



Ride of the Month

Linda Butler's Apple Dumpling ride was a big hit

On Saturday, October 27th Linda led a 30-40 mile ride toward Salisbury and Pleasant Plains. Riders fought a northwest wind then sailed back to Linda's house for her patented apple dump-
lings.

A great ride and great apple dumplings. Thanks Linda!

Almost Anything Award

Kevin Greene advocates for a bike-friendly Springfield

On November 3rd the *State Journal-Register* published a guest editorial entitled, "Bike-Friendly Springfield a worthy goal," by our own Kevin Greene. After sharing some of his own bicycle commuting experiences, Kevin outlined some of the key elements that make a community bike-friendly, and advocated for a bicycle master-plan to help integrate bicycle transportation into road and development projects. His article concludes:

When people walk out their doors, our streets should give them options – do they want to drive or bicycle? And if they choose to bike, they should feel that reasonably safe and easy ways exist to ride to all parts of the city. Thanks for sharing the vision, Kevin.

Lead Water Bottle

David Banks wins the coveted LWB Award for leaving his underwear in the Horace Mann lobby

The story of the "ratty boxer shorts" is too complicated for me to understand, much less explain. Best to let Christa McLaren explain it: "When I was down in the [Horace Mann] lobby Tuesday afternoon . . . there were no shorts, but Wednesday morning, there's a pair of under-
shorts laying on the table so the logical conclusion is that they belong to Dave."

Congratulations David. Please take good care of the Lead Water Bottle and don't leave it lying around where Christa will find it!

Riders of the Month

10/07 Byron Nesbitt 910 miles	6/07 Grover Everett, 1203 miles	2/07 Rob Brokaw, 221 miles
9/07 Lance Kidd, 857 miles	5/07 Charlie Witsman, 1323 miles	1/07 Lisa Kidd, 410 miles
8/07 Tom Clark, 908 miles	4/07 Tom Murphy, 889 miles	12/06 Kathy Shepard, 319 miles
7/07 Marty Celnick, 1111 miles	3/07 Cathy Yeaman, 1077 miles	11/06 Lance Kidd, 547 miles

President's Report

December 2007

I'm writing this column in mid-November. It was a frustrating week for me, one with too many deadlines and not enough bike rides. I had planned to ride on Thursday, and it was a sunny day, but it was also cold (40s) and windy (20+ mph gusty winds), so I took a pass. Later I realized that if such a day were to occur in February, I'd be out there on my bike, and I kicked myself for staying indoors.

The fact is, I never regret time spent on my bike, but far too often I *do* regret skipping the opportunity to ride.

There are several opportunities to get together and have some fun with your SBC friends in the next couple of months. In December, we have our annual holiday party at the Lake Springfield Beach House. This party includes great food, plenty of laughs, the annual white elephant gift exchange, the NoBell Award, and the ever-popular slide show. I hope to see you there!

In January, we'll have the annual Spinner Awards night. If you've never attended the awards, you are missing a good time. Even if you don't expect to win an award, come and cheer for your buddies.

See you on the road!

Mileage Pins

By Sue Hack

I am trying to get some previous years' mileage pins to their rightful owners. Please let me know if you have any contact information—address, phone number or e-mail address—for any of the following people. Let me know at 546-4514 or shack2@earthlink.net. Thank you.

- Phil Arnold
- Kurt Flamm
- Frank Kink
- Ken McGarvey

The **Secretary's Report** will not appear this month.

Board Meeting Notes— November 6, 2007

Kevin Greene, Recording Secretary

Members Present: Dave Ross, Roger McCredie, David McDivitt, Tracey Hurley, Lynn Miller, Marty Celnick, Tom Clark, Alan Whitaker, Dave Lucas, Mike Schwab and Kevin Greene

Dave Ross called the meeting to order at 7:30 P.M. and distributed an agenda. The minutes for the September meeting were approved.

