



### Ride of the Month

**President Dave Ross received accolades for his birthday ride on Saturday, May 5<sup>th</sup>**

Leaving from Vredenburg Park and heading toward Athens and Salisbury, Dave led a “lovely” ride of approximately 53 miles. Despite one section with “a crummy road with big rocks”, several sightings in nature occurred—two wild turkeys and an albino deer. It was also reported that there was a hill with 13% grade near the end of the ride. Now that’s hilly! Thank you, Dave, for sharing your birthday with fellow SBC riders and leading a great ride.

### Almost Anything Award

**Robert LaBonte received this month’s AAA for his prowess at tire changing.**

It was reported that Robert won the patience award for changing Sue Dee’s tire—not once but twice. It seems that in the process of the first attempt, the fit was so tight that the tube was pinched and ruined, so a second attempt was necessary. This tough tire was described as “the worst tire in the world”. It was estimated that the elapsed time in this tube changing event was 30-40 minutes. Thank you, Robert, for sticking with this repair.

### Lead Water Bottle

**Our Springfield Bicycle Club was rescued from having another “lead-free” month by the nomination and unanimous vote for Marty Celnick’s off-road adventure.**

It seems that while riding on the Lost Bridge Trail, Marty’s pack on the rear of his bike began having difficulties, which caused Marty to have difficulty riding. In the process of dismounting his bike to adjust the pack, Marty fell down and rolled down the hill. Fortunately, Marty was not hurt. However, when he returned to the trail to fix the pack, those observing noted that he was covered with grass and looked really rough as if he’d been through a real ordeal. The pack was fixed and Marty was able to finish his ride. Having the lead water bottle on your bike will probably cause some riding problems, too, Marty. Beware!

### Riders of the Month

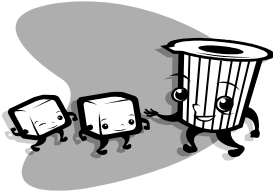
5/07 Charlie Witsman, 1323 mi.	1/07 Lisa Kidd, 410 mi.	9/06 Lisa Kidd, 728 mi.
4/07 Tom Murphy, 889 mi.	12/06 Kathy Shepard, 319 mi.	8/06 Bill Bock, 759 mi.
3/07 Cathy Yeaman, 1077 mi.	11/06 Lance Kidd, 547 mi.	7/06 Charlie Witsman, 1633 mi.
2/07 Rob Brokaw, 221 mi.	10/06 Alan Whitaker, 457 mi.	6/06 Chuck Orwig 650 mi.

## President's Report

July 2007

**Picnic.** The annual SBC picnic is coming up in July; many thanks to Tracey Hurley, our new Social Chair, for organizing things this year.

**Recovery.** I recently discovered an email newsletter called "Road Bike Rider." A recent issue had an interesting technique for recovering after a long or hard ride.



First, as soon as possible after your ride, consume some simple sugars.

Next, soak your legs (up to the hips) in a cold bath for 20 minutes; you might want to wear a sweatshirt to keep your upper body warm.



Like cold therapy in other sports, the cold water will help reduce any inflammation and will speed your recovery.

If you're interested in more tips like this, along with general cycling news, you can sign up for the free weekly newsletter at <http://roadbikerider.com/>

**New Riders.** Over the years, the Springfield Bicycle Club as a group has gotten much stronger and much faster. The downside to this is that it's hard for new riders to keep up. The Board has been trying to address this concern.

One response is the EZ Rides on Sunday mornings and Tuesday evenings. These are slow-paced rides where the entire group stays together. Another is the social rides on Friday evenings prior to dinner, or the fairly frequent "ice cream" rides: easy, neighborhood rides followed by an ice cream stop.

But what of the rider who has gotten stronger and begins to go on longer Club rides? We need to make sure that newer riders are not left behind. Remember, ride leaders, to "lead from the rear". Board members are also committed to riding with slower riders on evening rides that are classified as "CD" rides.

Everyone has a responsibility to the newer riders. If we do not encourage new riders, then the Club has lost its purpose. So, introduce yourself, and keep an eye out for newer or slower riders.

See you on the road!

## Board Meeting Notes— May 8, 2007

Connie Roberts, Recording Secretary

Attending: Dave Ross, David McDivitt, Ken Anderson, Dave Lucas, Roger McCredie, Lynn Miller, Sue Hack, Marty Celnick, Bill Donels, Mike Schwab, Connie Roberts.

Minutes from the April meeting were approved.

Treasurer's Report. Dave Lucas reported that we have a balance of \$15,353.37 as of April 30, 2007.

