
The Quick Release



February, 2011
www.spdfldcycling.org



The Springfield Bicycle Club (SBC) sponsors rides virtually every day of the year. SBC rides offer a variety of benefits. Rides provide an opportunity to meet and socialize with others in the community who also enjoy cycling. Novice riders will be introduced to safety techniques, effective riding habits and tips on basic bike maintenance. Sharing the cycling experience is what makes riding more enjoyable!

The SBC ride schedule contains rides to suit just about every cycling interest, whether for recreation, fitness, sport or touring. 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.

The EZ Rider program is for riders new to the sport or riders who prefer to ride at a relaxed pace. 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 annually sponsors the Capital City Century on the first Sunday after Labor Day, with routes of 12 to 100 miles.

Ride of the Month

There was no ride of the month in December. The weather did not cooperate. With all that snow and ice, along with dangerously low wind chills, we may have gone through the worst riding month in the history of SBC.

Almost Anything Award

The Almost Anything Award goes to Mark Flotow for his great QR article describing his experience while riding the Capital City Century. In nominating Mark, Dave Lucas said "We simply can't have too many articles of this caliber in our newsletter. Mark obviously spent a lot of time and effort in writing this article, and the final product is definitely a winner in my book." Thank you, Mark.

Ride Leader Incentive

Lynn Miller won this month's Ride Leader Incentive Drawing. Lynn will receive a \$50 gift certificate to the bike shop of his choice.

President's Column

by Tom Clark, President

Here's hoping that the Phil doesn't see his shadow! We deserve an early spring, as this winter has been a cold and snowy one. Those who don't want to ride outside have many fitness alternatives that can help shake the winter doldrums - such as riding a wind trainer, taking a spin class, cross-training at the gym, or taking a brisk walk or run indoors or out.

While cycling is in what many consider the off season, we're still working on our goals to reinvigorate membership and impact the community. For example, we're exploring online membership/renewal options. More on this later in future columns.

Starting this month, the minutes of the most recent Board meeting will be printed in the next Quick Release. Rather than repeating what's said in the minutes (see page _ for the January 2011 minutes), I'll try to highlight a few key items each month:

- A draft bike map has been developed as part of the Bike/Ped Way study currently underway. The club's ongoing efforts to encourage modifications that improve safety on the Interurban trail have spurred some recent improvements. SBC is collaborating with other organizations on a mayoral/alderman candidate survey on trail issues.
- The Special Events co-chairs have selected a designer for the 2011 CCC, and draft T-shirt and brochure design themes have been developed.
- The club has joined the Alliance for Biking and Walking, a national advocacy group. SBC is a member and sponsor of several national organizations that promote bicycling in all its manifestations, and is one of the top-tier sponsors of the League of Illinois Bicyclists.

Springfield Bicycle Club's Winter Party and Swap meet were held at the Beach House on January 29th. I hope all that attended had a great time! Thanks to our Social Chairs Naomi Greene and Jim Hajek, the NoBell Award Committee, Marty Celnick (Spinners), and Curt Evoy (slide show).

The Super Bowl Party starts at 4 p.m. February 6— see details in ride schedule. I'll be hosting. Bring a side dish/dessert and/or drinks to share. Games and a movie will also be available.

February 2011 marks the first anniversary of the Springfield Bicycle Club's Mountain Bike section. Kent Kraft serves as SBC's Mountain Bike Chair. Kent reported a good turnout for the New Year's Day Bike/Hike on the Lick Creek trails. The annual New Year's Day road ride from Rock-n-Roll Hardees led by Marty Celnick was also a success. See the SBC website and Facebook page for photos and a video.

Mary Grant is seeking riders for the H.I.S. 300, an annual charity event that benefits the Haitian Interdenominational Shelter in Port-Au-Prince, Haiti. The 2011 ride will start in Monticello, on June 20 and end in Harrod, Ohio on June 25. Contact Mary at ldteacher74137@yahoo.com or visit their blog for registration/information at: hh300sr.blogspot.com.

Board Meeting Notes – November 3, 2010

by Stephen Paca, Recording Secretary

Present:

Tom Clark, Jo Van Metre, Ken Anderson, Stephen Paca, Dave Lucas, Kent Kraft, Naomi Greene, Jim Hajek, Lynn Miller, Bill Donels, Curt Evoy, Marty Celnick, Karl Kohlrus, Mike Schwab, and Bruce Van Metre.

The meeting was called to order by Tom Clark at 7:06 p.m.

President's Remarks

Tom reported on recent awards received and given by the SBC. SBC received the People and the Prairie award from SJ-R for the club's community outreach activities. SBC presented sponsor plaques to the sponsors of the CCC at a ceremony held at Springfield Clinic.

