



the Quick Release

www.spfldcycling.org

January 2012

Ride of the Month

Lynn Miller's ride to Auburn was voted the Ride of the Month for November. Lynn had originally planned a trip to Salisbury, but the riders persuaded him to change course due to a 20 mph wind from the south. Lynn led the group down the trail to Chatham and on to Auburn for a leisurely lunch, followed by a great tailwind for the ride back on Curran Road. Thanks Lynn.

Almost Anything Award

This month's Almost Anything Award goes to Brad Lott for overhauling the design of the SBC web site. Brad designed the layout, developed the formatting code and provided a header graphic that brings much-needed color to the site. The new design will also make it easier for the webmaster to add content and keep the site updated.

Honorable mention goes to the Springfield Road Runners Club for sponsoring the Annual Cold Duck Run, which is held at the Washington Park Pavilion on Thanksgiving morning. This event provides an opportunity for runners and cyclists to socialize, with a nice bonfire and plenty of food and drink.

Monthly Ride Leader Incentive Drawing

Cindy Kvamme won this month's Rider Leader Incentive Drawing. Cindy will receive a \$50 gift certificate to a bike shop of her choice. Thank you to all volunteers who contributed their time to offer rides for the month.

What's Inside:

President's Column.....	P 3
Biking in Winter	P 4
Biking Academy	P 5
Winter Party Information	P 6
Ride Schedule	PP 7-9
Karl and Christine Kohlrus and Deeanna Shidler 2011 Bicycle Trip	PP 10-12
Board Meeting Notes	P 13-14
Secretary's Report	P 14
Membership Application	P 15
Board Directory	back cover



Upcoming Events:

January 1

- New Years Day Ride*
- Lick Creek Wildlife Area*
- New Years Open House

January 2

- New Year's Weekend Holiday Ride (Show-N-Go)

January 4

- Board Meeting

January 7

- Hot Chocolate Ride*

January 14

- Bundle Up Ride*

January 16

- Martin Luther King's Birthday Ride (Show-N-Go)

January 27

- SBC Winter Party (see P6)

For starting times and locations, refer to the ride schedule on PP 8-9.

*Schedule sometimes changes in winter due to weather. Please call ahead

SBC Annual Winter Party at Maldaner's January 27, 2012



If you plan to attend the meal portion of the party (see P6 for menu), please contact Jim Hajek by **JANUARY 23** at 698-7626 so he can get a final headcount to their caterer.

We also need your help for the slide show consisting of photos and short videos of our club members and club events set to music. We need many more photos for the event and are requesting your input. Please e-mail your SBC photos to photos@spfldcycling.org by **JANUARY 10**.

Thanks and see you at the party!

Jim Hajek

New Year's Day Open House with Marty and Christa Morris

Come join us to celebrate the
New Year with Friends, Family, and Food

10980 Darnell Road
Dawson, IL

New Year's Day
2:00 pm – 7 pm

Soup and snacks will be provided,
but please bring a dish to share

Submit Your Hours for Volunteer Incentive Drawing

by Kevin Greene, Incentive Chair

Volunteers are SBC's greatest assets. In order to recognize the efforts of the 2011 volunteers, SBC will once again hold a drawing at the Winter Party on Friday, January 27, based on hours worked during the past year.

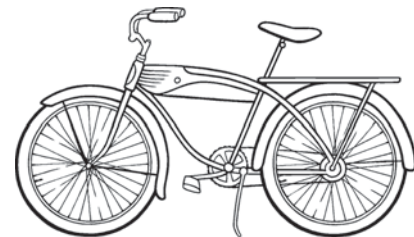
Anyone who has volunteered five hours or more at SBC sponsored or endorsed events should submit their name and total hours to the Incentive Chair no later than **JANUARY 20**. Volunteers' names will be placed in a drawing for every five hours worked. Four gift certificates of \$50, redeemable at the bike shop of the member's choice, will be presented to the winners.

Please send in your volunteer hours to Kevin Greene at:

incentive@spfldcycling.org.

