 Scott & Roxanne Morey
 Margie Edmonds
 Ted Sunder & Family

Renewals at the Contributing Level

- Susan Hack
 John Nonneman
 Linda Butler
 Mark & Emily Rolens
 Curt Evoy
 Lynn Miller & Andrea Butler
 David Banks
 Alfred & Harriett Arkley

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

7/10 Tracey Hurley 802 miles	3/10 David McDivitt 481 miles	11/09 Karl Kohlrus 515 miles
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

Board Meeting Notes— July 7, 2010

Kevini Greene Recording Secretary

Present: Ken Anderson, Sandy Anderson, Lynn Miller, Kevin Greene, Karl Kohlrus, Tom Clark, Naomi Greene, Bill Donels, Deb Cooper and Kent Kraft.

The meeting was called to order by the Karl Kohlrus at 7:09 pm.

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

Treasurer's Report. Lynn Miller distributed the treasurer's report. He reported a balance of \$13,896.36 for the period ending June 30, 2010. Legislative/Education Report. Lynn Miller reported that Halverson Construction was awarded the bid for construction of the first section of the Sangamon Valley Trail. Bridge work will start soon and asphalt paving may be completed in the fall. Lynn added that Sangamon County officials are considering several project proposals for 2010 Illinois Transportation Enhancement Program funding, which supports bike and hike trails, streetscape improvements and beautification projects.

Two local television stations

interviewed Karl Kohlrus and Ken Anderson to get their reaction to two new bicycling-related bills that were signed into law by Governor Quinn. One bill creates permanent Share the Road license plates for Illinois and the other establishes penalties for motorists driving recklessly and unnecessarily close to a bicyclist.

Social Chair Report. Deb Cooper reported that final arrangements are being made for the SBC summer picnic. She also sent out one sympathy card to a club member.

Incentive Chair Report. Marty Celnick's ride to Pleasant Plains was voted Ride of the Month for June. The Almost Anything Award was given to the Rochester Women's Club for initiating the construction of a comfort station near the end of the Lost Bridge Trail. The board also recognized Pete Gudmundson, David Banks and Mike Eymann for assisting a cyclist who overheated on a club ride. Chris King's 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 August. He noted that the second annual Tour de Pedi will be listed on next month's schedule.

Special Events Report. Tom Clark reported that a meeting of the planning committee for the 2010 Capital City Century (CCC) will be held before the board meeting in August. Informational flyers and posters have been created for this year's CCC, which will be distributed to business locations throughout the city. CCC brochures are scheduled to be mailed out to the prior year registrants. The brochures were updated to display the logos of the event sponsors.

Tom announced that he has recruited a food chair for the Auburn Food Stop. Once the SAG chair is confirmed, all CCC chairs will be filled. Tom recommended that the designer for the 2010 CCC t-shirt be reimbursed \$250 for her services. Tom's proposal was approved by the board.

Tom added that a printable registration form for the CCC and the sponsor logo graphic will be added to the club's web site.

(Continued on page 6)

(Continued from page 5)

Newsletter Report. Tom Clark indicated that work will begin shortly on the August newsletter. Articles are due by July 15.

Webmaster Report. No report.

Old Business. No old business was discussed.

New Business. There was no new business brought before the board.

The meeting adjourned at

8:30 p.m.

The next meeting is scheduled for Wednesday, August 4, 2010, at 7:00 p.m., and will be held at the home of Ken and Sandy Anderson.

You are Invited To Roger's 32nd Annual Oktoberfest

Sunday, October 10th, 2010

*Roger and Hope Schnelten
245 Circle Drive, Springfield
217-529-0780*



- **Bicycle ride: 31 miles starts time 2 pm. 19 miles and shorter routes leave at 3 pm.**
- **R & M Cyclery gift certificate drawing at 5 pm. All riders are eligible!**
- **Food ready at 4:30 pm. Brats, burgers, beer/soda/hot drinks provided**
- **Side dishes and specialty drinks welcome**
- **Games for the kiddies and young at heart**
- **Live music by Antone and Wick**
- **Bonfire at dusk, weather permitting**
- **Lawn chairs and car pooling suggested**



Directions: at the intersection of Stevenson Drive and West Lake Drive, turn South onto West Lake Drive. Proceed 0.5 miles, and turn Right onto Circle Drive. Drive 0.3 miles, and turn Left onto Circle Drive. The party is at the the third house on the left (the one with cars in the yard).

