

Springfield Bicycle Club
Quick



Release

March, 2005

RIDE OF THE MONTH

Alan & Harriet Josephson's Anniversary Ride is the January Best Ride of the Month.

The snow had melted just enough to provide safe travel for the few who chose to ride with Alan to celebrate many years of wedded bliss with his bride, Harriet. While the cyclists did their thing out on the road, Harriet stayed home to greet the many guests who arrived for the celebration and the food. She prepared her famous pasta fagioli, which is always a hit with riders who have endured the cold. Thanks for a great ride on a sunny day in January. We wish you many more happy anniversaries.

ALMOST ANYTHING AWARD

Cindy Kvamme takes the AAA for her artistic ability.

Cindy has been an integral part of the Spinner Award artwork for several years, and this year she did a fantastic job of designing and making the awards. Using the face of a clock for her palette, she included the letters, SPINNERAWARD, for the numerals on the clock. She then used a graphic of a cyclist and a quote by Thoreau to complete the "look". Of course the recipient's name and mileage was included to personalize the award. She used rubber stamps and her artistic eye to make all of this look great. We all appreciate Cindy's outstanding contribution to the 2004 Spinner Awards and all of the other SBC work that she does. "Always maintain a kind of summer even in the middle of winter." Henry David Thoreau.

LEAD WATER BOTTLE

Dog Owners get the Lead for January.

We can't blame the dog, but we can blame the owners of the dog for letting it run loose to chase cyclists. Louie Spinner was trying to enjoy a ride on a sunny day in January when a dog ran him off the road, causing him to fall. He wasn't injured seriously, but he did suffer some aches, pains, and a small cut above his eye. It is possible to call the authorities and report dogs that do this kind of thing, and sometimes that helps. The only other solution is to try to avoid routes where we know dogs await to chase bikes. That's probably impossible.

MARCH, 2005

WWW.SPFLDCYCLING.ORG

The President's Report

Chuck Orwig

For the April issue of the QR, Curt is looking for some articles by relative newcomers to the Club. If you're fairly new and can write something about your experiences with the Club members or the rides you've done, please write a short article and send it to Curt. Email is the easiest way to get it to him using qreditor@insightbb.com. Please get it to him ASAP but at least before March 10th. Thanks.

If you have plans to attend the Chicago Bike Show on April 1,2, or 3, please con-

sider helping at our booth. It will be a lot of fun to work and see all of the cycling stuff. It's always fun to spend time doing some of the things that the city has to offer. See me or email me if you have any questions about the show or what we're planning for the show.

Look for the date, time, and place for a reading by an SIU professor and author, who BTW, also rides. We would like to have a large crowd attend his reading so encourage your friends and associates to

join us. It will be held on March 10th so the weather may be more "ride friendly" than it is right now. This guy should be lots of fun.

Have you given any thought to Bike Month in May? I'd really appreciate any ideas or suggestions you might have about things we could do during the month. No idea is too silly to send me, it just might be to dumb to use. Just give me something to work with.

Doing a 180

Curt Evoy

Are you a new member of the bike club? Are you a current member with a friend who would like to join the bike club? Are you looking for motivation to get back on the bike at the start of the new season. The bike club will be hosting a new member event **March 10, at 7 PM** at Robert Morris College, 3101 Montvale Dr. This will be an informal event with information about the club given and will feature Mike Magnuson. Mark your calendars!

Mr. Magnuson is the author of *Heft on Wheels: A Field Guide to Doing a 180* and a creative writing professor at SIU-Carbondale. His book charts his 180-degree

journey from the big guy at the back of the pack to the lean, mean racing machine setting the pace for the group. During his journey, Mr. Magnuson quits smoking and drinking and loses 80 pounds.

Mr. Magnuson, has also written articles for *Bicycle* magazine. One article, included in the book, details the Bridge to Bridge Ride. A North Carolina ride described as a "ride of pure hill." The article had an elevation graph of the route, and at mile 50 the route went straight up and then kept climbing until mile 100.

Call me at 502-118 with any questions.

Board Meeting Notes - January 4, 2001

Dave Ross

Attending: Chuck Orwig, Cindy Kvamme, Curt Evoy, Jerry Ihnen, Dave Lucas, Lynn Miller, Alan Josephson, Marty Celnick, Tom Clark, Sue Dees, Lyn Schollett, Karl Kohlrus, Christine Kohlrus, Dave Ross.

Following a fine chili supper served by Lyn, the minutes of the December meeting were approved with one correction.

Treasurer's Report.

Dave Lucas reported that the Club treasury is in fine shape. Profits from the Poinsettia sale have been donated to the Think First program; the Convention and Tourism Bureau has reimbursed us for the booth at the Chicago Bike Show; we helped defray the expenses of the wheelchair ramp for Dan Leikvold; and we have paid various expenses for the holiday party. Our ending balance for December was \$16,335.19.

