



**Don't Miss the 36th Annual Capital City Century!
Sunday, September 7, 2008**

Last Call for Volunteers, p.2 Printable registration form, p. 21

Ride of the Month

Lynn Schollett's Sunday sundaes ride is Ride of the Month

Lynn Schollett lead a group through the neighborhood, then back to her house for ice cream sundaes. Thanks Lynn!

Almost Anything Award

This month saw two worthy winners

First-time ride leader Donald Harvey went above and beyond to plan a memorable ride from Blue Mound. Donald made a few phone calls to ensure that a couple of troublesome dogs would be inside that day, and he even marked to route to help riders stay the course in new and unfamiliar territory. Great work Donald.

A second AAA is awarded to our former prez Dave Ross for riding his bicycle to chemotherapy at the Springfield Clinic. Dave, in absolute defiance of his cellular invaders, decided to take his bike instead of his car to his scheduled chemotherapy session and even brought his bike inside and parked it next to his treatment chair. Upon completion of his treatment, Dave wheeled the bike out, mounted up and rode home with Lynn Miller as a riding partner.

Lead Water Bottle

Recognizing that the intended "all in fun" nature of LWB award doesn't always translate to the printed page, the board decided to abolish the award. Good riddance to the LWB!

Come Ride with Us! • What's in this Month's QR

See page 3

Byron Nesbitt is Rider of the Month with 1004 miles!

Details on page 4

Lookin' for a Ride?

See Ride Schedule, pages 8-11

President's Rave

First the **great** news: **Dave Ross is cancer free!** Congratulations Dave...I am sure that I speak for all, ... We are so happy for you.

Now some good news: The lead water bottle has been retired!!! I, for one, couldn't be happier to see this "tradition" go by the wayside. I never saw it as humorous, it always seemed negative, unproductive and, sometimes, almost mean! I guess that it could be revived...rarely....for those special occasions when some public official or government office does something MONU-MENTALLY STUPID. I'm thinkingIce 9, stupid here. (Google up... Ice 9 and Kurt Vonnegut).

I don't need to say this, but....The CCC is this month! I'm looking forward to a fun day with lots of riders from all kinds of places, riding lots of interesting bikes. Folks that we only see this one time of the year. To share this ride with us and the great fish fry after it. My thanks to everyone that helped make this possible. I'll see ya at the beach house and on the road.

Last but not least ... if you're interested in serving on the Board in any capacity, or want to nominate another member, please contact me. Nominations will be reviewed and officers voted upon at the September 3rd Board meeting. All members are welcome to attend the meeting and cast a vote. A new Board will be installed in October.

Ride Report

C-U Across the Prairie (August 16, 17,35, or 67 miles)

What a nice ride! The weather couldn't have been better, mid 70's, dry, clear sky. There were five club members that showed up in Mohamet for this annual event. The roads were low traffic, with excellent surfaces. The marking was very good, I didn't look at my maps all day, the food stops were well placed. Did I mention that the weather was PERFECT!

My favorite part of the ride had to be the last couple of miles...A wide, winding bike path, downhill, through alternating prairie and woodland. A really great ride, I plan to attend next year and I recommend it to everyone.

Robert LaBonte

Last Call for CCC Volunteers

The 35th annual Capital City Century is coming up Sunday, September 7. We've had a great volunteer turnout this year, but can still use a few volunteers (food, marking, registration, SAG) to help ensure everything is well covered. If you would like to volunteer, please get in touch with the Special Events Chair,(Tom Clark, 726-5560, taconsulting1@yahoo.com.

Come Ride with Us

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With spring activities underway, many are dusting off bikes and preparing to ride. Sharing the cycling experience is what makes riding more enjoyable and one of the reasons that the Springfield Bicycle Club (SBC) sponsors rides virtually every day of the year. Members have come to appreciate the wide variety of destinations, distances and pace to accommodate cyclists of different abilities and skill levels.

The EZ Rider program, for example, is for riders new to the sport or riders who simply prefer to ride at a more relaxed pace. Also, contrary to what many people might believe, you don't need an expensive bicycle or have to wear spandex to be a member. SBC members ride just about anything with two wheels and pedals, including those funny looking contraptions called recumbents.

The SBC rides offer a variety of benefits. The rides provide an opportunity to meet and socialize with others in the community who also enjoy cycling. They encourage cyclists to learn about different riding styles, and improve their riding skills and confidence. Novice riders will be introduced to safety techniques, effective riding habits and tips on basic bike maintenance. Another advantage of riding with the SBC is to learn preferred bicycle routes, both in town and out in the country.

Club Rides

The SBC ride program contains rides to suit just about every cycling interest, whether for recreation, fitness, sport or touring (see Ride Schedule beginning on page 8, and listing of ride types on page 11). In addition, the SBC annually sponsors the Capital City Century on the first Sunday after Labor Day, with routes of 12 to 100 miles.

If you are a novice or new to group riding, we encourage you to start with a weekend, EZ, or neighborhood ride that has a designated ride leader. Plan to arrive at least 10 minutes before the starting time so that you have an opportunity to meet the ride leader and other members of the group.

Please contact a club officer or ride leader if you have any questions. We look forward to riding with you!

New Type of Ride!

Over the next few months we will experiment with a new type of ride. Rides will be put on the club web site, and reference will be made to the ride number in the schedule along with start time. There won't be a designated leader, so EVERYONE in the club should help with responsibilities. If you attend one of these rides, make it a point to greet new people, make sure no one rides alone, and use a ride sheet! A little bit of attention by everyone will help these new rides work, maybe better than before! This new approach does the following:

- 1) It helps with the ride leader problem
- 2) It allows all club members to participate in club responsibilities
- 3) It allows rides to be evenly distributed around the area by the scheduler
- 4) It allows people to see exactly what a ride will be and prepare
- 5) There will always be scheduled rides
- 6) There will be no show and go rides on weekends
- 7) People can submit new routes to be placed on the web site and/or put in the schedule
- 8) Feedback will allow routes to change and have problems noted
- 9) Published routes will be present for people to use whenever they want
- 10) Visitors to the area will have something to use

Only a few of these new rides will be listed each month in the schedule. We want to see how they go. The remainder of rides in the schedule will have ride leaders, but at least we have a fallback, and it may be something we use more often!

Kevin Greene is now interim Vice President and responsible for scheduling. I will remain the Webmaster for the club web site. I will be putting together rides with maps and cue sheets and placing on the web site for the scheduler and others to use.