September 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	Vredenburg 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 5:30 pm	Schlitt Park (south of Owen Marsh School) 2400 Sharon Dr. Kevin Greene, 793-9622	EZ – 10 miles at a relaxed pace through city neighborhoods. Those interested will meet for dinner afterwards at a local west side restaurant
Wednesday 6:10 (ish) pm	Wheel Fast Bicycle Co. 20 Cottonwood Dr. Chatham Matt Saner, 483-7807	ABC — Intermediate training ride. Meet at the bike shop and plan on 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 5:30 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	Vredenburg 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>
Wednesday September 1 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 Sept. 4 9:00 am	Vredenburg Park Saxon Dr. & Crusaders Rd. Tom Clark, 726-5560	ABCD – Two Caseys ride. Ride 53 miles to Ashland, with cutoffs of 44 to Pleasant Plains, or 33 to Salisbury (Morning Star Cafe). Or take the trails to Chatham/Apple Barn.
Sunday Sept. 5 9:00 am	Arbys at Fairhills Mall Washington & Chatham Rd Marty Celnick, 522-4206	ABC – Join Marty for 40 miles, more or less.
Sunday Sept. 5 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.
Saturday Sept. 11 1:00 pm	State Capitol Visitors' Center 425 S. College St. (west of the Stratton Building across College Street) Naomi Greene, 793-9622	EZ – Historic Sites Ride. Naomi will lead a 10 mile tour of Springfield historic sites the day before the Capital City Century. The ride will last approximately two hours.
Saturday Sept. 11 9 am - 3 pm	Residence 76 Country Place Dara Voss, 553-1734	NC – CCC Baked Goods Drop-Off. Drop off muffins, cookies and other homemade goodies at Dara's home for the CCC ride on Sunday. Directions: take Toronto Rd. east from I-55 to Cotton Hill Rd, go north to Roosevelt Rd, then east to Country Place.
Sunday Sept. 12 7:00 am	Center Park Beach House 100 Long Bay Shore Drive Lake Springfield Tom Clark, 726-5560	ABCD – Capital City Century. 10, 25, 40, 62, 80 and 100 mile routes over flat to slightly rolling terrain. Registration begins at 6:30 am. Includes SAG service, multiple food stops and “post-pedal'n” party free to registered participants. SAG service ends at 4:00 pm; all riders are asked to be off the route by that time.
Saturday Sept. 18 9:00 am	Waldrop Park 3500 Sherman Rd. Sherman Cindy Kvamme, 744-8864	ABCD – Plan on 36 miles to Middletown, with cutoffs available

Sunday Sept. 19 8:00 am .	Center Park Beach House 100 Long Bay Shore Dr. Lake Springfield Alan Whitaker, 494-6807	ABCD – CCC Volunteer Appreciation Ride. This ride is an opportunity for volunteers who worked the Capital City Century to try one of the routes. All club members are invited to participate.
Thursday Sept. 23 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. September 23 is also the first day of fall (Autumnal Equinox).
Saturday Sept. 25 9:00 am	Residence 224 Old Tippecanoe Dr. (just off W. Washington near Lutheran H.S.) Naomi Greene, 793-9622	ABCD – Chili Daze Ride. Ride for 20-35 miles. Chili and hot dogs at the end of the ride. Side dishes, desserts and drinks welcome.
Sunday Sept. 26 9:00 am	Wabash Trail east end parking lot Park St. & Wabash Ave. Ken Anderson, 522-3876	D & EZ – Plan on 20 miles or so with a rest stop at the Apple Barn.
Sunday Sept. 26 9:00 am	Rochester Station Rt. 29 & Walnut St. Rochester Mark Rabin, 529-7377	ABCD – Mark will take us 45 miles with a shorter cut off of about 25 miles available.

