



RIDE OF THE MONTH

This month's ride is the "Tour De Corn" metric century led by Matt Saner/WheelFast Bicycle Shop.

The July Ride of the Month was well organized and fun. Options available were 62 and 31 miles on the road with a 20 mile trail option. For a mere \$10 riders received food stops, sag service and lunch! Socks donated by WheelFast went to the first 120 riders who registered. Thank you, Matt and WheelFast for a great ride as well as proceeds that went to the projects of the Chatham Jaycees.

ALMOST ANYTHING AWARD

Lisa Kidd was nominated by Karl Kohlrus for her "118 mile ride that ended with a climb of more than eight miles to the summit of Alpe d'Huez."

Lisa rode this route of the Tour de France eight days before the pros did. According to the "front page, above the fold" article in the July 22, 2006, "State Journal Register", "Kidd completed the entire ride in 10 hours, 36 minutes and the Alpe d'Huez climb in a little more than two hours." In another quote, " 'It was one of the most challenging things I've ever done—I was very, very, very tired,' recalled Kidd." Also in the article, Lisa referred to herself as a flatlander. Congratulations, Lisa, from fellow flatlanders, for an amazing accomplishment! A tip of the hat to Bruce Rushton and Rich Saal of the SJR for promoting a good image of cycling and to Lance Kidd.

LEAD WATER BOTTLE

Tom Clark wins this month's Lead for a missing article of bicycling apparel.

As the story goes, Tom realized that one of his gloves was missing after a trip to the restroom on a morning ride to New Berlin. He retraced his steps and checked and rechecked looking above, below, behind and in front of to no avail. After much frustration, the missing glove was found in his bike shorts! Way to go, Tom!

RIDERS OF THE MONTH

7/06 Charlie Witsman, 1633 mi.	3/06 Phil Arnold, 646 mi.	11/05 Charlie Witsman, 657 mi.
6/06 Chuck Orwig, 650 mi.	2/06 Marty Celnick, 456 mi.	10/ 05, Lance Kidd, 842 mi.
5/06 Cathy Yeaman, 1190 mi.	1/06 Tom Clark, 543 mi.	9/05 Ruth Magos, 690 mi.
4/ 06 Pete Gedmundson, 757 mi.	12/05 Ben Cole, 201 mi.	8/05 Derek Ewing 976 mi.

The President's Report

August 2006

I've been on vacation and out of town for the last three weeks. Fortunately, I was able to take my bicycle with me, and had some great rides.

While in Tennessee, my schedule did not permit me to join the Memphis Hightailers Bicycle Club on any of their club rides, but several members gave me some great advice about roads and routes. I had some fine solo rides in the gentle rolling countryside around Somerville, and saw several deer each day.

In Cape Coral, Florida, I rode with the Caloosa Riders (Cathy Yeaman's "winter" bike club), and had a great time. Their Tuesday / Thursday morning ride starts in a couple different locations, but then they all rendezvous at the same country club for a break, ride together for a few miles, and then split up again. Fun times.

In local news, the Capital City Century ride is coming up on September 10. Invite your friends, neighbors, and those you meet on the trails or roads to come and enjoy our great century ride.

See you on the road!

Secretary's Report

Ken Anderson, Secretary

Renewals

Angie Gum
 Dan Mitchell
 Cathy Yeaman & Mary Lou Hicks
 Randy Dempsay
 David & Mary Lynn Stjern
 Rich Saal & Family
 Brenda Michel
 Bruce Yurdin
 Cris Martin
 Louie Spinner
 Sharon Stanley
 Deb Copper
 George Carver
 Kedra Elston & Family
 Karen Breitenbach
 Edward Cunningham
 Robert & Cyd LaBonte

Renewals at the Contributing Level

Altheal Randolph
 Curt Evoy
 Bill Kienzler

Renewals at the Sustaining Level

Keith & Lucinda Buescher
 Marilyn & Terry Clark
 Tom King & Family

New Members

Mark & Beth Summer
 James Hall & Family
 Dan Payne & 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— July 6, 2006

Connie Roberts, Recording Secretary

Attending: Dave Ross, Kevin Brown, Dave Lucas, Cathy Yeaman, Lynn Miller, Sue Hack, Marty Celnick, Bill Donels, Aaron Shehan, Connie Roberts.

Minutes of the June meeting were approved.

Treasurer's Report. Dave Lucas reported we have a balance of \$13,595.59 as of July 3, 2006.

Ride schedule. Kevin Brown reported the August ride schedule is in process and as always he is open to suggestions for rides and Friday night locals. The next board meeting is scheduled for August 9.

