



RIDE OF THE MONTH

Trail Festival Wins Support

May's Ride of the Month was Lynn Miller's Interurban Festival and Ride. Riders enjoyed a pleasant route to Auburn and sampled delicious treats at the Apple Barn. The 55 individuals in attendance included our state legislators and other dignitaries. The Festival provided a great opportunity for further networking on trail preservation. Events such as this and the volunteer work of SBC members and other interested parties have significantly increased the likelihood that a user-friendly trail will remain open long term between Springfield and Chatham. Kudos also to Cathy Yeaman for making arrangements for a fantastic festival, include details such as opening the Chatham Railroad Museum for attendees.

ALMOST ANYTHING AWARD

Ride & Raft a Total Blast

The 23 people who went on Alan Josephson's Ride & Raft trip all made it home safely, and that was no small feat given the many opportunities to over-indulge. Attendees rode Missouri's famed Katy Trail for a day or two, or challenged the steep hills of the surrounding countryside. Those who went rafting enjoyed a beautiful sunny day, engaging in torrential super soaker water battles or gorging themselves on a wide variety of delicacies. SBCers also enjoyed the town of Herman and fine wineries and restaurants during an extended Memorial Day weekend. The AAA goes to Alan Josephson for organizing every detail of this fine trip!

LEAD WATER BOTTLE

The Rafting Misadventures of Mike Elston

Inevitably, an out of town trip leads to opportunities to gain notoriety via the Lead. While lazily floating down the Meramec river, Mike goaded his wife Kedra into "sharing" with the trip leader and others a certain "Go Cart Incident" that she found personally embarrassing. Mike then got son Jack into trouble by telling him to push daughter Brea into the water, which of course he did! While Huck Finn would have been amused, others were not.

Riders of the Month

5/05 Pete Gudmundson 1006 mi.	1/05 Tom Clark 373 mi.	9/04 James DuBose 1407 mi.
4/05 Byron Nesbitt 607 mi.	12/04 Dave Ross 388 mi.	8/04 Charles Witsman 1119 mi.
3/05 Marty Celnick 540 mi.	11/04 Lisa Kidd 360 mi.	7/04 Tom Clark 1061 mi.
2/05 Lynn Miller 565 mi.	10/04 Karl Kohlrus 430 mi.	6/04 Chuck Orwig 1383 mi.

The President's Report

Chuck Orwig

The MacArthur Avenue extension and the consequences for the Interurban Trail is something that many members are working very hard to resolve. We are attempting to get a public hearing on the IDOT proposals. If this public hearing happens, and you want what is best for the trail, you will need to attend the public hearing. The Springfield Bicycle Club has enough members to make an impact on the decision makers, but we must show our strength by attending the public hearing if, indeed, we get to have a hearing. Please watch the paper for an announcement of the public hearing. It should be announced before very long.

A big **THANK YOU** goes out to Derek Ewing for his work with the bike races and for the very large contribution to the SBC treasury. Another big **THANK YOU** goes to Cindy Kvamme for getting all of the volunteers out to the race site.

A show of hands at the June board meeting showed that only a few of the present board members want to remain on the board. The change in board members and officers takes place at the end of the summer, so if you're interested, let me know. If you see me on a ride and want to talk about what positions are available, just ask. Of course, any present or past board member can provide infor-

mation about what being a board member is all about.

As I mentioned in last month's report, we need to be the cyclists who set the examples of how to ride properly and safely. We can do that by obeying traffic laws. A couple of guidelines from the bicycle rules:

1. It is against the law to ride more than two next to each other.
2. Ride as close to the right edge of the road as is practical. It is safer and it's the law. Certain conditions allow a bicyclist to move farther to the left: hazards, such as broken glass; drain grates; parked cars; left turns; and passing.

Public Hearing for Sangamon Valley Trail

A public hearing is scheduled to discuss a proposed grant application for engineering and construction of a 5 mile segment of The Sangamon Valley Trail. The County Board is seeking input from cyclists and trail users at hearings scheduled July 7 and 14. No time or location yet announced. This is a great opportunity to show our support for this project. Debbie Cimarossa and Bill Moss, of the County Board are Committee Co-Chairs. More details when we get them, or call County. Thanks, Karl Kohlrus, John Day, Bill Donels & Lynn Miller.

Board Meeting Notes - March 6, 2001

Dave Lucas—Acting Recording Secretary

Chuck called the meeting to order after all had enjoyed the tasty treats prepared by Christa McLaren-Morris.

The minutes of the last meeting were then distributed, reviewed and approved without additions or corrections.

Dave next presented the treasurer's report and noted that we have a balance on hand of \$14,030.29. The Interurban Trail project has brought in \$461.00 in pin sales and donations. Corporate donors have been Gene Rupnik, Day's Inn, \$100.00; Kevin Imhoff, Fit Club, \$100.00; R&M Cyclery, \$100.00 and Bike Tek, \$50.00. Many individual donations have also been received. Interurban Trail project expenses have totalled \$1,073.54, the majority of which has been spent on graphic arts and printing.

Karl inquired about the status of the treasury relative to the same time period a year ago. Dave estimated that the current balance on hand was roughly the same as last May, but he will check and e-mail board members of the exact comparison amounts.

Cindy Moreno noted that the ride schedule for June still had several open dates and asked for additional ride leaders. She noted that the '05 Iron Horse event will be held on 6/19 and will be one half the length of previous years. Jon Edwards is thought to be our coordinator for this event and will be contacted and asked to provide an article for the next newsletter. SBC volunteers will definitely be needed. Cindy plans a show-n-go ride after this event. Regarding other rides, Alan inquired about the possibility of a joint riding event with the Peoria bicycle club, and Chuck noted that the Joliet club's Ride Around Illinois will be coming through Springfield again this year. SBC volunteers will lead this group on a tour of historic sites in Springfield.