Re: the general goal of increasing membership and getting more members actively involved: some members have confirmed interest in forming a welcome committee. Curt is working with Alan on adding social networking features to the site. Tom is looking into getting a listing in the Chamber of Commerce community calendar and its Clubs & Organizations book.

Minutes

Stephen Paca presented the minutes from the October meeting, previously distributed via e-mail by Naomi Greene for Secretary Kevin Greene. There were no additions or corrections, and the minutes were approved.

Treasurer's report:

Dave Lucas presented the Treasurer's Report. He reported a balance of \$18,654.51 for the period ending 10/31/10; included in that figure were the majority of the income and

expenses from the CCC and the donation to LIB.

Legislative/Education Report:

Lynn Miller presented an updated on the trail funding, which includes grants for the Sangamon Valley Trail, and trails in Chatham and Sherman/Williamsville. Lynn, Kevin Greene, and Bill will meet with Mike Stratton regarding a trail through Bunn Park to link the Stanford Ave. extension to the Southeast Trail. They also discussed removal of the obstruction on the Interurban Trail. Lynn also contacted Dan Mlacnik about installing safer grating on Peoria Road at the Sangamon River Bridge.

Social Chair:

Due to copyright issues, in lieu of showing the film *Bicycle Dreams* at the Brew and View next month, the club will host a social hour. Tom is in contact with the film's director and the film may be shown at a later date. The winter party was rescheduled to January 29th, 2011, at the beach house. We are considering a bike swap before meal time.

Incentive Chair:

The Almost Anything Award went to the transportation planning staff at the Springfield Sangamon County Regional Planning Commission for holding the public input meeting for the bicycle/pedestrian plan at Lincoln Library. Linda Butler's Apple Dumpling Ride was voted Ride of the Month. Roger Schnelton's name was pulled from the pool of eligible September ride leaders for the ride leader incentive award. There was

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discussion of reviving the lead water bottle award.

Ride Committee:

Ride schedule for December is complete. There was discussion of ride classification and whether ride leaders should truly lead from the very back of the pack.

Special Events:

No report, a CCC-related issues report will be presented next month.

Webmaster:

No report.

Old Business:

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Karl Kohlrus mentioned the availability of the Share the Road license plates.

New Business:

- Kent volunteered as president of the Harrison Park neighborhood association to help with local concerns about the Sangamon Valley Trail work in that area.
- Curt discussed the collection of club pictures he has from past slideshows.

The meeting adjourned at 8:50 p.m.

The next meeting is scheduled for Wednesday, December 3, 2010 at 7:00 p.m. at the home of Sandy and Ken Anderson.

Board Meeting Notes – December 3, 2010

by Stephen Paca, Recording Secretary

Present:

Jo Van Metre, Ken Anderson, Stephen Paca, Dave Lucas, Kevin Greene, Kent Kraft, Jim Hajek, Lynn Miller, Bill Donels, Alan Whitaker, Curt Evoy, Marty Celnick, Karl Kohlrus, and Bruce Van Metre.

The meeting was called to order by Vice President Jo Van Metre at 7:00 p.m.

Vice President's Remarks:

Tom Clark was not able to attend this meeting and Jo Van Metre ran the board meeting in his place.

Minutes:

Stephen Paca presented the minutes from the November meeting. There were no additions or corrections, and the minutes were approved.

Treasurer's Report:

Dave Lucas presented the Treasurer's Report. He reported a balance of \$18,500.56 for the period ending 11/30/10.

Legislative/Education Report:

Lynn Miller reported that John Allen is the new chairman of the Springfield Bicycle Advisory Council. Lynn reported on the progress of the Sangamon Valley Trail projects, the section from Centennial Park to Archer Elevator has been paved. Due to the weather, no further paving will be done until the spring.

Lynn, Bill Donels, and Kevin Green met with Mike Stratton of the Park District to discuss the Stanford Avenue extension related to the impact to the golf course and Bunn Park.

Kevin presented a bicycle parking proposal for downtown Springfield that is being considered by the Bicycle Advisory Council.

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It includes recommendations for the number, type, location selection criteria, and funding options for placing bike racks in the downtown area. Kevin proposed that SBC make a donation to help pay for the racks, this is to be discussed further. Michael Higgins volunteered to take the proposal to the Downtown Springfield, Inc. organization.

Bill Donels led a discussion regarding the future mayoral candidates; the SBC cannot officially endorse a particular candidate, but Bill proposed asking the candidates about their positions on local bicycling issues. Karl Kohlrus mentioned that in the past the club has sent questionnaires to candidates. Kevin, Bill, Lynn, and Kent formed a committee to create a survey for the candidates.

Social Chair:

Jim mentioned that the club's annual winter party has a full page spread in the current QR newsletter. The party starts at 5pm and he confirmed that there will be a bike/parts swap before the party; more details about the swap will be in the next newsletter.

