

The *Quick Release*

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QR Deadline 15th of the Month

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RIDE OF THE MONTH

James DuBose's March 23rd Midlife Crisis Ride was this month's Ride of the Month. James' maps for the route had clues on the back and directed perceptive riders (Lance Kidd and Bill Voss) to the locations of two useful "surprise" gifts. Good idea James! That was a fun way to make riding familiar roads a little more interesting!

ALMOST ANYTHING AWARD

James DuBose is also this month's winner of the AAA. James recently gave the SBC a large painted "realtor type" sign with a representation of the State of Illinois Bike Month license plate on one side and the SBC highwheeler logo on the other side. Since our SBC banner cannot be found, this sign will make a nice display at the upcoming TGISpring ride as well as at other events.

P.S. It should also be noted that Karl Kohlrus nominated James for the AAA for turning in the neatest ride sheet Karl has seen to date. After James' 3/23/02 ride, James rewrote the ride sheet so that the names/miles were more legible and even alphabetized the names for easier entry into Karl's database. Whew, that's an example the rest of us are going to find hard to beat!

LEAD WATER BOTTLE

This month's "winner" of the LWB Award is Lynn Miller. Lynn invoked the wrath of the flat tire gods by recently proclaiming that he had not had a flat in the last 6 years. No sooner were the words out of his mouth than Lynn noticed that one of his tires was flat, and a repair was in order. Failing to learn from this experience, Lynn also announced recently that he had never fallen on his recumbent and, you guessed it, then proceeded to fall no fewer than 5 times on one of Ernie's rides. In all fairness to Lynn, his new cliplless pedals may have had something to do with his uncharacteristic fondness for the asphalt. Maybe the LWB will add a little stability to that recumbent!

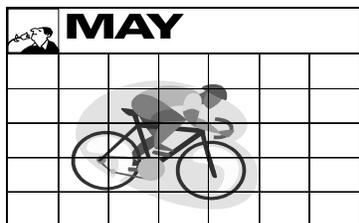
CALENDAR OF EVENTS

Saturday May 4	TGI
Sunday May 12	Mike's Birthday Ride
Monday May 13	SBC Open House-Library
Friday May 17	Ride to Work Day
Saturday May 18	Garage Sale Ride
Sunday May 19	Site M Rides
Monday May 20	SBC Jersey Order Deadline
Monday May 27	Memorial Day Ride

El Presidente Ernie DeFrates

TGI Spring

Be there! The TGI Spring bicycle ride is on May 4, starting from the Petersburg campus of Lincoln Land Community College, 522 S. 6th in Petersburg. Come and enjoy this fun ride. There's something for everyone, with route options of 12, 25, 40 and 57 miles. So invite your friends, family and co-workers, and have a great ride.



May is Bike Month

Those of you who ride your bike to work in May can count your commuting miles as club mileage. Turn your miles in to Karl Kohlrus at the end of the month. Also, we are meeting 6:30-9 p.m. on May 13 in the Carnegie Room at the Lincoln Library to celebrate Bike Month. Several local bike shops will be there to show the new bike stuff. We'll also talk about Bike Month events and SBC Special Events. Check the ride schedule for more details, and come have

fun celebrating biking and the SBC.

Dog Problems

In response to my e-mail, the people at the Point of Law website (www.pointoflawtv.com) said they would address the question of dog owner responsibilities. Look for their response on a local channel sometime in May. We need to report to Animal Control not only when a dog bites or hits someone but when a dog chases us all the time. Find the exact address if you can, and notify a board member. There are Illinois statutes regarding dog owner responsibilities and penalties. E-mail me if you'd like a copy. The board is deciding how best to deal with this problem in an effective and safe manner.

Tour De Fat 2002

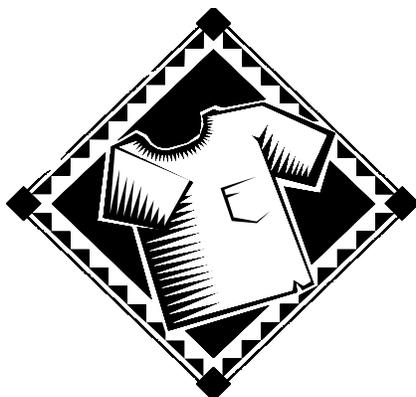
On Sunday, May 5, the day after the TGI Spring, the Tour De Fat bicycle ride and festival will be held. Many of us rode this ride last year and had a great time. The Tour De Fat starts at the World's Fair Pavilion in Forest Park, St. Louis. The ride starts at 9 a.m., with routes of 14, 28, or 37 miles through west St.

Louis County on low-traffic roads. The festival starts at 11 a.m. and features bands, food, beer, and bike games, which everyone enjoyed last year. The Tour De Fat also features the Banana Bike Brigade, and St. Louis bike collectors will show off the classic Fat Tire rare and unusual bikes. Tour De Fat is sponsored by the New Belgium Brewing Co. The fee is \$5; proceeds benefit Trailnet, a non-profit organization supporting and promoting bicycling for recreation and transportation in the St. Louis region in Missouri and Illinois. More information and registration is available at www.newbelgium.com.



New Club Jersey Kathy Shepard

The deadline for jersey orders, May 20, is fast approaching. Since they're based on the number we order, prices will go up by about \$20 if we don't get the minimum number of orders by our deadline. Short sleeve or sleeveless jerseys are \$60, wind vests are \$55, thermal vests are \$85, and skinsuits are \$80 (plus an additional \$5 for a colored stripe on their black shorts). Jerseys are available in Race (tailored European fit), Club (relaxed fit) and Women's (slim waist, full hips, shorter inseam) sizes. Men's sizes range from XS, (33-35 chest, 26-29 waist), to XXXL, (46-48 chest, 46-50 waist). Women's sizes range from XS, (30-32 chest, 22-24 waist), to XL,



(39-41 chest, 33-35 waist).

