



## Ride of the Month

Tom Clark's Brunch Ride was voted this month's Ride of the Month. Great weather drew 13 riders, plus another group of folks interested in food and hanging out. It was one of the last nice warm days where visitors could put in some porch time

## Almost Anything Award

This month's AAA goes to Curt Evoy for scheduling a series of Before and After-work commuter bike rides. Starting and adding points included Pease's Candy, Baskin Robbins, The Bakery, Mel-O-Cream Donuts, and ending with All About Wine. Riders enjoyed treats such as donuts, pastries, shaved ice, candy and snacks with wine (not necessarily in that order, or together). Thanks for some great ride incentives, Curt!

## Monthly Ride Leader Incentive Drawing

Mark Rabin is this month's Ride Leader Incentive Award. Individuals volunteering as Ride Leaders who earn three points or more in a given month are eligible to have their name drawn for a \$50 gift certificate to a bike shop of their choice.

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

*See page 3*

**Karl Kohlrus is Rider of the Month** with 515 miles!

*Details on page 4*



**Friday Night Dinners**  
Continue in January

**New Years Day Ride**  
**Mountain Bike/Hike**  
January 1

**A Marty Ride**  
January 16

**Lance's "Cool Ride"**  
January 24

*See pages 8-9*

**SBC WINTER PARTY**  
**January 23, 2009**

*Spinner and NoBell awards, and fun!*  
*See page 10*

**Lookin' for a Ride?**

*See Ride Schedule, pages 7-9*

## President's Column

January, 2010

### **2009-A Great Year for Bicycling in Springfield**

As we look back on 2009 and prepare for 2010, we can be thankful for many activities besides the regular club rides and events the SBC held throughout the year.

Some 2009 highlights:

- Formation of the Springfield Bicycle Advisory Council
- A very successful Capital City Century with a record 726 riders
- Completion of the west loop of the Interurban Trail

### **SBC Winter Party/Awards Night**

The annual Springfield Bicycle Club Winter party will be held at the Lake Springfield Beach House on Saturday January 23<sup>rd</sup>. The Spinner mileage awards and the Nobell Award will be given out that night. The Nobell Award is the SBC's highest award, which honors a person, or persons who have contributed to bicycling in an extraordinary fashion. The current Nobell winner is selected by a committee made up of the previous five Nobell Award winners. Come out and have a good time socializing with your fellow SBC members. Look for an article elsewhere in this newsletter for details.

### **Springfield Bicycle Club to Offer Mountain Bike Events**

The Springfield Area Mountain Bike Association (SAMBA) has disbanded. The SBC board voted December 2<sup>nd</sup> to add a Mountain Bike Chairperson to the SBC Board who would organize various mountain bike events throughout the year. The SBC Board also named former SAMBA President Kent Kraft to the SBC Board as the Mountain Bike Chairman. Look for various mountain bike rides in the ride schedule throughout the year.

### **Springfield Bicycle Advisory Council**

The Springfield Bicycle Advisory Council is now getting starting to get down to business. They held a meeting with the mayor and other City officials. Dave Sykuta and Kevin Greene are members of both the BAC and the SBC Board. This should help facilitate communications between the BAC and the SBC.

Karl Kohlrus  
President

## Come Ride with Us

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With winter here, snow on the ground, and bone chilling temperatures, some of us are in hibernation, while others are spending the season in a warmer climate. However, those of us who can't get away, can still ride in cold weather with proper preparation. And this might also be a good time to select a bike for spring rides. 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

Judy Shipp  
 Anthony Grascch & Family  
 Kent Kraft & Family  
 Mary Kay Grant

### Renewals at the Sustaining Level

Kevin & Naomi Greene

### New Members

Kevin Veara

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

11/09 Karl Kohlrus 515 miles	7/09 David McDivitt 791 miles	3/09 Grover Everett 527 miles
10/09 Tracey Hurley 549 miles	6/09 Bill Bock 628 miles	2/09 Tom Clark 402 miles
9/09 Bill Callen 463 miles	5/09 Charlie Witsman 709 miles	1/09 Jack Hurley 880 miles
8/09 David Ross 511 miles	4/09 Marty Celnick 457 miles	12/08 Tom Clark 711 miles

## Board Meeting Notes— November 4, 2009

Kevin Greene Recording Secretary

Present: Ken Anderson, Sandy Anderson, Tom Clark, Kevin Greene, Karl Kohlrus, Dave Lucas, Marty Celnick, Mike Schwab, Lynn Miller, Kent Kraft, Mark Rabin, Alan Whitaker and Naomi Greene.

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

Minutes. Kevin Greene presented the minutes from the October 7 meeting. They were approved without revision.

Treasurer's Report. Dave Lucas distributed the treasurer's report for the period ending October 31, 2009, which reflected an ending balance of \$20,485.47. Dave noted that with the receipt of a substantial bill for the 2009 Capital City Century commemorative jerseys; the balance on hand has reverted to a more normal post-CCC level. The pending CCC expenses are estimated to be approximately \$1,500.

Legislative/Education Report. Lynn Miller reported on the Grand Re-Opening event for the Interurban Trail. Senator Durbin was present to cut the ribbon. Lynn spoke at the event, recognizing the Senator, the Springfield Park District and other

officials for their efforts to preserve the integrity of the trail, which was rerouted away from the MacArthur Blvd. extension. Several media outlets attended the event, with articles appearing in the State Journal Register and news reports on WICS, WAND, WMA Y and WUIS.

