



Ride of the Month

Mark Rabin's Edinburg ride is Ride of the Month

On a beautiful Sunday morning Mark Rabin led us from Rochester Station along the east side of Sanchris Lake to Edinburg. It was a beautiful route and Mark even arranged for a tailwind on the way back. Thanks Mark!

Almost Anything Award

David McDivitt wins this month's AAA for creativity and innovation

This month we recognize David McDivitt for creating and implementing the online ride entry form. Ride leaders no longer need to mail the ridesheet or retype form into an email but can enter and transmit mileage information using the very slick webform that David developed. Thanks David!

Monthly Ride Leader Incentive Drawing

The board approved a monthly Ride Leader Incentive drawing starting in January. The award for this monthly drawing is a \$50 gift certificate to the bike shop of the winner's choice.

Thank you and congratulations to Ernie DeFrates, this month's Ride Leader Incentive Award winner.

*Almost Summer
Ride & Potluck
June 14*

*Sunday E-Z Rides,
June 7 & 14
See page 8-9*

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

See page 3

**Marty Celnick is
Rider of the
Month with 457
miles!**

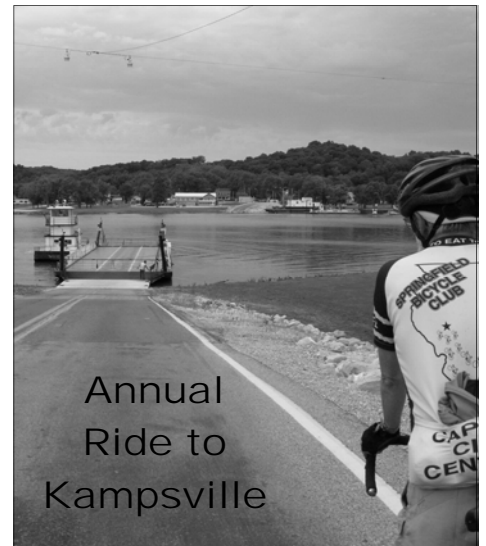
Details on page 4

SAVE THE DATE

*SBC Summer Picnic
Sunday, July 12
Tom Madonia Park East
Lake Springfield*

Take the Ferry on June 7!

See page 8



Annual
Ride to
Kampsville

*Bugtussle Ride is
June 28! See page 9*



**Lookin' for a
Ride?**

*See Ride Schedule,
pages 7-9*

President's Column

June, 2009

Interurban Trail News

Completion of the new west loop of the Interurban Trail around Legacy Pointe has been delayed due to wet weather this spring. The new loop should be opening sometime in June. The new routing of the Interurban Trail to accommodate the MacArthur Boulevard extension includes two new grade separations—a tunnel under the future MacArthur Boulevard and a bridge over the Norfolk Southern railroad tracks. Both of these grade separations were the result of advocacy efforts by the Springfield Bicycle Club. Thanks especially to John Day, Bill Donels and Lynn Miller for these efforts. A grand opening is tentatively scheduled for July.

New Washington Park Speed Limit

The Springfield Park District is reducing the speed limit in Washington Park from 20 mph to 15 mph. As this speed limit applies to bicycles as well as automobiles, slow down—or else you might get a ticket.

SBC Membership Survey

Naomi and Kevin Greene are still compiling the results of the very successful membership survey. Look for the results soon. This survey will help us determine what types of rides and events you want. Thanks again to all those who responded.

New SBC Jerseys!

Tom Clark and graphic artist Terri Nelson have finished working on the new SBC jersey design with an Abraham Lincoln theme. The new jerseys should be available by late June. They will be sold at the Capital City Century for \$60. The cost for SBC members will be \$55. However, for SBC members who prepay before the CCC early registration deadline (August 21), the price will be only \$50. Cindy Kvamme will have samples for fitting in the near future. Look for the order form elsewhere in this newsletter.

Springfield Bicycle Advisory Council

We're still waiting for the nine members of the Springfield Bicycle Advisory Committee (BAC) to be named. The mayor's office tells us they will be appointed soon. There were more than 25 applications to serve on the BAC. The SBC is contacting the mayor's office in hopes of moving this process along. Bicyclists will now have an official voice at City Hall. Our hope is that this committee will enable Springfield to work toward being named as a Bicycle-Friendly Community by the League of American Bicyclists. The BAC should help generate more safe and convenient bicycle transportation in Springfield.

Karl Kohlrus
SBC President

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!

Secretary's Report

Ken Anderson, Secretary

Renewals

Kyle Beachy
 Carol O'Connor & Family
 Arden Gregory
 Edward Longcore
 Ted Harvatin
 Vicki Berry
 David & Marsha Sykuta
 Jon Edwards
 Mary Venturini

Renewals at the contributing level

Jerry & Debbie Ihnen
 Ruth Magos

Renewals at the Sustaining Level

Joel Johnson
 Mark Smith & Kathy Shepard

New Members

Mary & Don Schaefer
 Gerri Anne Graham & Family
 Bob Ayers
 David Brodsky
 James Kolaz
 David Kolaz

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.

