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The

# Quick Release

## RIDE OF THE MONTH

Alan Josephson's and Kent Kraft's May 19<sup>th</sup> Site M ride is this month's Ride of the Month. The weather was perfect, and Site M and the surrounding area is a beautiful place to ride, both on road and off road. The mountain bike trails were surprising challenging for many, but Kent shuttled back and forth and made sure everyone was OK. While Kent was working the trails, Alan led his group on a very nice road ride over some new and interesting roads. Thanks guys!! Great rides on a great day!!

## ALMOST ANYTHING AWARD

This month's Almost Anything Award goes to Cindy Kvamme for all of her hard work designing and ordering the new club jersey. This is a task that sounds relatively simple but in reality is a huge amount of work. Multiple contacts have to be made with the jersey manufacturer, orders and checks have to be taken over many weeks, and careful records must be maintained. Additionally, Cindy spent a tremendous amount of time on multiple days making sure that everyone tried on sample jerseys so that she could be certain that she was ordering the correct size for each and every person. Thanks Cindy!! We appreciate your efforts and will proudly wear our new jerseys soon!!

## LEAD WATER BOTTLE

This month's Lead Water Bottle "Award" goes to Lisa Kidd. It seems as though Lisa jumped the gun and had already informally awarded herself the Rider of the Month before all of the ride miles were in and tabulated. Of course, Lisa made sure that everyone who rode with her knew that she was definitely going to be the Rider of the Month. Unfortunately for her, despite her many e-mails back and forth to Karl, when the dust settled it was Lance Kidd, not Lisa who won Rider of the Month. Hey Lisa, remember that ol' saying about not counting your chickens before they are hatched?

## CALENDAR OF EVENTS

Thursday July 4  
Sunday July 7  
Wednesday July 10  
Sunday July 14  
Saturday July 20  
Sunday July 21  
Friday July 26  
Sunday July 28

Independence Day ride  
Ride around Springfield  
Board Meeting  
Blueberry ride  
Tour De Corn  
Site M  
Muni Opera  
New Home Ride

## El Presidente Ernie DeFrates

### SBC Board Positions

Think of the satisfaction the SBC has given you, take a look at the listing of officers on the front of the newsletter, and consider taking a turn on the board. Serving on the board is a rewarding way to contribute to the club. Your fresh ideas and enthusiasm can help to take the club forward and keep it active. All board positions are open. Nominations are made in July; the election is in August. Ask me or any board member for information – we'll be glad to fill you in.

### Horsey Hundred

About 30 SBC members attended Horsey Hundred. Many camped, a few stayed in hotels, and several of us, including me, stayed in the dorms. We had three days of beautiful weather and great riding, including a Memorial Day ride in Louisville. Saturday's route choices were 29, 51, 53K, 75, and 101 miles. Sunday's were 37, 51, and 66 miles. I did the 53K-mile route on Saturday - the K stands for Keeneland Race Track – and the 51-mile route with Linda Butler on Sunday. The roads were perfect and had little traffic, like

riding on a bike trail. The scenery was gorgeous - rolling hills with huge beautiful horse farms one after another.

Our club is still the champ when it comes to serving a wide variety of food on organized rides. Hot dogs or peanut butter and jelly were the main food stop choices at Horsey on Saturday. I did enjoy breakfast both days, which included dinner Saturday evening at \$25 a person. I wish I could have ordered just breakfast, which was really good with a wide variety of choices. Several of us decided to eat out Saturday night in Lexington, and found that MapQuest directions are less than reliable. The only way we found our way to dinner Friday and Saturday nights was with a map of the town.

On Memorial Day, Dave, Karl & Christine Kohlrus, Marty Celnick, Lynn Miller, and I joined about 40-50 members of the Louisville Bicycle Club for their scheduled ride of 30/60 miles. It was beautiful – very scenic, with good roads and hills. The Louisville club was very hospitable. They welcomed us flatlanders. They provided a cue sheet, but I just fol-

lowed somebody who rode my speed. A couple of them stayed back until all of us finished the 30-mile route. It was the end to a great holiday weekend of riding. I hope we as a club go back to Horsey Hundred in another 3 to 4 years.

## Christmas in July Kathy Shepard

Christmas in July? Well, not quite – just a look ahead to Christmas – shopping – in Chicago. Kedra Elston is planning to charter a bus for a day trip to Chicago on December 7. It will leave K-Mart at 5 a.m., pause for a quick breakfast on the road, and stop at Water Tower Place in Chicago. You then are free to shop and/or sample any of the many delightful diversions Chicago has to offer, as long as you're back on the bus at 5 for the return trip to Springfield.

A mere \$25 takes you round trip. Kedra needs a minimum number of reservations in order to charter the bus. Talk with her on a ride or **c o n t a c t h e r a t KEDZBIKENBAKE@aol.com** to let her know if you'd like to go. Sounds like fun!

## Horsey Hundred

### Marty Celnick

For Memorial Day weekend about 30 SBC members headed south to Georgetown Kentucky for the Horsey Hundred event. Rides of varying distances were offered on Saturday and Sunday. The maximum distance was 100 miles for Saturday and 66 for Sunday.

Friday was a travel day for most of us. Ernie made arrangements for us to eat dinner at a German restaurant in nearby Lexington. I never made it to the restaurant. I had a late start leaving Springfield, and, in estimating arrival time, I forgot to account for the hour lost upon entering the eastern time zone. I didn't arrive until nearly 8 o'clock. Others arrived even later.

Many of us stayed in the dorms at Georgetown College, where all the rides began. I stayed on the second floor of a frat building. In fact, the entire floor was comprised of SBC members. Others camped out or made other arrangements.

On Saturday I chose and completed the 53 mile route. This route went southwest to Keesland, where the first rest stop was, at a barn. Then we turned north

through Pisgah, known for its rough railroad tracks, and Faywood, with a lunch stop at Lee's Branch Park, in Midway, then north-east back to Georgetown.

There is one word to describe the ride, hilly. Right after making the first turn out of the college, I was climbing a hill at about 8 miles/hr. And that's about what I did all day. The hills were steep and unrelenting, and they came one right after another without a pause to catch your breath. On some hills, I was in granny gear, and barely doing 4 miles/hr I remember asking myself when was the last time I had saddle sore after only 20 miles. I was struggling for most of the day, but I got better after lunch, and managed to bring my average speed up to 12.1. The ride went past many horse farms, and some riders stopped to pet the horses. Perhaps, the



most scenic moment was when I saw a waterfall when crossing a bridge shortly after the lunch stop.

