

# The *Quick Release*

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### **QR Deadline 15th of the Month**

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**Not for Commercial Use**

## RIDE OF THE MONTH

**Lynn Rhoades' July 28<sup>th</sup> ride to Auburn is this month's Ride of the Month.**

Lynn's ride took us over a very nice route to Auburn and back. A large group of riders were present, and all enjoyed the excellent weather and good road surfaces on the route. Lynn had planned to utilize her newly remodeled kitchen to prepare and serve food afterwards, but the remodeling was not yet complete, and Lynn resorted to serving a big bag of bagels in place of the planned fancier spread. The bagels were outstanding, and no complaints were heard from any of the hungry riders. Thanks Lynn!! Everyone had a most enjoyable time!!

## ALMOST ANYTHING AWARD

**Dave Lucas is this month's winner of the Almost Anything Award.**

Now that Dave is retired, he had the time to finally accumulate all of the mailing and supply expenses he had accumulated over the last 18 months as SBC secretary. Not wishing to add further to the club's financial troubles, Dave charged the club for only a fraction of these expenses and absorbed the remaining expenses himself. If you ask Dave, he will tell you that he should not have won this award this month as Ernie was a far more deserving winner for his flat fixing efforts at the last Site M ride, but that's another story (see LWB Award below).

## LEAD WATER BOTTLE

**The equally unprepared Site M riders, Christa McLaren and Marty Morris, share this month's Lead Water Bottle Award (LWB).**

I think that all of us who have ridden more than a couple of miles know that it is imperative to carry at least a spare tube, tire irons and a pump as flats are an all too common fact of bicycling life. This rule is even more important when you ride off road, as the number of potential flat sources is even greater in the dirt. You would also think that our co "winners" of the LWB would be aware of this rule and would be even more conscious of the need to be prepared as they were riding cross bikes which were unable to utilize any of the standard 26" mountain bike tubes their fellow riders were carrying. Well, you would be in error if you thought that any of these rules of preparedness were followed by Christa or Marty as they appeared on the 7/21 Site M ride sans tubes, pumps, patches or tools and, of course, promptly flattened far from their vehicle. Fortunately, Ernie was fully prepared and saved the day by fixing all flats despite the sweltering heat and humidity. Come on Christa, post that list of the things you need to carry on the refrigerator door!!

## El Presidente Ernie DeFrates

I am happy to report that we have elected a new board for 2002-2003. Members are:

### *President*

Alfred Arkley

### *Vice President*

Cathy Yeaman

### *Secretary*

Cindy Kvamme

### *Recording Secretary*

Pete Gudmundson

### *Treasurer*

Linda Butler

### *Special Events*

Jonathan Reininger

### *Social Chairpersons*

Kevin Brown & Sue Dees

### *Legislative/Education*

Lynn Miller

### *Incentive Chairperson*

Chuck Orwig

### *QR Editor*

Curt Evoy

### *Records*

Karl Kohlrus

### *At large members*

Bill Voss and Kathy Shepard

I want to thank all of them for volunteering to keep this great club moving into the future. I also want to congratulate them and wish them all the best. The board still has room for you! If you are interested in serving, as an at large member or otherwise, let me or Alfred know. The new officers will be installed at a dinner at the Pasta House, Friday, September 27 at 7:15 p.m.

Please come and meet your new board.

### **30<sup>th</sup> Annual Capital City Century**

Please come join us for the 30th Annual Capital City Century on Sunday, September 8. We need volunteers to help that day, to help mark the route, and to bake or buy muffins and cookies. Give special events coordinator Jonathan Reininger a call at 698-1724, or call food chairperson Kedra Elston at 566-2698. I also want to ask you to ride, and to tell all your cycling friends, especially any who live out of town. We have a great event that deserves a good turnout, so spread the word. Thanks.

### **Risky Business**

We received a very nice thank you from Risky Business for our donation of \$231 from the sale of Marlboro prize raffle tickets at the summer picnic. Risky Business buys bike helmets for kids. They work to keep kids safe by preventing accidents, especially those that cause brain and spinal cord injury.

### **Insurance**

In late July, I received a call from Kent Kraft, who is both an SBC member and

the treasurer of SAMBA, the local mountain bike club. He alerted me to a problem with SAMBA's insurance, and was concerned that we might have the same carrier. It seems the broker our insurance agency had used is being investigated for fraud. We have since obtained insurance from a new company that has an A+ rating, uses no broker, and offers insurance at a fair rate. While the agency says it is trying to get our money back on our old policy, it will take time. We had just paid our premium in April, and the new insurance is costing us \$527. I hope we have a very successful Capital City Century, because we really need the money.

### **Thanks for the Memories**

This is my last article and month as El Presidente. I want to thank all the board members who served on the board with me for the last two years. I appreciate all their advice, help, and patience. I also want to thank all the ride leaders, and volunteers who helped with any event or activity. Serving as president has been fun, and I have learned a lot. Remember to share the road and ride safe!

## Board Meeting Notes - July 10, 2002

C. J. Kvamme

Present: Kedra Elston, Lynn Miller, Gail Mugler, Alan Josephson, Mike Schwab, Linda Butler, Len Miner, Jerry Ihnen, Ernie DeFrates, Jonathan Reininger, Dave Lucas, Cindy Kvamme.

Ernie opened the meeting and the minutes were approved.

Alan had the August ride schedule just about finished. The September board meeting will be held at the home of Gail Mugler.

Kedra is going to Louie Spinner's to check on the supplies for the CCC on Friday. She needs letters written for Prairie Farms, Pepsi and Gene at the Days Inn asking for donations. Lynn Miller has volunteered his home for the cookie drop off. She has also contacted Mike Royer and he will provide the large grill and cook again. There will be no sandwiches at the Riverton stop this year. Only snacks and fruit will be available since the Beach House is so close.

Len gave an update on the CCC. He will have 500 wristbands. All riders, volunteers and anyone paying to eat at he Beach House will have to wear one. We will make a



real effort to check everyone for a wristband. Len's wife Sherry will make copies of the CCC brochure. Ken McGarvey will SAG again this year. The radio guys are ready to go. Ernie and Dave have volunteered to mark part of the route. We will have a short sleeve T-shirt only this year. Ernie was surprised to find that very little of our mailing list overlapped with the Decatur Bike Club list. We sent 1243 brochures to Decatur for the mailing. Copies were \$212.00 and postage was \$190.00.