Lynn reported that the Sangamon Valley Trail was considered for federal stimulus funding, but has been withdrawn by the Governor's Office. He indicated that the Springfield Bicycle Advisory Council held an informal meeting at Maldaners to allow members to get to know each other and identify their cycling interests. The League of Illinois Bicyclists also plans to hold a bike planning seminar on January 19<sup>th</sup> in Springfield, at a site to be determined.

Lynn plans to notify the Springfield Park District about the flooding problem on the Interurban Trail that has recently developed under the old railroad trestle.

Social Chair Report. The social chair position remains vacant. Dave reported that there will be a new person in charge of

coordinating the club's Winter Party in January. Harriet and Alan Josephson have agreed to work with Deb Cooper to coordinate the event.

Incentive Chair Report. Linda Butler's Apple Dumping Ride was voted as Ride of the Month for October. The Almost Anything Award was given to U.S. Senator Dick Durbin and Legacy Pointe developer Steve Luker for the leadership roles they played in the rerouting of the Interurban Trail. Lynn Rhoades' name was drawn for the monthly ride leader incentive award.

Ride Schedule Report. Tom Clark indicated that work has begun on the ride schedule for December.

Special Events Report. Mark Rabin reported that Tom briefed him on the budget, marketing plan and schedule for the CCC. He is looking forward to coordinating the event for next year. Karl thanked Mark for agreeing to be the special events chair.

Newsletter Report. Tom indicated that work on the December issue of the newsletter will begin shortly and

*(Continued on page 6)*

*(Continued from page 5)*

that articles are due on November 15<sup>th</sup>. An article, inviting nominations for the NoBell Award, will be included in the newsletter.

**Old Business.** Naomi distributed copies of the Survey Committee recommendations. Naomi highlighted several ideas and recommended that each board member identify their top priorities for follow-up action and indicate whether they want to implement any or all of the recommendations.

Karl reported that he has provided Mark with a copy of the SBC's insurance policy to research liability issues related to the club rides.

**New Business.** Kent Kraft updated the board on recent developments with the

Springfield Area Mountain Bike Association. Kent served as secretary/treasurer for the organization. He indicated that SAMBA was dissolved due to the growing costs of obtaining liability insurance coverage for its activities. Kent recommended that SBC create a mountain bike chair position and that the remaining assets of SAMBA be donated to SBC to promote off-road cycling. This would include scheduling non-competitive local rides and arranging for out-of-town trips to mountain bike locations around the region. Kent volunteered to serve in this position for the first year. The Board postponed consideration of the proposal in order to obtain information about its impact on SBC's insurance cover-

age. Dave Lucas agreed to contact the club's insurance carrier to get an opinion on the cost and feasibility of adding mountain bike rides to our ride schedule.

The Board approved a motion to pay Kedra and Mike Elston \$250 to help defray the cost of replacing a damaged refrigerator that was used to store fish for the 2008 CCC. The Board approved a second motion to donate \$300 to Roger Schnelten to help defray expenses for his annual Oktoberfest party.

The meeting adjourned at 9:14 p.m.

The next meeting is scheduled for December 2, 2009, at 7 p.m. and will be held at the home of Ken and Sandy Anderson.

## January 2010 Ride Schedule

For updates, corrections and last minute changes to the ride schedule, please check the SBC website at [www.spfldcycling.org](http://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](http://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. 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.

<b>Weekday Daytime Rides</b>		<i>Check start times!</i>
Monday thru Friday 10:00 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 records 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 records keeper.
Monday thru Friday 12:20 pm	Vredenburg Park Saxon Dr. & Crusaders Rd. Dave Ross 789-4823 Tom Clark, 726-5560	BC – Westside Lunch Ride. Dave or Tom will hit the trails or go out in the country.
Monday through Friday Noon	Harris Building 100 S. Grand (at 2 <sup>nd</sup> St.) David McDivitt, 725-1986	AB – Ride 10-14 miles during lunch. Meet at the bike rack near the building. Please call David in advance.
<b>Weekday Evening Rides</b>		
Monday, Tues- day, Wednes- day & Thurs- day 6:00 pm	Pana Trail Lake Taylorville Parking Lot Rt. 29 Show-N-Go Charles Witsman, 562-5208	Show-N-Go, Ride on the Lincoln Heritage Trail. Lights are required. Turn in miles to the club records keeper. Call Charlie if you need information about trail conditions or directions.