On Sunday I opted for the shorter 38 mile route. The ride took off in a different direction, but with the same type of terrain. I didn't use my granny gear, although some of the hills were rather steep. We first went north-east to Leesburg, where there was a store and toilet, then southeast to the rest stop at Loradale, before heading back to Georgetown. I felt stronger on Sunday, even though my average speed was only 11.8. Again, we went past horse farms and scenic country.

The weather was not a problem on either day. Saturday was warm and humid, while Sunday was cooler and overcast. The winds were light and not much of a factor on any of the rides.

After the ride on Sunday, we loaded our cars and prepared to leave the college. Many of us then went to Louisville. Some of us took time to explore the town. I was tired and lacking in energy. There is much to see in Louisville. Maybe next time.

On Monday Ernie, Dave, Karl, Christine, Lynn Miller, and I did a 30 mile ride with the Louisville Bicycle Club. We started from Charles Vettner Park in south Louisville, and from what I could see, we went south of the city. We were not provided with maps, so I had to keep up with some of the riders to avoid getting lost. It was a hilly ride, and it seemed like the ride out was downhill, and the ride back was uphill. We had a steep climb to get back into the park. I managed to stay up with Ernie, and the woman he was riding with knew the route quite well.

After that we all drove back to the land of corn and beans. It was a great weekend of great riding through beautiful country, and I would like to do it again.

### Letter from the Editor Curt Evoy

Do you like to work with computers and desktop publishing programs and want to help the club? I have a position for you. You could replace me as *Quick Release* Editor. The QR Editor is a SBC board position.

The job is easy, but requires a few hours each month to layout the QR. All articles are sent to you via email, so no article writing is required. Labels and subscriptions are the responsibilities of the club Secretary. Delivery of the QR to the bike shops is done by Don Struck; the printer does all the mailing. No extra transportation is required, the QR can be sent to the printer and the webmaster via email.

I work with Publisher 2002 and Adobe Acrobat. I would be willing to PDF the QR files for the incoming Editor. Microsoft Word can be used to layout the QR, but would not be as easy as Publisher. I can also supply the Publisher template I use.

Contact me with any questions, 726-6349.

See you on the road.

### 9<sup>th</sup> Annual LOILVA Report Mark Flotow

Approximately thirty-five riders enjoyed and/or endured the 65-mile LOILVA route this past June 2. The ride started with a slight threat of rain and ended with sunny, humid weather conditions. The recent flood waters were receding (and added to the humidity), the highways were passable and the river ferry was fully operational. The Valley can be a harsh environment and, even after some fluid replacement, I found I had lost five pounds since that morning. Special thanks to Charlie Witsman for checking up on a few folks on the route.

Next year, I think the 10<sup>th</sup> edition as a club event merits an update of the ride map. Some riders have found food/drink establishments in Milton and Eldred this time around, and I'll certainly add those to the map if they're open on the first Sunday of June, next year. Also, there is a rumor that part of IL 100 may be scheduled for some maintenance, but that's a definite "wait and see" (and hope).

## Nutrition & Cycling

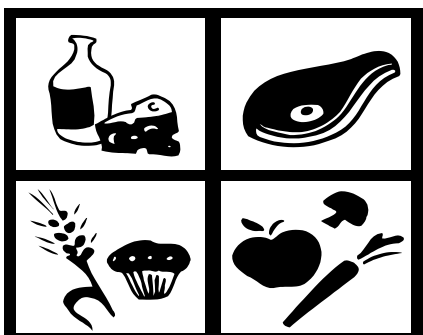
Christa McLaren

### Special Needs for Women

We've been hearing for years that women have different nutritional needs than men. It is not really different needs but rather additional needs that women need to take into consideration. Making the appropriate dietary changes may improve your health and your cycling.

Iron directly affects one's cycling performance. Iron is an integral component of hemoglobin which carries oxygen to working muscles. Too little oxygen being taken up and used by muscles is the major factor limiting endurance performance in cycling and other activities. It is easy to see why a deficiency of iron would diminish one's cycling ability. A lack of iron can make a cyclist feel more exhausted than she should.

During child-bearing years, women need 15 milligrams of iron per day (RDA). The best food source of iron is red meat. Red meat contains



heme iron which is absorbed more efficiently than iron from plant foods. Other food sources that contain iron are: fortified breads and cereals, dried beans and legumes. Vitamin C is also an important supplement when considering one's iron intake because Vitamin C increases iron absorption from plant foods.

It is important to NOT overdose on iron because it can interfere with the absorption of other minerals.

Women also require more calcium than men. The RDA for women up to age 50 is 1000 milligrams per day; women over 50 should get 1200 milligrams per day. A woman's risk of osteoporosis is much greater than a man's, yet, on average, men consume more calcium per day than do women. While many athletes have higher bone density measurements than normally active people, cyclist and swimmers do not. Intense forces such as those produced by running or weight lifting increase bone strength, but the smooth motion of pedaling does not stimulate a similar benefit.

Besides taking a dietary supplement, other ways to increase your calcium intake are



consuming three servings per day of low-fat dairy products and consuming calcium-fortified foods like orange juice and bread. Milk is an excellent source of calcium and it contains Vitamin D which works with calcium to build bone. Weight bearing exercises can also improve bone strength. In addition to cycling, consider lifting weights, running, aerobics, basketball, or tennis.



## Tried and True or Tried and Trash

Mark Flotow

### Product Potpourri Retrospective

For the past few years, I've used the July issue to re-spin or otherwise backpedal on past product predictions and reviews. The following is no different (i.e., I'm still wrong about stuff), but I'll also offer some tips, laments and some of the lamest product segways you'll ever read. The only plus is I'll keep things short.

And while we're on that subject, many of you who have ridden behind my behind, recently, have noticed and commented on what I'll call my "vanity plate" on a certain pair of Assos Proslime "Campionissimo" bib shorts (reviewed Sept. 1999). Yes - these are those uber-shorts, the shorts to end all shorts, the ones that were so expensive they should practically pedal your bicycle for you and leave your entire nether region springtime fresh. Or, at bare minimum, cover your ass. Quite frankly, this particular pair was starting to fail on the "bare minimum" part. With the rest of these approximately five-year old shorts in ship-shape, a strategically-placed lycra patch provided proper portal coverage, if you follow my nau-

tical drift. My two-year old pair - same brand, same model - were made with a much heavier weight lycra and are holding up noticeably better.