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, ROLL UP YOUR SLEEVES ...

10/10/10
GLOBAL WORK PARTY

A Day to
Celebrate
Climate
Solutions

October 10, 2010

This day will be a MASSIVE opportunity to celebrate climate solutions with global impact at the local level, and bring the need for increased efforts to cut carbon to the attention of our leaders.

BIKE FROM DOWNTOWN TO JUBILEE FARM



**Join the Global Work Party
Right Here in Springfield!**

Go to
www.springfield350.org
for local groups & their activities

Or join the SBC Club ride Saturday 10/10/10 to Jubilee Farm

For more information
Contact: Info@Springfield350.org
or Harv Koplo (217) 899-9175

Springfield Bicycle Club Mileage and Activity File

As of July 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
Grover Everett	1,579		1,579	29	54.45			4,669	36	4,705	97	48.51		
Tom Clark	949	24	973	28	34.75			3,185	85	3,270	109	30	2	6
Marty Celnick	380	83	463	20	23.15	3	7	1,990	600	2,590	102	25.39	8	19
Lynn Miller	445	8	453	17	26.65			2,414	62	2,476	94	26.34	2	6
Don Harvey	479		479	19	25.21			2,198	108	2,306	105	21.96	3	12
Karl Kohlrus	357	85	442	30	14.73	1	4	1,872	349	2,221	182	12.2	2	7
David McDivitt	111		111	9	12.33			2,016	194	2,210	154	14.35	1	3
Tracey Hurley	731	71	802	10	80.2	2	4	1,760	240	2,000	46	43.48	4	9
Bill Bock	579		579	16	36.19			1,937		1,937	53	36.55		
Jack Hurley	642	39	681	3	227			1,707	100	1,807	26	69.5		
David Banks	669		669	7	95.57			1,584	51	1,635	36	45.42	1	4
David Ross	338	41	379	13	29.15	1	1	1,495	101	1,596	71	22.48	5	10
Curt Evoy	266	71	337	10	33.7			1,448	103	1,551	81	19.15		
Carol Bock	534		534	15	35.6			1,489		1,489	41	36.32		
Mark Rabin	140	12	152	4	38			1,445	36	1,481	37	40.03	2	6
Charles Witsman	387	35	422	5	84.4	1	3	1,373	107	1,480	15	98.67	1	3
Pat Stephens	304		304	16	19			1,296		1,296	68	19.06		
Ruth Magos	367		367	10	36.7			1,223	2	1,225	30	40.83		
Chris King	615		615	12	51.25			1,174	32	1,206	32	37.69	9	19
Robert LaBonte	319	20	339	16	21.19	10	23	1,156	26	1,182	61	19.38	36	82
Cindy Kvamme	287	2	289	14	20.64	3	11	1,114	2	1,116	57	19.58	15	43
Mike Eymann	349		349	13	26.85			1,101	10	1,111	39	28.49		
Alan Whitaker	66	9	75	2	37.5	1	3	988	85	1,073	30	35.77	2	6
Ernie De Frates	276		276	11	25.09	1	2	877		877	33	26.58	6	14
Alan Josephson	142	28	170	4	42.5	1	3	738	138	876	25	35.04	8	24
Christa McLaren-	475		475	10	47.5	2	6	852	14	866	26	33.31	7	21
Linda Butler	175	1	176	7	25.14	4	10	749	1	750	27	27.78	4	11
Dean Wisleder	384		384	8	48			749		749	25	29.96		
Sidney Marder	228	104	332	11	30.18			464	263	727	23	31.61		1
Jerry Ihnen	119	36	155	4	38.75			554	160	714	19	37.58		
Lynn Rhoades	230	28	258	5	51.6			576	117	693	17	40.76	2	6
Dee Wise	106	61	167	3	55.67			384	288	672	13	51.69		
Tony Henn	161		161	7	23			669		669	30	22.3		
Mary Venturini	129	6	135	3	45			639	26	665	17	39.12		