The upcoming Trails Day event was next discussed. Our meeting place will be the railroad museum in Chatham. Cathy Yeaman will provide refreshments. Rep. Rich Brauer, Sen. Larry Bomke, and Chatham Mayor Tom Gray plan to attend. These public officials have been quite supportive of the SBC's efforts

to retain the integrity of the existing trail, and their assistance is greatly appreciated.

Discussion next turned to voting for the Ride of the Month. There were numerous excellent rides during the month of April; however, Robert LaBonte's 4/16 "Chicken Run" ride was the overwhelming favorite of those voting. Congrats Robert on a fun ride!

Next on the agenda was selection of the person most deserving of this month's Almost Anything Award. Nominees were: all volunteers who represented the SBC at the Chicago Bike Show; Lynn Miller for spearheading the Interurban Trail project; and Ed Barsotti, Executive Director of the League of Illinois Bicyclists, who was very instrumental in setting up a key meeting with IDOT officials regarding the Interurban Trail. Although all nominees were most deserving of this month's AAA, Ed Barsotti was selected as the this month's AAA winner. Thanks Ed! Your assistance was and continues to be invaluable!

Nominations were next entertained for the Lead Water Bottle Award. It was noted that Tom Clark was absent from the board meeting and had failed to notify anyone of his planned absence. Chuck was obliged to perform Tom's meeting duties. Dave had observed Tom riding on Rt. 29 in Rochester at about 6:30 p.m., and noted that Tom was riding away from the meeting location, not towards it. The nominations were then closed, and Tom Clark was unanimously selected as this month's "winner" of the coveted LWB Award.

Lynn next reported on current Interurban Trail activities. Lynn, Bill Donels, Karl Kohlrus, and Ed Barsotti had recently met with IDOT officials regarding changes that would be needed in order to better accommodate the Interurban Trail during and after the construction of the MacArthur St. extension. IDOT and Hanson Engineering are considering new solutions for the trail problem, and the bid letting process for the project has been pushed back until Nov., '05. Among several options being considered is moving the trail to the west side of MacArthur and then

crossing I-72 on the planned overpass by means of a marked path that would be separated from traffic by a concrete divider. Lynn will keep us advised of future discussions and developments.

Curt mentioned that he felt that the recent Aurora aldermanic survey forwarded to us by Lynn was a good introductory device when contacting public officials but felt that the transportation aspects of bicycling should receive greater emphasis, and connection of major city locations with bike trails/paths/routes should be a community goal.

Next on the agenda was a discussion of the Capital City Century. Jerry requested a decision regarding the reprinting of the '05 CCC brochures. There was agreement that the number of errors in the current brochure warranted a corrected reprint. Kevin Brown will generate a mailing list for these brochures, and June 1st was set as the goal for mailing of the brochures to last year's participants. Chuck then mentioned that he had been contacted by the ad agency that handles Isringhausen's account. They were interested in linking their name to the CCC in a way that both Is-

ringhausen and the SBC could benefit. Chuck will explore this further and keep us informed of pertinent developments.

Curt reported that the deadline for the June Quick Release is 5/15. Curt also reminded us that club officer elections will be coming up soon, and he felt that a newsletter article regarding these elections would be a prudent idea for the next newsletter.

Ken Anderson, the SBC Senior Olympics chairperson, will soon be looking for volunteers for the 9/24 and 9/25 event. Charmin Doering will be the official race marshal again this year, and the Park District will cover all of her fee this year. Ken noted that some route changes may be necessary this year due to planned bridge maintenance on the old route.

The meeting was then adjourned with thanks to Christa and Marty for their hospitality. The next board meeting will be 6/1 at Cindy Kvamme's home. The July meeting will be held 7/6 at a location yet to be determined.

SBC Picnic Alan & Harriet Josephson

WHEN: Saturday July 16, 2005

TIME: 5:00 PM begins-5:45 PM Food Served

WHERE: TOM MADONIA PARK EAST-old Forest Park East
(east lake drive about ½ mile east of the dam)

WHAT: last names beginning with **A-H** please bring desserts
last names beginning with **I-R** please bring salads
last names beginning with **S-Z** can bring appetizers
Or bring your own choice if the suggestions above are not satisfactory.

The club will provide boca burgers, hot dogs and brats, soda and lemonade, paper goods and plastic ware. Bring your own liquid refreshments if you choose.

Enjoy the Tour De Corn earlier in the day and relax with us at our annual picnic. No speeches, work details, or assignments. Just fun! Come Rain or Shine!

Anyone arriving 30 minutes earlier can help unload and set up!



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PR&J in Missouri

Pat Hughes

Many thanks to Alan Josephson for planning what turned out to be a delightful 3-day trip to Missouri's wine country and to Mother Nature for wonderful weather. The weekend was a good mix of physical excursion, gentle breezes, blending and discovery of new & old friends, wine tasting, lighthearted fun and relaxation.

By Sunday evening all members of the party were pleasantly exercised and relaxed from the two days of biking.... three new pals were spotted languishing in the shade of a large oak tree on the grounds of Stone

Hill Winery like a blissfully worn-out litter of puppies. Some had shared the rush of charging down the hills of Hermann at close to 50 mph after the torture of the climb to the crest. One laughed about enjoying his trek on his own; biking at a hell-bent pace for "over 60 miles to nowhere". Others had enjoyed the camaraderie of easy trail riding and exploring interesting sites along the way.

Monday saw a change of pace as we traded our biking duds for swim suits and stashed coolers and ourselves in 3 rafts for the float down the Meramac River. My condolences to the

members of the group who headed home Sunday night or early Monday morning. They missed the big gar, the snakes and turtles spotted along the way; the freezing-cold water of the spring and the cave. And they missed the team work it took to navigate the rocks and "white water" and set up the water fight ambush around the bend. You can learn a lot about people in a rubber raft. Great fun; new friends; lots of laughs.

Yep, it was a weekend of Pleasure, Relaxation & Joy in Missouri.

