



RIDE OF THE MONTH

Lisa Kidd's Birthday Ride Food and Fun

Before Lisa and her husband Lance departed for the Tour De France in July, they won a stage from SBC on June 26th with this birthday Ride of the Month. Lance led a well-attended ride on winding, scenic roads to Pleasant Plains, while Lisa prepared an amazing array of food and drink in the new kitchen at the Kidd residence. One highlight of the event was the thoughtful gifts Lisa received. Riding in late from Chatham, Phil Arnold presented Lisa with a too-small "It's All About Me" t-shirt that his daughter had outgrown. Lisa modeled it over another booby prize, which will not be described here. Thanks to the Kidds for a fine event.

ALMOST ANYTHING AWARD

Susan Poludniak Helps Bring Sangamon Valley Trail a Step Closer to Reality

As senior planner for the Sangamon County Board, Susan deals with a variety of transportation issues, for both roads and trails. She is coordinating the grant application process as the Board seeks funds to design, engineer and construct the 30 in-county miles of the 38-mile Sangamon Valley Trail. Susan also led development of a map of current, planned and proposed county trails and coordinates the Greenways and Trails Plan. The Board avoided cross-jurisdictional issues and sped up the grant process by taking it on county-wide. The County Board and many others in the county should be commended for their role in supporting the SVT and trails in general, but Susan has played a key role.

LEAD WATER BOTTLE

Shoeless Dave Lucas

Our esteemed Treasurer Dave Lucas arrived at a Friday night dinner ride at John and Judy Day's with his Bike Friday. As you know, Dave has numerous bikes, and someone had asked why he never seemed to ride the Friday anymore. Before driving to the Days, Dave apparently forgot to check whether the bike shoes he was bringing had the right cleats to match the Friday's pedals. The answer was apparent when he tried to click in.

Riders of the Month

6/05 Cathy Yeaman 1092 mi.	2/05 Lynn Miller 565 mi.	10/04 Karl Kohlrus 430 mi.
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.

The President's Report Chuck Orwig

Thank You

Lance!

LIVESTRONG

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Capital City Century September 11, 2005

Jerry Ihnen

The Capital City Century is just around the corner. No one knows if it will be sunny or rainy but one thing we do know is that we will need plenty of volunteers.

The route will be the same as last year. I have reserved the Beach House for the start and Post Pedalin' Party after the ride. Food stops will be in Auburn and Modesto. Chuck Orwig will mark the route and make the maps. Contact Chuck if you would like to help. The radio operators will be back to help when the cell phones don't work. We need someone to coordinate the sag vehicles and drivers. Isringhausen has agreed to supply us with vehicles. We also need someone to put up signs the day of the ride. Don Struck will be distributing brochures to the bike shops. We are also looking for grillers to help cook the brats.

We need a volunteer to handle the T-shirt sales. Dave Ross will get some of his art students to make the de-

sign. We still need someone to sell the shirts the day of the event, take orders for more shirts, coordinate with the print shop about how many shirts to make, and mail out any shirts that we sold but didn't have in stock on September 11th. T-shirts can be very profitable, so I do not want to miss any possible revenue.

Lynn Miller and Sue Hack have agreed to be food chairpersons this year. This is one of the most time-consuming and important jobs in the whole CCC. Sue will be looking for food stop coordinators and helpers. Last year we had a couple of volunteer "runners", who ran to the grocery store if it looked like we were going to run out of anything. Actually, they drove to the store, but we couldn't call them drivers because they would be confused with sag drivers. This cut down on the amount of food we had to buy before the ride and cut down on the food left over afterwards. Everyone is asked to bring baked goods the

day before the ride to supply the food stops.

Kevin Brown is handling registration and will be looking for helpers the day of the ride to handle any riders who have not pre-registered. It is possible for some riders to help Kevin early and still ride the route.

We will need a small army of people to help clean up at the beach house afterwards. You could still ride and help with the cleanup. I might mention at this time that showers are available at the beach house.

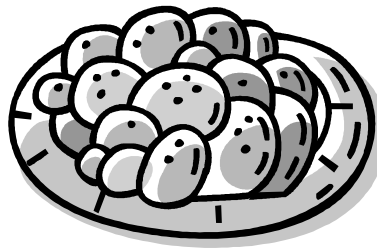
Remember, if you work the CCC you can claim ride miles for an organized out of town ride. The club, your riding buddies, and you benefit when you give a few hours of your time to help make the CCC a success. So come on out and lend a hand! If you have any questions please feel free to call Jerry Ihnen at 498-8877 or email me at jerry423@aol.com.

Capital City Century Pre-Registration Form can be found on the inside of the back page.

Food for the Capital City Century Lynn Miller

Calling all CCC Food Volunteers!

Do the CCC-- as a food volunteer! Be part of the crew who sample goodies, laze in the air conditioned beach house, chat it up without being out of breath. Do the quick step cross training, the lift and bend cross training, the stir it all together, sweep it up, polish it off--you know, the Karate Kid routine. You can do this cross training, and earn volunteer points. Reschedule that personal century ride to a cool day! Jeez, we may have so many volunteers we'll limit it to the first 50! Call Lynn Miller at 787-3354 or Sue Hack at 546-4514.



