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December/January OR

Deadline November 12, 2004

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SPRINGFIELD BICYCLE CLUB

Quick Release

RIDE OF THE MONTH

Jon Edward's Pike Peeks Ride is the Best Ride of the Month.

Jon has discovered the beauty of what some people call "God's Country" and has shared it with the cyclists who chose to take a long drive to do a great ride. This year Jon included some of the hilly and beautiful terrain of south Pike, traveling through the towns of Nebo and Pleasant Hill. Jon always provides great support and treats at the end, making this not only the best ride of the month, but one of the best rides of the year. If you get a chance to do this ride in 2005, it's worth every drop of gasoline it takes to get there. Thanks again Jon. Let's make this an SBC tradition.

ALMOST ANYTHING AWARD

Cathy Yeaman takes the Almost Anything Award for September.

Cathy saw that Ken needed some help rounding up volunteers for the Senior Olympics, and she jumped right in. With an unexpected route change and other problems with this event, Ken was overwhelmed with work, but Cathy realized his dilemma and rounded up plenty of willing club members to help with the event. Putting in time for the SBC is not new to Cathy as we all know. When Alfred left town to go west, Cathy not only took over the reigns of the club as president, she also took care of the ride schedule. If you get to ride with Cathy before she goes south for the winter (she's probably already gone), give her a pat on the back and a big thanks for all she does for the club.

LEAD WATER BOTTLE

Tom Clark has a date with the Lead Water Bottle this month.

When the SBC board met at Ken Anderson's house on a Tuesday, there was one new member missing. The Incentive Chair, Tom Clark, should have been there to take care of the business of Ride of the Month, Almost Anything Award, and the Lead Water Bottle. However, Tom was out of town on business. That's an acceptable reason for missing a board meeting, but it's not acceptable to be absent without telling somebody. Tom apologized for not notifying somebody, but he had intended to be present at the meeting on Wednesday. He just got his dates mixed up. After all, the board meetings are usually held on Wednesday nights. Why would there be a change now?

The President's Report

Chuck Orwig

With very little cycling left in 2004, many of us have cleaned and stored our bikes for the winter. For those of you who continue to ride through the winter, remember that drivers don't expect to see you on the roads. Please take the necessary precautions.

I would like to share some excerpts from a letter I received from Derek Ewing. Derek writes: "I am very pleased to have the help from the members of the SBC, without them the task of having these events would be much harder if not impossible. Cindy Kvamme has done a fabulous job as Vol-

unteer Coordinator for all of the events. She has always had all of the volunteer assignments filled with personnel at all of the times requested. All of the members who donated their time to help out also performed their respected duties flawlessly. Again I am very pleased to have the SBC assisting with these events." Derek expects to have four events in the Lincoln Land Cycling Series again in 2005 and would like to have the support of the Springfield Bicycling Club. He ends with: "For the services donated by the Springfield Bicycling Club I am happy to contribute \$500 to be used

as the membership sees fit."

I know we all want to thank Derek for all of the work he has done for cycling in our area and for his generous contribution.

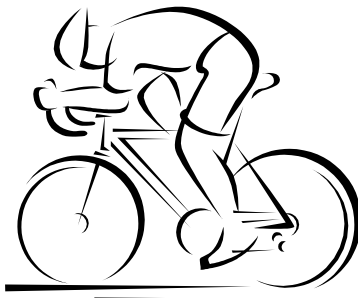
Upcoming events for the winter and early spring include the holiday party in December, the Spinner Awards in January, and the Chicago Bike Show on April 1-3. Of course there will be rides whenever the weather cooperates.

Capital City Volunteers

Jerry Ihnen

I forgot several key players in our successful CCC last month. Thanks to Matt Winhold who drove a sag vehicle. Pete Gudmundson, Tom Clark, Dave Lucas, Dave Ross, Bob Sorenson, Regina McGuire and Louie Spinner marked the route. A special thanks goes to our own Don Struck who marked the route, put up the signs, drove a sag vehicle, distributed brochures some-

times by bicycle and took down the signs. I would also like to thank the bakers who made so many fine cookies, cakes and muffins.



SBC Holiday Party

Alan and Harriet Josephson

Chestnuts roasting on an open fire---yes, we can do that. Bring 'em and we'll roast them in the fireplace at the Beach House on Sunday December 12th. Why not, we'll have almost every other type of food, thanks to your potluck contributions. There's a holiday magic when the place is festooned with pine rope. Garland? We've got that, too---he's doing the slide show. Are those sleigh bells? Actually, No-Bells. And watch out for the white elephants, OK?

Who is invited: Present and potential SBC members, their families, and friends.

Where: Lake Springfield Beach House

When: Sunday, December 12, 2004

Noon: Ride starts from the Beach House.

2:30 p.m.: Help decorate, then play games.

5 p.m.: Party officially begins.

6 p.m.: Potluck dinner, then white elephant gift exchange, Ride Leader and Volunteer Incentive Program drawing, No-Bell award presentation and slide show.

The club will provide: Turkey, ham, soda, ice, disposable plates and table service.

You should bring:

- A dish to share (see name-based suggestions below) and libations.
- A white elephant gift (i.e., a gift-wrapped, preferably cycling-related, item in good working order to give away to another club member).
- Any photos you may wish to give away.

