



Ride of the Month

Lynn Miller's Trail Ride - with soup!

Lynn Miller lead a small group of brave riders to Chatham on a windy December day, returning to warm up at the Miller residence over a hot bowl of soup.

Thanks Lynn!



Almost Anything Award

The AAA is awarded to Tom Clark and Terri Hempstead for moving forward with the 2009 Century

Based on meetings and interviews with Century volunteers, Tom and Terri compiled a comprehensive set of notes on all aspects of the 2008 Century and a set of recommendations for 2009. Those documents provide an excellent blueprint for this year's planning, and bring a level of professionalism that few volunteer organizations can claim. Thanks Tom and Terri for your great work.

**Super Bowl
 Ride and
 Party**

Sunday, Feb. 1st
 See page 8



*Lincoln's Birthday Ride
 Thursday, Feb. 12
 See page 8*

*Neighborhood ride from Brew-
 Bakers Caffe, Feb. 28
 See page 9*

*Come Ride with
 Us! • What's in
 this Month's QR*

See page 3

**Tom Clark is
 Rider of the
 Month with 711
 miles!**

Details on page 4

**Lookin' for a
 Ride?**

*See Ride Schedule,
 pages 7-9*

President's Column

February, 2009

The New Year sometimes brings with it New Year's resolutions. Do you plan to ride more this year? Maybe so. But if you're Grover Everett, you may find that task pretty daunting. You see, Grover broke the all-time SBC mileage record set in 2000 by Roger Wright by 7000 miles. Most people don't even ride 7000 miles in a year. Grover rode 18,638 miles on 307 days for an average of 60.71 miles per riding day! Congratulations, Grover!

The Springfield Bicycle Advisory Committee is being formed. Anyone interested in serving on this committee should check the City of Springfield website at www.springfield.il.us or contact Lynn Miller. Bicyclists will now have an official voice at City Hall. Our hope is that this committee will enable Springfield to be named as a Bicycle-Friendly Community by the League of American Bicyclists and will help generate more safe and convenient bicycle transportation system in Springfield.

We are looking for ways to make the Springfield Bicycle Club "fun" again. I've already received several suggestions, but am looking for more ideas. We are diverse group and it's not possible to please everyone all the time. One would think that the perfect ride would be for you to start from your own home or whenever you wanted, take whatever route you wanted, ride as fast or as slow as you wanted, and ride as far as you wanted. We'll we thought so too and called those rides *personal miles* last year. Frankly, it didn't work. Even though there were over 130,000 personal miles turned in last year, the total SBC mileage was down by 50,000 miles from the previous year. Mileage on regular club rides in 2008 decreased by 61% from 2006 before any personal miles were counted. The number of regular club rides also decreased by 42% from 654 rides in 2006 to 376 rides in 2008 and the number of riders on club rides decreased by 58% from 6786 to 2851.

We are still encouraging people to ride to work or school or for errands instead of using a car. These are called commuting miles and will be counted toward SBC mileage totals. Also rides ridden on other clubs' organized rides count. Both commuting and other club miles should be sent to the Records Keeper at the end of each month listing the dates, mileage ridden, total miles for the month and number of rides for the month. However, the ride anywhere, anytime, anyhow for-the-sake-of-riding ride is a personal ride and will not be counted for SBC mileage. You certainly can still do these personal rides (any riding is better than no riding) but don't expect a Spinner Award because of them.

Karl Kohlrus
SBC President

Come Ride with Us

In This Month's QR	
<i>New Member Information</i>	
Come Ride with Us.....	3
Membership Application.....	22
<i>SBC Board</i>	
President's Column.....	2
Secretary's Report.....	4
Board Meeting Notes.....	5
Officers/QR Information.....	24
<i>Incentive Programs</i>	
Riders of the Month.....	4
Mileage and Activity File.....	10
Mileage Summary.....	23
<i>Club Events</i>	
Ride Schedule.....	7
SBC Winter Party.....	9
<i>Features</i>	
Getting Through the Winter.....	6
<i>Asiemut</i> : Special Film Presentation....	9
NoBell Winners Announced.....	16
February Memories.....	17
Paris-Brest Paris, Part Three.....	18

With spring activities underway, many are dusting off bikes and preparing to ride. Sharing the cycling experience is what makes riding more enjoyable and one of the reasons that the Springfield Bicycle Club (SBC) sponsors rides virtually every day of the year. Members have come to appreciate the wide variety of destinations, distances and pace to accommodate cyclists of different abilities and skill levels.

The EZ Rider program, for example, is for riders new to the sport or riders who simply prefer to ride at a more relaxed pace. Also, contrary to what many people might believe, you don't need an expensive bicycle or have to wear spandex to be a member. SBC members ride just about anything with two wheels and pedals, including those funny looking contraptions called recumbents.

The SBC rides offer a variety of benefits. The rides provide an opportunity to meet and socialize with others in the community who also enjoy cycling. They encourage cyclists to learn about different riding styles, and improve their riding skills and confidence. Novice riders will be introduced to safety techniques, effective riding habits and tips on basic bike maintenance. Another advantage of riding with the SBC is to learn preferred bicycle routes, both in town and out in the country.

Club Rides

The SBC ride program contains rides to suit just about every cycling interest, whether for recreation, fitness, sport or touring (see Ride Schedule beginning on page 8, and listing of ride types on page 11). In addition, the SBC annually sponsors the Capital City Century on the first Sunday after Labor Day, with routes of 12 to 100 miles.

If you are a novice or new to group riding, we encourage you to start with a weekend, EZ, or neighborhood ride that has a designated ride leader. Plan to arrive at least 10 minutes before the starting time so that you have an opportunity to meet the ride leader and other members of the group.

Please contact a club officer or ride leader if you have any questions. We look forward to riding with you!

