



Ride of the Month

This month's ROM goes to Lynn Miller for his "sleet and soup" ride in December which started out scheduled as a "Warm-up Ride." It turned out to be a cold and sleeting day (hence the renaming). Lynn offered a choice of soups - split pea and vegetable -and brownies! The intrepid group included Marty Celnick, Don Harvey, Tracey Hurley, Karl Kohlrus, David Ross who all had soup first, then headed to Washington Park. Karl took the group to the old trolley line booth and gave a history of Washington Park as a feature of Springfield's westward growth. Tracey Hurley was getting cold, so she sped off to do a lap around the park and rejoined the group at the end of Karl's tour. With the sleet threatening again, the group returned to Lynn and Andrea's place, only to find that Tom Clark had come for soup, eaten and left. It was 11 hard-earned miles!

Almost Anything Award

This month's AAA went to SBC Treasurer Dave Lucas for volunteering to assist with the collection and processing of the annual SIU School of Medicine Think First Program Poinsettia Sales funds. Think First conducts safety education programs throughout the state. The poinsettia sales help raise additional funds for the program. Prior to being nominated for the AAA, Dave had informed the SBC board that the sales program was much more important this year as state funds were reduced. Dave has been doing this for a few years.

Monthly Ride Leader Incentive Drawing

The fates intervened to reward Lynn Miller for his "sleet and soup" ride. Lynn won this month's drawing for a \$50 gift certificate to R&M Bike shop. Despite some snowy, icy and cold weather in December, there were a handful of rides that took place, including Lynn's.



Super Bowl Ride and Party

Sunday, Feb. 7

Lynn's Soup
Ride
Feb. 27

Dual rides from
Rochester
Feb. 28

*Lincoln's
Birthday
Ride
Friday,
Feb. 12*

See page 8

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

See page 3

**Lynn Miller is
Rider of the
Month with 68
miles!**

Details on page 4

Lookin' for a Ride?

See Ride Schedule, pages 7-9

President's Column

February, 2010

Sangamon Valley Trail Approved

The first 5-mile section of the Sangamon Valley Trail (SVT) from Centennial Park to Stuart Park on the City's west side has been approved for construction. This \$3.5 million trail segment will have an asphalt surface. The trail, which will utilize the former Chicago and Northwestern Railroad right-of-way, will include grade separations at Old Jacksonville Road, Washington Street and Jefferson Street. This initial section of the SVT is scheduled for completion in 2011. The SVT will eventually extend for about 38 miles from near Girard to near Athens. A future segment will include a 900-foot bridge over the Sangamon River with views that would make you believe that you are not in Sangamon County.

Springfield Bicycle Advisory Council

The Springfield Bicycle Advisory Council is now getting down to business. They are creating a website which will be linked to the City's website, working on a bicycle survey, and will be developing a master bicycle plan. Their public meetings are being held on the second Monday of each month on the third floor of Municipal Center West, 7th and Monroe Streets.

Springfield Bicycle Club to Offer Mountain Bike Events

The now disbanded Springfield Area Mountain Bike Association (SAMBA) has given the SBC \$420 as part of the agreement for the SBC to offer mountain bike events. Former SAMBA President Kent Kraft is the new SBC Mountain Bike Chairman. Look for various mountain bike rides in the ride schedule throughout the year.

Winter Doldrums

Even though the winter weather is not very conducive to cycling, this is a good time to get your bicycle in shape for spring. Don't wait until the first nice day of spring to take your bike to the shop to get it tuned up. Do it now while the shops are not very busy.

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

Don Daniels
 Bob & Judy Carmody
 Larry Small
 Marty Morris & Christa McLaren-Morris
 Jack & Gerry Casey
 Sharon Stanley

Renewals at the Contributing Level

Larry & Cindy King
 Bode & Marybeth Zietz

New Members

Shirley Baer
 John & Kathy Schneller
 Frank Ciccicarelli
 Tim Hortberg
 Russ Brown
 Brad Rodgers
 Chuck Hill
 Jeff Tipps
 Eric Deason
 Steve Schroll & Anne Baker
 Tom Smith
 Chris Cormaney
 Chris Bott
 Greg Feeny

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

12/09 Lynn Miller 68 miles	8/09 David Ross 511 miles	4/09 Marty Celnick 457 miles
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

Board Meeting Notes— December 2, 2009

Kevin Greene Recording Secretary

Present: Ken Anderson, Sandy Anderson, Kevin Greene, Karl Kohlrus, Dave Lucas, Mike Schwab, Lynn Miller, Kent Kraft, Mark Rabin and Naomi Greene.