Incentive Chair:

The Almost Anything Award went to Halverson Construction for making good progress on the Sangamon Valley Trail project. Chuck Orwig's Annual Back to Standard Time Ride was voted Ride of the Month. Tom Clark's name was pulled from the pool of eligible November ride leaders for the ride leader incentive award.

Mountain Bike Chair:

Kent talked about the next big event, which is a hike or bike at the Lick Creek Trails. He will bring some energy bars and provide chili and

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beverages after the event. Kent suggests that participants bring their own hydration.

Special Events:

Kevin presented a summary of results from the CCC survey, which was sent to pre-registered riders. Around 96% of the respondents rated the overall quality of the event "Very Good" or "Good". The summary also included highlights of rider comments. Based on the comments, there was discussion of choosing more visible paint colors for the road markings; and considering the creation of a specific clean up crew to help the volunteers.

Newsletter Editor Report:

Curt Evoy says that things are going well with the report. He continues to experiment with various layout ideas and cover colors.

Webmaster:

Alan Whitaker is working on ideas for improving the online registration for CCC and possibly providing a tie-in to get new members to join the club. Alan, Kevin, and Stephen plan to meet to discuss providing more maps on the Web site and common standards for those maps.

Old Business:

Alan, Kevin, and Stephen will meet separately to discuss ideas about adding more ride maps to the SBC Web site. Karl provided more details about the LIB Share The Road license plates: there's a reservation fee of \$17 and there must be 1500 reservations before the state will produce the plates. More information can be found at <http://www.bikelib.org/>.

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New Business:

- Jo Van Metre proposed that in order to get the most recent board meeting minutes published in the QR (instead of the two-month lag in the current procedures) that:
 - The recording secretary submit the minutes via e-mail, and

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- Board members identify any corrections and approve the minutes by responding to that message.

The meeting adjourned at 8:30 p.m.

The next meeting is scheduled for Wednesday, January 5, 2010 at 7:00 p.m. at the home of Sandy and Ken Anderson.



Board Meeting Notes – January 5, 2011

by Lynn Miller, Acting Recording Secretary

Present:

Tom Clark, Ken Anderson, Marty Celnick, Bill Donels, Curt Evoy, Kevin Greene, Naomi Greene, Jim Hajek, Karl Kohlrus, Kent Kraft, Lynn Miller, Mike Schwab, Bruce VanMetre, Jo Van Metre, Alan Whitaker

The meeting was called to order by President Tom Clark at 7:08 p.m. Stephen Paca was ill so Tom asked for a volunteer to take minutes, and Lynn Miller agreed to do so. Minutes from the December meeting have yet to be submitted. They will be approved by e-mail as Stephen is able to send them. Minutes of the January 5 meeting will be sent by e-mail for approval so that they can be included in the February QR along with those from November and December meetings.

Minutes:

The Treasurer's report was approved as submitted in absence of Dave Lucas. Motion by Karl Kohlrus, Ken Anderson seconded.

Legislative/Education Report:

Kevin Greene presented the draft map of recommended bike routes/bike paths from the Bike/Ped Way study of the Springfield Area Transportation Study (SATs). The next step in the planning process is for the SATs steering committee to develop a vision statement and goals for the bike/ped master plan. The steering committee is scheduled to meet on January 18 at 6:30 p.m. at the Jerome Village Hall. The Springfield Bicycle Advisory Council meets January 10 at 4:30 p.m., City Council conference room. The Stanford Avenue extension public hearing is January 13, from 4:00-6:00 p.m. at Little Flower School. The proposal is for on street bike lanes and a bike path on the south side of Bunn Park where right-of-way is too narrow. (This project is several years away, and will link Wabash-Interurban Trails with Taylor-Ash Street-Lost Bridge Trails via

Stanford Ave.) Lynn Miller reported that 2 bollards on the Interurban Trail at the trailer park have been removed. New caution signs have been installed at both ends of the tunnel. Bollard at junction of sidewalk is still in place. After discussion, Lynn will contact Park District to request removal of the bollard. The Park District will request Legacy Pointe developer to retain concrete short cuts on the trail until new streets are installed. Kevin Greene will discuss a mayoral/aldermanic candidate survey on trail issues with the Sierra Club and other organizations. General election candidates will be asked to take the survey after the February 22 municipal primary.

Social Chair Report:

Jim Hajek reported plans for the Holiday party are underway. There will be tables for the bike swap meet at the party. A condolence card was sent to Garland Stevens whose father died.

Incentive Chair Report:

The AAA went to Mark Flotow for his article in the January issue of the QR. The board discussed certificates for non-member awards and letters to the SJ-R 'good deeds' column. The ROM award went to Lynn Miller for his Warm Up ride on December 19.

