



Ride of the Month

An elite (a nicer way to say small) group of riders gathered at the Drake Lake trail-head in Jim Edgar Panther Creek State Fish and Wildlife Area (JEPC for short) on Saturday, April 17 to enjoy the seasonal opening of the mountain bike trails by taking part in a bicycling event led by Kent Kraft.

It was a gorgeous spring day, and the trails were in great shape except for a couple of seepy areas. White, purple, and pink wild flowers lit up by specklings of sunlight under the trees gave an elegant touch to the serenity, beauty and majesty of the woods. Oak leaves blanketed the trail, and crunched under the tires. Birds sang. Squirrels skittered across the path. Fishermen in their boats craned their necks to get a glimpse of the bikers gliding through the trees. After a lap of Drake Lake, the group motorcaded to what those in the know refer to as the Sitler Road shed parking lot, and rode an additional five mile loop that is part of the Prairie Lake Trail. This portion of the trail contains the oldest growth forest and contains some of the most interesting features of the JEPC trails including the figure 8 turn, and the brief meadow run on the opposite side of the lake from the cabins at the campground.

Almost Anything Award

The SBC Board chose Dave Lucas for this month's Triple-A. Dave was nominated for serving as presenter at the first session of the charter Bike Academy. The Academy drew many new cyclists, including a curious local news reporter – Chris Young. Dave's presentation landed him on the front page of the Outdoor section of the State Journal-Register. He was also convinced to offer a Tire changing clinic on a Sunday afternoon in May. Helmet's off to Dave for sharing his knowledge.

Monthly Ride Leader Incentive Drawing

In addition to getting voted the Ride of the Month, Kent Kraft's name was also drawn as this month's winner of the Ride Leader Incentive drawing for a \$50 biking gift certificate.

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

See page 3

Grover Everett is Rider of the Month with 653 miles!

Details on page 4

Lookin' for a Ride?

See Ride Schedule, pages 7-9



Full Moon Ride
June 26

Moon Pies after!

Mountain Biking 101
June 5

Almost Summer Ride & Brunch
June 13

Birthday Rides
June 19, 26

Sherman Rides
June 5, 12, 27

Daytime and evening rides every weekday!

President's Column

June, 2010

SBC Board Changes Coming

I will be stepping down as SBC President this fall. I have served a total of six terms (October-September): 1992-1996 and from 2008-2010. Nominations for SBC Board positions will be taken up until August at which time an election is held for any contested position. Other Board members are looking to change positions or retire. If you would like to know anything more about any Board position, contact any Board member or myself. Volunteers made the SBC what it is today. New people bring new ideas. Serving on the Board is a good way to help the SBC and bring your ideas forward to improve bicycling in Springfield.

Springfield Bicycle Advisory Council

The Springfield Bicycle Advisory Council is conducting a survey on how to make Springfield a more bike-friendly community, which can be accessed from their website <http://www.Springfield.il.us/Commissions/Bicycle/index.htm>. Leadership Springfield, Michael Cummins and Kevin Greene helped develop the survey. They are also planning to working on a Bicycle Master Plan in conjunction with Linda Wheeland of the Springfield Sangamon County Regional Planning Commission (SSCPC) Springfield Area Transportation Study (SATS). They are hiring Ed Barsotti of the League of Illinois Bicyclists to help develop the Bicycle Master Plan. The Springfield-Sangamon County Regional Planning Commission has recently decided to develop a bicycle master plan for the region and the Bicycle Advisory Council will be assisting in that effort. The Commission will be utilizing the services of Ed Barsotti of the League of Illinois Bicyclists to help prepare the master plan.