Happy Riding,
David McDivitt, Outgoing VP

Editor's Note: We thought we'd throw in our own two cents—See page 15 for the separate thoughts of QR Editors Marty and Tom on this new type of ride.

Riders of the Month

7/08 Byron Nesbitt 1,004 miles	3/08 Grover Everett 1,303 miles	11/07 Karl Kohlrus 602 miles
6/08 Marilyn Powell, 619 miles	2/08 Cathy Yeaman 903 miles	10/07 Byron Nesbitt 910 miles
5/08 Charlie Witsman, 818 miles	1/08 Jack Hurley 926 miles	9/07 Lance Kidd 857 miles
4/08 Mike Vonnahmen, 963 miles	12/07 Mike Vonnahmen 269 miles	8/07 Tom Clark 908 miles

Editor's Note: The June 2008 listing of Byron Nesbitt as Rider of the Month was in error.

Secretary's Report

Ken Anderson, Secretary

Renewals

Robert & Mickey Sorenson
Bob Dettling
Cathy Yeaman & Mary Lou Hicks
Margaret Kelly
Charles Witsman
Grover Everett
Blake Scranton
Bruce Yurdin
Cris Martin
Lynndell Jarrett
Brenda Michel
Dorothy Hosto
James & Nancy Hall
Doris Marie Walden & Family
Lynn Rhoades

Renewals at the Contributing Level

Garland & Leslie Stevens
Pete Gudmundson
Linda Butler
David & Anita McDivitt

Renewals at the Sustaining Level

Dan Dungan
Mark & Barbara Rabin

New Members

Judy Fortune & Family
Anne & Will Miller
Brian Fowler
Joshua Baumberger & Family

Thanks to all for your support of the SBC and bicycling!! Ride safe!!
Note: Renewals or new applications not received by the end of the first week of the month may be recorded on next month's report.



Board Meeting Notes— July 2, 2008

Kevin Greene, Recording Secretary

Members Present: Robert LaBonte, David McDivitt, Alan Whitaker, Marty Celnick, Tracey Hurley, Ken Anderson, Naomi Greene, Lynn Miller, Ernie DeFrates, Linda Butler and Kevin Greene

President Robert LaBonte called the board meeting to order at 7:09 PM. The minutes from the June 4 meeting were approved as submitted.

Treasurer's Report. Ken Anderson presented the treasurer's report for Dave Lucas. The report covered June 1, 2008, through June 30, 2008. The beginning balance for this period was \$13,246.61 with expenses of \$396.07 and income of \$716.00, leaving an ending balance of 13,566.54. The Board accepted the treasurer's report.

Special Events. Tracey Hurley presented the special events report for Tom Clark. She reported that brochures for the 2008 Capital City Century (CCC) were mailed to more than 600 riders who have previously participated in the event. She circulated a map prepared by Roger McCredie, which outlined the five routes for the CCC. One board member suggested that the instructions on the map clarify the number of loops that must be ridden to complete the longer distances. Another member recommended that the signage for the 25 mile cutoff be improved.

Linda Butler presented several CCC t-shirt designs for the Board to consider. Most Board members favored the design that depicted a graphic of an old time or "pennyfarthing" bike with a reflection of a modern bike. The Board asked Linda to provide a second option that reversed the graphic. The final t-shirt design will be finalized via email.

Ride Schedule and Meetings. David McDivitt reported that ride leaders were recruited for all but two of the standard weekend rides in July. He indicated that work on ride schedule for August will start soon. The Board approved a proposal to create a committee to evaluate the process of recruiting club members to lead rides.

David proposed that the next board meeting be scheduled for Wednesday, August 6, 2008. The Board approved his recommendation.

Awards. Alan Whitaker presided over nominations for the monthly awards for July. The Board chose Sister Josepha Schaffer's well-planned ride through Chatham, New City and Edinburg as Ride of the Month. The Almost Anything Award was awarded to Palermo's Sicilian Restaurant for installing a custom-made bike rack for its cycling cus-

tomers. The Lead Water Bottle went to Dave Lucas for his reaction to the description of the Ride like a Girl ride that appeared in the newsletter.

Legislative/Education. Lynn Miller discussed the letter the League of Illinois Bicyclists sent to Mayor Davlin and Springfield Aldermen, recommending that the city create a bicycling advisory council. Lynn plans to form a small workgroup to follow up with the elected officials. The Board approved a proposal to send an action alert to club members, urging them to contact their aldermen to express support for the formation of the advisory council.

Social Chair. Tracey Hurley reported that there was a good turnout for the club's annual summer picnic at Lake Springfield.

Newsletter. Marty Celnick reported that there were problems with the July issue of the Quick Release newsletter. Mileage activity was not listed for all club members who rode in June. Robert LaBonte's article on his breakfast ride to Pawnee received positive reviews. The deadline for articles for the next edition of the newsletter is July 15.

Old Business. Ken Anderson indicated that the bike club will not be participating in the Springfield Senior Olympics this summer. Though he was

unable to find another club member to replace him, the event sponsors did find a person to coordinate the cycling activities.

New Business. Richard Tapia, a new rider to Springfield, who previously sat on the board of the Chicago Bicycling Federation,

addressed the Board. He reported two incidences with motorists that occurred while he was riding to work on Washington Street. He would like to see the city put more emphasis on educating bicyclists and motorists to share the road. Lynn Miller invited

him to participate on the legislative/education committee.

The Board meeting adjourned at 8:45 PM. The next meeting is scheduled for Wednesday, August 6, 7:00 P.M., at Robert Morris College, 3101 Montvale Drive.

Madison County Trails II

We were rained on the last trip to Madison County but everybody wanted to go back. Therefore, I am leading another ride on September 27th and 28th. Check out the ride schedule. On Saturday September 27th we will begin at 9 AM starting at the Lewis & Clark State Historic Site. We will ride on the partly paved Confluence trail to the Old Chain of Rocks Bridge, then onto the paved Riverfront trail to downtown St Louis. We can spend time at the Arch or check out Soulard Market. I would suggest you bring a bike lock with you. The distance round trip is about 38 miles. If you want more miles you can add an additional 9 miles going north on the paved Confluence Trail to Alton for a total of around 56.

On Sunday September 28th, we will start at 9 AM in Edwardsville, Illinois at the Nature Trail and Nickle Plate Trail Parking lot at Longfellow Avenue & IL 159 or (South Buchanan Street). This will be a great chance to ride on several very nice paved trails in Madison County with mileage loops from 15.3 miles to 31 miles. If you wish you can loop mileage trails in between and add additional miles if you want. I plan to ride 45-50 miles. I plan to stay overnight Saturday and perhaps even Friday at a hotel in Collinsville. If you want information on hotels in Collinsville area let me know.

