



**Ride of the Month**

**Sunday, February 18, 2007, at noon—Marty is the only SBC rider on his ride.**

You might wonder why Marty Celnick was the only person riding his scheduled ride. Well, perhaps it was because other reasonable riders considered snow on the roads to be a deterrent. But, of course, not a deterrent to Marty! He rode seven miles—out Old Jack to the water tower and returned to Fairhills Mall. His comments about the ride included the fact that Old Jack was the only road on his route that wasn't snow covered. Marty also rode to and from the ride on snow covered roads. Neither snow, nor rain nor.....will keep Marty from his appointed ride leader duties. Thank you and congratulations, Marty!

**Almost Anything Award**

**Matt Korte, an Eagle Scout, won this month's AAA for making the Chatham trailhead of the Interurban Trail a better place.**

Matt was nominated by Lynn Miller. As an Eagle Scout project, Matt improved the trailhead with benches, an octagonal picnic table, a glass-enclosed message board and a trash bin. Matt received funding and help from the Chatham Kiwanis Club. Ron Workman was the lead from the Kiwanis. Wow! What a great project, Matt! Thank you.

**Lead Water Bottle**

**Dave Ross, the Springfield Bicycle Club's president, is evidently not the proud owner of a calendar.**

As rides were discussed for the "Ride of the Month" and Dave Ross's ride for Presidents' Day was brought up, he mumbled something about bad weather and possibly nobody showed up. You'll recall that this was the ride that Dave had given thought to for quite some time, mentioning bringing some "green pieces of paper with pictures of old presidents" in case hot chocolate was needed. Later in the meeting, as guilt was overwhelming Dave, it came out that actually Dave was in San Francisco that day for a family reunion. In agreeing to lead the ride, he had failed to check his calendar to see if he was free. **After** realizing he wasn't going to be in town, he even failed to find a replacement ride leader! If SBC Board members weren't difficult to find, certainly impeachment guidelines should be researched in the Club's constitution and bylaws. Thank you, Dave, for coming clean.

**Riders of the Month**

2/07 Rob Brokaw, 221 mi.	10/06 Alan Whitaker, 457 mi.	6/06 Chuck Orwig, 650 mi.
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.

## President's Report

### April 2007

I love the Springfield Bicycle Club. I am very proud of our advocacy and education work, and I think we put on a world-class Century ride every September.

This "president's column" is going to be a bit different than usual. Below are several letters: a letter from a trail user and my response to him, followed by letters to SBC members and SBC ride leaders. I ask you to read these carefully. If you have any comments or suggestions, feel free to contact me or any Board member.

See you on the road!

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3/12/07

To: Mr. Schwab, Springfield Bike Club Member

I'm asking that you take this correspondence to your next meeting or notify your leadership concerning some of its members.

I have always supported the Club since you were a member and enjoyed your stories of their rides and called in support to get more paths and too keep them open.

At around 11:30 yesterday [Sunday, 3/11/07], I guess some sort of Springfield Bike Club ride was taking place that was proceeding along the path to Chatham. I was amazed at some of your members' comments as they passed my kids, 4 and 21 month old, my wife and me. I have never walked on our path prior to yesterday. We made sure to get in single file to allow plenty of room for the guys riding the bikes.

The comments below I find unacceptable:

"This is why I hate riding on the path, too many people walking, I'd rather ride on the road" and yelling at us, "Don't you understand this is a bike path?"

I hope only a small fraction of your members feel this way. My kids at least learned a lesson of how not to be. I only wish they would have been so brave as to have stopped and shared their views.

For a group that wishes only good PR, these few blew it for me and my family. I cannot support such a group that shows so much bias and discrimination towards others.

I am totally stunned by these actions.

Gary Kroeschel and family  
Chatham, IL

[By the way, I spoke to Mr. Kroeschel and learned that at least one of the riders in the group that passed his family on the trail was wearing an SBC jersey. The planned SBC ride on 3/11 left Fairhills Mall at 11:00 and did proceed down the Wabash and Interurban trails.]

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## Board Meeting Notes— February 7, 2007

Connie Roberts, Recording Secretary

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

Minutes of the January meeting were approved.

