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**QR Deadline 15th of the
Month**

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Not for Commercial Use

SPRINGFIELD BICYCLE CLUB

Quick Release

Ride of the Month

Ernie DeFrates' TGI Spring Ride is the May Ride of the Month.

The "old" TGI Spring ride looked like a "goner" until Ernie volunteered to keep the spirit alive and act as host for this annual event. With the help of volunteer road markers, Ernie was able to put together routes that served the needs and desires of all riders. The road crew had to mark the route on a cold and windy day, but the actual ride day was dry, albeit a little chilly. Many SBC members showed up, of course, but there were others who had always ridden the annual ride and didn't want to break their string. Although there were no official food stops, the route allowed for stops in Petersburg and other places along the way, making it easy for the long riders to get relief when needed. Thank you Ernie, for doing such a good job on a great ride.

Almost Anything Award

The May Almost Anything Award goes to Cathy Yeaman.

Many months have two or three nominations for the AAA, but for May there were a total of six, and all of them were well deserved. (See the May meeting minutes.) After a close vote of all in attendance at the board meeting, Cathy Yeaman came out on top for her "extra effort" on the last ride for Alfred Arkley. Cathy made all of the arrangements at the Apple Barn in Chatham, working closely with Pearl, and provided great treats for more than fifty riders and invited guests. Cathy appreciated all of the "donations" that found their way to her jersey pocket and to the people who helped make the going away memorabilia for Alfred. Cathy's effort was in turn appreciated by Alfred, Harriet, and all of the folks who attended the event.

Lead Water Bottle

Mike Schwab Gets to Carry the Lead Water Bottle for a Month.

For May, the number of nominations in this category was inversely proportional to the number of AAA nominations, and that's always a good thing. In another very close vote, Mike gets the lead water bottle for his inability to follow the route on Karl's Trail Days ride. Karl was trying to be a good ride leader and lead by following the group to make sure everyone finished safely. He was particularly concerned with Mike who was riding very slowly even with a tailwind. Since Karl had moved ahead of Mike, Karl waited at a corner to make sure he would be OK, but Mike never showed up at that corner. Karl then rode the route backwards and into the wind only to find that Mike was nowhere to be found. After nine extra miles of riding, Karl returned to the end of the ride to find Mike standing there. It seems that Mike had gotten off course but still managed to make it to the finish. Please help the ride leaders by staying on the route or telling them of any changes.

The President's Report

Cathy Yeaman, Acting President

Alfred and Harriet Arkley moved to Washington in June. As a result, I will fill in as Acting President during the remainder of Alfred's term. Many thanks to Alfred for making it an easy transition. Needless to say he had everything organized and completed before he made the move.

A special thanks to the club members that helped give Alfred a great SBC send off. Lynn Miller did a fantastic job

pulling together a photo album and remembrance book. The Apple Barn was a good host for our rest stop during our ride on June 6th. There were fifty riders that turned out for "Alfred's Last Ride".

This month we have our annual picnic on July 11th. It is our chance to spend some time together following a ride. There will be food (bring a dish), games, and prizes. Come and enjoy the club's summer tradition.

The club is currently preparing a slate of candidates for the board of directors. The candidates are published in the Quick Release and will be voted on at the August Board meeting on August 4th.

The warm weather is finally here! Enjoy the summer riding. Use sunscreen, stay hydrated, and ride alert watching out for road hazards, traffic, and each other.

Alfred & Harriet

Alfred you're a joy
To ride with on your toy.
You're fun and game.
You have no shame
Giving geezer a bad name.

There once was a woman,
Mrs. Broccoli
Whose specialty was cookies
Made with chocolli
She gave up the chore

To move to the shore
And bikers will miss them awfully!

Alfred was a cyclist
With the limps.
Till he saw a doctor
And had surgery for gimps.
When withdrawal gave him the yikes
He rode recumbent trikes
And now big hills are in his sights.

Alfred was once a professor
Of management training,
Teaching students to come out of the raining.
When he was done
They knew to look for the sun...
So in this move what's he gaining?

With fond memories!
Lynn Miller
June, 2004



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jimc@filmready.com SHOP AROUND, THEN CALL US

Board Meeting Notes - May 12, 2004

Kathy Shepard

Present: Chuck Orwig, Jerry Ihnen, Linda Butler, Cathy Yeaman, Mike Schwab, Jane & James DuBose, Ernie DeFrates, Cindy Kvamme, Kevin Brown, Dave Lucas, Kathy Shepard

Munching on the last of the delicious potluck supper anchored by grilled sausages and veggies prepared by Lynn Miller and his wife Andrea, attendees approved last month's minutes with minor corrections. Linda reported that club coffers currently held \$12,796.93. Cathy said the June ride schedule was filling up well, including the June 5 Trails Day celebration and ride, and the ride she was leading June 6 as Alfred Arkley's last before his move to Washington. [Post-meeting note #1: As the many of you who participated now know, Cathy's ride included many well-deserved good wishes to Alfred and presentation of an album of bike club photos, complete with limericks penned by club members. Best wishes, Alfred and Harriet!] When Cathy said two Sunday afternoon rides in June were leaderless, Kevin volunteered to lead one. After discussion of whether QR's should be dropped off

at the bike shop in Jacksonville, where Mary Thomas organizes show-n-go's, Cathy said she would phone Don Struck to see if he would be willing to take them there.

Ride of the Month was Jim Disney's daylight savings time ride.

