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**QR Deadline 15th of the
Month**

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Not for Commercial Use

SPRINGFIELD BICYCLE CLUB

Quick Release

Ride of the Month

Brian Tober's Winter Wheelfast Ride is the January Ride of the Month.

After the Winter Wheelfast Ride, Brian's business partner, Matt, said, "Brian did it all today", and that was correct. Brian picked a beautiful January Day, made a good route with lots of alternatives, and followed it all with drinks and treats back at the Wheelfast Bicycle Company. The many riders who took advantage of the weather that day give you, Brian Tober, a great big THANK YOU.

Almost Anything Award

The January Almost Anything Award goes to Cindy Kvamme.

Every year the Spinner Award has to be something special, and this year Cindy Kvamme is responsible for the special award. She conceived the idea and presented it to the incentive chairman who thought it would be very "doable". Although certain obstacles had to be overcome, Cindy always was willing to work hard to get the final product. In addition to her idea, she was able to do the necessary artwork to make the award one of the best in the last few years. If you received a Spinner, please give Cindy a pat on the back. If you didn't get one this year, try to ride more in 2004.

Lead Water Bottle

For forgetting the mileage pin list at the awards night, Chuck Orwig takes the lead.

Chuck couldn't host the Spinner Awards Night so he asked his good friend, Jerry Ihnen, to host in his stead. Chuck assured Jerry that it would be easy and that all of the necessary stuff would be taken care of before the night. Jerry thought that would be easy so he said he could do it with no problem. However, when the night came to present the Spinners and the mileage pins, Chuck left Jerry with less than all of the necessary stuff. In fact, there was no list of names to go with the 64 pins that only had mileage numbers on them. Jerry made the best of a bad situation, but in fact, many club members did not receive a mileage pin that night. If you are one of those people, please see Chuck to get your pin. Chuck regrets the error and accepts this month's lead water bottle.

The President's Report

Alfred Arkley

At the time of this report a cold snowy winter has shut down most bicycling for nearly 20 days. With the roads and trails now covered with packed snow and ice, spring seems very far away. At this time stationary bicycling along with skiing seems to be the best way to stay active.

However, we can look forward to warmer weather with the roads and trails open again. We can look forward to the Five Year

Anniversary of the opening of the Lost Bridge Trail on April 20. When the weather warms up, we will watch the final link in the Interurban Trail being constructed, complete with a new bridge over Lake Springfield. It is hoped that the final link will be opened sometime in May.

This is a time to plan for longer rides, GITAP, Grand Illinois Trail And Parks, J u n e 1 3 - 1 9 (oestreich@qconline.com),

RAGBRAI XXXII, J u l y 2 6 - 3 1 , (taconsulting1@yahoo.com), Holland Bike and Barge, April 23-May 1, Deb Perry, 217-585-1104, C and O Canal, June 5-13, and Williamsburg, VA, O c t o b e r 2 - 1 0 , alan@historicanscenic.com. There are others but these have participants from the Springfield area.



RIDERS OF THE MONTH

1/04 Bill Voss 358 mi.	9/03 Pete Gudmundson 1321	5/03 Cathy Yeaman 905 mi.
12/03 Terry Ransdell 461 mi.	8/03 James DuBose 1149 mi.	4/03 Chuck Orwig 782 mi.
11/03 Alfred Arkley 522 mi.	7/03 Lisa Kidd 953 mi.	3/03 Dave Lucas 675 mi.
10/03 Byron Nesbitt 944 mi.	6/03 Chas. Witsman 1108 mi.	2/03 Marty Celnick 297 mi.



