



Ride of the Month

Bob Sorenson gets the ride of the month for leading the first ride of the year 2007.

Although it was “miserably windy and cold”, stalwart SBC riders logged their first miles for the new year on Bob’s ride from Rock-N-Roll Hardees. One of rider commented, “The food was great!....oh, yeah, it was Hardees”. Riders rode varying distances based on what they could tolerate. Thank you, Bob, for braving the elements to lead this ride.

Almost Anything Award

Thanks goes to Dave McDivitt for his hard work on the SBC Web site

Dave has been working hard to improve and upgrade the Web site this past fall and winter. Thank you for using your knowledge and expertise to benefit the club, Dave. The site now features breaking news from SBC and the world of bicycling, and links to member-submitted photo/video albums and topical forums. You can visit the Web site to read the news, see your miles, submit a photo, or join a forum. Take a look at it!

Lead Water Bottle

Mike Schwab gets the lead this month for dangerous riding on Chatham Road.

The SBC has been encouraging using one’s bike for commuting. It was admirable that Mike was using his bike to accomplish the task of laundry. He was, however, observed traveling to the January SBC Board Meeting riding on Chatham Road. It was quite dark out and Mike’s tail lights were blocked by his laundry tub fastened to the rear of his bike. Both commuting and safety are important, Mike!

Riders of the Month

| | | |
|------------------------------|--------------------------------|-------------------------------|
| 1/07 Lisa Kidd 410 mi. | 9/06 Lisa Kidd, 728 mi. | 5/06 Cathy Yeaman, 1190 mi. |
| 12/06 Kathy Shepard, 319 mi. | 8/06 Bill Bock, 759 mi. | 4/06 Pete Gudmundson, 757 mi. |
| 11/06 Lance Kidd, 547 mi. | 7/06 Charlie Witsman, 1633 mi. | 3/06 Phil Arnold, 646 mi. |
| 10/06 Alan Whitaker, 457 mi. | 6/06 Chuck Orwig, 650 mi. | 2/06 Marty Celnick, 456 mi. |

President's Report

March 2007

If you see an SBC Board Member, give them a pat on the back and a word of thanks. At times, Board work is hard work, and the Board has been working especially hard at the last several meetings.

At the January meeting, a motion was made to allow bicycle commuting miles to be counted as Club miles; this decision took effect on February 1, 2007. If you commuted via bicycle in February, those miles can be turned in to Karl.

At the February meeting, the Board took up the task of more clearly defining what we meant by "commuting." During the discussion, a surprising consensus emerged: the Board decided to count all personal ride miles for the rest of 2007! So, beginning March 1, personal miles can also be turned in to Karl. (See the "new rules" article for additional information and details.)

The purpose of the Club is to promote bicycling. Will this new rule promote cycling? It certainly seems that it will. Is there some danger that this new rule will interfere with participation in planned Club rides? I certainly hope not.

The Springfield Bicycle Club has always been a very active Club, with lots of well-planned, well-attended rides. I do not expect that this characteristic of the Club will change. In addition, I hope that this new rule will encourage folks to ride more.

When you encounter other solo riders, spread the word about how much fun riding with a group can be! When you're out of town, make an effort to find out about the local cycling club, and ride with them if you can. Sure, you could just ride on your own and turn in personal miles, but why not meet some new folks and learn a bit more about the local area?

Don't Forget—Set Your Clocks Ahead March 11th!

By Marty Celnick

As I sit here, it is bitterly cold outside, with low wind chills. We have just received a thin coat of new snow, on top of the blizzard that hit us early in the week.. Right now, even the thought of going outside , gives me the shivers.

Fortunately, the weather will soon change for the better. Before you know it, the summer riding season will be upon us. And this year, we have the opportunity to get an early jump on training for RAGBRAI, or other summer adventures. Daylight Savings Time begins three weeks early, on March 11th. This will advance the time of sunset till just after 7 p.m.

As such, we are starting the evening rides a month early. This month, they are Show and Go rides , and they start at 5:30, the same time as in October. This will give us an hour and a half to get some miles in, before darkness. We will have more daylight, if not greater warmth, than we had in October.

I am planning to take advantage of the later sunset, to rack up the miles and get in shape, and I hope to see you out there.

Board Meeting Notes—January 3, 2007

Connie Roberts, Recording Secretary

Attending: Dave Ross, David McDivitt, Ken Anderson, Dave Lucas, Roger McCredie, Aaron Shehan, Lynn Miller, Sue Hack, Karl Kohlrus, Marty Celnick, Bill Donels, Kevin Brown, Kevin Greene, Naomi Greene, Mike Schwab, Connie Roberts.

Minutes of the December meeting were approved with one correction.

Treasurer's Report. Dave Lucas reported we have a balance of \$18,760.95 as of December 30, 2006.

Ride Schedule and Meetings. David McDivitt reported there were a couple of errors in the January ride schedule. The next board meeting is scheduled for February 7, 2007. David also made a motion that if the weather is bad that ride start times be postponed for three hours. After much discussion it was decided to leave the decision to the ride leader whether a ride would be postponed or cancelled due to bad weather.

