



Ride of the Month

Wheelfast Bicycle Co, with Matt and Jake, wins the ride of the month for April. One comment that was heard was that they had “fresh food”! and that’s a very good thing!

On Saturday, April 29, 2007, a 30-40 mile ride began and ended at Wheelfast with refreshments to celebrate the company’s eighth anniversary. They provided a good route on a nice day. The celebrants enjoyed freshly grilled burgers, chips, muffins, Gatorade and soda. Food after a ride is always a winner—“Ride to eat, eat to ride.” Thank you Matt, Jake and Wheelfast Bicycle Co. for a great ride.

Almost Anything Award

Members of the Springfield Bicycle Club who showed up throughout the day for the opening of Irwin’s Park between Auburn and Chatham win the AAA for April.

Nominated by Roger McCredie, members participating in the opening festivities enjoyed a brass band, the Auburn Jazz Band, pony rides, a petting zoo and a bake sale. Dignitaries Larry Bomke and Rich Brauer were also in attendance. Thanks to all of you who showed up for this event.

Lead Water Bottle

Once again, we have a lead free month. SBC members are performing way below their observed potential in this area. President Dave Ross encourages members to get out and do something stupid and lead-worthy (in a safe manner, of course).

Riders of the Month

4/07 Tom Murphy, 889 mi.	12/06 Kathy Shepard, 319 mi.	8/06 Bill Bock, 759 mi.
3/07 Cathy Yeaman, 1077 mi.	11/06 Lance Kidd, 547 mi.	7/06 Charlie Witsman, 1633 mi.
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.

President's Report

June 2007

Nighthawks: A painting by Edward Hopper. Depicting three customers at a counter of a diner in the middle of the night, it is often seen as a metaphor for loneliness, isolation, or solitude.

Nighthawk: A nocturnal bird. It manages to catch bugs while flying.

Last Saturday was a beautiful day. In the evening, I decided to go on the SBC's weekly "nighthawk" ride, leaving from Vredenburg Park around sunset. As it turned out, I was the only rider to show up. But, it was a lovely cool evening, so I decided not to waste it by simply turning around and heading home; I headed down the Wabash and Interurban trails. What a great ride! At times, I felt like the Hopper painting: I let the solitude of the evening roll over me, especially as it became darker. At times, I felt like the bird: way too many bugs got caught in my teeth. And as a bonus, I was treated to seven deer on the trail.

Night riding is great fun. If you haven't tried it, the "nighthawk" ride continues in June (with a new, later "after dark" start time of 9 PM), and I urge you to give it a go. Bike lights are relatively cheap and easy to install. The trails are deserted, except for the wildlife. Away from the city lights, you can actually see a few stars. And during the hotter summer months, a late evening ride allows you to escape from the heat.

A few tips: Wear light colored clothing. Use lights, front and rear. Don't ride too fast: make sure you can stop within the distance you can see ahead. It's best if you're familiar with the roads or trails you plan to take, and know where the potholes are. Expect the unexpected. Enjoy the quiet and solitude. And don't worry about the bugs in your teeth: a little floss works wonders. See you on the road!

Secretary's Report

Ken Anderson, Secretary

Renewals

Dean Wisleder
Rebecca Hood
Bob Dettling
Arden Gregory
Gary & Lynn Woerner

Renewals at the Contributing Level

Alan Whitaker
Kevin Brown & Lola Lucas
Bud Cline & Dell Pillers Cline
Lyn Schollett
Cindy Tubbs
Thomas Dodegge

Renewals at the Sustaining Level

Joel Johnson

New Members

Nyle Robinson
Mike & Barb DiDonato
Jim & Stacey Larson
Chris Colgren
Kathy Copelin
Michael & Emily Meyer
Michelle Cozadd

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.

Board Meeting Notes— April 10, 2007

Connie Roberts, Recording Secretary

Attending: Dave Ross, David McDivitt, , Dave Lucas, Roger McCredie, Aaron Shehan, Lynn Miller, Sue Hack, Marty Celnick, Bill Donels, Kevin Brown, Connie Roberts.

Minutes from the March meeting were approved.

