



Alan Josephson Leads the “Ride of the Month” in Absentia.

The January Ride of the Month was on January 21, 2006, from Lincoln Memorial Gardens. Because of illness, Alan Josephson met the riders at the site, but did not ride. Approximately ten people braved the cold and rode a loop to Pawnee, Divernon, Auburn and back. Thanks, Alan, for planning the route and showing up and thanks to the riders for riding.

Almost Anything Award

Marty Celnick was awarded the A.A.A. for evading answering a question and exhibiting his love of riding.

As many of you know, Marty had kidney surgery on January 19, 2006. I was surprised to hear that he was out eating at restaurants and playing tour guide to his brother the very weekend following his surgery. Even more surprising was the conversation at the Board Meeting around Marty’s riding the noon ride on January 31, 2006. When the pointed question was asked, “Had your doctor released you?”, Marty’s response was, “I just felt like riding!”. Congratulations, Marty, on your receipt of this award.

Lead Water Bottle

Marty Celnick earns two awards in one month!

As you read above, Marty earned the February Almost Anything Award for riding his bike 12 days following surgery. **However**, because Marty did this ride **without** his doctor’s release, he was also the winner of the Lead Water Bottle. Now that you’ve surely been released by your doctor, Marty, I’m certain that your energy level will be improved enough that the added weight of the lead will be no problem!

Riders of the Month

1/06 Tom Clark 543 mi..	9/05 Ruth Magos, 690 mi.	5/05 Pete Gudmundson, 1006 mi.
12/05 Ben Cole, 201 mi.	8/05 Derek Ewing, 976 mi.	4/05 Byron Nesbitt, 607 mi.
11/05 Charlie Witsman 657 mi.	7/05 Arden Gregory, 844 mi.	3/05 Marty Celnick, 540 mi.
10/05 Lance Kidd, 842 mi.	6/05 Cathy Yeaman, 1092 mi.	2/05 Lynn Miller, 565 mi.

The President's Report

Dave Ross

CONGRATULATIONS: to all the Spinner Award and mileage pin recipients. For those Club members who missed the awards on January 25, you missed a fun evening.

SUGGESTIONS: As President, I hear many complaints. (I was going to try to call these "suggestions" and write them all positively, but let's be frank: they're complaints.) Frequently heard complaints include: cyclists riding too fast (or the wrong way) in Washington Park; cyclists zipping past pedestrians or runners on the trail without any warning; and pace lines on country roads that angle across the entire road, making it impossible for motorists to pass. These kinds of behaviors foment ill will towards cyclists.

Are the guilty parties Club members? Usually not. Members of the SBC tend to model polite park, trail, and road riding. Keep up the good work!

A comment heard from within the Club, primarily from newer and/or slower members, regards being dropped on a Club ride.

members, regards being dropped on a Club ride. Riding fast is a fine thing, but Club rides have a social aspect, too. Leaders, remember to "lead from the rear." Riders, do not overlook the slower riders, and don't leave someone to ride on their own.

This spring and summer, we'll be planning more C/D/ER rides for the "easy riders" in the Club. If you lead or participate in one of these rides, please keep the entire group together for the entire ride. Thanks!

SHIFT: The general consensus is that "SHIFT would not be SHIFT without Dean." Dean, you've set a high standard. Therefore, for Memorial Day weekend 2006, the Board is looking into several other possibilities; news about these will be coming soon. If you have any ideas or suggestions, talk to any Board member.

See you on the road!

Board Meeting Notes — Jan. 4, 2006

Connie Roberts, Recording Secretary

Attending: Kevin Brown, Ken Anderson, Dave Lucas, Alan Josephson, Sue Hack, Karl Kohlrus, Marty Celnick, Bill Donels, Connie Roberts.

Due to an unexpected conflict for Dave Ross, Kevin Brown chaired the meeting. Minutes of the December meeting were approved.

Treasurer's Report. Dave Lucas reported that we have a balance of \$16,819.22 as of December 30, 2005.

Ride Schedule and Meetings. Kevin Brown reported the February ride schedule is open. There was some discussion of trying to bring back the easy rider rides on Fridays to help recruit some new members. The next board meeting will be on Thursday, February 2, at Robert Morris College.