Speaking of shorts, here's an application tip regarding Assos brand chamois cream. I used to apply this goop after the shorts were completely dry, like, say, the night before a ride, but the best time is when the shorts are damp after laundering. After the shorts have dripped dry, say, overnight, or, have run through the washing machine spin cycle after they've been hand-washed, apply the chamois cream and hang them to dry. This definitely helps any chamois, especially real ones, stay supple.

And that double-dovetails into the next product - Chamois Butt'r (reviewed July 1999). I still have not found anything better (perhaps because I have stopped looking) as a "personal lubricant," shall we say, for preventing chaffed buns and other "down there" irritations.

As for saddle irritations, I'm not too pleased to see more of two things: 1) saddles like the Selle Italia SLR light-

weight model (reviewed Sept. 2001) and 2) saddles with center cut-outs and deep troughs. And yes, I have said in the past that saddles are all about personal preferences, but my preferences seem to be doing the way of the dodo. About the same time the review of the 135 gram SLR saddle came out in QR, I sold it to someone else. Can't say I've missed it. However, in the meantime, it's getting more difficult to find the more old-school style saddle with a broader, flat base and a narrow nose. Some of the styles, now, are nearly the opposite.

Nearly opposite to what I used to do for any chain assembly - use a chain rivet tool - is now to use the Power Link II with a Sachs 8 or 9-speed chain. Just a squeeze and a tug causes it to come apart (please do not quote this out of context . . .) without tools for easy disassembly or reassembly. And it's quite unlikely that with normal use, like backpedaling, it will disassemble accidentally.

Speaking of chain maintenance, in October 2001 I gave praise to ProLink Chain Lube, although I nicked it because it was easily over-

applied or wasted. I discovered, with some patience, you can apply a just-right amount with careful regulation of the bottle's nozzle cap. The cap opens with a twist and is infinitely adjustable. With some trial and error on a rag, like the one you're going to use to wipe down the chain with anyway, you can fine tune the nozzle so just one drop of lube comes out with each squeeze of the plastic bottle. And that's just the number needed on each chain roller pin. Part of the patience is dabbing it on each pin area, but the whole process only should take five minutes.

Something else that's proved to be slippery, recently, is the Elite Ciussi-Inox cage (reviewed June 2001) and the Coke/Tour de France water bottle (December 2001) combination. Last month, I hit a "good" bridge joint that caused the bottle to eject from the seat tube-mounted cage and hit the highway. Thanks to that dual, easy-open lid, the bottle emptied in about two seconds on said highway. I thought I had bent the cage to hold bottle a little better, but I guess not enough?

One "new" cage that I've been testing this past winter is the redesigned Specialized "Rib" cage. The original rib cage (reviewed April 1997),

which I gave fairly high marks, had an elastic band that helped hold the bottle secure. Even through winter riding, I found the elasticity on that band lasted a good five years. The new design is the same concept, but with a much shorter, tauter band that's only positioned where the cage spreads to accept the bottle, instead of its entire circumference. So far, so good.

Another thing I had to stop and practically pick up off the highway was my magnetic pick-up for a cycle-computer. One pair of wheels I have has oversized spokes, so I used matching-color electrical tape to secure the magnet to the spoke. OK, that lasted the first 5,000 miles, but then the magnet began to slip down the length of the spoke, gradually losing contact with the cycle-computer sensor. The permanent solution: I epoxied it to the spoke. The alternative solution: there is a magnet made specifically for oversized, bladed spokes (\$8-10) and I'll try one out next month.

Another item I am trying out are the Salsa "Flip-Off" wheel skewers. In the June issue of QR, I reviewed a Mavic model (from France), but the Salsa ones are rather nice, too, and come in patriotic color combinations

(from the U.S. of A.).

And, finally, speaking of such things, best of luck to a certain Lance in kicking pants in France this July!

Next time: envision Judy Carne saying "sock it to me" - a bumper crop of cycling feet fashion and function.



## Board Meeting Notes - May 8, 2002

C. J. Kvamme

Present: Dave Lucas, Curt Evoy, Alan Josephson, Jerry Ihnen, Linda Butler, Cindy Moreno, Marty Celnick, Lynn Miller, Kathy Shepard, Ernie DeFrates, Chuck Orwig, Gail Mugler, Cindy Kvamme.

Ernie opened the meeting and the minutes were approved.

Alan had the June ride schedule complete. He will be holding the July 10<sup>th</sup> and August 7<sup>th</sup> board meetings at his home. The pool will be open.

Dave reported that we had eight new members in April. The new membership application is working well. Dave also brought up the Monday night ride on Iron Bridge Road. There is a lot of traffic at that time of night and we still seem to be having trouble moving over and riding single file while cars are passing. Cindy Moreno agreed to change the route and Gail will write a short note in the QR to remind everyone to share the road and move over.

Curt reminded everyone of the May 15<sup>th</sup> deadline for articles. He is still working on a shortened twenty page

version of the newsletter. Hopefully everyone will help by making their articles two pages or less. He will include all riders in the mileage chart who rode for the month.

Linda reported that our treasury has \$2867.37. She hasn't received any bills for the T.G.I. Spring Ride.

Lynn Alfred and Linda attended the City Council Meeting. Mayor proclaimed Bike Safety Month. May 15<sup>th</sup> there will be a rally and ride starting at the visitor's center and riding around the Capital. There will also be a media interview after the ride.

Cindy at his time has orders for 39 jerseys.

**Chuck's committee members for selling raffle tickets for the Marlboro prizes to support Risky Business are Cindy Moreno and Ernie DeFrates.** Please see them to buy your raffle tickets. The raffle will be held at the picnic. The price is \$2.00 each or 3 for \$5.00.

Ernie noted that we had 117 riders for the T.G.I., down from last year's 177. Part of this could be that it did not make Ralph Loos' calendar although it was in his article

three weeks before and it wasn't in the Petersburg paper this year. The Decatur Bike Club has contacted Ernie. They would like to combine our mailing list with theirs, and do a joint mailing for our CCC and their Club Ride. Ernie felt that we might be able to save money since mail to some of the same places. Ernie motioned that we do the joint mailing as long as we spend no more than the \$300 we spent last year. Alan seconded the motion. The motion passed. Ernie will write an article in the newsletter listing the open board positions. The nominations will be made at the August Board meeting. Jerry Ihnen and Ernie will be on the committee looking for club members to fill the positions.