Treasurer's Report. Dave Lucas presented the treasurer's report, covering the period from September 1, 2007, to September 30, 2007. The beginning balance for the period was \$15,812.77, with expenses of \$6,530.27 and income of \$11,348.00, leaving an ending balance of \$20,630.50. Dave reported that bills are still arriving for the Capital City Century, but the event was a financial success. He will provide a detailed expense report for the CCC as soon as all bills are received. The fee to service the Lost Bridge Trail porta-potty has increased to \$57.10 for a four-week period. The Springfield Road Runners Club has been paying one-half of the service fees for the porta-potty. Dave will contact the running club to find out if they would help defray the increased fee.

Ride Schedule and Meetings. David McDivitt reported that he is making progress on scheduling rides for November. He is working to find leaders for seven weekend rides. The

next board meeting is scheduled for November 6, 2007, and will start one-half hour earlier than the October meeting.

Awards. Alan Whitaker presided over nominations for the monthly awards. The Ride of the Month was awarded to Cathy Yeaman for her challenging Five County Ride. The Almost Anything Award was awarded to Jack Hurley, who provided yeoman catering support for Tracey's Fall Cookout Ride. There were several nominees for the Lead Water Bottle, including both local and national candidates. This month's recipient of the award is U.S. Secretary of Transportation Mary Peters, who said "bikes are not transportation" on PBS' NewsHour with Jim Lehrer. Alan reported that he plans to look over three locations for the Spinner Awards Dinner in January.

Legislative/Education. Lynn Miller reported that he represented SBC at two Springfield City Council meetings, testifying in opposition to an ordinance that would vacate a pedestrian/bike path right of way in the Fox Meadows West subdivision, which is under development. The City Council approved the ordinance at the request of the developer. Lynn also provided an update on the relocation of the Interurban Trail as part of the MacArthur Boulevard ex-

ension and Legacy Point commercial development. Negotiations with park district officials, developer and transportation planners are taking place to finalize several details in the two adjacent projects, including the number of traffic lanes, bike trail route, as well as provisions for sidewalks and grade separations.

Social Activities. Tracey Hurley reported that get well cards were sent to two SBC members who suffered injuries while riding their bikes. Tracey is also starting to make plans for the club's Holiday Party, which is scheduled for December 9th. She would welcome photos of club rides and other related events for the holiday slideshow that will premiere at the party. They can be submitted via email at sbcphotos(at)insightbb.com.

Special Events. Roger McCredie reviewed the highlights of the CCC and led a general discussion on ways to improve the event for next year. He recommended that SBC start earlier with marketing, and work to increase sponsorships, reaching out to fitness clubs, gyms, sporting goods stores and health care providers. Roger also suggested the club re-evaluate the layout of the bike route and consider adding a registration table in Auburn. Other ideas brought up at the meeting included: eliminating the brick pavement portion of

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the route near Auburn, going back to the Northern route configuration; narrowing the loops; providing more cutouts; and seeking more Apple Barn involvement in the event. Tom Clark stressed that any changes should be designed to maintain the high quality and professionalism of the event. He recommended the club survey past CCC participants to help identify potential areas of improvement.

Newsletter. Marty Celnick reported that planning for the next issue of the Quick Release will start soon. There was a discussion on how to expedite preparation of the newsletter so that SBC members will receive it in a timelier manner. Tom Clark recommended that the editors do a better job of enforcing the monthly deadline for submission of articles, ride schedules and other information for the newsletter.

Old Business. None reported.

New Business. Dave Ross reported that Springfield ARC, or SPARC, has submitted a request for a \$400 donation from SBC to purchase a galvanized bicycle rack. The rack would be used to help educate the group's clients about bicycle security. SPARC provides services to individuals with developmental disabilities. The Board authorized Dave to follow up with SPARC, explore options for a bike rack and, if appropriate, approve the expenditure. The Board approved a \$2,000 contribution to the League of Illinois Bicyclists, which is the leading advocate for bicycle access, education and safety across the state.

Executive Session. The Board went into executive session to discuss membership issues, including the viability of offering lifetime and honorary memberships. No action was taken.

The meeting adjourned at 9:20 P.M. The next meeting is scheduled for November 6, 7:00 P.M., at Robert Morris College, Montvale Building #1, Room 227.