Directions to The Lewis & Clark State Historic Site at One Lewis & Clark Trail Hartford. IL 62048 are as follows: Take I-55 South about 85 miles to I-270 West toward Kansas. Follow I-270 West for 10 miles take the exit for Illinois Route 3 North. Travel about 3 miles It is at the first stoplight. Turn left.

Directions to Edwardsville, Illinois and the Nature Trail & Nickle Plate Trail Parking lot are as follows: Take I-55 South about 80 miles to Exit 23 Edwardsville/Marine. Turn right off the exit onto Illinois 143. Travel about 3 miles to Edwardsville. Go two blocks past the first stoplight and turn left at that stoplight. This is North Buchanan Street which becomes South Buchanan Street and eventually Illinois 159. You will travel about 4 blocks and will see a water tower that says Historic Le Clair district. Turn right at the tower onto Longfellow Avenue. You will see the Nature Trail & Nickle Plate Trail parking lot.

Hope to see you there!

Ernie De Frates
home phone 544-1398
cell 217-971-1246
eld3bik(at)aol.com

September 2008 Ride Schedule

For updates, corrections and last minute changes to the ride schedule, check the SBC website at www.spfldcycling.org. Unless otherwise indicated, daytime rides will not take place on holidays.

Each ride in the schedule is designed for riders of a specific level or ability. A ride usually consists of more than one level. All rides return to the starting point unless otherwise noted. Please arrive 10 minutes early since all rides leave promptly at the time listed.

All riders are strongly encouraged to obey traffic laws, wear a helmet, carry a spare inner tube, patch kit, tire irons and have a rear-view mirror. If there is no ride leader specified for a scheduled ride, club members are asked to greet newcomers, provide guidance to those who are not familiar with the route and report miles using a ride sheet.

Please report miles to Records Chair Karl Kohlrus at records (at) spfldcycling.org. See the ride rules at www.spfldcycling.org for details.

If you have a question or interest in leading a ride, contact Kevin Greene at 793-9622 or by e-mail: vp (at) spfldcycling.org. You can also contact him if you would like to lead an ad hoc ride. The ride will be posted on the web site. Please provide at least three days notice.

Weekday & Weekend Daytime Rides		<i>Check the start times!</i>
Monday thru Friday 9:00 am	Morning Geezer Ride Washington Park Shelter Show-N-Go	Show-N-Go ride for retired geezers or those hoping to become geezers. No leader or map. Participating riders should turn in miles to Karl Kohlrus.
Monday thru Friday 9:00 am	Daily Pana Trail Ride Lake Taylorville parking lot, Rt 29 Show-N-Go	Show-N-Go along the Lincoln Heritage Trail. Turn in miles to Karl.
Mon, Wed, Fri Noon	IDOT, Lost Bridge Trail Dirksen Parkway Lisa Kidd, 546-1698	AB – “Lunch with Lisa” Ride. Skip lunch and ride on the trail with Lisa and other SBC regulars.
Weekday & Weekend Evening Rides		<i>Check the start times!</i>
Monday 5:45 pm	Parkway Point Theater Lindbergh & Robbins Road Bob Dettling, 546-8216	ABCD – A favorite of fast and moderate-paced riders. Typically 18 – 24 miles. The start location of this ride may change, depending on construction activities near the Interurban Trail. Contact Bob or check the website for changes in the ride location.
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. Call Charlie if you need information about trail conditions or directions. Turn in miles to Karl.
Tuesday 5:30 pm	Schlitt Park, directly south of Owen Marsh School, 1100 Avon Drive David Lucas, 753-3831	EZ - 10 easy miles at a relaxed pace through low traffic neighborhoods. Those interested will meet for dinner afterwards at a west side restaurant.
Tuesday 5:45 pm	Rotary Park Archer Elevator & Iles Show-N-Go	AB – West side training ride. Aimed at those who want to train hard and fast for 12 - 25 miles. Turn in miles to Karl.
Tuesday & Thursday 5:45 pm	IDOT, Lost Bridge Trail Dirksen Parkway Show-N-Go	ABC – Show-N-Go along the Lost Bridge Trail. Turn in miles to Karl.
Wednesday 6:10 pm	WheelFast Bicycle Co. 20 Cottonwood Dr, Chatham Matt Saner 483-7807	AB – Intermediate training ride. Meet at the shop and plan on 20 miles.
Thursday 5:45 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. Turn in miles to Karl.

