



October, 2011
www.spdfldcycling.org



QR Deadline is the 15th of the month

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

The ride of the month award goes to Tom Clark. Tom led the ride on the first annual Peddle and Paddle event, led jointly by Tom and Mark Kuhn. On that hot Sunday morning, many riders took off from the Covered Bridge parking lot, and we rode distances ranging from 18 to 40 miles. Some riders peeled off to go to the Apple Barn, but others returned to Covered Bridge and then stepped into a canoe or kayak for a trip on the creek. It was awesome! Thank you Tom and Mark.

Almost Anything Award

This month's award goes Pete Meeker of Ace Bike Shop for repairing Ken Anderson's chain and not charging for labor. Such help is always appreciated when you get stuck. Thank you, Pete.

Ride Leader Incentive

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

President's Column

by Tom Clark, President

Our 39th Annual Capital City Century on September 11 was a big success! Over 860 riders participated on a beautiful September day. While we bask in the afterglow of this wonderful event, let's not forget that it takes a lot of time, talent and hard work to bring the CCC to fruition. See the *Thank You CCC Volunteers* article by our Special Events Co-Chairs Kevin Greene and Deb Cooper on page 5. Thank you, Kevin and Deb! And thanks to all of our CCC volunteers, sponsors and service providers! You make our Century the very special event that it is.

We'll celebrate our successful CCC and the culmination of the SBC Great Cycling Challenge at Brickhouse West with a Socializer on Wednesday, October 19 from 5 to 7 pm. Brad Lott will show winning photos from the CCC Photography Contest and other photos taken at CCC. Brigetta Ewing will present Bronze, Silver and Gold medals to those earning at least 125, 200, or 400 points (miles) across the five Cycling Challenge rides. The August 28 Challenge #4 event at IDOT once again drew around 100 riders, including many who signed in for the Challenge. The record-breaking Capital City Century was the 5th and final Challenge. Thanks again to Derek and Brigetta for creating this event series. Congratulations to all those who met the Challenge!

We will try another Socializer in November. Date and venue are TBA. We're giving these monthly Socializers a try this year. Each will start at 5pm. We'll have free appetizers for members and the welcome mat out for potential members.

Speaking of challenging rides, a weekend and holiday A-Ride has been added to our Ride Schedule. As the ride description notes: *This ride is intended for extremely strong and competitive riders with expert bike handling skills. Expect riders to be self-sufficient and to maintain speeds of 19+ mph for extended distances using pace lines. Riders will agree on a destination and determine a route at the time of the ride. Developmental A-riders are welcome, but they should be self-sufficient and familiar with local roads, or accompanied by an experienced rider.*

With the addition of this A-Ride, the club will support riders at every level of ability, from EZ riders through strong A riders. Our long-time member Lisa Kidd is the A-Ride's contact.

The appointed members of our 2011-12 SBC Board of Directors were confirmed at the September 7 Board meeting. The Board's Executive Committee (President, VP, Treasurer and Secretary) were elected on August 3 by members attending our Annual Meeting. The Installation Dinner for the new Board was September 30 at Mariah's Restaurant. Many thanks to our outgoing Board members, and welcome aboard to our new Board members!

At press time, we are still looking for an Incentive Chair and Special Events Chair(s) to round out the 2011-12 Board. Contact me if you are interested or know someone who might be.

Board Meeting Minutes - September 7, 2011

by Stephen Paca, Recording Secretary

Present. Tom Clark, Ken Anderson, Stephen Paca, Dave Lucas, Deb Cooper, Kevin Greene, Jim Hajek, Bill Donels, Lynn Miller, Alan Whitaker, Curt Evoy, Marty Celnick, Karl Kohlrus, and Mike Schwab.

The meeting was called to order by Tom Clark at 7:11 p.m.

President's Remarks. No remarks.

Minutes. Stephen Paca distributed a draft of the minutes from the September board meeting via e-mail. He made corrections based on feedback, and the minutes were approved.

Treasurer's Report. Dave Lucas presented the Treasurer's Report. He reported a balance of \$13,829.90 for the period ending 08/31/11. Deb Cooper made a motion to approve the Treasurer's Report, Bill Donels seconded the motion, and the Board approved the report.

