



RIDE OF THE MONTH

Robert LaBonte's April 16th Easter Ride was voted a hoppin' success!

All riders were invited to wear their Easter bonnets. The only rider seen with head gear, other than helmets of course, was the ride leader sporting rabbit ears—with a rabbit tail to complete the ensemble. Robert and his wife, Cyd, had filled plastic eggs with candies and chocolates. These eggs were hidden along the Wabash and Interurban Trails at sites designated with ribbon markers. The ride and treats were enjoyed by all. Thank you, Robert, for a great holiday ride.

ALMOST ANYTHING AWARD

This month's AAA goes to Cyd LaBonte for the design work on our latest club jersey.

Cyd's fine design can be seen on page 3 of the May "Quick Release". Several prominent area landmarks are featured as well as an ever present farm field. The shirt orders were placed in May. Thank you, Cyd, for using your considerable talent to create this unique design soon to be displayed on bicyclers wherever their rides may take them.

LEAD WATER BOTTLE

Marty, is that your phone ringing?

Kevin Brown nominated Marty Celnick for this month's Lead Water Bottle based on the following scenario. Marty asked Kevin if he would mind punching in Marty's cell phone number so that Marty's cell phone would ring. It seems that Marty's phone had become misplaced in his own car. Using the sound of the ringing phone as a guide, the excavation in Marty's car began and the phone was indeed found.

RIDERS OF THE MONTH

4/06 Pete Gudmundson 757 mi.	12/05 Ben Cole 201 mi.	8/05 Derek Ewing 976 mi.
3/06 Phil Arnold 646 mi.	11/05 Charlie Witsman 657 mi.	7/05 Arden Gregory 844 mi.
2/06 Marty Celnick 456 mi.	10/05 Lance Kidd 842 mi.	6/05 Cathy Yeaman 1092 mi.
1/06 Tom Clark 543 mi.	9/05 Ruth Magos 690 mi.	5/05 Pete Gudmundson 1006 mi.

The President's Report

Dave Ross
Volunteer!

The strength of the SBC is in its members. Many of you already do volunteer in many ways, and your efforts are much appreciated.

One way to serve your Club is to serve on the Board of Directors. New Board terms begin in October, and there will be some openings on the Board. Yes, there is some time commitment involved. But you get to work with some fantastically nice people, and you can have a real impact on the direction of the Club. And did I mention that we have snacks at most of our meetings?

If you're interested in a Board position, please drop me an email or talk to any of the current Board members. (We're not that scary, honest!) We would love to have you join us on the Board. If you're interested in a specific position, we can accommodate you. If you just want to get your feet wet and see what the Board is all about, we have "at large" positions, too.

Remember – without U it's just a Club.

(OK, I admit, that was kind of lame. But you get the point: we need YOU! So volunteer for a Board position, already.)

Secretary's Report

Ken Anderson, Secretary

Renewals:

Ruth Magos
Cindy Kvamme
Cindy Tubbs
JoAnn Abrams
David & Marcia Sykuta
Kyle Beachy
John Gee
Rebecca Hood
Dennis Keithley
Dean Wisleder
Patty Shafer
Ken & Sandy Anderson

Renewals at the Contributing Level:

Lyn Schollett
Jan Cimarossa
Byron Nesbitt
Judy Nesbitt

Renewals at the Sustaining Level:

Pat Stephens
Mark Smith & Kathy Shepard
Joel Johnson

New Members:

Sandra McAvoy
John & Kathy Sigle
Mary Dana Abbott
Libby Pyle
Gary & Lynn Woerner
Alan Whitaker
Craig Kniffin & Rachel Doctors & Family

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

Note: Renewals or new applications not received by the end of the first week of the month may be recorded on next month's report.

Board Meeting Notes— April 5, 2006

Connie Roberts, Recording Secretary

Attending: Dave Ross, Kevin Brown, Ken Anderson, Dave Lucas, Cathy Yeaman, Alan and Harriet Josephson, Lynn Miller, Sue Hack, Karl Kohlrus, Marty Celnick, Bill Donels, Mike Royer, Mike Schwab, Connie Roberts.

Minutes of the March meeting were approved.

Treasurer's Report. Dave Lucas reported that we have a balance of \$15,758.13 as of April 2, 2006.

Ride Schedule and Meetings. Kevin Brown reported that he still needs some ride leaders for some of the weekends in May. The trail clean up is scheduled for May 7. He is open to ideas for Friday nights. The next board meeting is scheduled for May 3.

Awards. Sue Hack presided over the awards. The Ride of the Month was awarded to Deanna Shidler for her great ride from Taylorville using new routes thru the country and subdivisions. The Almost Anything Award was awarded to CWLP and other crews who worked so hard since the tornadoes. The Lead Water Bottle was awarded to Lisa Kidd for falsely accusing Marty of speeding when he was only sitting in the police car because his car had broken down.