Secretary's Report

Ken Anderson, Secretary

Renewals

Larry Small
Ed Caupert
Kent Kraff & Family
Janice Perino & Family
Don Harvey
Jack & Gerry Casey

Renewals at the Sustaining Level

Kevin & Naomi Greene
Tim Schmidt

Renewals at the Contributing Level

Bode & Mary Beth Zietz

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.

NATCHEZ CHASE TOUR OCTOBER 3-11

CONTACT ALAN JOSEPHSON 793-0590 OR
MARK RABIN 836-8500 FOR INFORMATION. LIMITED NUMBER OF RIDERS.

Riders of the Month

12/08 Tom Clark 711 miles	8/08 Marty Celnick 923 miles	4/08 Mike Vonnahmen 963 miles
11/08 Ruth Magos 601 miles	7/08 Byron Nesbitt 1,004 miles	3/08 Grover Everett 1,303 miles
10/08 Janet Cooper 664 miles	6/08 Tracey Hurley 800 miles	2/08 Cathy Yeaman 903 miles
9/08 Karl Kohlrus 765 miles	5/08 Charlie Witsman 882 miles	1/08 Jack Hurley 926 miles

Board Meeting Notes— December 3, 2008

Deb Cooper, Recording Secretary

Present: Ken Anderson, Marty Celnick, Tom Clark, Deb Cooper, Kevin Greene, Tracey Hurley, Karl Kohlrus, Dave Lucas, David McDivitt, Lynn Miller, and Alan Whitaker

Karl Kohlrus called the meeting to order at 7:00 p.m.

November Meeting Minutes: Minutes from the November 5, 2008 meeting were approved as presented.

Treasurer's Report: Dave Lucas presented the Treasurer's Report for November 2008 which reflected an ending balance of \$19,838. This includes about \$4000 in Poinsettia funds which will soon be given out.

Dave noted that the SBC received a letter from Ed Barsotti on behalf of the League of Illinois Bicyclists acknowledging the Club's \$2,500 donation to LIB.

Legislative/Education Report: The Springfield Bicycle Advisory Council ("BAC") ordinance passed on December 2, 2008. The BAC will consist of nine members who will represent bicycling interests. For the first time, the SBC will have an official connection with the City to pursue bicycle

topics including trail issues, a grade separation on Lindbergh Boulevard and improved downtown bike parking.

Karl will send a letter to Dave Sykuta thanking him for his assistance with the process in making the BAC a reality.

Social Chair: The winter party (which combines the holiday party and the Spinner Awards) will be held on January 17, 2009. During the winter party, the Spinner Award will be presented to Grover Everett in recognition of his club volunteer efforts and his club mileage.

Incentive Chair: Alan Whitaker and Robert LaBonte are working together to design this year's Spinner Award. Alan is working with Tom Clark regarding the presentation of special awards. Chuck Orwig's Annual Back to Standard Time ride was voted as Ride of the Month. The Almost Anything Award was given to Dave Sykuta for his time and efforts when lobbying the BAC through the City Council.

Special Events: Tom Clark stated that there was nothing new to report.

ing new to report.

Ride Committee: Kevin Greene distributed a proposal which included ideas on how to improve the Club Ride Program. Discussion was had on various items on Kevin's proposal, including suggestions on how to establish a more formal process to help recruit ride leaders, provide more information about rides, provide more ride diversity, establish standard monthly rides and enhance incentives to lead/sweep rides. A motion was made, seconded and carried to recruit 3 to 4 Club members to take responsibility for filling the month ride schedules. Each member would be assigned to schedule rides for 2 to 3 months of the year. A motion was made, seconded and carried which would allow ride leaders to appoint a ride sweep. The sweep would receive one leader point for each ride. Other items for consideration on Kevin's proposal will be discussed at a later date.

Newsletter: Tom Clark reported that the December Quick Release was delivered ahead of schedule.

The first draft of monthly ride schedules are due on the

(Continued on page 6)

(Continued from page 5)

12th of each month and the final version is due on the 15th of each month.

Old Business: David McDivitt will forward to Alan, Karl and Dave Lucas instructions on how to access/update the Club website as well as the website passwords.

New Business: Tom suggested that the Club membership directly be available as

a .pdf password-protected document on the Club's website. Ken and David will meet to discuss the logistics of making the directory available through the site and report back to the Board at a future meeting.

Board members approved Kevin's suggestion to display the monthly ride schedules on the Club website as soon as it is available, separately from the full newsletter.

Lynn Miller mentioned that the city is holding a series of public hearings on Springfield construction needs. Meetings are scheduled for December 4, 17 and 18 at different locations throughout the city.

The next board meeting is scheduled for January 7, 2009 at 7:00 p.m. Location will be announced at a later date.

Getting Through the Winter

By Marty Celnick

As I write this column, the expected high temperature for today is 33 degrees. That is absolutely balmy compared to two days ago, when we had single digit temperatures, and wind chills of 20 to 30 below zero. Still, it is too cold for most people to ride. Many people get depressed by these endlessly cold and dark winter days. Some are able to spend their winters in Florida, or some other place that has a warmer climate. The rest of us must cope as best as we can.

I am of a dual mind regarding cold weather. On one hand I hate and fear this potentially life threatening event. So I stay inside where it is warm. But soon I get bored and suffer from cabin fever. And I sometimes feel a desire to challenge the elements. So I bundle up and ride for an hour to an hour and a half, even though it might just be 25 degrees outside. I generally don't ride when it gets much colder than that, so when that happens it becomes difficult to stay in shape.

Exercising indoors, at a gym just isn't as much fun. And after a tough day at work, I am pooped and don't feel like working out. I have to force myself. Stationery bikes are available, but I use the opportunity to exercise on the elliptical trainer, and the stair master, which helps to develop some muscles not used in cycling. I get a more diverse workout in the winter than in the summer. Most probably, we don't burn as many calories when exercising indoors, so it becomes even more important to watch what we eat.

I think the best way to cope is to look forward to the warmer weather. Spring will arrive in a couple of months, so if we hang in there for a little bit, life will soon get easier.