Awards. Sue Hack presided over the awards. The Ride of the Month went to Lynn Miller for his December 17th ride, followed by soup and home baked bread. The Almost Anything Award was awarded to Ken Anderson for volunteerism. Cathy Yeaman and her young niece ran into Ken while he was volunteering as Santa Claus at Fulgenzi's. Cathy's niece was nervous and afraid but soon overcame her fear when she

saw how great Ken (Santa) was with the other children. Besides volunteering for the SBC Ken also volunteers for other organizations and he donated all his Santa earnings to Big Brother Big Sister. The Lead Water Bottle was awarded to Mother Nature for messing up December and to the weather forecasters for getting the forecast wrong.

Legislative/Education Report. Bill Donels reported that the Governor is holding funds and that it will be late winter or early spring before announcing where enhancements will go. The County is going to do its own engineering for the Sangamon Valley Trail.

Social Chair. Alan Josephson reported that several cards had been sent out. Due to the low turnout at the Holiday Party a large amount of food was donated to the Inner City Mission.

Special Events. Cathy Yeaman reported via e-mail that she is busy working on the brochure for the CCC.

Quick Release. Marty Celnick reported he did not have any problems with the newsletter last month.

Old Business. It looks like no one has volunteered to lead SHIFT. There are many options for Memorial Day weekend rides and this will be discussed further next month. There was discussion about how to show the worker who takes such good care of the Lost Bridge Trail our appreciation. It was decided he would be nominated for the AAA award next month. The Bike Club Directory was discussed. It may be possible to put it in a file that members could then download.

New Business. Karl mentioned that the club as a whole road 201,000 miles with many people doing over 1,000. He thought it would be great to get some acknowledgement since there are probably not that many clubs that keep such extensive records and have such great rides. Sue volunteered to call the SJR and see about some coverage at the Spinner Awards.

Thanks to Karl and Christine Kohlrus for their hospitality. The meeting was adjourned.

Next meeting: Thursday, February 2, at 7:00 at Robert Morris College, 3101 Montvale Drive.

Member Profile

by Dave Lucas

BYRON NESBITT

Byron has been a member of the SBC since its inception in mid 1971 and helped club founder Dorothy Doering and others get the club in motion and club riders on the road. Back then Byron sported a really cool large handlebar mustache and was definitely one of the club's most active riders. Byron was cutting fast laps in Washington Park long before indexed shifting, clipless pedals, helmets and lycra clothing. On any given day Byron could be found powering his way around the park on a now classic Peugeot PX-10 bike wearing wool cycling shorts with honest to goodness chamois skin padding. Toe clips, straps and nail on cleats were the order of the day, and Byron's Peugeot equipped with Stronglight equipment was as good as it got back in the day. Rich Huelskoetter hadn't yet opened his shop, and Byron and other serious riders had to travel to out of town shops near St. Louis in order to obtain decent cycling equipment.

As family responsibilities gradually took on greater importance, Byron took a few years off from active club membership and spent his available time coaching and

supporting his children's sports teams. However, he never let go of that 'ol Peugeot and returned to active club status as soon as his children became older and more independent.

Byron's love for cycling and fast laps of Washington Park are still very much in evidence. Byron may be

club rides and amassed 7,704 club miles, a feat which not only won him a Spinner Award but earned him the title of 2005 High Mileage Rider of the Year.

So, the next time you see Byron, thank him for his long term support of the club and see if you can keep up with this ol' guy.



wearing lycra shorts these days instead of wool, but he hasn't slowed down a whole lot in the last 35 years. He's added several bikes to his stable and can be found on the road somewhere in Sangamon County on most decent cycling days of the year. In 2005, Byron participated in 180

Date of birth? July 13th, 1945 (Yes, it was a Friday).

Birthplace? Galesburg, IL

Family? Three children (now adults); Jennifer, Sean, Bill; three grandkids, Sara, Devin, Kai

Occupation? Retired from IDOT; retired from the Navy

and the Air Guard; currently working part-time for an aggregate inspection/testing company, Bowser-Morner.

Number of years ridden?

Not counting before turning 16 and getting a driver's license, I started riding as a freshman in college (1963) at Colorado State University. So, doing the math, that would be 42.5 years I've been riding. Where does the time go?

Ride how many days/week?

Hmmmm....Karl's meticulous 2005 records indicate that I rode 180 SBC rides/days last year. Adding some out of state and non-club rides, I'm saying that I ride 200 days a year. That's my story, and I'm sticking to it.

