

Officers

President

Alfred Arkley  
546-4972  
arkley2@insightbb.com

Vice President

Cathy Yeaman  
483-4912  
cycycle@msn.com

Board Secretary

Cindy Kvamme  
744-8864  
c1jk3@aol.com

Recording Secretary

Kathy Shepard  
546-1426  
kathy905@msn.com

Treasurer

Linda Butler  
787-5027  
butlerl@compuserve.com

Special Events

Jonathan Reiningger  
698-1724  
jreiningger@yahoo.com

Social Chair

Kevin Brown  
787-5652  
kjbrown@prodigy.net

Susan Dees

529-1826  
susanadees@yahoo.com

Legislative/ Educational Chair

Lynn Miller  
cyclist@springnet1.com  
787-3354

Incentive Chair

Chuck Orwig  
793-3782  
chucko127@insightbb.com

Records

Karl Kohlrus  
544-8410  
kkohlrus@netzero.net

Quick Release Editor

Curt Evoy  
726-6349  
qreditor@insightbb.com

**QR Deadline 15th of the Month**

At Large Members

Bill Voss  
793-0570  
n350de@eosinc.com

**Not for Commercial Use**

SPRINGFIELD BICYCLE CLUB

# Quick Release

## RIDE OF THE MONTH

**Sue Dees and Lynn Miller's ride and nature stroll is April's Best Ride of the Month.**

This month teams Sue with Lynn for a Sunday evening Best Ride of the Month. All of the riders who participated talked on and on about the beautiful bridge. It's a sure thing that all of the riders learned a little more about the flora and fauna of the area because Sue and Lynn are certainly the resident experts. It was held on a beautiful day, and the riding was easy. Thanks Sue and Lynn for a great ride.

## ALMOST ANYTHING AWARD

**Mark Flotow takes the Almost Anything Award for April.**

Mark has tendered his resignation as writer for "Tried and True" in the Quick Release. I know that all of the SBC members, and probably others, will miss his expert analysis of cycling products. Many of us, whether experienced in cycling or not, appreciated all of the excellent information we gleaned from Mark's articles. For all of your years of service to the club in this way, we honor you with the Almost Anything Award for April.

## LEAD WATER BOTTLE

**The April LWB goes to the railroad that owns the tracks west of Virden.**

A ride on April 13<sup>th</sup> had an accident as a result of a railroad crossing that had not been properly maintained. An inexperienced rider took a nasty fall and had a significant injury because of a large hole next to the rail. A little patching compound and some railroad maintenance people who care is all that was needed to make the crossing safer. The rider was fortunate that Brigetta Ewing happened by in her car just at the time of the accident. Brigetta took the rider to the ER. If you happen to be riding with a group and see a road hazard first, please call everyone's attention to it. Let's ride safely out there.

## RIDER OF THE MONTH

4/03 Chuck Orwig 763 mi.	12/02 Karl Kohlrus 509 mi.	8/02 Lynn Rhoades 711 mi.
3/03 Dave Lucas 675 mi.	11/02 Chuck Orwig 985 mi.	7/02 Cathy Yeaman 746 mi.
2/03 Marty Celnick 297 mi.	10/02 Lisa Kidd 848 mi.	6/02 James DuBose 935 mi.
1/03 Bill Voss 272 mi.	9/02 Byron Nesbitt 1082 mi.	5/02 Lance Kidd 691 mi.

## The President's Report

### Alfred Arkley

The 2003 TGISpring had a good turnout on May 3 with 160 riders with over 60 riders from the Club. Thanks to Lynn Miller who coordinated the volunteers from the Club. The volunteer's names are listed in Lynn's report in this month's QR.

Thanks to Derek Ewing for a generous \$500 contribution to the Club. Volunteers from the Club helped Derek run the bicycle races on April 26-27 in Athens and Loami. Thank you to Don Daniels, Marilyn Powell, Mike Vonnahmen, Michael Hills, Lynn Rhoades, Kevin Brown, Karl Kohlrus, Garland Stevens, Jon Edwards, Cindy Kvamme, Cathy Yeaman, Linda Butler, Arden

Gregory, and Pete Gudmundson for helping Derek with the races.

The Springfield Iron Horse Triathlon will be held on Sunday, June 15. The Club will assist with the Bicycle Race portion of the triathlon. Contact Jon Edwards [edwardsjj@nt.dot.state.il.us](mailto:edwardsjj@nt.dot.state.il.us) or [edwards5@famvid.com](mailto:edwards5@famvid.com) or 726-7647 if you want to volunteer. On Saturday at 5 pm, June 14 at Ball Chatham Elementary School, Club volunteers will sweep the bicycle course and then enjoy a pizza dinner. On Sunday the volunteers will earn a Coolmax shirt for assisting with the Bicycle Race portion.

We thank the Springfield Park District's quick response to our request that the eastern end of the Wabash Trail be cleared of trash. Also thanks to District 6, Illinois Department of Transportation's quick response to our request to fill the core sample holes in the Interurban Trail.

Hopefully by the time you read this, the Interurban Trail will be connected to the Douglas and Wabash interchange with a new concrete bicycle trail. Also the Interurban Trail will be connected to the Stanford Street Overpass with a new concrete bicycle trail.



## Board Meeting Notes - April 8, 2003

### Kathy Shepard

Present: Curt Evoy, Chuck Orwig, Cathy Yeaman, Ernie DeFrates, Cindy Moreno, Alfred Arkley, Kevin Brown, Bill Voss, Kedra Elston, Mike Schwab, Dave Lucas, Jonathan Reininger, Linda Butler, Cindy Kvamme, Marty Celnick, Kathy Shepard

March board meeting minutes were approved after a tasty supper prepared by hostess Cindy Kvamme, with help from Cindy Moreno in making the soup. Linda reported she had ordered insurance for the TGISpring. Cathy reviewed the ride schedule, and heard enthusiastic support for the suggestion that the weekday morning ride from Alfred's house be dubbed the "Geezer Ride," for geezers and those hoping to someday become geezers. Trails Day will be June 7. Bill suggested that we ask the new mayor to bike with us in May in honor of Bike Month. Hosts for upcoming board meetings will be Alfred May 6, Jonathan June 4, and Cathy July 2. Cindy K said the club directory was nearing completion and soon would be in the mail.

Ride of the Month was Tom Clark's and Sue Dees' be-

lated birthday ride in honor of Tom's birthday.

