



Ride of the Month

Just because she's a year older doesn't mean Lisa can't lead a great birthday ride.

On Saturday, June 30, 2007, Lisa Kidd led at least 49 riders on an approximately 45 mile ride to Ashland and back. It was said to have been a very fast ride, 19.8 mph was the average for some on the return trip. There was a cookout (food, of course!) following the ride featuring butterfly pork chops and chicken sandwiches. Thank you, Lisa, for providing a fun ride.

Almost Anything Award

The AAA goes to Cathy Yeaman for winning a gold medal at the Senior Olympics.

As she neared the end of the race, Cathy realized she was in a pretty good position and began to covet a place on the podium for the medal ceremony. As it turned out, she won the top spot on that podium, by a mere bike length, and came home with the gold. Congratulations, Cathy!

There were also two especially honorable mentions for the AAA for folks who went above and beyond this past month: More about that on page 13.

Lead Water Bottle

Even though there is an unwritten rule about not giving the lead to ride leaders, there is sometimes an oh so worthy exception. Lisa Kidd's nomination is just that this month.

You've already read about Lisa's ride above. It seems that there were some details left out.

Turn to page 2, for the rest of the story!

Riders of the Month

6/07 Grover Everett, 1203 mi.	2/07 Rob Brokaw, 221 mi.	10/06 Alan Whitaker, 457 mi.
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.

Lead Water Bottle(Continued)

Here's the rest of the story. First of all, the ride was not planned by Lisa; Lance did it. Secondly, there was a section of the route, on County Road 3N, that was more than two miles of mush—like a plowed field with occasional patches of pavement.

In an unrelated incident, on a weekend ride in Chatham, Lisa led the group through a blocked off section of the Interurban Trail that was set aside for a car show. Even though the cars weren't there yet, one lady was very upset at the SBC riders' intrusion on this special space. She took to running after Lisa yelling at her to not ride in this space. Lisa turned around, while continuing to ride in the unapproved section, and yelled at the lady "Catch me if you can." Due to the fitness disparity between the two females, this was not likely to happen.

And by the way, Happy Birthday, Lisa

(Editor Marty's note: I don't think this part of the nomination is lead worthy as Lisa was in the right. A bicycle trail is no place for a car show.)

President's Report

August 2007

I'm on vacation this month. Hope you're all having a fun summer.



When I return, hope to see you on the road!



Board Meeting Notes— June 5, 2007

Connie Roberts, Recording Secretary

Attending: Dave Ross, David McDivitt, Ken Anderson, Dave Lucas, Roger McCredie, Tracey Hurley, Lynn Miller, Sue Hack, Marty Celnick, Tom Clark, Bill Donels, Kevin Brown, Ernie DeFrates, Judy Erwin, Mike Schwab, Connie Roberts.

Minutes from the May meeting were approved.

Treasurer's Report. Dave Lucas reported that we have a balance of \$15,233.91 as of June 1, 2007.

Ride Schedule and Meetings. David McDivitt reported that he posted a blank calander on the web site in hopes of people signing up to lead rides. The next board meeting is scheduled for July 3, 2007.

Awards. Sue Hack presided over the awards. The Ride of the Month was awarded to Dave Ross for his birthday ride. It was a hilly ride in honor of Dave being over the hill. There were sightings of two turkeys and an albino deer. The Lead Water Bottle was awarded to Marty Celnick for stopping to adjust his bike bag and loosing his footing and rolling down the hill on the Lost Bridge Trail. Ken Anderson put the bike bag on the bike the right way and hasn't fallen off since. The Almost Anything Award had two nominees. Lisa and Lance Kidd for suggesting and collecting money for a can of WD-40 to fix Roger McCredies right shift lever. The other nominee was Robert LaBonte for changing the worst tire in the world two times on Sue Dees bike over the Memorial Day weekend trip to St. Charles. The award went to Robert LaBonte.

Legislative / Education. Bill

Donels reported he and Lynn Miller attended a meeting with several of the parties interested in the trail. They discussed whether the trail would be placed along MacArthur or on the west side of Legacy Point. Bill also attended another meeting in which the developer informed him that the city wants the developer to put up all the money, 4 million, by July 1. If the developer does not meet the deadline the city will go ahead with the trail along MacArthur. Hopefully this will not happen.