Scheduled Rides and Events		<i>Check the start times!</i>
Wednesday September 3 5:45 pm	Residence 7100 Garden View Lane Sue Dees, 899-6928	CD – Ladies or “Ride Like a Girl” Ride. Ride for an hour, followed by a potluck on a screened porch. Great opportunity for women riders to meet and make new friends. Bring a dish to share. Sue will provide a main course and libations. Please RSVP by Sept. 1.
Wednesday September 3 7:00 pm	Robert Morris College 3101 Montvale Dr. Room LL07 Robert LaBonte, 787-0237	NC – Board Meeting. All SBC members are invited to attend the board meetings.
Saturday September 6 1:00 pm	Capitol Complex Visitors Center 425 S. College St., west of the Capitol Chuck Orwig, 793-3782	EZ – Historic Sites Ride. Chuck will lead a 10 mile tour of Springfield historic sites the day before the Capital City Century. The ride will last approximately two hours.
Saturday September 6 all day	Residence 76 Country Place Dara Voss, 553-1734	NC – CCC Baked Goods Drop Off. Drop off muffins, cookies and other homemade goodies at Dara's home for the CCC ride on Sunday. Directions: take Toronto Rd east from I-55 to Cotton Hill Rd, go north to Roosevelt Rd, then east to Country Place.
Saturday September 7 7:00 am	Beach House Center Park, Lake Springfield Tom Clark, 726-5560	ABCD – Capital City Century. 12, 25, 40, 62 and 100 mile routes over flat to slightly rolling terrain. Registration beings at 6:30 am. Includes SAG service, rest stops with refreshments and “post-pedal’n” party. SAG service ends at 4:00 pm; all riders should be off the route by that time.
Wednesday September 10 5:45 pm	IDOT, Lost Bridge Trail Dirksen Parkway Sue Dees, 899-6928	CD – Ladies or “Ride Like a Girl” Ride. Ride for an hour with a post-ride dinner option at Gambino’s Cajun restaurant in Rochester. Great opportunity for women riders to meet and make new friends.
Saturday September 13 8:00 am	Beach House Center Park, Lake Springfield Roger McCredie, 438-3959	ABCD – CCC Volunteer Appreciation Ride. This ride is an opportunity for volunteers who worked the Century to try one of the routes. All club members are invited to participate in this ride.
Sunday September 14 9:00 am	Rochester Station Rochester Bob Sorensen, 529-1141 Kevin Greene, 793-9622	ABCD – Bob has two routes planned. He will lead the ABC riders on a 40+ mile ride. Kevin will lead CD riders on a shorter option for 20-25 miles.
Wednesday September 17 7:00 pm	Sweet Life 3259 W. Iles Ave., strip mall at Koke Mill Rd. and Iles Ave. Kevin Greene, 793-9622	EZ – 10-12 easy miles through neighborhoods followed by ice cream and other treats at Springfield’s newest sweet shop. Lights required.
Saturday September 20 9:00 am	Vredenburg Park Saxon Dr. & Crusaders Rd. Alan Whitaker, 494-6807 Dave Ross, 789-4823	ABCD – Alan has 35-40 miles planned for ABC riders. Dave will lead CD riders on a 20 mile ride give or take a few.
Saturday September 20 4:00 pm	Palermo’s Sicilian Cucina 751 S. Durkin Dr. Dave Lucas, 753-3831	EZ – 10-12 mile ride at a relaxed pace through neighborhoods. Dinner afterwards at the Almost Anything Award winning Palermo’s restaurant.
Sunday September 21 9:00 am	Residence 1 Hickory Hills Dr. Tracey Hurley	ABCD – Fall Cookout. Ride to New Salem for 42 miles or Salisbury for 22 miles followed by a cookout. Directions: Hwy 97 (Jefferson) west to Hazlett Rd., go north to Hickory Hills.
Saturday September 27 9:00 am	Mapped Club Ride Arby’s at Fairhills Mall Chatham Rd. & Monroe St. No leader	ABCD – Ride 24, 45 or 60 miles, going to Virden and coming back through Chatham. See map and cue sheet on website for 005-FAIRH-VIRD. Please use a ride sheet to report miles to Karl.
Saturday September 27 9:00 am	Madison County Trail Ride Lewis and Clark State Historic Site Visitors Center One Lewis & Clark Trail Hartford, IL Ernie De Frates, 544-1398	ABCD – Ride the Chain of Rocks Bridge and Riverfront Trail to downtown St. Louis, Soulard Market and other downtown locations for 36 miles, with a longer option to Alton.
Sunday September 28 8:00 am	Ayerco Station, adjacent parking lot Rt. 29 Edinburg Grover Everett, 824-2952	ABCD – the club’s current mileage leader has 30, 60 and 100 mile routes planned.

Sunday September 28 9:00 am	Madison County Trail Ride Nature Trail and Nickel Trail Head Longfellow Rd. & South Buchanan St. (IL 159) Edwardsville Ernie De Frates, 544-1398	ABCD – Ernie has 15 to 40 mile routes planned.
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Ride Types

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



Springfield Bicycle Club Mileage and Activity File As of July 31 2008

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 website www.spfldcycling.org

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RIDES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TO-TAL	RIDES	AVG RIDE	LED	LDR PTS
Grover Everett	2,235		2,235	31	72.1			9,526	84	9,610	165	58.24	2	6
Cathy Yeaman	888	50	938	20	46.9			6,004	80	6,084	135	45.07		
Jack Hurley	1,258	14	1,272	18	70.67			5,612	226	5,838	140	41.7	1	3
Mike Vonnahmen	1,030	10	1,040	28	37.14			5,231	95	5,326	146	36.48		
Charlie Witsman	820		820	20	41			3,822	63	3,885	93	41.77	1	3
Marty Celnick	793	54	847	20	42.35			3,351	496	3,847	139	27.68	3	9
Lisa Kidd	937	56	993	28	35.46			3,207	167	3,374	113	29.86		
Janet Cooper	757		757	27	28.04			3,347	15	3,362	126	26.68		
Lance Kidd	929	56	985	28	35.18			3,038	167	3,205	104	30.82	2	6
Marilyn Powell	862	6	868	24	36.17			3,129	34	3,163	108	29.29	1	3
Tom Clark	908		908	22	41.27			3,094	37	3,131	119	26.31	3	7
Karl Kohlrus	715	106	821	34	24.15	1	3	2,571	501	3,072	198	15.52	1	3
Tracey Hurley	773	12	785	18	43.61			2,428	140	2,568	77	33.35		
Don Harvey	510		510	20	25.5	1	3	2,300		2,300	87	26.44	1	3
Byron Nesbitt	1,004		1,004	18	55.78			2,129	14	2,143	44	48.7		
Ruth Magos	419		419	10	41.9			2,123	8	2,131	65	32.78		
Roger McCredie	489		489	11	44.45			2,057	10	2,067	64	32.3		
David McDivitt	613	62	675	30	22.5	5	9	1,802	242	2,044	97	21.07	6	10
Curt Evoy	101	8	109	2	54.5			1,889	63	1,952	88	22.18	1	3
Dean Wisleder	394	5	399	17	23.47			1,934	5	1,939	96	20.2		
David Sykuta	201	12	213	7	30.43			1,557	27	1,584	60	26.4		
Pat Stephens	305		305	12	25.42			1,558		1,558	62	25.13		
Jim Hajek	91	24	115	7	16.43			1,441	38	1,479	66	22.41		
Linda Butler	392	23	415	14	29.64			1,432	37	1,469	62	23.69	2	6
Connie Roberts	333		333	13	25.62			1,469		1,469	64	22.95		
Ernie DeFrates	264	24	288	10	28.8	1	3	1,348	24	1,372	56	24.5	3	9
Christa Morris	732		732	15	48.8			1,330		1,330	41	32.44	1	3
Chuck Orwig	763	2	765	16	47.81			1,319	10	1,329	39	34.08		
Kevin Greene	167	41	208	10	20.8	3	3	1,066	181	1,247	67	18.61	11	11
Mary Lou Hicks	98	10	108	6	18			1,208	10	1,218	55	22.15		
Bill Bock	362		362	8	45.25			1,192		1,192	30	39.73		