News from LIB

Here is news from the League of Illinois Bicyclists (LIB) which the SBC supports:

- Nearly 500 Attend Bike Planning Seminars
- IDOT Releases New Design Policy for Complete Streets
- 2010 National Bike Summit - Ray LaHood: New Transportation Policy for U.S.
- Share the Road License Plate may be Year-Round

For more information see <http://www.bikelib.org/>

Karl Kohlrus
President

Come Ride with Us

In This Month's QR

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With the arrival of warm weather, many of us are gearing up for another season on the road. 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

James Kolaz
 David Kolaz
 John Gee
 Ted Harvatin
 Jason Beeler
 Steve Stone
 Chris King
 Michael & Kedra Elston & Family
 Jack & Tracey Hurley
 Susan & Charles Hammond

Renewals at the Contributing Level

Angie Gum
 Jerry & Deb Ihnen
 Dean Wisleder
 Ruth Magos
 Pat Stephens & Family

Renewals at the Sustaining Level

Byron Nesbitt
 Susan Shelton
 Mark Smith & Kathy Shepard
 Joel Johnson

New Members

Gi Shaw
 Don Mallette
 Gary Terpstra

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.

4/10 Grover Everett 653 miles	12/09 Lynn Miller 68 miles	8/09 David Ross 511 miles
3/10 David McDivitt 481 miles	11/09 Karl Kohlrus 515 miles	7/09 David McDivitt 791 miles
2/10 Karl Kohlrus 140 miles	10/09 Tracey Hurley 549 miles	6/09 Bill Bock 628 miles
1/10 Charlie Witsman 127 miles	9/09 Bill Callen 463 miles	5/09 Charlie Witsman 709 mil

Board Meeting Notes— April 7, 2010

Kevini Greene Recording Secretary

.Present: Alan Whitaker, Bill Donels, Ken Anderson, Sandy Anderson, Kevin Greene, Karl Kohlrus, Dave Lucas, Mike Schwab, Lynn Miller, Marty Celnick, Deb Cooper, Ernie DeFrates, Bill Donels, Tom Clark and Naomi Greene.

Karl Kohlrus called the meeting to order at 7:04 p.m.

Minutes. Kevin Greene presented the minutes from the March 3, 2010 meeting. They were approved without revision.

Treasurer's Report. Dave Lucas distributed the treasurer's report for the period ending March 31, 2010, which reflected an ending balance of \$13,359.37.

Legislative/Education Report. Lynn Miller and Bill Donels provided an update on the activities being planned for Curb Your Car during Bike to Work Week. The Springfield-Sangamon County Regional Planning Commission is teaming up with several organizations and businesses to encourage area residents to walk, run, bike or take the bus to work during May 17 – 21. Bill will be coordinating two training rides on the weekend before the week-long event to help participants identify

preferred bike routes for commuting to work.

Lynn indicated that the bid package to hire a contractor for the first phase of the Sangamon Valley Trail is expected to be issued in April. Kevin Greene reported that the Springfield Bicycle Advisory Council has posted an online survey to solicit public input on ways to make Springfield a bike-friendly community.

Social Chair Report. Deb Cooper announced that the SBC Summer Picnic will be held on July 11. At the suggestion of Dave Lucas, she will investigate holding the event at Lincoln Park and report back to the board with a recommendation.

Incentive Chair Report. Cindy's Kvamme's ride from Sherman was voted Ride of the Month for March. The Almost Anything Award was given to David Banks for assisting a cyclist who tired during a group ride. Don Harvey's name was drawn for the monthly ride leader incentive award.

Ride Schedule Report. Tom Clark indicated that Ernie DeFrates is working on the ride schedule for the

month of May and that most of the weekend dates have been filled.

Special Events Report. Tom Clark reported that 2,400 brochures for the Capital City Century have been sent to bicycle clubs and shops across the state through a special League of Illinois Bicyclists' mailing. Alan Whitaker has updated the CCC information on Active.com to allow cyclists to register electronically for the event. The Board voted not to change the fee for online registration.

Newsletter Report. Marty Celnick reported that work will begin shortly on the May newsletter. Articles are due by April 15.

Webmaster Report. Alan Whitaker announced that he has created a SBC member page on Facebook. The page will initially be used to post club announcements. He is working on guidelines for information that can be posted in the discussion area.

