



RIDE OF THE MONTH

Mike Schwab led great rides from New Salem Campground.

On Sunday morning, May 7, 2006, Mike offered almost ten possible routes for rides. Most of the ten riders rode a rolling ride to the west. The most noteworthy feature of this day was the time Mike had spent putting together the large number of routes offered. Thank you, Mike!

ALMOST ANYTHING AWARD

This month's AAA goes to some caring folks driving in the Sherman area.

On Karl Kohlrus's Sunday, May 28, 2006, ride starting at the Sherman City Park and heading toward Mt. Pulaski, Bill Bock developed leg cramps. Robert Kording, driving along in his car, noticed Bill's problem, went home to trade his car for his truck and picked up Bill, his wife Carol and returned both of them as well as their bicycles to their own vehicle. Thank you, Robert Kording, for not being too busy to care!

LEAD WATER BOTTLE

Mike Schwab earns his second award this month with his cure for leg cramps.

On a recent ride, Mike was beset with leg cramps. He'd tried Gatorade to no avail, the leg cramps were still with him. He then consumed an 8 ounce jar of pickles—including the pickle juice—and the leg cramps went away. Mike's testimonial may lead to jars of pickles being tucked away in bike bags!

RIDERS OF THE MONTH

| | | |
|------------------------------|-------------------------------|----------------------------|
| 5/06 Cathy Yeaman 1190 mi. | 1/06 Tom Clark 543 mi. | 9/05 Ruth Magos 690 mi. |
| 4/06 Pete Gudmundson 757 mi. | 12/05 Ben Cole 201 mi. | 8/05 Derek Ewing 976 mi. |
| 3/06 Phil Arnold 646 mi. | 11/05 Charlie Witsman 657 mi. | 7/05 Arden Gregory 844 mi. |
| 2/06 Marty Celnick 456 mi. | 10/05 Lance Kidd 842 mi. | 6/05 Cathy Yeaman 1092 mi. |

The President's Report

Dave Ross

What a great month! There are many opportunities for fun with the Springfield Bicycle Club this month – Burgoon, Tour de Corn, and the Springfield Tri Fest triathlons.

Get involved! We need many volunteers for the Tri Fest, and the work isn't very hard. You'll not only feel good, but you'll also earn Club volunteer hours and have some opportunities for free meals.

Specifically, here's what's needed: On Friday evening, July 14, we need some volunteers to meet at the Beach House at 5:00 p.m. to help sweep the bicycle route (about a 12 mile course). Bring a broom, if you have one. Following the sweep, Bill Winberg (Head Honcho of the Tri Fest) will buy us pizza.

On Saturday evening, July 15, all Friday and Sunday volunteers are invited to the “carbo loading party” at Lincoln Land Community College's Menard Hall at 5:00 p.m., but you need to contact me no later than Tuesday, July 11, to tell me that you're planning to go so I can give Bill a count. (Phone: 789-4823, email: rossesse@sbcglobal.net)

On Sunday morning, we need about 20 corner marshal volunteers to meet at the Beach House at 7:15 a.m. where we'll receive our assignments and head out to the route. Volunteers ONLY can earn to/from miles for this event. (Bill knows that many of us will be riding to the event, and has planned for that in his schedule.) We'll be on the course by 8:00, and will be all done by about 10:00.

If you have any questions, please contact me.

BOARD POSITIONS OPEN: The Board is looking for candidates for Vice President and the Special Events Chairperson. The VP is responsible for the monthly ride schedule, and also chairs the Board meetings if the President is unavailable. The Special Events Chair is primarily responsible for organizing the Capital City Century. In addition, we could use another At Large member or two. The At Large positions carry no special duties with them other than a commitment to attend Board meetings and provide your wisdom.

If you have any interest in any of these positions, please contact me or any member of the Board. We'd be happy to answer any questions you may have.

TAKE MY JOB, PLEASE! Another possibility, if you're interested, is the President position. I would happily stay on the Board in one of the other roles if someone else would like a turn at the powerful and prestigious presidency. Don't just sit on your hands—volunteer! See you on the road!

Board Meeting Notes— May 3, 2006

Connie Roberts, Recording Secretary

Attending: Dave Ross, Kevin Brown, Ken Anderson, Dave Lucas, Cathy Yeaman, Alan and Harriet Josephson, Sue Hack, Marty Celnick, Gary and Lynn Woerner, Connie Roberts.

Minutes of the April meeting were approved.

Treasurer's Report. Dave Lucas reported that we have a balance of \$15,766.82 as of April 29, 2006.

Ride Schedule and Meetings. Kevin Brown reported he is looking for ride leaders for the month of June. The next board meeting is scheduled for June 7.

Awards. Sue Hack presided over the awards. The Ride of the Month was awarded to Robert LaBonte for his Easter ride which included hidden easter eggs along the trail. The Almost Anything Award had two nominees. Lynn Miller, Bill Donels, and Ed Barsotti for organizing the trail lobbying efforts and Robert and Cydne LaBonte for designing the new SBC jerseys. The award went to Robert and Cydne LaBonte. The Lead Water Bottle was awarded to

Marty Celnick who needed Kevin Brown to call his cell phone so that he could locate it in his car.

Legislative / Education. Lynn Miller and Bill Donels were unable to attend the meeting, but the lobbying efforts will continue.

Social Chair. Alan and Harriet Josephson reported that two cards had been sent. The SBC picnic is scheduled for June 17.

Special Events. Cathy Yeaman reported that she will be having a committee meeting this month with the members of her committee to continue planning the CCC.

Quick Release. Marty Celnick discussed concerns about the QR arriving late this month and possible reasons why. The next deadline for articles is May 15.

Old Business. The Wabash trail clean up is scheduled for May 7. Alan reported the Memorial Day weekend trip to St. Charles has 16-18 people going. The EZ rides have not had a good response but after some discussion it was decided to give it another

month. The new club jerseys are done and Cindy Kvamme will be getting samples from the manufacturer so that people can try them on to make sure they order the correct size. Sue e-mailed Bicycling magazine about the Million Mile Challenge but they showed no interest in it.