Springfield Bicycle Club Mileage and Activity File As of July 31 2008

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RIDES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Robert LaBonte	200		200	8	25	1	3	1,163	29	1,192	61	19.54	16	31
Alan Josephson	330	4	334	11	30.36			1,062	117	1,179	48	24.56	6	13
Lynn Miller	405	19	424	12	35.33	1	3	1,127	35	1,162	43	27.02	3	9
Arden Gregory	198	90	288	4	72			753	390	1,143	20	57.15		
Mark Rabin	76		76	2	38			1,139		1,139	37	30.78		
Mark Summer	583		583	15	38.87			1,113	8	1,121	29	38.66		
Alan Whitaker	74	8	82	2	41			997	91	1,088	36	30.22	1	3
Sr Josepha Schaffer	189		189	4	47.25			1,075	12	1,087	34	31.97	1	3
Jan Cimarossa	139		139	5	27.8			990	18	1,008	36	28		
Mike Eymann	305		305	12	25.42			978	10	988	43	22.98		
Cindy Kvamme	317	3	320	15	21.33			943	25	968	47	20.6	2	6
Carol Bock	362		362	8	45.25			967		967	25	38.68		
David Banks	714		714	14	51			922	22	944	19	49.68		
Ken Anderson	250	55	305	6	50.83			619	283	902	23	39.22	3	5
Kenny Vimnell	258	86	344	5	68.8			665	232	897	19	47.21		
Bob Carmody	341		341	10	34.1			858		858	30	28.6		
Mike Schwab	114		114	22	5.18			762	1	763	126	6.06	1	3
Brigitta Ewing	639	3	642	14	45.86			705	3	708	20	35.4		
Bob Sorenson	97	50	147	2	73.5			473	228	701	15	46.73	1	3
Ben Fox	60		60	1	60			651	4	655	37	17.7		
Mark Smith	395	41	436	9	48.44			547	98	645	15	43		
Tracie Stephens	197		197	10	19.7			576		576	33	17.45		
Dave Lucas	20	2	22	2	11	2	2	555	16	571	64	8.92	11	11
Kedra Elston	144		144	5	28.8			532	15	547	19	28.79	1	1
Kathy Shepard	401	41	442	9	49.11			477	61	538	12	44.83		
Dave Ross	289	9	298	12	24.83			505	14	519	27	19.22		
Cindy Moreno	188		188	9	20.89			503		503	25	20.12		
Sue Dees	283		283	15	18.87	1	1	483		483	31	15.58	1	1
Micci Bly	215	2	217	6	36.17			468	4	472	14	33.71		
Jon Edwards	129	32	161	3	53.67			328	71	399	9	44.33		
Lyn Schollett	108	10	118	5	23.6	4	4	362	29	391	19	20.58	4	4

Springfield Bicycle Club Mileage and Activity File As of July 31 2008

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RIDES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Sid Marder	66	94	160	6	26.67			251	132	383	13	29.46		
Deeana Shidler	30		30	1	30			364	17	381	17	22.41	2	6
Bob Dettling	148	10	158	10	15.8			370	10	380	25	15.2		
Joel Johnson	31	28	59	1	59			249	108	357	7	51		
Naomi Greene	114	17	131	7	18.71			321	33	354	22	16.09		
Kent Kraft	45	9	54	1	54			269	41	310	8	38.75		
Marcia Sykuta	48	12	60	2	30			266	12	278	10	27.8		
Louie Spinner	68		68	3	22.67			262	15	277	13	21.31	1	1
Lynn Rhoades	37	4	41	1	41			230	44	274	7	39.14		
Bruce Yurdin	83	5	88	2	44			237	27	264	5	52.8		
Dan Payne	60		60	1	60			241	19	260	6	43.33		
Gerry Orwig	121		121	11	11			224	15	239	22	10.86		
Cyd LaBonte	14		14	1	14			200		200	13	15.38	3	3
Jerry Ihnen	62	2	64	1	64			153	39	192	4	48		
Deb Cooper	85		85	4	21.25			175		175	9	19.44		
Vicky Berry	38		38	3	12.67			172		172	15	11.47		
Brenda Reiling	60		60	1	60			170		170	4	42.5		
Cindy Tubbs	9		9	1	9			147	17	164	9	18.22		
Wayne Noethe	60		60	1	60			163		163	4	40.75		
Tony Henn	147		147	15	9.8			147		147	15	9.8		
Rick Cox	37		37	1	37			120		120	4	30		
Brian Fowler	120		120	2	60			120		120	2	60		
Jon Halterman	60	10	70	1	70			107	10	117	2	58.5		
Randy Germeraad	62	7	69	1	69			102	12	114	2	57		
Ed Taylor	31		31	1	31			103		103	4	25.75		
Sue Hack	88		88	6	14.67			102		102	8	12.75		
Anita McDivitt	16		16	2	8			86	8	94	11	8.55		
Jackie Galli	66		66	2	33			92		92	4	23		
Ivan Wright	60		60	1	60			89		89	2	44.5		
Carol OConnor	60		60	1	60			80		80	2	40		
Steve OConnor	60		60	1	60			80		80	2	40		

Springfield Bicycle Club Mileage and Activity File As of July 31 2008

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RIDES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Mary Loker	31		31	1	31			79		79	3	26.33		
Linda Tarr	53	8	61	4	15.25			63	10	73	5	14.6		
Jim Stephens	62	10	72	1	72			62	10	72	1	72		
Melinda Carter	60	4	64	3	21.33			60	4	64	3	21.33		
Adam Andruska	60	2	62	3	20.67			60	2	62	3	20.67		
Janice Perino	18	18	36	1	36			35	26	61	2	30.5		
Steve Berry	60		60	1	60			60		60	1	60		
Cindy Johnson	60		60	1	60			60		60	1	60		
Charlie Rabins	60		60	1	60			60		60	1	60		
Mark Rolens	18	4	22	1	22			35	22	57	2	28.5		
Adam Galli	48		48	1	48			48		48	1	48		
Alberta Levan	19	10	29	1	29			37	10	47	2	23.5		
Pete Levan	19	10	29	1	29			37	10	47	2	23.5		
Julie Perino	9	9	18	1	18			26	17	43	2	21.5		
April Smith	29		29	1	29			29		29	1	29		
JoAmm Mumaw	18	4	22	1	22			18	4	22	1	22		
Garland Stevens	18		18	1	18			18		18	1	18		
Larry Small	10		10	1	10			10		10	1	10		
Larry Pemberton									8	8	1	8		
Totals	30,801	1,307	32,108	918	34.98	21	37	119,795	5,470	125,265	4,367	28.68	98	194

Editorial Opinions

“Leaderless” Rides: The Good and the Bad

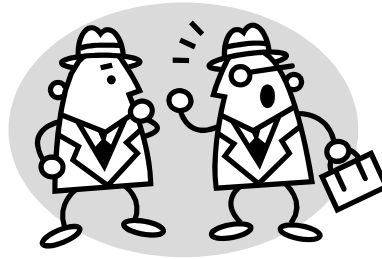
By Marty Celnick

“Leaderless” rides seem to be the solution to our long term difficulty of finding ride leaders. It seems like the other choices are Show and Gos or no rides. Many people dislike Show and Gos. And I found myself disappointed when two or three weekend rides in a month are Show and Gos.