Awards. Sue Hack presided over the awards. The Ride of the Month was awarded to Cathy Yeaman for leading a great Kampsville ride. The Almost Anything Award had two nominees. Mark Smith and Kathy Shepard for coordinating a ride and dinner for the "Big Fix" riders and staff who stopped in Springfield on July 5. The other nominee was Anita McDivitt for going above and beyond the call of duty, spending her entire day watching over Mark Smith, Marty Celnick, and her husband Dave on the day they went to ride with the "Big Fix" riders. The award went to Anita McDivitt. The Lead Water Bottle was awarded to Dave Ross and Dave Lucas for being bumbling ride leaders. Dave Ross volunteered to lead the Saturday af-

ternoon EZ rides then found he had a conflict on two of the Saturdays. Dave Lucas said he would lead the rides then he too found he had a conflict and had to find another ride leader.

Legislative / Education. Bill Donels reported he spoke with Dick Westfall and they do not know what is going to happen with the Sangamon Valley Trail since all of the trails took a real hit on enhancement funds. Lynn Miller reported he had a meeting with several people in Durbin's office last winter and there was discussion about a Lincoln Circuit Ride to be held on Memorial Day weekend some time in the future. The board discussed the idea and it was decided to incorporate the Lincoln sites into future CCC rides instead of taking on a three day ride. Lynn also brought an example of the map that Karl and LIB have been working on for the Springfield area for the board to look at.

Social Chair. Alan and Harriet Josephson were unable to attend but reported via e-mail that they had sent out one card. They will be meeting with Aaron Shehan in the next several months to hand over social chair information as Aaron has agreed to take over that position on next years board.

Special Events. Cathy Yeaman reported that the planning

for the CCC is coming along well. All of the chair positions are filled and they will be having another meeting soon. The maps are done and look great.

Quick Release. Marty Celnick reported there were a few mistakes in the last QR but he plans to correct those before the next issue. The deadline for articles is July 15.

Old Business. There was discussion about the EZ rides which have had mixed success. The Sunday mornings are getting better attendance but the Saturday afternoons have not done well. It was decided to continue the EZ rides in July and eliminate the Saturday EZ rides in August. The Springfield Tri-Fest is scheduled for July 16. Many volunteers are needed for Friday night to sweep and Sunday morning to corner marshal. Next year's board was discussed and there are still a couple of open positions. Curt Evoy has volunteered to do the slide show for Garland Stevens at the holiday party.

New Business. There was no new business.

Thanks to Dave for getting the meeting room and to Sue for bringing the cookies. The meeting was adjourned.

Next meeting: 7:00 p.m., Wednesday, August 9, at Robert Morris College, 3101 Montvale Drive.

Get involved with the Capital City Century

By Cathy Yeaman

By now as a club member you are very aware that the Capital City Century is Sunday September 10th. Have you decided how you are going to help out this year? There are many ways for you to get involved and help make the century a success.

1. Encourage someone to ride. Encourage someone new to ride the event this year. Get them started with 25 or 40 miles. Pick up a brochure at the bike shop or trail head and give it to someone that needs a little extra encouragement to join us.

2. Bake. One of the things that make our century ride special is the homemade baked goodies at the beach house and food stop. Bake up some cookies or muffins and deliver them to Lynn Miller's home on Saturday Sept. 9th (see ride schedule for details).

3. Talk up the historic ride, then ride it. A tour of Springfield's historic sites will be held on Saturday at 1 PM. This is an easy paced ride that will be a great orientation for those in from out of town. It will also be a wonderful ride for those that enjoy an easy pace. Join the ride or invite friends/ guests to join the ride.

4. Volunteer. We need plenty of help the day of the event at registration, the food stop, and beach house. Contact Dave Ross, Sue Hack, or Cathy Yeaman to volunteer. Our phone numbers and e-mail address are listed on the board member list.

5. Ride the volunteer century. We are offering two chances for our volunteers to ride the century routes. The roads are marked and ready for us to ride on Tuesday September 12th and Saturday September 16th. See the ride schedule for details.



September Memories

By Mike Becker

35 Years Ago: The Club organized a “Spoon River Bike Trip”, September 18 -19.

30 Years Ago: George Caldwell III was elected President, replacing Dean Wisleder who had finished two terms. Also elected were Dave Lucas, Vice-President; Gerry Casey, Secretary; and Barb Morrison, Treasurer. 140 riders participated in the Capital City Century, which started at the Old State Capital and went to Ashland, New Salem and Middletown.

25 Years Ago: Teresa Kluthe was elected President, replacing Dave Ringland, who completed two terms. (We think she actually had a bike.) Also elected were Dave Burdick, Vice-President; Linda Morrison, Secretary; and John Werthwein, Treasurer.