Old Business. Naomi Greene reported that approximately 25 people attended the SBC Informational Meeting in March. She added that to date 11 people have regis-

(Continued on page 6)

(Continued from page 5)

tered for the Bike Academy.

New Business. The Board approved a proposal by Alan Josephson to host a bicycle swap in May. The swap will be open to members to sell or

trade bicycle-related items. Kevin Greene announced that local environmental groups will be holding a bike rally in conjunction with the annual Earth Awareness Fair at the Old State Capitol.

The meeting adjourned at 8:36 p.m.

The next meeting is scheduled for Wednesday, May 5, 2010, at 7 p.m. and will be held at the home of Ken and Sandy Anderson.

SBC Summer Picnic

When: Sunday, July 11

Time: Begins at 5:00 p.m. – eat at 6:00 p.m.

Where: Lincoln Park Shelter (west side of park)

What to Bring: Last names beginning with A-H; please bring salads

Last names beginning with I-R; please bring appetizers

Last names beginning with S-Z; please bring desserts

OR bring your own dish, if suggestions above are not satisfactory.

The club will provide hot dogs, brats and Boca burgers, water, paper goods and plastic ware.

Anyone arriving 30 minutes early can help unload and set up! Any questions, call Deb Cooper at 546-5099.

June 2010 Ride Schedule

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 the VP if you would like to lead an ad hoc ride. Please provide at least three days notice. The ride will be posted on the web site, and therefore becomes a scheduled ride eligible for club miles. For updates, corrections and additions 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, 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.

Weekday Daytime Rides		<i>Check start times!</i>
Monday thru Friday 9:00 am	Morning Geezer Ride Washington Park Shelter Show-N-Go	Show-N-Go — A 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 records keeper.
Tuesday 9:00 am	Panera Bread Wabash & White Oaks Robert LaBonte, 787-0237	BC — Try a change of pace from the Geezer ride, which is usually a bit faster than this.
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 records keeper.
Monday thru Friday 12:20 pm	Vredenburg Park Saxon Dr. & Crusaders Rd. Dave Ross 789-4823 Tom Clark, 726-5560	BC — Westside Lunch Ride. Dave or Tom will hit the trails or go out in the country.
Monday through Friday Noon	Harris Building 100 S. Grand (at 2 nd St.) David McDivitt, 725-1986	AB — Ride 10-14 miles during lunch. Meet at the bike rack near the building. Please call David in advance.
Weekday Evening Rides		<i>Check start times!</i>
Monday 5:45 pm	Parkway Pointe Theatre Lindbergh & Robbins Road Show-N-Go	ABCD — A favorite for fast and intermediate riders. Ride to Chatham for 19 miles or to the T for 25 miles.
Monday, Tues- day, Wednes- day & Thurs- day 6:00 pm	Pana Trail Lake Taylorville Parking Lot Rt. 29 Show-N-Go Charles Witsman, 299-7038	Show-N-Go — Ride on the Lincoln Heritage Trail. Turn in miles to the club records keeper. Call Charlie if you need information about trail conditions or directions.