Special Events Report. Kevin Greene presented preliminary graphics for the 2011 CCC brochure and T shirts. The brochure will be ready by the deadline for LIB to send to bike shops. The Special Events co-chairs plan to address the food safety certification issue.. Since the CCC will occur in 2011 on the 10th anniversary of the 9/11 disaster, SBC member Alan Josephson proposed that 9/11 be commemorated by designating a portion of the event proceeds to a national 9/11 first responder foundation and/or soliciting participant donations for this purpose. There

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was discussion of how to reconcile the CCC as SBC's primary event and fundraiser with other charitable donations. Tom will establish a committee to discuss the issue of charitable donations and make recommendations to the board. Ken Anderson volunteered.

Ride Committee Report:

Jo Van Metre will solicit volunteers to host a Super Bowl Party and ride. On the annual New Years Day road ride, a newcomer with a web cam took videos which will be posted online.

Mountain Bike Chair Report:

Kent reported on the 5 mile mountain bike hike held on New Years Day. Photos will be posted online. A MB ride at Jim Edgar/Site M is scheduled for April 15th.

Newsletter Editor Report:

Curt will publish November, December and January minutes in the February issue. Subsequent minutes will be sent out for e-mail approval and published in the next month's newsletter. The annual member ride miles will be published in the February issue. After that, ride miles will only be published on-line. There have been no complaints made to Board members about this change.

Webmaster Report:

Alan discussed membership database development. In the future, QR labels will be sent electronically to the mailing company. Electronic labels will be automatically highlighted to advise members when their

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membership is about to expire.. This will eliminate the need for manually highlighting membership expirations on physical labels that are printed out and hand delivered to the printer. It will also lower mailing costs.

Old Business:

Alan Whitaker advised that an update on the Tour de Cure fundraiser ride will be provided at the next meeting.

New Business:

Mary Grant has requested announcement of the H.I.S. 300, an annual event that benefits the Haitian Interdenominational Shelter in Port-Au-Prince, Haiti. The 2011 ride will start in Monticello on June 20 and terminate in Harrod, Ohio on June 25. Lynn proposed joining the Alliance for Biking and Walking (formerly the Thunderhead Alliance), a national bicycling and pedestrian advocacy group with 160 member organizations. This group provided the grant to the Regional Planning Commission for the Bike/Ped Way study. The club is already a member of the League of American Bicyclists, the Rails-to-Trails Conservancy, and the Adventure Cycling Association. After a short discussion, Karl Kohlrus proposed joining the Alliance for \$100 annually. Bill Donels seconded the motion and it was adopted, with Lynn Miller abstaining.

The meeting adjourned at 8:32 p.m.

The next meeting is scheduled for Wednesday, February 2, at 7:00 p.m. at the home of Ken & Sandy Anderson.

February Memories

by Michael Becker

1976–35 Years Ago: The contest to name the club and newsletter drew 46 entries for the club and 34 for the newsletter. Non-winners included Bozos On Wheels, C. C. Riders, Chain Gang, DeRail Splitters, The Dropouts, Pedal Perambulators, Springfield Corn Drafters, and Aching Seat. The newsletter drew Chain Letter, Pedal Press, Readin' & Ridin', Spokesman, Spokesperson, Well Spoken, and Written Rider. Stay tuned next month for the winners (but don't let the suspense kill you).

1981– 30 Years Ago: Harry Simpson led the discussion at February meeting on tours in the U.S. ++ Ken Stonecipher gave up the Almost Anything Award he earned last month.

1986–25 Years Ago: Rumbblings were heard over rumors of a need for a dues increase. Six dollars got you an individual membership and \$10.00 for the family, but the board thought more was needed. More later on the pros and cons in this bitter, bloody battle.

1991–20 Years Ago: WalMart opened on Parkway Pointe and became an obstacle for some riders as the bikes of obsessive shoppers were inexplicably drawn from the ride route into the parking lot. ++Greg Lakebrink was top rider for January and won the February AAA for that; and Emily Becker won the well deserved Lead Water Bottle for appearing at the club meeting to strong arm them (but sweetly so) four years in a row into buying Girl Scout cookies. (Like SBCers need any persuasion at all to consume carbohydrates.)

1996–15 Years Ago: The QR publishes hints occasionally, like this one: Rear tires wear out twice as fast as the front, so rotate them every 1,000 miles. However, the hint neglected to mention (which I do here

because I know some SBC members) that you also need to remove the tire from the wheels and just switch those, unless you like to see where you have been and not where you are going. ++President Karl reported that two bicycle trail construction projects in and around New Salem were axed. Cost was the primary reason, along with the number of trees that would have to be cut to accommodate the switchback hike and bike trail up the hill to the park. ++A 55 degree February 9 allowed Louie Spinner, Alan Josephson, and Jim Nugent to put in 35 sun drenched miles in comfort. ++Paul Dorosheff reported his Kestral stolen. This would not happen to Greg Lakebrink's Kestral, who thoughtfully and purposefully dirtied up his to make it unattractive to thieves, by a sloppy brushed paint job and duct tape. ++Wendy Edwards and Brad Kerekes won the AAA for building the SBC web home page; Karl was voted the LWB "just because;" and Bode Zeitz rode the most club miles.