Almost Anything Award nominees included the Harmon's in Virden, where Curt Evoy said he was able to fortify himself on a ride with a 32 oz. bottle of Gatorade, a bag of Doritos, and ½ liter of water, for a grand total of \$1.13. The construction crew on the Interurban Trail was nominated for working hard and fast to complete the trail, and for their kind patience in answering the Geezers' daily questions about the project. Alan Josephson was nominated for doing the Mississippi River ride in the cold, wind, and rain. [Post-meeting note #2: On later learning of his nomination, Alan pointed out that Pat Stephens also did the ride and should be recognized for it. Had attendees known, Pat would have been nominated with Alan for the AAA.] Enthusiastic voting saw the Interurban Trail

construction crew come away with this month's AAA.

Lead Water Bottle nominees were Bill Voss and Karl Kohlrus for taking an alternate route on James DuBose's birthday ride for Jane, who they took on a route with dogs and a headwind, both of which James' well-planned route deliberately avoided. Gail Mugler was nominated for complaining about the cold on returning from Florida to Illinois in mid-winter. After the final tally of voting hands and feet, Bill and Karl were found Lead-worthy this month.

Acting president Cathy then reviewed the bylaws regarding election of the board, according to which board members are elected in August and begin their terms in September. She said she would write up an article for the QR so stating, and encouraging all members to consider volunteering for a place on the board.

Reviewing the May 1 and 2 bike races, Cindy said they went well despite less-than-ideal weather, and that volunteer turnout was excellent. Following discussion of the

best time to schedule a show-n-go after the next race, scheduled for June 26 in Athens, Cindy said she would check with Derek Ewing to see when the races likely would end, and would schedule the ride accordingly.

Jerry reported that Sue Hack and Lynn Miller would be co-food chairs for the CCC. Flyers were to be mailed the following week. A CCC brainstorming meeting would be held Monday, May 17, at the Elstons' home. Responding to Jane's report that the CCC was not on the LIB website, Jerry said he would e-mail the LIB to correct the omission.

Ken Anderson will head the biking portion of the Senior Olympics, to be held September 25-26. Per Dave's suggestion, attendees agreed that paid QR ads should be so designated.

James discussed his concerns regarding riders deviating from ride leaders' planned routes and failing to start on time, resulting in frustration and additional work for ride leaders who, having already spent time, care and effort in planning the route, had no way of keeping track of those who went off it, also potentially endangering those riders. Aware of those concerns before the meeting,

Cathy presented guidelines she had written addressing them, which attendees discussed and heartily approved for publication in the next QR.

Attendees also discussed Jon Edwards' e-mailed concerns about the orientation of handles on Interurban Trail posts. The handles, used to allow the posts' seasonal removal, were positioned so as to easily catch the handlebars of passing cyclists' bikes. Those present endorsed Cathy's proposal to write the Springfield Park District to turn the handles so that they would no longer pose a danger to cyclists.



17" Specialized Rockhopper hard tail, 27 speed, Deore rear derailleur, Richie Nitanium frame. Bought last year. Very low mileage mostly road. Like newcondition. Has both slick and off road tires. \$425 OBO. Alan Josephson-793.0590, ahjosephson@yahoo.com

Bianch Milano Cruiser Bike: 18.5 inches or 47 cm
Very Good Condition, Celeste Green Aluminium Alloy Frame
Shimano Nexius 7-speed internal geared hub. Many extras included frame pump computer all leather rivendale bike bag spare tube, Vista light seat lights up also dual shimano pedal cleated one side regular pedal on the other. Great bike for the trails park or neighborhood. Call for more details

Burley d' lite blue and yellow bugger \$250 Yakima 2 bike rooftop carrier with locks and deflector - \$100 Tom and Francie King 793-5444. kingfeat@famvid.com

Riders of the Month

5/03 Cathy Yeaman 876 mi.	1/04 Bill Voss 358 mi.	9/03 Pete Gudmundson 1321
4/04 Byron Nesbitt 1080 mi.	12/03 Terry Ransdell 461 mi.	8/03 James DuBose 1149 mi.
3/04 Terry Ransdell 452 mi.	11/03 Alfred Arkley 522 mi	7/03 Lisa Kidd 953 mi.
2/04 Marty Celnick 450 mi.	10/03 Byron Nesbitt 944 mi.	6/03 Chas. Witsman 1108 mi.

Shenandoah Valley and Williamsburg, VA Trip

October 2-9, 2004

We are going to this wonderful area in October. Enjoy the breath taking Skyline Drive in the Blue Ridge Mountains. Learn about Jefferson as a scientist and architect as we visit his home at Monticello. Explore and learn from the triangle of Williamsburg, Jamestown and Yorktown. Routes in this historic and scenic area of the country with sag, offer everyone who wants to ride a variety of opportunities. Non-bikers welcome!

Cost is only \$365 per person double occupancy.

Deposits and applications need to reach me by August 1, 2004.

Please look at www.historicandscenic.com for a complete itinerary, description and application.

**Alan Josephson
alan@historicandscenic.com
217.793.0590**

(paid advertisement)



Sometimes things happen that require the help of friends. This is one of those times. I changed computers, and in the process lost the file for SBC volunteer hours. If you have volunteered for SBC work from the beginning of December, 2003, until now, please send me the number of hours that you volunteered, and I will record those hours in a safe place. You may email me at chucko127@insightbb.com or phone at 793-3782. Thanks, Chuck Orwig.