Tuesday 4:45 pm to 6:30 pm	Public parking lot (near Bluestem Bake Shop) Governor Oglesby St. Elkhart Christa McLaren-Morris 494-4028	ABC – Ride “The Parabola” that includes Elkhart Hill. We will leave from the parking lot, ride the hill, and then turn around and go back. Repeat! Come when you can during the scheduled time. Ride it as many times as you can. Maps and ride sheets will be provided. Slower-paced riders are welcome, but should be self-sufficient in case they cannot keep pace with the rearmost group.
Tuesday 5:45 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Show-N-Go	BCD — Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper.
Tuesday 5:45 pm	Vredenburg Park Saxon Dr. & Crusaders Rd. Show-N-Go	AB — Show-N-Go. A faster-paced workout. Slower-paced riders are welcome, but should be self-sufficient (i.e., comfortable reading a map and fixing a flat without assistance) in case they cannot keep pace with the rearmost group. Turn miles in to the club records keeper.
Tuesday 6:00 pm	Schlitt Park (south of Owen Marsh School) 2400 Sharon Dr. Kevin Greene, 793-9622	EZ – 10 miles at a relaxed pace through city neighborhoods. Those interested will meet for dinner afterwards at a local west side restaurant
Wednesday 6:10 (ish) pm	Wheel Fast Bicycle Co. 20 Cottonwood Dr. Chatham Matt Saner, 483-7807	ABC — Intermediate training ride. Meet at the bike shop and plan on 16-20 miles.
Thursday 5:45 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Show-N-Go	BCD — Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper.
Thursday 5:45 pm	Lewis Memorial Christian Village Koke Mill and W Washington St Chris King 502-2121	ABC – Ride 23–25 miles to Salisbury with Chris.
Saturday 5:30 pm No ride June 26	Vredenburg Park Saxon Dr. & Crusaders Rd. Robert LaBonte, 787-0237	BC — Saturday Night Ride. Take a ride to Chatham or Auburn. Dinner stop possible. Lights required for longer ride options. No ride on June 26 – Marty C. leads an 8pm Full Moon ride from IDOT instead. See <i>Scheduled Rides and Events</i> for details.
Scheduled Rides and Events		<i>Check start times!</i>
Wednesday June 2 7:00 pm	Residence 2301 Sangamon Avenue Ken Anderson, 522-3876	NC – Board Meeting. All SBC members are invited to attend the board meeting.
Saturday June 5 8:00 am	Waldrop Park Andrew Road Sherman Cindy Kvamme, 744-8864	ABCD – Ride to Middletown with Cindy for about 36 miles.
Saturday June 5 3:00 pm	Lewis Memorial Acres park, west side of Koke Mill Road, halfway between Washington St. & Old Jacksonville Rd. Kent Kraft, 871-6974	MB — Mountain Biking 101. Experience off-road bicycling! No mountain bike needed, as the trails are designed for the beginning MTB'r with some optional features to add interest for the more experienced rider. An hour or so of demonstrations and riding will degenerate into a social event. If you haven't experienced this park, you should bring your kids, dog, mother-in-law, whomever, and check out the nature trails on wheels or on foot. <i>See also article on page 14.</i>
Sunday June 6 8:00 am	Fairhills Mall Chatham Rd & Monroe Marty Celnick, 522-4206	ABC — Get your Marty miles today! 30 to 50 miles.
Sunday June 6 9:00 am	Wabash Trail east end parking lot Park St. & Wabash Ave. Kevin Greene, 793-9622	D & EZ – Plan on 20 miles or so with a rest stop at the Apple Barn.