We need:

- Photos, slides, CDs, diskettes, and scan-able images, particularly of SBC members and events, for Garland Stevens' legendary slide show - please get them to him ASAP but certainly by November 20th. Email the photos to garlands@simplexdirect.com. Drop off prints at his home.

- Suggestions for No-Bell award nominees - contact one of the last five recipients

Potluck Suggestions (based on first initial of last name)

A - F: Veggies **G - L:** Desserts **M - R:** Breads or Pasta **S - Z:** Salads

Questions:

Call Alan or Harriet at 793-0590

Board Meeting Notes - September 1, 2004

Kathy Shepard

Present: Cindy Moreno, Alan and Harriet Josephson, Chuck Orwig, Lyn Schollett, Cindy Kvamme, Sue Hack, Lynn Miller, Dave Lucas, Linda Butler, Jerry Ihnen, Dave Ross, Kevin Brown, Tom Clark, Curt Evoy, Ken Anderson, Christa McLaren-Morris, Louie Spinner, Kedra Elston, Ed Taylor, Dan Butseras, Kathy Shepard

Savoring the last of the delicious supper Gerry Orwig prepared with homegrown ingredients, attendees approved last month's minutes. Linda said there currently was \$12,608.36 in club accounts. She said the annual insurance premium of \$585 was paid, plus \$76.50 for the CCC.

Speaking for Cathy Yeaman, Chuck said four dates were open on the October ride schedule. Future board meetings will be held at Ken's October 5 and Jerry's November 1.

Pete Harjes' Rock Spring Ride won ride of the month.

Nominations for the Almost Almost Anything Award were Lisa Kidd, for her "big mouth," which saved Christa McLaren-

Morris from being hit on a ride by an inattentive driver, Andrea Butler, for sagging in Dave Ross after he experienced a mechanical failure on a ride led by Lynn Miller, the Springfield and Chatham firemen and paramedics who carried heavy equipment deep into the woods surrounding the mountain bike trails around Lake Springfield to rescue a seriously injured mountain biker, Chuck Orwig, Dave Ross, Dave Lucas, Cathy Yeaman, Lynn Miller, Pete Gudmundson, and Regina McGuire, who hosted the Across Illinois Backroads cyclists, and Cathy Yeaman, for stepping so well into the shoes of acting president after Alfred Arkley's departure. Voting in earnest, attendees chose the hearty paramedics for their rescue of one of our own as worthy of this month's AAA. They were "just doing their job," but made a crucial difference to the cyclist experiencing seizures. Thanks so much! The rescuee and bike club so appreciate your efforts!

Nominations for the Lead Water Bottle were Steve Alvin for hitting a truck on his bike at an intersection he mistakenly believed to be a 4-way stop, Dave Ross for

hitting a theretofore "invisible" stick which took out his drivetrain on the above-mentioned ride from which Andrea sagged him in, and Marty Celnick for returning home from a ride start in the rain, only to return to complete the ride. Sympathetic to the pain he was experiencing from his injuries, the tally of votes of those present showed they nonetheless felt Steve was worthy of this month's Lead.

Turning to the Capital City Century, Jerry said Lynn and Sue would take care of food, Chuck would do maps and head up sag, and Don Struck would provide signs. Gerry Orwig and Dara Voss would be in charge of the Beach House and the Auburn food stop, respectively. Wristbands would be obtained, and the routes would be color-coded. Dan said the ham radio people would be able to track the SAG drivers with GPS.

Cindy Kvamme said she still needed about 7-8 people for the September 18 criterium to be put on by Derek Ewing. Ken said he needed people to corner-marshall for the September 25-26 Senior Olympics. Attendees approved Cathy's suggestion,

conveyed by Chuck, that we secure Sharmin Doering at a cost of \$80-100 to oversee the proceedings. Alan said the Springfield Convention and Visitors Bureau had agreed to pick up the cost of our joint booth at the Chicago Bike Show next March. He said they also were interested in putting together a sports committee to publicize and/or develop local sporting events. Chuck volunteered to be on such a committee.

Lynn reported he had received no response to his letter regarding transfer to the Springfield Park District of authority to collect the

playground/recreation tax. It was reported that ways to make the Interurban Trail and MacArthur extension safer were being investigated. Marilyn Powell might be able to take on webmaster duties.

With thanks to Gerry and Chuck for their hospitality, the meeting was adjourned.



Call for NoBell Nominations

NoBell Committee

Each year at the club's December Holiday Party, the SBC bestows perhaps its highest honor with the naming of the recipient of the NoBell Award (NBA). The recipient is chosen by the NBA Committee, which is comprised of the past five winners of this award. The current NBA Committee members are Linda Butler (1999), Mark Flotow (2000), Don Struck (2001), Lance and Lisa Kidd (2002) and

Chuck Orwig (2003). The NBA Committee is taking nominations from the SBC membership for this prestigious award. Potential nominees should have a record of outstanding efforts in the support of bicycling, especially in the greater Springfield area. A long record of such efforts, going above and beyond to support cycling, or even being an SBC member are not necessary for nomination, but such

attributes certainly help. And although the NBA Committee researches the merits of each nominee, if you have any (perhaps little-known) information about a candidate that you could share we would appreciate it. Please contact Linda Butler or any one of the other NBA Committee members **by November 15** with an NBA nomination. Thanks for your input!