**The Ride of the Month was awarded to Lynn Miller for his April 20<sup>th</sup> asparagus ride.**

Nominations for the Almost Anything Award were the Ace Bike Shop van that stopped traffic on Woodside Road to allow our riders to cross the road. Dave Lucas for helping Toni Henn when he locked himself out of his truck. Dave used the key from his Kryptonite Lock.



Cindy Kvamme for sitting out all morning with the try on jerseys at the T.G.I. Jonathan Reininger and Len Miner for their effort in putting the T.G.I. Spring ride together. **The award went to Jonathan and Len.**

**The Lead Water Bottle was awarded to the Secretary of State** policeman that stopped our riders on Curran Road.

Thanks to Curt for hosting the Board Meeting this month.

## New Jersey Delivery Cindy Kvamme

I would like to thank everyone who purchased a jersey. You made our goal of 50 items fairly easy to meet. There were 61 club members who bought a total of 70 items.

Our jersey ship week is July 15th through the 19th. We are going to have them shipped over night in hopes of getting them here in time for the Ragbrai riders. Ragbrai riders please give me a call on the 15th or 16th to make arrangements to pick up your jersey if you want it before leaving. Everyone

else I'll see you on a ride.

I would also like to thank Chuck Orwig, Sue Dees, Mark Smith, Kathy Shepard, and Jackie Galli, the jersey committee, for all of their help. You all made the task much easier. Thank you.

Cindy Kvamme 744-8864

### RIDE TYPES

**A** - 17+mph average speed

**B** - 15 to 18 mph average

**C** - 12 to 15 mph average

**D** - 8 to 12 mph average

**ER** - under 8 mph average\*

**NC** - Non-cycling event

**MB** - Rides suitable for mountain and all-terrain bikes

**Show-N-Go** - No ride leader is scheduled. Ride on your own and turn in miles to Karl.

**ER** rides are slow paced social group rides without maps. Usually neighborhood tours.

## July 2002– SBC Ride Schedule

Anyone with questions about rides or interest in leading a ride can contact Alan Josephson 793-0590 or email me at ahjosephson@yahoo.com. Remember our ride schedule is what we make it. Why not plan to lead a ride on your **birthday**, **anniversary** or **special event**? It is very easy to be a new ride leader. Just call me or ask around. Check the web site for maps and rules. Make sure to review the **NEW RIDE LEADER INCENTIVE RULES**. Fifteen points for qualification.

**Note the changes in the schedule. Since most people are leading rides from the same location each week, all Monday to Thursday rides are listed above the shaded area. Changes are below. As always we will have at least one ride per day and in many cases 5 rides per day. No other bicycle club offers so many rides. So most everyone can participate.**

**PLEASE NOTE THE RULES PERTAINING TO SBC MILES ON OUT OF TOWN RIDES ARE THE SAME AS LAST YEAR. ALL RIDES ABOVE THE SHADED AREA ARE CONSISTANT FOR THE MONTH UNLESS NOTED.**

Monday thru Friday 9:00 AM BC	Daily - "Show -N- Go" 1511 Bates Alfred Arkley, 546-4972	Daily morning rides for those wanting to get in some extra miles! No leaders, no maps, although Alfred and Len are regular riders. With the upcoming state early retirement this may become the retirees ride! Participating riders should turn a ride sheet in to Karl Kohlrus.
Monday thru Friday 9:00 AM BC	Daily- "Show -N- Go" Pana Trail-Lake Taylorville Parking Lot Rt 29	Daily-Show- N- Go along the Lincoln Heritage Trail. Turn miles in to Karl
Monday Wednesday & Friday- Noon BC	IDOT, South Parking Lot Dirksen Parkway Lost Bridge Trail Lisa Kidd, 546-1698	"Lunch with Lisa" ride. Lisa leads the noon trail ride throughout each week. Skip lunch and get ready for Lisa commentary as we rack up 10-13 miles on the trail with Lisa and other SBC regulars!
Monday 6:00 PM BCD	<b>Blue Shield Blue Cross Bldg 3405 Liberty Dr. Parkway Point near Damons</b> Alan Josephson, 793-0590	NEW ROUTE. This is a multiple distance on road beginning training ride. Riders of all levels can ride with Alan taking the rear at a <b>C</b> pace. Distance will be from 13-(trails) to 22 miles (thru Chatham). These rides are designed to <b><u>especially help beginning riders</u></b> (C/D) build their physical abilities so they will be able to participate in longer weekend rides
Tuesday 6:00 PM AB	Lindsay Boat Launch Lake Springfield Long Bay Drive Bob Sorenson, 529-1141	Intermediate East Side Training Ride. All riders welcome. A workout for those who want to train hard and fast for those strong summer winds, races or general fitness. 25-30 miles
Tuesday 6:00 PM BC	Carmody Residence 517 Appomattox Dr. Pete Gudmundson, 523-8200	Intermediate West Side Training Ride with Pete leading. This generally is a slower pace than the East side ride but is geared for those who want to train hard and fast like the East riders. Several cutoffs from 12-28miles
Tuesday 6:00 PM BCD	Taylorville Bank 106 W. Market St. Charles Witsman,562-5208	Taylorville Training Ride. Meet in the rear parking lot of the bank. Charlie will be there most times and will ride with the slowest rider. 12-30 miles.
Tuesday 6:00 PM CD	IDOT, South Parking Lot Dirksen parkway Lost Bridge Trail	These are Show-N-Go rides. No leader. These worked out well last year. Turn miles into Karl.
Wednesdays 6:00 PM C/D	<b>1<sup>st</sup> Methodist Church Koke Mill &amp; Wabash Gerry Orwig, 793-3782</b>	This is designed as a neighborhood easy social ride. No maps and everyone will stay together for about 1 hour. Make sure to follow the rules of the road, which mean stop at the appropriate places and ride on your side of the road. <b>Will not go August 10<sup>th</sup>-board meeting)</b>
Wednesdays 6:00 PM BC	Pana Trail- Lake Taylorville parking Lot Rt. 29	Weekly night-Show-N-Go along the Lincoln Heritage Trail. Turn miles into Karl.
Thursday 6:00 PM AB	Lindsay Boat Launch Lake Springfield Long Bay Drive Mark Flotow, 546-2579	Intermediate East Side Training Ride. All riders welcome. A workout for those who want to train hard and fast for those strong summer winds, races or general fitness. 25-30 miles
Thursday 6:00 PM C	Grotto Business 55, Sherman Louie Spinner, 523-1615	Louie leads the pack for a 15-25 C pace ride. D's can stretch. If Louie is unable to be there, this ride becomes a Show-N-Go