This year the CCC started at the Capital City Shopping Center, and charged \$3 for the 25 and 50 mile routes, and \$4.50 for the 75 and 100. Radio communications were added for the first time and proved to be very helpful. (No word on the number of participants.) . . . Bozo, having “grown tired of big city publishing life,” resigned as Newsletter Editor and turned over the job to Greg Lakebrink, who had been frequently critical of “the current worthless format.”

20 Years Ago: The new slate of SBC officers was: Greg Lakebrink, President; Dave Ringland, Vice President; Leah Newell, Secretary; and Karl Kohlrus, Treasurer. John Werthwein was the newsletter editor. No word on why Sherry was not elected to an office.

After abandoning a ride grading system for a number of years, the club returned to the A–D categories, very similar to today’s system. However, the A ride then is today’s D ride, etc. (It makes me feel better to assert that I am an A rider.) . . . On August 21, St. Louis Bicycle Touring Society filed a petition for the development of the proposed abandonment of 160 miles of railroad track. This was the start of the KATY Trail.

15 Years Ago: Bode Zietz was elected President. Theresa DeLeon, the previous President, became Vice-President; Erica Timmerman continued to fill the Secretary position; Greg Lakebrink was elected Treasurer. Gil Johnson, unable to see what he was getting into, assumed the Special Events Chair. Other leadership positions were Linda Schrodtt, Social; Catherine O’Connor, Legislation/Education; Ernie De Frates, Incentives; Karl “I’m Taking The Ride Records Spreadsheet To My Grave” Kohlrus continued with records; and Louis Spinner continued as the Bulletin Editor.

The CCC drew 526 riders, then a record for SBC, from 106 cities in four states plus Sweden. A wrong turn must have been involved there. . . . Pam Alborg won the AAA, but, alas, the goose collar award was missing, a frequent occurrence, just as with the coveted Lead Water Bottle.

10 Years Ago: The new board: Garland Stevens, President, replacing our own FDR—Karl Kohlrus, who served four terms; Linda Butler, Vice President (reelected); Brad Kerekes, Secretary; Alan Josephson, Treasurer (reelected—nobody found any money missing); Stan Galnick, Legislative/Educational Chair (again); Wendy Edwards, Social Chair (again again); Jim Nugent continued as newsletter editor; Micci Bly, incentives; and Karl K. . . well, you know the rest of that already.

Misc: CCC—492 riders. Dean Wisleder was chased by a goat on PACRACC. John Haramia died suddenly in August, but news wasn’t published until the October newsletter, so this is a belated addition to the August column last month.

September 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 below the shaded area. **Be sure to check the start times, esp. for morning rides!**

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.
Tuesday / Thursday 12:15 / 12:20	Robert Morris College, Vredenburg Park Dave Ross 793-4239 Robert LaBonte 787-0237	BC West side Lunch ride. Dave and Robert lead a ride on the trails or in the country. If they cannot make it, this becomes a show-n-go. Dave leaves Robert Morris at 12:15, pick up Robert and others at Vredenburg Park at 12:20. NOTE: Ride goes on Tues & Thurs ONLY.
Sundays 9:00 am	Wabash Trail East end parking lot Park St. & Wabash Ave. Kevin Brown 787-5652	EZ2 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. No ride Sept. 10th—ride the CCC!
Weekday and Weekend Evening Rides		
Mondays 5:45 pm	Parkway Point Theater Lindbergh & Robbins Road	C Ride. An easy ride to get started and gain conditioning while going slow enough for conversation.
Monday, Tuesday, Wednesday & Thursday 5:45 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 5:45 pm	Carmody Residence 517 Appomatox Dr. Marty Celnick 522-4206	ABC Training Ride – This is the West side training ride. Aimed at those who want to train hard and fast. 12 – 25 miles. Marty leads this month.
Tuesdays 5:45 pm	Schlitt Park Dave Lucas 753-3831	EZ2 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- 1701 S. MacArthur Blvd Show N Go	D Ride. This is an easy, neighborhood social ride. No maps, everyone will stay together for a ride of about 1 hour. This ride is a Show N Go this month. Turn miles in to Karl.