Awards. Sue Hack presided over the awards. The Ride of the Month was awarded to Lynn Miller for his soup ride on December 16. Lynn led a ride to Chatham on a nice warm day then served white bean and turkey chili and cornbread. The Almost Anything Award had three nominees. Phil Arnold for fooling Lisa Kidd through e-mails into thinking many of his miles he was riding in Texas would not count due to his lapsed membership, only to then rejoin and have the miles count. Char-

lie Witsman for riding 1600 miles in both November and December. The last nominees were Kathy Shepard and Marilyn Powell who tied for the Spinner Award and agreed to share it. The award went to Kathy Shepard and Marilyn Powell. The Lead Water Bottle went to Lisa Kidd for buying Phil's e-mails hook, line, and sinker.

Legislative / Education. Lynn Miller reported there had been a meeting with the Park Board Director and the developer to get further information from the developer about relocating the trail to the west side of the Legacy Point Development. Lynn Miller and Bill Donels will try to convince the developer to build a grade separation at the Lincolnshire intersection. This would be at the developers expense so Lynn and Bill will have to lobby hard for this.

Social Chair. Aaron Shehan reported he had sent out a couple of cards last month.

Special Events. Roger McCredie reported that work on the CCC brochure would begin soon. Naomi Greene, his Public Relations chair, suggested starting to put the date for the CCC in the newsletter as early as July. She also suggested several brochures be sent to LIB who would then send them to different bike clubs and shops around the state to help promote the CCC. This was approved by the board. Karl Kohlrus discussed the Route 66 Ride which is scheduled for

June 2. Karl is helping to coordinate the Springfield segment. Quick Release. Marty Celnick reported he has not started on the February QR yet. The new printer, A and B Printing, seems to be working out well.

Old Business. Lynn Miller suggested that commuting miles be counted all of the time instead of just the month of May. After some discussion it was agreed by the board that commuting miles would be counted. Each person would keep track of their own miles and turn them into Karl. Ken Anderson reported he will be starting to make the new directory and hopefully put it together by the end of the month.

New Business. David McDivitt suggested that the SBC use a new web server. He recommended the server he uses and after discussing this the board agreed to pay for two years in advance in order to get six months free with the server David recommended. Aaron Shehan brought up the issue of rides starting so late in the winter months. He proposed having a show and go earlier to accommodate those who prefer to ride earlier. The board approved this and a new show and go would be added on Saturdays in the February ride schedule.

Thanks to Dave Ross for getting the meeting room at Robert Morris College.

Next Meeting: 7:15 p.m., Wednesday, February 7, 2007, at Robert Morris College, 3101 Montvale Drive.

Editor's Note: The Ride Rules as amended by the Board at its February 7, 2007 meeting appear on pages 4 and 5.

All personal miles may be counted toward club mileage awards from March 1 through December 31, 2007, if properly documented (see last rule below, and recording guidelines on next page).

Some prior rules no longer apply. Out-of-Town Rides, rides to Non-Cycling Events, and commuting miles are now simply types of personal rides. There is no longer a limit on the ride length of Scheduled SBC Show-N-Gos. Volunteers can still earn volunteer hours toward the Holiday Party prize drawing, although working Volunteer Days no longer earns Out-of-Town rides.

Ride Rules as Amended by SBC Board

In February 2007, the SBC Board revised the set of written ride rules that replace all previous rules. Members are strongly encouraged to review these rules, as several have changed. Club members can also consult these rules by visiting www.spfldcycling.org or by reviewing the Ride Rules section in the 2007 *Membership Directory*.

SPRINGFIELD BICYCLE CLUB – RIDE RULES

Ride Type – “A” – 18+ mph average speed; “B” – 15 to 18 mph average speed; “C” – 12 to 15 mph average; “D” – 8 to 12 mph average; “ER” – under 8 mph average (slow paced social group rides without maps, usually neighborhood tours); “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 your miles in to the Club Records Keeper.

Mileage Record Keeping – There is a sign in sheet at each ride to record To/From and ride miles. This sheet is used to keep track of all rides as well as each person's Club miles for our records and incentive awards. The ride leader turns these sheets in to the Club Records Keeper.

Safety – SBC encourages everyone to wear approved bicycle helmets (properly fitted), to observe all traffic signs and laws, and to share the road with motor vehicles and other road users.

Ride Start Times – All rides have a published starting time. You can begin any scheduled ride up to 15 minutes early or up to 15 minutes late.

Starting Location – Riders must begin or end their rides at the stated starting location for the ride.

Ride Length – On leader-led rides, the Ride Leader may adjust the length of ride options based upon the actual mileage of the mapped route as determined after the ride. If riders deviate from the route, they may not count miles ridden in excess of the longest ride option. Ride miles and To/From miles should each be rounded to the nearest whole number.

To-From Miles – Miles ridden to and from the starting location of a ride taking the most direct and safe route.

Personal Miles – Personal miles are miles ridden on non-SBC rides. SBC rides are all rides, both led rides and Show-N-Go rides, published in the SBC Quick Release Ride Schedule. Effective March 1, 2007 through December 31, 2007, ALL personal miles ridden by SBC members will be counted toward total club miles and Rider of the Month and Spinner Award recognition.

Ride Rules as Amended by SBC Board (continued)

RIDE LEADERS

If members are interested in leading Club rides, they should contact the Club Vice President. A Ride Leader is responsible for scouting a route, providing a map and ride sheet for sign-in, and turning in an accurate and legible ride sheet. The Ride Leader or an experienced rider designated by the Ride Leader should lead from the rear to ensure all riders are accounted for.

RECORDING OF SCHEDULED RIDE MILES

Please use the official SBC ride sheet whenever possible. If the Ride Leader misses the ride start, the ride becomes a "Show-N-Go" that has the maximum ride length listed in the ride schedule. These riders may turn in their miles directly to the Records Keeper. Riders may contact the Ride Leader or Records Keeper with mileage changes.