February 2009 Ride Schedule

For updates, corrections and last minute changes to the ride schedule, please check the SBC website at www.spfldcycling.org. Unless otherwise indicated, daytime rides will not take place on holidays. All rides return to the starting point unless otherwise noted.

Each ride in the schedule is designed for riders of a specific skill level or ability. A ride usually consists of more than one level and riders will normally break up into groups that ride at a similar pace. If you are unsure about your cycling ability, try a ride or ride with a group one class slightly below where you think you might be. You can then move up until you find the level that is right for you.

Please arrive 10 minutes early and be ready to leave on time; all rides leave promptly at the time listed. Make sure your bike is in proper working order before you arrive. All riders are strongly encouraged to obey traffic laws; wear a helmet; carry a spare inner tube, patch kit, tire irons, pump and water bottle; and have a rear-view mirror.

If there is no ride leader specified for a scheduled ride, club members are asked to greet newcomers, assist those who are not familiar with the route and report miles using a ride sheet. In the case of inclement weather, or if the leader fails to appear (probably because of an emergency), form a group and go on a ride if you like.

Please report miles to records (at) spfldcycling.org. See the ride rules at www.spfldcycling.org for details.

If you have a question or interest in leading a ride, contact the club vice president by e-mail: vp (at) spfldcycling.org. You can also contact him if you would like to lead an ad hoc ride. The ride will be posted on the web site. Please provide at least three days notice.

Weekday Daytime Rides		<i>Check start times!</i>
Monday thru Friday 10:00 am	Morning Geezer Ride Washington Park Shelter Show-N-Go	Show-N-Go ride for retired geezers or those hoping to become geezers. No leader or map. Please use ride sheet if riding together. Participating riders should turn in miles to the club record keeper.
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 in miles to the record keeper.
Mon, Wed, Fri Noon	IDOT, Lost Bridge Trail Dirksen Parkway Lisa Kidd, 546-1698	AB – Lunch with Lisa Ride . Skip lunch and ride on the trail with Lisa and other SBC regulars.
Monday and Wednesday 12:15/ 12:20 pm	Robert Morris College 3101 Montvale Dr. Vredenburgh Park Saxon Dr. & Crusaders Rd. Dave Ross, 789-4823	BC – Westside Lunch Ride . Leaves Robert Morris College at 12:15 pm and Vredenburgh Park at 12:20 pm. Dave will hit the trails or go out in the country.
Tue, Thurs, Fri 12:20 pm	Parkway Pointe Theatre Lindbergh Blvd. & Robbins Rd. Tom Clark, 726-5560	BC – Westside Lunch Ride II . Leave Parkway Pointe Theatre at 12:20 pm. Tom will hit the trails or go out in the country.
Monday through Fri- day Noon	Harris Building 100 S. Grand (at 2 nd St.) David McDivitt, 725-1986	BC – Ride 10-12 miles during lunch. Meet at the bike rack near the building. Please call David in advance.

Weekday Evening Rides		
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. Please use ride sheet if riding together. Call Charlie if you need information about trail conditions or directions. Turn in miles to the record keeper.
Tuesday 6:00 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Show-N-Go David McDivitt, 725-1986	Show-N-Go ride on the Lost Bridge Trail. Lights are required. Please use ride sheet if riding together. Call David if you need information about trail conditions. Turn in miles to the record keeper.
Thursday 6:00 pm	DOT, Lost Bridge Trail Ash St. & Dirksen Parkway Show-N-Go Tom Clark, 726-5560	Show-N-Go ride on the Lost Bridge Trail. Lights are required. Please use ride sheet if riding together. Call Tom if you need information about trail conditions. Turn in miles to the record keeper.
Scheduled Rides and Events		<i>Routes and mileage depend on weather conditions</i>
Sunday February 1 2:00 pm 4:00 pm	Residence 1 Hickory Hills Dr. Tracey Hurley, 414-8900	CD – Super Bowl Party . Bike ride starts at 2 pm for an hour or so. If the roads are bad, there will be a hike instead. Party begins at 4pm. Chili and soup will be provided. Bring a side dish/dessert and drink to share. DIRECTIONS: West on Hwy 97 (Jefferson), turn right on Hazlett Rd, and go north to Hickory Hills Drive.
Wednesday February 4 7:00 pm	Robert Morris College 3101 Montvale Dr. Lower Level, Room #7 Karl Kohlrus, 544-8410	NC – Board Meeting . All SBC members are invited to attend the board meetings.
Saturday February 7 1:00 pm	Vredenburg Park Saxon Dr & Crusaders Rd David McDivitt, 725-1986	ABC – Ride 30 or so miles depending on the weather. D riders are welcome, but should be self-sufficient (i.e., comfortable reading a map and fixing a flat without assistance). Slower riders may be dropped if they cannot keep pace with the rearmost group.
Sunday February 8 1:00 pm	Panera Bread W. White Oaks & Wabash Lynn Rhoades, 891-1845	ABCD – Lynn will lead us 25 – 35 miles.
Thursday February 12 1:00 pm	Capitol Complex Visitors Center 425 S. College Jim Hayek, 698-7626	EZ – Lincoln's Birthday Ride . Come ride the historical Lincoln sites on Lincoln's 200 th birthday.
Saturday February 14 12:00 pm	Chatham Community Park 760 S. Main St. Chatham Roger McCredie, 483-3959	AB – Our favorite valentine will take us 30 miles. CD riders are welcome, but should be self-sufficient (i.e., comfortable reading a map and fixing a flat without assistance) and encouraged to bring a riding buddy. Slower riders may be dropped if they cannot keep pace with the rearmost group.
Sunday February 15 12:00 pm	Vredenburg Park Saxon Dr & Crusaders Rd. Robert LaBonte, 787-0237	ABCD – Robert has 20 – 30 miles planned. Route depends on weather and may include the trail.
Monday February 16 12:00 pm	Washington Park Picnic Shelter Washington Park Show-N-Go	Show-N-Go – Washington's Birthday Ride . Ride with your bike buddies wherever you want. Please use a ride sheet if riding together. Turn in miles to the record keeper.
Saturday February 21 11:00 am	Rochester Station Rt. 29 Rochester Arden Gregory, 585-8017	AB – Arden has 25 – 30 miles of fun planned. CD riders are welcome, but should be self-sufficient (i.e., comfortable reading a map and fixing a flat without assistance) and encouraged to bring a riding buddy. Slower riders may be dropped if they cannot keep pace with the rearmost group.
Sunday February 22 11:00 am	Panera Bread W White Oaks & Wabash Tom Clark, 726-5560	ABCD – Ride 25 – 35 miles. Route depends on weather and may include the trail.