Tuesday 6:00 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Show-N-Go	BCD - Show-N-Go along the Lost Bridge Trail. Lights required. Turn miles in to the club records keeper.
Thursday 6:00 pm	Parkway Point Theater Lindbergh & Robbins Road Show-N-Go	BCD - Show-N-Go along the Wabash Trail. Lights required. Turn miles in to the club records keeper.
<b>Scheduled Rides and Events</b>		<i>Check start times!</i>
Friday January 1 1:00 pm	Rock & Roll Hardee's 2501 Stevenson Dr. Karl Kohlrus, 544-8410	ABCD – <b>New Year's Day Ride</b> . A new year begins with our traditional around the lake ride. Or if too cold, join the group for hot chocolate and healthy fries. 10-26 miles.
Friday January 1 1:30 pm	Old Route 4 Bridge From Veteran's & Woodside road, go east 1/4 mile, turn right on Old Chatham Road Kent Kraft, 787-6974	NC or MTB – Hike the Lick Creek trails, five miles of moderately strenuous terrain, including the portion closed to mountain bikes. Alternatively, ride the mountain bike portion of the trails. Bring your own hydration. Chili and hot chocolate served afterwards.
Saturday January 2 1:00 pm	Residence 3605 Prairie Smoke Mark Rabin, 529-7377	ABCD – Join Mark for a chilly 20-30 mile ride but warm up afterward with hot chocolate and cookies. If weather is bad, show up at 1 PM for the snacks.
Sunday January 3 1:00 pm	Vredenburg Park Saxon Dr. & Crusaders Rd. Tracey Hurley, 414-8900	ABCD – Tracey promises to warm you up with a terrific ride. 20-30 miles.
Wednesday January 6 7:00 pm	Residence 2301 Sangamon Avenue Ken Anderson 544-8410	NC – <b>Board Meeting</b> . All SBC members are invited to attend the board meetings.
Friday January 8 6:00 PM walk 7:00 PM dine	Mario's Italian Restaurant Mansion Rd. & Route 4, entrance to Piper Glen Kevin Brown, 787-5652	NC – <b>Friday Night Dinner</b> . Walk for an hour beginning at 6, or just come for dinner at 7 (Please call Kevin if just coming for dinner). Walks become self-directing if Kevin is not there.
Saturday January 9 1:00 pm	Lewis Memorial Christian Village 3400 W. Washington Linda Butler, 787-5027	ABC – Join Linda on a nice 20 to 30 mile ride from the "village".
Sunday January 10 1:00 pm	Vredenburg Park Saxon Dr. & Crusaders Rd. Kevin Greene, 793-9622	ABCD – Join Kevin for a comfortable Sunday Ride. 20-30 miles.
Friday January 15 6:00 PM walk 7:00 PM dine	Taste of Thai Capital City Shopping Center 3053 S. Dirksen Parkway Kevin Brown, 787-5652	NC – <b>Friday Night Dinner</b> . Walk for an hour beginning at 6, or just come for dinner at 7 (Please call Kevin if just coming for dinner). Walks become self-directing if Kevin is not there.
Saturday January 16 1:00 pm	Arbys at Fairhills Mall Chatham Rd & Monroe St Marty Celnick, 522-4206	ABC – A Marty ride. Who knows where we will go, but it'll be great! 20 to 30 miles.
Sunday January 17 1:00 pm	Vredenburg Park Saxon Dr. & Crusaders Rd. Robert LaBonte, 787-0237	ABCD – 20 to 30 miles. South or West? That is the best guess.
Monday January 18 1:00 pm	Parkway Pointe Theatre Lindbergh & Robbins Road Tom Clark, 726-5560	ABCD – <b>Martin Luther King Day Ride</b> . Ride 20 to 30 miles, on the trails or the road, weather dependent.
Friday January 22 6:00 PM walk 7:00 PM dine	La Fiesta 2830 Stevenson Drive Kevin Brown, 787-5652	NC – <b>Friday Night Dinner</b> . Walk for an hour beginning at 6, or just come for dinner at 7 (Please call Kevin if just coming for dinner). Walks become self-directing if Kevin is not there.
Saturday January 23 1:00 pm	Centennial Park Bunker Hill Rd. & Lenhart Rd. Curt Evoy, 502-1118	ABC – A different winter starting place may suggest a great route. 10 to 25 miles.

Saturday January 23 5:00 pm	Lake Springfield Beach House 100 Long Bay Drive Alan/Harriet Josephson, 793-0590 or Deb Cooper, 546-5099.	NC – <b>Winter Party</b> . Party begins at 5, potluck at 6. Slide show, Spinner Awards and No Bell award (but no White Elephant). See also article on page 10.
Sunday January 24 1:00 pm	Panera Bread W. White Oaks & Wabash Lance Kidd, 546-1698	ABCD – Get off the couch and join Lance for a “cool ride.” 20 to 30 miles.
Friday January 29 6:00 PM walk 7:00 PM dine	Amber Jack Alehouse 3150 Chatham Road Kevin Brown, 787-5652	NC – <b>Friday Night Dinner</b> . Walk for an hour beginning at 6, or just come for dinner at 7 (Please call Kevin if just coming for dinner). Walks become self-directing if Kevin is not there.
Saturday Janu- ary 30 1:00 pm	Panera Bread W. White Oaks & Wabash Lisa Kidd, 546-1698	ABCD – Lisa always has an interesting ride. 20 to 30 miles.
Sunday January 31 1:00 pm	Strike & Spare West 2660 W. Lawrence Ernie DeFrates, 544-1398	ABC – Possibly a trip to Salisbury and a few hills. 20 to 30 miles.

### 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

## Volunteer Incentive Awards

By Naomi Greene, Incentive Chair

Volunteers are SBC's greatest assets! In order to recognize the efforts of the 2009 volunteers, SBC will once again hold a drawing at the Winter Party January 23rd, based on hours worked during the past year. Anyone who has volunteered five hours or more should submit their name and total hours to the Incentive Chair no later than January 12th. Volunteers' names will be placed in a drawing for every five hours worked. Four gift certificates of \$50, redeemable at the bike shop of the member's choice will be presented to the winners. Please send in your volunteer hours to Naomi Greene at [incentive@spfldcycling.org](mailto:incentive@spfldcycling.org).



## SBC WINTER PARTY

### January 23, 2009

Once again, the annual Holiday Party has been combined with the Spinner Awards. The events will be similar to the Holiday Party – we'll still have the potluck, the No-Bell award, and the legendary slide show. We've just added the Spinners and we won't be having the White Elephant.