Legislative / Education. Lynn Miller reported that IDOT has rescinded an overwhelming

amount of Bicycle/Trail funds. He wrote a resolution he will send to the Governor, Secretary of Transportation and the State Journal Register representing the SBC's opinion of this. Bill Donels reported he talked with District 6 and the MacArthur extension is still being held up. This is caused by lack of agreements of different parties working on the project and 4 more parcels of land still need to be obtained. Karl Kohlrus reported BOUB could not be overturned. This stops communities from putting signage on roads and bike routes making them more biker friendly. They feel bicyclists are not intended users of roadways in Illinois.

Social Chair. Alan and Harriet Josephson reported they did not send any cards this month. They reported the word needed to be spread about the Memorial Day weekend trip to St. Charles. The plans are coming together and it should be a great weekend.

Special Events. CathyYeaman reported that the CCC brochure is coming along well. She had a Share the Road car magnet to show the board. It was unanimously decided to order some and give them as incentives for early registration for the CCC. She will be meeting with her chair people in May and still has a couple of jobs that need a chairperson.

Quick Release. Marty Celnick reported that he can't always open what people send him. The deadline for the QR is April 15.

Old Business. Dave Lucas gave a report that the easy rider rides have been great fun. He is going to get the word out to the community about them to bring in some new people. The new jerseys are going to feature the smoke stacks on the back. Sue Hack is going to send an article to the State Journal Register and Bicycling magazine about Karl's million mile challenge. Ken Anderson showed the board the packet he sends to new members.

New Business. Curt Evoy is working on a bike month display at Lincoln Library. The board thought this was a great idea. There were also other suggestions for bike month. Commuting miles count as ride miles during the month of May. The Ride of Silence was discussed and it was decided it could be done on an individual basis but not as a club sponsored ride.

Thanks to Alan and Harriet for hosting the meeting. The meeting was adjourned.

Next meeting: 7:15 p.m., Wednesday, May 3, at Robert Morris College, 3101 Montvale Drive.

SBC PICNIC
Alan & Harriet Josephson

- WHEN: Saturday June 17, 2006
- TIME: 5:00 PM begins-5:45 PM Food Served
- WHERE: TOM MADONIA PARK EAST-old Forest Park East
(east lake drive about ½ mile east of the dam)
- WHAT: last names beginning with **A-H** please bring salads
last names beginning with **I-R** please bring appetizers
last names beginning with **S-Z** please bring desserts
Or bring your own dish if the suggestions above are not satisfactory.

The club will provide boca burgers, hot dogs and brats, soda and lemonade, paper goods and plastic ware. Bring your own liquid refreshments if you choose.

Enjoy the scheduled ride earlier in the day and relax with us at our annual picnic. No speeches, work details, or assignments. Just fun! Bring your spouse, friend or anyone who may be interested in the club. Come Rain or Shine!

Anyone arriving 30 minutes earlier can help unload and set up!

Any questions, call us at 793-0590.

The Big Fix is Coming to Springfield!

By Mark Smith

On June 17th a group of cyclists will leave Davis, CA to begin a cross-country bicycle ride using primarily single-speed, fixed-gear bicycles (Coast to Coast without Coasting). The group will average about 120 miles per day and will arrive in Springfield on Wednesday, July 5. After spending the night at the Springfield YMCA, the group will depart the morning of July 6 for West Lafayette, IN. The purpose of this ride, which is known as The Big Fix, is to raise money for

the Histiocytosis Association of America. Histiocytosis is a rare condition, similar to cancer, that primarily afflicts children and young adults. The organizer of this ride, Dr. M. Joseph Mojo Cosgrove, has a young daughter who was diagnosed with histiocytosis in 2004. He has recruited a group of very enthusiastic and capable riders and support personnel. If you go to the Big Fix website <http://fixhistio.org/> you can read all about the route,

the riders and most importantly, the cause. I am planning a Club ride on July 5, leaving Springfield and riding towards Jacksonville to meet the Big Fix peloton, and then escorting them back into town. I will have the particulars figured out in time to be posted in the July Quick Release ride schedule. Stay tuned for details!

Bike and Barge Holland

by Cathy Yeaman

Mary Lou and I enjoyed our Bike and Barge trip to Holland. What a great way to see and explore the country. It was a fourteen day trip that began in Amsterdam. We met up with the barge, "Angeline", on the Amstel River. The barge had fourteen bedrooms below and a dining room, lounge/bar, and outdoor observation area on the main deck. Our captain's wife was our cook. All meals were included with our tour as well as our bikes. Our typical day was breakfast at 8 AM. Items for lunch were provided during breakfast for preparation and packing for later. We left the barge at 9 AM for either a long (40 to 45 miles) or short (25 to 30 miles) bike ride. While we explored an area of Holland the barge moved to a new location which we biked to by 4 PM to 5 PM. Dinner was at 6:30 PM followed by an evening walking tour of the city where we were docked for the night.