Treasurer's Report. Dave Lucas reported we have a balance of \$15,223.38 as of April 2, 2007.

Ride Schedule and Meetings. David McDivitt reported that the May ride schedule is almost finished. The next board meeting is scheduled for May 8, 2007.

Awards. Sue Hack presided over the awards. The Ride of the Month was awarded to Chuck Orwig for his ride on St. Patrick's Day which included food. The Almost Anything Award had several nominee's. Sara Burkhart and Allison Koch, Glenwood High School juniors, were nominated for organizing "Bike for Blade". A fundraiser to raise money for their teacher Clark Blade who was diagnosed with cancer last December. Robert LaBonte was nominated for carrying a broom with him on his bike for the first Monday night ride and sweeping the glass off both trails all the way to Chatham. Naomi Green was nominated for teaching the yoga for cyclists class during the winter months. Terri Nelson was nominated for designing and

getting the CCC brochures ready three months earlier than planned. The award went to Naomi Green. The Lead Water Bottle went to the jerk that burned the trash receptacle on the Interurban Trail that the Eagle Scout, Matt Korte had just set out.

Legislative / Education. Lynn Miller reported that he and Bill Donels have been meeting with the Developer, Capitol Development, Senator Durbin's office, and the Park District in an effort to get the trail and sidewalk moved to the west side of the Legacy Point development instead of the east side which is where they are planning to build it when they do the MacArthur extension. Lynn spoke with Ed Barsotti, he reported that Lt. Governor Pat Quinn would like to do a ten mile ride to the State Fair on August 11. Roger McCredie reported that he has been getting favorable responses from the Auburn City Council about developing some new trails in the Auburn area.

Social Chair. Aaron Shehan reported that he had sent a few cards this month.

Special Events. Roger McCredie reported that there was nothing to report on the CCC at this time. He spoke with Bob Thompson about the SBC helping him with the Biathlon in June. Roger is going to have Bob come speak to the

board next month and a decision will be made at that time.

Quick Release. Marty Celnick reported he has not started on the May issue yet but will be soon.

Old Business. Dave Lucas reported there has not been a very big turn out for the Easy Riders, but the weather has not been cooperating. He plans to continue them thru May and then decide if they will continue after that. There was some discussion about how to encourage children to become involved in cycling.

New Business. The Senior Olympics is scheduled for May 19-20. Ken Anderson would like someone to help him and then maybe take it over for him next year. He is looking for volunteers to be marshals and timers. Cut Evoy is working with Lincoln Library on a bike month display.

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

Next Meeting: 7:00 p.m., Tuesday, May 8, 2007, at Robert Morris College, 3101 Montvale Drive.

Madison County Trails

By Ernie DeFrates

How would you like to explore a well-maintained trail system in the St. Louis area? There are more than 85 miles of Madison County trails, most of which are paved. With the addition of the new paved Goshen Trail, all the trails in the system are linked, allowing for many and varied mileage loops. There are bike racks on the buses, as well. You could bike on one of the trails from Edwardsville to a Madison County transfer station, put your bike on the bus to a MetroLink station, and take the MetroLink to any number of stops in downtown St. Louis.

On the Saturday of last Labor Day weekend Linda Butler and I rode a number of trails and roads from Edwardsville to St. Louis to Soulard Market and back, 64 miles round trip. I hope to lead a ride in Edwardsville sometime this season.

In the meantime, please check out the Madison County Trails website at www.mcttrails.org. Request a Madison County Trails map, which also shows which area roads are best for biking. Go ahead and check out the trails yourself, and feel free to call me at 544-1398 or email me at [eldbik \(at\) aol.com](mailto:eldbik@atol.com) with any questions. Its a great trail system we should try!

Ride and Explore Michigan July 14-22

Alan Josephson

This trip is geared to the bicyclist and the non bicyclist alike who like fun trips and interesting historical places to go. Plans are to tour three areas of Michigan staying one-three nights in each area. We will first drive to Ann Arbor and some wonderful country riding. We will ride to the town of "Hell," the most popular ride in the area. Visit the fabulous and historical Henry Ford Museum and Greenfield Village that is only a short drive away.