Cookies/Brownies/ Cookies/Brownies....

If you insist on riding the CCC, guilt points (assigned by the wicked witch of the bike) are waived for those bringing cookies. Drop off is at Lynn Miller's, 1428 Cherry Rd. Bonus points are awarded for quantity, for large cookies, for anyone recreating Mrs. Broccoli's macadamia chocolate chunk...or your own spectacular creation. No points for last year's fruitcake.—we do have standards.

Senior Olympics Bicycle Races Ken Anderson

I am looking for volunteers to help as Marshals and Timers for the Senior Olympics Bicycle Races on September 24 & 25. Times are from 8:00AM to 11:00 AM and/or 10:00 AM to 2:30 PM. Contact Ken Anderson at 522-3876. If I'm not there, leave a message on the answering machine or with Sandy Anderson. Thanks.



Cookies for the Capital City Century

Dave Lucas

The Capital City Century will be held this year on Sunday, September 11, 2005. This is the club's biggest event of the year and requires the assistance of dozens of volunteers in order to accommodate the 450-500 riders we expect this year.

One of the club's biggest tasks is providing food for the hundreds of hungry riders before, during and after the ride. We generally purchase much of the food provided; however, baked goods, particularly cookies, are best when baked at home by our members. Not only are the home baked cookies tastier than the store bought variety, but they also reduce the amount of club funds that must be expended to feed our hungry guests.

If you have the time and energy to whip up a batch or two of these cookies, your efforts would be greatly appreciated. If you are short of time/energy, we won't turn down items baked by Mrs. Schnuck, Mrs. Jewel, Mr. Cub, Mr. Jubelt or other surrogate bakers. Just call or e-mail food chairpersons Lynn Miller (217 787-3354, lynnmiller@insightbb.com) or Sue Hack (217 546-4514, shack@familyonline.com) and let them know what variety and quantity of baked goods you are donating. These baked goods can be dropped off at Lynn Miller's residence, 1428 Cherry Rd., Springfield on Saturday, 9/10/05, the day before the CCC.

Thanks for your help!!

Famous Oatmeal Cookies

**Preheat oven to 350 degree F*

**Mix together*

3 cups oatmeal
1 cup flour
1 tsp salt
1/2 tsp baking soda

**Beat together*

3/4 cup margarine
2 tsp vanilla
1 cup brown sugar
1/2 cup sugar
1 egg
1/4 cup water
1 tsp vanilla

**Mix the two and drop onto a greased cookie sheets in small balls. Bake for 12-15 minutes*

3 Chocolate-3 Nut Cookies

**Preheat oven to 375 degrees F*

**Cream together*

2 cups butter
2 cups sugar
2 cups brown sugar

**Add*

4 eggs
2 tsp vanilla

**In separate bowl, mix*

4 cups flour
5 cups oatmeal blended in a food processor
to make oat flour
1 tsp salt
2 tsp baking powder
2 tsp baking soda

**Mix together all of the above and add*

12 oz package of chocolate chips
12 oz package of white chocolate chips
8 oz Hershey bar, finely grated
1 cup chopped walnuts
1 cup chopped pecans
1 cup chopped hazelnuts

**Using an ungreased cookie sheet, drop golf ball sized dough balls 2 inches apart. Bake for 8-12 minutes*

Board Meeting Notes - June 1, 2001

Dave Ross

Attending: Cindy Kvamme, Cindy Moreno, Bill Donels, Lynn Miller, Chuck Orwig, Karl Kohlrus, Alan & Harriet Josephson, David McDivitt, Curt Evoy, Dave Lucas, Jerry Ihnen, Dave Ross.

The minutes of the May 3 meeting taken by Dave Lucas were approved with one correction. Thanks for handling the May minutes, Dave!

Treasurer's Report. Dave Lucas presented the Treasurer's report. The club continues to be in good financial shape, with a balance of \$14,536.54 as of May 25; the early reporting date was due to the holiday weekend.

Ride Schedule and Meetings. Cindy Moreno noted that Sundays in May were still available for ride leaders, and the July 4 weekend was briefly discussed. The next board meeting will be on July 6 at the Kohlrus' home.

Awards. Tom Clark presided over this portion of the meeting. The Interurban Festival ride on May 7 was selected as the Ride of the Month with many

thanks expressed to Lynn Miller and Cathy Yeaman for organizing the ride, inviting politicians, and arranging the railroad museum tour.

There were four nominees for the Almost Anything Award: Derek Ewing for the Athens and Loami road races; Bob Sorenson for making some age-related comments at said races; Dave Lucas for providing some food at the Ride & Raft tour over Memorial Day weekend; and Alan Josephson for planning the Ride & Raft tour. In spirited voting, Alan was awarded the AAA. Congratulations, Alan!

