



Ride of the Month

This month's award goes to Karl Kohlrus for an enjoyable ride from Sherman.

On Labor Day, Karl Kohlrus led us out on 30- to 52-mile routes from Sherman, passing through the towns of Mt. Pulaski, Elkhart, and Williamsville. (You can tell we're flatlanders when we ride all the way to Elkhart just for the thrill of going up and down a hill!) It was a beautiful day, and everyone reports having a good time on the ride. Thanks, Karl!

Almost Anything Award

The Elston family makes a great contribution to the food effort at CCC.

The SBC motto is, "We ride to eat; we eat to ride." And when you've got hungry riders at the end of a Century, it takes a lot to feed them and keep them happy! Fortunately for our club, we've got the Elston family. Mike, Kedra, Jack, and Brea were all up at the crack of dawn grilling and serving food for the CCC, putting in at least 14 hour shifts. Elstons, we want you to know that your efforts are very much appreciated, so please accept this month's Almost Anything Award..

Lead Water Bottle

Cindy — What 's the sound of one pedal turning?

Connie Roberts has a friend, Cindy Johnson, who recently rejoined the Club. Connie talked Cindy into riding the CCC this year, and Connie graciously picked her up. However, when they were ready to start out, Cindy noticed that her bicycle was missing a pedal! So, was this a cheesy attempt to get out of riding the Century, or is there a pedal thief loose in Springfield? Fortunately, Connie had a spare pedal, and Cindy's ride didn't have to be cancelled after all. Cindy, we're glad to have you as a member and fellow rider. As you carry the Lead Water Bottle this month, let us remind you to do an ABC quick check on your equipment before setting out!

Riders of the Month

| | | |
|--------------------------------|-------------------------------|--------------------------------|
| 9/06 Lisa Kidd, 728 mi. | 5/06 Cathy Yeaman, 1190 mi. | 1/06 Tom Clark, 543 mi. |
| 8/06 Bill Bock, 759 mi. | 4/06 Pete Gedmundson, 757 mi. | 12/05 Ben Cole, 201 mi. |
| 7/06 Charlie Witsman, 1633 mi. | 3/06 Phil Arnold, 646 mi. | 11/05 Charlie Witsman, 657 mi. |
| 6/06 Chuck Orwig, 650 mi. | 2/06 Marty Celnick 456 mi. | 10/05 Lance Kidd, 842 mi. |

The President's Report

November 2006

Your bicycle club has some new Board members, and I'd like to take this opportunity to publicly thank the outgoing Board members. Cathy Yeaman was our Special Events Chair last year and coordinated the Capital City Century. We all appreciate her hard work this year. Alan and Harriet Josephson were our Social Chairs, planning the summer picnic and the holiday party. In a club that likes to eat, party planning is *always* appreciated, isn't it? Many, many thanks to Cathy, Alan, and Harriet.

In other Board member news, David McDivitt joins the Board in the Vice President position, where he will be responsible for ride planning. If you have any ideas for the ride schedule, please contact David. Kevin Brown (last year's VP) will continue on the Board as an At-Large member. Roger McCredie is the new Special Events Chair. Aaron Shehan (an At-Large member last year) will take over the Social Chair position. And Tom Clark joins the Board as co-editor of the Quick Release. My thanks to all the Board members for your willingness to serve.

The CCC was very successful this year, and we had a number of people join the Club as a result of the Century. If you have any ideas or suggestions for next year's Century, Roger is already making plans and would be happy to hear from you.

As the weather begins to turn a bit cooler, remember that you do not have to hang up your bike – with a small investment in some warm clothing, you can continue to ride through most of the fall and winter.

See you on the road!

Thanks for Your Help!!!!!!

A big thank you to all the volunteers that helped with the Senior Olympics from Ken Anderson, Deb Staley with the Springfield Park District, and all the participants.



Board Meeting Notes— October 11, 2006

Connie Roberts, Recording Secretary

Attending: Dave Ross, Kevin Brown, Ken Anderson, Dave Lucas, Cathy Yeaman, Alan Josephson, Lynn Miller, Sue Hack, Marty Celnick, Roger McCredie, David McDivitt, Mike Schwab, Nancy Skube, Marilyn Clark, Connie Roberts.

Minutes from the August meeting were approved.

Treasurer's Report. Dave Lucas reported that we have a balance of \$14,713.60 as of September 4, 2006.

Ride Schedule and Meetings. Kevin Brown reported he will do the ride schedule for October. The next board meeting is scheduled for October 11, 2006.

Awards. Sue Hack presided over the awards. The Ride of the Month was awarded to Jon Edwards for his ride from the Lost Bridge Trail. The Almost Anything Award had two nominations, Alan Josephson and Robert LaBonte for organizing the SBC weekend in Champaign-Urbana and Mike Becker for the SBC Memories articles in the Quick Release. The award went to Mike Becker. The Lead Water Bottle was awarded to Roger Wright for running the red light at the intersection of Washington and Veterans

Parkway.

Legislative / Education. Lynn Miller reported that Karl Kohlrus, John Day, and himself have been working on a memo with Interurban Trail Construction items for negotiation with IDOT District 6. A meeting is scheduled September 13 at IDOT to discuss these issues. There will also be representation from the Springfield Roadrunners, Springfield Ski Club, and Springfield Park District.

Social Chair. Alan Josephson reported that one card had been sent and that Aaron Shehan has all the information to take over the Social Chair position for the upcoming year.

Special Events. Cathy Yeaman reported that final preparations are being made for the CCC. The Senior Olympics will be held September 23-24 and there is a need for many volunteers.

Quick Release. Marty Celnick reported that Tom Clark is co-editor of the QR. The deadline for articles is September 15.