Bikes owned? Five (5) – 2 Cannondale road bikes, 1 Peugeot PX-10 road bike, 1 Trek cross bike and 1 Gary Fisher mountain bike. By the way, I've purchased at least one bike from R&M at three different locations. I wonder how many other people have done that. The first was a Viscount in 1976. Rich's sister Deb was running the store while Rich was riding across the USA on BikeCentennial. Yes folks, Rich Huelskoetter was once a very good biker.

Dream bike? Durable, flat

proof, under 20 pounds, SELF CLEANING.

Favorite type of riding?

Road rides early in the day during the spring and fall on rolling rural roads.

Proudest bicycling experience?

Riding Hilly Hundred on a tandem with daughter Jennifer and several years later with son Sean. Then doing it again when they did it on singles (Bill was always involved with sports teams, and we never got to do Hilly together).

Most embarrassing bicycling experience?

Each and every time I've fallen because I didn't free up from the toe clips or the clipless pedals.

If I won the lottery, I would.....quit part time job, help out family members, spend more time at the beach and in the mountains.

Favorite movie? Cold Mountain still sticks in my mind; so, I'll go with that.

Last book read? Angels and Demons by Dan Brown.

Last CD listened to? Blues Ain't Pretty, by Janiva Magness (maybe it's the RED dress).

Other interests? Springfield Ski Club trips. Blue Monday's at the Alamo. Travel.

Comments? Thanks to all in the SBC for the great miles, conversations and friendships! Keep the rubber side down. Be safe out there. Good health to all.

Treasurer's Report
January 28, 2006
David Lucas

Beginning Balance	\$16,819.22
Income-----	
New members/renewals	\$145.00
Name badge sales (1)	\$10.00
Total income	\$155.00
Expenses-----	
Illini Reproductions, 340 Jan. newsletters, printing/ mailing	\$279.76
Illini Reproductions, 297 Feb. newsletters, printing/ mailing	\$359.10
Spinner Plastics, '05 NoBell plaque	\$50.64
Cindy Kvamme, '05 Spinner Award supplies	\$216.71
Spinner Plastics, '05 Mileage Pins.....	\$205.37
Robert LaBonte, '06 Spinner Award supplies	\$46.00
R & M Cyclery, \$50 gift certificates (5).....	\$250.00
Wheel Fast Bicycle Shop, \$50 gift certificates (2)	\$100.00
Total expenses.....	\$1,507.58
Ending balance.....	\$15,466.64

March 2006 Ride Schedule

Anyone with questions about rides can contact Kevin Brown at 787-5652 or by e-mail at kjbrown@prodigy.net. Report Show-N-Go and Out of Town Ride mileage to Records Chair Karl Kohlrus. For details see Ride Rules at www.spfldcycling.org. Daily rides are displayed above the shaded area and go as indicated except on holidays. Special events, weekend, and holiday rides are listed below the shaded area. **Editor's Note: At this time of year, there is no guarantee that the trails will be rideable on the day of the ride.**

Monday thru Friday 10:00 AM	Morning Geezer Ride Washington Park Shelter Dave Ross, 789-4823	BC ride, Daily morning rides for retired geezers or those hoping to become geezers. No leaders, no maps. Participating riders should turn miles in to Karl Kohlrus. No ride on Veteran's or Thanksgiving Day.
Monday thru Friday 10:00 AM	Daily Show & Go Pana Trail-Lake Taylorville parking lot, Rt 29	BC ride, Show-N-Go along the Lincoln Heritage Trail M thru F during the day. Turn miles into Karl. No ride on Veteran's or Thanksgiving Day.
Monday thru Friday Noon	IDOT, Lost Bridge Trail Dirksen Parkway Lisa Kidd, 546-1698	BC ride" Lunch with Lisa" ride. Lisa leads the noon trail ride. Skip lunch and ride on the trail with Lisa and other SBC regulars. No ride on Veteran's or Thanksgiving Day.
Tuesday, Thursday 12:15 PM	Robert Morris College, West Parking lot 3101 Montvale Dr. Dave Ross, 785-4823	BC ride, West side Lunch ride, Dave leads on the Wabash & Interurban trails for 10 miles, or out in the country for more miles. If Dave can't make it, this becomes a show-n-go. No ride on Veteran's Day
Tuesday 6:00 PM	IDOT, Lost Bridge Trail Dirksen Parkway Show & Go	BCD ride, Weekly show and go ride with lights required. A good way to keep getting some miles.
Tuesday, Wednesday & Thursday 6:00 PM	Pana Trail-Lake Taylorville Parking Lot, Rt. 29 Charles Witsman, 562-5208	BCD ride, This is a weekly show-and-go on the Lincoln Heritage Trail. Turn in miles to Karl. Call Charlie if you need information about trail conditions or directions.
Thursday 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.
Fri Mar 3 6/7 pm	Amber Jack's Ale House 3150 Chatham Rd Kevin Brown 971-8862	NC – Walk at 6, dinner at 7. Call Kevin if you don't plan to walk but will join for dinner.
Sat Mar 4 11 am	Fairhills Mall Lynn Miller 787-3354	ABC - Lynn leads us somewhere for a certain distance. Dress for the weather!
Sun Mar 5 11 am	Perkins parking lot Parkway Pointe Linda Butler 787-5027	ABC – Linda takes us out for 35 miles more or less.