Ride sheets and individual Show-N-Go mileage should be turned in to the SBC Records Keeper as soon as possible after each ride, but no later than the fifth (5th) day of the following month. Mileage turned in by this date shall be counted toward monthly totals and Rider of the Month awards. Mileage submitted after this date will be accepted, but may not count towards monthly totals and awards. Mileage reported late may be counted toward annual totals.

RECORDING OF PERSONAL RIDE MILES

Prior to the (5th) day of the following month, members should forward their personal miles to the Records Keeper and provide the following information:

- 1. Date(s) of ride(s).**
- 2. Miles ridden on each day.**
- 3. Total number of personal ride days.**
- 4. Total number of personal miles, excluding Show-N-Go or other scheduled club miles.**

Show-N-Go or scheduled club rides should be listed separately from personal miles. See Recording of Scheduled Ride Miles above.

Editor's Note:

A Personal Miles Sheet has been posted to the Web site, in Excel and PDF formats:

<http://www.spfldcycling.org/pdf/PersonalMiles.pdf>

<http://www.spfldcycling.org/other/PersonalMiles.xls>

Rather than turning in personal miles as they are ridden, Club members are encouraged to use these forms to document personal miles each day for the entire month, then sum miles and days ridden. For each individual who provides this information, the Records Keeper will enter into the monthly mileage file a personal mileage total that counts toward club mileage awards.

March 2007 Ride Schedule

Be informed! Check the website www.spfldcycling.org regularly for announcements, error corrections, and last minute changes.

Anyone with questions about rides or interest in leading a ride please contact David McDivitt at 725-1986 or by e-mail at [david\(at\)bikehappy.org](mailto:david(at)bikehappy.org). 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.

Appreciate ride leaders - they work for you.

WE NEED MORE RIDE LEADERS Please volunteer.

Daylight Saving Time in effect Sunday March 11th!!! Evening show-and-go rides start a month earlier than last year. Use lights if necessary

| 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 | Show-N-Go, 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 Ride Lake Taylorville parking lot, Rt 29 Show-N-Go | 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 | AB - 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 / 12:20 | Robert Morris College, Vredenburg Park Dave Ross 793-4239 Robert LaBonte 787-0237 | BC - West side Lunch ride. Dave and Robert lead a ride on the trails or in the country. If they can't make it, this becomes a show-n-go. Dave leaves Robert Morris at 12:15, pick up Robert and others at Vredenburg Park at 12:20. |
| Saturday 9:00 am | IDOT, Lost Bridge Trail Dirksen Parkway Show-N-Go | Show-N-Go, Ride early on Saturday if not too cold! |
| Sunday 9:00 am | Wabash Trail East end parking lot Park St. & Wabash Ave. Show-N-Go | Show-N-Go, Ride early on Sunday if not too cold! |
| Weekday & Weekend Evening Rides | | <i>Check the start times!</i> |
| Monday 5:30 pm | Parkway Point Theater Lindbergh & Robbins Road Curt Evoy, 502-1118 | C - Easy ride to get started and gain conditioning while going slow enough for conversation. 10 - 22 miles. No ride March 5th - too dark! |
| Monday, Tuesday, Wednesday & Thursday 5:30 pm | Pana Trail Lake Taylorville Parking Lot, Rt 29 Show-N-Go Charles Witsman, 562-5208 | Show-N-Go, Ride on the Lincoln Heritage Trail. Lights are required. Turn in miles to Karl. Call Charlie if you need information about trail conditions or directions. |
| Tuesday 5:30 pm | Carmody Residence 517 Appomattox Dr. Show & Go | ABC - West side training ride. Aimed at those who want to train hard and fast. 12 - 25 miles. |
| Tuesday & Thursday 5:30 pm | IDOT, Lost Bridge Trail Dirksen Parkway Show-N-Go | BC - Show-N-Go along the Lost Bridge Trail. Turn miles in to Karl. |
| Wednesday 5:30 pm | Butler School 1701 S MacArthur Blvd Show-N-Go | D - This is an easy, neighborhood social ride. No maps, everyone will stay together for a ride of about 1 hour. Turn miles in to Karl. |
| Thursday 5:30 pm | Rotary Park Archer Elevator & Iles Show & Go | ABC - A fast workout to prepare for longer weekend rides. D riders are invited to stretch their abilities, but may be riding alone unless they bring a buddy. Several cut-outs for 12 - 25 miles. |

