



## Ride of the Month

Cindy Kvamme's ride from Sherman to Athens March 6th with 20 riders got the most votes for this month's Ride of the Month. It doesn't hurt that Cindy had help from the weather – a mostly sunny day in the low 50's with almost no wind helped, especially in March after weeks of cold and snow. It's not surprising that there was a good turnout for this ride that ranged from 24 miles to 35 miles. Thanks for the ride and hauling in that great weather, Cindy!

## Almost Anything Award

Dave Banks received kudos this month and the Almost Anything Award for going back to pick up a rider who was unable to go on with the group on a ride. According to Alan Josephson who was the Ride Leader and who nominated Dave, there were two younger new riders on his ride. One became completely exhausted after riding the 12 miles of headwind to Athens and had to stop. Dave was returning to the starting point and volunteered to come back with his pickup for the new rider. This was beyond the call of duty. Alan and the tired rider truly appreciated his assistance.

## Monthly Ride Leader Incentive Drawing

Don Harvey receives this month's Ride Leader's Incentive with a gift certificate to R&M Cyclery. Don qualified for the \$50 gift certificate by leading a ride in March and having his name pulled from a drawing of eligible leaders. Thank you, Don!

### **Lookin' for a Ride?**

*See Ride Schedule, pages 7-9*

**David McDivitt is  
Rider of the  
Month** with 481  
miles!

*Details on page 4*

League of American Bicyclists May is National Bike Month

ridden your bike lately?

**Bike to  
2010 Work Week** MAY 17 - 21

*See President's Column, page 2*

**Bike Commuter Meetups**  
May 7, 14, 28

**Bicycle Commuter Training Ride**  
May 15, 16

**Tire Repair Clinic**  
May 2

**Full Moon Ride**  
May 7

**Mothers Day Ride and Brunch**  
May 9

**Bike Swap**  
May 15

**Paired ABC and D/EZ Weekend  
Rides**  
(same time and/or place)

*See pages 8-9*

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

*See page 3*

## President's Column

May, 2010

### **May is Bike to Work Month**

May is Bike to Work Month and the week of May 17-21 is Bike to Work Week. To help new commuters get ready to ride to work or school, the Springfield Bicycle Club is sponsoring trial rides on Saturday and Sunday May 15 and 16 to prepare for Bike to Work Week. An experienced SBC member will offer general bike commuting tips. Then various SBC members will assist in choosing a safe cycling route for each person who shows up and, if possible, ride with each person to their home and then on to the work/school destination and back, before returning to the starting location. This will allow the each commuting bicyclist to determine how long it takes for their bicycle commute and to try out the safest route for that commute. Meet at the State Capitol Visitors Center on Edwards Street at 1 p.m. on either May 15 or 16.

### **New Special Events Chair**

Tom Clark is the new Special Events Chair. His main duty is coordinating the Capital City Century, which this year will occur on Sunday September 12<sup>th</sup>. Tom has chaired the event the previous two years. Congratulations, Tom, and thanks for all your hard work!

### **LaHood Ushers in a DOT Era of the Bicycle**

First the Secretary of Transportation Ray LaHood announced "You have a full partner in Ray LaHood" and shared his support for bicycling as a viable form of transportation - a key to livable communities - at the National Bike Summit's Congressional Reception on Thursday, March 11th. Then LaHood amazed the bicycling world and announced his new Policy Statement on Bicycle and Pedestrian Accommodation Regulations and Recommendations. It is simply the strongest statement of support for prioritizing bicycling and walking ever to come from a sitting secretary of transportation. Ray LaHood is the former U.S. Congressman from the Springfield/Peoria area.

### **Springfield Bicycle Advisory Council**

The Springfield Bicycle Advisory Council now has a new website (which can be accessed from the City of Springfield's website). It is <http://www.springfield.il.us/Commissions/Bicycle/index.htm>

They are conducting a survey on how to make Springfield a more bike-friendly community, which can be accessed from the above website. Leadership Springfield and Kevin Greene helped develop the survey.

### **Beau**

On a personal note, I am sad to report that Beau, SBC's "First Dog", suffering from cancer, had to be put to sleep on April 10<sup>th</sup>. He was a 12-1/2 year (87 dog years) old male golden retriever/yellow labrador mix.