*When:* Saturday, January 23, 2009

- 5:00 Party officially begins
- 6:00 Potluck dinner, then Ride Leader and Volunteer Programs drawings, then No-Bell award presentation, then Spinner awards, then slide show

*Where:* Lake Springfield Beach House

*The club will provide:* Turkey, ham, soda, table service.

*You should bring:* A dish to share and your own libations (see below for suggestions).

Last names beginning with:

<b>A-H</b>	<b>I-R</b>	<b>S-Z</b>
Appetizers	Desserts	Salads
Or anything else you want to bring		

*We need:* Photos, particularly of SBC members and events for the slide show. Please e-mail them to Curt Evoy, [cmevoy@comcast.net](mailto:cmevoy@comcast.net) by January 10.

*No-Bell award nominees:* Contact one of the last five recipients (see separate article).

*Questions:* Call Alan/Harriett Josephson @ 793-0590 or Deb Cooper @ 546-5099

*Please consider showing up a little early to help with setup or staying afterwards to help with cleanup. Thanks!*

## January Memories

By Mike Becker

**1975–35 Years Ago:** David Johnson, Treasurer, inquired of Schwinn about a tour of the factory. Don't know their response or if this ever materialized, but it's too late now.

**1980– 30 Years Ago:** The treasury ended the month with a balance of \$735.70, healthy for the time.

**1985–25 Years Ago:** We told you back in August that the Board discussed changing the name of the SBC to one used by a turn of the century club here in Springfield—the Capital City Cycling Club. This month, the discussion turned public, with letters printed *pro* and *con*. John Werthwein spoke for the change and advanced several reasons, such as conjuring up the image of cycling when it was in full blossom and the name is just plain better than the Springfield Bicycle Club. (No argument there.) Against it spoke Steve Scheufele, who thought the name too long and changes to letterhead, logo, etc., would be too expensive. Was the name changed? Stay tuned. ++At the monthly club meeting, Bushwacker presented information on cross-country skiing.

**1990–20 Years Ago:** Top riders and, *ergo*, 1989 Spinner Award winners were Trina Zietz and Dan Jamison; Aimee Martin and Bruce Beazly; Toni Patt and Mark Nichols; Pam Alborg and Karl Kohlrus; Theresa DeLeon and Gregory Davis; Marg Hokanson and Dan Etherington; Marybeth Zietz and Bud Cline; and Sr. Josepha Schaeffer and Jan Kessinger, by age/gender. ++Mark Grieve finally got a telephone. The QR noted that “You can now look forward to some interesting conversations with his message recorder. We can't expect him to be there to take calls himself.”

**1995–15 Years Ago:** The SBC finished off 1994 in record fashion, with 136,264 miles in 305 club rides. Forty five members rode over 1,000 club miles. Individually, top riders and Spinner Award winners were Sister Josepha Schaeffer, Donna Arfsten, Theresa DeLeon, Linda Butler, Amanda Kidd, Jason Kidd, Dan Etherington, Don Daniels, Brad Kerekes, Jeff Strawn, Garland Stevens, Carole Briggs, Gail Fetterman, and Stan Gralnick. This isn't by age or gender, but by their row in the picture. Also winning but not present at the awards ceremony were Brenda Reiling and Wendy Edwards. ++The year ended with a balance of \$6,159 in the bank. ++A new meeting policy was enacted to counter the ever lengthening business part of the monthly meeting. The business section would start promptly at 7:00 and the program promptly at 8:00. Any business not concluded by 8:00 would be deferred to the end of the program.

**2000–10 Years Ago:** Awards for the month: Roger Wright, most ride miles for January; Louie Spinner, the AAA for putting maps into the QR; and New member Christa McLaren, the LWB for leaving her new member packet in a bar. She will fit in just fine!

## Why I Ride at Night

By Marty Celnick

Beginning in November, it is dark after work. The days begin to get longer in December, but we will not see daylight after 5 PM until the second half of January. For those who like to ride, and work normal hours, the only possible time to pedal is after sunset.

There are basically two problems with after work rides at this time of year. The first is the darkness and the second is the cold. I've learned from experience that it always feels colder at night, regardless of the temperature. It takes a long time to get ready, and I sometimes don't hit the road till after 5:30. This can be a good thing, as the rush hour traffic is usually winding down at this time.

I vary my routes in accordance with the wind direction. I prefer for the wind to be out of the south. It's usually warmer then, and I can ride down 2nd Street to Woodside or Toronto Rd, a nearly flat course, with plenty of light near Southern View. A northwest winds brings me out near the airport, with hills and dark roads. With a northeast wind, I might ride to Sherman and return through the fairgrounds.

It can sometimes seem dangerous or reckless to ride at night, but I have some good lights. The most important thing is to keep exercising, and indoor workouts don't excite me as much. I seek to minimize my winter weight gain and the associated health risks.



## Pictures for the Winter Party

by Curt Evoy

It is time to re-cap the year in pictures. Please submit pictures from the club's local rides, the Capital City Century or your own bike travels. Pictures will be used in a slide show shown at the club's Winter Party.

I am asking that pictures be submitted to my MobileMe (It is a Mac thing) account. I am hoping this will reduce duplication of submitted pictures and allow the full-resolution picture file to be submitted. To submit pictures, please contact me at [cmevoy@gmail.com](mailto:cmevoy@gmail.com) for instructions.