Nominees for the Almost Anything Award were Mrs. Tolan, who helped Don Daniels when his bike broke down near Pleasant Plains, and Dave Lucas, who helped Alfred patch two tubes and showed him how to do it himself. The winner of the AAA was Mrs. Tolan, who drove Don and his bike, cushioned with a blanket, home in her truck.

Nominees for the Lead Water Bottle Award were Bob Sorenson for taking the name of the Lost Bridge Trail much too literally by losing his dental bridge while riding on it, those who took the April QR's April Fool articles seriously, Curt for including the April Fool articles and for misspelling Cindy K's name, and Cathy for omitting from the schedule a show-n-go which also was omitted from last year's schedule. Bob Sorenson rode a landslide vote to come away with the lead this month, as well as the honor of the unofficial renaming of the Lost Bridge Trail as Bob's Lost Bridge Trail.

Jonathan said plans were on track for the TGISpring.

Lynn Miller, Dave, Alfred and Ernie will join him in marking the route. Alfred will send Marty and Jon Edwards information on the Ironhorse Triathlon, to be held June 15.

Alfred reported that the amended version of Senate Bill 275, which provides that local public entities and public employees are not liable for injuries to cyclists due to street, bike lane or bike path conditions unless they have committed willful and wanton misconduct which proximately caused the injury, passed in the Senate. He noted that Senator Bomke had voted for the measure, and suggested phoning his office to thank him.

Alfred said he and Dave would be sharing a table with Paul McDevitt at the UIS Health Fair April 9. Alfred said they would be available to discuss the TGISpring and cycling for health.

Kevin announced that he is organizing a return trip to Madison, Wisconsin, for the Great Taste of the Midwest beer festival the second Saturday in August, complete with bike rides around that very bike-friendly city.

Chuck discussed the May 2 Trivia Night he and Curt are organizing as a fundraiser for the Lance Armstrong Foundation and Cystic Fibrosis research. Alfred discussed the Critical Mass videos he had viewed, and Ernie said he had learned at a recent SAMBA meeting that a new 7-mile trail was due to open at the Jim Edgar Panther Creek State Fish & Wildlife Area.

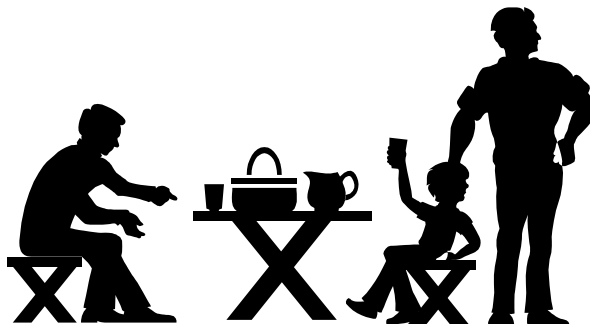
After much laughing and visiting, the meeting finally was adjourned with thanks to Cindy for her hospitality.



## Summer Picnic Sue Dees

It's time for the annual SBC summer picnic, on Saturday, July 12, at Lake Springfield's Tom Madonia Park East (formerly Forest Park East, our usual spot). We will have longer rides for the A-C group, as well as a shorter D/ER ride. We are looking for two ride leaders; please contact Cathy Yeaman at 483-4912 or [cycycle@msn.com](mailto:cycycle@msn.com) if you would like to volunteer. We will eat after the ride, around noon. This year we are featuring the usual hearty fare of brats, hot dogs, and soda, courtesy of SBC treasury and yet-to-be-named volunteer chefs. Also for the health conscious, Chef Marty Morris will whip up some grilled chicken - thanks in advance, Marty! Bring a dish to share and your libation of choice.

This year, thanks to Kevin Brown's creativity, we will feature a new picnic activity: a bike & rider-decorating contest. Think of the RAG-BRAIs you didn't get to attend and use your creative juices to come up with theme wear for you and your two-wheeled steed. Or think of a midsummer Halloween. Whatever it is, it needs to be roadworthy to show off for the ride! Kevin also suggested we have a timed "fix-a-flat" contest, so bring your skills and speed. Call Sue Dees at 529-1826 or email at [susanedees@yahoo.com](mailto:susanedees@yahoo.com) or Kevin Brown at 787-5652 or email at [kjbrown@prodigy.net](mailto:kjbrown@prodigy.net) if you would like to help with the picnic. See you there!

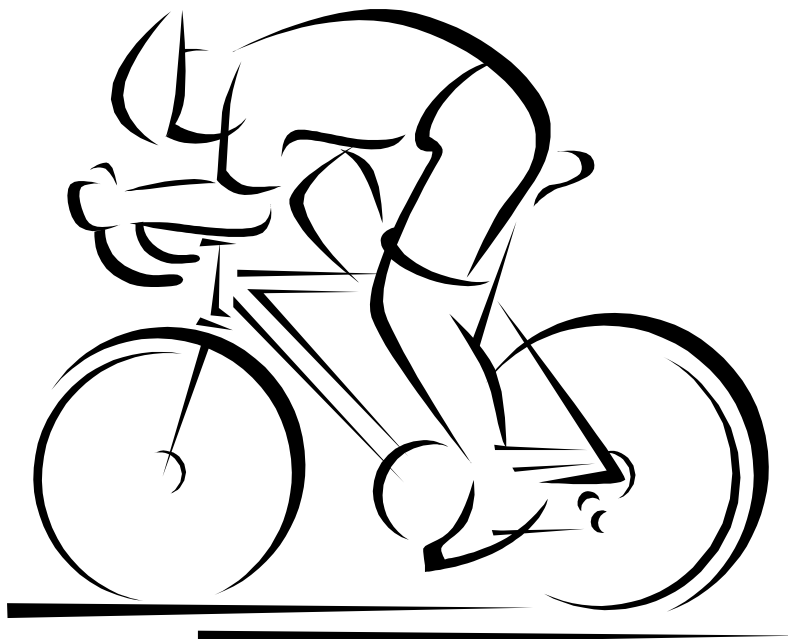


## Tried and True or Tried and Trash

Mark Flotow

### Odds and Ends

. . . with an emphasis on the latter, since this is my last quad-T contribution. This will be a round-up of comments and observations regarding previously pondered products. For example, last month I mentioned L Jalabert flew up the 2002 TdF mountains using the Tacx “Tao” water bottle cages in winning the polka-dot jersey for best climber in the race. This April, Tyler Hamilton had the same model cages affixed to his frame while going over the Belgian “cotes” (hills) and winning the world’s oldest one-day bike race, Liege-Bastogne-Liege. (And in the process, T Hamilton has become the first American to win one of the five one-day “monuments” of cycling: Milano-San Remo, Tour of Lombardia, Ronde van Vlaanderen [Tour of Flanders], Paris-Roubaix and L-B-L.) In contrast, teammate Andrea Tafi during the Paris-Roubaix race had these same cages, and I distinctly saw, during the OLN TV coverage, a bottle flop off his bike and onto the pave (those bread-loaf sized cobbles, pronounced “pa-vay”). Although a P-R winner in the past, he was fourth this



year, although I am not suggesting because of a lost bottle. My point is, on the rough stuff, say, a gnarly railroad crossing, an ill-fitting bottle can launch with the Tao’s fixed-size diameter. One of the P-R commentators said an old trick was to mash down or otherwise bend in their steel water bottle cages to keep their contents from being ejected.