The Ride & Raft provided so many opportunities for fun and laughter, it seemed appropriate that a Lead Water Bottle should somehow come out of the weekend as well. So, Mike Elston won the Lead for (a) telling stories about Kedra's go-kart incident (which also got Kedra nominated for the Lead!), and (b) giving Jack permission to push Brea into the river, which got Jack in trouble with Kedra! As you can tell, everyone had a great time on the R&R, and this "award" is

presented to Mike in recognition of those good times. (IDOT was also nominated for the LWB for their inc onsideration of trail users with the MacArthur Extension project, but since no officials from IDOT showed up for the R&R, the nomination was not seriously considered.)

Legislative / Education Report. Bill Donels and Lynn Miller reported that on May 31, representatives from IDOT, DNR, the Park District, the City of Springfield, and the engineering consultants all met; IDOT has five alternatives to preserve the Interurban Trail in some fashion:

(1) The trail will cross MacArthur at grade, with traffic signals. It will proceed on the east side of MacArthur, and cross the railroad tracks at grade; the width of the crossing on West Grand Ave. will be decreased to ten feet. This option will cost approximately \$30,000.

(2) The trail will cross MacArthur with a signal, and proceed on the east side of MacArthur. Additional right-of-way will be purchased on the west side of

West Grand to allow an 80' long 9' wide tunnel under the rail crossing. \$1.1 million, plus \$5000 for pumping per year.

(3) The trail will remain on the west side of MacArthur; trail users will use the new MacArthur bridge over the rail crossing and then circle back under the overpass to the existing trail. \$1 million.

(4) The trail will proceed on the west side of MacArthur, and will pass under MacArthur and then under the rail crossing with two tunnels. \$1.5 million.

(5) The trail will cross MacArthur and proceed on the east side. A new 1100' trail bridge will take the trail over the rail crossing. \$1.4 million.

IDOT says they have no money for any of the options. However, DNR may have some rail crossing enhancement funds available.

The board discussed the five options, and discussed what our strategy should be. It was decided that we should push for a public hearing on the options, and Bill Donels was asked to write a letter to that effect.

Lynn and Karl reported on their recent meeting with Sangamon County regard-

ing the Sangamon Valley Trail. Enhancement funds are available, and the County will apply for an 80/20 grant (80% federal monies, 20% local monies) to begin work on this new trail. It has been proposed that the urban portion of this trail, linking Centennial Park, Rotary Park, and Stuart Park, get under way. Approximately \$2 million would pave this section and would include preliminary engineering on the entire 30 miles within Sangamon County.

The County would like to have public hearings to ensure public support of the trail; watch the newspaper and emails for information about these hearings, and do your best to show up and express your support!

In other legislative / education business, the recently set up LISTSERV was discussed. Lynn had asked David McDivitt to set up this email mailing list to be used to get the word out about meetings and public hearings regarding the Interurban Trail. However, since the list was set up as an unmoderated open list, anyone and everyone could submit emails to the list, which was deemed annoying.

A motion was approved by

the board to (a) send out an announcement of a new, improved, "announcement only" list to all club members, inviting them to join the new list; (b) unsubscribe everyone from the existing list; and (c) add members to the mailing list only if they subscribe.

The new list will be moderated. Board members can submit items to the list; any replies to items will go to the sender, not to the entire list.

Social Chair Report. The Josephsons noted that three greeting cards had been sent out to club members this month, and plans are well in place for the picnic on July 16.

Special Events. Jerry noted that the CCC brochures are almost ready to be printed. Chuck will take care of maps. Isringhausen will be providing SAG vehicles this year; we need SAG drivers, and bike racks that attach to trailer hitches.

Quick Release. Curt noted that the deadline for the next newsletter is June 15.

Old Business. None.

New Business. The Iron Horse Triathlon will be held on Father's Day; the

(Continued on page 17)

Please Be Very Aware

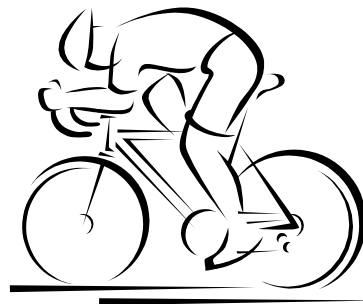
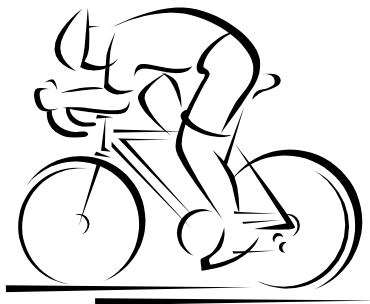
Jan Cimarossa

This missive is for cyclist of both persuasions pedal and motor. I would like to start out by saying the biking season is now in full swing so we all have to be very aware of our surroundings. There have been some incidents in the past month that need noted. One happened at the beginning of the month on my motorcycle. I was going to work on Stevenson Dr. when a young kid just getting off of work fell asleep at the wheel and stopped in the middle of the road. I tried to avoid his car, but was unsuccessful, and hit the back of the car. I was sent flying ten feet through the air over the rear of the car, and landed on the pavement, rolling two times. I managed not to get a scratch, cut, or even a bruise on my person. However, I was not so fortunate on the next mishap which

took place two days later. I was on the pedal variety bike this time a Saturday morning around 10:00. I was just cooling down after a thirty mile jaunt through the country and around the lake. As I headed east on Hazel Dell, turning onto 11th street an older woman in a HUGE Cadillac decided that she needed the whole lane including the white line to turn onto 11th street. So to avoid being hit I opted for the gravel shoulder which we all know is very unyielding to skinny tires. The result of this was me heading over the handle bars landing in the lane of traffic jamming my left wrist and a bruised bone on my right elbow. The man traveling in the truck behind the Cadillac was going slow enough to keep from running me over. The woman never stopped to see what she caused. The man did stop to find out if I

was okay which I was.