Our bikes were Peugeot 21 speed touring bikes with waterproof panniers. We were able to pack extra clothes, our lunch, and any purchases we made during the day. Each group had a Dutch guide who led us through the countryside and cities. We had several stops each day to tour through a village, visit a museum, have a coffee, or shop the markets.

Some of the highlights of the trip were:

- Bulb fields- Large fields of blooming tulips, hyacinths, and daffodils
- Keukenhof Gardens- A large formal garden of tulips and other bulbs
- Kinderdijk Windmills- An area with eighteen windmills working to keep the polder (land reclaimed from the sea) dry
- Museums- Van Gogh, Rijksmuseum (Rembrandt), Fran Hals, and a bakery and paper making museum
 - Anne Frank House
 - North Sea Beaches and Dunes
 - Scenic views we encountered riding along the dikes, windmills, sheep, swans, and those little European cars.
 - Exploring Gouda, Delft, Leiden, The Hague, Rotterdam, Texel Island, Marken, and Amsterdam



We biked 400 miles, ate well, slept well, and met some wonderful people from across the country and the world.

June 2006 Ride Schedule

Anyone with questions about rides or interest in leading a ride 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. Daytime and evening rides are displayed under the first two shaded areas and go as indicated except on holidays. Special events, weekend, and holiday rides are listed under the third shaded area.

Weekday & Weekend Daytime Rides		
Monday thru Friday 09:00 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.
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. .
Monday, Wednesday & 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.
Monday thru Friday 12:15 / 12:20	Robert Morris College, Vredenburg Park Dave Ross 793-4239 Tom Clark 585-1539	BC West side Lunch ride. Dave and Tom lead a ride on the trails or in the country. If they cannot make it, this becomes a show-n-go.
Sundays 9:00 am	Wabash Trail East end parking lot Park St. & Wabash Ave. Dave Lucas 753-3831	E2Z Ride – Meet at the east end of the Wabash trail for a slow, easy 15 – 20 miles on lightly traveled city streets or bike trails. Stop halfway for coffee/ snacks or brunch.
Evening Rides		
Mondays 6:00 pm	Parkway Point Theater Lindbergh & Robbins Road Robert LaBonte 787-0237	C Ride. An easy ride to get started and gain conditioning while going slow enough for conversation. 10 – 22 miles.
Monday, 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.
Tuesdays 6:00 pm	Carmody Residence 517 Appomatox Dr. Bob Carmody, 787-3419	ABC Training Ride – This is the West side training ride. Aimed at those who want to train hard and fast. 12 – 25 miles.
Tuesdays 6:00 pm	Schlitt Park Dave Lucas 753-3831	E2Z Ride – Begin at Schlitt Park (adjacent to Owen Marsh School.) An 8 – 12 mile neighborhood ride. The group will stop as necessary based on the needs/desires of the riders.
Tuesday & Thursday 5:45 pm	IDOT, Lost Bridge Trail Dirksen Parkway Show & Go	BC Ride. Show-N-Go along the Lost Bridge Trail. Turn miles in to Karl.