Special Events Report. Kevin Greene reported on the status of the various Capital City Century committees and Deb Cooper reported on the food plans for the CCC. Alan Whitaker reported that the majority of the pre-registered riders registered online. Based on the projected registrations, the Board recommended that Deb order more brats for the post-party at the Beach House. Lynn Miller will be purchasing new water jugs to replace those that could not be cleaned sufficiently.

Legislative/Education Report. Bill Donels reported that the League of Illinois Bicyclists announced that IDOT will be holding an open

Q&A session at Lincoln Library on October 6th from 4-6 p.m. IDOT will be presenting the proposed road improvements for the coming year. Ed Barsotti suggested that cyclists look for suggest road improvements where they normally bike and where the trails cross streets.

Kevin reported on the progress of the downtown bicycle parking proposal and shared the latest design for the bicycle racks.

Social Chair Report. Jim Hajek reported on the upcoming scheduled social gatherings and the possibilities of future social gatherings during the winter. The social gatherings will usually be the 3rd Wednesday of each month and will feature a greeting table for membership drives and free appetizers.

Incentive Chair Report. Tom Clark's and Mark Kuhn's Pedal & Paddle ride was voted Ride of the Month for August. The Almost Anything Award was given to Pete Meeker for helping Ken Anderson with his broken chain. Marty Celnick's name was drawn for the monthly ride leader incentive award.

Ride Committee Report. Karl Kohlrus, the incoming Vice President, reported on the transition of duties and the October ride schedule. For the fall and winter months, there will be default weekend Show-n-Go rides departing from Vredenburg Park. Class A weekend Show-n-Go rides, also departing from Vredenburg Park, will be added to the schedule.

Mountain Biking Report. No report.

Newsletter Editor Report. Curt Evoy reported that the deadline for articles is September 15th. Dave Lucas suggestion updating the design of the QR's masthead; this topic will be revisited with the incoming newsletter co-editors.

Webmaster Report. Alan Whitaker reported on the status of updating the SBC Web site. Club member Brad Lott submitted a proposal for updating the design and Alan is going with Brad's proposal. No work will be done on updating the site until after the CCC. Re: CCC pre-registrations, Alan will send demographics to Chris Young of the SJ-R.

Old Business. Karl Kohlrus reported that the Sangamon Valley Trail Coalition has money in its account, which it is willing to donate in the club's name to the Community Foundation Land of Lincoln in order to start a fund for local trails. The Board asked Karl to arrange a presentation at the next Board meeting so that the Board can better understand the process and issues with starting this fund.

New Business. Kent Kraft is working with the city and local homeowner's association on the issue of a Sangamon Valley Trail access point. Karl Kohlrus is advising him on this issue.

Tom presented the slate of appointed Board members for the coming Board Year. Lynn Miller made a motion to approve the appointees, Alan Whitaker seconded the motion, and the Board approved the appointees. The Special Events and Incentive Chair positions are still open.

The meeting adjourned at 9:03 p.m. The next meeting is scheduled for Wednesday, October 5th, 2011 at 7:00 p.m. at the home of Ken and Sandy Anderson.



Thank You CCC Volunteers

by Kevin Greene and Deb Cooper

Special Events Co-Chairs, 2010 Capital City Century

A beautiful sunny day, light winds and moderate temperatures, combined to form ideal riding conditions that drew over 860 cyclists to the 39th annual Capital City Century. But, an almost perfect day is not nearly enough to make the event a success. It takes a lot of time, talent and hard work to bring the CCC to fruition.

Over 80 volunteers donated countless hours to marking routes, serving food, registering riders, providing directions, cleaning equipment and performing other invaluable tasks. Many worked long hours, made multiple contributions and passed up an opportunity to ride to help put on our flagship event of year.

The following is a list of the volunteers for the 2011 CCC. It is complete to the best of our knowledge. If you know of someone who volunteered who isn't listed, please advise us. We'll post a supplemental list on the SBC website and include their names in the next newsletter.

Many thanks for your efforts and contribution of time.

