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SPRINGFIELD BICYCLE CLUB

Quick Release

Ride of the Month

James & Jane DuBose's Tour de Pigs IV is the June Ride of the Month.

This annual event just keeps getting better. James has a great route to his in-laws farm where they raise pigs. James and Jane had specially designed Tour de Pigs jerseys this year. The homemade cookies at the in-laws rest stop were great! Riders really "pigged out" on the pink pig-shaped cookies. Lisa Kidd was the overall theme winner with a pink shirt, pigtails, and pig nose. What did she win? Pink pig socks, of course! Thanks go to James and Jane for a fun annual ride.

Almost Anything Award

The June Almost Anything Award goes to Christa McLaren-Morris and Marty Morris.

The award this month goes to Christa and Marty for their gung ho approach to trying their first mountain bike race. They entered the mountain bike race at Jim Edgar Panther Creek on Sunday June 27th. Not only did they set aside their race jitters and give it a go, they both performed well. Catch them out on a ride and get their training and racing insights.

Lead Water Bottle

Phil Arnold Gets the Lead Water Bottle for his ultimate late ride.

There was very stiff competition this month for the lead bottle award. In addition to Phil, Christa McLaren-Morris was nominated for running over a goose, and George Woulard for believing his SBC jersey sent to him might be a bomb (so he stored it in his garage for eight months). Phil won the lead bottle by a narrow margin for arriving home three hours after the end of a ride due to a flat tire. The whole story gets more complicated with CO2 cartridges which didn't work, the lack of a tire pump, no cell phone, and a long dark walk on the trail with growling animals. No one describes the Ultimate Late Ride better than Phil, so check out a copy of his e-mail contained in the newsletter.

The President's Report

Cathy Yeaman, Acting President

There is always a letdown after the Tour de France has arrived in Paris and the tour is over. Many of us get accustomed to two hours of Phil Ligget, Paul Sherwin and Bob Roll bringing us the finest bicyclists in the world. There may be a few lessons from the tour that we can use for the rest of our cycling season.

Lessons from the Tour:

1. Preparation The tour: Amazing attention is given to detail to assure that racers know and understand the route. They stay vigilant and alert for hazardous conditions. Equipment and back-up equipment is checked and double checked. Take home: Study and understand the route. Pay attention to the ride leader's review of the route and any hazards that they mention. Check your bike before the ride including brakes, cables, chain lube, and tires. Carry extra tubes and tools for emergencies.

2. Team Work Wins the Day

The tour: Riding in the peleton or pace line can conserve as much as 30% of a racer's energy. This team advantage is especially important in windy conditions and long stages. Take home: Find a group to ride with to assure an easier ride. Miles tick off more quickly when you are riding with others. If you encounter adverse conditions (wind, rain, dogs) other riders can help you finish safe and strong.

3. Hydrate and Eat

The tour: Those domestics are pretty busy getting all of those water bottles from the team cars to their teammates. If racers bonk from lack of fluids and/or energy from food, the race is over. Take home: Keep those fluids "topped up". Utilize water and sports drinks to stay hydrated especially on hot summer days. Carry energy bars and gels to use on rides that are longer than 25 to

30 miles.

4. Training The tour: Specialized training for mountains, time trials, distance, and speed prepares riders to compete. Take home: Set realistic goals and put together a training plan that gradually builds your fitness to reach those goals.

5. Miles The tour: Tour participants ride hundreds of miles preparing for the tour. Take home: Most fitness advice says to find the time to get the miles in. Club members must have that message. This year we are setting mileage records. In June SBC members rode a total of 29,305 miles. Our year to date record through June is 95,020 miles.

Regardless of how fast or how long you ride there should be a few lessons that you can learn and practice from the Tour de France.

What goes with milk?

Calling on all bakers & bikers! Calling for brownies, cookies, muffins. It's countdown for the CCC and all those hungry riders will be looking for their favorite carbs. So plan now to do your part for the September 12th event. Mark your calendar, look up those old favorites, look up that new recipe you wanted to try out on the unsuspecting. Get those supplies. Shoo away the nibblers in your family. Get them to sign up at one of the food stops. It's SBC's annual Really Big SHEW!

Cookies, of course!!!

This message brought to you by Food co-Chairs Lynn Miller & Sue Hack, Beach House Wrangler Gerry Orwig, Auburn Wrangler Dara Voss, Covered Bridge Wrangler Dave Ross. Remember this is our equal opportunity No Volunteer Left Behind EVENT. All non-volunteers will be dragged from their hiding places and forced to watch Tour re-runs until they bake their way to mercy before a jury of their peers.



Board Meeting Notes - June 9, 2004

Kathy Shepard

Present: Cathy Yeaman, Sue Dees, Chuck Orwig, Linda Butler, Kevin Brown, Steve Alvin, Mike Schwab, Alan Josephson, Jerry Ihnen, Cindy Kvamme, Ernie DeFrates, Dave Lucas, Dave Ross, Kathy Shepard

Attendees approved last month's minutes while savoring the last of the delicious potluck supper built around the tasty burgers grilled to order by Steve and Kevin. Linda reported a total of \$12,610.92 in club accounts. Cathy said the ride schedule was filling up nicely. Future board meeting dates and venues are August 4 at Cathy's and September 1 at Chuck's.