## Springfield Bicycle Club Mileage and Activity File As of November 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
Marty Celnick	212	74	286	7	40.86	1	3	3960	1206	5166	148	34.91	11	29
David McDivitt	414		414	30	13.8			4601	505	5106	349	14.63	4	10
Charlie Witsman	30	3	33	1	33			4670	54	4724	65	72.68	2	6
Karl Kohlrus	413	102	515	30	17.17			3261	762	4023	281	14.32	2	6
Tom Clark	295	50	345	13	26.54	3	7	3168	241	3409	113	30.17	6	16
Tracey Hurley	98		98	3	32.67			2695	376	3071	92	33.38	3	8
Don Harvey	82		82	8	10.25			2710	61	2771	87	31.85	2	6
David Ross	114	11	125	6	20.83			2527	188	2715	105	25.86	3	8
Pat Stephens	153		153	7	21.86			2637		2637	120	21.98		
Linda Butler	123	5	128	5	25.6			2526	91	2617	87	30.08	12	28
Mark Rabin	211		211	7	30.14	1	3	2528	80	2608	66	39.52	4	12
Ernie De Frates	158	3	161	6	26.83	1	3	2474	69	2543	84	30.27	13	30
Alan Whitaker	306	18	324	8	40.5			2214	245	2459	68	36.16	8	20
Lynn Miller	268	16	284	11	25.82			2335	117	2452	81	30.27	2	6
Bill Bock	71		71	2	35.5			2420		2420	61	39.67		
Curt Evoy	30	3	33	1	33			2282	110	2392	138	17.33	2	6
Carol Bock	37		37	1	37			2258		2258	57	39.61		
Jack Hurley	30		30	1	30			1815	303	2118	46	46.04	3	9
Kevin Greene	192	28	220	12	18.33			1675	271	1946	117	16.63	33	51
Cindy Kvamme	126		126	5	25.2			1893	12	1905	88	21.65	22	46
Alan Josephson	67	5	72	3	24	1	3	1754	143	1897	60	31.62	8	22
David Banks	98		98	3	32.67	1	4	1583	177	1760	40	44	5	13
Ruth Magos	62		62	1	62			1717	21	1738	38	45.74		
Tracie Stephens	23		23	2	11.5			1433		1433	80	17.91		
Robert LaBonte	92		92	3	30.67	1	3	1367	57	1424	72	19.78	30	68
Lynn Rhoades	130	7	137	4	34.25			1135	102	1237	32	38.66	3	9
Mike Eymann	162		162	5	32.4			1215	10	1225	37	33.11		
Mary Venturini	65	5	70	2	35			1006	33	1039	32	32.47		
Bob Sorenson	65	37	102	2	51			727	281	1008	22	45.82	1	3
Dean Wisleder	6		6	1	6			968		968	32	30.25		
Ken Anderson	51	18	69	2	34.5			541	307	848	25	33.92	4	8

## Springfield Bicycle Club Mileage and Activity File As of November 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
Jon Edwards	92	12	104	3	34.67			597	174	771	20	38.55	1	3
Kedra Elston	25		25	1	25			727	38	765	26	29.42	1	3
Bob Carmody	25		25	1	25			500	21	521	18	28.94		
Kent Kraft	59	3	62	2	31			453	28	481	12	40.08		
Naomi Greene	61		61	3	20.33			393	14	407	27	15.07	4	9
Deb Cooper	17		17	1	17			368		368	18	20.44	5	10
Marilyn Powell	61		61	2	30.5			307	51	358	9	39.78		
Christine Kohlrus	3	19	22	1	22			132	190	322	18	17.89		
Aleshia Bunting	30	10	40	1	40			232	26	258	6	43		
Blaine Kinsley	36		36	1	36			235	9	244	9	27.11		
Jerry Ihnen	62		62	2	31			203	10	213	7	30.43		
Chuck Orwig	30		30	1	30	1	3	121	4	125	4	31.25	2	6
Michael Higgens	26		26	1	26			81	10	91	4	22.75		
Larry Small	21		21	1	21			36		36	2	18		
Totals	4732	429	5161	213	24.23	10	29	101189	8218	109407	3889	28.13	234	537

## Epic Rides Spark Excitement

By Dean Schott

*From the League of Illinois Bicyclists Website*

An epic bicycle trip transports you in two directions at the same time – outward and inward.

An epic ride may be your first ride of 50 miles or more in a day. An epic may be a ride over challenging terrain. It may be a ride with spectacular scenery. Or it may be a week of bicycle touring. In short, an epic ride is one you won't soon forget because it was your first, longest, toughest, fastest or grandest ride ever.

When you take that epic ride down a deserted rural road between green pastures under a summer sun or roll along a cool, shaded path through the woods, you're taking in the world around you at the same time you're learning about yourself. That's why an epic ride is more than just a ride; it's a time to experience the world beyond and the world within.

Riding an epic ignites an internal spark, letting you know in a special way that you are alive and your senses are firing on all cylinders filling you with energy and excitement.

Sometimes, though, epic rides are not just about fun. They can be personal challenges, a test of your skills, physical stamina and mental toughness. That's when you really must look inside to see what you have to reach your destination.

Questions abound on these epics: Can you climb that last long hill of the day, can you finish those last 10 miles of a century ride or can you find the energy to race to the finish? By riding regularly and challenging yourself in small and different ways, you learn more about your personal abilities and potential for riding longer or tougher courses.

When riding, your body is a constantly sending messages to your brain. Listen to those messages, and you'll learn more about yourself, your physical conditioning and how to respond. Are you drinking enough to stay hydrated? Are you eating enough to maintain the energy necessary for pedaling a long distance? How much you drink and eat is a matter of individual need, experience and weather conditions.