Baked Goods	Stephen Paca (chair) and Kristina Mucinskas
Event-runner	Tom Clark
Food	Deb Cooper (co-chair) and Naomi Greene (co-chair)
Auburn Food Stop	Sue Hack (chair), Jon Edwards, Gerry Orwig, Anne King, Ella King, Francie King, Becky Smith, Dianne Turner, Jim Hajek, Judy Sunder, Nick Sunder, Ted Sunder, Katie Kindred and Allison Kuhn
Beach House	Judy Nesbitt (chair), Mabel Martin, Michelle Royer, Mike Royer, Louie Spinner, Shirley Baer, Naomi Greene, Cindy Johnson, Cyd Labonte, Roger Wright, Deb Cooper, Meg Cairo, Chanell Bradbury, Kristina Mucinskas, Don Harvey, Stephen Paca, Bob Dettling and Jayden Harvey
Food-runner	Curt Evoy
Covered Bridge Food Stop	Christine Kohlrus (chair), Bruce Van Metre, Joann Van Metre and Carolyn Taft
Rochester Water Stop	Cindy Kvamme
Cleanup (pre- & post-event)	Cindy Kvamme (chair), Don Harvey, Tom Clark, Tim Schmidt, Lynn Miller, Stephen Paca, Kristina Mucinskas, Sue Hack, Kevin Greene, Ken Anderson, plus food crews
Historic Ride	Jim Hajek (co-chair) and Dave Ross (co-chair)

Information	Judy Shipp (Auburn) and Dave Ross (Beach House)
Marketing & Publicity	Tom Clark (chair), Kevin Greene and Karl Kohlrus
Photography	Brad Lott (chair), Haley Lott and Mason Lott
Registration	Alan Whitaker (chair), Pat Aulich, Linda Butler, Patti Kuhn, Ernie DeFrates, Bobby Hall, Cindy Kvamme, Robert LaBonte, Bob Ayers, Bob Dettling, Stephen Paca, Dave Lucas and Kristina Mucinkas
Route Marking & Checking	Chuck Orwig (chair), Bill Bock, Tom Clark, Pete Gudmundson, Janice Perino, Dave Ross, Wayne Noethe, Ben Fox, Carolyn Taft, Robert Steimel, Byron Nesbitt, Harv Koplo and Kevin Greene
Route Signs	Tom Clark, Ernie DeFrates, Linda Butler, Kevin Greene, Naomi Greene and Nick Sunder
SAG	Christa McLaren Morris (chair), Byron Nesbitt, Kevin Brown, Ben Fox, Rebecca Hood, Bob Sorenson, Marty Morris and Len Minor
T-shirts	Ken Anderson (chair), Sandy Anderson, Dave Lucas and Kevin Greene
Traffic Direction	Tom Clark (chair), Clair Casper, Nichole Brants, Albert Marin, Aundrea, Collebrusco, Lisa Simpson and Brian Alterbach
Routes & Maps	Tom Clark (chair) and Shirley Baer

We also wish to thank our service providers and sponsors.

Sponsors	Springfield Clinic (gold sponsor); E&F Distributing (silver sponsor); and Wheel Fast Bicycle Co., Biketek Inc., R&M Cyclery, Spinner Plastics, Ace Bicycle Shop, Maldaner's Restaurant, Days Inn, Microtel, Comfort Inn, Fairfield Inn and Sangamon Valley Radio Club (bronze sponsors)
Service Providers	Information and communication support (Sangamon Valley Radio Club); mobile bike shop stations at Auburn (Wheel Fast), Beach House (R&M) and Covered Bridge (Biketek); music (Moroccan Soul); graphic design (Deb Yoggerst); catering (Nelson's) brochures (Rudin Printing), maps and posters (Capitol Blueprint); t-shirts (Primo Designs) and brats (Tim Groh)

Harrison Park Access

by Kent Kraft, President Harrison Park Homeowners Association
and Mountain Bike Chair

Many users of the Sangamon Valley trail access the path via a CWLP substation driveway in the Harrison Park subdivision. This access point is currently neither safe nor sanctioned by CWLP. I am working diligently through our homeowners board of directors, the Director of Public Works, Mayor Mike Houston's office, and our Alderman Steve Dove to try to improve this access point. My greatest concern at this point is that someone with the "Get off my grass" mentality in our neighborhood may raise objections to trail users coming through our neighborhood and CWLP will decide it is cheaper and easier to completely shut off access rather than improve it. For that reason, I have asked the bike club board to temporarily avoid scheduling official club rides that plan to come through Harrison Park. The sole purpose is to avoid provoking those of my neighbors who are grumpier than I am--and there are a lot of them. Hopefully the situation will be rectified in the near future, and I hope I can be the first ride leader to bring a ride past my house and onto the path. Your cooperation and understanding is appreciated.