Ride Schedule and Meetings. David McDivitt reported on the June ride schedule. Bill Donels volunteered to write an article for the QR about the Route 66 rides scheduled for June 2. The next board meeting is scheduled for June 5, 2007.

Awards. Sue Hack presided over the awards. The Ride of the Month was awarded to Matt Saner for his ride from Wheelfast. Lots of people enjoyed a great route with great food following the ride. The Almost Anything Award went to the SBC members who showed up for the Irwin's Park Official Opening on April 28. There was no Lead Water Bottle awarded this month.

Legislative / Education. Lynn Miller and Bill Donels

reported on the Interurban Trail Meeting they attended on May 4. There are still many roadblocks to overcome and they will continue working with the various groups to try and get the trail as close to how they want it as possible.

Social Chair. Aaron Shehan was unable to attend so there was no report.

Special Events. Roger McCredie reported that plans for the CCC are going well and he will be sending out the fliers soon. He also said he will e-mail Bob Thompson of Bike Tech and have him put something in the QR about the upcoming Biathlon on June 9.

Quick Release. Marty Celnick reported about a couple of problems with the QR.

Old Business. Ken Anderson reported that he is still looking for volunteers for the Senior Olympics on May 19-20. He is also planning on getting the new directory out as soon as he is thru with the Senior Olympics. Dave Lucas reported that he has had very good turnout for the Sunday EZ rides.

New Business. The SBC received a thank you from Nick Brummer for the generous donation to the bike giveaway held at Ball Elementary on April 14. Ken Anderson volunteered to check with FitClub about helping with a helmet fitting for area children next year. Lynn Miller and Bill Donels would like to hold a reception for the new alderman and various other people to engage in informal discussion about the need for more trails and accommodations. After much discussion the board agreed it was a good idea. Lynn and Bill will work on the reception and report next month. Mike Schwab reported that Mark Schultz, a cross country rider, raising money for orphans will be coming thru Springfield in June. Mike plans to lead a ride of the Lincoln Sites and invite him to attend.

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

Next Meeting: 7:00 p.m., Tuesday, June 5, 2007, at Robert Morris College, 3101 Montvale Drive.

## Secretary's Report

Ken Anderson, Secretary

### Renewals

Jon & Kathleen Edwards  
Steve Smith  
Jackie & Adam Galli  
Charles Downs  
Ivan & Vicki Wright  
Keith & Lucinda Buescher  
Michael Dossett  
Mike & Cheryl Eymann  
Lenny & Sherry Miner  
Susan Dees  
Kyle Beachy

### Renewals at the Sustaining Level

John & Judy Day  
Charles & Susan Hammond  
Pat Stephens & Family

### New Members

Robert & Arlene Barewin  
Mike Chew  
Mark Rabin

### Renewals at the Contributing Level

Judy Nesbitt  
Garland & Lesley Stevens  
James Stephens

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.

## Bikes For Sale

**2 - BikeE CT2.0 Recumbent Bicycles.** I have 2 that are exactly the same and are in Like New Condition. Buy 1 or both of them. These bikes are blue with aluminum frames and aluminum wheels. It has a Sachs 3-speed internal hub with a 7-speed Shimano cluster. Retailed \$700 each will sell for \$395 each, OBO.

Call Derek or Brigetta Ewing 624-2016.

**Cannondale M600 Mountain bike,** Aluminum 17 inch orchid blue frame, Shimano STX components, 21 speed, Triple Chain ring with 11 x 28 rear cluster. 26 x 2 knobby tires. Comes ready to ride with Targa computer (needs battery), Topeak pump, Cannondale saddle bag, bottle cage, Serfas tailbones saddle, Shimano clipless ATB pedals. \$185.

Call Cathy Yeaman at 483-4912.

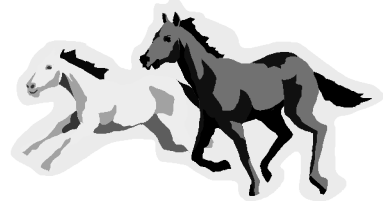
## Bicyclists Roll Past Horses in Relay

*Reprinted by Permission of the Springfield State Journal-Register*

In a race between the horse and the bicycle, the bicycle proved faster. The horses lost by 8 minutes in a 22-mile course from Springfield to Chautauqua Park, near New Salem.

Six member relay teams – horses with riders provided by the Fox Horn Stables and bicycles and riders provided by the Springfield Bicycle Club – met at the entrance to Val-E-View subdivision on Winch Lane, the starting point.

