



RIDE OF THE MONTH
39 is a Good Year for Aaron Shehan

Aaron Shehan led a birthday ride from Rochester. The 33 mile ride (Notice he wasn't even riding enough miles to equal his age!) left from Rochester Station continued to New Holland and back to Rochester. Birthdays, of course, require refreshments and birthday cake and Gatorade was enjoyed. Thank you, Aaron, for a great ride sharing your birthday with Bike Club friends.

ALMOST ANYTHING AWARD
Mike Becker gives 25 pounds of lead to the Bike Club

Last month Mike Becker received the Lead Water Bottle award for offering to recreate a "proper" lead water bottle for the club. This month Dave Ross was given not only the reincarnation of that "proper" water bottle, but a spare as well. **And** Dave was also given extra lead shot in case it was needed. Thank you, Mike, for going above and beyond for the cause of the Lead Water Bottle.

LEAD WATER BOTTLE
Was George's loss of focus due to Marilyn Powell's embrace?

This month's Lead Water Bottle recipient was nominated by Lynn Miller as follows: "At Marty Celnick's ride, Marilyn Powell showed off a photo of herself in an embrace with George Hincappe at the Greenville Classic in South Carolina. She proudly announced that while she finished 2nd in her division, George was 28th in his. Could it be that Marilyn's advances caused George to lose focus? Maybe the Lead will discourage Marilyn from being the 'spoiler' for our cycling heroes. Memo to Chuck: Keep Marilyn away from the Tour de France!" Marilyn, you are fortunate to be the first rider to receive the reincarnated award mentioned in the above paragraph—Congratulations!

The President's Report

Dave Ross

Most groups, organizations, and families have certain traditions. In an office, these traditions are sometimes seen as a “corporate culture.” In families, there are often traditions associated with various holidays. Traditions can connect us to the past and can remind us of our roots. Some traditions—like dressing up for Hallowe'en—are just plain fun.

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various holidays. Traditions can connect us to the past and can remind us of our roots. Some traditions—like dressing up for Hallowe'en—are just plain fun. The SBC has a number of traditions, too. We were reminded of the origin of one of our traditions recently when the Lead Water Bottle was lost. The LWB is not just a symbolic award—there is an actual water bottle filled with lead shot that goes to the “lucky” recipient. Fortunately, Mike Becker remembered the history of the LWB and recreated this noteworthy—er, notorious—award for us. Thanks, Mike!

Another SBC tradition is the annual holiday party at the Beach House. Alan and Harriet have been doing a great job of planning and coordinating the party, and Garland is putting together another fantastic slide show for us. I hope to see you there.

Thanks to all of you for all you do for the Club. See you on the road!

Pardon Our Dust!

This month's *Quick Release* is in a different version of Publisher than prior editions. Many recurring features had to be created anew due to file conversion issues. We'll work to improve the look and feel of the QR in the future.

— The Editor

Board Meeting Notes — October 5, 2005

Connie Roberts, Recording Secretary

Attending: Dave Ross, Cindy Kvamme, Kevin Brown, Ken Anderson, Dave Lucas, Cathy Yeamon, Alan Josephson, Sue Hack, Karl Kohlrus, Marty Celnick, Bill Donels, Aaron Shehan, Jerry Ihnen, Bill Winberg (Springfield Tri-Fest), Connie Roberts.

Minutes of the September meeting were approved.

Treasurer's Report. Dave Lucas reported that we have a balance of \$20,401.43. He also reported that the CCC was a success with 524 riders and a profit of \$3,902.60. The SBC will also donate \$1000 to The League of Illinois Bicyclists and \$100 to the Radio Club. It was decided that we would sacrifice our deposit with Pepsi for the lost tubs at the CCC.

Special Events. Cathy Yeamon discussed plans for the 2006 CCC.