Next will be the Traverse City area where we will be riding around scenic water ways, visiting light houses and exploring one of the most popular summer resort regions in Michigan. Those who wish to partake in water sports will find opportunities galore.

Our next area will be Grand Rapids which has a multitude of riding road choices and nice trails all within a 20 minute drive. For those who have an interest, make time to explore the city including the Gerald Ford Presidential Museum and Library.

If time permits we will stop and ride at Three Oaks, the site of Apple Cider Century and famous bicycle museum.

Come join the fun. Contact me ASAP at 793-0590. Price only \$565!

(paid advertisement)

June 2007 Ride Schedule

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

For questions about rides or interest in leading a ride 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. See Ride Rules at www.spfldcycling.org for details. **Daytime rides go as indicated except on holidays.** Contact David McDivitt with questions or suggestions for Friday night events.

If you enjoy club rides, please do your part and volunteer to lead one on occasion. Help is provided.

Weekday & Weekend Daytime Rides		<i>Check the start times!</i>
Monday thru Friday 9:00 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.
Mon, Wed, Fri 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.
Sunday 9:00 am	Wabash Trail East end parking lot Park St & Wabash Ave David Lucas, 753-3831	EZ - Slow easy ride 10-15 miles.
Weekday & Weekend Evening Rides		<i>Check the start times!</i>
Monday 6:00 pm change!	Parkway Point Theater Lindbergh & Robbins Road Robert LaBonte 787-0237	ABCD - Moderate to fast paced ride. Slower riders welcome, too! Many riders, always someone to ride with. 10 - 22 miles.
Monday, Tuesday, Wednesday & Thursday 6:00 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 6:00 pm	Schlitt Park, directly south of Owen Marsh School, 1100 Avon Drive Dave Lucas, 753-3831	EZ - Evening Ride, 10 miles, slow and easy pace.
Tuesday 6:00 pm	Carmody Residence 517 Appomattox Dr Tracey Hurley, 546-2750	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 6:00 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 6:00 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-offs for 12 - 25 miles.

Saturdays 9:00 pm change!	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 June 1 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 9:00 am.
Friday June 1 6:00 pm	Sam's Too Italian Pizza 312 Crossing Drive, Sherman Show-N-Go	CD - One hour ride. Non riders meet for dinner at 7. Turn miles in to Karl.
Saturday June 2	National Trails Day 2007 Route 66 Commemorative Ride See description on p. 8.	Special Event - Please see description on page 8. Hope you participate!
Sunday June 3 9:00 am	Tom's House 1914 Bayview Tom Clark, 726-5560	ABCD - Early Summer Ride & Potluck. Routes of 30 - 55 miles, or ride the trails at 10:30. June is National Turkey Month, so hang out by the pond or in the cool AC while you sample a turkey burger or other item hot off the grill. Potluck is noon-3. Salads A-F, Veggies G-L, Desserts M-R, Breads/Pasta S-Z.
Sunday June 3 4:00 pm	Culver's 2540 N Dirksen Karl Kohlrus, 544-8410	D - Take Bissel Rd, Granger Dr, Cotter Rd, Farmer's Market Rd, Atlanta St, and come in from rear. Have a nice summer ride followed by cool treats.
Tuesday June 5 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. We are back in our favorite room again!
Friday June 8 7:00 pm	Lost Bridge Trail IDOT Parking Lot Show-N-Go	CD - Do a trail ride then meet at Gallina's Pizza in Capitol City Shopping Center for dinner. Non riders meet for dinner at 7. Turn miles in to Karl.
Saturday June 9 9:00 am	Kitchell Park (City Park) Fair Av & Cold Springs Rd, Pana Deeanna Shidler, 562-4583	ABCD - Come see some different country! Deeanna has four routes: Easiest - ride the trail and turn in miles; Roads - 27 miles with some hills; Moderate - 38 miles lots of hills; Long - 75 miles and hills. Take US 51 south through town. It becomes Fair Ave. Pass the City Park and immediately turn left on Cold Springs Rd., go 200 yards and make first left into park. Drive past tennis courts to parking lot.
Sunday June 10 7:45 am	Perkins Family Restaurant Parkway Pointe Shopping Center 3429 Freedom Drive Cathy Yeaman, 483-4912	ABCD - Kampsville Ride . An SBC favorite!. Meet at Perkins Restaurant parking lot in the Parkway Pointe Shopping Center. Arrive Glasgow at 9 am. 50 and 66 mile routes. Both routes cross the Illinois River by ferry at Kampsville.
Sunday June 10 4:00 pm	Baskin Robbins 1925 W Monroe Show-N-Go	D - Have a nice summer ride followed by chocolate ice cream. You must eat chocolate! Just kidding.
Wednesday June 13 6:00 pm	New City Church New City & Pawnee New City Steve Schien, 629-9210	AB - Time trials. Here's a chance to test your skills in timed riding. Participants will go south on Pawnee New City Rd. for this 11-mile out-and-back ride. Helmets required.
Friday June 15 6:00 pm	Banana Leaf Restaurant Town & Country Shopping Center 2433 S MacArthur Blvd Show-N-Go	CD - One hour ride. Non riders meet for dinner at 7. Turn miles in to Karl.
Saturday June 16 9:00 am	Howard Johnson Inn 1701 J. David Jones Parkway Show-N-Go	Show-N-Go - Prairie State Tandem Rally 2007 , mileage choices of 25, 45 and 65 miles. See the following web page for more information: http://chicagotandems.home.mchsi.com/PSTR07/PSTR07a.htm
Saturday June 16 9:00 am	Lost Bridge Trail IDOT Parking Lot 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.
Saturday June 16 10:00 am	Cobden, IL Jon Edwards, 726-7647 edwards5(at)insightbb.com	ABCD - Wine Trail Ride in Southern IL , Start in Cobden at 10AM. A figure 8 route with two 30 mile loops - 4 wineries on one loop, 3 on the other, depending on your thirst and hill tolerance. Some from Dean W's SHIFT, without the flat parts. Go early(!) Saturday, or go Friday afternoon and camp Giant City or motel in Carbondale. Contact Jon Edwards for details.