Ride and Raft Trip

PJ McCredie

My husband has been a member of the Springfield Bicycling Club for several years now. When he came home pleading for spandex shorts with padded inserts and shoes that actually clip him to his bike, I knew he had gone over to the other side – into bike “geekdom.” Around the same time, he kept mentioning these SBC excursions to faraway places – Wisconsin, Missouri, etc. – and how such a

trip might be exciting.

Being a confirmed non-biker, I was dubious, to say the least. An entire weekend filled with bikes, bikers and bike chat didn't seem like a great deal to me. Who was I going to talk to – and about what? What was I going to do? Well, I finally agreed to take a chance and we signed up for Alan Josephson's Memorial Day trip to Missouri's wine

country. At the very least, I figured I could simply find the closest winery and sit and sip all day while the bike contingent went out and burned up the Katy Trail. I must say, however, that I was pleasantly surprised by the experience and will not be so reluctant to try other SBC away trips in the future.

A group of 23 made the trip to Marthasville, Mis-

souri, on Saturday, May 28. Some left from home (us), some caravanned from Target and others made the trip the day before. After everyone arrived and got ready to go (I was quick because I didn't have any bike gear to change into!), most of the group decided to head east back toward Augusta and a suitable lunch stop. As everyone pedaled down the trail, smaller groups broke off as people found their comfort speed. I must compliment Roger, who simply loves to stay near the front of the pack, for hanging back with me as most of the weekend's riders sailed by us.

Much to my surprise the trail was nearly level and the surface was smooth enough. The countryside, still dressed in the clean green of late spring, was simply beautiful. Wooded stretches of the trail mixed with more open expanses, showing off neat farms and well-tended fields. With the wind at our backs, we reached Augusta around noon and rejoined most of the group. The Augusta Brewing Company offered a great selection of sandwiches and some very tasty beer choices (our favorite was the summer stout).

The larger group dissolved into smaller subsets again

after everyone was reminded of the schedule for the rest of the day. I was tired and wanted to head back, so Roger and I returned to the trail and headed west – into the wind this time.

Right before we got back to Dutzow, the vultures were swinging low over the trail. I told Roger it was because they sensed my flagging energy and must be considering me their most likely entrée for the day. When we got to the small lunch place on the trail in Dutzow, I decided my day's ride was over. So, Roger, ever the gentleman, left me there while he went back to Marthasville for the truck.

While everyone else finished up their rides, we headed for Washington and the Sleep Inn. As Alan had recommended, I told the clerk we were with the Springfield Bicycle Club and I mentioned Alan's name. The clerk gave me a key and we went to the room. Much to our surprise, it was HUGE! It had a separate bedroom, a conference table and a nice Jacuzzi tub in the bathroom. I was torn between the bed and the tub, so I opted for both – a brief nap followed by a relaxing soak in the tub.

About that time, a motel employee came and knocked on the door. Turned out the first clerk had given us Alan's room and we were going to have to move!

While Roger went to straighten things out with Alan (no problem, we didn't have to move after all), I reluctantly pulled myself out of the tub and set up some snacks on the large conference table. People started drifting in after that and chatting. The impromptu happy hour ended, we all left for dinner.

Rain arrived sometime in the night and we all woke up to an overcast and damp morning. We headed to Hermann for the start of the day's rides, with me thinking that I couldn't pedal a bike anywhere. Once in Hermann, people started to break up into smaller ride groups. Roger went with the one that was going to do a loop around the area's hills and hollows. Most everyone else decided to do some more of the Katy Trail, which required crossing the Missouri River to a small little town called McKittrick. I rode with Harriet Josephson and we managed to put in 10 miles.

Dave Ross, who was sporting a sling and couldn't

ride, and his son comprised the sag team. We got the bikes loaded and the four of us headed back to Hermann for lunch. Afterwards we walked around the town, which has a bed and breakfast on almost every block. We even found a chocolate shop, which made Harriet very happy. The hills-and-hollows group got back several hours after we had finished our ride and we all headed for Cuba (Missouri, that is) for the evening's accommodations. This time, Alan made sure he beat us to the motel!

We didn't participate in the rafting part of the trip but I hear it went very well, too. I would encourage anyone who doesn't think he/she is cut out for one of these biking weekends to rethink that position. As I said, I don't consider myself much of a biker, but I managed to put in 30 miles for the weekend and I didn't get eaten by the vultures! And the people were great. Whatever kind of biker you may be, there will be others in your group.

All in all, the weekend was a most enjoyable experience. Alan deserves a lot of credit for organizing this trip. Dealing with a group of 23 can't be the easiest thing to pull off. I hope he plans to do it again next year because it was a great way to spend the holiday. I just hope the vultures have someone else to shadow next year!

Secretary's Report Cindy Kvamme, Secretary

Renewals

Jim Stieren & Family
Kevin Brown & Lola Lucas
George Carver
Mathew Scrivano
Jon & Kathy Edwards
Dennis Keithley
Stephen Cathey & Family
John & Deb Koua & Family
Susan McClintok

Renewals at the Contributing Level

Kevin Hughes
Lyn Schollett
Mike & Cheryl Eymann

Renewals at the Sustaining Level

Keith & Lucinda Buescher

Renewals at Patron Level

Stan Gralnick & Laurel Garber

New Members

Cindy Tubbs
Nathan Hale
Karen Breitenbach

New Members at Contributing Level

Nasar & Kanna Nallamothu
& Family

**Thanks to all for your support of the SBC and
bicycling!! Ride safe!!**

Note: Renewals or new applications not received by the end of the first week of the month may be recorded on next month's report.

Trail Safety, an Oxymoron?

Dave Lucas

So.....you have decided to ride one of the local trails today as you don't feel comfortable riding in the roadway traffic and think that riding the trail is a much safer alternative.

Well.....think again. Even the most conservative studies show that you are 2 – 3 times more likely to have an accident on the trail than you are if you chose to ride on the road.