Each team found the course sometimes easy, sometimes rough. The horses held an advantage going uphill while the cyclists whizzed ahead going down. Horses found recently graded roads more to their liking, while the cyclists naturally preferred the stretches of smooth pavement.



And so the race went: “bad” roads found the horses in front, while the bikes pulled into the lead on the good roads. The backstretch of the race contained a lot of good pavement and the going downhill kept the bicycles in front for good.

Fox Horn Stables trainer Jim Schuecking provided riders Will Simpson, Peggy Donelan, Sara Knowland, Jo Randolph, Dean Campbell and Tennessee Dixon.

On the bikes were Dave Lucas, Byron Nesbitt, Patti Bird, Jeff Nelson, Phyllis Eubanks and Dave Wyness.

*-- Submitted by Byron Nesbitt, SBC Member. Thanks to Byron for transcribing the original clipping. Originally published June 27, 1972 in the SJ-R, and reprinted here by permission. The SJ-R can be found online at [sj-r.com](http://sj-r.com) –The Editors.*

## July 2007 Ride Schedule

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

For questions about rides or interest in leading a ride 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 Kohrus. See Ride Rules at [www.spfldcycling.org](http://www.spfldcycling.org) for details. **Daytime rides go as indicated except on holidays.** Contact David McDivitt with questions or suggestions for Friday night events.

If you enjoy club rides, please do your part and volunteer to lead one on occasion. Help is provided.

<b>Weekday &amp; Weekend Daytime Rides</b>		<b><i>Check the start times!</i></b>
Monday thru Friday 9:00 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 Kohrus.
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 15-20 miles.
<b>Weekday &amp; Weekend Evening Rides</b>		<b><i>Check the start times!</i></b>
Monday 6:00 pm	Parkway Point Theater Lindbergh & Robbins Road leader changes from week to week	ABCD - Many show up on this favorite ride, usually someone will ride your speed. 10 - 23 miles, or more!
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 - Ten easy miles at a slow and relaxed pace through low traffic neighborhoods.
Tuesday 6:00 pm <b>change</b>	Rotary Park Archer Elevator & Iles Show & Go	ABC - West side training ride. Aimed at those who want to train hard and fast. 12 - 25 miles.
Tuesday & Thursday 5:30 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 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 9:00 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>
Sunday July 1 9:00 am	Vredenburg Park Saxon Dr & Crusaders Rd Marty Celnick, 522-4206	ABCD - Marty said we will go 30-50 miles, but didn't say where. Surely it will be a good place.
Tuesday July 3 7:30 pm	Robert Morris College, room L07 3101 Montvale Dr Dave Ross, 789-4823	NC - <b>Board Meeting</b> . All SBC members are invited to attend board meetings. <b>New time</b> at 7:30.
Friday July 6 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 9:00 am.
Friday July 6 6:00 pm	Coz's Pizza & Pub 4441 Ash Grove Rd (off Wabash) Show-N-Go	CD - One hour ride. Non riders meet for dinner at 7. Turn miles in to Karl.
Wednesday July 4	- Springfield Bank, Koke Mill & Wabash, Springfield (8:00am) - Harmon's IGA, Chatham (8:40am) - US Post Office, Loami (9:15am) Cathy Yeaman 483-4912	ABCD - <b>Burgoo Ride</b> - Various start times and locations are provided giving all riders an opportunity to ride to Franklin for the Independence Day celebration and Burgoo. Mileage from Springfield ~62 miles, Chatham ~48 miles and from Loami ~28 miles. It will be hot. Be sure to bring plenty of water.
Wednesday July 4 3:00 pm	Lola's House 8 Bridge Terrace Lola Lucas / Kevin Brown 787-5652, 971-TUNA	NC - The Lucas Browns are hosting a 4th of July barbeque with Beer, Brats, Burgers and Buns! Bring a side dish or anything else you'd like to share. The pool is open, too! 8 Bridge Terrace (yes, a single digit) is off Outer Park just north of Cherry
Saturday July 7 8:00 am	Waldrop Park Andrew Road, Sherman Ernie DeFrates, 544-1398	ABCD - Ernie said he will take us 30-40 miles
Sunday July 8 8:00 am	Vredenburg Park Saxon Dr & Crusaders Rd Lance Kidd, 546-1698	ABCD - Lance has 50 to 75 miles planned
Sunday July 8 5:00 pm	Tom Madonia Park - East East Lake Shore Drive. Tracey Hurley, 546-2750	NC - <b>Annual Spring Picnic!</b> Starts at 5, plan to eat around 5:45. See article in newsletter for details. See you there!
Wednesday July 11 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 July 13 7:00 pm	Lost Bridge Trail IDOT Parking Lot Show-N-Go	CD - Do a trail ride then meet at Gallina's Pizza in Capitol City Shopping Center for dinner. Non riders meet for dinner at 7. Turn miles in to Karl.
Saturday July 14 8:00 am	Arby's, Fairhills Mall Chatham Rd & Monroe St David McDivitt, 787-5964	ABCD - Ride the whole length of Lead Line Road! 60, 45, and 24 mile routes.
Sunday July 15 8:00 am	Panera Bread W White Oaks & Wabash Alan Whitaker, 494-6807	ABCD - Destination unknown! Alan said he will take us fifty miles or so.
Sunday July 15 4:00 pm	Ice Deli Durkin & Lawrence Kevin Greene, 793-9622	D - Have a nice summer ride followed by cool treats.
Friday July 20 6:00 pm	Banana Leaf Restaurant Town & Country Shopping Center 2433 S MacArthur Blvd Show-N-Go	CD - One hour ride. Non riders meet for dinner at 7. Turn miles in to Karl.
Saturday July 21 7:30 am	Chatham Community Park Main St, Chatham Matt Saner / WheelFast 483-7807	ABC - <b>Tour De Corn Metric Century</b> , Registration starts at 7am. 62 and 31 road miles, with a 20 mile trail option. Cost is \$10. This gets you food stops, sag service and lunch. Socks to the first 120 riders, donated by WheelFast. Proceeds go to Chatham Jaycees.