Ride Schedule and Meetings. **Cindy Moreno** was unable to be at this meeting, but she still needs ride leaders for February. Our

next meeting will be Tuesday, February 1, at Cindy Kvamme's.

Awards. **Marty Celnick's** Birthday Ride was voted the Ride of the Month. Congratulations, Marty! In a close vote, Garland Stevens won the Almost Anything Award for his fine slide show at the Holiday Party. There were no nominations for the Lead Water Bottle, so either we are all getting smarter, or are failing to notice lead-worthy activities. In any case, it is always nice to have a lead-free month.

Mileage Rules Subcommittee Report. **Tom Clark** distributed a draft of comprehensive ride rules for the Board's discussion and action. The Board carefully discussed, edited, and voted on each ride rule. The new rules will be published in the Quick Release, on our website, and in the next Club Directory.

Constitution and Bylaws Committee Report. **Alan Josephson** presented the recommendations of the committee regarding the

Constitution and Bylaws. The Board decided to leave the Constitution as is, since it is nearly impossible to change. (Amendments to the Constitution require a two-thirds vote of the entire membership. Most of the proposed changes to the Constitution were minor, editorial changes; these items can also be handled in the Bylaws.) The Board discussed and approved the Bylaws amendments. The Constitution and Bylaws will be published in the new Directory.

In addition, the Board considered expenditure rules proposed by the Committee and presented by Lyn Schollett. The Board adopted the following expenditure rules: "The SBC Board has discretion to make decisions regarding the expenditure of club funds to individuals for benevolent purposes. Payments may only be made to individual SBC members or their families for expenses incurred due to accidents or incidents related to SBC events."

Social Chair Report. **Alan** reported that a letter had been sent to December AAA winner Eric Sommer and crew.

Quick Release. Curt Evoy noted that there is a January 15 deadline for the February QR. Curt asked for any updates to the phone numbers and email addresses that appear in the QR; please email him any changes. The February QR's membership applica-

tion will include the new name badge price of \$8.75.

Special Events. Jerry Ihnen reported that there will be a meeting next month with the Convention and Tourism Bureau.

Legislative/ Education Report. Lynn Miller reported that the Leg/Ed Commit-

tee will be scheduling a meeting in the near future.

Old Business. None.

New Business. None.

Next meeting: Tuesday, February 1, at Cindy Kvamme's.

Ride Rules

Tom Clark

Ride Rules As Approved by SBC Board in January 2005

The SBC Board has approved a single set of written ride rules that replace all previous rules. Members are strongly encouraged to review these rules, as several have changed. Club members can also consult these rules by visiting www.spfldcycling.org or by reviewing the Ride Rules section in their new *Membership Directory* in February 2005.

SPRINGFIELD BICYCLE CLUB – RIDE RULES

Ride Type – “A” – 18+ mph average speed; “B” – 15 to 18 mph average speed; “C” – 12 to 15 mph average; “D” – 8 to 12 mph

average; “ER” – under 8 mph average (slow paced social group rides without maps, usually neighborhood tours); “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 your miles in to the Club Records Keeper.

Mileage Record Keeping

–There is a sign in sheet at each ride to record To/From and ride miles. This sheet is used to keep track of all rides as well as each person's Club miles for our records and incentive awards. The ride leader turns these sheets in to the Club Records Keeper.

Safety – SBC encourages everyone to wear approved bicycle helmets (properly fitted), to observe all traffic

signs and laws, and to share the road with motor vehicles and other road users.

Ride Start Times – All rides have a published starting time. You can begin any scheduled ride up to 15 minutes early or up to 15 minutes late.

Ride Length – On leader-led rides, the Ride Leader may adjust the length of ride options based upon the actual mileage of the mapped route as determined after the ride. If riders deviate from the route, they may not count miles ridden in excess of the longest ride option. Ride miles and To/From miles should each be rounded to the nearest whole number.

Show-N-Go –There is a

(Continued on page 7)

Helmet Fit: How to get it Right

Dave Lucas

LAB League Cycling Instructor (LCI) #1100

Over the years, helmet usage on SBC rides has increased steadily as lighter, more comfortable and better ventilated helmets have become available. Currently, helmet usage on any given club ride is at or near 100%. Riders are aware that a helmet is their most important piece of safety equipment, and wearing one reduces the risk of a serious head injury by as much as 85% in the event of a crash.

However, a helmet will not protect your head as intended if the helmet is not fitted properly. Two of the most common problems observed are helmets that are tipped too far back on head, and helmet straps that are too loose and/or improperly adjusted.

Fitting your helmet properly is not a difficult task and can easily be accomplished by anyone willing to spend just a small amount of time and effort. Following the guides below will insure that your helmet

is properly fitted and will provide all of the protection that its designers intended.

Helmet size - - Your helmet should generally be the smallest shell size that will fit comfortably and securely over your head. Thick hel-



met pads should not be used to make a too large helmet fit your head.