Yakima bike rack with locks and deflector \$200.00

Burley D' lite blue and yellow bugger \$250.00

Tom and Francie King Ph 793-5444

Board Meeting Notes - January 7, 2004

Kathy Shepard

Present: Jon Edwards, Linda Butler, Alfred Arkley, Lori Midden, Dave Lucas, Mike Schwab, Cindy Moreno, Jerry Ihnen, Cindy Kvamme, Jonathan Reininger, Kathy Shepard

Attendees approved last month's minutes as they noshed on delicious chocolate chip macadamia nut Mrs. Broccoli cookies capping the tasty dinner prepared by Harriet Arkley. Linda reported that club account balances totaled \$13,712.64. Acknowledging that the club had done little more than provide the use of its bank account for Think First's poinsettia sales fundraiser, those present agreed to donate the entire \$777.15 profit from those sales to Think First. Linda said the auction of Marlboro Miles prizes at the holiday party netted \$384, which also was donated to Think First. Linda also said that Mike Royer had purchased a turkey cooker with club money approved last year for that purpose. Linda noted that we still had not received a check from the Springfield Roadrunners Club for its half of the yearly Lost Bridge Trail Porta Potty

payment. On the subject of the proposed donations budget, Linda said our total yearly membership dues for such organizations as the LIB and LAB averaged \$170/year. It was felt that a budget might not be necessary, particularly since Linda includes donations in the financial reports she prepares each month.

Ride of the Month was won by Deeanna Shidler.

Nominees for the Almost Anything Award were Deeanna Shidler for providing hot chocolate on her ride, and the folks who made possible a fantastic holiday party: Garland Stevens for his excellent slide show, Mike Royer and helpers Lannie Pratt and Mike Elston for frying up their delicious turkeys, Gerry Orwig for cooking the tasty hams, Chuck Orwig and Lisa Kidd for ordering and auctioning the Marlboro Miles prizes, and social chairs Kevin Brown and Sue Dees for organizing the whole shebang. Hands and feet were raised for many nominees, but Garland garnered the most votes for his time and effort in producing the visual

chronicle of the club's activities over the past year. Thanks, Garland! We'll keep those photos coming for next year's show!

Lead Water Bottle nominees were Deeanna Shidler for her involvement in the first accident on the first club ride on the first of the new year (in which her bike's front wheel touched Bob Sorenson's rear wheel, resulting in nine broken spokes, but, thankfully, no injuries), and Alan Josephson, for failing to remember his helmet on a ride. An AAA shy of a hat trick, Deeanna came away with the Lead this month.

Alfred and Jerry reported that the Beach House, Auburn City Park, and the Modesto Pavilion were reserved for this year's CCC on September 12, 2004, and that the Beach House was reserved for next year's CCC on September 11, 2005. Jerry said a food chair was needed for this year's event, and that he would check on local business sponsorship. Reviewing Jerry's draft CCC flyer, attendees approved a family rate fee reduction for the 25 and 40 mile routes propor-

tional to the family rate for the 62 and 100 mile routes. The two Cindys suggested that the condition of the Auburn City Park bathrooms be investigated, and generously volunteered to clean them, if needed, the day before the CCC, as they and Dara Voss did last year. Jerry said that Kevin Brown would again handle registration, except on the day of the CCC, when he plans to ride. Chuck Orwig will do the route and maps, with Cindy Moreno's help. Alfred will organize SAG and radio support. Jerry will contact Don Struck, who has built, set up, and retrieved signs for past events. Alfred said he was writing up notes for volunteers' guidance and reference.

Discussion turned to the bicycle races Derek Ewing is organizing, for which the club has promised volunteer support. There will be a 40K time trial in New Berlin on May 1, a road race in Loami on May 2, a road race in Athens on June 26, and a criterium in Taylorville on September 18. It was agreed that members who volunteer to work an event co-sponsored by the club, *i.e.*, the Ironhorse, the CCC, the Senior Olympics, or Derek's races, may receive ride mile credit for

one organized out-of-town ride for each day of work on any of those four co-sponsored events throughout the year. Since those events take place over a total of 8 days, a volunteer working each day of all four thus could get mileage credit for 8 days of out-of-town riding, subject to the balance of the regular out-of-town ride mile rules.

Those present also agreed to put in the ride schedule a charity ride to raise funds for a Habitat for Humanity house whose construction, Jon explained, is being sponsored by the local Interfaith Council.

