



### Ride of the Month

**Saturday, March 17, 2007, found many SBC cyclists gathered for all things Irish and green at the Orwig's home.**

Thank you to Gerry and Chuck Orwig for leading this ride on a cold day and laying out a great St. Patrick's Day feast. Gerry, who hates corned beef, had done her usual superb job of cooking the corned beef, cabbage, carrots and potatoes. Chuck was busy supplying the green beer. Your hospitality was appreciated by all those attending-- Irish and non. Slainte!

### Almost Anything Award

**Naomi Green has spent many winter evenings helping SBC cyclists learn some yoga to help them with cycling and general well-being.**

Thank you, Naomi, for sharing your expertise and experience in the healthful benefits of yoga, especially as it relates to cycling. Your generosity of time (and of patience!) has been a boon to many cyclists—especially during the dark, cold winter time. Thank you!

### Lead Water Bottle

**This month's Lead Water Bottle award, unfortunately, tags onto last month's Almost Anything Award.**

In the April "Quick Release" Matt Korte was commended for greatly improving the Chatham trailhead of the Interurban Trail. This month's lead goes to the jerk who burned the attractive trash container Matt had placed there. It burned so completely that it looked like the remnants of a campfire. It's discouraging to see part of such a positive project be destroyed by a mean-spirited vandal.

### Riders of the Month

3/07 Cathy Yeaman, 1077 mi.	11/06 Lance Kidd, 547 mi.	7/06 Charlie Witsman, 1633 mi.
2/07 Rob Brokaw, 221 mi.	10/06 Alan Whitaker, 457 mi.	6/06 Chuck Orwig 650 mi.
1/07 Lisa Kidd, 410 mi.	9/06 Lisa Kidd, 728 mi.	5/06 Cathy Yeaman, 1190 mi.
12/06 Kathy Shepard, 319 mi.	8/06 Bill Bock, 759 mi.	4/06 Pete Gudmundson, 757 mi.

## President's Report

May 2007

May is National Bicycle Month, so get out there and celebrate!

As a way of celebrating, I suggest that you try something new this month. Never tried bicycle commuting? Give it a whirl. Never tried night-time riding? Get some lights and try it out. Never rode [name some long distance here] in a day? Just do it!

In addition, May is a great time to invite some friends or new riders on a Club ride. Promote the SBC and the joys of group ride

*Editor's Note: In past years, commuting miles only counted as club miles during the month of May, National Bicycle Month. But now commuting and personal miles count all year round! Turn all your miles in to Karl Kohlrus, the recordkeeper at [kkohlrus\(at\)insightbb.com](mailto:kkohlrus(at)insightbb.com). Details can be found in the April QR. Forms are available at [www.spfldcycling.org](http://www.spfldcycling.org)*

## Secretary's Report

Ken Anderson, Secretary

### Renewals

Cindy Kvamme  
 Tony Henn  
 Connie Roberts  
 John Gee  
 David & Marcia Sykutau  
 Gary Myers  
 Gene Fore  
 David Drennan  
 Bob & Judy Carmody  
 Ruth Magos  
 Regina McGuire

### Renewals at the Contributing Level

Ben Fox & Family  
 Charlie Rabins  
 Jan Cimarossa  
 Greg & Colleen Pinto  
 Jerry & Debbie Ihnen

### Renewals at the Sustaining Level

Vaughn Morrison, Sherry Knight & Family  
 Deeanna Shidler  
 Mark Smith & Kathy Shepard

### New Members

Leslie Bol & Chris Benda  
 Tony Murphy  
 Ron Melcher  
 Ruth White  
 Stefanie Goldblatt  
 Michael Parish  
 Kathryn Hanlon  
 Marcia Barr  
 Ted Harvatin  
 Fred & Janet Bascom

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.

## Kudos to Nelson!

I'd like to acknowledge Terri Nelson for her contribution to this year's Capital City Century. Terri developed this year's CCC brochure -- and its great graphics -- and she did it in a hurry so we could take advantage of a promotional mailing by the League of Illinois Bicyclists.



Thanks, Terri!

So, keep your eyes open for copies of the brochures; they are in all the local bike shops. And sign up for this year's century event.