Springfield Bicycle Club Mileage and Activity File As of July 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
Ken Anderson	167	62	229	5	45.8			462	184	646	16	40.38		
Tracie Stephens	32		32	2	16			591		591	33	17.91		
Kevin Greene	64	6	70	5	14	2	2	538	45	583	44	13.25	15	23
Bob Carmody	92		92	4	23			572		572	21	27.24		
Kent Kraft	124	1	125	4	31.25			521	6	527	19	27.74	3	9
Ken Ratliff	103		103	4	25.75			501	4	505	17	29.71		
Stephen Paca	150	6	156	3	52			441	53	494	14	35.29		
Micci Bly	242		242	7	34.57			481		481	15	32.07	1	2
Derek Ewing	154	60	214	3	71.33			284	177	461	5	92.2		
Kedra Elston	92		92	4	23			416	5	421	20	21.05	1	3
Bill Callan	242		242	9	26.89			404		404	14	28.86		
Jon Edwards	75	24	99	2	49.5			326	63	389	9	43.22	1	3
Harv Koplo	141		141	6	23.5		1	369		369	15	24.6		4
Pete Gudmundson	40		40	1	40			343		343	10	34.3		
Cindy Moreno	93		93	4	23.25			333		333	17	19.59	1	3
Mark Summer	137	8	145	3	48.33			318	8	326	8	40.75		
Bob Steimel	157		157	10	15.7			305		305	20	15.25		
Mike Higgins	83		83	3	27.67			285		285	12	23.75		2
Anna Marie Kraft	76		76	2	38			281	1	282	9	31.33		
Joe Hills	60		60	2	30		1	236		236	9	26.22		1
Bob Dettling	42		42	4	10.5			231	4	235	19	12.37	1	2
Garland Stevens	22		22	1	22			229		229	11	20.82		1
Deb Cooper	53		53	2	26.5			222		222	11	20.18		
Naomi Greene	46		46	4	11.5	1	2	216		216	18	12	5	7
Linda Schaeffer	32		32	3	10.67			197	10	207	15	13.8		
Gary Terpstra	143		143	6	23.83			199		199	8	24.88		
Chuck Orwig	89	27	116	2	58			155	41	196	4	49		
Lyn Schollett	111		111	5	22.2		1	194		194	11	17.64		1
Don Mallette	60		60	1	60			150	26	176	3	58.67		
Kristina Mucinskas	53	6	59	2	29.5			125	40	165	10	16.5		
Jim Disney	60	24	84	1	84			112	39	151	3	50.33		
Chris Scheufele	33		33	2	16.5			141		141	6	23.5		
Michael Higgins	88		88	4	22	1	2	136		136	6	22.67	1	3
Don England	73	13	86	5	17.2			110	13	123	8	15.38		