Secretary's Report
Cindy Kvamme, Secretary

Membership Directory
Cindy Kvamme, Secretary

Renewals

- Steve Berry
- Candy German
- Jacque Georgeson
- Louie Spinner
- Roger Wright
- Bill Donels
- Deb Cooper
- Russ & Laura Farson
- Karl Vogl
- David Leigh

Renewals at the Contributing Level

- Alfred & Harriet Arkley
- Susan Hack
- Gail Mugler
- Karl & Christine Kohlrus
- Dave Lucas
- Judy Nesbitt

New Members

- Craig & Linda Walker
- Jon Hunke

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.

Another reminder.

We plan to publish a new membership directory in February of 2005. If we made an error in the last directory or if you have moved, changed your zip code, phone number, or e-mail address and haven't notified us now is the time. For those of you that will be renewing in the next few months, be sure to fill out your application completely this is the easiest way to keep your information updated. To make changes you can call me 217-744-8864, leave a message if I don't answer, or e-mail me at c1jk3@aol.com. In the subject line write directory update. Thank you.

Spinner Awards
Tom Clark

Mark your calendar for SBC's annual Spinner awards ceremony, which will be held at 7:00 p.m. on **Wednesday, January 26, 2005**, at Days Inn, at the intersection of Stevenson and Dirksen in the Capital City. Come and cheer for your SBC buddies. Pick up Spinner Awards and mileage pins, and help celebrate one of our top years in terms of miles ridden!



Issues for the MacArthur Boulevard

Recently, SBC member Dale Isaacson met with Jim Moll, PE, SE, assistant Vice President of Hanson Engineers to discuss the MacArthur Boulevard Extension. The bicycle club was very interested in how the MacArthur Boulevard extension will impact the Interurban Trail and cycling on city streets. The bicycle club had the following suggestions, questions, and concerns that were addressed in a letter from Hanson Engineers.

[SBC] Will the MacArthur Boulevard extension have bike lanes? Having bike lanes on this new construction will assure good access to new services and businesses that may develop and provide an uninterrupted flow of travel for cyclists.

[Hanson] *MacArthur Boulevard will not have bike lanes. The adjacent and parallel Interurban Bike Trail will provide north/south access through the corridor. Including bike lanes on MacArthur Boulevard would require that bicyclists travel through the proposed interchange with I-72. Maintaining bicycle traffic on the Interurban Bike Trail eliminates numerous bicycle/motorist conflicts and maximizes safety.*



[SBC] How will the Interurban Trail be accommodated during the construction phase? The club is urging that the trail be kept open or detoured to allow continued passage between Chatham and Springfield. The Interurban Trail is very successful and used by many residents of Springfield and Chatham.

[Hanson] *It will be necessary to temporarily close the Interurban Bike Trail during the construction period. These temporary closures will be minimized.*

[SBC] Consider utilizing a tunnel to pass the trail under MacArthur rather than crossing MacArthur. It would be a safer alternative than having the trail traffic of bikes, roller bladers, and joggers crossing a busy intersection at Westchester

Boulevard. The use of culvert tunnels where feasible throughout this project additionally will allow the continuous flow of traffic on the trail rather than grade crossings at busy intersections.

[Hanson] *Construction of a tunnel to pass the trail under MacArthur Boulevard was considered during the study process. This option was eliminated due to its high construction costs, high maintenance costs, potential for flooding, security concerns and right-of-way requirements.*

A push button for a traffic light will be provided at the MacArthur Boulevard crossing. IDOT and the City's standard for bicycle paths and sidewalks immediately adjacent to roadways is concrete pavement, similar to the trail along North Street. There are no plans to develop a trail head as part of the MacArthur Boulevard

project, we recommend that you discuss this issue with the Springfield Park District.

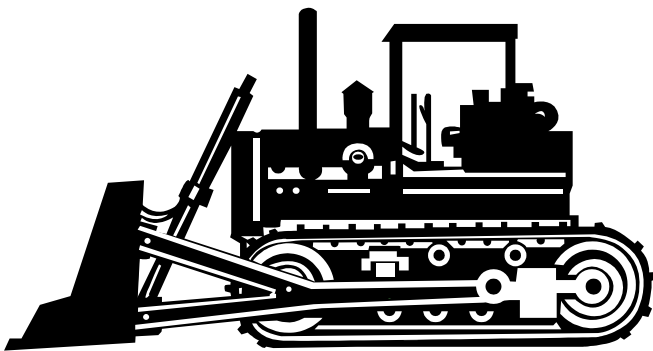
[SBC] It is anticipated that when the Lincolnshire Boulevard is extended, it will have heavy traffic. If the Lincolnshire Boulevard extension is part of this project, special consideration should be given to that intersection either by installing a tunnel or by moving the trail over to the intersection where there would be a traffic signal.



[Hanson] *Construction of the segment of Lincolnshire Boulevard between proposed MacArthur Boulevard and existing West Grand Avenue is included as part of the project. The trail will cross Lincolnshire Boulevard at the west leg of its intersection with*

West Grand Avenue.

[SBC] The other intersection that raises concerns is Woodside Road. It appears that there will be a grade separation at that intersection. Can that grade separation be utilized to allow unimpeded safe crossing for cyclists of Woodside Road?