Sunday July 22 8:00 am	Lost Bridge Trail IDOT Parking Lot 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 July 25 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 July 27 6:00 pm	Filling Station Bar & Grill Route 66 Hotel & Conference Center 625 E St Joseph at S 6th St	CD - One hour ride. Non riders meet for dinner at 7. Turn miles in to Karl.
Saturday July 28 9:00 am	Lost Bridge Trail IDOT Parking Lot Deeanna Shidler, 562-4583	ABCD - <b>July Bike and Camp!</b> Leave overnight bags and tents at IDOT, Friday July 27th. They will be picked up at 7pm for us. Leave IDOT Saturday morning at 9am and ride to Pana. Spend the day at Pana, then camp in Deeanna's back yard that night. Deeanna will let us use her shower. Leave at 9am Sunday for ride back to Springfield taking a different route. Pick up bags and tents at IDOT Monday at 7pm. Is this fun or what?
Saturday July 28 8:00 am	Rock & Roll Hardees 2501 Stevenson Dr. 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.
Sunday July 29 9:00 am	Deeanna's House, Pana Deeanna Shidler, 562-4583	ABCD - <b>July Bike and Camp!</b> Return trip. See description for Saturday above.
Sunday July 29 8:00 am	AMF Strike & Spare Lanes 2660 W Lawrence Ave 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.
Sunday July 29 4:00 pm	Brew-Bakers Caffe 1941 W Iles Show-N-Go	Show-N-Go - Have a nice summer ride followed by treats.

### 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





**Chatham Jaycees and Wheel Fast Bicycle Co.**

present

**The 9<sup>th</sup> Annual Tour De Corn**

Chatham Community Park

Saturday July 21<sup>st</sup>, 2007 – 7:30 a.m.

Registration will be open from 7:00 a.m. until 9:00 a.m.

**Mass start at 7:30 a.m.**

The Tour De Corn is a metric century or half metric century  
(62 or 31 miles)

A shorter 20 mile option is available

**The cost is \$10.00**

SAG service until 1:00 p.m.

Rest stops with food and drink

Lunch at the Sweet Corn Festival following the ride

Socks to the first 140 riders  
(courtesy of Wheel Fast Bicycle Co.)

