



Ride of the Month

Mark Rabin received the most votes to earn the August Ride of the Month. His August 29 ride drew about 20 riders for a Chatham Community Park start. Mark's route took riders to Virden and back through Divernon. Of interest to riders was that Mark used country roads that are lightly traveled and that had rarely, if ever, been used for a bike route. Thank you, Mark.

Almost Anything Award

Tracy Hurley nominated Joel Johnson for clipping branches along the Wabash & Interurban trails. He spent several hours on the two trails and also on the Lost Bridge Trail. Kudos also to John Edwards for trail maintenance. A similar nomination mentioned Robert Brokaw and Justin Armstead who spent six hours on a Sunday clearing out the lake trails. They rebuilt some bridges and cleared some weeds.

Charlie Witsman mentioned Bill and Carol Bock, Ruth Magos, Janice Schidler, and Charlie Downs who have been involved in clearing some 14 miles of the trail on and off since the trail was built. Thank you all for your hard work and commitment. It is truly appreciated.

Ride Leader Incentive

Kent Kraft's name was pulled from a pool of 17 eligible leaders. Ride leaders can earn three points or more setting up routes and leading other riders.

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

See page 3

Marty Celnick is Rider of the Month with 650 miles!

Details on page 4

October Highlights

32nd Annual Oktoberfest is Oct. 10!



Mountain Bike Rides

Oct. 2 & Oct. 31

CCC Volunteer Ride (Redux)

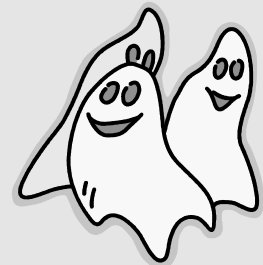
Oct. 2

Full Moon Ride

Oct. 23

Apple Dumping Ride

Oct. 24



Annual Halloween Party

Is Oct. 29!

Daytime and evening rides at all levels every weekday!

Lookin' for a Ride?

See Ride Schedule, pages 7-9

President's Column October, 2010

Capital City Century

The 38th annual Capital City Century on September 12th was a big success. There were a record 806 people who registered. Thanks to Special Events Chair Tom Clark, everyone who volunteered, and those who rode to make this day a memorable and fun experience.

SBC Elections October 6th

Since there were not enough candidates to fill all offices, the SBC Board voted on September 1st to postpone SBC Board elections until the next Board meeting on October 6th. This meeting will be held at 7 p.m. at Ken Anderson's home. If you are interested in running for an office or voting for a particular person, feel free to attend because all SBC members in attendance are entitled to vote.

Bicycle Advisory Council Report

Kevin Greene reported that a subcommittee has been formed to discuss the top recommendations from the recent bicycle survey. He also mentioned that the Springfield Area Transportation Study will be sponsoring brainstorming session during October (location and date TBA) open to the public to identify and prioritize new on-street bicycle routes as the first step in the bike/pedestrian planning process.

Sangamon Valley Trail Update

Work has begun on a portion of the Sangamon Valley Trail between Centennial Park and Stuart Park. However, new bicycle bridges over Old Jacksonville Road, Washington Street and Jefferson Street won't be in place until next Spring. The fact that new, longer bridges are being installed now to accommodate the planned future road widening of Old Jacksonville Road and Jefferson Street means that the trail will not have to be closed in the future when these roads are widened. This portion of the Sangamon Valley Trail is supposed to open by next summer.

Karl Kohlrus
President

Come Ride with Us

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With cool fall weather approaching, many of us are gearing up for pleasant 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

Pat Aulich & Barry Erlandson
 Craig Kniffin & Rachel Doctors
 Robert & Helen Sorenson
 Art Meyer
 Paul Purseglove
 David Stjern
 Mary Thomas
 Michael & Barbara DiDonato
 Margaret Kelly
 Dorothy Hosto
 James & Nancy Hall
 Lynn Rhoades

Renewals at the Contributing Level

Mark Kuhn & Family
 Greg & Colleen Pinto

New Members

Ross & Sheila Hodel

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

8/10 Marty Celnick 650 miles	4/10 Grover Everett 653 miles	12/09 Lynn Miller 68 miles
7/10 Tracey Hurley 802 miles	3/10 David McDivitt 481 miles	11/09 Karl Kohlrus 515 miles
6/10 Jack Hurley 1,050 miles	2/10 Karl Kohlrus 140 miles	10/09 Tracey Hurley 549 miles
5/10 Tom Clark 606 miles	1/10 Charlie Witsman 127 miles	9/09 Bill Callen 463 miles

Board Meeting Notes— August 4, 2010

Kevin Greene Recording Secretary

Present: Dave, Lucas, Ken Anderson, Sandy Anderson, Kevin Greene, Naomi Greene, Karl Kohlrus, Tom Clark, Deb Cooper, Kent Kraft, Mike Schwab and Alan Whitaker

The meeting was called to order by Karl Kohlrus at 7:09 p.m.