Ride Schedule and Meetings. The next board meeting will be on Wednesday, November 2, at Ken Anderson's house. The December meeting will be on

Wednesday, December 7. Kevin Brown reported that there are still many open ride dates in November and that he will begin calling for recruits. He also said he is open to any ideas for walks Ride Schedule and Meetings. The next board meeting will be on Wednesday, November 2, at Ken Anderson's house. The December meeting will be on Wednesday, December 7. Kevin Brown reported that there are still many open ride dates in November and that he will begin calling for recruits. He also said he is open to any ideas for walk-Awards. Sue Hack presided over the awards. The Ride of the Month was awarded to Karl Kohlrus for his Labor Day ride to Mt. Pulaski. The Almost Anything Award had several nominees. Ken Anderson for organizing the Senior Olympics. Bill Donels and Lynn Miller for all of their hard work on the Interurban Trail issue. All of the volunteers who helped with the CCC. Curt Evoy for his hard work on the Quick Release. The award went to Bill Donels and Lynn Miller. The Lead Water

Bottle Award had two nominees. All of the riders who passed Marty on 9 mile lane during the CCC and never moved over for a car to pass, even though Marty alerted them to a car back numerous times. Mike Becker for buying a high wheeler over 5 years ago and keeping it in his living room because he is too afraid to get on it. Also for being willing to recreate a lead water bottle just like the original lead water bottle he made in 1988. The award went to Mike Becker. He can make the new lead water bottle and keep it for the first month.

Legislative / Education Report. Bill Donels updated us on the tentative agreement regarding the Interurban Trail during the MacArthur Boulevard extension. He informed us that the project may be delayed due to the funding not being firmly in place.

Social Chair Report. Alan Josephson reported that a couple of cards had been sent out this month. He also stressed the Holiday Party is

Continued on next page

Board Notes**Continued from p. 3**

Sunday, December 11 and to get any pictures to Garland Stevens by November 15th.

Quick Release. Marty Celnick reported that he is having some trouble getting the program to run on his computer but hopes to get it worked out soon. Cathy suggested she would like to see old stories and archives in the QR.

Old Business. Ken Anderson thanks everyone that volunteered at the Senior Olympics.

New Business. Bill Winberg came to ask for the SBC's support with a new event called the Springfield Tri-Fest. This will take place July 15-16, 2006. There will be an international distance triathlon called Iron Abe and the Stoneman sprint triathlon which will take place on Sunday, July 16th. After some discussion the SBC

agreed to provide volunteers to mark the route, sweep the route corners, and provide corner marshals. The Board also decided to support the SIU Think First Program.

Next meeting: 7:00 p.m., Wednesday, November 2, at Ken Anderson's home, 2301 Sangamon Avenue.

Thanks to Cindy Kvamme for her hospitality. The meeting was adjourned.

Notes from the Incentive Chairperson

Anyone with volunteer hours that have not been turned in needs to turn them in to Sue Hack (546-4514 or shack2@earthlink.net) by December 5, 2005. The drawing for a bike shop gift certificate will be held at the Holiday Party.

For those of you who are filling in your January, 2006, calendars--the Spinner Awards will be on Wednesday, January 25, 2006, at 7 p.m. at the Days Inn Motel.

RIDERS OF THE MONTH

10/05 Lance Kidd 842 mi.	6/05 Cathy Yeaman 1092 mi.	2/05 Lynn Miller 565 mi.
9/05 Ruth Magos 690 mi.	5/05 Pete Gudmundson 1006 mi.	1/05 Tom Clark 373 mi.
8/05 Derek Ewing 976 mi.	4/05 Byron Nesbitt 607 mi.	12/04 Dave Ross 388 mi.
7/05 Arden Gregory 844 mi.	3/05 Marty Celnick 540 mi.	11/04 Lisa Kidd 360 mi.



Holiday Party

Alan & Harriet Josephson

Just another few weeks until we join together for our famous Holiday Party at the Beach House. Yes, on Sunday December 11, 2005 treat yourselves, family and friends to a relaxing and enjoyable evening. If you would like, bring a wrapped white elephant bicycling gift for exchange. Bring a dish to share (see name-based suggestions below) and any photos you wish to give away. After our food feast, enjoy the volunteer incentive drawings, No-Bell award presentation and slide show.



2:30PM Come decorate the Beach House-
Alan & Harriet really need help!
5:00PM Pre-dinner celebration
6:00PM Potluck dinner
8:00PM+ *Please* stay and help cleanup.
The more help, the quicker we can leave.

