

The

Quick Release

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QR Deadline 15th of the

Month

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Not for Commercial Use

RIDE OF THE MONTH

Mark Flotow's Ninth Annual LOILVA (Lower Illinois Valley) Metric was this month's Ride of the Month. If you have never ridden this route, you have missed one of the really good rides of the season, as the scenery along the bluffs of the Illinois River is truly special. As added attractions, riders had the opportunity to cross the river on the ferry at Kampsville and quench their thirst at a unique local pub in Eldred. The day was hot, the roads were good, and a good time was had by all. Thanks Mark; another great ride!!

ALMOST ANYTHING AWARD

This month's Almost Anything Award goes to Mike Elston for his impromptu sag service for several riders including his own wife and daughter. Kedra Elston and Brea are normally unstoppable, but a combination of heat and a nearly flat rear tire on Brea's Alley Cat combined to exhaust all of Kedra's energies, and a lift home from Mike was greatly appreciated. The following week, Mike again helped sag a rider home who had completed a long, hot ride but was uncertain of his ability to ride the additional miles needed to get back home. Not waiting to be asked, Mike again volunteered his services and saw to it that the rider was transported safely home. Thanks Mike!! Your assistance was greatly appreciated!!

LEAD WATER BOTTLE

This month's Lead Water Bottle "Award" goes to Jerry, "this looks like a good place to park", Ihnen. Each year at the IronHorse Triathlon, the county provides a large service truck to transport workers and traffic cones to the various locations around the course. Of course, the county expects that we will provide a trained, responsible driver who will take good care of their truck and return it promptly in good order. Our LWB "winner" was doing fine until he decided to park this large vehicle in a field which had only recently been saturated with rain. Yep, you guessed it; Jerry had driven into a spot that he could not drive out of even when he recruited the assistance of several weary triathlon participants as well as the assistance of multiple SBC workers. Good job Jerry!! I'm sure the county will be really anxious to loan us that truck again next year!!

CALENDAR OF EVENTS

Friday August 2	Three Leos Birthday Ride
Saturday August 3	Passport Ride
Sunday August 4	Breakfast Ride
Sunday August 4	Old Jack Cleanup
Wednesday August 7	Board meeting
Friday August 16	Ride with Lola
Sunday August 18	Otter Lake Ride & Picnic
Friday August 23	Sklar Morris Birthday Ride
Saturday August 31	SBC Jersey Ride
Sunday September 1	Tour de Pigs II Ride
Monday September 2	Labor Day Ride

El Presidente Ernie DeFrates

HELP! We still have important board positions to fill, and we are running out of time. Nominations and elections are due to be completed this month, and we still have openings for Vice President, Social Chairperson, Recording Secretary and Quick Release Editor. Gail Mugler is stepping down after two years of great work as Ironhorse coordinator, so we need to fill that position, too.

The enjoyable and memorable times so many of you have experienced with the bike club would not have been possible without members volunteering their time on the board. Please seriously consider becoming a board member. Give a board member a call and find out what a specific position entails. Being on the board takes some time and effort, but is very rewarding. Following are nominations we currently have for some of the board positions:

President

Alfred Arkley

Board Secretary

Cindy Kvamme

Treasurer

Linda Butler

Special Events

*Len Miner &
Jonathan Reininger*

Legislative/Education

Lynn Miller

Incentive

Chuck Orwig

Records

Karl Koblrus

Ironhorse

I want to thank Gail Mugler and those of you who volunteered to help make the Ironhorse Triathlon a success. Gail says she got a lot of help from Jerry Ihnen, too. Even though the swimming component was canceled two days before the event, 760 of 860 registrants competed. Congratulations to the SBC members among them: Curt Winhold, Helen Cooper, Dan Leikvold, Dan Dungan, and Patty Shafer. A special mention goes to Hannah Standard, who came out and rode as a guest with the club about a month before the Ironhorse. Hannah was the highest female finisher from Springfield.

Memories

Longtime member Myron Haager passed away in late

June. Myron was kind, friendly, and fun. A regular rider on our former early Friday morning breakfast rides, Myron also rode RAGBRAI several times. He was a very enjoyable riding companion. He will be missed. Condolences go to Mark Smith and Kathy Shepard. Mark's dad Jim Smith passed away in late June. Condolences also go to Mike Vonnahmen. His mother passed away unexpectedly in early July. We also extend condolences to Cindy Moreno, whose grandmother recently passed away. I am sure they will be missed but not forgotten.



Board Meeting Notes - June 5, 2002

C. J. Kvamme

Present: Ernie DeFrates, Curt Evoy, Linda Butler, Karl Kohlrus, Alan Josephson, Dave Lucas, Kathy Shepard, Cindy Moreno, Jerry Ihnen, Gail Mugler, Cindy Kvamme, Marty Celnick

Alan has the ride schedule for July filled. He has also scheduled a joint ride with SAMBA at site M for July 21.

Dave received five applications for new members this month.