Karl Kohlrus  
President

## Come Ride with Us

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With the arrival of warm weather, many of us are gearing up for another season on the road. 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

Ben Fox  
 Charlie Rabins  
 Bill Klein  
 Ron Melcher  
 Kyle Beachy  
 Deeanna Shidler  
 Michael Becker  
 Steve & Lori Frazier  
 Cindy Kvamme  
 Joann Abrams  
 Gene Fore  
 Sidney Marder

### Renewals at the Patron Level

Stan Gralnick & Laurel Garber

### New Members

Leah Riley & Family  
 Donald Cadagin  
 Lois & Mike Bloechle  
 William Bernard  
 Judy Gunn  
 Jim Bickhaus  
 Jan Nobbe

### Renewals at the Contributing Level

Judy Nesbitt

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

3/10 David McDivitt 481 miles	11/09 Karl Kohlrus 515 miles	7/09 David McDivitt 791 miles
2/10 Karl Kohlrus 140 miles	10/09 Tracey Hurley 549 miles	6/09 Bill Bock 628 miles
1/10 Charlie Witsman 127 miles	9/09 Bill Callen 463 miles	5/09 Charlie Witsman 709 mil
12/09 Lynn Miller 68 miles	8/09 David Ross 511 miles	4/09 Marty Celnick 457 miles

## Board Meeting Notes— March 3, 2010

Naomi Greene Recording Secretary

Present: Ken Anderson, Sandy Anderson, Marty Celnick, Tom Clark, Bill Donels, Karl Kohlrus, Kent Kraft, Lynn Miller, Kurt Potter, Alan Whitaker and Naomi Greene.

Karl Kohlrus called the meeting to order at 7:10 p.m. In his opening remarks Karl indicated that Mark Rabin had resigned as Special Events Chair.

Minutes. The February 3<sup>rd</sup> minutes were submitted and approved without revision.

Treasurer's Report. Karl Kohlrus presented the Treasurer's report for the period ending February 28, 2010, which reflected an ending balance of \$14,683.

Legislative/Education Report. Lynn Miller and Bill Donels distributed a summary of their legislative activities. Both shared information regarding the survey conducted as part of the Springfield Area Transportation Subcommittee's Long Range Transportation Plan 2035. The deadline for public comments on the plan is March 10, 2010.

Lynn reported that Curb Your Car on Bike to Work Day will be a week-long ac-

tivity this year, May 17-21. The Farmer's Market opens May 19 and SBC will again have a presence there to help publicize the event. Bill indicated that having activities throughout the week will allow riders to pick the best days to ride. They will be tracking commuter miles for the week as well as Bike to Work Day on Friday. It was suggested that SBC hold training rides the week or weeks before the event to help cyclists select an appropriate route to get to work.

Social Chair Report. There was no report.

Incentive Chair Report. Dave McDivitt and Cindy Kvamme share honors for co-leading a ride from Rochester Station in February. Mark Rabin won the Ride Leader Incentive drawing. The Almost Anything Award went to Kent Kraft. Kent was nominated for his work to support mountain biking in the Springfield area. After the Springfield Area Mountain Bike Association disbanded last year, Kent and remaining members contributed SAMBA's funds to SBC and he agreed to serve on the SBC Board as Mountain Bike Chair.

Newsletter Report. Marty reported that the March newsletter was mailed and disseminated. Tom indicated that the printer turned the newsletter around in five days. Deadline for the next issue is March 15.

Ride Schedule Report. Tom Clark distributed the April ride schedule and indicated spring ride times would be in effect. Lynn Miller volunteered to help schedule rides while Tom Clark helps steer Capital City Century activities for 2010.

Special Event Report. Tom Clark reported that Mark Rabin had CCC chairs in place prior to resigning from the special events position. Tom indicated that the CCC brochures were bundled and delivered to LIB and information about the event posted to several web sites. Tom agreed to lead activities until another chair is named. There was discussion about again using and re-establishing Active.com for registration.

Website. There was discussion about the purpose for a club page on Facebook. Alan indicated he would set up a page in a way that would not detract from the

*(Continued on page 6)*

*(Continued from page 5)*

SBC website.

There was discussion about posting ride maps in different formats (including PDFs) on the website. Alan would look into posting available maps.