New Business. There was discussion about having a table set up at the Springfield Park District display on May 20. It was decided to have a table to display brochures and information about the SBC. There was discussion about the next year's Board.

Thanks to Dave for getting us the meeting room at Robert Morris College. The meeting was adjourned.

Next meeting: 7:30 p.m., Wednesday, June 7, at Ken Anderson's home, 2301 Sangamon Avenue.

Capital City Century by Cathy Yeaman

The 34th Capital City Century is on September 10th. We need your help to make this event a success. Please spread the word to your friends and encourage them to ride. We will have one main food stop in Auburn this year with rest stops about every 20 miles. We need volunteers to make this ride a success. There are many ways to get involved. Contact one of the chairpersons to see how you can help out:

Food Chairs: Sue Hack and Lynn Miller

Sag: Roger McCredie

Registration: Dave Ross and Kevin Brown

Route/Maps/Marking: Chuck Orwig

Signs: Alan Josephson and Lance Kidd

T-shirts: Linda Butler

All volunteers get a free CCC t-shirt and can ride a volunteer century ride on Tuesday September 12th.

Two Adams Trail-a-Bikes for sale.

Excellent condition. One black and red and the other is all black.
Each include fenders and mounting hardware. 100.00 each.
Contact Jeff Koester @ 483-7613 or ColeenJeffChat12@juno.com

RIDERS WANTED-ALAN JOSEPHSON

TRY SOMETHING DIFFERENT. ALAN WANTS TO RIDE FROM SPRINGFIELD TO JEFFERSON CITY AND COME BACK BY TRAIN. TAKE 3-4 DAYS. CALL 793-0590 OR EMAIL AHJOSEPHSON@YAHOO.COM TO DISCUSS IT.

Club Jersey Delivery Date

Cindy Kvamme

Our jerseys will be shipped from California between July 10th and July 15th. I do not expect to have them until the following week of July 17th. I will be carrying them in my car to all the rides but if that doesn't work for you give me a call and we will arrange some other way to get your jersey to you. My new goal is to get all the jerseys and vests to you in two weeks.

My last goal was to sell at least 50 items but thanks to the great design by Cyd LaBonte, all of you who purchased a jersey or vest, and the Club purchase of an additional 16 jerseys we were able to order 100 items. So you will be getting a \$5.00 refund with each item that you ordered.

The Club has purchased 16 jerseys in limited sizes. The price is \$45.75 if you are interested.

I will send an e-mail as soon as the jerseys arrive. Any questions give me a call.
Cindy Kvamme 217-744-8864

Ride and Dinner with the Big Fix

By Mark Smith

The Big Fix, the group that is riding across the USA on single-speed, fixed-gear bicycles in order to raise money for the Histiocytosis Foundation of America, is scheduled to arrive in Springfield sometime between 3:00 and 5:00 pm on Wednesday, July 5. I have planned a Club ride on that day for those who have the day off from work, or who just want to play hooky in order to go on a bike ride with these friendly and very fit cyclists.

We will leave by van at 11:00 a.m. from the parking lot of the former church at the Northeast quadrant of the intersection of Koke Mill and Old Jacksonville Road. We will drive to Jacksonville, then cycle back with the Big Fix riders.

The group will spend the night at the YMCA, and they would like to meet and have dinner on Wednesday with members of the Springfield Bicycle Club. If anyone is interested in having a pot luck at the Y with this interesting group, please bring a pasta dish, salad, or bread to share. We plan to start eating around 7:00 pm in the YMCA's Walnut Room.

For more information on the riders, the route that they are taking across the USA and their cause in general, go to fixhistio.org

Any questions? Give me a call at 546-1426.

July 2006 Ride Schedule

Anyone with questions about rides or interest in leading a ride can contact Kevin Brown at 787-5652 or by e-mail at kjbrown@prodigy.net **Members may count six out of town rides annually and add more through special volunteer activities.** Report Show n Go and out of town ride mileage to Records Chair Karl Kohlrus. For details see Ride Rules at www.spfldcycling.org. Daytime and evening rides are displayed under the first two shaded areas and go as indicated except on holidays. Special events, weekend, and holiday rides are listed below the shaded area.

Be sure to check the start times, esp. for morning rides!

| Weekday & Weekend Daytime Rides | | |
|-----------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday thru Friday 09:00 AM | Morning Geezer Ride Washington Park Shelter Dave Ross, 789-4823 | BC ride, Daily morning rides for retired geezers or those hoping to become geezers. No leaders, no maps. Participating riders should turn miles in to Karl Kohlrus. |
| Monday thru Friday 10:00 AM | Daily Show & Go Pana Trail-Lake Taylorville parking lot, Rt 29 | BC ride, Show-N-Go along the Lincoln Heritage Trail M thru F during the day. Turn miles into Karl. . |
| Monday, Wednesday & Friday | IDOT, Lost Bridge Trail Dirksen Parkway Lisa Kidd, 546-1698 | BC ride "Lunch with Lisa" ride. Lisa leads the noon trail ride. Skip lunch and ride on the trail with Lisa and other SBC regulars. |
| Tuesday & Thursday 12:15 | Robert Morris College Dave Ross 793-4239 | BC West side Lunch ride. Dave leads a ride on the trails or in the country. If he cannot make it, this becomes a show-n-go. |
| Sundays 9:00 am | Wabash Trail East end parking lot Park St. & Wabash Ave. Dave Lucas 753-3831 | EZ2 Ride – Meet at the east end of the Wabash trail for a slow, easy 15 – 20 miles on lightly traveled city streets or bike trails. Stop halfway for coffee/snacks or brunch. |
| Weekday & Weekend Evening Rides | | |
| Mondays 6:00 pm | Parkway Point Theater Lindbergh & Robbins Road Robert LaBonte 787-0237 | C Ride. An easy ride to get started and gain conditioning while going slow enough for conversation. 10 – 22 miles. Watch for Roberts traditional watermelon ride! |
| Monday, Tuesday, Wednesday & Thursday 6:00 PM | Pana Trail-Lake Taylorville Parking Lot Rt 29 Charles Witsman, 562-5208 | BCD ride, This is a weekly show-and-go on the Lincoln Heritage Trail. Turn in miles to Karl. Call Charlie if you need information about trail conditions or directions. |
| Tuesdays 6:00 pm | Carmody Residence 517 Appomatox Dr. Bob Carmody, 787-3419 | ABC Training Ride – This is the West side training ride. Aimed at those who want to train hard and fast. 12 – 25 miles- |

