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**QR Deadline 10th of the
Month**

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Not for Commercial Use

SPRINGFIELD BICYCLE CLUB

Quick Release

Ride of the Month

Bruce Yurdin's Ride from Chatham is February's Ride of the Month.

Many people go south for the cold months, and the SBC riders are no exception. With only two days left in this leap year February, Bruce invited the riders to go south and enjoy the great weather. Route options of 31 and 48 miles were offered with some old and new roads chosen. The wind was fairly strong, but the 35+ riders enjoyed the sun on their backs when going with the wind. Bruce provided good maps and instructions on a great weather day in February. Thanks Bruce.

Almost Anything Award

The February Almost Anything Award goes to Debbie and Jerry Ihnen.

Hosting a Super Bowl Party is no easy task, but Debbie and Jerry made it look easy this year. With TVs everywhere in the Ihnen house, there was no excuse for not seeing the game, the commercials, or the half-time activities at the 2004 Super Bowl. In addition to watching the S.B. activities, those in attendance enjoyed games, conversation, and food, not necessarily in that order. A good time was had by all, and no fights broke out, which made it a very successful party with super hosts. Merci beaucoup, Madame et Monsieur Ihnen. Peut-être vous pouvez donner une fête du Tour juillet prochain? Thanks again.

Lead Water Bottle

Ernie DeFrates and John Sanford take the lead for February.

Ernie says he'll take the "hit" this month because John did nothing wrong. However, the duo was nominated together, so they'll have to work out a way to share the lead this month. Here's a very short synopsis of the X-country skiing story: No poles for John. No keys for Ernie. No fan belt for John's antique classic car. Ernie sells skis to John. All of this occurred at or near Lincoln Memorial Gardens on a ski adventure. No bikes to be seen. It seems that the main reason for the award is simply this: Ernie was being a nice guy, like always, and he locked his keys in his car. Hey Ernie, don't let that discourage you from helping others in the future.

The President's Report

Alfred Arkley

Finally Spring is here!!! We can see it and feel it when 30 or more cyclists show up to a ride without their winter gloves, parkas, tights, and booties. Now is the time to plan for longer rides. There are many choices. **Each day a person volunteers for a Springfield Bicycle Club sponsored event she or he can use that day for an out-of-town ride.** Using volunteering day credits, a person could ride the GITAP, RAGBRAI, Alan Josephson' s rides, BILL, TOMRV, or James and Jane Dubose' s Cheese and Packers and get club miles for the whole ride. Also you use the volunteering credits for other rides. Every month each person can earn club miles for one out-of-town ride.

Below are the SBC events that need volunteers with the SBC contact person named:

- ◆ Lincoln Land Cycling Series Bicycle Race, New Berlin, May 1 (Cindy Kvamme)
- ◆ Lincoln Land Cycling Series Bicycle Race, Loami, May 2 (Cindy Kvamme)
- ◆ Ironhorse Triathlon - June 20 (Alfred Arkley)
- ◆ Lincoln Land Cycling Series Bicycle Race, Athens, June 26 (Cindy Kvamme)
- ◆ SBC Summer Picnic - July 11 (Sue Dees/Kevin Brown)
- ◆ Capital City Century - September 12 (Jerry Ihnen)
- ◆ Lincoln Land Cycling Series Bicycle Race, Taylorville, Sept. 18 (Cindy Kvamme)
- ◆ Illinois Senior Olympics - September 25-26 (Alfred Arkley)

Below are just some of the longer rides for which you could use your volunteer day credits:

- ◆ C and O Canal, June 5-13, (Alan Josephson, alan@historicandscenic.com)
- ◆ TOMRV, Tour of the Mississippi River Valley, June 12-13
(Kathy Storm, Kbstorm@aol.com)
- ◆ GITAP, Grand Illinois Trail And Parks, June 13-19
(Chuck Oestreich, oestreich@qconline.com
- ◆ BILL, Bike Illinois Land of Lincoln, July 18-22
(Tim Clay, RPIntern@orland-park.il.us
- ◆ Cheese and Packers Tour, July 23-29 (James and Jane Dubose,
498-8221)
- ◆ RAGBRAI XXXII, July 26-31, (Tom Clark, taconsulting1@yahoo.com)