Old Business. Ken Anderson gave an update on plans for the American Diabetes Association's Tour de Cure ride for central Illinois. The fundraising cycling event is set for May 21, 2011. The Beach House has been reserved and rides of 12, 25, 40, 60 and 80 miles are planned, though the organiz-

ers will not use the same routes as the CCC. The Tour de Cure will be seeking volunteers, but not financial support from SBC.

New Business. Naomi shared plans for the SBC Informational Meeting to be held at the Robert Morris College Auditorium on March 24. She also submitted a report from the Bike Academy committee set to start in April. Details of the six-week session will be disseminated at the information meeting. Several individuals have agreed to present one or more of the six session topics.

The meeting adjourned at 8:58 p.m.

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

## Springfield Bicycle Survey

The Springfield Bicycle Advisory Council, in conjunction with Leadership Springfield, has developed a survey to solicit public feedback on how to make Springfield a bike friendly community. We would like to encourage all SBC members to take a few minutes to fill out the survey, which can be accessed online at:

<http://www.surveymonkey.com/s/W3WLRTQ>

## May 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 / impromptu 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 9:00 am	Morning Geezer Ride Washington Park Shelter Show-N-Go	Show-N-Go — A 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. <b><u>TIME CHANGE!</u></b>
Tuesday 9:00 am	Panera Bread Wabash & White Oaks Robert LaBonte, 787-0237	BC — Try a change of pace from the Geezer ride, which is usually a bit faster than this. <b><u>NEW RIDE!</u></b>
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>		<i>Check start times!</i>
Monday 5:45 pm	Parkway Pointe Theatre Lindbergh & Robbins Road Show-N-Go	ABCD — A favorite for fast and intermediate riders. Ride to Chatham for 19 miles or to the T for 25 miles.
Monday, Tues- day, Wednes- day & Thurs- day 6:00 pm	Pana Trail Lake Taylorville Parking Lot Rt. 29 Show-N-Go Charles Witsman, 299-7038	Show-N-Go — Ride on the Lincoln Heritage Trail. Turn in miles to the club records keeper. Call Charlie if you need information about trail conditions or directions.

Tuesday 5:45 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Show-N-Go	BCD — Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper.
Tuesday 5:45 pm	Vredenburg Park Saxon Dr. & Crusaders Rd. Show-N-Go	AB — Show-N-Go. A faster-paced workout. Slower-paced 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. Turn miles in to the club records keeper. <u>NEW RIDE!</u>
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 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 16-20 miles.
Thursday 5:45 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Show-N-Go	BCD — Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper.
Thursday 5:45 pm	Lewis Memorial Christian Village Koke Mill and W Washington St Linda Butler, 787-5027	ABC – Ride 23–25 miles to Salisbury with Linda. <u>TIME CHANGE!</u>
Saturday 5:30 am	Vredenburg Park Saxon Dr. & Crusaders Rd. Robert LaBonte, 787-0237	BC — Nighthawk Ride. Rising like the Phoenix from the depths of club history! Take a ride to Chatham or Auburn. Dinner stop possible. Lights required for longer ride options. <u>NEW RIDE!</u>
<b>Scheduled Rides and Events</b>		<i>Check start times!</i>
**Call for re- maining dates**	**Call for location** Call 793-9622 for information	NC & EZ — Biking Academy continues. An EZ ride follows the Academy meeting. For information on registering if you have not already done so, please call 793-9622.
Saturday May 1 9:00 am	Vredenburg Park Saxon Dr & Crusaders Rd Dave Ross, 789-4823	ABCD – Come join Dave on his birthday ride. Will we ride his age in miles, kilometers, yards, or inches? Several options will be available. Any you know that there will be some place nice to stop for treats. D riders can take the trail.
Sunday May 2 9:00 am	Edinburg Post Office Don Harvey, 433-0119	ABC – 20 & 40 mile options in Christian County byways. Don't overlook to/from miles to kick off the competition for rider of the month award.
Sunday May 2 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.
Sunday May 2 2:00 pm	Visitors Center 425 S. College St., Springfield Dave Lucas, 971-3222	NC – Tire Repair Clinic. Dread the prospect of a flat tire while out riding? Then this repair clinic is for you! This is NOT a Biking Academy session (Academy is featured in a separate article).
Wednesday May 5 7:00 pm	Residence 2301 Sangamon Avenue Ken Anderson, 544-8410	NC – Board Meeting. All SBC members are invited to attend the board meeting.
Friday May 7 6:30 am	The Bakery 15 <sup>th</sup> and Ash Curt Evoy, 502-1118	NC – Bike commuters meet early for coffee and donuts. May is Bike to Work month.
Friday May 7 8:00 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Marty Celnick, 522-4206	CD – Full Moon ride on Lost Bridge Trail. Lights are required. Marty will try to have Moon Pies for participants after the ride, with plenty of white flour to revive your blood sugar levels.
Saturday May 8 9:00 am	Chatham Community Park South Main Mark Rabin, 529-7377	ABC – Mark will take us 30 to 40 miles today for an enjoyable ride.