Wed Mar 8 7 pm	Alan & Harriet Josephson 4117 Gaskell Dr 793-0590	NC – Board meeting. All SBC members are invited to attend board meetings.
Fri Mar 10 6/7 pm	Maldaner's Restaurant 222 S. 6 th St. Kevin Brown 971-8862	NC – Meet at Maldaner's at 6 to enjoy a drink in their smoke-free bar, followed by a downtown walk. Return to Maldaner's to discuss dinner plans.
Sat Mar 11 11 am	Stuart Park Winch Lane Ernie DeFrates 544-1398	ABC – Ernie has a 30 mile route planned, with shorter options.
Sun Mar 12 11 am	Wabash Trail East end parking lot	Show-N-Go – Turn miles in to Karl.
Sun Mar 12 12:30	Hoogland Center For The Arts 420 S. 6th Lola Lucas 787-5652	NC – 8 th Annual Cheesecake Bake-Off. Judging begins at 1 pm. Bakers, start your mixers! Call Lola for details.
Fri Mar 17 6/7 pm	Chuck & Gerry Orwig 3019 Cameron Dr. 793-3782	NC – Walk followed by Chuck & Gerry's St.Pat's party. Wear something green and bring an Irish dish to share. Chuck promises (threatens?) green Stag!
Sat Mar 18 9 am!	Sherman City Park Alan Josephson 793-0590	ABC - Wind assisted ride up to 60 miles. No ride miles given for driving, so drivers will trade off. Note the start time!
Sun Mar 19 11 am	Strike & Spare West 2660 W Lawrence Ave David McDivitt 725-1986	ABC - Auburn and beyond with David leading.
Friday Mar 21 6 / 7 pm	The Silo 130 South John Street Rochester	NC – Try indoor rock climbing at The Silo, or take a walk around Rochester. Pizza across the street at 7.
Sat Mar 22 11 am	Panera Bread West 3101 W. White Oaks Dr Lance Kidd 546-1698	ABC – Lance leads. Mileage depends on the weather.
Sun Mar 26 11 am	Lincoln Heritage Trail Lake Taylorville Parking Lot Rt.29 Deeanna Shidler 562-4583	ABCD – Deeanna tries out a new route for 38 miles, or ride the Lincoln Heritage Trail to Pana for 28 miles.