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| Tuesdays 6:00 pm | Schlitt Park Dave Lucas 753-3831 | EZ2 Ride – Begin at Schlitt Park (adjacent to Owen Marsh School.) An 8 – 12 mile neighborhood ride. The group will stop as necessary based on the needs/desires of the riders. |
| Tuesday & Thursday 5:45 pm | IDOT, Lost Bridge Trail Dirksen Parkway Show & Go | BC Ride. Show-N-Go along the Lost Bridge Trail. Turn miles in to Karl. |
| Wednesdays 6:00 pm | Butler School- MacArthur Blvd Sue Hack 546-4514 Dave Lucas 753-3831 | D Ride. This is an easy, neighborhood social ride. No maps, everyone will stay together for a ride of about 1 hour. Mqybe ice cream afterwards. Sue leads 6/7 & 6/28, Dave leads 6/14 & 6/21. |
| Wednesdays 6:10(ish) | Wheel Fast Bike Shop 20 Cottonwood Dr., Chatham Matt Saner 483-7807 | BC Intermediate Training Ride. Meet at the shop and plan on 20 miles. Ride to the ride for extra miles! Start time depends on when they get the shop closed! |
| Thursdays 6:00 | Rotary Park Archer Elevator & Iles Pete Gudmundson 523-8200 | ABC Training Ride – A fast workout to prepare for longer weekend rides. D riders are invited to stretch their abilities, but June be riding alone unless they bring a buddy. Several cut-outs for 12 – 25 miles. |
| Saturdays 4:00 pm | Vredenburg Park Dave Lucas 753-3831 | EZ1 Ride – Begin at Vredenburg Park adjacent to the Wabash Trail. 6 – 8 miles at a slow pace on the Wabash & Interurban Trails, with a stop at the halfway point for water or adjustments. Perfect ride for beginners. |
| Saturdays 7:00 pm | Vredenburg Park | Nighthawk BC Ride –Saturday night rides become show-n-go this month. Usual distance is about 17 miles. <u>Front & rear lights required.</u> |
| Scheduled Rides & Events | | |
| Saturday July 1 8 am | Lake Taylorville Parking Lot Robert LaBonte 787-0237 | ABCD Ride – Pana Bike Show. Ride to Pana for a 30 mile round trip. Stop in Pana for the 5 th annual antique bike show and antique car show. |
| Sun July 2 9 am | Vredenburg Park Marty Celnick 522-4206 | ABC Ride - Plan on doing from 30 up to 60 miles. Note the 9 am start time. Marty likes to sleep in! |
| Tuesday July 4 8 am Springfield 8:30 Chatham 9 am Loami | Hope Church, Koke Mill & Wabash Harmon's IGA US Post Office Cathy Yeaman 483-4912 | Burgoo Ride - Various start times and locations are provided today to give all riders the opportunity to ride to Franklin for the Independence Day celebration and Burgoo. Mileage from Springfield ~62 miles, Chatham ~48 miles and from Loami ~28 miles. It will be hot. Be sure to bring plenty of water. |

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|-----------------------------|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Wed July 5 11 am | NE side of Koke Mill & Old Jacksonville Rd Mark Smith 546-1426 | BC Ride – Meet at the former church and drive to Jacksonville to meet the Big Fix riders and cycle back to Springfield with them. 30 miles. See the associated article in this month's QR. |
| Thursday July 6 7 pm | Robert Morris College Dave Ross 793-4239 | NC – Board meeting. All SBC members are invited to attend board meetings. |
| Fri July 7 6/7 pm | Wabash Trail – East end | CD – Meet at the Wabash Trail East end parking lot. Ride for an hour followed by dinner at Little Saigon on Wabash. |
| Sat July 8 8 am | Chatham Park Alan Josephson 793-0590 | ABCD - Alan's annual Modesto ride. All kinds of mileage options: 28,34,58,65,77 miles with food/stops about each 15 miles. D's can ride the roads or trail. No festival in Modesto this year. Oh well, it will still be a good ride! |
| Sun July 9 8 am | Harmon's IGA – Chatham Phil Arnold 483-7909 | ABC – Head for Loami/New Berlin for 22, 32 or 45 miles. Ride to the ride for more miles! |
| Sun July 9 4 pm | Stone Cold Creamery 544-8410 | D – An easy afternoon ride followed by treats. 6th Street just north of Adams across from the Old State Capitol. This ride is a Show N Go this month. Turn miles in to Karl. |
| Fri July 14 6/7:15 pm | Lost Bridge Trail IDOT Parking Lot | C/D Ride Meet at Lost Bridge Trail to ride for an hour followed by dinner at Cheddar's. |
| Sat July 15 7:30 am | Chatham Park South parking lot near ball diamonds Matt Saner/WheelFast 483-7807 | ABC – Tour De Corn Metric Century Registration starts at 7. 62 and 31 miles on the road, with a 20 mile trail option. Cost is \$10. This gets you food stops, sag service and lunch. Socks to the first 120 riders, donated by WheelFast. Proceeds go to Chatham Jaycees. Pre-register at WheelFast. |
| Sun July 16 7:15 am | Beach House Lake Springfield Dave Ross 789-4823 | TriFest! 20+ volunteers needed for the TriFest. Volunteers who ride to the Beach House get to/from miles. See the Presidents column in this issue for details. (Note – no scheduled SBC rides today.) |
| Fri July 21 6/7:15 pm | Vredenburg Park | CD – Meet at the Wabash Trail East end parking lot. Ride for an hour followed by dinner at Thailand Cuisine (Montvale Dr. off Wabash) |