Riders of the Month

4/09 Marty Celnick 457 miles	12/08 Tom Clark 711 miles	8/08 Marty Celnick 923 miles
3/09 Grover Everett 527 miles	11/08 Ruth Magos 601 miles	7/08 Byron Nesbitt 1,004 miles
2/09 Tom Clark 402 miles	10/08 Janet Cooper 664 miles	6/08 Tracey Hurley 800 miles
1/09 Jack Hurley 880 miles	9/08 Karl Kohlrus 765 miles	5/08 Charlie Witsman 882 miles

Board Meeting Notes— April 1, 2009

Deb Cooper, Recording Secretary

Present: Ken Anderson, Marty Celnick, Tom Clark, Deb Cooper, Bill Donels, Kevin Greene, Naomi Greene, Tracey Hurley, Karl Kohlrus, Dave Lucas, Lynn Miller and Alan Whitaker

Karl Kohlrus called the meeting to order at 7:00 p.m.

Minutes: The Minutes from the March 2009 Board Meeting were approved.

Treasurer's Report: Dave Lucas distributed the Treasurer's Report for March 2009 which reflected an ending balance of \$12,714.56.

Legislative/Education Report: May 15th is Bike to Work Day and there are commuter rides scheduled from 4 locations throughout Springfield. During the month of May, St. John's Hospital and the SBC will share an information tent at the corner of 4th and Adams Streets during the Downtown Farmers' Market. Volunteers are needed to assist at the tent and distribute maps and CCC brochures, as well as answer questions about the SBC and local biking in general. Volunteers are also needed to assist at an information tent which the Park District will erect in Washington Park during the month of May.

The volunteers will offer bike fitting, biking tips and maps. Lynn Miller will check with local bike shops to see if they are willing to staff the tent.

April 30th is the projected completion date for the Interurban Trail. Board members voted to promote the grand opening of the Interurban Trail on Saturday, June 6th, which is also Trail Day. Local officials and other individuals involved in community biking issues will be invited to attend the ceremonies. A motion was made and carried to spend up to \$200 in publicity for the grand opening. Tom Clark will make an effort to locate the club banner. If the banner cannot be found, or if the banner is located but in poor condition, the Board agreed to spend up to \$200 on new banners for the club and for the CCC.

Social Chair Report: Tracey has reserved Madonia Park at the lake for the summer picnic but will also explore an alternate site which has been offered by club member, Randy Germeraad.

Incentive Chair Report: Chuck Orwig's March 15th Pre-St. Patrick's Day Ride

was voted as Ride of the Month. The Almost Anything Award was given to Tracey Hurley for her Superbowl Ride/Party event.

Ride Report. During Bike Month the SBC will schedule Lincoln Site rides on May 2, 9, 16 & 30. The rides will leave from the Capitol Complex Visitor's Center and be geared toward SBC members and the general public. Kevin will make the necessary contacts to secure ride leaders for the Lincoln Site rides.

Special Events/CCC Report: CCC brochures have been developed, printed and mailed. Designer Terri Nelson assisted Tom in creating the full color brochures. Tom considered a number of vendors for the CCC jerseys before narrowing the competition to four vendors. Tom then looked at the competitors' jersey quality and pricing and decided to work with Champion. After a brief discussion, Board members decided to offer CCC jerseys for \$60 each; however the jerseys will be available to SBC members who pre-pay at a cost of \$50 and to SBC members after the pre-pay date at a cost of \$55.

(Continued on page 6)

(Continued from page 5)

Tom presented the working jersey designs and, once finalized, two designs will be posted on the SBC website to be voted on by club members. Jersey sizing kits will be used to determine the proper size for individual jerseys and more information will be available at a later date on the location of and how to schedule use of the sizing kits. Cindy Kvamme has volunteered to help with jersey sizing and ordering.

The CCC registration site (Active.com) has been updated to reflect the brochure information. Similar content will be added to the SBC website along with a link to Active.com and a printable registration form.

Newsletter Report: Submissions for the Quick Release are due by the 15th of each month.

Old Business: 216 Membership Surveys were mailed and to date 105 responses have been received, an amazing 49% response rate. Naomi and Kevin will organize the responses and present a report to the Board at the May meeting.

The Route 66 Ride is scheduled for August 29 through September 3 and the route is from the St. Louis area to Chicago. This is a non-

supported ride and the route will not be marked. There will be a club ride scheduled for the day(s) when the Ride will be in and around the Springfield area. Ride details will be set forth in the August newsletter ride schedule.