Board Meeting Notes - February 3, 2004 Kathy Shepard

Present: Sue Dees, Alfred Arkley, Cindy Kvamme, Chuck Orwig, Jerry Ihnen, Lynn Miller, Mike Schwab, Kevin Brown, Kathy Shepard

As attendees savored the tasty supper prepared by Jerry, Lynn Miller suggested a tribute to the late Art Brockschmidt. Mr. Brockschmidt was featured in a recent SJR article as a man who quietly repaired countless bicycles, made sure they found their way into the hands of those who might not otherwise be able to obtain them, and also helped to repair some lives in the process. After discussion of possibilities including a plaque or bench memorial and financing repair of bicycles in Mr. Brockschmidt's possession at the time of his death, it was agreed that Lynn and Sue would investigate and report back with their recommendation regarding a fitting remembrance.

Following approval of last month's board meeting minutes, Alfred said that Linda reported she had received payment from the Springfield Roadrunners Club for its half of the Lost

Bridge Trail Porta Potty fee. SBC account balances totaled \$13,266.07.

Future board meeting dates and venues will be Tuesday, March 2, at Cindy's, Tuesday, April 6, at Sue's, and Tuesday, May 4, at Lynn's.

Ride of the month was won by Brian Tober.

Nominees for the Almost Anything Award were Charlie Witsman for bringing Sister Jo home after her fall on a recent ride on an icy bridge on the Lost Bridge Trail, Cindy for her design of and work on the Spinner Awards, Jerry for organizing and emceeing the Spinner Awards, Alan and Harriet Josephson for their 35 years, as of January, of wedded bliss, and the late Art Brockschmidt, for his support of bicycling and the community. Hands and feet were raised for all the nominees, of whom Cindy emerged as the winner of this month's AAA for her work to make this year's Spinner Awards memorable and special.

Lead Water Bottle nominees were Sister Jo, for her

failure to heed warnings regarding icy bridges on a recent Lost Bridge Trail ride, and Chuck, who, despite all of his hard work on the Spinner Awards, left at home the sheet he had prepared listing the names of those who earned mileage pins. Reluctant to give the Lead to one who otherwise shined in his preparation for a spectacular Spinner Awards event, a majority of attendees nonetheless agreed that Chuck's omission was Lead-worthy.

Alfred reported that he had arranged for a standard listing of the CCC with the LIB, and would pursue a free listing of the event in Adventure Cycling's "yellow pages." Alfred also reported that Chuck, Karl Kohlrus, Alan Josephson, John Day, and Dave Ross had given admirably quick responses offering help to the organizers of the Joliet Bicycle Club's Around Illinois Back Roads (AIBR) ride, which will pass through Springfield during its August 7-13 run.

It was agreed it would be helpful to state in the QR the cost of newsletter ads: \$20 for a half page and \$40

for a full page. Alfred confirmed that Dean Wisleder is once again organizing SHIFT, and that GITAP registration was 70% complete. Alfred also said Think First had sent the SBC a thank you letter stating that our fundraising support had made possible the purchase of 110 bike helmets for participants in the Bike Rodeo Think First will be hosting, with help from the Secretary of State, 12:45–2:15 p.m. April 21 at Enos School. SBC'ers who wish to volunteer may call

Think First at 545-9112.

Sue reported that the Summer Picnic will take place Sunday, July 11, and that first and second choices for the Holiday Party were Sunday, December 12, and Sunday December 5, respectively. Lynn and Alfred reiterated that legislators would be invited to the April 20th event at the Lost Bridge Trail commemorating the fifth anniversary of the creation of the Illinois Trails Conservancy. Cindy said she would write an ar-

ticle for the QR regarding the new Volunteer Incentive Program and out-of-town ride mileage eligibility. Lynn said he had written to IDOT and the Village of Rochester on behalf of the Sangamon Valley Trails Coalition requesting warning and Share the Road signs on the Lost Bridge Trail crossing at Main and Walnut.