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 may be riding alone unless they bring a buddy. Several cut-outs for 12 – 25 miles.
Saturdays 7:00 pm	Vredenburg Park	Nighthawk BC Ride –Saturday night show-n-go ride. Usual distance is about 17 miles. This ride is a lot of fun but <u>front & rear lights required</u> .
Scheduled Rides and Events		
Friday September 1 6/ 7 pm	TGI Friday's 2100 West White Oaks Dr	CD Ride – Meet at TGI's for an hour ride then meet back there for dinner.
Saturday September 2 9 am	Rotary Park Lisa Kidd 546-1698	ABC – Lisa has a really good ride planned for 50 miles or so.
Saturday September 2 9 am	IDOT Parking Lot Regina McGuire 523-7678	CD/EZ – Regina leads an easy ride on the trail. The group will stay together. Perfect for new riders!
Sunday September 3 9 am	Fairhills Mall Monroe & Chatham Rd Lynn Miller 787-3354	ABC – Menard County ride. Figure on 40-ish miles. Maybe more, maybe less.
Sunday September 3 4 pm	Stone Cold Creamery 6 th St Downtown	D – An easy afternoon ride followed by treats. 6th Street just north of Adams across from the Old State Capitol. This ride is a Show N Go this month. Turn miles in to Karl.
Monday September 4 9 am	Sherman City Park Karl Kohlrus 544-8410	ABC – Labor Day Ride! 30-52 miles to Mt. Pulaski, Elkart and Williamsville. Sorry, the Blue Stem Bakery is closed on Mondays.
Wednesday September 6 7 pm	#8 Bridge Terrace Leland Grove Kevin Brown 787-5652	NC – Board meeting. All SBC members are invited to attend board meetings. Kevin & Lola host the board meeting this month. Bridge Terrace is off Outer Park Dr. between Cherry and Laurel.
Friday September 8 6/7 pm	#8 Bridge Terrace Leland Grove Kevin Brown 787-5652	D Ride – An easy neighborhood ride then back to Kevin & Lola's for pizza and last minute CCC organizing.
Saturday September 9 9 am	Lost Bridge Trail west end IDOT Building Dirksen Pkwy	ABCD - Show & Go for those not running errands for the Century!
Saturday September 9 1 pm	Capitol Complex Visitors Center Capitol & Edwards 793-3782	EZ – Historic ride of Lincoln's hometown. Come ride with our CCC visitors. Slow pace, many stops. There may be traffic on some of the streets. Meet at the chrome deer.
Saturday September 9 All day	Lyn Miller's House 1428 Cherry Rd 787-3354	CCC Baked Goods Drop Off. Those fresh baked homemade goodies are what separates this ride from others. Bake some muffins or cookies and drop them off at Lynn's for the ride on Sunday.

Sunday September 10 6:30 am	Beach House Center Park, Lake Springfield	Capital City Century. There will be routes of 12, 25, 40, 62 and 100 miles. Registration begins at 6:30 AM. SAG service, rest stops with refreshments and post peddlin' lunch are included in the registration fee.
Tuesday September 12 8:00 am	Beach House Center Park, Lake Springfield Cathy Yeaman 483-4912	Volunteer Appreciation Ride #1 – If you missed riding the Century because you volunteered to work (thanks by the way!) now is your chance to try the route. No leader – contact Cathy if you need a map. Note the 8 am start time.
Friday September 15 6 / 7:15 pm	Dublin Pub Town & Country Shopping Cntr MacArthur Ave	D – Meet in the parking lot of an hour ride, then back to Dublin Pub for dinner.
Saturday September 16 8:00 am	Beach House Center Park, Lake Springfield Cathy Yeaman 483-4912	Volunteer Appreciation Ride #2 – If you missed riding the Century because you volunteered to work (thanks by the way!) you have another chance to try the route. ALL club members may participate in this Show-N-Go, as there is no other daytime club ride today. No leader – contact Cathy if you need a map. <u>Note the 8 am start time.</u>
Sunday September 17 9:00 am	Sherman City Park Alan Josephson 793-0590	ABC – Alan takes us out for 30 to 50 miles.
Sunday September 17 4 pm	Baskin Robbins MacArthur & Laurel	D – Sunday afternoon ice cream ride. Be sure to have a cool treat after riding an hour or so! Turn miles in to Karl.
Friday September 22 6/7:15 pm	Thailand Cuisine Montvale Dr off Wabash	CD – Meet in the parking lot for an hour ride & return to the restaurant for dinner.
Saturday September 23 8 am	Chatham Ken Anderson,522-3876	Senior Olympics. There is a biking time trail and road race today. Contact Ken Anderson to volunteer. To/from miles can be turned into Karl.
Sunday September 24 8 am	Chatham Ken Anderson,522-3876	Senior Olympics. There is a biking time trail and road race today. Contact Ken Anderson to volunteer. To/from miles can be turned into Karl.
Friday September 29 6 / 7 pm	Pasta House 2800 SW Plaza Dr Kevin Brown 787-5652	Installation Dinner – Walk/ride for an hour then meet back at the restaurant. Everyone is invited to thank the previous year's board and meet the new board. Please RSVP to Kevin by Thursday.