Lori received approval for putting in the QR a "Bikes and Hikes" article written by bike safety coordinator Todd Hill. Cindy Kvamme said she would give Lori holiday party photos and the No-Bell winner announcement read at the party for inclusion in next month's issue.

After discussion of the club's past involvement in the TGISpring, attendees agreed to limit our involvement this year to putting the ride in our ride schedule. Alfred said he had talked to Mike Schneider of the Springfield Park District about the Interurban Trail

etiquette sign. It was suggested that a sign or center stripe was needed to identify the connection of the Interurban and Wabash Trails as a bike route. Alfred reported that impediments to construction of the trail to Chatham had been removed. He said the February ride schedule was completed, and that ride leaders were sought to fill future schedules. Those present discussed a suggestion to add to club literature LIB safety guidelines and a helmet requirement.

With thanks to Alfred and Harriet for their hospitality, the meeting was adjourned.



ILLINOIS TRAILS

Conservancy

Celebrates its 5th Anniversary!!!

LEGISLATIVE INVITATION TO VISIT
LOST BRIDGE TRAIL IN SPRING-
FIELD NEXT TO THE IDOT ADMINI-
STRATION BLDG.

APRIL 20, 2004

5:30 P.M.

Walk/Ride/Rollerblade/Jog

6:30 p.m.

Cake & Refreshments

Think First
Southern Illinois University
School of Medicine

January 13, 2004

Dear Mr. Arkley and Springfield Bicycle Club Members:

On behalf of SIU School of Medicine's ThinkFirst Injury Prevention Program, we would like to sincerely thank each of you for your generous donations and partnership toward our injury prevention activities and efforts.

Our first holiday poinsettia fundraising project was quite successful thanks to your partnership. This allowed us to sell these plants with the profits going toward our spring safety activities including bike rodeo events at elementary schools and pre-prom crash re-enactments at area high schools. We will be working with Enos School again this spring (SIU School of Medicine's Adopt-A School) and will be buying new bicycle helmets for approximately 150 students with the donations received from your organization. We certainly let you know the dates we will be there and invite any of your members to join us or stop by to visit and see the kids with their new helmets. This is a fun & educational activity and for some the first time they have ridden a bike or worn a bicycle helmet. We will also be taking pictures to send to your organization and will feature this event in our upcoming newsletter.

We would also like to thank you for your donation of \$384.00 from the auction held at your holiday party. Again, these monies will be used for reinforcement items to be used in schools and health fairs promoting bicycle helmets and occupant protection.

Our upcoming newsletter acknowledges your contributions and will be mailed to you in the very near future. Also, please visit our website-www.siumed.edu/thinkfirst for upcoming activities and events.

Also, a special thanks to your treasurer, Linda Butler, for her efforts in receiving checks and keeping track of the profits for our poinsettia sale activities.

Your generosity and partnership is greatly appreciated, and we again thank you for participating in our injury prevention efforts. Wishing each of you a safe and healthy new year!

Sincerely,

Mary Kay Reed, M.P.A., R.N.
Program Coordinator



SPRINGFIELD BICYCLE CLUB FINANCIAL STATEMENTS

BALANCE SHEET AS OF DECEMBER 31, 2003

Cash—Illini Bank		\$8,737.49
Savings—Security Bank		4,913.07
Deposit—Ofc of Public Utilities		75.00
Total Assets		\$13,725.56
Liabilities—Accounts Payable		\$0.00
Fund Balance		
Prior Years	\$8,693.88	
Current Year	5,031.68	
Total Fund Balance		13,725.56
Total Liabilities & Fund Balance		\$13,725.56

INCOME STATEMENT FOR THE 12 MONTHS ENDED DECEMBER 31, 2003

Revenue:

Membership Dues	\$4,082.50	
Gifts from Contributing Dues	837.50	
Gifts to Advocacy Fund	75.00	
Other Gifts	544.24	
Merchandise Sales(Name Badges,Poinsettia, Auction)	4,776.78	
Special Event Fees	7,912.97	
Special Event Pymt Services	1,056.50	
Advertising	245.04	
Interest (savings acct.)	<u>39.27</u>	
Total Revenue		\$19,569.80

