

Springfield Bicycle Club
Quick



Release

JANUARY, 2006

WWW.SPFLDCYCLING.ORG

Ride of the Month

Marty Celnick leads a great Veterans' Day Ride.

On Friday, November 11, Marty led a 32 mile ride from Fairhills Mall down the Wash and Interurban Trails to Chatham. The group returned either by the trails or by Curran Road. It was an ideal fall day to ride—warm for November and breezy. Thank you, Marty, for planning a great ride in honor of our veterans!

Almost Anything Award

While riding his bicycle, Lynn Miller's son Jeff came to the aid of a woman being robbed.

Directly from the "Kennebec Journal" newspaper in Augusta, Maine, we learned of Jeff's apprehension of a purse snatcher. In the 11/21/05 article, Jeff, who works for the Bicycle Coalition of Maine, heard shouting as he was bicycling from his downtown office. A woman entering a coffee shop witnessed the purse snatching and starting yelling "thief" in an attempt to get additional help. Jeff turned his bicycle around and joined in catching the purse snatcher. Jeff and the helpful woman held the 19 year old until the police arrived. The thief felt that returning the purse to the 65 year old woman with an apology would be sufficient;. The police did not agree and arrested him.

It was great to learn of Jeff's good deed—especially since he was traveling on his bicycle!

Lead Water Bottle

Phil Arnold's stealth startles trail riders.

Phil received this month's lead based on the following nomination:

"Phil was late to show up for Alan and Harriet's ride (a birthday ride in November) on Saturday as he is wont to do. In an attempt to get caught up with the A riders, Phil blew past a group of slower riders on the trail without so much as a simple 'on your left', startling us.

Now if a group of experienced SBC members can be startled by a silent 25-mph rider, imagine the 'thrill' this must give to more casual trail users.

It's nice to be fast, but it's nicer to be polite. For Phil's 'stealth' trail use, I think he's a most worthy nominee."

Phil, maybe carrying the lead this month will slow you down enough to speak to those you're passing!

The President's Report

Dave Ross

DEADLINES! I woke with a start this morning at 5:30 a.m., suddenly realizing that it was December 16 and the deadline for any information for the Quick Release was December 15. I GOOFED UP! So, if you're reading these pearls of wisdom (or, sleepy-eyed ramblings, more like!), it is not due to my meeting my obligations, but due to Marty's grace and mercy.

The brain is a marvelous thing: Why, out of a dead sleep, can my brain tell me that I've missed a deadline, but it didn't bother to tell me YESTERDAY about the deadline? Huh, brain? What have you got to say for yourself?

We have the QR deadline for a good reason: lots of club volunteers are involved in the production of the monthly newsletter. Volunteers write the articles and submit them to the QR editor. The vice president (Kevin Brown) compiles the monthly ride schedule; the club record keeper (Karl Kohlrus) compiles the ride mileage totals; the incentive chair (Sue Hack) writes up the incentive awards that appear on the front page; Dave Lucas writes up the

“member profile” we've added to the QR; and others write anything else that appears. The QR editor (Marty Celnick) collects all the articles and formats them. (Tom Clark has been assisting Marty in using MS Publisher software.) The editor then gets the completed QR to Illini Reproductions for printing. The secretary (Ken Anderson) prints the mailing labels and gets them to Illini. The secretary also informs Illini about the total number of issues to be printed. Illini prints the QR and mails it out. Since we send the QR via bulk mail, we need to make sure the Post Office has it in time for you to receive it by the beginning of the month. Extra issues are printed each month; a volunteer picks up those extra issues and delivers them to local bike shops. (Don Struck has been doing this for years; he has recently “retired” from this duty, and Dave Lucas is taking it over.) In addition, the editor emails the newsletter to Marilyn Powell, who formats it and posts it on our club website. And if I've neglected to mention someone, I apologize.

So, the deadline is a good

thing. I hope this QR is not delayed because I GOOFED UP.

SHIFTing gears to another topic, S.H.I.F.T. is the Southern Hilly Illinois Family Tour that we often have in southern Illinois (Carbondale area) over Memorial Day weekend. Dean Wisleder has been our fearless leader on this ride for ages and ages: my family fondly remembers going on SHIFT in 1984 with Dean.