Ride of the month was Ernie's TGISpring Ride.

Almost Anything Award nominees were Cindy Kvamme, who provided root beer floats to reward the hard workers at the Old Jack cleanup, Karl Kohlrus for looking for Mike after he went off the route on a ride Karl led, Candy German for rescuing a cat on the TGISpring ride, Cathy Thompson, who suggested in a letter to the SJR that bike racks be installed

around downtown Springfield, Cathy Yeaman for organizing Alfred Arkley's last ride before his departure for the Great Northwest, and the hearty souls who marked the TGISpring route in the cold and rain. After a final tally of voting hands and feet, Cathy emerged as the winner of this month's AAA. Thanks to her, many joined Alfred and Harriet for special club memories and tasty treats after a nice ride. Good job, Cathy!

Lead Water Bottle nominees were Mike for going off the route on Karl's ride, and Tom Clark for reportedly running a red light at Main and Route 29 in Rochester, risking the safety of cyclists on the Lost Bridge Trail. Close voting put the LWB on Mike's bike this month.

Discussion of the slate for next year's board yielded the names of many potential candidates. Cindy reported she was assembling her team of volunteers for the June 26 bike race in Athens. Saying a computer glitch had caused the loss of his record of club members' volunteer hours, Chuck

asked those who had e-mailed their hours to resend them. Kevin and Sue solicited, and received, suggestions for games for the summer picnic.

Alan said he would send Jerry information on the publicity he sought for last year's CCC. Jerry suggested adding SBC members to the CCC mailing list, to provide them an application to use or pass on in addition to the one in the QR. He also suggested sending reciprocal e-mails to bike clubs in Decatur, Champaign, and Bloomington, publicizing the CCC in return for information on their special rides. It was reported that the CCC was now on the LIB website, and agreed that those who do out-of-town rides could distribute CCC brochures in those locations. Sue Hack and Lynn Miller will be co-food chairs, Don Struck will provide signs, Chuck will organize SAG and provide maps, Kevin will do pre-registration, and Debbie Ihnen will head registration the day of the CCC. In exploring alternatives/additions to t-shirts, it was suggested that items such as caps or socks could be im-

printed with a unique design but not necessarily a date. Cindy volunteered to sell them after the CCC.

Dave Ross said he could solicit ideas from graphics arts students at Robert Morris College.

With thanks to Sue for her hospitality, the meeting was adjourned.

Riders of the Month



Chuck Orwig really set a high mark for miles in June with 1383 miles. Way to go!

6/04 Chuck Orwig 1383 mi.	2/04 Marty Celnick 450 mi.	10/03 Byron Nesbitt 944 mi
5/04 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.

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THANK YOU LETTER

It has been a busy year for the preparation of the Lincoln Land Cycling Series this year. The first race, an individual time trial On May 1 starting at Jim Disney' s Travel Center in New Berlin didn' t turn out near as well as everyone would have liked. The weather was terrible it had rained severely overnight which caused a very light turn out of rider ship. Only 21 riders registered and then only 19 rode the time trial. Even though the numbers didn' t arrive Jim and his staff did a fantastic job of preparing the Travel Center aka "Disney Land" for the event. It was very much appreciated of the diner and the convenient store specials that were offered. I know, I seen a number of club members indulging in breakfast items prior to their work assignment. I have never had a race venue offer their services as much as they did. To Jim Disney and his staff my family and I are very grateful. Thank you. Sunday May 2nd, Loami was the start and finish of the road race. Everyone especially myself, were in hopes that the weather was going to cooperate for the better. We were very fortunate that the weather did turn out nicely. During the last race of the day a sprinkle of rain came about and @5 minutes after the race the rain was a downpour. A total of 85 riders raced with zero mishaps

that I am aware of. I also received several comments from the riders, that the course was a very interesting one and the course personnel did a very good job in making it safe. On June 26th, the third of the four races was also a road race in Athens. This race has turned out to be one of the most popular race events in Illinois. This is the 7th year this race has been held and I look forward to putting it on every year. Personally I do not like it due to "Smiley Face Hill" but others tend to like the course. Athens has always been very well received to having this event and they also look forward to it the following year. As for the people who worked the roads you can see this course takes a lot of preparation and attention. It could never be held without the help of the many volunteers. And a special congratulations to Phil Arnold for his continuing support of this race by donating bagels, doughnuts, coffee, apples, oranges and bananas from St. Johns Hospital and also for Pepsi for their donation of Gatorade. One more time! On September 18 the last race of the series will be held in Taylorville at Manners Park. Anyone wishing to help contact Cindy Kvamme or myself and we can set you up. This race will be held on a closed circuit course of .7 of a mile and each event will do a designated

number of laps. This race will be a good one to watch. Brigetta and I would like to express our greatest appreciation to Cindy Kvamme for being the SBC Volunteer Coordinator. This was a big effort on Cindy' s part and she did it very well. When I asked if the positions were covered by SBC members, she had it done. By the third race in Athens I felt more assured and didn' t even doubt if any of the positions were not covered. Her handling of the position was performed better than what Brigetta and I had ever expected. WELL DONE CINDY!! The members of the Springfield Bicycle Club have been great in donating their time and services so that the sport of bicycle racing lives on around the Springfield area. It is with much appreciation from my family and I of this SBC' s commitment. I would also like to thank our Sponsors of the "Lincoln Land Cycling Series" for if it were not for them, this series could not have been possible.
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Sincerely, Derek Ewing