Biking Academy Starts in February

see story on P5



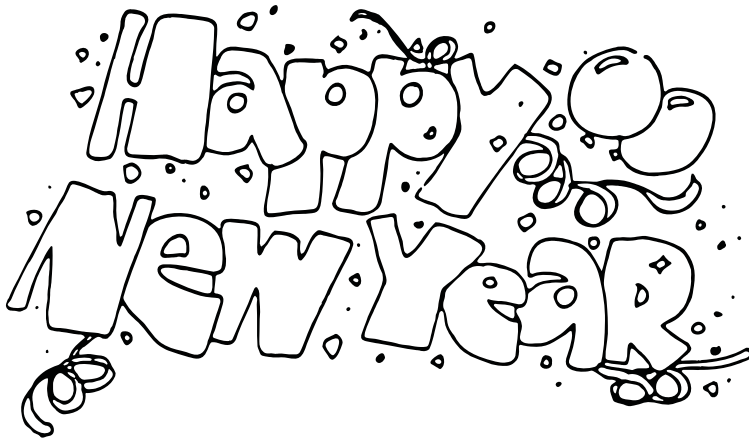
QR Deadline is the

15th

of the month

President's Column

by Tom Clark, President



Hope you and yours are having a wonderful holiday season with friends and family. New Years is a time when we set goals for ourselves. The bike club made good progress on its goals in 2011 and hopes to continue to do so in 2012 – growing membership and providing engaging member activities, impacting our community, and simplifying the way we do things.

SBC is getting off to a great start in 2012 with four events on New Year's Day: a Holiday A-Ride from Vredenburg Park at 9 a.m., the annual ride from Rock-N-Roll Hardees and a

hike at Lick Creek at Noon, and an Open House at Marty and Christa Morris' home from 2 to 7 p.m. Call 494-4028 if you have question about the Open House. See the Ride Schedule for details.

Mark your calendars and reserve a seat for Winter Party! Social Chair Jim Hajek is hosting the Winter Party at Maldaners on Friday, January 27. *SBC members must contact him at 698-7626 or social(at)spfldcycling.org by Monday, January 23 to reserve seats for the free buffet dinner. There's no need to contact Jim unless you want to reserve seats. All are welcome to attend the awards program and slide show that follows. See the article elsewhere in QR for details.*

Winter Party photos needed. Our annual awards are presented at the Winter Party, including Ride Leader and Volunteer incentive drawings, the No-Bell Award, and Spinner Mileage Awards. Brad Lott will present the slide show this year. *Please email Winter Party slide show photos to Brad Lott no later than Tuesday, January 10 at bradlott@comcast.net.*

We had a great turnout for our October, November and December SBC Socializers. We'll skip January and resume the Socializer series on February 8 at a location TBA.

Biking Academy resumes! During the grey winter months, it is nice to be aware that new adventures await us in the spring. Naomi Greene is organizing a Biking Academy once again for 2012. This event series was a big hit when it was last offered in 2010. See the article elsewhere in this month's QR.

Cycling Challenge continues! Derek and Brigetta Ewing plan to offer a SBC Great Cycling Challenge event series once again in 2012, with the able assistance of Kent Kraft. Tentative dates are all Sundays: April 29, May 20, July 22, August 26, and Sept. 9 (CCC).

In January and February, we'll continue to offer mostly Show-N-Go ride opportunities for those hardy souls interested in group rides during the winter months. We will also schedule some member-led rides each month that afford opportunities to socialize or share food.

Time Change. *Based on rider feedback, Lisa Kidd has moved the weekend and holiday A-Ride start time back to 9:00 a.m.* A-Riders should call ahead in winter, as weather conditions may affect start times. These fast-paced A-Rides complement our moderately paced Club Rides.

Biking in Winter

Reprinted from the Website of the League of Illinois Bicyclists

The weather becoming cooler is no reason to put your bicycle in a corner of the garage and stop riding. With some tips and a few rides, you will soon find that winter riding can make you smile at winter forecasts.

Clothing

One of the most obvious things that you will need to consider is what to wear. Wear a thin hat that fits under your helmet and covers your ears. Many winter cyclists also wear something to cover their lower face and neck. What you wear on your hands will depend on how cold it is and what type of riding you will be doing from full fingered gloves that are wind resistant, for milder weather, to ski gloves or windproof mittens over gloves.

For your body, layers are key, with having the outermost layer being windproof and water resistant or waterproof. Zippers, in the front as well as your underarms, can help prevent you from overheating. If you are not cold when you start, you are probably overdressed.

For your feet, wearing thick socks is a good idea; but, make sure that you still have wiggle room in your shoes. If your toes are too cramped, it will reduce circulation which will make your feet colder. Options range from bike shoes with shoe covers, hiking or heavy boots with flat pedals or winter bike shoes. For longer rides when it is really cold, some use adhesive toe warmers. Another reusable, but more expensive option, are heating inserts you can put in your shoes that hook up to small batteries.

Where to Ride

During the winter, you may find it easier to stay warm on mountain bike rides. The trees tend to block the wind and you are usually going slower than if you were on pavement, so there is less of a wind chill effect. After a heavy snow, it will usually take a few days for the snow to get packed down enough for the trails to be rideable.

Many still do plenty of riding on pavement in the winter as well. Most paved paths are not plowed and tend to not be rideable on skinny tires until the snow thaws. Immediately after the streets have been plowed, streets can still be slippery; but, within a day or so the pavement is usually clear and dry.