Secretary's Report
Cindy Kvamme, July 2004

Renewals

Dean Wisleder
 Rodney Yoswig
 Bill Owens
 Dennis Keithley
 Mike & Kedra Elston & Family
 Keith & Donna Soulet
 Dan Dungan
 John & Deb Koua & Family
 Jackie Galli & Adam Galli
 Charlie Downs
 Judy Shipp
 Jim Covington & Family
 Kevin & Debbie Elston
 Mary Schaefer
 Brenda Michel
 Bob Randall

Renewals at the Contributing Level

Will McFall
 Lyn Schollett
 Ernie DeFrates
 Mike & Cheryl Eymann
 Thomas Dodegge

Renewals at the Sustaining Level

Pat Stephens & Family
 John & Judy Day
 Keith & Lucinda Buescher & Family

New Members

Steve Schien

New Members at the Sustaining Level

Carl Morris

New Corporate Members

Biketek, Inc.

**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 the next month's report.

SBC Summer Picnic Wants YOU!

You and your family are cordially invited to the SBC summer picnic, to be held Sunday, July 11, 2004, at the Tom Madonia Park East on Lake Springfield. This is where we usually hold the picnic; we were there last year. For you newcomers, it is the second park from Spaulding Dam, as you head southward on East Lake Drive off Stevenson Drive. We will be at the pavilion down by the Lake. Before we eat, there will be rides, an ABC ride starting from the park and a D/ER ride starting at the Lost Bridge Trail. Check the ride schedule for more details there. Many thanks in advance to our ride leaders. The picnic itself will begin at noon. We are soliciting expert grill cooks to cook the SBC-provided meats on the conveniently-located grills at our pavilion. SBC will also provide condiments and soft drinks. After that, it is up to our fine club cooks to bring a side dish of your choosing, so be thinking about what to bring. Feel free to bring your own libations. Also be thinking of which of the many games you would like to participate in, such as the 3-legged race in bike shorts, the bike tire toss, water balloon toss, etc. So bring your old tires and retired bike shorts and lots of cherries. Rumor has it that Marty Morris and Cindy Kvamme are in a dead heat for the cherry pit-spitting contest. And we are soliciting someone to run the games, so step right up! Last year we held a decorated bike contest and got some fine creative contestants; this year we would like to add categories such as oldest bike, weirdest-looking bike, etc. So put on your thinking caps and bring your cameras to document this spectacle for the annual slide show at the holiday party. Last year Tom Clark obtained many varied and very fine prizes from the generous local bike shops. Thanks in advance to the team this year consisting of Tom, Chuck Orwig, and Cathy Yeaman for their work to this end. If you would like to help in any way for the picnic, we need it! We need grill cooks, folks to run the games and bike-decorating contest, folks to help decorate and schlep stuff to and from the picnic area, and to clean up. Many hands make light work, and SBC folks are great helpers. Please contact social co-chairs Kevin Brown (787-5652 or kjbrown@prodigy.net) or Sue Dees (529-1826 or susanedees@yahoo.com) if you would like to help out with the picnic. See you there!

Springfield Bicycle Club Officers and Chairpersons

The following is a list of board candidates for 2004 to 2005. The list includes officers and chairpersons. The club is continuing to seek "At Large Members". These are members that have little or no board experience but are interested in getting involved in board activities. If there are members who want to volunteer as an "At Large Member" or any position please contact Cathy Yeaman or a current board member. The election of officers will take place at the August board meeting.

President: Chuck Orwig
Vice President: Cindy Moreno
Board Secretary: Cindy Kvamme
Recording Secretary: Dave Ross
Treasurer: Dave Lucas
Quick Release Editor: Curt Evoy

Special Events: Jerry Inhen
Social Chair: Alan and Harriet Josephson
Legislative/Education Chair: Lynn Miller
Incentive Chair: Tom Clark
Records: Karl Kohlrus
At Large Members: Christa McClaren-Morris

RIDE THE KATY AND RAFT THE MERAMAC
AUGUST 14th-15th

WHAT IS THIS?

This is a new SBC club event and only SBC members can participate! So join us!
We will meet at the Katy Trail in Augusta, Missouri on Saturday 10:00 AM to ride the scenic Katy and explore the wineries and beer gardens in Augusta. You may ride from 0- 100 miles as an out and back or arrange for your own pickup somewhere on the trail. There is food and drink about every 7 miles along the trail.

In mid afternoon we will reconvene in Augusta for a caravan ride to the Meramec River area only 1 ¼ hours away. We will check in at the Holiday Inn Express where we have reserved 15 rooms. Enjoy the pool and hot tub! Then we will adjourn for dinner where we have reservations at 6:30 PM.

Following breakfast, we will have a short drive to our rafting destination. After shuttling to the beginning of our rafting adventure, we should be in the water by 10:00AM. We've got large rafts so there will be lots of others who will share in the fun of the float! Expect to be back in your vehicles around 4:00 PM for the 3 hour drive home.

COST:

The cost is **\$69** per adult member double occupancy. If we need to triple someone up with a rollaway, the cost is **\$59**. If enough people go we can save a few dollars. This covers your room, breakfast and raft. The rafting company and motel both have cancellation times which is explained in more detailed information I have for you.

DEADLINE: I must have your check and application below by July 28, 2004. First come first serve. Call me at 793.0590 or email me at ahjosephson@yahoo.com

(Print, cut this out, complete and mail back with your check)

<u>Name of club member</u>	<u>Phone</u>
<u>Email</u>	<u>I am sharing a room with</u>

Do you need a roommate _____? Do you want a single? _____ (extra \$)

Do you prefer a king if available _____ If not, available rooms will be two queens.

Make check payable to Alan Josephson
Mail to: Alan Josephson, 404 Clipper Rd, Springfield, IL 62707

July 2004– SBC Ride Schedule

Anyone with questions about rides or interest in leading a ride can contact Cathy Yeaman at 483-4912 or email her at cycycle@msn.com.