You can order according to the size chart we have now, or try on the sizing samples we'll have available from the time of the TGI Spring ride up until the May 20 order deadline. To try on the sizing samples, see Cindy Kvamme at the TGI Spring registration, at regular club rides, or

from 6-10 Wednesday, May 15, at her house (205 S. State). To see the jersey design, look for Cindy or fellow order-takers Chuck Orwig, Sue Dees, Mark Smith and Kathy Shepard. We have photos of the available styles (jersey, skinsuit, etc.), and descriptions of what they're made of (e.g., different fabrics for the wind vest and thermal vest). We also have color drawings of the jersey and copies of the fabric swatches, so you can see the vibrant colors which will be used.

Remember to order by the **May 20 deadline** to avoid a price increase. Show your SBC pride and get a cool jersey at an excellent price!

t-shirts		INSANE	
—spfld bike club members— —get 10% off custom— —screen printed sportwear—			
CARLBERG	custom embroidered caps rudy project® sunglasses imprinted athletic gear www.liquidrugby.com		
	217.528.4805		
GRAFIX	1800 S DIRKSEN old landmark ford	see more sample artwork at www.filmready.com	

Paid Advertisement

Board Meeting Notes - March 6, 2002

C. J. Kvamme

Present: Curt Evoy, Scott Gauvin, Linda Butler, Cindy Kvamme, Dave Lucas, Kathy Shepard, Ernie De-Frates, Jerry Ihnen, Gail Mugler, Mike Schwab, Jackie Galli, Louie Spinner, Marty Celnick, Alan Josephson.

Ernie opened the meeting the minutes were approved.

Scott brought us up to date on our website advertising. Wheelfast is interested in advertising on our web site but is in the process of designing a new logo. As soon as they are ready they will contact us. We are ready to move ahead with listing Performance on our website and to put a note in the newsletter to remind everyone to check all of our ads on the website. Ernie suggested that we divide our ad revenue, other than Performance, 50-50 with Scott. After discussion, Ernie motioned that we give Scott 50% of our website ad revenue excluding Performance. Gail seconded the motion. The motion passed.

On behalf of Alan, Ernie said that Alan needed a few more rides filled in April. Alan is going to put a note in the newsletter reminding ride leaders to bring up the rear. Ernie will hold the June

5th Board Meeting.

Linda reported the treasury has \$3146.71. Carl sent a note totaling his expenses for supplies at \$50.00. The Carlberg Graphix ad, for February and March, was not very clear. The Board decided not to charge him for those two months and Linda will send a corrected bill.

Dave is now getting the new rate plus an extra \$5.00 from some renewals. We will eventually get this straightened out.

Cindy presented the final jersey design in color to the board. Kathy will write an article for the Newsletter giving details on price, sizing and available items.

Kathy has scheduled the Picnic for Saturday June 22, 2002. Kathy also did some research on Illinois Dog Statutes. It states a dog or any other animal is the responsibility of the owner. Ernie has spoken with Ed Barselli of the LIB. Mr. Barselli is attending a convention and will ask other Bike Clubs how they are handling dog situations.

Gail and Jerry will be getting ready for the Iron Horse soon. Anyone interested in

volunteering please let them know.

Marty, Ernie and Lynn Miller plan to meet with Dean Wisleder about suggested routes for riding to work in May. Sarah Gripper, the head of the Bike Safety Committee, has been holding monthly meetings which Jerry Ihnen has been attending. Additional bike racks in the city and money for children's helmets have been discussed.

Old business: Ernie is going to get with Lenny and Jonathan to get brochures and information on the web site for the CCC.

Ride of the Month was awarded to Karl and Christine Kohlrus for their Super Bowl party and ride on February 3rd. While riding the Pana Trail **Charlie Witsman** came upon a fallen tree blocking the road. He went home and got his chain saw and cleared the trail. He received the **Almost Anything Award** this month. **The Lead Water Bottle was awarded to Mike Schwab** for complaining about the muddy short cut Jerry Ihnen led everyone on the month before. Mike actually suggested the route.

Tried and True or Tried and Trash

Mark Flotow

Sachs/SRAM PC89R Road
“Power Chain”

Along with the evolution of the number of bicycle gears, there has been a small revolution in the design of the drivetrain bicycle chain. (I think there is a pun in there somewhere . . .) The chain needs to be completely functional and compatible with the other drivetrain components. As the major cycling component makers strive to fit more sprockets in the limited amount of space between the wheel’s spokes and end of the axle, the chain has had to be redesigned. In general, the chain needs to be strong, articulating, long-wearing, flexible, serviceable and light, in about that order. Strength is number one, because it has to be capable of transmitting most of your applied energy to the rear wheel. In addition, a broken chain, if occurring whilst riding, can cause serious injury. Therefore, almost all chains are made from steel of some sort. Articulating, in this instance, means it has to mesh (well) with the sprockets, chainrings and maybe the derailleur pulleys. (I say “maybe” because at one time some derailleur pulleys had no teeth.) To do this, chains are composed of links, with

each link held to the next with a pin or rivet. The width of the links needs to match the lateral thickness of the gear teeth and the distance from sprocket to sprocket and from chainwheel to chainwheel, for derailment purposes. The length (“pitch” or distance from one gear tooth to the next) and width of the links are designed for optimal mesh with the teeth on the sprockets and chainrings. Flexibility is how much the articulated chain can move from side to side (i.e., perpendicular to the horizontal plane in which the chain functions on the gear teeth). Over the years, as the distance between the sprockets and chainrings has shortened (i.e., shorter frame chainstays) and the number of sprockets has proliferated, the chain has been designed to be more flexible from side to side for many of the sprocket/chainring combinations to be functional. Otherwise, there is too much “crossover” and accompanying friction (and wear). Serviceable refers to being able to replace, customize the length and repair the chain with the minimum of tools and extra parts. Lightness is last, because all the preceding factors, especially strength and long-wearing,

supercede it.

What about “long-wearing?”