Hydration

Keeping your water from becoming ice is a little harder. Hydration systems can work if you remember to blow into the tube when you are finished drinking. Insulated water bottles are another option. Keeping a bottle in your jersey pocket can also work, as your body heat keeps the water from freezing.

Bike Maintenance

Bikes ridden during the winter will need more "TLC." Road salt and water can cause excess wear on your bike. Clean your bike frequently and be sure to wipe down your bike after every ride.

The more, the merrier.

Riding with a group always makes it seem less cold. And, the more you ride, the less brutal the weather seems. "I ride in the winter to stay fit, save money and stave off the cold weather blues." said Gin Kilgore, Bike Winter co-founder and a program manager at the League of Illinois Bicyclists. Riding in the winter can allow you to enjoy extra holiday festivities without worrying about extra pounds. For more information on bicycling and the League of Illinois Bicyclists, visit www.bikelib.org. Other resources for winter bicycling are Bike Winter and BikeCommuters.com.

Posted October 28th, 2011

Biking Academy Starts in February

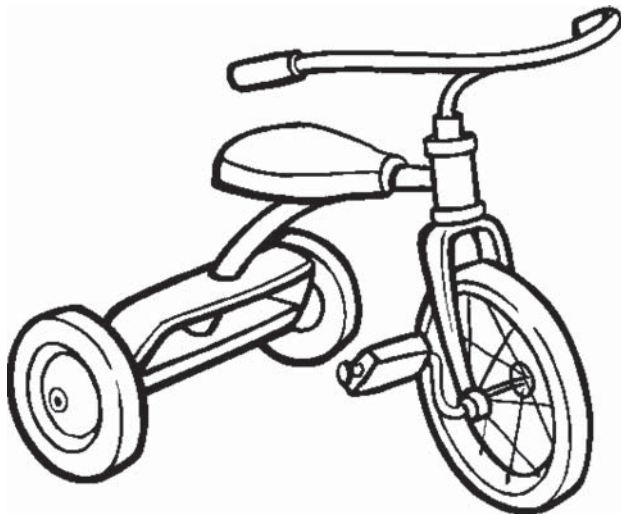
by Naomi Greene

The Springfield Bicycle Club's Biking Academy gets off to an earlier start in 2012 with classroom sessions in February, March and April followed by academy rides or club rides. Topics covered in the class sessions include group riding; commuter tips; bike selection, fit and attire; riding styles and needs; fueling your body for endurance; ABC quick check and fixing a flat.

The course starts with a club orientation and a class session in February. Watch for dates and location in the February issue the QR and on the club website.

There is a \$15 fee (\$20 per couple). SBC members can have the fee applied to next year's membership. Participants must be at least 18 years of age and should have a ride-ready bike. The program is open to both beginner and intermediate riders.

For more information please contact Naomi Greene at 793-9622, or kngreene (at) Comcast (dot) net. SBC members are invited to support our academy riders!



Nothing compares
to the simple
pleasures of a bike
ride.

John F. Kennedy

JOIN US FOR THE 2012 SBC WINTER PARTY

*Good food with good friends -- a winning combination!
(The meal requires preregistration)*



The Springfield Bicycle Club will be holding its annual Winter Party at Maldaner's Restaurant in downtown Springfield on Friday January 27, 2012.

The restaurant is located at 222 South 6th Street. The food service is free to club members; this is a **non**-potluck event. Maldaners will handle setup and cleanup.

Socializing will start at 6:30 pm and the buffet will be ready for serving at 7 pm. A Cash Bar will be available. Here is the menu:

2 ENTRÉE BUFFET

Short Ribs

Vegetable Lasagna

Scalloped Potatoes

Chefs Choice 2 Hot Vegetables

Mixed Green Salad with 3 Dressings

Bread, Butter, Coffee or Tea

Dessert: Apple Crisp with Ice Cream and Homemade Carmel Sauce

After the buffet dinner, we will hold the Ride Leader and Volunteer Incentive drawings, bestow the NoBell Award and the Spinner Mileage Awards, and then watch the slide show. If you have photos to submit for the slide show, please e-mail them to:

photos@spfldcycling.org.

Members may bring one guest. Please call Jim Hajek at 698-7626 with a head count if you plan to attend the meal portion of the party. This is very important to Maldaner's in planning food preparation. The deadline for signing up is January 23rd. If you have to cancel, please inform Jim by the 23rd also as this is when the final head count is submitted. The club will be charged for no shows. Let's make this one of the best attended club activities in years!

January 2012 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	
Code	Definition
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 leaders 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, experience 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 biking 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 vp@spfldcycling.org .