Minutes. Kevin Greene presented the minutes from the July board meeting. There were no additions or corrections, and the minutes were approved.

Treasurer's Report. Dave Lucas distributed the treasurer's report. He reported a balance of \$13,108.74 for the period ending July 31, 2010.

Legislative/Education Report. Karl Kohlrus reported that work has begun on a portion of the Sangamon Valley Trail. He also mentioned that Lynn Miller wrote to the regional planning commission about plans for extending 11th Street toward the UIS campus. He expressed concern that bicycle traffic will not be adequately accommodated when 11th Street is extended north of Lincolnshire. Lynn also drafted a letter, thanking the Village of Rochester and the Rochester Women's Club for building

the comfort station near the end of the Lost Bridge Trail in Rochester.

Social Chair Report. Deb Cooper noted that she received positive feedback on the new location for the club's annual summer picnic, which was held in July at the Lincoln Park South Pavilion.

Incentive Chair Report. The 12th Annual Tour de Corn was voted Ride of the Month for July; over 160 riders participated. The Almost Anything Award was given to Matt Saner and all of the volunteers recruited by Wheel Fast Bicycle Co. that provided support for the event. Alan Josephson's name was drawn for the monthly ride leader incentive award.

Ride Committee Report. Tom Clark reported that he has started work on filling the weekend dates for the September ride schedule.

Special Event Report. Tom updated the board on planning activities for the Capital City Century. All committee chair positions have been filled. A printable registration form has been added to the club's website. The primary sponsor logo

graphic and links to all the sponsors are now available on the web page. A sponsor thanks has also been added to the brochures for local distribution. Springfield Clinic is assisting with the reminder mailing to prior year registrants. There will be a route change to the reverse route on the 10-mile loop and the 40-mile loop. A truck will be rented to store supplies because the Beach House will not be available the day before the event. The board reviewed several draft designs for the CCC t-shirt and reaffirmed support for the "EZ rider" recumbent thematic logo.

Newsletter Editor Report. Tom Clark indicated that work will begin shortly on the newsletter for September. Articles on due by August 15.

Webmaster Report. No report.

Old Business. Ken Anderson provided an updated on planning for the American Diabetes Association's Springfield Tour de Cure. Work is underway to confirm the routes and food stops. Volunteers are also being recruited for the fundraising event, which

(Continued on page 6)

(Continued from page 5)

is scheduled for May 21, 2011.

New Business. Karl Kohl-rus reported that the League of Illinois Bicyclists has initiated a campaign to recruit cyclists across the state to

sign commitment forms for the permanent, year round “Share the Road” license plate that was recently approved by state law. The Secretary of State will produce the first run of the plates when 1500 forms are received.

The meeting adjourned at 8:30 p.m.

The next meeting is scheduled for Wednesday, September 1, 2010, at 7:00 p.m., and will be held at the home of Sandy and Ken Anderson.



HAPPY HALLOWEEN

October 2010 Ride Schedule

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 the VP if you would like to lead an ad hoc ride. Please provide at least three days notice. The ride will be posted on the web site, and therefore becomes a scheduled ride eligible for club miles. For updates, corrections and additions to the ride schedule, please check the SBC website at www.spfldcycling.org. *NEW: Please submit Mountain Bike rides to the Mountain Bike chair, at [mountain\(at\)spfldcycling.org](mailto:mountain(at)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, 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.

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 — 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. NOTE: optional 8 am start in hot weather.
Tuesday 10:00 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.
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		<i>Check start times!</i>
Monday 5:30 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. Bring lights, as it gets dark early now. No evening ride for Columbus Day.