Springfield Bicycle Club Mileage and Activity File As of January 31, 2006

Possible Miles for the: Month Year
749 749

NAME	RIDE	T/F	TOTAL	RIDES	LED	RIDE	T/F	TOTAL	RIDES	LED	LENGTH
Tom Clark	373	170	543	16		373	170	543	16	0	33.9
Marty Celnick	287	120	407	15	1	287	120	407	15	1	27.1
Lynn Miller	399	7	406	13		399	7	406	13	0	31.2
Phil Arnold	170	160	330	8		170	160	330	8	0	41.3
Bob Sorenson	224	97	321	11	1	224	97	321	11	1	29.2
Lance Kidd	283	32	315	16	1	283	32	315	16	1	19.7
Lisa Kidd	269	32	301	15		269	32	301	15	0	20.1
Karl Kohlrus	168	130	298	8		168	130	298	8	0	37.3
Robert LaBonte	261	0	261	13	1	261	0	261	13	1	20.1
Joel Johnson	147	102	249	7		147	102	249	7	0	35.6
Pete Gudmundson	247	0	247	11		247	0	247	11	0	22.5
Rich Saal	165	69	234	7		165	69	234	7	0	33.4
Dave Ross	183	38	221	8	3	183	38	221	8	3	27.6
Curt Evoy	163	37	200	7		163	37	200	7	0	28.6
Charlie Witsman	190	0	190	5		190	0	190	5	0	38.0
Sr Josepha Schaeffer	186	0	186	9		186	0	186	9	0	20.7
Pat Stephens	186	0	186	8		186	0	186	8	0	23.3
Marilyn Powell	182	0	182	9		182	0	182	9	0	20.2
Roger McCredie	181	0	181	7		181	0	181	7	0	25.9
Bill Voss	105	65	170	6		105	65	170	6	0	28.3
Arden Gregory	97	68	165	4		97	68	165	4	0	41.3
Katie Wiedner	104	61	165	5		104	61	165	5	0	33.0
Mike Vonnahmen	150	3	153	6		150	3	153	6	0	25.5
Jerry Ihnen	118	32	150	5		118	32	150	5	0	30.0
Ben Cole	100	42	142	6		100	42	142	6	0	23.7
Lynn Rhoades	111	27	138	5		111	27	138	5	0	27.6
Ernie DeFrates	125	0	125	5	1	125	0	125	5	1	25.0
David McDivitt	106	4	110	4		106	4	110	4	0	27.5
Linda Butler	98	0	98	4		98	0	98	4	0	24.5
Derek Ewing	77	15	92	3		77	15	92	3	0	30.7
Chuck Orwig	72	18	90	3		72	18	90	3	0	30.0
Cindy Kvamme	87	0	87	4		87	0	87	4	0	21.8
Cathy Yeaman	85	0	85	1		85	0	85	1	0	85.0
Bob Carmody	70	0	70	3		70	0	70	3	0	23.3
Alan Josephson	67	3	70	4	1	67	3	70	4	1	17.5
Ruth Magos	62	0	62	1		62	0	62	1	0	62.0
Brigetta Ewing	52	9	61	3		52	9	61	3	0	20.3
Jon Edwards	56	0	56	2		56	0	56	2	0	28.0
Byron Nesbitt	52	0	52	2		52	0	52	2	0	26.0
Aaron Shehan	48	1	49	2		48	1	49	2	0	24.5
Brock Webb	37	8	45	2		37	8	45	2	0	22.5
Curt Winhold	24	20	44	1		24	20	44	1	0	44.0

Springfield Bicycle Club Mileage and Activity File As of January 31, 2006

NAME	RIDE	T/F	TOTAL	RIDE S	LED	RIDE	T/F	TOTAL	RIDES	LED	LENGTH
Ken Andersen	43	0	43	1		43	0	43	1	0	43.0
Harv Kaplo	34	0	34	2		34	0	34	2	0	17.0
Mary Grant	31	0	31	1		31	0	31	1	0	31.0
Kent Kraft	27	4	31	1		27	4	31	1	0	31.0
Bill Donels	27	1	28	1		27	1	28	1	0	28.0
Karen Bretenbach	20	7	27	2		20	7	27	2	0	13.5
Sue Dees	27	0	27	2		27	0	27	2	0	13.5
Mary Lou Hicks	26	0	26	1		26	0	26	1	0	26.0
Pete Harjes	24	0	24	1		24	0	24	1	0	24.0
Dan Mitchell	24	0	24	1		24	0	24	1	0	24.0
Cindy Moreno	24	0	24	2		24	0	24	2	0	12.0
Jason Beeler	23	0	23	1		23	0	23	1	0	23.0
Dave Lucas	19	3	22	1		19	3	22	1	0	22.0
Garland Stevens	22	0	22	1		22	0	22	1	0	22.0
Cyd LaBonte	20	0	20	2		20	0	20	2	0	10.0
Steve Smith	14	0	14	1		14	0	14	1	0	14.0
Bill Bock	12	0	12	1		12	0	12	1	0	12.0
Harriet Josephson	5	0	5	1		5	0	5	1	0	5.0
TOTALS	6589	1385	7974	297	9	6589	1385	7974	297	9	26.8
# RIDERS			60		22.5%	82.6%	17.4%			22.5%	

What I've Learned About Winter Riding

Marty Celnick

My first cold weather ride was on December 11, 1994. If I remember correctly, Garland led the ride. We went from Parkway Point to Chatham and back. This was in the pre-trails era, so I don't remember the route. I do remember that it was a bitterly cold day, and I shivered in both directions. In Chatham we stopped for hot chocolate in a fast food restaurant, and people said we were crazy.