Helmet position - - The helmet should fit securely on top of your head and be roughly parallel to the ground when you are standing. As a guide, there should be about two finger

widths between your eyebrows and the front edge of your helmet. When the helmet is on your head, you should be able to look up and see the front edge of the helmet (not the visor, but the helmet shell itself). If you can't see the helmet shell front edge when you look up, your helmet is probably tipped too far back to be fully effective.

Strap adjustment - -

The helmet straps should be adjusted so that they form a closely fitting "V" with the straps in front and in back of each ear. These straps should then be joined with the buckle or fastener just below the ears at the jawbone.

The straps in front and in back of your ears should be equally tight, and no slack should be felt in either strap when the helmet chin strap is fastened.

The chin strap when fastened (*and it should always be fastened*) should be snug enough that you can feel the chin strap when you open

your mouth wide. Opening your mouth as wide as possible should pull your helmet down slightly on your head. If you can't feel the chin strap when you open your mouth fully, the strap is too loose.

These adjustments are not difficult to make but will require a little time and effort to complete. Looking into a mirror or having someone else assist you is the quickest way to get all of the helmet straps in the right position and under the correct tension. Strap adjustment can be a little frustrating at first as the straps on many helmets are interconnected. An adjustment made to one strap may affect the adjustment of another previously adjusted strap. Just be patient and spend the time to get this right. It may take as much as a half an hour or more in order to properly adjust a new helmet for the first time. Additional time may be required later in order to fine tune these initial adjustments so that your helmet is comfortable, secure and provides maximum protection..

And finally, remember that just because you have your helmet adjusted properly once does not mean that these adjustments will stay that way forever. Straps and buckles slip; fasteners work loose and may even come completely undone without your knowledge. Take a look at yourself in the mirror from time to time and make certain that your helmet is still properly positioned and adjusted. Your head will thank you in the event of an accident.

Share the road and ride safe.

Secretary's Report Cindy Kvamme, Secretary

Renewals

Mary Loker
Larry & Cindy King
Jack & Gerry Casey
Don Daniels
Dan & Amanda Eatherington
Brock Webb
Rick Davis
John Sanford
Neil & Irina Scott & Family
Daniel Leikvold & Family
Lisa Boes
Jack & Tracey Hurly
Regina McGuire

Renewals at the Contributing Level

Bode & Marybeth Zietz

Renewals at the Contributing Level

Vaughn Morrison, Sherry Knight & Family
Don Caspary & Family
Alan & Harriet Josephson
Mike Schwab

New Members

Machele Keen
Lt. Gov. Pat Quinn & Family
Gary Boner

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.



(Continued from page 4)

maximum of 100 miles on the ride portion of Show-N-Go rides.

To-From Miles – Miles ridden to and from the starting location of the ride taking the most direct and safe route.

Out of Town Ride – An organized ride NOT on the SBC monthly ride schedule can be included in your overall miles. Members are allowed 6 Out of Town ride days per year with a maximum of 100 miles per day. Miles should be submitted to the Records Keeper.

Volunteer Days – Members may count one additional organized Out of Town ride no longer than 100 miles for each volunteer day worked on designated special events during the calendar year.

To-From Miles for Non-Cycling Events – Members may count miles ridden to and from a scheduled SBC non-cycling event even if there is no scheduled ride.

RIDE LEADERS

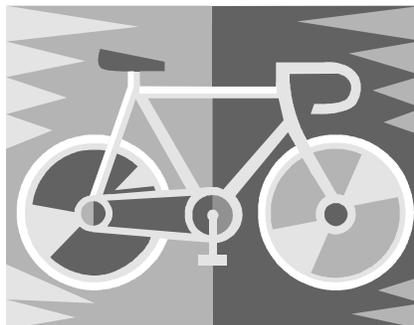
If members are interested in leading Club rides, they should contact the Club Vice President. A Ride Leader is responsible for scouting a route, providing a map and ride sheet for sign-in, and turning in an accurate and legible ride sheet. The Ride Leader or an experienced rider designated by the Ride Leader should lead from the rear to ensure all riders are accounted for.

RECORDING OF RIDE MILES

Please use the official SBC ride sheet whenever possible. If the Ride Leader misses the ride start, the

ride becomes a "Show-N-Go" that has the maximum ride length listed in the ride schedule. These riders may turn in their miles directly to the Records Keeper. Riders may contact the Ride Leader or Records Keeper with mileage changes.

Ride sheets and individual Show-N-Go mileage should be turned in to the SBC Records Keeper as soon as possible after each ride, but no later than the fifth (5th) day of the following month. Mileage turned in by this date shall be counted toward monthly totals and Rider of the Month awards. Mileage submitted after this date will be accepted, but may not count towards monthly totals and awards. Mileage reported late may be counted toward annual totals.