With thanks to Jerry and Debbie Ihnen for their hospitality, the meeting was adjourned

Riders of the Month

2/04 Marty Celnick 450 mi.	10/03 Byron Nesbitt 944 mi.	6/03 Chas Witsman 1108 mi.
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.



GRAPHIC DESIGN • SCREENPRINTING

ALL SBC MEMBERS RECIEVE 10% DISCOUNT
 550 S DIRKSEN 217.525.4805 FAX 525.4129
 jimc@filmready.com SHOP AROUND, THEN CALL US

Southern Hilly Illinois Family Tour May 29-31, 2004

SHIFT consists of three days of bicycling in the beautiful, hilly areas south of Carbondale, Illinois over Memorial weekend. Route distances of about 20-72 miles are offered for both Saturday, May 29 and Sunday, May 30. Monday, Memorial Day, the long route is about 48 miles. Options for Easy Riders are available every day, but “easy” doesn’t mean flat. Remember, the ‘H’ in SHIFT means **HILLY**.

Think of SHIFT as three “regular” club rides, each with a map and a leader riding at the back of the long route option but with no sag wagon, no arrows painted on the pavement, no food stops, no army of volunteers, and no registration fee. All long routes begin and end at the SIU Touch of Nature Environmental Center (TONEC). Shorter less hilly routes require driving/carpooling to alternate starting points.

Lodging: SHIFT headquarters is Morris Lodge, a dormitory-like building at TONEC with a large gathering room and nine sleeping rooms. Morris, and nearby Shawnee Lodge, have been reserved for the exclusive use of SHIFTERS from Friday afternoon, May 28, through 3 pm on Memorial Day. Each sleeping room has two twin beds and costs \$33.30/room/night (tax included) which includes linens. Separate men’s and women’s REFURBISHED rest rooms and showers are “down the hall.” Anyone interested in more luxurious accommodations will find a variety of motels in Carbondale. If TONEC sounds too plush, camping is available a few miles away in Giant City State Park.

Meals: Saturday and Sunday morning, bagels, cream cheese, juice, fresh fruit and coffee will be available in the gathering room at Morris Lodge. Lunch will be wherever you find it along the route. Saturday dinner is at Giant City Lodge for their all-you-can-eat fried chicken dinner served family-style. The meal, drink, tax and tip run about \$11-\$12 per person. The Sunday evening meal is at the Italian Village Restaurant in Carbondale. Monday breakfast is at Giant City Lodge.

Registration and Deposit: To stay at TONEC, **advance registration and 50% deposit are required by May 10**. If you plan to attend but not stay at TONEC, advance registration is appreciated. Only registered riders will receive last minute news via e-mail and are guaranteed to receive route maps when they arrive.

Questions: Contact Dean Wisleder either at 217-787-4892 or by e-mail to dean-wisleder@insightbb.com.

SHIFT Registration (Please return by May 10)

Name(s): _____ Telephone: _____

Address: _____ Email Address: _____

City: _____ State/ZIP: _____

TONEC Room Reservation -- Check one:

- Enclosing room deposit of \$49.95 made payable to **SIUC**.*
 - Registration only; not staying at TONEC.
-

Roommate Needed? -- Check here: ● Please find someone to share my room.

Return to: Dean Wisleder, 1328 Wood Mill Drive, Springfield, IL 62704-6575

*Balance Due Upon Arrival

First Annual ‘DEW U’™ TRY-THE-TRI

Sunday, May 2, 2004 at
AthletiCare/FitClub-South

For questions: email address
AthletiCare@st-johns.org

Dear Participant/Fellow Triathlete:

Welcome to the First Annual Dew U™ Try-The-Tri Super Sprint Triathlon. This visionary event is a collaboration between St. John's Hospital AthletiCare and FitClub and is designed to be a safe, exciting and enjoyable venue for both the seasoned and the novice athlete.