A few months ago, I reviewed the book “Bicycling Medicine” by Dr. Arnie Baker. Here are a few more interesting quotes I found among its pages.

*“With low-intensity exercise, blood flow to the kidneys increases. Since*

*the blood flow increases, more urine is formed. With high-intensity exercise, blood flow is shunted to working muscles, and blood flow to the kidneys decreases. Less urine is made.”*

*“Is psychology involved? You bet. Once you’ve decided you’ve got to urinate while riding, it’s hard to get your mind away from your bladder. . .”*

For me, that explains why slower rides seem so long (or why I wish they’d go faster - the time, that is).

*“Shaving your legs. You’ve decided to take the plunge and mow your legs. Why? It’s peer pressure. It’s what racer’s do.”*

. . . which is give in to peer pressure. Having stated that, and as I've said before, especially for guys, shaved legs will put a smile on any masseuse's face. Whether it does the same for the face of your spouse or significant other is a different kettle of fish.

*"Always wear sunscreen on all sun-exposed areas. It takes more than 1 ounce to protect your body from head to toe. The nose and ears are common skin cancer sites. . . . Sunscreens are more effective if applied at least 15 minutes before sun exposure starts. . . . Look for SPF's of at least 15. Lower numbers do not protect you enough."*

Nuff said.

I reviewed some of the more colorful sock designs and styles in the August 2002 issue of QR. Here are some additional sock designs I found that might be of interest or amusement. Animals: rooster, arctic bear (paw prints), stinger (bee on honeycomb); Quasi-stereotypes: drakon (native American northwest coast-style), how koi! (Japanese-style fish), got donuts? ("police"); Tough Motifs: bones (cracked skull), wired (barbed wire), death march (skull & crossbones); Printed Messages: bastard, hottie, damaged, service (no socks no service); and Whaaaa?: pick a mood

(variations on smiley faces), chili and (bicycle) chains, covert-op (camouflage). I hardly could count all the varieties of flowers and flames styles from which to choose.

For the October 2002 QR, I had reviewed sprocket compatibility among the two major component makers and their 8, 9 and 10-speed combinations. In case you don't already know, Shimano has unveiled their 10-speed Dura Ace system on a certain L Armstrong's bike at the aforementioned L-B-L race. (Previously, only Campagnolo had a 10-speed sprocket system.) Goodness knows what new permutations of incompatibility will be spawned by it, so make your sprocket system choices wisely.

(Somehow, this mention of LA reminds me of the old "Super Fans" skit on SNL. Here, just substitute "Lance" for "Ditka." For example, "If a hurricane came against a certain cyclist named Lance, who would win?" "Lance." "What if the hurricane was named Lance?" "Oh, that's a tough one . . .")

Finally, I wanted to mention the original premise of the quad-T column. That is, to give the reader a different, independent slant on the numerous under-\$75 cycling

products that are out there. (Why the \$75 limit? Because they had to be affordable to both you and me, since I acquired all of this stuff via my pocketbook.) In general, the relationship of bicycle product producer and reviewer is an incestuous one. There is no independent "Consumer Reports" in our small sphere of cycling. If a magazine gives a product a poor review, they lose advertising dollars. No advertising dollars and a magazine folds. There are a few near mega-monopolies out there (think TREK and Shimano) and just a handful of other large players (e.g., Specialized and Campagnolo). Magazines like "Bicycling" and "Cycle Sport" cannot afford to offend them. So, product reviews therein sometimes look more like product promos. Along the way in my doing a review or two, I've tried to provide some insight and background into bicycle and cycling products. The take-home wisdom for you is to use reviews to sort the handy features from the hype when a new product catches your eye. And truthfully, it's been an educational (and fun) experience for me as well.

Next Time: there is no next time. Since August 1997 until now, it has been a good run. Thanks for coming along for the ride.

## TGI Spring Thank You Lynn Miller

The 2003 TGI was a great success, for riders, for the club and the Menard Trails & Greenway Coalition. The weather was cool but pleasant, and the rain gods held their vengeance for riders the next day. (Alfred Arkley's chain broke at the beginning of the ride, saving him the embarrassment of calling for the tow truck for his tricycle.) Over 160 riders attended, with many repeats from out of town. Thanks to the following volunteers. Trail Markers: Alfred Arkley, John Day, Ernie De-Frates, Pete Gudmunson &

Dave Lucas. Thanks also to Mark Flotow for help at the registration desk & Jonathan Reininger for brochures. About the pink notice warning us to mind our manners--seems we're still dealing with the aftermath of a cyclist group which swore at a local bystander and his son, who happened to be the States' Attorney. Just call us the gang who couldn't make it to Sturges.



## Garland Steven's Saves the Day Derek Ewing



At the bicycle race in Athens, I was preparing the course so the races could get started safely. While doing so I got a flat tire on my van. During this hectic period of trying to get the races started on time Garland and my father in law, Roy Kleven attempted to change the wheel using my spare. This did not work. So while unknowingly to me, Garland places his own spare on my van. If it wasn't for his quick thinking and of concern I would have had a very hard time of keeping things coordinated

for the day.

T H A N K      Y O U  
GARLAND!

## Adventure Cycling Leadership Course Chuck Orwig

The Adventure Cycling Association was formed in 1976 under the name of Bikecentennial. That summer, they operated 300 trips servicing 4 100 women and men. Just over 2000 cyclists rode the entire trail. But enough about them, this is about my experience with them.

Six women, ten men, and three advisors met each other at a hostel about 50 miles north of Milwaukee, WI to learn about how to lead an ACA tour. After introductions, including “your first bicycle memory”, the three groups were lead outside and blindfolded. Each group was told that there was an object at our feet, and that we were to “do something with it”. It was a tent, complete with poles and rain fly. My group thought that we could erect the tent, but after about 15 minutes of struggle, we were told to take our blindfolds off. What a mess we had.