— Roger McCredie, Special Events Chair

*Editor's Note: This year's CCC will be held Sunday, September 9, 2007. The club hosts a bicycle tour of Springfield the day prior.*

*The brochure and registration forms are also available for download at [www.spfldcycling.org](http://www.spfldcycling.org).*

CCC brochure illustration created by Terri Nelson

## Board Meeting Notes— March 6, 2007

Connie Roberts, Recording Secretary

Attending: Dave Ross, David McDivitt, Dave Lucas, Roger McCredie, Aaron Shehan, Sue Hack, Karl Kohlrus, Marty Celnick, Mike Schwab, Connie Roberts.

Minutes from the February meeting were approved.

Treasurer's Report. Dave Lucas reported we have a balance of \$15,385.36 as of February 28, 2007.

Ride Schedule and Meetings. David McDivitt reported that he is almost finished with the ride schedule for April. The next board meeting is scheduled for April 10, 2007.

Awards. Sue Hack presided over the awards. The Ride of the Month was awarded to Marty Celnick for his ride from Fairhill's in which he was the only participant. The Almost Anything Award was awarded to Matt Korte. Thanks to Matt the Chatham trailhead on the Interurban Trail has benches, trash bins, and a glass enclosed message board. He did it as an Eagle Scout project with funding and help from the Chatham Kiwanis Club. The Lead Water Bottle had two nominees. Marty Celnick for being foolish enough to ride his ride this month and Dave Ross for admitting that he forgot he was to lead the ride on President's Day. The award went to Dave Ross for confessing that he already had a trip planned over President's Day. He was actu-

ally in San Francisco and didn't call anyone once he realized his mistake.

Legislative / Education. Karl Kohlrus reported that the LIB meeting was held in Springfield last Sunday. Bid opening will be this Friday, March 9, and contracts should be awarded within a month. We will probably start seeing some heavy equipment on the Interurban trail this spring and summer.

Social Chair. Aaron Shehan did not have anything to report this month.

Special Events. Roger McCredie reported that 2,250 CCC brochures were mailed to LIB to be distributed to various bike shops and clubs in Illinois. The CCC brochures are out and being distributed to our local bike shops. Roger spoke with Bob Thompson from Bike Tech and he wanted to know if the SBC would be interested in helping with the Capital City Biathlon if he were to get it organized. Roger is going to find out more information before next meeting and it will be discussed then. Our CCC is also posted on a website from Nashville, <http://cosaro4rides.com>. Roger has also been working with the city of Auburn on making trails to Chatham, further south, and connecting to the Sangamon Valley Trail.

Quick Release. Marty Celnick reported they had a couple of problems with the March QR.

Old Business. There was no old business this month.

New Business. Karl Kohlrus reported that the year 2008 is going to be a popular year for groups wanting to do rides around Springfield. The Midwest Tandem Rally will be held Labor Day weekend 2008. The Lincoln Bicentennial Bike Tour will be held August 16-24, 2008. LIB is planning a ride in southern Illinois for late September or early October. Dave Ross had brochures for various rides available. He also reported on a letter he received from Nick Brummer, an avid bicycle rider and racer from Chatham. He is raising money for the Mark J. Reynolds Memorial Children's "First" Bicycle Fund and is organizing a giveaway in the Springfield/Chatham area. He would like a donation from the SBC. After some discussion it was agreed the SBC would donate \$100. Aaron Shehan suggested that a clean up of the Wabash Trail be planned and he volunteered to organize it.

Thanks to Dave Ross for getting the meeting room at Robert Morris College. The meeting was adjourned.

Next Meeting: 7:00 p.m., Tuesday, April 10, 2007, at Robert Morris College, 3101 Montvale Drive, Room 219.

## May Memories

By Mike Becker

**1972–35 Years Ago:** After being an active club for nearly a year, the Springfield Bicycle Club incorporated on May 15, 1972, as a not for profit corporation. The incorporators were Dorothy Doering, Harry Simpson and Allen Pryor. The first Board of Directors for the corporation were those three plus Cathy Pouder, Benton Weathers and Judith Hamilton. Dorothy Doering was also the initial Registered Agent. The purposes stated in the SBC's Articles of Incorporation were:

To promote opportunities for extending the individual the knowledge and appreciation of their environment through experiences in cycling. Promote general interest in bicycling in all its phases, and defend the rights of the BICYCLIST. Promote bike-ways, safety, good fellowship, physical fitness, and recreation. To offer community service, at no charge, except for a small yearly dues for members, for postage. [emphasis added]

Just for postage, huh?