Saturday September 30 9 am	Harmon's IGA Rt 4 Chatham Cathy Yeaman 483-4912	ABC – 5 County ride with 45 or 66 mile options.
Saturday September 30 9 pm	IDOT Parking Lot Regina McGuire 523-7678	CD/EZ – Regina leads an easy ride on the trail. The group will stay together. Perfect for new riders!

RIDE TYPES

A - 18+mph average speed

B - 15 to 18 mph average

C - 12 to 15 mph average

D - 8 to 12 mph average

ER - under 8 mph average*

NC - Non-cycling event

MB - Rides suitable for mountain and all-terrain bikes

Show-N-Go - No ride leader is scheduled. Ride on your own and turn in miles to the Club's Record Keeper.

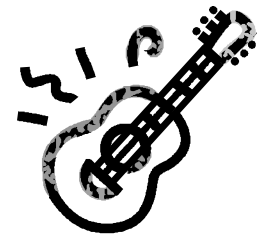
ER rides are slow paced social group rides without maps. Usually neighborhood tours.

*Roger and Hope Schnelten Invite You
To the 28th Annual Oktoberfest*

*Sunday, October 8th
245 Circle Drive, Springfield
217-529-0780*



- **Brats, burgers, beer, soda and hot drinks provided**
- **28 mile bike ride (with shorter options) begins at 3pm (ride 15 miles or more and get a chance to win a prize!)**
- **Grills fired up at 3 – food should be ready by 5**
- **Side dishes welcome**
- **Lawn chairs and car pooling suggested**
- **Music by Antone and Wick at 4:30pm**
- **Bonfire at dusk**



Please join us!



Springfield Bicycle Club Mileage and Activity File As of July 31 2006

Possible Miles for the: Month
1768

Year
9115

NAME	RIDE	T/F	TO-TAL	RIDE S	LED	RIDE	T/F	TO-TAL	RIDE S	LED	LENGT H
Marty Celnick	591	261	852	25	1	3836	1464	5300	178	5	29.8
Pete Gudmundson	1046	0	1046	27	2	4534	50	4584	141	6	32.5
Tom Clark	686	136	822	18		2679	1271	3950	122	0	32.4
Cathy Yeaman	870	138	1008	19		3370	381	3751	75	2	50.0
Phil Arnold	295	84	379	7	1	1915	1529	3444	71	5	48.5
Lisa Kidd	733	57	790	18		2904	406	3310	119	1	27.8
Charlie Witsman	1306	327	1633	24		2924	384	3308	70	0	47.3
Lance Kidd	661	57	718	17		2613	365	2978	106	2	28.1
Karl Kohlrus	267	232	499	13		1482	893	2375	74	4	32.1
Ruth Magos	549	7	556	15		2314	30	2344	66	0	35.5
Robert LaBonte	372	20	392	15	2	2143	160	2303	102	11	22.6
Bob Sorenson	322	93	415	11		1703	586	2289	72	1	31.8
Lynn Miller	271	40	311	8		2070	129	2199	63	2	34.9
David McDivitt	504	122	626	18	1	1901	241	2142	77	6	27.8
Ken Andersen	633	315	948	18		1530	602	2132	46	1	46.3
Chuck Orwig	53	0	53	1		1738	329	2067	57	0	36.3
Bill Voss	284	149	433	12	1	1408	640	2048	61	1	33.6
Alan Josephson	506	35	541	14	5	1744	277	2021	69	15	29.3
Roger McCredie	511	16	527	12		1821	191	2012	48	0	41.9
Bill Bock	601	0	601	17		1939	0	1939	54	0	35.9
Cindy Kvamme	466	2	468	17		1872	65	1937	83	4	23.3
Arden Gregory	372	119	491	11		1373	537	1910	44	0	43.4
Curt Evoy	315	63	378	14		1635	273	1908	73	0	26.1
Pat Stephens	358	0	358	12		1823	12	1835	67	0	27.4
Dave Ross	352	43	395	12	3	1655	149	1804	64	33	28.2
Joel Johnson	273	83	356	6		1201	557	1758	40	0	44.0
Jerry Ihnen	381	150	531	11		1190	442	1632	45	2	36.3
Carol Bock	413	0	413	12		1557	0	1557	42	0	37.1
Mike Vonnahmen	298	10	308	11		1448	103	1551	57	0	27.2
Jon Edwards	282	98	380	9		1199	207	1406	36	0	39.1
Katie Wiedner	244	51	295	8		1008	321	1329	41	0	32.4