Secretary's Report

by Ken Anderson, Secretary

Renewals

Karol Young
Donald Cadagin
Margaret Kelly
Ann Robert
Mary Thomas
James & Carole Stephens
Judith White
Regina McGuire
Lynn Rhoades
Jack & Tracey Hurley
Lynndell Jarrett

Renewals at the Contributing Level

Alfred & Harriet Arkley
Edward J. Cunningham
David Banks
Mark Kuhn & Family

Sustaining

Mark & Barbara Rabin

New Members

Grace Sweatt
Michael Gordon
Amy Goldesberry
Gary Rapaport
Connie Kayser
Dennis Tucker

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

Thanks to all for your support of the SBC and bicycling!! Ride safe!!



October 2011 Ride Schedule

For updates, corrections and last minute changes to the ride schedule please check the SBC website at www.spfldcycling.org. Unless otherwise indicated, daytime rides will not take place on holidays. All rides return to the starting point unless otherwise noted.

Ride Classifications

NC – Non-Cycling events.

MB – Rides suitable for mountain bikes.

EZ – For riders who prefer a pace under 10 mph. These are purely social rides. Expect short routes either in town or on a trail and expect to ride as a single group. No one will be left alone at the back of the group and assistance is provided for flats and other minor mechanical problems.

D – For novice or recreational riders. Expect to ride at a pace of 10 – 12 mph with rest stops as needed. Expect the ride leader or another club member to stay with the slowest rider and to offer assistance for flats and other minor mechanical problems.

C – For competent riders with basic safety and bike handling skills. These rides combine social riding with improving fitness and riding ability. Expect that most riders will ride in groups at a pace of about 12 – 15 mph. There may be rest stops on the route, but they will be limited. Riders are comfortable navigating by map if separated from the group and can handle their own mechanical repairs.

B – For strong, experienced riders with considerable group riding experience. Expect the emphasis to be on improving individual stamina and riding skills. Most riders will maintain a pace of 16 – 18 mph and will not feel obligated to wait for slower riders. Pace lines are common. Riders are able to handle their own mechanical repairs and are comfortable navigating by map if separated from the group.

A – For extremely strong and competitive riders with expert bike handling skills. Expect riders to be self-sufficient and to maintain speeds of 19+ mph for extended distances using pace lines.

If you have questions about whether a specific ride is right for you, give the ride leader a call. If you are unsure about your cycling ability, try a ride with a group one class below where you think you might be. You can then move up until you find the level that is right for you.

Please arrive for rides 10 minutes early. Be sure that your bike is in proper working order before you arrive. All riders are strongly encouraged to obey traffic laws, wear a helmet, carry everything necessary to fix a flat tire, and bring hydration. If the ride leader fails to appear, form a group and go on a ride if you like. Then turn in your miles to the club record keeper (records@spfldcycling.org).

Questions about leading a ride? Contact Karl at 544-8410 or vp@spfldcycling.org.