Potluck Suggestions (based on the first initial of last name)

A_F: Salads **G-L:** Veggies **M-R:** Desserts **S-Z:** Breads or Pasta

Please contact Alan & Harriet Josephson 793-0590 to volunteer.



Member Profile

Profiled this month:

DAVE ROSS, President,
Springfield Bicycle Club

This is the first of a series of articles that will profile members of the Springfield Bicycle Club. Hopefully, these profiles will add a few extra dimensions to the folks that we ride with but know little about other than the type of bike(s) they ride and how fast they are.

As a first in the series, it was felt appropriate to begin with our newly elected president, Dave Ross. We're learning the various functions of Publisher and decided to tackle pictures later in an upcoming issue. Otherwise we'd put Dave's picture here.

Age? 51

Family? Married to Sheryl Essenburg; 3 children; Sarah (22), Beth (18) and Craig (15).

Occupation? Computer Geek, Professor of Computer Studies, Robert Morris College.

Daily bike commuter? Only now and then; not enough to be significant.

Number of years ridden? Rode a little bit in college; bought my first "serious" road bike circa 1979, it's the Peugeot I still ride. By the

time Craig was born, I dropped out of riding for about a dozen years and started up again about 2002. It's great to be back!

Ride how many days/week?
Three or four.

Bikes owned? Two, the Peugeot and a Vision recumbent *Dream bike?* The next one. I'd like to upgrade my road bike - - another "touring" bike like the Peugeot, but lighter and faster. It's the bike that's holding me back, right?

Favorite type of riding?
Any time I'm on a bike is



my favorite type of riding. However, sometimes when I'm slogging on my own, I keep my mind occupied playing "It Could Be Worse". There could be a steep hill. And gravel. A headwind. Rain. A whiff of skunk. Etc.

Proudest bicycling experience? Completing my first Century in 2003.

Most embarrassing bicycling experience? Running into my son, Craig, at the end of the Lost Bridge Trail

and breaking my arm. Sheesh!

*If I won the lottery, I would.....*Get that dream bike and spend more time riding.

*If I were president (USA) for a day, I would.....*Put more money into education than wars.

Favorite movie and/or movie stars? This is a toughie, since I'm a film buff. I especially like foreign films - - those by Ingmar Bergman or Almodovar.

Favorite star? No question - - Meryl Streep. If we can just find a film with Meryl Streep and Tommy Lee Jones in it, Sheryl and I would both be happy. We're eagerly awaiting the new "Prairie Home Companion" movie.

Last Book Read? I'm always in the middle of three or four books. The latest completed: The Baroque Cycle trilogy by Neal Stephenson (Quicksilver, The Confusion, The System of the World).

Last CD listened to? Jake Armerding, a bluegrass musician from Boston.

Other interests? Music and sign language

Comments? Be careful out there!

NEXT MEMBER PROFILE: Read upcoming QRs to find out!

December 2005 Ride Schedule

Anyone with questions about rides can contact Kevin Brown at 787-5652 or by e-mail at kjbrown@prodigy.net. Members may count six Out of Town Rides annually and add more through special volunteer activities. Report Show-N-Go and Out of Town Ride mileage to Records Chair Karl Kohlrus. For details see Ride Rules at www.spfldcycling.org. Daily rides are displayed above the shaded area and go as indicated except on holidays. Special events, weekend, and holiday rides are listed below the shaded area. No ride on Christmas Day.