I use quotes to describe this new phenomenon, as the person providing the maps and cue sheets, is the de facto leader. Yet, because there is no ride leader listed, there is little incentive for someone to go out and check the roads. This wasn't done on last Saturday's ride from Riverton, where huge sections of the mapped route, were rocked up. When there is a traditional led ride scheduled, the leader may check the route, and perhaps use an alternative when a road is rocked up.

This brings me to the other problem, lack of flexibility. Conditions change, and the wind always changes direction. Sometimes when you do a mapped route, you find yourself fighting a 30 mile/hour headwind on the way back. That's why I think it might sometimes be better to choose the destination at ride time, perhaps by consensus.

It's a good thing to have maps of our common routes. And cue sheets are also a good thing. This concept just needs to be worked over a little bit.



Give “Mapped” Rides a Try

By Tom Clark

The club's new online “mapped” rides offer more choices, although as Marty points out above, they can have their drawbacks — when they don't have a leader, we hope someone will scout the route on a specific date, which can then be posted online. When there is a scheduled leader—as on my August 10 ride from Sherman—please do remember that there IS a leader, mapped ride or no—so folks still need to stick around for announcements and to hear the ride leaders's scouting report. Let's think outside the box a bit, and give “mapped” rides a try. You can support the effort by submitting maps and scouting reports, and by leading a ride with an online map.

August-September Memories

By Mike Becker

August

1973–35 Years Ago: SBC sponsored a criterium road race at the Illinois State Fair Grounds, and 133 racers turned out. This was an ABL of A sanctioned event. Anyone remember them? ++For fund raising, the SBC held a car wash (why not a bicycle wash or asphalt scraping service?) and garnered \$130 @ \$1 per car. The traditional bake sale was also held, but no word on how much that raised.

1978– 30 Years Ago: President George Caldwell, the smell of corn pollen freshly pinging around his sinuses, wistfully recalled long lost names of whistle stops such as Mt. Fulcher, Hulbert Siding and Selby Town, and schools like Bice, Sangamo Center, Locust Lane, Prairie, German Hill and Wiggins, and asked the question yet to be answered: “The next time you zip down Spaulding Orchard Road, the corn may remind you to ask, ‘Who were the Spauldings, and where was their orchard?’” ++The following officers were elected at the meeting, to be installed at the September meeting: Ron Habegger, President; Louis Spinner, Vice President; Vaughn Morrison, Secretary; and Dean Wisleder, Treasurer.

1983–25 Years Ago: The QR noted that 34 club members gave 74 pints of blood over the past twelve months, with Evan Kurrasch and John Werthwein each giving five! (Of course, several other members gave blood, but involuntarily, and to a rather ungrateful road. Why not give to the Blood Bank, instead? They treat you really nice and even say “Thank you.”) Because cycling does have its dangers, SBC members, more than anyone, should appreciate the value of hav-

September

1973–35 Years Ago: Elected as the new SBC officers were Patti Bird, President; Tom Clark, Vice President; Jay Deem, Secretary; Carol McGowan, Treasurer. ++The Jacksonville Bicycle Club's Third Annual Peter Cartwright Century was held on September 16. (I thought Peter Cartwright was from Pleasant Plains, not Jacksonville. At least, that's where he is now . . . permanently.) This substantiates JBC's claim that their century was older than ours and one of the first in the state. (The *first* SBC century would be held next month.) ++The Prairie Fall Century was held in Urbana on September 23. Because it was omitted in 1992, it was no longer as old as SBC's ride.

1978– 30 Years Ago: Departing President George Caldwell observed:

The thousands of miles that we members pile up both on club and training or pleasure trips each year do not even equate to the totals compiled by just 5 cars traveling 15–20,000 miles a year. Here in Springfield, where thousands of State workers alone live within a five mile radius of their offices, virtually no percentage commutes by bike regardless of the weather. Wouldn't it be better to spend tax money on lockers or bike security instead of expansive parking lots for belchfire 4's, 6's and V8's? Maybe a taxpayer visitor could find a parking place for something

Memories (continued)

August

ing the community supply this precious commodity. Thanks to those members who take time to give. ++New officers were elected: Dave Stjern, President; Steve Newell, Vice President; Greg Lakebrink, Secretary; and Bud “Chuck Atlas” Cline, Treasurer. (Mike Rafalowski was nominated for all four offices, but, alas, was not elected to even one. Maybe the fact that he lives 1000 miles away had something to do with it.) Lisa Shafer took over as newsletter editor and Lance Kidd became assistant editor. ++Preparations were fully underway for the Capital City Century (mis-identified as the Ninth CCC). It cost \$5.50 this year to register and started at Lincoln Land Community College. 1982 brought out 230 riders, and the Club was hopeful to increase that number substantially. ++Program Note: Dave Lawton presented a safety film and discussion of various safety matters.**1988–20 Years Ago:** Mountain biking was the fastest growing part of bicycling and was the topic for the monthly meeting. (Always ahead and behind the times, Dave Stjern offered his “virtually unused” mountain bike for sale, declaring that it no longer fit his yuppie lifestyle.) ++Mike Becker was elected to replace the outgoing Larry Small as President. Mark Nichols became Vice President, Christine Kershner, Secretary; Karl Kohlrus, Treasurer (so that’s where it started!); Mark Grieve, Special Events; Ernie DeFrates, Program; Erica Timmerman, Social; and Diane Hughes, Legislative/ Educational. Louis Spinner served as the Bulletin editor; Toni “Can-You-Fix-My-Flat” Patt, Incentive; and Theresa DeLeon, Records Keeper.

1993–15 Years Ago: Ted Sanders of the League of Illinois Bicyclists spoke at the monthly meeting about LIB and state funding projects concerning cyclists. ++Elected

September

other than a unicycle.

This year's Capital City Century drew 120 participants, whose only obstacle was the hot weather. The route took in Chatham, Lake Sangchris and Mt. Auburn, as it wended through southern Sangamon and western Christian counties.