[Hanson] *The current proposal is to construct an underpass on Woodside Road at the Union Pacific Railroad (UPRR) tracks. Woodside Road would cross under the UPRR. The bike path will cross over Woodside Road on a structure.*

[I would like to thank Jim Moll of Hanson Engineers for assisting with this article, *QR Editor.*]

Riders of the Month

9/04 James DuBose 1334 mi.	5/04 Cathy Yeaman 876 mi.	1/04 Bill Voss 358 mi.
8/04 Charles Witsman 1119 mi	4/04 Byron Nesbitt 1080 mi.	12/03 Terry Ransdell 461 mi.
7/04 Tom Clark 1061 mi.	3/04 Terry Ransdell 452 mi.	11/03 Alfred Arkley 522 mi
6/04 Chuck Orwig 1383 mi.	2/04 Marty Celnick 450 mi.	10/03 Byron Nesbitt 944 mi.

Pie Ride Moves; Pie Stays the Same

John Day

The November 7 Pie Ride has moved, following Judy and John Day to their new home in the Wyndmoor subdivision in Rochester. There will be a new route, but the pies will be pretty much the same. The guys, Curt Winhold, Lenny Miner and John will do the baking. Move over "Men in Tights," it's "Men in Aprons!"

As always, there will be several ride options, ranging up to 35-40 miles. Ride-short options will start at 10 miles following the "No Rider Left Behind" mandate. Afterwards, stay for sandwiches

and pie. If it rains, come at 1 pm for lunch 'cause you can't let a bunch of pies go to waste.

To/from miles are easy and safe, using the Lost Bridge Trail and a short bike path that connects Wyndmoor to an older subdivision. When biking, follow the LBT to Rochester Park Trail. Upon exiting the park, cross West Main Street and take one of the subdivision streets such as Wild Rose Lane. It's a long single block to Hillcrest. Turn right and follow to short asphalt trail. Turn right and follow Heathrow

Lane west for a block to Virginia Lane. Turn left and look for 325 Virginia Lane. It's four miles from IDOT.

If driving, take East Lake Drive (I-55 exit 94) to Rochester Road, which becomes West Main Street after it crosses the river. Turn right on North Oak Hill Road and go three blocks, turning left at Wyndmoor. Turn left on Burberry, which will intersect with Virginia Lane in about a block. Day's are located at the northwest corner of the intersection.

Thank You
Roger Wright

Roger Wright would like to thank the SBC members who donated pledges for his MS-150 ride.

Anyone with questions about rides or interest in leading a ride can contact Cindy Moreno at 546-5852 or e-mail her at cmoreno51@insightbb.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 to inform Karl Kohlrus of the ride and mileage. Daily rides are displayed above the shaded area and go as indicated except on holidays. Special events, weekend, and holiday rides are listed below the shaded area.

Monday thru Friday 10:00 AM	Morning Geezer Ride Washington Park Shelter Dave Ross, 789-4823	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. No ride on Veteran's or Thanksgiving Day.
Monday thru Friday 10:00 AM	Daily Show & Go Pana 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. . No ride on Veteran's or Thanksgiving Day.
Monday thru Friday Noon	IDOT, Lost Bridge Trail Dirksen Parkway Lisa Kidd, 546-1698	BC ride "Lunch with Lisa" ride. Lisa leads the noon trail ride. Skip lunch and ride on the trail with Lisa and other SBC regulars. . No ride on Veteran's or Thanksgiving Day.
Tuesday 12:15 PM	Robert Morris College, West Parking lot 3101 Montvale Dr. Dave Ross, 785-4823	BC ride, West side Lunch ride, Dave leads on the Wabash & Interurban trails for 10 miles, or out in the country for more miles. If Dave can't make it, this becomes a show-n-go. No ride on Veteran's Day
Tuesday 6:00 PM	IDOT, Lost Bridge Trail Dirksen Parkway Show & Go	BCD ride, Weekly show and go ride with lights required. A good way to keep getting some miles.
Tuesday, Wednesday & Thursday 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. Call Charlie if you need information about trail conditions or directions.
Thursday 12:15 PM	Robert Morris College, West Parking lot 3101 Montvale Dr. Dave Ross, 785-4823	BC ride, West side Lunch ride, Dave leads on the Wabash & Interurban trails for 10 miles, or out in the country for more miles. If Dave can't make it, this becomes a show-n-go. No ride Thanksgiving Day.
Thursday 6:00 PM	Parkway Point Theater Lindbergh & Robbins Road Show & Go	BCD ride, This is a show-and-go with lights required. No leader and no maps. Turn in miles to Karl.
Monday Nov 1 st 6:00 or 7PM	12 Carlsbad Ct. Jerry Ihnen, 498-8877	NC, Board Meeting , Jerry is hosting the Board mtg. Please RSVP two days ahead if you plan to come for dinner at 6 PM or just show up at 7 PM and join the meeting.
Friday Nov 5 th 8:30 AM	Cook's Spice Rack & Chilli Co. 910 West North Grand Ave.	NC, Geezer Breakfast , Join SBC members for breakfast and try to stay for the Geezer bike ride at 10:00 AM.
Friday Nov 5 th 6:00 PM	Westwoods Lodge 2406 West Jefferson Kevin Brown, 787-5652	NC, This is a chance to walk for an hour with your SBC buddies or just enjoy a social hour. If you have questions or suggestions for a Friday night event, contact Kevin. RSVP to Kevin if you plan to attend dinner either by e-mail at kjbrown@prodigy.net or his cell phone 971-8862.
Saturday Nov 6 th 10:00 AM	IDOT, Lost Bridge Trail Dirksen Parkway Sue Dees, 529-1826	ABCD ride, Lost Bridge I , Sue has a 30-40 mile route that will give us a good workout before tomorrow's Pie ride. D riders can ride on the Lost Bridge Trail.
Sunday Nov 7 th 11:00 AM	John Day 325 Virginia Lane, Rochester 498-7561	ABCD ride, Pie Ride , 25 to 35 mile ride, shorter if cold, followed by sandwiches and homemade pie. This is a deficit ride but worth every calorie. Call or e-mail John (jdayroch@aol.com) for directions.
Thursday Nov 11 th 10:00 AM	Fairhills Mall Chatham Road & Washington Marty Celnick, 522-4206	ABC ride, Veteran's Day Ride , As a true veteran ride leader Marty will put together a great autumn ride! Hope you have the day off and can join in.