Dave noted that we had 5 new members this month.

Linda reported that the checking account has \$1672.22 and the savings account has \$2145.19. This includes \$1291.50 from the Iron Horse Triathlon. She

has sent the Menard County Trails Coalition a bill for \$260.89 for expenses for the T. G. I Spring Ride but we haven't received our share of the revenue from the ride. We will be sending Risky Business \$231.00 from the sale of raffle tickets for the Marlboro prizes. As our funds dwindle we are looking for ways to cut back. It was suggested that we ask the Running Club to help with paying for the Port O John at IDOT.

Mike has a lighted vest and a lighted belt, \$25.00 and \$15.00. If you think you might be interested let him know.

Under old business we are still looking for a nomination for a Vice President (ride scheduler), and Social Chair.

*(Continued on page 6)*

## Hills, Natural Beauty Highlight 200-mile STP

### John Day

For a total cycling adventure, there are few rides that will top the 200-mile STP, as over 7,000 cyclists of every age, ability, and background tackle the meandering course from Seattle, Washington to Portland, Oregon.

Riders included youngsters on BMX bikes, standing most of the way, little legs pedaling furiously, to seniors with tee shirts proudly proclaiming up to a 17-year history of Seattle to Portland (STP) participation.

Along the way, I encountered a unicyclist who apparently rode the entire course atop his fairly large-wheeled perch. A twenty-something male persevered on a mountain bike, despite a heavy, to-the-knee leg cast.

Another hauled his dog in a trailer, stopping frequently to offer the man's best friend a biscuit or a lap of water from a folding canvas bowl. A more friendless fellow hauled a similar trailer with a large fleecy stuffed animal – a goat, I think. One team had a boom-box trailer.

A small army of folks from Puget Sound Rehabilitation tackled the course in low-riding arm crank models,

earning my respect as they tackled a course that includes significant and lengthy hills. It was not clear whether these folks were able-bodied staff or successful patients, but the accomplishment was notable nonetheless.

Perhaps most remarkably, a man with an artificial leg completed the trek in one day, arriving in Portland at about midnight.

But most folks, some 85% to 90% of all riders, were typical weekend warriors who opted for a two-day ride, spending the night in a motel if they were lucky, or camping or sleeping on the floor at a school or church.

Heat and hills were defined by Washington standards. Thus the course was “relatively flat” and temperatures fairly high. The Illinois translation? There were a lot of hills, but less challenging than the Hilly Hundred and delightful temperatures up to 85° on Saturday and in the low seventies on Sunday. Breezes were gentle and the humidity was low.



The Cascade Bicycle Club and several corporate sponsors host the ride. The Cascade folks, who have several full-time staffers, know how to plan a big ride. Food stops work well, with huge refrigerated trailers disgorging mammoth amounts of food, most of it predictable ride stuff. There are many sags, mostly little Subaru wagons, and lots of motorcyclists patrolling the route.

The course, which begins at the University of Washington Huskie Stadium, follows Lake Washington Blvd., a park-like road with signs proclaiming “Bicycles have the right of way.” It passes the Renton airport, with scores of beached seaplanes, some new 737s under construction, and other cool plane-nut views.

As Seattle fades, the course follows a more suburban route. It's well marked with bright pink stenciling. There are fewer markers than our own Capital City Century, but with over 7,000 riders, one rarely loses sight of riders ahead.

At mile 24, REI, the big outdoor goods retailer, hosted the top food stop at their corporate campus. The Hawaiian-themed respite featured leis for everyone, mountains of food bars, fruit, drinks and many helpful folks.

At mile 44, the much-feared Puyallup Hill separates the speedsters from the granny gear advocates like me. But no one walked. Everyone pedaled to the top. In truth, "the hill's" advance billing was far worse than reality. By the way, it is pronounced "poo ahl up," but my son, Phil, tends to prefer "pull y'all up," and that's a good way to tackle this hill.

By mile 57, we were ready for a major food stop. The nut and sprout wraps were too West Coast for me, but they did the job, along the Odwalla bars. At least one flavor looked and tasted like something a pooper scooper might encounter. An Air Force C-17 doing touch-and-goes turned our heads to the sky.

We rode on, passing through Roy, Yelm, Rainier, and Tenino, riding across a plateau and descending the Skookumchuck River Valley, crossing the unpronounceable river a couple of times and moving on to the Chehalis River Valley. At Chehalis, we had 108 miles under our belts.

Enter bread lady, who bakes upwards of 45 loaves of banana cinnamon bread to offer to weary riders. We ate and enjoyed. Just 16 miles – mostly downhill – left to ride to Vader, the campground, a shower and dinner. Huge fresh oysters, an enormous baked potato, salad – everything for just \$6.95. Ah, small town dining.

The next morning, we had great plans to leave by 7 a.m., but two flat tires within

two miles left me out of sorts and riding 14 miles on a rear tire with 45 lbs. of pressure. The Castle Rock ministop was a welcome sight, as was the mobile bike mechanic, his stock of reliable tubes, and a pump that put 120 lbs. into the formerly soft tire.

My riding partner, Ron Culler, a 38-year-old horse of a man, and I split company. He was ready to ride fast. I wasn't. I hadn't bonked in over 138 miles, and I wanted to finish bonk-free. So he rode off, standing up, butt in the air, looking like a kid on his way to a Little League game.

The slower, older guy rode on, anticipating the three-quarter point, the Columbia River and the Lewis and Clark Bridge. The ride guide warned, "Caution! Open



grates, steep grade and heavy traffic.” But the local authorities operated a queue, separating bikes from vehicles. I was anticipating a wait and a quick rest, but, instead, I joined the end of a huge throng of cyclists slowly making their way to the top of the bridge and then rapidly accelerating to the valley below.

Seventy-five percent of the course completed. On to Goble, Deer Island, and St. Helens. There was traffic, many motor homes and some trucks, but the drivers were almost always courteous and the shoulders were wide and paved.

At St. Helens, I bypassed the final food stop in favor of a Subway with air conditioning, short lines and a real men’s room. The food stop food was getting tiresome. I wanted to sit down, relax, and eat something I picked out.