1983–25 Years Ago: There were 246 registrations for the Capital City Century, which for some reason thought itself to be the Ninth, when in fact, it was the Eleventh. The cost of putting on the ride was \$1,050 and it took in about \$2,000. ++With the new officers taking their positions, John Werthwein turned over the books and Lincolnfest '82 T-shirts to Bud Cline. I wonder if Bud took them with when he left town. Texas may now be looking like downtown Springfield on July 4. (There is *no* question about what happened to some of the Kodak Liberty Ride “stuff”. Dave Stjern is still using the left-over envelopes and rumor has it that the left-over sandwiches are still in Karl's basement, improving with age.) ++Bud Cline earned a spot in Memorial Medical Center as a result of a *contretemps* with an auto while riding, and Jon Noll earned a spot in the Ironman Triathlon in Hawaii, which probably could have earned him a hospital bed along with Bud, what with the rigorous training schedule.

1988–20 Years Ago: The Sixteenth Annual Capital City Century saw more than 300 participants riding through a warm and mostly sunny skies. However, the residual effects—strong winds—from Hurricane Flo spreading up the Mississippi Valley became a challenge, but the rain didn't come until 7:30 PM, after the last bratwurst was consumed. ++Leftover water bottles were offered for sale. Mike Becker observed in a QR wrap-

Memories (continued)

August

for the upcoming year were Karl Kohlrus, President; Garland Stevens, Vice-President; Bruce Beazly, Secretary; and Greg Lakebrink, Treasurer. Linda Schrodtt became the Social chair, Ernie DeFrates, Legislative/Educational; Theresa DeLeon, Incentive; Karl "Double Duty" Kohlrus, Records; and Jo VanMetre, Bulletin Editor. ++In a side-note, if you ever want to be memorialized as an Almost Anything Award, it's simple: just take over the QR editing job. The former editor will be so relieved that you will be nominated, and the current board, so ecstatic that the national search team can called in, will vote for you. *Exempla gratia*, Jo VanMetre.

1998–10 Years Ago: Election news—Alan Josephson, President; Ernie DeFrates, V-P; Dave Lucas, Secretary; Cindy Moreno, Treasurer; Jack Justice, Special Events; Theresa DeLeon, Social; Laura Farson, Legislative/ Educational; Dan Eatherington, Incentive; Karl "This job goes on my tombstone" Kohlrus; and Louis Spinner, Editor-In-Search-Of-A-Replacement. *Exempla gratia*, Part II, Louis Spinner. ++LWB to Adam Galli for brakes so noisy that club members tried to oil his rims.

September

up article that they would make great stocking stuffers or Christmas tree ornaments, or in the seminal moment for the Lead Water Bottle Award, "fill them with cement to throw at dogs." ++In another major September ride, Marcey and John Werthwein organized the Midwest Tandem Rally, bringing in over 120 tandems from near and far. I am sure Mark Grieve was also there with his stoker-less tandem, his favorite pick up technique.

1993–15 Years Ago: Only 391 riders, the lowest turnout since 1988, came to the CCC, probably because of the thunder commencing at 3:30 AM, as well as the bucket rain and hail which continued until 7:00, when it temporarily cleared but returned later in the morning. Those non-show whimps. SBC suffered a \$1,500 loss, or about \$10.00 for each of the 150 lightning bolts.

1998–10 Years Ago: The QR reported that 340 participants rode in the CCC, with the major highlight being Dave Lucas' nitro burning turbo blender. ++Mark Flotow published a review of energy bars. My favorite would be PowerBar if it could be opened without the dangerous maneuver of opening it with the necessary machete whilst riding.

Mileage and Incentive Recommendations to be Discussed at October 2008 Board Meeting

New mileage and incentive recommendations will be discussed and possibly adopted at the October board meeting. As with all SBC board meetings, members are invited to attend and add their input. Board meetings are normally held the first Wednesday of the month at Robert Morris College check the web or ask a board member for the exact time and location of the October meeting.

Background - The board adopted the present "anything counts" mileage rules for 2007 with a plan to review them after one year. At the end of that year there were so many different opinions that the board asked for a workgroup to recommend mileage and incentive rules to be implemented in 2009. Ken Anderson, Ernie DeFrates, Derek Ewing, Kevin Greene, Karl Kohlrus, Cindy Kvamme, Cathy Yeaman, Alan Whitaker participated on the workgroup and developed the recommendations.

We (workgroup members) believe that the club has a dual mission: to provide opportunities for cyclists to ride together, and to promote and advocate for cycling in the community. The recommendations below were developed to reflect the dual social and advocacy mission.

Mileage

We propose that the club count the following miles:

Club miles: Miles ridden as part of a scheduled ride.

To/From Miles: Miles ridden to and from a club ride.

Organized rides and tours: We recommend that miles ridden on organized rides and tours be counted as **club miles**. In order to promote the Springfield Bicycle Club we recommend that riders wear their SBC jersey if they have one. (We considered but rejected ideas to limit the number of out-of-town ride miles. Those limits would put an undue burden on our hardworking record keeper. Also, we want to avoid complicated formulas and legalistic descriptions. Simple is better!)

Commuting miles: Trips to work (paid or non-paid), and other trips whose primary purpose is an errand or destination.

Awards

There is a general feeling that the current award structure is arbitrary and overly competitive. We recommend restructuring the Spinner Awards to eliminate age and gender categories and more accurately recognize riders' achievements. We propose an award for **each** rider in the following ranges:

- 10,000 miles + (Spinner Platinum)
- 7,500 - 9,999 (Spinner Gold)
- 5,000 - 7,499 (Spinner Silver)
- 2,500 - 4,999 (Spinner Bronze)

We would continue to award mileage pins for 1,000 mile riders. Exact awards and mileage ranges should be tweaked and finalized next year.

Alan Whitaker
SBC Incentive Chair

Printable Registration Form: 2008 Capital City Century

Sunday, September 7, 2008

Liability Waiver and Indemnity Agreement

In consideration of my signing this agreement, I for myself, my heirs and administrators assume any and all risks which might be associated with my participation in this special event. I waive and release any and all rights and claims for damages which I may have against the Springfield Bicycle Club, its officers and members, and any other person connected with this event, their sponsors, representatives, successors and assigns for any and all injuries or damages of any kind and whatsoever suffered by me as a result of taking part in this event and any related activities. I hereby for myself, my heirs and administrators, agree to indemnify and save and hold harmless the releases and each of them from any loss, liability, damage, or cost they may incur due to my presence or participation in the event and whether caused by the negligence of the releases or otherwise. All riders, ages 12 and younger, must be accompanied by an adult throughout the ride. I agree not to ride two or more abreast when it is impeding traffic, and to follow all rules of the road.