Linda reported that our checking account has \$2126.33 and our savings account has 2145.19. Some of this money is the final payment for the Club Jersey. She sent the T.G.I. expenses to the Menard County Trails Coalition. The expenses were \$100.00 less than last year because we didn't do a mailing.

Kathy reminded everyone that the picnic is still set for June 22. Linda Schrodtt will be in charge. Kathy needed someone to grill and Alan Josephson volunteered.

Cindy reported that the jersey production was on schedule and hoped to have

the jerseys in time for the RAGBRAI riders. She also noted that after paying the bill and shipping that there would be about \$140.00 left over. Did we want to give everyone back a dollar or two or keep the extra? Alan motioned that we keep the extra money and add it our treasury. Karl seconded the motion. The motion passed.

Gail and Jerry felt that their work on the Iron Horse was coming together. At this time there are approximately 850 participants registered. Our Club will get \$1.50 per participant. Gail is using team leaders at each work-station to help her coordinate. For the Friday night sweep everyone is to meet at Ball Elementary School.

Ernie reported on bike week. We had the ride around the capital but did not have the ride to work. There was some confusion with Sarah Gripper and the media interview date, and since we didn't have that, Sarah contributed more toward the place mats for McDonalds. Our contribution was \$160.00 for 11,000 place mats.

According to Karl the LIB will now hold their annual meeting at the May Bike

Show in Chicago. Saturday June 1 Chatham Mayor Tom Gray will give a proclamation for Trails Day. The bridge over Plummer Blvd. is now complete. There is a Grand Illinois Trail Ride scheduled for 2003. The land has ben purchased for the Sangamon Valley Trail by D&R and everyone is behind the completion. Twelve million dollars is required to complete the seven mile section from Iles to the Sangamon River Bridge. We may see a portion of this trail built by 2005.

Under old business, Len Miner sent information via Ernie on the CCC. All of the parks have been reserved. Jonathan has finished the brochures. Rich from R&M will provide the beer. And wristbands will be given to each participant. Nominations will be given for board members in August and the vote will take place in September. The new route for the Monday night ride seems to be better.

The Best Ride of the Month award was given to Kent Kraft and Alan Josephson for their Site M ride on May 19.

Nominations for the Al-

most Anything Award were Charlie Witsman for completing his ride and then going back to see if anyone needed water. Alan Josephson for helping Cindy Moreno after she bonked on a Monday night ride. Cindy Kvamme for taking the jersey orders. Christa McLaren and Marty and Skylar Morris for helping Kathy Shepard and Mark Smith by mowing their lawn. Kedra Elston for towing Brea up the hills at Horsey Hundred. Brea wasn't pedaling. **The award was given to Cindy Kvamme.**

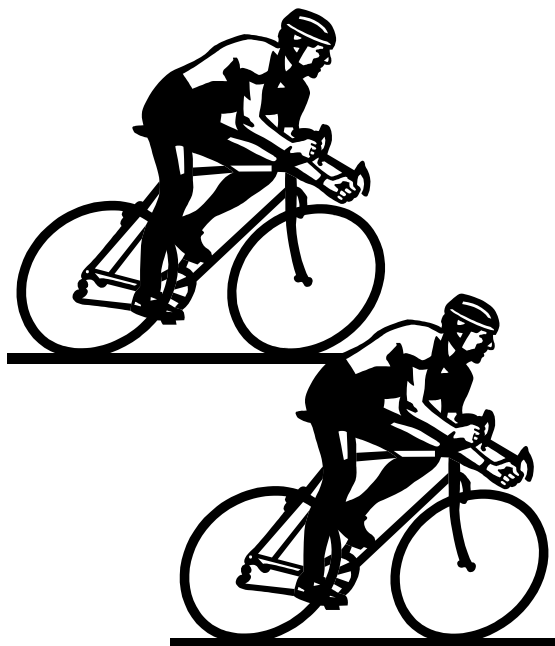
Lead Water Bottle nominations were: Rich Huelskoetter and his wife for riding without helmets along Sangamon Ave. and into the Fairgrounds. Lisa Kidd for thinking that she had won rider of the month and telling everyone that she had. Pat Kelly a touring rider from Florida who looked Karl up for a place to stay. Pat's bike with all of his belongings weighed 210 pounds. Map Quest for poor accuracy on every map used at Horsey. The German restaurant, at Horsey, that should change the name of its potato pancakes to lead pancakes because they were so big and thick, but good. **The winner is Lisa Kidd**

Thanks to Ernie for hosting the meeting this month.

No More Ride Schedule

Alan Josephson

Yes, that is a possibility if we cannot find someone to take over the VP position on our SBC Board. This is a very rewarding position and one that is not exceptionally difficult since we have so many people that usually lead rides. You just need to ask 'em! All it takes is some organization, time and very basic "typing skills" using Word software. Previous templates for the last two years are on discs ready to be downloaded on your computer and all you have to do is put in the new ride information after deleting the old. A sense of humor, some creativity and patience is required. I will train if necessary. The new VP will begin duties for the November 2002 QR (October 15th deadline) which is the beginning of our slower months, thus less rides to fill. Call any board member or me, 793-0590, just as soon as you read this for any more information. Remember that the Club is only as good as its membership. So take a deep breath, step forward and do your part to keep this great bicycling club going.