About 25 miles to go. I felt my legs slowing. I wasn’t until the next day that I realized that it wasn’t my legs: it was two soft tires. Yep, on Monday, both tires were flat, including a front tire deflated by a good old Central Illinois cinder that had finally worn through my Ultragatorskin’s Kevlar belt.

The finish line was in sight.

The road mostly downhill, but I was feeling a bit slow. Thank you tires. I made up my mind that I would not finish the ride in any stinkin’ Subaru.

I saw the only unkind act of the day. Teenagers in a passing car honked and then hurled a Bud Light at the wheels of the young lady in front of me. Disgusting. Also made me glad that I prefer the higher class ales and ambers.

Entering Portland, it was time to cross the Williamette River. The bridge loomed in the distance, looking much higher than the road and confirming that another steep hill was inevitable.

Maybe it was the Hilly Hundred training, or long rides across the hot, windy Central Illinois prairie, but the hill wasn’t all that bad. On to the bridge, the steep descent (Yes!), and across the finish line.

It’s emotional crossing the finish line, with my wife, friends and total strangers applauding and shouting “Good job!” The photographer snapped a picture. It was over. And it was fun.

*(Continued from page 3)*

**The Ride of the Month was awarded to Mark Flotow for his Loilva Metric ride.**

**Nominations for the Almost Anything Award were,** Linda Schrodtt for stepping in and hosting the picnic. Mike Elston for sagging his wife and daughter after a rough ride and the next weekend for helping Tim Schmidt when the heat kept him from completing the ride and Gail Mugler for her organization of the Iron Horse. **Mike Elston receives the award this month.**

**Lead Water nominations were, Jerry Ihnen for parking a large truck used for the Iron Horse Triathlon in a field of mud and the bird that hit Charlie Witsman in the head, fortunately he had a helmet on, while on a ride. The award was given to Jerry.**

Thanks to Alan for hosting the Board meeting this month.



## Tried and True or Tried and Trash

Mark Flotow

PowerBar's Original, Harvest and Protein Plus Energy Foods

It's been roughly ten years since PowerBar (PB) and its ilk replaced the banana as the favored food found in the rear pockets of cycling jerseys. How did this homogeneous slate-like slab in a non-recyclable wrapper replace one of nature's finest fruits? It makes me wonder, but it probably has to do with convenience, calories and shelf-life. I doubt it was because of taste, although bananas only come in one flavor - banana. The typical reaction of a first-time taster to a chocolate PB original bar is, "I love chocolate - what in the world is this stuff?" It tastes - how to describe this - like bitter-sweet chocolate where they've taken out some of the bitter, most of the sweet and all of the chocolate, and made it the consistency of taffy, with less water, and added just a dash of wheat chaff.

So, when I saw PB original bars recently packaged with "NEW Improved Taste," there almost was only one direction to go. My experience with similar packaging, however, did not give me

high hopes. That is, when I see a product packaged as "new and improved" something, that means the "something" is still a problem they're working on. So, the "NEW Improved Taste" means to me, "taste still toxic." In short, the flavor of some PB original bars is like a martini - it's an acquired taste - but now you need to acquire a new one.

The calories are still the same - about 230 for the "chocolate" model (see comparison table). The nutrients are the same. The amount of fluids necessary to get the masticated mess past your mouth is about the same. This is somewhat unlike the PB Harvest bar. It's lighter, tastier, more like a granola bar in consistency, about the same price and about half the nutrients as a PB original bar. Think of the Harvest bar as PB "light."

PB Power Gel has been around for several years, now, albeit not around *here*. I tried bike and grocery stores (although not all of them), GNC, the Running Center - all, a-swing-and-a-miss. Apparently, PB's Power Gel is not that popular, while its main competition in producing gelatinous

foods, GU, I found in several of these locations. So, I'll say a few words about GU and you can substitute "Power Gel" if and when you want to. GU is like eating a slightly more liquid form of canned cake frosting, although not as sweet. GU is expensive, even compared to other "power" foodstuffs. No-chewing-necessary (in strong contrast to PB original) and better-life-through-chemistry attributes contribute to GU being readily digestible. GU is mostly non-sugar carbohydrates - well-suited for on-the-bike consumption.

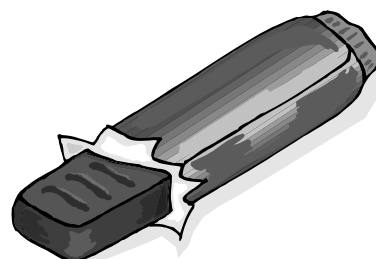
Somewhat newer is the PB Protein Plus high protein bar. The Protein Plus bar is dense and chewy, but not nearly as dry as the PB original bar, thankfully. The Protein Plus bar is convenient. In the past, I have made liquid shakes adding whey protein powder for an apres-ride protein recharge. They were a little time-consuming to make, although rather delicious with fresh strawberries, but the Protein Plus bar is easy and at the very least, pleasantly palatable. One bar has 24 grams of protein, almost one-half of the recommended daily amount for an adult diet. The Protein

Plus is not cheap at about two bucks a bar.

In summary, none of the manufactured energy foods, PowerBar or otherwise, are cheap, but they are convenient, portable and have a long shelf-life. Some of the products taste better than others, but there are plenty of flavors to choose from, *if* you can find them. Once you find what you like, I recommend the original PB for pre-ride, GU for dring and

Protein Plus for after. And if you *really* want to go the manufactured route, there is a whole raft of energy drinks now, for pre-, post- and during exercise. Maybe it was during the sixties, with the advent of Tang and other convenience foods, when people started envisioning food, as we knew it, being replaced by pills for nourishment and sustenance. For better or worse, maybe we're halfway there . .