What you drink and eat are also individual choices. Your decisions come down to what is nutritious, what tastes good and what your body will tolerate. Some riders prefer going low-tech, drinking water, eating fruit, bagels and snacks high in carbohydrates and low in fat. Others prefer a more hi-tech approach, drinking special sports drinks and eating energy bars or gels.

The key, though, is not to wait to drink or eat until you're thirsty or hungry. By then, it may be too late to stay hydrated and fueled for riding farther. Also, it is important not to drink too much because that can cause problems just like not drinking enough. These are all the things that you can learn about your body when doing an epic.

The body may also send pain messages. For beginners, the messages may be numbness in the hands, tightness between the shoulders and aches in the knees. To avoid numbness in your hands, relax your grip on the handlebars, wear padded bicycle gloves and frequently change your hand positions. Also, be sure to ride with your arms relaxed and elbows slightly bent.

Tightly gripping the handlebars and stiffening the arms contribute to the pain in your shoulders and neck by absorbing all the shocks and bumps from the road or trail. Also, it's important to distribute your weight evenly on the bicycle and avoid putting all your weight forward on your handlebars.

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A common ailment for many beginning cyclists is knee pain. If your knees are otherwise in good condition, they may still ache during or after a ride. The culprit may be the height of your seat. If your knees hurt in the back, lower the seat. If your knees ache in the front, raise the seat.

Set your bicycle seat so that your leg is bent slightly when the ball of your foot is on the pedal at the 6 o'clock position. Mark your seat post so that you'll remember what the proper seat height should be. Another key to avoiding knee pain is to spin easy in a lower gear and not pedal hard in a higher gear. You'll do much better on a long ride with an easy pedal stroke.

To ward off these aches and others, make sure your muscles stay warm. Stretch your arms, neck, shoulders, lower back and legs before, during and after a ride to avoid stiffness or cramps.

Paying attention to all these messages and responding wisely can help your body stay fit, making your epic even more special to remember.

How many epics are there in your life? Consider some of the possibilities:

--Riding your first 100 miles in a day, known as doing a century, is a high point for many cyclists. Before doing 100 miles, consider doing a metric century, 100 kilometers (62 miles).

--Do your first century as part of one-day invitational ride with a local bicycle club or charity. The rides offer distances of 10-100 miles with free t-shirts, marked routes, maps, rest stops, sag support and more.

--Take an organized bicycle tour for a weekend or a week. Tours are available across the country and overseas at varying prices. For even less money, go bicycle camping with family and friends on your own.

--Commute to work.

--Take your bicycle on a business trip or on vacation or rent one when you get there. It's a great way to get off the main road and find the unique character of a place.

--Take your children on a trail ride through the woods, along a river, past a prairie or to a special garden. Pack a picnic that you can enjoy along the way.

--Mark off a three-mile flat course without stop signs or traffic lights and determine how fast you can cover the distance. Take the test at least an hour after you have eaten, and warm up for at least 30 minutes before taking the test. Your results can serve as a benchmark for measuring your conditioning and cycling skills. Take the test later in the season over the same course and see if you have improved.

For information on Illinois bicycling events, bike trails and more, go to the website of the League of Illinois Bicyclists (LIB): [www.bikelib.org](http://www.bikelib.org). The LIB is a statewide advocacy voice for all Illinois bicyclists and promotes bicycle safety, access and education. Other resources:

-- The Illinois Department of Transportation offers nine regional maps with bicycle routes and trails. For a free set, call, 217-782-0834 or go online at <http://www.dot.state.il.us/bikemap/bikehome.htm>

--The Chicagoland Bicycle Federation (CBF) publishes the most detailed bicycling map for the Chicago metropolitan area for \$6.95. To order, call 312-427-3325 or go online at [www.biketraffic.org](http://www.biketraffic.org).

*(Dean Schott lives in Glenview, Illinois, rides regularly on and off road and is a LIB member. If readers have comments or questions about bicycling, they can send them to: [schottcycle@aol.com](mailto:schottcycle@aol.com).)*

## What Cost Cycling?

By Mark Flotow

(Dedicated to the one unknown person who responded to the 2009 SBC Membership Survey question of “what types of information/items/changes would you like to see in the newsletter” with “articles by Mark Flotow.”)

There are several intangibles in cycling, especially in the way of benefits. What price could you put on the cardiovascular benefits, socializing with like-minded souls, the freedom of travel (even within a limited mortal radius), the smugness of self-sufficiency, the karma of a taco-ed wheel, knowing you are doing something fairly environmentally friendly (small carbon footprint in the modern vernacular, unless that takes into account all the carbon dioxide you are spewing out under effort), the endorphin fix of exercise, the stress relief and whatever other ya-yas apply to you? Well, I can't do that, nor do I recommend you try. (By the way, think of the above as your go-to list when your financially-invested-with-you significant other questions why you need a new bike. Just be prepared to answer why you can't do those things with the old one.)

What I CAN do for you is put a price on what you, Ms. or Mr. Club Rider, spend on bike-related tangibles, such as that new bike for which you made your best pitch, replacement parts, upgrades, repairs, clothing and related accessories. How can I make this price-is-right claim? I did an exhaustive survey of the only two bicycle shop owners I know in Sangamon County: Todd Mitchell of R&M Cyclery and Matt Saner of Wheel Fast. I spent upwards of an hour this past October grilling each of them via an exhausting list of questions designed to get at the spending habits of the average SBC rider. [And I publicly thank Todd and Matt for their time, patience and enthusiasm in fielding my persistent questions. That said, any errors, distortions or other goofiness in the information below are strictly my responsibility.] Let's face it—I needed their help. I am far from average, clubber or otherwise: I am the guy with expensive sew-up tires who uses plastic newspaper wrappers with an old toe-strap to carry one under my saddle. So, I sought their expertise in the matter.