Expenditures:

General & Administrative	3,187.37	
Advocacy	1,754.00	
Newsletter	3,644.52	
Special Events	5,239.65	
Social Events	712.58	
Total Expenditures		\$14,538.12
Total Revenue over Expenditures		\$5,031.68

March 2004– SBC Ride Schedule		
<p>Anyone with questions about rides or interest in leading a ride can contact Cathy Yeaman 483-4912 or email me at cycycle@msn.com.</p> <p>Thanks go to Lance and Lisa Kidd for pulling together this month's ride schedule.</p>		
Monday thru Friday 10:00 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 a ride sheet in to Karl Kohlrus.
Monday thru Friday 10:00 AM	Daily- "Show –N- Go" Pana Trail-Lake Taylorville Parking Lot Rt. 29	BC ride, Daily-Show- N- Go along the Lincoln Heritage Trail. Turn miles in to Karl
Monday thru Friday- Noon	IDOT, South Parking Lot Dirksen Parkway, Lost Bridge Trail Lisa Kidd, 546-1698	BC ride "Lunch with Lisa" ride. Lisa leads the noon trail ride. Skip lunch and ride the trail with Lisa and other SBC regulars!
Tuesday 6:00 PM	IDOT Lost Bridge Trail Dirksen Parkway Show & Go	BCD ride, Weekly Show-N-Go along the LBT, lights required. A good way to keep getting miles. Turn miles into Karl
Tuesday & Thursday 12:30 PM	Robert Morris College West Parking Lot 3101 Montvale Drive Dave Ross, 789-4823	BC ride, Dave's Recess Ride. Dave leads us on the Wabash & Interurban Trails for 10 miles, or in the country for more miles. If Dave can't make it, this becomes a show & go. Note new starting time!!!
Wednesday 6:00 PM	Pana Trail- Lake Taylorville parking Lot Rt. 29 Charles Witsman, 562-5208	BCD ride, Weekly Show-N-Go along the Lincoln Heritage Trail. Turn miles into Karl. Call Charlie if you need information about trail conditions or directions.
Thursday 6:00 PM	Parkway Point Theater Parking Lot Lindbergh & Robbins Rd Show & Go	BCD ride Weekly Show-N-Go along the Wabash Trail, lights required. Turn miles into Karl.
Tuesday March 2 6:00PM	Note change in location. 205 S. State St. Cindy Kvamme 744-8864	Board Meeting – Dinner at 6 PM please RSVP, the meeting begins at 7 PM. RSVP welcomed but not required.
Friday March 5 6:00 PM Climb/7:00 or so Dinner	Silo in Rochester-CLIMBING NIGHT Kevin Brown 787-5652 Luigi's for Dinner	A popular bike club outing!! Come climb the silo in Rochester followed by dinner at Luigi's. Non-climbers can watch or take a walk. Very fun!!
Saturday March 6 10:00 AM	Lewis Memorial Christian Village 3400 W. Washington Linda Butler – 787-5027	ABCD ride – Join the Energizer Bunny (aka Linda Butler) as she leads us on a 30-35 mile rider with shorter options thrown in for those who had to dust the bike off to show up today.
Sunday March 7 11:00 AM	Rotary Park Iles & Archer Elevator Road Lance Kidd 546-1698	ABCD ride - Join Lance for a weather dependent ride. Maybe we'll go 46 miles since he is turning 46 in a few days!! Or maybe just 46 kilometers!
Friday March 12 6:00 PM Walk 7:00 Dinner	Amberjack Alehouse 3150 Chatham Road Kevin Brown 787-5652	Join us for a walk and dinner at a new Springfield restaurant (it's where Ryan's Steakhouse used to be). Call Kevin if you plan to come for dinner only.