I was very lucky on both accounts however, two very close friends of mine were not so lucky. Tim Stout and Linda Ellison were out riding on a Thursday evening about a week and a half after my last accident. They were at the end of their ride going west on Old Rochester Road about a hundred feet before Hilltop Road. Tim was behind Linda approximately fifteen feet when he felt the bumper of a pickup truck brush his leg. The next thing Tim felt was the side mirror of the truck clip his left elbow pinning him to the truck which was traveling 45 mph. He yelled for Linda to get out of the way, but fifteen feet closes quick when traveling that fast. Tim hit Linda sending her tumbling down the ditch sideways. Linda sustained a concussion, breaking her



helmet, and multiple bruises from head to toe, and possible knee and ankle injuries. Tim fared a little better with a chipped bone in his left elbow. The 75 year old man driving the pickup did not see Tim or Linda riding on the side of road, even though they had the proper gear on to be seen. He was ticketed and is very upset with whole accident.

In all these occurrences Tim, Linda, and myself were very lucky and very aware of our surroundings, such as the roads we were on, traffic all the things we need to keep in mind while riding. I think drivers of automobiles regard motorcycles, bicycles, and other smaller forms of recreational vehicles or transportation, as a no threat. So they are not totally aware of their surroundings. Such accidents happen all too often with drivers talking on phones or talking to kids in the vehicles or plain just not paying attention. I realize bicycles and motorcycles are not as big as cars and trucks, but we still have the same right to the road.

Bottom line folks be very very careful while traveling on any road especially main roads. It is our responsibility to be safe out there and to be extra cautious when riding. Have a safe season and "always remember to keep the rubber side down".



Secretary's Report Cindy Kvamme, Secretary

Renewals

Judy Shipp
Jim Covington & Family
Michael Ryan
Dan Mitchell
Micci Bly
JoAnn Abrams
Derek & Brigetta Ewing & Family
Jackie Galli & Adam Galli
Lance & Lisa Kidd & Family
Daniel Stefancic, Katherine Seketa-
Stefancic & Family
Brian Watkins & Family
Bob Randall
Aaron Shehan & Family
Richard Regan & Family
Robert Landers

Renewals at the Contributing Level

Garland & Lesley Stevens
Linda Butler
Ernie DeFrates

Renewals at the Sustaining Level

Tom & Francie King & Family
Pat Stephens & Family
Charles & Susan Hammond

New Members

Scott Sievers & Family
Kevin & Stacey Delaney
Jason Beeler
Louie Midiri

**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.

August 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).

Ride leaders – please remember to arrive approximately 15 minutes before the schedule ride start, introduce new riders and lead from the back – or make arrangements for someone to ride in the back. Ride leader guidelines are on page 2 of the club sign in sheet.

Attention club members – you will notice a lack of weekend ride leaders this month. My first choice was to have no scheduled rides for these dates but I made them show-n-go rides instead. The deadline for the September ride schedule is Friday August 12th. So, don't wait until the e-mail goes out, call me now!

Weekday Daytime Rides:		
Monday thru Friday 9:00 AM	Morning Geezer Ride Washington Park Shelter Dave Ross, 789-4823 for info	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 and 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 Theatre Cindy Moreno, 546-5852	C ride. An easy ride to get started and gain conditioning while going slow enough for conversation. 10-22 miles.
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 and Thursdays 5:45 PM	IDOT, Lost Bridge Trail Dirksen Parkway Show & Go	BCD ride, Show-N-Go along the Lost Bridge Trail. Turn miles into Karl.
Tuesdays and Thursdays 6:00 PM	Taylorville Firststar Bank 106 W Market St. Charles Witsman, 562-5208 for info	ABCD ride, Taylorville Training Ride. Meet in the rear parking lot of the bank. 12-25 miles. Turn in miles to Karl.
Wednesdays 6:00 PM	Pana Trail-Lake Taylorville Parking Lot Rt 29 Charles Witsman, 562-5208 for info	BCD ride. This is a weekly show-n-go on the Lincoln Heritage Trail. Turn in miles to Karl.