Weekday Daytime Rides		<i>Check start times!</i>
Monday thru Friday 10:00 a.m.	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.
Tuesdays 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.
Monday thru Friday 10:00 a.m.	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 p.m.	Vredenburg Park Saxon Dr. & Crusaders Rd. Tom Clark, 726-5560 Dave Ross 789-4823	BC — Westside Lunch Ride. Dave or Tom will hit the trails or go out in the country.
Weekday Evening Rides		<i>Check start times!</i>
Mondays 5:30 p.m.	Parkway Pointe Theatre Lindbergh & Robbins Road Garland Stevens, 414-5195	ABC — A favorite for fast and intermediate riders. Ride to Chatham for 20 miles or less.
Tuesdays 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.
Tuesdays 5:30 p.m.	Sangamon Valley Trailhead Centennial Park Bunker Hill Rd. & Lenhart Rd. Robert LaBonte, 787-0237	BCD – Come and ride the new Sangamon Valley Trail with Robert. Meet at the trailhead parking lot west of the park. 11- and 15-mile routes.
Thursdays 5:30 p.m.	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Cindy Kvamme, 744-8864	BCD — Ride the Lost Bridge Trail with bike club friends.
Thursdays 5:30 p.m.	Lewis Memorial Acres Park Koke Mill south of Washington St.	AB – Training Ride. 23- 25 miles to Salisbury for some hills and speed training.
Weekend Daytime Rides		
Saturdays 9:00 a.m.	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	Weekend A-Ride. This ride is intended for extremely strong and competitive riders with expert bike handling skills. Expect riders to be self-sufficient and to maintain speeds of 19+ mph for extended distances using pace lines. Riders will agree on a destination and determine a route at the time of the ride. Developmental A-riders are welcome, but they should be self-sufficient and familiar with local roads, or accompanied by an experienced rider.
Sundays 9:00 a.m.	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	Weekend A-Ride. This ride is intended for extremely strong and competitive riders with expert bike handling skills. Expect riders to be self-sufficient and to maintain speeds of 19+ mph for extended distances using pace lines. Riders will agree on a destination and determine a route at the time of the ride. Developmental A-riders are welcome, but they should be self-sufficient and familiar with local roads, or accompanied by an experienced rider.

Scheduled Rides and Events		Check start times!
Saturday October 1 9:00 a.m.	Stuart Park Winch Road Tracey Hurley, 414-8900	ABC – Tracey has 40ish miles planned for today with options available.
Sunday October 2 10:00 a.m.	Rotary Park Iles Ave. & Archer Elevator Rd. Jim Bolt, 381-4025	ABC – Ride 30 miles with Jim today. Longer routes to Pleasant Plains (40 miles) and Ashland (49 miles) are an option as is a shorter 18-mile route.
Wednesday October 5 7:00 p.m.	Residence 2301 Sangamon Ave. Ken Anderson, 522-3876	NC — Board Meeting. All SBC members are invited to attend the board meetings.
Saturday October 8 9:00 a.m.	Wabash Trail East End Pkg. Lot Wabash Ave. & Park St. Jim Hajek, 698-7626	CD – Ride to the Apple Barn, about 22 miles. Yum!
Sunday October 9 2:00 p.m.	Residence 245 Circle Drive Roger and Hope Schnelten 529-0780	ABCD – 33rd Annual Oktoberfest. 30-mile ride starts at 2 pm; 15-mile ride starts at 3 pm. Antone and Wick will start playing at 4 pm. Burgers and brats start coming off the grill at 4:30. Side dishes and desserts welcome. Lawn chairs recommended and carpooling encouraged. Hopefully it will be cool/cold enough for two bonfires this year!
Monday Oct. 10 9:00 a.m.	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	Holiday A-Ride. This ride is intended for extremely strong and competitive riders with expert bike handling skills. Expect riders to be self-sufficient and to maintain speeds of 19+ mph for extended distances using pace lines. Riders will agree on a destination and determine a route at the time of the ride. Developmental A-riders are welcome, but they should be self-sufficient and familiar with local roads, or accompanied by an experienced rider.
Monday Oct. 10 5:30 p.m.	Parkway Pointe Theatre Lindbergh & Robbins Road Garland Stevens, 414-5195	ABC — A favorite for fast and intermediate riders. Ride to Chatham for 20 miles or less.
Friday Oct. 14 through Sunday Oct 16	Kickapoo State Park near Danville and Boone County State Park, Indiana Bruce Wright, 891-4172	MTB – Out of Town Ride. Single-track trails at Kickapoo State Park, Danville on Friday. Second ride at Boone County State Park, Indiana on Saturday and Sunday. Contact Bruce if you want to participate in part or all of this trip.
Saturday October 15 10:00 a.m.	Waldrop Park Sherman Cindy Kvamme, 744-8864	ABC – Cindy's taking us to Middletown today. About 40 miles.
Sunday October 16 10:00 a.m.	Waldrop Park Sherman Karl Kohlrus, 544-8410	ABC – Karl's Birthday Ride. Come and help Karl celebrate by riding 30-52 miles with him either to Elkhart or Mt. Pulaski.
Wednesday October 19 5:00 p.m.	Brickhouse West 3136 W. Iles Tom Clark, 726-5560	NC – Socializer. Join us for the first of our fall/winter socializers. Free appetizers. Tonight we'll be showing photos from our CCC photo contest! Also presentation of Great Cycling Challenge Awards.
Saturday October 22 10:00 a.m.	Rochester Station Walnut St. & Rt 29, Rochester Alan Josephson, 793-0590	ABC – Distance will vary today depending on wind and weather. Several routes are possible from 25-40-55+ miles.
Sunday October 23 10:00 a.m.	Rotary Park Iles Ave. & Archer Elevator Rd. Linda Butler, 544-1398	ABC – Ride with Linda today to points unknown. Expect a route of 30-40 miles.
Friday October 28 6:30 p.m.	Residence 8 Bridge Terrace Kevin Brown and Lola Lucas, 787-5652	NC – Annual Halloween Party. Bring food and/or drink to share; costumes are strongly encouraged.