REGISTRATION

Registration forms are available at St. John's Rehab South, FitClub locations, in the newsletters for the Springfield Road Runners Club and the Springfield Bicycle Club, or at early packet pick-up/registration. All mailed registrations must be postmarked by April 28, 2004 as there will be no registration the day of the event. For this first year, no on-line registration will be available.

EARLY PACKET PICK-UP

Early packet pick-up/registration will be on Friday, April 30, from 3:00 to 7:00 p.m. and Saturday, May 1, from 1:00 to 3:00 pm at FitClub South. USAT members will be required to show their USAT card and a photo I.D. will be required by all participants at packet pick-up/registration. USAT regulations state that you must pick up your individual packet with proper identification.

Non-USAT members will be required to purchase a
Single Event Permit for \$9.00.

RACE DAY SCHEDULE

6:30 a.m.	Transition Area Opens
7:30 a.m.	Transition Area Closes
7:45 a.m.	Pre-race Meeting at AthletiCare
8:00 a.m.	Race Begins
11:00 a.m.	Post Race Party/Awards Ceremony at Southern View Park East

Awards & Age Categories

Male and Female 1st-3rd Overall; Each Age Category - Male and Female 1st-3rd

(note: no special divisions or teams this year)

Age Categories 10-13, 14-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89

**DEW U™
Try-The-Tri
Sunday May 2, 2004**

SWIM (150 yards)

The first swimmer will start at 8:00 a.m. in the FitClub South Lap Pool. Swimmers will enter the pool at 10 second intervals. Order will be by consecutive registration number as determined by the 100 yard swim time reported on the registration form. Novice swimmers, or those that do not know their 100 yard swim time, will be assigned to later starting positions. Wet suits will not be utilized at this event.

BIKE (5 miles)

The 5-mile bike course is an out-and-back course on fairly flat and smooth roads. All participants are required to wear fastened SNELL or ANSI approved helmets.

RUN (1.3 miles)

The 1.3 mile run is a loop through the Southern View Park on a smooth, flat course. Little or no shade is available.

AMENITIES

Each participant will receive a multi-color T-shirt with event logo and a water bottle. Post Race refreshments will be provided at the Post Race Party in Southern View Park adjacent to FitClub South. A local DJ will be present to provide entertainment and a musical background to the Awards and Recognition Ceremony.