Saturday June 12 8:00 am	Waldrop Park Andrew Road Sherman David Banks, 691-2917	ABCD — David has routes ranging from 28 to 50 miles planned, with destinations to Elkhart, Cornland/Elkhart and Mt. Pulaski/Elkhart. Be there or be square!
Sunday June 13 8:00 am 9:00 am	Residence 1914 Bayview Tom Clark, 726-5560 Kevin Greene, 793-9622	ABC & D/EZ— Almost Summer Ride & Brunch. Tom has routes of 30-55 miles planned for ABC riders; departs at 8:00 am. Kevin will lead EZ/D riders for 10-22 miles; departs at 9:00 am. Potluck brunch starts at 10:30 am. Brunch-type main dishes provided. Salads A-F, Fruits/Veggies G-L, Desserts M-R, Breads/Pasta S-Z.
Saturday June 19 8:00 am	Chatham Park Community Park South Main Chris King 502-2121	ABC — Chris King's Birthday ride. 30--50 miles to Bullpit and back via Sangchris Lake area. Come home through Divernon. D riders are welcome, but should be self-sufficient (i.e., comfortable reading a map and fixing a flat without assistance) in case they cannot keep pace with the rearmost group.
Sunday June 20 8:00 am	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Lynn Rhoades, 726-5560	ABCD – Ride 40 miles to Edinburgh. Ride to the ride for more miles.
Sunday June 20 9:00 am	Wabash Trail east end parking lot Park St. & Wabash Ave. Kevin Greene, 793-9622	D & EZ – Plan on 20 miles or so with a rest stop at the Apple Barn.
Saturday June 26 8:00 am	Vredenburgh Park Saxon Dr. & Crusaders Rd. Lynn Miller, 787-3354	ABCD – Happy Birthday Ride. It's Lynn's birthday and he's taking us 26 miles with a 40 option to celebrate. Cookies at Apple Barn.
Saturday June 26 8:00 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Marty Celnick, 522-4206	CD – Full Moon ride on Lost Bridge Trail. Lights are required. Marty will try to have Moon Pies for participants after the ride, with plenty of white flour to revive your blood sugar levels.
Sunday June 27 8 :00 am	Farmland Solutions LLC office, 320 Crossing Rd., on Business 55 just south of Dairy Queen Sherman Kent Kraft, 871-6974	Ride 20 to 40 miles from Sherman starting from a paved parking lot, wander around northern Sangamon and southern Logan County, including a climb up (and down) Mount Elkhart. Ride to the ride for more miles.

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
- 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

SBC Charter Bike Academy Takes Off

By Naomi Greene

SBC's charter Bike Academy rolled out in April with a six week session that went through the month of May. There were 21 people who signed up - some of them cycling in an SBC event for the first time.

Dave Lucas kicked off the sessions with his ABC Quick Check which, in summary, reminds riders to check their air, brakes, chain, quick releases and an overall bike check. The academy attracted people with various types of bikes and of differing levels, including reporter Chris Young, from the State Journal-Register. Chris liked the information from the first session enough to write an article which featured Dave on the front of the Outdoor section (State Journal-Register, May 1).

In subsequent sessions, participants learned about riding in groups, the different types of bike and clothing accessories, shifting and riding in a group. There were also sessions on changing a tire and fueling for endurance.

Presenters for the Academy included Dave Lucas, Dave Ross and Christa McLaren Morris. Kevin Greene, Loiz Jazo and Bob Dettling provided assistance and support helping to lead small groups of riders and watching bikes during the sessions.

Look for some of the information gleaned from the Academy in upcoming issues.

Congratulations to the new riders who completed the sessions. Hope to see you in more and more rides!