December Memories

By Mike Becker

1972–35 Years Ago: SBC, now about 1½ years old, held its Second Annual Christmas Party, a solid start for a now longstanding tradition. [Don't forget this year's SBC Holiday Party (which I hope now is permanently renamed to recognize diversity in the SBC and country) on December 9.]

1977–30 Years Ago: As sure as summer sun brings those strange tan marks on the backs of your hands, December brings articles in the Quick Release on how to ride in the cold/snow/sleet/ice. After examining the advantages of winter riding (your water bottle will not get hot, no need for suntan lotion and the county roads don't get soft), Ride Coordinator Dave Ringland offered two of the perhaps more sensible suggestions I have ever heard: (1) ride rollers; and (2) go to Florida 'til April.

1982–25 Years Ago: Prez Bob Brennan expanded on the roller theme, just having obtained a set for himself. The advantages: improving riding technique and a good workout (no coasting). (Plus, you can amaze your friends by pedaling briskly at about 35 mph, with the bike remaining upright without support. Then, when you slide off the rollers, as is inevitable, the bike does not shoot across the room, impaling your head into the wall--you just fall over.) ++Congratulations were offered to the 1982 Program Committee for a successful year--Nan Hochstetler, Dave Lucas, Chuck Cali, John Kublick and Louie Spinner. Nancy Schrenk took over as the 1983 Program Chair.

1987–20 Years Ago: Bud Cline was awarded the Nobell prize. ++Tom King hosted the first SBC New Year's Party. The munchies consisted of tubasti bruchetta and a mink oil dip with deep fat fried chips sliced from flattened tubes. ++The QR noted that the Park District responded quickly to safety concerns by joining Williams Boulevard in Washington Park with a path useable by bicyclists to avoid going northbound in the southbound lane of MacArthur.

1992–15 Years Ago: Theresa DeLeon was voted the NoBell award. Now departed from Springfield, she is not forgotten. ++John Hoffman and Susie Lomar married atop a ski run at Aspen. No mention of how they rode their bikes down the ski slope. ++The QR noted that by October, the club miles topped out at over 100,000 miles, about 4 times around the earth.

1997–10 Years Ago: And the Nobell award goes to-----Alan Josephson. A mainstay of the SBC for years, Alan has filled various leadership positions on the board, led rides, fed hungry riders (probably the single most important item in his resumé), and volunteered for everything SBC related. ++Lynn Rhoades picked up the December Rider of the Month. ++Garland Stevens received the Lead Water Bottle for a relatively minor infraction, and Rebeccah Prastein and Jim Nugent shared the Almost Anything Award.

December 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: [vp\(at\)spfldcycling.org](mailto:vp(at)spfldcycling.org). Report Show n Go miles to Records Chair Karl Kohlrus: [records\(at\)spfldcycling.org](mailto:records(at)spfldcycling.org). 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.

We are trying to rejuvenate Friday night gatherings. Please attend some of the Friday night dinners. Also, suggest places to eat!

NOTE: Interurban Trail closed north of Woodside from Nov. 26 through Dec. 10. Take Alternate Routes!

Weekday & Weekend Daytime Rides		<i>Check the start times!</i>
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.
Monday thru Friday 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. day of week change
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 10:00 am	Wabash Trail East end parking lot Park St & Wabash Ave Show-N-Go	EZ - Slow easy ride 15-20 miles.
Weekday & Weekend Evening Rides		<i>Check the start times!</i>
Tuesday 6:00 pm	IDOT, Lost Bridge Trail Dirksen Parkway Show-N-Go	BCD - Show-N-Go along the Lost Bridge Trail. Lights required. Turn miles in to Karl.
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.
Thursday 6:00 pm	Parkway Point Theater Lindbergh & Robbins Road Show-N-Go	BCD - Show-N-Go along the Wabash Trail. Lights required. Turn miles in to Karl.
Saturdays 8:00 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>
Saturday December 1 12:00 pm	Stuart Park Winch Road & Palomino Road 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 December 2 12:00 pm	Panera Bread W White Oaks & Wabash Lance Kidd, 546-1698	ABCD - Lance has 30-40 miles planned. Hope it's not too cold!