**All proceeds benefit the Chatham Jaycees.**

Call Matt or Jake at Wheel Fast with any questions @ 217-483-7807



## Springfield Bicycle Club Mileage and Activity File As of May 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
Rob Brokaw	1,211		1,211	29	41.76			3,315	554	3,869	103	37.56		
Cathy Yeaman	1,045	20	1,065	23	46.3			3,272	72	3,344	71	47.1		
Charlie Witsman	1,308	15	1,323	23	57.52			3,170	61	3,231	64	50.48		
Tom Murphy	1,163	56	1,219	32	38.09			2,648	124	2,772	90	30.8		
Tom Clark	816	66	882	24	36.75			2,326	184	2,510	90	27.89	1	3
Mike Vonnahmen	770		770	25	30.8			2,292	4	2,296	71	32.34		
Marty Celnick	595	73	668	24	27.83			1,663	465	2,128	81	26.27	4	12
Pete Gudmundson	905		905	25	36.2			2,080		2,080	71	29.3		
Lisa Kidd	768	49	817	26	31.42			1,833	107	1,940	74	26.22		
Karl Kohlrus	560	98	658	31	21.23			1,457	348	1,805	101	17.87		
Derek Ewing	725		725	25	29			1,801		1,801	58	31.05		
Lance Kidd	754	49	803	25	32.12			1,659	107	1,766	63	28.03		
Jack Hurley	529	15	544	14	38.86			1,493	204	1,697	44	38.57		
Curt Evoy	506	8	514	19	27.05			1,523	103	1,626	67	24.27	4	8
Dave Ross	538	16	554	25	22.16	2	5	1,373	98	1,471	61	24.11	5	11
Bob Sorenson	512	68	580	18	32.22			1,226	226	1,452	51	28.47	1	3
Ruth Magos	436		436	13	33.54			1,380		1,380	41	33.66		
Tracey Hurley	477		477	16	29.81			1,248	104	1,352	40	33.8		
Alan Whitaker	488	29	517	17	30.41			1,146	134	1,280	45	28.44	1	3
Marilyn Powell	781		781	33	23.67			1,204	60	1,264	51	24.78		
Alan Josephson	348	52	400	14	28.57			1,140	110	1,250	40	31.25		
Janet Cooper	528		528	23	22.96			1,206		1,206	54	22.33		
Roger McCredie	504		504	17	29.65			1,136	42	1,178	42	28.05		
Dave Lucas	290	24	314	25	12.56	1	1	1,073	63	1,136	76	14.95	2	4
Pat Stephens	517		517	20	25.85			1,122		1,122	53	21.17		
David McDivitt	434	66	500	15	33.33			902	172	1,074	38	28.26	1	3
Arden Gregory	147	58	205	3	68.33			719	293	1,012	21	48.19		
Lynn Rhoades	697	4	701	23	30.48			928	47	975	31	31.45		
Scott Cross	309		309	14	22.07			939	24	963	48	20.06		
Robert LaBonte	280		280	13	21.54			927	32	959	46	20.85	3	9
Kevin Greene	277	34	311	23	13.52			842	115	957	65	14.72		

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	RIDE	T/F	TO-TAL	RID ES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RID ES	AVG RIDE	LED	LDR PTS
Dean Wisleder	346		346	20	17.3			892		892	55	16.22		
Linda Butler	337	17	354	11	32.18	1	1	845	43	888	31	28.65	2	4
Lynn Miller	357	3	360	8	45			827	30	857	28	30.61	1	3
Mark Summer	319		319	8	39.88			828		828	21	39.43		
Connie Roberts	376		376	15	25.07			826		826	34	24.29		
Cindy Kvamme	310		310	15	20.67			775	18	793	40	19.83	2	6
Bob Dettling	540		540	32	16.88			786		786	47	16.72		
David Sykuta	312		312	9	34.67			702	13	715	24	29.79		
Chuck Orwig	219	6	225	7	32.14			666	19	685	27	25.37	1	3
Ken Anderson	165	22	187	6	31.17			521	146	667	19	35.11		
Bill Bock	505		505	12	42.08			650		650	16	40.63		
Bob Carmody	260		260	10	26			595	9	604	24	25.17		
Carol Bock	431		431	11	39.18			576		576	15	38.4		
Grover Everett	567		567	23	24.65			567		567	23	24.65		
Mike Schwab	243		243	23	10.57	1	3	557	3	560	56	10	1	3
Jon Edwards	148	21	169	4	42.25			472	71	543	16	33.94		
Charlie Rabins	211		211	9	23.44			540		540	24	22.5		
Julie Perino	469		469	20	23.45			530		530	23	23.04		
Sr Josepha Schaffer	214	3	217	8	27.13			510	3	513	20	25.65		
Fred Bascom	185		185	8	23.13			501		501	22	22.77		
Ernie DeFrates	180		180	8	22.5			500		500	22	22.73	2	6
P J McCredie	293		293	13	22.54			499		499	23	21.7		
Rich Saal	70	35	105	5	21			346	148	494	20	24.7		
Joel Johnson	84	57	141	3	47			302	184	486	11	44.18		
Kathy Shepard	251	25	276	12	23			397	80	477	21	22.71		
Mike Eymann	211	7	218	2	109			423	7	430	12	35.83		
Brock Webb	70		70	2	35			389	34	423	12	35.25		
Dan Mitchell	37	4	41	1	41			333	14	347	10	34.7		
Mark Smith	205	16	221	9	24.56			285	44	329	14	23.5		
Jim Hajek	41	14	55	2	27.5			295	21	316	19	16.63		
Christine Kohlrus	167	19	186	6	31			234	76	310	10	31		