Old Business. The easy riders are still going strong and the rides will continue thru October. The Springfield

Tri-Fest was discussed. It was decided that the SBC would not be involved next year due to the lack of organization. Elections for next year's Board were held and the following members were elected to the Board for the coming year: Dave Ross, President; David McDivitt, VP; Ken Anderson, Membership Secretary; Connie Roberts, Recording Secretary; Dave Lucas, Treasurer; Roger McCredie, Special Events; Aaron Shehan, Social Chair; Lynn Miller, Legislative / Education Chair; Sue Hack, Incentive Chair; Karl Kohlrus, Records; Marty Celnick and Tom Clark, QR Co-Editors; Bill Donels and Kevin Brown, At-Large Members. The annual dinner for old and new Board members will be held September 29 at the Pasta House.

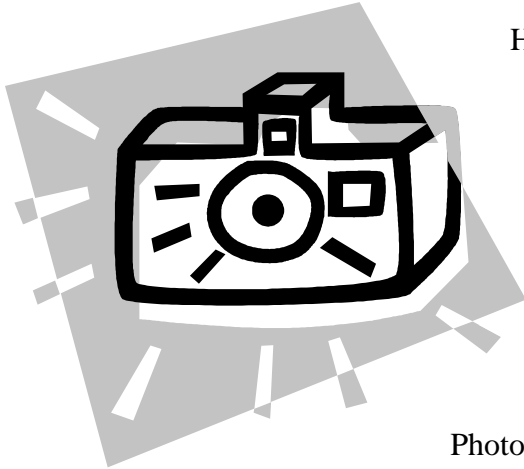
New Business. There was no new business.

Thanks to Kevin Brown and Lola Lucas for letting us have the Board Meeting in their new home. The meeting was adjourned.

Next meeting: 7:00 p.m., Wednesday, October 11, at Ken Anderson's home, 2301 Sangamon Avenue.

Holiday Slide Show Needs Photographs; Deadline November 25

By Curt Evoy



Have you been taking photographs of your biking adventures this year? Wherever your biking journeys have taken you, submit your high-resolution photos to me for the holiday party slide show.

The deadline to get photos in is November 25, 2006. The show will debut at the SBC Holiday Party; bring your popcorn.

Photos can be sent to me at sbcphotos@insightbb.com. Thank you, see you at the big show.

Secretary's Report

Ken Anderson, Secretary

Renewals

Pete Gudmundson
Robert Landers
John Nunneman
Rob Dombro
Grover Everett
Robert Sorenson & Family
Kerry Wright
Paul Anthony
Lynn Rhoades
Ellen Schlieckau
Derek Ewing & Family
Pat Aulich
Armand Tippet
Margaret Kelly

Renewals at the Sustaining Level

Carman Chapman Pfeiffer

New Members

Derek Young
Dennis Christensen
Bridget Holcomb

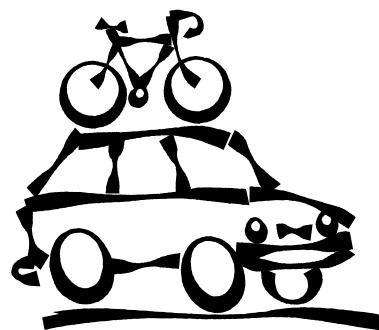
Thanks to all for your support of the SBC and bicycling!! Ride safe!! Note: Renewals or new applications not received by the end of the first week of the month may be recorded on next month's report.

Alan's Historic and Scenic Trips 2007

For 2007, there are several *exciting choices* of trips. Each will be designed similar to past tours as described on my website www.historicandscenic.com. This means both bikers and non-bikers are welcome! However, I plan to do only one or two of the trips listed and it all depends on YOUR interest!

The time will be during the months of July-October depending on the trip(s) selected. So, please email or call me for the ones which interest you, **ASAP**. They are listed below. I plan to have the trip information, itinerary and pricing developed no later than January.

- A- Road bike (& hike) some of Utah's SW canyon area. Terrain is flat to rolling
- B- Road bike + historical sights around Michigan. Possibly Grand Rapids, Dearborn and North. Terrain is flat
- C- Road bike New England- Connecticut River Valley / Massachusetts / Vermont. Terrain is flat possibly some rolling hills or maybe a few real ones!
- D- Great Britain or Ireland + possible barge trip. Terrain? This will be a longer and much more expensive trip!



Please advise what appeals to you and the months which would work for you. There is NO obligation. The tours with the most interest will be where we go!

Alan Josephson 793-0590 alan@historicandscenic.com

(paid advertisement)

Extra Club Jerseys

By Cindy Kvamme

The final jersey order has arrived. If you haven't picked up your order yet please call me (Cindy) at 744-8864. Robert LaBonte will be taking care of the extra jerseys that the club has ordered. 787-0237.

Volunteer Hours

By Sue Hack, Incentive Chairperson

If you have worked as a volunteer at a club sponsored activity, you are entitled to turn in the number of hours you have worked. At the holiday party the names of four volunteers are drawn and presented with gift certificates to a bicycle shop of each winner's choice. Your hours are only counted if you take the initiative to turn them in. You may e-mail them to me at shack2@earthlink.net.