SBC Summer Picnic Wrap-up 2003

Many thanks to all who came to and helped at the SBC summer picnic, held Saturday, July 12th. The weather cooperated to give us a beautiful balmy summer day, appreciated by all 60 of us who attended, rode, decorated bikes, cooked, and ate. Special thanks go to ride leaders Bob Sorenson and Dara Voss, grillers Marty Morris (who not only cooked the chicken but did so on his own non-carcinogenic grill) and Ernie and others, door prize mavens Kedra and Bree Elston, and Tom Clark for obtaining all the door prizes and painstakingly marking each one with the donor bike shop's logo. It was worth it seeing Crash Craig's shining face when he won his scooter, and hearing murmurs of delight when folks won the high quality jerseys and nice bike seats donated from the various shops. Be sure to thank BikeTek, Ace Bike Shop (new donor this year, catering to D riders and BMXers), Wheelfast, and R & M Cyclery for your gifts from them. Heartfelt thanks go to Judy Carmody and Regina McGuire for taping up the sign guiding folks to the park and for their help and lots of help from others schlepping all that Stuff down to the shelter by the lake. Also thanks go to all the good cooks who brought such great food and conversation to our wing-ding. Next year we plan to have the picnic on a Sunday so that the majority of the bike shop employees can attend as well. You have a year to plan your bike for the bike-decorating contest – you will have to beat Kevin's pinwheels and streamers, Sharon Stanley's high school cheerleading costume, Gerry Orwig's homegrown basket of beautiful flowers, and Roger Wright's fuzzy slippers. And you have a year to hone your cherry pit-spitting skills – look out, Cindy K!

Respectfully submitted,

Kevin Brown and Sue Dees, Social Co-chairs (with plenty of help from Lola Lucas and especially Kathy Shepard)

The Ultimate Late Ride, by Phil Arnold (e-mail to Cathy Yeaman and Lisa Kidd)

Cathy and Lisa,

I am so sorry you got sent on a wild goose chase looking for me. My wife was justifiably worried but you would think she sort of would be used to me being late-just this was extra late so I guess I would have done the same if I were her. I apologize you had your evening disrupted due to my adventure. I appreciate you tried to locate me, I am sure it was a load off my wife's (Kim) mind that you were looking. Soon as I walked in the door, she said I was in trouble. I guess I figured I would be in the dog house with her but the way she said it made me think it was something else. I thought she called the cops out on me or there had been an emergency at work and I was not anywhere to be reached. Then she told me she sent our people to find me. I hope there were no others besides Cathy and Lisa-if so please forward this on to them. Again, I am sorry you got bothered.

Kim told me you two were looking for me. I was a little too tired, hungry and sore to react much. Really didn't know what to say at that point. I just wanted food, water and a shower and to go home if you know what I mean. It was a long haul for me today and I was whooped. I have had two days of hard chasing (I chased on Monday also-that is another story)

Monday's story was a few min. late and was starting to chase when two other rookie riders showed up-I gave them directions to Salisbury thinking that was the destination and knew they could not hang with me if I chase even if I pull all the time then I took off about 10min. down from the start hoping I would catch at a stop. I got 3 miles out and realized I told the rookies a wrong turn so went back to just ride with them and guide them and they were no where to be found (they went a different route) so now I am about 25-30min. down. Did catch the slow group in Salisbury but chased all the rest of the day and ended up getting stormed on as I headed back to Chatham-if I had not gone back to look for the rookies I would have made it home dry-oh well! Lynn could you put me in for 20 miles to from and 43 ride? I did not get signed in.

I got a late start going to the Tuesday ride due to fixing a big supper for the family and waiting to pull it all together right before I left and I had no tail wind so I was working hard and hurting but ended up 7-8 min. late. So I chased. Caught the slow group but only saw the first group as they were driving away in their cars at the end. I was tired, and stopped to talk to Derrick for awhile which made me get on my trip home a little later. Derrick offered me a ride home cause I was tired and it was getting late but I said no, it is my tradition to ride to and from unless impractical. He offered me his water and Cliff bar too, I took one bottle of water and figured that was good to get me home. Later I wish I had taken more of his water and the bar.

Bob, I did not get signed in, put me down for the ride mileage and about 24 to and from. I totaled 52, not positive on the breakdown. However the last 6-7 miles I had to walk my bike so not sure if that counts or not. Interesting fact, my average before the flat was at 20mph, after walking the rest of the way home the average ended up at 11.73 or 11.17, I forget.