Monday thru Friday 9:00 AM	Geezer Ride Washington Park Shelter Dave Ross, 789-4823	BC ride, Daily morning ride for geezers and geezer wanabes. The Washington Park Shelter is located near the tennis courts. No ride on July 5 th holiday.
Monday thru Friday 9:00 AM	Daily Show 'n Go, Lincoln Heritage Trail Lake Taylorville Parking Lot Rt 29	BC ride, Daily Show 'n Go along the Lincoln Heritage Trail. Turn miles in to Karl. No ride on July 5 th holiday.
Monday Wednesday & Friday- Noon	IDOT, South Parking Lot Dirksen Parkway, Lost Bridge Trail Lisa Kidd, 546-1698	"Lunch with Lisa" ride. Lisa leads the noon trail ride three days a week. Skip lunch and ride on the trail with Lisa and other SBC regulars. No ride on July 5 th holiday.
Mondays 6:00 PM	Parkway Point Movie Theaters Cindy Moreno, 546-5852	C ride. An easy ride to get started and gain conditioning while going slow enough for conversation. 12,18, or 23 mile routes are available.
Tuesdays 6:00PM	Carmody Residence 517 Appomattox Dr. Bob Carmody, 787-3419	BC 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 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 Tuesdays to organize the ride. 12-25 miles.
Tuesdays 6:00PM	Show 'n Go IDOT, South Parking Lot Dirksen Parkway, Lost Bridge Trail	Meet up with other club members and turn miles in to Karl.
Tuesdays 6:00 PM	Show 'n Go, Duncan Park 1200 Block West State, Jacksonville Mary Thomas, 245-1661	From I-72 take first J'ville exit, proceed west on Morton Ave., turn right Church Street (Fanco Gas), proceed north, turn left at 2nd stop light which is West State, Mary will try to be there and suggest a route. Note: Mary will not be available to ride with those who show on July 20 th and 27 th .
Wednesdays 1:30 PM	BikeTek 957 Clock Tower 787-2907	Late Lunch ride. BikeTek employees will come along on a hilly, scenic loop. Choose a distance of 17,25 or 27 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.
Wednesdays 6:00 PM BC	Lincoln Heritage Trail Lake Taylorville Parking Lot Rt. 29	Weekly night-Show 'n Go along the Lincoln Heritage Trail. Turn miles into Karl.
Wednesdays 6:00 PM BC	Grotto Restaurant Parking lot Sherman Louis Spinner, 523-1615	BC ride. Easy paced ride for sixty to ninety minutes. If Louie or Kedra can't be there this will become a Show 'n go.
Thursdays 6:00 PM	Rotary Park Archer Elevator & Iles Lynn Rhoades, 546-0229	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.
Thursdays 6:00 PM	Show 'n Go IDOT, South Parking Lot Dirksen Parkway, Lost Bridge Trail	Turn miles in to Karl.

Thursdays 6:00 PM	Taylorville Firststar Bank 106 W. Market St. Charles Witsman,562-5208	BCD Taylorville Training Ride. Meet in the rear parking lot of the bank. Charlie will be there most times to organize the ride and assure that everyone finishes. 12-25 miles.
Friday July 2 nd 7:30 AM	D&J Café 915 W. Laurel	NC, Geezer Breakfast , Join SBC members for breakfast and try to stay for the Geezer bike ride at 9:00 AM.
Friday July 2 nd 6:00/7:00 PM	TGI Fridays 2100 West White Oaks Drive	BCD ride, A one hour show and go bike ride will be followed by dinner at the restaurant. Bring a ride sheet to turn miles into Karl.
Saturday July 3 rd 8:00 AM	Harmon's IGA Chatham or Downtown Loami Cathy Yeaman, 483-4912	ABC ride, Franklin Burgoo Ride , This is an annual event. Begin in Chatham for a ride of about 45 miles or start in Loami for a ride of about 30 miles. Gather in Franklin for burgoo, pie, and fun!
Sunday July 4 th 8:00 AM	Lost Bridge Trail IDOT parking lot Bruce Yurdin, 483-2902	ABCD Ride, Independence Day Ride , Plan on a ride of about 40 miles. D riders can ride lost bridge trail and have some shade on a typically hot summer day.
Monday July 5 th 8:00 AM	Fairhills Mall Chatham Road and Washing- ton Lynn Miller, 787-3354	Blueberry Ride , Lynn will head us out on a route to find blueberries. Stop and pick some on the ride or plan your trip for blueberries later. The ride will be about 40 to 45 miles with cut offs for those wanting fewer miles.
Wednesday July 7th 6:00/7:00 PM	Board Meeting 4123 Crocus Linda Butler, 787-5027	Board meeting begins at 7 pm following a dinner at Linda's beginning at 6 PM. Please RSVP if you plan to come for dinner.
Friday July 9 th 6:00/7:00 PM	8 Briarwood Lane Rochester James DuBose, 498-8221	CD ride. James will lead us on a leisurely one hour ride followed by a cookout and organizational meeting for the Cheese and Packers Tour. James will grill brats to acclimate the riders to the Wisconsin culture. You can also bring any other items you want grilled. Directions: Take Rochester Rd east from East Lake Drive to Oak Hill Rd. Oak Hill south to Woodland Trail. Left on Briarwood Lane to tan brick ranch on the left.
Saturday July 10 th 8:00 AM	Chatham Community Park Alan Josephson, 793-0590	ABC ride, Alan's Palmyra Route , Alan has a route that will take us through Virden, Modesto, Palmyra, and Waverly. Route lengths are 28, 34, 58, 65, or 77 miles.
Sunday July 11th 9:00 AM 10:00 AM Noon	Tom Madonia Park, East East Lake Shore Drive or Lost Bridge Trail at IDOT. Bob Sorenson, 529,1141 Harriet Josephson, 793-0590	SBC Annual Summer Picnic, Bob leads out ABC riders from Tom Madonia Park, East at 9 AM for a 30 to 40 mile ride, Harriet leads out D riders at 10 AM on Lost Bridge Trail from IDOT. We gather after the rides at Tom Madonia Park East at noon for lunch and entertainment. Bring a dish to share.
Friday July 16 th 6:00/7:00 PM	Xochimilco Mexican Restau- rant 2941 West Iles Avenue	BCD ride, A one hour show and go bike ride will be followed by dinner at the restaurant. Bring a ride sheet to turn miles into Karl.
Saturday July 17 th 8:00 AM	Chatham Community Park Brian or Matt, 483-7807	ABCD ride, Tour de Corn , There will be routes of 62 miles and less. Mass start at 8 AM. This is part of the Chatham Sweet Corn Festival. Fee \$10 sponsored by the Chatham Jaycees and Wheelfast Bike Shop.
Sunday July 18 th 7:30 AM	Rotary Park Archer Elevator & Iles Roads Jon Edwards, 726-7647	ABC ride, Beat the Heat Ride , We are starting early to beat the heat! Jon has us heading West for a ride of 30 to 60 miles. If it is really hot, bring change for the 8 West open air shower and bike wash.
Sunday June 20 th 5 PM	Show 'n Go Baskin & Robbins MacArthur and Laurel	D ride, This ride is designed for beginners and families or club members that want a social relaxing ride. Expect ice cream following the ride.