Saturday March 13 Noon	Orwig Residence 3019 Cameron Drive 793-3782	ABCD ride, St. Pat's Day Ride & Party – 30-45 mile ride followed by corned beef and cabbage and Chuck's beverage of choice green Stag Beer. Be sure to think up a good Irish name for yourself to celebrate the day. An rsvp if you plan to come would be appreciated.
Sunday March 14 11:00 AM	Fairhill's Mall Daniel & Brigetta Ewing 624-2016	ABCD & ER ride - The Ewing's lead a dual ride as Brigetta leads the ER's for a loop and Daniel tries to keep up with the A riders on a 30 miler or so. Daniel wants the ride to finish up at the Baskin Robbins for a little after-ride treat (he'll need it after his ride!!).
Friday March 19 6:00 PM Walk 7:00 Dinner	Westwoods Lodge 2406 W. Jefferson Kevin Brown 787-5652	Christa says this place has the best wings in town --- Lola says the walleye is great! Hmm, sounds like the pre-dinner walk better go at a brisk pace. Please call Kevin at 787-5652 if you plan to come for dinner only.

Saturday March 20 10:00 AM	Lewis Memorial Christian Village 3400 W. Washington Garland Stevens – 698-8363	ABCD ride – Garland leads us on a FIRST DAY OF SPRING ride. We'll go 35 miles round trip to Pleasant Plains or 20 miles round trip to Salisbury for some spring pie!
Sunday, March 21 1pm/2pm Judging.	Jerome Civic Center (turn off Wabash next to Barrel Head on Leonard, go 3 blocks and turn left on Reed). Call Lola or Kevin at 787-5652.	The Sixth Annual Lucas-Brown Partnership Invitational Cheesecake Bakeoff. Categories for awards: Best Traditional New York Style, Best Flavored, Most Artistic, Most Unusual, Almost Anything and Grand Prize. We need entrants, judges and tasters.
Sunday March 21 11:00 AM	Rochester Station Route 29 in Rochester James DuBose 498-8221	ABCD & ER, Midlife Crisis IV - This is the 4th Anniversary of James' Mid-Life Crisis Ride (Boy he is getting old!). Come join James for 26-30 miles although he is much older than that! This ride will also limit the number of to/from miles that James gets.

Friday March 26 6:00 PM Walk 7:00 Dinner	Los Agaves 2466 W. Wabash Kevin Brown 787-5652	Try one of the new crop of Mexican restaurants in town with fellow bike clubbers. Please call Kevin at 787-5652 if you plan to come for dinner only.
Saturday March 27 11:00 AM	Rotary Park Iles & Archer Elevator Road Bill Voss 793-0570	ABC ride Join Bill for 35-45 miles along some roads we may have seen a time or two before! Ahh, but if it's a nice spring day they will seem new after a long winter
Sunday March 28 10:00 AM	Sherman City Park, ½ mile east of Business 55 in Sherman Kedra Elston 566-2698	ABCD ride. Kedra leads us on a breakfast ride to Athens with mileage options of 22 to 45. So join Brea for a delicious breakfast!

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.