Memorial Day Weekend

MARK YOUR CALENDARS
SBC RIDE & RAFT (no shift this year)

1. Saturday ride the Katy from Marthasville
2. Sunday ride the Katy or the roads around Herman
3. Monday raft the Merrimac

Details next issue of QR but cutoff date is **April 28th**

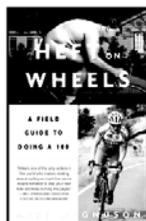
For prices and information call or email me

Alan Josephson
ahjosephson@yahoo.com
546-6112

Springfield Bicycle Club

Presents

think → SPRING



New Member Event

Get membership information
and hear special guest speaker,
Mike Magnuson, author of
Heft On Wheels:
A Field Guide To Doing A 180

Thursday, March 10, 2005

7pm

**Robert Morris College • 3101 Montvale Drive
Springfield, IL**

Current members are welcome to bring a friend.

www.spfldcycling.org

Special thanks to Brian Maslowski for graphic art work and Random House Inc for book graphics.

Update on Dan Leikvold Karen Leikvold and Sue Dees

January 11, 2005

Dear Springfield Bicycle Club,

Christmas and New Years have come and gone and we're finally getting around to sending out holiday greetings. Well, Happy Martin Luther King Day. We hope your holidays were all that you needed them to be and more. Our holidays were enjoyable with family and friends stopping by to see us on a steady basis.

Dan has been home from the hospital since December 1st. Needless to say we were very happy to be back together again in our home sweet home. Dan began his in-home occupational and physical therapy sessions, which happen 4-6 times weekly. He is motivated to get stronger and is working hard during therapy.

In the following months, we will be looking for ahandicapped accessible van and perhaps additional rehabilitation services.

All and all we have more good days than bad and even though this injury continues to be a difficult one to deal with, we've come to realize that it is not the end of the world. Life goes on and for us, it is a good one. The most important things are in place for us and hold firm: loving and supportive kids, family, friends and colleagues. Please know that the kindness and support that you have shown us continues to encourage us to "live strong."

We wish you the best in this coming year and whatever you do, stay safe, healthy and from time to time, remember to count your blessings.

Sincerely,
Karen, Dan, Johanna and Carsten Leikvold

More up-to-date info:

The Leikvolds got a handicapped accessible van in mid-February, just in time to unfortunately attend the funeral of Karen's mother, who had been suffering from cancer for sometime. Doorways in the house

have been widened.

The Leikvolds are also continuing to attempt to get insurance to pay for out-of-town rehab for Dan.

Many thanks to the stalwart food providers, the Kolruses and Flotows, who continue to provide delicious dinners to the Leikvold family. Also many thanks to the wheelchair ramp crew. This is as best I can remember the SBC portion of the vast crew from several months ago, who helped build the ramp, do yard work, and cook: Bob S o r e n s o n , P e t e Gudmundsen, Tom Clark, Arden Gregory, Jon Edwards, Kent Kraft, Linda Flotow and Sue Dees. And of course, thanks again to Eric Sommer, February's Almost Anything Award winner for organizing the ramp building, along with the several Springfield running/cycling clubs, family members, other friends and colleagues.

March 2005 Ride Schedule

Anyone with questions about the scheduled rides should contact the ride leader. If you are interested in leading a ride contact Cindy Moreno at 546-5852 or e-mail her at cmoreno51@insightbb.com. Daily rides are displayed above the shaded area and go as indicated except as noted. Special events, weekend, and holiday rides are listed below the shaded area. Club ride sheets should be completed for each ride. Ride sheets in .pdf format can be found on the club website (www.spfldcycling.org).

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.
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.
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.
Tuesday 12:15 PM	Robert Morris College, West Parking lot 3101 Montvale Dr. Dave Ross, 789-4823	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-&-go.
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, 789-4823	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-&-go.
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.
Tuesday Mar 1 st 6:00/7:00 PM	Jerry Ihnen 12 Carlsbad Ct. 498-8877	NC, Board Meeting , Jerry is hosting the Board mtg. Please RSVP if you plan to come at 6 PM for dinner or come at 7 PM and join the meeting.
Friday Mar 4 th 6:00/7:00 PM	Romanesque 115 N. Lewis Kevin Brown, 787-5652	NC, Come at 6PM for a walk in the neighborhood and stay for dinner with SBC friends at 7PM. RSVP to Kevin if you plan to attend dinner either by e-mail at kjbrown@prodigy.net or his cell phone 971-8862.
Saturday Mar 5 th 11:00 AM	IDOT, South Parking Lot Dirksen Parkway, Lost Bridge Trail Marty Celnick 522-4206	ABCD ride, " Go with the Wind ", Marty says were following the wind today – if it from the North we head to Riverton and if it from the South we head to Edinburg. Either way expect a great route. Trail riding is also an option.
Sunday Mar 6 th 10:00 AM	Fairhills Mall Washing & Chatham Rd Tom Clark, 585-1539	ABCD ride. Tom's ORIGINAL Belated Birthday Ride , only a day late. Plan on 30 miles or so, weather dependant "B-days only come once a year, Marty!"