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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
Charlie Witsman	1,308	15	1,323	23	57.52			3,170	61	3,231	64	50.48		
Tom Murphy	1,163	56	1,219	32	38.09			2,648	124	2,772	90	30.8		
Rob Brokaw	1,211		1,211	29	41.76			3,315	554	3,869	103	37.56		
Cathy Yeaman	1,045	20	1,065	23	46.3			3,272	72	3,344	71	47.1		
Pete Gudmundson	905		905	25	36.2			2,080		2,080	71	29.3		
Tom Clark	816	66	882	24	36.75			2,326	184	2,510	90	27.89	1	3
Lisa Kidd	768	49	817	26	31.42			1,833	107	1,940	74	26.22		
Lance Kidd	754	49	803	25	32.12			1,659	107	1,766	63	28.03		
Marilyn Powell	781		781	33	23.67			1,204	60	1,264	51	24.78		
Mike Vonnahmen	770		770	25	30.8			2,292	4	2,296	71	32.34		
Derek Ewing	725		725	25	29			1,801		1,801	58	31.05		
Lynn Rhoades	697	4	701	23	30.48			928	47	975	31	31.45		
Marty Celnick	595	73	668	24	27.83			1,663	465	2,128	81	26.27	4	12
Karl Kohrus	560	98	658	31	21.23			1,457	348	1,805	101	17.87		
Bob Sorenson	512	68	580	18	32.22			1,226	226	1,452	51	28.47	1	3
Grover Everett	567		567	23	24.65			567		567	23	24.65		
Dave Ross	538	16	554	25	22.16	2	5	1,373	98	1,471	61	24.11	5	11
Jack Hurley	529	15	544	14	38.86			1,493	204	1,697	44	38.57		
Bob Dettling	540		540	32	16.88			786		786	47	16.72		
Janet Cooper	528		528	23	22.96			1,206		1,206	54	22.33		
Alan Whitaker	488	29	517	17	30.41			1,146	134	1,280	45	28.44	1	3
Pat Stephens	517		517	20	25.85			1,122		1,122	53	21.17		
Curt Evoy	506	8	514	19	27.05			1,523	103	1,626	67	24.27	4	8
Bill Bock	505		505	12	42.08			650		650	16	40.63		
Roger McCredie	504		504	17	29.65			1,136	42	1,178	42	28.05		
David McDivitt	434	66	500	15	33.33			902	172	1,074	38	28.26	1	3
Tracey Hurley	477		477	16	29.81			1,248	104	1,352	40	33.8		
Julie Perino	469		469	20	23.45			530		530	23	23.04		
Ruth Magos	436		436	13	33.54			1,380		1,380	41	33.66		
Carol Bock	431		431	11	39.18			576		576	15	38.4		
Alan Josephson	348	52	400	14	28.57			1,140	110	1,250	40	31.25		

## Springfield Bicycle Club Mileage and Activity File As of May 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
Ben Cole	14	6	20	1	20			28	14	42	2	21		
Marty Morris	29		29	2	14.5			42		42	3	14		
Steve Smith	28	8	36	2	18			28	8	36	2	18		
Kathy Copeland	32		32	1	32			32		32	1	32		
Michelle Cozadd	14		14	1	14			28		28	2	14		
Jim Disney	28		28	1	28	1	3	28		28	1	28	1	3
Chihoko Reiningger	22	2	24	1	24			22	2	24	1	24		
Jonathan Reiningger	22	2	24	1	24			22	2	24	1	24		
Judy Carmody	21		21	1	21			21		21	1	21		
Ed Taylor	14	6	20	1	20			14	6	20	1	20		
Harriet Josephson	11		11	2	5.5			11		11	2	5.5		
Totals	29,516	1,183	30,699	1,084	28.32	10	22	73,523	5,239	78,762	2,969	26.53	38	99

### Thanks for Your Support of the Children's Cancer Ride Brock Webb, SBC Member

I would like to send out my thanks to the bike club for the incredible support I received for my Trek 100 ride for children's cancer. I wish I had a great story to tell about hanging out with Lance, but I don't. There were way to many people both Friday and Saturday to get anywhere even close to him. Security escorted him everywhere he went so nobody could even try to talk to him. The Saturday ride had almost 4000 riders and poured down rain for around 50 of the 100 miles. The positive side of the weekend is the foundation raised over 1.3 million dollars for children's cancer research in two days. That blows away their previous record.