Friday Nov 12 th 6:00 PM	Barrel Head 1577 W. Wabash Kevin Brown, 787-5652	NC, This is a chance to walk for an hour with your SBC buddies or just enjoy a social hour. If you have questions or suggestions for a Friday night event, contact Kevin. RSVP to Kevin if you plan to attend dinner either by e-mail at kjbrown@prodigy.net or his cell phone 971-8862.
Saturday Nov 13 th 10:00 AM	4117 Gaskell Dr. Cobblestone Subdivision Alan Josephson, 793-0590	ABCD/NC ride, November Birthday ride , join Alan & Harriett, Sue Hack, Kedra Elston and Gail Mulger (if she is in town) for a ride on the trail or in the country, 16-40 miles followed by lunch. If weather is bad, SHOW FOR LUNCH.
Sunday Nov 14 th 11:00 AM	IDOT, Lost Bridge Trail Dirksen Parkway Ernie DeFrates, 544-1398	ABCD ride, Lost Bridge II , Ernie has a 30-40 mile route in mind. D riders can ride on the Lost Bridge Trail.
Friday Nov 19 th 6:00 PM	Imo's Pizza 751 S. Durkin Dr. Kevin Brown, 787-5652	NC, This is a chance to walk for an hour with your SBC buddies or just enjoy a social hour. If you have questions or suggestions for a Friday night event, contact Kevin. RSVP to Kevin if you plan to attend dinner either by e-mail at kjbrown@prodigy.net or his cell phone 971-8862.
Saturday Nov 20 th 11:00 AM	Fairhills Mall Chatham Road & Washington Lisa Kidd, 546-1698	ABC ride, Mystery Location Ride , come see where Lisa is going to take us on this 30-50 mile ride, weather dependent of course.
Sunday Nov 21 st 11:00 AM	Sherwood Subdivision Park Wabash Trail Bryon Nesbitt, 483-3429	ABCD ride, note this is a new start location that allows for parking and easy access for the T/F riders. Byron has a 35 mile route with 12 and 18 mile trail options.
Thursday Nov 25 th 9:00 AM	Washington Park Picnic Shelter Show and Go Thanksgiving Ride	ABCD ride, Cold Duck Ride , The Springfield Running Club started this party and the SBC has joined them over the years. Ride loops around the park or do your own ride from the park. Turn miles into Karl.
Friday Nov 26 th 10:00 AM	Sherman Community Park Andrew Rd ½ mile East of Bus 55 Cindy Kvamme, 744-8864	ABC ride, The Day After Ride , Get over that stuffed feeling by going out for a spin. Cindy will have a route out of Sherman to get us moving again.
Friday Nov 26 th 6:00 PM	Globe Tavern Renaissance Hotel Kevin Brown, 787-5652	NC, This is a chance to walk for an hour with your SBC buddies or just enjoy a social hour. If you have questions or suggestions for a Friday night event, contact Kevin. RSVP to Kevin if you plan to attend dinner either by e-mail at kjbrown@prodigy.net or his cell phone 971-8862.
Saturday Nov 27 th 10:00 AM	Hope Evangelical Church 3135 Old Jacksonville Road Cindy Moreno, 546-5852	ABC ride, Jacksonville and Back Ride , this 60 mile route is an out and back with options to visit "Disney Land" in New Berlin.
Sunday Nov 28 th 11:00 AM	Rotary Park Iles and Archer Elevator Road Lynn Rhoades, 546-0229	ABCD ride, Lynn is developing a 30 to 40 mile route that will give us a good Sunday workout. D riders can work their way to the Wabash Trail.

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.