January 2012 Ride Schedule

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.
Tuesday 9:00 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.
Tuesday 6:00 p.m.	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Show-N-Go	BCD — Show-N-Go along the Lost Bridge Trail. Lights required. Turn miles in to the club records keeper. QUESTION: DO WE WANT TO DO THIS RIDE IN 2012, AS IN 2011?
Thursday 6:00 p.m.	Parkway Pointe theater Lindbergh & Robbins Rd Show-N-Go	BCD — Show-N-Go along the Wabash and Interurban Trails. Lights required. Turn miles in to the club records keeper.
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. * Disclaimer: Schedule sometimes changes in winter due to weather. Please call ahead.
Saturdays Noon	R & M Cyclery 832 West Washington Robert LaBonte, 544-9550	MB – Rendezvous at R & M Cyclery by Noon, then car caravan to one of the area's mountain bike trails ride for an hour or so. Ride is dependent on weather and trail conditions.
Sundays 9:00 a.m. *	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	Weekend A-Ride. See Saturday Weekend A-Ride description. * Disclaimer: Schedule sometimes changes in winter due to weather. Please call ahead.
Scheduled Rides and Events		<i>Check start times!</i>
Sunday January 1 9:00 a.m.*	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	Holiday A-Ride. See Saturday Weekend A-Ride description. * Disclaimer: Schedule sometimes changes in winter due to weather. Please call ahead.
Sunday January 1 Noon	Rock 'N Roll Hardees 2501 Adlai Stevenson Dr. Marty Celnick, 522-4206	ABCD – New Years Day Ride. Ride for 10-25 miles. Start the year doing something you love.

Sunday January 1 Noon	Mountain Bike New Year's Day Hike Kent Kraft 787-6974	Lick Creek Wildlife Area. Kent will lead a hike across the creek and into the woods to somewhere other than Grandma's house.
Sunday January 1 2:00-7:00p.m.	Residence 10980 Darnell Road, Dawson Christa McLaren Morris,494-4028	New Years Open House. Come join Marty and Christa Morris to celebrate the New Year with friends, family and food. Soup and snacks will be provided, but please bring a dish to share.
Monday January 2 9:00 a.m.*	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	Holiday A-Ride. See Saturday Weekend A-Ride description. * Disclaimer: Schedule sometimes changes in winter due to weather. Please call ahead.
Monday January 2 Noon	Vredenburg Park Saxon Dr. & Crusaders Rd Tom Clark, 726-5560	Show-N-Go – New Year's Weekend Holiday Ride. Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from west end parking lot on Robbins Road. Turn in your miles to the Records Keeper.
Wednesday January 4 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 January 7 Noon	Hot Chocolate Ride Mark Rabin 529-7377 3605 Prairie Smoke Ct,	Hot Chocolate and other hot drinks. 15-25 miles, weather permitting. Just show up for hot chocolate and cookies if you don't want to ride. Who said Mark has no friends?
Sunday January 8 Noon	Vredenburg Park Saxon Dr. & Crusaders Rd Tom Clark, 726-5560	Show-N-Go – Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from west end parking lot on Robbins Road. Turn in your miles to the Records Keeper.
Saturday January 14 Noon	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Casson 891-3821	20-30 miles, weather dependent. Lisa C is a new and enthusiastic member, so bundle up and join her adventure..
Sunday January 15 Noon	Vredenburg Park Saxon Dr. & Crusaders Rd Tom Clark, 726-5560	Show-N-Go – Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from west end parking lot on Robbins Road. Turn in your miles to the Records Keeper.
Monday January 16 9:00 a.m.*	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	Holiday A-Ride. See Saturday Weekend A-Ride description. * Disclaimer: Schedule sometimes changes in winter due to weather. Please call ahead.
Monday January 16 Noon	Vredenburg Park Saxon Dr. & Crusaders Rd Tom Clark, 726-5560	Show-N-Go – Martin Luther King's Birthday Ride. Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from west end parking lot on Robbins Road. Turn in your miles to the Records Keeper.
Saturday January 21 Noon	Vredenburg Park Saxon Dr. & Crusaders Rd Tom Clark, 726-5560	Show-N-Go – Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from west end parking lot on Robbins Road. Turn in your miles to the Records Keeper.
Sunday January 22 Noon	Vredenburg Park Saxon Dr. & Crusaders Rd Tom Clark, 726-5560	Show-N-Go – Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from west end parking lot on Robbins Road. Turn in your miles to the Records Keeper.
Friday January 27 6:30 p.m. Socializer 7:00 Food	Maldaners Restaurant (upstairs) 222 South 6th Street Jim Hajek, 698-7626	NC – Winter Party. This year we are trying something new. <i>This event is free for each SBC member and a guest. However, the meal requires calling Jim by Jan 23.</i> The party begins at 6:30. The catered dinner is at 7:00, Incentive drawings, No-Bell award presentation, the annual Spinner Awards, and traditional slide show. Send photos to Brad Lott, bradlott@comcast.net. Deadline January 10
Saturday January 28 Noon	Vredenburg Park Saxon Dr. & Crusaders Rd Tom Clark, 726-5560	Show-N-Go – Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from west end parking lot on Robbins Road. Turn in your miles to the Records Keeper.
Sunday January 29 Noon	Vredenburg Park Saxon Dr. & Crusaders Rd Tom Clark, 726-5560	Show-N-Go – Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from west end parking lot on Robbins Road. Turn in your miles to the Records Keeper.