After discussions on the ACA philosophy of touring leadership, we were told of the “absolutes”. These are the aspects of the tour that must be obeyed, no matter what. After that we learned about the map meeting, food and chores, and group



equipment. By that time it was mid-afternoon and we needed to ride to town to buy food for the next two days. We were paired with another student and given a meal to buy, based on the budget, and prepare the meal at the appropriate time. I was paired with Bob for preparing breakfast the next morning. These meals were prepared outside on Coleman stoves. We chose to bake cinnamon rolls in a big pot that we fashioned into an oven. We made other stuff, but the rolls were so good that we won the “best breakfast” award.

Most of us took a short ride around the Wisconsin countryside before dinner, which

was then followed by about three hours of role-playing within our six person groups. Role-playing was rather intense that first night because we didn’t know each other and the scenarios were really challenging. I went back to my warm bunk in the big barn to listen to the rain on the roof. I was so wound up after the roll playing; I found it hard to sleep. When I mentioned this to others the next day, we agreed that we all had a light sleep because of the adrenaline flowing through our bodies.

Saturday started with the award winning breakfast (Have I mentioned that?)

*(Continued on page 19)*



## CALENDAR OF EVENTS

### June SBC Events

Wednesday June 4	Board Meeting at Sue Dees
Thursday June 5	Jim Edgar Panther Creek State Park
Saturday June 7	Trails Day Celebration and Ride
Sunday June 8	Old Jack Clean Up and ride
Sunday June 15	Iron Horse Triathlon
Sunday June 22	Punkie's Palace Ride and Mansion Tour
Sunday June 28	Jim Edgar Panther Creek State Park

### Out of Town Rides

Sunday June 1

The 21<sup>st</sup> Annual Udder Century, McHenry County Bicycle Club, Union, IL.  
www.mchenrybicycleclub.org or call (815) 477-6858

Saturday June 21

Spring Metric Century, McLean County Wheelers Bicycle Club Begins in Downs, IL. Contact Mike Kerber at (309) 829-3994 (<http://www.wheelerspage.bizland.com/>)

Sunday June 22

Swedish Days Ride, Fox Valley Bicycle Club Begins in Burlington, IL. [www.fvbsc.org](http://www.fvbsc.org)

### 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.

## June 2003 Ride Schedule

Anyone with questions about rides or interest in leading a ride can contact Cathy Yeaman at 483-4912 or e-mail her at [cycycle@msn.com](mailto:cycycle@msn.com). **Each club member can choose one out of town scheduled ride to count toward club miles each month. It is the rider's responsibility**

Monday thru Friday 9:00 AM	Morning Geezer ride Arkley Residence 1511 Bates, 546-4972	BC ride, Daily morning rides for retired geezers or those hoping to become geezers. No leaders, no maps. Participating riders should turn miles in to Karl Kohlrus.
Monday thru Friday 9:00 AM	Daily Show & Go Lincoln Heritage Trail Lake Taylorville parking lot, Rt 29	BC ride, Show-N-Go along the Lincoln Heritage Trail M thru F during the day. Turn miles into Karl.
Monday, Wed, and Friday Noon	IDOT, Lost Bridge Trail Dirksen Parkway Lisa Kidd, 546-1698	BC ride" Lunch with Lisa" ride. Lisa leads the noon trail ride three days a week. Skip lunch and ride on the trail with Lisa and other SBC regulars!
Mondays 6:00 PM	Kerasotas Theater Parking Lot Parkway Point Cindy Kvamme, 744-8864 Cindy Moreno, 546-5852	C ride, An easy ride to get started and gain conditioning. The ride will be slow enough for conversation. 12 to 22 miles. Cindy Kvamme will lead the ride on June 2 and 9. Cindy Moreno will be your leader on June 16, 23, and 30. So, call it the Cindy "C" ride.
Mondays 6:00 PM	Washington Park, South side of the picnic pavilion, Jim Agnew, Lynn Rhoades, Mark Flotow, 546-2579	C "gruppetto" ride. This ride is intended for riders that have put in fast long rides or races over the weekend and need a slow ride to recover.
Tuesdays, beginning June 10 11:15 or Noon	Harmons IGA, Chatham (11:15) or Wabash Trail, East Parking Lot Brigetta Ewing, 624-2016	BCD ride. Begin at Chatham at 11:15 am or Spfld on the Wabash Trail at noon. This ride will use the interurban and Wabash trails for rides of about 20 miles.
Tuesdays 6:00 PM	Lindsay Boat Launch Lake Springfield, Long Bay Drive Arden Gregory, 585-8017	AB training ride, A workout for those who want to train hard and fast for long summer rides, races, or general fitness. 20 to 30 miles
Tuesdays 6:00 PM	Carmody Residence 517 Appomattox Drive Pete Gudmudson, 523-8200	ABC training ride. This is the West side ride and is geared for those who want to train hard and fast like the East siders. Several cutoffs from 12 to 25 miles.
Tuesdays 6:00 PM	Taylorville Firststar Bank 106 W. Market Street Charles Witsman, 562-5208	ABCD ride. Taylorville Training ride. Meet in the rear parking lot of the bank. Charlie will usually be there with a route and assure that everyone successfully completes the ride. 12-25 miles.
Tuesday 6:00 PM	IDOT, Dirksen Parkway Lost Bridge Trail Show & Go	BCD ride, This is a show & go. No leader and no maps. Turn in miles to Karl.
Wednesdays 6:00 PM	Wabash Trail, East end parking lot Wabash and Park Street Dave Lucas, 753-3831	D ride, this ride will use the Wabash and/or Interurban trail, the pace will be leisurely and well suited for new riders. The ride leader will be available to answer questions about bicycling and the bike club.
Wednesday 6:00 PM	Pana Trail-Lake Taylorville Parking Lot Rt 29 Charles Witsman, 562-5208	BCD ride, This is a weekly show-and-go on the Lincoln Heritage Trail. Turn in miles to Karl.
Wednesday 6:00 PM	Riverton Elementary School Riverton Show & Go	BC ride. Pete Harjes and other east siders will be regulars. Join them for a change in scenery.
Thursdays, Beginning June 12th 11:15 or Noon	Harmons IGA, Chatham (11:15) or Wabash Trail, East Parking Lot Brigetta Ewing, 624-2016	BCD ride. Begin at Chatham at 11:15 am or Spfld on the Wabash Trail at noon. This ride will use the interurban and Wabash trails for rides of about 20 miles.
Thursdays 6:00 PM	Lindsay Boat Launch Lake Springfield, Long Bay Drive Bruce Yurdin, 483-2902	AB training ride, A workout for those who want to train hard and fast for those strong summer winds, races, or general fitness. 20 to 30 miles