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| Saturdays 7:00 pm | Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go | Show-N-Go, Nighthawk Ride , Lights required. No leader and no map. |
| Scheduled Rides and Events | | <i>Check the start times!</i> |
| Friday March 2 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 March 2 6:00 pm | Los Agaves 2466 W Wabash 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 March 3 11:00 am | Rotary Park Archer Elevator & Iles Linda Butler, 787-5027 | ABCD - Distance should be 30 miles depending on weather. |
| Sunday March 4 11:00 am | Centennial Park Bunker Hill Rd & Lenhart Rd Robert LaBonte, 787-0237 | ABCD - 20-30 miles, probably New Berlin. |
| Tuesday March 6 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. This is on Tuesday - not Wednesday |
| Friday March 9 7:00 pm | Capitol City Bar & Grill 3079 S Dirksen Pkwy at Stevenson David McDivitt 787-5964 | NC - 50th Birthday Party, food, drinks, lights, dancing, smoke, videos, DJ, music, no clean-up afterward. RSVP would be nice but not required. Party 'til 1am, but come early for food. |
| Saturday March 10 11:00 am | Waldrop Park Andrew Road, Sherman Cindy Kvamme, 744-8864 | ABCD - Last ride in standard time! Cindy plans to go 24-35 miles. |
| Sunday March 11 11:00 am | Arby's, Fairhills Mall Chatham Rd & Monroe St Marty Celnick, 522-4206 | ABCD - If good weather we'll go 35 miles. <u>Don't forget to set your clocks AHEAD this morning!</u> |
| Monday March 12 6:30 pm | Robert Morris College, room L07 3101 Montvale Dr Naomi Green, 793-9622 | NC - Yoga for Cyclists , Drop in session. Not part of a series. Bring a thin yoga-style mat. |
| Friday March 16 6:00 pm | Banana Leaf 2433 S MacArthur Blvd Kevin Brown, 787-5652 | 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 March 17 10:00 am | Chuck's House 3019 Cameron Chuck Orwig, 793-3782 | ABCD - Go with Chuck 30-40 miles, then drink green Stag Beer and eat corned beef and cabbage after. |
| Sunday March 18 11:00 am | Vredenburg Park Saxon Dr & Crusaders Rd David McDivitt, 787-5964 | ABCD - Going to Loami and Auburn |
| Monday March 19 6:30 pm | Robert Morris College, room L07 3101 Montvale Dr Naomi Green, 793-9622 | NC - Yoga for Cyclists , Drop in session. Not part of a series. Bring a thin yoga-style mat. |
| Friday March 23 6:00 pm | Filling Station Bar & Grill Route 66 Hotel & Conference Center 625 E St Joseph at S 6th St | 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 March 24 11:00 am | Rock & Roll Hardees 2501 Stevenson Dr. Show-N-Go | Show-N-Go - Ride with your bike buddies wherever you want. Please use a ride sheet if riding together. Turn in miles to Karl. |
| Sunday March 25 11:00 am | Arby's, Fairhills Mall Chatham Rd & Monroe St Lynn Miller, 787-3354 | ABCD - Lynn will take us 20-30 miles depending on weather. |
| Monday March 26 6:30 pm | Robert Morris College, room L07 3101 Montvale Dr Naomi Green, 793-9622 | NC - Yoga for Cyclists , Drop in session. Not part of a series. Bring a thin yoga-style mat. |

| | | |
|----------------------------------|--|--|
| Friday March 30 6:00 pm | Gallina's Pizza 432 E Monroe | 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 March 31 10:00 am | Parkway Point Theater Lindbergh & Robbins Road Ernie DeFrates 544-1398 | ABCD - Loop through Chatham, 30-40 miles. |
| Sunday April 1st 10:00 am | Vredenburg Park Saxon Dr & Crusaders Rd Robert LaBonte, 787-0237 | ABCD - April Fools Ride , south to Auburn. Watch out for foolish things! |

Ride Types

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

March Memories

By Mike Becker

1972--35 Years Ago: There were a lot of things going on during March 1972, but, as the saying goes, if you didn't document it, it didn't happen. Nothing could be found in newsletters, etc., so I will back up a few months and list this month and next the first members of the Club. Official applications started coming in with July 15, 1971, dates. (By the way, dues were \$2.50 for an individual membership and \$5.00 for a family.) Roughly in order (reading down the columns), the first members were:

| | | |
|------------------------|------------------------------|------------------------|
| William Sausaman | Roy Hinds family | Frank Strang family |
| Louis Spinner family | Bob Myers | Joseph Stickles family |
| Gene Matteson family | Judith Hamilton | Bob Brandon |
| Ed Thornton family | Deborah Churan | Sam Dawson |
| Benton Weathers family | Harry & Betty Simpson family | Ward Evans |
| Dorothy Doering family | Brad Koehler | J.C. Cooney family |
| Allen Pryor family | Martha Collman family | Donald McKittnick |
| John Danser family | Dean Campbell | Wilbur Van Huss |
| Lee Nickelsen family | Charles Marr family | David Jackson family |
| Millicent Reid | Byron Nesbitt family | Jay Deem family |
| Myles Kennedy family | Debbie Reynolds | |

(Continued on page 9)

(Continued from page 8)

1977--30 Years Ago: Gerry Casey was voted the Almost Anything Award for locking herself out of the house on the way to the club meeting. (Seems like a pattern here for the Club. We could almost have a standing award each month: Mr./Ms. Fill-in-the-blank locked himself/herself out of the car/house/van and/or locked the bike to a tree/parking meter/fire hydrant/street lamp/another bike without the key/combo/bolt cutter.) ++At the monthly Club meeting, three bicycle shops -- Capitol Cycle, R & M, and Cycle/Sport -- showed off new bikes and equipment. ++Total rider miles through March came to about 2,800. Only four rides were scheduled for March: three on Sundays and one on a Saturday.

1982--25 Years Ago: Ed and Mary Hawkes led the March meeting with a presentation of slides and discussion of their European bicycle vacation. ++A nomination for the Almost Anything Award went to Chuck Cali for creating a little excitement on a ride by blowing up his front tire. The QR said the explosion was complete with flames. ++The Answerist wrote: "When you see someone riding like a darned fool, you might as well speak up then and there. They are endangering their own and maybe your own lives and they are making all cyclists look like idiots to the motorists. Don't worry about what they're going to think. After all, you're doing them a favor. . .It's easy for even good cyclists to get into bad habits if everybody just ignores poor riding."