Well, maybe none of you are average, either, so I designed some flexibility in my method. Below are the broad categories I used for arranging such costs: the new bike, replacement bits, clothing, home maintenance and the ubiquitous “other”. Under each of these categories are “core” and “other common” items. In each category I combined the core items, which are those virtually every club rider must have/purchase. For the other common items, I listed those costs individually so you could add them or leave them off, as fits your case. Mind you, as you customize your personal spending list, you will need to do some customized math. I have calculated only the least inclusive (core only) and somewhat more inclusive (core + all other items) options for this article.

Since not all cycling items last the same length of time, I have a longevity factor ranging from one to seven years. The category totals below show the seven-year cost, first, which for many

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items means some prorating. For example, under ‘The New Bike,’ a bike computer should last the full seven years. So, you would be paying that purchase price once. For inner tubes (under ‘Replacement Bits’), assuming you get one flat you don’t-repair-but-replace a year, the average cost would be the tube price (\$6) times seven to derive the same 7-year period (\$42). The second cost shown in each category total is the ‘per year’ price over that same period. The ‘other common items’ are listed this way individually so you can do some customization. I will highlight the utility and shortcomings of this approach with some examples. First, here is the basic information, where longevity in years is shown (parenthetically).

### The New Bike

#### CORE ITEMS:

Bike w/o pedals (7 years) + pedal/cleats (5) + mini-pump or inflator (6) + flat repair kit (1) + road tools/multi-tool (7) + small bike bag (7) + 2 water bottles (2) + 2 bottle cages (6) + bike computer (7) + oil/lube (2) =  
7-year cost of \$1,657 OR an average of \$237 per year over the period (rounded to the nearest whole dollar)

#### OTHER COMMON ITEMS:

Mirror (3) = \$37 (7-year) / \$5 (per year)

[Note: the big ticket item here is the club bike, which came to around \$1,400. The other items are what people typically purchase with the bike, or shortly thereafter.]

### Replacement Bits

#### CORE ITEMS:

Tire (1 year) + tube (1) + chain (2) + rim strip (5) + handlebar tape (3) + cleats (6) + set of rear sprockets (6) + bike shop labor (1) =  
7-year cost of \$843 OR an average of \$120 per year over the period

#### OTHER COMMON ITEMS:

Saddle (5) = \$84 (7-year) / \$12 (per year)  
Set of four brake pads (5) = \$28 / \$4  
Brake and derailleur cables/housing (4) = \$53 / \$8  
Stem for handlebars (7) = \$45 / \$6  
Compact crankset (7) = \$400 / \$57

[Note 1: Given the thinness of chains and how fast they wear these days, I HOPE you are replacing your chain at least every year. Survey says: ‘you’re not;’ hence the two years for chain longevity, above. In other words, longevity is based on practice, not recommendations.

Note 2: The amount of bike shop labor you might require varies from year to year, but it is based on the occasional overhaul and the labor cost of the replacement of a major part, say switching to a compact crankset or different gearing system over the seven-year period.]

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### Clothing

#### CORE ITEMS:

Helmet (4) + shoes (4) + two pairs of shorts (3) + two jerseys (7) + medium-weight tights (7) + long sleeve jersey or light jacket (7) + summer gloves (2) + warm gloves (7) + 2 pairs of socks (3) + sport glasses (2) =

7-year cost of \$1,171 OR an average of \$167 per year over the period

#### OTHER COMMON ITEMS:

Hat/sweatband (2) = \$39 (7-year) / \$5 (per year)

Undershirt/base layer (5) = \$28 / \$4

Arm warmers (7) = \$24 / \$3

Shoe covers (5) = \$42 / \$6

Rain jacket or windbreaker (7) = \$25 / \$4

[Note: Again, the above are based on what club riders typically buy AND pay, which is on the thrifty side compared to what you might see in some catalogs.]

### Home repair and maintenance

#### CORE ITEMS:

Floor pump (5) + cleaning agent/degreaser (2) = 7-year cost of \$88 OR an average of \$13 per year over the period

#### OTHER COMMON ITEMS:

Tire gauge (7) = \$10 / \$1

Chain cleaning box (5) = \$56 / \$8

Frame wash (1) = \$56 / \$8

“Other” Items (i.e., anything else I could think of)

#### CORE ITEMS:

SBC membership (1) + century ride fee (1) + food stops on club rides (1) + carry-along energy food (1) + bike light (7) + bike carrier for vehicle (7) = 7-year cost of \$950 OR an average of \$136 per year over the period

#### OTHER COMMON ITEMS:

(Add your own here, such as . . . supplements or energy powders/food, chiropractic or related medical care, other ride fees, gas/vehicle maintenance if you drive to ride starts, indoor/winter training machine, bicycle tools, bike repair stand, wheels, aero bars, other clothing, washing/maintaining clothing, gizmos [like GPS], bike storage items, camelbak/hydration system . . . and don't forget that second bike)

*(Continued on page 20)*

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If you get nothing else out of this, you should have the impression that the average club rider does little of his or her own bike repair or maintenance, except air in the tires and a bit of lube on the chain, plus an occasional wash after getting caught in the rain. The second thing you might notice is that clothing is not cheap, which especially goes for shoes and shorts - the all-important bike (constant) contact points.