2001–10 Years Ago: Two Spinner Award winners had been neglected the previous month by the Incentive Chair, and that error was corrected: Tim Shotts led the 0-19 age division and James DuBose the 35-39 age group. ++Lynn Rhoades won the Ride of the Month, which is not the Rider of the Month, who was Byron Nesbitt. Jerry Ihnen won the LWB for his weekly "Ride or Slide" rides from IDOT every Thursday; and Ernie picked up the LWB spending an exhausting and frustrating hour trying to remove the rear seat of his new van so that he could transport his bike. Then, he discovered that the seat belt was not unhooked and was holding the seat in place.

February 2011 Ride Schedule

What happened to our Weekday Evening Rides? Ride leaders are still needed for our Tuesday Lost Bridge Trail ride and our Thursday Parkway Pointe ride. If you would like to volunteer to lead one of these rides please contact Jo at vp@spfldcycling.org.

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 with riders will breaking 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.

Please 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 ride 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@spfldcycling.org. See the ride rules at www.spfldcycling.org for details.

Weekday Daytime Rides		<i>Check start times!</i>
Monday thru Friday 10:00 am	Morning Geezer Ride Washington Park Shelter Pete Gudmundson, 523-8200	Show-N-Go ride for retired geezers or those hoping to become geezers. No leader or map, but Pete shows up often enough for this ride that he should be able to answer questions. Please use ride sheet if riding together. Participating riders should turn in miles to the club records keeper.
Tuesday 10:00 a.m.	Panera Bread Wabash Ave. & White Oaks Dr. Robert LaBonte, 787-0237	BC – Try a change of pace from the Geezer ride which is usually a bit faster than this one.
Monday thru Friday 10:00 am	Daily Pana Trail Ride Lake Taylorville parking lot Rt. 29 Pat Stephens, 287-7056	Show-N-Go along the Lincoln Heritage Trail. Turn in miles to the records keeper. There is no ride leader, but Pat may be able to answer questions about this ride.
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 will hit the trails or go out in the country.
Weekday Evening Rides		<i>Check start times!</i>
Monday, Tuesday, Wednesday & Thursday 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.

Scheduled Rides and Events		<i>Please check start times!</i>
Wednesday February 2 7:00 p.m.	Residence 2301 Sangamon Ave. Ken Anderson, 522-3876	NC – Board Meeting . All SBC members are invited to attend board meetings.
Saturday February 5 Noon	Rochester Station Rt. 29 & Walnut St., Rochester Alan Josephson, 793-0590	ABCD – 15-30 miles, weather permitting. If it is snowy, meet at Lincoln Memorial Garden for skiing instead.
Sunday February 6 2:00 p.m.	Residence 1914 Bayview Ct. Tom Clark, 726-5560	CD/NC – Super Bowl Party . Come at 2 p.m. and ride for an hour or so. If the roads are bad we may go for a hike around the neighborhood instead. Party starts at 4, kick-off is at 5. Bring snacks or dessert items to share. The Sunporch will be open, with heaters if needed.
Saturday February 12 1:00 pm	Capitol Complex Visitors Center 425 S. College Kevin Greene, 793-9622	EZ – Lincoln's Birthday Ride . Come ride the historical Lincoln sites, weather permitting. Join us for coffee afterwards at a downtown cafe.
Sunday February 13 Noon	Centennial Park Bunker Hill Rd. & Lenhart Rd. Robert LaBonte, 787-0237	ABCD – Weather permitting, we'll try for 30 miles to Auburn with shorter options possible.
Friday February 18 6:00 p.m.	Osaka 1665 W. Wabash Ave. Jo VanMetre, 787-2770	NC – Ladies' Night . Looks like this has become a regular event. This month join us as we experience the hibachi – sit around the grill while the chef prepares a fantastic multi-course meal. Loads of fun in a beautiful setting. Please RSVP.
Saturday February 19 Noon	IDOT, Lost Bridge Trailhead Ash St. & Dirksen Parkway Lynn Rhoades, 891-8145	ABC – Ride 20 miles or so today with Lynne.
Sunday February 20 Noon	Centennial Park Bunker Hill & Lenhart Rd. Alan Whitaker, 494-6807	ABC – Alan has 25-30 miles planned depending on wind direction.
Saturday February 26 Noon	Waldrop Park Sherman Cindy Kvamme, 744-8864	ABCD – Cindy wants to ride to Athens today. 24-35 miles.
Sunday February 27 1:00 p.m.	Residence 79 Trailridge Lane in Fallingbrook SW corner Veterans & Washington Jo VanMetre, 787-2770	NC – 10K Walk . Put on your walking shoes and let's take a hike. Afterwards head back to Jo's condo for hot cider or cold beer, depending on the weather. Snacks will be provided, bring more if you like. Parking is not allowed on the street in Fallingbrook. Please park in one of the many parking areas in the subdivision.