Ken Anderson noted that Ace Bike Shop offered to donate three \$30 gift certificates to the April 26th Pleasant Plains Bicycle Safety Rodeo. Ken will contact Wayne Heideman and suggest that Wayne contact the bike shop to obtain the gift certificates.

New Business: The board moved to participate in the April 23rd "Meet and Greet", whose mission is to build relationships with elected officials regarding concern for the environment. The Board approved the \$50 co-sponsorship fee for the event.

Alan Whitaker shared information about the May 14th Tour de Revs Ride. Three Lutheran pastors are riding 13,000 miles to raise money for hunger.

Ride organizers have asked for route suggestions and local cyclists to ride with the pastors when in the area. Alan will put a link to the Tour de Revs on the SBC website.

Meeting adjourned at 8:53 p.m.

The next board meeting is scheduled for May 6, 2009 at 7:00 p.m. and will take place at the home of Ken Anderson.

June 2009 Ride Schedule

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

Each ride in the schedule is designed for riders of a specific skill level or ability. A ride usually consists of more than one level and riders will normally break up into groups that ride at a similar pace. If you are unsure about your cycling ability, try a ride or ride with a group one class slightly below where you think you might be. You can then move up until you find the level that is right for you.

Please arrive 10 minutes early and be ready to leave on time; all rides leave promptly at the time listed. Make sure your bike is in proper working order before you arrive. All riders are strongly encouraged to obey traffic laws; wear a helmet; carry a spare inner tube, patch kit, tire irons, pump and water bottle; and have a rear-view mirror.

If there is no ride leader specified for a scheduled ride, club members are asked to greet newcomers, assist those who are not familiar with the route and report miles using a ride sheet. In the case of inclement weather, or if the leader fails to appear (probably because of an emergency), form a group and go on a ride if you like.

Please report miles to 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 the club vice president by e-mail: [vp \(at\) spfldcycling.org](mailto:vp@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 Daytime Rides		<i>Check 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. Please use ride sheet if riding together. Participating riders should turn in miles to the club record keeper.
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 in miles to the record keeper.
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.
Tues & Thurs 12:15 pm	Vredenburg Park Saxon Dr. & Crusaders Rd. Tom Clark, 585-1539	BC – Westside Lunch Ride. Tom will hit the trails or go out in the country.
Monday through Fri- day Noon	Harris Building 100 S. Grand (at 2 nd St.) David McDivitt, 725-1986	BC – Ride 10-12 miles during lunch. Meet at the bike rack near the building. Please call David in advance.

Weekday Evening Rides		
Monday 6:00 pm	Parkway Pointe Theatre Lindbergh & Robbins Rd. Robert LaBonte, 787-0237	ABCD – A favorite for fast and intermediate riders. Ride to Chatham for 18 miles or to the T for 23 miles.
Mon, Tue, Wed & Thurs 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. Please use ride sheet if riding together. Call Charlie if you need information about trail conditions or directions. Turn in miles to the record keeper.
Tuesday 5:45 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Robert LaBonte, 787-0237	ABCD – Hit the trail with Robert and other SBC regulars for an early evening ride.
Tues & Thurs 6:00 pm	Rotary Park Archer Elevator & Iles Show-N-Go	ABC – Faster-paced workout to prepare for longer weekend rides. D riders are welcome to stretch their skills, but may be riding alone unless they bring a buddy. 12-25 miles. Turn in miles to the record keeper.
Tuesday 6:00 pm	Schlitt Park (south of Owen Marsh School) 1110 Avon Dr. Kevin Greene, 793-9622	EZ – 10 miles at a relaxed pace through city neighborhoods. Those interested will meet for dinner afterwards at a local west side restaurant
Wednesday 4:45 pm to 6:30 pm	Public parking lot (near Blue-stem Bake Shop) Governor Oglesby St. Elkhart Christa McLaren-Morris 494-4028	ABC – Ride “The Parabola” that includes Elkhart Hill. We will leave from the parking lot, ride the hill, and then turn around and go back. Repeat! Come when you can during the scheduled time. Ride it as many times as you can. Maps and ride sheets will be provided. Intermediate riders are welcome, but should be self- sufficient (i.e., comfortable fixing a flat without assistance) and encouraged to bring a riding buddy.
Wednesday 6:10 (ish) pm	Wheel Fast Bicycle Co. 20 Cottonwood Dr. Chatham Matt Saner, 483-7807	ABC – Intermediate training ride. Meet at the bike shop and plan on 20 miles.
Thursday 5:45 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Cindy Kvamme, 744-8864	ABCD – Join Cindy and others for an after-work ride along the trail.
Thursday 5:45 pm	Lewis Memorial Christian Vil-lage Koke Mill and W. Washington St. Linda Butler, 787-5027 Ernie DeFrates, 546-1398	ABC – Ride 23-25 miles to Salisbury with Linda and Ernie.
Scheduled Rides and Events		
		<i>Check start times!</i>
Wednesday June 3 7:00 pm	Residence 2301 Sangamon Avenue Karl Kohlrus, 544-8410	NC – Board Meeting. All SBC members are invited to attend the board meeting.
Saturday June 6 8:00 am	Centennial Park Lenhart Rd. & Bunker Hill Rd. Curt Evoy, 502-1118	ABC – D65 Ride. Curt will take us 60+ miles with some shorter options.
Sunday June 7 7:45 am	Perkins Family Restaurant 3429 Freedom Dr. Cathy Yeaman, 483-4912	ABCD – Kampsville Ride. Meet at the Perkins in Parkway Pointe parking lot at 7:45 am to carpool to Glasgow and Eldred, IL. Riders looking for 50 and 66 mile routes will leave Glasgow at 9:00 am. Riders looking for a shorter route will continue on by car to Eldred. All routes will cross the Illinois River on the ferry at Kampsville. The shorter routes are an out-and-back so mileage can be adjusted to suit all riders.
Sunday June 7 9:00 am	Wabash Trail east end parking lot Park St. & Wabash Ave. Kevin Greene, 793-9622	EZ – Plan on 20 miles or so with a rest stop at the Apple Barn.