Treasurer's Report. Dave Lucas reported we have a balance of \$15,700.16 as of February 1, 2007.

Ride Schedule and Meetings. David McDivitt reported he has not started on the March ride schedule but will soon. The next board meeting is scheduled for March 6, 2007.

Awards. Sue Hack presided over the awards. The Ride of the Month was awarded to Bob Sorenson for his New Years Day Ride. The Lead Water Bottle went to Mike Schwab for riding his bike down Chatham Road in the dark with his laundry blocking his tail lights. The Almost Anything Award was awarded to David McDivitt for doing such a nice job on the web site.

Legislative / Education. Lynn Miller reported that Bill Donels has found a way for the Interurban Trail to

travel without needing a tunnel at the toe end of MacArthur. There is a meeting planned with IDOT for later this week and Lynn and Bill will try to convince them to not put a tunnel at the end of MacArthur and to use those funds for the Westchester intersection. There is also support from the Springfield Roadrunners and the Springfield Ski Club.

Social Chair. Aaron Shehan did not have anything to report.

Special Events. Roger McCredie had some sample fliers for the CCC to pass around. He is planning to get the brochures out as soon as possible.

Quick Release. Marty Celnick reported that they have not begun the March issue yet but will soon.

Old Business. Ken Anderson reported that Curt Evoy has been helping him with a new club directory and they hope to have it finished by the end of March.

New Business. Alan Josephson has volunteered to plan a ride for the Memorial Day weekend. Karl Kohlrus suggested that we provide

support to area school districts in trying to obtain grants from the Safe Routes to Schools funds thru IDOT. He had several suggestions for projects. Bill Donels volunteered to help Karl approach the school districts and try to get them to a seminar on February 20. Ken Anderson inquired whether the club will help with the Senior Olympics this year and if the dates could be changed. After some discussion it was agreed that the club would help and the new dates would be May 19 and 20. There was a very lengthy discussion about the new commuting miles rule. The final decision was that members could count all personal miles and they count towards Spinner Awards.

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

Next meeting: 7:00 p.m., Tuesday, March 6, 2007, at Robert Morris College, 3101 Montvale Drive.

## April Memories

By Mike Becker

**1972–35 Years Ago:** The first thirty or so members of the Springfield Bicycle Club were listed last month. Here are the next few, which takes us through mid-February 1972:

Cathy Pouder	Carolyn Jorgensen	Marjorie Cody & d family
David Lewin	William Ortman	William Simpson & family
Robert Dehen	Jeff and Sue Nelson	John Kennedy
David Lucas & family	Maureen Burke	Rick Brodine & family
Sue Saner	Jeannene Riker	Ernest Kunze & family
Jeff Schewe	Bonnie Malinoff	Wayne Golomb
Michele Kolay	Edwin Foutch & family	Mary Tomlin
Richard Fitts	Ruth Cycholl	Richard Verdier
Edward Wolff	Phyllis Eubanks & family	Rodney Yoswig
George Coutrakon	Judy Jahr	Barb Engel
Jane Snyder	Dick Bentley & family	Lisa Klein
Lynn Lard & family	O.A. Dickinson & family	Frank (the younger) McGowan

**1977–30 Years Ago:** At the April meeting, Gerry Casey, Deb Huelskoetter, Barbara Weathers and Chris Wheal spoke about cycle camping, and the Almost Anything Award was presented to Ed Herdes who pioneered a then unique method of ride leadership (which has since been copied many times over by others, myself included): he drove up in his car, handed out maps to those waiting in the rain, and drove off to a drier place.

**1982–25 Years Ago:** The April newsletter noted that Jim Dalluge was “rider of the month” for January (19 miles–bad weather) and David Stjern for February (81 miles–not much better). The Quick Release also noted that Jim Dalluge moved to Baltimore to work for LAW. ++April 25 was the date for “Run for Your Life”, sponsored by Ground Zero. Starting at the Old Capitol Plaza, you were given 30 minutes to run, demonstrating how far from the center of a nuclear blast a person could get in the expected warning time of 30 minutes. Glad things are better today. . . or are they?