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|--------------------------|-----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sat July 22 9 am | Vredenburg Park Dave Ross 789-4823 | ABCD – The Prez himself takes us out for 35 – 50 miles with a trail option for D riders or if it is too hot. Note the 9 am start time. |
| Sun July 23 8 am | Rochester Station Robert LaBonte | ABC – Breakfast ride! Robert leads us to Pawnee for breakfast. |
| Sun July 23 4 pm | Stone Cold Creamery 544-8410 | D – An easy afternoon ride followed by treats. 6th Street just north of Adams across from the Old State Capitol. This ride is a Show N Go this month. Turn miles in to Karl. |
| Fri July 28 6/7 pm | Pasta House Veteran's Parkway | CD – Ride for an hour before indulging in pasta and maybe cheesecake. Non-riders try to arrive before 7 to get a table. |
| Sat July 29 8 am | Abraham Lincoln Hotel 7 th & Adams Alan Josephson 793-0590 | ABC – Today we will ride about 45 miles to New Salem with the Chicago Area Tandem Club who will be bringing the Midwest Tandem Rally to Springfield in 2008. Plenty of opportunities for cutoffs. |
| Sun July 30 8 am | Fairhills Mall David McDivitt 725-1986 | ABC Ride – David takes us out to Loami for 29 miles and on to Auburn for 51. |
| Sun July 30 4 pm | Baskin-Robbins MacArthur Blvd | D – Ice Cream Show N Go. Turn miles in to Karl. |

Springfield Bicycle Club Mileage and Activity File

As of May 31, 2006

Possible Miles for the: Month Year

| NAME | RIDE | T/F | TO-TAL | RIDE S | LED | RIDE | T/F | TO-TAL | RIDE S | LED | LENGT H |
|-----------------|------|-----|--------|--------|-----|------|------|--------|--------|-----|---------|
| Marty Celnick | 727 | 250 | 977 | 33 | 1 | 2439 | 940 | 3379 | 119 | 2 | 28.4 |
| Pete Gudmundson | 992 | 40 | 1032 | 28 | | 2517 | 50 | 2567 | 87 | 0 | 29.5 |
| Phil Arnold | 439 | 339 | 778 | 15 | 3 | 1283 | 1206 | 2489 | 53 | 3 | 47.0 |
| Tom Clark | 346 | 258 | 604 | 21 | | 1489 | 809 | 2298 | 81 | 0 | 28.4 |
| Lisa Kidd | 556 | 98 | 654 | 23 | | 1686 | 246 | 1932 | 80 | 1 | 24.2 |
| Cathy Yeaman | 1091 | 99 | 1190 | 24 | 1 | 1640 | 143 | 1783 | 36 | 1 | 49.5 |
| Lance Kidd | 514 | 98 | 612 | 20 | | 1551 | 223 | 1774 | 73 | 2 | 24.3 |
| Bob Sorenson | 317 | 110 | 427 | 12 | | 1119 | 401 | 1520 | 52 | 1 | 29.2 |
| Karl Kohlrus | 390 | 164 | 554 | 28 | 1 | 965 | 541 | 1506 | 52 | 1 | 29.0 |
| Robert LaBonte | 352 | 28 | 380 | 18 | 1 | 1410 | 60 | 1470 | 72 | 6 | 20.4 |
| Lynn Miller | 171 | 18 | 189 | 5 | | 1376 | 71 | 1447 | 44 | 2 | 32.9 |
| Curt Evoy | 473 | 72 | 545 | 24 | | 1169 | 196 | 1365 | 53 | 0 | 25.8 |
| Chuck Orwig | 529 | 97 | 626 | 15 | | 1130 | 234 | 1364 | 39 | 0 | 35.0 |
| Bill Voss | 369 | 156 | 525 | 15 | | 931 | 349 | 1280 | 39 | 0 | 32.8 |
| Pat Stephens | 464 | 0 | 464 | 14 | | 1205 | 12 | 1217 | 45 | 0 | 27.0 |
| Ruth Magos | 594 | 12 | 606 | 18 | | 1168 | 23 | 1191 | 34 | 0 | 35.0 |
| Joel Johnson | 213 | 130 | 343 | 8 | | 743 | 396 | 1139 | 28 | 0 | 40.7 |
| Cindy Kvamme | 418 | 49 | 467 | 20 | 3 | 1089 | 49 | 1138 | 52 | 4 | 21.9 |
| Arden Gregory | 275 | 92 | 367 | 9 | | 782 | 338 | 1120 | 26 | 0 | 43.1 |
| David McDivitt | 454 | 30 | 484 | 20 | | 1056 | 38 | 1094 | 45 | 5 | 24.3 |
| Charlie Witsman | 190 | 0 | 190 | 6 | | 1036 | 57 | 1093 | 30 | 0 | 36.4 |
| Mike Vonnahmen | 156 | 0 | 156 | 7 | | 1006 | 78 | 1084 | 40 | 0 | 27.1 |
| Dave Ross | 253 | 0 | 253 | 11 | 5 | 987 | 67 | 1054 | 40 | 27 | 26.4 |
| Roger McCredie | 197 | 153 | 350 | 5 | | 883 | 153 | 1036 | 26 | 0 | 39.8 |
| Alan Josephson | 303 | 53 | 356 | 12 | 4 | 872 | 120 | 992 | 39 | 8 | 25.4 |
| Marilyn Powell | 140 | 0 | 140 | 10 | | 950 | 38 | 988 | 47 | 4 | 21.0 |
| Jerry Ihnen | 178 | 55 | 233 | 10 | 1 | 637 | 214 | 851 | 26 | 2 | 32.7 |
| Derek Ewing | 278 | 120 | 398 | 7 | | 689 | 157 | 846 | 20 | 0 | 42.3 |
| Brock Webb | 212 | 60 | 272 | 5 | | 721 | 113 | 834 | 18 | 0 | 46.3 |
| Katie Wiedner | 100 | 46 | 146 | 3 | | 582 | 228 | 810 | 25 | 0 | 32.4 |
| Ken Andersen | 261 | 72 | 333 | 8 | 1 | 622 | 172 | 794 | 20 | 1 | 39.7 |