I flattened North of the railroad crossing just as I came off the trail onto the road by the crossing. I fixed the tire but by now it was between 8-830. There was a big hunk of glass I picked out of the tire. I tried to air up the tube with my CO2 cartridge but it didn't take it. My back up cartridge I usually carry I had given to Don last month on a ride and never replaced. I had tried out my cartridges on my new wheels/tubes when I first got them and it worked so why a default this time??? Could be the tube too? It is a mystery that I will have to investigate. I have had problems with a CO2 unit before breaking on me but was lucky others were behind me to give me a hand. I had switched to CO2 when I was doing duathalons and had a problem with a pump falling off my bike from its holder. I am thinking switching to a mini pump and carry it in my pocket after this or maybe carry both.

So anyway here I am about 5-6 miles out on the trail from Chatham and another mile or so from home from the trail. IT is late and few riders are out. I talked with a few but no phone or no pump. They were all recreational cyclers just finishing up rides.

As a result I decided to hoof it up the trail thinking that would be safer and doubted Kim would be out looking for me (she would not know where to start other than knowing I usually use the trail). I was hoping she would probably not even notice I was not home and may even go to bed early (she had to work at 430am and be asleep early not to be worried about me and the kids would not notice for sure). I had no cell phone. Kids got them but of course good ole dad doesn't get such luxuries. I kept thinking during the first half that I would run into someone with a pump or phone.

I walked shoeless to protect my cleats and I knew the trail was pretty clean. I often times carry cleat covers with me in case such a thing would happen, but did not this time. Often I carry money too in case to use a phone or whatever, but not this time for some reason, not that it would have helped much (maybe save me a mile). Yes, my feet caught a few good stones here and there but most of trip I had decent light till the last half. Once I got to Chatham I put my cleats on to walk in the grass with the cycle on the sidewalk. The last few miles I was feeling my dehydration, hunger and tiredness but started singing a few songs and focused like you do on your bike to just keep moving. I wasn't that bad off but certainly feeling the affects and needing something to relieve the boredom of slow miles going by I regretted not taking the water and snack that Derrick had offered, even more so the ride.

One time a critter jumped out and growled at me, I think maybe a raccoon or opossum, I growled back and it went on its merry way. Pretty lonely trail late at night. I thought the bugs would eat me up but does not seem to be the case. It was a peaceful walk.

I finally arrived a tad late of course.

One thing that may come out of this is I may get an emergency cell phone to use only in cases like this. They don't cost much supposedly. Carrying an ID is always a good idea too. I think I only had one other incident in all my years of cycling where I had to walk a distance (about 4 miles) due to mechanicals on my bike. I was out late then too but got back around 930 (dark) not 1035 like tonight. Of course I had that one incident where I got knocked out and broke my collar bone when I was all by myself but that happened in Chatham's downtown.

While I am tired, I am too full and too hot and perhaps a little disturbed to go to bed yet. I felt I needed to get this off to you all before I could go to sleep. Once I do nod off, I don't imagine I will wake up soon. You know I have not had good "wheel" luck this month. It should get better. Thanks for all your concern and help.

PS-I figured this will only become another part of my legendary tardiness and likely to earn me some LEAD since this sort of went to a new level. I am surprised the Coast Guard wasn't out on the lake looking for me. Ha!

Take Care and Thanks again.

Secretary's Report

C. J. Kvamme, August 2004

Renewals

Brian Watkins
 Donald & Kathy Seketa- Stefanicic & Family
 Jeff & Coleen Koester & Family
 Jim Hajek
 Michael Hills
 Lance & Lisa Kidd & Family
 Derek & Brigetta Ewing & Family
 Pat Aulich
 Marilyn Powell
 Heather Bailey & Tracy Fifer
 George Carver

Renewals at the Contributing Level

Linda Butler
 Jim Stephens
 Byron Nesbitt
 Rick & Georganne Regan & Family
 Michael Ryan

Renewals at the Sustaining Level

Tom & Francie King & Family

New Members

Kathy Reeves
 Daniel Gosch
 Aaron Shehan
 David & Barbara Manson & Family
 Patty Handy

New Members at the Contributing Level

Dale Isaacson
 Stephen & Cheryl Cathey & Family

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

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

Springfield Bicycle Club Officers and Chairpersons

The following is a list of board candidates for 2004 to 2005. The list includes officers and chairpersons. If there are members who want to volunteer as a board member 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

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



17" Specialized Rockhopper hard tail, 27 speed, Deore rear derailleur, Richie Nitanium frame. Bought last year. Very low mileage mostly road. Like new condition. Has both slick and off road tires. \$425 OBO.