Riders of the Month

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Springfield Bicycle Club Mileage and Activity File As of September 30, 2004

Possible Miles for the Month
1464

Year
12173

	FIRST NAME	LAST NAME	RIDE	T/F	TO- RIDE			RIDE					
					TAL	S	LED	RIDE	T/F	TOTAL	S	LED	LENGTH
1	James	DuBose	1163	242	1405	24		5440	842	6282	140	8	44.9
2	Tom	Clark	1043	169	1212	27		5145	1011	6156	175	1	35.2
3	Charlie	Witsman	895	180	1075	22	1	4478	1178	5656	129	20	43.8
4	Byron	Nesbitt	671	24	695	13	1	4952	264	5216	119	2	43.8
5	Cathy	Yeaman	415	23	438	9		4649	444	5093	105	4	48.5
6	Marty	Celnick	519	75	594	20	1	4120	940	5060	164	8	30.9
7	Chuck	Orwig	400	84	484	12		3416	698	4114	102	2	40.3
8	Lisa	Kidd	526	91	617	18		3405	647	4052	135	0	30.0
9	Bill	Voss	390	64	454	14		3214	814	4028	116	3	34.7
10	Lance	Kidd	384	91	475	14	1	3181	647	3828	125	5	30.6
11	Dave	Ross	578	29	607	14		3431	292	3723	112	14	33.2
12	Karl	Kohlrus	322	137	459	9		2380	1150	3530	99	2	35.7
13	Phil	Arnold	55	105	160	3		2180	1196	3376	63	1	53.6
14	Lynn	Miller	355	41	396	9	1	3157	207	3364	91	4	37.0
15	Terry	Ransdell	152	12	164	5		2538	538	3076	68	0	45.2
16	Linda	Butler	475	0	475	11		2834	172	3006	90	3	33.4
17	Curt	Evoy	239	24	263	5		2445	473	2918	73	0	40.0
18	Ernie	DeFrates	416	0	416	12		2742	33	2775	104	0	26.7
19	Janice	Perino	497	230	727	27		1914	792	2706	104	0	26.0
20	Ruth	Magos	327	8	335	8		2653	17	2670	71	0	37.6
21	Bill	Bock	497	0	497	12		2630	5	2635	69	0	38.2
22	Deeana	Shidler	309	0	309	7	1	2604	28	2632	72	1	36.6
23	Derek	Ewing	642	169	811	13		2142	315	2457	54	0	45.5
24	Cindy	Kvamme	366	3	369	16		2334	109	2443	106	1	23.0
25	Jerry	Ihnen	247	29	276	6		2021	329	2350	69	2	34.1
26	Alfred	Arkley	116	0	116	2		2147	126	2273	70	0	32.5
27	Carol	Bock	469	0	469	11		2198	5	2203	55	0	40.1
28	Dan	Mitchell	453	0	453	8		2196	4	2200	54	0	40.7
29	Pete	Gudmundson	161	0	161	3		2175	4	2179	60	0	36.3
30	Alan	Josephson	168	22	190	6		1743	315	2058	75	6	27.4
31	Arden	Gregory	381	49	430	7		1827	206	2033	47	0	43.3
32	Pat	Stephens	366	0	366	9		1983	24	2007	59	0	34.0
33	Mike	Vonnahmen	212	11	223	7		1831	130	1961	57	0	34.4
34	Bob	Sorenson	305	14	319	7		1827	111	1938	55	2	35.2
35	Robert	LaBonte	191	2	193	11		1847	71	1918	87	5	22.0

Springfield Bicycle Club Mileage and Activity File As of September 30, 2004

Possible Miles for the Month
1464

Year
12173

	FIRST NAME	LAST NAME	RIDE	T/F	TO- RIDE			RIDE					
					TAL	S	LED	RIDE	T/F	TOTAL	S	LED	LENGTH
36	Jane	DuBose	252	55	307	11		1683	193	1876	60	1	31.3
37	Cindy	Moreno	302	14	316	10		1633	188	1821	69	5	26.4
38	John	Day	153	16	169	6		1731	57	1788	59	4	30.3
39	Lynn	Rhoades	139	36	175	4	2	1368	394	1762	46	17	38.3
40	Roger	Wright	159	105	264	6		1047	663	1710	35	0	48.9
41	Jon	Edwards	259	51	310	6	1	1419	288	1707	39	2	43.8
42	Rich	Saal	84	42	126	6		1319	380	1699	51	0	33.3
43	Bob	Carmody	224	0	224	7	3	1625	61	1686	56	17	30.1
44	Bruce	Yurdin	287	14	301	5		1484	90	1574	41	1	38.4
45	Garland	Stevens	162	0	162	6		1367	198	1565	56	4	27.9
46	Christa	Morris	336	0	336	18		1409	25	1434	82	0	17.5
47	Dale	Issacson	336	35	371	9		1267	152	1419	34	0	41.7
48	Louie	Spinner	155	3	158	8	4	1392	20	1412	70	19	20.2
49	Sue	Dees	193	0	193	11		1324	42	1366	85	2	16.1
51	Regina	McGuire	179	0	179	9		1343	12	1355	70	0	19.4
52	Ken	Anderson	89	36	125	2		992	345	1337	29	0	46.1
53	Marilyn	Powell	134	3	137	4		1152	72	1224	37	0	33.1
54	Micci	Bly	400	0	400	7		1172	22	1194	27	1	44.2
55	Roger	McCredie	96	0	96	2		979	197	1176	29	0	40.6
56	Dave	Lucas	140	10	150	7		956	211	1167	64	4	18.2
57	Brock	Webb	248	0	248	5		1111	34	1145	24	0	47.7
58	Mike	Schwab	54	0	54	3		1018	114	1132	64	0	17.7
59	Pete	Harjes	123	20	143	6	1	1015	104	1119	44	4	25.4
60	Jackie	Galli	322	0	322	8		1076	4	1080	30	0	36.0
61	Sean	Hatchett	50	40	90	1		851	151	1002	21	0	47.7
62	Daniel	Ewing	93	0	93	2		907	76	983	33	1	29.8
63	Sr. Josepha	Schaeffer	164	25	189	4		924	55	979	26	0	37.7
64	Lyn	Schollett	197	9	206	9		877	83	960	41	5	23.4
66	Connie	Roberts	120	0	120	2		863	23	886	26	3	34.1
67	Jack	Hurley	18	0	18	1		864	15	879	24	0	36.6
68	Jan	Cimerosa	75	0	75	3		765	104	869	35	1	24.8
69	Don	Daniels	242	49	291	4		690	173	863	15	0	57.5
70	Don	Struck	18	0	18	1		623	166	789	23	0	34.3
71	Mike	Ryan	44	10	54	1		638	149	787	15	0	52.5
75	Christine	Kohlrus	88	26	114	3		393	202	595	19	0	31.3