Monday, Tuesday, Wednesday & Thursday 5:30 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. Bring lights for early darkness.
Tuesday 5:30 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. Bring lights for early darkness.
Tuesday 5:30 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. Bring lights for early darkness.
Tuesday 5:30 pm	Schlitt Park (south of Owen Marsh School) 2400 Sharon 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. Due to early darkness, the final Tuesday EZ ride of the year will be on October 12.
Thursday 5:30 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. Bring lights for early darkness.
Saturday 5:30 pm	Vredenburg Park Saxon Dr. & Crusaders Rd. Robert LaBonte, 787-0237	BC – Saturday Night Ride. Take a ride to Chatham or Auburn. Dinner stop possible. Bring lights for early darkness.
Scheduled Rides and Events		<i>Check start times!</i>
Saturday Oct. 2 9:00 am	Center Park Beach House 100 Long Bay Shore Dr. Lake Springfield Alan Whitaker, 494-6807	ABCD – CCC Volunteer Appreciation Ride. A rainout in September. Let's try it again! This ride is an opportunity for volunteers who worked the Capital City Century to try one of the routes. Maximum distance for this ride with a later start time is the metric century (62 miles). Routes of 40, 25 and 11 miles also available. All club members are invited to participate.
Saturday Oct. 2 10:00 am	New Salem State Park David Banks 691-2917	MB – New Salem Trails. Meet at the restaurant parking lot (up the hill east of the main entrance) and ride the New Salem trails!!
Sunday Oct. 3 Ride at 10 Potluck at 11	Residence 1914 Bayview Tom Clark, 726-5560	ABCD – Sunporch Ride & Potluck. Enjoy warm, dry weather (at least on the Sunporch) as the seasons turn. Ride 25 to 35 miles or take the trails at 10am. Potluck 11 am to 2 pm. Side dishes, desserts and drinks are welcome. Salads A-F, Fruits/Veggies G-L, Desserts M-R, Breads/Pasta S-Z.
Wednesday Oct. 6 7:00 pm	Residence 2301 Sangamon Avenue Ken Anderson, 522-3876	NC – Board Meeting. All SBC members are invited to attend the board meeting.
Saturday Oct. 9 10:00 am	Chatham Community Park South Main Alan Josephson, 793-0590	ABCD – The wind will determine our route for today's 25-35 mile ride.
Sunday Oct. 10 10:00 am	State Capitol Visitors' Center 425 S. College St. (west of the Stratton Building across College Street) Harv Koplo 899-9175	EZ – 10-10-10 Ride to Jubilee Farm. Harv will lead a 20 mile ride from downtown Springfield that will include a stop at Jubilee Farm. The Farm is the site of a number of 10/10/10 projects coordinated by Springfield350 that are taking place that day as part of a global effort to celebrate climate solutions at the local level.
Sunday Oct. 10 3:00 PM	Residence 245 Circle Drive Roger and Hope Schnelten 529-0780	ABCD – 32 nd Annual Oktoberfest. Ride 50 km (31 miles) or 32km (19 miles). The long riders are free to start at 2 pm; short ride starts at 3 pm. Beer, soda, burgers and brats at the end of the ride. Bonfire at dusk. Side dishes and desserts welcome. Lawn chairs recommended and carpooling encouraged.
Monday Oct. 11 10:00 am	Vredenburg Park Saxon Rd and Crusader Dr Show and Go	ABCD – Columbus Day Ride. Ride trails to Chatham, or any place you want. Turn in all miles to the record keeper.