Alan Josephson-793.0590, ahjosephson@yahoo.com

August 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
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.
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
Mondays 6:00 PM	Parkway Point Movie Theaters Jon Day, 498-7561	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	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 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 not be there on Aug 3 rd and 10 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.
Sunday Aug 1st 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.
Wednesday Aug 4th 6:00/7:00 PM	Board Meeting 860 Oxford Drive, Chatham Cathy Yeaman, 483-4912	Board meeting begins at 7 pm following a dinner at Cathy's beginning at 6 PM. Please RSVP if you plan to come for dinner.
Friday Aug 6 th 7:30 AM	Charley Parkers 700 North Street 241-2104	Geezer Breakfast , Try the \$2.50 pancake on the 16" pizza pan, then see if you can stay for the ride at 9AM (you will need it).
Friday Aug 6th 6:00/7:00 PM	Cancun in Sherman 1420 South Crossing Road 496-3221	BCD ride, A one hour show and go bike ride will be followed by dinner at Cancun. Bring a ride sheet to turn miles into Karl.
Saturday Aug 7th 7:00/8:30 AM	Hope Evangelical Church Old Jack and Koke Mill Roads Garland Stevens, 698-8363	Old Jack Clean Up , Early morning "beat the heat" clean-up. You may want boots, gloves, long pants and an extra pair of dry socks. There will be an ABC ride following the clean-up at 8:30 AM with 20 and 40 mile routes.
Sunday Aug 8 th 8:00 AM	Lost Bridge Trail IDOT Parking Lot Sue Dees, 529-1826	ABCD, Ride and a Shower , Sue has us heading to the water tower north of Curran where you can really cool off for a quarter. D riders can ride the Lost Bridge Trail.
Friday Aug 13th 6:00/7:00 PM	Alamo in Chatham 310 North Main 483-6699	BCD ride, A one hour show and go bike ride will be followed by dinner at Cancun. Bring a ride sheet to turn miles into Karl.
Saturday Aug 14 th 9:00 AM	Buffalo Community Park Pete Harjes, 629-7847	ABC ride, Rock Springs Ride , Pete has a route that leads us to Rock Springs Park. There is a great bike trail there that leads into Decatur.
Saturday Aug 14 th 10:00 AM	Augusta, Missouri Alan Josephson, 793-0590	ABCD ride, Alan's Ride and Raft , meet at Augusta Missouri for a ride on the Katy Trail. Ride up to 100 miles. Ride, eat, and drink. Reservations necessary.
Sunday Aug 15 th 10:00 AM	524 Augusta Drive, Chatham Phil Arnold, 483-7909	ABC ride, Phil's Pool Party , Phil has a route of about 20 to 35 miles followed by lunch and pool time. Bring your swim suit to cool off after the ride.
Sunday Aug 15th 10:00 AM	Meramac River, Missouri Alan Josephson, 793-0590	NC, Alan's Ride and Raft , Enjoy the day rafting the Meramac River. Reservations required.
Friday Aug 20 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 Aug 21 st 9:00 AM	Sherman Community Park Andrew Rd ½ mile E of Bus 55 Cindy Kvamme, 744-8864	ABC ride, Sherman to Greenvew , Cindy has routes of 24, 36, or 51 miles. Want even more miles, ride out to Sherman and build up those to/from miles.

Sunday Aug 22 8:00 AM	Harmos in Chatham Route 4 & Plummer Cathy Yeaman, 483-4912	ABC, Edinburg Bound , Cathy has a 46 mile route to Edinburg if the road commissioner will cooperate. There will be a SangChris turn around for those that want a shorter loop.
Sunday Aug 22nd 5:00 PM	Washington Park Pavillion Lynn Miller, 787-3354	D ride, Ride in the neighborhood for about an hour and end with an option for Baskin & Robbins.
Friday Aug 27 th 6 PM/ 7 PM	Los Agaves Sherwood Shopping Center West Wabash	BCD ride, A one hour show and go bike ride. Plan on 10 to 15 miles on the trails followed by dinner at Los Agaves. Bring a ride sheet to turn miles into Karl.
Saturday Aug 28 th 9:00 AM	Sherman Community Park Andrew Rd ½ mile East of Bus 55 Pete Harjes, 629-7847	ABC ride, Tour of Sangamon County Towns , Pete has a route of approximately 50 miles that will take us through Sangamon County. There will be cut off for those seeking a shorter route.
Sunday Aug 29th 9:00 AM	Fairhills Mall Chatham Road & Washington Marty Celnick, 522-4206	ABC ride, Pre-Birthday ride , None of this belated birthday ride for Marty. He is planning ahead with his birthday ride. And it will be a 50 Miler!!!!
Sunday Aug 29th 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.
Wednesday Sept 1 st 6:00/7:00 PM	3019 Cameron Drive Chuck & Gerry Orwig, 793-3782	Board Meeting, Come at 6 PM for dinner by calling ahead so Chuck and Gerry expect you. Definitely come at 7 PM for the meeting as the board makes the final plans for the CCC and Senior Olympics.

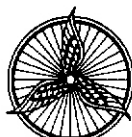
RIDE TYPES

- A** - 17+ 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

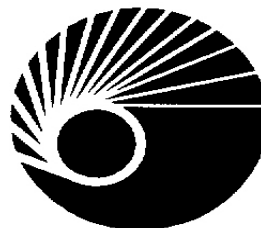
MB - Rides suitable for mountain and all-terrain bikes

Show-N-Go - No ride leader is scheduled. Ride on your own and turn in miles to Karl.