Sunday May 9 9:00 am	Residence 115 Price St. Williamsville Kedra Elston, 741-9421	ABCD – Mother's Day Ride and Brunch. Kedra has 30–40 miles planned (same route as last year's ride). Come to the potluck even if you don't ride. Bring something if you can. Those riding shorter distances may start later. Everybody eats after the ride.
Friday May 14 6:30 am	The Bakery 15 <sup>th</sup> and Ash Curt Evoy 502-1118	NC – Bike to Work Day. Bike commuters meet early for coffee and donuts.
Saturday May 15 9:00 am	Waldrop Park Andrew Rd., Sherman Alan Josephson, 793-0590	ABC – Alan will take us out for a 26-28 mile round trip to Athens, with an optional 13 mile loop with hills. Plan to stop for breakfast or brunch along the way/
Saturday May 15 1:00 pm	Visitors Center 425 S. College St., Springfield Bill Donels, 546-8036	CD – Bicycle Commuter Training Ride. Learn about suggested safe routes to commute on. Knowledgeable volunteers will provide bicycle safety inspections. Mileage will dependant on length of commute route picked.
Saturday May 15 4:00 pm	Residence 4117 Gaskell Drive Alan Josephson, 793-0590	NC – Bike swap. Come buy, sale, and/or exchange miscellaneous bike related items. Alan will have his garage open until 6:00 p.m.
Sunday May 16 9:00 am	Vredenburg Park Saxon and Crusaders Drive Jon Edwards, 726-7647	ABC – Jon will have a 40 mile ride with shorter options. <u>SEE ALSO NEXT LISTING</u>
Sunday May 16 9:00 am	Vredenburg Park Saxon and Crusaders Drive Kevin Greene, 793-9622	D & EZ – Plan on 20 miles or so with a rest stop at the Apple Barn.
Sunday May 16 1:00 pm	Visitors Center 425 S. College St., Springfield Bill Donels, 546-8036	CD – Bicycle Commuter Training Ride. Learn about suggested safe routes to commute on. Knowledgeable volunteers will provide bicycle safety inspections. Mileage will dependant on length of commute route picked.
Monday May 17  through Friday May 21	Your house or a meeting place arranged with commuting friends Lynn Miller, 787-3354	NC – Bike to Work Week. Join other bike commuters from SBC and the Springfield area for the ride into work all week long! Bikers can also stop by Grab-A-Java ( <a href="#">1702 S. 6th St.</a> or <a href="#">3115 Hedley Rd.</a> ) to cool down at one of their water stations and pick up a coupon for a free cup of coffee. <a href="#">Cafe Moxo</a> (411 E. Adams) will be offering a free cookie to anyone biking to work who brings their helmet into the café.
Saturday May 22 9:00 am	Vredenburg Park Saxon and Crusaders Drive Lynn Rhoades, 891-8145	ABC – Lynn will provide a choice of 20, 30, or 50 mile route for your riding pleasure. <u>SEE ALSO NEXT LISTING</u>
Saturday May 22 9:00 am	Vredenburg Park Saxon and Crusaders Drive Kevin Greene, 793-9622	D & EZ – Plan on 25 miles or so with a rest stop in Chatham.
Sunday May 23 9:00 am	Waldrop Park Andrew Rd., Sherman Karl Kohlrus, 544-8410	ABC – Karl has routes to Elkhart, Illiopolis, and/or Mt. Pulaski for a 30 to 52 mile ride.
Sunday May 23 9:00 am	Wabash Trail east end parking lot, Park St. & Wabash Ave. Kevin Greene, 793-9622	D & EZ – Plan on 20 miles or so with a rest stop at the Apple Barn.
Friday May 28 6:30 am	Mel-o-Cream Donuts 227 East Laurel Curt Evoy, 502-1118	NC – Bike commuters meet early for coffee and donuts. May is Bike to Work month.
Saturday May 29 9:00 am	New Glarus, Wisconsin Alan Josephson, 793-0590	ABC – Ride the Wisconsin County trails this weekend with Alan. Refer to February newsletter article and call Alan for details
Saturday May 29 9:00 am	Rochester Station Bob Sorenson, 529-1141	ABCD – Ride 30 miles to Edinburgh. Ride to the ride for more miles. D riders can take the trail.