1987--20 Years Ago: Over 60 members and 80 non-members turned out for the monthly meeting shifted to IDOT to accommodate the expected crowd. Ultra-marathon bicyclists Lon Haldeman and Susan Notorangelo were in Springpatch to talk about their Race Across America (RAAM) wins and also their transcontinental tandem record ride. Susan also finished first among women in the 1983 Paris -Brest-Paris and later that year Lon would finish first in the 1987 P-B-P riding a tandem, after setting a men's tandem transcontinental ride in this country.

1992--15 Years Ago: Dean Wisleder offered a bicycle maintenance class through the Lawrence Adult Center. ++Bode Zietz was rider of the month, with 482 miles. He also picked up the Lead Water Bottle "on general principles." Theresa DeLeon received the Almost Anything Award for her tailwind ride, all but erasing from memory her disastrous tailwind ride from the previous year for which she was awarded the Lead Water Bottle.

1997--10 Years Ago: Jim Nugent was rider of the month with 298 miles. Total club miles were 5,478.

35th Annual Capital City Century Sunday, September 9th, 2007

Come ride with the Springfield Bicycle Club in its premier event – the Capital City Century. This year, which marks the event's 35th anniversary, the ride is scheduled for Sunday, September 9, 2007.

Starting from the historic Beach House on Lake Springfield, riders can choose among well-marked routes of 12, 25, 40, 62 and 100 miles over flat to slightly rolling terrain. These distance options means the CCC can offer a great biking experience to all riders – novice through the most experienced.

The event also features organized food stops, SAG coverage, and a post-event party with food, including a fish fry! If this will be your first century, the SBC will present you with a special certificate acknowledging your accomplishment. Think about coming to Springfield a day early. The bike club is hosting a free tour of the city's historic sites on Saturday, September 8.

Registration fees, based on the distance option chosen, range from \$8-\$15 for individuals and \$20-\$35 for families. Registrations received after August 31, 2007, will be subject to a late fee.

Registration forms will be available soon at: <http://www.spfldcycling.org/2007CCC.htm>

Secretary's Report

Ken Anderson, Secretary

Renewals

Marilyn Powell
Brock Webb
Janet Cooper
Terri Nelson & Family
Don Caspary & Family
Michael Becker
Jack & Gerry Casey
Scott Cross
Daniel & Amanda Eatherington
Mark & Linda Flotow

Renewals at the Contributing Level

Jason Beeler
David Scheina & Gail Rogers

Renewals at the Sustaining Level

Tom Clark

New Members

Todd Helm
Lois Jazo
Tara & Brand Kincaid
Judy Erwin

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.

Springfield Bicycle Club Mileage and Activity File

As of January 31, 2007

POSSIBLE MILES (NO T/F) 1236 0 1236 52 13800 013800578 23.9

| NAME | MONTH | | | | | | | YEAR | | | | | |
|---------------------|-------|-----|--------|--------|----------|-----|---------|------|-----|--------|-------|----------|-----|
| | RIDE | T/F | TO-TAL | RIDE S | AVG RIDE | LED | LDR PTS | RIDE | T/F | TO-TAL | RIDES | AVG RIDE | LED |
| Lisa Kidd | 392 | 18 | 410 | 13 | 31.54 | | | 392 | 18 | 410 | 13 | 31.54 | |
| Tom Clark | 394 | 12 | 406 | 16 | 25.38 | | | 394 | 12 | 406 | 16 | 25.38 | |
| Lance Kidd | 350 | 18 | 368 | 10 | 36.8 | | | 350 | 18 | 368 | 10 | 36.8 | |
| Alan Josephson | 279 | | 279 | 6 | 46.5 | | | 279 | | 279 | 6 | 46.5 | |
| Charlie Witsman | 273 | | 273 | 5 | 54.6 | | | 273 | | 273 | 5 | 54.6 | |
| Rob Brokaw | 110 | 118 | 228 | 7 | 32.57 | | | 110 | 118 | 228 | 7 | 32.57 | |
| Dave Ross | 180 | 35 | 215 | 9 | 23.89 | | | 180 | 35 | 215 | 9 | 23.89 | |
| Bob Sorenson | 149 | 48 | 197 | 8 | 24.63 | 1 | 3 | 149 | 48 | 197 | 8 | 24.63 | 1 |
| Marty Celnick | 108 | 71 | 179 | 7 | 25.57 | 1 | 3 | 108 | 71 | 179 | 7 | 25.57 | 1 |
| Lynn Miller | 145 | 17 | 162 | 6 | 27 | | | 145 | 17 | 162 | 6 | 27 | |
| Arden Gregory | 84 | 69 | 153 | 3 | 51 | | | 84 | 69 | 153 | 3 | 51 | |
| Curt Evoy | 108 | 33 | 141 | 4 | 35.25 | 1 | 3 | 108 | 33 | 141 | 4 | 35.25 | 1 |
| Kevin Greene | 133 | 4 | 137 | 7 | 19.57 | | | 133 | 4 | 137 | 7 | 19.57 | |
| Katie Weidner | 118 | 12 | 130 | 5 | 26 | | | 118 | 12 | 130 | 5 | 26 | |
| Pete Gudmundson | 124 | | 124 | 5 | 24.8 | | | 124 | | 124 | 5 | 24.8 | |
| Cathy Yeaman | 122 | | 122 | 2 | 61 | | | 122 | | 122 | 2 | 61 | |
| Robert LaBonte | 105 | 14 | 119 | 5 | 23.8 | | | 105 | 14 | 119 | 5 | 23.8 | |
| Pat Stephens | 115 | | 115 | 5 | 23 | | | 115 | | 115 | 5 | 23 | |
| Joel Johnson | 79 | 35 | 114 | 3 | 38 | | | 79 | 35 | 114 | 3 | 38 | |
| Lynn Rhoades | 84 | 24 | 108 | 3 | 36 | | | 84 | 24 | 108 | 3 | 36 | |
| Karl Kohlrus | 47 | 43 | 90 | 3 | 30 | | | 47 | 43 | 90 | 3 | 30 | |
| Alan Whitaker | 69 | 16 | 85 | 3 | 28.33 | | | 69 | 16 | 85 | 3 | 28.33 | |
| Linda Butler | 69 | 10 | 79 | 3 | 26.33 | | | 69 | 10 | 79 | 3 | 26.33 | |
| Marilyn Powell | 64 | 12 | 76 | 2 | 38 | | | 64 | 12 | 76 | 2 | 38 | |
| Ruth Magos | 62 | | 62 | 1 | 62 | | | 62 | | 62 | 1 | 62 | |
| Ken Anderson | 44 | 11 | 55 | 2 | 27.5 | | | 44 | 11 | 55 | 2 | 27.5 | |
| Bob Carmody | 48 | 7 | 55 | 2 | 27.5 | | | 48 | 7 | 55 | 2 | 27.5 | |
| Sr Josepha Schaffer | 55 | | 55 | 2 | 27.5 | | | 55 | | 55 | 2 | 27.5 | |
| Roger McCredie | 28 | 26 | 54 | 1 | 54 | | | 28 | 26 | 54 | 1 | 54 | |
| Naomi Greene | 48 | 4 | 52 | 3 | 17.33 | | | 48 | 4 | 52 | 3 | 17.33 | |
| Bill Voss | 37 | 12 | 49 | 2 | 24.5 | | | 37 | 12 | 49 | 2 | 24.5 | |