Springfield Bicycle Club Mileage and Activity File As of April 30 2010

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RIDE S	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Lynn Miller	481	14	495	19	26.05	1	3	1,024	24	1,048	39	26.87	2	6
David McDivitt	391	26	417	28	14.89			1,003	39	1,042	77	13.53	1	3
Tom Clark	547	29	576	21	27.43			993	35	1,028	39	26.36	1	3
Karl Kohlrus	296	65	361	29	12.45			754	131	885	93	9.52	1	3
Don Harvey	424	74	498	20	24.9	1	4	791	76	867	49	17.69	2	8
Marty Celnick	365	91	456	19	24	1	3	668	198	866	36	24.06	2	6
Grover Everett	639	14	653	17	38.41			718	14	732	23	31.83		
Charles Witsman	156	50	206	2	103			560	50	610	6	101.67		
Mark Rabin	141	6	147	5	29.4	1	3	541	24	565	15	37.67	2	6
Curt Evoy	252		252	15	16.8			543		543	35	15.51		
David Ross	173	14	187	11	17			424	21	445	26	17.12		
Pat Stephens	248		248	14	17.71			443		443	28	15.82		
Tracey Hurley	276	33	309	12	25.75			377	33	410	16	25.63	1	3
Bill Bock	350		350	10	35			350		350	10	35		
David Banks	144		144	5	28.8			286	24	310	10	31		
Robert LaBonte	168	6	174	8	21.75	7	18	281	6	287	16	17.94	11	27
Mike Eymann	128	10	138	5	27.6			262	10	272	10	27.2		
Cindy Kvamme	178		178	9	19.78	4	10	265		265	15	17.67	6	15
Ruth Magos	130		130	2	65			253		253	4	63.25		
Alan Josephson	90	27	117	4	29.25	1	3	185	60	245	9	27.22	3	9
Tony Henn	223		223	10	22.3			223		223	10	22.3		
Lynn Rhoades	142	48	190	5	38			164	50	214	6	35.67		
Bob Carmody	86		86	3	28.67			212		212	8	26.5		
Stephen Paca	149	47	196	9	21.78			149	47	196	9	21.78		
Alan Whitaker	63		63	3	21			173		173	7	24.71		
Jerry Ihnen	123	48	171	5	34.2			123	48	171	5	34.2		
Kevin Greene	98	8	106	9	11.78	1	2	159	8	167	15	11.13	2	4
Linda Butler	105		105	4	26.25			162		162	6	27		
Mary Venturini	104	4	108	3	36			153	4	157	5	31.4		
Chris King	123		123	5	24.6	4	8	155		155	6	25.83	4	8
Ernie De Frates	129		129	5	25.8	1	3	154		154	6	25.67	2	6
Kedra Elston	110		110	5	22			144		144	7	20.57		
Tracie Stephens	111		111	7	15.86			136		136	9	15.11		

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	RIDE	T/F	TO-TAL	RIDE S	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Christa McLaren-	129		129	5	25.8			129		129	5	25.8		
Harv Kaplo	105		105	4	26.25			128		128	5	25.6		
Jon Edwards	89	30	119	3	39.67			89	30	119	3	39.67		
Ken Ratliff	85		85	3	28.33			117		117	4	29.25		
Carol Bock	116		116	3	38.67			116		116	3	38.67		
Aleshia Bunting	74		74	3	24.67			115		115	5	23		
Kent Kraft	33		33	2	16.5	1	3	111		111	5	22.2	2	6
Jim Hajek	103		103	4	25.75			103		103	4	25.75		
Joe Hills	74		74	3	24.67			97		97	4	24.25		
Mike Higgins	74		74	3	24.67		1	94		94	4	23.5		1
Dee Wise	56	31	87	2	43.5			56	31	87	2	43.5		
Christine Kohlrus	15	12	27	1	27			59	26	85	3	28.33		
Bill Callan	84		84	3	28			84		84	3	28		
Garland Stevens	80		80	4	20			80		80	4	20		
Cindy Moreno	78		78	4	19.5			78		78	4	19.5		
Pete Gudmundson	76		76	3	25.33			76		76	3	25.33		
Jack Hurley	38	16	54	1	54			60	16	76	2	38		
Ken Anderson	75		75	3	25			75		75	3	25		
Michelle Cozadd	73		73	2	36.5			73		73	2	36.5		
Kristina Mucinskas	46	22	68	5	13.6			46	22	68	5	13.6		
JoAnn Abrams	64		64	5	12.8			64		64	5	12.8		
Deeanna Shidler	51		51	2	25.5			51		51	2	25.5		
Phil Garee	23	10	33	1	33			37	11	48	3	16		
Michael Higgins	25		25	1	25		1	48		48	2	24		1
Chuck Orwig	38	7	45	1	45			38	7	45	1	45		
Jason Niem	38	6	44	1	44			38	6	44	1	44		
Mark Gummez	38		38	1	38			38		38	1	38		
Jadon Harvey	26		26	6	4.33			38		38	9	4.22		
Dave Kolaz	38		38	1	38			38		38	1	38		
Sidney Marder	35		35	1	35			35		35	1	35		
Deb Cooper	32		32	2	16			32		32	2	16		
Naomi Greene	31		31	4	7.75	2	2	31		31	4	7.75	2	2
Mark Summer	31		31	1	31			31		31	1	31		