Sunday June 17 4:00 pm	Baskin Robbins 1700 S MacArthur Kevin Greene, 793-9622	D - Have a nice summer ride followed by any flavor of ice cream.
Friday June 22 6:00 pm	Filling Station Bar & Grill Route 66 Hotel & Conference Center 625 E St Joseph at S 6th St	CD - One hour ride. Non riders meet for dinner at 7. Turn miles in to Karl.
Saturday June 23 9:00 am	Rotary Park Archer Elevator & Iles Show & 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 June 24 9:00 am	Southern View Community Park Cruikshank St & 3rd Street Tom Murphy, 725-6539	ABCD - 30-40 miles planned with shorter options. Directions to Southern View Community Park - take 5th St. south to Saint Joseph (Rte. 66 Motel on right side) turn right on Saint Joseph to 3rd St., turn left, go 3 blocks and ends in gravel parking lot of Southern View Community Park parking lot. After the ride there will be a pot luck barbeque. If you drive to the park, bring food and Tom's wife will store it until the end of the ride. If you ride there, you can bring a list and money and his wife will pick up the goodies at Cub Foods and have them waiting! All bike club members, family, and friends. No alcohol - park rules. Barbeque begins 12-12:30. This is Tom's first time as ride leader so smile at him.
Sunday June 24 4:00 pm	Brew-Bakers Caffe 1941 W Iles Sue Dees, 899-6928	D - Have a nice summer ride followed by treats.
Wednesday June 27 6:00 pm	New City Church New City & Pawnee New City Steve Schien, 629-9210	AB - Time trials. Here's a chance to test your skills in timed riding. Participants will go south on Pawnee New City Rd. for this 11-mile out-and-back ride. Helmets required.
Friday June 29 6:00 pm	Capitol Complex Visitors Center 425 S. College Show-N-Go	CD - Come check out the downtown area by bike after work. Plan on dinner at Pizza Machine (107 W. Cook) at 7.
Saturday June 30 9:00 am	Lisa's House 3013 Clifton Drive Lisa Kidd, 546-1698	ABCD - Lisa's Birthday Ride , 45 miles give or take a few. Cookout afterward with butterfly pork chops and chicken sandwiches.
Sunday July 1 9:00 am	Vredenburg Park Saxon Dr & Crusaders Rd Marty Celnick, 522-4206	ABCD - Marty said we will go 30-50 miles, but didn't say where. Surely it will be a good place.
Sunday July 1 4:00 pm	Culver's 2540 N Dirksen Karl Kohlrus, 544-8410	D - Take Bissel Rd, Granger Dr, Cotter Rd, Farmer's Market Rd, Atlanta St, and come in from rear. Have a nice summer ride followed by cool treats.
Wednesday May 30 New! 6:00 pm	New City Church New City & Pawnee New City Steve Schien, 629-9210	AB - Time trials. Here's a chance to test your skills in timed riding. Participants will go south on Pawnee New City Rd. for this 11-mile out-and-back ride. Helmets required.