Springfield Bicycle Club Mileage and Activity File As of January 31, 2007

| NAME | MONTH | | | | | | | YEAR | | | | | |
|-----------------|-------|-----|--------|--------|----------|-----|---------|-------|-----|--------|-------|----------|-----|
| | RIDE | T/F | TO-TAL | RIDE S | AVG RIDE | LED | LDR PTS | RIDE | T/F | TO-TAL | RIDES | AVG RIDE | LED |
| Cindy Kvamme | 47 | | 47 | 3 | 15.67 | | | 47 | | 47 | 3 | 15.67 | |
| Ernie DeFrates | 42 | | 42 | 2 | 21 | 1 | 3 | 42 | | 42 | 2 | 21.00 | 1 |
| Rich Saal | 28 | 14 | 42 | 2 | 21 | | | 28 | 14 | 42 | 2 | 21.00 | |
| Libby Pyle | 36 | 4 | 40 | 1 | 40 | | | 36 | 4 | 40 | 1 | 40.00 | |
| Mike Vonnahmen | 36 | 4 | 40 | 1 | 40 | | | 36 | 4 | 40 | 1 | 40.00 | |
| Mike Eymann | 38 | | 38 | 2 | 19 | | | 38 | | 38 | 2 | 19.00 | |
| Dan Mitchell | 28 | 10 | 38 | 1 | 38 | | | 28 | 10 | 38 | 1 | 38.00 | |
| Dan Payne | 28 | 6 | 34 | 1 | 34 | | | 28 | 6 | 34 | 1 | 34.00 | |
| David McDivitt | 32 | | 32 | 2 | 16 | | | 32 | | 32 | 2 | 16.00 | |
| Martha Goodwin | 27 | 4 | 31 | 1 | 31 | | | 27 | 4 | 31 | 1 | 31.00 | |
| Mike Schwab | 30 | | 30 | 2 | 15 | | | 30 | | 30 | 2 | 15.00 | |
| David Banks | 28 | | 28 | 1 | 28 | | | 28 | | 28 | 1 | 28.00 | |
| Chuck Orwig | 22 | 6 | 28 | 1 | 28 | | | 22 | 6 | 28 | 1 | 28.00 | |
| Jerry Ihnen | 26 | | 26 | 1 | 26 | | | 26 | | 26 | 1 | 26.00 | |
| Mary Lou Hicks | 25 | | 25 | 1 | 25 | | | 25 | | 25 | 1 | 25.00 | |
| Connie Roberts | 21 | | 21 | 1 | 21 | | | 21 | | 21 | 1 | 21.00 | |
| Garland Stevens | 2 | 18 | 20 | 1 | 20 | | | 2 | 18 | 20 | 1 | 20.00 | |
| Tracey Hurley | 17 | | 17 | 1 | 17 | | | 17 | | 17 | 1 | 17.00 | |
| Jack Hurley | 14 | | 14 | 1 | 14 | | | 14 | | 14 | 1 | 14.00 | |
| Brigitta Ewing | 10 | | 10 | 1 | 10 | | | 10 | | 10 | 1 | 10.00 | |
| Jim Hajek | 10 | | 10 | 1 | 10 | | | 10 | | 10 | 1 | 10.00 | |
| John Day | 6 | | 6 | 1 | 6 | | | 6 | | 6 | 1 | 6.00 | |
| Cindy Moreno | 2 | | 2 | 1 | 2 | | | 2 | | 2 | 1 | 2.00 | |
| Totals | 4,578 | 735 | 5,313 | 183 | 29.03 | 4 | 12 | 4,578 | 735 | 5,313 | 183 | 29.03 | 4 |

Editor's Note: This is our first time printing these mileage stats straight from the Web site. If you notice any mistakes, please bring them to our attention.