**1987–20 Years Ago:** Steve Churchill of Robert’s Seafood talked about seafood dishes preparation at the monthly SBC meeting. It was not noted whether the preparation method included gigantic glops of cheese sauce and mounds of French fries, but knowing SBCers, I am sure it did. ++Mary Corrigan won the AAA for leading a stray horse back to his fenced pasture, and Greg Lakebrink won the Presence Present. ++113 riders enjoyed a warm and sunny day at the 10<sup>th</sup> Annual Alrutz Metric Century. The LAW sent Easter patches rather than the Metric Century patches ordered, which was a rather minor screw up for them. (For the younger folk, patches were the primary attendance award at organized bike rides for many, many years, just like water bottles or tee shirts today. A vest with 15 pounds of sewn on

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**1992–15 Years Ago:** Eight two riders participated in a chilly 15<sup>th</sup> Annual Alrutz Metric Century. ++279 riders rode in 29 SBC February rides and totaled up 8,646 miles. This was a 37% increase over the previous year. ++Bruce VanMetre talked about bicycle commuting at the monthly membership meeting.

**1997–10 Years Ago:** The T.G.I. Spring ride (renamed from the Alrutz Memorial Metric Century) drew about 50 participants. The start location was changed from Lincoln, where it had been from inception as a spring ride organized by Lincoln resident Ken Alrutz, to Athens. ++Theresa DeLeon was Rider of the Month. ++Map Reading and Making was the topic for the April monthly meeting held at the YMCA.



## Secretary's Report

Ken Anderson, Secretary

### Renewals

Lynne Allen  
Peter Harjes  
Carol Anderson  
Mike Royer  
Mary Loker

### Renewals at the Contributing Level

Larry & Cindy King  
Bill & Carol Bock

### New Members

Nathan Forcum

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.

## April 2007 Ride Schedule

**Be informed!** Check the website [www.spfldcycling.org](http://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](http://www.spfldcycling.org). **Daytime rides go as indicated except on holidays.** Contact David McDivitt with questions or suggestions for Friday night events.

Please volunteer to lead a ride.

**Do a ride sheet on Show-N-Go rides if riding together!**

<b>Weekday &amp; Weekend Daytime Rides</b>		<b>Check the start times!</b>
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 - <b>Lunch with Lisa</b> 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 10:00 am	Wabash Trail East end parking lot Park St & Wabash Ave David Lucas, 753-3831	EZ - Slow easy ride 10-15 miles.
<b>Weekday &amp; Weekend Evening Rides</b>		<b>Check the start times!</b>
Monday 5:45 pm	Parkway Point Theater Lindbergh & Robbins Road Alan Whitaker, 494-6807	C - Easy ride to get started and gain conditioning while going slow enough for conversation. 10 - 22 miles.
Monday, Tuesday, Wednesday & Thursday 5:45 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 5:45 pm	Various locations Dave Lucas, 753-3831	EZ - Evening Ride, 10 miles, slow and easy pace. Find start locations in scheduled rides and events below.
Tuesday 5:45 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 5:45 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 5:45 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.
Wednesday 6:10 pm	Wheelfast Bicycle Co. 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!