**1977–30 Years Ago:** The May club meeting centered around common road repairs. Dave Ringland demonstrated his now-patented freewheel-side broken spoke fix; Greg Lakebrink took a bath in Tubasti; and David Lucas demonstrated clincher tire repairs. ++The Almost Anything Award went to Charles Cali for some unspecified but surely meritorious event, although he himself later wrote: “In a capricious and unjust action, the mob voted to present the [Almost Anything] award to Charles Cali, an innocent victim of other person's mistakes.” ++The second annual Memorial weekend trip to Giant City was attended by “several dozen” club members, and over 170 miles of rides were offered during those three days.

**1982–25 Years Ago:** The first Capital City Biathlon was staged at Lincoln Park. 62 competitors ran 5K and then cycled 10K. The Quick Release noted that “SBC members did a pretty good job of holding their own against some pretty stiff competition from Road Runners.”

**1987–20 Years Ago:** Bicycle repairs was the topic for the monthly meeting. ++A going away potluck party was held for the Ringland family which moved to Peoria. ++Mary Corrigan volunteered to fill Dave’s remaining term as Vice President.

**1992–15 Years Ago:** Julie Wynn of Missouri Meanders presented a slide show at the monthly meeting about bicycle touring. ++More departures: Leaving the area were Marg Hokanson, who moved to New York, Gail and Kent Weber, who moved to Chicago, Paul Cotter, who moved to Texas, and Gil and Becky Johnson, who moved to California. ++Dan Eatherington turned in 587 miles to earn Rider of the Month.

**1997–10 Years Ago:** Jim Nugent, the Quick Release editor, switched the format of the monthly newsletter from 8.5" x 7" to a more readable and roomy 11" by 8.5". ++Cindy Moreno was rider of the month with 511 miles.

## May 2007 Ride Schedule

**Be informed!** Check the website [www.spfldcycling.org](http://www.spfldcycling.org) regularly for announcements, error corrections, and last minute changes.

Anyone with questions about rides or interest in leading a ride please contact David McDivitt at 725-1986 or by e-mail at [david\(at\)bikehappy.org](mailto:david(at)bikehappy.org). Report Show n Go and out of town ride mileage to Records Chair Karl Kohlrus. For details see Ride Rules at [www.spfldcycling.org](http://www.spfldcycling.org). **Daytime rides go as indicated except on holidays.** Contact David McDivitt with questions or suggestions for Friday night events.

Please volunteer to lead a ride.

**Do a ride sheet on Show-N-Go rides if riding together!**

<b>Weekday &amp; Weekend Daytime Rides</b>		<b>Check the start times!</b>
Monday thru Friday 10:00 am	Morning Geezer Ride Washington Park Shelter Dave Ross, 789-4823	Show-N-Go, Daily morning ride for retired geezers or those hoping to become geezers. No leader, no map. Participating riders should turn miles in to Karl Kohlrus.
Monday thru Friday 10:00 am	Daily Pana Trail Ride Lake Taylorville parking lot, Rt 29 Show-N-Go	Show-N-Go along the Lincoln Heritage Trail. Turn miles into Karl.
Mon, Wed, Fri Noon	IDOT, Lost Bridge Trail Dirksen Parkway Lisa Kidd, 546-1698	AB - <b>Lunch with Lisa Ride.</b> 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 Robert LaBonte 787-0237	BC - <b>West side Lunch Ride.</b> Dave and Robert lead a ride on the trails or in the country. If they can't 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.
Sunday 9:00 am	Wabash Trail East end parking lot Park St & Wabash Ave David Lucas, 753-3831	EZ - Slow easy ride 10-15 miles. (Note - No EZ ride on Sunday 5/27/07)
<b>Weekday &amp; Weekend Evening Rides</b>		<b>Check the start times!</b>
Monday 6:00 pm	Parkway Point Theater Lindbergh & Robbins Road Show & Go	C - 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 Show-N-Go Charles Witsman, 562-5208	Show-N-Go, Ride on the Lincoln Heritage Trail. Lights are required. Turn in miles to Karl. Call Charlie if you need information about trail conditions or directions.
Tuesday 6:00 pm	Schlitt Park, directly south of Owen Marsh School, 1100 Avon Drive Dave Lucas, 753-3831	EZ - Evening Ride, 10 miles, slow and easy pace.
Tuesday 6:00 pm	Carmody Residence 517 Appomattox Dr Marty Celnick, 522-4206	ABC - West side training ride. Aimed at those who want to train hard and fast. 12 - 25 miles.
Tuesday & Thursday 6:00 pm	IDOT, Lost Bridge Trail Dirksen Parkway Show-N-Go	BC - Show-N-Go along the Lost Bridge Trail. Turn miles in to Karl.
Wednesday 6:00 pm	Butler School 1701 S MacArthur Blvd Show-N-Go	D - This is an easy, neighborhood social ride. No maps, everyone will stay together for a ride of about 1 hour. Turn miles in to Karl.
Wednesday 6:10 (ish) pm	Wheelfast Bicycle Co. 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!
Thursday 6:00 pm	Rotary Park Archer Elevator & Iles Show & Go	ABC - 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-offs for 12 - 25 miles.