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



The League
of American
Bicyclists



**ADVENTURE
CYCLING
Association**

Springfield Bicycle Club Mileage and Activity File As of June 30, 2004

Possible Miles for the Month
1937

Year
6857

RANK	NAME	RIDE	T/F	TOT	RIDES	LED	RIDE	T/F	TOT	RIDES	LED	LENGTH
1	Marty Celnick	694	135	829	23	1	2577	708	3285	112	4	29.3
2	James DuBose	689	141	830	18	1	2580	318	2898	74	3	39.2
3	Tom Clark	753	195	948	27		2519	360	2879	94	1	30.6
4	Chuck Orwig	1177	206	1383	31	1	2279	436	2715	67	2	40.5
5	Charlie Witsman	593	92	685	15	4	2098	529	2627	63	10	41.7
6	Byron Nesbitt	516	56	572	19		2357	192	2549	63	1	40.5
7	Cathy Yeaman	714	75	789	17		2229	289	2518	52	2	48.4
8	Bill Voss	452	75	527	15		1866	520	2386	69	3	34.6
9	Terry Ransdell	342	52	394	6		1801	485	2286	48	0	47.6
10	Lisa Kidd	515	75	590	16		1852	345	2197	80	0	27.5
11	Lance Kidd	528	83	611	16		1809	353	2162	76	1	28.4
12	Karl Kohlrus	395	97	492	10	1	1466	653	2119	70	2	30.3
13	Alfred Arkley	209	4	213	6		1935	126	2061	66	0	31.2
14	Lynn Miller	541	7	548	14		1914	83	1997	57	1	35.0
15	Phil Arnold	440	188	628	11		1214	651	1865	35	0	53.3
16	Dave Ross	420	20	440	14	6	1605	138	1743	63	14	27.7
17	Curt Evoy	517	85	602	11		1402	329	1731	47	0	36.8
18	Jerry Ihnen	388	62	450	9		1383	241	1624	53	2	30.6
19	Ernie DeFrates	480	7	487	18		1549	19	1568	64	0	24.5
20	Deeana Shidler	441	0	441	10		1476	28	1504	41	0	36.7
21	Alan Josephson	368	12	380	14		1183	172	1355	51	4	26.6
22	Pete Gudmundson	383	0	383	10		1332	4	1336	42	0	31.8
23	Janice Perino	424	168	592	22		944	387	1331	54	0	24.6
24	Ruth Magos	711	0	711	20		1298	2	1300	35	0	37.1
25	Linda Butler	576	40	616	20		1201	96	1297	43	2	30.2
26	Lynn Rhoades	170	38	208	6	2	939	309	1248	34	9	36.7
27	Dan Mitchell	464	0	464	10		1200	2	1202	33	0	36.4
28	Pat Stephens	181	0	181	6		1134	20	1154	36	0	32.1
30	Mike Vonnahmen	300	47	347	8		1041	81	1122	33	0	34.0
29	John Day	320	8	328	10		1100	22	1122	38	0	29.5
31	Cindy Kvamme	315	13	328	13		997	83	1080	46	0	23.5
32	Garland Stevens	274	20	294	9		907	156	1063	39	3	27.3
33	Bill Bock	685	3	688	18		1014	5	1019	29	0	35.1
34	Joel Johnson	345	102	447	9		706	261	967	21	0	46.0
35	Bob Sorenson	233	6	239	6		848	78	926	32	1	28.9
36	Jon Edwards	297	73	370	9		788	125	913	23	0	39.7
37	Cindy Moreno	183	18	201	8		780	131	911	36	1	25.3
38	Robert LaBonte	287	12	299	13	4	862	38	900	39	4	23.1
39	Mike Schwab	162	0	162	6		767	97	864	52	0	16.6
40	Louie Spinner	272	6	278	13		828	17	845	45	3	18.8
41	Arden Gregory	197	0	197	5		745	94	839	24	0	35.0
42	Rich Saal	209	22	231	5		647	175	822	27	0	30.4
43	Carol Bock	549	3	552	14		812	5	817	22	0	37.1
44	Derek Ewing	279	8	287	7		757	24	781	19	0	41.1
45	Pete Harjes	201	0	201	7		682	80	762	32	0	23.8