Saturday June 13 8:00 am	Waldrop Park Andrew Road Sherman David Banks, 566-3560	ABCD – David has routes ranging from 28 to 50 miles planned, with destinations to Elkhart, Cornland/Elkhart and Mt. Pulaski/Elkhart. Be there or be square!
Sunday June 14 8:00 am	Residence 1914 Bayview Tom Clark, 726-5560 Kevin Greene, 793-9622	ABCD – Almost Summer Ride & Potluck. Tom has routes of 30-55 miles planned for AB riders; departs at 8:00 am. Kevin will lead CD riders for 10-22 miles; departs at 9:00 am. Hang out in the shade or the cool AC while you sample a turkey burger and other items hot off the grill. Potluck will be from 11:00 am to 1:00 pm; snacks prior. Main dish provided. Salads A-F, Veggies G-L, Desserts M-R, Breads/Pasta S-Z.
Saturday June 20 8:00 am	Waldrop Park Andrew Road Sherman Cindy Kvamme, 744-8864	ABCD – Ride to Middletown with Cindy for about 36 miles.
Sunday June 21 8:00 am	Arby's, Fairhills Mall Chatham Rd. & Monroe St. Lynn Miller, 787-3354	ABCD – Happy Birthday Ride. It's Lynn's birthday and he's taking us 30 miles or more to celebrate.
Saturday June 27 8:00 am	Chatham Community Park 760 S. Main St. Chatham Mark Rabin, 529-7377	ABCD – Mark has 35 to 40+/- miles planned.
Sunday June 28 9:00 am	Residence 7026 W. Iles Ave. Robert LaBonte, 787-0237 Cindy Moreno, 546-5852	ABCD – Bugtussle Ride. Robert and Cindy will take us to Salisbury/Pleasant Plains or New Berlin for 25-50 miles, depending on the weather. A wiener roast will follow the ride at 11:30am. Side dishes, beverages and desserts welcome. Robert's bicycle frame shop and Cydne LaBonte's art studio will be open for tours.

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

MOONING WITH MARTY

A short account of a once-in-a-Blue Moon Ride

Sure, you've ridden 40 miles or so with Marty Celnick, or trudged stubbornly in rainy or cold weather with him... but have you ever moonlighted with Marty? Friday evening, May 8th, a few of us decided to take the plunge into the dark side.

Although it had rained earlier that day, and some of us thought there was no chance this ride would take place, the sun shone, albeit for a while, for Marty. Cindy Kvamme and Cindy Moreno were the first to show up for the 8 p.m. start from the Lost Bridge trailhead at IDOT. Kevin and I arrived shortly after, followed by Don Harvey and David McDivitt, who rode from home on his Trek commuter bike. Tom Clark also arrived at the parking lot, sans bike, just to see us off. We accused him of trying to snatch a treat without riding – an accusation he flatly, but laughingly denied.

The seven of us, armed with head- and tail-lights, took off into the sunset. Not long into the ride an orange Frosted Flakes shirt caught up to the group – it was filled by none other than Dave Ross, who also high-tailed it from home. What some people won't do for a Moon Pie! Normally a lively, talkative group, this bunch rode silently. Partly due to the gnats that were out in force at the start, and fearful that talking would only result in some unpleasant inhalations. But most likely in Cindy Kvamme's words, "we have to focus more in the dark." It's true. All of us kept a close eye on the road, as well as on the bushes and sides in case some night creatures might venture out – not counting us of course.