Social Chair. Tracey Hurley has scheduled the picnic for July 8. She sent a couple of cards this month.

Special Events. Roger McCredie reported that 558 CCC brochures had been sent to previous participants. Registrations are beginning to come in for the CCC.

Quick Release. Marty Celnick reported they have not started the July issue. He also reported he had a couple of problems, but Tom Clark seemed able to solve the problems.

Old Business. Dave Lucas reported the Easy Riders are going along fine and that everyone seems to enjoy the rides. There was some discussion about the Monday night rides being faster than they are described in the QR. Emphasis was going to be on making sure the ride leader stayed back with the slower riders or make sure there is someone for them to ride with. Ken Anderson reported he will get with Curt Evoy and get the directory done. Ken also reported that the Senior Olympics went well and that everyone was apprecia-

tive of the SBC volunteers. Ken would like a replacement for next years Senior Olympics and he will be happy to assist anyone who would like to take it over. Bill Donels reported that several riders who registered for the Route 66 Ride did not show up, but that the riders who did ride had a good time.

New Business. Dave Ross reported the Illinois Environmental Council was sponsoring the Rolling on the River Ride. It is a century in the Fox River Valley area on August 25, 2007. It is a fundraiser for various organizations. Ernie DeFrates reported on the Madison County Trails. He said it is a great trail system and he is organizing a trip to the area on June 23. Bill Donels and Lynn Miller's reception to informally discuss the need for more trails will be scheduled sometime in the week of June 25.

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

Next Meeting: 7:30 p.m., Tuesday, July 3, 2007, at Robert Morris College, 3101 Montvale Drive.

Secretary's Report

Ken Anderson, Secretary

Renewals

Rich & Georganne Regan
Susan McClintock
Michael Ryan & Family
Mary Dana Abbott
Lance & Lisa Kidd & Family
Jim & Gladys Hajek
Stephen Cathey & Family
Bruce Yurdin
Katie Weidner
Susan Shelton
Kathy Stefancic & Family

Renewals at the Contributing Level

Linda Butler
Cynthia Johnson

Renewals at the Sustaining Level

Tom & Francie King & 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.



Bikes For Sale

Like New Trek KDR1000. This bike model is for kids ages 9-12 or smaller adults who want to ride like Lance! It's designed for speed and maneuverability. 24 inch wheels 48x39 with 8 speed gearing, red, white, blue. Specs can be found on trekbikes.com.

This is a beautiful road bike in perfect shape.

Alan & Harriet Josephson 217-793-0590 or [ahjosephson \(at\) yahoo.com](mailto:ahjosephson@yahoo.com)

CCC Organizers Are Looking for a Few Good Men and Women

Roger McCredie, Special Events Chair

The 35th annual Capital City Century is just around the corner. To make sure this year's century, which will be held on Sunday, September 9, is another memorable one, the event's planners need **your** help.

Volunteers are needed to mark the route, to supply baked goods, to provide SAG, and to help with set-up/cleanup at the beach house and the food stops. New members, in particular, are encouraged to get involved.

Volunteering for the century is a great way to get to know your fellow bike club members. And, if there are enough volunteers, there's no reason you can't ride and help out.



If you would like to be a hands-on volunteer at this year's century, please get in touch with me (Roger McCredie, 438-3959 or [pjandroger\(at\)mwii.net](mailto:pjandroger(at)mwii.net)) or with one of my chairpersons:

Food	Robert LaBonte (787-0237) Ken Anderson (522-3876 or k.anderson2(at)insightbb.com)
Historic Sites Ride (9/8)	Chuck Orwig (793-3782) Dave Lucas (753-3831 or dwlucas62704(at)aol.com)
Public Relations	Naomi Greene (793-9622)
Registration	Kevin Brown (787-5652 or kjbrown607(at)yahoo.com) Dave Ross (789-4823 or rossesse(at)sbcglobal.net)
SAG	Tom Clark (726-5560 or taconsulting1(at)yahoo.com)
T-shirts	Linda Butler (787-5027)

As in the past, the area that requires the most volunteers is food. There will be food at the beach house, in Auburn and at the Sugar Creek covered bridge. If you cannot volunteer your time, please consider supplying some baked goods for the food stops or a covered dish for the post-pedalin' party at the Beach House.