Wednesday December 5 7:00 pm	Robert Morris College 3101 Montvale Dr Dave Ross, 789-4823	NC - Board Meeting. All SBC members are invited to attend board meetings. Room to be announced.
Friday December 7 9:00 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 December 7 6:00 pm	Mekong Cafe 1308 S 2nd Street	NC - This is a chance to have dinner with your SBC buddies. Eat at 6pm. time change
Saturday December 8 12:00 pm	Waldrop Park Andrew Road, Sherman Alan Josephson, 793-0590	ABCD - Go 27-40 miles with Alan today. If snow, show up at Lincoln Memorial Gardens with skis at the ride time.
Sunday December 9 12:00 pm	Beach House Center Park, Lake Springfield Marty Celnick, 522-4206	ABCD – Marty's Birthday & Pre-Party Ride. Marty has 30 miles planned for us. Help Marty celebrate, and get in a good ride in advance of the party tonight!
Sunday December 9 5:00 pm	Beach House Center Park, Lake Springfield Tracey Hurley, 414-8900	NC - Holiday Party , bring food (see article) and enjoy the evening. Cheer the winner of the No Bell Award, and laugh at pictures we gave to Curt this year. Applaud ride leaders who win the incentive drawings. Share good times with your SBC friends.
Friday December 14 6:00 pm	Mikes Family Restaurant 1401 S Dirksen Pkwy	NC - This is a chance to have dinner with your SBC buddies. Eat at 6pm. time change
Saturday December 15 12:00 pm	Lewis Memorial Christian Village 3400 W Washington Linda Butler, 787-5027	ABCD - Plan on going 30 miles with Linda today.
Sunday December 16 12:00 pm	Rock & Roll Hardees 2501 Stevenson Drive 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.
Friday December 21 6:00 pm	Cheddar's 3151 Horizon, off Dirksen	NC - This is a chance to have dinner with your SBC buddies. Eat at 6pm. Please let David McDivitt know if you plan to attend, or just show up if you get hungry. time change
Saturday December 22 12:00 pm	IDOT, Lost Bridge Trail Dirksen Parkway Ernie DeFrates, 544-1398	ABCD - The year's almost over. You'd better ride 30 miles with Ernie today and get those miles while you can.
Sunday December 23 12:00 pm	Washington Park Picnic Shelter 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.
Tuesday December 25 12:00 pm	Vredenburg Park Saxon Dr & Crusaders Rd Robert LaBonte, 787-0237	ABCD - Robert says this will probably be a trail ride, but we may go somewhere else depending on wind and weather.
Friday December 28 6:00 pm	TGI Fridays Restaurant 2100 W White Oaks Dr	NC - This is a chance to have dinner with your SBC buddies. Eat at 6pm. Please let David McDivitt know if you plan to attend, or just show up if you get hungry. time change
Saturday December 29 12:00 pm	Vredenburg Park Saxon Dr & Crusaders Rd Robert LaBonte, 787-0237	ABCD - Destination depends on weather.
Sunday December 30 12:00 pm	Panera Bread W White Oaks & Wabash Alan Josephson, 793-0590	ABCD - Annual last Sunday ride of the year! Go from 0-40 miles today and get those last miles in!. Riders will use trails and roads. If you don't ride, stop by for lunch and fellowship. If snow, show up at Lincoln Memorial Gardens with skis at the ride time.

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



GITAP: Prairies, Palisades, Paths, and Parks

- Northwestern Illinois prairies -
- The Mississippi River bluffs around Palisades State Park -
- A day off in the trail-friendly Quad Cities -
- Down-home small town hospitality -
- And an outdoor "longest day of the year" Summer Solstice celebration.
- What's not to like?

Make plans now for the sixth annual Grand Illinois Trail And Parks ride (GITAP) - in 2008 featuring a loop around northwestern Illinois, starting at Dixon, Illinois.



It's a week-long biking ride - from Sunday, June 15 to Saturday, June 21, 2008 - featuring routes focused on the Grand Illinois Trail combined with overnights at three outstanding state parks and one college campus.