Friday July 23rd 6:00/7:00 PM	Lost Bridge Trail, IDOT Parking Lot ,Dirksen Parkway	BCD ride, A one hour show and go bike ride will be followed by dinner at the Taste of Thai or Smokey Bones. Bring a ride sheet to turn miles into Karl.
Saturday July 24th 9 AM	Central Park, Riverton Pete Harjes, 629-7847	ABC ride, Pete's Mount Auburn Ride , Meet in Riverton where we have sometimes had a food stop on previous century rides. Pete has a route from Riverton to Mount Auburn.
Saturday July 24 th 8 to 9 AM	Cheese and Packers Tour Monroe, WI James DuBose, 498-8221	BCD ride. Day 1 of the Cheese and Packers tour. We will ride the Sugar River State Trail between New Glarus and Brodhead. Mileage range 10 to 46. Brewery Tours available in New Glarus and Monroe.

Sunday July 25th 8:00 AM	Centennial Park Bunker Hill & Lenhart Roads Lance Kidd, 546-1698	ABC ride, Centennial Park Get Away , Look for the sledding hill to find Centennial Park. Lance has a route of 40 to 50 miles that will get us out of Springfield and into the country side for the morning.
Sunday July 25 th 8 to 9 AM	Cheese and Packers Tour Monroe, WI James DuBose, 498-8221	BCD ride. Day 2 of the tour. We plan to ride the western portion of the Military Ridge State Trail between Mt. Horeb and Dodgeville. Mileage range 10 to 48. Ernie and Kevin recommend eating at the Grumpy Troll in Mt. Horeb.
Sunday July 25 th 4:00 PM	1709 South Douglas Deb Koua 525-8787, Cindy Moreno 546-5852, and Lyn Schollett, 698-9446	CD ride, Triplet Birthday Bash! Come to Cindy, Deb, and Lyn's birthday party! Join them on their matching bikes for an hour long social ride followed by cake and ice cream galore. Fun, music, party games, and prizes! Special Prize for best decorated bike! Wear your birthday best but not your birthday suit!
Monday July 26 th 8 to 9 AM	Cheese and Packers Tour Tomah, WI James DuBose, 498-8221	BCD ride. Day 3 of the tour. Multiple options available to explore trails in the Elroy area including Elroy-Sparta, 400, Omaha, and LaCrosse River Trails. Mileage range 10-65+.
Tuesday July 27 th 8 to 9 AM	Cheese and Packers Tour Stevens Point, WI James DuBose, 498-8221	BCD ride. Day 4 of the tour. We will ride the Green Circle Trail in Stevens Point followed by a tour of the Stevens Point Brewery. Mileage range 10-31.
Wednesday July 28 th 10 AM and 4 PM	Cheese and Packers Tour Green Bay, WI James DuBose, 498-8221	NC event and BCD ride. Day 5 of the tour. We will attend the Green Bay Packers stockholders meeting at 10:00 a.m. followed by a tour of the hopefully unfrozen tundra of Lambeau Field. A late afternoon ride will be available on the Mountain-Bay or Fox River Trail. Mileage range 10-30.

Friday July 30 th 6 PM/ 7 PM	Los Agaves Sherwood Shopping Ctr W. Wabash	BCD ride, A one hour show and go bike ride will be followed by dinner at the restaurant. Good Mexican Food. Bring a ride sheet to turn miles into Karl.
Saturday July 31 st 8:00 AM	Harmon's IGA Chatham Route 4 and Plummer Lance Kidd, 546-1698	ABC ride. Lance has a 40 to 50 mile route that will help round out your miles for July.
Sunday Aug 1 st 8:00 AM	Rotary Park Archer Elevator & Iles Roads Linda Butler, 787-5027	ABC ride, Linda will begin August with at 40 mile route. An early start will hopefully get us home before the roads start getting sticky.