Karl and Christine Kohlrus and Deeanna Shidler **2011 Bicycle Trip**

Part 2: San Diego, CA to Kyle, TX – 1548 miles

Part 1: Kyle, TX to St. Augustine, FL – 1397 miles

Total 2945 miles

Karl Kohlrus is fulfilling his lifelong “bucket list” dream of riding his bicycle across the country. This became possible when Karl retired from City Water, Light & Power (CWLP) in October 2010 after a 31 year career. Christine Kohlrus is driving the support van. Deeanna Shidler, also from the Springfield Bicycle Club, decided to go along. Deeanna retired from Ameren in 2009. We decided to ride the Adventure Cycling Association Southern Route from San Diego, CA to St. Augustine, FL to avoid most of the western mountains and all of the eastern mountains, since neither of us like riding hills. Also, riding the Southern Route enables us to escape the Illinois winter weather. We decided to ride the eastern half first because Deeanna had to be in Florida last February and do the western half in the fall. We finished the eastern part last February 17th. Below is a day by day list of our adventures.

We began the second part of our journey on Thursday October 27th in San Diego, CA by dipping our rear wheels into the Pacific Ocean. 53 miles later after a net climb of over 4000 feet we ended up in Pine Valley, CA. It was one of the hardest rides of Karl’s life as he had to climb 1500 feet in the last 11 miles. After a rest day, we had to climb another 2000 feet before we were treated to a ten mile descent without pedaling through a beautiful rock-lined canyon on the shoulder of Interstate 8. (Yes, you are allowed to ride on the interstates in the west, because there are no alternate routes.) It was the most exhilarating and fun ride of Karl’s 25 year bicycling career. The next several days we crossed the desert across California into Arizona. We had to ride through Phoenix and then Mesa, AZ which took two days. When we reached Superior, AZ, Deeanna had multiple flats so she had to go back to a bike shop in Tempe with Christine to get a new tire and tubes. Karl had to ride from Superior to Globe, AZ by himself. This included a 400 foot long uphill tunnel filled with exhaust fumes as part of a 2100 foot climb. The terrain flattened out for a few days then we had another 2600 foot climb out of Three Way, AZ to the 6200 foot high point of the ride. We avoided the 8200 foot Emory Pass and rode downhill to Deming, NM then Las Cruces, NM. We then had to ride through El Paso, TX including nine miles on a six lane highway. From El Paso we followed the Rio Grande valley, then turned east for another 1800 foot climb to Fort Davis, TX, a beautiful quiet mountain town in west Texas. On the way to Del Rio, TX we had some rolling hills, but a nice tailwind so we rode 98 miles in one day. We then had four more climbs totaling 2600 feet into Vanderpool, TX. During the western part we ended up climbing a total of 4.5 miles. So much for missing the mountains! It was rolling hills, but more downhills than uphills and crosswinds for the last few days as we finished on Sunday, November 27th in Kyle, TX. Our “buckets” are now full!