Each rider must provide a name, signature, and age below.
(Parent's signature required for all children under the age of 18)

Rider Name/Distance	Signature	Age
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

Parent's Signature _____
Street/City/State/ZIP _____ Phone _____

Email Address _____
Club Affiliation (if any) _____

Will this be your first 100-mile century? If so, the SBC will prepare a special First Century certificate.

Name(s)
1. _____
2. _____
3. _____

Helmets are strongly recommended

2008 Capital City Century

Photocopies of the registration blank will be accepted only if the Liability Waiver and Indemnity Agreement on the back is also copied. Both sections must be filled in with proper signatures for all family members.

FEES TO ENCLOSE:

THE ROUTE

___ @ \$8 - 12-mile route (\$10 late fee*)	\$ _____
___ @ \$10 - 25/40-miles (\$15 late fee*)	\$ _____
___ @ \$15 - 62/100-miles (\$20 late fee*)	\$ _____
<i>Family rates are available for 3 or more people living at the same address:</i>	
\$20 - 12-mile route (\$25 late fee*)	\$ _____
\$25 - 25/40-miles (\$30 late fee*)	\$ _____
\$35 - 62/100-miles (\$40 late fee*)	\$ _____
___ @ \$5 - Post-Pedal'n Party ONLY	\$ _____

* The late registration rates apply to all rider registrations postmarked after August 22, 2008.

T-SHIRTS

___ @ \$15 - S - Short sleeve t-shirt	\$ _____
___ @ \$15 - M - Short sleeve t-shirt	\$ _____
___ @ \$15 - L - Short sleeve t-shirt	\$ _____
___ @ \$15 - XL - Short sleeve t-shirt	\$ _____
___ @ \$18 - XXL - Short sleeve t-shirt	\$ _____
<i>Long sleeve t-shirts only available preordered by 8/22:</i>	
___ @ \$20 - S - Long sleeve t-shirt	\$ _____
___ @ \$20 - M - Long sleeve t-shirt	\$ _____
___ @ \$20 - L - Long sleeve t-shirt	\$ _____
___ @ \$20 - XL - Long sleeve t-shirt	\$ _____

GRAND TOTAL \$ _____

Yes, I plan on riding the free Springfield Bicycle Club's Tour of Historic Sites on Saturday, Sept. 6.

Make check payable to:

Springfield Bicycle Club

Mail to:

2008 SBC CCG
Springfield Bicycle Club
PO Box 2203
Springfield, IL 62705

Printable Registration Form: 2008 Capital City Century

Sunday, September 7, 2008

Liability Waiver and Indemnity Agreement

In consideration of my signing this agreement, I for myself, my heirs and administrators assume any and all risks which might be associated with my participation in this special event. I waive and release any and all rights and claims for damages which I may have against the Springfield Bicycle Club, its officers and members, and any other person connected with this event, their sponsors, representatives, successors and assigns for any and all injuries or damages of any kind and whatsoever suffered by me as a result of taking part in this event and any related activities. I hereby for myself, my heirs and administrators, agree to indemnify and save and hold harmless the releases and each of them from any loss, liability, damage, or cost they may incur due to my presence or participation in the event and whether caused by the negligence of the releases or otherwise. All riders, ages 12 and younger, must be accompanied by an adult throughout the ride. I agree not to ride two or more abreast when it is impeding traffic, and to follow all rules of the road.

Each rider must provide a name, signature, and age below.
(Parent's signature required for all children under the age of 18)

Rider Name/Distance	Signature	Age
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

Parent's Signature _____
Street/City/State/ZIP _____ Phone _____

Email Address _____
Club Affiliation (if any) _____

Will this be your first 100-mile century? If so, the SBC will prepare a special First Century certificate.

Name(s)
1. _____
2. _____
3. _____

Helmets are strongly recommended

2008 Capital City Century

Photocopies of the registration blank will be accepted only if the Liability Waiver and Indemnity Agreement on the back is also copied. Both sections must be filled in with proper signatures for all family members.

FEES TO ENCLOSE:

THE ROUTE

___ @ \$8 - 12-mile route (\$10 late fee*)	\$ _____
___ @ \$10 - 25/40-miles (\$15 late fee*)	\$ _____
___ @ \$15 - 62/100-miles (\$20 late fee*)	\$ _____
<i>Family rates are available for 3 or more people living at the same address:</i>	
\$20 - 12-mile route (\$25 late fee*)	\$ _____
\$25 - 25/40-miles (\$30 late fee*)	\$ _____
\$35 - 62/100-miles (\$40 late fee*)	\$ _____
___ @ \$5 - Post-Pedal'n Party ONLY	\$ _____

* The late registration rates apply to all rider registrations postmarked after August 22, 2008.

T-SHIRTS

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___ @ \$20 - L - Long sleeve t-shirt	\$ _____
___ @ \$20 - XL - Long sleeve t-shirt	\$ _____

GRAND TOTAL \$ _____

Yes, I plan on riding the free Springfield Bicycle Club's Tour of Historic Sites on Saturday, Sept. 6.

Make check payable to:

Springfield Bicycle Club

Mail to:

2008 SBC CCG
Springfield Bicycle Club
PO Box 2203
Springfield, IL 62705



SPRINGFIELD BICYCLE CLUB 2008 MILEAGE SUMMARY



MONTHLY								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	7,303	270	7,573	302		6		25.08
February	4,135	55	4,190	181		2		23.15
March	12,129	344	12,473	471		9		26.48
April	16,027	744	16,771	645		14		26.00
May	20,193	1,072	21,265	791		22		26.88
June	26,182	1,632	27,715	936		24		29.72
July	30,801	1,307	32,108	918		21		34.98

CUMULATIVE								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	7,303	270	7,573	302		6		25.08
February	11,919	325	12,244	510		8		24.01
March	24,800	669	25,469	1,006		17		25.32
April	41,646	1,456	43,102	1,693		31		25.61
May	62,098	2,528	64,626	2,485		53		26.01
June	88,779	4,163	92,942	3,443		77		26.99
July	119,795	5,470	125,265	4,367		98		28.68



Springfield Bicycle Club
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36TH CAPITAL CITY CENTURY

SUNDAY, SEPTEMBER 7, 2008

Address Service Requested

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September, 2008

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

Robert LaBonte
787-0237
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

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