Thursdays 6:00 PM	Rotary Park Archer Elevator & Iles Marty Celnick 522-4206	ABC training ride. This is the West side ride and is geared for those who want to train hard and fast like the East riders. Several cutoffs from 12 to 25 miles.
Thursdays 6:00 PM	Taylorville Firststar Bank 106 W. Market Street Charles Witsman, 562-5208	ABCD ride. Taylorville Training ride. Meet in the rear parking lot of the bank. Charlie will usually be there with a route and assure that all successfully complete the ride. 12-25 miles.
Thursdays 6:00 PM	Williamsville 111 Price Kedra Elston, 566-2698	ABCD ride, All are welcome to join in on this Williamsville ride of approximately 15 to 20 miles.
Thursday 6:00 PM	IDOT, Dirksen Parkway Lost Bridge Trail Show & Go	BCD ride, This is a show-and-go. No leader. Turn in miles to Karl.
Sunday June 1 9:00 AM	Lewis Memorial Christian Village 3400 W. Washington Linda Butler, 787-5027	ABC ride, Begin June with a Sunday morning ride. Linda has a 40 to 50 mile route with suggested cut-offs for those looking for less mileage.
Sunday June 1 6:00 PM	Kreckel's Custard 2121 North Grand Ave. East Dave Lucas, 753-3831	D ride, the pace will be leisurely and well suited for new riders. The ride leader will be available to answer questions about bicycling and the bike club.
Wednesday June 4 6:00/7:00 PM	<b>Board Meeting</b> <b>Sue Dees, 7100 Garden View</b> <b>Lane</b> <b>529-1826</b>	<b>Board Meeting, Sue is hosting the meeting. We will have a potluck dinner at 6 PM, so please bring a dish to share or come to the meeting at 7:00 PM. Get involved in the club.</b>
Thursday June 5 9:00 AM	<b>Jim Edgar Panther Creek St Park</b> <b>Highway 125 past Ashland</b>  <b>Ernie DeFrates, 544-1398</b>	MB/BC ride, <b>Vacation Day Ride</b> , Meet at the Mountain Bike Trailhead shelter & parking area. Look for Ernie's red Aztek. The MTB trailhead & Shelter area is on the left just before the Managers office. There is a 9-mile road option on the paved path and roads with additional mileage if you go to Chandlerville or Petersburg. There also the 17 mile Prairie Lake MTB trail. Come and Mountain bike, Road bike or both.
Friday June 6 7:00 AM	Jungle Jim's Café 1923 Peoria Rd 789-6173	NC, End the week with eggs, pancakes and other special breakfast items.
Friday June 6 6:30/7:30 PM	Lost Bridge Trail – IDOT Kevin Brown 787-5652	Kevin leads a one-hour bike ride followed by pizza/pasta at Galena's in Capital City Shopping Center at 7:30. Please call the ride leader if you plan on meeting us for dinner only so we can make appropriate reserva-
Saturday  June 7 9:00 AM	Interurban Trail Walnut Street, Chatham Karl Kohlrus, 544-8410	<b>Celebrate Trails Day.</b> There will be a short ride, which goes up to the Lake and back on the Interurban Trail and then out to the Sangamon Valley Trail. A medium ride will be a tour of the trails in Sangamon County utilizing the Sangamon Valley Trail, the Wabash Trail and the Interurban Trail. A longer route will add the Lost Bridge Trail.
Sunday June 8 9:00 AM	Coldwell Banker Realtors 3201 Old Jacksonville Road Garland Stevens	Old Jacksonville Road Clean Up #2. We meet at 9 AM for clean up assignments. A bike ride follows the clean up. We go no matter what the weather is on this Sunday morning.
Sunday June 8 4:00 PM	Lincoln Memorial Gardens 2301 E. Lake Drive Lynn Miller & Sue Dees, 787-3354	<b>Ride and Nature Walk</b> , Meet at Lincoln Memorial Gardens for a nature walk and bike ride lead by Lynn Miller and Sue Dees.
Friday June 13 7:30 AM	<b>Dagwoods Deli</b> <b>1731 S. MacArthur Bl.</b>	NC, <b>Geezer's breakfast.</b> The geezers will be gathering for breakfast before the morning daily ride. So, join them for breakfast and stay for the geezer ride if you can at 9 AM.
Friday June 13 6:30/7:30 PM	TGI Fridays Marty Celnick 522-4206	Join Marty for a one hour ride followed by dinner at one of our favorite spots at 7:30 p.m. Please call the ride leader if you plan on meeting us for dinner only so we can make appropriate reservations.