Springfield Bicycle Club Mileage and Activity File As of January 31, 2004

Possible Miles for the Month
461

Year
461

RANK	NAME	RIDE	T/F	TOTALRIDES	LED	RIDE	T/F	TOTALRIDES	LED	LENGTH		
1	Bill Voss	247	111	358	11	1	247	111	358	11	1	32.5
2	Marty Celnick	217	107	324	12		217	107	324	12	0	27.0
3	Alfred Arkley	296	14	310	12		296	14	310	12	0	25.8
4	Karl Kohlrus	132	74	206	6		132	74	206	6	0	34.3
5	Lynn Miller	173	17	190	6		173	17	190	6	0	31.7
6	Phil Arnold	103	76	179	4		103	76	179	4	0	44.8
7	James DuBose	137	17	154	5		137	17	154	5	0	30.8
8	Tom Clark	143	4	147	6		143	4	147	6	0	24.5
9	Lynn Rhoades	87	34	121	3	1	87	34	121	3	1	40.3
10	Ernie DeFrates	115	0	115	5		115	0	115	5	0	23.0
11	Joel Johnson	81	31	112	3		81	31	112	3	0	37.3
12	Alan Josephson	84	23	107	5		84	23	107	5	0	21.4
13	Cathy Yeaman	100	0	100	1		100	0	100	1	0	100.0
14	Charlie Witsman	83	15	98	3	1	83	15	98	3	1	32.7
15	Arden Gregory	87	10	97	3		87	10	97	3	0	32.3
16	Bob Sorenson	87	8	95	3	1	87	8	95	3	1	31.7
17	Jon Halterman	49	34	83	2		49	34	83	2	0	41.5
18	Deeana Shidler	82	0	82	4		82	0	82	4	0	20.5
19	Dave Ross	71	10	81	3	1	71	10	81	3	1	27.0
20	Cindy Kvamme	74	4	78	3		74	4	78	3	0	26.0
21	Jan Cimerosa	71	0	71	3		71	0	71	3	0	23.7
22	Sr. Josepha Schaeffer	66	0	66	3		66	0	66	3	0	22.0
23	John Day	65	0	65	3		65	0	65	3	0	21.7
24	Linda Butler	64	0	64	3	1	64	0	64	3	1	21.3
25	Rich Saal	42	21	63	3		42	21	63	3	0	21.0
26	Pete Gudmundson	61	0	61	3		61	0	61	3	0	20.3
27	Terry Ransdell	61	0	61	2		61	0	61	2	0	30.5
28	Chuck Orwig	55	5	60	2		55	5	60	2	0	30.0
29	Jerry Ihnen	59	0	59	2		59	0	59	2	0	29.5
30	Dan Mitchell	59	0	59	2		59	0	59	2	0	29.5
31	Sue Dees	56	0	56	4		56	0	56	4	0	14.0
32	Cindy Moreno	56	0	56	2		56	0	56	2	0	28.0
33	Ruth Magos	55	0	55	1		55	0	55	1	0	55.0
34	Lance Kidd	53	0	53	4		53	0	53	4	0	13.3
35	Lisa Kidd	53	0	53	4		53	0	53	4	0	13.3
36	Garland Stevens	51	0	51	2		51	0	51	2	0	25.5
37	Mike Boyd	28	20	48	1		28	20	48	1	0	48.0
38	Curt Evoy	28	20	48	2		28	20	48	2	0	24.0

Springfield Bicycle Club Mileage and Activity File As of January 31, 2004

Possible Miles for the Month
461

Year
461

RANK	NAME		RIDE	T/F	TOTALRIDES	LED	RIDE	T/F	TOTALRIDES	LED	LENGTH		
39	Sean	Hatchett	47	0	47	2	47	0	47	2	0	23.5	
40	Bill	Jensen	35	10	45	1	35	10	45	1	0	45.0	
41	Louie	Spinner	43	0	43	2	43	0	43	2	0	21.5	
42	Bruce	Yurdin	35	6	41	1	35	6	41	1	0	41.0	
43	Brock	Webb	40	0	40	1	40	0	40	1	0	40.0	
44	Jim	Stephens	28	10	38	1	28	10	38	1	0	38.0	
45	Pete	Harjes	28	8	36	2	28	8	36	2	0	18.0	
46	Brian	Tober	35	0	35	1	35	0	35	1	1	35.0	
47	John	Sanford	31	0	31	3	31	0	31	3	0	10.3	
48	Terri	Nelson	28	0	28	1	28	0	28	1	0	28.0	
49	Mike	Vonnahmen	27	0	27	1	27	0	27	1	0	27.0	
50	Robert	LaBonte	26	0	26	1	26	0	26	1	0	26.0	
51	Roger	McCredie	26	0	26	1	26	0	26	1	0	26.0	
52	Mike	Pfeilschifter	26	0	26	1	26	0	26	1	0	26.0	
53	Curt	Winhold	26	0	26	1	26	0	26	1	0	26.0	
54	Melinda	Winhold	26	0	26	1	26	0	26	1	0	26.0	
55	Dave	Lucas	14	10	24	1	14	10	24	1	0	24.0	
56	Kent	Kraft	22	1	23	1	22	1	23	1	0	23.0	
57	Brigetta	Ewing	15	0	15	1	15	0	15	1	0	15.0	
58	Sue	Hack	15	0	15	1	15	0	15	1	0	15.0	
59	Regina	McGuire	15	0	15	1	15	0	15	1	0	15.0	
60	Tony	Henn	14	0	14	1	14	0	14	1	0	14.0	
61	Bill	Bock	12	0	12	1	12	0	12	1	0	12.0	
62	Mike	Schwab	12	0	12	2	12	0	12	2	0	6.0	
63	Christa	Morris	11	0	11	1	11	0	11	1	0	11.0	
64	Steve	Newell	10	1	11	1	10	1	11	1	0	11.0	
65	Bob	Carmody	0	3	3	1	0	3	3	1	0	3.0	
66	Byron	Nesbitt	0	0	0	0	0	0	0	0	1	0.0	
TOTALS			4078	704	4782	179	8	4078	704	4782	179	8	26.7