Thursday 5:45 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.
Saturdays 7:30 pm	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go, <b>Nighthawk Ride</b> , Lights required. No leader and no map.
<b>Scheduled Rides and Events</b>		<b><i>Check the start times!</i></b>
Sunday April 1st 10:00 am	Vredenburg Park Saxon Dr & Crusaders Rd Robert LaBonte, 787-0237	ABCD - <b>April Fools Ride</b> , south to Auburn. Watch out for foolish things!
Tuesday April 3 5:45 pm	Schlitt Park South Side of Owen Marsh School Dave Lucas, 753-3831	EZ - Evening Ride, 10 miles, slow and easy pace
Friday April 6 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 April 6 6:00 pm	IDOT, Lost Bridge Trail Dirksen Parkway Show-N-Go	CD - Come ride the trail for about an hour. Non riders meet at Cheddars Restaurant for dinner at 7. Turn miles in to Karl.
Saturday April 7 10:00 am	Waldrop Park Andrew Road, Sherman Alan Josephson, 793-0590	ABCD - Miles 27-45 as determined by the wind and direction we will go!
Sunday April 8 10:00 am	Arby's, Fairhills Mall Chatham Rd & Monroe St Marty Celnick, 522-4206	ABCD - If west wind we go to New Berlin. If north wind we go to Ashland. If south wind we go to Auburn. If east wind we go to Williamsville and maybe Elkhart. Subject to change based on previous day's destination.
Tuesday April 10 5:45 pm	Washington Park Tennis Court Parking Lot Dave Lucas, 753-3831	EZ - Evening Ride, 10 miles, slow and easy pace
Tuesday April 10 7:00 pm	Robert Morris College, room 219 3101 Montvale Dr Dave Ross, 789-4823	NC - <b>Board Meeting</b> . All SBC members are invited to attend board meetings. note: Room 219 is across the walk bridge, upstairs, toward the back on the left.
Friday April 13 7:00 pm	Cancun Restaurant 420 Crossing Mall, Sherman Show-N-Go	CD - One hour ride. Non riders meet for dinner at 7. Turn miles in to Karl.
Saturday April 14 10:00 am	Panera Bread W White Oaks & Wabash Lance Kidd, 546-1698	ABCD - Ride up to 50 miles on this excellent day!
Sunday April 15 10:00 am	Kedra's House 111 Price St, Williamsville Kedra Elston, 741-9421	ABCD - Will stop at Elkhart bakery if it's open. Take Main Street East out of Williamsville to Price Street.
Sunday April 15 3:00 pm	State of Illinois Visitor's Center 429 S. College (by the chrome deer) Dave Lucas, 753-3831	NC - <b>Tire Repair Clinic</b> , See newsletter article for details
Tuesday April 17 5:45 pm	Rotary Park Archer Elevator & Iles Dave Lucas, 753-3831	EZ - Evening Ride, 10 miles, slow and easy pace
Friday April 20 6:00 pm	Corky.s BBQ 3458 Freedom Drive, Pkwy Point Show-N-Go	CD - One hour ride. Non riders meet for dinner at 7. Turn miles in to Karl.
Saturday April 21 10:00 am	Lewis Memorial Christian Village 3400 W Washington Linda Butler, 787-5027	ABCD - Linda will take us 30-40 miles to a place only she knows.
Sunday April 22 10:00 am	Centennial Park Bunker Hill Rd & Lenhart Rd Robert LaBonte, 787-0237	ABCD - Earth Day, going to Auburn for 30 miles with longer option.

Tuesday April 24 5:45 pm	State of Illinois Visitor's Center 429 S. College (by the chrome deer) Dave Lucas, 753-3831	EZ - Evening Ride, 10 miles, slow and easy pace
Friday April 27 6:00 pm	Pasta House 2800 South West Plaza Drive Show-N-Go	CD - One hour ride. Non riders meet for dinner at 7. Turn miles in to Karl.
Saturday April 28 10:00 am	AMF Strike & Spare Lanes 2660 W Lawrence Ave Show-N-Go	ABCD - Ride with your friends wherever you want! Please use a ride sheet if possible. Turn in miles to Karl.
Sunday April 29 10:00 am	Wheelfast Bicycle Co. 20 Cottonwood Dr, Chatham Matt Saner, 483-7807	ABCD - Come celebrate Wheelfast's eighth anniversary with Matt and Jake. Go 30-40 miles, then have refreshments afterward courtesy of Wheelfast!

### 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

## LAST CHANCE!!!! For Directory Changes

If anyone has any changes or corrections they would like to have made to the SBC Directory, please let me know by April 15th.

Also, if you do not want your information in the directory, I need to know by April 15th.

Please either call me at 522-3876 or email me at [k.anderson2@insightbb.com](mailto:k.anderson2@insightbb.com).