Saturday February 28 11:00 am	Rochester Station Rt. 29 Rochester Bob Sorenson, 529-1141	AB – Bob will lead us to Edinburgh or similar distance, depending on the weather. CD riders are welcome, but should be self-sufficient (i.e., comfortable reading a map and fixing a flat without assistance) and encouraged to bring a riding buddy. Slower riders may be dropped if they cannot keep pace with the rearmost group.
Saturday February 28 11:00 am	Brew-Bakers Caffè 1041 W. Iles Ave. Kevin Greene, 793-9622	EZ – Kevin will go 10 miles through neighborhoods. Stay afterwards for hot beverages.
Sunday March 1 11:00 am	Panera Bread W. White Oaks & Wabash Jack Hurley, 971-4090	AB – The other half of the Hurley team has 25 – 35 miles planned. CD riders are welcome, but should be self-sufficient (i.e., comfortable reading a map and fixing a flat without assistance) and encouraged to bring a riding buddy. Slower riders may be dropped if they cannot keep pace with the rearmost group.

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

Asiemut

SBC Special Film Presentation

Date: Wednesday, February 18
 Time: 7:00 p.m.
 Location: Robert Morris College, 3101 Montvale Dr.
 South Building (building closest to Wabash)
 Admission Cost: Free!

Room number will be sent out prior, via Announce List. Please look before you open a classroom door — night classes will be in session. Watch for signage inside!

"Asiemut, winner of the Public Grand Prize at the Banff Mountain Film Festival in 2006 is a film that will take viewers on a journey across Mongolia, China, Tibet, and India as seen through the eyes of two dedicated bicyclist/filmmakers, Melanie Carrier and Olivier Higgins. Using unique on-bike camera techniques and raw, emotional footage, the filmmakers invite viewers to travel with them, to live out their adventure, to share their thoughts and values, and to hopefully take stock in their own society and, more precisely, their role in it."

—backpackinglight.com

Springfield Bicycle Club Mileage and Activity File As of December 31 2008

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RIDES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TO-TAL	RIDES	AVG RIDE	LED	LDR PTS
Grover Everett	726		726	20	36.3			18,554	84	18,638	307	60.71	3	9
Cathy Yeaman	988		988	22	44.91			9,779	254	10,033	223	44.99	1	3
Mike Vonnahmen	289		289	12	24.08			8,794	147	8,941	254	35.2		
Jack Hurley	251		251	8	31.38			8,615	290	8,905	222	40.11	1	3
Charlie Witsman								8,302	63	8,365	187	44.73	1	3
Marty Celnick	175	41	216	12	18	1	3	5,580	967	6,547	230	28.47	7	21
Janet Cooper	186		186	13	14.31			6,146	15	6,161	245	25.15		
Karl Kohlrus	174	32	206	23	8.96			5,149	907	6,056	358	16.92	2	6
Lisa Kidd								5,710	231	5,941	199	29.85		
Tom Clark	711		711	19	37.42			5,778	64	5,842	224	26.08	6	16
Lance Kidd	28	2	30	1	30			5,282	240	5,522	178	31.02	5	15
Marilyn Powell	120		120	6	20			4,992	48	5,040	171	29.47	1	3
David McDivitt	69		69	6	11.5			4,321	349	4,670	235	19.87	10	17
Ruth Magos	177		177	6	29.5			4,142	8	4,150	120	34.58		
Dean Wisleder	158		158	13	12.15			4,122	5	4,127	173	23.86		
Tracey Hurley	43		43	2	21.5			3,627	240	3,867	119	32.5	1	3
Curt Evoy								3,118	124	3,242	146	22.21	1	3
Byron Nesbitt								3,059	14	3,073	80	38.41		
Don Harvey	140	9	149	7	21.29			2,939	9	2,948	116	25.41	1	3
Pat Stephens	100		100	6	16.67			2,775		2,775	113	24.56		
Connie Roberts	68		68	4	17			2,633		2,633	111	23.72		
Roger McCredie								2,612	10	2,622	79	33.19	1	3
Lynn Miller	69	10	79	3	26.33	1	1	2,485	78	2,563	93	27.56	5	13
Bill Bock								2,530		2,530	62	40.81		
Ernie DeFrates	12		12	1	12	1	3	2,439	44	2,483	93	26.7	6	18
Kevin Greene	91	32	123	7	17.57	1	1	1,995	305	2,300	126	18.25	16	18
Linda Butler								2,244	49	2,293	90	25.48	4	12
David Sykuta	97		97	6	16.17			2,223	41	2,264	92	24.61		
Carol Bock								2,086		2,086	53	39.36		
Alan Josephson	76	2	78	3	26	1	3	1,825	192	2,017	79	25.53	11	26
Chuck Orwig								1,920	14	1,934	64	30.22	2	4