Trails are more dangerous than roadways for a variety of reasons. Some of these reasons are:

Diversity of trail users – We are all aware that bicyclists are not the only users of trails. Dog walkers, bird watchers, skaters, joggers, kids on tricycles, etc. are just a few of the many different trail users. Many of these users are blissfully unaware of the presence of other users and often see no need to move predictably or stay to the right of the trail centerline. To make matters worse, a sizeable number of these other trail users have cut themselves off from the rest of the world by wearing headphones that block surrounding sounds.

Dogs off the leash are always an unpredictable trail hazard as are dogs on long leashes that reach from one side of the trail to the other. Skaters, particularly the good ones, often take the entire width of the trail as they stride gracefully on their way. Children, with or without their parents, are a most unpredictable group and can't be counted on to act or react in a manner that we can anticipate.

Lack of uniform rules for users—When one rides on the roads, there is a generally accepted set of traffic principles that all obey.

On the road, each driver is entitled to the space they are currently using, and others must yield before attempting to enter that space. Drivers also always drive on the right side of the road in the US, and slower traffic generally stays to the right. Right turners move next to the right curb, and left turners position themselves near the centerline.

None of these principles are consistently applied on the trails. This lack of uniform movement increases the risk for all users.

Trail Design—Trail designers make every effort to make the trails as safe as possible, but trails by their very nature are less safe than roadways. Trails are often quite narrow and allow little room for lateral movement if necessary. Paved trails have limited or no rideable shoulder areas, and if one rides off the pavement, the risk of a fall is greatly increased. In some trails, such as the Lost Bridge Trail, riding off the trail may result in the rider going down a very steep embankment, an act which has injured at least two of our club members in the past. And let's not forget the all too present bollards or posts placed in the trail to prevent motor vehicles from entering. Some studies have shown that these bollards cause more accidents than they prevent. Several of our club members have made hard contact with the local trail bollards in the past.

Trails are also often overgrown by vegetation which limits both visibility and useable width increasing the risk of accidents. Fallen tree limbs, rock falls and loose surfaces in some areas also contribute to in-

creased risk.

Trail/Roadway intersections—Most trail accidents are not life threatening if one is wearing appropriate protective gear, i.e. a helmet, but the risk of serious injury increases dramatically whenever a trail crosses a roadway. Motorists often do not expect cyclists to cross their path, and cyclists are often lulled into a false sense of security on the trails and do not take appropriate defensive actions when crossing busy

trail/roadway interfaces.

Ourselves—And finally, we must always realize that we are responsible for our own actions and safety and must be at least as alert on the trails as we are when riding on the roads. Cyclists sometimes feel that normal caution is unnecessary when riding on the trails and become too complacent and are slow to recognize the myriad of different hazards that trail riding presents.

enjoy the trails wherever they are found. But keep in mind that trails are not inherently safer than riding in other environments, and extra caution is needed in order to deal safely with the unique hazards presented by trails, paved or unpaved. Be alert and courteous and by all means don't become another "trail statistic".

So.....have fun and



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Road Wars

When it comes to conflicts with motorists, cyclists aren't blameless

Written by Greg Drake, Editor *Bicycling Magazine*

(Reprinted with permission of *Bicycling Magazine*)

“WE HAVE MET THE ENEMY, AND HE IS US”.....*Pogo Possum*

The article below first appeared in the April, '95 issue of “Bicycling” magazine. While a couple of the television references are now a little dated, the content is as current now as the

day it was written.

In fact, this particular article is very relevant currently. Channel 20 recently aired a news spot which indicated that the Sangamon County's sheriff's office had received a increased number of complaints about bicyclists riding more than two abreast and impeding traffic flow.

Remember that each time you venture out onto the road you are a representative of the Springfield Bicycle Club as well as all other bicyclists. Ride right, obey the traffic laws, and share the road!

Dave Lucas

Lately my 6-year-old daughter, now old enough to ride on the back of our tandem, has been learning words she was never taught in kindergarten.

“Hey you #&@%&!,” yells one rocket scientist in a passing pickup truck. “Get the #&@%&! off the road.”

“Wadde say, Daddy?” she asks with perfect innocence. As a progressive father, I could use this opportunity to teach her one of those hard lessons about humanity and the cruel nature of the universe. Or I could do what par-

ents have done in these instances since time immemorial: Lie like a rug.

“I think he said, ‘Hello’” I tell her. “Maybe he liked our bike.”

Lately there has been a plaque of such incidents. The other day my wife and I were buzzed by someone who apparently had not had a good day at work. He would pass, pull over, then pass us again, each time yelling a string of words that would cause Howard Stern to turn a shade of crimson and look down in embarrassment. My daily

commute has become like a military tour of duty. I have been squirted with a fire extinguisher, pegged with apples, and bombarded by eggs. Once, while completing the Seattle-to-Portland double century, I was pursued by a trucker wielding a tire iron and saying things that would make a Salt n Pepa song sound like a Robert Frost poem. Although I didn't stick around to find out, I'm relatively sure this man was not offering to make repairs with that tool.

In nearby Palo Alto,

(Continued on page 21)

July 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).

Weekday Daytime Rides:		
Monday thru Friday 9:00 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. Turn miles into Karl.
Mondays, Wednesdays and Fridays 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.
Tuesdays & Thursdays 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.
Weekday Evening Rides:		
Mondays 6:00 PM	Parkway Point Movie Theaters Ken Anderson, 522-3876	C ride. An easy ride to get started and gain conditioning while going slow enough for conversation. 10-22 miles. This ride does NOT go on Monday, July 4th.
Tuesdays 6:00 PM	Carmody Residence 517 Appomattox Dr. Bob Carmody, 787-3419	ABC 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.
Tuesdays & Thursdays 5:45 PM	IDOT, Lost Bridge Trail Dirksen Parkway Show & Go	BC ride. Show-N-Go along the Lost Bridge Trail. Turn miles into Karl.
Tuesdays & Thursdays 6:00 PM	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 of the time to organize the ride. 12-25 miles.
Wednesdays 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.
Wednesdays 6:10 PM ish	Wheel Fast 349 Williams Blvd., Chatham Matt Saner, 483-7807	BC ride, Intermediate training ride. Meet at the shop, either Gary aka Walnuts or Matt will take the rice. 12-25 miles.
Wednesdays 6:00 PM	Washington Park Tennis Courts Show & 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.
Thursdays 6:00 PM	Rotary Park Archer Elevator & Iles Pete Gudmundson, 523-8200	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.