The ride begins and ends at Dixon, then makes an extended circular tour through northern Illinois, using country roads and parts of the Grand Illinois Trail. The first night at the Rock River's Lowden State Park with its unique statue of an American Indian. At dramatic Mississippi Palisades State Park riders will have a loop-day to explore the area's scenic terrain, including the historic gem of Galena. After a 65-mile ride down the Great River Trail, participants will take a day off at Rock Island's Augustana College and be able to bike tour the Quad Cities' expansive trails and bike-friendly roads and streets. The ride's last night is at Morrison/Rockwood State Park, with its hospitable "Friends" and a chance to celebrate the shortest night of the year.

The route is generally flat with some optional hilly areas. Mileage choices range from 300 to 550 miles for the week. Included are dinners, breakfasts, camping sites, an optional motel package, sags, bike repair, T-shirts, door prizes, and evening programs, including the optional Illinois Humanities Council's acclaimed Velosophie. Limited to 160 riders.

The ride is sponsored by the League of Illinois Bicyclists and as a special incentive, a bike club with 5 or more members signing up for GITAP will increase its club's contribution to LIB by 5% of its GITAP fees. Help your bike club aid the League of Illinois Bicyclists (LIB) in its efforts to make bicycling better - and have a week of fun at the same time.

For more information and a registration form, use the web at www.bikelib.org/gitap, e-mail Chuck Oestreich at oestreich@qconline.com, or call him at 309-788-1845.

Springfield Bicycle Club Mileage and Activity File As of October 31 2007

*Editor's note: Only those who rode in the current month are listed below. This is done to reduce printing costs.
All riders can view their current mileage on the club Web site at www.spfldcycling.org*

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	1,101		1,101	29	37.97			8,936	554	9,490	247	38.42		
Charlie Witsman	1,047		1,047	26	40.27			9,144	133	9,277	186	49.88		
Tom Murphy	992	50	1,042	27	38.59	2	5	8,267	486	8,753	242	36.17	7	18
Grover Everett	1,503		1,503	29	51.83			7,206		7,206	159	45.32		
Tom Clark	603	13	616	23	26.78	1	3	6,505	281	6,786	215	31.56	3	9
Cathy Yeaman	816	21	837	20	41.85			6,155	238	6,393	143	44.71	4	12
Mike Vonnahmen	628	19	647	22	29.41			6,163	47	6,210	198	31.36		
Marty Celnick	496	124	620	21	29.52	1	3	5,089	1,080	6,169	192	32.13	6	18
Lisa Kidd	566	40	606	22	27.55			5,562	409	5,971	204	29.27		
Derek Ewing	615		615	17	36.18			5,836		5,836	162	36.02		
Pete Gudmundson	158		158	6	26.33			5,652		5,652	168	33.64		
Karl Kohlrus	505	172	677	38	17.82			4,462	1,039	5,501	275	20	1	3
Lance Kidd	538	40	578	20	28.9			5,068	426	5,494	176	31.22	2	6
Jack Hurley	304		304	8	38			4,391	453	4,844	121	40.03	1	3
Marilyn Powell	533	21	554	18	30.78			4,697	87	4,784	155	30.86		
Roger McCredie	542	13	555	16	34.69	1	3	3,878	77	3,955	114	34.69	1	3
Alan Whitaker	250	25	275	12	22.92	1	3	3,214	476	3,690	110	33.55	3	9
Dave Ross	377	51	428	7	61.14			3,415	186	3,601	130	27.7	6	14
Dean Wisleder	274		274	10	27.4			3,545	30	3,575	147	24.32		
Curt Evoy	339	10	349	12	29.08	1	3	3,351	143	3,494	117	29.86	5	11
Arden Gregory	180	82	262	5	52.4			2,763	657	3,420	78	43.85		
Ruth Magos	437		437	14	31.21			3,366	38	3,404	97	35.09		
Ken Anderson	167	56	223	8	27.88			2,685	604	3,289	88	37.38	1	1
David McDivitt	190	23	213	11	19.36	3	5	2,814	465	3,279	108	30.36	5	11
Janet Cooper	143		143	11	13			3,225		3,225	137	23.54		
Byron Nesbitt	910		910	28	32.5			3,161		3,161	99	31.93		
Tracey Hurley	117	14	131	5	26.2			2,939	210	3,149	87	36.2	14	30
Pat Stephens	271		271	13	20.85			3,041		3,041	142	21.42		
Alan Josephson	188	53	241	7	34.43			2,607	289	2,896	88	32.91	4	8
Connie Roberts	313		313	14	22.36			2,766	27	2,793	95	29.4		
Bill Bock	347		347	9	38.56			2,782		2,782	71	39.18		