Monday thru Friday 10:00 AM	Morning Geezer Ride Washington Park Shelter Dave Ross, 789-4823	BC ride, Daily morning rides for retired geezers or those hoping to become geezers. No leaders, no maps. Participating riders should turn miles in to Karl Kohlrus. No ride on Veteran's or Thanksgiving Day.
Monday thru Friday 10:00 AM	Daily Show & Go Pana Trail-Lake Taylorville parking lot, Rt 29	BC ride, Show-N-Go along the Lincoln Heritage Trail M thru F during the day. Turn miles into Karl. No ride on Veteran's or Thanksgiving Day.
Monday thru Friday Noon	IDOT, Lost Bridge Trail Dirksen Parkway Lisa Kidd, 546-1698	BC ride "Lunch with Lisa" ride. Lisa leads the noon trail ride. Skip lunch and ride on the trail with Lisa and other SBC regulars. No ride on Veteran's or Thanksgiving Day.
Tuesday 12:15 PM	Robert Morris College, West Parking lot 3101 Montvale Dr. Dave Ross, 785-4823	BC ride, West side Lunch ride, Dave leads on the Wabash & Interurban trails for 10 miles, or out in the country for more miles. If Dave can't make it, this becomes a show-n-go. No ride on Veteran's Day
Tuesday 6:00 PM	IDOT, Lost Bridge Trail Dirksen Parkway Show & Go	BCD ride, Weekly show and go ride with lights required. A good way to keep getting some miles.
Tuesday, Wednesday & Thursday 6:00 PM	Pana Trail-Lake Taylorville Parking Lot, Rt. 29 Charles Witsman, 562-5208	BCD ride, This is a weekly show-and-go on the Lincoln Heritage Trail. Turn in miles to Karl. Call Charlie if you need information about trail conditions or directions.
Thursday 12:15 PM	Robert Morris College, West Parking lot 3101 Montvale Dr. Dave Ross, 785-4823	BC ride, West side Lunch ride, Dave leads on the Wabash & Interurban trails for 10 miles, or out in the country for more miles. If Dave can't make it, this becomes a show-n-go. No ride Thanksgiving Day.
Thursday 6:00 PM	Parkway Point Theater Lindbergh & Robbins Road Show & Go	BCD ride, This is a show-and-go with lights required. No leader and no maps. Turn in miles to Karl.
Friday Dec 2 nd 8:30 AM	D & J's 915 W. Laurel	NC Geezer Breakfast. Join SBC members for breakfast. Stay for the Geezer ride at 10:00 AM.
Friday Dec 2 6:00 PM	Banana Leaf Town & Country Shopping Center	NC, This is a chance to walk for an hour with your SBC buddies or just enjoy a social hour. No leader – walks are self directing! If you have questions or suggestions for a Friday night event, contact Kevin Brown by e-mail at kjbrown@prodigy.net or phone 787-5652.
Saturday Dec 3 rd Noon	Panera Bread on Wabash Lance Kidd 546-1698	Let's meet at Panera for a 30-40 miler out west of town to get away from the west-side Christmas traffic.
Sunday Dec 4 th	Harmon's IGA Plummer Road, Chatham Phil Arnold, 483-7909	ABC – Phil's Winter Workout. Head towards Loami and/or New Berlin for 25 – 30 miles.

Tuesday Dec 6th 7:30 PM	Lynn Miller 1428 Cherry Rd 787-3354	NC. Board Meeting. Lynn is hosting the board meeting. Please note the start time.
Friday Dec 9th 6:00 PM	Golden Dragon North Grand Ave	NC. This is a chance to walk for an hour with your SBC buddies or just enjoy a social hour. No leader – walks are self directing! Dinner follows at 7 PM.
Saturday Dec 10th 11:00 AM	Joe's Chilli Town & Country, MacArthur Ave Ernie DeFrates 544-1398	ABCD Ride. 20 – 30 miles, followed by chilli (or is that chili?) for lunch.
Sunday Dec 11th 11:00 AM	Center Park Beach House Lake Springfield Marty Celnick 522-4206	ABC ride, Holiday Party Ride , Marty kicks off the Holiday Party with a ride of 25 to 30 miles. That will give you plenty of time to get ready for the Holiday Party in the evening.
Sunday Dec 11th 5:00 PM	Center Park Beach House Lake Springfield Alan & Harriet Josephson 793-0590	Holiday Party , bring food (see article) and enjoy the evening. Cheer the winner of the No Bell Award and laugh at those pictures Garland has collected all year. Applaud the ride leaders who win the incentive drawings. Share good times with your SBC friends.
Friday Dec 16th 6:00 PM	Dana Thomas House 300 E. Lawrence Regina McGuire, 523-7678	NC, Come at 6PM for a candlelight tour of the Dana Thomas House. It was so popular last year Regina decided to do it again. Dinner 7 PM at 2 Olives & A Pepper, Vinegar Hill Mall. If you plan to tour the Dana house or join in for dinner you must RSVP to Regina by Wednesday Dec 14th . There is a \$1 suggested donation for touring the house.
Saturday Dec 17th 11:00 AM	1428 Cherry Rd Lynn Miller 787-3354	ABCD ride. Join Lynn for a ride followed by soup and home baked bread!
Sunday Dec 18th Noon	IDOT Lance Kidd 546-1698	ABCD ride. We'll hit the IDOT trail to Rochester and points beyond depending on how nice the day is. Let's call this a "weather decision" mileage day. . . . Remember for all you mileage hogs, Lance lets you ride as long as you want on his rides so come on out and get some miles in to meet your year's goal!!!
Friday Dec 23rd 6:00 PM	Globe Tavern Renaissance Hotel 701 E. Adams	Meet at the Globe for a downtown walk to admire the Holiday decorations. Return to the Globe at 7 PM to decide on a dinner location.
Monday Dec 26th 11:00 am	Sherman City Park Marty Celnick 522-4206	ABC ride. If you have the day off, join Marty for 20 – 30 miles. Dress warmly!
Friday Dec 30th 6:00 PM	Mario's, Piper Glen 2841 Mansion Rd, Chatham Kevin Brown, 787-5652	NC, Come at 6PM to walk in the neighborhood and stay to have dinner with your friends at 7PM.
Saturday Dec 31st Noon	Panera's 3101 West White Oaks Drive Alan Josephson, 793-0590	ABCD ride, An SBC Tradition , Alan will have his yearly multiple choice ride from 5 miles up to give everyone one last shot at the Spinner awards or personal bests. Everyone is on their own. This is a great place to come for soup or coffee whether you ride or not.