November 2006 Ride Schedule

Anyone with questions about rides or interest in leading a ride can contact David McDivitt at 725-1986 or by e-mail at david(at)bikehappy.org. **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 rides go as indicated except on holidays.** Contact David McDivitt with questions or suggestions for Friday night events.

| Weekday & Weekend Daytime Rides | | <i>Check the start times!</i> |
|--|--|--|
| Monday thru Friday 10:00 am | Morning Geezer Ride Washington Park Shelter Dave Ross, 789-4823 | BC - Daily morning ride for retired geezers or those hoping to become geezers. No leader, no map. Participating riders should turn miles in to Karl Kohlrus. |
| Monday thru Friday 10:00 am | Daily Pana Trail Show & Go Lake Taylorville parking lot, Rt 29 | BC - Show-N-Go along the Lincoln Heritage Trail. Turn miles into Karl. |
| Monday thru Friday Noon | IDOT, Lost Bridge Trail Dirksen Parkway Lisa Kidd, 546-1698 | BC - Lunch with Lisa ride. Lisa leads the noon trail ride. Skip lunch and ride on the trail with Lisa and other SBC regulars. |
| Monday thru Friday 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 can't make it, this becomes a show-n-go. |
| Sunday 10:00 am | Wabash Trail East end parking lot Show & Go Park St. & Wabash Ave. | EZ - 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 | | <i>Check the start times!</i> |
| Tuesday 6:00 pm | IDOT, Lost Bridge Trail Show & Go Dirksen Parkway | BCD - Weekly show and go ride with lights required. No leader and no map. |
| Monday, Tuesday, Wednesday & Thursday 6:00 pm | Pana Trail Show & Go Lake Taylorville Parking Lot, Rt 29 Charles Witsman, 562-5208 | BCD - This is a weekly show-and-go on the Lincoln Heritage Trail. Lights are required. Turn in miles to Karl. Call Charlie if you need information about trail conditions or directions. |
| Thursdays 6:00 pm | Parkway Point Theater Show & Go Lindbergh & Robbins Road | BCD - Weekly show and go ride with lights required. No leader and no map. |
| Saturdays 7:00 pm | Vredenburg Park Show & Go Saxon Dr & Crusaders Rd | BC - Weekly Nighthawk show and go ride with lights required. No leader and no map. |

Scheduled rides and events begin on Page 7.

| Scheduled Rides and Events | | <i>Check the start times!</i> |
|-------------------------------------|--|---|
| Wednesday November 1 7:00 pm | Robert Morris College, room L07 3101 Montvale Dr Dave Ross, 789-4823 | NC - Board Meeting. All SBC members are invited to attend board meetings. |
| Friday November 3 8:30 am | D & J Cafe 915 W. Laurel St | NC - Join SBC members for breakfast and try to stay for the Geezer bike ride at 10:00 am. |
| Friday November 3 6:00 pm | The Pizza Machine 107 W Cook Vinegar Hill Mall Ernie DeFrates, 544-1398 | NC - This is a chance to walk for an hour with your SBC buddies or just enjoy a social hour. Please RSVP Ernie if possible but not required. Eat at 7pm. |
| Saturday November 4 11:00 am | Rochester Station Rt 29, Rochester Jerry Ihnen, 498-8877 | ABCD - Jerry will lead us on a nice ride for 20 miles. Ride from IDOT to get another ten! |
| Sunday November 5 10:00 am | Union Park Pavilion Madison St & Second St Roger McCredie, 438-3959 | ABCD - Roger anticipates 30 to 35 miles. Be adventurous and ride to Auburn for another thirty or so. |
| Friday November 10 11:00 am | Arby's Chatham Rd & Monroe St Fairhills Mall Marty Celnick 522-4206 | ABCD - Veterans Day ride, Marty has 35 miles with shorter options planned. |
| Friday November 10 6:00 pm | Imo's Pizza 751 S. Durkin Dr. | NC - This is a chance to walk for an hour with your SBC buddies or just enjoy a social hour. No leader – walks are self directing! Eat at 7pm. |
| Saturday November 11 11:00 am | Rotary Park Iles Ave & Archer Rd Marilyn Powell | ABCD - Marilyn has 30 miles planned for us. |
| Sunday November 12 11:00 am | Panera Bread W White Oaks & Wabash Lance Kidd, 546-1698 | ABCD - Weather dependent ride of 20-50 miles and those that want can stay for lunch afterwards. |
| Friday November 17 6:00 pm | Golden Dragon 5th & North Grand Ave | NC - This is a chance to walk for an hour with your SBC buddies or just enjoy a social hour. No leader – walks are self directing! Eat at 7pm. |
| Saturday November 18 10:00 am | Alan's House 4117 Gaskell Alan Josephson, 793-0590 | ABCD - 25 to 40 miles or more. Help celebrate the November birthdays of Sue Hack, Kedra Elston, Harriet & Alan Josephson with Kosher beef hot dogs and a vegetarian dish. Food served beginning at 12:30 PM regardless of weather. Please bring your own adult beverages. |
| Sunday November 19 11:00 am | Lake Taylorville Lake Taylorville parking lot, Rt 29 Charles Witsman | ABCD EZ - Charlie has 30 to 50 miles planned for us in the country. Come experience untraveled roads. EZ riders can ride the Pana trail. |
| Thursday November 23 9:00 am | Washington Park Picnic Shelter Show and Go | ABCD - Thanksgiving Day Cold Duck Ride , The Springfield Running Club started this party and the SBC has joined them over the years. Ride loops around the park or do your own ride from the park. Turn miles into Karl. |

| Scheduled Rides and Events (cont.) | | <i>Check the start times!</i> |
|---|--|---|
| Friday November 24 11:00 am | IDOT Lost Bridge Trail Dirksen Parkway Ernie DeFrates, 544-1398 | ABCD - Ernie has a good route planned for 30 miles. |
| Friday November 24 6:00 pm | Globe Tavern Pres Lincoln Hotel & Conf Center 701 E Adams | NC - This is a chance to walk for an hour with your SBC buddies or just enjoy a social hour. Meet in the Globe for a drink and appetizers. Then walk and decide on a place downtown for dinner. Eat at 7pm. |
| Saturday November 25 11:00 am | Panera Bread W White Oaks & Wabash Alan Whitaker, 494-6807 | ABCD - Alan is leading his first ride and he will take us to Auburn. |
| Sunday November 26 11:00 am | Centennial Park Bunker Hill Rd & Lenhart Rd Robert LaBonte, 787-0237 | ABCD - Points west, or a trail ride to Chatham. Expect 25 to 30 miles. |

RIDE TYPES

A - 18+mph average speed

B - 15 to 18 mph average

C - 12 to 15 mph average

D - 8 to 12 mph average

ER - under 8 mph average*

EZ - easy ride with no given speed

NC - Non-cycling event

MB - Rides suitable for mountain and all-terrain bikes

Show-N-Go - No ride leader is scheduled. Ride on your own and turn in miles to the Club's Record Keeper.