Thursday 6:00 PM ABC	Rotary Park Iles & Archer Elevator Rd Mike Schwab, 324-6951	A fast workout to prepare for those longer weekend rides. Grab a buddy and ride from 15-27 miles. Mike will check the road conditions and advise.
Thursday 6:00 PM CD	IDOT, South Parking Lot Dirksen Pkwy Lost Bridge Trail	These are Show-N-Go rides. No leader. These worked out well last year. Turn miles into Karl.
Thursday 6:00 PM BCD	Taylorville Bank 106 W. Market St. Charles Witsman, 562-5208	Taylorville Training Ride. Meet in the rear parking lot of the bank. Charlie will be there most times and will ride with the slowest rider. 12-25 miles.
Thursday July 4 8:00 AM, Spfld 8:30 AM, Chatham 9:00 AM, Loami ABC	<b>1<sup>st</sup> Methodist Church on Koke Mill &amp; Wabash, Springfield</b> or,  The Alamo, 310 N. Main, Chatham or,  U.S. Post Office, Loami  Ernie De Frates, 544-1398	A variety of start times and locations are provided today to give all riders the opportunity to ride to Franklin for the Independence Day celebration and Burgoo. Maps will be provided at each location but no ride leader today. Enjoy the pie and other vittles in Franklin (including genuine Burgoo) before returning to your start location. The mileage varies, Springfield start = 62 miles, Chatham start = 48 miles or the Loami start = 28 miles. Pick the mileage within your cycling limits. This is always a hot event so don't try to set any mileage records today. Short mileage recommendation; "Pickup your map at the Springfield start, drive to Chatham or Loami and <b>GO</b> . It's too hot to wait for the clock."
Friday July 5 7:00 AM NC	Shake & Steak 6 <sup>th</sup> & Ash	End the week with eggs, pancakes and other special breakfast items
Saturday July 6 9:00AM ABCD & ER	Rochester Station Rt. 29, Rochester Marty Celnick, 522-4206	You can always count on Marty for a good ride. This one will be no different. 25-45 miles direction depends on the wind and melted roads.
Sunday July 7 8:00AM ABC	Arby's Fairhills Mall Tom Clark, 546-5947	Ride Around Springfield! In preparation for Ragbrai, Tom has maps for this traditional 85 mile ride with plenty of cutoffs in the 30, 45, 75 area. Pick a buddy because there is no one at the rear. Bring cell phones and money for food and lots of drink along the way.
Sunday July 7 5:00 PM D & ER	Baskin & Robbins Fairhills Mall Cindy Moreno, 546-5852	Ice cream awaits those survivors of the morning ride. Sunday afternoon rides are especially designed as a social rides for "less seasoned riders" and families. So all of you dust off those bicycle cobwebs and join us.
<b>Wednesday July 10 6:00 PM-C/D 7:00 PM-NC</b>	Josephson residence 404 Clipper Rd. Alan Josephson, 793-0590	Join us for a 1 hour ride followed by the <b>SBC Board meeting at 7:00 PM</b> around the pool! Make sure to bring a bathing suit and to attend the meeting to voice your opinion. <b><u>We are looking for new board members so use this opportunity to see what it's all about. All SBCers welcome.</u></b>
Friday July 12 7:00 AM NC	Cooks Spice Rack & Chilli Co 910 N. Grand Ave W.	Come, join us for breakfast and spice up your day
Friday July 12 6:30 PM D/NC	Pasta House 2800 SW Plaza Dr. Ernie DeFrates, 544-1398	Call Ernie if you only plan to eat at 7:30 PM. We really do need to have an accurate head count! Otherwise prepare for an easy ride probably on the trails.
Saturday July 13 8:00 AM ABC	Chatham Community Park South Parking Lot Alan Josephson, 793-0590	In preparation for a ride to Madison, Wi. in August, Alan has a multiple ride from about 28- 85+ miles. Grab a buddy and we will head South to Virden where the 28 milers can turn around or stop for breakfast. Then to Palmyra area. Bring lots of drink, energy bars, cell phones & money!
Sunday July 14 9:00AM ABCD	Jeffries Orchard Rt.29 & Jeffries Rd (6N) About 3 miles N of the airport Lynn Miller, 787-3354	Lynn will take us all over the county looking for blueberries. Bring a basket or something to carry them back in. Look to go 15-45 miles, depending on road conditions.