How long should a chain be expected to last? First, let’s have a brief recounting of what contributes to chain wear. The number one culprit is friction (I’m imagining your surprise), which can result in several ways. Perhaps the most common friction faux pas is under-lubrication. Grit sitting on the drivetrain is another source of wear. Chain crossover, mentioned above, causes the chain to mesh with the gear teeth at less than optimal angles, resulting in wear. However, the most measurable wear is chain “stretch.” The steel does stretch, mainly at the holes in the outer plates of the links, where the pins insert. These holes become deformed or slightly elongated with use. Over the length of a chain with over 100 links, the stretch becomes appreciable. How? You can buy a “chain checker,” a tool that measures distance between a few links indicating stretch, but a better way is to hang a new, unused chain next to one with 5,000 or more miles on it. For example, in my unfinished basement I have two small nails, about an inch apart, in the side of one of the rafters. If I see at

least a half link more length in the used chain compared to the new one, I don't bother to clean the used one and simply discard it. Hanging the two chains also makes it very apparent how many links to remove from (or add to) the new one to get the same length (assuming it was optimal to begin with).

However, whatever wear is going on with the chain is also likely happening to your sprockets and chainrings, which usually are a little more expensive to replace. And as the chain stretches or deforms, the quicker the gears will wear. A chain left too long on a drivetrain can result in gear wear to the point where a new chain will not mesh well with the well-worn teeth, resulting in noise (friction) and/or chain jump or skip. Then, those sprockets and chainrings have to be replaced as well. Ouch - \$\$\$!

As those drivetrains have continued evolving, with sprockets, chainrings and then chains, by necessity, becoming narrower, a smaller amount of wear results in increased friction and poorer performance (i.e., tighter tolerances). Chains may be more flexible and lighter (and you have more gears to choose from), but you are compromising on the more important chain

considerations of strength and long wear, as well as maybe serviceability.

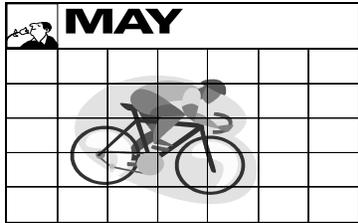
Some of those aspects are seen in this month's product, the Sachs/SRAM PC89R Road "Power Chain." This chain is designed to work with 9-speed sprocket sets, although I have used it quite successfully with an 8-speed set. The PC89R comes with a "Powerlink II," which is essentially a master link that allows the chain to come apart without the use of tools. However, the P2 has another important function. Recalling my chain stretch comments, using a chain tool to push out and push in a chain pin or rivet results in some deformation of the outer plate hole, too. This can be a source of a "weakest link." And it has recently happened to me, with this very chain. I had shunned the use of the P2, because with the PC89R you have the option to use a regular chain tool to join or un-join the chain. During a ride late last year, I started to hear an-almost-regular click. It was subtle, but there was a new noise somewhere down there amongst the drivetrain componentry. Was it the bottom bracket, the derailleur, or even my shoes' cleats? At the bike shop, it was noticed that one of the chain's outer plates had popped out, slightly, from

one of its pins on one side, causing a click as it wrapped or turned amongst the gears. That link was removed and replaced with the P2. The danger, perhaps worse than merely a snapped chain, is the loose plate can snag on a derailleur cage or plate, ripping the derailleur off the frame, if you happen to be applying enough force on the pedals. To be completely fair, I do not believe the loose plate is something symptomatic of the PC89R, but rather, in general, the narrower chains are more prone to various problems (and hence the necessity of the P2 and Campagnolo's "PermaLink" for their 10-speed chain).

Besides narrowness and the P2, the PC89R has two other distinguishing characteristics: it has a nice silver color and the outer plates have little rectangular holes in them. The holes, I suppose, are for getting the chain a little bit lighter, but it saves a handful of grams and that's about it. The silver color actually is a little more useful. In contrast to an all-black chain, when the PC89R is dirty, you know it. That could be good or bad, depending on how you feel about it (or what you intend to do about it).

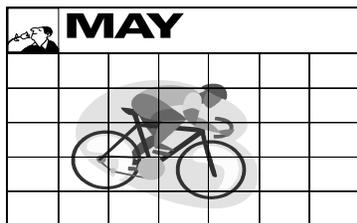
Overall, the PC89R is a de-
(Continued on page 17)

May is Bike Month Lynn Miller



SBC has been working on a number of items to celebrate Bike Month. Ernie, Lynn Miller & Mary Celnick met with Sara Gripper, Safe Communities Coordinator, City of Springfield. Items in progress include: Bike Racks for downtown Springfield; Map of suggested bike routes on Springfield streets; Bike routes for Lincoln sites, including bike access to oak Ridge Cemetery.

Sarah has been a supporter and doer. She is working with Downtown Springfield, Inc. She is also getting helmet and safety lights for distribution at bike rodeos and is working on share the road signs and access signs for



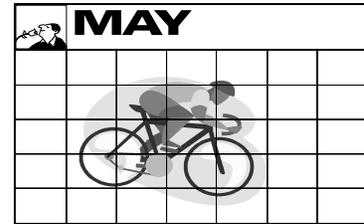
Wabash and Interurban Trails.

SBC & Safe Communities will pay for tray liners at McDonald's. These will publicize bike safety with the SBC web site.

As in past years, we encourage all members to ride to & from work during May. Challenge co-workers to join you on the ride and share the fun. Get your employer/agency to challenge another employer/agency. Get creative, get crazy (but safe)! Ernie, Alfred, Karl & Lynn will join a staffer from Mayor Hasara's office. Sarah Gripper will also ride to work. Our objective is to mobilize support for bike lanes and safe routes in Springfield.

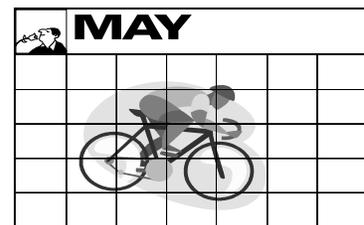
A partial list of those riding to work at press time include: Karl Kohlrus, Dave Lucas & Lynn Rhodes, downtown; Chuck Orwig to UIS; and Cathy Yeaman to McFarland. Please e-mail Lynn Miller of your dates & destination (psyclist@comp.net). We are getting media coverage and want to include you in "photo-ops and oops".