Sunday Aug 1 st 5:00 PM	Show 'n Go Baskin & Robbins MacArthur and Laurel	D ride, This ride is designed for beginners and families or club members that want a social relaxing ride. Expect ice cream following the ride.
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Springfield Bicycle Club Mileage and Activity File As of May 31, 2004

Possible Miles for the Month
1861

Year
4920

RANK	NAME	RIDE	T/F	TOT RIDES	LED	RIDE	T/F	TOT	RIDES	LED	LENGTH		
1	Marty	Celnick		518	87	605	18	1883	573	2456	89	3	27.6
2	James	DuBose		607	71	678	15	1891	177	2068	56	2	36.9
3	Byron	Nesbitt		380	26	406	9	1841	136	1977	44	1	44.9
4	Charlie	Witsman		450	126	576	13	1505	437	1942	48	6	40.5
5	Tom	Clark		535	99	634	19	1766	165	1931	67	1	28.8
6	Terry	Ransdell		338	149	487	8	1459	433	1892	42	0	45.0
7	Bill	Voss		403	120	523	14	1414	445	1859	54	3	34.4
8	Alfred	Arkley		460	5	465	14	1726	122	1848	60	0	30.8
9	Cathy	Yeaman		812	64	876	18	1515	214	1729	35	2	49.4
10	Karl	Kohlrus		442	141	583	33	1071	556	1627	60	1	27.1
11	Lisa	Kidd		498	117	615	19	1337	270	1607	64	0	25.1
12	Lance	Kidd		484	117	601	18	1281	270	1551	60	1	25.9
13	Lynn	Miller		479	28	507	13	1373	76	1449	43	1	33.7
14	Chuck	Orwig		551	151	702	16	1102	230	1332	36	1	37.0
15	Dave	Ross		356	18	374	18	1185	118	1303	49	8	26.6
16	Phil	Arnold		221	97	318	6	774	463	1237	24	0	51.5
17	Jerry	Ihnen		255	136	391	12	995	179	1174	44	2	26.7
18	Curt	Evoy		382	91	473	13	885	244	1129	36	0	31.4
19	Ernie	DeFrates		404	4	408	16	1069	12	1081	46	0	23.5
20	Deeana	Shidler		269	0	269	8	1035	28	1063	31	0	34.3
21	Lynn	Rhoades		96	37	133	3	769	271	1040	28	7	37.1
22	Alan	Josephson		308	75	383	11	815	160	975	37	4	26.4
23	Pat	Stephens		426	20	446	11	953	20	973	30	0	32.4
24	Pete	Gudmundson		498	4	502	12	949	4	953	32	0	29.8
25	John	Day		538	0	538	16	780	14	794	28	0	28.4
26	Mike	Vonnahmen		234	24	258	7	741	34	775	25	0	31.0
27	Garland	Stevens		266	38	304	14	633	136	769	30	3	25.6
28	Cindy	Kvamme		315	33	348	14	682	70	752	33	0	22.8
29	Janice	Perino		327	86	413	18	520	219	739	32	0	23.1
30	Dan	Mitchell		297	2	299	8	736	2	738	23	0	32.1
31	Cindy	Moreno		364	71	435	14	597	113	710	28	1	25.4
32	Mike	Schwab		335	72	407	27	605	97	702	46	0	15.3
33	Bob	Sorenson		180	36	216	8	615	72	687	26	1	26.4
34	Linda	Butler		174	16	190	6	625	56	681	23	2	29.6
35	Arden	Gregory		51	0	51	1	548	94	642	19	0	33.8
36	Robert	LaBonte		216	6	222	9	575	26	601	26	0	23.1
37	Rich	Saal		164	33	197	6	438	153	591	22	0	26.9
38	Ruth	Magos		410	2	412	12	587	2	589	15	0	39.3
39	Louie	Spinner		205	11	216	11	556	11	567	32	3	17.7
40	Pete	Harjes		173	30	203	9	481	80	561	25	0	22.4
41	Jon	Edwards		367	26	393	8	491	52	543	14	0	38.8
42	Bob	Carmody		224	21	245	8	491	41	532	20	4	26.6
43	Joel	Johnson		179	72	251	5	361	159	520	12	0	43.3
45	Bruce	Yurdin		245	34	279	7	432	70	502	12	1	41.8
44	Regina	McGuire		220	11	231	11	491	11	502	29	0	17.3
46	Derek	Ewing		171	0	171	4	478	16	494	12	0	41.2