August 2007 Ride Schedule

Be informed! Check the website 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 Kohlrus. See Ride Rules at 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.

Weekday & Weekend Daytime Rides		<i>Check the start times!</i>
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 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 - Lunch with Lisa Ride. Lisa leads the noon trail ride. Skip lunch and ride on the trail with Lisa and other SBC regulars.
Monday thru Friday 12:15 / 12:20	Robert Morris College, Vredenburg Park Dave Ross 793-4239 Robert LaBonte 787-0237	BC - West side Lunch Ride. 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.
Weekday & Weekend Evening Rides		<i>Check the start times!</i>
Monday 6:00 pm	Parkway Point Theater Lindbergh & Robbins Road Lyn Schollett, 689-9446	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	Rotary Park Archer Elevator & Iles Tracey Hurley, 546-2750	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, Nighthawk Ride , Lights required. No leader and no map.
Scheduled Rides and Events		<i>Check the start times!</i>
Friday August 3 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 August 3 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.
Saturday August 4 8:00 am	Lewis Memorial Christian Village 3400 W Washington Linda Butler, 787-5027	ABCD - Linda has an exceedingly good ride planned for 40-50 miles.
Sunday August 5 7:00 am	Rochester Station Walnut St & Hwy 29, Rochester Robert LaBonte 787-0237	ABCD - Breakfast ride to Pawnee! Ride from IDOT for an extra 10 miles. Note the start time.
Sunday August 5 4:00 pm	Ice Deli Durkin and Lawrence Kevin Greene, 793-9622	Show-N-Go - Have a nice summer ride followed by sno-cone.
Wednesday August 8 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.
Wednesday August 8 7:30 pm	Robert Morris College, room L07 3101 Montvale Dr Dave Ross, 789-4823	NC - Board Meeting . All SBC members are invited to attend board meetings.
Friday August 10 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 August 11 8:00 am	Waldrop Park Andrew Road, Sherman Cindy Kvamme, 744-8864	ABCD - We're going to Middletown. Goodie! Haven't been there in awhile.
Saturday August 11 8:00 am	New City Church New City & Pawnee New City Matt Saner, 483-7807	AB - Time trials.
Sunday August 12 8:00 am	Waldrop Park Andrew Road, Sherman Tracey Hurley, 546-2750	ABCD - This is Tracey's very first time to lead a ride. I'm sure she'll do well.
Sunday August 12 4:00 pm	Residence 1709 S. Douglas Ave Cindy Tubbs, 689-9446	EZ - Build Your Own Ice Cream Sundae ride. Hour-long neighborhood ride, followed by a chance to build your biggest and best ice cream sundae all summer!
Friday August 17 6:00 pm	Gallina's Pizza 3133 S Dirksen Pkwy Show-N-Go	CD - Meet at IDOT for one hour ride on the trail, then go to Gallina's afterward. Non riders meet for dinner at 7. Turn miles in to Karl.
Saturday August 18 8:00 am	IDOT, Lost Bridge Trail Dirksen Parkway Cathy Yeaman, 483-4912	ABCD - Head toward Sangchris, Edinburg, Mechanicsburg.
Sunday August 19 8:00 am	Centennial Park Bunker Hill Rd & Lenhart Rd Alan Whitaker, 494-6807	ABCD - Alan plans to take us 40-50 miles.
Sunday August 19 4:00 pm	Baskin Robbins 1700 S MacArthur Show-N-Go	Show-N-Go - Have a nice summer ride followed by ice cream.
Wednesday August 22 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 August 24 6:00 pm	Los Agaves Mexican Restaurant 2466-70 W Wabash Show-N-Go	CD - One hour ride on the Wabash Trail via Drawbridge Lane and Vredenburg Park. Non riders meet for dinner at 7. Turn miles in to Karl.
Saturday August 25 8:00 am	Centennial Park Bunker Hill Rd & Lenhart Rd Jon Edwards, 726-7647	ABCD - Jon says we will go 60 miles or so to Waverly.
Sunday August 26 8:00 am	Vredenburg Park Saxon Dr & Crusaders Rd Tom Murphy, 725-6539	ABCD - Plan on going 40-50 miles with Tom.
Sunday August 26 4:00 pm	Baskin Robbins 1925 W Monroe Show-N-Go	Show-N-Go - Have a nice summer ride followed by treats.
Friday August 31 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 September 1 9:00 am	IDOT, Lost Bridge Trail Dirksen Parkway Show-N-Go	ABCD - Ride with your friends wherever you want! Please use a ride sheet if possible. Turn in miles to Karl.
Sunday September 2 9:00 am	Vredenburg Park Saxon Dr & Crusaders Rd Jim Disney, 793-9349	ABCD - Jim has 30 miles planned.
Sunday September 2 4:00 pm	Brew-Bakers Caffè 1941 W Iles Show-N-Go	Show-N-Go - Have a nice summer ride followed by treats.
Monday September 3 9:00 am	Waldrop Park Andrew Road, Sherman Karl Kohlrus, 544-8410	ABCD - Karl says 30-50 miles, to Athens or Mt. Pulaski.