**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

April 2004– SBC Ride Schedule		
Anyone with questions about rides or interest in leading a ride can contact Cathy Yeaman at 483-4912 or email me at cycycle@msn.com. Daylight savings time begins April 4 th and so does the increased ride schedule.		
Monday thru Friday 9:00 AM	Daily Show 'n Go 1511 Bates Alfred Arkley, 546-4972	BC ride, Daily morning rides for those wanting to get in some extra miles. Participating riders should turn a ride sheet in to Karl Kohrus.
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 Wednesday & Friday- Noon	IDOT, South Parking Lot Dirksen Parkway, Lost Bridge Trail Lisa Kidd, 546-1698	"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 Begin April 5 5:45 PM	Parkway Point Movie Theaters Alan Josephson, 793-0590	C ride. An easy ride to get started and gain conditioning while going slow enough for conversation. 10-22 miles.
Tuesdays Begin April 6 5:45PM	Carmody Residence 517 Appomattox Dr. Pete Gudmundson, 523-8200	BC Training Ride. This is the West side ride and is geared for those who want to train hard and fast. Several cutoffs from 12-25 miles. (Pete's looking for a ride-leader replacement. Interested?)
Tuesdays Begin April 6 5:45PM	Taylorville Firststar Bank 106 W. Market St. Charles Witsman, 562-5208	ABCD ride. Taylorville Training Ride. Meet in the rear parking lot of the bank. Charlie will be there most Tuesdays to organize the ride. 12-25 miles.
Tuesdays Begin April 6 5:45PM	Show 'n Go IDOT, South Parking Lot Dirksen Parkway, Lost Bridge Trail	Turn miles in to Karl.
Wednesdays Begin April 7 5:45 PM	Washington Park Tennis Courts Show 'n Go	CD ride. This is designed as an easy, neighborhood social ride. No maps and everyone will stay together for about 1 hour. Turn miles into Karl.
Wednesdays 6:00 PM BC	Pana Trail- Lake Taylorville Parking Lot-Rt. 29	Weekly night-Show 'n Go along the Lincoln Heritage Trail. Turn miles into Karl.
Thursdays Begin April 8 5:45 PM	Rotary Park Archer Elevator & Iles Lynn Rhoades, 546-0229	ABC Training Ride. A fast workout to prepare for those longer weekend rides. D riders are welcome to stretch their abilities but will be riding alone unless they have a buddy. Several cut offs from 12-25 miles.
Thursdays Begin April 8 5:45PM	Show 'n Go IDOT, South Parking Lot Dirksen Parkway, Lost Bridge Trail	Turn miles in to Karl.
Thursdays Begin April 8 5:45 PM	Taylorville Firststar Bank 106 W. Market St. Charles Witsman,562-5208	BCD Taylorville Training Ride. Meet in the rear parking lot of the bank. Charlie will be there most times to organize the ride and assure that everyone finishes. 12-25 miles.
Friday April 2 6:00/7:00 PM	Holy Land Diner Old Capitol Plaza Kevin Brown, 787-5652	Last walk until fall. Meet for the walk at 6 at Holy Land Diner on the Old Capitol Plaza. Dinner there at 7. Call Kevin if you plan to eat but not walk.

Saturday April 3 8:00/9:00 AM 10:30 AM	228 Appomattox Dr. Hope Evangelical Church Koke Mill & Old Jacksonville Road Garland Stevens, 698-8363	Old Jack Cleanup #1. WE NEED YOUR HELP. Garland offers his infamous malted waffle bribe at his home at 7:30-9:15 AM. Meet at the church at 9:30 AM for cleanup assignments followed by a ride at 11:00. Long pants and an extra pair of dry socks recommended. This is a community service event so let's have a great number of people show. Be there regardless of weather!
Sunday April 4 12:00 NOON	2204 Checkerberry Jim Disney 793-9349	ABCD&ER, DAYLIGHT SAVINGS BEGIN AT LAST! Set your clocks ahead one hour . Jim plans to lead his annual 30-mile ride. Show up regardless of weather to celebrate the time change with your bike club buddies.
Tuesday April 6 6:00/7:00 PM	Board Meeting Sue Dees, 7100 Gardenvue Lane, 529-1826	Board meeting begins at 7 pm following a dinner at Sue's beginning at 6 PM. Please RSVP if you plan to come for dinner.
Friday April 9 6:00 PM	Tokyo of Japan Stevenson Drive Kevin Brown, 787-5652	First Friday ride of the year. Leader Jonathan Reninger. Meet at Tokyo of Japan restaurant on Stevenson Dr. for a short ride at 6. Dinner at 7. Come say Sayonara to Jonathan before he leaves for Japan! Please RSVP to Kevin by Wednesday so we can make reservations.
Saturday April 10 10:00	Sherman City Park Andrew Rd. ½ mile E. of bus 55 Cindy Kvamme, 744-8864	ABCD ride. Cindy has a route to Middletown planned for 25-40 miles. These roads are among the best we travel so don't miss it! Join Cindy and others at the Grotto for lunch after the ride.
Sunday April 11 9:00 AM	Washington Park Pavilion Show 'n Go	Easter Sunday Show 'n Go. Turn in ride miles to Karl.
Friday April 16 7:00 AM	D&J Café 915 W. Laurel	NC, Geezer Breakfast. Join SBC members for breakfast and try to stay for the Geezer bike ride at 10:00 AM.
Friday April 16 6:00/7:00 PM	Best Buffet Parkway Point near Walmart Kevin Brown, 787-5652	Ride at 6, dinner at 7.
Saturday April 17 10AM	Show Me's Marty Celnick 522-4206	Marty takes us on a 30-40 mile ride.
Sunday April 18 10:00 AM	Rotary Park Lynn Rhoades 546-0229	Join Lynn for a 40-something-mile-ride with shorter options available. Expect a familiar route!
Tuesday April 20 5:30 PM	Lost Bridge Trail Karl Kohlrus	Legislative Invitational Ride at 5:30, cake and beverages at 6:30 p.m. Bev Moore from Illinois Trails Conservatory is coordinating this ride.
Friday April 23 6:00/7:00 PM	IDOT/Smokey Bones BBQ Kevin Brown, 787-5652	Meet at the IDOT end of Lost Bridge Trail at 6. Dinner to follow at 7 at Smokey Bones BBQ. Let Kevin know if you are coming for dinner only.!
Saturday April 24 10:00	Wheel Fast, Chatham Matt or Brian, 483-7807	Wheel Fast celebrates its 5 th anniversary with a 50K ride! Refreshments to follow.
Sunday April 25 10:00 AM	Rochester Station Rt. 29 James DuBose, 498-8221	ABCD&ER. We're celebrating Jane's birthday today. James will lead a 26-38 mile ride. Jane says she might show up and lead a shorter ride weather permitting. ER's are welcome to take to the trail.
Friday April 30 6:00/7:00	Alan Josephson 404 Clipper Road 793-0590	Meet at Alan & Harriet's at 6 for a 1214 mile ' Cat Ride' , followed by pot luck dinner. No meat dishes or desserts welcome. Please RSVP to Alan.