Springfield Bicycle Club Mileage and Activity File

NAME	RIDE	T/F	TO-TAL	RIDE S	LED	RIDE	T/F	TO-TAL	RIDE S	LED	LENGT H
Ernie DeFrates	415	4	419	13		1303	15	1318	52	3	25.3
Marilyn Powell	217	10	227	8		1209	53	1262	57	4	22.1
Derek Ewing	125	30	155	3		962	261	1223	27	0	45.3
Brock Webb	180	0	180	3		1091	113	1204	25	0	48.2
Sr Josepha Schaeffer	258	8	266	6		1077	46	1123	38	0	29.6
Dan Mitchell	490	14	504	8		1046	30	1076	22	0	48.9
Bob Carmody	283	0	283	9	2	1039	31	1070	41	13	26.1
Linda Butler	262	17	279	8		1017	39	1056	39	2	27.1
Dave Lucas	189	56	245	15	3	728	260	988	86	26	11.5
Rich Saal	193	60	253	5		724	253	977	28	0	34.9
Mary Lou Hicks	211	77	288	11		829	125	954	34	0	28.1
Karen Bretenbach	353	30	383	6		839	95	934	27	0	34.6
Mark Smith	237	66	303	11	1	719	178	897	36	1	24.9
Cindy Moreno	270	3	273	10		869	13	882	40	1	22.1
Kathy Shepard	182	52	234	9		678	187	865	35	0	24.7
Lynn Rhoades	53	24	77	2		672	187	859	24	0	35.8
Bruce Yurdin	233	30	263	5		760	91	851	23	0	37.0
Micci Bly	409	6	415	7		790	20	810	17	0	47.6
John Day	34	0	34	1		719	30	749	20	2	37.5
Roger Wright	190	255	445	10		304	420	724	14	0	51.7
Aaron Shehan	222	26	248	6		636	48	684	19	0	36.0
Mark Rolens	382	0	382	12		664	6	670	27	0	24.8
Jack Hurley	230	47	277	7		515	114	629	18	0	34.9
Mike Schwab	25	10	35	4		509	69	578	43	1	13.4
Brigetta Ewing	236	36	272	13		452	92	544	31	0	17.5
Connie Roberts	228	5	233	5		509	35	544	18	0	30.2
Sue Dees	211	32	243	10		482	38	520	29	0	17.9
Ed Taylor	125	23	148	5		491	23	514	20	0	25.7
Bob Dettling	311	13	324	17		471	31	502	33	0	15.2
Kent Kraft	220	24	244	7		438	61	499	13	0	38.4
Stan Gralnick	15	30	45	2		443	42	485	20	0	24.3
Jan Cimerosa	159	18	177	7		442	38	480	19	0	25.3