Springfield Bicycle Club Mileage and Activity File

As of July 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
Paul Purselove	37		37	1	37			119		119	3	39.67		
Bob Sorenson	58	26	84	2	42			88	31	119	3	39.67	1	3
Wayne Noethe	72		72	3	24			118		118	5	23.6		
Bill Bernard	42		42	4	10.5			112		112	11	10.18		
Blaine Kinsley	33		33	2	16.5			112		112	6	18.67		
Lynda Kerstein	60	6	66	4	16.5			94	14	108	6	18		
Vicki Berry	32		32	3	10.67			89	10	99	9	11		
Steve Stone	31	11	42	1	42			83	11	94	2	47		
Don Daniels	52	20	72	1	72			72	20	92	2	46		
Jadon Harvey	15		15	3	5			91		91	21	4.33		
Barb Manson	60		60	4	15			87		87	8	10.88		
Brigitta Ewing	12		12	1	12			66	12	78	6	13		
Terri Nelson	37		37	1	37			65		65	2	32.5		
Cyd LaBonte	20		20	2	10			63		63	6	10.5		
Paul Love	62		62	1	62			62		62	1	62		
Charlie Rabins	58	4	62	1	62			58	4	62	1	62		
Larry Small	30		30	2	15			60		60	4	15		
Mark Rolens	32	24	56	2	28			32	24	56	2	28		
Dave Lucas	10		10	1	10			56		56	7	8	2	2
Sr Josepha	30	24	54	2	27			30	24	54	2	27		
Gi Shaw	22		22	1	22			51		51	5	10.2		
Randy Germeraad	37	6	43	1	43			37	6	43	1	43		
Arden Gregory	20	20	40	1	40			20	20	40	1	40		
Anne Baker	40		40	2	20			40		40	2	20		
David Manson	40		40	2	20			40		40	2	20		
Garrat Flether	37		37	2	18.5			37		37	2	18.5		
Wayne Niethe	30		30	1	30			30		30	1	30		
Cheryl Eymann	30		30	2	15			30		30	2	15		
Judy Gunn	10		10	1	10			25		25	3	8.33		
Dan Kraft	24		24	1	24			24		24	1	24		
Don Cadagin	24		24	1	24			24		24	1	24		
Craig Ross	3		3	1	3			15	8	23	2	11.5		
Gerry Orwig	10	3	13	1	13			13	10	23	2	11.5		
JoAmm Mumaw	22		22	1	22			22		22	1	22		

Springfield Bicycle Club Mileage and Activity File As of July 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
Debbie Ihnen	22		22	1	22			22		22	1	22		
Carolyn Taft	22		22	1	22			22		22	1	22		
Lenny Miner	10		10	1	10			10		10	1	10		
Elizabeth Ross	10		10	1	10			10		10	1	10		
William Bernard	10		10	1	10			10		10	1	10		
Ivan Wright	2		2	1	2			2		2	1	2		
Totals	17,755	1,145	18,900	581	32.53	35	89	63,635	4,539	68,174	2,573	26.5	153	385

SPRINGFIELD BICYCLE CLUB'S 38TH CAPITAL CITY CENTURY

September 12, 2010

REGISTRATION FORM

Online Registration now available at: www.active.com
<http://www.active.com/bicycling/springfield-ill-capital-city-century-2010>

Photocopies of the registration blank will be accepted only if the Liability Waiver and Indemnity Agreement on the back is also copied. Both sections must be filled in with proper signatures for all family members.

FEES TO ENCLOSE (Mail-in Registration Only)

- THE ROUTE**
- ___ @ \$15 - 10-mile route \$ _____
 - ___ @ \$20 - 25/40-miles \$ _____
 - ___ @ \$25 - 62/100-miles \$ _____

Family rates are available for 3 or more people living at the same address:

- \$30 - 10-mile route \$ _____
- \$35 - 25/40-miles \$ _____
- \$45 - 62/100-miles \$ _____
- ___ @ \$10 - Post-Pedalim' Party ONLY \$ _____

T-SHIRTS

- ___ @ \$15 - S - Short sleeve t-shirt \$ _____
- ___ @ \$15 - M - Short sleeve t-shirt \$ _____
- ___ @ \$15 - L - Short sleeve t-shirt \$ _____
- ___ @ \$15 - XL - Short sleeve t-shirt \$ _____
- ___ @ \$18 - XXL - Short sleeve t-shirt \$ _____

GRAND TOTAL\$ _____

Make check payable to:

Springfield Bicycle Club

Yes, I plan on riding the free Springfield Bicycle Club's Tour of Historic Sites on Saturday, Sept. 11.

Liability Waiver and Indemnity Agreement

In consideration of my signing this agreement, I for myself, my heirs and administrators assume any and all risks which might be associated with my participation in this special event. I waive and release any and all rights and claims for damages which I may have against the Springfield Bicycle Club, its officers and members, and any other person connected with this event, their sponsors, representatives, successors and assigns for any and all injuries or damages of any kind and whatsoever suffered by me as a result of taking part in this event and any related activities. I hereby for myself, my heirs and administrators, agree to indemnify and save and hold harmless the releases and each of them from any loss, liability, damage, or cost they may incur due to my presence or participation in the event and whether caused by the negligence of the releaseses or otherwise.