We have approval for a mass



ride around the State Capitol at 11:00 AM on Wednesday, May 15th. It will last 30 minutes, with food from McDonald's. Meet at the Visitor's Center at 10:45. Come join the fun!

Al & Barb Sturges of LIB will offer an Effective Cycling Course in the next couple of months. Cost will be \$30 per person. The ultimate objective is for a pool of members to take that course, and the LAB's instructor course to offer to school children. We want to raise a generation of "bike safe kids". That's the way to "grow" club members. I'll get dates and will let you know as plans develop. Happy Bike Month to us all!



Springfield Bike Club Mileage March 2002

Total Miles Year-to-Date: 1760 miles

Name	Ride	T/F	Total	Name	Ride	T/F	Total
1 Bill Voss	724	361	1,085	41 Curt Winhold	84	22	106
2 Karl Kohlrus	602	386	988	42 Melinda Winhold	71	33	104
3 Marty Celnick	764	199	963	43 Ruth Magos	101	0	101
4 Deeana Shidler	781	168	949	44 Marilyn Powell	96	3	99
5 Charlie Witsman	869	0	869	45 Bruce Yurdin	87	10	97
6 Alfred Arkley	784	68	852	46 Bryan Lasch	92	4	96
7 Lisa Kidd	638	55	693	47 Ken McGarvey	57	25	82
8 Lance Kidd	545	55	600	48 Jim Agnew	44	37	81
9 Tom Clark	498	93	591	49 Kedra Elston	80	0	80
10 Pat Stephens	485	79	564	50 Chuck Orwig	74	6	80
11 Lynn Miller	528	29	557	51 Russ Farson	75	0	75
12 Pete Harjes	491	26	517	52 Jack Elston	74	0	74
13 Mark Flotow	359	115	474	53 Bill Bock	71	0	71
14 Cathy Yeaman	390	53	443	54 Jonathan Reininger	64	7	71
15 James DuBose	321	98	419	55 Don Struck	57	7	64
16 Louie Spinner	384	30	414	56 Dave Lucas	54	5	59
17 Christine Kohlrus	245	163	408	57 Cindy Kvamme	54	0	54
18 Frank Kink	320	86	406	58 Phil Arnold	28	24	52
19 Arden Gregory	278	112	390	59 Amanda Kidd	40	6	46
20 Lynn Rhoades	276	104	380	60 Cindy Moreno	45	0	45
21 Mike Schwab	343	14	357	61 Mike Royer	45	0	45
22 Byron Nesbitt	307	45	352	62 Armand Tippet	32	8	40
23 Alan Josephson	310	26	336	63 Carol Bock	37	0	37
24 Ernie DeFrates	301	24	325	64 Don Daniels	26	10	36
25 Jerry Ihnen	243	10	253	65 Brea Elston	36	0	36
26 Curt Evoy	216	36	252	66 Jason Kidd	36	0	36
27 Pete Gudmundson	248	0	248	67 Irina Scott	36	0	36
28 Garland Stevens	174	72	246	68 Neil Scott	36	0	36
29 Derek Ewing	200	25	225	69 Tim Schmidt	25	10	35
30 Brigetta Ewing	208	11	219	70 Doug Dalby	26	8	34
31 Bob Sorenson	166	27	193	71 Mike Vonnahmen	31	3	34
32 Jacki Galli	181	0	181	72 Jon Edwards	25	8	33
33 Sue Dees	173	0	173	73 Mike Ryan	33	0	33
34 Bill McGee	155	6	161	74 Tom Smith	25	7	32
35 Joel Johnson	115	39	154	75 Ben Fox	31	0	31
36 Randy Germerand	140	10	150	76 Sean Hatchett	26	5	31
37 Bob Carmody	141	7	148	77 Linda Butler	30	0	30
38 Daniel Ewing	136	11	147	78 John Fisherkeller	29	0	29
39 Gail Mugler	121	10	131	79 Christa McLaren	28	0	28
40 Brian Watkins	115	6	121	80 Scott Gauvin	26	0	26

Secretary's Report April, 2002 Dave Lucas, Secretary

Renewals

- Mike Becker
- Jack & Gerry Casey & family
- Tom Clark
- Cyndi Deitrick
- Dan Eatherington & family
- Cindy Kvamme
- Kirk Laudeman & family
- Michael Plog
- Charlie Rabins
- Mike Royer
- Nila Gail Riggs
- Connie Roberts

Renewals at the Contributing Level

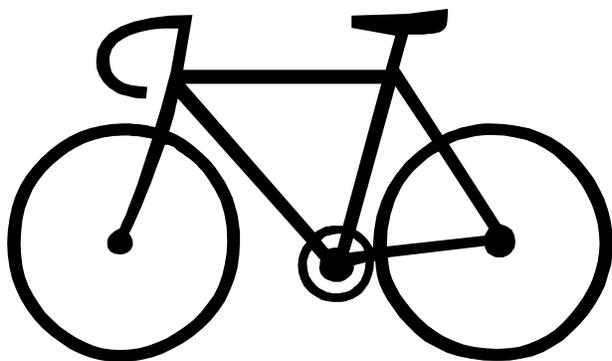
- Randy Germeraad
- Dave Scheina & Gail Rogers

New Members

- Karol Young
- Cecil Withrow

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

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



Bike and Wine Tour of the Katy Trail Wineries Jim Disney



Saturday June 1st

Join Springfield Ski Club members and enjoy the scenic views from the Katy Trail in Missouri. We will start on the trail in Defiance, MO., and then bike 7 miles to Augusta, MO, which is home of three wineries as well as a microbrewery. After having a bit to eat and of course sampling some wine and beer, we will bike back to Defiance and visit the winery located there. You do not have to be an experienced biker to enjoy this trip. There will be bikers of all levels along the trail.

We will meet at 8:00 AM at the Target parking lot and caravan down to Missouri. We will try to get on the trail by 11:00 AM. This trip is classified as "SHOW AND GO" which means you show up and go! If you have any questions, call me at 793-9349.