Springfield Bicycle Club Mileage and Activity File

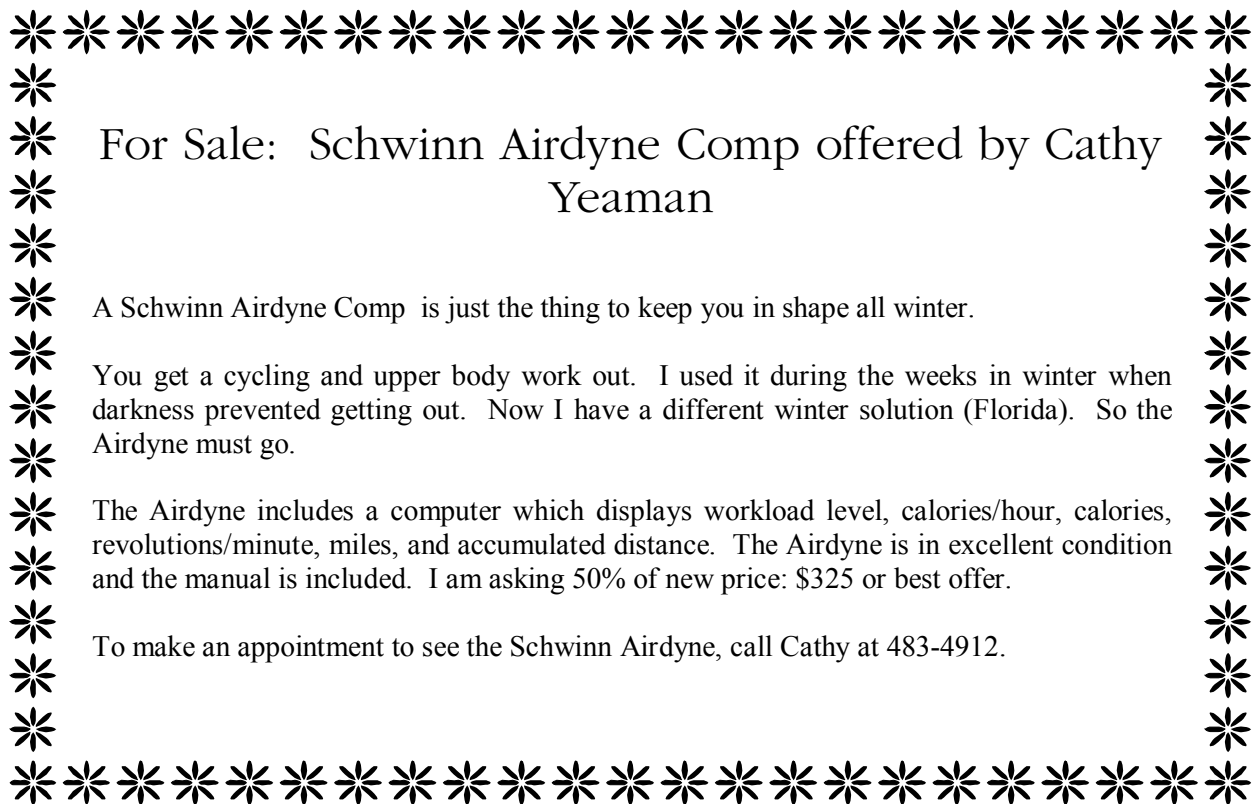
NAME	RIDE	T/F	TO-TAL	RIDE S	LED	RIDE	T/F	TO-TAL	RIDE S	LED	LEN GTH
Libby Pyle	303	16	319	7		382	38	420	10	0	42.0
Tracey Hurley	202	29	231	6		375	42	417	14	0	29.8
Harriet Josephson	103	0	103	6	2	365	37	402	29	3	13.9
Hope Schnelten	106	9	115	5		349	31	380	17	0	22.4
Lyn Schollett	168	13	181	8		351	21	372	20	0	18.6
Christa Morris	112	0	112	5		311	40	351	17	0	20.6
Jackie Galli	119	0	119	3		335	3	338	10	0	33.8
Garland Stevens	80	10	90	4		311	26	337	20	0	16.9
Cyd LaBonte	101	0	101	5		312	18	330	19	0	17.4
Gerry Orwig	71	47	118	6	1	180	118	298	18	4	16.6
Matt Saner	93	21	114	4	3	248	24	272	12	11	22.7
Randy Germerand	115	19	134	2		212	45	257	5	0	51.4
Jason Beeler	55	5	60	1		225	16	241	7	0	34.4
John Sanford	54	30	84	3		163	63	226	10	0	22.6
Scott Cheffy	40	20	60	2		140	70	210	7	0	30.0
Roger Frye	89	0	89	3		207	0	207	10	0	20.7
Janet Cooper	55	16	71	1		183	20	203	4	0	50.8
Brian Esker	20	20	40	1		80	118	198	4	0	49.5
Alan Whitaker	113	21	134	9		161	35	196	13	0	15.1
Christine Kohlrus	22	54	76	3		87	106	193	7	0	27.6
Tammy Pastor	40	30	70	2		100	90	190	5	0	38.0
Regina McGuire	62	3	65	4		184	3	187	12	0	15.6
Kerry Wright	100	7	107	4		158	12	170	7	0	24.3
Jon Halterman	90	24	114	2		104	36	140	3	0	46.7
Steve Smith	14	4	18	1		109	14	123	8	0	15.4
Harv Kaplo	49	0	49	2		119	0	119	6	0	19.8

Springfield Bicycle Club Mileage and Activity File As of July 31, 2006

NAME	RIDE	T/F	TO-TAL	RID ES	LED	RIDE	T/F	TO-TAL	RIDE S	LED	LENG TH
Dave Leigh	20	0	20	1		115	0	115	4	0	28.8
Naomi Greene	89	19	108	6		89	19	108	6	0	18.0
Alfred Arkley	57	0	57	1		104	0	104	2	0	52.0
Kevin Greene	89	5	94	6		89	5	94	6	0	15.7
David Banks	88	0	88	2		88	0	88	2	0	44.0
Steve Sommer	40	20	60	2		60	28	88	3	0	29.3
Charles Downs	71	14	85	2		71	14	85	2	0	42.5
Tony Henn	41	10	51	2		61	20	81	4	0	20.3
Edward Long-core	31	12	43	2		63	18	81	4	0	20.3
Jake McCulley	33	5	38	1		73	5	78	3	0	26.0
Blake Scranton	18	0	18	1		72	0	72	4	0	18.0
Charlie Rabins	57	12	69	1		57	12	69	1	0	69.0
Vicki Jacobs	48	16	64	1		48	16	64	1	0	64.0
Pickley McMillan	27	5	32	1		47	15	62	2	0	31.0
P.J. McCredie	61	0	61	2		61	0	61	2	0	30.5
Jonathan Rein-inger	9	0	9	1		51	7	58	8	0	7.3
Candy German	0	20	20	1		33	20	53	2	0	26.5
Pat Hughes	20	0	20	1		50	3	53	3	0	17.7
Rob Dombro	20	0	20	1		50	0	50	2	0	25.0
Marty Morris	30	0	30	1		40	0	40	2	0	20.0
Cindy Tubbs	18	3	21	1		30	3	33	2	0	16.5
Eric Ihnen	31	0	31	1		31	0	31	1	0	31.0
David Tokach	31	0	31	1		31	0	31	1	0	31.0
Sue Hack	5	0	5	1	1	30	0	30	5	3	6.0