Wednesdays 6:10 PM ish	Wheel Fast 329 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 ride. 12-25 miles.
Wednesdays 6:00 PM	Washington Park Tennis Courts Show-n-Go	CD ride. This is designed as an easy, neighborhood social ride. No maps and everyone will stay together for about 1 hour. Turn miles into Karl.
Thursday 6:00 PM	Rotary Park Archer Elevator & Iles Garland Stevens, 698-8363	ABC ride. 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.
Tuesday August 2 nd 5:30/7:00 PM	Ken Anderson 2301 Sangamon Ave. 522-3876	NC, Board Meeting, Ken is hosting this month's Board meeting. At 5:30pm there is a CCC planning meeting followed by the monthly Board meeting at 7pm. There is limited driveway parking, please use 23 rd Street.
Friday August 5 th 6:00/7:15 PM	TGI Friday's 2100 West White Oaks Dr. Cindy Moreno, 546-5852	CD ride. Let's show mother nature the heat doesn't bother us with a water tower ride . Bring your quarters! Followed by dinner at TGI Friday's – maybe on the patio?!?
Saturday August 6 th 7:00 AM 9:30 AM	Coldwell Banker Devonshire 3201 Old Jacksonville Rd. Garland Stevens, 698-8363	Highway Clean Up #3. We need your assistance in making this an easy event. Long pants are recommended. Clean up will be 7am to 9am (coffee for the bleary eyed) followed by a ride starting at 9:30am to Salisbury (for Pie) or Pleasant Plains (for miles, muffins or brownies).
Sunday August 7 th 8:00 AM	Sherman City Park Alan Josephson, 793-0590	ABC ride. Breakfast Ride to Athens – 24 miles. With an option to Riverton for 40 miles.
Sunday August 7 th 6:00 PM	Baskin Robbins MacArthur & Laurel Janice Perino, 529-8648	D ride. This ride is designed for beginners and families or club members that want a social relaxing bike ride followed by ice cream.
Friday August 12 th 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 chose by those riding that night.
Saturday August 13 th 8:00 AM	Fairhills Mall, Chatham & Monroe David McDivitt, 725-1986	ABC ride. Come join a first time ride leader as he takes us on a route of 50 miles with cut offs.
Sunday August 14 th	Wabash Trail @ Park Ave. Show & Go	ABCD ride. Hopefully someone will come to the ride with a plan for the day and a ride sheet. If not, please turn in miles to Karl and look out for each other on the road.
Sunday August 14 th 6:00 PM	Brewbakers across from Schnucks in Montvale Show & Go	D ride. This ride is designed for beginners and families or club members that want a social relaxing bike ride followed by ice cream. Turn in miles to Karl.
Friday August 19 th 6:00/7:15 PM	Wabash Trail @ Park Ave. Show & Go	CD ride. A one-hour ride starting at 6:00 PM followed by dinner chose by those riding that night.
Saturday August 20 th 8:00 AM	Church Parking Lot at the corner of Koke Mill & Old Jack Cindy Moreno, 546-5852	ABC ride. We will head to Jacksonville today with a shorter option to "Disneyland" – 30 to 60 miles. We will be taking the direct route on Old Jacksonville road so we need to remember to ride as close to the curb as is safe and no more than 2 abreast.
Sunday August 21 st 8:00 AM	Lost Bridge Trail @ IDOT Parking Lot Show & Go	ABCD ride. Hopefully someone will come to the ride with a plan for the day and a ride sheet. If not, please turn in miles to Karl and look out for each other on the road.
Sunday August 21 st 6:00 PM	Brewbakers across from Schnucks in Montvale Show & Go	D ride. This ride is designed for beginners and families or club members that want a social relaxing bike ride followed by ice cream. Turn in miles to Karl.
Friday August 26 th 6:00/7:15 PM	Kevin Brown & Lola Lucas 1114 Fayette Ave. 787-5652	D ride. A one-hour neighborhood ride followed by a potluck cookout. The hosts will provide hot dogs and drinks. Come celebrate Kevin's birthday!

Saturday August 27 th 8:00 AM 9:15 AM	Rochester Station @ 8am Mt. Auburn convenience store @ 915am Garland Stevens, 698-8363	ABC ride. Garland's Belated Birthday ride to Blue Mound. Ride to Blue Mound for Gatorade and cookies at T-J's Custom Embroidery Shop (215 West Mile on Route 48 * 692-2404 * Terry & Jodi Holmgren). Tour the facility (AKA "use the facilities") and ask the owners how to place an order for custom embroidery of your name or logo on <u>your</u> favorite jersey, sweatshirt, dress shirt or jacket. Today's ride is approximately 60 miles from Rochester and 30 from Mt. Auburn.
Sunday August 28 th 8:00 AM	Rochester Community Park Curt Winhold, 498-7012	ABCD ride. Rochester Potato Festival to benefit the Old Stone House. Today's ride will be 45-50 miles with cutoffs and as well as the trail option. After the ride stay and enjoy the festival at the community park.
Sunday August 28 th 6:00 PM	Brewbakers across from Schnucks in Montvale Show & Go	D ride. This ride is designed for beginners and families or club members that want a social relaxing bike ride followed by ice cream. Turn in miles to Karl.