A couple of the riders had very bright halogen lights that lit the path extremely well, but the lights also helped to create gigantic cyclist shadows on the trees and bushes – envision the shadow of the Wicked Witch of the East and you get the picture. The shadows, coupled with a nearly full moon that popped out above the clouds created a night more fitting of Halloween than a lovely spring night. We made a brief stop on Oak Hill Road to take in the brightness of this heavenly body.

We were a strange sight, rolling through Rochester. Cars slowed, possibly unsure of what this menagerie of bobbing white lights coming at them was; or puzzling over the multi-tiered conglomeration of blinking red lights moving away from them.

It was a fun ride, topped only by the Moon Pie rewards at the end. Marty had a shopping bag full of the calorie-laden treats in banana and chocolate flavors. There were plenty to spare – maybe for the next full moon?

Thanks Marty!

Gratefully submitted by Naomi Greene

Springfield Bicycle Club Mileage and Activity File As of April 30 2009

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RIDE S	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Grover Everett	1317		1317	23	57.26	1	3	2171		2171	41	52.95	2	6
Tom Clark	493	24	517	13	39.77	1	3	1743	73	1816	58	31.31	1	3
David McDivitt	370	28	398	26	15.31			1160	105	1265	87	14.54	1	3
Jack Hurley	98	38	136	3	45.33			1005	59	1064	24	44.33	2	6
Marty Celnick	305	152	457	14	32.64			732	288	1020	38	26.84	1	3
Karl Kohlrus	234	36	270	31	8.71			807	171	978	83	11.78	1	3
Dave Ross	326	35	361	15	24.07			894	81	975	41	23.78	2	5
Lynn Miller	80	9	89	3	29.67			700	47	747	23	32.48	1	3
Curt Evoy	94	36	130	3	43.33			570	83	653	32	20.41	1	3
Pat Stephens	255		255	12	21.25			591		591	28	21.11		
Tracey Hurley	247	69	316	10	31.6			381	135	516	16	32.25	1	3
Don Harvey	128	10	138	3	46			435	10	445	16	27.81		
Sr Josepha Schaeffer	150	5	155	5	31			412	20	432	17	25.41	1	3
Alan Whitaker	159	13	172	6	28.67	1	3	366	55	421	15	28.07	6	14
Mark Rabin	205	17	222	6	37	1	3	312	25	337	12	28.08	1	3
Alan Josephson	20		20	1	20	1	3	258	20	278	12	23.17	2	6
Kenny Vemnell	117	30	147	4	36.75			179	98	277	7	39.57		
Kevin Greene	104	18	122	7	17.43	2	4	223	41	264	17	15.53	3	7
Arden Gregory	55	6	61	2	30.5			173	72	245	6	40.83		
Linda Butler	81	19	100	3	33.33			212	20	232	7	33.14	1	3
Bob Sorenson	30	6	36	1	36	1	3	148	72	220	5	44	1	3
Robert LaBonte	66		66	4	16.5			202	10	212	14	15.14	2	6
Bob Carmody	81		81	4	20.25			177	10	187	8	23.38		
Lynn Rhoades	58	6	64	2	32			169	12	181	6	30.17		
Charlie Witsman	180		180	2	90			180		180	2	90		
Ernie DeFrates	87	10	97	3	32.33	1	3	149	10	159	5	31.8	1	3
David Banks	69	8	77	3	25.67			131	8	139	6	23.17		
Kedra Elston	30		30	1	30			138		138	9	15.33		
Marilyn Powell	94	4	98	3	32.67			129	8	137	4	34.25		
Cindy Kvamme	104		104	6	17.33	4	8	132		132	8	16.5	4	8
Tracie Stephens	88		88	6	14.67			124		124	9	13.78		
Sid Marder	53	66	119	3	39.67			53	66	119	3	39.67		
Pete Gudmundson	118		118	4	29.5	1	3	118		118	4	29.5	1	3
Christine Kohlrus	2	22	24	2	12			51	59	110	6	18.33		