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's Seniors Score Big at National Senior Olympics

By Dave Lucas

Although I'm not certain that they all appreciate the "senior" monicker, four of the club's most experienced cyclists recently participated in the 2007 Summer Senior Olympic Games held in Louisville, KY. Despite rain, hills and mechanical problems, Cathy Yeaman, Charlie Downs, Sister Josepha Schaffer and Mike Vonnahmen all turned in exemplary performances on the challenging hilly course in Louisville.

The games offered four cycling events; 20k and 40k road races and 5k and 10k time trials. Participants came from all over the country, and awards were presented to the top 8 finishers in each race. If you have ever watched these folks race, you will realize that age is no barrier to speed and definitely does not dull the competitive edge.

Cathy Yeaman raced and placed in all of the four cycling events. Cathy was competing against 25 other women from across the nation who, like Cathy, had qualified by winning similar races in their home states' senior games. She finished in 7th place in the 5k time trial, 8th place in the 10k time trail, 5th in the 20k road race and 1st in the 40k road race. For her 1st place achievement, Cathy was awarded a very impressive gold medal. Cathy said that it was hard to prepare for the many hills that riders faced on the course in Louisville's Cherokee and Seneca Park, but she credits the many miles that she rides with the bike club for helping her get fit for the demanding race.

Sister Josepha, at the top of her age category, also turned in multiple fine performances against stiff competition. She placed 8th in the 5k time trial, 8th in the 10k time trial, 6th in the 20k road race and 9th in the 40k road race. Sister Josepha, a multiple medal winner in the past, was hampered by some mechanical problems and, in fact, dropped her chain three times during the 40k race. Her 9th place finish in the 40k, despite these difficulties, is certainly a testament to her physical condition and determination.

Due to time constraints and a rain out of the events on Sunday, Taylorville area rider Charlie Downs was able to compete in only the 5k time trial, but he turned in a most impressive 3rd place and won the bronze medal. Nice job Charlie!

Mike Vonnahmen competed in all four cycling events and faced some really rugged competition in his 50 – 54 age group. These guys are really fast in their respective state events and, when you get the fastest from across the entire country, you really have your work cut out for you. Despite the toughness of the competition in this age group, Mike was still able to finish 31st, 30th, 15th and 21st in the respective time trial and road race events. If you've ever tried to keep up with Mike on a local ride, you'll realize how tough the competition must have been in Louisville.

Congratulations to all of the club's participants and award winners!!! The next time you see one of them, ask them about the event. The hills, rain, and stiff competition provided enough bench racing tales to easily last until next year's event(s).

Way to go Cathy, Sister Jo, Charlie and Mike. You represented Illinois and the Springfield Bicycle Club very well indeed!!!