Springfield Bicycle Club Mileage and Activity File As of December 31 2008

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RIDES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TO-TAL	RIDES	AVG RIDE	LED	LDR PTS
Sr Josepha Schaeffer	48		48	2	24			1,853	50	1,903	58	32.81	1	3
Robert LaBonte	20		20	1	20			1,841	54	1,895	89	21.29	19	40
Dave Ross	48	2	50	3	16.67	1	3	1,779	105	1,884	86	21.91	1	3
Christa Morris								1,870		1,870	65	28.77	1	3
Arden Gregory	25	10	35	1	35			1,228	630	1,858	33	56.3		
Mike Eymann								1,842	10	1,852	73	25.37		
Rob Brokaw								1,791		1,791	51	35.12		
Jim Hajek	31		31	3	10.33			1,707	38	1,745	85	20.53		
Alan Whitaker						1	3	1,566	158	1,724	55	31.35	3	9
Cindy Kvamme								1,685	25	1,710	81	21.11	4	10
Mary Lou Hicks	79		79	4	19.75			1,697	10	1,707	81	21.07		
Ben Fox	36		36	3	12			1,673	4	1,677	109	15.39		
Bob Carmody								1,662	2	1,664	55	30.25		
Mark Summer								1,619	8	1,627	41	39.68		
David Banks								1,583	42	1,625	37	43.92	1	3
Dave Lucas								1,473	23	1,496	136	11	25	27
Kenny Vinnell	28		28	1	28			1,103	308	1,411	31	45.52		
Jan Cimarossa								1,366	18	1,384	49	28.24		
Bob Sorenson	25	10	35	1	35			953	426	1,379	27	51.07	1	3
Mark Rabin	20		20	1	20			1,358		1,358	44	30.86	2	6
Ken Anderson								776	363	1,139	31	36.74	5	7
Mike Schwab								953	1	954	150	6.36	1	3
Tracie Stephens								914		914	51	17.92		
Cindy Moreno								849	15	864	43	20.09		
Kedra Elston								794	55	849	29	29.28	1	1
Sue Dees								824	3	827	47	17.6	5	5
Bob Dettling								811	11	822	55	14.95	4	6
Kevin Brown								711		711	24	29.63		
Brigitta Ewing								705	3	708	20	35.4		
Lynn Rhoades	13		13	1	13			542	142	684	19	36		
Lyn Schollett								639	38	677	27	25.07	4	4

Springfield Bicycle Club Mileage and Activity File As of December 31 2008

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RIDES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TO-TAL	RIDES	AVG RIDE	LED	LDR PTS
Derek Ewing								675		675	19	35.53		
Mark Smith								547	98	645	15	43		
Sid Marder								431	197	628	21	29.9		
Art Meyer								599	12	611	21	29.1		
Christine Kohlrus								472	133	605	21	28.81		
Bruce Yurdin								447	112	559	10	55.9		
Naomi Greene	8	5	13	1	13			500	42	542	34	15.94	1	1
Kathy Shepard								477	61	538	12	44.83		
Tony Henn								530		530	41	12.93		
Dan Payne								486	36	522	12	43.5		
Jon Edwards								422	97	519	12	43.25		
Micci Bly								506	6	512	15	34.13		
Kent Kraft								420	53	473	12	39.42		
Bill Voss								453		453	15	30.2		
Gerry Orwig								425	15	440	45	9.78		
David Drennan								435		435	18	24.17		
Roger Schnelten								420	6	426	18	23.67	1	3
Deeana Shidler								405	17	422	18	23.44	2	6
Brenda Reiling								382	14	396	10	39.6		
Jackie Galli								388	3	391	12	32.58		
Deb Cooper								367	4	371	19	19.53	2	3
Pete Gudmundson								362		362	12	30.17	1	3
Joel Johnson								249	108	357	7	51		
Cindy Tubbs								321	20	341	13	26.23		
Marcia Sykuta								266	12	278	10	27.8		
Louie Spinner								262	15	277	13	21.31	1	1
Ron Melcher								274		274	7	39.14		
Cyd LaBonte								269		269	18	14.94	3	3
Jerry Ihnen								224	39	263	6	43.83		
Linda Tarr								209	44	253	15	16.87	1	1
Brian Fowler								240		240	4	60		

Springfield Bicycle Club Mileage and Activity File As of December 31 2008

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RIDES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TO-TAL	RIDES	AVG RIDE	LED	LDR PTS
Bill Lewis								214	25	239	5	47.8		
Wayne Noethe								238		238	6	39.67		
Rich Saal								156	73	229	10	22.9		
Vicky Berry								216		216	19	11.37		
Jon Halterman	28	27	55	1	55			162	41	203	4	50.75		
Hope Schnelten								192		192	8	24		
Adam Galli								185		185	3	61.67		
Charlie Rabins								160		160	2	80		
Rick Cox								152		152	5	30.4		
Jim Disney								142	10	152	4	38		
Tom Murphy								141		141	4	35.25		
Mark Rolens								116	22	138	4	34.5		
Sue Hack								136		136	11	12.36		
Cindy Johnson								122		122	2	61		
Randy Germeraad								102	12	114	2	57		
Amanda Kidd								114		114	6	19		
Mary Loker								111		111	5	22.2		
Ed Taylor								103		103	4	25.75		
Anita McDivitt								94	8	102	12	8.5		
Greg Gutzman								100		100	1	100		
Terri Nelson								99		99	3	33		
Kathy Copelin								90		90	3	30		
Marty Morris								90		90	4	22.5		
Ivan Wright								89		89	2	44.5		
Don Daniels								76	5	81	2	40.5		
Janice Perino								44	37	81	3	27		
Carol OConnor								80		80	2	40		
Steve OConnor								80		80	2	40		
Jim Stephens								62	10	72	1	72		
Charlie Downs								66		66	1	66		
John Sanford								40	25	65	3	21.67		