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

Minutes. Kevin Greene presented the minutes from the November 4 meeting. They were approved without revision.

Treasurer's Report. Dave Lucas distributed the treasurer's report for the period ending November 30, 2009, which reflected an ending balance of \$16,783.01. Dave reported that Mike and Kedra Elston returned the \$250 check to help replace a refrigerator that was damaged by melting fish being stored for the Capital City Century. Kedra thanked the board, but indicated the donation was not needed. Dave also received a thank you note from Roger Schnelten for the club's monetary contribution to the annual Oktoberfest party held at his home.

Legislative/Education Report. Lynn Miller reported on his communications with IDOT District 6 officials, regarding several minor construction issues tied to the re-

opening of the Interurban Trail. He indicated that the road contractor will be moving dirt against the gravel shoulders to stabilize the trail. The ditch near the Lindbergh stub will be regraded to divert water that has been pooling under the old railroad trestle. The gravel access to the trail at the end of Douglas Street will be removed. The trail will also be closed for two to three weeks during the winter to allow the developer to install storm drains south of I-72. This should help eliminate the low spot near the overpass that has been collecting water and mud.

Lynn plans to follow-up with IDOT to address the sharp right angle at the northwestern edge of the Interurban that forces cyclists to turn sharply at the location where Westchester will be extended to the new development. He is going to recommend that an additional few feet of asphalt be added to the turning radius to reduce the potential for collisions between cyclists and other trail users.

Kevin Greene reported that the Springfield Bicycle Advisory Council met with Mayor Davlin and his staff

to discuss priorities for the newly formed advisory group. The Council initially plans to create a web site and conduct outreach to gain feedback from residents about cycling interests and issues in the community.

Social Chair Report. Deb Cooper has agreed to serve as the Social Chair.

Incentive Chair Report. Tom Clark's Brunch Ride was voted as Ride of the Month for November. The Almost Anything Award was given to Curt Evoy for hosting a series of get-togethers for cycling commuters during the past year. Mark Rabin's name was drawn for the monthly ride leader incentive award.

Ride Schedule Report. No report.

Special Events Report. Mark Rabin reported that he is surveying past CCC committee chairpersons and workers to determine if they would like to serve in the same capacity, or take on a different responsibility, for the 2010 CCC. He plans to review the registration fees and make a recommendation on whether the fees should remain the same or be in-

(Continued on page 6)

(Continued from page 5)

creased for next year's event. He has also started work on the design for the flyers and T-shirts.

Newsletter Report. No report.

Old Business. Karl led a discussion on the proposal by Kent Kraft that SBC create a mountain bike chair position on the board. The role of the chair would be to schedule local rides and arrange for out-of-town events for the mountain bike members of the club. Dave Lucas reported that SBC's current insurance policy would cover

the mountain bike rides, as long as these rides were not competitive in nature and involved no trail building or maintenance. Dave also clarified that the club's liability insurance covers both the CCC and regular monthly rides. The board approved Kent's proposal and appointed him to serve in the new position.

New Business. Representatives of the Greater Illinois chapter of the American Diabetes Association briefed the board on a fundraising cycling event it plans to hold in Springfield in the spring of 2011. This

would be one of over forty "Tour de Cure" rides the group intends to host across the country to benefit the ADA. The board approved a motion to provide support with the logistics side of the event. Mark Rabin volunteered to be the club's liaison to the ADA ride planning committee.

The meeting adjourned at 9:11 p.m.

The next meeting is scheduled for Wednesday, January 6, 2010, at 7 p.m. and will be held at the home of Ken and Sandy Anderson.

Do these baggy shorts make my tires look fat?

By the newly appointed Mountain Biking Chair, Kent Kraft

Why a mountain biking chair? The Springfield Area Mountain Bike Association has ceased to exist, primarily due to the cost of liability insurance. Local mountain bikers still need some type of organization to coordinate events and represent the interests of the off-road cycling community. The SBC has taken on that task.