Springfield Bicycle Club Mileage and Activity File As of July 31, 2006

NAME	RIDE	T/F	TO-TAL	RID ES	LED	RIDE	T/F	TO-TAL	RIDE S	LED	LEN GTH
Jim Hajek	18	7	25	1		18	7	25	1	0	25.0
Peggy Lister	20	0	20	1		20	0	20	1	0	20.0
Warran Lutz	13	0	13	1		20	0	20	2	0	10.0
Jo Ann Mumaw	18	0	18	1		18	0	18	1	0	18.0
Mike Royer	10	0	10	2		16	0	16	3	0	5.3
Kathy Harvey	13	0	13	1		13	0	13	1	0	13.0
TOTALS	25437	4269	29706	826	29	96980	17579	114559	3823	183	30.0



For Sale: Schwinn Airdyne Comp offered by Cathy Yeaman

A Schwinn Airdyne Comp is just the thing to keep you in shape all winter.

You get a cycling and upper body work out. I used it during the weeks in winter when darkness prevented getting out. Now I have a different winter solution (Florida). So the Airdyne must go.

The Airdyne includes a computer which displays workload level, calories/hour, calories, revolutions/minute, miles, and accumulated distance. The Airdyne is in excellent condition and the manual is included. I am asking 50% of new price: \$325 or best offer.

To make an appointment to see the Schwinn Airdyne, call Cathy at 483-4912.

Incorporate a Train in your Biking Activity

Alan Josephson

In July, Micci, Dan and I decided to ride about 230 miles from Jefferson City, Mo back home. The plan was to take the train, ride the Katy Trail to St. Charles, Mo and back roads home. It was truly a nice experience especially our B&B (Inn at Cinagro Farms in Dutzow, MO) and friendliness of people along the way.

The Katy was in perfect shape as were the back roads with some hills in Jefferson City and around Alton, IL. The Alton bridge provided a safe and very picturesque way of crossing the Mississippi. It was a very "relaxing trip" which we all would recommend. For Micci, this was her first train ride, first B & B and first time she "closed down" a restaurant!

Amtrak was an experience in itself!

We called Amtrak several times and generally were told that yes, there are four bicycles permitted on each Amtrak train. All you had to do was to pay the extra \$10 and board the train. Some talked about rolling your bike into bike racks located in the café car but no one person knew exactly what to expect. Even our Amtrak station person thought that the bikes would be placed on racks.

Well, we did make reservations and showed up at the station where amazingly were interviewed by our local TV station that just happened to be doing a story on Amtrak. When the train came we lifted our bikes into the passenger car and were told to find an empty area in that car where there were no seats, and secure the bikes there!



"Secure with what," we said! "Didn't you bring anything to strap your bike to the train," the conductors replied? "No, we were told that each train had bike racks!" The two conductors just shook their heads and informed us that each train has different car configurations.

On some trains there actually is space in the passenger car, like this train, *this time!* On others there is absolutely no space so bikes are placed in the luggage racks above the seats.

On other trains which have a baggage car, bikes can also be boxed up and left. Oversized bikes can only go in a baggage car. So, apparently for us we were lucky. We leaned the bikes against the train wall close to our seats at that was it. Very simple!



So, the train does open up quite a few possibilities for bicycle trips. It is extremely nice not to deal with driving vehicles. Be careful on the information you receive and make sure you have no schedule issues since the trains don't always run on time. Just relax and enjoy!

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
May	19,810	3,582	23,392	76	820	40	10.8	28.53
June	19,241	3,614	22,855	75	764	43	10.2	29.91
July	25,437	4,269	29,706	61	826	29	13.5	35.96

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
May	52,296	9,696	61,992	261	2,233	111	8.6	27.76
June	71,537	13,310	84,847	336	2,997	154	8.9	28.31
July	96,974	17,579	114,553	397	3,823	183	9.6	29.96



Springfield Bicycle Club
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September, 2006

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***QUICK RELEASE* ADVERTISEMENT RATES**

Half Page \$20 Full Page \$40

Payment in advance is required for all business ads. Ad copy should be sent to the newsletter editor no later than the 12th of the month in order for the ad to appear in the following month's newsletter. Individual club members (excluding businesses) may list bicycling related items