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.

Be on the MRT on May Day

Make plans to celebrate the Mississippi River Trail on Saturday, May 1st this year. Sign up now to bicycle about 35 miles to one of the eight Trail Breaking Celebration Sites along the Mississippi for the noon festivities. Those who sign up and participate will receive:

- A limited edition copy of the Illinois Mississippi River Trail User Guide and

- A special, commemorative T-shirt (limited supply).

Also

- Be a part of the celebration's press conference and media event
- Be a participant in a first-of-a-kind, serial, 585 miles ride on the MRT
- Help promote the MRT as a wonderful facility for all bicyclists – both casual citizens and serious bike tourers
- And, not incidentally, go for a nice ride on a fine spring day

Just check one of these rides and send, call, or email it in.

- ____ Cairo to Anna/Jonesboro ____ Grand Tower to Anna/Jonesboro
- ____ Grand Tower to Chester ____ Valmeyer to Chester
- ____ Valmeyer to Hartford (Lewis & Clark Hist. Site) ____ Grafton (ferry) to Hartford
- ____ Grafton (ferry) to Hamburg (ferry) ____ New Canton to Hamburg (ferry)
- ____ New Canton to Quincy ____ Hamilton/Keokuk to Quincy
- ____ Hamilton/Keokuk to Gladstone/Burlington ____ New Boston to Gladstone/Burlington
- ____ New Boston to the Quad Cities ____ Fulton/Clinton to the Quad Cities
- ____ Fulton/Clinton to Savanna ____ East Dubuque/Galena to Savanna

Name: _____

Address: _____

email: _____ Phone: _____

Bike Club (if any): _____

Send to: Chuck Oestreich, 816 – 22nd Street, Rock Island, IL 61201

Call: 309-788-1845 email: oestreich@qconline.com

Sponsored by the League of Illinois Bicyclists, with the cooperation and support of the Illinois Department of Natural Resources and the Mississippi River Trail, Inc.

Go to www.bikelib.org/mrt for more details and a downloadable copy of the guide.

Remember, only those who sign up will be eligible for the mementos.