What off-road events will be scheduled? Answer: 1) New Year's Day hike/ride, Lick Creek Wildlife Area; 2) April 16, first day to ride trails at Jim Edgar Panther Creek; 3) Some time in June, Mountain Biking 101, Lewis Memorial Acres; 4) possibly other trips to trails in the St. Louis, Peoria, Davenport, and Danville areas.

Questions or comments can be directed to KentKraft@aol.com

February 2010 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. You can also contact him if you would like to lead an ad hoc / impromptu 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 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 nd 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.
Weekday Evening Rides		
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.

Scheduled Rides and Events		<i>Check start times!</i>
Wednesday February 3 7:00 pm	Residence 2301 Sangamon Avenue Ken Anderson 544-8410	NC – Board Meeting . All SBC members are invited to attend the board meetings.
Friday February 5 6:00 PM walk 7:00 PM dine	Bennigans Hilton Hotel, 700 E Adams Kevin Brown, 787-5652	NC – Friday Night Dinner . 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 February 6 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. 25 to 35 miles.
Sunday February 7 2:00 pm 4:00 pm	Residence 2513 Shawnee Drive Karl & Christine Kohlrus 544-8410	CD – Super Bowl Party . Bike ride starts at 2 pm for an hour or so. If the roads are bad, there will be a hike instead. Party begins at 4pm. Chili and soup will be provided. Bring a side dish/dessert and drink to share.
Friday February 12 1:00 pm	Capitol Complex Visitors Center 425 S. College Naomi Greene, 793-9622	EZ – Lincoln's Birthday Ride . Come ride the historical Lincoln sites on Lincoln's 200 th birthday, weather permitting. Join us for coffee afterwards at a downtown cafe.
Friday February 12 6:00 PM walk 7:00 PM dine	Diamonds Buffet Town & Country Shopping Center 2441 S MacArthur Blvd Kevin Brown, 787-5652	NC – Friday Night Dinner . 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 February 13 1:00 pm	Vredenburg Park Saxon Dr & Crusaders Rd David McDivitt, 725-1986	ABC – Ride 30 or so miles depending on the weather. D riders are welcome, but should be self-sufficient (i.e., comfortable reading a map and fixing a flat without assistance) in case they cannot keep pace with the rearmost group.
Sunday February 14 12:00 pm	Panera Bread Wabash Ave. Tom Clark, 726-5560	ABC – Tom's Pre-Birthday Ride . 25 to 35 miles, weather-dependent. D riders are welcome, but should be self-sufficient in case they cannot keep pace with the rearmost group.
Monday February 15 12:00 noon	Washington Park Picnic Shelter Washington Park Show-N-Go	Show-N-Go – Washington's Birthday Ride . Ride with your bike buddies wherever you want. Please use a ride sheet if riding together. Turn in miles to the record keeper.
Friday February 19 6:00 PM walk 7:00 PM dine	Sams Pizza 8 th St & North Grand Ave Kevin Brown, 787-5652	NC – Friday Night Dinner . 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 February 20 12:00 noon	Rochester Station Rt. 29, Rochester Mark Rabin, 529-7377	ABCD – Mark will take us somewhere for 20 to 30 enjoyable miles.
Sunday February 21 12:00 noon	Fairhills Mall Chatham Rd & Monroe St Marty Celnick, 522-4206	ABCD – Get your Marty miles today! 20 to 20 miles
Friday February 26 6:00 PM walk 7:00 PM dine	Thailand Cuisine Wabash Ave & Montvale, behind MCL Cafeteria Kevin Brown, 787-5652	NC – Friday Night Dinner . 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 February 27 12:00 noon	Lynn Miller's House 12 Washington Place (2201 W Washington #12) Lynn Miller, 787-3354	ABCD – Soup Ride . Stay for soup after the ride. Or come at 1:00 or so and warm up with friends.
Sunday February 28 12:00 noon	Rochester Station Rt. 29 Rochester Alan Josephson, 793-0590	ABC – Alan will lead us to 25 to 35 miles. D riders are welcome, but should be self-sufficient (i.e., comfortable reading a map and fixing a flat without assistance) in case they cannot keep pace with the rearmost group. <i>See also next listing.</i>
Sunday February 28 12:00 noon	Rochester Station Rt. 29, Rochester Kevin Greene, 529-1141	D & EZ – Kevin will lead a more leisurely 12 - 15 mile ride that will include the trail. If you are new to the club or just starting to ride again, give this ride a try!