Anyway, Dean was planning another SHIFT for 2006, but may be tied up over Memorial Day weekend. We're looking for someone to lead SHIFT. Dean will help you with routes, maps, and arrangements.

So, if your New Year's resolution is to get more involved with the SBC in 2006, here's an opportunity for you: Volunteer to lead SHIFT! Contact me and express your interest.

See you on the road!

Board Meeting Notes — 11, 2005

Connie Roberts, Recording Secretary

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

Minutes of the October meeting were approved.

Treasurer's Report. Dave Lucas reported that we have a balance of \$19,550.79. Karl made a motion that the SBC increase the donation to The League of Illinois Bicyclists from \$1000 to \$2000. After some discussion the decision was made to increase the donation to \$2000.

Ride Schedule and Meetings. The next board meeting will be on Tuesday, December 6, at Lynn Miller's house. The January meeting will be on Wednesday, January 4, at Karl Kohlrus's house. Kevin Brown reported that we need volunteers for rides in December and January. He is also open to any ideas for rides or events.

Awards. Sue Hack presided over the awards. The Ride of the Month went to

Aaron Shehan for his birthday ride which featured cake at Lake Sanchris. The Almost Anything Award had two nominees. Marilyn Powell for her photo with George Hincapie and Mike Becker for doing such an outstanding job of replacing the lead water bottle. The award went to Mike Becker. The Lead Water Bottle was awarded to Marilyn Powell for her photo with George Hincapie, which could have caused him to lose his focus and come in 28th in his division.

Legislative / Education Report. Bill Donels reported that there is concern there may not be funding for the Sangamon Valley Trail. He reported there were three trail projects submitted from Sangamon County for funding. They were the Sangamon Valley Trail, funding for a comfort station at the trail head in Rochester, and the Plummer Blvd. bike trail in Chatham to connect with the Interurban trail.

Social Chair. Alan Josephson reported that a couple

of cards had been sent out and that plans for the Holiday Party are falling into place.

Special Events. Dave presided over this part of the meeting. There was some discussion about an increase in the price of the CCC to be continued in December. A route committee has been formed and is planning a different route for the 2006 CCC.

Quick Release. It was decided that there would be a December and January newsletter instead of combining the two. Marty said the deadline for articles in the QR is November 15th.

Old Business. There was no old business.

New Business. The League of Illinois Bicyclists would like to make bicycle maps of the Springfield area with the help of the SBC. Everyone thought this was a great idea and there were several volunteers who offered to help. There was also some discussion of starting Sunday rides downtown or at the Visitor Center so tourists passing thru

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could see some of the sites.

Thanks to Ken Anderson for his hospitality. The meeting was adjourned.

Next meeting: 7:30 p.m., Tuesday, December 6, at Lynn Miller's home, 1428 Cherry Rd.

Shiftless?

Not if we can find a leader! Dean Wisleder normally leads the S.H.I.F.T. (Southern Hilly Illinois Family Tour) over Memorial Day. Good riding, on both road and trail, and don't forget the chicken dinner at Giant City Lodge. This year however Dean is not able to make it due to work commitments. So we need a volunteer to coordinate and lead the tour. Dean is happy to help with maps and ride planning. If you are interested contact Kevin or any board member to get the wheels rolling. Let's get S.H.I.F.T. into gear!

Ride Leader Incentive Program Rules

The goal of the incentive program is to encourage members to volunteer to lead rides and to encourage new ride leaders. Rides will be assigned point values, with a total of 15 points necessary to qualify for a drawing to be held at the end of the year. Four winners will be drawn from eligible ride leaders. Each winner will receive a \$50 certificate, redeemable at the bike shop of his/her choice. Each ride leader will receive the appropriate points when they sign up, whether or not the ride actually takes place. It is felt that by helping the club by volunteering to lead a ride, each leader is obligated to follow the rules, which include planning and scouting a route in anticipation of the ride. If the ride is cancelled due to weather, the leader still should be compensated for stepping forward. The only exception is if the ride leader recruits a substitute. The substitute leader then earns the points, but only if the ride scheduler is informed of the change before or not later than one week following the ride. Complete ride leader rules can be found on the club's web page at www.spfldcycling.org. Here is the point system. Note that true show-n-go rides have no point value, since they have no ride leaders:

1 point - C/D/ER neighborhood or trail rides of about an hour where no map is necessary – Friday night rides, no matter how long

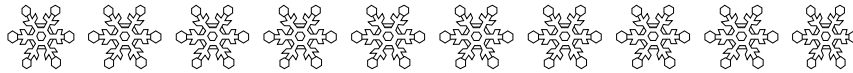
2 points - ABC weekly training rides

3 points - ABC weekend/holiday rides

The name of each ride leader who accumulates 15 points will be put in the hat only once, regardless of how many points the leader accumulates over 15. So, what are you waiting for? Volunteer to lead a ride by contacting Kevin Brown and get started on earning your points for a chance to win a \$50 gift certificate.

RIDERS OF THE MONTH

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.
9/05 Ruth Magos 690 mi.	5/05 Pete Gudmundson 1006 mi.	1/05 Tom Clark 373 mi.
8/05 Derek Ewing 976 mi.	4/05 Byron Nesbitt 607 mi.	12/04 Dave Ross 388 mi.



FOR SALE -- Park Bike Repair Stand Model PRS-6

Solid cast iron base. Clamp allows rotation through 360 degrees.

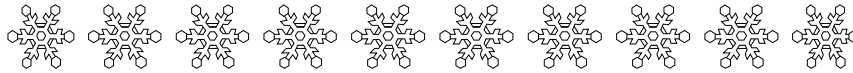
\$45.00

For details, contact Dean Wisleder 787-4892

FOR SALE – Wheel truing stand (brand unknown)

\$19.00

For details, contact Dean Wisleder 787-4892



Secretary's Report

Ken Anderson, Secretary

Renewals

- Philip Arnold
- Edgar Caupert & Family
- Don Daniels
- Cindy Moreno
- Mary Grant
- Walt & Nancy Skube
- Lori Midden
- Jim Esela
- Bob & Judy Carmody

Renewals at the Contributing Level

- Marty Celnick
- George Ann Daly
- Chuck & Gerry Orwig

New Members

- Kevin & Naomi Greene
- Ben Cole & Family

Member Profile

Dave Lucas

Profiled this month:

CONNIE ROBERTS

As part of our continuing series of member profiles, this month we feature Connie Roberts, our recording secretary and one of our newest board members.

Connie has been a club member for a number of years, is a very active rider, and has graciously agreed to serve on the board this year as recording secretary, a position that not just anyone can perform. Connie has done an excellent job in this board position, and she is responsible for the very informative board minutes that you will find in the latest editions of the Quick Release.

Age? 47

Family? Just me and my dog Mocha

Occupation? Letter Carrier

Number of years ridden? 42, I started when I was about 5 unless I count my triking years

Ride how many days/week? I try to get in 3 or 4 days each week in good weather.

I also try to

to ride in the winter if the roads are dry.

Bikes owned? Just one, my LeMond Buenos Aires

Dream ride? I would love to ride across the country, but doubt I could handle the mountains

Dream bike? I'm not sure, but I think I would like to have a carbon frame bike next time

Favorite type of riding? Road

Proudest bicycling experience? Completing RAGBRAI in 1986. This was also my first century.

Most embarrassing bicycling experience? Riding a friend's Schwinn Sting-Ray when I was a kid and



wiping out. I broke my glasses and had to get stitches in my head.

If I won the lottery, I would.....quit working for a living

If I were president, I would.....I could never be president. I have too much trouble making decisions.

Favorite movie? The Godfather. I love the music and all those old cars.

Favorite star? I've always liked Morgan Freeman.

Last book read? The Broker by John Grisham

Last CD listened to? Jimmy Buffet's Christmas CD

Other interests? I like to make quilts; it just takes me forever

Comments? Take care

January 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 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 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 Thanksgiving Day.
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.
Sunday Jan 1 11 AM	Rock & Roll Hardees 2501 Stevenson Dr. Bob Sorenson 529-1141	ABCED New Years Day Ride. Get 2006 off on the right foot! Just dress warm. If the weather is too bad, come for a hot chocolate anyway. 10 – 26
Monday Jan 2 Noon	Fairhills Mall Washington & Chatham Rd Marty Celnick 522-4206	ABC "Can't believe I ate that much over the Holidays so I better get on the bike" ride. Plan on a weather dependant 30 miles.
Wednesday Jan 4 7:30 pm	2513 Shawnee Dr. Karl & Christine Kohlrus 544-8410	NC- Board Meeting Hosted by Karl and Christine. Board meetings are open to all club members.
Friday Jan 6	Pasta House 2800 Southwest Plaza Dr	NC, This is a chance to walk for an hour with your SBC buddies or just enjoy a social hour.