Wednesdays 6:00 pm	Butler School- MacArthur Blvd Sue Hack 546-4514 Dave Lucas 753-3831	D Ride. This is an easy, neighborhood social ride. No maps, everyone will stay together for a ride of about 1 hour. Could be ice cream afterwards. Sue leads 6/7 & 6/28, Dave leads 6/14 & 6/21.
Wednesdays 6:10(ish)	Wheel Fast Bike Shop 20 Cottonwood Dr., Chatham Matt Saner 483-7807	BC Intermediate Training Ride. Meet at the shop and plan on 20 miles. Ride to the ride for extra miles! Start time depends on when they get the shop closed!
Thursdays 6:00	Rotary Park Archer Elevator & Iles Pete Gudmundson 523-8200	ABC Training Ride – A fast workout to prepare for longer weekend rides. D riders are invited to stretch their abilities, but will be riding alone unless they bring a buddy. Several cut-outs for 12 – 25 miles.
Saturdays 4:00 pm	Vredenburg Park Dave Lucas 753-3831	EZ1 Ride – Begin at Vredenburg Park adjacent to the Wabash Trail. 6 – 8 miles at a slow pace on the Wabash & Interurban Trails, with a stop at the half-way point for water or adjustments. Perfect ride for beginners.
Saturdays 7:00 pm	Vredenburg Park	Nighthawk BC Ride –Saturday night rides become show-n-go this month. Usual distance is about 17 miles. <u>Front & rear lights required.</u>
Scheduled Rides and Events		
Friday June 2 6/7:30	Lenny & Sherry Miner 720 W. Main, Rochester 971-8037	CD Ride – Join Len & Sherry for an end of the week ride and dinner. Bring a side dish or dessert to share and beverage of your choice. Please RSVP.
Sat June 3 8 am	Vrandenberg Park Karl Kohlrus 544-8410	ABCD – Trails Day Ride. Wabash and Interurban Trails and beyond 15-40 miles. This will be the last Trails Day for the original Interurban Trail as we know it. With the MacArthur extension planned over the next two years
Sun June 4 7:45 am	Kampsville Cathy Yeaman 483-4912	ABC – Kampsville Ride. An SBC favorite returns. Meet at Parkway Pointe parking lot. Arrive Glasgow at 9 am. 50 and 66 mile routes. Both cross the Illinois River by ferry at Kampsville.
Sun June 4 4 pm	Stone Cold Creamery Karl Kohlrus 544-8410	D Ride – Come help inaugurate Springfield's newest ice cream parlor, the Cold Stone Creamery, in downtown Springfield! Located on 6th Street just north of Adams across from the Old State Capitol.
Wed June 7 7 pm	Ken Anderson 2301 Sangamon Ave 522-3876	NC – Board meeting. All SBC members are invited to attend board meetings.
Fri June 9 6/7 pm	Sams II Pizza Sherman Ernie DeFrates 544-1398	C/D ride - 1 hr ride followed by pizza at 7.
Sat June 10 9 am	IDNR Parking Lot State Fairgrounds Ernie DeFrates 544-1398	ABC– Ernie has a 40 mile route with shorter options. State Fair Gate #2 is probably the best to use to get to the parking lot.

Sun June 11 9 am	Harmon's IGA – Chatham Phil Arnold 483-7909	ABC – Head for Loami/New Berlin for 20 to 30 miles. Possibly a longer option. Ride to the ride for more miles!
Sun June 11 4 pm	Stone Cold Creamery Karl Kohlrus 544-8410	D Ride – An easy afternoon ride followed by treats. 6th Street just north of Adams across from the Old State Capitol.
Fri June 16 6/7 pm	Lost Bridge Trail IDOT Parking Lot	D – Do a trail ride then meet at Gallina's Pizza in Capitol City Shopping Center for dinner.
Sat June 17 9 am	Rochester Station John Day 498-7561	ABC – Come out and join John for a 30 – 40 mile ride.
Sat June 17 5 pm	Tom Madonia Park - East East Lake Shore Drive. Alan & Harriet Josephson 793-0590	NC – Spring Picnic! Starts at 5, plan to eat around 5:45. See article in newsletter for details. See you there!
Sun June 18 9 am	Rotary Park Linda Butler 787-5027	ABC ride - Linda takes us on a Westside ride for 40 miles. Maybe a little more, maybe a little less.
Sun June 18 4 pm	Brewbakers Montvale Plaza (across from Schnucks) Kevin Brown 787-5652	D – Ride around the neighborhood or make our way to Wabash Trail. Brewbakers has excellent ice cream for after the ride!
Fri June 23 6/7 pm	Banana Leaf Restaurant Town & Country on MacArthur Ernie DeFrates 544-1398	CD – Ride for an hour followed by dinner at one of our favorite Asian restaurants.
Sat June 24 9 am	Sherman City Park Len Miner	ABC – Len has a 30 – 40 mile route for us this morning.
Sun June 25 9 am	Fairhills Mall Marty Celnick	ABC – Plan on 30 – 60 miles. Marty will have a good route laid out!
Sun June 25 4 pm	Baskin-Robbins MacArthur Blvd Brea Elston / Cindy Moreno	D – Birthday Ride! Help the girls celebrate with a neighborhood ride and treats. Maybe we'll have an ice cream birthday cake?
Friday June 30 6 / 7 pm	Thirsty's Playground 1975 Wabash Ave	D Ride – Let's try out a new place for dinner. Thirsty's is in the old Ground Round restaurant. They have sandwiches, pizza and entrees.