All riders, ages 12 and younger, must be accompanied by an adult throughout the ride. I agree not to ride two or more abreast when it is impeding traffic, and to follow all rules of the road.

Each rider must provide a name, signature, and age below. (Parent's signature required for all children under the age of 18)

Rider Name/Distance Signature Age

1. _____

2. _____

3. _____

4. _____

Parent's Signature _____

Street/City/State/ZIP _____

Phone _____

Email Address _____

Club Affiliation (if any) _____

Will this be your first 100-mile century? If so, the SBC will prepare a special First Century certificate.

Name(s)

1. _____

2. _____

3. _____

HELMETS ARE STRONGLY RECOMMENDED

MAIL REGISTRATION TO:

2010 SBC CCC
 PO Box 2203
 Springfield, IL 62705
<http://www.spfldcycling.org/ccc>
 Email: events@spfldcycling.org

September Memories

By Mike Becker

1975–35 Years Ago: Program Note: 51 members attended the potluck dinner at the Jerome Civic Center for the installation of new officers, highlighted by Dean Wisleder's bike cake. The QR didn't specify whether the cake was made from used bicycle parts, layered with chamois fat, infused with chain grease, and iced with proofhide, or whether it was merely . . . <yawn> . . . in the shape of a bicycle. ++Bud Cline, who chaired the century ride, reported that 80 had registered, with 73 finishing 100 miles. The weather cooperated, as did many SBC volunteers. The checking account was \$57.10 richer at the end. ++The QR reported that Bozo joined the club. Bet you thought he had been around forever.

1980– 30 Years Ago: Another installation potluck dinner at the Jerome Civic Center, with slides from the Tandem Rally, Hilly Hundred and CCC. ++Speaking of the century, 163 registered to ride, an increase of 30 from the year before. Tee shirts were introduced for the first time and have subsequently been spotted all over the country. Also of note, Mikey Huelskoetter chaired the event, and Dave Ringland said that he took his job so seriously that he unloaded a chair from his van and sat at the registration site *all day*. ++As for the incentive program, a listing of riders that appears to be current as of September 1 shows 4 riders with club miles in excess of 1,000—Dave Ringland (1535), Greg Lakebrink (1472), Dave Burdick (1238) and Warren Boner (1029).

1985–25 Years Ago: The 13th annual CCC drew a record 335 riders. Marcey Werthwein, the coordinator was lauded, as were the many volunteers she directed. ++And, of course, there was, once again, the installation potluck at the Jerome Civic Center.

1990–20 Years Ago: The 18th annual CCC went off with a then record of 477 riders. ++Observation (and corollary to Murphy's Law): Pig farms are always on the upwind side of the road. ++New Officers = Eating. ++Jo VanMetre was Rider of the Month with 412 miles.

1995–15 Years Ago: 544 participants in the Capital City Century, with riders from 7 states. Weather doesn't get any better—few clouds, no thunder, no lightening, no heat stroke, with a high of 76. On the other hand, what was missing weather-wise often makes for a truly memorable event. ++No meeting, just the traditional officer installation dinner. ++SBC had 409 members from 236 memberships. ++Awards to Wendy Edwards for PACRACC (AAA), Jim Ewing for riding without a helmet (LWB), and Earl Burton for 463 miles (Rider of the Month).

2000–10 Years Ago: The Y2K (no, the world didn't crumble despite dire predictions) CCC registered 389 riders, a downturn. Howsoever, all tee shirts were sold and 60 more ordered, unlike the water bottles ordered by you-know-who for the you-know-when CCC. ++Ride of the Month (not to be confused with Rider of the Month, Judy Shipp, 867 miles) to Chuck Orwig and Cindy Moreno for a Scavenger Hunt Ride; AAA to Nancy Byerline for feeding the CCC riders; and the LWB to Ernie DeFrates by joining a long list of forgetful SBC members when he locked his keys in the van following a mountain bike ride in the Peoria area.