Secretary's Report
Cindy Kvamme, Secretary

March, 2004

Renewals

Lisa Boes
Rick Davis
Todd & Nancy
Byerline & Family
Donna Soulet



Renewals at the Contributing Level

Randy Germeraad

Renewals at the Sustaining Level

Marty & Christa
McLaren-Morris & Family

New Members

Mirl Whitaker
Steve Smith
Edward Longcore

ENJOY A FREE CONCERT
AT THE LINCOLN LIBRARY.
WEDNESDAY, MARCH 31
AT 7:30 P.M. REFRESHMENTS
MUSIC VARIES FROM POP TO
CLASSICS
HEAR TOM KING &
LOUIE SPINNER &
THE CAPITAL AREA BAND

CARLBERG^{INC}
Design

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jimc@filmready.com SHOP AROUND, THEN CALL US

Volunteers Needed Volunteer Incentive Programs

As you may have read in the QR last month, we will be assisting Derek Ewing with four races in the Lincoln Land Cycling Series Bicycle Races. The first races will be held May 1st in New Berlin and May 2nd in Loami. I'll be looking for volunteers at the beginning of April. We have two incentive programs for volunteers. For each day you volunteer you can participate in an organized out of town ride of up to 100 miles per day. We have seven days to volunteer for at this time. For example: Volunteer for May 1st and 2nd and you get two days of RAGBRAI in addition to your one monthly out of town ride for a total of three days. Add the two days of Senior Olympics and you would have a total of 5 days of RAGBRAI. Miles can be turned in at any time during the year. Remember also that we have a volunteer incentive program that began December first. This program is based on the number of hours that members devote to working at or preparing for SBC programs such as the CCC, Old Jacks Clean-up, holiday party or any other activity that benefits the SBC. SBC Board member duties are not included. Volunteers will be on the honor system to keep track of their time and turn that time into the incentive chairman as soon as possible after an event. For every 5 hours of time recorded the volunteer will get one entry into a drawing for one of four \$50.00 gift certificates to be given away at the holiday party. **Don't wait for me to call you!** To volunteer please call Cindy 217-744-8864

Think First
Southern Illinois University
School of Medicine

January 26, 2004



Dear Mr. Arkley and Springfield Bicycle Club Members

On behalf of SIU School of Medicine's ThinkFirst Injury Prevention Program we would like to invite you and any interested Bicycle Club Members to the Enos School Bicycle Rodeo in April. Third, fourth and fifth grade students will be participating in the rodeo. Because of your generous donation to our program we are able to purchase 110 helmets for these students. We are hosting the rodeo on 4/21/04, 12:45-2:15 p.m. at Enos School, 524 W. Elliot, Springfield, IL 62702. The Secretary of State is assisting us with the rodeo and providing volunteers to work. Should any Bicycle Club members be interested in volunteering to help with the rodeo, they may contact us at our office at 545-9112. We have a lot of fun and the students are always thrilled to receive a bicycle helmet. Bicycle Rodeos are really an effective way to reach young students and hopefully form a habit of wearing a helmet when riding a bicycle.