Springfield Bicycle Club Mileage and Activity File

As of April 30 2006

Possible Miles for the: Month
 1349

Year
11,642

NAME	RIDE	T/F	TO-TAL	RIDE S	LED	RIDE	T/F	TO-TAL	RIDE S	LED	LENGT H
Marty Celnick	653	250	903	30		1712	690	2402	86	1	27.9
Phil Arnold	291	228	519	11		844	867	1711	38	0	45.0
Tom Clark	272	156	428	17		1143	551	1694	60	0	28.2
Pete Gudmundson	787	0	787	23		1525	10	1535	59	0	26.0
Lisa Kidd	407	79	486	18		1130	148	1278	57	1	22.4
Lynn Miller	169	0	169	6	1	1205	53	1258	39	2	32.3
Lance Kidd	421	79	500	19	1	1037	125	1162	53	2	21.9
Bob Sorenson	261	98	359	10		802	291	1093	40	1	27.3
Robert LaBonte	372	32	404	19	3	1058	32	1090	54	5	20.2
Karl Kohlrus	251	146	397	9		575	377	952	24	0	39.7
Mike Vonnahmen	286	27	313	10		850	78	928	33	0	28.1
Charlie Witsman	370	32	402	10		846	57	903	24	0	37.6
Marilyn Powell	264	35	299	11	3	810	38	848	37	4	22.9
Curt Evoy	317	42	359	14		696	124	820	29	0	28.3
Dave Ross	249	18	267	8	10	734	67	801	29	22	27.6
Joel Johnson	195	92	287	7		530	266	796	20	0	39.8
Bill Voss	288	77	365	11		562	193	755	24	0	31.5
Arden Gregory	268	114	382	8		507	246	753	17	0	44.3
Pat Stephens	308	0	308	11		741	12	753	31	0	24.3
Chuck Orwig	398	89	487	16		601	137	738	24	0	30.8
Roger McCredie	237	0	237	7		686	0	686	21	0	32.7
Cindy Kvamme	284	0	284	14	1	671	0	671	32	1	21.0
Katie Wiedner	248	76	324	10		482	182	664	22	0	30.2
Alan Josephson	257	58	315	14	1	569	67	636	27	4	23.6
Jerry Ihnen	172	99	271	5	1	459	159	618	16	1	38.6
Sr Josepha Schaeffer	158	28	186	5		589	28	617	24	0	25.7
David McDivitt	327	0	327	14	4	602	8	610	25	5	24.4
Cathy Yeaman	259	38	297	7		549	44	593	12	0	49.4
Ruth Magos	370	11	381	13		574	11	585	16	0	36.6
Brock Webb	332	45	377	8		509	53	562	13	0	43.2
Byron Nesbitt	402	30	432	14		508	32	540	18	0	30.0

Springfield Bicycle Club Mileage and Activity File As of April 30, 2006

NAME	RIDE	T/F	TO-TAL	RIDE S	LED	RIDE	T/F	TO-TAL	RIDE S	LED	LENGT H
Rich Saal	132	48	180	5		379	134	513	16	0	32.1
Lynn Rhoades	242	58	300	7		380	93	473	13	0	36.4
Ken Andersen	259	100	359	9		361	100	461	12	0	38.4
Derek Ewing	51	0	51	1		411	37	448	13	0	34.5
Ernie DeFrates	190	2	192	10		410	2	412	19	1	21.7
Jon Edwards	259	32	291	8		343	32	375	11	0	34.1
Mike Schwab	87	40	127	9		331	40	371	23	0	16.1
Dave Lucas	122	54	176	14	9	265	89	354	23	9	15.4
Bill Bock	296	0	296	8		338	0	338	10	0	33.8
Bob Carmody	120	11	131	5	3	320	11	331	14	3	23.6
Linda Butler	96	0	96	4		317	0	317	13	2	24.4
Ben Cole	14	8	22	1		200	74	274	13	0	21.1
Dan Mitchell	159	14	173	4		257	14	271	7	0	38.7
Karen Breitenbach	118	21	139	5		195	28	223	9	0	24.8
Carol Bock	202	0	202	5		202	0	202	5	0	40.4
Jason Beeler	22	4	26	1		170	11	181	6	0	30.2
Cindy Moreno	125	10	135	7		161	10	171	10	0	17.1
Jackie Galli	155	0	155	5		155	0	155	5	0	31.0
Mary Lou Hicks	71	0	71	2		152	0	152	5	0	30.4
Aaron Shehan	65	6	71	2		142	7	149	5	0	29.8
Stan Gralnick	147	0	147	6		147	0	147	6	0	24.5
Micci Bly	129	12	141	4		129	12	141	4	0	35.3
Kevin Brown	110	29	139	11	3	110	29	139	11	3	12.6
Kathy Shepard	106	18	124	7		106	18	124	7	0	17.7
Mark Smith	106	18	124	7		106	18	124	7	0	17.7
Janice Perino	41	57	98	3		56	65	121	4	0	30.3
Pete Harjes	52	43	95	3		76	43	119	4	0	29.8
Ed Taylor	93	0	93	4		117	0	117	5	0	23.4
John Day	93	0	93	4		112	0	112	5	0	22.4
Cyd LaBonte	81	0	81	5		111	0	111	8	0	13.9
Sue Dees	49	0	49	4		108	0	108	9	0	12.0
Jack Hurley	43	39	82	2		63	42	105	3	0	35.0