Springfield Bicycle Club Mileage and Activity File

As of December 31 2008

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RIDES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TO-TAL	RIDES	AVG RIDE	LED	LDR PTS
Melinda Carter								60	4	64	3	21.33		
Julie Perino								35	28	63	3	21		
Adam Andruska								60	2	62	3	20.67		
Dan Duncan								42	20	62	1	62		
Steve Berry								60		60	1	60		
Mike Elston								58		58	1	58		
Garland Stevens								54		54	3	18		
Cris Martin								53		53	2	26.5		
Bob Ayers								38	14	52	2	26		
David Wooten								52		52	1	52		
Seth Engelbracht								51		51	1	51		
Dan Ingersoll								51		51	1	51		
Paul Purserlove								51		51	1	51		
Curt Winhold								51		51	1	51		
Mike Higgins								50		50	1	50		
Harriet Josephson								50		50	3	16.67		
Alberta Levan								37	10	47	2	23.5		
Pete Levan								37	10	47	2	23.5		
John Mitchell								47		47	1	47		
Dara Voss								45		45	3	15		
Richard Tapia								42	1	43	4	10.75		
Gerry Casey								41		41	1	41		
Jack Casey								41		41	1	41		
Lyndell Jarrit								41		41	1	41		
Mary Thomas								41		41	1	41		
Bob Cox								40		40	1	40		
Erin Saal								30	10	40	1	40		
Paul Purseglove								38		38	1	38		
Marie Walden								34		34	2	17		
Heather Bailey								33		33	1	33		
Jason Beauman								23	10	33	1	33		

Springfield Bicycle Club Mileage and Activity File As of December 31 2008

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RIDES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TO-TAL	RIDES	AVG RIDE	LED	LDR PTS
Jo Ann Meemaw								31		31	1	31		
Emily Rolens								31		31	1	31		
April Smith								29		29	1	29		
Steve Shien								28		28	1	28		
Pete Harjes								27		27	1	27		
Pete Wise								25		25	1	25		
JoAmm Mumaw								18	4	22	1	22		
P J McCredie								20		20	2	10		
Bill Donels	13	4	17	1	17			13	4	17	1	17		
Bill Kienzler								11	3	14	1	14		
Larry Small								10		10	1	10		
Larry Pemberton									8	8	1	8		
Totals	5,170	186	5,356	224	23.91	7	17	203,807	8,874	212,681	7,336	28.99	176	356

2008 NoBell Award Winners Announced

By the NoBell Committee

This year the NoBell goes to someone who:

- Has regularly helped with CCC rather than ride,
- Led rides and provided hospitality in their home,
- Encouraged others to ride with their family,
- Won their age group in the mileage awards,
- And sometimes even slept through a ride.

The 2008 NoBell Award goes to not one person but a family that has contributed greatly to the club over the past six years. Beginning in 2002 this family began riding regularly with the Springfield Bicycle. By 2003 this busy family was riding a total of 3400 combined miles. Their own enthusiasm and love of the ride puts smiles on everyone's faces.

More important than their miles is the contribution they have made at our events including the Capitol City Century and our holiday parties. The family arrives before dawn to the beach house on the day of the century and organizes the post peddlin' food and party. This is no small task now that there are 700 plus riders! They cook and serve throughout the day. When everyone else is dragging they are still there helping with the clean up, assuring that any left over food goes to either a good cause or to a freezer for future club use.

They also regularly open up their home for club rides. They organize and lead rides from their home, and always provide either a meal or home made ice cream at the end of the ride. The matriarch of the family, even unselfishly hosts the club's Mother's Day ride.

This year the Springfield Bicycle Club is pleased to announce the winner of the Nobell Award is the Elston family, Kedra, Mike, Jack, and Brea. Thank you so much for all of your contributions to the club!

Editor's Note: Great minds think alike—in a separate decision, made without knowledge of the secret deliberations of the NoBell Committee, the SBC Board of Directors decided to make special awards at the January 2009 Winter Party — to the Elstons and separately to Mike Royer. The inscription on these special awards reads as follows: "In recognition of many years of outstanding volunteer work in support of the Capital City Century." Congratulations to Mike and the Elstons on their well-deserved awards!

February Memories

By Mike Becker

1974–35 Years Ago: Nothing of note recorded.

1979– 30 Years Ago: The QR noted the joining of SBC by David Stjern. Who knew?! ++David Lucas advertised for a good home for his 1972-1978 *Bicycle World* (remember them?) and *Bicycling* magazines. Wish I had them today—much better than some of the stuff on the rack today.

1984–25 Years Ago: John Werthwein's nine bicycling rules: Wear a helmet. Ride with traffic—not against it. Wear a helmet. Stop at all stop signs. Wear a helmet. Obey traffic signals. Wear a helmet. Use hand signals. Wear a helmet. ++The February Quick Release noted the incentive award winners for their respective age/sex groups for 1983: Kathy Boutelle, Todd Bogardus; Lisa Shafer, Joe Kamm; Sue Mueller, David Stjern; Michelle Cheffy, Dean Wisleder. Also, Virginia Elshoff won for her age group (60+) with 3 miles. See, you don't have to be a big cranker to win! ++Also noted were three special awards: to John Werthwein for being the most “active” by accumulating 101 activity points; Nancy Schrenk for being the most “efficient” by amassing 33 activity points in only 264 miles; and Theresa Parth, who was presented with 2 heavy duty custom engraved cookie sheets for making sure there were goodies at every meeting. ++Of special note was the 1983 NoBell winner: Greg Lakebrink, the “rear riding cycling mentor who is also pretty good with the pen.” The award was for contributing much beyond the call of duty and to the sport and safety of cycling.

1989–20 Years Ago: Valentine's Day + Marcey Werthwein + Third Annual Choco-holic Party. I'm still working off the weight gain. ++R & M Cyclery showed off 1989's new equipment and clothing at the monthly meeting.