* ER rides are slow paced social group rides without maps. Usually neighborhood tours.

For Sale: Giant Cypress DX 21-inch hybrid bike

700c wheels, Kevlar tires.

Bike has been little used and is in excellent condition.

Nice bike for \$200.

Call Bill Reed at 217/836-2048

EDITORS' NOTE: "The editors misidentified 'Bozo' in last month's "October Memories" article by Mike Becker. Greg Lakebrink, not Bode Zeitz, was otherwise known as Bozo in the club at that time. We apologize to Greg and Bode for the error.

October & November Memories

By Mike Becker

35 Years Ago: Dr. Arnaldo Carvalho addressed the monthly SBC meeting on "The Heart and Bicycling." On October 7, 2006, the State Journal-Register published a picture from Byron Nesbitt of "the first official bike ride of the SBC", starting from the Capitol to New Salem (and back, of course). I see no cleats, no lycra or spandex, no helmets, no water bottles, no club jerseys, no high tech pace line indicators. Nothing even remotely resembles the equipment and fashion of the ne'er do wells and speed merchants in today's SBC. Thanks to all in the picture for starting this club.

30 Years Ago: Hal Wakefield carried the Almost Anything Award this month for something he did in the ladies' room at the Hilly Hundred. The QR, not generally known for salacious content or rumor mongering, was not more specific. The club's treasury stood at \$497.29.

25 Years Ago: The SBC scheduled a "Dogfood Ride" from McDonald's on South Sixth Street on the Saturday, the 28th, and "Dogfood Ride II" the next day from McDonald's on South MacArthur Boulevard. So that the corporation doesn't unleash its legal pit bulls on us, let me say that I assume "dogfood" refers to bicyclists' ankles. Dave Stjern won the Almost Anything Award for sending out summonses to those ride leaders failing to return sign-in sheets.

20 Years Ago: Ivan and Dell Fink hosted a Halloween No Moon ride from their sheep farm to the Mechanicsburg Cemetery. Costume prizes were awarded to Karoline Knezevich as a good fairy, Marcey Werthwein as a belly dancer, and Ernie DeFrates as himself.

—Nominations were being accepted for the SBC's distinguished service award, the NoBell Award, a name created by Linda Morrison, who at some point became the club's archivist.

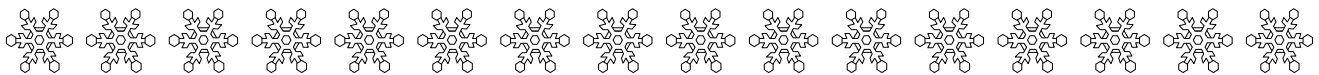
—Karl Kohlrus volunteered space in his basement to consolidate and to store the club's non-archival "stuff" and, thus, became the club's junk dealer.

—Karl won the Almost Anything Award for wearing to a club ride a new pair of riding shorts—backwards. These days, Christine keeps him oriented to time, place and fashion.

15 Years Ago: The QR noted that Bruce Nelch completed the Ironman Triathlon in Hawaii with a total time of 12:44:06. Several SBCers competed in Bike Tek's 1st Annual Fat Tire Biathlon in Riverside Park. Pam Alborg and Ruth Rankin were the only two women to finish. Left over from August/September: Speaking of Pam, she, along with another SBCer who shall remain unnamed for reasons shortly to become apparent, flew to Paris for the famed Paris-Brest-Paris ride—750 miles in 90 hours or less. On a training ride shortly after arrival, a car-bike accident put Pam into the hospital for a day or so and destroyed her bike. When released, Pam purchased a new bicycle and began PBP, but the injuries and an unfa-

miliar bike forced her to quit at the turn around point of Brest. Nevertheless, she bested the unnamed SBCer, who whimped out after one day and 275 miles, claiming that he “didn’t feel well”. Poor baby.

10 Years Ago: Mike Royer hosted a Halloween Party and ride from Virden. With the Lost Bridge Trail now under construction (today it seems like it has been around forever), Stan Gralnick and Karl Kohlrus worked with the newly formed Sangamon Valley Trails Coalition to support the development of the Interurban and other rail corridors. SBC had \$8,000+ in the bank and 257 memberships with 438 members.



Call for No Bell Nominations

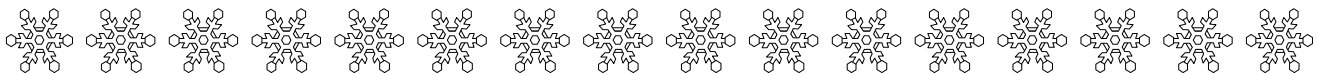
By Cathy Yeaman



Each year at the club’s December Holiday Party, the SBC bestows perhaps its highest honor with the naming of the recipient of the No Bell Award (NBA). The recipient is chosen by the NBA Committee, which is comprised of the past five winners of this award. The current NBA Committee members are: Don Struck (2001), Lance and Lisa Kidd (2002), Chuck Orwig (2003), Cathy Yeaman (2004), and Cindy Kvamme (2005). The NBA Committee is taking nominations from the SBC membership for this prestigious award.