2011 Kohlrus/Shidler Bike Trip Second Half

				KARL'S MILEAGE						DEEANNA'S MILEAGE	
Day	Date	From	To	Daily Miles	Total Miles	Percent Complete	Daily Quota	Cum Quota	Over -Under	Daily Miles	Total Miles
1	10/27	San Diego, CA	Pine Valley,CA	53	53	3.42%	48	48	5	42	42
2	10/28	REST DAY		0	53	3.42%	48	97	-44	11	53
3	10/29	Pine Valley,CA	El Centro, CA	72	125	8.07%	48	145	-20	72	125
4	10/30	El Centro, CA	Glamis, CA	54	179	11.56%	48	194	-15	54	179
5	10/31	Glamis, CA	Ehrenberg, AZ	53	232	14.99%	48	242	-10	53	232
6	11/1	Ehrenberg, AZ	Harcuvar, AZ	53	285	18.41%	48	290	-5	53	285
7	11/2	REST DAY		0	285	18.41%	48	339	-54	0	285
8	11/3	Harcuvar, AZ	Wickenburg, AZ	58	343	22.16%	48	387	-44	58	343
9	11/4	Wickenburg, AZ	Phoenix, AZ	66	409	26.42%	48	435	-26	66	409
10	11/5	Phoenix, AZ	Florence Junction, AZ	42	451	29.13%	48	484	-33	42	451
11	11/6	Florence Junction, AZ	Globe, AZ	40	491	31.72%	48	532	-41	14	465
12	11/7	Globe, AZ	Fort Thomas, AZ	54	545	35.21%	48	581	-36	54	519
13	11/8	Fort Thomas, AZ	Three Way, AZ	56	601	38.82%	48	629	-28	56	575
14	11/9	Three Way, AZ	Buckhorn, NM	44	645	41.67%	48	677	-32	44	619
15	11/10	Buckhorn, NM	Silver City, NM	37	682	44.06%	48	726	-44	37	656
16	11/11	Silver City, NM	Deming, NM	53	735	47.48%	48	774	-39	53	709
17	11/12	Deming, NM	Las Cruces, NM	56	791	51.10%	48	822	-31	56	765
18	11/13	REST DAY		0	791	51.10%	48	871	-80	0	765
19	11/14	Las Cruces, NM	El Paso, TX	58	849	54.84%	48	919	-70	58	823
20	11/15	El Paso, TX	Esperanza, TX	62	911	58.85%	48	968	-57	62	885
21	11/16	Esperanza, TX	Van Horn, TX	51	962	62.14%	48	1016	-54	51	936
22	11/17	Van Horn, TX	Kent, TX	45	1007	65.05%	48	1064	-57	45	981
23	11/18	Kent, TX	Fort Davis, TX	44	1051	67.89%	48	1113	-62	44	1025
24	11/19	Fort Davis, TX	Marathon, TX	55	1106	71.45%	48	1161	-55	26	1051
25	11/20	REST DAY		0	1106	71.45%	48	1209	-103	0	1051
26	11/21	Marathon, TX	Dryden, TX	74	1180	76.23%	48	1258	-78	74	1125
27	11/22	Dryden, TX	Del Rio, TX	98	1278	82.56%	48	1306	-28	98	1223
28	11/23	Del Rio, TX	Montell, TX	70	1348	87.08%	48	1355	-7	70	1293
29	11/24	Montell, TX	Vanderpool, TX	52	1400	90.44%	48	1403	-3	52	1345
30	11/25	Vanderpool, TX	Comfort, TX	64	1464	94.57%	48	1451	13	64	1409
31	11/26	Comfort, TX	Wimberley, TX	66	1530	98.84%	48	1500	30	66	1475
32	11/27	Wimberley, TX	Kyle, TX	18	1548	100.00%	48	1548	0	18	1493

2011 Bike Trip First Half

Day		Date		From		To		KARL'S MILEAGE						DEEANNA'S MILEAGE		CHRISTINE'S MILEAGE	
								Total Miles	Percent Complete	Daily Quota	Cum. Quota	Over - Under	Daily Miles	Total Miles	Daily Miles	Total Miles	
1	1/18			Kyle, TX		Bastrop Park, TX		52	3.72%	44	44	8	52	52	0		
2	1/19			Bastrop Park, TX		Round Top, TX		60	8.02%	44	87	25	60	112	0		
3	1/20			Round Top, TX		Navasota, TX		44	11.17%	44	131	25	44	156	0		
4	1/21			Navasota, TX		New Waverly, TX		42	14.17%	44	175	23	42	198	0		
5	1/22			New Waverly, TX		Thicket, TX		64	18.75%	44	218	44	23	221	21		
6	1/23			Thicket, TX		Kirbyville, TX		61	23.12%	44	262	61	61	282	21		
7	1/24			RAIN DAY				0	23.12%	44	306	17	0	282	21		
8	1/25			Kirbyville, TX		Oberlin, LA		81	28.92%	44	349	55	81	363	21		
9	1/26			Oberlin, LA		Washington, LA		61	33.29%	44	393	72	61	424	21		
10	1/27			Washington, LA		Simmesport, LA		60	37.58%	44	437	88	33	457	21		
11	1/28			Simmesport, LA		Jackson, LA		56	41.59%	44	480	101	54	511	21		
12	1/29			Jackson, LA		Bolivar, LA		58	45.74%	44	524	115	58	569	21		
13	1/30			RAIN DAY				0	45.74%	44	568	71	0	569	21		
14	1/31			REST DAY				0	45.74%	44	611	28	0	569	21		
15	2/1			Bolivar, LA		Franklinton, LA		16	46.89%	44	655	0	16	585	21		
16	2/2			Franklinton, LA		Poplarville, MS		60	51.18%	44	699	17	45	630	21		
17	2/3			Poplarville, MS		Vanceleave, MS		56	55.19%	44	742	29	56	686	21		
18	2/4			RAIN DAY				0	55.19%	44	786	-15	0	686	21		
19	2/5			Vanceleave, MS		Dauphin Island		70	60.20%	44	829	12	70	756	21		
20	2/6			Dauphin Island		Pleasant Grove, FL		46	63.49%	44	873	14	0	756	41		
21	2/7			Pleasant Grove, FL		Milton, FL		46	66.79%	44	917	16	46	802	41		
22	2/8			Milton, FL		DeFuniak Springs, FL		52	70.51%	44	960	25	52	854	41		
23	2/9			DeFuniak Springs, FL		Cottondale, FL		48	73.94%	44	1004	29	30	884	41		
24	2/10			Cottondale, FL		Chattahoochee, FL		36	76.52%	44	1048	21	36	920	41		
25	2/11			Chattahoochee, FL		Midway, FL		35	79.03%	44	1091	13	21	941	41		
26	2/12			Midway, FL		Greenville, FL		72	84.18%	44	1135	41	53	994	61		
27	2/13			Greenville, FL		Wellborn, FL		62	88.62%	44	1179	59	62	1056	61		
28	2/14			Wellborn, FL		Gainesville, FL		70	93.63%	44	1222	86	70	1126	61		
29	2/15			Gainesville, FL		East Palatka, FL		61	98.00%	44	1266	103	40	1166	82		
30	2/16			East Palatka, FL		Vermont Heights, FL		19	99.36%	44	1310	78	19	1185	82		
31	2/17			Vermont Heights, FL		St. Augustine, FL		9	100.00%	44	1353	44	23	1208	105		
32	2/18			FINISHED				1397	100.00%	44	1397			1208	105		