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



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



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 14 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 14 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-Normal

From Lexington - 25
From Lincoln - 46

Staunton

From Carlinville - 26
From Litchfield - 17
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

The Route 66 Trail-Breaking is organized by the League of Illinois Bicyclists, the Route 66 Trail Executive Council, the Illinois Department of Natural Resources, and volunteers. 630-978-0583

Information copied from <http://www.bikelib.org/route66/event20070602.htm>. Please visit for complete details.

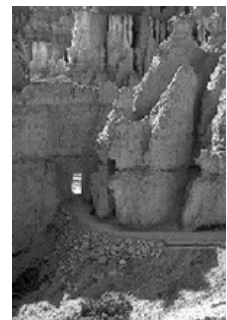
Ride and Explore SW Utah September 29-October 7

Alan Josephson

Exceptionally world class, panorama of spectacular scenery, are only a few descriptive phrases which come to mind when bicycling through the National Parks of Southwestern Utah. This is rock country but all rocks are not equal. Some are brilliant red, some are shining beige all are different in structure. High alpine forest is also here. This is a WOW tour for those who like to ride and explore.

We will meet in Las Vegas before noon and rent vehicles to shuttle us to where Zion National Park is located. For those who ship or rent bicycles we will pick them up. We'll spend a few days at Zion National Park, the North Rim of the Grand Canyon, Bryce Canyon and cycle through Cedar Break National Monument. Hiking shoes and a camera are a must!

Bicycle routes will be from 0-70+ miles and will be both an out and back and SAG drop off or pick up. Highway roads are very good. Terrain will be from flat valley to longer challenging uphill climbs. Distances are up to you and remember our vehicles will be near by. Expect temperatures, of 80's at Zion to 60's at the North Rim.



Come ride and hike through some of America's majestic beauty!

Contact me ASAP at 793-0590. Price only \$895.

(paid advertisement)

June Memories

By Mike Becker

1972–35 Years Ago: SBC began meeting regularly in the Community Room of Security Federal Savings and Loan downtown, where it continued to do so for many years. It had met there last year in August, but elsewhere in intervening months, such as the Municipal Building and the West Branch of Lincoln Library. ++The SBC sponsored a 6 horse v. 6 bicycle riders relay race from Springfield to Chautauqua Park. See the newspaper clip elsewhere in the QR for the photo finish details.

1977–30 Years Ago: Fifty members attended the June picnic meeting, and, as usual, the weather was not cooperative. Instead of intense heat, rain cooled things off substantially. ++The Almost Anything Award was passed on to Dave Ringland for destroying a Campy hub.

1982–25 Years Ago: SBC members presented then Streets Commissioner Ossie Langfelder a check to modify or replace the sewer grate at 9th Street and South Grand Avenue from the Bicycle Safety and Use Improvement Fund supported by a voluntary bicycle users' self-tax. (Query: What ever happened to that idea or the \$\$? Or, for that matter, why haven't the Feds picked up on the idea and make the income tax voluntary?) ++Jim Dey received the Almost Anything Award for being the youngest rider to complete the Central Double Century. Thirteen other SBC members participated in this event, with a 100% completion rate. 18:41 for this plodder.

1987–20 Years Ago: Ron Sanders tried to unload his Mercian King with a Biopace crankset. The Biopace concept was good on paper and in theory but not commercially successful. ++John Werthwein made a desperate plea for someone to take over as the QR editor. ++Sangamon County Fair Summerfest Metric (emphasis on "Summer") and a water main break in New Berlin. 'Nuff said.