Next time: why my Campagnolo cassette of sprockets won't work with your Shimano derailleur - solving drive-train compatibility problems with conversion kits



	Original PB	PB Harvest	PB Protein Plus	GU Energy Gel	Nature Valley Granola Bar
Flavor	Chocolate	Chocolate	Vanilla Yogurt	Vanilla Bean	Oats n Honey
Price	\$1.30	\$1.30	\$2.00	\$1.10	\$0.43
Weight (grams)	65	65	78	32	42
Calories	230	240	290	100	180
from fat	20	35	50	0	50
Total Carbs (grams)	45	45	37	25	29
from sugars (grams)	20	16	19	\$3.00	11
Protein (grams)	10	7	24	0	4
Number of 100% vitamins/nutrients	10	2	10	2	0
Number of 30%+ Elements	6	0	6	0	0
First 5 listed ingredients	high fructose corn syrup	brown rice syrup	protein blend (whey, soy, etc)	maltodextrin	rolled oats
	oat bran	whole oats	brown rice syrup	water	sugar
	malto-dextrin	rice crisps	yogurt coating	fructose	canola oil
	milk protein	brown rice	glycerin	leucine	crisped rice
	alkalized cocoa	cane juice	malitol syrup	citrate	honey
Last ingredient	unsweetened chocolate	chocolate chips	soy lecithin	pectin	peanut flour



Secretary's Report August, 2002  
Dave Lucas, Secretary

Capital City Century  
Kathy Shepard

**Renewals**

- Edward Cunningham
- John & Judy Day
- Grover Everett
- Derek Ewing & family
- Cris Martin
- Bob Randall
- Mary Thomas

**30<sup>th</sup> Annual Capital City Century,  
Sunday, September 8**

It's time for the Capital City Century, the ride that justly deserves its reputation for having fine routes, excellent food, and friendly volunteers. You can be one of those volunteers, and help provide some of that food! We need cookies and muffins – you can make or buy them and bring them to Lynn Miller's house, 1428 Cherry Road, between 9 a.m. and 2 p.m. Saturday, September 7. Call Kedra Elston, 566-2698, to work at the Riverton food stop or to help clean up at the Beach House after the ride. Want to help with registration? Call Kevin Brown, 787-5652. Ken McGarvey needs sag drivers – call him at 566-3573 if you have a vehicle big enough to hold a bike and its rider. Are you free the morning of Friday the 6<sup>th</sup> to mark the route? Call Jonathan Reininger, 698-1724.

**Renewals at the Contributing Level**

- Linda Butler
- Curt Evoy
- Pete Gudmundson
- Sue Hack
- Garland & Leslie Stevens
- Bill Voss & family
- Cathy Yeaman

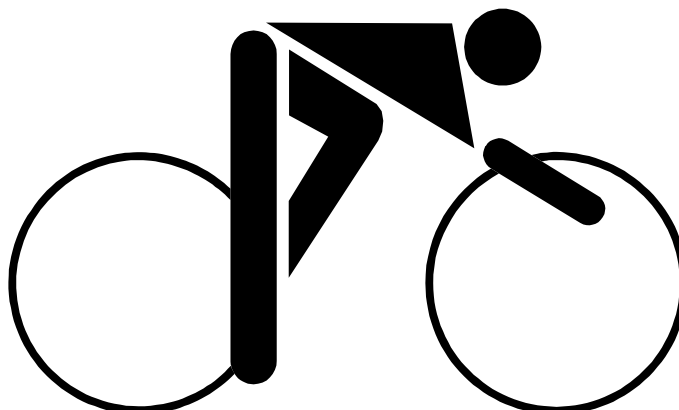
**New Members**

- Peggy Jones
- Roger McCredie & family
- Dennis McGill
- Andrew Martin

**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.

Our Century is a club event whose success depends on all of us. In working it the last couple of years, Mark and I have had a lot of fun, and enjoyed helping out as part of a team. You can do the same! Call Jonathan, Kedra, or any of the people listed above to participate. And bring those muffins and cookies to Lynn's house Saturday! See you at the Century!



## September 2002 – SBC Ride Schedule

**NOTE THE CHANGES IN THE SCHEDULE. SINCE MOST PEOPLE ARE LEADING RIDES FROM THE SAME LOCATION EACH WEEK ALL MONDAY-THURSDAY RIDES ARE LISTED ONCE AT THE TOP OF THE SCHEDULE. CHANGES ARE BELOW. SO IF YOU WANT TO RIDE ON A PARTICULAR DAY OF THE WEEK AND NOTHING IS LISTED, LOOK AT THE TOP. AS ALWAYS WE WILL HAVE AT LEAST ONE RIDE EACH DAY OF THE WEEK.**

Anyone with questions about rides or interest in leading a ride can contact Alan Josephson at ahjosephson@yahoo.com. Look at the ride incentive guidelines and get qualified for the BIG drawing.

**Note that the days are getting shorter and the weekly rides will begin at 5:45 PM**

Now that we are in the full riding season I am asking everyone to remember the rules of the road, especially **sharing the road** with automobiles. For safety sake **we need to move over** when someone shouts out car back. By taking over the whole lane we put ourselves at risk. We can cause drivers to become irate and act irrationally. So take the lead in this area and tell your riding buddy to pull behind you until the automobiles pass.

Monday - Friday 9:00 AM BC	Daily - "Show -N-Go" Arkley Residence 1511 Bates	Daily morning rides for those wanting to get in some extra miles! No leaders, no maps, although Alfred and Lynn are regular riders. More retired people expected. Participating riders should turn a ride sheet in to Karl Kohlrus.
Monday - Friday 9:00 AM BC	Pana Trail Lake Taylorville Parking Lot Rt 29	Show-N-Go this month on the Trail. Make sure miles are sent 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 on M-W-F each week. Skip lunch and get ready for Lisa and the other regulars. 10-13 miles
Mondays 5:45 PM C	Blue Shield/Blue Cross 3405 Liberty-near Damons Karol Young, 523-3157	Join Karol a new ride leader. These rides (13-22 mi.) are designed to <b>especially help beginning riders</b> (C/D) build their abilities so they will be able to participate in longer weekend rides
Tuesday 5:45 PM AB	Lindsay Boat Launch, Lake Spfld, 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. 20 to 28 miles
Tuesday 5:45 PM CD/ER	IDOT, South Parking Lot Dirksen Parkway Lost Bridge Trail	Show-N-Go and report miles to Karl
Tuesday 5:45 PM BC	Carmody Residence 517 Appomattox Dr.	Intermediate West Side Training Ride. 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. 16-27 miles. Show-N-Go
Tuesday 5:45 PM BCD	Taylorville Bank 106 West Market St. Charles Witsman, 562-5208	Taylorville ride. Meet in the rear parking lot of the bank. Charlie will lead from the back most times but might need a fill in. So volunteer!
Wednesday 5:45 PM C/D	Parkway Point theaters- West side of the parking lot	This will be a Show-N-Go but everyone will stay together. Can do the trails or neighborhoods. Turn miles into Karl
Thursday 5:45 PM AB	Lindsay Boat Launch, Lake Spfld, 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 . 20-25 miles