Black Hills of South Dakota

By Alan Josephson

Hills? What Hills? These are mountains!

That is what most of us thought while bicycling through the Black Hills during the first week of August. Participants on this trip were Alan Josephson, Mark Rabin, Kedra Elston, Gary Terpstra, Dave Ross, Marty Celnick, Micci Bly, Lynn Rhoades, Lynn Miller, Cindy Kvamme and Brea Elston. Roger and PJ McCredie joined us for a few days.

We rented a very large modern home in the woods about 1 ½ miles from Custer which provided us with a terrific base camp. From here we had daily rides finishing each day by mid afternoon.

Our first and longest ride began in Deadwood, SD. We hopped on the well known Mickelson Trail for the first 6 miles, GOT LOST and finally hit the roads in time for our first 2 mile 7% grade uphill. To put this in perspective, the longest part of the Elkhart hill is about a ½ mile with a 3 ½ % grade. This got our blood going. Next was the 2 mile 7% grade downhill followed by another hill up and a 3 mile run down! We entered Spearhead Canyon along with quite a few motorcycles even though this was the week BEFORE the Sturgis Rally. Several miles into the canyon led us to a lodge for lunch which was followed by about a 13 mile wonderful (not steep) downhill. The return trip gave us a tailwind for 5 miles before we headed south for an 8 miles climb along a highway which became quite challenging. Everyone slept very well that night!



The next day we rode the Sylvan Lake loop using the very popular Needles Highway. Along the way we saw our first buffalo grazing next to a parked car along the highway. This bull grazed along the road everyday and we thought he was a “plant” by the park rangers. Needles is a beautiful wooded road which goes down and up through hairpin curves, has breath taking views and rewarding (although slightly terrifying) descents. After a 6 mile very steep climb we rested at an overlook when another cyclist approached. As we all chatted, he received a phone call from his buddy who was riding 99 miles of this stuff for the day! This guy was only riding 62! We heard him say his current location was at the SUMMIT but then he looked at us all pooped out and corrected himself. We were at the ALMOST SUMMIT!

He told us we had an easy ride to the top from here! He left and we went on to more uphill which was far from easy! Finally, we made it to the lodge at Sylvan Lake for lunch followed by a 6 mile nice downhill back to our place. Again, everyone slept well that night!

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Mt. Rushmore was our next goal and this was to be truly a memorable day. We began innocently enough from Hill City and cycled up and down “rollers” until we reached Mt Rushmore. Now either our legs or bodies were getting used to this punishment or the $\frac{3}{4}$ mile – 1 $\frac{1}{2}$ mile rollers were something less than 7% grade. At Rushmore, we encountered a traffic jam trying to get into the parking lot but were waived passed everyone! We spent about 1 $\frac{1}{2}$ hrs at the monument before returning into a dark and menacing sky. Mountain storms come up very quickly and we saw this one moving toward us. Up, down, up, down, BOOM! Three did not make it back in time! Mark and Lynn Miller took refuge in a biker bar along with their newly found 50+ motorcycle friends who also wanted out of the elements. I was trapped under a railroad viaduct with about a dozen of my new friends, and I had the car key. So I stuck my thumb out, got an immediate ride with my bike to the convenience store where the others found refuge. Cindy K fashioned a garbage bag poncho for me. I swam to the car, brought a cold and wet Lynn Rhodes



back to the convenience store and tried to find Mark and Lynn Miller. The torrential rain included hail so by the time everything was done, we all had enough! Dinner was at home and guess what? Everyone slept well that night. The next day the newspaper reported Deadwood had 18 inch hail drifts!

Kedra and Brea were doing their own thing this trip which included mountain biking down ski slopes and hiking. Kedra had some real nice black and blue marks from trees, rocks and earth that got in her way! But they did want to join the group the next day on the Mickelson Trail.