Springfield Bicycle Club Mileage and Activity File As of May 31, 2004

Possible Miles for the Month
1861

Year
4920

RANK	NAME	RIDE	T/F	TOT RIDES	LED	RIDE	T/F	TOT	RIDES	LED	LENGTH
47	Roger	McCredie	185	42	227	6		338	134	472	13 0 36.3
48	Jan	Cimerosa	87	16	103	4		435	32	467	19 1 24.6
49	Christa	Morris	248	24	272	15		426	24	450	28 0 16.1
50	Brian	Tober	86	0	86	2		419	28	447	12 2 37.3
51	Dave	Lucas	145	29	174	10	4	340	103	443	26 4 17.0
52	Sean	Hatchett	47	5	52	1		398	35	433	11 0 39.4
53	Don	Struck	243	62	305	9		310	81	391	12 0 32.6
54	Brian	Watkins	45	15	60	2		301	82	383	12 0 31.9
55	Jane	DuBose	236	25	261	9		335	43	378	14 0 27.0
56	Marilyn	Powell	147	12	159	4		342	18	360	11 0 32.7
57	Brock	Webb	162	16	178	4		341	16	357	9 0 39.7
58	Ken	Anderson	47	21	68	1		247	107	354	8 0 44.3
59	Sue	Dees	220	0	220	17		343	0	343	27 0 12.7
60	Bill	Bock	317	2	319	10		329	2	331	11 0 30.1
61	Curt	Winhold	132	0	132	2		329	0	329	9 0 36.6
62	Sr. Joseph	Schaeffer	162	0	162	4		316	0	316	11 0 28.7
63	Jon	Halterman	69	30	99	2		173	136	309	7 0 44.1
64	Mike	Ryan	210	52	262	5		243	52	295	6 0 49.2
65	Gail	Mugler	105	31	136	5		246	31	277	13 0 21.3
66	Jim	Disney	119	3	122	3		260	12	272	8 1 34.0
67	Carol	Bock	263	2	265	8		263	2	265	8 0 33.1
68	Christine	Kohlrus	99	52	151	7		134	123	257	10 0 25.7
69	Luke	Arnold	95	0	95	2		218	24	242	6 0 40.3
70	Lyn	Schollett	156	29	185	8	4	209	29	238	11 4 21.6
71	Craig	Ross	135	6	141	6		199	9	208	9 0 23.1
72	Daniel	Ewing	39	0	39	2		200	0	200	9 1 22.2
73	Connie	Roberts	94	1	95	3	1	189	6	195	7 1 27.9
74	Grover	Everett	194	0	194	3		194	0	194	3 0 64.7
75	Brigetta	Ewing	60	0	60	4		191	0	191	15 1 12.7
76	Jackie	Galli	38	0	38	2		177	0	177	8 0 22.1
77	Ben	Fox	85	3	88	4		171	3	174	8 0 21.8
78	Kent	Kraft	81	4	85	3		168	5	173	6 0 28.8
79	Tony	Henn	74	0	74	5		159	12	171	12 0 14.3
80	Debbie	Ihnen	47	21	68	2		125	45	170	8 0 21.3
81	Kevin	Brown	129	0	129	11		167	0	167	15 1 11.1
82	Mike	Hills	60	0	60	2		136	30	166	4 0 41.5
83	Kedra	Elston	40	16	56	2	1	143	19	162	7 2 23.1
84	Don	Daniels	83	26	109	3		115	46	161	4 0 40.3
85	Ryan	McMillan	56	0	56	2		154	0	154	4 0 38.5
86	Jack	Hurley	147	1	148	5		147	1	148	5 0 29.6
87	Dean	Wisleder	148	0	148	3	3	148	0	148	3 3 49.3
88	Charles	Hill	51	11	62	1		97	49	146	3 0 48.7
89	Rodney	Yoswig	136	8	144	3		136	8	144	3 0 48.0
90	Tim	Dugan	35	0	35	1		135	0	135	5 0 27.0
92	Harriet	Josephson	45	0	45	3		124	0	124	8 0 15.5
94	Lenny	Miner	98	1	99	3		121	1	122	5 0 24.4
95	Steve	Smith	99	2	101	6		110	2	112	7 0 16.0

Springfield Bicycle Club Mileage and Activity File As of May 31, 2004

Possible Miles for the Month
1861

Year
4920

RANK	NAME	RIDE	T/F	TOT RIDES	LED	RIDE	T/F	TOT	RIDES	LED	LENGTH	
96	John Floto	109	0	109	3	109	0	109	3	0	36.3	
97	Jim Matheny	75	11	86	3	94	15	109	4	0	27.3	
98	Mary Loker	57	0	57	2	106	0	106	5	0	21.2	
99	Roger Wright	70	0	70	2	84	15	99	3	0	33.0	
101	Jack Elston	40	0	40	2	83	8	91	4	0	22.8	
102	Kathy Shepard	70	18	88	5	70	18	88	5	0	17.6	
103	Brett Bersche	87	0	87	4	87	0	87	4	0	21.8	
106	Susan McClintock	73	10	83	5	73	10	83	5	0	16.6	
105	Brea Elston	40	0	40	2	83	0	83	4	0	20.8	
107	Mike Wyatt	60	0	60	1	82	0	82	2	0	41.0	
108	Erik Welch	80	0	80	2	80	0	80	2	0	40.0	
109	Catherine O' Connor	75	0	75	2	75	0	75	2	0	37.5	
110	Mary Thomas	63	5	68	3	63	5	68	3	3	22.7	
112	Mark Smith	53	12	65	3	53	12	65	3	0	21.7	
113	Charlie Blackburn	64	0	64	3	64	0	64	3	0	21.3	
114	Mike Elston	40	0	40	2	64	0	64	3	0	21.3	
115	Cris Martin	59	2	61	2	59	2	61	2	0	30.5	
118	Sherry Miner	54	1	55	2	54	1	55	2	0	27.5	
119	Gerry Orwig	0	21	21	0	28	23	51	2	0	25.5	
121	Carl Morris	45	0	45	1	45	0	45	1	0	45.0	
122	Deb Cooper	12	10	22	1	24	20	44	2	0	22.0	
123	Dara Voss	28	14	42	2	28	14	42	2	0	21.0	
124	Kathleen Winhold	32	0	32	1	42	0	42	2	0	21.0	
126	Lori Martin	40	0	40	1	40	0	40	1	0	40.0	
127	Hope Rolens	38	0	38	2	38	0	38	2	0	19.0	
128	Roger Schnelten	38	0	38	2	38	0	38	2	0	19.0	
132	Genio Staranczak	29	7	36	2	29	7	36	2	0	18.0	
131	Neil Scott	22	0	22	1	36	0	36	2	0	18.0	
133	Sr. Koster	35	0	35	1	35	0	35	1	0	35.0	
	Stefanie											
139	Bill Owens	28	0	28	2	28	0	28	2	0	14.0	
140	Sue Hack	12	0	12	1	27	0	27	2	1	13.5	
141	Clint Ancelet	20	6	26	1	20	6	26	1	0	26.0	
143	Candy German	25	0	25	1	25	0	25	1	0	25.0	
145	Erin Saal	25	0	25	1	25	0	25	1	0	25.0	
146	Julie Saal	25	0	25	1	25	0	25	1	0	25.0	
147	Mary Grant	24	0	24	1	24	0	24	1	0	24.0	
148	Angie Gum	24	0	24	2	24	0	24	2	0	12.0	
149	Ed Taylor	24	0	24	1	24	0	24	1	0	24.0	
153	Cindy Johnson	20	1	21	1	20	1	21	1	0	21.0	
155	Karen Cheney	12	7	19	1	12	7	19	1	0	19.0	
156	George Wouland	12	6	18	1	12	6	18	1	0	18.0	
161	Mike Becker	11	0	11	1	11	0	11	1	0	11.0	
162	Deb Lewis	10	0	10	1	10	0	10	1	0	10.0	
163	Bill Stallone	10	0	10	1	10	0	10	1	0	10.0	
TOTALS		23196	3106	26302	858	33	56970	8745	65715	2255	83	29.1