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

MEMORIAL WEEKEND ALREADY?

Yes, it is not too early to plan for the fabulous time we are going to have Memorial weekend. We will trek to New Glarus, Wisconsin only 275 miles from home and 25 miles from Madison. There we will find The Sugar River State Bike Trail outside the door of the hotel which connects to the Badger State Trail that goes North to Madison and South to Illinois. If you don't want trails, there are wonderful Wisconsin roads to try! There is golf, canoeing, tubing, shopping, a microbrewery, indoor pool and so forth. Lots for riders and those who choose not to ride!

Our hotel, Chalet Landhaus, has given us only a specific amount of time to fill all the rooms or lose them. They are always filled up on this weekend. Breakfast will be included in the price which will be approximately \$235 total for two nights (Sat May 29 and Sun May 30). You can split the cost with a buddy, spouse or whomever! I will try to pair up folks if necessary. If you wish to arrive for Friday night, there will of course be an additional nightly charge.

Camping should be available for those who choose at the New Glarus Woods State Park.

So, I need to know quickly who is interested. Do Not send any money. Just let me know of your interest and who your buddy will be! I will give you any other information you may need. If you wish to camp, advise me of that also.

I am extending an extra invitation to those who have not attending one of our weekend trips whether you are new to the club or not! It'll be a blast!

Thanks,
Alan Josephson
ahjosephson@yahoo.com.
793-0590

February Memories

By Mike Becker

1975–35 Years Ago: The SBC was clawing its way back from near extinction, and interest was picking up. However, only two rides were scheduled for February and four for March. On the other hand, forty members attended the January meeting. The balance sheet showed assets of \$326.94. ++Program Note: Three bicycling films were on the agenda: *The Bicycle Driver*, *Sixty Cycles*, and *I'm No Fool with a Bicycle*. Perhaps the greatest movie ever produced, and on everyone's top ten list, was not shown and maybe for good reason: *The Bicycle Thief*.

1980– 30 Years Ago: Program Note: The meeting topic was camping and experienced touring cyclists showed what to pack and how to load the bicycle. ++Harvey Schrenk, Randy Wise and Mikie spent some time packing and unpacking the bikes in Florida, and it was reported that Randy tried to bungie the sun to his Motobecane and tote it back to Springfield.

1985–25 Years Ago: The debate on possibly changing the club's name to the turn-of-the-century Capital City Cycling Club raged on. Letters were published against it, citing loss of heritage and good reputation for which everyone had worked to hard to earn, cost of changing logo, turning SBC jerseys into dust rags, and for it, citing. . .well, no one wrote in to cast a favorable opinion. More later on the outcome.

1990–20 Years Ago: SBC member and former Secretary Sheila Hansen, now living in Peoria, was named the Illinois Valley Wheelm'n's Member of the Month. ++Fourth Annual Chocoholics Party at the Werthwein's. If you weren't there, you didn't gain ten pounds.

1995–15 Years Ago: Mike Snyder, Springpatch Park District, spoke at the meeting on plans and progress on the Interurban and Northwest trails. ++Theresa DeLeon led a seventh anniversary ride of her Dog Bite Ride (it wasn't named that seven years ago, it just happened) past the Lick Elevator. Lucky for Spike he was already expired.

2000–10 Years Ago: Toni Patt, now living in Houston, reported that she is rollerblading more than cycling. Those wheels don't go flat, so this is a good thing for her. ++Some just refuse to ride with SBC. Alfred Arkley, for example. He went out of his way to avoid it by riding from Palanga to Sventoji, along the Baltic Sea. ++Roger Wright was top rider for the year so far.