Springfield Bicycle Club Mileage and Activity File

| NAME | RIDE | T/F | TO-TAL | RIDE S | LED | RIDE | T/F | TO-TAL | RIDE S | LED | LENGT H |
|----------------------|------|-----|--------|--------|-----|------|-----|--------|--------|-----|---------|
| Jon Edwards | 358 | 51 | 409 | 10 | | 701 | 83 | 784 | 21 | 0 | 37.3 |
| Sr Josepha Schaeffer | 129 | 10 | 139 | 5 | | 718 | 38 | 756 | 29 | 0 | 26.1 |
| Bill Bock | 383 | 0 | 383 | 11 | | 721 | 0 | 721 | 21 | 0 | 34.3 |
| Rich Saal | 110 | 38 | 148 | 4 | | 489 | 172 | 661 | 20 | 0 | 33.1 |
| Lynn Rhoades | 115 | 30 | 145 | 4 | | 495 | 123 | 618 | 17 | 0 | 36.4 |
| Bob Carmody | 242 | 10 | 252 | 10 | 4 | 562 | 21 | 583 | 24 | 7 | 24.3 |
| Linda Butler | 244 | 16 | 260 | 9 | | 561 | 16 | 577 | 22 | 2 | 26.2 |
| Dave Lucas | 160 | 48 | 208 | 35 | 5 | 425 | 137 | 562 | 58 | 14 | 9.7 |
| Carol Bock | 359 | 0 | 359 | 10 | | 561 | 0 | 561 | 15 | 0 | 37.4 |
| Ernie DeFrates | 141 | 8 | 149 | 7 | | 551 | 10 | 561 | 26 | 1 | 21.6 |
| Cindy Moreno | 321 | 0 | 321 | 14 | | 482 | 10 | 492 | 24 | 0 | 20.5 |
| Mike Schwab | 102 | 3 | 105 | 11 | 1 | 433 | 43 | 476 | 34 | 1 | 14.0 |
| Dan Mitchell | 166 | 0 | 166 | 4 | | 423 | 14 | 437 | 11 | 0 | 39.7 |
| John Day | 281 | 30 | 311 | 9 | 1 | 393 | 30 | 423 | 14 | 1 | 30.2 |
| Mary Lou Hicks | 249 | 13 | 262 | 9 | | 401 | 13 | 414 | 14 | 0 | 29.6 |
| Karen Bretenbach | 157 | 16 | 173 | 6 | | 352 | 44 | 396 | 15 | 0 | 26.4 |
| Stan Gralnick | 227 | 12 | 239 | 10 | | 374 | 12 | 386 | 16 | 0 | 24.1 |
| Bruce Yurdin | 298 | 55 | 353 | 10 | | 298 | 55 | 353 | 10 | 0 | 35.3 |
| Kathy Shepard | 202 | 27 | 229 | 10 | | 308 | 45 | 353 | 17 | 0 | 20.8 |
| Mark Smith | 202 | 27 | 229 | 10 | | 308 | 45 | 353 | 17 | 0 | 20.8 |
| Micci Bly | 147 | 0 | 147 | 4 | | 276 | 12 | 288 | 8 | 0 | 36.0 |
| Ben Cole | 14 | 0 | 14 | 1 | | 214 | 74 | 288 | 14 | 0 | 20.6 |
| Aaron Shehan | 121 | 15 | 136 | 4 | | 263 | 22 | 285 | 9 | 0 | 31.7 |
| Kevin Brown | 99 | 5 | 104 | 14 | 2 | 209 | 34 | 243 | 25 | 5 | 9.7 |
| Ed Taylor | 107 | 0 | 107 | 4 | | 224 | 0 | 224 | 9 | 0 | 24.9 |
| Hope Schnelten | 147 | 22 | 169 | 6 | | 198 | 22 | 220 | 10 | 0 | 22.0 |
| Jackie Galli | 61 | 3 | 64 | 2 | | 216 | 3 | 219 | 7 | 0 | 31.3 |
| Mark Rolens | 130 | 6 | 136 | 6 | | 210 | 6 | 216 | 11 | 0 | 19.6 |
| Connie Roberts | 139 | 4 | 143 | 6 | | 203 | 11 | 214 | 9 | 0 | 23.8 |
| Don Daniels | 96 | 26 | 122 | 3 | | 156 | 54 | 210 | 6 | 0 | 35.0 |
| Sue Dees | 92 | 0 | 92 | 5 | | 200 | 0 | 200 | 14 | 0 | 14.3 |
| Jan Cimerosa | 112 | 0 | 112 | 5 | | 196 | 0 | 196 | 9 | 0 | 21.8 |