Sunday May 30 9:00 am	New Glarus, Wisconsin Alan Josephson, 793-0590	ABC – Ride the Wisconsin County trails this weekend with Alan. Refer to February newsletter article and call Alan for details
Sunday May 30 9:00 am	Centennial Park Lenhart Rd. & Bunker Hill Rd Robert LaBonte, 787-0237	ABC – For those staying in town this weekend, Robert will lead a ride to Salisbury and Pleasant Plains for about 30 to 40 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.
Monday May 31 9:00 am	Centennial Park Lenhart Rd. & Bunker Hill Rd Cindy Moreno, 546-5852	ABC – Celebrate Memorial Day with a visit to New Berlin, Auburn, and Chatham. Trail option for shorter mileage or D riders.

### Ride Types

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

## Springfield Bicycle Club Mileage and Activity File As of March 31 2010

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
David McDivitt	468	13	481	37	13			612	13	625	49	12.76	1	3
Lynn Miller	388	9	397	13	30.54			543	10	553	20	27.65	1	3
Karl Kohlrus	231	46	277	27	10.26			458	66	524	64	8.19	1	3
Tom Clark	396		396	16	24.75			446	6	452	18	25.11	1	3
Mark Rabin	338	6	344	7	49.14			400	18	418	10	41.8	1	3
Marty Celnick	196	74	270	10	27			303	107	410	17	24.12	1	3
Charles Witsman	126		126	1	126			404		404	4	101		
Don Harvey	315	2	317	18	17.61	1	4	367	2	369	29	12.72	1	4
Curt Evoy	291		291	20	14.55			291		291	20	14.55		
David Ross	187		187	11	17			251	7	258	15	17.2		
Pat Stephens	125		125	9	13.89			195		195	14	13.93		
David Banks	116	24	140	4	35			142	24	166	5	33.2		
Mike Eymann	108		108	4	27			134		134	5	26.8		
Alan Josephson	66	27	93	3	31	1	3	95	33	128	5	25.6	2	6
Bob Carmody	126		126	5	25.2			126		126	5	25.2		
Ruth Magos	62		62	1	62			123		123	2	61.5		
Robert LaBonte	103		103	7	14.71	4	9	113		113	8	14.13	4	9
Alan Whitaker	110		110	4	27.5			110		110	4	27.5		
Tracey Hurley	54		54	2	27	1	3	101		101	4	25.25	1	3
Cindy Kvamme	77		77	5	15.4	1	3	87		87	6	14.5	2	5
Grover Everett	49		49	4	12.25			79		79	6	13.17		
Kent Kraft	78		78	3	26	1	3	78		78	3	26	1	3
Jeff Tipps	32		32	1	32			52	20	72	3	24		
Kevin Greene	30		30	3	10			61		61	6	10.17	1	2
Christine Kohlrus	44	14	58	2	29			44	14	58	2	29		
Linda Butler	57		57	2	28.5			57		57	2	28.5		
Mary Venturini	49		49	2	24.5			49		49	2	24.5		
Dean Wisleder	2		2	1	2			41		41	6	6.83		
Aleshia Bunting	41		41	2	20.5			41		41	2	20.5		
Kedra Elston	34		34	2	17			34		34	2	17		
Ken Ratliff	32		32	1	32			32		32	1	32		
Chris King	32		32	1	32			32		32	1	32		
Art Meyer	29		29	1	29			29		29	1	29		