Springfield Bicycle Club Mileage and Activity File As of December 31 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	103		103	3	34.33	1	3	6,524	60	6,584	117	56.27	3	9
Marty Celnick	109	9	118	4	29.5	1	3	4,069	1,215	5,284	152	34.76	12	32
David McDivitt	168		168	14	12			4,769	505	5,274	363	14.53	4	10
Charlie Witsman	127		127	1	127			5,197	54	5,251	75	70.01	2	6
Karl Kohlrus	120	25	145	21	6.9			3,381	787	4,168	302	13.8	2	6
Tom Clark	22	4	26	1	26			3,190	245	3,435	114	30.13	6	16
Tracey Hurley	46		46	2	23			2,741	376	3,117	94	33.16	3	8
Don Harvey	127		127	6	21.17			2,837	61	2,898	93	31.16	2	6
David Ross	1	6	7	1	7			2,528	194	2,722	106	25.68	3	8
Pat Stephens	40		40	4	10			2,677		2,677	124	21.59		
Mark Rabin	32		32	1	32			2,560	80	2,640	67	39.4	4	12
Linda Butler								2,526	91	2,617	87	30.08	12	28
Ernie De Frates								2,474	69	2,543	84	30.27	13	30
Lynn Miller	68		68	3	22.67	1	3	2,403	117	2,520	84	30	3	9
Alan Whitaker	32		32	1	32			2,246	245	2,491	69	36.1	8	20
Bill Bock								2,420		2,420	61	39.67		
Curt Evoy								2,282	110	2,392	138	17.33	2	6
Carol Bock								2,258		2,258	57	39.61		
Jack Hurley								1,815	303	2,118	46	46.04	3	9
Bill Callan								2,090		2,090	87	24.02		
Kevin Greene	48	8	56	3	18.67	1	2	1,723	279	2,002	120	16.68	34	53
Alan Josephson	32		32	1	32			1,786	143	1,929	61	31.62	8	22
Cindy Kvamme								1,893	12	1,905	88	21.65	22	46
David Banks	10		10	1	10	1	3	1,593	177	1,770	41	43.17	6	15
Ruth Magos								1,717	21	1,738	38	45.74		
Sidney Marder								1,191	420	1,611	46	35.02		
Tracie Stephens								1,433		1,433	80	17.91		
Robert LaBonte								1,367	57	1,424	72	19.78	30	68
Lynn Rhoades								1,135	102	1,237	32	38.66	3	9
Ben Fox								1,192	36	1,228	36	34.11		
Mike Eymann								1,215	10	1,225	37	33.11		

Springfield Bicycle Club Mileage and Activity File As of December 31 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
Sr Josepha Schaeffer								994	46	1,040	34	30.59	3	9
Mary Venturini								1,006	33	1,039	32	32.47		
Bob Sorenson								727	281	1,008	22	45.82	1	3
Dean Wisleder	11		11	2	5.5			979		979	34	28.79		
Cindy Moreno								904	3	907	38	23.87	6	12
Kenny Vennell								576	310	886	17	52.12		
Ken Anderson								541	307	848	25	33.92	4	8
Chris King								801	25	826	26	31.77	5	10
Christa Morris								774	42	816	26	31.38	8	17
Arden Gregory								569	221	790	17	46.47		
Jon Edwards								597	174	771	20	38.55	1	3
Kedra Elston								727	38	765	26	29.42	1	3
Bob Dettling								756		756	51	14.82	4	8
Derek Ewing								668	62	730	13	56.15		
Bob Steimel								715		715	38	18.82		
Art Meyer								646	27	673	22	30.59		
Roger McCredie								523	3	526	12	43.83	1	3
Tony Henn								521		521	24	21.71		
Bob Carmody								500	21	521	18	28.94		
Ron Melcher								490	20	510	13	39.23		
Kent Kraft								453	28	481	12	40.08		
Lyn Schollett								408	44	452	22	20.55	5	9
Naomi Greene								393	14	407	27	15.07	4	9
Byron Nesbitt								373		373	6	62.17		
Sue Dees								364	5	369	18	20.5		
Deb Cooper								368		368	18	20.44	5	10
Brigitta Ewing								303	56	359	19	18.89		
Marilyn Powell								307	51	358	9	39.78		
Wayne Noethe								353	3	356	12	29.67		
Micci Bly								356		356	11	32.36		
Pete Gudmundson								350		350	10	35	1	3