Thursday Mar 10 th 7 PM	Robert Morris College 3101 Montvale Dr Curt Evoy, 502-1118	NC, New member event featuring author Mike Magnuson. See article on Page 2 for details.
Friday Mar 11 th 6:00/7:00 PM	Gallina's Pizza 432 E. Monroe Kevin Brown, 787-5652	NC, Come at 6PM for a walk in the neighborhood and stay for dinner with SBC friends at 7PM. RSVP to Kevin if you plan to attend dinner either by e-mail at kjbrown@prodigy.net of his cell phone 971-8862.
Saturday Mar 12 th 10:00 AM	3019 Cameron Chuck Orwig 793-3782	ABC ride, Early St. Patrick's Day Ride , Chuck says plan on a no more than 30 mile route. Refreshments and party to follow the ride. If weather cancels the ride, come by at noon for the party and green beer.
Sunday Mar 13 th 11:00 AM	Lincoln Heritage Trail Lake Taylorville Park- ing Lot, Rte. 29 Deeanna Shidler 562-4583	ABCD ride, Deeanna's Annual February Ride that was rained out so now let's do it in March ride . This is a new route with a road option of 38 miles or ride the Lincoln Heritage Trail towards Pana for 28 miles..
Friday Mar 18 th 6:00/7:00 PM	La Bamba's 1731 S. MacArthur Blvd. Kevin Brown, 787-5652	NC, Come at 6PM for a walk in the neighborhood and stay for dinner with SBC friends at 7PM. RSVP to Kevin if you plan to attend dinner either by e-mail at kjbrown@prodigy.net of his cell phone 971-8862.
Saturday Mar 19 th 9:00 AM	Rotary Park Iles and Archer Eleva- tor Road Garland Stevens 698-8363	ABC ride. Pride to Prouty Ride . Garland plans on a 30-40 mile ride to Prouty with a stop at "Disney Land". Cutoff route to Loami will also be available.
Sunday Mar 20 th 11:00 AM	Strike and Spare West 2660 W. Lawrence Ernie DeFrates 544-1398	ABC ride, First Day of Spring Ride , Ernie says get the bike out of the "attic" and come join us. He has a 40 miles route planned with shorter options.
Friday Mar 25 th 6:00/7:00 PM	Head West Sub Shop 1124 W. Jefferson Kevin Brown, 787-5652	NC, Come at 6PM for a walk in the neighborhood and stay for dinner with SBC friends at 7PM. RSVP to Kevin if you plan to attend dinner either by e-mail at kjbrown@prodigy.net of his cell phone 971-8862.
Saturday Mar 26 th 10:00 AM	Sherman Community Park Andrew Rd ½ mile East of Bus 55 Alan Josephson 793-0590	ABC ride, " Will March go out like a Lion? Ride , Alan is hoping for a wind assisted ride (remember drivers do not get miles) but will also have an alternative plan of 25-40 miles.
Sunday Mar 27 th 11:00 AM	Show-Me's 3101 S. MacArthur Marty Celnick 522-4206	ABCD ride, Marty's Easter Day Ride , Marty will lead riders on a 25 to 40 mile early Spring country side ride. Trail riding is also an option.
Sunday Mar 27 th 2:00 PM	Center for the Arts 420 South Sixth Lola Lucas, 787-5652	NC. 7 th Annual Cheesecake Bake Off. Judging starts at 3pm. See detailed article in this month's Quick Release.

RIDE TYPES

- A - 18+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 the Club's Record Keeper.

ER rides are slow paced social group rides without maps. Usually neighborhood tours.

Cheesecake Bakeoff March 27

Lola Lucas

Is it true that we're an eating club with a biking problem?

The Lucas-Brown Partnership 7th Annual Invitational Cheesecake Bakeoff will be held Sunday, March 27, 2005. We've moved this year to the Center for the Arts, second floor social room. Doors open at 2:00 p.m., judging begins at 3:00 p.m. All SBC members are invited as tasters, judges and/or bakeoff contestants.

A panel of three judges will select winners in four categories:

- **Best Traditional** (such as a New York style)
- **Best Flavored** (raspberry, chocolate, etc.)
- **Most Artistic** (for presentation and appearance)
- **Most Unusual** (and they can be *very* unusual!)

Everyone gets to vote for the Grand Prize winner. The organizers reserve the right to give an Almost Anything Cheesecake Award for special merit not

covered in any other category.

Call Lola or Kevin at 787-5652 to RSVP if you will be entering a cheesecake so we can get enough tables set up for display. Best of luck to all participants---and especially to the judges who always have a hard time selecting winners from so many exceptionally wonderful cheesecakes!