Potential nominates should have a record of outstanding efforts in the support of bicycling, especially in the greater Springfield area. A long record of such efforts, going above and beyond to support cycling, or even being an SBC member are not necessary for nomination, but such attributes certainly help. And although the NBA committee researches the merits of each nominee, if you have any (perhaps little known) information about a candidate that you could share we would appreciate it. Please contact any of the committee members by **November 15th** with your NBA nomination. Thanks for your input.



Springfield Bicycle Club Mileage and Activity File

As of September 30 2006

POSSIBLE MILES (NO T/F) 1691 0 1691 67 10806 0 10806 464 23.3

| NAME | RIDE | T/F | TO-TAL | RIDE S | LED | RIDE | T/F | TO-TAL | RIDE S | LED | LENGT H |
|-----------------|-------|-----|--------|--------|-----|-------|-------|--------|--------|-----|---------|
| Marty Celnick | 620 | 178 | 798 | 20 | | 5,113 | 1,831 | 6,944 | 224 | 5 | 31.00 |
| Pete Gudmundson | 1,066 | 0 | 1,066 | 23 | | 6,709 | 50 | 6,759 | 195 | 10 | 34.66 |
| Cathy Yeaman | 1,074 | 76 | 1,150 | 21 | 3 | 5,371 | 570 | 5,941 | 115 | 5 | 51.66 |
| Tom Clark | 548 | 238 | 786 | 25 | | 3,861 | 1,893 | 5,754 | 176 | 0 | 32.69 |
| Charlie Witsman | 947 | 0 | 947 | 18 | | 4,600 | 394 | 4,994 | 103 | 0 | 48.49 |
| Phil Arnold | 551 | 148 | 699 | 12 | | 2,827 | 1,918 | 4,745 | 96 | 5 | 49.43 |
| Lisa Kidd | 617 | 111 | 728 | 20 | 1 | 3,955 | 610 | 4,565 | 157 | 2 | 20.00 |
| Lance Kidd | 603 | 111 | 714 | 19 | | 3,586 | 553 | 4,139 | 140 | 2 | 29.56 |
| Ruth Magos | 490 | 5 | 495 | 13 | | 3,447 | 70 | 3,517 | 98 | 0 | 35.89 |
| Karl Kohlrus | 429 | 233 | 662 | 14 | 1 | 2,133 | 1,203 | 3,336 | 95 | 6 | 35.12 |
| David McDivitt | 428 | 79 | 507 | 14 | | 2,817 | 425 | 3,242 | 112 | 7 | 28.95 |
| Bob Sorenson | 456 | 59 | 515 | 12 | | 2,429 | 691 | 3,120 | 94 | 1 | 33.19 |
| Bill Bock | 422 | 0 | 422 | 11 | | 3,120 | 0 | 3,120 | 86 | 0 | 36.28 |
| Robert LaBonte | 313 | 18 | 331 | 13 | 4 | 2,915 | 183 | 3,098 | 134 | 15 | 23.12 |
| Arden Gregory | 526 | 110 | 636 | 11 | | 2,302 | 772 | 3,074 | 67 | 0 | 45.88 |
| Ken Anderson | 330 | 72 | 402 | 6 | | 2,221 | 741 | 2,962 | 61 | 1 | 48.56 |
| Lynn Miller | 381 | 4 | 385 | 10 | 1 | 2,651 | 139 | 2,790 | 80 | 3 | 34.88 |
| Cindy Kvamme | 367 | 20 | 387 | 15 | | 2,647 | 85 | 2,732 | 114 | 5 | 23.96 |
| Alan Josephson | 255 | 58 | 313 | 8 | 1 | 2,303 | 406 | 2,709 | 89 | 18 | 30.44 |
| Bill Voss | 170 | 81 | 251 | 4 | | 1,754 | 878 | 2,632 | 76 | 1 | 34.63 |
| Dave Ross | 386 | 29 | 415 | 11 | 2 | 2,410 | 211 | 2,621 | 88 | 35 | 29.78 |
| Carol Bock | 422 | 0 | 422 | 11 | | 2,582 | 0 | 2,582 | 70 | 0 | 36.89 |
| Chuck Orwig | 109 | 20 | 129 | 3 | 1 | 2,141 | 405 | 2,546 | 70 | 1 | 36.37 |
| Roger McCredie | 193 | 0 | 193 | 4 | | 2,331 | 191 | 2,522 | 60 | 0 | 42.03 |
| Pat Stephens | 491 | 10 | 501 | 14 | | 2,495 | 22 | 2,517 | 89 | 0 | 28.28 |
| Derek Ewing | 601 | 99 | 700 | 12 | | 2,057 | 455 | 2,512 | 52 | 0 | 48.31 |
| Jerry Ihnen | 379 | 52 | 431 | 9 | | 1,831 | 678 | 2,509 | 65 | 2 | 38.60 |
| Joel Johnson | 229 | 58 | 287 | 4 | | 1,705 | 721 | 2,426 | 52 | 0 | 46.65 |
| Curt Evoy | 209 | 26 | 235 | 3 | | 2,052 | 335 | 2,387 | 83 | 0 | 28.76 |
| Mike Vonnahmen | 357 | 9 | 366 | 12 | | 2,100 | 117 | 2,217 | 80 | 0 | 27.71 |
| Jack Hurley | 306 | 17 | 323 | 7 | | 1,916 | 251 | 2,167 | 62 | 0 | 34.95 |