Thursday 5:45 PM C	The Grotto Busness 55 in Sherman Louie Spinner, 523-1615	Louie leads the pack for a 15-20 - C pace ride. If he is unable to be there then this becomes a Show -N-Go.
Thursday 5:45 PM ABC	Rotary Park Iles & Archer Elevator Rd.	Training ride 15-27 miles. No one has volunteered to lead the pack so this becomes a Show-N-Go. Ride as hard and as fast as you wish. Turn miles into Karl.
Thursday 5:45 PM BCD	IDOT, South Parking Lot Dirksen Parkway Lost Bridge Trail	Show -N-Go. These worked out well last year. Turn miles into Karl. Riders of all abilities encouraged to attend.
Thursdays 5:45 PM BCD	Taylorville Bank 106 West Market St. Charles Witsman, 562- 5208	Taylorville ride. Meet in the rear parking lot of the bank. Charlie will lead from the back most times but might need a fill in. So volunteer!
Saturday August 31 8:00 AM ABCD/ER	Show Me's MacArthur & North St. Chuck Orwig, 793-3782	SBC Jersey ride. Wear your old or new jersey for this 25-50 mile ride. Yes, you can ride even if you have no SBC jersey, but shame, shame, shame! Note the time!
Sunday Sept 1 9:00 AM ABC	Sherman City Park Andrew Rd ½ mile E of Bus. 55 James DuBose, 498- 8221	Labor Day Ride- "Tour de Pigs." Ya gotta try this one! 50 miles with a shorter option. Sherman to Broadwell with a planned snack stop consisting of cookies and drink at James' in-laws hog farm.
Monday Sept 2 9:30 AM ABCD/ER	Walmart parking lot Rts. 29 & 104 <b>Taylorville</b> Grover Everett, 824- 2952	Labor Day rides begin at 9:30 AM in Taylorville and go 22 mi. to Stonington, 40 mi. to Blue Mound or 55 mi. to Macon. D's & ER's can do the trail if they wish. Grover says that Taylorville has some fine restaurants we can patronize following the ride. Join us for some different tours.
Wednesday Sept 4 7:00 PM NC	4030 Millstone Gail Mugler, 787-5069	<b>Board Meeting.</b> We will be primarily discussing the CCC. Make sure you have volunteered to help and make cookies. Regular Wednesday ride will be held at the scheduled time and place.
Friday Sept 7 7:00 AM NC	B & G Café 1107 E Ash 523-9765	Breakfast is a good way to finish the week by socializing with friends.
<b>Friday Sept 6 6:00 PM C/D</b>	<b>2526 Austin Rd Jonathan Reininger,698-1724</b>	<b>IN the past this was a stuffing party. I've been told that there is not much to stuff because the registration people do most of it. So join us for a 10-15 mile ride and then see what happens around 7:00 PM as we order pizza. Bring your own special drinks.</b>
Saturday Sept 7 9:00 AM ABC	Forest Park East East Lake Drive (picnic place) Bob Sorenson, 529- 1141	Bob will lead us from 30-50 miles somewhere in the county. You have to show up to find out where. This will be a nice ride before the CCC.
<b>Saturday Sept 7 9 AM-2 PM NC</b>	<b>1428 Cherry Rd Lynn Miller, 787-3354</b>	<b>Pre- CCC Baked Goodies and other supplies needs to be dropped off between 9:00-2:00 PM. If you can't bake, go to the store and purchase something great! Cookies are always good.</b>
Sunday Sept 8 5:00 AM 7:00 AM 10:00 AM ABCD/NC	Center Beach House Lake Springfield Jonathan, Reininger,698-1724 Kedra Elston, 566-2698	<b>Thirtieth Annual Capital City Century. Routes of 100, 62, 25 and 12 miles will be marked, sagged and provided with food stops. Return to the Beach House for the Post-Pedalin' Party. (Check the newsletter for further details.) If you're not going to ride, call Jonathan or Kedra to help.</b>

Friday Sept 13 7:00 AM NC	Cooks Spice & Chilli Co 910 N. Grand Ave W	A favorite breakfast location with good hash browns and stacks of cakes. Come start the day with the gang!
Friday Sept 13 6:00PM C/D	Antonio's Pizza-Toronto Rd next to Mowie's Cue Mike Schwab, 324-6951	18 mile or 10 mile loop with Mike and pizza to follow
Saturday Sept 14 9:00 AM ABC	Sherman City Park Andrew Rd. ½ mi E of Bus 55 Pete Harjes, 629-7847	Pete once again has found some fine roads to travel for 30-60 miles. If you need more miles, ride to the ride.
Sunday Sept 15 10:00 AM ABC	Rotary Park Archer Elevator & Iles Rd Bill Voss, 793-0570	Bill is having his 3rd annual "worm ride" today by trying to find as many twists and turns as possible in a 40 mile ride.
Sunday Sept 15 4:00 PM CD/ NC	Baskin - Robbins MacArthur Blvd Kevin Brown, 787-5652	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 for an hour or so.
Friday Sept 20 7:00AM NC	Bakers Square Parkway Point	Join us for breakfast and enjoy those tripleberry pancakes..
Friday Sept 20 5:45 PM CD/ER/NC	Cheddars Restaurant Dave Lucas, 753-3831	Join Dave for an hour ride or so and then plan to eat at 7:15PM. Call Dave if you plan to eat but not ride.
Saturday Sept 21 9:00 AM ABC	2 Huber St. Pana Deeanna Shidler, 562- 4583 hm or 246-4503 cell	Dee leads us on a multiple miles ride. Ride choices are hilly, flat and the new Lincoln Heritage Trail. Great roads! Great scenery! Rides for all abilities. What more do we need! <b>Let's support our out of town friends!</b> <b>Directions:</b> Rt 29 into Pana. Turn right onto Locus St.(business district). Continue south to hospital. Turn right. Go ½ block to west end of hospital. Turn left onto Huber Ave. At back of hospital turn right and then back left into Hospital Physical Therapy parking lot. Deeanna's house is last one on that street. About 1+ hr drive from Springfield.
Saturday Sept 21 8:30PM C	Grotto Bus 55 Sherman Dave Lucas, 753-3831	MOON pies for the full moon ride in the country. Join Dave for a terrific ride. Lights are mandatory.
Sunday Sept 22 7:45AM 9:00 AM ABC	Perkins parking Lot-7:45 AM Ride at 9:00AM Jon Edwards, 726-7647	Pike County Ride-Pikes Peek 35-85 miles. <b>New roads and routes</b> developed by Jon to explore this lovely area during the changing seasons. Leave from at Perkins at Parkway Pt for caravanning.
Sunday Sept 22 4:00 PM D/NC	8133 Hendrickson Rd. Rochester John Day, 498-7561	<b>PIE RIDE II.</b> A 10-15 mile ride followed with pies made by "guys" so <u>THEY</u> say! <b>Directions from Spfld:</b> Rt 29 to the 2 <sup>nd</sup> light in Rochester. Turn left and then right toward Buckhart. Continue east to 8.0 E (Hedgelane) and turn left. Follow Hedgelane for 1 mile and at the T turn right onto 2.5 S (Hendrickson Rd). House is a two-story yellow home on the north side of the road. Show regardless of weather 'cause someone's gotta eat the pies! <b>BRING YOUR OWN SPECIAL DRINK.</b>