1992–15 Years Ago: The SBC Summer Picnic was held at the Wildlife Sanctuary Shelter Area. They don't call it the Wildlife Sanctuary for nothing, it appears. ++The DL: Francie King fell (no, not off a bar stool) and sustained a nasty cut to her elbow; and Ernie DeFrates was still sidelined with an elbow dislocated in a fall. ++The SBC, along with the Jacksonville Bicycle Club, sponsored the Sangamon County Summerfest Metric Century, starting from the Sangamon County Fairgrounds. ++Garland Stevens joined the SBC. ++Karl Kohlrus was Rider of the Month with 419 total miles.

1997–10 Years Ago: The QR published photos of the "Trail-Linear Park" between Rochester and Springpatch, in its pristine, undeveloped state. ++Toni Patt attempted to entice club members to the Hotter 'N Hell Hundred in Wichita Falls, Texas. Sounded like a good idea at the time. ++Left over from May: At the Bike Wash event, the May Club meeting, Garland Stevens was the only one who washed his dirty bikes—two of them—and they were then the only bikes which no longer worked. There must be a moral in there somewhere. ++Secretary Brad Kerekes moved to Colorado for a new job (the only acceptable reason for moving to such a desolate, god-forsaken place), and was replaced by Dave Lucas. You got something Club related that needs to be done? Dave will do it.

Springfield Bicycle Club Mileage and Activity File As of April 30, 2007

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RID ES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RID ES	AVG RIDE	LED	LDR PTS
Rob Brokaw	966	164	1,130	30	37.67			2,104	554	2,658	74	35.92		
Cathy Yeaman	882	52	934	21	44.48			2,227	52	2,279	48	47.48		
Tom Murphy	842	47	889	28	31.75			1,485	68	1,553	58	26.78		
Charlie Witsman	877		877	19	46.16			1,862	46	1,908	41	46.54		
Mike Vonnahmen	767		767	23	33.35			1,522	4	1,526	46	33.17		
Jack Hurley	532	121	653	15	43.53			964	189	1,153	30	38.43		
Tom Clark	574	50	624	23	27.13			1,510	118	1,628	66	24.67	1	3
Derek Ewing	596		596	21	28.38			1,076		1,076	33	32.61		
Marty Celnick	409	177	586	21	27.9	1	3	1,068	392	1,460	57	25.61	4	12
Pete Gudmundson	520		520	20	26			1,175		1,175	46	25.54		
Tracey Hurley	424	83	507	14	36.21			771	104	875	24	36.46		
Curt Evoy	412	40	452	18	25.11			1,017	95	1,112	48	23.17	4	8
Roger McCredie	434	16	450	17	26.47			728	42	770	31	24.84		
Janice Perino	447		447	18	24.83			687		687	28	24.54		
Dave Lucas	403	28	431	25	17.24	1	3	783	39	822	51	16.12	1	3
Karl Kohlrus	325	94	419	27	15.52			897	250	1,147	70	16.39		
Lisa Kidd	359	36	395	18	21.94			1,065	58	1,123	48	23.4		
Ruth Magos	394		394	12	32.83			944		944	28	33.71		
Janet Cooper	373		373	18	20.72			678		678	31	21.87		
Alan Josephson	312	50	362	12	30.17			792	58	850	26	32.69		
Alan Whitaker	285	52	337	12	28.08			658	105	763	28	27.25		
Jon Edwards	284	44	328	11	29.82			324	50	374	12	31.17		
Bob Sorenson	267	60	327	12	27.25			714	158	872	33	26.42	1	3
Lance Kidd	283	36	319	14	22.79			905	58	963	38	25.34		
Ken Anderson	222	95	317	8	39.63			356	124	480	13	36.92		
Dave Ross	299	16	315	11	28.64			835	82	917	36	25.47	3	6
David McDivitt	224	77	301	11	27.36			446	106	552	22	25.09	1	3
Dean Wisleder	298		298	22	13.55			546		546	35	15.6		
Fred Bascom	296		296	13	22.77			316		316	14	22.57		
Scott Cross	273	19	292	14	20.86			630	24	654	34	19.24		
Marilyn Powell	263	22	285	13	21.92			423	60	483	18	26.83		