Springfield Bicycle Club Mileage and Activity File As of September 30, 2006

| NAME | RIDE | T/F | TO-TAL | RIDE S | LED | RIDE | T/F | TO-TAL | RIDE S | LED | LENGT H |
|------------------|------|-----|--------|--------|-----|-------|-----|--------|--------|-----|---------|
| Katie Wiedner | 248 | 61 | 309 | 8 | | 1,530 | 506 | 2,036 | 59 | 0 | 34.51 |
| Ernie DeFrates | 265 | 0 | 265 | 8 | | 1,926 | 15 | 1,941 | 74 | 4 | 26.23 |
| Marilyn Powell | 381 | 19 | 400 | 12 | | 1,796 | 87 | 1,883 | 75 | 4 | 43.08 |
| Linda Butler | 326 | 6 | 332 | 8 | | 1,784 | 64 | 1,848 | 61 | 3 | 30.30 |
| Jon Edwards | 116 | 6 | 122 | 4 | | 1,549 | 253 | 1,802 | 47 | 1 | 38.34 |
| Dave Lucas | 357 | 84 | 441 | 24 | 4 | 1,348 | 410 | 1,758 | 129 | 33 | 13.63 |
| Dan Mitchell | 334 | 0 | 334 | 7 | | 1,681 | 40 | 1,721 | 36 | 0 | 47.81 |
| Brock Webb | 40 | 0 | 40 | 1 | | 1,561 | 133 | 1,694 | 34 | 0 | 49.82 |
| Bob Carmody | 262 | 7 | 269 | 7 | | 1,587 | 45 | 1,632 | 59 | 16 | 27.66 |
| Roger Wright | 107 | 50 | 157 | 4 | | 779 | 714 | 1,493 | 32 | 0 | 46.66 |
| Kathy Shepard | 334 | 72 | 406 | 14 | | 1,145 | 323 | 1,468 | 57 | 0 | 25.75 |
| Mark Smith | 283 | 56 | 339 | 12 | | 1,149 | 298 | 1,447 | 57 | 1 | 25.39 |
| Lynn Rhoades | 200 | 63 | 263 | 4 | | 1,066 | 327 | 1,393 | 35 | 0 | 39.80 |
| Tracey Hurley | 375 | 24 | 399 | 9 | | 1,259 | 94 | 1,353 | 42 | 0 | 32.21 |
| Micci Bly | 258 | 0 | 258 | 5 | | 1,286 | 31 | 1,317 | 27 | 0 | 48.78 |
| Rich Saal | 64 | 19 | 83 | 3 | | 943 | 317 | 1,260 | 37 | 0 | 34.05 |
| Mary Lou Hicks | 89 | 13 | 102 | 5 | | 1,077 | 171 | 1,248 | 48 | 0 | 26.00 |
| Bruce Yurdin | 138 | 50 | 188 | 4 | | 1,038 | 165 | 1,203 | 32 | 0 | 37.59 |
| Byron Nesbitt | 50 | 0 | 50 | 3 | | 1,114 | 49 | 1,163 | 37 | 0 | 31.43 |
| Mark Rolens | 260 | 20 | 280 | 7 | | 1,073 | 36 | 1,109 | 39 | 0 | 28.44 |
| Karen Bretenbach | 115 | 0 | 115 | 2 | | 1,000 | 95 | 1,095 | 31 | 0 | 35.32 |
| Libby Pyle | 270 | 48 | 318 | 7 | | 961 | 116 | 1,077 | 25 | 0 | 43.08 |
| Bob Dettling | 316 | 0 | 316 | 18 | | 1,042 | 31 | 1,073 | 65 | 0 | 16.51 |
| Cindy Moreno | 18 | 0 | 18 | 1 | | 917 | 13 | 930 | 42 | 1 | 22.14 |
| Brigetta Ewing | 246 | 6 | 252 | 10 | | 780 | 108 | 888 | 46 | 0 | 19.30 |
| Connie Roberts | 127 | 7 | 134 | 3 | | 762 | 42 | 804 | 26 | 0 | 30.92 |
| Mark Summer | 184 | 0 | 184 | 4 | | 784 | 0 | 784 | 20 | 0 | 39.20 |
| Alan Whitaker | 311 | 50 | 361 | 14 | | 660 | 106 | 766 | 37 | 0 | 20.70 |
| Jan Cimerosa | 228 | 0 | 228 | 7 | | 715 | 38 | 753 | 28 | 0 | 26.89 |
| Jackie Galli | 258 | 3 | 261 | 5 | | 724 | 6 | 730 | 18 | 0 | 40.56 |
| Sue Dees | 121 | 0 | 121 | 5 | | 664 | 52 | 716 | 39 | 0 | 18.36 |
| Mike Schwab | 38 | 25 | 63 | 4 | | 564 | 113 | 677 | 49 | 1 | 13.82 |