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	RIDE	T/F	TO-TAL	RIDE S	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Mark Kuhn	31		31	1	31			31		31	1	31		
Bob Ayers	18		18	1	18			28		28	2	14		
Barb Manson	21		21	3	7			21		21	3	7		
Vicki Berry	18		18	2	9			18		18	2	9		
Sarah Standife	18		18	1	18			18		18	1	18		
Gi Shaw	18		18	2	9			18		18	2	9		
Bob Dettling	18		18	2	9			18		18	2	9		
Shirley Baer	15		15	2	7.5			15		15	2	7.5		
Keith Baer	15		15	2	7.5			15		15	2	7.5		
Judy Gunn	15		15	2	7.5			15		15	2	7.5		
Josh Cavanaugh	15		15	1	15			15		15	1	15		
Brigitta Ewing	15		15	1	15			15		15	1	15		
Allen Vieira	15		15	2	7.5			15		15	2	7.5		
Sarah Staudefer	14		14	1	14			14		14	1	14		
Linda Schaeffer	12		12	1	12			12		12	1	12		
Jim Bickhaus	12		12	2	6			12		12	2	6		
Jan Nobbe	12		12	2	6			12		12	2	6		
Irene Reischel	12		12	2	6			12		12	2	6		
Dave Lucas	12		12	2	6			12		12	2	6		
Lois Jazo	9		9	1	9			9		9	1	9		
Sarah Wolin	6		6	1	6			6		6	1	6		
Sarah Standefer	6		6	1	6			6		6	1	6		
Lois Bloechle	6		6	1	6			6		6	1	6		
Diane Evoy	6		6	1	6			6		6	1	6		
Chris Young	6		6	1	6			6		6	1	6		
Brent Hanson	6		6	1	6			6		6	1	6		
Totals	9,467	748	10,215	455	22.45	25	64	15,768	1,071	16,839	821	20.51	44	117

Mountain Biking 101

By Kent Kraft

MOUNTAIN BIKING 101--Lewis Memorial Acres park, 3:00 p.m., Saturday, June 5: If you have thought about trying off-road bicycling, or even if you haven't, here is your chance. And for this event, you don't even need a mountain bike. Any bike probably other than a recumbent will work. Bring your kids and their single-speeds. Bring your mother and her Huffly. You don't need baggy shorts, nor are body piercings or tattoos a requirement. (However, helmets are required). Kent Kraft will give riders a quick demo of some of the basics of off-road riding, some tips about general trail etiquette, and then lead a short ride on the Lewis Memorial Acres nature trails. The park, Lewis Memorial Acres, is located on the west side of Springfield. From Washington St. and Koke Mill Road, go south 1/2 mile, and you are there. From Old Jacksonville Road and Koke Mill Road, go north 1/2 mile, and you're there. Riders will convene near the picnic shelter.



The nature trails are natural surface (in this part of the world that means dirt) single-track paths that meander through the woods and across the small streams on wooden bridges. The trail was designed and constructed by the Springfield Area Mountain Bike Association according to environmental sustainability standards promulgated by the International Mountain Bike Association (IMBA). The trail is generally rideable 24 hours after even a heavy rain. Those poor deprived souls who are not interested in riding a bicycle in the woods are still welcome to attend and explore the trails on foot. Attendees are encouraged to bring beverages and/or snacks for after-ride socializing. If you have questions, contact Kent Kraft at 217-871-6974 or mountain@spfldcycling.org.

Tour De Cure is Coming to Springfield in 2011

Take the Ride of Your Life on May 21st, 2011, the date of our inaugural Tour De Cure ride in Springfield, Illinois.

The Tour De Cure is a ride, not a race, with routes designed for everyone from the occasional rider to the experienced cyclist. Whether participants ride 12 miles or 100 miles, they will travel a route supported from start to finish with rest stops, food to fuel the journey and fans to cheer them on!