Your generosity and partnership is most appreciated. We thank you for your participation in our injury prevention efforts!

Sincerely,
Mary Kay Reed
Program Coordinator

Sharon Sander
Community Educator

Springfield Bicycle Club Membership Application

Member Information

New Member Renewing Member Change 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

Bike Shop Name _____ Yes

Current Member No

Type of Membership

Individual \$15/yr Family \$20/yr

Contributing \$25/yr Sustaining \$50/yr

Patron \$100/yr 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

B i k e t e k

957 clocktower dr. Springfield 787-2907

Look here each month for new sale items, specials for Springfield bike club members, maintenance classes, group rides, etc! Following is a list of bikes we have on clearance-this is as deep as the cuts will get! If you've wanted a new high-end bike, recumbent or tandem, check out the list below—

Litespeed 53cm Saber TT bike	Reg. \$3145	Now \$2515
Litespeed 55cm Blue Ridge touring/cross bike	Reg. \$2999.	Now \$2380
Litespeed 53cm Siena Ti frame, carbon seat stays	Reg. \$2999.	Now \$2380
Litespeed Lg. Veneto racing/group ride	Reg. \$2960	Now \$2343
GT Harley Davidson limited/numbered Cruiser	Reg. \$2500	Now \$1822
Burley Duet road tandem	Reg. \$2299	Now \$1649
Litespeed 57cm Classic polished frame/fork	Reg. \$2179	Now \$1679
Rans V2 recumbent w/ fairing	Reg. \$1949	Now \$1520
Litespeed Med Capella aluminum road	Reg. \$1895	Now \$1500
Burley Rumba road tandem	Reg. \$1799	Now \$1399
Bacchetta Strada recumbent	Reg. \$1799	Now \$1380
Look 55cm carbon race frame (used)	Reg. \$1750	Now \$1488
Litespeed 53cm Vela aluminum race (used)	Reg. \$1699	Now \$1199
Burley Samba 26" tandem	Reg. \$1599	Now \$1249
Schwinn 56cm Paramount '99 steel (used)	Reg. \$1599	Now \$1440
Rans V-Rex recumbent	Reg. \$1599	Now \$1520

Call if you have any questions on groups, etc. There are many more deals here at the store, so come in or call!
Tune up prices: Thru February, \$24.95 and March is \$29.95. Regular is \$39.95.

Mention you're a Springfield Bike Club member when you visit, and receive **10% off** any regular priced merchandise!

We're now keeping fitness equipment all year, and new to us, we now have in stock **Nautilus fitness accessories** like exercise balls & mats, small dumbbell sets, several styles of jump ropes, forearm developers, and much more!

News Flash: (at least it was for me) I just read an article in Bicycling about calcium intake and bone loss for cyclists. The gist of the article is that to stimulate bone growth, we need to add running, weight lifting or jump rope 2 to 3 times per week **all year!** We need 1200mg of calcium per day, along with vitamin D to help it absorb. Then, for every hour we ride past the first hour, take an additional 200mg per hour ridden. We lose calcium by sweating. Also, cut back on soda and alcohol, as these worsen things. I went right out and got some supplements!

The New Guy: If you've stopped by BikeTek in the last month or so, you've probably seen a new face around here. **Steve Schien** is the new BikeTek manager and comes to the operation with a wealth of cycling knowledge and experience. Steve has over 20 years experience as an automobile mechanic and 7 years as a bicycle mechanic. There isn't anything out there that Steve can't fix. Steve has been an avid cyclist for over 15 years, and has been actively commuting to work on his bike for the last 7 years (need some commuting tips?) One of Steve's passions is collecting old bicycles (especially Schwinn's). Ask him about his collection sometime. Please stop by the shop and welcome Steve aboard as the new BikeTek manager, (and first time father to be on April 25th).

Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705



Presorted
Standard
U.S. Postage
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Springfield, IL

Address Service Requested

March, 2004

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**



Sunday, March 21
The Sixth Annual
Lucas-Brown Partner-
ship Invitational
Cheesecake Bakeoff
Details Inside