Springfield Bicycle Club Mileage and Activity File

| NAME | RIDE | T/F | TO-TAL | RIDE S | LED | RIDE | T/F | TO-TAL | RIDE S | LED | LEN GTH |
|-------------------|------|-----|--------|--------|-----|------|-----|--------|--------|-----|---------|
| Kent Kraft | 87 | 27 | 114 | 3 | | 152 | 37 | 189 | 5 | 0 | 37.8 |
| Janice Perino | 26 | 38 | 64 | 2 | | 82 | 103 | 185 | 6 | 0 | 30.8 |
| Curt Winhold | 115 | 5 | 120 | 3 | | 139 | 25 | 164 | 4 | 0 | 41.0 |
| Harriet Josephson | 88 | 7 | 95 | 7 | 1 | 144 | 12 | 156 | 12 | 1 | 13.0 |
| Jack Hurley | 45 | 0 | 45 | 2 | | 108 | 42 | 150 | 5 | 0 | 30.0 |
| Grover Everett | 108 | 0 | 108 | 2 | | 140 | 0 | 140 | 3 | 0 | 46.7 |
| Garland Stevens | 18 | 8 | 26 | 1 | | 114 | 16 | 130 | 6 | 0 | 21.7 |
| Cyd LaBonte | 18 | 0 | 18 | 1 | | 129 | 0 | 129 | 9 | 0 | 14.3 |
| Gerry Orwig | 19 | 24 | 43 | 3 | | 70 | 53 | 123 | 9 | 3 | 13.7 |
| Brigetta Ewing | 20 | 10 | 30 | 2 | | 103 | 19 | 122 | 7 | 0 | 17.4 |
| Christa Morris | 98 | 0 | 98 | 5 | | 112 | 0 | 112 | 6 | 0 | 18.7 |
| Steve Smith | 67 | 10 | 77 | 5 | | 95 | 10 | 105 | 7 | 0 | 15.0 |
| Lyn Schollett | 43 | 0 | 43 | 3 | | 105 | 0 | 105 | 7 | 0 | 15.0 |
| George Carver | 103 | 0 | 103 | 3 | | 103 | 0 | 103 | 3 | 0 | 34.3 |
| Kedra Elston | 45 | 0 | 45 | 3 | | 98 | 0 | 98 | 7 | 0 | 14.0 |
| Dave Leigh | 95 | 0 | 95 | 3 | | 95 | 0 | 95 | 3 | 0 | 31.7 |
| Janet Cooper | 89 | 0 | 89 | 2 | | 89 | 0 | 89 | 2 | 0 | 44.5 |
| Roger Schnelten | 47 | 22 | 69 | 2 | | 57 | 22 | 79 | 3 | 0 | 26.3 |
| David Kolaz | 37 | 0 | 37 | 1 | | 76 | 0 | 76 | 2 | 0 | 38.0 |
| Matt Saner | 75 | 0 | 75 | 4 | 4 | 75 | 0 | 75 | 4 | 4 | 18.8 |
| Roger Frye | 60 | 0 | 60 | 4 | | 75 | 0 | 75 | 5 | 0 | 15.0 |
| Roger Wright | 34 | 37 | 71 | 1 | | 34 | 37 | 71 | 1 | 0 | 71.0 |
| Kye Swanson | 52 | 15 | 67 | 1 | | 52 | 15 | 67 | 1 | 0 | 67.0 |
| Brian Esker | 20 | 42 | 62 | 1 | | 20 | 42 | 62 | 1 | 0 | 62.0 |
| Brea Elston | 19 | 0 | 19 | 2 | | 61 | 0 | 61 | 5 | 0 | 12.2 |
| Scott Cheffy | 40 | 20 | 60 | 2 | | 40 | 20 | 60 | 2 | 0 | 30.0 |
| JoAnn Abrams | 8 | 0 | 8 | 1 | | 56 | 2 | 58 | 4 | 0 | 14.5 |
| Gary Boner | 38 | 16 | 54 | 2 | | 38 | 16 | 54 | 2 | 0 | 27.0 |
| Tracey Hurley | 36 | 0 | 36 | 2 | | 54 | 0 | 54 | 3 | 0 | 18.0 |

Springfield Bicycle Club Mileage and Activity File As of May 31, 2006

| NAME | RIDE | T/F | TO-TAL | RID ES | LED | RIDE | T/F | TO-TAL | RIDE S | LED | LEN GTH |
|--------------------|------|-----|--------|--------|-----|------|-----|--------|--------|-----|---------|
| John Sanford | 38 | 15 | 53 | 3 | | 38 | 15 | 53 | 3 | 0 | 17.7 |
| Jonathan Reininger | 8 | 2 | 10 | 1 | | 42 | 7 | 49 | 7 | 0 | 7.0 |
| Alfred Arkley | 47 | 0 | 47 | 1 | | 47 | 0 | 47 | 1 | 0 | 47.0 |
| Bode Zietz | 33 | 14 | 47 | 1 | | 33 | 14 | 47 | 1 | 0 | 47.0 |
| Nick Brummer | 20 | 22 | 42 | 1 | | 20 | 22 | 42 | 1 | 0 | 42.0 |
| Mike Elston | 26 | 0 | 26 | 1 | 1 | 41 | 0 | 41 | 2 | 1 | 20.5 |
| Josolan Cox | 20 | 20 | 40 | 1 | | 20 | 20 | 40 | 1 | 0 | 40.0 |
| Jacquelyn DeVaney | 20 | 20 | 40 | 1 | | 20 | 20 | 40 | 1 | 0 | 40.0 |
| Jake McCulley | 40 | 0 | 40 | 2 | | 40 | 0 | 40 | 2 | 0 | 20.0 |
| Tommy Pastor | 20 | 20 | 40 | 1 | | 20 | 20 | 40 | 1 | 0 | 40.0 |
| Terri Nelson | 33 | 0 | 33 | 1 | | 33 | 0 | 33 | 1 | 0 | 33.0 |
| Ross Dombro | 30 | 0 | 30 | 1 | | 30 | 0 | 30 | 1 | 0 | 30.0 |
| Don McFail | 28 | 0 | 28 | 1 | | 28 | 0 | 28 | 1 | 0 | 28.0 |
| Steve Sommer | 20 | 8 | 28 | 1 | | 20 | 8 | 28 | 1 | 0 | 28.0 |
| Kathleen Winhold | 27 | 0 | 27 | 2 | | 27 | 0 | 27 | 2 | 0 | 13.5 |
| Rebecca Hood | 25 | 0 | 25 | 2 | | 25 | 0 | 25 | 2 | 0 | 12.5 |
| Mark White | 24 | 0 | 24 | 1 | | 24 | 0 | 24 | 1 | 0 | 24.0 |
| Bob Dettling | 23 | 0 | 23 | 3 | | 23 | 0 | 23 | 3 | 0 | 7.7 |
| Josie Clark | 17 | 4 | 21 | 1 | | 17 | 4 | 21 | 1 | 0 | 21.0 |
| Scott Simpson | 20 | 0 | 20 | 1 | | 20 | 0 | 20 | 1 | 0 | 20.0 |