## Springfield Bicycle Club Mileage and Activity File As of March 31 2010

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
Tracie Stephens	25		25	2	12.5			25		25	2	12.5		
Ernie De Frates	25		25	1	25			25		25	1	25	1	3
Chris Scheufele	25		25	1	25			25		25	1	25		
Ron Riley	24		24	1	24			24		24	1	24		
Lynn Rhoades	22	2	24	1	24			22	2	24	1	24		
Michael Higgens	23		23	1	23			23		23	1	23		
Joe Hills	23		23	1	23			23		23	1	23		
Harv Kaplo	23		23	1	23			23		23	1	23		
Jack Hurley	22		22	1	22			22		22	1	22		
Jon Riley	21		21	1	21			21		21	1	21		
Mike Higgins	20		20	1	20			20		20	1	20		
Don Daniels	20		20	1	20			20		20	1	20		
Phil Garee	7		7	1	7			14	1	15	2	7.5		
Kara Riley	12		12	1	12			12		12	1	12		
Jadon Harvey	12		12	3	4			12		12	3	4		
Bob Ayers	10		10	1	10			10		10	1	10		
Cyd LaBonte	7		7	1	7			7		7	1	7		
Totals	4,713	217	4,930	249	19.80	9	25	6,301	323	6,624	366	18.10	19	53