Questions about leading a ride? Contact the club vice president by e-mail: vp@spfldcycling.org. You can also contact her if you would like to lead an ad hoc ride. The ride will be posted on the web site. Three days notice is required for ad hoc rides. Regular rides can be scheduled up to a year in advance.

Ride Classifications

- | | | | |
|-----------|-------------------------------|-----------|---|
| A | Speed 18+ mph average | C | Speed 12-15 mph |
| B | Speed 15-18 mph average | D | Speed 8-12 mph average |
| EZ | Easy ride with no given speed | MB | Suitable for mountain and all-terrain bikes |
- Show-N-Go** No ride leader, no speed specified, form riding groups with other cyclists, turn in miles to the Club Records Keeper
- NC** Non-cycling event, but to/from miles count

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Ladies Night Becomes a Monthly Event

by Jo VanMetres

Our first Ladies' Night was such fun, we decided to do something every month. Join us on Friday, February 18 at Osaka, 1665 W. Wabash where we'll be eating on the Hibachi side. For those not familiar with this dining style, we'll sit around a large grill and watch our personal chef prepare our dinner. The chef is usually quite entertaining as he works which makes for a lively and often interactive dining experience.

We're meeting at 6 p.m. and you'll need to RSVP to join in the fun. Call Jo at 787-2770 to reserve your spot.



Secretary's Report

by Ken Anderson, Secretary

Renewals

Sharon Stanley
Judy Shipp
Jim Disney
Lyndell Jarrett
Frank Ciccirelli
Harv Koplo & Annette Chinuge
Jack & Gerry Casey
Kent Kraft & Family

Renewals at the Contributing Level

Kevin Veara
Alan & Harriett Josephson
Bode & Marybeth Zietz

New Members

Mike Riopell
Joe Hills
Brad Lott & Family

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

Springfield Bicycle Club Mileage and Activity File

As of December 31, 2010

NAME	MONTH							YEAR						
	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LE D	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Grover Everett	60		60	2	30			9,774	36	9,810	211	46.49		
Tom Clark	46		46	2	23			4,937	164	5,101	180	28.34	7	21
Marty Celnick	197	22	219	15	14.6	1	3	4,029	1,030	5,059	208	24.32	14	34
Don Daniels	205		205	7	29.29			5,003	20	5,023	133	37.77		
Lynn Miller	57		57	3	19	1	3	4,053	141	4,194	153	27.41	5	15
Don Harvey	133		133	13	10.23			3,902	108	4,010	162	24.75	3	12
David McDivitt	148		148	12	12.33			3,627	194	3,821	287	13.31	1	3
Karl Kohlrus	71		71	14	5.07			3,104	671	3,775	274	13.78	4	13
Bill Bock								3,150		3,150	83	37.95		
Curt Evoy								2,854	149	3,003	134	22.41		
David Ross	61		61	8	7.63			2,675	242	2,917	133	21.93	6	13
Tracey Hurley	27	3	30	1	30			2,541	315	2,856	73	39.12	5	12
Charles Witsman	125		125	1	125			2,665	129	2,794	29	96.34	1	3
Carol Bock								2,557		2,557	68	37.6		
Pat Stephens	118		118	6	19.67			2,383		2,383	113	21.09		
David Banks								2,201	134	2,335	51	45.78	1	4
Robert LaBonte								2,169	56	2,225	101	22.03	58	132
Mark Rabin								2,038	153	2,191	61	35.92	5	15
Ruth Magos								1,899	7	1,906	46	41.43		
Jack Hurley								1,758	127	1,885	27	69.81		
Cindy Kvamme								1,766	58	1,824	88	20.73	21	63
Alan Whitaker								1,554	192	1,746	53	32.94	4	13
Chris King								1,469	51	1,520	39	38.97	13	28
Mike Eymann								1,445	24	1,469	50	29.38		
Alan Josephson								1,226	242	1,468	45	32.62	15	45
Lynn Rhoades								1,013	300	1,313	34	38.62	4	12
Sidney Marder								878	383	1,261	41	30.76		2
Mary Venturini								1,070	176	1,246	31	40.19		
Kevin Greene	18		18	1	18			1,127	97	1,224	83	14.75	28	45
Dean Wisleder	2		2	1	2			1,199		1,199	41	29.24		
Ernie De Frates								1,176	4	1,180	45	26.22	6	14