Friday Sept 27 7:00 AM NC	Bob Evans 3050 Stevenson	Come start the day and end the week with fellow SBC'ers
Friday Sept 27 6:00 PM C/D/NC	Pasta House Ernie DeFrates, 544-1398	<b>INSTALLATION DINNER.</b> Ernie leads us on the trail for about an hour. Then we will adjourn to the Pasta House around 7:15 PM where we will install the new Board. What that means of course is that we will eat and drink with no agenda. Please <b>CALL</b> Ernie if you just plan to eat.
Saturday Sept 28 9:00 PM ABC	Sherman City Park Andrew Rd. ½ mi E of Bus 55 Pete Harjes, 629- 7847	Pete leads us along the merry way some 25-60 miles on more of his favorite roads. Always a good ride.
Sunday Sept 29 ABCD/ER  9:00AM-AB 10:00-BC 11:00-D/ER 12:30 NC	Pavillion Picnic Area 3 Lake Yaeger Litchfield Mike Schwab, 217-324-6951 41-62 mi 27-41 mi 10 mi EAT	Mikes tries again. His <b>BirthDay Ride</b> , rained out in May, will be <b>multiple</b> routes (10-62) at <b>multiple</b> times, just pick a starting time. Food around 12:30 or so. Bring drinks and something to share. Mike will cook pork steaks & chicken. <b>Directions:</b> exit 60 on Rt I-55. Turn left across 55 and right onto access rd. About 3 miles south turn left (at overpass) going East across tracks. Turn right on the first road East of the tracks (Harrison Trail). About 4 miles south turn left onto Beach House Trail. Continue East for about 3 mi. Turn right (South) onto Park Rd. Look for Pavillion 3 which is about ½ mi..

**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.

**September 2002 Calendar of Events**

- |                                  |  |
|----------------------------------|--|
| Sunday September 1               | Tour De Pigs II                          |
| Monday September 2               | Labor Day Ride                           |
| Wednesday September 4            | Board Meeting                            |
| Saturday September 7             | Pre-CCC drop off                         |
| <b><u>Sunday September 8</u></b> | <b><u>30<sup>th</sup> Annual CCC</u></b> |
| Sunday September 15              | Worm Ride III                            |
| Saturday September 21            | Ride in Pana                             |
| Sunday September 22              | NEW RIDE                                 |
| Friday September 27              | Installation Dinner                      |
| Sunday September 29              | BirthDay Ride                            |

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

Possible Miles for the Month  
1936

Year  
8295

	FIRST	LAST NAME	RIDE	T/F	TO-	RIDES	LED	RIDE	T/F	TO-	RIDES	LED	LENGTH
1	Bill	Voss	597	226	823	21		2677	1176	3853	111	2	34.7
2	Charlie	Witsman	954	0	954	21	6	3679	0	3679	97	15	37.9
3	Lisa	Kidd	628	111	739	20		2929	524	3453	128	2	27.0
4	Lance	Kidd	681	122	803	25		2824	534	3358	123	1	27.3
5	Marty	Celnick	386	60	446	11	1	2673	517	3190	134	9	23.8
6	Karl	Kohlrus	404	197	601	10		2066	976	3042	74	3	41.1
7	James	DuBose	574	134	708	15		2415	610	3025	69	3	43.8
8	Mark	Flotow	435	197	632	12	3	2003	764	2767	66	15	41.9
9	Arden	Gregory	527	152	679	14		1964	659	2623	62	1	42.3
10	Deeana	Shidler	547	0	547	14		2372	234	2606	57	1	45.7
11	Tom	Clark	596	65	661	14		2088	391	2479	83	1	29.9
12	Cathy	Yeaman	568	178	746	15		1806	503	2309	58	2	39.8
13	Lynn	Rhoades	327	118	445	9		1633	619	2252	50	1	45.0
14	Alfred	Arkley	217	21	238	8	1	2012	112	2124	70	4	30.3
15	Ernie	DeFrates	431	12	443	18	3	1968	60	2028	91	8	22.3
16	Lynn	Miller	393	11	404	13	1	1868	65	1933	65	4	29.7
17	Byron	Nesbitt	488	21	509	14		1818	92	1910	72	4	26.5
18	Derek	Ewing	486	170	656	13		1362	462	1824	43	0	42.4
19	Pat	Stephens	362	0	362	13		1629	177	1806	61	0	29.6
20	Pete	Gudmundson	487	0	487	13	5	1738	0	1738	61	5	28.5
21	Bill	Bock	625	15	640	18		1673	35	1708	53	0	32.2
22	Bob	Sorenson	329	81	410	11	5	1365	262	1627	46	17	35.4
23	Pete	Harjes	318	0	318	13		1516	110	1626	71	1	22.9
24	Curt	Evoy	260	67	327	8		1336	266	1602	48	6	33.4
25	Linda	Butler	305	26	331	11		1423	149	1572	51	5	30.8
26	Frank	Kink	276	47	323	5		1248	300	1548	38	1	40.7
27	Alan	Josephson	362	174	536	17	6	1163	357	1520	62	16	24.5
28	Mike	Schwab	312	50	362	16	4	1421	84	1505	74	6	20.3
29	Ruth	Magos	574	0	574	15		1451	0	1451	41	0	35.4
30	Cindy	Moreno	402	109	511	14		1148	176	1324	55	9	24.1
31	Carol	Bock	553	15	568	16		1248	35	1283	38	0	33.8
32	Bruce	Yurdin	345	47	392	11		1084	181	1265	33	0	38.3
33	Louie	Spinner	240	9	249	11	3	1218	39	1257	60	11	21.0
34	Phil	Arnold	347	203	550	10		743	447	1190	22	0	54.1
35	Garland	Stevens	208	61	269	8		992	181	1173	36	1	32.6
36	Cindy	Kvamme	386	0	386	18		1056	16	1072	56	2	19.1
37	Christine	Kohlrus	62	40	102	3		675	326	1001	32	0	31.3
38	Bob	Carmody	268	0	268	8		947	38	985	35	5	28.1
39	Mike	Hills	419	65	484	10		856	123	979	22	0	44.5
40	Jon	Edwards	354	140	494	11		724	241	965	26	0	37.1