Winter riding had seemed like a credible challenge. People said that the intensity of the workout would create warmth even on the coldest days. I had gone to R& M and spent two hundred dollars on new clothes, and Garland's ride was the first test. Needless to say, I was much colder than I thought I'd be. But I felt much better after the ride.

In subsequent years, I occasionally went out on cold days. As a general rule, I kept the distance short. When I lived in Topeka, Kansas, the local bike club did not schedule many rides in the winter, so these trips were often solo affairs.

In daylight hours, I find that usually, when the temperature is in the 30's or above, I can be comfortable on the

bike for long periods. When its below 25 degrees, I am very uncomfortable, especially when its windy or overcast. I have ridden several times when the temperature was close to zero, but I don't expect to do that again anytime soon. The basic rule is that on very cold days, short is good. Although the ride may not be comfortable, the health effect is mainly positive, provided that you take normal precautions. (I once read in *Bicycling* magazine, that clipless pedals can ice up at temperatures of 20 below, so that you cannot unclip. In those circumstances, toe clips may be safer.)

My winter riding wardrobe begins with a long sleeved jersey, and very warm tights. I also wear thermal underwear when its below 30 degrees. I wear a Bellwether jacket made of polyester with a nylon lining, and a wool sweater underneath. When I get cold, its in the hands and feet, as I have not figured out a way to keep them warm. No matter how many layers of gloves, socks, or booties I wear my fingers and toes get numb on cold days. I have long ceased to do the nighttime show and go

rides, except at the beginning of the season in November, and the end in March, because I just cannot stay warm on cold winter nights. Low temperatures and the lack of daylight, make it unbearably cold.

Apart from the discomfort of being cold, the usual problems are those of frostbite and hypothermia. To reduce the risks, it is best to keep the distances short. It is also a good idea to stop someplace where you can go indoors. Know the signs of hypothermia, and carry a cell phone.

By the time you read this, winter should be on the wane, as the days get longer and spring approaches. On the other hand, I can recall snowstorms in March, and the temperature has dropped into the 20s as late as May. A good rule of thumb is don't put away your winter clothes until Memorial Day.



Silver Bicycle Pins

Remember last summer when Lynn Miller gave away the hot pink bicycle pins to support the Interurban Trail? Would you be interested in an identical bicycle pin made out of genuine sterling silver? Christine Kohlrus has arranged for a local jeweler to make a mold from the plastic bicycle pin. The silver pin is the same size as its hot pink counterpart and can be worn as jewelry. Several SBC members have already expressed an interest in one of these silver bicycle pins. The cost of the each pin would be about \$70. If interested, give Christine a call at 544-8410.

Secretary's Report

Ken Anderson, Secretary

Renewals:

Larry & Cindy King
James Ambrose & Family
Dan & Amanda Eatherington
Janice Perino & Family
Jack & Gerry Casey

Renewals at the Contributing Level:

Bode & Marybeth Zietz
Don Caspary & Family

New Members:

Kye & Tim Swanson
Lynne Allen
David Kolaz

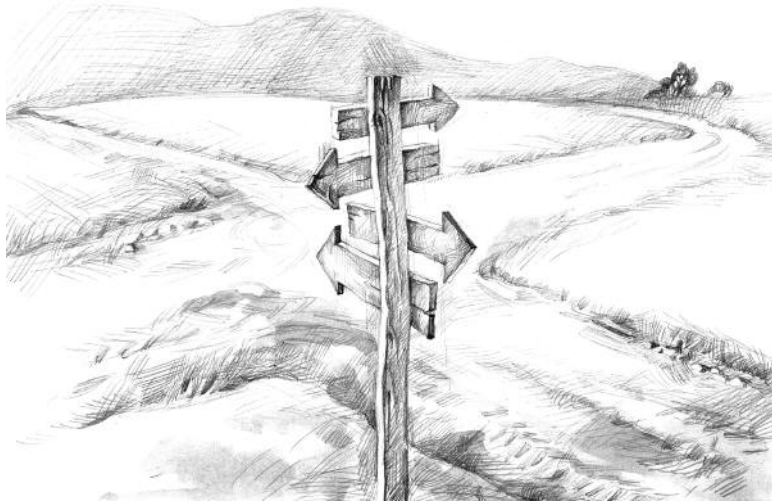
Thanks to all for your support of the SBC and bicycling!! Ride safe!!