Last year, more than 40,000 cyclists in 80 Tour events raised nearly \$17 million to support the mission of the ADA: to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Please visit our website <http://tour.diabetes.org> to learn more about Tour De Cure.

If you would like to part of the Tour De Cure planning committee or to request information online, or you can do so by calling your local American Diabetes Association Manager Kara Wagner at 1-888-DIABETES ext. 6648.

Kara Wagner
Associate Manager
American Diabetes Association
2501 Chatham Rd., Ste 210
Springfield, IL. 62704
217-875-9011 ext. 6648
(888) 342-2383, ext. 6648

A Full Moon Ride with no Full Moon

By Marty Celnick

The first time I looked at the May ride schedule, I saw that I was scheduled to lead a full moon ride on Friday, May 7th. The ride description was copied from the 2009 schedule. Last year I led a full moon ride on May 8th. So I said why not do it again.

Then on April 28th, I saw a full moon in the sky, I knew then that there wouldn't be a full moon on May 7th. Whoops! It looks like someone goofed. I thought about rescheduling the ride for May 27th, the actual date of the full moon. But the schedule had already been published and uploaded to the club web site. Oh, well. Surely, I figured nobody would show up, since there was no full moon. My plan was to go to IDOT and remain there till the scheduled start time, and then go home. Surprisingly, four people came out, including Kevin Greene, Don Harvey, Mary Harney and Bill Bernard. We took to the trail and began peddling to Rochester.

It wasn't a bad night. Skies were overcast. Once in awhile there was a break in the clouds, and a star became visible, but we did not see the moon. It was rather windy that evening, and we had a headwind on the return trip. I welcomed the chance for a good workout after a long day.

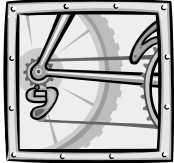
I will lead the next full moon ride on June 26th. This time there will be a full moon. I promise.



SBC Bike Swap

By Naomi Greene

After a hiatus of several years, SBC held a Bike Swap in May. This time at Alan and Harriet Josephson's home. A couple of interesting items made an appearance including Capital City



Century jerseys marked way down to sell. There was a wire bike storage unit that Tom Clark and his friend Traci spent quite a bit of time putting together and taking apart. Dave Banks - were those really carbon forks you were selling? Not sure, but Dave's eyes were clearly on the old CCC yellow and blue jersey that Mike and Kedra Elston brought. Dave ended up with it, even if it wasn't a vest (FYI - word has it Dave's still on the lookout for the blue and yellow SBC vest for which he might be willing to trade the carbon forks).

There were several jerseys blowing in the cold May Saturday that were way too small for the owners anymore (some indicated they had shrunk in the wash). Why did Kevin Greene collect all those little blinking lights and bells? And, word also has it that Alan and Harriet may be looking to part with that nice tandem - but not at a bike swap. Alan Whitaker left with a bike rear rack, a bottle of chain lube a headlight, and safety triangle.



It was a cold and drizzly day which may explain why sellers were probably buying more than they ended up selling. There might even be some photos showing up of money changing hands. But it was fun to gather in the Josephson's garage and trade stories. In fact, there was talk about doing it again sometime.





SPRINGFIELD BICYCLE CLUB 2010 MILEAGE SUMMARY



Monthly						
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	LED	AVG RIDE LENGTH
January	485	17	502	42	2	11.95
February	972	89	1,061	70	7	15.16
March	4,713	217	4,930	249	9	19.8
April	9,467	748	10,215	455	25	22.45

CUMULATIVE						
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	LED	AVG RIDE LENGTH
January	485	17	502	42	2	11.95
February	1,505	106	1,611	115	10	14.01
March	6,301	323	6,624	366	19	18.1
April	15,768	1,071	16,539	821	44	20.51



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June, 2010

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QUICK RELEASE ADVERTISEMENT RATES

Half Page \$20 Full Page \$40

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