Saturday Oct. 16 9:00 am	Arbys at Fairhills Mall Chatham Rd & Washington St Lynn Miller, 787-3354	ABCD – Ride the back roads of Menard County with Lynn, for 30 to 40 miles.
Sunday Oct. 17 9:00 am	Waldrop Park 3500 Sherman Rd. Sherman Karl Kohlrus, 544-8410	ABCD – Karl's birthday ride. Join Karl for a 50+ mile ride in celebration of his 50+ birthday!
Saturday Oct. 23 9:00 am	Vredenburgh Park Address Marty Celnick, 522-4206	ABCD – Marty says we might go just about anywhere, depending on wind direction.
Saturday Oct. 23 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.
Sunday Oct. 24 10:00 am	Residence 4123 Crocus Road Linda Butler, 787-5027	ABCD - Apple Dumpling Ride. The ride will be 35 to 40 miles with an 20-25 mile short option. Apple Dumplings will be served after the ride.
Sunday Oct. 24 10:00 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, October 29 7:00 PM	Residence 8 Bridge Terrace Kevin Brown and Lola Lucas 787-5652	NC – Annual Halloween Party. Show-N-Go at 6 pm, lights required. The party begins at 7 pm. Bring food and/or drink to share; costumes are strongly encouraged.
Saturday Oct. 30 10:00 am	Lewis Memorial Christian Village Koke Mill and W Washington St Chris King 502-2121	ABC – Heading to Salisbury for a few hills. 25-35 miles. Do the hills twice for the extra miles and hill work before it gets too cold for the year.
Sunday Oct. 31 10 am	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Lynn Rhoades, 726-5560	ABCD – Ride up to 40 miles to Edinburgh. Ride to the ride for more miles.
Sunday Oct. 31 9:00 am	Lewis Memorial Acres Koke Mill and W Washington St. Kent Kraft, 871-6974	MB – Trailathon. Ride all or part of every single track trail in the Springfield area! Starting at Lewis Memorial Acres, go to Lick Creek Wildlife Area, New Salem, and Jim Edgar Panther Creek.

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
- 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

Thank You CCC Volunteers!

By Tom Clark

Special Events Chair, 2009-10

Thanks to all of the volunteers whose efforts made our 38th annual Capital City Century on Sunday, September 12th 2010 a great success. We had 83 volunteers recruited by the bike club, in addition to 26 volunteers from radio club. One of our sponsors, Springfield Clinic, helped us get several new volunteers. We had a beautiful sunny day with a high of 82. Our final count of 806 registered riders was our highest ever. Riders varied in age from 4 to 75, and came from as far away as Texas and Nebraska.

Riders liked the route and scenery, the marking and maps, the SAG and Radio Club support services, food stops, and the Post-Pedalin' Party at the Beach House. The mobile bike shops at Beach House, Covered Bridge, and Auburn were also much appreciated. These services are what make the CCC special.

The level of dedication of club members and friends to ensuring the success of the Capital City Century via their volunteering is always amazing. Many of you worked long hours. Some of you passed up riding the CCC to help us put on our key event of the year. Every volunteer made a valuable contribution to our success. Thank you, one and all!

The Sangamon Valley Radio Club once again provided excellent information and communication support. Thanks to Craig Held, coordinator, and his colleagues for helping us keep our riders safe once again. The Cookie Callers went above and beyond again this year, obtaining baked goods from 97 households.

The following list of volunteers is complete to the best of our knowledge. If you know of someone who volunteered who isn't listed, please advise us. We'll print a supplemental list in a future QR.

Baked Goods Callers	Sue Hack (chair), Harriet Josephson, Francie King, Christine Kohlrus, Gerry Orwig, Lynn Schollett, Deanna Shidler, Cindy Tubbs, Kathleen Winhold
Event-wide	Tom Clark (chair), Traci Tylar, Roger Schnelten
Food	Deb Cooper (chair), Lynn Miller, Ken Anderson, Sandy Anderson (co-chairs)
Auburn (set-up)	Deb Cooper, Judy Nesbitt, Tom Clark
Auburn food stop	Judy Nesbitt (chair), Joanne Abrams, Jon Edwards, Karen Guttman, Sue Hack, Harriet Josephson, Anne King, Ella King, Francie King, Gerry Orwig, Barbara Rabin, Cahl Rhiannon, Dara Voss, Mark Wagner
Beach house	Kedra Elston (co-chair), Mike Elston (co-chair), Danielle Benner, Kevin Brown, Jordan Cooper, Bill Donels, Brea Elston, Debbie Elston, Tony Henn, Deb Ihnen, Blake Jackson, Christine Kohlrus, Ginny Lee, Mabel Martin, Michelle Royer, Mike Royer, Louie Spinner, Sharon Stanley, Carolyn Taft, Roger Wright
Covered bridge food stop	Ken Anderson (chair), Jerry Ihnen, Bruce Van Metre, Joann Van Metre
Rochester water stop	Loren Shanle, Meredith Byers