11
Let's Ride more in 2004!!!!

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1937

Year
6857

RANK	NAME	RIDE	T/F	TOT RIDES	LED	RIDE	T/F	TOT	RIDES	LED	LENGTH
46	Jane DuBose	314	40	354	11	649	83	732	25	0	29.3
47	Bob Carmody	196	0	196	7	687	41	728	27	7	27.0
48	Dave Lucas	211	44	255	15	551	147	698	41	4	17.0
49	Brian Watkins	290	4	294	6	591	86	677	18	0	37.6
50	Regina McGuire	151	1	152	7	642	12	654	36	0	18.2
51	Christa Morris	190	1	191	12	616	25	641	40	0	16.0
52	Sue Dees	294	0	294	18	637	0	637	45	1	14.2
53	Bruce Yurdin	132	0	132	5	564	70	634	17	1	37.3
54	Ken Anderson	220	55	275	5	467	162	629	13	0	48.4
55	Sean Hatchett	134	20	154	3	532	55	587	14	0	41.9
56	Jan Cimerosa	67	24	91	4	502	56	558	23	1	24.3
57	Jack Hurley	380	14	394	9	527	15	542	14	0	38.7
58	Roger Wright	292	146	438	9	376	161	537	12	0	44.8
59	Don Struck	77	33	110	3	387	114	501	15	0	33.4
60	Brock Webb	130	0	130	2	471	16	487	11	0	44.3
62	Gail Mugler	180	0	180	6	426	31	457	19	0	24.1
63	Mike Ryan	128	27	155	2	371	79	450	8	0	56.3
65	Curt Winhold	118	0	118	2	447	0	447	11	0	40.6
66	Sr. Josepha Schaeffer	114	0	114	3	430	0	430	14	0	30.7
67	Jackie Galli	236	4	240	7	413	4	417	15	0	27.8
68	Christine Kohlrus	114	30	144	4	248	153	401	14	0	28.6
69	Marilyn Powell	27	4	31	1	369	22	391	12	0	32.6
70	Daniel Ewing	155	16	171	6	355	16	371	15	1	24.7
71	Luke Arnold	94	15	109	2	312	39	351	8	0	43.9
72	Connie Roberts	136	9	145	5	325	15	340	12	2	28.3
73	Lyn Schollett	83	16	99	5	292	45	337	16	4	21.1
74	Kent Kraft	141	6	147	5	309	11	320	11	0	29.1
75	Jim Disney	34	9	43	1	294	21	315	9	1	35.0
78	Don Daniels	113	24	137	2	228	70	298	6	0	49.7
77	Kevin Brown	129	2	131	11	296	2	298	26	2	11.5
79	Brigetta Ewing	89	3	92	5	280	3	283	20	1	14.2
80	Debbie Ihnen	102	0	102	5	227	45	272	13	0	20.9
81	Ben Fox	62	2	64	3	233	5	238	11	0	21.6
82	Harriet Josephson	112	0	112	6	236	0	236	14	0	16.9
83	Tony Henn	40	20	60	4	199	32	231	16	0	14.4
84	Craig Ross	8	1	9	1	207	10	217	10	0	21.7
85	Kedra Elston	41	0	41	2	184	19	203	9	2	22.6
87	Carl Morris	89	54	143	2	134	54	188	3	0	62.7
88	Rodney Yoswig	36	8	44	1	172	16	188	4	0	47.0
89	Mary Loker	75	0	75	4	181	0	181	9	0	20.1
90	Steve Smith	66	0	66	4	176	2	178	11	0	16.2
92	Jeff Strawn	81	0	81	2	175	0	175	5	0	35.0
91	Bill McGee	52	0	52	2	175	0	175	7	0	25.0
93	Jim Matheny	54	8	62	2	148	23	171	6	0	28.5