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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
Carol Bock	347		347	9	38.56			2,745		2,745	71	38.66		
Lynn Miller	327	32	359	8	44.88			2,569	86	2,655	77	34.48	1	3
Linda Butler	269		269	17	15.82	1	3	2,532	69	2,601	94	27.67	4	10
Dave Lucas	169	21	190	19	10	9	9	2,312	200	2,512	196	12.82	38	49
Kathy Shepard	48		48	1	48			2,238	265	2,503	66	37.92		
Kevin Greene	274	55	329	19	17.32			2,111	375	2,486	148	16.8	4	6
Robert LaBonte	90		90	5	18			2,323	67	2,390	103	23.2	8	19
Cindy Kvamme	156		156	10	15.6			2,269	30	2,299	108	21.29	6	15
Mark Smith	48		48	1	48			2,068	222	2,290	56	40.89		
David Sykuta	126		126	6	21			2,123	31	2,154	73	29.51		
Mike Schwab	221		221	23	9.61			2,076	3	2,079	164	12.68	1	3
Bob Carmody	163		163	7	23.29			1,834	26	1,860	66	28.18		
Christa Morris	257	12	269	10	26.9	1	3	1,812	36	1,848	66	28	1	3
Louie Spinner	170		170	9	18.89			1,820	25	1,845	72	25.63		
Bob Dettling	173		173	12	14.42			1,791	14	1,805	116	15.56		
Sr Josepha Schaffer	124	21	145	4	36.25			1,602	40	1,642	52	31.58		
Ben Fox	18		18	1	18			1,589	40	1,629	73	22.32		
Chuck Orwig	84		84	4	21			1,588	33	1,621	62	26.15	2	4
Ernie DeFrates	209		209	6	34.83			1,539	12	1,551	58	26.74	3	9
Joel Johnson	39	22	61	1	61			1,045	504	1,549	30	51.63		
Jon Edwards	68	20	88	2	44			1,202	216	1,418	37	38.32	1	3
David Banks	317		317	11	28.82			1,301	58	1,359	35	38.83		
Lynn Rhoades	39	5	44	1	44			1,170	65	1,235	36	34.31		
Sue Dees	93		93	6	15.5			1,225		1,225	69	17.75		
Rich Saal	98	49	147	7	21			882	326	1,208	45	26.84		
Mike Eymann	256		256	11	23.27			1,168	7	1,175	43	27.33		
Michelle Cozadd	25		25	1	25			1,124	22	1,146	30	38.2		
Jim Hajek	169	21	190	8	23.75			1,022	114	1,136	57	19.93		
Brigitta Ewing	83	26	109	7	15.57			932	150	1,082	58	18.66		
Tracie Stephens	188		188	13	14.46			847		847	61	13.89		
Brock Webb	88	12	100	2	50			701	46	747	21	35.57		