Saturday June 14 9:00 AM	Lost Bridge Trail, IDOT Dirksen Parkway Ernie DeFrates, 544-1398	Ernie has a 40 to 50 mile route in mind. Join this veteran ride leader to see where he leads us.
Saturday June 14 5:00 PM	Ball Chatham Elementary School 9.0 South & 1.25 East Jon Edwards and Marty Celnick	<b>Ironhorse Triathlon Sweep.</b> We will be preparing the roads for Sunday's Ironhorse. Bring gloves, brooms, and shovels. All sweepers will be treated to pizza.
Sunday June 15 6:30 AM	Ball Chatham Elementary School 9.0 South & 1.25 East Jon Edwards and Marty Celnick	<b>Ironhorse Triathlon.</b> Volunteer early to help with water and sport drinks for the cycling section. This is a big fundraiser for the club. Volunteers get a front row seat of the cycling action and a T-shirt for helping.
Sunday June 15 1:00 PM	Ball Chatham Elementary School 9.0 South & 1.25 East Show & Go	A show and go ride that follows the ironhorse for those with the stamina to go on a ride. Turn miles into Karl.
Sunday June 15 6:00 PM	Baskin & Robbins Fairhills Mall, 1911 W. Monroe Alfred Arkley, 546-4972	D ride, the pace will be leisurely and well suited for new riders. The ride leader will be available to answer questions about bicycling and the bike club.
Friday June 20 7:00 AM	Hen House I-55 and Toronto Road 529-3690	NC, Breakfast is a great way to finish the week by socializing with friends.
Friday June 20 6:30/7:30PM	Thailand Cuisine 3124 Montvale Drive Lisa Kidd, 546-1698	Lisa leads us on 1-hour ride followed by dinner at 7:30. Please call the ride leader if you plan on meeting us for dinner only so we can make appropriate reservations.
Saturday June 21 8:00 AM	Rochester Station Route 29 in Rochester Charlie Witsman	ABCD ride. Charlie will have a route of at least 40 miles. Plenty of options for riders including Lost Bridge Trail.
Sunday June 22 9:00/9:30 AM	Rotary Park, Iles and Archer Elev or Chatham Comm Park Chuck Orwig, 793-3782	<b>Punkie's Palace ride,</b> Chuck has made arrangements for us to tour the mansion. Begin at Rotary Park at 9 AM for a 60+ mile ride to Divernon or start in Chatham's community park at 9:30 AM for about 40 miles.
Sunday June 22 6:00 PM	Williamsville 111 Price Kedra Elston, 566-2698	D ride, <b>Home Made Ice Cream Ride,</b> Kedra promises homemade ice cream following a one hour ride. Ride to eat!
Friday June 27 7:00 AM	D & J Café 901 W. Laurel	NC, Breakfast is a great way to finish the week by socializing with friends.
Friday June 27 6:30/7:30 PM	Smokey Bones, Dirksen Parkway Ernie DeFrates, 544-1398	Join Ernie for a one-hour ride at 6:30 followed by dinner at 7:30. Please call the ride leader if you plan on meeting us for dinner only so we can make appropriate reservations.
Saturday June 28 10:00 AM	Sherman Park Andrew Rd. ½ mile E. of Bus. 55 Pete Harjes, 629-7847	ABC ride, Pete has a route of about 50 miles with cut-offs if you want a shorter route.
Sunday June 28 9:00 AM	Jim Edgar Panther Creek St Park Off Highway 125 past Ashland Ernie and Cathy, 544-1398	MB, ABC ride. Ernie will lead the group on mountain bike trails. Cathy will take the lead on a road ride to Petersburg. Meet at the Mountain Bike Trailhead shelter & parking area. The MTB trailhead & Shelter area is on the left just before the Managers office.
Sunday June 28 6:00 PM	Strike and Spare West 2660 West Lawrence Cindy Kvamme, 744-8864	D ride, the pace will be leisurely and well suited for new riders. The ride leader will be available to answer questions about bicycling and the bike club.

## Secretary's Report Cindy Kvamme, Secretary

### Renewals

George Carver  
Ben & Cathy Fox & Family  
Don Schaefer & Family  
Deeanna Shidler  
David Stjern  
Laura Bickers  
Paree & Brian Day  
Jim Stiern  
Michael Royer  
Arden Gregory  
Bob Randall  
Dan Dungan  
Mathew Scrivano

### Renewals at the Contributing Level

Bill & Carol Bock  
Susan Dees  
Byron Nesbitt  
Rick & Ellen Fiersten  
Jerry & Deb Ihnen & Family

### Renewals at the Sustaining Level

Mark Smith & Kathy Shepard

### New Members

Will McFall  
Dan Mitchell  
Michael Wyatt  
Dean & Teresa Williams & Family  
Pat & Mitzi Spencer & Family

### New Members at the Contributing Level

John & JoAnn Cravens & Family

### 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.

## Biking Photos Garland Stevens

Several club members have sent me pictures and I have started the Power Point presentation for the 2003 Holiday Party. We will need many more pictures of club cycling events (Shift, Newfoundland, Tours, Parties, Etc.) to fill the 3 hour (just kidding) show. Please take along your cameras as the cycling season gets into full swing. Send me any interesting pictures early and often. Digital photos are great because they are easy to put into the show. Hard copies of photos are a little more work but they are guaranteed an even chance of use if they are sent early (all summer long). Originals will be returned if they are marked with the owners name. Send digital photos to this email address grstevens@netzero.net or place photos, disks or CD's inside the screen door at the house (228 Appomattox Dr.). Call me at work 525-6900, x101 or drop them off at the front desk at Simplex. Happy shooting!



## Springfield Bicycle Club Mileage and Activity File As of April, 2003

Possible Miles for the Month  
1294

Year  
2965

FIRST NAME	LAST NAME	RIDE	T/F	TO-TAL	RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	LENGTH	
1 Marty	Celnick	367	119	486	20	1	1157	384	1541	63	4	24.5
2 Bill	Voss	417	47	464	11		1215	322	1537	38	0	40.4
3 Dave	Lucas	576	57	633	23		1238	224	1462	55	0	26.6
4 Cathy	Yeaman	630	70	700	19	5	1183	173	1356	32	5	42.4
5 Chuck	Orwig	660	122	782	21		978	251	1229	33	2	37.2
6 Byron	Nesbitt	572	95	667	17	1	1055	127	1182	35	2	33.8
7 Karl	Kohlrus	238	182	420	11		620	467	1087	30	0	36.2
8 Lisa	Kidd	279	69	348	14		826	183	1009	40	0	25.2
9 Lance	Kidd	251	69	320	12		783	183	966	37	0	26.1
10 Lynn	Rhoades	322	64	386	10		726	226	952	27	2	35.3
11 Pat	Stephens	381	0	381	12		934	0	934	34	0	27.5
12 Deeana	Shidler	254	0	254	5		775	14	789	19	1	41.5
13 Pete	Gudmundson	274	0	274	11	3	760	0	760	32	3	23.8
14 Ernie	DeFrates	348	0	348	15	1	724	0	724	35	2	20.7
15 Arden	Gregory	253	64	317	8		589	132	721	20	0	36.1
16 Charlie	Witsman	274	26	300	9	2	605	92	697	17	2	41.0
17 Tom	Clark	296	24	320	15		628	67	695	33	1	21.1
18 Derek	Ewing	251	76	327	6		513	103	616	14	0	44.0
19 Jerry	Ihnen	193	11	204	7		571	41	612	21	1	29.1
20 Alan	Josephson	252	4	256	9	4	567	35	602	23	7	26.2
21 Alfred	Arkley	364	0	364	17		601	0	601	33	1	18.2
22 Pete	Harjes	228	30	258	12		474	94	568	29	0	19.6
23 Lynn	Miller	216	20	236	8	1	523	29	552	21	1	26.3
24 Bill	Bock	259	2	261	8		511	2	513	14	0	36.6
25		265	46	311	10	1	414	93	507	16	1	31.7
26 Brock	Webb	177	111	288	7		357	137	494	13	0	38.0
27 Phil	Arnold	112	107	219	5		237	221	458	11	0	41.6
28 James	DuBose	253	15	268	8	1	416	31	447	13	2	34.4
29 Bob	Sorenson	38	8	46	1		322	59	381	13	2	29.3
30 Dave	Ross	185	40	225	9		276	79	355	17	0	20.9
31 Louie	Spinner	72	21	93	5		329	23	352	18	0	19.6
32 Linda	Butler	98	3	101	4		339	12	351	12	1	29.3
33 Mike	Vonnahmen	103	62	165	4		214	137	351	9	0	39.0
34 Carol	Bock	202	2	204	6		328	2	330	10	0	33.0
35 Kedra	Elston	107	0	107	5		313	10	323	16	0	20.2