## Do Baggy Shorts Make My Tires Look Fat?

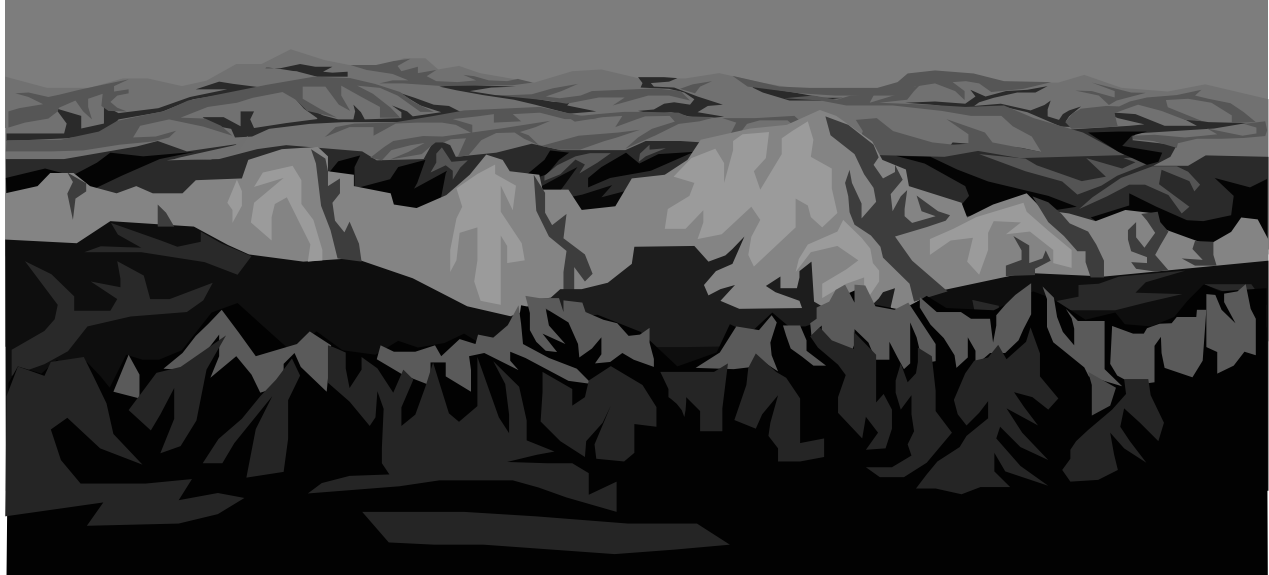
By Kent Kraft, Mountain Biking Chair

### *Myths about mountain bikers*

1. They like to ride in the mud. While riding through patches of mud is largely inevitable on most dirt trails, riding a trail that is muddy from start to finish is not only annoying and wearying, it damages the trail surface. And it requires a lot of time cleaning the bike.
- 2.
3. Mountain bikers are social misfits, rebels, tattooed, body pierced, anti-social types, and associating with them is beneath the dignity of us “normal” road riders. I don’t have data, but I’ve spent a lot of time with both groups. Believe me, there ain’t nobody normal.
- 4.
5. Mountain bikers damage the environment by causing erosion. Mountain bikes don’t cause erosion, water causes erosion. Eroded trails are poorly designed trails. A properly designed trail sheds water, dries out quickly after a rain, and requires very little if any maintenance.
- 6.
7. Mountain bikers scare, annoy, and trample wild animals. Let’s get real: in today’s world startling a deer in the woods is about as monumental an event as your car startling a squirrel crossing your street. When I met that rattlesnake in the Shawnee Forest, I am pretty sure I suffered more emotional trauma than did the snake—I didn’t notice him having involuntary bowel contractions. The only live animal I’ve ever run over with my bike was a cat. On the highway. With my road bike. He lived, and so did I.
8.  
Mountain bikers don’t mix with hikers or equestrians. There is an element of truth to that—most horses are frightened of cyclists, and I suppose some feeble minded hikers are as well. However, there are many trail systems all over the world that were built and are maintained by mountain bikers who graciously allow other users to enjoy them.

Check the ride schedule for June, and look for the Mountain Biking 101 class I’ll be leading as Mountain Bike Chair.

SUMMER BICYCLING TRIP AND EXPLORATION  
JULY 30-AUGUST 8 2010  
BLACK HILLS OF SOUTH DAKOTA



JOIN THE GROUP AS WE HANG OUT IN A 3500 SQ FT MODERN "CABIN" NEAR CUSTER SOUTH DAKOTA. RIDE THE MICHELSON TRAIL DESCRIBED AS ONE OF THE MOST BEAUTIFUL TRAILS IN AMERICA. BIKE ALONG THE HIGHWAYS AND ROADS THAT WILL TAKE US TO THE NATIONAL PARKS AND MONUMENTS THROUGHOUT THE AREA. EXPECT BEAUTIFUL SCENERY, BUFFALO, FLAT AREAS AND HILLS.

THIS MAY BE A COMBINATION OF BICYCLING AND TOURING BASED UPON THE GROUP. SAG MAY BE AVAILABLE AND YOU MAY BE ASKED TO DRIVE.

CABIN SPACE WITH BEDS IS EXTREMELY LIMITED, BUT CAMPERS CAN FIND A SPOT PERHAPS INSIDE OR ON THE 15 ACRES WHICH SURROUND THE CABIN.

FOR INFORMATION EMAIL ME OR CALL.

ALAN JOSEPHSON  
793-0590  
[AHJOSEPHSON@YAHOO.COM](mailto:AHJOSEPHSON@YAHOO.COM)

## May Memories

By Mike Becker

**1975–35 Years Ago:** The membership roster was published with 72 names. Among those listed, charter members were specially noted, of which group only Louie Spinner is still in the club. Other names in the club at that time and still recognizable today as members or until recently so are Bud Cline, Richard and Michael [*sic*] Huelskoetter, Dave Lucas, Grant Mueller, George Olson, Harvey Schrenk, the Simpsons, William Sausaman, Frank Strang, Hal Wakefield, and Dean Wisleder. ++The SBC sponsored its fifth annual Lincoln Bike Trail Tour, a two day bike camping trip to New Salem. The cost was \$2.00 which included breakfast on Sunday morning. ++Miscellaneous: 44 people showed up for the club meeting, the topic of which was Bicycle Commuter's Clinic, and nine members rode (or maybe swam) TOSRV.

**1980– 30 Years Ago:** Program Note: Nancy Wisleder talked about the pro's and con's of vegetarianism and what to eat on rides. Can you believe it? She challenged the most basic and sacred cyclists' tenet that you can and should eat whatever you see and does not move when you approach it.

**1985–25 Years Ago:** Dean Wisleder single handedly put together SHIFT, the Southern Hilly Illinois Family Tour, held over the Memorial Day weekend. There were hills, but no sag wagon, no arrows and no food stops, but, then again, there was no charge. ++At the meeting, the award winning video tape of the Spenco 500 was shown, following the brief business meeting. ++The SBC was an active participant in the Springfield Family Fitness Festival at the State Armory. The club held 10 (count 'em, ten) rides that weekend to accommodate all participants at times convenient to them.