The trail runs about 109 miles. For the first 50 miles it runs though very nice wooded forest land with several tunnels and bridges. Then it sort of parallels the highway and becomes a little sandy and less scenic. Near Custer it passes right by the Crazy Horse Monument and continues south. Overall it's a great trail. The group began at Rochford and rode home stopping in Hill City for food and drink! Four others decided not to ride but to drive to Wind Cave National Park about 20 minutes from home. Wind Cave is an amazing place that currently has 134 explored miles in a compressed 1 mile square area. On the surface this National Park has thousands of beautiful acres where buffalo, pronghorn antelope, big horn sheep and other animals can be found.

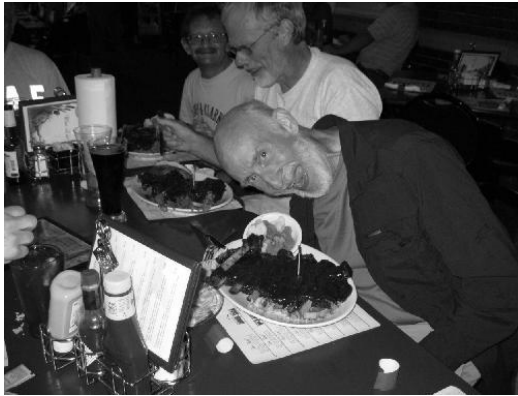
Thursday's ride was a one way ride on the stunning wild life loop in Custer State Park. We chose NOT to do the entire loop thereby avoiding what the local bike club has officially designated the "Hill of Death." This wide open rolling terrain houses quite a few animals including the "begging burros!" These animals block the road looking for food handouts. People are only too quick to comply! We continued on this road, past a distant grazing buffalo herd to our

(Continued on page 17)

finish which was the State Game Lodge. Interestingly, this lodge was the summer White House of Calvin Coolidge in 1927 and was visited by Dwight Eisenhower in 1953. Lynn Rhodes and Cindy volunteered to go back and pick up the vehicle we left at the beginning of the ride. Driving back they were again stopped by the burros and this time they were also stopped by the herd of buffalo crossing the road.



Our final ride of the week began in the town of Keystone. We bicycled an out and back along the lightly traveled rolling Old Hill City-Keystone Road. Two things made this different beside the usual scenery. One was the 12% grade known as the Tin Mill Hill. The other was the road mostly followed an old train line on which a steam train carried visitors a couple of times during the day. We were fortunate enough to be right there at the right time. It was a neat sight.



We certainly did eat well for the week. All of us chipped in to purchase food for the house which were mostly breakfast and lunch items. There was also no shortage of liquid refreshment. When we ate meals away from the house, buffalo meats were found everywhere. One could have buffalo tips, buffalo burger, buffalo steak, buffalo stew and so forth. I am told that all were very tasty!

The very long drive to and from the Black Hills was uneventful although we did succumb to the signs along the way and saw the Corn Palace and Wall Drugs. The general opinion was it would be ok if folks in the future did not stop at either place! We also drove the route through Badlands National Park and this was worth doing. Perhaps the most breath taking section of the drive was crossing the Missouri River. The vast green hills combined with the clear clean water were very striking and something to be remembered.

Dave Ross summed up the bicycling trip as follows:

“It was the best of times; it was the worst of times.

It was the Mickelson Trail; it was US roads 14A and 16A.

It was the killer uphill; it was the 18 mile downhill

It was the goo; it was the homemade pie and ice cream.

It was the granny gear, it was the dinner plate.

It was the 3 mph climbs; it was the 40+ mph descents.

It was the thinnest air, it was the heaviest breathing.

It was the thrill of victory, it was the agony of de-feet, de-calves, de-thighs, de-back, de-neck....

In short, it was like any other club ride.”

It was a great trip!



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
July	17,831	1,145	18,976	586	35	32.38

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
July	63,711	4,539	68,250	2578	153	26.47



Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705



Sunday, September 12, 2010

"Always the Sunday after Labor Day"

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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.