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.

Memorial Day Weekend 2006

Decisions-decisions-decisions. You have choices to make regarding what to do for Memorial Day weekend May 27th-29th.

1. You can ride the in town scheduled rides to be announced later.
2. You can join the group going to Horsey Hundred, which is an organized event consisting of two days riding on the wonderful roads around Lexington, KY. This is for experienced riders. Look at www.bgcycling.org for 2006 information and contact Byron Nesbitt at 899-3988 who will have current information.



3. You can join the group going to St. Charles, IL to ride the trails, or roads or just go shopping! This is for everyone from non-riders to experienced riders, but you need to be a member of the SBC to go. There are a limited number of rooms and **advanced reservations are necessary**. Cut off date is the end of April. Cost should be about \$85 per person for double occupancy. Contact Alan Josephson at 793-0590 or ahjosephson@yahoo.com for detailed information.

Whatever decision you make, please do it early and enjoy the weekend!

Springfield Bicycle Club Membership Application

Member Information

New Member Renewing Member Change Address

Name _____ Home Phone _____

Address _____ Work Phone _____

City _____ Birth Date _____

State _____ Zip _____ Email Address _____

I obtained my application from:

I would like to help with SBC activities

Bike Shop Name _____

Yes

A current Club member

No

Type of Membership

Individual \$15/yr Family \$20/yr Contributing \$25/yr

Sustaining \$50/yr Patron \$100/yr Corporate \$100/yr

Dollars beyond basic \$15 or \$20 rate from Contributing, Sustaining, and Patron memberships go to your choice:

Bicycle Advocacy Fund

SBC General Fund

My Advocacy Donation Amount is: _____

Family Member Information

The SBC presents yearly awards for the most "club miles" in various age groups. We need birth dates to determine these presentations. Your participation is optional, of course.

Name 1 _____ Birth Date _____

Name 2 _____ Birth Date _____

Name 3 _____ Birth Date _____

Name 4 _____ Birth Date _____

Legal Waiver

I (and my parent or guardian in case of a person under 18 years of age) hereby release the Springfield Bicycle Club and any other party or parties involved in any Springfield Bicycle Club activity of any liability whatsoever for any loss or damage to property or for personal injury sustained or occurring on any Springfield Bicycle Club event.

Signature _____

Date _____

Parent / Guardian _____

Date _____

Official SBC Name Badges

Hang it on your seat bag. These are a pretty neat way to let other riders know your name. Include **\$10.00 dollars** extra and print your name (clearly) on the following line as you would like it to appear on your name badge:

Badge Name: _____

Mail with Check to:
Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705

SPRINGFIELD BICYCLE CLUB 2006 MILEAGE SUMMARY



MONTHLY								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	6,589	1,385	7,974	40	297	9	7.4	26.85

CUMULATIVE								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	6,589	1,385	7,974	40	297	9	7.4	26.85



Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705

Presorted
Standard
U.S. Postage
Paid
Springfield, IL
Permit #325



Address Service Requested

Not for Commercial Use

March, 2006

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

Dave Ross
789-4823
rossesse@sbcglobal.net

Vice President

Kevin Brown
787-5652
KJBrown@prodigy.net

Board Secretary

Ken Anderson
522-3876
andykw@familyonline.com

Recording Secretary

Connie Roberts
787-7410
cmroberts18@insightbb.com

Treasurer

Dave Lucas
753-3831
DWLucas62704@aol.com

Special Events

Cathy Yeaman
483-4912
cycycle@msn.com

Social Chair

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

Legislative/ Educational Chair

Lynn Miller
lynnmiller@insightbb.com
787-3354

Incentive Chair

Sue Hack
546-4514
shack@famvid.com

Records

Karl Kohlrus
544-8410
kkohlrus@insightbb.com

Quick Release Editor

Marty Celnick
522-4206
celnickmg@cs.com

QR Deadline 15th of the Month

Web Master

Marilyn Powell
newwc1@aol.com

At Large Members

Bill Donels
546-8036
sbdonels@insightbb.com

Aaron Shehan

525-8699
aaronsheshan@hotmail.com

Quick Release Advertisement Rates

Half Page \$20 Full Page \$40

Payment in advance is required for all business ads. Ad copy should be sent to the newsletter editor no later than the 12th of the month in order for the ad to appear in the following month's newsletter. Individual club members (excluding businesses) may list bicycling related items for sale without charge.