There's a new column for Monthly ride leader points (LDR PTS). Annual ride leader points appear as the last column on the Web site (one column too many for QR!).

View Mileage Files online at: <http://www.spfldcycling.org/miles.htm>



Route 66 Trail-Breaking National Trails Day Saturday, June 2, 2007

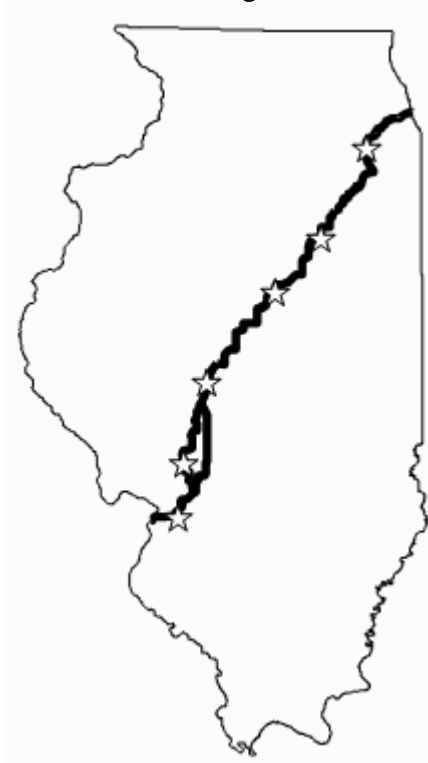


[NOTE From VP-Rides: This event will be in the SBC Ride Schedule!]

Be a part of history on National Trails Day 2007! Bicyclists and other "trail-breakers" will traverse the entire 369 miles of Illinois' new Route 66 Trail, a route of quieter roads and trails showing off the best of the old "Mother Road". The event will highlight bike tourism on the Route 66 Trail while giving a boost for road and trail improvements along the way. Register to participate!

How it works: Bicyclists and other users will each ride one of 13 legs of the Route 66 Trail, simultaneously covering the entire distance of the route. They will converge at six different Route 66 towns, where ceremonies will be held at noon.

Choose from one of these 13 segments, covering the main route and western alternate route. Ride a whole segment, or start anywhere along the way.



Joliet

From Chicago - 50
From Gardner - 42

Bloomington

From Lexington - 25
From Lincoln - 46

Staunton

From Carlinville - 26
From Missouri - 40

Pontiac

From Gardner - 37
From Lexington - 25

Springfield

From Lincoln - 39
From Carlinville - 49
From Litchfield - 49

Edwardsville

From Litchfield - 40
From Missouri - 15

For more details, maps, and free registration, visit:
<http://www.lepirtle.com/lib/route66/rt66form1.cfm>

Those registering early will receive a free commemorative t-shirt at the event.

Springfield Bicycle Club – 2006 Spinner Awards

| Age Class | Male | Female |
|------------------|---------------------------|---|
| Under 20 | No Spinner | No Spinner |
| 20 to 24 | No Spinner | No Spinner |
| 25 to 29 | Matt Saner, 553 mi. | No Spinner |
| 30 to 34 | Brock Webb, 2104 mi. | Katie Weidner, 2755 mi. |
| 35 to 39 | Curt Evoy, 3139 mi. | No Spinner |
| 40 to 44 | Pat Stephens, 3089 mi. | Lisa Kidd, 5988 mi. |
| 45 to 49 | Lance Kidd, 5418 mi. | Kathy Shepard, 2274 mi. (tie) Marilyn Powell, 2274 mi. (tie) |
| 50 to 54 | Charles Witsman, 9420 mi. | Cathy Yeaman, 6768 mi. |
| 55 to 59 | Ken Anderson, 3598 mi. | Ruth Magos, 3948 mi. |
| 60 to 64 | Pete Gudmundson, 9737 mi. | Mary Lou Hicks, 1366 mi. |
| Over 65 | Bill Bock, 4127 mi. | Carol Bock, 2887 mi. |
| At Large | Marty Celnick, 8480 mi. | Cindy Kvamme, 3198 mi. |

Springfield Bicycle Club – Spinner Awards Ceremony

Top Riders by Age Category, 2006

| FEMALE | MILES |
|------------------------|--------------|
| Under 20 | |
| Brea Elston | 133 |
| 20 – 24 | |
| Julie Perino | 151 |
| 25 – 29 | |
| 30 – 34 | |
| Katie Weidner (S) | 2755 |
| Karen Breitenbach | 1193 |
| 35 – 39 | |
| Lyn Schollett | 462 |
| Christa McLaren-Morris | 418 |
| Jennifer VanPreter | 286 |
| Kedra Elston | 195 |
| 40 – 44 | |
| Lisa Kidd (S) | 5988 |
| Linda Butler | 2400 |
| Tracey Hurley | 1973 |
| Cindy Moreno | 1046 |
| Hope Schnelten | 539 |
| 45 – 49 | |
| Marilyn Powell (S) | 2274 |
| Kathy Shepard (S) | 2274 |
| Lynn Rhoades | 2061 |
| Micci Bly | 1505 |
| Brigetta Ewing | 1079 |
| Susan Dees | 1024 |
| Connie Roberts | 985 |
| 50-54 | |
| Cathy Yeaman (S) | 6768 |
| Libby Pyle | 1499 |
| Cydne LaBonte | 677 |
| Christine Kohlrus | 579 |
| Regina McGuire | 308 |