Springfield Bicycle Club Mileage and Activity File As of May 31, 2006

| NAME | RIDE | T/F | TO-TAL | RID ES | LED | RIDE | T/F | TO-TAL | RIDE S | LED | LEN GTH |
|-------------------|-----------|------|-----------|--------|-----|-----------|------|-----------|--------|-----|---------|
| Chihoko Reininger | 8 | 2 | 10 | 1 | | 15 | 4 | 19 | 2 | 0 | 9.5 |
| Blake Scranton | 18 | 0 | 18 | 1 | | 18 | 0 | 18 | 1 | 0 | 18.0 |
| Deb Lewis | 15 | 0 | 15 | 1 | | 15 | 0 | 15 | 1 | 0 | 15.0 |
| Cindy Tubbs | 12 | 0 | 12 | 1 | | 12 | 0 | 12 | 1 | 0 | 12.0 |
| Sheryl Essenberg | 9 | 0 | 9 | 1 | | 9 | 0 | 9 | 1 | 0 | 9.0 |
| Jack Fair | 8 | 0 | 8 | 1 | | 8 | 0 | 8 | 1 | 0 | 8.0 |
| Virginia Fair | 8 | 0 | 8 | 1 | | 8 | 0 | 8 | 1 | 0 | 8.0 |
| Mike Royer | 6 | 0 | 6 | 1 | | 6 | 0 | 6 | 1 | 0 | 6.0 |
| TOTALS | 1981 6 | 3582 | 2339 8 | 820 | 40 | 5230 2 | 9696 | 6199 8 | 2233 | 111 | 27.8 |

Secretary's Report Ken Anderson, Secretary

Renewals:

Jim Hauek
 Charlie Downs
 Stephen Cathey & Family
 Don & Will McFall
 Jackie & Adam Galli
 Deb Koua & Family

Renewals at the Contributing Level:

Greg & Collen Pinto
 Jeff Mitchell

Renewals at the Sustaining Level:

Ernie DeFrates
 Stan Gralnick

New Members:

Susan & Nick Shelton
 Mark Vance
 Cecilia Shoard & Family
 Blake Scranton
 Bob Dettling
 Warren Lutz
 Stacie Wachtel

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.

News From the World of Bicycling

Excerpts from bikeleague@bikeleague.org

Help Fight a Bicycle Ban in North Texas!

Last week, the League and the Texas Bicycle Coalition alerted cyclists to a possible bike ban on a critical east-west road, FM 455, in Anna, Texas. In response, more than 100 cyclists attended the City Council public hearing on June 13. Anna is located in Collin County, north of Dallas. Representatives from BikeDFW, the Plano Bicycle Association, the Texas Bicycle Coalition and two citizens from Anna spoke against the bike ban. Only one resident was in attendance to support the bike ban. Despite the impressive turnout, the Anna City Council passed a motion to increase the fine for cycling on FM 455 to \$200. The Council also chose to add the penalty of impounding the bicycles of offenders. The motion did remove a requirement that bicycles be registered with the City. The Council added the word 'temporary' to the bike ban ordinance with no explanation or discussion. The duration of temporary was not defined, but the Texas Bicycle Coalition has evidence to indicate that it will be a minimum of five years before the roadway in question can be widened. The citizens of Anna, Texas need your help!

Write respectful letters addressed to Anna Mayor Kenneth Pelham requesting the City of Anna repeal the bike ban ordinance on FM 455. He can be reached at The Honorable Kenneth L. Pelham; City of Anna; P.O. Box 776; Anna, Texas 75409. The League's letter to Mayor Pelham can be found [here](#).

Top 10 Worst Cities for Bicycle Theft

Kryptonite, the bicycle lock company, has announced its Top 10 Worst Cities for Bike Theft in 2006. Kryptonite uses its own data to create the list. This is the eighth time the company has published the list, which is compiled by theft data that Kryptonite has accumulated over three decades. With the latest FBI Uniform Crime Report (2004) showing a property crime every 3.1 seconds, Kryptonite warns cyclists everywhere to always lock their bicycle when not in use especially in the following areas:

Top 10 (Or Bottom Ten)

1. New York, N.Y.
2. San Francisco, Calif.
3. Chicago, Ill.
4. Washington, D.C.
5. Boston, Mass.
6. Eugene, Ore.
7. Philadelphia, Pa.
8. Oakland, CA
9. Seattle, WA
10. Miami, FL

More stuff on next page

News From the World of Bicycling

Continued from P. 15

Calif. B&Bs Reach Out to Cyclists

California bed and breakfast inns are adding another B to their list of offerings: bikes. The California Association of Bed and Breakfast Inns (CABBI) is launching its newest travel program, Beds, Bikes & Breakfast. Ninety CABBI B&Bs throughout California are officially designated as bike-friendly and offer secured bike storage facilities and healthy, hearty breakfasts to fuel a day of touring. Many inns also offer laundry facilities and area bike trail maps. Cycling advocate and Bear Valley Inn owner/innkeeper and League board member Amanda Eichstaedt provided CABBI with valuable insight into cyclists' needs while traveling by bike. Travelers interested in finding bike-friendly B&Bs can visit www.cabbi.com and search for inns marked with a bicycle icon. CABBI's free Travel Guide Map, also available online, pinpoints where each B&B is located so cyclists can plan vacations whether they are avid riders or recreational cruisers.

The Self-Powered Factory

When Tony Ellsworth began planning a new San Diego home for his custom-bike company, Ellsworth Bikes, he aimed from the get-go to minimize the project's impact on both his bank account and the environment. A geothermal system heats and cools the building, and electricity is provided by rooftop solar cells, which feed excess energy back into the local electricity grid to be credited at full retail value. He expects to recoup the cost of the solar system -- \$28,000 after rebates -- in four years. And his green factory even helps him cope with the stress of running a small business. "I deal with the low moments by going out back and watching the electric meter run backward," he says. "That always puts a smile on my face." Reprinted from the July 2006 issue of Popular Science.

Bicycle Built for Two

Clad in shorts and a polo shirt, Rep. Rick Boucher (D-Va.) married his girlfriend, Amy Hauslohner, on June 3, 2006. The couple biked about 10 miles along the Virginia Creeper Trail from Abingdon to Damascus, one of their favorite routes, and exchanged vows privately on an old railroad bridge. The newlyweds then biked back to Abingdon. Excerpted from The Hill.