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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
Naomi Greene	57	4	61	4	15.25			616	62	678	44	15.41		
Jan Cimarossa	45		45	2	22.5			632		632	24	26.33		
Roger Schnelten	40		40	1	40	1	3	599	10	609	44	13.84	1	3
Brenda Reiling	59		59	3	19.67			511	7	518	19	27.26		
Christine Kohlrus		27	27	1	27			379	135	514	17	30.24		
Gerry Orwig	31	4	35	3	11.67			463	24	487	45	10.82		
Hope Schnelten	40		40	1	40			470		470	29	16.21		
Jackie Galli	28		28	1	28			421	17	438	13	33.69		
Katie Weidner	96	12	108	4	27			388	32	420	16	26.25		
Pete Harjes	29		29	1	29			386		386	23	16.78		
Dale Fagg	98	5	103	3	34.33			297	18	315	7	45		
Deb Cooper	57	5	62	4	15.5			301	5	306	16	19.13		
Mary Lou Hicks	21		21	2	10.5			302		302	18	16.78		
Larry Pemberton	67	38	105	5	21			165	104	269	13	20.69		
David Drennan	39		39	2	19.5			226	36	262	8	32.75	1	3
Jim Disney	29		29	1	29			164	20	184	5	36.8	2	6
Marty Morris	18		18	1	18			177		177	9	19.67		
Garland Stevens	27	7	34	1	34			128	25	153	7	21.86		
Mark Rolens	27		27	1	27			93	31	124	4	31		
Craig Ross	7		7	1	7			91	6	97	6	16.17		
Amanda Kidd	35		35	1	35			64		64	3	21.33		
Anita McDivitt	18		18	3	6			38		38	6	6.33		
Laura James	14		14	1	14			32		32	2	16		
Jolene Vollmer	16		16	1	16			16		16	1	16		
Totals	21,084	1,225	22,309	797	27.99	22	43	229,387	13,272	242,659	8,224	29.51	155	337

Volunteer Incentive Program

By Alan Whitaker, Incentive Chair

Reminder: December 5th is the deadline for reporting 2007 volunteer hours

The goal of the Volunteer Incentive Program is to encourage volunteerism at SBC sponsored or endorsed events.

- Eligible events are those for which SBC members are asked to volunteer by an individual designated by the Board for that event.

For every 5 hours volunteered on SBC-designated events and reported by a member, the member's name is placed in the hat for a Holiday Party drawing of four \$50 gift certificates, redeemable at the bike shop of the member's choice. A member's name will be placed in the hat for each multiple of 5 hours volunteered.

You are responsible for turning in your number of hours to the Incentive Chairperson. Volunteer hours for December 2006 through November 2007 need to be turned in to Alan Whitaker at: incentive(at)spfldcycling.org by Wednesday, December 5, 2007.

Loan Your Bike

Reprinted with permission from Adventure Cycling

The OZ Bicycle Club (www.ozbikeclub.com <<http://www.ozbikeclub.com/>>) of Wichita, Kansas has developed an interesting program to help new riders really get into cycling. Club members sign up to participate in the Bike Loaner Program, offering the use of one of their bikes for a few weeks to a potential new member. As their coordinator says, "there is no joy in riding a "lead sled". Many new riders get discouraged by the unpleasant ride when they get on their \$89 special." This program allows new riders to ride on a quality bike and provides them a much more enjoyable introduction to club rides. The club keeps a running inventory of members, the types of bikes and sizes. Members can always decline a loan, if it doesn't work for them at that time.



So, if you are looking for new ways to encourage those fledgling cyclists, you may want to look into a Loaner program of your own!

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
June	32,261	1,570	33,831	1,051		20		32.19
July	38,052	2,274	40,326	1,207		25		33.41
August	26,837	1,366	28,203	943		23		29.91
September	30,141	1,531	31,672	944		27		33.55
October	21,084	1,225	22,309	797		22		27.99

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
July	147,642	9,123	156,765	5,356		83		29.27
August	175,773	10,489	186,262	6,340		106		29.38
September	206,735	12,040	218,775	7,357		133		29.74
October	229,387	13,272	242,659	8,244		155		29.51



Springfield Bicycle Club
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Springfield, IL 62705

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December, 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
president(at)spfldcycling.org

Vice President

David McDivitt
787-5964
vp(at)spfldcycling.org

Board Secretary

Ken Anderson
522-3876
secretary(at)spfldcycling.org

Recording Secretary

Kevin Greene
793-9622
recording(at)spfldcycling.org

Treasurer

Dave Lucas
753-3831
treasurer(at)spfldcycling.org

Special Events

Tom Clark
726-5560
events(at)spfldcycling

Social Chair

Tracey Hurley
546-2750
social(at)spfldcycling.org

Legislative/ Educational Chair

Lynn Miller
787-3354
legislative(at)spfldcycling.org

Incentive Chair

Alan Whitaker
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Tom Clark
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editor(at)spfldcycling.org

QR Deadline 15 th of the month

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Tom Murphy
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Naomi Greene
793-9622
at-large(at)spfldcycling.org

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.