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Saturday October 29 10:00 a.m.	Vredenburg Park Saxon Dr. and Crusaders Rd. Marty Celnick, 522-4206	ABC – Come and find out where Marty is taking us this month. Route will be determined by the weather. 20-40 miles.
Sunday October 30 8:00 a.m- 2:30 p.m.	8:00 a.m. Lick Creek 9:00 a.m. Lewis Memorial Acres 1:00 p.m. New Salem 2:30 p.m. Edgar Panther Creek Kent Kraft, 871-6974	MTB – Annual Triathalon. Ride all or part of our local MTB trails. 8:00 a.m. Lewis Memorial Acres on Koke Mill Road 9:00 a.m. Lick Creek Wildlife Area at old bridge off Woodside.Rd. 11:00 a.m. Break for lunch 1:00 p.m. New Salem State Park starting south of old restaurant. 2:30 p.m. Jim Edgar Panther Creek at Drake Lake boat launch
Sunday October 30 10:00 a.m.	Lewis Memorial Acres Park Koke Mill south of Washington Chris King, 502-2121	ABC – Heading to Salisbury for a few hills. 25-35 miles. Do the hills twice for the extra miles and hill work before it gets too cold for the year. http://www.mapmyride.com/routes/view/9299036



Life at 12: The Porteur

by Dave Ross

If you do an Internet search for "porteur" or "porteur bicycle," you will find a number of photos of cargo-carrying bikes that have a front rack with a fairly large flat platform. This front rack is the main characteristic that distinguishes the porteur bicycle from other kinds of bikes.

As near as I can tell, porteurs were used by newspaper deliverers in France from approximately the 1920s up through the 1960s or '70s. Creating a porteur bike is a fun project, and results in an incredibly useful bike for commuting and running errands.

Last year, I decided to get a bike specifically for commuting. While looking at my options, and there are some very good commuting bikes available today, I realized that I could take an old bike hanging in my garage, make a few modifications, and repurpose it for commuting.

My Peugeot began its life in 1978 as a 12-speed road bike. After a few years of riding with the SBC, I decided I needed a wider range of gears; I bought a used triple crank from a club member and upgraded the old girl to an 18-speed, which served me well for many years. But now that I have newer, shinier, and lighter bikes to ride, the Peugeot has been a bit neglected.

While considering how to convert the bike to make it better for commuting, Robert LaBonte at R&M suggested transforming it into a porteur. So, here are some modifications we made, along with parts mostly from Velo Orange:

- Converted to a single speed. For commuting and short trips, you don't really need a lot of gears. Going to a single speed is kind of radical, but if you pick your gear carefully, it will be great. My top speed with the single gear is about 16mph, with 12mph being a very easy, comfortable pace. This is plenty fast enough for a commute around town.
- Full front and rear fenders. Commuting can be dirty, especially if you get caught in the rain or ride in the snow. Fenders help keep all that nasty stuff off your clothes.
- Chain guard. Helps keep chain grease off your pants. In addition, it helps protect the chain from the elements.
- Front porteur rack and rear rack. I already had a rear rack and panniers, but the front porteur rack is wonderful. It easily handles a brief case and laptop computer (for going to work), or a half-dozen bottles of wine or a six pack (for relaxing after work). It's nice to see the load you're carrying and to be able to keep an eye on it. Between the porteur rack on the front and the rear panniers, one could easily go grocery shopping or to the farmer's market.
- Upright handlebars. For commuting, a more upright riding position is recommended for visibility on the road. Drops are nice for long rides or touring, but not really necessary for commuting.
- Inverse brake levers. Just because they're retro and cool. (See http://www.blackbirdsf.org/courieracing/images/herse_porteur1960.jpg for a nice picture of a vintage porteur with inverse brake levers.)