Saturdays 8:00 pm	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go, <b>Nighthawk Ride</b> , Lights required. No leader and no map.
<b>Scheduled Rides and Events</b>		<b>Check the start times!</b>
Wednesday May 2 <b>New!</b> 6:00 pm	New City Church New City & Pawnee New City Steve Schien, 629-9210	AB - Time trials. Here's a chance to test your skills in timed riding. Participants will go south on Pawnee New City Rd. for this 11-mile out-and-back ride. Helmets required.
Friday May 4 8:30 am	D & J Cafe 915 W. Laurel St	NC - Join SBC members for breakfast and try to stay for the Geezer bike ride at 10:00 am.
Friday May 4 6:00 pm	Imo's Pizza 751 S. Durkin Dr Show-N-Go	CD - One hour ride. Non riders meet for dinner at 7. Turn miles in to Karl.
Friday May 4 6:00 pm	Carlyle Dam West Campground Carlyle Lake, IL Mike Schwab, 801-7224	CD - A long walk or short ride to town for dinner at Lu-Bob's Family Restaurant and return for sitting around the campfire. Reservations suggested but some sites are not reserveable.
Saturday May 5 9:00 am	Vredenburg Park Saxon Dr & Crusaders Rd Dave Ross, 789-4823	ABCD - Dave's Birthday Ride, heading to Athens and Salisbury for approximately 53 miles with cutoffs and trail options.
Saturday May 5 9:00 am	Carlyle Dam West Campground Carlyle Lake, IL Mike Schwab, 801-7224	ABCD - After breakfast, ride north to Keyesport. Short option return for 24 miles. Medium option continue north for a while then return through Keyesport up to 50 miles. Long option circle Carlyle Reservoir for 63 miles. No place to buy food or drinks until you get back to the campground, so carry what's needed
Sunday May 6 10:00 am	Jim's House 2304 Checkerberry Ln Jim Disney, 793-9349	ABCD - <b>Black Bean Soup Ride</b> , expect 40 miles. Jim will have black bean soup and chicken jambalaya ready at 12:30. We eat at 12:30! C and D riders can do the trail.
Sunday May 6 10:00 am	Carlyle Dam West Campground Carlyle Lake, IL Mike Schwab, 801-7224	ABCD - Repeat previous day as desired. Campground checkout time 4pm.
Tuesday May 8 7:00 pm	Robert Morris College, room 219 3101 Montvale Dr Dave Ross, 789-4823	NC - <b>Board Meeting</b> . All SBC members are invited to attend board meetings. note: Note: room 219 is across the walk bridge, upstairs, toward the back on the left.
Friday May 11 7:00 pm	Cancun Restaurant 420 Crossing Mall, Sherman Show-N-Go	CD - One hour ride. Non riders meet for dinner at 7. Turn miles in to Karl.
Saturday May 12 9:00 am	New Salem Visitors Center Petersburg Mike Schwab, 801-7224	ABCD - Camp out the night before or drive out that morning. Ride to Jim Edgar Panther Creek then Chandlerville and return. No food or water to purchase (except Chandlerville) so carry plenty on your bike.
Sunday May 13 9:00 am	Kedra's House 111 Price St, Williamsville Kedra Elston, 741-9421	ABCD - <b>Mothers Day Potluck Brunch</b> , Kedra says bring your mother, too. Belgian waffles! Plan on 30 miles. Shorter options available. Those riding a shorter route start at 10:30. Potluck starts around noon. Everyone invited to come even if the weather is bad. Please RSVP
Wednesday May 16 <b>New!</b> 6:00 pm	New City Church New City & Pawnee New City Steve Schien, 629-9210	AB - Time trials. Here's a chance to test your skills in timed riding. Participants will go south on Pawnee New City Rd. for this 11-mile out-and-back ride. Helmets required.
Friday May 18 6:00 pm	Boone's Saloon 301 W. Edwards Show-N-Go	CD - <b>Bike Day</b> - Bike commuters (and anyone else) meet at Boone's Saloon for a Happy Hour followed by dinner. Those who wish can do a Show n Go from Boone's.
Saturday May 19 8:00 am	Chatham Worship Center 1001 West Walnut, Chatham Ken Anderson, 522-3876	NC - <b>Senior Olympics</b> , biking time trial and road race. Contact Ken Anderson to volunteer. Turn in to/from miles to Karl.
Sunday May 20 8:00 am	Chatham Worship Center 1001 West Walnut, Chatham Ken Anderson, 522-3876	NC - <b>Senior Olympics</b> , biking time trial and road race. Contact Ken Anderson to volunteer. Turn in to/from miles to Karl.