Friday July 1st 6:00/7:15 PM	John & Judy Day 325 Virginia Lane, Rochester 498-7561	CD Ride. Red, White and Blue Potluck. A one-hour ride and a cookout. Burgers and veggie choices. Bring a dish to share. Your special drinks welcome.
Saturday July 2nd 8:00 AM	Pana Trail-Lake Taylorville Parking Lot Rt 29 Robert LaBonte, 787-0237	BCD Ride. Taylorville to Pana trail ride – see the new Lincoln statue on the square! Possible road route will be available but no known for sure at ride schedule deadline.
Sunday July 3rd 8:00 AM	Harmon's IGA Route 4, Chatham Cathy Yeaman, 483-4912	ABC Ride. Ride to Edinburg for about 45 miles.
Monday July 4th 8:00 AM – Spfld 8:30 AM – Chatham 9:00 AM – Loami	Hope Church, Koke Mill & Wabash, Springfield Harmon's IGA, Chatham US Post Office, Loami Cindy Moreno, 546-5852	A variety of start times and locations are provided today to give all riders the opportunity to ride to Franklin for the Independence Day celebration and Burgoo. Maps will be provided at each location but no ride leader today. The mileage varies, from Springfield ~62 miles, from Chatham ~48 miles and from Loami ~28 miles.
Wednesday July 6th 7:00 PM	Karl Kohlrus 2513 Shawnee Dr 544-8410	NC, Board Meeting , Karl is hosting this month's Board meeting. We are looking for new board members so use this opportunity to see what it's all about. All SBCers welcome.
Friday July 8th 6:00/7:15 PM	Ernie DeFrates Banana Leaf Restaurant @ Town & Country R.S.V.P 544-1398	CD ride. A one hour ride starting at 6:00 PM followed by dinner chosen by those riding that night.
Saturday July 9th 9:00 AM	Chatham Community Park Alan Josephson, 793-0590	ABC ride. Modesto Festival Ride. Routes from 28 – 77 miles. Yearly ride to the south and west. Short ride to Virden, mid and longer ride to Modesto for their food festival. Bring plenty of sunscreen and liquids.
Sunday July 10th 8:00 AM	Sherman City Park Andrew Rd ½ mile East of Business 55 Karl Kohlrus, 544-8410	ABC ride. Ride to Pleasant Plains 52 miles or Elkhart ~25 miles. If it's too hot, we'll go shorter.
Sunday July 10 th 5:00 PM	Brewbakers across from Schnucks in Montvale. Kevin Brown, 787-5652	D ride. This ride is designed for beginners and families or club member that want a social relaxing bike followed by ice cream. Turn in miles to Karl.
Friday July 15th 6:00/7:15 PM	Lost Bridge Trail @ IDOT Parking Lot Show & Go	CD ride. A one hour ride starting at 6:00 PM followed by dinner chosen by those riding that night.
Saturday July 16th 7:30 AM	Chatham Community Park South parking lot near the baseball diamonds Matt Saner @ Wheel Fast 483-7807	ABC ride. 7th Annual Tour De Corn. Registration will open at 7:00 am with a mass start at 7:30. It will be a metric century and a half metric century (62 and 31 miles) with the option to ride the Interurban Trail for 20 or less miles. The cost is \$10.00. There will be sag service provided, rest stops with food and drink. Lunch after the ride and socks to the first 120 riders (donated by Wheel Fast). All proceeds go to the Chatham Jaycees. Pre-register @ Wheel Fast
Saturday July 16th 5:00 PM	Tom Madonia Park - East East Lake Shore Drive. Alan & Harriet Josephson 793-0590	NC. Annual SBC Picnic. Enjoy the Tour De Corn earlier in the day and relax with us that evening at our annual picnic. See article in newsletter for details.
Sunday July 17th 8:00 AM	Sherman City Park Kathy Shepard 546-1426	ABC Ride. Come celebrate Kathy's pre-birthday ride with a stop at the Bluestem Bakery. Ride starts at 8AM to hopefully avoid some sloppy roads. Distances 27-50 miles.
Sunday July 17th 5:00 PM	Brewbakers across from Schnucks in Montvale. Kevin Brown, 787-5652	D ride. This ride is designed for beginners and families or club member that want a social relaxing bike followed by ice cream. Turn in miles to Karl.

Friday July 22nd 6:00 PM/7:15 PM	Wabash Trail @ Park Ave. Jonathon Reininger	CD ride. A one hour ride starting at 6:00 PM followed by dinner with Jonathon who is back in the states for a visit. Dinner location will be decided by the group.
Saturday July 23rd 8:00 AM	2424 West Lawrence Micci Bly, 698-9695	ABC ride. Biker Chick Ride . Micci and the rest of the biker chicks will have route of 40, 50 and 60 miles with cut offs for plenty of options. Special parking instructions: utilize office parking at 2524 Farragut (which is behind Micci's house)
Sunday July 24th 8:00 AM	Rochester Station Rochester Robert LaBonte, 787-0237	ABC ride. Pawnee breakfast ride . Plan on 30 miles. If you want additional miles today either ride from home or start at IDOT.
Sunday July 24th 5:00 PM	Brewbakers across from Schnucks in Montvale. Kevin Brown, 787-5652	D ride. This ride is designed for beginners and families or club member that want a social relaxing bike followed by ice cream. Turn in miles to Karl.
Friday July 29th	Lost Bridge Trail @ IDOT Parking Lot Show & Go	CD ride. A one hour ride starting at 6:00 PM followed by dinner chosen by those riding that night.
Saturday July 30th 8:00 AM	Rotary Park Lance Kidd 546-1698	ABC ride. Head to New Berlin area for about 40 miles or so. Lance will just be back from working the Tour de France so you can listen to his "French" phrases he learned on the roads of France....
Sunday July 31st 8:00 AM	Lost Bridge Trail @ IDOT Cathy Yeaman, 483-4912	ABC ride. Cathy has plans to take us towards Edinburg, plan on 40 miles.
Sunday July 31 5:00 PM	Brewbakers across from Schnucks in Montvale. Kevin Brown, 787-5652	D ride. This ride is designed for beginners and families or club member that want a social relaxing bike followed by ice cream.