In the end I ended up with just over \$2000.00 myself largely due to the overwhelming support of several bike club members. It's pretty inspiring rolling up on person struggling or even walking up a difficult hill wearing a photo on their jersey or their helmet of someone they lost to cancer. Climbing in the big ring is harder with a huge lump in your throat. Almost everybody in the world has been touched by cancer in some way. I am very proud to raise money and ride my bike for such a great Foundation that has made such a direct dramatic difference in cancer cure rates. I appreciate the bike club's support and donations to help make this all possible.

Thanks again, I'm sure I'll see you all on the road soon.

## The home you've been waiting to love! 1114 Fayette

- A century of character in an American Foursquare
- Front porch swing and great neighbors!
- 1/2 block from Washington Park , mature trees
- 2,200 sq. ft., 3-4 bedrooms, 2 full baths
- Master suite has sitting room and walk-in closet
- Fenced yard, storage shed, back deck
- One car garage, detached, plus bike shed
- Walk-up floored attic, basement with headroom
- Washer and dryer stay
- Newer energy-efficient furnace and A/C
- New hot water heater, newer roof and driveway
- Low maintenance vinyl siding
- Bright kitchen with lots of storage
- Refrigerator, dishwasher and microwave stay
- Updated bath has cherry cabinets
- Natural woodwork, hardwood floors
- Pocket door between parlor and dining room
- Antique light fixture in dining room
- Homeowner's warranty included

First floor: large entry hall, parlor, dining room, kitchen, family room and full bath

Second floor: master bedroom, sitting room, bedroom, large bedroom, full bath

(Options: add a closet and use the family room as a first floor bedroom;  
front bedroom upstairs is large enough for kids to share.)

Contact Randy Johnstone at the Real Estate Group

787-7000 or see <http://www.randyjohnstone.com/>

**\$127,900**

**Not in the market? If you refer someone who purchases 1114 Fayette you'll get a \$250 gift certificate for gasoline or your favorite bike shop! Thanks! — Lola Lucas & Kevin Brown**

(paid advertisement)



*News from the League of Illinois Bicyclists*



## Three Foot Passing Rule, Other Bills Advance in Springfield

Illinois Senate Bill 80 was passed by the Illinois House May 22nd, by a 107-8 vote and Senate Bill 314 also PASSED both chambers. Both are now awaiting the Governor's signature. Thanks to our primary bill sponsors, Sen. Ed Maloney and Rep. Elaine Nekritz!

### **Senate Bill 80** would:

- require motorists to leave a minimum of 3 feet when passing a bike
- allow cyclists to "take the lane" where right turns are authorized
- allow the option of a right arm hand signal when turning right

### **Senate Bill 314** would require IDOT to:

- build "bicycle and pedestrian ways" with major urban road projects
- establish design and construction standards for bicycle and pedestrian ways

*Information copied from <http://www.bikelib.org> home page. Please visit for complete details.*

# SBC Picnic

Tracey Hurley, Social Chair

**WHEN:** Sunday July 8, 2007  
**TIME:** 4:00 PM begins-5:00 PM Food Served  
**WHERE:** TOM MADONIA PARK EAST-old Forest Park East  
(East Lake Drive about 1/2 mile east of the dam)



**WHAT:** last names beginning with **A-H** please bring desserts  
last names beginning with **I-R** please bring salads  
last names beginning with **S-Z** please bring appetizers  
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 me at 546-2750.

**Items to Buy**

**Wanted: Bicycle Trailer.** Looking for a bugger, Roger Schnelten 529-0780 roger@kgspottery.com. thanx a lot.



## July Memories

By Mike Becker

**1972–35 Years Ago:** The racing part of the club traveled to Ft. Wayne and to Glen Ellyn for, what else, races. The touring part of the club scheduled a four day ride from Springfield to Peoria to Starved Rock to St. Charles, for what you do on a bike other than race.