Springfield Bicycle Club Mileage and Activity File As of September 30, 2006

| NAME | RIDE | T/F | TO-TAL | RIDE S | LED | RIDE | T/F | TO-TAL | RIDE S | LED | LEN GTH |
|-------------------|------|-----|--------|--------|-----|------|-----|--------|--------|-----|---------|
| Cyd LaBonte | 182 | 17 | 199 | 9 | | 632 | 35 | 667 | 38 | 0 | 17.55 |
| Harriet Josephson | 99 | 0 | 99 | 3 | | 577 | 42 | 619 | 38 | 3 | 16.29 |
| Ed Taylor | 27 | 0 | 27 | 1 | | 566 | 23 | 589 | 23 | 0 | 25.61 |
| Don Daniels | 129 | 56 | 185 | 3 | | 427 | 153 | 580 | 14 | 0 | 36.71 |
| Matt Saner | 162 | 3 | 165 | 4 | 3 | 510 | 32 | 542 | 21 | 14 | 25.81 |
| Kerry Wright | 133 | 3 | 136 | 3 | | 446 | 24 | 470 | 16 | 0 | 29.38 |
| Hope Schnelten | 49 | 0 | 49 | 3 | | 430 | 31 | 461 | 22 | 0 | 20.95 |
| Kevin Greene | 197 | 18 | 215 | 9 | | 431 | 29 | 460 | 24 | 0 | 19.17 |
| Janice Perino | 92 | 73 | 165 | 6 | | 246 | 196 | 442 | 16 | 0 | 27.63 |
| Garland Stevens | 20 | 0 | 20 | 1 | | 416 | 26 | 442 | 25 | 0 | 17.68 |
| Christine Kohlrus | 36 | 74 | 110 | 4 | | 202 | 239 | 441 | 15 | 0 | 29.40 |
| Lyn Schollett | 10 | 5 | 15 | 1 | | 415 | 26 | 441 | 24 | 0 | 18.38 |
| Randy Germerand | 63 | 0 | 63 | 1 | | 380 | 55 | 435 | 9 | 0 | 48.33 |
| Naomi Greene | 193 | 6 | 199 | 11 | | 409 | 25 | 434 | 25 | 0 | 17.36 |
| Jason Beeler | 102 | 0 | 102 | 1 | | 365 | 29 | 394 | 9 | 0 | 43.78 |
| Kevin Brown | 22 | 6 | 28 | 2 | 6 | 341 | 53 | 394 | 37 | 12 | 10.65 |
| Ben Cole | 42 | 24 | 66 | 3 | | 295 | 98 | 393 | 18 | 0 | 21.83 |
| Gerry Orwig | 6 | 4 | 10 | 1 | | 213 | 129 | 342 | 21 | 6 | 16.29 |
| Regina McGuire | 28 | 12 | 40 | 2 | 2 | 293 | 15 | 308 | 19 | 3 | 16.21 |
| Dan Payne | 147 | 13 | 160 | 5 | | 273 | 23 | 296 | 9 | 0 | 32.89 |
| Jenny VanPreter | 264 | 0 | 264 | 4 | | 280 | 6 | 286 | 5 | 0 | 57.20 |
| Mike VanPreter | 264 | 0 | 264 | 4 | | 280 | 6 | 286 | 5 | 0 | 57.20 |
| Pete Harjes | 35 | 0 | 35 | 1 | | 213 | 55 | 268 | 8 | 0 | 33.50 |
| Roger Schnelten | 102 | 0 | 102 | 1 | | 231 | 31 | 262 | 7 | 0 | 37.43 |
| Grover Everett | 102 | 0 | 102 | 1 | | 242 | 0 | 242 | 4 | 0 | 60.50 |
| David Banks | 105 | 0 | 105 | 2 | | 235 | 0 | 235 | 5 | 0 | 47.00 |
| P.J. McCredie | 18 | 0 | 18 | 1 | | 189 | 0 | 189 | 7 | 0 | 27.00 |

Springfield Bicycle Club Mileage and Activity File As of September 30, 2006

| NAME | RIDE | T/F | TO-TAL | RIDE S | LED | RIDE | T/F | TO-TAL | RIDE S | LED | LEN GTH |
|--------------------|------|-----|--------|--------|-----|------|-----|--------|--------|-----|---------|
| Dale Fagg | 177 | 3 | 180 | 5 | | 177 | 3 | 180 | 5 | 0 | 36.00 |
| Charlie Rabins | 102 | 0 | 102 | 1 | | 159 | 12 | 171 | 2 | 0 | 85.50 |
| Steve Spencer | 63 | 0 | 63 | 1 | | 123 | 28 | 151 | 4 | 0 | 37.75 |
| Charles Downs | 63 | 0 | 63 | 1 | | 134 | 14 | 148 | 3 | 0 | 49.33 |
| Mike Eymann | 54 | 0 | 54 | 2 | | 147 | 0 | 147 | 8 | 0 | 18.38 |
| Dave Leigh | 25 | 0 | 25 | 1 | | 140 | 0 | 140 | 5 | 0 | 28.00 |
| Josh VinLove | 115 | 4 | 119 | 4 | | 115 | 4 | 119 | 4 | 0 | 29.75 |
| Candy German | 63 | 0 | 63 | 1 | | 96 | 20 | 116 | 3 | 0 | 38.67 |
| Julie Perino | 44 | 35 | 79 | 3 | | 66 | 35 | 101 | 4 | 0 | 25.25 |
| Louie Spinner | 0 | 12 | 12 | 0 | | 44 | 41 | 85 | 2 | 0 | 42.50 |
| Heather Bailey | 76 | 0 | 76 | 1 | | 76 | 0 | 76 | 1 | 0 | 76.00 |
| Warren Lutz | 48 | 0 | 48 | 2 | | 76 | 0 | 76 | 5 | 0 | 15.20 |
| Jonathan Reininger | 12 | 0 | 12 | 1 | | 63 | 7 | 70 | 9 | 0 | 7.78 |
| Steve Lashbrook | 63 | 0 | 63 | 1 | | 63 | 0 | 63 | 1 | 0 | 63.00 |
| Nancy Skube | 63 | 0 | 63 | 1 | | 63 | 0 | 63 | 1 | 0 | 63.00 |
| Kathy Lutz | 48 | 0 | 48 | 2 | | 56 | 0 | 56 | 3 | 0 | 18.67 |
| JoAnn Mumaw | 28 | 10 | 38 | 3 | | 46 | 10 | 56 | 4 | 0 | 14.00 |
| Randy Dempsey | 27 | 0 | 27 | 1 | | 45 | 0 | 45 | 2 | 0 | 22.50 |
| Chihoko Reininger | 12 | 0 | 12 | 1 | | 27 | 4 | 31 | 3 | 0 | 10.33 |
| Cindy Johnson | 27 | 0 | 27 | 1 | | 27 | 0 | 27 | 1 | 0 | 27.00 |
| Jeff Mitchell | 26 | 0 | 26 | 1 | | 26 | 0 | 26 | 1 | 0 | 26.00 |
| Julie Mitchell | 26 | 0 | 26 | 1 | | 26 | 0 | 26 | 1 | 0 | 26.00 |