Sunday July 14 4:00 PM D/ER	Arkley residence 1511 Bates Alfred Arkley, 546-4972	Celebrate Bastille Day with a ride followed by Mrs. Broccoli's cookies! Sunday afternoon rides are especially designed as a social rides for "less seasoned riders" and families. So all of you dust off those bicycle cobwebs and join us.
Wednesday July 17 6:00pm MTB	Lewis Memorial Christian Village Washington Blvd Ernie DeFrates, 544-1398	Ernie will lead those novice and experienced mountain bikers on the new trails.
Friday July 19 7:00 AM NC	Bakers Square Parkway Point	Breakfast with friends is a great way to finish the week.
Friday July 19 6:30 PM C/NC	IDOT South Parking Lot Dirksen Pkwy Lost Bridge Trail Ernie DeFrates, 544-1398	Call Ernie if you just plan to eat at Cheddars at 7:45 PM. Otherwise prepare to ride 10-13 miles. The entertainment of the night will be to watch Alan & Harriet order something from the menu without any questions, changes or fussing!
<b>Saturday July 20 7:30-10AM ABCD &amp; ER</b>	Chatham Community Park South parking lot near the baseball diamonds. Brian or Matt, 483-7807	<b>"Tour de Corn"</b> ride with Metric Century (62-miles) and Metric Half Century (31-miles) routes. <b>Mass start at 8:00 AM.</b> This is part of the Chatham Sweet Corn Festival. Fee \$10 sponsored by the Chatham Jaycees and Wheel Fast bike shop. Contact Wheel Fast for more information 483-7807.
Sunday July 21 10:00 AM ABCD/MB/ER	Jim Edgar "Site M" Panther Creek Park  Directions from Springfield: W on Route 97/125 past Ashland about 2 miles. Turn North (sign) onto Neumansville Rd. Main Park entrance is about 7 miles on the left. Look for the SAMBA signs.  Kent Kraft, 787-6974 Alan Josephson, 793-0590	FAMILIES WELCOME! SAMBA/SBC mountain bike trail & road bike routes at Jim Edgar Panther Creek Park (AKA Site M). Start from the parking lot at the west end of the dam. Mountain bikers can ride part or all of the 17-mile single-track Lakeside Trail that winds up and down and around through woods and prairie. Carry plenty of liquids. Road riders will have their choice of 10-42 and maybe a longer ride. Shorter rides are held in the Park along beautiful vista roads with virtually no traffic. <b>Bring food for a post-ride picnic.</b> For more fun, consider camping the night before: RV or tent camping with elec. hookup, \$11 fee, warm showers. Site office: 217-452-7741. Mountain bike riding instruction available for beginners.
Sunday July 21 6:00 PM D	"Chrome Deer" Illinois Visitor Center on College St. across from Stratton Bldg. Dave Lucas, 753-3831	Sunday afternoon rides are especially designed as a social rides for "less seasoned riders" and families. So all of you dust off those bicycle cobwebs and join us.
Wednesday July 24 8:00 PM MTB, CD	Strike & Spare West Lawrence Ave Ernie DeFrates, 544-1398	El Presidente leads us on a <b>FULL MOON MTB</b> ride to the trails. Make sure to bring sturdy lights so you can see all the critters in the woods and so the cars can see you. There will be a 13 mile <b>MOON</b> road ride also which may or may not have a leader!
Friday July 26 7:00 AM NC	B & G Café 1107 E. Ash	Yum, Yum, Yum! Fill the Tum(my) before going to work or play! Ok, so I got carried away a little bit! Does anyone read this stuff anyway?
Friday July 26 6:00 PM D/ER/NC	Muni Opera E. Lake Shore Drive. Harriet Josephson, 793-0590	Harriet will lead an easy ride on the trails or back roads at 6:00. At 7:00, we will return to buy unreserved tickets (\$6 or \$8) to MAME and gouge ourselves on the picnic supper each brings or purchases from the concession stand. This has become a popular event so be there!
Saturday July 27 9:00 AM ABCD	Bumble Bee Ice Cream Parking Lot Rt. 104 Pawnee Mike Schwab, 324-6951	Mike will try again. This was rained out before. Routes of 10,31 & 41 miles will be offered. We will start at Bumblebee's lot that is about a block or two East from Casey's on Rt.104 between 5 <sup>th</sup> & 6 <sup>th</sup> St. The lot opens onto Rt. 104. Don't park at Casey's. Make sure to indulge after the ride!
Sunday July 28 9:00 AM ABC	2055 Greenbriar Fox Meadows subdivision  (W of Chatham Rd, 1 blk S of Cherry) Lynn Rhoades, 546-0229	Come see Lynn's new digs before she leads us on a 25-45 mile ride. Stay afterwards for food. If weather lousy, show up at noon for the food anyway!
Sunday July 28 6:00 PM D/ ER	Strike & Spare West Lawrence Ave Dave Lucas, 753-3831	Sunday afternoon rides are especially designed as a social rides for "less seasoned riders" and families. So all of you dust off those bicycle cobwebs and join us.

**SPRINGFIELD BICYCLE CLUB  
MAY COMMUTING MILES**

	2002	2001	2000
Erin Agnew		68	84
Jim Agnew		116	
Phil Arnold		72	72
Kevin Brown		13	
Bill Callan			
Sue Dees	8	8	
Ernie DeFrates		8	0
Dan Eatherington			
Brea Elston		13	
Jack Elston	42	46	
Mike Elston		109	
Curt Evoy			
Alan Josephson	6	36	0
Amanda Kidd			44
Frank Kink		40	
Christine Kohlrus		0	2
Karl Kohlrus	136	183	181
Dave Lucas	183	159	100
Ken McGarvey	47	120	78
Lynn Miller	10		
Cindy Moreno	5		
Gail Mugler			16
Jim Nugent			50
Chuck Orwig		45	123
Gerry Orwig	10		
Marilyn Powell		562	
Mike Schwab	37		
Garland Stevens		156	94
Dean Wisleder		116	118
Cathy Yeaman	48		
<b>TOTAL</b>	<b>532</b>	<b>1,870</b>	<b>962</b>

**Secretary's Report May, 2002**  
Dave Lucas, Secretary

**Correction of last month's report -**

Mark Smith & Kathy Shepard should have been listed as renewing at the Sustaining Level, not the Contributing Level.

**Renewals**

Michael Boyd & family  
Mike & Kedra Elston & family  
Arden Gregory  
Jeannie Jones  
John & Deb Koua & family  
Larry Roerig  
Larry Small  
Brian Watkins

**Renewals at the Contributing Level**

Jerry & Deb Ihnen & family  
Frank & Penny Kink  
Jim Stephens

**Renewals at the Sustaining Level**

Ernie DeFrates

**New Members**

Kevin & Debbie Elston & family  
Vickie Holthaus  
Jim Kincaid  
John & Ruth Rankin & family  
Douglas Seifert

**Thanks to all for your support of the SBC  
and bicycling!! Ride safe!!**

Note: Renewals or new applications not received by the end of the first week of the month may be recorded on next month's report.