Friday May 25 6:00 pm	Capitol Complex Visitors Center 425 S. College Show-N-Go	CD - Come check out the downtown area by bike after work. Plan on dinner at Pizza Machine (107 W. Cook) at 7.
Saturday May 26 11:00 am	Holiday Inn Express 1600 E Main, St. Charles, IL Alan Josephson, 793-0590	ABCD - Memorial Day Weekend out-of-town ride, SBC riders will take to the trails or roads up to 50 miles.
Saturday May 26 9:00 am	Rotary Park Archer Elevator & Iles Show & Go	Show-N-Go - Ride with your bike buddies wherever you want. Please use a ride sheet if riding together. Turn in miles to Karl.
Sunday May 27 8:30 am	Holiday Inn Express 1600 E Main, St. Charles, IL Alan Josephson, 793-0590	ABCD - Memorial Day Weekend out-of-town ride, SBC riders will take to new trails or road ride up to 62+ miles. Optional "Bike the Drive" in Chicago.
Sunday May 27 9:00 am	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go - Ride with your bike buddies wherever you want. Please use a ride sheet if riding together. Turn in miles to Karl.
Monday May 28 8:30 am	Holiday Inn Express 1600 E Main, St. Charles, IL Alan Josephson, 793-0590	ABCD - Memorial Day Weekend out-of-town ride, SBC riders will ride the trails up to 50 miles and return home.
Monday May 28 9:00 am	IDOT, Lost Bridge Trail Dirksen Parkway Show-N-Go	Show-N-Go - Ride with your bike buddies wherever you want. Please use a ride sheet if riding together. Turn in miles to Karl.
Wednesday May 30 6:00 pm	New City Church New City & Pawnee New City Steve Schien, 629-9210	AB - Time trials. Here's a chance to test your skills in timed riding. Participants will go south on Pawnee New City Rd. for this 11-mile out-and-back ride. Helmets required.

### Ride Types

- A** Speed 18+mph average
- B** Speed 15 to 18 mph average
- C** Speed 12 to 15 mph average
- D** Speed 8 to 12 average
- ER** Speed under 8 mph average, slow paced social group ride without map, usually neighborhood tour
- EZ** Easy ride with no given speed
- NC** Non cycling event, but to/from miles still count
- MB** Suitable for mountain and all terrain bikes
- Show-N-Go** No ride leader, no speed specified, ride on your own and turn in miles to the Club Records Keeper