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 June 30, 2005

Possible Miles for the Month

Year

1657

6447

Name	T/F	TOTAL RIDES	LED	RIDE						
				RIDE	T/F	TOTAL	S	LED	LENGTH	
Marty Celnick	151	865	27	2	2721	785	3506	122	9	28.7
Byron Nesbitt	112	885	20		2940	281	3221	76	2	42.4
Cathy Yeaman	150	1092	21	1	2514	246	2760	54	3	51.1
Tom Clark	174	611	19		2039	657	2696	89	1	30.3
Lynn Miller	28	625	15	1	2515	118	2633	73	3	36.1
Pete Gudmundson	0	991	20		2452	15	2467	58	0	42.5
Lance Kidd	126	734	22	3	2015	402	2417	82	7	29.5
Lisa Kidd	126	733	24		1979	402	2381	82	1	29.0
Phil Arnold	222	653	12		1545	834	2379	50	0	47.6
Arden Gregory	162	658	15		1538	621	2159	50	0	43.2
Karl Kohlrus	138	378	8	1	1255	697	1952	51	1	38.3
Chuck Orwig	77	614	15		1449	340	1789	49	1	36.5
Curt Evoy	62	569	12		1468	254	1722	52	1	33.1
Bill Voss	74	312	10		1252	416	1668	53	0	31.5
Bill Bock	0	557	14		1646	0	1646	41	0	40.1
Ruth Magos	0	486	13		1528	0	1528	39	0	39.2
Pat Stephens	12	325	12		1459	12	1471	57	0	25.8
Derek Ewing	175	659	12		1149	312	1461	29	0	50.4
Garland Stevens	92	487	14		1189	266	1455	52	2	28.0
Carol Bock	0	490	12		1423	0	1423	35	0	40.7
Robert LaBonte	45	395	18	3	1343	76	1419	69	5	20.6
Lynn Rhoades	75	455	10		1069	327	1396	33	1	42.3
Alan Josephson	39	276	10		1124	185	1309	50	9	26.2
Dave Ross	0	20	1		1163	116	1279	45	13	28.4
David McDivitt	0	492	18		1257	11	1268	46	0	27.6
Dave Lucas	84	416	20	5	1036	224	1260	65	8	19.4
Ernie DeFrates	0	390	15		1212	0	1212	49	4	24.7
Cindy Kvamme	34	414	18	1	1099	95	1194	56	1	21.3
Bob Sorenson	12	352	8		1022	108	1130	32	0	35.3
Charlie Witsman	20	82	2		1052	71	1123	30	0	37.4
Gary Swaggerty	53	202	6	4	809	213	1022	30	4	34.1
John Day	103	495	14		846	142	988	30	1	32.9
Mike Vonnahmen	28	249	7		911	38	949	33	0	28.8
Roger McCradie	10	231	5		884	64	948	26	0	36.5
Ken Anderson	119	338	9		649	295	944	26	0	36.3

Springfield Bicycle Club Mileage and Activity File As of June 30, 2005

Possible Miles for the Month

Year

1657

6447

Name	T/F	TOTAL RIDES	LED	RIDE						
				RIDE	T/F	TOTAL	S	LED	LENGTH	
Marilyn Powell	28	241	10	755	49	804	31	0	25.9	
Bob Carmody	0	132	4	754	36	790	29	9	27.2	
Jon Edwards	40	323	10	707	77	784	24	0	32.7	
Brock Webb	75	228	4	646	85	731	15	0	48.7	
Micci Bly	3	215	5	661	15	676	17	0	39.8	
Joel Johnson	15	58	1	476	200	676	14	0	48.3	
Jerry Ihnen	32	110	2	619	42	661	20	2	33.1	
Louie Spinner	0	21	1	612	15	627	31	2	20.2	
Bruce Yurdin	0	218	7	555	56	611	16	0	38.2	
Dan Mitchell	0	90	2	605	6	611	15	0	40.7	
Cindy Moreno	31	160	6	515	72	587	28	1	21.0	
Rich Saal	21	63	3	375	158	533	19	0	28.1	
Sr Josepha Schaffer	0	54	1	508	15	523	18	0	29.1	
Don Daniels	38	227	4	369	118	487	9	0	54.1	
Jackie Galli	28	271	7	397	28	425	12	0	35.4	
Regina McGuire	12	56	3	378	12	390	23	0	17.0	
Mark Smith	54	227	11	299	82	381	20	0	19.1	
Terry Randsell	40	111	2	244	136	380	7	0	54.3	
Jim Disney	22	227	5	343	22	365	9	1	40.6	
Kathy Shepard	29	242	14	320	37	357	21	0	17.0	
Janice Perino	12	50	4	306	48	354	15	0	23.6	
Linda Butler	0	94	3	343	10	353	15	1	23.5	
Aaron Shehan	12	78	2	309	33	342	8	0	42.8	
Cyd LaBonte	0	110	7	330	6	336	22	0	15.3	
Alfred Arkley	0	63	1	334	0	334	6	0	55.7	
Matt Saner	20	80	3	232	100	332	9	6	36.9	
Christine Kohlrus	22	25	1	192	140	332	12	0	27.7	
John Sanford	6	113	4	277	49	326	16	0	20.4	
Steve Smith	14	84	5	311	15	326	18	0	18.1	
Curt Winhold	24	111	2	233	79	312	6	0	52.0	
Ed Taylor	20	112	4	291	20	311	13	0	23.9	
Connie Roberts	2	206	7	283	6	289	11	1	26.3	
Deeana Shidler	20	20	0	221	67	288	6	1	48.0	
Daniel Ewing	45	148	4	219	65	284	8	0	35.5	
Ben Fox	0	49	2	282	0	282	10	0	28.2	