1994–15 Years Ago: Once again, new bicycling products are displayed for the monthly meeting, this time from not only R & M, but also Bike Tek and City Cycle. (which this month moved from its Fairhills Mall store to Chatham and Monroe). ++1993 Spinner Award winners reported: St. Josepha Schaeffer and Joe Angermeier, Linda Schrodt and Bode Zietz, Theresa DeLeon and Garland Stevens, Kathy Mehuys and Karl Kohlrus, Micci Bly and Karl Schultz, Linda Butler and Bruce Beazly, Diedre Flanagan and Jonathan Walz, and Mary VanMetre and Dieter Haager, in their respective age and gender groups. Bugger Badges were presented to Katie and Kevin VanMetre.

1999–10 Years Ago: A warning from the Prez that ash used on icy roads can shred tires. One worry I don't have. ++1998 Spinner Awards: Louis Spinner and St. Josepha Schaeffer, Alfred Arkley and no award, Dave Lucas and no award, Alan Josephson and Harriet Josephson, Garland Stevens and Theresa DeLeon, Karl Kohlrus and Lynn Rhoades, Mark Smith and Linda Butler, Jack Justice and Cindy Moreno, Curt Evoy and Wendy Edwards, and Jason Kidd and Amanda Kidd. Wild Cards were Ernie De-frates and Cathy Yeaman (with no explanation as to how and why they were wild.) ++Karl and Christine won the AAA for their Super Bowl Party and Beau won the Lead Water Bottle for the rowdiest guest at said party. Down, Beau! Down!

First published in the Quick Release in 1990-1991, the following article is the second in a four-part series on randonneuring that focuses on the oldest continuous ride of this kind.

PARIS–BREST–PARIS

Part Three

By Michael W. Becker

Last month, I introduced you to the qualifying brevets for Paris–Brest–Paris, the 750 mile, 90 hour ride held every four years in France. The next staging—in 1991— [note: published in the QR in 1991] will be the 100th anniversary of this venerable ride. This month: the arrival in Paris and pre-ride activities.

The Flight Over

The bicycles were finally all checked in, but prior to that, the Air France counter at O'Hare had the pleasant disarray of a busy bicycle shop. Bikes were everywhere—in cardboard boxes, fancy hard shell crates, or loose and unprotected, with the tandems enormous in their shipping containers. All the months of hard work and the years of planning led myself and two hundred nine other Americans to this departure point here and elsewhere around the country.

The flight itself was long and uninteresting, except for Lon Haldeman who had brought a videotape of the just completed 1987 Transcontinental Tandem Record Ride, during which he and Pete Penseyres set a new mark, crossing the 2,920 miles across the country in 7 days, 15 hours and 55 minutes. He persuaded the flight attendants to show it instead of the usual bland movie. Lon and Pete's efforts pedaling across the country brought cheers and admiration from all, as we watched during the early morning darkness over the Atlantic. This was a perfect start, psyching up the Midwest contingent for PBP.

The Arrival

The plane disgorged a bunch of jet-lagged bicyclists during the early morning arrival in Paris. The effects of lack of sleep, however, was quickly displaced by the adrenalin flowing freely. The buses which had been ordered to transport bikes and riders to hotels were late, and some impatiently assembled their bikes at the airport and rode off into Paris.

Our accommodations for the next few days were sparse. My wife and I chose to stay at a youth hostel—more than adequate for the very little time we would spend in the room. Plus, it was inexpensive, about \$25 per night total for both. Located in the suburb of Clichy, just northwest and across the expressway looping the City, the hostel had a sliver of an Eiffel Tower view from the window. For the money, you got a room and breakfast of bread, butter and coffee. The first order of business was to assemble my bike, a Motobecane which had been built in a suburb just to the east of Paris. It had finally arrived home, about 10 years after leaving.

The weather upon arrival did not disappoint us. The sun shone down and the temperature

(Continued on page 19)

(Continued from page 18)

ranged all week from the pleasant to the perfect. Things were looking up, especially after all the riding done in extremely hot, uncomfortable 100 days at home.

August is a month during which much of Paris shuts down while people exit the city for vacations. As a result, the lines were relatively short for most tourist sites. The only mandatory activity was the bicycle inspection on Sunday prior to the ride, allowing us about a week to adjust to the food and culture, overcome jet lag and sightsee prior to the start on the following Monday. I also found time to do some riding around Paris and in the Bois de Boulogne, an immense park on the west side with some roads (whole roads, not just paths) dedicated for bicycle use only. (Springfield Park Commission, take note.)

Important Tips

This is not a travelogue, so I won't bore you with many details, but I do have a few useful pointers to pass along:

- ☞ Do not let my wife order your dinner. No matter what she wanted and thought she was ordering, she was served sheep's brains in yogurt. A tasty dish, to be sure, but not the culinary experience she sought.
- ☞ Do not leave your hotel room without a map for "just a walk around the block". Paris is a city in which such intentions will leave you lost and 4 miles away. After two weeks there, the one thing I really missed from home was straight, parallel streets intersecting at precise 90 angles.
- ☞ While walking out of your hotel room will generally get you lost, going for a bike ride will get you lost much faster. This I did with alarming consistency. But at least the scenery made these experiences pleasant.
- ☞ Do NOT ride your bicycle around the Arc de Triomphe during morning rush hour, as I did. Twelve streets converge into this one traffic circle, and a bicyclist once caught in the looping traffic may take several hours to find an opening to exit. French motorists have little pictures of flattened bicycles painted on the side of their cars to record their victories.
- ☞ Unless you are fearless, leave the driving to others and use public transportation. We rented a car to visit some of the countryside after PBP. Our little four cylinder Fiat, filled with four people and baggage, transported us through the Loire valley as we inspected châteaux, cathedrals and bicycle shops. At one point during which my spouse was driving on an expressway and trying to keep up with

(Continued on page 20)

(Continued from page 19)

traffic (but still being passed by many), she turned to me and innocently asked, “How fast is 175 kilometers per hour?” When I explained that she was going about 110 miles per hour in heavy traffic, her nearly inaudible “oh,” belied a much deeper meaning.