Springfield Bicycle Club Mileage and Activity File As of April 30, 2007

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RID ES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RID ES	AVG RIDE	LED	LDR PTS
Kevin Greene	237	42	279	18	15.5			565	81	646	42	15.38		
Linda Butler	252	16	268	10	26.8			508	26	534	20	26.7		
Brock Webb	229	34	263	7	37.57			319	34	353	10	35.3		
Robert LaBonte	243	18	261	11	23.73			647	32	679	33	20.58		
Arden Gregory	179	80	259	5	51.8			572	235	807	18	44.83		
David Sykuta	238		238	8	29.75			390	13	403	15	26.87		
Jerry Ihnen	219	13	232	19	12.21			506	19	525	42	12.5		
Connie Roberts	215		215	9	23.89			450		450	19	23.68		
Rich Saal	150	64	214	8	26.75			276	113	389	15	25.93		
Cindy Kvamme	180	18	198	10	19.8			465	18	483	25	19.32	2	6
Joel Johnson	121	75	196	4	49			218	127	345	8	43.13		
Lynn Miller	195		195	7	27.86			470	27	497	20	24.85	1	3
Mike Schwab	175	3	178	15	11.87			314	3	317	33	9.61		
Bob Carmody	164	2	166	7	23.71			335	9	344	14	24.57		
Bob Dettling	164		164	10	16.4			246		246	15	16.4		
Kathy Shepard	118	46	164	7	23.43			146	55	201	9	22.33		
Chuck Orwig	152	4	156	8	19.5			447	13	460	20	23	1	3
Pat Stephens	155		155	6	25.83			605		605	33	18.33		
Ernie DeFrates	146		146	6	24.33			320		320	14	22.86	2	6
Dan Mitchell	145		145	4	36.25			296	10	306	9	34		
Bill Bock	145		145	4	36.25			145		145	4	36.25		
Carol Bock	145		145	4	36.25			145		145	4	36.25		
Charlie Rabins	142		142	6	23.67			329		329	15	21.93		
Cyd LaBonte	90	18	108	6	18			127	18	145	9	16.11		
Pete Harjes	107		107	6	17.83			323		323	21	15.38		
Sr Josepha Schaffer	99		99	6	16.5			296		296	12	24.67		
Mark Smith	66	28	94	4	23.5			80	28	108	5	21.6		
Janet Bascom	85		85	5	17			85		85	5	17		
David Drennan	64	20	84	2	42			64	24	88	3	29.33		
David Banks	73	10	83	2	41.5			199	10	209	6	34.83		
Mike Eymann	80		80	4	20			212		212	10	21.2		

Springfield Bicycle Club Mileage and Activity File As of April 30, 2007

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RID ES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RID ES	AVG RIDE	LED	LDR PTS
Jim Hajek	66	7	73	4	18.25			254	7	261	17	15.35		
Christine Kohlrus	43	29	72	2	36			67	57	124	4	31		
Naomi Greene	59	11	70	4	17.5			158	19	177	11	16.09		
Ben Fox	68		68	3	22.67			86		86	4	21.5		
Mark Summer	67		67	2	33.5			107		107	3	35.67		
Gerry Orwig	67		67	6	11.17			90	3	93	8	11.63		
Ron Melcher	64		64	2	32			64		64	2	32		
Julie Perino	61		61	3	20.33			61		61	3	20.33		
Dan Payne	55	5	60	2	30			115	11	126	4	31.5		
Kerry Wright	54	6	60	3	20			54	6	60	3	20	2	6
Mary Lou Hicks	59		59	4	14.75			117		117	7	16.71		
Aaron Shehan	49		49	2	24.5			431	8	439	18	24.39	1	3
Don Daniels	31	18	49	1	49			49	28	77	2	38.5		
Cindy Moreno	47		47	3	15.67			144		144	10	14.4		
Randy Germeraad	39	8	47	1	47			39	8	47	1	47		
Jason Beeler	33	8	41	1	41			33	8	41	1	41		
Mary Loker	41		41	2	20.5			41		41	2	20.5	1	3
Marcia Sykuta	40		40	2	20			58		58	3	19.33		
Brigitta Ewing	30	7	37	2	18.5			52	7	59	4	14.75	2	6
Kedra Elston	36		36	2	18			90		90	5	18		
Brea Elston	36		36	2	18			46		46	3	15.33		
Lyn Schollett	33	3	36	2	18			33	3	36	2	18		
Cindy Tubbs	33	3	36	2	18			33	3	36	2	18		
Micci Bly	35		35	1	35			35		35	1	35		
Sue Dees	33		33	2	16.5			33		33	2	16.5		
Mark Kuhn	31		31	1	31			31		31	1	31		
Jim Larson	31		31	1	31			31		31	1	31		
Carie Yon	31		31	1	31			31		31	1	31		
Derek Yon	31		31	1	31			31		31	1	31		
Alison Burnett	26		26	2	13			26		26	2	13		
Jan Cimarossa	20		20	1	20			127		127	6	21.17		