Springfield Bicycle Club Membership Application

Member Information

New Member Renewing Member Change Address

Name		Home Phone
Address		Work Phone
City		Birthdate
State	Zip	Email Address
I received my application at		I would like to help with SBC Activities
<input type="checkbox"/> Bike Shop Name _____		<input type="checkbox"/> Yes
<input type="checkbox"/> Current Member		<input type="checkbox"/> No

Type of Membership

<input type="checkbox"/> Individual	\$15/yr	<input type="checkbox"/> Family	\$20/yr
<input type="checkbox"/> Contributing	\$25/yr	<input type="checkbox"/> Sustaining	\$50/yr
<input type="checkbox"/> Patron	\$100/yr	<input type="checkbox"/> Corporate	\$100/yr

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

Bicycle Advocacy Fund SBC General Fund

My Advocacy Donation Amount is: _____

Family Member Information

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

Name 1	Birthdate
Name 2	Birthdate
Name 3	Birthdate
Name 4	Birthdate

Legal Waiver

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

Signature _____

Date _____

Parent / Guardian _____

Date _____

Official SBC Name Badges

Hang it on your seat bag. These are a pretty neat way to let other riders know your name. Include **\$7.50 dollars** extra and print your name (clearly) on the following line as you would like it to appear on your name badge:

Badge Name: _____

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

B i k e t e k

957 c l o c k t o w e r d r . S p r i n g f i e l d 787-2907

Summer is here to stay! Celebrating the warm riding season, **Cruise on in to Biketek** for the **Summer Cruiser sale!** Any pair of beach cruiser bikes will be **18% off!** We are also extending prices of our **First annual Family Day and Garage Sale**, which was held Saturday June 5th, to SBC members! Any major wheeled pair, like bike and tag-a-long, bike and child trailer, bike and hitch rack (OK, a rack isn't wheeled) will be **15% off** regular retail price! Also, in-stock Raleigh M-50 mountain bikes and C-40 hybrid bikes are **\$30.00 off!** We have our remaining Litespeed bikes deeply reduced-only 4 left!

Bacchetta recumbents are now in stock for summer! We have the Strada, Giro and by press time, we'll have a Corsa demo! The Corsa demo bike will be available for extended test rides, and will be for sale as a used unit sometime in September at nearly **25% off!** Stop by and check out these super 'bents!

Tandems, tandems, tandems! We have the great Raleigh Companion tandem for \$739.99! This is a fantastic entry-level unit - it has many features other lower-cost tandems don't, like durable double-wall rims! We have 3 Burley tandems still in stock at reduced prices, too!

Don't forget our great service department is available to repair all models, with reasonable repair dates, usually under a week for major repairs, while many simple repairs can be done same day!

We're open **7 days** to serve **YOU!** Monday **thru** Friday we're open 10 to 8, Saturday from 9 to 6 and **Sunday** from Noon to 5pm. Some random days, we have staff in here earlier than our normal schedule, so if it's a little early and you need something, call -we'll answer if we're here!

I neglected to mention 2 new additions to the Biketek family—

My own daughter arrived April 28th at 3:53 am, Syndey Lee Schien, at 6lbs, 15 ½ ozs! Everything went fine in the delivery of our first child!

Chad and Mary Ann Martel recently welcomed the birth of their 3rd child and first son, Julian Martel was born June 8th at 9lbs, 13 ozs!

We'll both be buying child trailers soon!

Don't forget our 'Late Lunch Ride' leaves here every Wednesday at 1:30 for 17, 25 or 27 miles. The riders who show up decide on length! This ride counts toward your club miles! Anyone is welcome at any ability! It's a challenging hilly, fun and scenic loop.

GO RIDE YOUR BIKE!

Paid Advertisement

Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705

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Springfield, IL

Address Service Requested



July, 2004

Please note: Be sure to check the renewal date on your address label. If the date is **HIGHLIGHTED**, please fill out and return the renewal form along with your check. This will help to keep your membership information current and up to date. **You will get only one newsletter after your renewal date**



**RIDE THE KATY TRAIL
AND
RAFT THE MERAMAC
AUGUST 14th-15th**