Board Meeting Notes - December 7, 2011

by Stephen Paca, Recording Secretary

Present. Ken Anderson, Stephen Paca, Dave Lucas, Jim Hajek, Kevin Greene, Lynn Miller, Marty Celnick, Alan Whitaker, and Mike Schwab.

The meeting was called to order by Ken Anderson at 7:10 p.m.

President's Remarks. Ken Anderson conducted the Board meeting, as Tom Clark was not able to attend.

Minutes. Stephen Paca distributed a draft of the minutes from the December 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 \$19,454.91 for the period ending 11/30/11. Kevin Greene made a motion to approve the Treasurer's Report; Alan Whitaker seconded the motion; and the Board approved the report.

Dave announced that he will earmark the funds recently received from the Sangamon Valley Trails Coalition.

Special Events Report. No report.

Legislative/Education Report. Kevin Greene reported that release of the draft Bicycle and Pedestrian Plan for the Springfield Metropolitan Planning Area has been postponed at the request of the City of Springfield Dept. of Public Works. The public works department has requested additional time to study the recommended improvements to the bicycle and pedestrian routes in the city.

Lynn Miller announced that the minimum number of 1500 pre-registrants has been reached for the Share the Road license plates. The League of Illinois Bicyclists will be contacting those who signed up for the plates about completing the process.

Social Chair Report. Jim Hajek reported that all plans are set for the Dec. 14th socializer at Dublin Pub on Wabash. Jim circulated a draft of the Winter Party announcement. Brad Lott volunteered to run the slideshow presentation. Dave suggested sending a special invitation to Spinner Award winners. Jim

hasn't booked any socializers beyond January; Kevin suggested Boone's Saloon as the next venue, Jim will explore that option.

Incentive Chair Report. Lynn Miller's Not-Salisbury ride was voted Ride of the Month for November. The Almost Anything Award was given to Brad Lott for designing the update to the club's website. Cindy Kvamme's name was drawn for the monthly ride leader incentive award. Kevin will be asking people to submit their club volunteer hours for the year.

Ride Committee Report. Lynn Miller reported that some weekends in January are open if ride leaders wish to sign up for rides; otherwise, the standard Winter Show-N-Go rides from Vredenburg Park will apply.

Mountain Bike Report. Ken Anderson relayed Kent Kraft's goals for 2012: New Year's Day Hike; a trip to Peoria area trails; Take a Kid on the mountain bike trails day, departing from Lewis Memorial Christian Village; a trip to Brown County State Park in Indiana; and a Trail-a-thon on the last weekend in October.

Newsletter Editor Report. Marty Celnick reported that he received Karl Kohlrus's trip report, and will run that in the next issue. Shirley Baer notified Dave that Scheels wanted to be added to the newsletter distribution list. Ken and Dave will start the distribution at Scheels at 25 copies per month and adjust as necessary.