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Cleanup	All the food crews plus Micci Bly, Don Harvey, Cindy Kvamme, Tom Clark
Historic ride	Naomi Greene (chair), Kevin Greene, Bob Dettling, Dave Ross, Linda Schaeffer
Information	Judy Shipp (Auburn), Dave Ross (Beach House)
Marketing	Tom Clark (chair)
Publicity	Naomi Greene (chair)
Photography	Lynn Shanklin and others
Registration	Alan Whitaker (chair), Naomi Greene (co-chair), Ridge Ackerman, Pat Aulich, Matt Costa, Deb Cooper, Brea Elston, Ally Kuhn, Patti Kuhn, Cindy Kvamme, Cyd LaBonte, Susan Lee, Len Miner, Lynn Shanklin, Traci Tylar
Route marking	Chuck Orwig (chair), Bill Bock, Tom Clark, Pete Gudmundson, Byron Nesbitt, Janice Perino, Dave Ross, Bob Sorenson, Carolyn Taft, Charles Witsman
Signs	Alan Josephson (chair), Jon Edwards, Tom Clark
SAG	Christa McLaren Morris (chair), Aleshia Bunting, Michelle Cozadd, Kevin Greene, Blaine Kinsley, David McDivitt, Marty Morris, Bob Sorenson, Alan Whitaker
T-shirts	Cindy Kvamme (chair), Cyd Labonte
Traffic direction	Alan Josephson, Bill Donels, Lynn Shanklin

We also wish to thank our service providers and sponsors.

Service providers	Information and communication support (Sangamon Valley Radio Club), mobile bike shop services at Auburn (Wheel Fast), Beach House (R & M), and Covered Bridge (Biketek); music (Moroccan Soul Band), graphic design (Terri Nelson, TEN Design).
Sponsors	Springfield Clinic (primary sponsor); Ace Bicycle Shop, Biketek Inc., E & F Distributing, R & M Cyclery, Spinner Plastics, Wheel Fast Bicycle Company, Rupnik Hospitality Management (Days Inn & Microtel) (gold & silver sponsors)

I wish to apologize to anyone whose name I've failed to mention. There are so many faithful volunteers who come out every year to make this such a great event. Your efforts are greatly appreciated!

Springfield Bicycle Club Mileage and Activity File As of August 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
Grover Everett	1,753		1,753	30	58.43			6,422	36	6,458	127	50.85		
Tom Clark	478	15	493	17	29	1	3	3,663	100	3,763	126	29.87	3	9
Marty Celnick	538	112	650	26	25	1	3	2,528	712	3,240	128	25.31	9	22
Lynn Miller	450	65	515	19	27.11			2,864	127	2,991	113	26.47	2	6
Don Harvey	617		617	19	32.47			2,815	108	2,923	124	23.57	3	12
David McDivitt	399		399	32	12.47			2,415	194	2,609	186	14.03	1	3
Karl Kohlrus	220	116	336	7	48	1	3	2,092	465	2,557	189	13.53	3	10
Bill Bock	444		444	11	40.36			2,381		2,381	64	37.2		
Curt Evoy	299	8	307	16	19.19			2,220	111	2,331	104	22.41		
Tracey Hurley	190	16	206	6	34.33	1	3	1,950	256	2,206	52	42.42	5	12
David Ross	250	48	298	10	29.8	1	3	1,745	149	1,894	81	23.38	6	13
Carol Bock	398		398	10	39.8			1,887		1,887	51	37		
Jack Hurley	51	27	78	1	78			1,758	127	1,885	27	69.81		
David Banks	110	24	134	3	44.67			1,694	75	1,769	39	45.36	1	4
Pat Stephens	467		467	18	25.94			1,763		1,763	86	20.5		
Mark Rabin	205	57	262	9	29.11	1	3	1,650	93	1,743	46	37.89	3	9
Charles Witsman	178	22	200	2	100			1,551	129	1,680	17	98.82	1	3
Ruth Magos	321	5	326	9	36.22			1,544	7	1,551	39	39.77		
Robert LaBonte	360		360	13	27.69	8	18	1,516	26	1,542	74	20.84	44	100
Cindy Kvamme	249	36	285	11	25.91	1	4	1,363	38	1,401	68	20.6	16	47
Chris King	73		73	3	24.33	3	6	1,247	32	1,279	35	36.54	12	25
Alan Whitaker	159	26	185	6	30.83	1	3	1,147	111	1,258	36	34.94	3	9
Mike Eymann	87		87	2	43.5			1,188	10	1,198	41	29.22		
Alan Josephson	169	24	193	6	32.17	5	15	907	162	1,069	31	34.48	13	39
Lynn Rhoades	255	62	317	9	35.22	1	3	831	179	1,010	26	38.85	3	9
Ernie De Frates	106	4	110	4	27.5			983	4	987	37	26.68	6	14
Sidney Marder	160	37	197	6	32.83			624	300	924	29	31.86		1
Tony Henn	207		207	9	23			876		876	39	22.46		
Christa McLaren-Morris	7		7	1	7			859	14	873	27	32.33	7	21
Dee Wise	97	77	174	4	43.5			481	365	846	17	49.76		
Linda Butler	86	4	90	3	30			835	5	840	30	28	4	11
Kent Kraft	302	3	305	8	38.13	1	3	823	9	832	27	30.81	4	12
Mary Venturini	159	8	167	4	41.75			798	34	832	21	39.62		
Jerry Ihnen	83	14	97	2	48.5	1	3	637	174	811	21	38.62	1	3
Ken Anderson	94	28	122	4	30.5			556	212	768	20	38.4		