Springfield Bicycle Club Mileage and Activity File

As of April 30, 2006

NAME	RIDE	T/F	TO-TAL	RIDE S	LED	RIDE	T/F	TO-TAL	RIDE S	LED	LEN GTH
Garland Stevens	54	8	62	3		96	8	104	5	0	20.8
Brigetta Ewing	14	0	14	1		83	9	92	5	0	18.4
Don Daniels	46	20	66	2		60	28	88	3	0	29.3
Christine Kohlrus	49	36	85	3		49	36	85	3	0	28.3
Jan Cimerosa	84	0	84	4		84	0	84	4	0	21.0
Gerry Orwig	51	29	80	6	3	51	29	80	6	3	13.3
Mark Rolens	40	0	40	3		80	0	80	5	0	16.0
Deeana Shidler	58	0	58	2		78	0	78	3	0	26.0
Kent Kraft	38	6	44	1		65	10	75	2	0	37.5
Connie Roberts	41	0	41	2		64	7	71	3	0	23.7
Lyn Schollett	62	0	62	4		62	0	62	4	0	15.5
Harriet Josephson	51	5	56	4		56	5	61	5	0	12.2
Kedra Elston	22	0	22	2		53	0	53	4	0	13.3
Harv Kaplo	18	0	18	1		52	0	52	3	0	17.3
Hope Schnelten	32	0	32	3		51	0	51	4	0	12.8
JoAnn Abrams	48	2	50	3		48	2	50	3	0	16.7
Louie Spinner	20	25	45	1		20	25	45	1	0	45.0
Curt Winhold	0	0	0	0		24	20	44	1	0	44.0
Brea Elston	11	0	11	1		42	0	42	3	0	14.0
David Kolaz	39	0	39	1		39	0	39	1	0	39.0
Jonathan Reininger	29	5	34	5		34	5	39	6	0	6.5
Candy German	33	0	33	1		33	0	33	1	0	33.0
Grover Everett	0	0	0	0		32	0	32	1	0	32.0
Jack Elston	0	0	0	0		31	0	31	2	0	15.5
Mary Grant	0	0	0	0		31	0	31	1	0	31.0
Bill Donels	0	0	0	0		27	1	28	1	0	28.0

Springfield Bicycle Club Mileage and Activity File As of April 30, 2006

NAME	RIDE	T/F	TO-TAL	RID ES	LED	RIDE	T/F	TO-TAL	RIDE S	LED	LEN GTH
Ben Fox	28	0	28	2		28	0	28	2	0	14.0
Mark Shea	0	0	0	0		14	14	28	1	0	28.0
Steve Smith	14	0	14	1		28	0	28	2	0	14.0
Jon Halterman	0	0	0	0		14	12	26	1	0	26.0
David Sykuta	18	8	26	1		18	8	26	1	0	26.0
Dan Dungan	0	0	0	0		14	10	24	1	0	24.0
Jim Disney	22	0	22	1	1	22	0	22	1	1	22.0
Norman Cole	10	10	20	1		10	10	20	1	0	20.0
Tracy Hurley	18	0	18	1		18	0	18	1	0	18.0
Chris King	18	0	18	1		18	0	18	1	0	18.0
Susan McClintock	12	6	18	1		12	6	18	1	0	18.0
Mike Elston	0	0	0	0		15	0	15	1	0	15.0
Roger Frye	15	0	15	1		15	0	15	1	0	15.0
Christa Morris	14	0	14	1		14	0	14	1	0	14.0
Tony Henn	10	0	10	1		10	0	10	1	0	10.0
Anna King	7	3	10	1		7	3	10	1	0	10.0
Ella King	7	3	10	1		7	3	10	1	0	10.0
Francie King	7	3	10	1		7	3	10	1	0	10.0
Tom King	7	3	10	1		7	3	10	1	0	10.0
Marty Morris	10	0	10	1		10	0	10	1	0	10.0
Roger Schnelten	10	0	10	1		10	0	10	1	0	10.0
Chihoko Reininger	7	2	9	1		7	2	9	1	0	9.0
TOTALS	14,782	2,777	17,559	623	44	32,486	6,114	38,600	1,413	71	27.3

News From the World of Bicycling

Excerpts from bikeleague@bikeleague.org

Oklahoma Passes Strong New Bike Law

Oklahoma Governor Brad Henry signed a powerful new bicycle law on Friday, May 19. The law:

1. Re-defines 'bicycle' for the purposes of the state's vehicle code, eliminating restricting wheel sizes and configurations
2. Eliminates confusing language as to where bicyclists should ride on the road
3. Eliminates the state mandate to ride on sidepaths/sidewalks
4. Eliminates the mandatory side light requirement for bicycles (not reflection)
5. Establishes a minimum safe-passing distance of three feet and sets up fines (in addition to other citations and penalties for manslaughter, improper use of a motor vehicle, etc.) for a motorist who injures or kills a cyclist.