Springfield Bicycle Club Mileage and Activity File As of June 30 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	1167		1167	29	40.24			4482	554	5036	132	38.15		
Cathy Yeaman	915	60	975	21	46.43	1	3	4,187	132	4,319	92	46.95	1	3
Charlie Witsman	1,055	7	1,062	16	66.38			4,225	68	4,293	80	53.66		
Tom Murphy	1,201	75	1,276	36	35.44	1	3	3,849	199	4,048	126	32.13	1	3
Tom Clark	826	4	830	23	36.09	1	3	3,152	188	3,340	113	29.56	2	6
Mike Vonnahmen	790		790	25	31.6			3,082	4	3,086	96	32.15		
Pete Gudmundson	948		948	24	39.5			3,028		3,028	95	31.87		
Marty Celnick	601	110	711	23	30.91			2,264	575	2,839	104	27.3	4	12
Lisa Kidd	792	65	857	28	30.61			2,625	172	2,797	102	27.42		
Jack Hurley	1,013	47	1,060	23	46.09			2,506	251	2,757	67	41.15		
Karl Kohlrus	603	93	696	37	18.81			2,060	441	2,501	138	18.12		
Lance Kidd	631	57	688	20	34.4	1	3	2,290	164	2,454	83	29.57	1	3
Curt Evoy	823	2	825	26	31.73			2,346	105	2,451	93	26.35	4	8
Tracey Hurley	677	47	724	17	42.59	3	6	1,925	151	2,076	57	36.42	3	6
Marilyn Powell	760		760	25	30.4			1,964	60	2,024	76	26.63		
Bob Sorenson	479	56	535	13	41.15			1,705	282	1,987	64	31.05	1	3
Dave Ross	479	13	492	24	20.5			1,852	111	1,963	85	23.09	5	11
Grover Everett	1,203		1,203	23	54.22			1,814		1,814	46	39.43		
Arden Gregory	420	46	466	10	46.6			1,474	339	1,813	44	41.2		
Alan Whitaker	394	61	455	15	30.33			1,540	195	1,735	60	28.92	1	3
Janet Cooper	490		490	22	22.27			1,696		1,696	76	22.32		
Dean Wisleder	778		778	27	28.81			1,670		1,670	82	20.37		
Ruth Magos	255	31	286	7	40.86			1,635	31	1,666	48	34.71		
David McDivitt	483	63	546	14	39			1,385	235	1,620	52	31.15	1	3
Alan Josephson	287	14	301	7	43	1	3	1427	124	1551	47	33	1	3
Pat Stephens	313		313	19	16.47			1,435		1,435	72	19.93		
Janice Perino	718		718	19	37.79			1,405		1,405	47	29.89		
Roger McCredie	205	17	222	4	55.5			1,341	59	1,400	46	30.43		

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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
Dave Lucas	221	29	250	22	11.36	4	6	1,294	92	1,386	98	14.14	6	10
Linda Butler	465	7	472	15	31.47			1,310	50	1,360	46	29.57	2	4
Lynn Miller	455	13	468	13	36			1,282	43	1,325	41	32.32	1	3
David Sykuta	582	10	592	14	42.29			1,284	23	1,307	38	34.39		
Mark Summer	476		476	10	47.60			1,304		1,304	31	42.06		
Robert LaBonte	305		305	12	25.42	4	7	1,232	32	1,264	58	21.79	7	16
Ken Anderson	434	124	558	13	42.92	1	1	955	270	1,225	32	38.28	1	1
Kevin Greene	224	44	268	17	15.76	2	4	1,066	159	1,225	82	14.94	2	4
Cindy Kvamme	362		362	16	22.63			1,137	18	1,155	56	20.63	2	6
Julie Perino	619		619	15	41.27			1,149		1,149	38	30.24		
Lynn Rhoades	151	10	161	3	53.67			1,079	57	1,136	34	33.41		
Bill Bock	427		427	11	38.82			1,077		1,077	27	39.89		
Kathy Shepard	505	66	571	14	40.79			902	146	1,048	35	29.94		
Carol Bock	427		427	11	38.82			1,003		1,003	26	38.58		
Chuck Orwig	300		300	9	33.33			966	19	985	36	27.36	1	3
Bob Dettling	172		172	11	15.64			958		958	58	16.52		
Bob Carmody	346		346	13	26.62			941	9	950	37	25.68		
P J McCredie	418		418	12	34.83			917		917	35	26.2		
Mark Smith	506	57	563	14	40.21			791	101	892	28	31.86		
Mike Schwab	286		286	24	11.92			843	3	846	80	10.58	1	3
Sr Josepha Schaffer	324		324	12	27			834	3	837	32	26.16		
Ben Fox	542	2	544	17	32			819	2	821	30	27.37		
Fred Bascom	272		272	11	24.73			773		773	33	23.42		
Ernie DeFrates	246	12	258	9	28.67			746	12	758	31	24.45	2	6
Joel Johnson	189	73	262	5	52.4			491	257	748	16	46.75		
Rich Saal	133	49	182	7	26			479	197	676	27	25.04		
Jon Edwards	102	26	128	3	42.67			574	97	671	19	35.32		
Dan Mitchell	284	10	294	6	49			617	24	641	16	40.06		
Jerry Ihnen	44		44	1	44			550	19	569	43	13.23		