New York, Dublin, London, Paris, Helsinki, Moscow, Hamburg, Athens, Vienna, Rome, Lisbon, Barcelona, Marrakesh, Cape Town, Cairo, New Deli, Bangkok, Sydney, Hong Kong, Buenos Aires, San Juan, Los Angeles, Vancouver, Toronto, Chicago, and Springfield, Illinois

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Tyler Hamilton's Life As (If) A Tax Cheater

Mark Flotow

First, Tyler Hamilton is NOT a tax cheat (as far as I know), my lawyers instructed me to write. To give away the plot in the second sentence, I'll be using the analogy of cheating on taxes to explain what little I understand about the Tyler Hamilton blood doping situation, as it currently stands. Second, I apologize for providing no frame of reference for the "My Life As A Doper" article that appeared earlier among the pages of QR. I'll attempt to correct that here.

I'll start with the skinny on doping. During these past few years, we have witnessed accusations, confessions and convictions regarding doping/drug scandals among the professional cycling world (read: mainly Europe but also some in the U.S.). Several past and current world champions have been found guilty or have admitted to doping infractions. Indeed, Tyler Hamilton nearly lost his 2004 Olympic individual time trial gold medal, but was saved by a procedural error in the testing for his particular doping offense. (Interestingly, for a different doping offense and in

another Olympic cycling event, an American gained a medal after someone ahead of her was found "positive.") Subsequently, Tyler Hamilton was found positive at a different cycling competition, the three-week long Vuelta a Espana (Tour of Spain) in September, for the same infraction and was eventually fired by his professional team's sponsor (Swiss-based Phonak). In addition, the Russian and Australian cycling federations, both which would stand to gain if Tyler Hamilton's Olympic gold medal were stripped from him, are appealing to the international Court of Arbitration for Sport (CAS). A hearing with CAS is pending. Basically since last September, Tyler Hamilton has not proven his innocence, as the burden of proof seems to go in such matters, nor has he been sanctioned by the U.S. cycling federation. His status - and cycling life - remain in limbo.

In contrast, that "Doper" article I supplied was about a seemingly more innocent time. The traumatic events of "supplementing," getting caught, being punished or

sanctioned, feeling confused or abused, etc. were meant as a bygone day parallel to what the current crop of dopers are going through, albeit more publicly and on an infinitely grander scale. (Side note: I had shown the Doper article to my mother, now well into her eighties, and instead of finding it amusing, which was my intention, she apologized for not keeping our family medicines more secure during the 1950s. Nevertheless, for me back then, it was like buying that Colnago bicycle: I was determined that sooner or later I was going to do it.) Don't get me wrong - there were dopers during the 1950s among the professional peloton, too. However, the sophistication of methods between then and now has indeed changed.

So, what about Tyler Hamilton being accused of "blood doping"? According to the UCI (the world cycling governing organization), his transgression was that his blood contained evidence of an illegal transfusion. That is, besides his own, there may be someone else's blood inside Tyler

Hamilton, perhaps in an effort to boost the count of his red blood cells (sometimes called “blood packing”), which in turn carry oxygen to muscle cells. In some ways, it’s like taking EPO because both can result in a higher number of red blood cells. Apparently, detection of such a transfusion still can occur a few months after the doping event by examining various genetic blood markers, similar to A/B/AB/O blood typing but for a range of other traits.

Let’s finally get to that analogy. This analogy is hardly perfect, but I think it does reflect the nature of the situation. Suppose Tyler Hamilton got a notice from the IRS that said, in effect, he was a tax cheater, based on what he submitted on his 2004 tax return. He might ask what he allegedly was guilty of. The IRS might respond that he did not report all of his income. So . . .

Tyler Hamilton: How much was I off?

IRS: A significant amount.

TH: I owe more taxes then, you are saying; will there be a penalty?

IRS: Big time.

TH: How much was I off?

IRS: A significant amount.

TH: Right. Which kind of

income - like earned, dividend, interest, etc. - did I fail to report?

IRS: Yes, one of those, perhaps.

TH: How do you know my income was actually less than what I stated?

IRS: We have ways.

TH: Um, I guess I’ll be trying to prove my innocence then . . .

How would you defend yourself in such a situation? Let’s move on to the real TH doping case. I am not going to pretend I know even most of the “known” facts of his case. Quite briefly, I think it goes something like this, since his Tour of Spain positive test result in September 2004 . . .

UCI: You tested positive for blood doping.

TH: How so?

UCI: We have detected a homologous blood transfusion.

TH: Really? How much so?

UCI: A significant amount - you were found positive.

TH: So, there’ll be a sanction against me?

UCI: Big time.

TH: Whose blood was in me, and based on what ge-

netic markers?

UCI: Somebody else’s blood, for sure.

TH: How do you know?

UCI: We have our tests. We know what you did last summer.

TH: Um, I guess I’ll be trying to prove my innocence then . . .

Personally, I have no idea if TH is truly guilty or not, nor do I have any insights into whether such results may have been in error, an innocent mistake on TH’s part, or an indication of intended sporting fraud on TH’s or someone else’s part. Part of the problem for anyone trying to reach a conclusion is nothing is transparent, at least at this point. Perhaps one of the reasons for the UCI’s secrecy is that, if the exact nature of the test were revealed, then future would-be dopers could figure out a way to confound or beat the test. And then the ante of sophistication of methods could be upped again.