May 2002 – SBC Ride Schedule

NOTE THE CHANGES IN THE SCHEDULE. SINCE MOST PEOPLE ARE LEADING RIDES FROM THE SAME LOCATION EACH WEEK ALL MONDAY-THURSDAY RIDES ARE LISTED ABOVE THE SHADED AREA. CHANGES ARE BELOW. SO IF YOU WANT TO RIDE ON A PARTICULAR DAY OF THE WEEK AND NOTHING IS LISTED, LOOK AT THE TOP. AS ALWAYS WE WILL HAVE AT LEAST ONE RIDE EACH DAY OF THE WEEK.

Anyone with questions about rides or interest in leading a ride can contact Alan Josephson at ahjosephson@yahoo.com. Look at the ride incentive guidelines and get qualified for the BIG drawing.

Note Tuesday/Thursday LBT rides are back and well as the Thursday rides from Sherman this month. May is bicycling month. Turn commuting miles in to Karl.

Just a short reminder regarding club miles. In order to have miles count, one must sign the ride sheet and begin the ride with everyone. You may under certain circumstances begin no sooner than 15 minutes before or no later than 30 minutes after the listed ride. If you are late, you should promptly notify the ride leader. This is taken from the guidelines found in the March 2000 QR.

Monday thru Friday 10:00 AM BC	Daily - "Show-N-Go" Arkley Residence 1511 Bates	Daily morning rides for those wanting to get in some extra miles! No leaders, no maps, although Alfred and Lynn (two retired guys) are regular riders. Participating riders should turn a ride sheet in to Karl Kohrus.
Monday thru Friday 10:00 AM BC	Daily - "Show-N-Go" Pana Trail-Lake Taylorville Lot Rt 29	Daily morning rides along the Lincoln Heritage Trail. Turn miles into Karl.
Monday Wednesday Friday Noon BCD	IDOT, South Parking Lot Dirksen Parkway Lost Bridge Trail Lisa Kidd, 546-1698	"Lunch with Lisa" ride. Back by popular demand. Lisa leads the noon trail ride on M-W-F each week. Skip lunch and get ready for Lisa and the other regulars. 10-12 miles.
Monday 6:00 PM ABCD	Show me's Parking Lot Interurban Trail North Street & McArthur Blvd Cindy Moreno, 793-0590 DOESN'T GO 5/13	Queen's Court. This is a multiple distance on road beginning training ride. Riders of all levels can ride with Queen taking the rear at a C pace. Distance will be from 13-30 miles. These rides are designed to <u>especially help beginning riders</u> (C/D) build their physical abilities so they will be able to participate in longer weekend rides.
Tuesday 6:00 PM AB	Lindsay Boat Launch, Lake Spfld, Long Bay Drive Bob Sorenson, 529-1141	Intermediate East Side Training Ride. All riders welcome. A workout for those who want to train hard and fast for those strong summer winds, races or general fitness. 25 to 30 miles
Tuesday 6:00 PM BC	517 Appomattox Dr. Bob Carmody, 787-3419	Bob's Bikers! Intermediate West Side Training Ride. This generally is a slower pace than the East side ride but is geared for those who want to train hard and fast like the East siders. 16-30 miles.
Tuesday 6:00 PM BCD	IDOT, South Parking Lot Dirksen Parkway Lost Bridge Trail	These are Show-N-Go rides. No leader. These worked out well last year. Turn miles into Karl.
Tuesday 6:00 PM BCD	Taylorville Firststar Bank 106 West Market St. Charles Witsman, 562-5208	Taylorville Show-N-Go. Meet in the rear parking lot of the bank. Charlie will lead from the back most times but might need a fill in. So volunteer!
Wednesday 6:00 PM D & ER	1129 Leland Avenue Kathy Shepard, 546-1426	This is designed as a neighborhood easy social ride. No maps. Everyone stays together. This will not go on May 8th due to the Board meeting. The ride begins at a different location on that day.
Wednesday 6:00 PM CD	Pana Trial-Lake Taylorville lot Rt 29	Weekly night Show-N-Go along the Lincoln Heritage Trail. Turn miles into Karl.