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Mike Eymann	66		66	2	33			489	7	496	14	35.43		
Brock Webb	70		70	2	35			459	34	493	14	35.21		
Christine Kohlrus	97	8	105	4	26.25			331	84	415	14	29.64		
David Banks	151		151	4	37.75			402	10	412	11	37.45		
Naomi Greene	86	14	100	7	14.29			344	43	387	26	14.88		
Dan Payne	99	12	111	3	37			350	37	387	12	32.25		
Jan Cimarossa	183		183	6	30.5			373		373	14	26.64		
Jim Hajek	19	7	26	1	26.00			314	28	342	20	17.10		
Christa Morris	235		235	9	26.11			341		341	18	18.94		
Cindy Moreno	79		79	4	19.75			339		339	21	16.14		
Micci Bly	258	2	260	6	43.33			311	2	313	8	39.13		
Deeana Shidler	160	1	161	5	32.2	1	3	311	1	312	10	31.2	1	3
Leslie Bol	172		172	10	17.2			284	9	293	19	15.42		
Janet Bascom	87		87	3	29			262		262	13	20.15		
Cyd LaBonte	48		48	3	16			207	18	225	14	16.07		
Matt Saner	63		63	3	21			191		191	9	21.22	4	9
Gerry Orwig	27		27	3	9			175	9	184	17	10.82		
Brigetta Ewing	48	30	78	4	19.50			150	16	166	7	23.71		
Bill Voss	18	8	26	1	26			127	35	162	6	27		
Ron Melcher	54	5	59	1	59			145	16	161	4	40.25		
Michelle Cozadd	131		131	4	32.75			159		159	6	26.5		
Lyn Schollett	81	15	96	5	19.2			136	21	157	8	19.63		
Mary Lou Hicks	33		33	2	16.5			150		150	9	16.67		
Cindy Tubbs	90	15	105	6	17.5			123	18	141	8	17.63		
Brenda Reiling	51		51	3	17			137		137	7	19.57		
Kedra Elston	21		21	1	21			131		131	7	18.71	2	6
Garland Stevens	18		18	1	18			101	18	119	6	19.83		
Charlie Downs	110	2	112	2	56			110	2	112	2	56		
Bruce Yurdin	25		25	1	25			105		105	3	35		
Tracie Stephens	79		79	11	7.18			79		79	11	7.18		

Springfield Bicycle Club Mileage and Activity File As of June 30 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
Louie Spinner	20	5	25	1	25			52	10	62	3	20.67		
Dale Fagg	54	3	57	1	57			54	3	57	1	57		
Sue Dees	18		18	1	18.00			51		51	3	17.00		
Chris Colburn	49		49	1	49			49		49	1	49		
Ken Foard	36	12	48	1	48			36	12	48	1	48		
Sue Foard	36	12	48	1	48			36	12	48	1	48		
Judy Carmody	14	8	22	1	22			35	8	43	2	21.5		
Jackie Galli	37	4	41	1	41			37	4	41	1	41		
Ivan Wright	37		37	1	37			37		37	1	37		
Deb Cooper	34		34	2	17			34		34	2	17		
Greg Gutzman	19	7	26	1	26			19	7	26	1	26		
Lisa Boes	25		25	1	25			25		25	1	25		
Lynn Bale	20		20	1	20.00			20		20	1	20.00		
Amanda Kidd	19		19	1	19.00			19		19	1	19.00		
Harriet Josephson	5		5	1	5			16		16	3	5.33		
Brenda Michael	12		12	1	12			12		12	1	12		
Totals	34,161	1,570	35,731	1,122	31.85	20	42	108,245	6,809	115,054	4,121	27.92	58	141

Honorable Mentions for the Almost Anything Award By Sue Hack

There were also two especially honorable mentions for the AAA for folks who went above and beyond this past month:

To Tom Clark's neighbor, Lynn Shanklin, who saved the day at Tom's ride/party by finishing all of the food on the stove when it had been planned as a grilled meal—but the grill failed. Hawaiian and Mexican turkey burgers were served as well as brats. Lynn also seems to have developed some wonderful ordering/serving system which utilizes post-it notes and puts the fast food joints to shame!