## Springfield Bicycle Club Mileage and Activity File As of May 31, 2002

Possible Miles for the Month  
1708

Year  
4684

	FIRST NAME	LAST NAME	RIDE	T/F	TOTAL	RIDES	LED	RIDE	T/F	TOTAL	RIDES	LED	LENGTH
1	Bill	Voss	394	188	582	16	1	1464	688	2152	68	2	31.6
2	Marty	Celnick	528	85	613	25		1717	377	2094	98	7	21.4
3	Charlie	Witsman	690	0	690	17	5	2089	0	2089	60	6	34.8
4	Lisa	Kidd	585	91	676	24		1655	236	1891	83	0	22.8
5	Lance	Kidd	594	97	691	24		1571	242	1813	76	1	23.9
6	Karl	Kohlrus	454	37	491	12		1252	535	1787	48	1	37.2
7	Deeana	Shidler	440	0	440	8		1470	214	1684	35	1	48.1
8	Alfred	Arkley	406	4	410	12	1	1402	81	1483	49	3	30.3
9	Mark	Flotow	407	117	524	12	4	1106	344	1450	40	7	36.3
10	James	DuBose	499	102	601	13		1138	244	1382	34	2	40.6
11	Arden	Gregory	358	119	477	12		938	383	1321	34	1	38.9
12	Lynn	Miller	375	15	390	12	2	1232	54	1286	44	3	29.2
13	Tom	Clark	393	56	449	16		1051	183	1234	52	1	23.7
14	Lynn	Rhoades	410	151	561	13		889	314	1203	30	1	40.1
15	Pat	Stephens	230	18	248	9		1021	137	1158	40	0	29.0
16	Cathy	Yeaman	387	80	467	11	2	953	176	1129	34	2	33.2
17	Ernie	DeFrates	398	0	398	16		1050	36	1086	49	2	22.2
18	Frank	Kink	315	49	364	10		800	217	1017	27	1	37.7
19	Pete	Harjes	236	36	272	12		905	110	1015	47	0	21.6
20	Byron	Nesbitt	289	0	289	10		887	60	947	38	4	24.9
21	Mike	Schwab	292	13	305	12	1	888	32	920	48	2	19.2
22	Pete	Gudmundson	348	0	348	13		867	0	867	35	0	24.8
23	Curt	Evoy	255	24	279	8	6	716	116	832	29	6	28.7
24	Bob	Sorenson	398	59	457	12	5	681	134	815	24	9	34.0
25	Linda	Butler	413	12	425	12	1	737	67	804	25	1	32.2
26	Louie	Spinner	259	0	259	13	4	771	30	801	41	5	19.5
27	Derek	Ewing	302	123	425	9		621	177	798	22	0	36.3
28	Bill	Bock	477	8	485	15		778	14	792	27	0	29.3
29	Christine	Kohlrus	191	12	203	5		551	225	776	24	0	32.3
30	Jerry	Ihnen	214	33	247	9		559	43	602	26	1	23.2
31	Alan	Josephson	114	10	124	8	1	502	40	542	26	5	20.8
32	Dave	Lucas	375	10	385	12	1	517	23	540	22	2	24.5
33	Garland	Stevens	77	5	82	3		412	108	520	18	0	28.9
34	Bob	Carmody	262	10	272	9	4	489	24	513	19	4	27.0
35	Ruth	Magos	261	0	261	7		512	0	512	15	0	34.1
36	Cindy	Moreno	255	22	277	12	2	488	23	511	28	4	18.3
37	Marilyn	Powell	214	25	239	6		416	74	490	13	0	37.7
38	Carol	Bock	296	8	304	9		458	14	472	15	0	31.5
39	Joel	Johnson	133	15	148	4		336	101	437	11	0	39.7
40	Bruce	Yurdin	209	32	241	5		364	42	406	10	0	40.6

## Springfield Bicycle Club Mileage and Activity File As of May 31, 2002

Possible Miles for the Month  
1708

Year  
4684

	FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	LENGTH	
41	Bill	McGee	142	0	142	5	384	6	390	14	0	27.9
42	Brigetta	Ewing	87	0	87	6	357	11	368	22	0	16.7
43	Sue	Dees	127	0	127	8	366	0	366	24	0	15.3
44	John	Day	252	45	297	8	303	59	362	11	0	32.9
45	Don	Daniels	155	61	216	4	246	107	353	7	0	50.4
46	Jacki	Galli	112	1	113	5	326	1	327	14	1	23.4
47	Gail	Mugler	153	4	157	6	308	14	322	14	0	23.0
48	Michael	Boyd	212	41	253	6	258	59	317	8	0	39.6
49	Don	Struck	66	51	117	5	184	130	314	12	0	26.2
50	Chuck	Orwig	139	7	146	4	273	29	302	10	1	30.2
51	Brian	Watkins	80	7	87	2	279	23	302	10	0	30.2
52	Jon	Halterman	195	44	239	8	237	50	287	10	0	28.7
53	Cindy	Kvamme	129	1	130	9	279	1	280	19	1	14.7
54	Phil	Arnold	154	72	226	4	182	96	278	5	0	55.6
55	Kevin	Brown	139	8	147	7	260	18	278	16	1	17.4
56	Mike	Vonnah- men	107	25	132	2	203	73	276	5	0	55.2
57	Ken	McGarvey	165	0	165	4	250	25	275	7	0	39.3
58	Carol	Anderson	183	0	183	4	273	0	273	8	0	34.1
59	Doug	Dalby	98	15	113	4	235	38	273	12	0	22.8
60	Daniel	Ewing	85	0	85	6	261	11	272	16	0	17.0
61	Mary	Thomas	98	0	98	3	268	0	268	7	0	38.3
62	Jack	Elston	145	0	145	5	260	5	265	12	1	22.1
63	Curt	Winhold	59	0	59	1	240	22	262	9	0	29.1
64	Jon	Edwards	69	20	89	3	186	57	243	9	0	27.0
65	Kedra	Elston	103	0	103	4	224	5	229	12	0	19.1
66	Russ	Farson	108	8	116	4	216	12	228	9	0	25.3
67	Randy	Germer- and	51	19	70	2	191	29	220	7	0	31.4
68	Kent	Kraft	140	4	144	4	207	6	213	7	0	30.4
69	Jane	DuBose	125	59	184	6	150	59	209	7	0	29.9
70	Christa	McLaren	165	0	165	9	201	0	201	12	0	16.8
72	Grover	Everett	84	0	84	2	186	0	186	6	0	31.0
73	Mike	Eymann	155	0	155	5	181	0	181	6	0	30.2
74	Jonathan	Reininger	63	0	63	2	161	18	179	7	0	25.6
75	Jim	Agnew	74	20	94	2	118	57	175	4	0	43.8
77	Michael	Hills	170	0	170	5	170	0	170	5	0	34.0
76	Brea	Elston	88	0	88	4	165	5	170	9	0	18.9
78	Neil	Scott	92	8	100	5	161	8	169	9	0	18.8
79	Paul	Hosmanek	97	25	122	4	143	25	168	6	0	28.0
80	Sharon	McBride	71	0	71	5	159	1	160	11	0	14.5
81	Rick	Regan	71	0	71	5	159	1	160	11	0	14.5