Thursday 6:00 PM CD	Grotto Business 55 in Sherman Louis Spinner, 523-1615	Louie leads the pack for a 15-25 –C pace ride. D's can stretch. If Louie is unable to be there this ride becomes a Show-N-Go.
Thursday 6:00 PM ABC	Rotary Park Iles & Archer Elevator Rd. Curt Evoy, 727-6349	Training ride from 16-30 miles. Curt has volunteered to trail the pack and bring maps with multiple cut offs. Ride as hard, fast as you wish.
Thursday 6:00 PM BCD	IDOT, South Parking Lot Dirksen Parkway Lost Bridge Trail	Show –N-Go. These worked out well last year. Turn miles into Karl.
Thursday 6:00 PM BCD	Taylorville Firststar Bank 106 West Market St. Charles Witsman, 562-5208	Taylorville Show-N-Go. Meet in the rear parking lot of the bank.
Friday May 3 7:00 AM NC	Steak-N-Shake 6 th & Ash	End the week with eggs, pancakes and other special items.
Friday May 3 6:00 PM C/NC	Ground Round Wabash Rd. Linda Butler, 787-5027	Linda will lead us to the Wabash Trail and beyond for about an hour. Plan to hit the supper table by 7:15 PM. If you just plan to eat, please call Linda in advance.
Saturday May 4 8:00-10 AM ABCD	Lincoln Land Campus 522 S. 6th Petersburg Lenny Miner, 498-9342	TGI Spring! Here it is folks. Choose your ride 12,25,40 or 57 miles on some of the best riding roads around. See article elsewhere. Also make sure you talk to Cindy Kvamme and others about the new SBC shirt. Bring an extra check to pay for the shirt.
Sunday May 5 10:00 AM ABC	The Alamo, Chatham 310 N. Main, Chatham Cathy Yeaman, 483-4912	Cathy leads us on a county tour toward Waverly for about 45 miles. As usual, there will be opportunities to go less.
Wednesday May 8 6:00 PM-D 7:00 PM	2201 Wydown Curt Evoy, 726-6349 Alan Josephson	Social Ride led by Alan or someone will begin at 6:00 PM followed by the 7:00 PM BOARD MEETING at Curt's home. Come and enjoy, meet the regulars and vote for those awards.
Friday May 10 7:00 AM NC	Cooks Spice Rack & Chilli Co 910 N. Grand Ave W.	Come, join us for breakfast and spice up your day.
Friday May 10 6:00 PM D	Café Brio 6 th & Monroe Lynn Miller, 787-3354	Let's meet downtown at 6:00, ride for an hour and then eat some great food around 7:15 PM. Call Lynn if you just plan to eat so he has an idea of how many are eating.
Saturday May 11 9:00 AM ABCD	Rochester CCC food stop Adams Rd Rochester Pete Harjes, 629-7847	Pete has a multiple distance ride from 25 –60 miles. There is a parking lot nearby we should use so we don't take all the parking spaces at the picnic shelter. We use the starting place for the CCC food stop.
Sunday May 12 10:00 AM ABCD	Pavillion 3 Lake Yaeger Litchfield Mike Schwab, 217-324-6951	Mikes BirthDay Ride will be multiple routes (10-40) followed by food around 12:30 or so. Bring drinks and something to share. Mike will cook pork steaks & chicken. Directions: exit 60 on Rt I-55. Turn left across 55 and right onto access rd. About 3 miles south turn left (at overpass) going East across tracks. Turn right on the first road East of the tracks (Harrison Trail). About 4 miles south turn left onto Beach House Trail. Continue East for about 3 mi. Turn right (South) onto Park Rd. Look for Pavillion 3 which is about ½ mi. Bring MOM! It's her day also.
Sunday May 12 5:00 PM D	Culvers Ice Cream Store N Dirkson Parkwy next to Walmart Karl Kohlrus, 544-8410	Karl will lead a one hour social ride followed by that wonderful treat! Sunday afternoon rides are especially designed as a social rides for "less seasoned riders" and families. So all of you dust off those bicycle cobwebs and join us.

Monday May 13 6:30 PM NC	Lincoln Library Capital & 7th Ernie DeFrates, 544-1398	Come to the Library to hear about Club Events and see what's new from the areas bicycle shops. This is a new member event so make sure to bring a buddy. Feel free to roam around until the library throws us out by 9:00 PM.
Friday May 17 7:00 AM NC	Brewhaus 617 E. Washington	Enjoy a good breakfast with SBC friends.
Friday May 17 6:30 PM CD	Damons Lindbergh Blvd. Parkway Point Ernie DeFrates, 544-1398	Ernie will lead us around the trails or roads for about an hour. We will meet at the dinner table at 7:30 PM. Call Ernie if you just plan to eat.
Saturday May 18 7:00 AM D 9:00 AM ABC	205 S. State Cindy Kvamme, 744-8864 Arby's Fairhills Mall Bill Voss, 793-0570	Cindy will be leading an early "garage sale" ride for those of you who want to see what's available in town. Bring cash to spend on those treasures you find. Since Bill may be the SAG driver for the garage sale, he felt a need to lead the regular Saturday ride with a distance of 25-45 miles. Depending on how the garage sale goes, the distance could be LOTS more.
Sunday May 19 10:00 AM ABCD/MB	Site M campground/ picnic shelter Kent Kraft, 787-6974 Alan Josephson, 793-0590	Kent will lead the mountain bikers 17 mi around and Alan will have a multiple ride from 32-75+ over some new territory. D's can ride throughout Site M. Food may be ordered for a few bucks. Just sign up for it at the beginning of the rides. Directions: From Spfld, W on Rt 97/125. West of Ashland turn right (N) toward Site M onto Neumansville Rd.(Cty 4). Turn left (W) into the main entrance of Site M. Continue West (Cty 11) for 1 mile or so past the dam. The road goes left by the ranger station/ site office (Cty 11). Make another left on Cox Rd. Campgrounds are less than ½ mile. Look for SAMBA signs.
Sunday May 19 5:30 PM D/ER	Butler School Parking Lot 1701 S. MacArthur Dave Lucas, 753-3831	Meet at 5:30 by the playground for a 1 hour easy ride concluding with that yummy treat at B& R. Sunday afternoon rides are especially designed as a social rides for "less seasoned riders" and families. So all of you dust off those bicycle cobwebs and join us
Friday May 24 7:00 AM NC	B & G café 1107 E. Ash	Breakfast is a great way to finish the week by socializing with friends.
Friday May 24 6:00 PM CD	IDOT, South Parking Lot Dirksen Parkway Lost Bridge Trail Show-N-Go	Many SBCers will be away for Memorial weekend. Those who are still in town can meet at the LBT for an hour ride and decide where they want to eat. Cheddars is a favorite of mine, but I won't be there to vote!
Saturday May 25 9:00 AM ABC	Harmon IGA Rt 4 & Plummer Rd (Mobil) Cathy Yeaman, 483-4912	THIS IN TOWN RIDE led by Cathy Yeaman will take us from Harmon's in Chatham to Harmons in Virden. Since Cathy will not go on Rt 4, this normal 10 mile distance should be 40 miles +.
Saturday May 25 9:00 AM ABCD/ER	Horsey Hundred Ernie DeFrates, 544-1398	THIS OUT OF TOWN RIDE is hosted by the Louisville Blue Grass Bicycle Club and consists of multiple rides from 25-100 miles through beautiful horse country.
Sunday May 26 9:00 AM ABCD/ER	Rochester Station Rt 29 Bob Sorenson,529-1141	Bob will be leading those who are not at Horsey on a terrific ride from 35-50 miles. D's and ER's are welcome! They can buddy up to do an out and back or ride the trail.
Sunday May 26 9:00 AM ABCD/ER	Horsey Hundred Ernie DeFrates, 544-1398	THIS OUT OF TOWN RIDE is hosted by the Louisville Blue Grass Bicycle Club and consists of multiple rides from 25-62+ miles through beautiful horse country.