NAME	MONTH							YEAR						
	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LE D	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Tony Henn								1,083		1,083	48	22.56		
Kent Kraft								1,003	29	1,032	31	33.29	4	12
Bob Carmody								1,012	6	1,018	36	28.28		
Harv Koplo								1,014		1,014	39	26	2	19
Stephen Paca								871	104	975	39	25		
Linda Butler								963	5	968	35	27.66	5	14
Ken Anderson								680	284	964	25	38.56	1	2
Jerry Ihnen	27	3	30	1	30			694	180	874	23	38	1	3
Christa McLaren-Morris								859	14	873	27	32.33	7	21
Dee Wise								481	365	846	17	49.76		
Bill Callan								751		751	25	30.04		
Jon Edwards								622	119	741	17	43.59	2	6
Tracie Stephens								731		731	41	17.83		
Bob Steimel								727		727	36	20.19		
Michael Higgins								688	30	718	26	27.62	1	7
Micci Bly								679	31	710	22	32.27	1	2
Ben Fox								687	17	704	13	54.15		
Pete Gudmundson								685		685	19	36.05		
Gary Terpstra								635	48	683	27	25.3		
Christine Kohlrus								392	238	630	18	35		
Mark Summer								604	12	616	15	41.07		
Ken Ratliff								601	8	609	20	30.45		
Derek Ewing								331	217	548	6	91.33		
Bob Dettling								502	14	516	36	14.33	3	5
Wayne Noethe								509		509	18	28.28		
Garland Stevens								503		503	22	22.86		1
Kedra Elston								464	5	469	22	21.32	1	3
Jim Hajek	14	9	23	1	23			402	52	454	15	30.27		
Mike Higgins								440		440	17	25.88		2
Linda Schaeffer								397	39	436	29	15.03		
Joe Hills								429		429	16	26.81		1

NAME	MONTH							YEAR						
	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LE D	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Anna Marie Kraft								416	1	417	13	32.08		
Kristina Mucinskas								344	71	415	17	24.41		
Mary Grant								391		391	5	78.2		
Naomi Greene								378	10	388	32	12.13	9	12
Bob Ayers								341	26	367	18	20.39		1
Cindy Moreno								348		348	18	19.33	1	3
Art Meyer								325	8	333	10	33.3		
Deb Cooper								291	4	295	15	19.67		
Boro Reljic								266	25	291	6	48.5		
Chuck Orwig								242	47	289	7	41.29	1	3
Don Mallette								255	26	281	4	70.25		
Lyn Schollett								257	3	260	15	17.33	3	6
Paul Purseglove								235		235	5	47		
Phil Garee								169	64	233	10	23.3		
Deeanna Shidler								232		232	7	33.14		
Don England								181	37	218	15	14.53		
Nick Sunder								190	27	217	7	31		
Ted Sunder								190	26	216	7	30.86		
Vicki Berry								190	10	200	16	12.5		
David Wooten								167	25	192	5	38.4		
Blaine Kinsley								184		184	9	20.44		
Bill Bernard								174	10	184	18	10.22		
Anne Baker								183		183	6	30.5		
Marilee Cramer								163		163	6	27.17		
Jim Disney								112	39	151	3	50.33		
Chris Scheufele								141		141	6	23.5		
Bob Sorenson								103	34	137	4	34.25	1	3
Aleshia Bunting								130		130	6	21.67		
Jadon Harvey								127		127	30	4.23		
Lynda Kerstein								94	14	108	6	18		
Doug Smith								100	5	105	4	26.25		

NAME	MONTH							YEAR						
	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LE D	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Sr Josepha Schaeffer								74	24	98	4	24.5		
Mark Kuhn								97		97	3	32.33		
Jason Beauman								65	30	95	3	31.67		
Steve Stone								83	11	94	2	47		
Brigitta Ewing								76	12	88	7	12.57		
Barb Manson								87		87	8	10.88		
Bob Cramer								85		85	3	28.33		
Janice Perino								62	21	83	3	27.67		
Cris Martin								82		82	3	27.33		
JoAnn Abrams								80		80	6	13.33		
Loren Easter	78		78	3	26			78		78	3	26		
Roger McCredie								76		76	2	38		
Michelle Cozadd								73		73	2	36.5		
Farrar Fletcher								73		73	4	18.25		
Jeff Tipps								52	20	72	3	24		
Larry Small								72		72	5	14.4		
Judy Sunder								55	16	71	3	23.67		
Terri Nelson								65		65	2	32.5		
Cyd LaBonte								63		63	6	10.5		
Paul Love								62		62	1	62		
Charlie Rabins								58	4	62	1	62		
Jack Casey								62		62	1	62		
Gerry Casey								62		62	1	62		
Connie Roberts								62		62	1	62		
Lynn Woerner								60		60	2	30		
Gary Woerner								60		60	2	30		
William Henebry								34	25	59	1	59		
Matt Dorominez								55	2	57	2	28.5		
Julie Perino								36	21	57	2	28.5		
Dave Lucas								56		56	7	8	2	2
Mark Rolens								32	24	56	2	28		