Springfield Bicycle Club Mileage and Activity File

As of August 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
Dean Wisleder	3		3	1	3			752		752	26	28.92		
Kevin Greene	143	24	167	11	15.18	5	8	681	69	750	55	13.64	20	31
Tracie Stephens	140		140	8	17.5			731		731	41	17.83		
Micci Bly	171	31	202	6	33.67			652	31	683	21	32.52	1	2
Stephen Paca	139	36	175	4	43.75			580	89	669	18	37.17		
Ben Fox	80	15	95	3	31.67			644	17	661	12	55.08		
Bill Callan	207		207	7	29.57			611		611	21	29.1		
Ken Ratliff	100	4	104	3	34.67			601	8	609	20	30.45		
Bob Carmody	36		36	1	36			608		608	22	27.64		
Pete Gudmundson	253		253	6	42.17			596		596	16	37.25		
Harv Koplo	222		222	8	27.75		4	591		591	23	25.7		8
Mark Summer	241	4	245	6	40.83			559	12	571	14	40.79		
Derek Ewing	47	40	87	1	87			331	217	548	6	91.33		
Jon Edwards	130	13	143	3	47.67	1	3	456	76	532	12	44.33	2	6
Bob Steimel	202		202	10	20.2			507		507	30	16.9		
Kedra Elston	48		48	2	24			464	5	469	22	21.32	1	3
Gary Terpstra	184	48	232	8	29			383	48	431	16	26.94		
Christine Kohlrus	59	27	86	2	43			294	124	418	11	38		
Anna Marie Kraft	135		135	4	33.75			416	1	417	13	32.08		
Cindy Moreno	15		15	1	15			348		348	18	19.33	1	3
Mike Higgins	39		39	1	39			324		324	13	24.92		2
Bob Dettling	74	10	84	6	14			305	14	319	25	12.76	1	2
Jim Hajek	119	19	138	4	34.5			266	33	299	10	29.9		
Linda Schaeffer	74	16	90	6	15			271	26	297	21	14.14		
Joe Hills	57		57	2	28.5			293		293	11	26.64		1
Michael Higgins	144		144	5	28.8		1	280		280	11	25.45	1	4
Lyn Schollett	63	3	66	4	16.5	3	5	257	3	260	15	17.33	3	6
Naomi Greene	34	10	44	4	11	1	1	250	10	260	22	11.82	6	8
Kristina Mucinkas	64	16	80	2	40			189	56	245	12	20.42		
Chuck Orwig	40	4	44	1	44			195	45	240	5	48		
Bob Ayers	79	21	100	4	25			184	21	205	10	20.5		1
Wayne Noethe	79		79	2	39.5			197		197	7	28.14		
David Wooten	121	25	146	3	48.67			167	25	192	5	38.4		
Blaine Kinsley	72		72	3	24			184		184	9	20.44		
Don England	10	10	20	2	10			120	23	143	10	14.3		