Springfield Bicycle Club Mileage and Activity File As of September 30, 2004

Possible Miles for the Month
1464

Year
12173

	FIRST NAME	LAST NAME	RIDE	T/F	TO-TAL	RIDE S	LED	RIDE	T/F	TOTAL	RIDE S	LED	LENGTH
76	Ben	Fox	117	8	125	5		569	19	588	27	0	21.8
77	Kevin	Brown	62	0	62	4	3	582	2	584	48	5	12.2
78	Brigetta	Ewing	91	0	91	3		541	13	554	31	1	17.9
79	David	McDivitt	192	0	192	6		511	0	511	16	0	31.9
80	Jim	Disney	109	7	116	2		437	28	465	12	1	38.8
83	Ed	Taylor	134	0	134	5		427	0	427	16	0	26.7
84	Cyd	LaBonte	106	0	106	7		408	0	408	29	3	14.1
85	Rodney	Yoswig	102	0	102	2		365	16	381	8	0	47.6
86	Steve	Smith	42	0	42	3		376	2	378	23	0	16.4
88	Gerry	Orwig	49	7	56	3		211	158	369	22	0	16.8
89	Harriet	Josephson	44	4	48	4		358	10	368	24	1	15.3
90	Matt	Saner	149	64	213	3		230	124	354	6	0	59.0
92	Mike	Hills	45	6	51	1		284	57	341	8	0	42.6
93	Brett	Bersche	118	0	118	2		335	0	335	14	0	23.9
94	Jon	Halterman	15	0	15	1		188	136	324	8	0	40.5
95	John	Sanford	106	0	106	8		319	0	319	26	0	12.3
96	Debbie	Ihnen	37	0	37	2		264	45	309	15	0	20.6
98	Bill	McGee	31	0	31	1		283	0	283	11	0	25.7
99	Charlie	Downs	96	28	124	3		224	56	280	7	0	40.0
100	Hope	Schnelten	105	0	105	3		272	0	272	11	0	24.7
103	Mark	Smith	92	0	92	2		239	18	257	10	0	25.7
104	Kedra	Elston	51	0	51	2		235	19	254	11	2	23.1
105	Mary	Loker	28	0	28	2		253	0	253	13	0	19.5
106	Jeff	Strawn	62	0	62	1		247	0	247	7	0	35.3
108	Aaron	Shehan	100	0	100	1		241	3	244	4	0	61.0
109	Clint	Ancelet	44	0	44	1		209	24	233	6	0	38.8
110	Genio	Staranczak	15	0	15	1		193	32	225	13	0	17.3
111	Kathy	Shepard	92	0	92	2		180	18	198	8	0	24.8
112	Heather	Bailey	100	0	100	1		189	7	196	3	0	65.3
113	Marilyn	Clark	150	0	150	2		195	0	195	3	0	65.0
115	Dara	Voss	9	3	12	1		127	57	184	8	0	23.0
118	Tracy	Fifer	100	0	100	1		146	7	153	2	0	76.5
121	George	Wouland	18	2	20	1		120	26	146	7	0	20.9
122	Jeff	Mitchell	14	0	14	1		131	8	139	5	0	27.8
128	Mary	Thomas	60	0	60	1		123	5	128	4	3	32.0