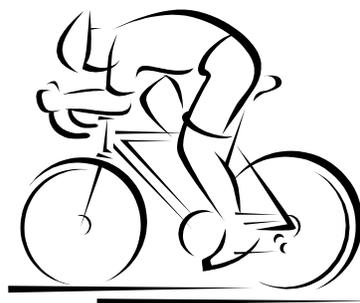
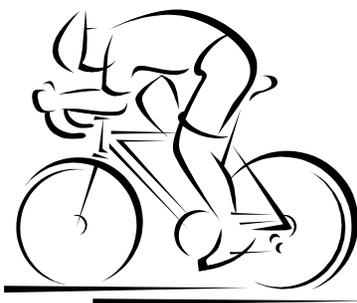
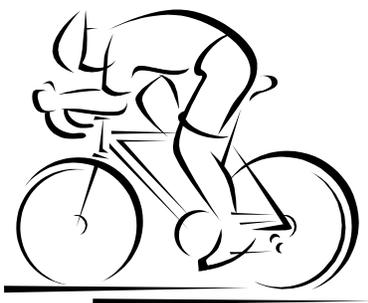
One fact about professional cycling remains: any way you paint the picture, people are noticing there’s some ugliness. And perhaps there has been some air-brushing and blurry effects used to hide the pock-

marks and blemishes of the face of professional cycling presented in the past. In some ways, the TH case is like a litmus test, for some fans. If a fresh-face, aw-shucks, hard-working guy like Tyler Hamilton is somehow guilty of sophisticated sporting fraud, then maybe the whole sport is a fraud or an illusion. On the other hand, if all sports were as closely monitored - and athletes tested as thoroughly and as often - as cycling is, there might turn out to be a lot of fantasy land in the sporting world.

Maybe Tyler Hamilton's case will be cleared up by the time you read this, or maybe it will have gotten more complicated. And maybe instead of reading this article you only intended to read the ride schedule or check the club mileage table, because you just wanted to go out and ride your bike. Maybe you have the right idea.

The Straight Dope Mark Flotow

Just so someone told you, the (known) basic ways of doping in human performance sports are via stimulants, anabolic androgenic steroids (AAS), peptide hormones, or a combination of these three (according to the 23 October, 2004 issue of "Cycling Weekly"). Stimulants can range from amphetamines to cocaine to even caffeine, if ingested in sufficient quantity. Stimulants affect both the brain and body. They usually are fast-acting in effect and often are relatively easy to detect by current doping tests. AAS generally are used to increase muscle mass or power output and usually must be used over a relatively long period of time (months) to have an effect. Sometimes other compounds or substances are taken to mask or confuse tests searching for AAS. Peptide hormones are characteristically EPO (erythropoietin - a kidney hormone) or growth hormone. They mimic the action of real hormones to stimulate the body to react in a certain way, like to get more oxygen carried in the blood. Currently, these can be the hardest to detect in an athlete's body, although improvements in testing have occurred in the last few years. A variation on this theme, and even more difficult to detect via testing because no performance-enhancing drugs are used, is the blood transfusion or blood packing that Tyler Hamilton has been accused of doing. In essence, his case involves a prohibited method, as opposed to the more common case of prohibited substance. All of these basic ways of doping have potential deleterious side effects, as you might well imagine.



Springfield Bicycle Club Mileage and Activity File As of January 31, 2005

Possible Miles for the Month 438

Year 438

	FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE					
							RIDE	T/F	TOTAL	S	LED LENGTH	
1	Tom	Clark	288	85	373	13	288	85	373	13	0	28.7
2	Marty	Celnick	149	98	247	12	149	98	247	12	1	20.6
3	Lynn	Miller	239	5	244	7	239	5	244	7	0	34.9
4	Dave	Ross	164	29	193	9	164	29	193	9	1	21.4
5	Pat	Stephens	122	0	122	8	122	0	122	8	0	15.3
6	Cathy	Yeaman	120	0	120	2	120	0	120	2	0	60.0
7	Karl	Kohlrus	59	38	97	3	59	46	105	3	0	35.0
8	Robert	LaBonte	74	0	74	4	74	0	74	4	1	18.5
9	Ernie	DeFrates	63	0	63	3	63	0	63	3	0	21.0
10	Bill	Voss	34	23	57	3	34	23	57	3	0	19.0
11	Alfred	Arkley	52	0	52	1	52	0	52	1	0	52.0
12	Bob	Sorenson	45	6	51	2	45	6	51	2	0	25.5
13	Byron	Nesbitt	50	0	50	2	50	0	50	2	1	25.0
14	Linda	Butler	48	0	48	3	48	0	48	3	1	16.0
15	Janice	Perino	46	0	46	1	46	0	46	1	0	46.0
16	Phil	Arnold	22	20	42	1	22	20	42	1	0	42.0
17	Lance	Kidd	42	0	42	3	42	0	42	3	0	14.0
18	Lisa	Kidd	42	0	42	3	42	0	42	3	0	14.0
19	Alan	Josephson	38	0	38	2	38	0	38	2	1	19.0
20	Bill	Bock	36	0	36	1	36	0	36	1	0	36.0
21	Roger	McCradie	35	0	35	2	35	0	35	2	0	17.5
22	Cindy	Kvamme	34	0	34	2	34	0	34	2	0	17.0
23	Dave	Lucas	7	25	32	3	7	25	32	3	0	10.7
24	Lynn	Rhoades	27	5	32	1	27	5	32	1	1	32.0
25	Bob	Carmody	30	0	30	1	30	0	30	1	0	30.0
26	John	Sanford	30	0	30	2	30	0	30	2	0	15.0
27	Pete	Harjes	26	0	26	1	26	0	26	1	0	26.0
28	Deeana	Shidler	25	0	25	1	25	0	25	1	0	25.0
29	Regina	McGuire	24	0	24	2	24	0	24	2	0	12.0
30	James	DuBose	21	0	21	1	21	0	21	1	0	21.0
31	Rich	Saal	14	7	21	1	14	7	21	1	0	21.0
32	Garland	Stevens	21	0	21	1	21	0	21	1	0	21.0
33	Jerry	Ihnen	17	0	17	1	17	0	17	1	0	17.0
34	Carl	Morris	17	0	17	1	17	0	17	1	0	17.0
35	Curt	Evoy	6	5	11	1	6	5	11	1	0	11.0