Springfield Bicycle Club Mileage and Activity File As of August 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
Bill Bernard	20	10	30	3	10			132	10	142	14	10.14		
Vicki Berry	30		30	3	10			119	10	129	12	10.75		
Jadon Harvey	11		11	2	5.5			102		102	23	4.43		
Brigitta Ewing	10		10	1	10			76	12	88	7	12.57		
Sr Josepha Schaeffer	30		30	1	30			60	24	84	3	28		
Anne Baker	39		39	1	39			79		79	3	26.33		
Ted Sunder	65	13	78	2	39			65	13	78	2	39		
Nick Sunder	65	13	78	2	39			65	13	78	2	39		
Roger McCredie	76		76	2	38			76		76	2	38		
Suren Gummadi	51		51	1	51			51		51	1	51		
Brea Elston	48		48	2	24			48		48	2	24		
Gerry Orwig	6	4	10	1	10			19	14	33	3	11		
Jason Beauman	21	10	31	1	31			21	10	31	1	31		
Linus Beauman	21	10	31	1	31			21	10	31	1	31		
Judy Sunder	22	8	30	1	30			22	8	30	1	30		
Cindy Tubbs	15		15	2	7.5			27		27	3	9		
Kevin Brown	7	3	10	1	10			19	3	22	2	11		
Farrar Fletcher	21		21	1	21			21		21	1	21		
Lynda England	10	10	20	2	10			10	10	20	2	10		
Ginny Lee	7		7	1	7			7		7	1	7		
Totals	14,221	1,295	15,516	516	30.07	37	95	78,329	5,834	84,163	3,096	27.18	190	480

How to Enter and View SBC Miles Online

Real-time member mileage records can be accessed online, and ride miles can be entered by members at www.spfldcycling.org. Ride leaders can enter member miles on their ridesheet directly into the **Ride Leader Mileage Entry Form**. No login is required, just the password. Email [webmaster\(at\)spfldcycling.org](mailto:webmaster(at)spfldcycling.org) for the password.

Members wishing to report miles they rode on other kinds of rides are asked to do so using the **“Other Mileage Entry Form**. Members use this form to report their own miles for commuting, show-n-go, and organized rides and tours. Refer to the **Ride Rules** page for an explanation of miles that we report and track. Members using the "Other" Mileage Entry Form will register to create their own user name and password.

October Memories

By Mike Becker

1975–35 Years Ago: The SBC hosted the LAW (the League of American Wheelmen, for you purists) and its Midwest Bicycle Conference. Several rides were held around the events, which included topics on bicycling safety, BikeCentennial, and planning bikeways and trails. ++At the board meeting, a decision was reached not to hold a meeting in November or December because of conflicting holiday dates. Thus, a tradition is born (or what was a tradition when the club held meetings). ++As reported in the Springfield Bicycle Club's Newsletter, one of the topics for the October membership meeting was a discussion on the possible future adoption of a nickname for the club and newsletter. More on this next month.

1980– 30 Years Ago: The SBC earned recognition at Hilly Hundred as the club with the largest number (50) in attendance. ++The Quick Release announced that the third annual SBC Christmas party would be held at the Tudor Point Condominiums. Thus are traditions lost and rebegun. The SBC actually had its first Christmas party in 1971! That would make 1980's party the tenth, not the third. (In later years, there was also some problem with the numbering of the annual century. True SBCers never take off their Detto Pietro's even when toes are needed for counting.) ++The Club meeting program was a discussion of ride safety, prompted by an accident on a club ride involving three members. ++Harvey Schrenk won the Almost Anything Award.

1985–25 Years Ago: From the book Luther College Biology Professor's, Guide to Flattened Fauna: “The best test of a good flattened fauna specimen is if you can throw it like a frisbee.” ++The second annual Steve Newell Open was held. As you may recall, this event involves copious amounts of food, followed by vigorous attempts to burn off the calories. The Entry Form's Release gives some hint as to the rigors involved:

I hereby for myself, my heirs, executors, administrators, friends, neighbors, enemies, anybody I've ever spoken to, waive and release any and all rights and claims for damage against the SNO Race Committee, the Springfield Bicycle Club, all cognizant beings in the known universe and their agents for any injuries, intestinal problems, stomach aches, Heimlich Maneuver bruises and any excess body weight gained suffered by me during this program. I attest and verify that I am physically fit, mentally sound and am not suffering from anorexia bulimic to compete in this event.