Springfield Bicycle Club Mileage and Activity File As of June 30, 2005

Possible Miles for the Month

Year

1657

6447

Name	T/F	TOTAL RIDES	LED	RIDE					
				RIDE	T/F	TOTAL	S	LED	LENGTH
Sue Dees	0	97	8	262	16	278	19	0	14.6
Harriet Josephson	9	70	5	253	19	272	18	0	15.1
Lyn Schollett	2	25	1	215	49	264	13	4	20.3
Karen Bretenbach	5	214	6	251	5	256	8	0	32.0
Jan Cimarosa	0	67	3	256	0	256	13	0	19.7
Gerry Orwig	31	112	7	155	98	253	14	0	18.1
Roger Wright	20	74	1	169	81	250	5	0	50.0
Kevin Brown	3	71	6	229	11	240	18	2	13.3
Brigitta Ewing	1	80	5	228	5	233	13	0	17.9
Kedra Elston	0	14	1	224	0	224	12	1	18.7
Rob Landers	15	75	3	201	15	216	7	0	30.9
Hope Schnelten	0	79	4	197	12	209	11	0	19.0
Mike Schwab	10	62	5	189	11	200	19	4	10.5
Ralph Jennings	7	62	2	186	9	195	5	0	39.0
Dean Wisleder	35	137	2	140	49	189	3	0	63.0
Roger Schnelten	0	77	4	153	12	165	8	0	20.6
Brian Watkins	0	80	3	163	0	163	6	0	27.2
Katie Weidner	28	109	4	129	28	157	6	0	26.2
Rob Dombro	0	26	1	153	0	153	7	0	21.9
Jon Halterman	2	22	1	107	36	143	4	0	35.8
Mike Hills	30	138	2	108	30	138	2	0	69.0
Candy German	1	49	2	126	3	129	4	0	32.3
Brenda Michael	0	64	4	112	0	112	7	0	16.0
Lenny Miner	1	32	1	109	3	112	3	0	37.3
Christa Morris	0	42	3	105	0	105	7	0	15.0
Gary Boner	3	55	4	94	5	99	7	0	14.1
Jack Elston	0	14	1	98	0	98	5	0	19.6
JoAnn Abrams	0	34	3	80	8	88	6	0	14.7
Brian Tober	4	24	1	69	14	83	2	0	41.5
Marilyn Clark	0	69	1	69	0	69	1	0	69.0
Tony Henn	10	30	2	42	20	62	4	0	15.5
Randy Dempsay	0	25	1	58	0	58	2	0	29.0
Pamela Salala	0	36	1	57	0	57	2	0	28.5
Joe Matheny	2	29	1	54	2	56	2	0	28.0
Bryan Lasch	0	42	2	42	0	42	2	0	21.0

Springfield Bicycle Club Mileage and Activity File As of June 30, 2005

Possible Miles for the Month

Year

1657

6447

Name	T/F	TOTAL RIDES	LED	RIDE										
				RIDE	T/F	TOTAL	S	LED	LENGTH					
Paul Anthony	0	15	1	36	5	41	2	0	20.5					
Annie Gum	0	36	2	36	0	36	2	0	18.0					
Mike Becker	8	20	1	25	10	35	3	0	11.7					
Alex Holmes	6	33	1	27	6	33	1	0	33.0					
Anne King	3	32	3	29	3	32	3	0	10.7					
Ella King	3	32	3	29	3	32	3	0	10.7					
Kathy Vlahos	0	31	1	31	0	31	1	0	31.0					
Autumn Watkins	0	31	1	31	0	31	1	0	31.0					
Sherry Miner	1	13	1	25	1	26	2	0	13.0					
Dara Voss	7	7	0	14	11	25	1	0	25.0					
Kevin Delaney	0	24	1	24	0	24	1	0	24.0					
Tom King	3	22	2	19	3	22	2	0	11.0					
Stacey Comover	2	20	1	18	2	20	1	0	20.0					
Julie Perino	10	20	1	10	10	20	1	0	20.0					
Sue Hack	0	10	1	20	0	20	3	0	6.7					
Francie King	3	18	2	15	3	18	2	0	9.0					
Sean McClintock	0	18	1	18	0	18	1	0	18.0					
				21333	3433	24766	753	31	74078	11309	85387	2775	113	30.8
					169	47.0%	86.8%	13.2%						



club has volunteered to help with the cycling portion. Chuck has some volunteers lined up, but needs about twelve more. Approximately 250 participants are expected.

The Sangamon County Sheriff's office is cracking down on cyclists on county roads. We are all reminded that riding two abreast is legal, but riding more than two abreast is not.