My Big Crash

By Marty Celnick

Friday, December 4, 1998 was an overcast and unseasonably warm day in Topeka, Kansas. That day, the temperature would rise into the 60's, and the wind was from the south at 10-20 miles/hr. Early in the morning, I put on a flannel shirt and jeans, in preparation for another casual Friday at the office. Then I got on the bike and began my 11 mile commute to downtown Topeka.

The first 40 minutes or so were uneventful. Indeed, if anything, I was about to make it to work in record time, thanks to the brisk tailwind. I was riding east on 10th Street and was about 3/4 of a mile from the office, when I came to a traffic light. The intersection was busy in the morning rush hour. A long line of cars was stopped at the light. On my right was a Walgreen's store and parking lot. My habit then was to ride past the stopped cars to the front of the line. While I was doing that, a white van turned left in front of me to get into the parking lot. I couldn't stop in time, so I hit the van.

I went down to my right and landed hard on my left knee. I was scraped and bruised, but I seemed to have escaped serious injury. A woman at the scene said she was a nurse, and went into the pharmacy to retrieve an ice pack. A policewoman on a mountain bike arrived and began taking information. What had happened, I learned, was that the driver in the small truck to my left, waved in the guy in the van that turned in front of me. I was unable to see that and couldn't anticipate it. The driver who waved the van in, apologized and said he should have been aware of my presence. He offered to drive me to the emergency room. I put my bike in the back, and we drove off.

While waiting to see the doctor, I received a visit from the police officer, who asked to see my license, and wrote me a ticket. She explained that I had violated a state law prohibiting a bicycle from passing a motor vehicle on the right. Had I stopped when the truck stopped, she told me, I would not have crashed. I might have thought that I had the right of way over that left turning van, but that's not what the law said.

Soon the doctor examined my banged up knee. He told me that no treatment was available, other than rest and painkillers. For several days, I felt pain every time I got out of a chair. The pain soon went away.

The traffic summons was another matter. In February, 1999 I went before a judge to plead my case. The judge found me guilty, and fined me \$15, plus \$27 court costs, for a total of \$42. Worst of all, this violation was on my driving record, even though I wasn't driving when the accident occurred.

Since then, I've been more careful about negotiating busy intersections. It's probably not a good idea to pass cars on the right, as you may be unable to see all of what's in front of you. It also may be illegal. It's always best to know the laws in our state.

Springfield Bicycle Club
Membership Application

Member

Member Information

New Member Renewing Member Change Address

Name _____ Home Phone _____

Address _____ Work Phone _____

City _____ Birth Date _____

State _____ Zip _____ Email Address _____

I obtained my application from:

I would like to help with SBC activities

Bike Shop Name _____

Yes

A current Club member

No

Type of Membership

Individual \$15/yr Family \$20/yr Contributing \$25/yr

Sustaining \$50/yr Patron \$100/yr Corporate \$100/yr

Dollars beyond basic \$15 or \$20 rate from Contributing, Sustaining, and Patron memberships go to your choice:

Bicycle Advocacy Fund

SBC General Fund

My Advocacy Donation Amount is: _____

Family Member Information

The SBC presents yearly awards for the most "club miles" in various age groups. We need birth dates to determine these presentations. Your participation is optional, of course.

Name 1 _____ Birth Date _____

Name 2 _____ Birth Date _____

Name 3 _____ Birth Date _____

Name 4 _____ Birth Date _____

Legal Waiver

I (and my parent or guardian in case of a person under 18 years of age) hereby release the Springfield Bicycle Club and any other party or parties involved in any Springfield Bicycle Club activity of any liability whatsoever for any loss or damage to property or for personal injury sustained or occurring on any Springfield Bicycle Club event.

Signature _____

Date _____

Parent / Guardian _____

Date _____

Official SBC Name Badges

Hang it on your seat bag. These are a pretty neat way to let other riders know your name. Include **\$10.00 dollars** extra and print your name (clearly) on the following line as you would like it to appear on your name badge:

Badge Name: _____

Mail with Check to:
Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705



SPRINGFIELD BICYCLE CLUB 2006 MILEAGE SUMMARY



| MONTHLY | | | | | | | | |
|----------|---------------|--------------|----------------|--------|---------|-----|------------------------|-----------------------|
| MONTH | RIDE MILES | T/F MILES | TOTAL MILES | #RIDES | #RIDERS | LED | #RIDERS PER RIDE | AVG RIDE LENGTH |
| January | 6,589 | 1,385 | 7,974 | 40 | 297 | 9 | 7.4 | 26.85 |
| February | 4,102 | 675 | 4,777 | 36 | 195 | 9 | 5.4 | 24.50 |
| March | 7,013 | 1,277 | 8,290 | 42 | 298 | 9 | 7.1 | 24.82 |
| April | 14,782 | 2,777 | 17,559 | 67 | 623 | 44 | 8.3 | 28.18 |
| May | 19,810 | 3,582 | 23,392 | 76 | 820 | 40 | 10.8 | 28.53 |

| CUMULATIVE | | | | | | | | |
|------------|---------------|--------------|----------------|--------|---------|-----|------------------------|-----------------------|
| MONTH | RIDE MILES | T/F MILES | TOTAL MILES | #RIDES | #RIDERS | LED | #RIDERS PER RIDE | AVG RIDE LENGTH |
| January | 6,589 | 1,385 | 7,974 | 40 | 297 | 9 | 7.4 | 26.85 |
| February | 10,691 | 2,060 | 12,751 | 76 | 492 | 18 | 6.5 | 25.92 |
| March | 17,704 | 3,387 | 21,041 | 118 | 790 | 27 | 6.7 | 26.63 |
| April | 32,486 | 6,114 | 38,600 | 185 | 1,413 | 71 | 7.6 | 27.32 |
| May | 52,296 | 9,696 | 61,992 | 261 | 2,233 | 111 | 8.6 | 27.76 |