Springfield Bicycle Club Mileage and Activity File

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RIDE S	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Roger McCredie	67		67	2	33.5			104		104	3	34.67		
Jerry Ihnen	34	5	39	1	39			93	10	103	3	34.33		
Kent Kraft	23		23	1	23			78	15	93	3	31		
Mike Eymann	32		32	1	32			88		88	4	22		
Cindy Moreno	48		48	3	16	1	2	82		82	5	16.4	1	2
Jon Halterman	25		25	1	25			59	22	81	2	40.5		
Mike Vonnahmen	25	8	33	1	33			62	18	80	2	40		
Jon Edwards	56	18	74	2	37			56	18	74	2	37		
Ben Fox	65	4	69	3	23			65	4	69	3	23		
Mark Summer	30		30	1	30			64		64	2	32		
Bob Ayers	36	5	41	2	20.5			58	5	63	4	15.75		
Connie Roberts	62		62	2	31			62		62	2	31		
Jim Hajek	21	3	24	1	24			51	9	60	3	20	1	3
Mike Elston	30		30	1	30			50		50	2	25		
Ivan Wright	30	3	33	1	33			40	5	45	2	22.5		
Tony Henn	40		40	1	40			40		40	1	40		
Mary Venturini	40		40	2	20			40		40	2	20		
Bill Voss	21	16	37	1	37			21	16	37	1	37		
Chris King	33		33	1	33			33		33	1	33		
Dan Payne	33		33	1	33			33		33	1	33		
Brigitta Ewing	10		10	1	10			32		32	2	16		
Bob Dettling	31		31	2	15.5			31		31	2	15.5		
Ken Anderson	17	13	30	1	30			17	13	30	1	30		
Deb Cooper	28		28	2	14	1	2	28		28	2	14	1	2
Blaine Kinsley	15	9	24	1	24			15	9	24	1	24		
Lyn Schollett	21	3	24	1	24	1	2	21	3	24	1	24	1	2
Cindy Tubbs	21	3	24	1	24			21	3	24	1	24		
Anna Marie Kraft	23		23	1	23			23		23	1	23		
Ron Melcher	23		23	1	23			23		23	1	23		
Christa Morris	23		23	1	23			23		23	1	23		
Micci Bly	21		21	1	21			21		21	1	21		
Jackie Galli	21		21	1	21			21		21	1	21		
Dean Wisleder	4		4	1	4			15		15	3	5		
Traci Beckley	10		10	1	10			10		10	1	10		
May Kay Eades	10		10	1	10			10		10	1	10		
Mark Wagner	10		10	1	10			10		10	1	10		
Totals	6987	757	7744	283	27.36	17	42	17297	1827	19124	761	25.13	41	109

Norberto de Angelis of Parma Italy passed through Springfield on his way to California along Route 66

by Alan Whitaker

Norberto, a former American-rules football player who lost the use of his legs after a road accident in 1992, has challenged himself to ride the length of Route 66 from Chicago to Los Angeles on a specially designed handbike. Norberto left Chicago on April 25th and hopes to complete his journey by July 22nd.

Dave Ross, my wife Kata, and I had the pleasure of meeting Norberto and his team as he rode through Springfield on May 3rd. Dave and I rode with them to Divernon where they rested for the night.

Buon viaggio Norberto, and buona fortuna!

RIDE THE BLACK HILLS OF SOUTH DAKOTA ON THE MICKELSON TRAIL

I am interested in organizing a bike ride on the Mickelson Bike Trail in the Black Hills of South Dakota and wish to make contact with other SBC members that are interested. Visit the Official Mickelson Trail website at www.mickelsontrail.com.

The Mickelson Bike Trail is on the 109-mile old gold mine railbed between Deadwood and Edgemont, SD, and covers some of the most beautiful scenery one can imagine in the famous Black Hills, including Mt. Rushmore and Crazy Horse Monument. If you enjoyed Kevin Costner's *Dances with Wolves* or if you are a *Deadwood*, Wild Bill Hickok, Seventh Cavalry, or Old West fan and would enjoy seeing Great Plains wildlife like buffalo, elk, deer, antelope, prairie dogs, and eagles in their natural, unspoiled habitat, saddle up, Pard!

I rode the entire trail on my recumbent in three segments with SBC club member Dean Wisleder in 2007 and found it to be a wonderful experience with moderate difficulty as the maximum grade is 6 degrees. My ancestors settled in South Dakota in 1857, so I have made many trips to the Black Hills over the years and am very familiar with hotel accommodations, great eating establishments, fun side trips, and a great winery!

We can take advantage of some official Mickelson Trail organized rides (as detailed on the website) or do our own independent ride. If you would like to see pictures of the ride Dean and I took in 2007 on the Big Mick, view my album on Picasa at <http://tinyurl.com/d466h9>. If interested, please contact me:

Mike Chew
625-8335 mhc1946@comcast.net

June Memories

By Mike Becker

1974–35 Years Ago: From last month: The SBC's affiliation with the League of American Wheelmen expired in May and was not immediately renewed. I wonder what Morgan Groves, then Executive Director, Marilyn Johnson, Administrative Assistant, or Phyllis Harmon, would think about the perpetual controversies following LAW like Pig-Pen's cloud of dirt. (Actually, I know what Phyllis thinks, 'cuz I asked her. Ask me sometime.) ++There was no regular monthly meeting, but they were being held in the Washington Park Pavilion. The newsletter consisted of one page, so much of what was going on is not recorded. But, one can glean that rides were held every Sunday at noon, and a ride from Lincoln Park to Carpenter Park received special mention. In addition, Benton Weathers was thanked for his work in putting on the New Salem Overnight Ride.