A number of Board members do not plan to run for their positions again. This means that there will be vacancies on the Board, and opportunities to serve YOUR club!

Tom Clark raised an issue regarding benefits of volunteering for the club. Discussion was tabled.

Alan asked about the Ride & Raft tour; the general consensus was that the club would like to continue this annual event if Dean does not want to continue the SHIFT event. Chuck will check with Dean.

The meeting concluded with root beer floats provided by Cindy Kvamme. Thanks for your hospitality, Cindy!

Next meeting: July 6 at Karl & Christine Kohlrus'.



For Sale: GPS, Garmin emap. Complete package including instruction video and CD with Metro Guide USA. \$200
Contact Cathy Yeaman 483-4912

Capital City Century 2005 Pre-Registration Form

Liability Waiver and Indemnity Agreement

In consideration of my signing this agreement, I for myself, my heirs and administrators assume any and all risks which might be associated with my participation in this special event. I waive and release any and all rights and claims for damages which I may have against the Springfield Bicycle Club, its officers and members, and any other person connected with this event, their sponsors, representatives, successors and assigns for any and all injuries or damages of any kind and whatsoever suffered by me as a result of taking part in this event and any related activities. I hereby for myself, my heirs and administrators, agree to indemnify and save and hold harmless the releasees and each of them from any loss, liability, damage, or cost they may incur due to my presence or participation in the event and whether caused by the negligence of the releasees or otherwise. We need a name and signature for each rider registering for liability waiver purposes.

ALL RIDERS AGES 12 & YOUNGER MUST BE ACCOMPANIED BY AN ADULT THROUGHOUT THE RIDE

Rider name/guardian	age	Signature
1. _____		2. _____
3. _____		4. _____
5. _____		6. _____

Parent signature required for children the age of 18

(parent signature) _____
 street/city/state/zip _____ Phone: _____

Club affiliation (if any) _____

Will this be your first 100 mile Century? If this is your first century the SBC will prepare a special First Century Certificate.
 Name(s) _____

Please accept my pre-registration for the 2005 Capital City Century on Sunday, September 11th, 2005. At the present time I plan to ride the following distance: ___ 12 miles ___ 25 miles ___ 62 miles ___ 100 miles

Yes, I plan on riding the free Springfield Bicycle Club's Tour of Historic Sites on Saturday, September 10th

Fees enclosed:

\$5 for the Post-Pedalin' Party ONLY	\$ _____
\$8 for the 12 mile ride.	\$ _____
\$10 for the 25/40 mile route (\$15 after 8/31/05)	\$ _____
\$15 for the 62 and 100 mile route (\$20 after 8/31/05)	\$ _____

Family rates are available for three or more people living at the same address:

\$20 for the 12 mile route (\$30 after 8/31/05)	\$ _____
\$37 for families riding the 62 and 100 mile routes (\$42 after 8/31/05)	\$ _____
\$25 for families riding the 25 or 40 mile route (\$30 after 8/31/05)	\$ _____

T-Shirts:

___ @ \$15 – S – Short sleeve t-shirt	\$ _____
___ @ \$15 – M – Short sleeve t-shirt	\$ _____
___ @ \$15 – L – Short sleeve t-shirt	\$ _____
___ @ \$15 – XL – Short sleeve t-shirt	\$ _____
___ @ \$15 – XXL – Short sleeve t-shirt	\$ _____
___ @ \$20 – S – Long sleeve t-shirt	\$ _____
___ @ \$20 – M – Long sleeve t-shirt	\$ _____
___ @ \$20 – L – Long sleeve t-shirt	\$ _____
___ @ \$20 – XL – Long sleeve t-shirt	\$ _____

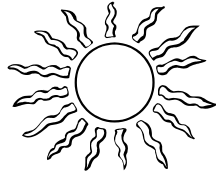
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August, 2005

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**

Officers

President

Chuck Orwig
793-3782
chucko127@insightbb.com

Vice President

Cindy Moreno
546-5852
cmoreno51@insightbb.com

Board Secretary

Cindy Kvamme
744-8864
c1jk3@aol.com

Recording Secretary

Dave Ross
789-4823
rossesse@sbcglobal.net

Treasurer

Dave Lucas
753-3831
dlucas2046@aol.com

Special Events

Jerry Ihnen
498-8877
Jerry423@sbcglobal.net

Social Chair

Alan & Harriet Josephson
793-0590
ahjosephson@yahoo.com

Legislative/ Educational Chair

Lynn Miller
lynnmiller@insightbb.com
787-3354

Incentive Chair

Tom Clark
585-1539
taconsulting1@yahoo.com

Records

Karl Kohlrus
544-8410
kkohlrus@insightbb.com

Quick Release Editor

Curt Evoy
502-1118
qreditor@insightbb.com
**QR Deadline 15th of the
Month**

Web Master

Marilyn Powell
newwe1@aol.com

At Large Members

Christa McClaren-Morris
364-4545
Chrismac_67@yahoo.com

Lyn Schollett

698-9446
lschollett@aol.com

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