The second worthy of mention was the ride provided by Tom Murphy and family. For the meal following the ride, food was cooked at the site. A wonderful offer was given to the riders—Tom's wife would store the food appropriately during the ride, or would go to the grocery and purchase items for riders at their requests—service above and beyond! Tom's whole family helped make this a special event.

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August Memories

By Mike Becker

1972–35 Years Ago: In August 1972, there was talk of a dues increase, and next month the dues were formally increased to \$3.00 for single membership and \$6.00 for family. (Yes, and it's *still* a bargain!) ++In the early years, the SBC often traveled to other areas to tour. This month, the Club traveled to Hannibal, MO, for three days of riding. ++The Springfield Park District responded to requests from the SBC and marked bicycle lanes in the city parks. (If you look closely, you can, to this day, see the original markings between the cars and/or underneath the pedestrians' feet.)

1977–30 Years Ago: Bob Hellwig of the Sangamon Valley Striders spoke at the August meeting on training for endurance. Bob, who had run in the Boston Marathon, discussed carbohydrate loading (a topic near and dear to our own hearts) and other techniques of eating for extended exercise. ++During the business part of the meeting, elections were conducted for officers, with the following results: George Caldwell, President; Dave Ringland, Vice-President; Vaughn Morrison, Secretary; and Deb Ringland, Treasurer. This was George's second term, and he has since moved to Iowa. Vaughn maintains SBC membership and reportedly even has a bicycle.

1982–25 Years Ago: In the interest of error corrections, the Club Secretary wrote: "It appears the heat has been going to my head. Dave Lawton's lovely wife's name is Jan, not Jane. Sheryl Essenberg's handsome hubby's name is David Ross, not David Essenberg. Mark Townsend's name is Mark Townsend, not Mary Townsend. Our newsletter editor's name is Mr. Puppy, not Bozo. If anyone else would like a name change, please see me." ++The Newsletter Editor, Mr. Puppy, noted: "Someone inquired about the possibility of having the Answerist write about the virtues of single-file riding this month. Unfortunately, the Answerist has been riding this month and is so sick of seeing club members refusing to get into single file in the presence of autos that he's in too foul a mood to write about it." ++At the August meeting, a new slate of officers was elected: Bob Brennan, President; Mike Rafalowski, Vice-President; Linda Morrison, Secretary; and John Werthwein, Treasurer. Bob has since moved somewhere up north, and Mike drifted off to Maryland, subsequently being periodically commemorated by the bar-to-bar ride (now defuncted by the Board in a pique of moderation), of which he had been a prime movant whilst in Springpatch. Of course, Linda and John are still among us. John you see all the time and won the Almost Anything Award this month 25 years ago for his work in organizing the BAMMI ride. (How come Mike never got the AAA for his ride??) Linda, for those who don't know, is the Club archivist, having dedicated a part of her house to storage of memorabilia, such as the club newsletters and other documents from which these columns are derived. Sort of like Karl's basement, but only for club inventory that you can't eat or drink or cook with, or risk getting moldy.

1987–20 Years Ago: The SBC's first member to qualify for Paris-Brest-Paris, a 750 mile in 90 hours trek beginning and ending in Paris, left Springfield confident. Alas, he returned with his tail tucked between his chain stays, done in by illness and catastrophic equipment failure. Rumors of his dumping his French bike, a Motobecane, into the Atlantic on the re-

turn flight may be exaggerated. ++Elected to leadership positions were Larry Small, President; Mike Becker, Vice-President; Sheila Hansen, Secretary; and Karl Kohlrus, Treasurer. Louis Spinner took over as the Newsletter Editor.