Springfield Bicycle Club Mileage and Activity File As of January 31, 2005

Possible Miles for the Month 438

Year 438

FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE							
						RIDE	T/F	TOTAL	S	LED	LENGTH		
36	Kedra	Elston	10	0	10	1	10	0	10	1	0	10.0	
37	Mike	Elston	10	0	10	1	10	0	10	1	0	10.0	
38	Sue	Hack	10	0	10	2	10	0	10	2	0	5.0	
39	Sr Josepha	Schaffer	10	0	10	1	10	0	10	1	0	10.0	
40	Louie	Spinner	10	0	10	1	10	0	10	1	0	10.0	
41	Sue	Dees	8	0	8	1	8	0	8	1	0	8.0	
42	Harriet	Josephson	5	0	5	1	5	0	5	1	0	5.0	
43	Cindy	Moreno	0	0	0	1	0	0	0	1	1	0.0	
TOTALS			2130	346	2476	113	8	2130	354	2484	113	8	22.0
# RIDERS			43		43	34.8%		85.7%	14.3%				

Riders of the Month

1/05 Tom Clark 373 mi.	9/04 James DuBose 1407 mi.	5/04 Cathy Yeaman 876 mi.
12/04 Dave Ross 388 mi.	8/04 Charles Witsman 1119 mi.	4/04 Byron Nesbitt 1080 mi.
11/04 Lisa Kidd 360 mi.	7/04 Tom Clark 1061 mi.	3/04 Terry Randsell 452 mi.
10/04 Karl Kohlrus 430 mi.	6/04 Chuck Orwig 1383 mi.	2/04 Marty Celnick 450 mi.



Interurban Trail & MacArthur Extension Meeting Notes Lynn Miller

Locations: IL Dept of Natural Resources

February 17, 2005

Those Attending:

IDNR: Dick Westfall, Michael Rhodes, Tom Flattery

Bruce Strom, Alderman, City of Springfield

Springfield Park District: Mike Schneider

Springfield Bicycle Club: Bill Donels, Karl Kohlrus, Lynn Miller

Springfield Ski Club: Lynn Bierma

We reviewed the proposed MacArthur extension and its impact on the Interurban Trail. The number one problem is the possible closing of the railroad crossing just north of Hazel Dell Road once the extension is opened.

The Illinois Commerce Commission issued an order, T91-0072, dated 1991 which states 'this crossing shall be considered temporary in nature until such time as an at-grade separation can be constructed over the joint facility or until a road is built which connects the West Grand Ave crossing to the north with MacArthur Blvd.'

-IDNR in a letter dated 2/15/05 requested the Illinois Commerce Commission to amend its order to maintain the crossing for bicycles and pedestrians only.

-IDNR will request Tim Sheehan, City Engineer, on behalf of the City of Springfield to petition ICC keep the crossing open for bicyclists and pedestrians only. The request will ask ICC for an opinion about the probability of granting this request at its earliest opportunity. The Springfield Park District will also join the request, as will IDNR and IDOT.

-If ICC indicates it is not willing to grant the petition, IDNR, Springfield Park District SBC and SSC will urge members to contact IDOT to **amend** the MacArthur extension project. **This amendment would add a separate bike/pedestrian path physically separated from the roadway starting from Lincolnshire Blvd south across MacArthur railroad bridge, then turning east down the westbound exit ramp to existing grade. This will join the existing trail south of Hazel Dell Rd.**

IDNR has contacted the Village of Chatham and the Village will also support the crossing.

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