1979– 30 Years Ago: June 18—22 was designated as Springfield Bicycle Week. ++The Alritz Memorial Metric was held in June this year instead of the traditional last Sunday of April. The weather, however, turned out to be typically April-ish, with high winds, blasts of arctic air and a smattering of rain. Helen Alritz saved the day by inviting everyone, who had been holed up in their cars trying to stay warm and dry, over to her house for coffee and donuts. All participants voted to reschedule, and the ride was postponed until July 29. As the QR observed, "Sense has never been a forte among our members, but for once common sense prevailed."

1984–25 Years Ago: The first annual Tornado Watch began at 5:00 P.M. on June 16, as a public service for the people of Sangamon County. Members were encouraged to bring binoculars and a pocketful of dimes with which to telephone the authorities if a tornado was spotted. Because this was thirsty work, the club provided soda and beer, to go along with the food that members were asked to bring. It was reported that President Reagan lauded the SBC for these volunteer activities, particularly since it helped to free up the federal budget for the purchase of more MX missiles. ++Re: the LAW name change controversy—"Please bear in mind that *Bicycle USA* is not a source of information on the controversy. It is a self-serving publication that has glossed over the raging name-change controversy and completely ignored the other matters. . ."

1989–20 Years Ago: The first SBC time trials were held on Woodside Road, a 2.5 mile out and back (5 miles total). Unfortunately, train tracks cut across the road, and one of our faster riders' time was impacted by the train. (He wasn't impacted, fortunately, just his time.) ++Which bike shop has moved the most times? Probably R & M, but this month Cycle Sport celebrated its grand reopening on W. Lawrence with a bicycle raffle.

1994–15 Years Ago: If it's June, you gotta be on the bike. Big rides this month: the New Salem Overnight, the Clean Air Challenge, and the LOILVA (Lower Illinois Valley) Metric Century. ++Gail Fetterman was Rider of the Month.

1999–10 Years Ago: Mike Vonnahmen won rider of the month with 547 miles. Mark Smith "won" the Lead Water Bottle for his somnambulism at the Horsey Hundred, and Gail Mugler earned the AAA for "outstanding presence of mind and superb mental health." (The events involved are too lengthy to recount, but involved Theresa DeLeon's van and Gail's loss of two bikes from the back of her car.) ++The Kohlruses held a farewell party for Theresa, who was moving to Chicago.

Century of Cycling Change

By Dean Schott

From the League of Illinois Bicyclists Website

My bicycling world has changed dramatically in the last 50 years. I've gone from riding a re-conditioned red, 20-inch, steel-framed Murray workhorse to a lightweight carbon thoroughbred. In the 1950s, my buddies and I rode our heavy, fat tired, gull-winged handle-barred bikes without helmets, colorful jerseys and black tights beside cars and trucks on narrow streets with no sidewalks, no shoulders just outside Canton, Ohio. Share the Road signs were unthinkable then and totally unnecessary.

We traveled to baseball games on our bicycles with our gloves dangling from the handlebars on which we balanced our bats. In the spring and fall, we used our bicycles to escape the tedious school bus rides for the freedom and enjoyment of coming and going on our own.

Our parents did not make play dates with our friends and chauffeur us in the back seat of an SUV. We managed our own social calendars and our own transportation via bikes. We disappeared for hours without a cell phone or a parent checking on our whereabouts every 30 minutes. Our lives were simpler then, and I dare say decades later, freer and more fun that we ever imagined.

In all of this, I can't recall a single child who ended up in the hospital from a collision with a car or truck. Sure, we fell off our bicycles, cried a tear or two, but jumped back on our bikes and rode on.

Today bicycling is still fun and has taken me places I would never have imagined as a kid. My bicycling friends are numerous, stretching from coast to coast. I have ridden with them on their roads, and they on mine. At age 62, I plan to ride as long as I can.

But I have discovered America's roads are not the ones of my youth. Streets have become less friendly, less safe than I knew them as a car-free, care-free kid. A vehicle vigilantism has taken hold among a minority who can't tolerate the sight of bicyclists, who have a long-established legal right to be on the road.

Irate drivers blare their horns, race their engines, raise one-finger salutes, spout epithets and throw beer cans. Even seven-time Tour de France winter Lance Armstrong has not been immune from intimidation. Those things never happened to my pals and me when we were kids. A few radio personalities have even exhorted their listeners to bully bicyclists off the road and worse. Their callers support this illegal lunacy. Crashes with cars and trucks, often leading to injuries and deaths, are regular occurrences across the country. If the driver is at fault, the justice system often times produces nothing more than a slap on the wrist, even when the bicyclist has been killed because of the driver's negligence.

(Continued on page 16)

(Continued from page 15)

Some motorists justify their aggression by saying bicyclists ignore traffic laws. Some bicyclists do run red lights and stop signs, block traffic and ride as if they own the street. They need to obey the laws too. But a driver encased in a three-ton SUV is no match for a bicyclist on a bike weighing 25 pounds or less.