Oklahoma is now the third state to have a safe-passing law and the second to back it up with specific fines. Arizona and Utah are the other states with safe-passing laws, with Arizona having specific fines. Advocates in other states can now use Oklahoma's law for legal precedence to aid them in their work. The law was passed with the help of a strong push from the Oklahoma Bicycle Coalition.

Healthy Places Act Introduced in Congress

Introduced in the Senate by Barack Obama (D-IL) and in the House by Rep. Hilda Solis (D-CA), the 2006 Healthy Places Act is supported by 81 organizations, including the League. The Act is dedicated to improving our nation's health through health promotion, prevention and treatment programs. To read more about the bill, visit the American Public Health Association's site.

More stuff on page 16

Member Profile

by Pam Lucas

Dave Lucas

This month's Profile is on Dave Lucas, the originator of the Member Profile. David narrowly missed being a charter member of the organization – probably on a bike ride. His memories include participating in the Bike vs. Horse Race to New Salem; the well attended meetings in the basement of Security Federal S & L; AYH & LAW; the lack of bike-specific clothing, e.g. altered hand ball gloves, Dean Wisleder's mountain rescue helmet, Clorox water bottles, sew-up tires; and 'sagging' his wife in from several exotic locales. His first Century was in 1971 – the #%*\$! (aka Dam) Century in Marion, Indiana. He has ridden in TOSRV a lot (still uses the 1973 Charlie Harris rearview mirror) and in 20+ Hilly 100's; as far north as the top of Lake Michigan, west in Eugene Oregon, south in Kentucky, east in D.C., and as far as Neptune on the Interplanetary Ride. He introduced Trial Riding to central Illinois by traversing teeter-totters in the Trinity Lutheran Elem. Playground. He traveled far and wide

looking for a good bicycle repairperson – Rich was Riding Across America – and found one in Smithton. George Caldwell and he planned one of the first Centuries while planting shrubs in Williamsville. He researched and discovered the optimal load of bicycles, gear, humanity, and coffee that can comfortably be accommodated in a Volkswagen Beetle. AND, he is the owner/operator/keeper of the Turbo Blender!

Dave has a 'PC' list of questions for all 'Profil-ees', and has answered them himself. [I may, however, be unable to resist adding my 2¢ to some of them.]

Date of Birth? 10/26/40

Birthplace? Bloomington, Illinois

Family? Wife Pamela, 2 daughters, Sarah and Jessica; 2 sons, Michael and Christopher. [He was shopping for bike stuff when Sarah was born – Uncle Tip had to transport and pace.]

Occupation? None!! Retired after 32 years as a disability program manager for the State of Illinois, Dept. of

Human Services, Disability Determination Services. Previously worked at ISU, Test Service, and the Dept. of Mental Health, Lincoln State School.

Number of years ridden?

Roughly 61 years.....since I was 4 and had to use a bench to get on my old Schwinn.

Ride how many day/week?

At least 5 days/week.

Bikes owned? 10 [I didn't know that!!!] A Bike Friday Pocket Rocket, a Trek 2300, a Trek 5600 MetroTrak, a Cannondale mountain bike, a Cannondale Bad Boy, a Specialized Milano (good weather commuter), a Schwinn Collegiate (crummy weather commuter), a Giant mountain bike (really lousy weather commuter), a Joe Breeze "Iggie" cruiser [in a really terrific color], and a '71 Raleigh International.

Dream ride? Self-contained cross-country ride

Dream bike? A curly lugged, steel, custom Richard Sachs bike

Favorite type of riding? I like using the bike for utility purposes instead of firing up the car

Proudest bicycling experience? This is hard to say as I have three experiences that tie

for top honors: 1) Becoming a League Cycling Instructor with League of American Bicyclists, 2) receiving the Springfield Bicycle Club's NoBell Award, and 3) being able to tell Lisa Kidd that I did indeed ride to work when she called and said, "Bet you didn't ride to work today" on a very nasty, cold day a few years ago. We had about 18" of snow and ice on the ground, and the wind chill was 25 degrees below zero. The snowplow had buried the bike rack at work, and I had to kick my way through the snow in order to find a piece of the rack so that I could lock the bike up. My studied mountain bike tires helped a little, but it was by no means a pleasant commute. However, it was definitely worth it in order to answer affirmatively to Lisa. Besides, it was way too nasty to drive.

Most embarrassing bicycling experience? Crashing into the fencing inside the Wabash bike trail bridge over Veteran's Parkway [whoa! Who knew?] as I attempted to clean glass off my rear tire. Thankfully only Ernie DeFrates witnessed this, but now you all know. I think I said, "Shucks" or "Darn It", but you'll have to check with Ernie for more exact information.

If I won the lottery, I would.....probably buy another bike (that custom Richard Sachs), a good bottle of Champagne, a really cool diamond for my wife [!!!!!! ☺], and invest the rest.