## Springfield Bicycle Club Mileage and Activity File

As of March 31, 2007

POSSIBLE MILES (NO T/F) 1236 0 1236 52 13800 013800578 23.9

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RID ES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RID ES	AVG RIDE	LED	LDR PTS
Rob Brokaw	867	212	1079	28	38.54			1,138	390	1,528	44	34.73		
Cathy Yeaman	1,077		1,077	23	46.83			1,345		1,345	27	49.81		
Charlie Witsman	667	46	713	16	44.56			985	46	1,031	22	46.86		
Tom Clark	459	36	495	21	23.57			936	68	1,004	43	23.35	1	3
Marty Celnick	472	109	581	23	25.26	1	3	659	215	874	36	24.28	3	9
Mike Vonnahmen	719		719	22	32.68			755	4	759	23	33		
Lisa Kidd	272	4	276	14	19.71			706	22	728	30	24.27		
Karl Kohlrus	406	97	503	27	18.63			572	156	728	43	16.93		
Tom Murphy	615	21	636	28	22.71			643	21	664	30	22.13		
Curt Evoy	445	22	467	23	20.3	3	5	605	55	660	30	22	4	8
Pete Gudmundson	517		517	20	25.85			655		655	26	25.19		
Lance Kidd	258	4	262	13	20.15			622	22	644	24	26.83		
Dave Ross	317	31	348	14	24.86	3	6	536	66	602	25	24.08	3	6
Ruth Magos	429		429	14	30.64			550		550	16	34.38		
Arden Gregory	309	86	395	10	39.5			393	155	548	13	42.15		
Bob Sorenson	298	50	348	13	26.77			447	98	545	21	25.95	1	3
Alan Josephson	201	8	209	8	26.13			480	8	488	14	34.86		
Derek Ewing	480		480	12	40			480		480	12	40		
Pat Stephens	245		245	14	17.5			450		450	27	16.67		
Alan Whitaker	286	35	321	12	26.75			373	53	426	16	26.63		
Robert LaBonte	245		245	14	17.5			404	14	418	22	19		
Dave Lucas	371	8	379	25	15.16			380	11	391	26	15.04		
Aaron Shehan	382	8	390	16	24.38			382	8	390	16	24.38		
Kevin Greene	177	28	205	16	12.81			328	39	367	24	15.29		
Scott Cross	357	5	362	20	18.1			357	5	362	20	18.1		
Roger McCredie	266		266	13	20.46			294	26	320	14	22.86		
Janet Cooper	305		305	13	23.46			305		305	13	23.46		
Chuck Orwig	273	3	276	11	25.09	1	3	295	9	304	12	25.33	1	3
Lynn Miller	69	4	73	4	18.25	1	3	275	27	302	13	23.23	1	3
Jerry Ihnen	251	6	257	21	12.24			287	6	293	23	12.74		
Cindy Kvamme	228		228	11	20.73	1	3	285		285	15	19	2	6

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### As of March 31, 2007

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RID ES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RID ES	AVG RIDE	LED	LDR PTS
Lynn Rhoades	147	19	166	5	33.2			231	43	274	8	34.25		
Linda Butler	187		187	7	26.71			256	10	266	10	26.6		
David McDivitt	190	29	219	9	24.33	1	3	222	29	251	11	22.82	1	3
Dean Wisleder	248		248	13	19.08			248		248	13	19.08		
Connie Roberts	214		214	9	23.78			235		235	10	23.5		
Pete Harjes	216		216	15	14.4			216		216	15	14.4		
Marilyn Powell	96	26	122	3	40.67			160	38	198	5	39.6		
Sr Josepha Schaffer	123		123	3	41			197		197	6	32.83		
Charlie Rabins	187		187	9	20.78			187		187	9	20.78		
Bob Carmody	123		123	5	24.6			171	7	178	7	25.43		
Rich Saal	98	35	133	5	26.6			126	49	175	7	25		
Ernie DeFrates	132		132	6	22	1	3	174		174	8	21.75	2	6
David Sykuta	152	13	165	7	23.57			152	13	165	7	23.57		
Ken Anderson	90	18	108	3	36			134	29	163	5	32.6		
Jack Hurley	79	68	147	3	49			93	68	161	4	40.25		
Dan Mitchell	123		123	4	30.75			151	10	161	5	32.2		
Mike Eymann	94		94	4	23.5			132		132	6	22		
David Banks	98		98	3	32.67			126		126	4	31.5		
Deeana Shidler	112		112	3	37.33			112		112	3	37.33		
Jan Cimarossa	107		107	5	21.4			107		107	5	21.4		
Naomi Greene	51	4	55	4	13.75			99	8	107	7	15.29		
Bill Voss	47	9	56	2	28			84	21	105	4	26.25		
Tracey Hurley	65	21	86	2	43			82	21	103	3	34.33		
Cindy Moreno	95		95	6	15.83			97		97	7	13.86		
Brock Webb	90		90	3	30			90		90	3	30		
Bob Dettling	82		82	5	16.4			82		82	5	16.4		
Dan Payne	32		32	1	32			60	6	66	2	33		
Mary Lou Hicks	33		33	2	16.5			58		58	3	19.33		