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.

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

Possible Miles for the Month

Year

1649

4790

RIDE	T/F	TOTAL	RIDES	LED	RIDE					
					RIDE	T/F	TOTAL	S	LED	LENGTH
Marty Celnick	166	763	26		2007	634	2641	95	7	27.8
Byron Nesbitt	99	1136	23		2167	169	2336	56	2	41.7
Tom Clark	190	595	19		1602	483	2085	70	1	29.8
Lynn Miller	49	556	16		1918	90	2008	58	2	34.6
Phil Arnold	256	848	21		1114	612	1726	38	0	45.4
Lance Kidd	161	709	21	2	1407	276	1683	60	4	28.1
Cathy Yeaman	96	917	20	2	1572	96	1668	33	2	50.5
Lisa Kidd	163	713	21		1372	276	1648	58	1	28.4
Karl Kohlrus	195	670	20		1015	559	1574	43	0	36.6
Arden Gregory	201	600	13		1042	459	1501	35	0	42.9
Pete Gudmundson	15	1006	19		1461	15	1476	38	0	38.8
Bill Voss	115	440	13		1014	342	1356	43	0	31.5
Dave Ross	17	275	9	3	1143	116	1259	44	13	28.6
Chuck Orwig	146	580	16		912	263	1175	34	1	34.6
Curt Evoy	84	518	22		961	192	1153	40	1	28.8
Pat Stephens	0	406	13		1146	0	1146	45	0	25.5
Bill Bock	0	606	15		1089	0	1089	27	0	40.3
Ruth Magos	0	641	16		1042	0	1042	26	0	40.1
Charlie Witsman	0	160	6		990	51	1041	28	0	37.2
Alan Josephson	58	371	17	3	887	146	1033	40	9	25.8
Robert LaBonte	25	346	16		993	31	1024	51	2	20.1
Garland Stevens	69	458	21		794	174	968	38	2	25.5
Lynn Rhoades	167	541	12		689	252	941	23	1	40.9
Carol Bock	0	520	13		933	0	933	23	0	40.6
Dave Lucas	59	425	26	2	704	140	844	45	3	18.8
Ernie DeFrates	0	260	11	2	822	0	822	34	4	24.2
Gary Swaggerty	111	518	16		660	160	820	24	0	34.2
Derek Ewing	137	521	11		665	137	802	17	0	47.2
Cindy Kvamme	61	375	18		719	61	780	38	0	20.5
Bob Sorenson	46	263	7		682	96	778	24	0	32.4
David McDivitt	0	335	11		765	11	776	28	0	27.7
Roger McCradie	12	305	8		663	54	717	21	0	34.1
Mike Vonnahmen	0	299	10		690	10	700	26	0	26.9
Bob Carmody	13	281	11	5	622	36	658	25	7	26.3
Joel Johnson	128	398	8		433	185	618	13	0	47.5

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

Possible Miles for the Month

Year

1649

4790

RIDE	T/F	TOTAL	RIDES	LED	RIDE					
					RIDE	T/F	TOTAL	S	LED	LENGTH
Ken Anderson	90	301	9		430	176	606	17	0	35.6
Louie Spinner	12	140	7	2	591	15	606	30	2	20.2
Marilyn Powell	5	235	11		542	21	563	21	0	26.8
Jerry Ihnen	0	41	2		541	10	551	18	2	30.6
Dan Mitchell	0	306	7		515	6	521	13	0	40.1
Brock Webb	0	152	3		493	10	503	11	0	45.7
John Day	18	189	7		454	39	493	16	1	30.8
Rich Saal	33	96	3		333	137	470	16	0	29.4
Micci Bly	0	283	7		449	12	461	12	0	38.4
Jon Edwards	12	283	9		424	37	461	14	0	32.9
Cindy Moreno	38	199	10		386	41	427	22	1	19.4
Bruce Yurdin	30	243	6		337	56	393	9	0	43.7
Kent Kraft	30	215	6		339	41	380	12	0	31.7
Regina McGuire	0	85	5		334	0	334	20	0	16.7
Christine Kohlrus	45	113	5		189	118	307	11	0	27.9
Janice Perino	20	100	3		268	36	304	11	0	27.6
Alfred Arkley	0	55	1		271	0	271	5	0	54.2
Terry Randsell	0	32	1		173	96	269	5	0	53.8
Deeana Shidler	0	126	2		221	47	268	6	1	44.7
Aaron Shehan	0	46	1		243	21	264	6	0	44.0
Don Daniels	69	216	4		180	80	260	5	0	52.0
Pete Harjes	0	115	3		260	0	260	8	0	32.5
Linda Butler	0	18	1		249	10	259	12	1	21.6
Matt Saner	6	71	3	2	172	80	252	6	2	42.0
Steve Smith	0	149	8		241	1	242	13	0	18.6
Lyn Schollett	47	193	10	4	192	47	239	12	4	19.9
Ben Fox	0	121	4		233	0	233	8	0	29.1
Cyd LaBonte	6	134	8		220	6	226	15	0	15.1
Kedra Elston	0	115	5	1	210	0	210	11	1	19.1
Harriet Josephson	0	75	5		192	10	202	13	0	15.5
Curt Winhold	5	40	1		146	55	201	4	0	50.3
Ed Taylor	0	108	5		199	0	199	9	0	22.1
Jan Cimarosa	0	103	5		189	0	189	10	0	18.9
Sue Dees	16	131	7		165	16	181	11	0	16.5
Roger Wright	29	75	1		115	61	176	4	0	44.0