Favorite movie? I love the old Jimmy Stewart movies. The "Spirit of St. Louis" is one of my favorites.

Last book read? "The Art of Urban Cycling" by Robert Hurst

Last CD listened to? Diana Krall, "The Girl in the Other Room".

Other interests? I love classical guitar music, watching PBS and listening to NPR.

Comments? Adding highway lanes to deal with traffic congestion is like loosening your belt to cure obesity. I don't now who said that, but I definitely agree. Maybe these high gas prices will get at least some of the folks out of their cars and on to their feet or bikes.

[Author's note: It was surprising to discover the nuances in our memories of the same event or journey – perspective is everything! I recommend the exercise.
— P.]

Dave on his first vehicle.



News From the World of Bicycling (cont. from p. 13)

Cycling Trends in U.S. vs. Canada

In spite of their colder climate, Canadians cycle about three times more than Americans. The reasons for this are made clear in a new report written by John Pucher and Ralph Buehler and published in Transport Policy. The main reasons are Canada's higher urban densities and mixed-use development, shorter trip distances, lower incomes, higher costs of owning, driving and parking a car, safer cycling conditions, and more extensive cycling infrastructure and training programs. Most of these factors result from differences between Canada and the United States in their transport and land-use policies, and not from intrinsic differences in history, culture or resource availability.

Louisville, Ky. Aims for Bicycle Friendliness

Louisville, Ky. was granted an honorable mention in 2005 as a Bicycle Friendly Community. Since then, they have produced an entire plan built around the five key areas of the Bicycle Friendly Community program --- encouragement, evaluation, engineering, enforcement and education --- and released a new brochure and Web site detailing its goal to become a Bicycle Friendly Community. They will also be a Share the Road Rally in Kentucky on Saturday, June 24. To learn more about the rally, email David Devers of Kentucky's Transportation Cabinet.

Help Save A Limb in Hunt Valley, Md. on 9/3

The inaugural Save-A-Limb Bike Ride will be held on Sept. 3, 2006 at historic Oregon Ridge Park in Hunt Valley, Maryland. Choose from a 60 mile loop through Pretty Boy Reservoir, a 30-mile or a family friendly 15-mile ride. For more information, visit the LIB web site. Proceeds go to the Save a Limb Fund, a program on Sinai Hospital Rubin Institute for Advanced Orthopedics. The fund was established to help treat children born with congenital bone deformities.

Bikes Fly Free Plan Cancelled

Much to the League's dismay, the Bikes Fly Free program was discontinued effective March 2006. Adventure Travel withdrew from the program earlier this year due to lack of participation by the airlines. Currently we are working with several airlines to have the program reinstated. Please take a minute to tell the airlines that you want bikes to fly free.

EZ Riders Update

Lola L. Lucas

The EZ Riders of the Springfield Bicycle Club theme song could be *Born to Be Mild*.

Each month's schedule shows which rides are appropriate for cyclists of different abilities. The A (as in Animal) riders zoom off at an average speed of 20 mph or more. They're the ones most people imagine when they think of joining the club: spandex clad athletes who talk about gears and sprockets. Some B and C riders rack up thousands of miles per year. However, there are many cyclists with more modest ambitions, such as simply taking a leisurely circuit around a park, preferably with no cars in sight.

That's where the EZ Riders come in. Average speed is 6-10 miles an hour and the group sticks together instead of each person racing to get as far ahead as possible. There's time to talk and socialize because these family-oriented rides are in parks, on trails and along neighborhood streets. Often the goal---let's be honest---is to get to the nearest ice cream shop. Join a decidedly non-driven, non-competitive group for fun in the summer sun. Get back into the saddle and remember why you loved your bike as a kid!

Questions about the EZ Rider Program or the Springfield Bicycle Club can be directed to Dave Lucas at DWLucas62704@aol.com or by phone at (217) 753-3831. Other information can be found on the club's website at www.spfldcycling.org.

Springfield Bicycle Club
Membership Application

Member

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: _____ I would like to help with SBC activities

Bike Shop Name _____ Yes

A current Club member 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 2006 MILEAGE SUMMARY



MONTHLY								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	6,589	1,385	7,974	40	297	9	7.4	26.85
February	4,102	675	4,777	36	195	9	5.4	24.50
March	7,013	1,277	8,290	42	298	9	7.1	24.82
April	14,782	2,777	17,559	67	623	44	8.3	28.18

CUMULATIVE								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	6,589	1,385	7,974	40	297	9	7.4	26.85
February	10,691	2,060	12,751	76	492	18	6.5	25.92
March	17,704	3,387	21,041	118	790	27	6.7	26.63
April	32,486	6,114	38,600	185	1,413	71	7.6	27.32



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