1992–15 Years Ago: During the August meeting, the following were elected: Karl Kohlrus, President; Dan Eatherington, Vice-President; Bruce Beazly, Secretary; and Greg Lakebrink, Treasurer. Linda Schrodts was the Special Events Chair; Jo and Bruce Vanmetre, Program Chairs; Sue Hack, Social Chair; Catherine O'Connor, Legislative/Educational Chair; Craig Kniffin, Incentive Chair; Karl Kohlrus, Records Chair; and Louis Spinner, Bulletin Editor. ++Bode Zietz racked up more miles in August than all others, in addition to being the leader for the year at that point.

1997–10 Years Ago: Garland Stevens was elected to the President's position. Others were Cindy Moreno, Vice-President; Dave Lucas, Secretary; and Alan Josephson, Treasurer. Jim Nugent served as the Newsletter Editor; Theresa DeLeon, Special Events; Wendy Edwards, Social Chair; Laura Farson, Legislative/Educational Chair; Dan Eatherington, Incentive Chair; and Karl Kohlrus, Records Keeper. ++Mark Flowtow began his "Tried & True or Tried & Trash" column, with a rating of the Specialized 24 oz water bottle and the Specialized Rib Cage water bottle holder. Both received a **** ½ rating, thus ensuring that the SBC didn't get sued. ++Attendance had dropped off at the monthly meetings, and discussion of dumping those meetings began.



America's First Historic Bicycle Route Maps Re-released

News from Adventure Cycling

Missoula, Montana, May 4, 2007 — If only they'd had Adventure Cycling maps, Lewis and Clark surely would have had an easier time — and a lot more — fun getting across the West to the Pacific. Though it's a couple centuries too late for the pioneering captains, modern-day adventurers looking to travel their historic route need only their bicycles and Adventure Cycling's newly updated Lewis & Clark Trail maps.

Following in the footsteps of the Corps of Discovery's 1804–1806 journey, the new maps feature a host of improvements over the originals (released in 2002). New routing steers cyclists to new off-road bike paths, while freshly paved rural roads allow cyclists to avoid busy highways. Several areas also feature new gravel-road options that allow riders to further escape car traffic.

“Bicycling this route is an exciting way to relive the epic journey of our most storied explorers,” says Carla Majernik, Adventure Cycling's routes and mapping director. “Cyclists can experience the landscapes of the American West and immerse themselves in the elements much as Lewis and Clark did 200 years ago.”

Of course, modern adventurers enjoy certain amenities the Corps lacked and the new maps also offer a guide to those. The list of services (restaurants, hotels, campgrounds, etc.) that come on every Adventure Cycling route map have been thoroughly updated for the Lewis & Clark Trail and, after many requests from cyclists, the locations of public libraries along the entire route have been added. Thanks to a generous grant from the National Park Service, these same public libraries — 175 in all — will be offered free, complete sets of the Lewis & Clark Trail maps for display and public viewing. A portion of the NPS's financial support was also used to fund the route updating process itself.

The Lewis & Clark Trail's eight map sections cover 4,675 miles from Hartford, Illinois, to Seaside, Oregon, with several options following alternative routes the Corps took on their return trip. The Trail itself is made up of paved roads, bike paths, and unpaved rail-trails, with occasional short sections of gravel roads.

Adventure Cycling Association's bicycle route maps guide cyclists along cycling-friendly, low-traffic roads, and feature elevation profiles, field notes, and information on historic stops, weather, and riding conditions. Service symbols indicate the location of campsites, motels, grocery stores, restaurants, post offices, and bike shops along the way. With over 36,180 meticulously mapped miles in its coast-to-coast National Bicycle Route Network, Adventure Cycling gives traveling cyclists the tools and confidence to create their own bicycling adventures.

For more information on the Lewis & Clark Trail maps or about Adventure Cycling, a nonprofit association, visit www.adventurecycling.org or call 800-755-2453.

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
April	20,167	1,975	22,142	849		2		26.08
May	29,516	1,183	30,699	1,084		10		28.32
June	32,261	1,570	33,831	1,051		20		32.19

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
June	106,188	6,809	112,997	4,039		58		27.98



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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 to buy or sell without charge.