If our roads can be made safer for all bicyclists, then they will be safer for children walking or riding to school, joggers, seniors out for a stroll, parents pushing strollers, motorcyclists and for other motorists. Drivers should slow down and observe the speed limits, red lights and stop signs, and yield the right of way. They also need to focus their attention on driving, not yakking on cell phones, text messaging or fiddling with the GPS.

Today's kids deserve what my buddies and I took for granted a few decades ago -- the safety and the pure enjoyment of our riding bicycles.

Out-of-Town Ride Listing Sites

These sites are the best known cycling event aggregators in Illinois and the Midwest. You're likely to find a ride to your liking within driving distance if you check these sites.

LIB Bicycle Rides and Events

<http://www.lepirtle.com/lib/rides/events.cfm>

Mike Bentley.'s Midwest Bicycle Rides

<http://www.mikebentley.com/bike/mwrides.htm>

2009 SPRINGFIELD BICYCLE CLUB JERSEY: PRE-ORDERING INFORMATION

TRY ONE ON FOR SIZE FIRST

We strongly recommend trying on jerseys from the sampling kit prior to placing your order. We plan to order batches of 15+ jerseys over time, rather than a large batch up front. Members will be able to try on sample jerseys at Cindy K's by appointment and at some SBC events in June. Cindy K may announce a schedule for drop-in visits later on. Jerseys should be available by early July, depending on production process. See directory for Cindy's phone & address; an email Announce List item will also be sent out.

MEMBERS ONLY PRICING

\$50- MEMBERS ONLY, PREPAID Fill out the form and enclose your check. Order prepaid before August 21st (Capital City Century early registration date) to get this price. After that date, members pay \$55.

\$55 - MEMBERS ONLY, NOT PREPAID OR AFTER AUGUST 21 Mail or hand in the form to pre-order, but don't enclose a check. Or buy a jersey any time from stock on hand, or at the Capital City Century.

NON-MEMBER PRICING

\$60 - NON-MEMBERS Non-members can purchase the jersey when registering for the Capital City Century. We realize that some non-members who won't be riding the CCC would like to purchase a jersey anyway. Non-members can use this form for that purpose. Please note "Pickup Only Policy" below.

PICKUP ONLY POLICY

Member and non-members are advised that jerseys are for PICKUP ONLY, at the CCC or by appointment with Cindy K or at club rides. We will only mail jerseys in extraordinary circumstances.

2009 SBC JERSEY ORDER FORM

• \$50- MEMBERS ONLY, PREPAID • \$55 - MEMBERS ONLY, OTHER • \$60 - NON-MEMBERS

SHORT SLEEVE CLUB JERSEY - LINCOLN THEMED
SEE DESIGN AT WWW.SPFLDCYCLING.ORG/2009CCC (OR IN THE JULY QR)

	S	M	L	XL	2XL	3XL	QTY@	TOTAL
MENS								
WOMENS								

GRAND TOTAL (CHECK ENCLOSED) _____

I WILL PAY WHEN I PICK UP MY JERSEY(S)

Make check payable to:
Springfield Bicycle Club

Name _____ Phone _____

Street Address _____

City _____ State _____ ZIP _____

Email Address _____

Mail form/check to:
2009 SBC JERSEY
PO BOX 2203
SPRINGFIELD, IL 62705

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 opt out of (not receive)
 Bike Shop [name] _____ club email announcements
 A current Club member [name] I would like to help with SBC activities
 Yes 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 2009 MILEAGE SUMMARY



MONTHLY						
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	LED	AVG RIDE LENGTH
January	2,665	201	2,866	82	8	34.95
February	2,002	171	2,173	117	5	18.57
March	5,617	698	6,315	277	11	22.80
April	6,987	957	7,544	283	17	27.36

CUMULATIVE						
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	LED	AVG RIDE LENGTH
January	2,665	201	2,866	82	8	34.95
February	4,667	372	5,039	199	13	25.32
March	10,304	1,070	11,374	477	24	23.84
April	17,297	1,827	19,124	761	41	25.13



Springfield Bicycle Club
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June, 2009

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

Officers
 President
 Karl Kohlrus
 544-8410
 president(at)spfldcycling.org

Vice President
 Kevin Greene
 793-9622
 vp(at)spfldcycling.org

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

Recording Secretary
 Deb Cooper
 546-5099
 recording(at)spfldcycling.org

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

Special Events
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 726-5560
 events(at)spfldcycling

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 414-8900
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Legislative/ Educational Chair
 Lynn Miller
 787-3354
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QR Editor (cont)
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QR Deadline 15 th of the Month

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Richard Tapia
 at-large(at)spfldcycling.or

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.