Monday May 27 9:00 AM ABC	Arby's Fairhills Mall Alfred Arkley, 546-4972	THIS IN TOWN MEMORIAL DAY RIDE led by Alfred will take us thru the metropolis of Pleasant Plains, a distance of around 40 miles or so.
Monday May 27 TBA ABC	Louisville Bicycle Club Ernie Debrates, 544-1398	The Louisville Bicycle Club hosts THIS OUT OF TOWN MEMORIAL DAY RIDE. We will join them as we return from the rolling Kentucky hills to scenic Central Illinois. Distance, time and other details TBA by Ernie.
Friday May 31 7:00 AM NC	Higher Ground Café Formerly Bixby's Montvale Plaza	Come join us for a great breakfast.
Friday May 31 6:00 PM CD	2526 Austin Dr Jonathan Reininger, 698-1724	Jerk chicken at Jonathan's house will follow Jonathan's Birthday Ride of 29km. Show for the ride and/or just the food. BYO drink and something to share.
Saturday June 1 8:30 AM ABCD	Chatham Train Station Mulberry Rd. at the tracks (1 blk S of Hucks on Rt 4) Karl Kohlrus, 544-8410	This is CHATHAM TRAILS DAY to celebrate the 1.5 mi of the interurban trail from Chatham. Karl will lead a 15 mile ride with longer options. There will be a celebration at 10:00 AM. Need more miles, ride to the ride.
Sunday June 2 8:30 AM Leave Spfld. 9:30 AM ABC	Perkins, Parkway Point 3429 Freedom Drive Mark Flotow, 546-2579	Ninth Annual LOILVA (Lower Illinois Valley) Metric from Glasgow to Kampsville (see newsletter article). We will cross the Illinois river at Detroit and follow the Illinois river road (Rt. 100) down the west side of the river. Carpool from the Perkins parking lot to the start of the ride in Glasgow. The route can be shortened for the "C" riders (no sag or ride followers). Easy route to follow with maps provided. Food stop in Pearl & Kampsville. Free Ferry ride at Kampsville. 65 Miles.

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

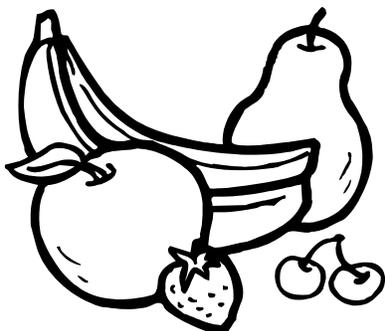
Show-N-Go - No ride leader is scheduled. Ride on your own and turn in miles to Karl.

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



Cycling and Nutrition

Christa McLaren



Recovery Foods

In previous articles, I have written about nutrition and biking. Here's a quick overview: drink 1 full water bottle of water or Gatorade-type drink for every hour ridden, avoid alcoholic beverages before and during rides, and aim for a daily diet containing 60% carbohydrates, 15% protein, and 25% fat. How you eat and drink directly after a ride can improve not only how you feel but how well you ride the next time.

Most of us know the importance of rehydrating after a ride, especially when it has been hot. Relying on thirst, however, is a sub-optimal way to determine if you are fully hydrated or not. If you are sufficiently hydrated, your urine should be clear to pale yellow.

After your ride, you need carbohydrates to refuel but you also need some protein.

Protein is needed to repair and rebuild muscle tissue and may further boost glycogen resynthesis when consumed shortly after exercise. The first 60 minutes immediately following exercise are the most critical because muscles convert carbs into glycogen (a complex carb that your body uses for quick energy) up to three times faster than at other times. To further enhance your recovery, you should pay attention to your sodium needs as well. Sodium improves fluid absorption and stimulates the desire to drink

and also helps prevent hyponatremia (low blood sodium levels).

Experts recommend that when refueling, aim for a ratio of 4:1, carbs to protein. Some examples of recovery foods include: bananas with peanut butter, cereal with milk, Pop-Tarts, baked potato with cottage cheese or low fat cheese, turkey sandwich, or low-fat chocolate milk. Each of these examples contains carbs, proteins, and are low in fat. For recovery foods, the sooner you eat after riding, the better.



Bikes, Brew, & Books

Kevin Brown

Join us in Madison WI August 9 – 11 for an SBC-sponsored out of town ride. What will be going on? Take a look at the title for clues!

First – Madison is known as one of the most bike-friendly towns in the Midwest. Besides lots of bike paths and trails, there are some great bike shops to check out. Last year there was also a guy renting way-cool tandem (side-by-side) recumbents. The plan is to arrive in Madison on Friday night, August 9th (see Lodging below.) Saturday we will have two rides planned – one an easy ride on bike paths around town, possibly including the farmers' market which reliable sources say is not to be missed; the other a longer ride perhaps with the local bike club. For those who want more miles there will be an optional route for the afternoon. There will also be a ride Sunday morning for those who wish to do it, and are able. (See the Great Taste below.)

Second- The Great Taste of the Midwest. This is one of the best beer festivals in the country. The Taste will be going on Saturday afternoon August 10th from 1 until 6 PM. If you want to try some



different beers this is the place to be with 400+ beers on hand representing the best efforts of over 90 microbreweries from around the Midwest. Food is available; also entertainment which runs toward the oompah band variety. One of the nicer aspects is that this festival is held outdoors at the Olin-Turville park. It is very pleasant and a whole lot of fun! Tickets to the Great Taste are \$20, which lets you sample as many of the different beers as you wish. There are a limited number of tickets available. Last year they sold out by the middle of July, so if you are interested in attending, get your order in *as soon as possible*. Ticket orders can be sent to:

Great Taste!
Madison Home-
brewers and Tast-
ers Guild (MHTG)
Post Office Box
1365
Madison, Wisconsin
53701-1365

Make checks payable to MHTG and you must include a self-addressed stamped envelope (SASE). No phone orders, no credit cards. Please allow 2-4 weeks for ticket processing.