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

Possible Miles for the Month

Year

1649

4790

RIDE	T/F	TOTAL	RIDES	LED	RIDE					
					RIDE	T/F	TOTAL	S	LED	LENGTH
Kevin Brown	8	140	9	2	161	8	169	12	2	14.1
Mark Smith	27	144	8		126	28	154	9	0	17.1
Jackie Galli	0	62	2		154	0	154	5	0	30.8
Brigitta Ewing	4	108	6		149	4	153	8	0	19.1
Gerry Orwig	51	103	4		74	67	141	7	0	20.1
Mike Schwab	0	68	7	1	137	1	138	14	1	9.9
Jim Disney	0	49	1		138	0	138	4	1	34.5
Daniel Ewing	20	100	3		116	20	136	4	0	34.0
Ralph Jennings	2	102	2		131	2	133	3	0	44.3
Hope Schnelten	0	73	5		118	12	130	7	0	18.6
Mike Elston	0	70	3		130	0	130	7	0	18.6
Rob Dombro	0	72	3		127	0	127	6	0	21.2
Jon Halterman	6	51	2		87	34	121	3	0	40.3
Kathy Shepard	7	105	6		107	8	115	7	0	16.4
Brea Elston	0	88	4		112	0	112	6	0	18.7
Bill Donels	0	41	1		100	6	106	3	0	35.3
David Sylcuta	10	55	2		95	10	105	4	0	26.3
Tracey Cimarosa	0	65	3		100	0	100	5	0	20.0
George Carver	0	98	2		98	0	98	2	0	49.0
Roger Schnelten	0	50	3		76	12	88	4	0	22.0
Rodney Yoswig	0	84	2		84	0	84	2	0	42.0
Jack Elston	0	70	3		84	0	84	4	0	21.0
Connie Roberts	4	83	4		79	4	83	4	0	20.8
Candy German	0	49	1		78	2	80	2	0	40.0
Lenny Miner	0	49	1		78	2	80	2	0	40.0
Cindy Tubbs	6	73	4		67	6	73	4	0	18.3
Sharon Stanley	0	69	3		69	0	69	3	0	23.0
Pat Hughes	0	38	2		59	8	67	4	0	16.8
Christa Morris	0	63	4		63	0	63	4	0	15.8
Brian Tober	10	59	1		49	10	59	1	0	59.0
Craig Ross	0	35	1		53	6	59	3	0	19.7
JoAnn Abrams	0	38	2		46	8	54	3	0	18.0
Bruce MacRill	0	51	1		51	0	51	1	0	51.0
Katie Weidner	0	48	2		48	0	48	2	0	24.0
Cindy Johnson	4	46	2		42	4	46	2	0	23.0

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

Possible Miles for the Month

Year

1649

4790

RIDE	T/F	TOTAL	RIDES	LED	RIDE										
					RIDE	T/F	TOTAL	S	LED	LENGTH					
Gary Boner	2	44	3		42	2	44	3	0	14.7					
Mike Eymann	0	44	2		44	0	44	2	0	22.0					
Karen Bretenbach	0	42	2		42	0	42	2	0	21.0					
Mike Ryan	8	35	1		27	8	35	1	0	35.0					
Randy Dempsay	0	33	1		33	0	33	1	0	33.0					
P J McCradie	0	30	2		30	0	30	2	0	15.0					
Dale Isaacson	4	29	1		25	4	29	1	0	29.0					
Joe Matheny	0	27	1		27	0	27	1	0	27.0					
Robert Rake	0	27	1		27	0	27	1	0	27.0					
Paul Anthony	5	26	1		21	5	26	1	0	26.0					
Rebecca Hood	2	13	1		20	5	25	2	1	12.5					
Mary Grant	0	24	1		24	0	24	1	0	24.0					
Catherine O'Conner	5	21	1		16	5	21	1	0	21.0					
Pamela Salala	0	21	1		21	0	21	1	0	21.0					
Eric Welch	5	21	1		16	5	21	1	0	21.0					
Charlie Downs	0	20	1		20	0	20	1	0	20.0					
Laura Swaggerty	0	20	1		20	0	20	1	0	20.0					
Bill Owens	0	18	1		18	0	18	1	0	18.0					
Kathleen Winhold	5	16	1		11	5	16	1	0	16.0					
Mike Becker	2	15	2		13	2	15	2	0	7.5					
Mark Shea	0	14	1		14	0	14	1	0	14.0					
Sherry Miner	0	13	1		13	0	13	1	0	13.0					
Marcia Sylcuta	0	10	1		10	0	10	1	0	10.0					
Gail Rogers	0	5	1		5	0	5	1	0	5.0					
Dave Scheina	0	5	1		5	0	5	1	0	5.0					
Lola Lucas	0	3	1		3	0	3	1	0	3.0					
					22787	3547	26334	861	31	52745	7876	60621	2022	82	30.0



Sharing the Trail Safely & Courteously

Dave Lucas

In another article in this newsletter, I pointed out some of the unique hazards presented by trail riding. In this article, you will find some tips for riding the trails in a safe and courteous manner. These tips are provided by the League of American Bicyclists (LAB). This and other LAB safety information may be found at www.bikeleague.org/educenter/factsheets.htm.