Saturday Jan 7 11 am	Banana Leaf Town & Country Shopping Cntr Ernie DeFraties 544-1398	ABCD – Ernie will take us out for 20 – 30 miles. Stay around for lunch at Banana Leaf afterwards.
Sunday Jan 8 11 am	Panera Bread 3101 W. White Oaks Dr	Show n Go. Turn miles in to Karl.
Friday Jan 13 6/7 PM	Lost Bridge Trail La Mex, Stevenson Dr. Sue Dees 529-1826	NC. Walk for an hour on the trail, then dinner at La Mex on Stevenson. Let Sue know if you are coming for dinner so she can give the restaurant a head count.
Saturday Jan 14 11 am	Vredenburg Park Sherwood Subdivision Robert LaBonte 787-0237	ABCD Ride. Robert will take us on the Wabash & Interurban Trails.
Sunday Jan 15 11 am	Panera Bread 3101 W. White Oaks Dr Lance Kidd 546-1698	ABCD Ride – Lance leads for 20 -40 miles. Weather dependant, naturally.
Monday Jan 16 11:00 AM	IDOT – Lost Bridge Trail Dirksen Parkway	Show n Go for Martin Luther King Day ride. Turn the miles in to Karl and have fun!
Friday Jan 20 6/7 pm	720 W. Main Rochester Lenny & Sherry Miner 971-8037	NC – Walk at 6, then back to Lenny's for soup & sandwiches. Please bring your own beverages. An RSVP would be appreciated.
Saturday Jan 21 11 am	Lincoln Memorial Gardens Alan Josephson 793-0590	ABC or NC – Ride or ski! If there is enough snow we ski. If not, we ride 17 – 35 miles.
Sunday Jan 22 11 am	Vredenburg Park Sherwood Subdivision	Show n Go – Turn your miles in to Karl.
Wednesday Jan 25 7 pm	Days Inn 2900 Stevenson Dr	NC – Spinner Awards . Come out and pick up your awards and mileage pins, and to celebrate your friends who are getting theirs. Well done everyone!
Friday Jan 27 6 pm	White Oaks Mall Food Court Harriet Josephson 793-0590	NC – Walk in the Mall and stay warm! Grab something to eat and pick a movie to see afterwards. What's on? Who knows! At least the movies are cheap!
Saturday Jan 28 11 am	IDOT – Lost Bridge Trail Dirksen Parkway Lance Kidd 546-1698	ABC ride. Join Lance & Lisa for 20 – 40 miles.
Sunday Jan 29 11 am	Panera Bread 3101 W. White Oaks Dr	Show n Go – Enjoy the nice weather and send the miles to Karl.

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

NAME	RIDE	T/F	TO-TAL	RIDE S	LED	RIDE	T/F	TO-TAL	RIDE S	LED	LENG-TH
Byron Nesbitt	565	26	591	19	2	6909	530	7439	172	4	43.3
Cathy Yeaman	85	0	85	1		6414	739	7153	135	5	53.0
Marty Celnick	311	127	438	16	1	5306	1426	6732	222	13	30.3
Tom Clark	361	105	466	19		4615	1492	6107	192	1	31.8
Pete Gudmundson	268	0	268	9		6068	15	6083	137	5	44.4
Lisa Kidd	407	60	467	21		4866	918	5784	191	1	30.3
Lance Kidd	379	60	439	19	2	4672	876	5548	172	12	32.3
Lynn Miller	332	27	359	10		4798	316	5114	132	4	38.7
Arden Gregory	195	94	289	5		3493	1333	4826	100	0	48.3
Phil Arnold	168	136	304	5		3080	1617	4697	89	1	52.8
Bill Bock	465	0	465	14		4517	0	4517	116	0	38.9
Karl Kohlrus	203	122	325	9	2	2804	1528	4332	103	7	42.1
Derek Ewing	135	0	135	4		3137	703	3840	74	0	51.9
Lynn Rhoades	266	98	364	11		2797	998	3795	84	1	45.2
Carol Bock	121	0	121	3		3546	0	3546	86	0	41.2
Bill Voss	171	47	218	6		2558	928	3486	108	0	32.3
Ruth Magos	50	0	50	1		3428	27	3455	87	0	39.7
Dave Ross	321	25	346	13	5	3051	360	3411	108	23	31.6
Curt Evoy	59	14	73	2		2860	463	3323	82	1	40.5
Cindy Kvamme	230	0	230	11		3060	152	3212	139	3	23.1
Robert LaBonte	141	17	158	10	1	2844	236	3080	140	8	22.0
Pat Stephens	233	0	233	10		3029	12	3041	110	0	27.6
Ken Anderson	89	40	129	3		2417	616	3033	69	4	44.0
David McDivitt	88	0	88	5		2874	156	3030	104	1	29.1
Charlie Witsman	647	10	657	15		2818	81	2899	69	0	42.0
Dave Lucas	80	24	104	6		2310	495	2805	129	9	21.7
Ernie DeFrates	127	8	135	6	2	2665	17	2682	104	7	25.8
Bob Sorenson	298	67	365	15	1	2367	309	2676	76	2	35.2