Springfield Bicycle Club Mileage and Activity File As of June 30, 2004

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RANK	NAME	RIDE	T/F	TOT RIDES	LED	RIDE	T/F	TOT	RIDES	LED	LENGTH	
95	Gerry	Orwig	69	38	107	7	97	61	158	9	0 17.6	
100	Dara	Voss	67	26	93	3	95	40	135	5	0 27.0	
102	Brea	Elston	41	0	41	2	124	0	124	6	0 20.7	
104	Susan	McClintock	36	0	36	2	109	10	119	7	0 17.0	
105	Jack	Elston	21	0	21	1	104	8	112	5	0 22.4	
106	Charlie	Blackburn	47	0	47	2	111	0	111	5	0 22.2	
108	Micci	Bly	100	8	108	3	100	8	108	3	1 36.0	
109	Mark	Smith	34	4	38	1	87	16	103	4	0 25.8	
110	Cris	Martin	40	0	40	1	99	2	101	3	0 33.7	
111	Brett	Bersche	12	0	12	1	99	0	99	5	0 19.8	
112	John	Sanford	35	0	35	3	96	0	96	9	0 10.7	
113	Cindy	Johnson	67	3	70	3	87	4	91	4	0 22.8	
114	Melinda	Winhold	30	0	30	1	89	0	89	4	0 22.3	
115	Deb	Cooper	36	8	44	2	60	28	88	4	0 22.0	
118	George	Wouland	54	14	68	3	66	20	86	4	0 21.5	
117	Catherine	O' Connor	11	0	11	1	86	0	86	3	0 28.7	
120	Paul	Anthony	40	2	42	2	77	6	83	4	0 20.8	
123	Genio	Staranczak	30	9	39	2	59	16	75	4	0 18.8	
124	Hope	Schnelten	31	0	31	2	69	0	69	4	0 17.3	
128	Angie	Gum	36	0	36	2	60	0	60	4	0 15.0	
129	Kathleen	Winhold	16	0	16	1	58	0	58	3	0 19.3	
130	Bill	Owens	28	0	28	2	56	0	56	4	0 14.0	
131	Adam	Galli	55	0	55	1	55	0	55	1	0 55.0	
133	Mary	Schwartz	54	0	54	1	54	0	54	1	0 54.0	
134	Pat	Aulich	18	4	22	1	42	11	53	3	0 17.7	
135	Matt	Saner	27	24	51	1	27	24	51	1	0 51.0	
136	Marty	Morris	28	0	28	1	50	0	50	2	0 25.0	
138	Ed	Cunningham	11	0	11	1	47	1	48	3	0 16.0	
139	Roger	Schnelten	7	0	7	1	45	0	45	3	0 15.0	
141	Matt	Winhold	30	0	30	1	40	0	40	2	0 20.0	
152	Steve	Schien	14	12	26	1	14	12	26	1	0 26.0	
161	Mitchell	Byerline	20	0	20	1	20	0	20	1	0 20.0	
163	Meribel	Mueller	20	0	20	2	20	0	20	2	0 10.0	
165	Rachel	Ihnen	18	0	18	1	18	0	18	1	0 18.0	
166	Anne	King	18	0	18	2	18	0	18	2	0 9.0	
167	Ella	King	18	0	18	2	18	0	18	2	0 9.0	
168	Tom	King	18	0	18	2	18	0	18	2	0 9.0	
171	Jeff	Mitchell	13	2	15	1	13	2	15	1	0 15.0	
173	Lisa	Fox	12	0	12	1	12	0	12	1	0 12.0	
178	Francie	King	8	0	8	1	8	0	8	1	0 8.0	
179	Cyd	LaBonte	8	0	8	1	8	0	8	1	0 8.0	
180	Lola	Lucas	3	0	3	2	3	0	3	2	0 1.5	
TOTALS			26257	3048	29305	867	27	83227	11793	95020	3122	110 30.4

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 7 8 7 - 2 9 0 7

A good thing.

Sometimes people just know a good thing when they see it! Over Memorial Day weekend I spent time with my parents, and brothers and sisters. We are a cycling family – My dad rode, so now I ride. During this visit they saw a new addition to my family. It was a 53lb, 67 inch long..... **Sportworks Transport** hitch rack. This bicycle carrying system is by far the easiest and most stable system I have seen. My family agrees! After seeing mine, my sister and brother both ordered one. The best part of that is my brother works at a shop in Colorado, and had not seen one before. The story gets better. The buyer from my brothers shop saw it, fell in love with it, and now they are carrying the rack also.

If you have not seen the **Sportworks** system, stop in to our shop today and one of our bike techs will gladly assist you in your selection of a bicycle carrier for your car!

Did you know?

- 25% of the U.S. population rides bicycles. (Omnibus Transportation Survey by Bureau of Transportation Statistics, July 2001).
- In Japan 15% of commuters bicycle to work, in the Netherlands 50% of commuters bicycle to work, and in China 77% commute by bike; while only 1.6% of U.S. commuters bicycle to work. (Washington State Energy Office Extension Services).

Riding to work will save you plenty of gas money. It will improve your physical health. It may even make you more productive at work and home, thanks to those endorphins!

What's new.

2 bike lines we recently started carrying are **Biria** and **Hoffman**. Biria is an “easy boarding” bike that would be great for the commute to work, ride around the neighborhood, or trip to the park with the family. Easy boarding means the bikes are set low to the ground so you only need to lift your foot about 12” to get over the frame of the bike. Biria bikes offer all the extras most people end up adding later on. It comes standard with front basket, rear rack, front and rear lights, pump, and of course Biria’s “easy boarding” frame design. Models include a 3-speed, 7-speed, and 20” folding model ideal for the commuter. Models start around \$500

Need a new bike for the freestyler in your family? Hoffman is an industry leader in the freestyle bike industry. Each level and model is well thought out to suit a given rider from beginner to expert. Hoffman also includes in its line both 16” and 18” models to better fit the smaller/younger riders. Models start around \$220.

Both **Hoffman** and **Biria** bikes have been an instant hit at BikeTek. Come in today and take a test ride on a Biria, Hoffman, or any of the bikes we carry!

‘Nuf said, now get out and ride!

Paid Advertisement

Springfield Bicycle Club
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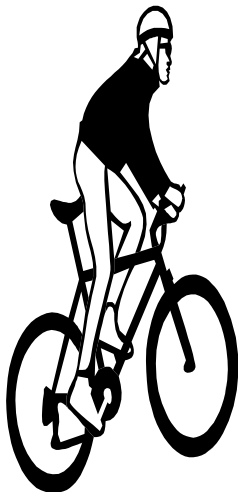
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AUGUST, 2004

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**



**CAPITAL CITY CENTURY
32ND ANNUAL
SEPTEMBER 12, 2004
LAKE BEACH HOUSE**