Courtesy - -

Respect other trail users; joggers, walkers, bladders, wheelchairs all have trail rights

Respect slower cyclists; yield to slower users

Obey any posted speed limits; they are posted for your safety

Announce when passing - -

Use a bell, horn or voice to indicate your intention to pass

Warn others well in advance so you do not startle them

Clearly announce "On your left" when passing

Yield when entering and crossing - -

Yield to traffic at places where the trail crosses the road

Yield to other users at trail intersections

Slow down before intersections and when entering the trail from the road

Keep right - -

Stay as close to the right as possible, except when passing

Give yourself enough room to maneuver around any hazards

Ride single file to avoid possible collisions with other trail users

Pass on left - -

Scan ahead and behind before announcing your intention to pass another user

Pull out only when you are sure the lane is clear

Allow plenty of room, about two bike lengths, before moving back to the right

Be predictable - -

Travel in a straight line unless you are avoiding hazards or passing

Indicate your intention to turn or pass

Warn other users of your intentions

Use lights at night - -

Use a white front and red rear light.

Watch for walkers as you will overtake them the fastest

Reflective clothing does not help in the absence of light

Be alert for the presence of deer and other animals

Do not block the trail - -

For group rides, use no more than half the trail; don't hog the trail

During heavy use periods (holidays and weekends) stay single file

Stop and regroup completely off of the trail

Clean up litter - -

Pack out more than you pack in

Encourage others to respect the trail

Place all litter in its proper receptacle

Limitations for transportation - -

Most paths were not designed for high-speed, high volume traffic

Use paths keeping in mind their recreational nature

It might be faster to use roads and avoid the traffic on the paths during heavy use

Trails can provide some truly enjoyable riding experiences but, like all other riding environments, can also present some unique challenges. Our local trails are becoming more and more heavily utilized, and caution, courtesy and common sense are all required in order to safely enjoy the trail riding experience.

Ride alert, ride safe, and share the trail.....

(Continued from page 11)

California--a bastion of helmet-wearing super-green, politically correct peddlers--the roads have degenerated into something resembling the Gaza Strip. Group rides are routinely disrupted by residents, and police ticket cyclists en masse. In fact, in California, Colorado and other cycling meccas, motorist/cyclist relations have reached new lows.

Who do we blame for this developing war zone? For sure, there are enough boneheaded motorists to warrant tampering with the gene pool. Unfortunately, the answer isn't this simple. As with so many issues, part of the solution may be perched in your own saddle.

Take, for instance, the woman I see each morning on my predawn commute, blithely pedaling the wrong way down a one-way street, sans light or helmet. Elsewhere, cyclists breeze through stoplights in excess of 20 mph. Others make left-hand turns from the ride side of the road by rocketing

across 3 lanes of traffic, or duck through the corner gas station to bypass a traffic light, in full view of waiting motorists.

OK, you could say these are harmless transgressions on the part of an oppressed minority. Hey, we cyclist deserve a little slack when it comes to traffic laws, right? After all, we're the ones out to save the environment.

So the argument goes. In reality, these incidents settle like ballast in the subconscious of motorists, only to resurface in some insidious fashion: A quick turn of the wheel and a cyclist is in the ditch. A soda can is thrown out the window and into the spokes. A trucker passes some riders and suddenly turns right, sending them to the pavement.

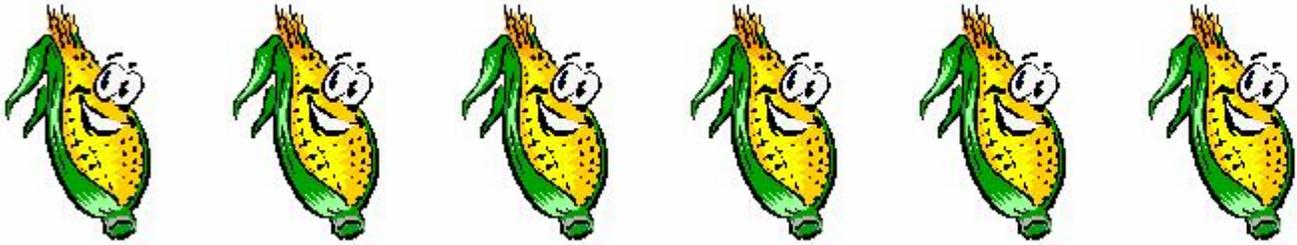
How many of these incidents were precipitated by a boneheaded move on the part of a cyclist--any cyclist? Accumulated experience has taught many motorists that cyclists are a lawless, renegade

bunch. And so they reason: if bike riders don't follow the same rules as motorists, why should they be afforded the privileges of the roadway? I'm not saying it's right. But it's real.

One riding buddy of mine insists that it's his right, as a cyclist, to run stoplights. Because this person does not routinely run them in his car, one can only wonder: Why does he feel he can do so on a bike? And how about the motorist he passed who was waiting patiently for the light to change? Isn't that person's dinner getting cold too?

But the real ramifications come later. Imagine, in the next mile or so, that the driver has a choice to wait for traffic to clear and swing wide around a cyclist--or forge through a tiny space and buzz that rider. With the cyclist's lawless behavior fresh in his/her mind, which will the driver choose?

You can guess the outcome, and what follows--a string of words that wouldn't stand a chance on Beavis and Butt-Head.



Chatham Jaycees and Wheel Fast Bicycle Co.

present

The 7th Annual Tour De Corn

Chatham Community Park

July 16th, 2005 – 7:30 a.m.

Registration will be open from 7:00 a.m. until 9:00 a.m.

Mass start at 7:30 a.m.

The Tour De Corn is a metric century or half metric century.
(62 or 31 miles)

There will also be the option of riding the Interurban trail.
(20 miles or less)

The cost is \$10.00

SAG service until 1:30 p.m.
Rest stops with food and drink
Lunch after the ride

Socks to the first 120 riders
(courtesy of Wheel Fast Bicycle Co.)

All proceeds benefit the Chatham Jaycees.

Pre-register at Wheel Fast through July 15th
Call Matt at Wheel Fast with any question @ 217-483-7807



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July, 2005

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**

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