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1708

Year  
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	FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	LENGTH	
82	Sanso	Digger	62	0	62	2	159	0	159	8	0	19.9
83	Irina	Scott	82	4	86	4	151	4	155	8	0	19.4
84	Terri	Nelson	124	0	124	3	150	0	150	4	0	37.5
85	Jeff	Coultas	104	4	108	4	145	4	149	6	0	24.8
86	Patrick	Small	79	18	97	3	123	26	149	5	0	29.8
87	Sean	Hatchett	108	6	114	3	134	11	145	5	0	29.0
89	Cindi	Detrick	129	0	129	3	129	0	129	3	0	43.0
90	Karen	Wright	65	0	65	2	118	0	118	5	0	23.6
91	Sr Josepha	Schaeffer	114	0	114	3	114	0	114	3	0	38.0
93	Stan	Gralnick	51	16	67	3	81	29	110	5	0	22.0
94	Dave	Scheina	89	0	89	6	105	0	105	7	0	15.0
95	Roger	Wright	47	30	77	1	67	30	97	2	0	48.5
96	Gerry	Orwig	36	0	36	3	69	22	91	7	0	13.0
97	Mike	Elston	22	0	22	2	80	5	85	6	0	14.2
98	Gail	Rogers	84	0	84	5	84	0	84	5	0	16.8
99	Connie	Roberts	43	4	47	3	77	6	83	5	0	16.6
100	Karol	Young	12	0	12	1	83	0	83	7	0	11.9
101	Marty	Morris	71	0	71	2	81	0	81	4	0	20.3
102	Kathy	Shepard	34	4	38	4	71	9	80	7	4	11.4
103	Cindy	Johnson	53	6	59	3	69	8	77	4	0	19.3
105	Sarah	Kohnle	75	0	75	3	75	0	75	3	0	25.0
104	Harriet	Josephson	64	0	64	6	75	0	75	8	0	9.4
106	Amanda	Kidd	27	0	27	1	67	6	73	4	0	18.3
108	Jason	Kidd	27	0	27	1	63	0	63	3	0	21.0
109	Mark	Smith	30	4	34	3	51	9	60	5	0	12.0
111	Kirk	Laudeman	59	0	59	1	59	0	59	1	0	59.0
112	Will	Stikes	59	0	59	1	59	0	59	1	0	59.0
113	Jim	Wedling	59	0	59	1	59	0	59	1	0	59.0
114	Paul	Anthony	36	4	40	2	52	6	58	3	0	19.3
115	Jim	Nugent	57	0	57	2	57	0	57	2	0	28.5
117	Dan	Leikvold	52	0	52	2	52	0	52	2	0	26.0
118	John	Lambert	11	0	11	1	49	0	49	4	0	12.3
119	Jim	Disney	27	3	30	1	43	3	46	2	1	23.0
122	Jeff	Price	42	0	42	1	42	0	42	1	0	42.0
124	Cory	LeSeure	37	0	37	1	37	0	37	1	0	37.0
125	Mike	LeSeure	37	0	37	1	37	0	37	1	0	37.0
126	Hanna	Standard	37	0	37	1	37	0	37	1	0	37.0
129	Tony	Huffman	28	5	33	1	28	5	33	1	0	33.0
132	Russ	Nagel	27	4	31	1	27	4	31	1	0	31.0
131	Charlene	Lambert	11	0	11	1	31	0	31	3	0	10.3



## Springfield Bicycle Club Mileage and Activity File As of May 31, 2002

Possible Miles for the Month  
1708

Year  
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FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	LENGTH	
133	Erin Brand	30	0	30	1	30	0	30	1	0 30.0	
136	Kathleen Winhold	12	0	12	1	27	0	27	2	0 13.5	
138	Mark Ottaway	26	0	26	1	26	0	26	1	0 26.0	
141	Dasha Scott	10	0	10	1	21	0	21	2	0 10.5	
150	Debbie Elston	13	0	13	1	13	0	13	1	0 13.0	
151	Kevin Elston	13	0	13	1	13	0	13	1	0 13.0	
155	Genio Staranczak	13	0	13	1	13	0	13	1	0 13.0	
156	A. J. Faith	10	0	10	1	10	0	10	1	0 10.0	
157	Jeannie Jones	10	0	10	1	10	0	10	1	0 10.0	
159	Deb Cooper	9	0	9	1	9	0	9	1	0 9.0	
160	Lyn Schollett	9	0	9	1	9	0	9	1	0 9.0	
161	Lola Lucas	6	0	6	2	6	0	6	2	0 3.0	
		2091		2323							
<b>TOTALS</b>		3	2323	6	759	44	49846	7269	57115	2102	95 27.2

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**Springfield Bicycle Club**  
**Membership Application**

**Member Information**

<input type="checkbox"/> New Member	<input type="checkbox"/> Renewing Member
Name _____	Home Phone _____
Address _____	Work Phone _____
City _____	Birthdate _____
State _____ Zip _____	Email Address _____
I received my application at _____	I would like to help with SBC Activities _____
<input type="checkbox"/> Bike Shop Name _____	<input type="checkbox"/> Yes
<input type="checkbox"/> Current Member	<input type="checkbox"/> No

**Type of Membership**

<input type="checkbox"/> Individual      \$15/yr	<input type="checkbox"/> Family            \$20/yr
<input type="checkbox"/> Contributing    \$25/yr	<input type="checkbox"/> Sustaining       \$50/yr
<input type="checkbox"/> Patron            \$100/yr	<input type="checkbox"/> Corporate        \$100/yr

Dollars beyond basic \$15 or \$20 rate from Contributing, Sustaining, and Patron memberships go to your choice:

<input type="checkbox"/> Bicycle Advocacy Fund	<input type="checkbox"/> 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 _____	Birthdate _____
Name 2 _____	Birthdate _____
Name 3 _____	Birthdate _____
Name 4 _____	Birthdate _____

**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 **\$7.50 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

<b>SPRINGFIELD BICYCLE CLUB 2001-02 RIDERS OF THE MONTH</b>							
MONTH	NAME	RIDE MILES	T/F MILES	TOTAL MILES	# LED	# RIDES	AVG RIDE LENGTH
May-02	Lance Kidd	594	97	691	0	24	28.79
Apr-02	Charlie Witsman	530	0	530	0	15	35.33
Mar-02	Deeana Shidler	360	55	415	0	7	59.29
Feb-02	Marty Celnick	311	78	389	1	18	21.61
Jan-02	Bill Voss	364	173	537	1	16	33.56
Dec-01	Bill Bock	360	45	405	1	9	45.00
Nov-01	Cathy Yeaman	429	128	557	1	14	39.79
Oct-01	Lance Kidd	573	101	674	0	25	26.96
Sep-01	Derek Ewing	636	433	1,069	0	17	62.88
Aug-01	Deeana Shidler	966	220	1,186	0	25	47.44
Jul-01	Charlie Witsman	690	406	1,096	8	19	57.68
Jun-01	James DuBose	652	90	742	0	19	39.05
May-01	Lisa Kidd	660	102	762	1	24	31.75

## Do you shop at Performance.com?

The Springfield Bicycle Club receives a  
small rebate from purchases made from  
the Performance.com link  
on the SBC Web Page  
Check it out!

Please support local bike shops.



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