Getting Ready

A few days before the start, all Americans participants assembled to discuss ride details and to hear from those who had ridden PBP before. A few surprises were in store, such as the suggestion that a bell would be required at the bicycle inspection. Within an hour, not one bell was to be found within a 50 mile radius of Paris. Luckily, it turned out to be a false alarm. (I now have one with Mickey Mouse to take next time, just in case.)

Another concern was raised by an explanation of how the French marked roads for bicycle rides with arrows. On a typical club ride here, the arrows point the direction to go or to turn. Simple and straightforward. However, in France, a left pointing arrow on the right side of the road means to go straight, and on the left side, to turn left. Go figure. It was explained that you always ride by the tip of the arrow, and the direction it points is basically irrelevant. The markings turned out not to be much of a problem but caused a great deal of consternation and worrying among the American riders fearful of getting lost. The sheer number of participants and police escorts out of Paris, in addition to the helpful citizens in the countryside, made it difficult to go astray.

Technical Inspection

The last step between me and PBP was the Sunday technical inspection—for safety, fenders, and lights (including extra bulbs and batteries). Helmets are not required and are generally nowhere to be seen. In fact, one way to distinguish an American cyclist from others is that the American is the one with the helmet. Very few of the Europeans wore them.

After passing inspection, you are given a numbered, hand painted placard (not magic marker on a cardboard tag stuff) to mount on the bike to signify your participation in PBP, a route card to record your passage through the controls, and the premiums just like a club century: a cap and a water bottle.

The Start

After the inspection, it was time to eat. Most everything that wasn't otherwise shut down for the month of August was closed. After an unsuccessful search for an open restaurant, my dinner was a prepackaged hamburger vended from a machine. Not the carbo load I wanted and needed. Everything was in readiness; all that was left was to get some rest.

Three different start times are offered, and you choose depending on how you intended to ride: for those riding non-stop, 4:00 P.M. on Monday; for the “tourist” types who planned to

(Continued on page 21)

(Continued from page 20)

sleep at least two or three hours per night, 4:00 A.M.; and 10:00 A.M. for the intermediates. A later start means less riding time, because all had to finish by 10:00 P.M. Thursday. I chose 4:00 A.M. to give me the full 90 hours. Because the starting point was 5 miles from the hostel, I arose at 2:00 A.M., and left the hostel about 2:30 to make the 3:00 A.M. pre-ride assembly.

Earlier on Sunday during inspection, I developed a fever with cough and generally felt terrible. Ten minutes into my ride to the start, the skies opened up. The incredibly pleasant weather and fair skies were shattered by a downpour of major proportions. The temperature plummeted to about 45 degrees and before I could cover my cyclometer with a plastic bag reserved for that purpose, the rain drenched the Cateye, which promptly stops working whenever even a drop of sweat falls on it. And, I got lost making a wrong turn on a darkened and unfamiliar street. These were not good signs. . .

Next month, the conclusion.





SPRINGFIELD BICYCLE CLUB 2008 MILEAGE SUMMARY



MONTHLY								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS	AVG
							PER RIDE	RIDE LENGTH
January	7,303	270	7,573	302		6		25.08
February	4,135	55	4,190	181		2		23.15
March	12,129	344	12,473	471		9		26.48
April	16,027	744	16,771	645		14		26.00
May	20,193	1,072	21,265	791		22		26.88
June	26,182	1,632	27,715	936		24		29.72
July	30,801	1,307	32,108	918		21		34.98
August	25,714	1,397	27,111	901		24		30.09
September	21,778	619	22,397	735		20		30.47
October	18,138	619	18,757	633		16		29.63
November	10,727	583	11,310	392		10		28.85
December	5,170	186	5,356	224		7		23.91

CUMULATIVE								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS	AVG
							PER RIDE	RIDE LENGTH
January	7,303	270	7,573	302		6		25.08
February	11,919	325	12,244	510		8		24.01
March	24,800	669	25,469	1,006		17		25.32
April	41,646	1,456	43,102	1,693		31		25.61
May	62,098	2,528	64,626	2,485		53		26.01
June	88,779	4,163	92,942	3,443		77		26.99
July	119,795	5,470	125,265	4,367		98		28.68
August	145,421	6,867	152,288	5,255		122		28.98
September	168,500	7,486	175,986	6,029		142		29.19
October	186,715	8,105	194,820	6,667		159		29.22
November	198,552	8,688	207,240	7,105		169		29.17
December	203,807	8,874	212,681	7,336		176		28.99



Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705



Presorted
Standard
U.S. Postage
Paid
Springfield, IL
Permit #325

Address Service Requested

Not for Commercial Use

February, 2009

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

Karl Kohlrus
544-8410
president(at)spfldcycling.org

Vice President

Vacant
vp(at)spfldcycling.org

Board Secretary

Ken Anderson
522-3876
secretary(at)spfldcycling.org

Recording Secretary

Deb Cooper
546-5099
recording(at)spfldcycling.org

Treasurer

Dave Lucas
753-3831
treasurer(at)spfldcycling.org

Special Events

Tom Clark
726-5560
events(at)spfldcycling

Social Chair

Tracey Hurley
414-8900
social(at)spfldcycling.org

Legislative/ Educational Chair

Lynn Miller
787-3354
legislative(at)spfldcycling.org

Incentive Chair

Alan Whitaker
494-6807
incentive(at)spfldcycling.org

Records

David McDivitt
787-5964
records(at)spfldcycling

QR Editor

Marty Celnick
editor(at)spfldcycling.org
522-4206

QR Editor (cont)

Tom Clark
726-5560
editor(at)spfldcycling.org

QR Deadline 15 th of the month

Web Master

David McDivitt
787-5964
webmaster(at)spfldcycling.org

At Large Members

Bill Donels
546-8036
at-large(at)spfldcycling.org

Naomi Greene
793-9622
at-large(at)spfldcycling.org

Richard Tapia
at-large(at)spfldcycling.org

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 to buy or sell without charge.