Springfield Bicycle Club Mileage and Activity File
As of February 29, 2004

Possible Miles for the Month
592

Year
1053

RANK	NAME	RIDE	T/F	TOT RIDES	LED	RIDE	T/F	TOT RIDES	LED	LENGTH
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Springfield Bicycle Club Mileage and Activity File
As of February 29, 2004

Possible Miles for the Month
592

Year
1053

RANK NAME	RIDE T/F	TOT RIDES	LED	RIDE T/F	TOT RIDES	LED	LENGTH
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Secretary's Report
Cindy Kvamme, Secretary

April, 2004

Renewals

Neil Scott & Family
Regina McGuire
Jack & Gerry Casey
Larry & Cindy King
Carol Anderson
Toni Henn
Michael Becker
Barry & Theresa Wood
Kirk Laudeman & Family

Renewals at the Contributing Level

Don & Melanie Caspary & Family
Mark & Linda Flotow
Micci Bly
Jan Cimarossa
Lenny & Sherry Miner
Dave Scheina & Gail Roger

Renewals at the Sustaining Level

Vaughn Morrison, Sherry Knight & Family

New Members

Amy Schmidt

New Members at the Contributing Level

Robert Clarke

**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 the next month's report.

FOR SALE

Burley d' lite blue and
yellow bugger - \$250
Yakima 2 bike rooftop carrier with
locks and deflector - \$100
Tom & Francie King 793-5444
kingfeat@famvid.com

Blue aluminum Cannondale
M300 for sale. Like new! Fits
women up to 5' 3". \$299 or best
offer. Alan & Harriet Josephson
793.0590 or
ahjosephson@yahoo.com



Looking for that special out of town ride this summer?

See Cindy Kvamme at any bike ride. Cindy has collected all the informational ride brochures that have been sent to the SBC, and has filed them according to the month in which the ride takes place.

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
<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

B i k e t e k

957 c l o c k t o w e r d r . S p r i n g f i e l d 7 8 7 - 2 9 0 7

This month, we still have 12 of the high end bikes from last months' bike list, and we're adding our high-end wheelsets to the items on sale! They will be at 20% off regular prices, only to SBC members! You'll have to ask for the special price, or, just show one of our helpful employees this ad! Check out the list below—

Spinergy Rev-X Super-Stiff carbon 700c set	Reg. \$988. Now \$790.40
Spinergy Xyclone Race, Black/blue 26" set	Reg. \$799. Now \$639.20
Spinergy Xyclone Disc, Black/Yellow 26" set	Reg. \$699. Now \$559.20
Campy Chorus/Mavic Open Pro Black 700c set	Reg. \$549.99 Now \$299.99
Ultegra/Velocity 36r/32f deep V Blk 700c set	Reg. \$419.98 Now \$335.98
Spinergy SR-3 Black, wire spoke 700c set	Reg. \$399. Now \$319.20
Spinergy SRX Black/wht decals 700c set	Reg. \$399. Now \$319.20

This season, we plan to carry wheelsets from Mavic and Velocity-coming soon!

Tune up prices: March is \$29.95. Regular is \$39.95. Get your bikes in now!

Mention you're a Springfield Bike Club member when you visit, and receive **10% off** any regular priced merchandise! Ask us to plug your **10% discount** in our computer for a permanent deal!

You'll have to come in to check out the awesome new road bikes from Schwinn and Bianchi this season! Schwinn offers the Fastback Pro with full Ultegra triple group, FSA carbon crankset, Ritchey bar, stem & seatpost, coming in under 18 pounds, for **\$1399.00 msrp!**

For sprinting power, fit in some **core exercises** into your schedule! These important muscles connect all the necessary parts together! I have a list of exercises you can do on a stability ball that really work! Just so happens, we have stability balls for sale! Starting at just \$19.99!

Starting after the time change on April 7th, we'll be hosting weekly the **Late Lunch Ride**. Leaving from our parking lot about 1:30 for about an hour. Ride pace will be whatever the riders who show up want to do. We have employees who will guide, and abilities range from 'A' to anything else. Please show up, so I can get a break & sneak in a ride!

Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705

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Address Service Requested

APRIL, 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**



MARK YOUR CALENDAR

Southern **H**illy **I**llinois **F**amily **T**our
May 29-31, 2004