Harry Simpson ate 6 plates of Mama Leah's spaghetti, a real piker. John Werthwein did 6 as well. Greg Lakebrink choked down 8, but the “Grand Champ Pig” was Dave Stjern, managing to put down a full nine plates. ++Program Note: Greg Lakebrink demonstrated how to true wheels, probably needed because of the excess weight on rear wheels (and rears) occasioned by the Steve Newell Open.

1990–20 Years Ago: Mark Grieve (see *infra*, 2000 for additional information) was Rider of the Month with 359 club miles. ++Another notch on the SBC Cupid's arrow: Diane Cape and Chuck Cali were married, but no comment in the QR as to whether they rode off on a tandem.

1995–15 Years Ago: The Blood Bank reported that 37 units were donated by club members. Please consider doing so if you are not a donor. This is worthwhile and may help members, given that our avocation exposes us to nasty possibilities. ++The QR listed several bicycle related mailing lists to join on line with

(Continued on page 16)

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your new Windows 95 100 MHZ Pentium processed SuperCruncher hooked up to a 28.8 fax/modem. Those were the days. (And, WordPerfect 5.1 for DOS is still the best word processor ever.) ++Awards to Amanda Kidd (Rider of the Month, 511 miles), Garland Stevens (LWB, riding through a corn field getting two flats on his new mountain bike), and Jon Edwards (AAA, for riding two laps of the Hilly Hundred).

2000–10 Years Ago: Left over from last month: Mark Grieve traveled from Portland, OR, to ride the CCC, thus continuing his record of riding each and every CCC from its inception. A man who knows priorities and how to have fun. ++Awards to Pete Gudmundson and Nancy Byerline for the Site M ride (Ride of the Month), Todd Byerline for leading said ride (AAA), Byron Nesbitt for being one hour late to his own ride (LWB), and Bill Voss for 968 miles (Rider of the Month).

SPRINGFIELD, ROLL UP YOUR SLEEVES ...



10/10/10
GLOBAL WORK PARTY

A Day to
Celebrate
Climate
Solutions

October 10, 2010

This day will be a MASSIVE opportunity to celebrate climate solutions with global impact at the local level, and bring the need for increased efforts to cut carbon to the attention of our leaders.

BIKE FROM DOWNTOWN TO JUBILEE FARM



Join the Global Work Party
Right Here in Springfield!

Go to
www.springfield350.org
for local groups & their activities

Or join the SBC Club ride Sunday 10/10/10 at 10 am
from 425 S. College to Jubilee Farm

For more information
Contact: Info@Springfield350.org
or Harv Koplo (217) 899-9175

*You are Invited To Roger's
32nd Annual Oktoberfest*

Sunday, October 10th, 2010

*Roger and Hope Schnelten
245 Circle Drive, Springfield
217-529-0780*



- Bicycle ride: 31 miles starts time 2 pm. 19 miles and shorter routes leave at 3 pm.
- R & M Cyclery gift certificate drawing at 5 pm. All riders are eligible!
- Food ready at 4:30 pm. Brats, burgers, beer/soda/hot drinks provided
- Side dishes and specialty drinks welcome
- Games for the kiddies and young at heart
- Live music by Antone and Wick
- Bonfire at dusk, weather permitting
- Lawn chairs and car pooling suggested



Directions: at the intersection of Stevenson Drive and West Lake Drive, turn South onto West Lake Drive. Proceed 0.5 miles, and turn Right onto Circle Drive. Drive 0.3 miles, and turn Left onto Circle Drive. The party is at the the third house on the left (the one with cars in the yard).



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
April	9,467	748	10,215	455	25	22.45
May	14,169	1,263	15,432	581	37	26.56
June	15,924	1,060	16,984	589	37	28.84
July	17,831	1,145	18,976	586	35	32.38
August	14,221	1,295	15,516	516	37	30.07

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
April	15,768	1,071	16,539	821	44	20.51
May	29,937	2,334	32,271	1402	81	23.02
June	45,880	3,394	49,274	1992	118	24.74
July	63,711	4,539	68,250	2578	153	26.47
August	78,329	5,834	84,163	3096	190	27.18



Springfield Bicycle Club
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October, 2010

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Please note: Be sure to check the renewal date on your address label. If the date is **HIGHLIGHTED**, please fill out and return the renewal form along with your check. This will help to keep your membership information current and up to date. **You will get only one newsletter after your renewal date.** Note: 'AT' replaces @ in all email addresses given below to protect our board members from spamming.

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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.