Springfield Bicycle Club Mileage and Activity
File
As of October 31, 2005

NAME	RIDE	T/F	TO-TAL	RIDE S	LED	RIDE	T/F	TO-TAL	RIDE S	LED	LENG-TH
Cathy Yeaman	850	176	1,026	21		6,329	739	7,068	134	5	52.7
Byron Nesbitt	590	57	647	15		6,344	504	6,848	153	2	44.8
Marty Celnick	625	181	806	23	1	4,995	1,299	6,294	206	12	30.6
Pete Gudmundson	502	0	502	11		5,800	15	5,815	128	5	45.4
Tom Clark	433	79	512	17		4,254	1,387	5,641	173	1	32.6
Lisa Kidd	659	158	817	25		4,459	858	5,317	170	1	31.3
Lance Kidd	684	158	842	23	1	4,293	816	5,109	153	10	33.4
Lynn Miller	251	15	266	7		4,466	289	4,755	122	4	39.0
Arden Gregory	317	123	440	8		3,298	1,239	4,537	95	0	47.8
Phil Arnold	199	70	269	4		2,912	1,481	4,393	84	1	52.3
Bill Bock	542	0	542	17		4,052	0	4,052	102	0	39.7
Karl Kohlrus	367	211	578	13	2	2,601	1,406	4,007	94	5	42.6
Derek Ewing	289	20	309	7		3,002	703	3,705	70	0	52.9
Lynn Rhoades	392	155	547	10		2,531	900	3,431	73	1	47.0
Carol Bock	383	0	383	10		3,425	0	3,425	83	0	41.3
Ruth Magos	35	0	35	1		3,378	27	3,405	86	0	39.6
Bill Voss	299	65	364	12		2,387	881	3,268	102	0	32.0
Curt Evoy	188	47	235	5		2,801	449	3,250	80	1	40.6
Dave Ross	222	20	242	7	2	2,730	335	3,065	95	18	32.3
Cindy Kvamme	382	0	382	17		2,830	152	2,982	128	3	23.3
David McDivitt	361	15	376	16		2,786	156	2,942	99	1	29.7
Robert LaBonte	348	0	348	17		2,703	219	2,922	130	7	22.5
Ken Anderson	273	60	333	8		2,328	576	2,904	66	4	44.0
Pat Stephens	256	0	256	10		2,796	12	2,808	100	0	28.1
Dave Lucas	210	21	231	7		2,230	471	2,701	123	9	22.0
Ernie DeFrates	379	0	379	12	1	2,538	9	2,547	98	5	26.0
Bob Sorenson	294	30	324	9	1	2,069	242	2,311	61	1	37.9
Charlie Witsman	806	0	806	18		2,171	71	2,242	54	0	41.5
Mike Vonnahmen	210	26	236	6		2,096	117	2,213	71	0	31.2