## Springfield Bicycle Club Mileage and Activity File As of March 31, 2007

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RID ES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RID ES	AVG RIDE	LED	LDR PTS
Christine Kohlrus	24	28	52	2	26			24	28	52	2	26		
Kent Kraft	40	7	47	1	47			40	7	47	1	47		
Jon Edwards	40	6	46	1	46			40	6	46	1	46		
Gary Myers	44		44	2	22			44		44	2	22		
Roger Schnelten	32	10	42	1	42			32	10	42	1	42		
Mark Summer	40		40	1	40			40		40	1	40		
Leslie Bol	29	9	38	2	19			29	9	38	2	19		
Jim Hamman	38		38	2	19			38		38	2	19		
Kedra Elston	37		37	2	18.5			37		37	2	18.5		
Cyd LaBonte	37		37	3	12.33			37		37	3	12.33		
Kathy Shepard	28	9	37	2	18.5			28	9	37	2	18.5		
Mark Rolens	32		32	1	32			32		32	1	32		
Matt Saner	32		32	1	32			32		32	1	32		
John Hammond	30		30	2	15			30		30	2	15		
Gerry Orwig	23	3	26	2	13			23	3	26	2	13		
Ben Cole	14	8	22	1	22			14	8	22	1	22		
Brigitta Ewing	12		12	1	12			22		22	2	11		
Hope Schnelten	22		22	1	22			22		22	1	22		
Louie Spinner	17	5	22	1	22			17	5	22	1	22		
Ben Fox	18		18	1	18			18		18	1	18		
Marcia Sykuta	18		18	1	18			18		18	1	18		
Mark Smith	14		14	1	14			14		14	1	14		
Roger Frye	13		13	1	13			13		13	1	13		
Brea Elston	10		10	1	10			10		10	1	10		
Mike Elston	10		10	1	10			10		10	1	10		
Sue Hack	8		8	1	8			8		8	1	8		
David Drennan		4	4	1	4				4	4	1	4		
Totals	16,236	1,154	17,390	702	24.77	12	29	22,157	2,081	24,238	975	24.86	19	50

## Exercising with Diabetes

By Brenda Michel, RN, CDE *certified diabetes educator*

Having diabetes changes how a person has to look at exercise. Most of the time, physical activity lowers blood glucose levels. Hypoglycemia is blood glucose less than 70 mg/dl. Hypoglycemia after exercise can be a very frustrating experience, there is a high occurrence for people 4-6 hours after exercise but some experience it during exercise and up to 24 hours later. Once the body burns the food eaten prior to exercise, it uses a stored form of glucose (called glycogen) in the liver and muscles. After that is depleted if food is not eaten the body will get glucose from the blood, which causes it to go low. This does not happen quickly but over a number of hours. There is a twofold reason for eating carbohydrates after exercise. One is to help prevent a low, but probably just as important is to restore the glycogen lost during exercise.

Different carbohydrates are absorbed at different rates. Fast acting carbohydrates (e.g., Gatorade, fresh fruit) are great for raising low blood sugars before, during, or after exercise. Slower acting carbohydrates (e.g., pasta, Power Bars) help avoid low blood sugars during long periods of exercise. They can be eaten about 1 1/2 hours prior to exercise and every 45 minutes to an hour during long periods of exercise. Eat carbohydrates with some protein or a good source of fat (e.g., peanut butter) within 20-30 minutes after exercise to restore glycogen stores. How much depends on blood sugars and intensity of exercise.

For the best performance and safety keep your blood sugars between 100 and 150 mg/dl during exercise. Aerobic exercise (running, cycling, etc.) will usually decrease blood sugars, so providing a buffer with a starting blood sugar higher than normal is recommended. When insulin is involved the guidelines are to have blood sugars above 100 mg/dl but not higher than 240-300 mg/dl. To prevent hypoglycemia with exercise a person can reduce his dose of insulin or other blood glucose lowering drugs, increase his carbohydrate intake, or do a combination of both.

When exercise is going to be performed within an hour or two after a meal, the best approach is to reduce your mealtime insulin or oral medicine. However, if you plan to exercise at a time when you do not normally take rapid-acting insulin, it may work better to consume some extra carbohydrates before the activity. For activities lasting less than two hours, it is only necessary to reduce your dose of rapid-acting insulin. It is not usually helpful to reduce your intermediate-acting or long-acting insulin unless your activity is going to last more than two hours.