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8295

	FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	LENGTH	
41	Jerry	Ihnen	44	0	44	2	861	79	940	36	2	26.1
42	Chuck	Orwig	257	17	274	7	769	149	918	25	2	36.7
43	Sue	Dees	293	8	301	15	900	16	916	52	0	17.6
44	Marilyn	Powell	136	16	152	5	718	122	840	24	0	35.0
45	Joel	Johnson	193	38	231	6	634	185	819	21	0	39.0
46	Don	Daniels	180	83	263	4	574	214	788	14	0	56.3
47	Mary	Thomas	430	0	430	15	765	0	765	25	0	30.6
48	Brigetta	Ewing	267	17	284	17	714	38	752	46	0	16.3
49	Jacki	Galli	218	0	218	8	731	6	737	30	2	24.6
50	Jane	DuBose	168	73	241	8	481	217	698	23	0	30.3
51	Bill	McGee	222	0	222	8	684	6	690	25	0	27.6
52	Mike	Vonnahmen	250	60	310	8	551	133	684	16	0	42.8
53	Carol	Anderson	198	0	198	4	654	6	660	17	0	38.8
54	Randy	Germerand	216	47	263	4	524	126	650	15	0	43.3
55	John	Day	100	0	100	1	582	59	641	16	0	40.1
56	Dave	Lucas	21	12	33	2	572	53	625	27	4	23.1
57	Don	Struck	87	36	123	3	349	272	621	21	0	29.6
58	Brian	Watkins	178	43	221	4	512	101	613	17	0	36.1
59	Michael	Boyd	26	0	26	1	446	119	565	16	0	35.3
60	Gail	Mugler	64	3	67	3	511	53	564	22	0	25.6
61	Doug	Dalby	83	34	117	4	447	94	541	22	0	24.6
62	Kent	Kraft	109	5	114	4	505	13	518	18	0	28.8
63	Kevin	Brown	166	2	168	11	481	33	514	32	1	16.1
64	Jack	Elston	49	26	75	4	446	59	505	27	1	18.7
65	Curt	Winhold	81	0	81	2	449	54	503	14	0	35.9
66	Alex	Holmes	387	10	397	13	488	10	498	18	0	27.7
67	Mike	Eymann	130	0	130	3	495	0	495	14	0	35.4
68	Daniel	Ewing	127	17	144	9	431	28	459	29	0	15.8
69	Ken	McGarvey	54	0	54	1	404	40	444	10	0	44.4
70	Kedra	Elston	65	0	65	4	438	5	443	27	0	16.4
71	Russ	Farson	96	6	102	4	415	27	442	18	0	24.6
72	Brock	Webb	239	30	269	8	352	76	428	12	0	35.7
73	Sharon	McBride	160	0	160	6	421	1	422	23	0	18.3
74	Rick	Regan	160	0	160	6	421	1	422	23	0	18.3
75	Jonathan	Reininger	101	9	110	3	375	45	420	16	1	26.3
76	Christa	McLaren	143	2	145	9	403	2	405	27	0	15.0
77	Melinda	Winhold	94	11	105	3	324	76	400	13	0	30.8
78	Brea	Elston	46	0	46	3	345	5	350	22	0	15.9
79	Mike	Ryan	200	57	257	5	273	57	330	7	0	47.1
80	Sean	Hatchett	59	0	59	1	282	46	328	10	0	32.8