Springfield Bicycle Club Mileage and Activity File As of December 31 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
Bruce Yurdin								310	23	333	7	47.57		
Cindy Tubbs								299	29	328	15	21.87		
Christine Kohlrus								132	190	322	18	17.89		
Mark Summer								313		313	7	44.71		
Ken Ratliff								289		289	10	28.9		
Ivan Wright								250	18	268	8	33.5		
Cyd LaBonte								242	16	258	19	13.58		
Aleshia Bunting								232	26	258	6	43		
Jerry Ihnen	32		32	1	32			235	10	245	8	30.63		
Blaine Kinsley								235	9	244	9	27.11		
David Brodsley								210	8	218	6	36.33		
Jim Hajek								164	30	194	7	27.71	1	3
Jon Halterman								122	68	190	4	47.5		
Vicki Berry								189		189	14	13.5		
Mike Vonnahmen								150	33	183	4	45.75		
Bob Ayers								161	11	172	11	15.64		
Loren Easter								163	5	168	6	28		
Dan Payne								158	7	165	4	41.25		
Connie Roberts								138	9	147	4	36.75		
Randy Germeraad								85	43	128	2	64		
Nancy Alexander								128		128	3	42.67		
David Wooten								113	15	128	4	32		
Chuck Orwig								121	4	125	4	31.25	2	6
Linda Schaeffer								116	2	118	11	10.73		
Paul Purseglove								106		106	3	35.33		
Brian Fowler								102		102	2	51		
Chris Scheufele								101		101	2	50.5		
Kurt Potter								95		95	7	13.57		
Michael Higgens								81	10	91	4	22.75		
Jason Beauman								64	20	84	4	21		
Kevin Brown								73	3	76	6	12.67		

Springfield Bicycle Club Mileage and Activity File As of December 31 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
Dave Lucas								70	5	75	7	10.71		
Anna Marie Kraft								73		73	2	36.5		
Dave Kolaz								72		72	2	36		
April Smith								69		69	3	23		
Lisa Kidd								65	3	68	2	34		
Jim Disney								55	11	66	2	33		
Rebecca Hood								63		63	1	63		
Mike Meyer								61		61	1	61		
Doug Smith								61		61	1	61		
Paul Aulich								58		58	1	58		
Melody Lyons								58		58	4	14.5		
Tina Verner								46	8	54	3	18		
Dee Wise								48	5	53	1	53		
Mike Elston								50		50	2	25		
Mary Thomas								50		50	1	50		
Lyndell Jarrit								50		50	1	50		
Cris Martin								50		50	1	50		
Sue Nation								48		48	3	16		
Garland Stevens								48		48	3	16		
John Bannon								45		45	3	15		
Charlie Downs								45		45	1	45		
Phil Garee								30	14	44	3	14.67		
Alecia Logsdon								44		44	2	22		
Mark Rolens								43		43	2	21.5		
Emily Rolens								43		43	2	21.5		
Traci Beckley								40		40	3	13.33		
Brenda Reiling								40		40	1	40		
Steve Frazier								38		38	1	38		
Neiman Jason								38		38	1	38		
Don Daniels								38		38	1	38		
Michelle Cozadd								37		37	1	37		

Springfield Bicycle Club Mileage and Activity File As of December 31 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
Bill Voss								21	16	37	1	37		
Melinda Winhold								36		36	1	36		
Larry Small								36		36	2	18		
Dan Croagan								36		36	1	36		
Curt Winhold								36		36	1	36		
John Lawyer								35		35	1	35		
Dan Ingersoll								35		35	1	35		
Larry Pemberton								18	14	32	1	32		
Sue Hack								28		28	2	14		
Lance Kidd								25		25	1	25		
JoAnn Abrams								25		25	3	8.33		
Jackie Galli								21		21	1	21		
Harriet Josephson								21		21	1	21		
Gerry Orwig								17	4	21	2	10.5		
Deb Lewis								21		21	1	21		
Mary Grant								20		20	1	20		
Janice Perino								18	2	20	1	20		
Jan Cimarossa								20		20	1	20		
Jill Hawkins								19		19	1	19		
William Bolduc								18		18	1	18		
Scott Stahlman								18		18	1	18		
May Kay Eades								17		17	2	8.5		
P J McCredie									16	16	1	16		
Tanya Couture								15		15	1	15		
Nancy Probst								15		15	1	15		
Mike Moore								14		14	1	14		
Mary Reynolds								12		12	1	12		
John Sanford								11		11	1	11		
Pat Mees								10		10	1	10		
Marty Morris	10		10	1	10			10		10	1	10		
Mark Wagner								10		10	1	10		