If the person on insulin frequently develops a delayed-onset of hypoglycemia (hypoglycemia several hours after exercise) and they take intermediate or long-acting insulin they can lower their dose by 20% to 25% following intense exercise ( evening dose). Pump users can decrease their basal rate after exercise - a 40% to 50% reduction rate is a good starting point over 4-6 hours but check frequently to see if more or less is needed and whether to decrease/increase the time of the decreased basal rate. Since most low blood sugars occur in individuals in the middle of the night (e.g., 1 a.m. - 3 a.m.) having a reduced rate overnight may help as well.

The following chart gives a starting point to those that want to adjust their premeal rapid or fast acting insulin for activity. Lower your premeal insulin dose if your activity will be performed an hour or two

	Short Duration (15-30 minutes)	Moderate Duration (31-60 minutes)	Long Duration (1-2 hours)
Low intensity	0.90	0.80	0.70
Moderate Intensity	0.75	0.67	0.50
High Intensity	0.67	0.50	0.33

(Continued on page 13)

(Continued from page 12)

after a meal. To determine how much to lower your dose, multiply the dose you would normally take by the number in the chart below. An example would be if you normally take 6 units of Humalog with breakfast at 0700 and you are going to go on a 1 ½ hour long moderate intensity bike ride at 0830, you would multiply 6 by 0.50 ( 6 X 0.50 = 3 units). You would decrease your Humalog dose by 3 units or take 50% of the normal amount taken at breakfast.

The following oral medications can cause hypoglycemia: glimepiride (Amaryl), glipizide (Glucotrol, Glucotrol XL), glyburide (DiaBeta, Glynase, Micronase), nateglinide (Starlix), repaglinide (Prandin). If you take any oral medicines that can cause hypoglycemia it is usually recommended that you take your usual dose with your first exercise sessions and monitor your blood glucose. If it drops below 80 mg/dl during or after exercise, reducing or eliminating the medicine prior to the planned exercise might be needed. Check with your doctor before making this type of change in oral medication.

Snacks may be necessary to prevent low blood glucose during activities that take place before meals, are very intense, or last more than one hour. If you are going to exercise before or between meals, reducing your premeal insulin at your last meal you eat would only serve to drive up your pre-workout blood glucose level. It would be better to take your normal insulin dose at the meal and then have a snack before exercising. The amount of carbohydrate needed depends on both the intensity of the activity and your body size.

A chart for carbohydrate needed per hour of activity is given below. To use the chart, find your approximate body weight and look down the list to find the intensity of your exercise. The number in the column represents the grams of carbohydrates that you will need per hour of activity. If you exercise for 30

	50 lb	100 lb	150 lb	200 lb	250 lb
Low intensity	5-8 g	10-16 g	15-25 g	20-32 g	25-40 g
Moderate intensity	10-13 g	20-26 g	30-40 g	40-52 g	50-65 g
High intensity	15-18 g	30-36 g	45-55 g	60-72 g	75-90 g

minutes, have half the amount. Fine tune these numbers based on your blood glucose monitoring. The best way to determine the optimal size and frequency of your snack is to check your blood glucose before and after the activity. If it holds steady, you have found the correct amount of carbohydrate for your activity. If it rises, cut back on the amount of carbohydrate. If it drops, add more grams of carbohydrates or eat more frequently the next time.

The September/October 2006 issue of the journal *Diabetes Self-Management*, was used as a reference for information included in this article.

**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 **\$11.00 dollars** extra and print your name (clearly) on the following line as you would like it to appear on your name badge:

Badge Name: \_\_\_\_\_

**Mail with Check to:**  
Springfield Bicycle Club  
Post Office Box 2203  
Springfield, IL 62705



## SPRINGFIELD BICYCLE CLUB 2007 MILEAGE SUMMARY



MONTHLY								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	4,578	735	5,313	183		4		29.03
February	1,343	192	1,535	90		3		17.06
March	16,236	1,154	17390	702		12		24..77

CUMULATIVE								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	4,578	735	5,313	183		4		29.03
February	5,921	927	6,848	273		7		25.08
March	22,157	2,081	24,238	975		19		24.86



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May, 2007

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**Note: 'AT' replaces @ in all email addresses given below to protect our board members from spamming.**

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rossesse(at)sbcglobal.net

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David McDivitt  
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**Recording Secretary**

Connie Roberts  
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**QR Deadline 15th of the Month**

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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 12<sup>th</sup> 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 for sale without charge.