Springfield Bicycle Club Mileage and Activity File

NAME	RIDE	T/F	TO-TAL	RIDE S	LED	RIDE	T/F	TO-TAL	RIDES	LED	LENG-TH
Mike Vonnahmen	181	42	223	6		2277	159	2436	77	0	31.6
Joel Johnson	69	15	84	2		1625	655	2280	44	0	51.8
Roger McCredie	98	34	132	4		2019	139	2158	53	0	40.7
Alan Josephson	116	2	118	4	2	1887	246	2133	74	15	28.8
Chuck Orwig	25	3	28	1		1705	417	2122	63	2	33.7
Marilyn Powell	154	8	162	5		1967	135	2102	79	0	26.6
Jon Edwards	231	22	253	7		1676	395	2071	57	0	36.3
Bob Carmody	93	0	93	4		1950	61	2011	68	16	29.6
Brock Webb	85	16	101	2		1706	190	1896	36	0	52.7
Jerry Ihnen	72	12	84	3		1339	159	1498	38	2	39.4
Dan Mitchell	56	0	56	3		1467	24	1491	34	0	43.9
Micci Bly	1	0	1	1		1427	36	1463	35	1	41.8
Cindy Moreno	25	0	25	1		1338	112	1450	62	4	23.4
Katie Weidner	105	16	121	4		1218	126	1344	45	0	29.9
Linda Butler	64	0	64	2		1252	47	1299	50	4	26.0
Sr. Jos. Schaffer	25	0	25	1		1215	80	1295	37	0	35.0
Rich Saal	78	28	106	4		968	322	1290	39	0	33.1
Sue Dees	26	0	26	1		995	24	1019	54	0	18.9
Kent Kraft	18	10	28	1		937	65	1002	27	0	37.1
Cyd LaBonte	10	0	10	1		884	24	908	53	0	17.1
Aaron Shehan	79	0	79	3	1	834	71	905	22	2	41.1
Karen Bretenbach	46	7	53	2		865	26	891	25	0	35.6
Brigitta Ewing	78	10	88	3		838	47	885	39	0	22.7
Dean Wisleder	97	4	101	2		763	103	866	13	0	66.6
Louie Spinner	80	2	82	4		840	23	863	42	2	20.5
Connie Roberts	26	9	35	1		808	37	845	28	2	30.2
Christine Kohlrus	58	49	107	4		392	400	792	27	0	29.3
Ed Taylor	20	0	20	1		672	32	704	29	0	24.3
Jan Cimarosa	20	0	20	1		697	0	697	31	0	22.5