**1990–20 Years Ago:** Rob Baxter was awarded the LWB for falling over while stopped with his feet strapped in the toeclips. Hey, who hasn't done that? (Well, maybe the newer generation with its newfangled pedals.) ++The SBC volunteered to assist the Road Runners with its Annual Capitol City Biathlon, despite the obvious typo. We can be quite forgiving.

**1995–15 Years Ago:** 416 members. ++AAA went to Lisa Kidd for towing two kids in a bugger behind a tandem. I think state traffic laws required a wide/long load escort to accompany them. ++There being no applicable statute of limitations, Dean Wisleder won the LWB for his talk in 1975 about bicycle storage and security and then having his lights and generator stolen 24 hours later. (Guard your past carefully. It will return to haunt you.)

**2000–10 Years Ago:** Nominations for the “always popular Lead Water Bottle Award” (. . .*ahem*. . .) included Roger Wright, who, riding straight into the setting sun, asked “what direction are we going?”

## The North County Trail

By Marty Celnick

Since I left New York in 1990, several new bicycle trails were opened. One of them is the North County Trail which traverses the northern half of Westchester County. The southern end of the trail is in Eastview, not far from Tarrytown and the northern end, according to the guidebook I used, was at Baldwin Place just south of the Putnam County line. My guidebook was dated, however, as the trail has been extended into Putnam County, ending near Carmel, the county seat.

I visited New York at the end of March. On the 31st, I rode the trail. It was absolutely a beautiful trail through scenic countryside. The trail was bumpy, narrow, and had slight uphill incline that seemed to go on forever. This is definitely not the Wabash Trail! The area is heavily wooded. It had rained heavily the day before and there were water puddles everywhere with a few areas of mud. This would not be an easy ride.

The trail follows the route of the old Putnam division of the New York Central Railroad. Passenger service ended in 1958. For many years, the railroad served commuters from Westchester and Putnam counties, and took them into Manhattan. The first section of trail was opened in the 1990s.

I started near Pleasantville and rode north. After two short road sections, the trail goes into the woods, and soon passes the Croton Reservoir, which supplies drinking water to New York City. After about 17 miles I arrived in Baldwin Place, which I thought was the north end of the trail. Instead the trail continued northward. I passed through the community of Mahopac, and turned around at the intersection with a hilly road. Back in Mahopac I stopped at a gas station. Putnam County is rural, but Mahopac is very congested.

I enjoyed my ride on the trail. It's a very remote experience, far different from the urban trails that are found near large cities. I saw a few runners and several other cyclists, and rode a total of 43 miles that day.



On bridge over Croton watershed



## H.I.S. Home 300 Bicycle Ride for Haiti

SBC member Mary Grant is recruiting cyclists for the Southern Route of the 2010 H.I.S. Home 300, taking place June 21-26. The ride supports the Haitian Interdenominational Shelter for Children in Port-au-Prince, Haiti.

Cyclists, age 14 and up, who raise a minimum of \$500 for H.I.S. Home, will overnight in churches along the route from Monticello, IL, to Harrod, OH. All meals are provided and 100% of donations goes to help feed, clothe, shelter, and educate orphaned and abandoned children in Haiti.



For more information on H.I.S. Home, go to [www.hishomeforchildren.com](http://www.hishomeforchildren.com).

For details on the HH300, call Mary at 217-691-6125  
or email [his\\_home300sr@yahoo.com](mailto:his_home300sr@yahoo.com)

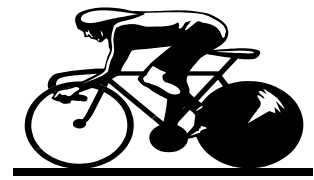


## SPRINGFIELD BICYCLE CLUB 2010 MILEAGE SUMMARY

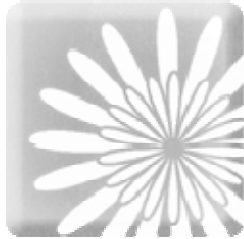


Monthly						
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	LED	AVG RIDE LENGTH
January	485	17	502	42	2	11.95
February	972	89	1,061	70	7	15.16
March	4,713	217	4,930	249	9	19.8

CUMULATIVE						
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	LED	AVG RIDE LENGTH
January	485	17	502	42	2	11.95
February	1,505	106	1,611	115	10	14.01
March	6,301	323	6,624	366	19	18.1



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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.