NAME	MONTH							YEAR						
	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LE D	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Jon Halterman								34	18	52	1	52		
Suren Gummadi								51		51	1	51		
Gi Shaw								51		51	5	10.2		
Lynda England								39	10	49	5	9.8		
Brea Elston								48		48	2	24		
Mark Carnduff								48		48	3	16		
Debbie Ihnen								47		47	2	23.5		
Pat Aulich								44		44	2	22		
Barry Erlander								44		44	2	22		
Jason Niem								38	6	44	1	44		
Randy Germeraad								37	6	43	1	43		
Gerry Orwig								25	16	41	4	10.25		
Arden Gregory								20	20	40	1	40		
Curt Winhold								40		40	1	40		
David Manson								40		40	2	20		
Blaine Redemer								37	3	40	1	40		
Catherine Rovey								19	19	38	1	38		
Dave Kolaz								38		38	1	38		
Wayne Rovey								19	19	38	1	38		
Mark Gummez								38		38	1	38		
Garrat Flether								37		37	2	18.5		
Mike Fahsl								33		33	3	11		
Linus Beauman								21	10	31	1	31		
Brian Fowler								31		31	1	31		
Wayne Niethe								30		30	1	30		
Cheryl Eymann								30		30	2	15		
Denise Hartnett									30	30	1	30		
John Hartnett									30	30	1	30		
Karen Valenti								19	10	29	1	29		
Gerry Aldrich								29		29	1	29		
Jeff Cox								29		29	1	29		

NAME	MONTH							YEAR						
	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LE D	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Steve Sommer								29		29	1	29		
Judy Cox								29		29	1	29		
Ann Aldrich								29		29	1	29		
Cindy Tubbs								27		27	3	9		
Terri Carnduff								26		26	2	13		
Judy Gunn								25		25	3	8.33		
Dan Croagan								25		25	1	25		
Amy Parr								25		25	1	25		
Don Cadagin								24		24	1	24		
Ron Riley								24		24	1	24		
Dan Kraft								24		24	1	24		
Craig Ross								15	8	23	2	11.5		
Jan Nobbe								23		23	4	5.75		
Jim Bickhaus								23		23	4	5.75		
Harriet Josephson								22		22	1	22		
Allen Vieira								22		22	3	7.33		
Carolyn Taft								22		22	1	22		
Mary Harney								22		22	2	11		
JoAmm Mumaw								22		22	1	22		
Kevin Brown								19	3	22	2	11		
Jon Riley								21		21	1	21		
Shirley Baer								21		21	3	7		
Keith Baer								21		21	3	7		
William Bernard								20		20	2	10		
Thomas Durr								19		19	1	19		
Shirene Thomas								19		19	1	19		
Sarah Standife								18		18	1	18		
Irene Reischel								17		17	3	5.67		
Roger Schnelten								15		15	1	15	1	3
Lois Jazo								15		15	2	7.5		
Josh Cavanaugh								15		15	1	15		

February, 2011

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NAME	MONTH							YEAR						
	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LE D	LDR PTS	RIDE	T/F	TOTAL	RIDE S	AVG RIDE	LED	LDR PTS
Steve Abba								15		15	1	15		
Phil Witkop								14		14	1	14		
Sarah Staudefer								14		14	1	14		
Sue Dees								14		14	1	14		
Kara Riley								12		12	1	12		
Kevin Veara								12		12	1	12		
Louie Spinner								7	5	12	1	12		
John Sanford								7	4	11	1	11		
Mary Loker								11		11	1	11		
John Nonneman								10		10	1	10		
Petra Schutt								10		10	1	10		
Elizabeth Ross								10		10	1	10		
Lenny Miner								10		10	1	10		
Sue Hack								9		9	1	9		
Deb Lewis								7		7	1	7		
Mark Wagner								7		7	1	7		
Ginny Lee								7		7	1	7		
Sarah Wolin								6		6	1	6		
Lorena Harvey								6		6	1	6		
Sarah Standefer								6		6	1	6		
Chris Young								6		6	1	6		
Brent Hanson								6		6	1	6		
Diane Evoy								6		6	1	6		
Lois Bloechle								6		6	1	6		
Diane McEvoy								5		5	1	5		
Ivan Wright								2		2	1	2		
Matt Saner													1	3
Totals	1,387	37	1,424	91	15.65	2	6	112,557	7,959	120,516	4,417	27.28	248	633

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