Springfield Bicycle Club Mileage and Activity File

NAME	RIDE	T/F	TO-TAL	RIDE S	LED	RIDE	T/F	TO-TAL	RIDES	LED	LENG-TH
Ben Cole	339	154	493	16		442	186	628	20	0	31.4
Angie Gum	18	0	18	1		557	40	597	20	0	29.9
Harriet Josephson	17	0	17	2		537	22	559	33	0	16.9
Gerry Orwig	12	3	15	1		307	237	544	30	0	18.1
Pete Harjes	39	4	43	2		428	4	432	15	0	28.8
Regina McGuire	22	0	22	1		416	12	428	25	0	17.1
Mary Lou Hicks	27	0	27	1		375	0	375	15	0	25.0
Mark Rolens	32	0	32	2		306	44	350	15	0	23.3
Harv Kaplo	41	0	41	2		275	1	276	12	0	23.0
Candy German	1	0	1	1		139	3	142	6	0	23.7
Sue Hack	9	0	9	1		134	0	134	9	0	14.9
Marilyn Clark	18	0	18	1		87	0	87	2	0	43.5
TOTALS	9,406	1,557	10,963	377	20	172302	24940	197242	5958	218	33.1

Guide to Preparing For a Self Contained Cycling Trip Cathy Yeaman

Just so you know that I am learning something during my time in Florida, I am sharing these tips on preparing for a self contained cycling trip.

Step 1: Get a spaghetti-strainer and several small sponges. Soak the sponges in saltwater and paste them to the inside of the spaghetti-strainer. Place the strainer on your head. Find a busy road. Stand by the side of the road and do deep knee-bends for 8 hours. This will acclimatize you to a

day's ride.

Step 2: Take some sandpaper and rub your rear-end and the insides of your legs for about 20 minutes. Rinse with saltwater. Repeat. Then, sit on a softball for 8 hours. Do this daily.

Step 3: Each day, take two twenty-dollar bills and tear them into small pieces. Place the pieces on a dinner-plate, douse them with lighter fluid and burn them. Inhale the smoke (simulating car-fumes). Rub the ashes on your face. Then go to the local motel and ask them for a room.

Step 4: Take a 1-quart plastic bottle. Fill it from the utility sink of a local gas-station (where the mechanics wash their hands). Let the bottle sit in the sun for 2 or 3 hours until it's good and tepid. Seal the bottle up (kinda, sorta) and drag it through a ditch or swamp. Walk to a busy road. Place your spaghetti-strainer on your head and drink the swill-water from the bottle while doing deep knee-bends along the side of the road.

Step 5: Get some of those Dutch wooden-shoes. Coat

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Cycling Trip Guide

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the bottoms with gear-oil. Go to the local supermarket (preferably one with tile floors). Put the oil-coated, wooden shoes on your feet and go shopping.

Step 6: Think of a song from the 1980s that you really hated. Buy the CD and play 20 seconds of that song over and over and over for about 6 hours. Do more deep knee-bends.

Step 7: Hill training: Do your deep knee-bends for about 4 hours with the salt-soaked spaghetti-strainer on your head, while you drink the warm swill-water and listen to the 80's song over and over (I would recommend "I'm a cowboy/On a STEEL horse I ride!" by Bon Jovi). At the end of 4 hours, climb onto the hood of a friend's car and have him drive like a lunatic down the twistiest road in the area while you hang on for dear life.

Step 8: Humiliation training: Wash your car and wipe it down with a chamois-cloth. Make sure you get a healthy amount of residual soap and road-grit embedded in the chamois. Put the chamois on your body like a loincloth, then wrap your thighs and middle-section with cellophane. Make sure it's really snug. Paint yourself from the waist down with black latex paint. Cut an onion in half and rub it into your armpits. Put on a brightly colored shirt and your Dutch oil-coated wooden shoes and go shopping at a crowded local mall.

Step 9: Foul weather training: Take everything that's important to you, pack it in a Nylon bag and place it in the shower. Get in the shower with it. Run the water from hot to cold. Get out and without drying off, go to the local convenience store. Leave the wet, important stuff on the sidewalk. Go inside and buy \$10 worth of Gatorade and Fig Newtons.

Step 10: Headwind training: Buy a huge map of the entire country. Spread it in front of you. Have a friend hold a hairdryer in your face. Stick your feet in toffee and try to pull your knees to your chest while your friend tries to shove you into a ditch or into traffic with his free hand. Every 20 minutes or so, look at the huge map and marvel at the fact that you have gone nowhere after so much hard work and suffering. Fold the map in front of a window-fan set to "High."