Thanks,

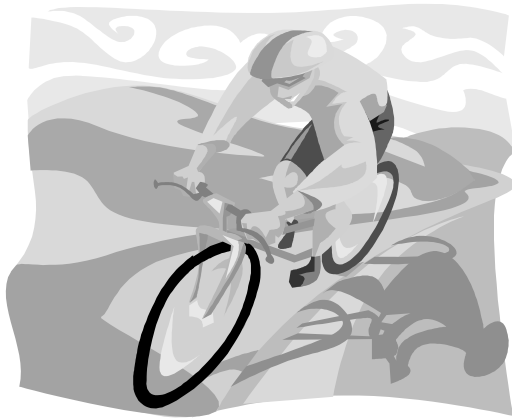
Ken Anderson

## Memorial Weekend May 26-28<sup>th</sup>- St. Charles IL

Open to SBC members both bikers and non-bikers

This event was so well attended and enjoyed last year that we are doing it again this year.

St. Charles and the surrounding areas are blessed with many lovely quaint towns for those who choose to shop, antique or just hang out. Bike riders have access to several beautiful intersecting trails and smooth roads throughout the area. So there is something for all!



We'll drive from Springfield leaving by 7:30 AM and arrive at the Holiday Inn Express St. Charles, IL by 11:00 AM on Saturday May 26<sup>th</sup>. For those who wish to ride trails you can explore at will. I will have maps. Road riders will have up to a 60+ mile route to travel. We will meet back at the hotel at a specified time and will go to dinner at a restaurant TBA. There are movies, brew pubs and nightly entertainment in the area if you prefer to partake and downtown Chicago is less than 1 hour away.

Sunday, we will do more of the same. The road riders will be riding a country loop incorporating trails. The trail riders still have many choices. The non-riders can shop locally or go into Chicago. There is also a "Bike the Drive" ride in

Chicago if you are interested. Again, dinner will be at a specified time and place for those who wish to join us. Monday, we will ride trails in the morning, shower up and head home.

Cost is \$100 per person for two nights, 2 beds per room, This includes tax, meetings, maps, snacks and wine. If we can't get you a buddy, I will TRY to fit 3 in a room. Only 10 rooms have been reserved.

Get yourself a buddy, sign up below and mail. Cut off date is May 1<sup>st</sup>. Hurry and sign up today!

Enclosed is my check for \$100 payable to Alan Josephson, 4117 Gaskell Dr, Springfield, IL 62711. (email for info:ahjosephson@yahoo.com or call 793-0590).

Name \_\_\_\_\_

Email \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency contact \_\_\_\_\_ Ph \_\_\_\_\_

I intend to room with \_\_\_\_\_

Please find me a roommate with the option of 3 per room with a rollaway.

## Springfield Bicycle Club Mileage and Activity File

As of February 28, 2007

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

NAME	RIDE	T/F	TO-TAL	RIDE S	AVG RIDE	LED	LDR PTS	RIDE	T/F	TO-TAL	RIDES	AVG RIDE	LED
Rob Brokaw	161	60	221	9	24.56			271	178	449	16	28.06	
Cathy Yeaman	146		146	2	73			268		268	4	67	
Karl Kohlrus	119	16	135	13	10.38			166	59	225	16	14.06	
Marty Celnick	79	35	114	6	19	1	3	187	106	293	13	22.54	2
Mike Schwab	109		109	16	6.81			139		139	18	7.72	
Tom Clark	83	20	103	6	17.17	1	3	477	32	509	22	23.14	1
Pat Stephens	90		90	8	11.25			205		205	13	15.77	
Lynn Miller	61	6	67	3	22.33			206	23	229	9	25.44	
Ruth Magos	59		59	1	59			121		121	2	60.5	
Robert LaBonte	54		54	3	18			159	14	173	8	21.63	
Curt Evoy	52		52	3	17.33			160	33	193	7	27.57	1
Charlie Witsman	45		45	1	45			318		318	6	53	
Lisa Kidd	42		42	3	14			434	18	452	16	28.25	
Dave Ross	39		39	2	19.5			219	35	254	11	23.09	
Joel Johnson	18	17	35	1	35			97	52	149	4	37.25	
Kevin Brown	14	16	30	1	30			14	16	30	1	30	
Don Daniels	18	10	28	1	28			18	10	28	1	28	
Tom Murphy	28		28	2	14			28		28	2	14	
Kevin Greene	18	7	25	1	25			151	11	162	8	20.25	
Alan Whitaker	18	2	20	1	20			87	18	105	4	26.25	
Sr Josepha Schaffer	19		19	1	19			74		74	3	24.67	
Lance Kidd	14		14	1	14			364	18	382	11	34.73	
Katie Weidner	14		14	1	14			132	12	144	6	24	
Pete Gudmundson	14		14	1	14			138		138	6	23	
Dave Lucas	9	3	12	1	12			9	3	12	1	12	
Cindy Kvamme	10		10	1	10	1	3	57		57	4	14.25	1
Jerry Ihnen	10		10	1	10			36		36	2	18	