Springfield Bicycle Club Mileage and Activity File As of December 31 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
Linus Beauman								10		10	1	10		
Lenny Miner								10		10	1	10		
Andrew Beauman								10		10	1	10		
Anita McDivitt								9		9	1	9		
Suren Gvmmadi								7		7	1	7		
Mike Schwab								6		6	1	6		
Laurence Miller								5		5	1	5		
Jan Smith								5		5	1	5		
Totals	1,138	52	1,190	71	16.76	5	14	102,727	8,270	110,997	3,969	27.97	239	550

A Few Reasons to be Glad its Winter

By Marty Celnick

It was brutally cold at the beginning of January, and there were several inches of snow on the ground. Not a great time to ride, but probably a good time to think about what you want to do when the weather gets warm.

Oftentimes, those of us who don't ski, get sick of looking at the snow and ice. We then forget about the problems we had riding on Sangamon County roads in the hot sun, with tar and oil all over the place. Now we don't have that problem. If you can find a road that has been plowed, there will not be any melted tar or oil. Nor will there be fresh gravel, as the construction trucks don't work in the winter.

There are a few other advantages to winter riding. You can become the rider of the month with just 200 miles, or maybe less if the month is really cold and snowy. Lynn Miller was rider of the month for December with just 68 miles. This may be the lowest ROM total in the history of the club. Also, on very cold days, you need not bother carrying water. And from the point of view of losing weight, the body may burn more calories trying to stay warm on cold days.

Wintertime may offer the opportunity to ride while avoiding some of the problems of the other three seasons. The roads are in better shape, the bugs are not there, and how many times can you look at corn without getting sick of it? Today, the cornfields are snow covered and are more scenic than in the summer. So, if you're prepared for cold weather cycling, why not go for it?

New Ride Initiatives

By Naomi Greene

Following last year's membership survey, a committee made up of club members reviewed the survey results and submitted a series of recommended actions to the SBC Board, aimed at expanding ride opportunities in the club. The committee consisted of Jack and Tracey Hurley, Lynn Rhodes, Alan Josephson and Naomi Greene. The following are some of the follow-up actions or activities that the Board approved at its January meeting.

One recommendation focused on encouraging more members or new riders to participate in the club rides and events. The committee suggested developing a cycling boot camp of four to six weeks for new riders. The boot camp would be designed to get riders comfortable with riding in a group, with the goal of preparing them to ride in the CCC. Depending on the level of skill and experience, participants will be referred to appropriate level rides. A program proposal will be developed and more information on this will be forthcoming.

The Biking Boot Camp is likely to be scheduled to start in April. If you know of any individuals who may be interested, please alert them to look for information in upcoming QRs.

The Biking Boot Camp and other new initiatives will be shared at an informational session to be held in March. SBC will be looking for volunteers to assist with the information session and/or to refer potential or interested riders to the session or Biking Boot Camp.

Other survey suggestions included "new member rides" and adding more rides for beginners and more breakfast rides. Members also asked for more rides that fit their schedule or location. These are great suggestions. All rides are scheduled by SBC members who volunteer their time. SBC encourages anyone wishing to schedule these types of rides to contact SBC V.P. Tom Clark. Members willing to provide "EZ" and "D" level leadership as part of other rides should also contact Tom for ideas and suggestions. If you've never lead a ride, there is information posted on the website on rider leader tasks and responsibilities.

A suggestion to schedule out of town rides as club rides is already underway. For example, Alan Josephson has led and offered out of town rides, such as the recent Natchez Trace ride. Ernie DeFrates last year also led a ride for members on Madison County trails. In the past, the Champaign-Urbana Century has also served as an official club ride. Rides like the Champaign club ride will continue to be scheduled as long as they do not conflict with SBC member club rides.

More information on the above activities, and in relation to other suggestions, will be shared in future QRs and on the website.



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
December	1,138	52	1,190	71	5	16.76

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
December	102,727	8,270	110,997	3,969	239	27.97



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QUICK RELEASE ADVERTISEMENT RATES

Half Page \$20 Full Page \$40

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