And Finally:

Step 11: RV Park camp training: Take your expensive, light weight tent and term-a-rest mattress to the closest interstate exit and set-up camp under a street lamp in the highway median, preferably on the paved shoulder, between the exit ramp and the interstate. Don't forget your ear-plugs -- and patch kit for the mattress!

Alan Josephson's HISTORIC AND SCENIC BICYCLE 2006 TOURS

1. WASHINGTON, DC April 20-25, 2006 (limited number of participants)



Cherry blossoms in Washington are one of the most beautiful sights imaginable! We will spend several days visiting the sites in and around the nation's capital by bicycle or for those non-riders, by metro. Washington area is blessed with an abundance of paved bicycle paths which intersect making travel from our hotel very accessible. We will ride to the tidal basin and mall areas as well as ride to Mt. Vernon and the Virginia countryside. We can even load our bikes onto the metro and take them anywhere on the lines. We will also spend one day at either Annapolis, MD, touring one of the most picturesque colonial towns or, weather permitting, spend a day riding/ hiking in the Shenandoah Mts, along Skyline Dr. As we return home, plan to visit the Antietam battlefield and Harpers Ferry/ Gettysburg time permitting. This is a wonderful trip for both riders and

non-riders alike.

2. NATCHEZ TRACE, VICKSBURG AND NATCHEZ, October 7-14, 2006

Enjoy the beauty and tranquility of bicycling along the FLAT historic and scenic Natchez Trace. This designated bicycling parkway is not only free of commercial traffic, dogs and tacky tourist spots it is mostly level with hardwood forests and cypress swamps abounding with Spanish moss. Along the way see a variety of critters, vegetation and numerous places to stop, walk around and read about the history of the Trace. This trip is the same one cancelled due to the 2005 hurricanes except with the added attraction of the Antebellum Festival in Natchez in which most of the older homes are available for tours. We will spend two days in Vicksburg and Natchez to sample real southern hospitality. This is a great way to see lovely aspects of the south whether you ride or not.



VISIT US AT WWW.HISTORICANDSCENIC.COM FOR DETAILS, COSTS, COMPLETE ITINERARY AND APPLICATIONS.

Check these out and put one or both on your calendar.

EMAIL: Alan Josephson at alan@historicandscenic.com OR CALL 217.793.0590

(paid advertisement)

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:

Bike Shop Name _____

A current Club member

I would like to help with SBC activities

Yes

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 2005 MILEAGE SUMMARY



MONTHLY								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	2,130	346	2,476	23	113	8	4.9	21.91
February	5,947	922	6,869	21	219	9	10.4	31.37
March	8,276	1,007	9,283	37	298	10	8.1	31.15
April	13,613	2,046	15,659	54	533	24	9.9	29.38
May	22,787	3,547	26,334	66	861	31	13.0	30.59
June	21,333	3,433	24,766	66	753	31	11.4	32.89
July	25,650	3,868	29,518	53	753	29	14.2	39.20
August	22,751	3,383	26,134	64	783	24	12.2	33.38
September	22,625	2,453	25,078	57	656	22	11.5	38.23
October	17,792	2,370	20,162	42	582	10	13.9	34.64
November	9,406	1,557	10,963	45	377	20	8.4	29.08

CUMULATIVE								
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	#RIDERS	LED	#RIDERS PER RIDE	AVG RIDE LENGTH
January	2,130	346	2,476	23	113	8	4.9	21.91
February	8,077	1,268	9,345	44	332	17	7.5	28.15
March	16,353	2,275	18,628	81	630	27	7.8	29.57
April	29,966	4,321	34,287	135	1,163	51	8.6	29.48
May	52,753	7,868	60,621	201	2,024	82	10.1	29.95
June	74,086	11,301	85,387	267	2,777	113	10.4	30.75
July	99,736	15,169	114,905	320	3,530	142	11.0	32.55
August	122,487	18,552	141,039	384	4,313	166	11.2	32.70
September	145,112	21,005	166,117	441	4,969	188	11.3	33.43
October	162,904	23,375	186,279	483	5,551	198	11.5	33.56
November	172,310	24,932	197,242	528	5,928	218	11.2	33.27



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January, 2006

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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
newwcl@aol.com

At Large Members

Bill Donels
546-8036
sbdonels@insightbb.com

Aaron Shehan

525-8699
aaronsheshan@hotmail.com

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Half Page \$20 Full Page \$40

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