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March 18, 2007

Dear Mr. Kroeschel,

As President of the Springfield Bicycle Club, I would like to apologize to you and your family for the behavior you encountered on the Interurban trail. I would also like to let you know that the opinions expressed by the riders you encountered are not those of the Springfield Bicycle Club, its Board members, or most of its membership.

The comments made to you and your family were not only rude, they were factually inaccurate. The trails in the Springfield, Chatham, and Rochester area (the Interurban, the Wabash, and the Lost Bridge Trail) are most assuredly not “bike paths” -- they are multiuse trails, meant to be enjoyed by bikers, walkers, runners, bird watchers, skaters, skateboarders, and families.

The SBC exists to to promote the many aspects of bicycling and to provide a meeting ground for those who enjoy the recreational, social and physical benefits of bicycling. As such, we have advocated for trail development and preservation in the greater Springfield area. We have always encouraged our riders to share the road, and to share the trails.

We will be publishing your letter in the next issue of our newsletter, the *Quick Release*, and will be reminding our members to share the road and share the trails.

Thank you for bringing this matter to our attention.

Yours Truly,

David L. Ross  
President, Springfield Bicycle Club

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To: SBC Members  
From: Dave Ross

Most of you are quite polite when riding the trails and roadways, and do not need this reminder. But as the weather warms up, we can expect to encounter an increased number of runners, walkers, and families on the trails. Please be mindful of them as you ride, and always ride safely.

Please remember that the trails and roadways have not been constructed at public expense for our exclusive use. The trails are not bicycle trails: they are multiuse paths or linear parks, not velodromes. SBC rides are recreational rides, not the Tour de France. If you like to ride fast, great! But please use the roadways. When on the trails, expect to encounter families and small children – and remember that children are unpredictable. Slow down. When on the road, you can foster some good will toward bicyclists by obeying the rules of the road: stop at traffic signals and stop signs, stay to the right, signal your intentions, and allow cars to pass.

Calling out, “Bicycle passing on your left” is a polite way to let a walker, runner, skater, or slower biker know that you are planning to pass them. Bicycles are quiet when approaching from the rear, and it's nice to give a verbal warning to those you plan to pass. Remember that “on your left” is not a command. If you are riding so fast that an “on your left” must be shouted, perhaps you are riding too fast for conditions. Please slow down.

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If you encounter unsafe behavior on the trails, take a moment to stop and politely explain that the trails are multiuse paths, and remind trail users that they will be safest if they stay to the right, keeping all pets and children under control. As my grandmother used to say, “You can catch more flies with honey than with vinegar.”

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To: Ride Leaders  
From: Dave Ross

During the warmer months, please plan longer weekend routes to avoid using the trails whenever possible. Whether your ride includes one or more of the trails or not, please remind all riders of trail etiquette and the rules of the road at the beginning of each ride. Thanks!

## EZ Rides Begin Again in April '07

Dave Lucas

The Sunday morning and Tuesday evening EZ rides will begin again on April 1<sup>st</sup>. No, this isn't an April Fool's joke; it's just the start of another relaxed and easy series of rides for beginning riders or other who want to ride at a more casual pace, i.e. approx. 10 – 12 mph.

These early rides should be particularly attractive to those cyclists who haven't touched their bike (s) since they were tucked away in the garage last September or October. Here's a chance to get back into riding shape by riding with friends on the shorter distance EZ rides. All EZ rides will be led by an experienced cyclist who can advise and assist with bike problems you might have such as flat tires, brake and saddle adjustments, etc.