Springfield Bicycle Club Mileage and Activity File

NAME	RIDE	T/F	TO-TAL	RIDE S	LE D	RIDE	T/F	TO-TAL	RIDE S	LED	LENG-TH
Garland Stevens	18	0	18	1		1,783	421	2,204	76	7	29.0
Joel Johnson	250	95	345	6		1,556	640	2,196	42	0	52.3
Chuck Orwig	43	0	43	2		1,680	414	2,094	62	2	33.8
Roger McCredie	344	0	344	8		1,921	105	2,026	49	0	41.3
Alan Josephson	197	18	215	6		1,771	244	2,015	70	13	28.8
Marilyn Powell	163	8	171	7		1,813	127	1,940	74	0	26.2
Bob Carmody	351	6	357	11		1,857	61	1,918	64	16	30.0
Jon Edwards	111	62	173	4		1,445	373	1,818	50	0	36.4
Brock Webb	225	34	259	5		1,621	174	1,795	34	0	52.8
Bruce Yurdin	38	0	38	1		1,360	131	1,491	37	0	40.3
Micci Bly	62	16	78	2		1,426	36	1,462	34	1	43.0
Dan Mitchell	181	16	197	5		1,411	24	1,435	31	0	46.3
Cindy Moreno	57	0	57	3		1,313	112	1,425	61	4	23.4
Jerry Ihnen	198	31	229	6		1,267	147	1,414	35	2	40.4
Sr Josepha Schaffer	150	24	174	5		1,190	80	1,270	36	0	35.3
Linda Butler	188	15	203	6		1,188	47	1,235	48	4	25.7
Katie Weidner	264	36	300	9		1,113	110	1,223	41	0	29.8
Mark Smith	38	0	38	3		973	200	1,173	49	0	23.9
Roger Wright	295	106	401	9		696	313	1,009	19	0	53.1
Kathy Shepard	45	0	45	3		904	99	1,003	50	1	20.1
Sue Dees	111	0	111	5		969	24	993	53	0	18.7
Don Daniels	30	22	52	1		703	221	924	17	0	54.4
Cyd LaBonte	113	0	113	8		874	24	898	52	0	17.3
Jackie Galli	30	3	33	1		794	61	855	23	0	37.2
Aaron Shehan	173	0	173	5	1	755	71	826	19	1	43.5
Connie Roberts	62	18	80	2		782	28	810	27	2	30.0
Brigitta Ewing	100	0	100	3		760	37	797	36	0	22.1
Louie Spinner	125	3	128	5		760	21	781	38	2	20.6
Dean Wisleder	449	25	474	7		666	99	765	11	0	69.5
Christine Kohlrus	25	18	43	1		334	351	685	23	0	29.8

Springfield Bicycle Club Mileage and Activity File

NAME	RIDE	T/F	TOTAL	RIDE	LED	RIDE	T/F	TOTAL	RIDE	LED	LENG- TH
Ed Taylor	74	0	74	3		652	32	684	28	0	24.4
Jan Cimarosa	60	0	60	4		677	0	677	30	0	22.6
Mike Schwab	183	0	183	8		546	57	603	40	4	15.1
Curt Winhold	120	28	148	3		481	119	600	12	0	50.0
Angie Gum	45	0	45	1		539	40	579	19	0	30.5
Roger Schnelten	79	0	79	4		542	19	561	22	0	25.5
Harriet Josephson	79	3	82	3		520	22	542	31	0	17.5
Gerry Orwig	27	0	27	2		295	234	529	29	0	18.2
Jim Disney	57	0	57	2	1	494	22	516	13	2	39.7
Hope Schnelten	79	0	79	4		491	12	503	24	0	21.0
Alfred Arkley	119	15	134	3		453	15	468	9	0	52.0
Steve Smith	12	0	12	1		413	40	453	25	0	18.1
Christa Morris	62	0	62	5		420	0	420	29	0	14.5
Pete Harjes	95	0	95	3		389	0	389	13	0	29.9
Lyn Schollett	17	0	17	1		337	49	386	21	4	18.4
Mary Lou Hicks	27	0	27	1		348	0	348	14	0	24.9
Mark Rolens	274	44	318	13		274	44	318	13	0	24.5
Charlie Downs	105	0	105	2		309	0	309	7	0	44.1
Rob Landers	10	0	10	1		251	29	280	10	0	28.0
Rob Dombro	20	0	20	1		269	0	269	13	0	20.7
Ralph Jennings	30	0	30	1		216	9	225	6	0	37.5
Candy German	12	0	12	1		138	3	141	5	0	28.2
Ben Cole	103	32	135	4		103	32	135	4	0	33.8
Sue Hack	30	0	30	1		125	0	125	8	0	15.6
Paul Anthony	31	1	32	1		112	8	120	6	0	20.0
Jim Winhold	38	0	38	2		99	0	99	5	0	19.8
Joni Winhold	38	0	38	2		87	0	87	4	0	21.8
Mike Eymann	22	0	22	1		78	0	78	4	0	19.5
Tiffany Winhold	38	0	38	2		75	0	75	4	0	18.8
Terri Nelson	22	0	22	1		48	0	48	2	0	24.0