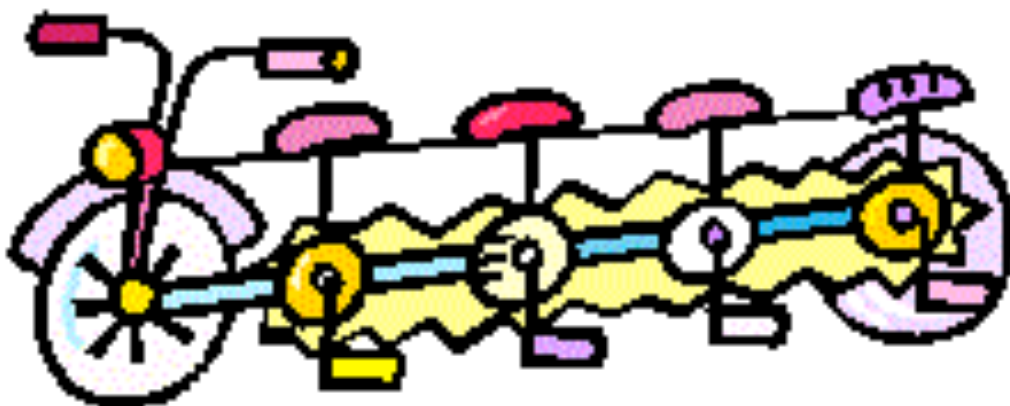
- Sprung saddle. Having some springs under your seat absorbs some road shock, which feels nicer in an upright riding position.

- Kickstand. A lot of biking decisions we make are all about weight. Most road bikes do not have kickstands due to the extra weight,Â¿so we all end up having to look for a place to lean our bikes when we stop. With a commuting bike you don't worry about weight as much as utility. Get a kickstand. It makes your life easier.

- Lights. Back in '78, I bought a generator for my Peugeot. The generator is nice because it's always there: you can't forget that you'll be out after dark and inadvertently leave it at home. However, there are also many very nice battery-powered lighting options today. Being able to ride in the evenings makes the bike that much more useful.

So now my old Peugeot has a new life. If these articles have inspired you to do a little more commuting, take a look in your garage and think about whether you have an old frame that can be converted into a fine, vintage porteur. Converting a bike to a porteur would make a nice project during the winter; come next spring, you could be commuting in style.

"Life at 12" refers to my 12 mph commuting speed. Questions or commuting tips to share are welcomed; contact me at rossesse@gmail.com.





Sunday October 9th.
33rd Annual Oktoberfest
Roger and Hope Schnelten 245 Circle Drive.

30 mile riders off @ 2 PM
15 mile riders off @ 3 PM
Food off the grille ~ 4:30 PM

Antone and Wick to play ~ 4 PM

Hopefully it will be cool/cold enough for one or TWO Bonfires this year.



Springfield Bicycle Club Membership Application

New Member Renewing Member Change of Address

Name	
Address	
City	
State	Zip
Email Address	
Phone	
Birthdate*:	

Type of Membership

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

Family Member Information

Name 1	Birth Date*
Name 2	Birth Date*
Name 3	Birth Date*
Name 4	Birth Date*

I would like to opt out of

Club Email Announcements *Quick Release Mailing* (issues are available at www.spfldcycling.org)

I would like to help with SBC activities Yes No

If Yes, please check any specific areas of interest

Lead bike rides Help with social activities Help with bicycle advocacy
 Help with Capital City Century Serve on the SBC Board Other _____

Legal Waiver

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

Signature _____

Parent/ Guardian _____

Date Signed _____

Official SBC Name Badge

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

Badge Name: _____

Mail with Check to:

Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705

* Providing birth dates is optional, but recommended to help us keep track of club demographics.

Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705

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Springfield, IL
Permit #800

Springfield Bicycle Club Board Members

President

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