Webmaster Report. Alan Whitaker reported that he began implementing Brad Lott's redesign of the club's website, and that conversion of all pages to the new design will be completed soon. Alan announced that he removed the "For Sale" page from the site, as other more useful options exist. Tom asked Alan to send out an announcement seeking NoBell Award nominations; Alan will include information about a phone number correction for Christa McLaren-Morris and the Winter Party in that announcement.

NOTES

Continued from P13

Old Business. Lynn reported that he will register the club for a membership in the Alliance for Biking and Walking. The Board previously approved this action.

New Business. Mike Schwab reported on “Bicycle Friendly” stickers, which are intended for people to place in highly visible locations—such as residential mailboxes—to let passing cyclists know that they are bike friendly places, where cyclists could receive assistance in the form of water, use of restrooms, temporary shelter from the weather, etc. The organization is willing to sell the stickers to the club for \$0.50 each; the club would then sell the stickers for \$1.00. The Board will keep these stickers in mind for the future.

On behalf of Naomi Greene, Kevin distributed a proposal for the 2012 Biking Academy. Mike Schwab made a motion to approve Naomi’s proposal; Alan Whitaker seconded the motion; and the Board unanimously approved the motion.

The meeting adjourned at 8:31 p.m. The next meeting is scheduled for Wednesday, January 4th, 2011 at 7:00 p.m. at the home of Ken and Sandy Anderson.

Secretary’s Report*by Ken Anderson, Secretary***Renewals**

- Ed & Linda Caupert
- Harv Koplo and Annette Chinuge
- Robert and Cydne LaBonte
- Bob and Judy Carmody

Renewals at the Contributing Level

- Susan Hack
- David Ross and Sheryl Essenburg

Renewals at the Sustaining Level

- Kevin and Naomi Greene

New Members

- Neil & Heather Glessner

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.

Share the Road License Plate

New and State-approved for Illinois motorists! Deliver a key message of the League of Illinois Bicyclists while supporting LIB’s motorist and bicyclist education efforts. We have reached the 1500 minimum needed to start the production process!

LIB is a not-for-profit organization dedicated to improving bicycling conditions in Illinois. Members of LIBs are statewide advocates for all Illinois bicyclists, promoting bicycle access, education, and safety.

For more information, visit:

<http://www.bikelib.org/2011/12/weverreached-1500/>



Springfield Bicycle Club Membership Application

New Member

Renewing Member

Change of Address

Name		
Address		
City		
State	Zip	
E-mail Address(es)		
Phone(s)		
Birth date*		

Type of Membership (check one):

Individual: \$15 per year

Family: \$20 per year

Contributing: \$25 per year

Sustaining: \$50 per year

Patron: \$100 per year

Corporate: \$100 per 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 e-mail 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 w/ 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:	Date Signed:
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** extra and print your name (clearly) on the following line as you would like it to appear on your name badge:

Badge Name: _____

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

<p><u>Mail with Check to:</u></p> <p style="text-align: center;">Springfield Bicycle Club Post Office Box 2203 Springfield, IL 62705</p>

Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705
Address Service Requested
Not for Commercial Use

Presorted Standard
U.S. Postage Paid
Springfield, IL
Permit #800

Springfield Bicycle Board Members

President

Tom Clark
726-5560
president(at)spfldcycling.org

Treasurer

Dave Lucas
753-3831
treasurer(at)spfldcycling.org

Legislative/Educational

Bill Donels / Lynn Miller
546-8036 / 787-3354
legislative(at)spfldcycling.org

Records

David McDivitt
787-5964
records(at)spfldcycling.org

Vice President

Karl Kohlrus
544-8410
vp(at)spfldcycling.org

Special Events

VACANT
events(at)spfldcycling.org

Web Master

Alan Whitaker
494-6807
webmaster(at)spfldcycling.org

At-Large Members

Mike Schwab
801-7224
at-large(at)spfldcycling.org

Board Secretary

Ken Anderson
522-3876
secretary(at)spfldcycling.org

Mountain Bike Chair

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

QR Editor

Marty Celnick / Shirley Baer
522-4206
editor(at)spfldcycling.org

Recording Secretary

Stephen Paca
766-2604
recording(at)spfldcycling.org

Social Co-Chair

Jim Hajek
698-7626
social(at)spfldcycling.org

Incentive Chair

Kevin Greene
793-9622
incentive(at)spfldcycling.org

Quick Release Advertisement Rates: Half Page: \$20 Full Page: \$40

Payment is required in advance for all business ads. Ad copy should be sent to the QR Editor no later than the 12th of the month in order for ad to appear in the following month's QR. Individual club members (excluding businesses) may list bicycling-rated items to buy or sell without charge.