Springfield Bicycle Club Mileage and Activity File

Jeanne Skube	34	0	34	1		34	0	34	1	0	34.0
Dave Drennan	28	4	32	1		28	4	32	1	0	32.0
Roger Frye	23	0	23	1		23	0	23	1	0	23.0
Rich Chaput	17	0	17	1		17	0	17	1	0	17.0
TOTALS	17,792	2,370	20,162	581	10	1139	23,383	10,554	5,581	198	33.4

Federal Transportation Bill Update

Excerpted from: *Illinois Bicyclist*, Newsletter of the League of Illinois Bicyclists, Fall 2005

On July 29, 2005, Congress passed the long-awaited SAFETEA-LU (Safe, Accountable, Flexible, Efficient Transportation Equity Act: A Legacy for Users) bill, outlining federal transportation spending for the next 5 years. Like the two previous multi-year bills, SAFETEA-LU benefits bicyclists through dedicated funding sources and favorable policies. This has acted as a top-down catalyst in getting more towns to plan and build for cycling. In general, the bike provisions fared well. Some highlights:

- Transportation Enhancements funding increases to \$3.25 Billion (or more) over five years. TE is the main funding source for bike projects - about half of its dollars have historically gone to bike/pedestrian improvements. For Illinois, this means \$15+ Million/year at an 80% federal, 20% local match.
- A new Safe Routes to School program is funded at \$612M over five years - about \$5M/year in Illinois. 70-90% of this would go to infrastructure improvements near primary and middle schools, the rest to education and promotion. There is no local match - it's 100% federal share.
- Recreational Trails Program receives \$370M, up from \$270M under TEA-21. RTP funds trails for diverse non-motorized and motorized uses. This will bring \$3M/

year to Illinois with an 80/20 match.

- The Congestion Mitigation and Air Quality (CMAQ) category increases to \$8.6B, for clean air non-attainment areas. In Illinois, only the Chicago and St. Louis regions are eligible. Some CMAQ funds are used for bike projects and programs (Chicagoland average \$4-5M/year), with an 80/20 match.
- At least 25 specific bike/pedestrian projects* for more than \$10M. This includes several that LIB was directly involved with.

Unfortunately, a "Complete Streets" amendment was not included, to strengthen existing (but largely ineffective) language that bikes and pedestrians "shall be considered" in new and reconstruction road projects. However, a Senate vote helped raise the issue for the future, and LIB is working on a state Complete Streets bill.

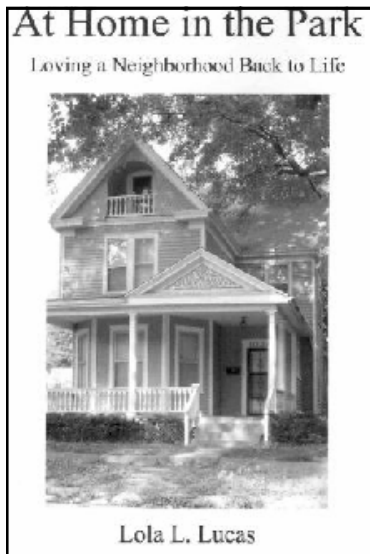
Three years of effort by the America Bikes coalition paid off. Serious attempts to weaken or kill bike provisions failed - in fact, most of our policies were strengthened. LIB would like to thank Illinois cyclists who helped - now we need you to advocate your towns to use these funding sources and policies. Contact LIB for help with this.