## Springfield Bicycle Club Mileage and Activity File As of April, 2003

Possible Miles for the Month  
1294

Year  
2965

FIRST NAME	LAST NAME	RIDE	T/F	TO-TAL	RIDES	LED	RIDE	T/F	TOTAL	RIDES	LED	LENGTH
36	Cindy	Kvamme	186	0	186	12	317	0	317	19	0	16.7
37	Frank	Kink	0	0	0	0	227	80	307	8	0	38.4
38	Brian	Watkins	153	47	200	6	211	69	280	8	0	35.0
39	Bruce	Yurdin	144	10	154	4	250	30	280	7	0	40.0
40	Roger	McCredie	37	0	37	1	269	10	279	11	0	25.4
41	Jon	Edwards	73	16	89	3	199	69	268	7	0	38.3
42	Kerry	Boes	85	127	212	2	136	127	263	4	0	65.8
43	Marilyn	Powell	161	0	161	6	261	0	261	9	0	29.0
44	Don	Daniels	69	45	114	2	152	89	241	5	0	48.2
45	Don	Struck	75	54	129	5	139	90	229	8	0	28.6
46	Garland	Stevens	133	0	133	5	218	8	226	9	0	25.1
47	Bob	Carmody	94	0	94	4	221	4	225	9	0	25.0
48	Jane	DuBose	145	10	155	6	207	15	222	8	0	27.8
49	Mike	Boyd	74	20	94	2	154	65	219	5	0	43.8
50	Brian	Tober	37	25	62	1	187	25	212	2	0	106.0
51	Mike	Hills	37	25	62	1	144	65	209	5	0	41.8
52	Joel	Johnson	64	42	106	2	137	72	209	4	0	52.3
53	Roger	Wright	81	56	137	3	143	56	199	5	0	39.8
54	Ruth	Magos	70	0	70	1	192	0	192	3	0	64.0
55	Jim	Agnew	76	4	80	4	160	27	187	7	4	26.7
56	Christine	Kohlrus	61	45	106	2	117	65	182	4	0	45.5
57	Sue	Dees	84	0	84	7	173	0	173	13	1	13.3
58	Mike	Schwab	78	2	80	10	169	2	171	20	0	8.6
59	John	Day	105	7	112	4	163	7	170	6	0	28.3
60	Christa	Morris	120	0	120	11	161	0	161	14	0	11.5
61	Brigetta	Ewing	39	0	39	2	157	0	157	8	0	19.6
62	Sharon	McBride	115	10	125	6	128	10	138	7	0	19.7
63	Rick	Regan	115	10	125	6	128	10	138	7	0	19.7
64	Tim	Schmidt	26	10	36	1	94	34	128	4	0	32.0
65	Daniel	Ewing	49	0	49	2	125	0	125	7	0	17.9
66	Bill	McGee	123	0	123	5	123	0	123	5	0	24.6
67	Cindy	Moreno	99	0	99	5	123	0	123	7	0	17.6
68	Mike	Ryan	73	5	78	2	109	7	116	3	0	38.7
69	Rodney	Yoswig	77	0	77	3	115	0	115	4	0	28.8
70	Kevin	Brown	89	1	90	6	100	1	101	7	1	14.4

## Springfield Bicycle Club Mileage and Activity File As of April, 2003

Possible Miles for the Month  
1294

Year  
2965

FIRST NAME	LAST NAME	RIDE	T/F	TO-			RIDE	T/F	TOTAL	RIDES	LED	LENGTH
				TAL	RIDES	LED						
71	Jack	Elston	0	0	0	0	96	0	96	4	0	24.0
72	Mike	Elston	0	0	0	0	90	0	90	4	0	22.5
73	Jackie	Galli	0	0	0	0	87	0	87	3	0	29.0
74	Brea	Elston	0	0	0	0	86	0	86	4	0	21.5
75	Dan	Liekvold	20	6	26	1	58	26	84	2	0	42.0
76	Dan	Mitchell	82	0	82	3	82	0	82	3	0	27.3
77	Alex	Holmes	35	1	36	2	74	6	80	3	0	26.7
78	Jonathon	Reininger	62	0	62	3	79	0	79	4	1	19.8
79	Ken	McCarvey	50	0	50	1	78	0	78	2	0	39.0
80	Sharon	Stanley	62	0	62	4	77	0	77	5	0	15.4
81	Gerry	Orwig	37	29	66	4	44	29	73	5	0	14.6
82	Jon	Halterman	20	10	30	1	56	13	69	2	0	34.5
83	Gail	Mugler	49	0	49	2	69	0	69	3	0	23.0
84	Deb	Cooper	64	4	68	5	64	4	68	5	0	13.6
85	Sean	Hatchett	58	7	65	2	58	7	65	2	0	32.5
86	Lenny	Miner	0	0	0	0	58	0	58	2	0	29.0
87	Jan	Cimarossa	57	0	57	2	57	0	57	2	0	28.5
88	Harriet	Josephson	24	0	24	2	54	0	54	5	0	10.8
89	Jim	Fay	48	0	48	2	48	0	48	2	0	24.0
90	Tony	Henn	27	0	27	3	48	0	48	5	0	9.6
91	Donna	Soulet	38	0	38	1	48	0	48	2	0	24.0
92	Cris	Martin	44	1	45	2	44	1	45	2	0	22.5
93	Rhonda	Schappaugh	43	0	43	2	43	0	43	2	0	21.5
94	Joe	Angermeier	0	0	0	0	28	14	42	1	0	42.0
95	Clay	Slagle	0	0	0	0	28	14	42	1	0	42.0
96	Mary	Thomas	41	0	41	2	41	0	41	2	0	20.5
97	Jim	Wendling	40	0	40	2	40	0	40	2	0	20.0
98	Craig	Ross	20	9	29	2	30	9	39	3	0	13.0
99	Jim	Disney	0	0	0	0	36	2	38	1	0	38.0
100	Paul	Hosmanek	0	0	0	0	36	0	36	1	0	36.0
101	Mike	Royer	0	0	0	0	36	0	36	1	0	36.0
102	Jeff	Price	32	0	32	1	32	0	32	1	0	32.0
103	Lyn	Schollett	30	0	30	2	30	0	30	2	0	15.0
104	Kent	Kraft	27	2	29	1	27	2	29	1	0	29.0
105	Marty	Morris	21	0	21	2	28	0	28	3	0	9.3