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							LENGT					
FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED		RIDE	T/F	TOTAL RIDES	LED	H	
81	Terri	Nelson	79	0	79	1	325	0	325	7	0	46.4
82	Karol	Young	123	20	143	7	296	23	319	21	0	15.2
83	Sanso	Digger	29	4	33	1	308	4	312	12	0	26.0
84	Dan	Leikvold	62	20	82	2	254	54	308	8	0	38.5
85	Neil	Scott	41	6	47	2	267	28	295	15	0	19.7
86	Jim	Disney	160	45	205	4	241	48	289	7	1	41.3
88	Connie	Roberts	149	6	155	5	266	14	280	12	0	23.3
89	Gerry	Orwig	54	16	70	6	219	57	276	20	4	13.8
90	Irina	Scott	51	6	57	2	250	20	270	13	0	20.8
91	Ben	Fox	78	0	78	2	263	4	267	9	0	29.7
92	Micci	Bly	162	0	162	4	262	0	262	7	0	37.4
93	Patrick	Small	22	7	29	1	214	47	261	9	0	29.0
94	Harriet	Josephson	78	5	83	8	236	17	253	26	4	9.7
95	Stan	Gralnick	35	15	50	2	165	68	233	10	0	23.3
96	Karen	Wright	83	0	83	2	227	0	227	8	0	28.4
101	Cindy	Johnson	125	6	131	4	194	14	208	8	0	26.0
103	Mike	Elston	32	0	32	2	184	5	189	15	0	12.6
106	Sarah	Kohnle	31	0	31	1	152	0	152	5	0	30.4
107	Paul	Anthony	60	6	66	3	132	14	146	7	0	20.9
108	Dara	Voss	47	14	61	4	94	39	133	8	0	16.6
109	Dave	Scheina	15	0	15	1	130	0	130	9	0	14.4
111	Marty	Morris	6	0	6	1	123	0	123	9	0	13.7
112	Adam	Galli	77	0	77	3	118	0	118	5	0	23.6
114	Gail	Rogers	15	0	15	1	99	0	99	6	0	16.5
116	Ryan	McMillan	52	0	52	2	96	0	96	3	0	32.0
117	Jim	Stevens	73	20	93	1	73	20	93	1	0	93.0
118	Mark	Ottaway	42	4	46	2	84	4	88	4	0	22.0
120	Jeff	Price	41	0	41	1	83	0	83	2	0	41.5
121	Tony	Huffman	47	2	49	1	75	7	82	2	0	41.0
126	Ronda	Schappaugh	27	6	33	1	51	12	63	2	0	31.5
127	Michelle	Pulce	24	1	25	2	59	1	60	3	0	20.0
133	Mike	Royer	13	0	13	1	58	0	58	3	0	19.3
137	Laura	Farson	14	2	16	1	49	2	51	3	0	17.0
139	Larry	Small	37	10	47	3	37	10	47	3	0	15.7
141	George	Woulard	42	0	42	2	42	0	42	2	0	21.0
145	Roger	McCredie	38	0	38	3	38	0	38	3	0	12.7
156	Dasha	Scott	10	0	10	1	31	0	31	3	0	10.3
160	Mark	Jenkins	19	2	21	2	26	3	29	3	0	9.7
164	Rob	Rulison	10	0	10	1	21	4	25	2	0	12.5
168	Lola	Lucas	8	0	8	1	21	0	21	4	0	5.3
167	Sue	Hack	6	0	6	1	21	0	21	3	1	7.0



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170	Rich	Chaput	20	0	20	2	20	0	20	2	0	10.0	
172	Anne	King	17	3	20	2	17	3	20	2	0	10.0	
173	Ella	King	17	3	20	2	17	3	20	2	0	10.0	
174	Francie	King	17	3	20	2	17	3	20	2	0	10.0	
175	Tom	King	17	3	20	2	17	3	20	2	0	10.0	
182	Kaleigh	Harjes	7	0	7	1	17	0	17	2	0	8.5	
184	Julie	Finnell	7	8	15	1	7	8	15	1	0	15.0	
185	Lindsay	Finnell	7	8	15	1	7	8	15	1	0	15.0	
201	Harriet	Arkley	7	0	7	1	7	0	7	1	0	7.0	
205	Andre	Miller	1	1	2	1	1	1	2	1	0	2.0	
TOTALS			25364	3858	29222	865	46	97237	15313	112550	3829	189	29.4

# t-shirts

— spfld bike club members —  
— get 10% off custom —  
— screen printed sportwear —

**CARLBERG**



**GRAFIX**

# INSANE



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*Paid Advertisement*

# 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

# Capital City Century Application

## September 8, 2002

Complete CCC Application also available at [www.spfldcycling.org](http://www.spfldcycling.org)

### Fees Enclosed:

\_\_\_ @ \$5 Post-Pedalin' Party only \$ \_\_\_  
 \_\_\_ @ \$5 12-mile route \$ \_\_\_  
 \_\_\_ @ \$13 25-mile route (\$15 late\*) \$ \_\_\_  
 \_\_\_ @ \$18@62/100-mile (\$20 late\*) \$ \_\_\_

Family rates are available for three or more people living at the same address:

\$30@25 mile route (\$35 late\*) \$ \_\_\_  
 \$37@62/100 routes (\$42 late\*) \$ \_\_\_

### Late Registration\*

Late registration rates apply to all rider registrations postmarked after **August 23, 2002**.

### T-Shirts (mens sizes)

\_\_\_ @ \$15 Small Short Sleeve T-shirt \$ \_\_\_  
 \_\_\_ @ \$15 Med. Short Sleeve T-shirt \$ \_\_\_  
 \_\_\_ @ \$15 Large Short Sleeve T-shirt \$ \_\_\_  
 \_\_\_ @ \$15 XL Short Sleeve T-shirt \$ \_\_\_  
 \_\_\_ @ \$15 XXL Short Sleeve T-shirt \$ \_\_\_

**Grand Total** \$ \_\_\_

Check payable to: **Springfield Bicycle Club**

### Mail Registration & Checks to:

2002 SBC/CCC  
 PO Box 2203  
 Springfield, IL 62705

### First 100 Mile Century?

If this is your first century the SBC will prepare a special First Century Certificate.

Name(s)

1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_  
 4. \_\_\_\_\_  
 5. \_\_\_\_\_

### Liability Waiver and Indemnity Agreement

In consideration of my signing this agreement, I for myself, my heirs and administrators assume any and all risks which might be associated with my participation in this special event. I waive and release any and all rights and claims for damages which I may have against the Springfield Bicycle Club, its officers and members, and any other person connected with this event, their sponsors, representatives, successors and assigns for any and all injuries or damages of any kind and whatsoever suffered by me as a result of taking part in this event and any related activities. I hereby for myself, my heirs and administrators, agree to indemnify and save and hold harmless the releases and each of them from any loss, liability, damage, or cost they may incur due to my presence or participation in the event and whether caused by the negligence of the releases or otherwise.

\*We need a name and signature for each rider registering for liability waiver purposes.

Name	Signature	Age
1. _____	_____	___
2. _____	_____	___
3. _____	_____	___
4. _____	_____	___
5. _____	_____	___

Address

Phone

City, State

Zip

Club affiliation (if any)

# Capital City Century

September 8, 2002

12, 25, 62, 100 Mile Routes

Post Pedaling Party

Lake Springfield Beach House

VOLUNTEERS NEEDED

[WWW.SPFLDCYCLING.ORG](http://WWW.SPFLDCYCLING.ORG)

Springfield Bicycle Club  
Post Office Box 2203  
Springfield, IL 62705

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

Address Service Requested



September, 2002