**1977–30 Years Ago:** Benton Weathers and family presented the main part of the July meeting with a talk about their cycling vacation in northern Illinois including the Quad Cities and Galena. Also at the meeting was a discussion of various types of cycling helmets. I think leather hairnets were still in vogue then. ++The SBC scheduled a weekend tour of Calhoun County, starting at Pere Marquette State Park. (A suitable prize will be awarded to anyone who knows what that county doesn't have that all other Illinois counties have. The judges' decision is final.) A 45 mile ride was on the agenda for Saturday and 55 for Sunday.

**1982–25 Years Ago:** The Quick Release published a nomination for the Almost Anything Award for the July meeting. It seems that Steve Scheufele completed a 11½ double century at the Central Double Century and was set to do a less-than-eighteen hour triple when he decided to take a short nap in the car first. 'Nuff said.

**1987–20 Years Ago:** John Werthwein made a second plea for someone to take over the newsletter editing duties. ++The monthly meeting was presented by Harry Simpson on bicycle mechanics and by Toni Patt on bicycle rider mechanics. For those who knew Toni, you know that she must have skipped Harry's presentation because she developed her own unique tire changing method (involving looking like a damsel in distress and batting her eyelashes at passing men until one or more stopped to assist).

**1992–15 Years Ago:** Reid and Sheila Hansen traveled to France. The story is that they created an international incident and were bounced from the Louvre for trying to ride their bikes through it. ++At the monthly meeting Mike Clark talked about his 1100 mile tour of the Alaskan Highway. ++John Werthwein made his 62 consecutive monthly plea for someone to take over the QR editing duties. (Just kidding—I think. The officers' listing says for the Bulletin Editor "Position Open.")

**1997–10 Years Ago:** Jim Nugent, QR Editor (yes, John was eventually replaced), noted that Velo City Cyclists, under the guidance of Derek Ewing, was seeking members interested in improving cycling speed and endurance. ++Cathy Yeaman was Rider of the Month, with 511 club miles. ++Left over from June: The odometer on Karl Kohlrus' 18 speed Cannondale (which he purchased in June 1987, just one day before he rode a double century with a saddle not yet broken in) turned over 50,000 miles. Quite an accomplishment! If the saddle was a Brooks Big Rivet, it might be just about broken in.



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**August 25, 2007**

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Just a 3 hr easy drive north of Springfield.

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Official Charities: Illinois Environmental Council Education Fund, Illinois Stewardship Alliance, Prairie Rivers Network

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

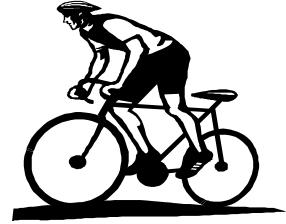
Hang it on your seat bag. These are a pretty neat way to let other riders know your name. Include **\$11.00 dollars** extra and print your name (clearly) on the following line as you would like it to appear on your name badge:

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	17,390	702		12		24..77
April	20,167	1,975	22,142	849		2		26.08
May	29,516	1,183	30,699	1,084		10		28.32

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
April	43,400	4,056	47,456	1,867		21		25.42
May	73,523	5,239	78,762	2,969		38		26.53



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July, 2007

**Please note:** Be sure to check the renewal date on your address label. If the date is **HIGHLIGHTED**, please fill out and return the renewal form along with your check. This will help to keep your membership information current and up to date. **You will get only one newsletter after your renewal date.** Note: 'AT' replaces @ in all email addresses given below to protect our board members from spamming.

**Officers**

**President**

Dave Ross  
789-4823  
rossesse(at)sbcglobal.net

**Vice President**

David McDivitt  
787-5964  
david(at)bikehappy.org

**Board Secretary**

Ken Anderson  
522-3876  
k.anderson2(at)insightbb.com.

**Recording Secretary**

Connie Roberts  
787-7410  
cmroberts18(at)insightbb.com

**Treasurer**

Dave Lucas  
753-3831  
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**Special Events**

Roger McCredie  
438-3959  
pjandroger(at)mwii.net

**Social Chair**

Tracey Hurley  
546-2750  
tvhurley1(at)hotmail.com

**Legislative/ Educational Chair**

Lynn Miller  
lynnmiller(at)insightbb.com  
787-3354

**Incentive Chair**

Sue Hack  
546-4514  
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**Records**

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**QR Editor**

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Tom Clark  
726-5560

taconsulting1(at)yahoo.com

**QR Deadline 15 th of the month**

**Web Master**

David McDivitt  
787-5964  
david(at)bikehappy.org

**At Large Members**

Bill Donels  
546-8036  
sbdonels(at)insightbb.com

Kevin Brown

787-5652  
kjbrown607(at)yahoo.com

***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 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 to buy or sell without charge.