Now for the math and the bottom line . . .

Let us say that our average club rider has purchased only the “core items,” as outlined above. That would amount to \$4,709 over a seven-year period or a mere \$673 per year towards your beloved sport. (As points of reference, \$683, just ten dollars more, was projected to be the average number of dollars spent by 2009 holiday shoppers from Thanksgiving and Hanukkah to Christmas and Kwanza. It currently costs a family of four about \$759 to watch in person the Dallas Cowboys football team play at home. That’s for just one game and “home” refers to Cowboys Stadium, not your house.) Taking a look at the 2008 SBC final mileage tables and taking into account just those that rode more than 400 miles a year (80 riders), the median (50<sup>th</sup> percentile) mileage was around 1,720 total club miles. (Way to go, Alan W and Cindy K.) One way to look at this is the cost per mile, in this case  $\$673 / 1,720 \text{ miles} = \text{about } 39 \text{ cents per mile}$ . Again, this assumes you purchased just the core items above and are in it for the long haul (at least seven years). Say instead of the \$1,400 bike, you bought the \$4,000 bike . . . that changes the \$4,709 amount to \$7,309 for the seven-year total or \$1,044 per year. That changes the cost to about 61 cents per club mile ridden (based on the 1,720 miles per year).

Now let us say you bought all of the core items and the “other common items” listed above. The Aother common items@ comes to \$927 (7-year) or \$132 (per year). Adding that to the core items is  $\$673 + \$132 = \$805$  per year, or about 47 cents per mile based on the 2008 median mileage of 1,720. Mind you, this does NOT include any of the “other common items” that I merely ticked off under “>Other Items”. So if you eat any extra because you bike, drive to rides or have a second bike or two, those are not included.

Now, you have the basic knowledge to calculate your own estimate, if you care to. Consider Grover Everett; he rode 18,638 club miles in 2008. If he had bought just the core items during a hypothetical seven-year period, that works out to  $\$673 / 18,638$ , which is about 4 cents a mile. (Really way to go, Grover E!) Again, this assumes he bought only the core items and keeps or kept up that pace over a seven-year period. Make your own adjustments accordingly or customize your items. For example, include your non-club miles if they apply to your objective. Or customize by item or time. In my case, in late 2001 I bought my uber-bike for around \$5,000. It took me a little over a year to get the first 5,000 miles under my belt. If I sold, trashed, crashed or otherwise stopped riding the bike at that point, it would have cost me about \$1 per mile for the privilege, regardless of the time it took me to do it. (Imagine riding down the road with a dollar bill floating out of the plastic tire wrapper under my seat each mile.) I have about 27,000 miles on it now, over eight years, so that is about 19 cents a mile (or a pair of dimes dropping 27,000 times) . . . ignoring replacement parts of any sort, my clothing, repairs, etc. during that period. I’d have to ride the bike, as originally purchased, over 100,000 miles to get close to the 4-cents-a-mile cost of ownership.

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You could poke a lot of holes into my too conservative or too liberal assumptions, especially as it applies to you, the non-average club rider. Do you know any club rider with just two jerseys? Do you have regularly-used bike items that lasted way over seven years? Maybe, no and yes or yes and no. At least the next time someone asks you “have you ever thought about the cost of your sport,” you can say “yes . . ., even if I mostly thought about it for you,” . . . and “it’s cheaper than watching a few professional football games.”

So, what cost cycling? If within reasonable reach, does it matter? (Did you not read the first paragraph?) Cycling is generally a technical sport at the club rider level of participation, and there are safety, convenience, comfort, efficiency and even fashion considerations that some other sports, say running, have less of. Maybe the amount of money is no objection for you, you like the functionality and potential practicality of cycling or you merely like the look of your legs in Lycra. Again, I can’t answer that for you - only you can. And don-t focus on if the four-cents-a-mile cost is achievable or not, or any of the other nickel, diming and dollaring. Instead, when finishing up a ride next summer evening, focus on the cooling breeze through your helmeted hair while you pedal on a smooth quiet road under an orange-ing sun heading for the horizon as your body and mind relax from an exquisite effort. What cost, indeed!

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## 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
May	13,338	1,561	14,899	512	34	29.10
June	14,299	914	15,213	521	36	29.2
July	14,619	965	15,584	551	34	28.28
August	14,582	1,355	15,937	512	33	31.13
September	12,016	722	12,738	444	32	28.61
October	8,287	445	8,732	301	14	29.01
November	4,732	429	5,161	213	10	24.23

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
May	30,972	3,388	34,360	1,294	75	26.55
June	45,271	4,302	49,573	1,815	111	27.31
July	59,903	5,267	65,170	2,368	145	27.52
August	74,827	6,622	81,449	2,898	178	28.11
September	87,372	7,344	94,716	3,361	210	28.18
October	94,610	7,789	104,199	3,674	224	28.36
November	101,189	8,218	109,407	3,889	234	28.13



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### **QUICK RELEASE ADVERTISEMENT RATES**

Half Page                      \$20    Full Page                      \$40

Payment in advance is required for all business ads. Ad copy should be sent to the newsletter editor no later than the 12<sup>th</sup> of the month in order for the ad to appear in the following month's newsletter. Individual club members (excluding businesses) may list bicycling related items to buy or sell without charge.