| MALE | MILES |
|---------------------|--------------|
| Under 20 | |
| 20 – 24 | |
| 25 – 29 | |
| Matt Saner (S) | 553 |
| 30 – 34 | |
| Brock Webb (S) | 2104 |
| Jon Halterman | 295 |
| Jason Beeler | 464 |
| 35 – 39 | |
| Curt M. Evoy (S) | 3139 |
| Ben Cole | 662 |
| Roger Frye | 207 |
| Steve Smith | 141 |
| 40 – 44 | |
| Pat Stephens (S) | 3089 |
| Aaron Shehan | 836 |
| Robert Brokaw | 722 |
| Mike Schwab | 722 |
| Dan Payne | 388 |
| Michael VanPreter | 286 |
| Mike Elston | 125 |
| 45 – 49 | |
| Lance Kidd (S) | 5418 |
| David McDivitt | 4094 |
| Derek Ewing | 3016 |
| Ernest DeFrates | 2424 |
| Mark Smith | 2102 |
| Rich Saal | 1504 |
| Mark Rolens | 1226 |
| Bruce Yurdin | 1203 |
| Don Daniels | 914 |
| Mike Eymann | 264 |
| Dan Dungan | 161 |
| Jim Lund | 106 |
| 50-54 | |
| Charles Witsman (S) | 9420 |
| Marty Celnick (S) | 8480 |
| Tom Clark | 7303 |
| Phil Arnold | 5341 |
| Karl Kohlrus | 4219 |

Safe Routes to Schools

From the League of American Bicyclists Web Site

Safe Routes to School is a national and international movement to create safe, convenient, and fun opportunities for children to bicycle and walk to school. Safe Routes to School provides a variety of important benefits to kids and their communities, including improved health, reduced traffic congestion, better air quality, and enhanced neighborhood safety. Safe Routes to School is a solution for the alarming nationwide trend toward child obesity and inactivity.

Video: Safe Routes to School

<http://www.bikeleague.org/programs/saferoutes/video.php>

This streaming video gives an introduction to the Safe Routes to School program.

Year: 2006

Total running time: 4 minutes

Audience: Parents, educators, school administrators, school boards, city councilors, and public safety officers.

The piece was developed by the League with the help of a grant from The Robert Wood Johnson Foundation.



The Federal Program on Safe Routes to School

<http://www.saferoutesinfo.org/>

This new program will assist local communities in making bicycling and walking to school a safe choice. The program provides funding for infrastructure and education, while providing guidance and technical assistance through a national clearinghouse.

National Center for Safe Routes to School/National Safe Routes to School Curriculum

Find information on how to start and sustain a Safe Routes program. You'll also find resources for training and technical assistance. See the <http://www.saferoutesinfo.org> Web site. The League of American Bicyclists Safe Routes program focuses on bringing training to middle school students inside and outside the classroom.



Safe Routes to School National Partnership

<http://bikesbelong.org/page.cfm?PageID=250>

The partnership is a collaboration of bicycling and walking groups, as well as health advocates, schools, government agencies, and businesses. The partnership's goal is to advance the Safe Routes to School national movement. Join the partnership today.

For more information on the League's teacher training and student materials, contact Bill Nesper at bill@bikeleague.org.

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 2007 MILEAGE SUMMARY



| MONTHLY | | | | | | | | |
|---------|---------------|--------------|----------------|--------|---------|-----|------------------------|-----------------------|
| MONTH | RIDE MILES | T/F MILES | TOTAL MILES | #RIDES | #RIDERS | LED | #RIDERS PER RIDE | AVG RIDE LENGTH |
| January | 4,578 | 735 | 5,313 | 183 | | 4 | | 29.03 |

| CUMULATIVE | | | | | | | | |
|------------|---------------|--------------|----------------|--------|---------|-----|------------------------|-----------------------|
| MONTH | RIDE MILES | T/F MILES | TOTAL MILES | #RIDES | #RIDERS | LED | #RIDERS PER RIDE | AVG RIDE LENGTH |
| January | 4,578 | 735 | 5,313 | 183 | | 4 | | 29.03 |



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March, 2007

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.

Officers

President

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

Vice President

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

Board Secretary

Ken Anderson
522-3876
K.anderson2(at)
insightbb.com.

Recording Secretary

Connie Roberts
787-7410
cmroberts18(at)insightbb.com

Treasurer

Dave Lucas
753-3831
DWLucas62704(at)aol.com

Special Events

Roger McCredie
438-3959
pjandrover(at)mwii.net

Social Chair

Aaron Shehan
525-8699
aaronshehan(at)hotmail.com

Legislative/ Educational Chair

Lynn Miller
lynnmiller(at)insightbb.com
787-3354

Incentive Chair

Sue Hack
546-4514
shack2(at)earthlink.net

Records

Karl Kohlrus
544-8410
kkohlrus(at)insightbb.com

Marty Celnick
522-4206
celnickmg(at)cs.com

Tom Clark
726-5560
taconsulting1(at)yahoo.com

QR Deadline 15th of the Month

Web Master

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

At Large Members

Bill Donels
546-8036
sbdonels(at)insightbb.com

Kevin Brown
787-5652
kjbrown607(at)yahoo.com

***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.