The Sunday morning rides will be approximately 15 – 20 miles in length, and riding time should be approximately 1 ½ - 2 hours. We will all stay together as a group, and no one will be left behind to ride by themselves. Normally, we will take a break at the midpoint of the ride for rest and refreshments. Last year, we rode the Interurban Trail to Chatham and rode to the Apple Barn for some of their excellent baked goodies. The status of the Interurban Trail is in limbo right now, as we are not sure when the construction of the MacArthur Street extension will begin. Once that begins, we may not be able to ride the Interurban for perhaps 2 years, and another Sunday morning EZ route might be necessary.

The Tuesday evening rides will be shorter in duration, approximately 10 miles, and will ride through a variety of low traffic Springfield neighborhoods. The starting time will be the same each week, but the start location will vary so that we don't ride the same roads every week. Be sure to check the ride schedule for the starting location of these weekly EZ Tuesday evening rides. So, if you want to EZzzzz yourself back into riding shape in the company of a group of social and helpful bicycle club friends, come on out on Sunday morning or Tuesday evening and enjoy the latest edition of the club's EZ rides. If you have any questions, please feel free to call me at 217 753-3831 or email me at [DWLucas62704@aol.com](mailto:DWLucas62704@aol.com).

Ride right; wear a helmet, and share the road.

## Tire Repair Clinic

Psssssst, psssssst, psssssst.....

Got that sinking feeling as you hear (and feel) the air leak out of your tire?

**DO NOT REACH FOR THAT CELL PHONE!** Stop, get out your spare tube and tire levers, fix your flat and continue your ride. Can't do it? Attend this repair clinic and find out how.

Tire problems are without a doubt the most common problem you will ever encounter while riding. Things that can puncture your tires are everywhere. Broken glass is the most prevalent but is not the only potential culprit. There are nails, roofing staples, left over fly ash, sharp stones and many other interesting items laying about just waiting to poke a hole in one (or both) of your tires. I've even had a fish hook puncture my tire, and that was in downtown Springfield!

The ability to fix a flat tire is a basic skill that should be possessed by any cyclist who intends to ride more than a mile from home. A 2 mile ride home is no big deal, but a 2 mile walk back home in 95 degree heat pushing your bike with a flat tire is definitely a big deal and is something that most of us would rather avoid.

So.....let's get together, and I'll show you how to fix that flat and get back on the road. This isn't rocket science, but it does take a little knowledge and practice.

If interested in learning how to fix your flats and other tire problems, don't hesitate to attend the **April 15<sup>th</sup> tire repair clinic at the Illinois Visitor's Center, 429 S. College St., Springfield.** Meet at the picnic area by the chrome deer sculpture at 3:00 p.m. for fun & games with tires & tools.

Ideally, you will bring your bike, a spare inner tube of the correct size, 3 tire levers, and a pump that you can carry on your bike. If you bring all of these things, I will show you how to change **YOUR** tire, on **YOUR** bike with **YOUR** tools.

However, I realize that many of you don't have all of the above repair items, and they are not necessary to attend this session. At this clinic, I will show you what tools/items you need in order to fix any tire problem and will show you how to use these tools. I'll also have some instructional written material for you to follow after you leave the session so that you can practice further in the comfort of your garage.

All interested parties are invited to attend. No prior knowledge or experience is necessary. C'mon out and start riding with the confidence that comes from knowing that you can fix a flat and not have to rely on others to get home.

Feel free to give me a call before (or after) the clinic if you have any questions. Hope to see you there.

Dave Lucas

[DWLucas62704@aol.com](mailto:DWLucas62704@aol.com) 217 753-3831

**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
February	1,343	192	1,535	90		3		17.06

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
February	5,921	927	6,848	273		7		25.08



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April, 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

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

**Recording Secretary**

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753-3831  
DWLucas62704(at)aol.com

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**Legislative/ Educational Chair**

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**QR Deadline 15th of the  
Month**

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**At Large Members**

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Kevin Brown  
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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 12<sup>th</sup> of the month in order for the ad to appear in the following month's newsletter. Individual club members (excluding businesses) may list bicycling related items for sale without charge.