Finally – Madison is home to a plethora of new and used books stores including the biggest Barnes & Noble in

the country. Lola says the used book section alone of this B&N is larger than many free-standing stores. A map and list of bookstores will be available.

Lodging – Unfortunately, there is a big drum & bugle corps competition that week. Hotel rooms, especially moderately priced ones, are already booked up. Working through a travel agent I managed to have 15 rooms reserved at the Marriott Madison West for Friday and Saturday. The rate is \$104/night plus tax, assuming we fill at least 10 rooms. **To get this rate, please book through Jack Lan-**



giano, Planet Travel, at 241-0180. Jack needs the reservations by July 1 to hold the rooms. Reference the Springfield Bike Club Madison trip when you call.

Contact information for Madison Trip
August 9 thru 11, Deadline July 1, 2002:

Planet Travel – Jack Langiano 241-0180
jack@planettravelonline.com

Marriot Madison West - www.jqhhotels.com/htmlsite/hotels/wi/middleton/

Great Taste of the Midwest - <http://hbd.org/mht>

Questions? Call Kevin Brown– 787-5652
kjbrown@prodigy.net

Horsey 100, May 24-26
Ernie DeFrates



Want to go to Horsey but haven't signed up yet? Check the sponsor's website, www.bgcycling.org, or see me for copies of the registration form. We plan to leave Springfield Friday morning, go to dinner that night, ride Saturday, then go out for dinner again Saturday night. On Sunday, we'll do the ride and vacate the dorms by 3 p.m. Some of use will then drive to Louisville, stay Sunday night, and ride the Louisville Bicycle Club's ride of 30/60/100 miles on Monday.

I plan to do the 30-mile route on Monday. I will send an e-mail about the time and location of Monday's ride start, which the Louisville Bike Club informed me they would know after April 20. I ask Horsey attendees with e-mail to pass this information on to those who do not have e-mail. I'm looking forward to a great trip.

(Continued from page 6)

cent, nice-looking, over-priced chain. By “over-priced,” I mean you could buy a 9-speed chain for about \$7 dollars less that would work and function just as well, in terms of strength, articulation, long-wearing, flexibility, etc. The extra \$7 buys you some aesthetics. If that’s important to you . . .

Sachs/SRAM PC89R Road “Power Chain”

Performance (out of five): ***1/2

Value (out of five): ***

For: nice color; handy “Powerlink II”

Against: on the pricey side

Other: plates with portals

Who would benefit from this product: road cyclists who want that all-silver drivetrain look

Who wouldn’t be interested: “geez, it’s just a stupid chain . . .”

Time used: 5,000 miles

Approximate retail price: \$29

Next Time: Mavic BR 601

Road Quick Release Skewers

The 9th Annual LOILVA Metric June 2

Mark Flotow

I know this is the May issue, but just over the horizon is the LOILVA (Lower Illinois Valley) metric - although the reality is it’s just a 65-mile club ride starting in a different county. That means there is no sag, no provided food stops, no arrows on the road, virtually no organization, definitely no short-cuts or shorter routes available, but no fee and there is a map of this very straight-forward route. (Having stated the distance, I should mention I will be exploring a route option between Milton and Pearl to avoid a rolling section where the road is narrow and has some rough pavement. That potentially could add 10 miles or so to

the route.)

Although initially we’ll be meeting at the Perkin’s parking lot, near Target (at 8:30am), for ride sharing and other logistical reasons, the actual ride will start in Glasgow (approximately 9:30am), about an hour’s drive from the southwest side of Springfield. Food and water can be hard to come by on this route. I will have a few jugs of water and extra water bottles available for you at the start. There is a convenience store in Pearl, but our “official” stop will be the store in Kampsville. I have billed this as an A/B/C ride. If you have any questions, call me at 546-2579 .



Springfield Bicycle Club Membership Application

Member Information

<input type="checkbox"/> New Member	<input type="checkbox"/> Renewing Member
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:

<input type="checkbox"/> Bicycle Advocacy Fund	<input type="checkbox"/> 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

TGI Spring Metric Application

May 4, 2002

Liability and Indemnity Agreement:

In consideration of my signing this agreement, I hereby for myself, my heirs and administrators assume any and all risks, which might be associated with my participation in this special event. I waive and release any and all rights and claims for damages which I may have against the Springfield Bicycle Club, its officers and members, the event facility owners, and the Menard County Trail Coalition, its officers and members and any other person connected with this event, their sponsors, representatives, successors and assigns for any and all injuries or damages of any kind and whatsoever suffered by me as a result of taking part in this event and any related activities.

I hereby for myself, my heirs and administrators, agree to indemnify and save and hold harmless the releasees and each of them from any loss, liability, damage, or cost they may incur due to my presence or participation in the event and whether caused by the negligence of the releasees or otherwise.

Signature Required

Date: _____

Signature: _____

Signature of Parent or Guardian:
(for riders under 18):

Photocopies of the registration blank will be accepted only if the Liability Waiver and Indemnity Agreement on the back is also copied. Both sections must be filled in with proper signatures for all family members.

Please accept my pre-registration for the 2002 TGI-Spring Ride on Saturday, May 4, 2002.

At the present time I plan to ride the following distance:

- 57 Miles 40+ Miles
- 25 Miles 12 Miles

Name: _____

Address: _____

City: _____

State: _____ Zip _____

Club Affiliation (if any)

_____ \$8.00 Individual Registration(s)

_____ \$18.00 Family Registration

_____ Optional Donation for bicycle advocacy/ safety programs especially for children

_____ Total amount enclosed

Menard County Trails Coalition

MAIL TO:

TGI Spring Registration
C/O Karen Schanker
101 Almond Lane
Petersburg, IL 62675

TGI Spring Metric

May 4, 2002

57, 40+, 25 & 12-mile routes

Petersburg, IL

*Registration 8:00 am-9:00am for 57 & 40+ miles routes
8:30am-9:30am for the 25 & 12 mile routes*

See back page of Quick Release

Sponsored by

Springfield Bicycle Club & Menard County Trails Coalition

Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705

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

Address Service Requested

*Bike Month
May, 2002*