Springfield Bicycle Club Mileage and Activity File As of September 30, 2006

| NAME | RIDE | T/F | TO-TAL | RID ES | LED | RIDE | T/F | TO-TAL | RIDE S | LED | LEN GTH |
|----------------|--------|-------|--------|-----------|-----|---------|--------|---------|-----------|-----|------------|
| Charles Perino | 18 | 0 | 18 | 1 | | 18 | 0 | 18 | 1 | 0 | 18.00 |
| Bill Kienzler | 12 | 2 | 14 | 1 | | 12 | 2 | 14 | 1 | 0 | 14.00 |
| Greg Gutzman | 12 | 0 | 12 | 1 | | 12 | 0 | 12 | 1 | 0 | 12.00 |
| | | | | | | | | | | | |
| TOTALS | 24,827 | 2,990 | 27,817 | 733 | 29 | 146,475 | 24,394 | 170,869 | 5,442 | 233 | 31.40 |

‘Share The Road’ Century Magnets Available



Ken Anderson has *Share the Road Capital City Century* magnets for anyone interested in purchasing one. The cost is \$5.00. 522-3876.

A Spooky Time Was Had by All!

By Tom Clark

About 40 people, half of them SBC members, attended the Spooky Housewarming at my new home on October 15. Ride leader Dave McDivitt and three other SBCers (Bob Dettling, Pete Gudmundsen, & Pete Harjes) braved the intermittent showers for a 17-22 mile ride on the trails.



Many SBC members brought delicious desserts for the housewarming and some entered their creations in the first annual Spooky Treats Contest. Five judges (Lola Lucas, Sue Dees, Marcia Grant, Suzanne Meyer & Larry Elledge) rated each Spooky Treat on Flavor, Appearance, and Creativity.

Lola Lucas averaged the judges' ratings, and host Tom Clark announced the winners, who received Party Tree gift certificates:

- 1st prize: Linda Butler, Graveyard Jello Dessert
- 2nd prize (TIE): Micci Bly, Dirt Dessert
- 2nd prize (TIE): Catherine O'Connor, Organic Chocolate Chip Cookie Ginger Apple Crisp
- 2nd prize (TIE): Anita McDivitt, Cat Dessert

Many thanks to the esteemed contest judges and contestants; to Kevin Brown, Alan and Harriet Josephson, Marcia Grant, and Sue Dees for donating tables and chairs; to Hope Schnelten for taking digital photos; and to the cleanup crew - Marcia Grant, Sylvia Sil, and Greg Feeny.

Can You Read that Map?

By Cathy Yeaman



Several club members have asked where to purchase a product that I use, a reading lens that adheres to the inside of my sun glasses. It really helps when you need to read a map, see your computer, or change a tire.

The lens attaches to the inside of the sunglass lens with a drop or two of water. If you are looking for the product you might want to check in Walgreen's eyewear section where I recently spotted them for sale (\$10) or you can check their website at www.optx2020.com (\$20).

LIB Releases Springfield Bicycle Map!

The League of Illinois Bicyclists and the Springfield Bicycle Club unveiled the new Springfield Bicycle Map at a well-attended October 25, 2006 event held at St John's Athleticare on South 6th Street. Map features include local bicycle trails and recommended bicycle routes in town.

Sponsors of the event included St. John's Athleticare, Ace Bike Shop, BikeTek, R & M Cyclery, and Wheelfast Bicycle Co. Free maps were distributed to attendees.

You can obtain your free copy of the brand new Springfield Bicycle map via local bike shops or by downloading it (when available) from the LIB Web site's Maps and Trails section at:

<http://bikelib.org/mapstrails>

News from the League of Illinois Bicyclists Website



LIB Wins Two IDOT Grants



The League of Illinois Bicyclists recently received two new grants totaling more than \$50,000 from the Illinois Department of Transportation to promote bicycling safety.

The first grant, Bicycle Enforcement for Safe Roads, will underwrite the development of training classes for police departments and sheriff's offices on state bicycling laws, how to educate motorists and bicyclists to obey traffic laws and how to enforce those laws for everyone's safety. The pilot training class will be held Oct. 11 at the Northbrook Police Department under the auspices of the North East Multi-Regional Training Unit, based in North Aurora, Illinois.

The second grant will support a one-week, intensive, statewide radio public service campaign to urge motorists and bicyclists to share the road. The 15 and 30-spots will air next spring to coincide with the start of the bicycling season. The campaign will be heard in the Chicago area, Metro-East and in other cities around the state, especially during morning and afternoon drive times.

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 |
| June | 19,241 | 3,614 | 22,855 | 75 | 764 | 43 | 10.2 | 29.91 |
| July | 25,437 | 4,269 | 29,706 | 61 | 826 | 29 | 13.5 | 35.96 |
| August | 24,741 | 3,838 | 28,579 | 67 | 888 | 21 | 13.3 | 32.18 |
| September | 24,287 | 2,990 | 27,277 | 62 | 733 | 29 | 11.8 | 37.21 |

| 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 |
| June | 71,537 | 13,310 | 84,847 | 336 | 2,997 | 154 | 8.9 | 28.31 |
| July | 96,974 | 17,579 | 114,553 | 397 | 3,823 | 183 | 9.6 | 29.96 |
| August | 121,715 | 21,417 | 143,132 | 464 | 4,711 | 204 | 10.2 | 30.38 |
| September | 146,002 | 24,407 | 170,409 | 526 | 5,444 | 233 | 10.3 | 31.30 |



Springfield Bicycle Club
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Springfield, IL 62705



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November, 2006

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. “(at)” replaces “@” in the emails below to protect our board members from spamming.**

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Dave Ross
789-4823
Rossesse(at)sbcglobal.net

Vice President

David McDivitt
787-5964
David(at)bikehappy.org

Board Secretary

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Recording Secretary

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pjandroger@mwii.net

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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 for sale without charge.