Springfield Bicycle Club Mileage and Activity File As of September 30, 2004

Possible Miles for the Month
1464

Year
12173

FIRST NAME	LAST NAME	RIDE	T/F	TO-TAL	RIDE S	LED	RIDE	T/F	TOTAL	RIDE S	LED	LENGTH	
135	Jamet	Cooper	110	0	110	1	110	0	110	1	0	110.0	
136	Carol	Anderson	65	2	67	2	97	12	109	4	0	27.3	
138	Carmen	Pfeiffer	108	0	108	1	108	0	108	1	0	108.0	
140	Marty	Morris	25	0	25	2	99	0	99	6	0	16.5	
141	Rob	Landers	94	0	94	2	94	0	94	2	0	47.0	
149	Bill	Owens	14	0	14	1	70	0	70	5	0	14.0	
158	Ken	Dugas	60	0	60	1	60	0	60	1	0	60.0	
159	Lyndell	Jarrett	60	0	60	1	60	0	60	1	0	60.0	
166	Randy	Dempsey	51	0	51	1	51	0	51	1	0	51.0	
174	Gail	Rogers	40	0	40	1	40	0	40	1	0	40.0	
175	Dave	Scheina	40	0	40	1	40	0	40	1	0	40.0	
187	Jim	Winhold	27	0	27	2	27	0	27	2	0	13.5	
188	Joni	Winhold	27	0	27	2	27	0	27	2	0	13.5	
189	Tiffany	Winhold	27	0	27	2	27	0	27	2	0	13.5	
208	David	Stjern	18	0	18	1	18	0	18	1	0	18.0	
209	Mary	Stjern	18	0	18	1	18	0	18	1	0	18.0	
214	John	Loker	12	0	12	1	12	0	12	1	0	12.0	
215	Laura	Farson	11	0	11	1	11	0	11	1	0	11.0	
216	Susan	Hammond	11	0	11	1	11	0	11	1	0	11.0	
TOTALS			24143	2658	26801	711	20	160833	21199	182032	5560	208	32.7
# RIDERS		125		220		35.1%		88.4%	11.6%				



All boys' style with kick stands:

- 1) **Trek Antelope 800** Colors: Black and Blue, Diameter of Wheel: 25 inches, hand brakes, size 16 inches, mountain bike, orig \$300+; asking \$75
- 2) **Giant Rincon** Color: Red, Diameter of Wheel 25 inches, hand brakes, size 16.5 inches, mountain bike, orig \$300+; asking \$75
- 3) **Ross**, banana seat bike, Color: Red, Diameter of wheel: 13 inches, back pedal brake, size 13", asking \$35

Janice Perino 529.8648
bikes@perino.com

BIKETEK

957 CLOCKTOWER DR. SPRINGFIELD 787-2907

Free Maintenance Class

Call or stop by to reserve your spot in our free maintenance class on **Wednesday, November 10th!** Class starts at 6:00 p.m. and will run about 2 hours. We will feature some basic maintenance procedures, as well as some on-the-side-of-the-road fixes. Don't bring your bikes, but if you have a wheel that needs to be trued or a flat that needs to be changed, bring that & we'll use it as a model. There will be a handout outlining the topics covered so you will have a reference guide at home later. All participants will receive a free BikeTek water bottle and glueless patch kit. Also, maintenance products and tools will be available for purchase at **20% off!** Discount not limited to stock on hand.

Class size will be limited to the first 20 people registered. We look forward to seeing you.

Paid Advertisement

New Year's Resolutions

Curt Evoy, *QR Editor*

With the end of cycling season and the upcoming New Year, many cyclists are setting goals for the 2005. Goals are easier to achieve when they are seen in writing. For the December/January *Quick Release*, I would like to publish club member's goals for 2005. These could be simple goals, such as ride a ride in every month of the year. Or life long goals, such as see the Tour de France live.

The deadline for the December/January issue is November 12. Resolutions can be sent to qreditor@insightbb.com subject New Year's Resolution. The numbers of resolutions that get published will be determined by the spaced allowed. No names will be published with the resolutions. I reserve the right not to publish a resolution. Thanks.



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

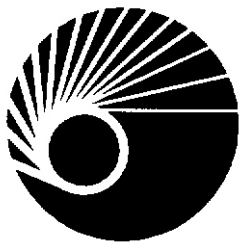
SPRINGFIELD BICYCLE CLUB 2004 MILEAGE SUMMARY

MONTHLY

MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	4,078	704	4,782	24	179	8	7.5	26.72
February	6,077	1,012	7,089	29	237	13	8.2	29.91
March	8,926	1,267	10,193	43	370	9	8.6	27.55
April	14,693	2,656	17,349	51	611	20	12.0	28.39
May	23,196	3,106	26,302	67	858	33	12.8	30.66
June	26,257	3,048	29,305	69	867	27	12.6	33.80
July	29,336	3,536	32,872	73	927	39	12.7	35.46
August	24,127	3,212	27,339	62	800	39	12.9	34.17
September	24,143	2,658	26,801	57	711	20	12.5	37.69

CUMULATIVE

MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	4,078	704	4,782	24	179	8	7.5	26.72
February	10,155	1,716	11,871	53	416	21	7.8	28.54
March	19,081	2,983	22,064	96	786	30	8.2	28.07
April	33,774	5,639	39,413	147	1,397	50	9.5	28.21
May	56,970	8,745	65,715	214	2,255	83	10.5	29.14
June	83,227	11,793	95,020	283	3,122	110	11.0	30.44
July	112,563	15,329	127,892	356	4,049	149	11.4	31.59
August	136,690	18,541	155,231	418	4,849	188	11.6	32.01
September	160,833	21,199	182,032	475	5,560	208	11.7	32.74



**ADVENTURE
CYCLING
Association**



The **League
Of
American
Bicyclists**

Springfield Bicycle Club
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November, 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**

December/January QR Deadline November 12, 2004



Holiday Party

December 12, 2002

Noon Ride

2:30 Decorate

5:00 Happy Hour

6:00 Potluck Dinner

Lake Springfield Beach House