## Springfield Bicycle Club Mileage and Activity File As of April, 2003

Possible Miles for the Month  
1294

Year  
2965

FIRST NAME	LAST NAME	RIDE	T/F	TO-TAL	RIDES	LED	RIDE	T/F	TOTAL	RIDES	LED	LENGTH	
106	Mark	Smith	26	1	27	2	26	1	27	2	0	13.5	
107	Don	Byrd	25	0	25	1	25	0	25	1	0	25.0	
108	Regina	McGuire	23	0	23	2	23	0	23	2	0	11.5	
109	Russ	Farson	21	0	21	1	21	0	21	1	0	21.0	
110	Jim	Hajek	0	0	0	0	19	2	21	1	0	21.0	
111	Mike	Eymann	20	0	20	1	20	0	20	1	0	20.0	
112	Ryan	McMillen	20	0	20	1	20	0	20	1	0	20.0	
113	Patrick	Small	0	0	0	0	14	3	17	1	0	17.0	
114	Hamilton	Michelon	15	0	15	1	15	0	15	1	0	15.0	
115	Kathy	Shepard	14	1	15	1	14	1	15	1	0	15.0	
116	Ben	Fox	13	0	13	1	13	0	13	1	0	13.0	
117	Rebecca	Hood	12	0	12	1	12	0	12	1	0	12.0	
118	Terry	Mutchler	12	0	12	1	12	0	12	1	0	12.0	
119	Scott	Gauvin	0	0	0	0	11	0	11	1	0	11.0	
120	Sue	Hack	0	0	0	0	10	0	10	1	0	10.0	
121	Sherry	Miner	0	0	0	0	5	5	10	1	0	10.0	
122	Ruth	Rank	0	0	0	0	10	0	10	1	0	10.0	
123	Neil	Scott	10	0	10	1	10	0	10	1	0	10.0	
124	P J	Burtle	0	0	0	0	7	0	7	1	0	7.0	
125	Debby	Lewis	0	0	0	0	7	0	7	1	0	7.0	
126	Lori	Midden	0	0	0	0	7	0	7	1	0	7.0	
127	Skylar	Morris	0	0	0	0	7	0	7	1	0	7.0	
128	Karol	Young	0	0	0	0	7	0	7	1	0	7.0	
129	Harriet	Arkley	6	0	6	1	6	0	6	1	0	6.0	
130	Kathy	Harvey	6	0	6	1	6	0	6	1	0	6.0	
131	John	Sanford	6	0	6	1	6	0	6	1	0	6.0	
132	Judy	Shipp	6	0	6	1	6	0	6	1	0	6.0	
133	Lola	Lucas	3	0	3	1	3	0	3	1	0	3.0	
TOTALS			14083	2208	16291	579	27	30242	5129	35371	1264	47	28.0

# Springfield Bicycle Club Membership Application

## Member Information

New Member                       Renewing Member                       Change of Address

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:

Bicycle Advocacy Fund                       SBC General Fund

My Advocacy Donation Amount is: \_\_\_\_\_

## Family Member Information

The SBC presents yearly awards for the most "club miles" in various age groups. We need birth dates to determine these presentations. Your participation is optional, of course.

Name 1	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

(Continued from page 8)

and consisted of more discussions on trip structure, public relations, safety and group touring techniques, bicycle and camping equipment. In addition to the ACA information, many of the experienced students were able to offer their expertise. Once again, Saturday ended with almost four hours of “pretending”. We were all better actors by this time, which made the job easier for the leader in each scenario. The snoring in the hayloft of the big barn signaled a good day had been enjoyed by all.

We woke on Sunday to high winds and rain, which put our group ride of 30 miles in jeopardy. We learned map reading and completing ACA forms before learning that we were not going to ride. That gave us a little free time before our one-to-one final evaluations with our advisors. One of the two MDs in the class got out his guitar, and we had a little sing-a-long. It took me back to my old college days and hootenannies. Good thing I left my banjo at home.

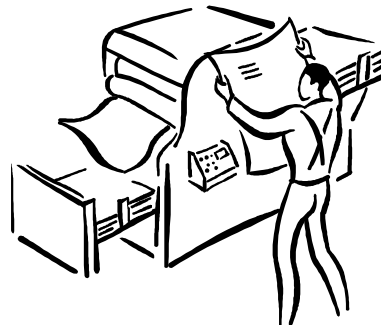
If you want to meet some really interesting bicyclists, I would advise you to take this course or any other offered by the ACA. It was a really fun weekend.

## Letter From the Editor

Curt Evoy

I want to thank Mark Flotow for his 'Tried and True' articles. His contributions to the *Quick Release* have made my terms as editor much easier. His articles will be missed.

With the summer season upon us, if you would like to submit an article to the *QR*, send your article to me at [qreditor@insightbb.com](mailto:qreditor@insightbb.com). Please submit your articles in a text file, a Word document is preferred. Please limit your articles to two typed pages.



Chuck Orwig and I would thank everyone who participated in our recent Trivia Night. A big thank you to Lisa Kidd for leading the ride from the K of C on the night of the contest.

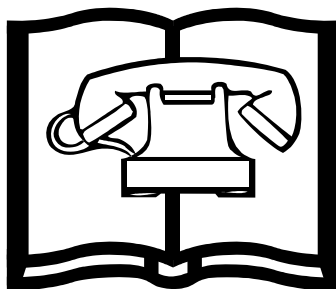
## Membership Directory

Cindy Kvamme

Do you have an address change? Would you like your email address changes published so everyone can keep their SBC Membership Directory up-to-date? If you would like your new address, email address or phone number published in an upcoming *Quick Release*, please let me know.

The membership form has a box for change of address submittals.

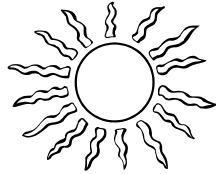
Thanks.



Springfield Bicycle Club  
Post Office Box 2203  
Springfield, IL 62705

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

Address Service Requested



June, 2003

**Please note:** Be sure to check the renewal date on your address label. If the date is **HIGHLIGHTED**, please fill out and return the renewal form along with your check. This will help to keep your membership information current and up to date. **You will get only one newsletter after your renewal date**

---