Support LIB's efforts to improve Illinois bicycling: www.bikelib.org/join

The strength of a nation lies in the homes of its people.

Abraham Lincoln

Lola L. Lucas chronicles the rebirth of Enos Park, a section of Springfield, Illinois, just north of the Abraham Lincoln Presidential Library and Museum.



Like many cities, the area went through a period of urban decay before rebounding. Enos Park Neighborhood Improvement Association (EPNIA) is largely responsible for this change.

Lucas's columns appear each month in EPNIA's newsletter. With wisdom and wry humor, she shows why it's worth the effort to reweave a neighborhood's social fabric so that residents can once again enjoy their homes.

She writes about historic preservation, community policing, ice cream socials, citizen patrols, and evening strolls on tree-lined sidewalks. The residents of Enos

Park reclaimed their streets and loved their neighborhood back to life.

In a broader sense, *At Home in the Park* is about any area facing a choice between despair and hope.

At Home in the Park: Loving a Neighborhood Back to Life

Is now available from Amazon.com

and locally at Prairie Archives and Barnes & Noble

\$14.95 PB \$24.95 HC

Springfield Bicycle Club Membership Application

Member Information

New Member Renewing Member Change Address

Name _____ Home Phone _____

Address _____ Work Phone _____

City _____ Birth Date _____

State _____ Zip _____ Email Address _____

I obtained my application from:

Bike Shop Name _____

A current Club member

I would like to help with SBC activities

Yes

No

Type of Membership

Individual \$15/yr

Family \$20/yr

Contributing \$25/yr

Sustaining \$50/yr

Patron \$100/yr

Corporate \$100/yr

Dollars beyond basic \$15 or \$20 rate from Contributing, Sustaining, and Patron memberships go to your choice:

Bicycle Advocacy Fund

SBC General Fund

My Advocacy Donation Amount is: _____

Family Member Information

The SBC presents yearly awards for the most "club miles" in various age groups. We need birth dates to determine these presentations. Your participation is optional, of course.

Name 1 _____ Birth Date _____

Name 2 _____ Birth Date _____

Name 3 _____ Birth Date _____

Name 4 _____ Birth Date _____

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 _____

Parent / Guardian _____

Date _____

Official SBC Name Badges

Hang it on your seat bag. These are a pretty neat way to let other riders know your name. Include **\$10.00 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



SPRINGFIELD BICYCLE CLUB 2005 MILEAGE SUMMARY



MONTHLY								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	2,130	346	2,476	23	113	8	4.9	21.91
February	5,947	922	6,869	21	219	9	10.4	31.37
March	8,276	1,007	9,283	37	298	10	8.1	31.15
April	13,613	2,046	15,659	54	533	24	9.9	29.38
May	22,787	3,547	26,334	66	861	31	13.0	30.59
June	21,333	3,433	24,766	66	753	31	11.4	32.89
July	25,650	3,868	29,518	53	753	29	14.2	39.20
August	22,751	3,383	26,134	64	783	24	12.2	33.38
September	22,625	2,453	25,078	57	656	22	11.5	38.23
October	17,792	2,370	20,162	42	582	10	13.9	34.64

CUMULATIVE								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	2,130	346	2,476	23	113	8	4.9	21.91
February	8,077	1,268	9,345	44	332	17	7.5	28.15
March	16,353	2,275	18,628	81	630	27	7.8	29.57
April	29,966	4,321	34,287	135	1,163	51	8.6	29.48
May	52,753	7,868	60,621	201	2,024	82	10.1	29.95
June	74,086	11,301	85,387	267	2,777	113	10.4	30.75
July	99,736	15,169	114,905	320	3,530	142	11.0	32.55
August	122,487	18,552	141,039	384	4,313	166	11.2	32.70
September	145,112	21,005	166,117	441	4,969	188	11.3	33.43
October	162,904	23,375	186,279	483	5,551	198	11.5	33.56