Springfield Bicycle Club Mileage and Activity File

As of April 30, 2007

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RID ES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RID ES	AVG RIDE	LED	LDR PTS
Matt Saner	20		20	1	20			52		52	2	26		
Jake McCulley	20		20	1	20			20		20	1	20		
Jim Hamman	18		18	1	18			56		56	3	18.67		
Byron Nesbitt	18		18	1	18			18		18	1	18		
Mike Elston	17		17	1	17			44		44	3	14.67		
Hope Schnelten	17		17	1	17			39		39	2	19.5		
Louie Spinner	15		15	1	15			32	5	37	2	18.5		
Leslie Bol	14		14	1	14			43	9	52	3	17.33		
Michelle Cozadd	14		14	1	14			14		14	1	14		
Jack Elston	14		14	1	14			14		14	1	14		
Christa Morris	13		13	1	13			13		13	1	13		
Marty Morris	13		13	1	13			13		13	1	13		
Deeana Shidler	10		10	1	10			122		122	4	30.5		
Lynn Rhoades								231	43	274	8	34.25		
Katie Weidner								132	12	144	6	24		
Bill Voss								84	21	105	4	26.25		
Kent Kraft								40	7	47	1	47		
Gary Myers								44		44	2	22		
Roger Schnelten								32	10	42	1	42		
Libby Pyle								36	4	40	1	40		
Mark Rolens								32		32	1	32		
Martha Goodwin								27	4	31	1	31		
Kevin Brown								14	16	30	1	30		
John Hammond								30		30	2	15		
Ben Cole								14	8	22	1	22		
Garland Stevens								2	18	20	1	20		
Roger Frye								13		13	1	13		
Sue Hack								8		8	1	8		
John Day								6		6	1	6		
Totals	20,167	1,975	22,142	849	26.08	2	6	43,400	4,056	47,456	1,867	25.42	21	56

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

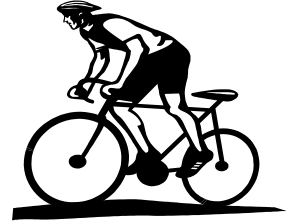
Hang it on your seat bag. These are a pretty neat way to let other riders know your name. Include **\$11.00 dollars** extra and print your name (clearly) on the following line as you would like it to appear on your name badge:

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
March	16,236	1,154	17,390	702		12		24..77
April	20,167	1,975	22,142	849		2		26.08

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
March	22,157	2,081	24,238	975		19		24.86
April	43,400	4,056	47,456	1,867		21		25.42



Springfield Bicycle Club
Post Office Box 2203
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Please note: Be sure to check the renewal date on your address label. If the date is **HIGHLIGHTED**, please fill out and return the renewal form along with your check. This will help to keep your membership information current and up to date. **You will get only one newsletter after your renewal date.** Note: 'AT' replaces @ in all email addresses given below to protect our board members from spamming.

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789-4823
rossesse(at)sbcglobal.net

Vice President

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

Board Secretary

Ken Anderson
522-3876
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Recording Secretary

Connie Roberts
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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.