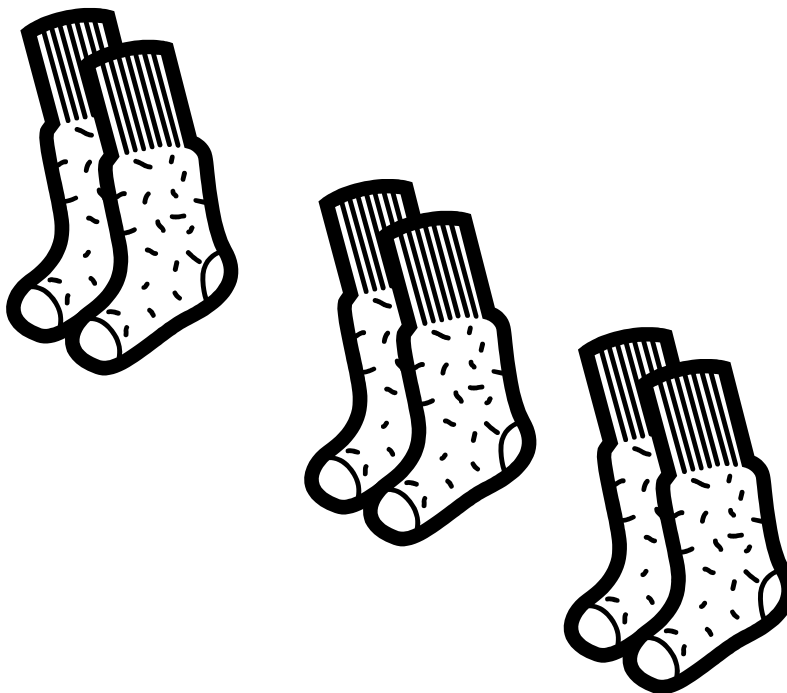
Tried and True or Tried and Trash

Mark Flotow

Grab-Bag of Cycling Socks

Given my history, I don't think I could count the number of cycling socks I've gone through. Certainly not as many as Eddy Merckx, however - he put on a new pair for each and every race, and this was long before somebody decided or figured out how to put sponsors' names and logos on them. (This was back when cycling socks came in every shade of white, depending on how many times you got caught riding in the rain in them.) It was no more than ten years ago that socks with more than the minimal cycling logo began to appear. And about five years ago, the variety of art and writing on cycling socks really proliferated. Check out a few of the Web sites below - I quickly counted more than 150 different styles among these sites.

What features, beyond any fashion statement, should be found in a good summer-weight cycling sock? First and foremost, it has to fit evenly and comfortably on your feet. All your pedaling power is transmitted through your feet and your socks are first to "feel" that force - be it a lot at once, as in a hill



climb, or distributed throughout the course of a century ride. So, if there are lumps, unevenness, bunching-up, too tight on the toes, etc., you're going to feel it as irritation, a "hot spot," or some other pain. Socks should provide some cushion. It doesn't have to be much. In fact, it shouldn't be much (otherwise you waste energy compressing them with each pedal revolution) - just enough to smooth out the irregularities of the inside of your shoe sole for the sole of your foot. That's basically it!

However, there are a number of other, minor sock turn-offs - colors that run,

cuffs too short or too high up the ankle or calf, cuffs that roll down after repeated washing/wearing, heels or toes that wear out long before the rest of the sock (hence the expression, "that darn sock"), or retain odors. Among these, the cuffs curling down is one of my pet peeves. Not only do these floppy cuffs feel a little funny, sooner or later the cuffs capture small pebbles that work their way into the shoe portion of the sock. And of course, even the smallest piece of grit can feel like a stone if it gets under the sole of your foot.

So, perhaps the most important thing to look for in a

cycling sock is one in your size. The more sizes to choose from, the better your chances of getting a good fit. Next would be one with some minimal, soft-feeling fabric that will hold up well after repeated washing. Again, as always, hand-washing of any cycling apparel will increase its longevity. True, they may not get as clean as if they were machine-washed, but after five minutes of cycling, socks are going to get sweaty anyway. (Attention fairer sex: this is guy logic in action.) Let's look at size selection among a few of the more popular brands.

DeFeet (www.defeet.com) socks come in three to four sizes, depending on model/style. They have a "cush" line of socks, which have some extra material in the sole, if that helps float your boat. They also have "Speede" styles, which have a very low-cut cuff (below the ankle).

Socket Guy (www.sockguy.com) has only two sizes: S/M and L/XL. The few pairs I have tried are a little too much on the thick side for my liking.

Pearl Izumi (www.pearlizumi.com) comes in four sizes: XS, S, M, and L, which is about as generous a selection as it

gets. (On their Web site, the socks are under "accessories," not "footwear" - go figure).

Wigwam (www.wigwam.com) socks come in three sizes, pretty much white only, but they do have some wool blends. Most of their cycling-appropriate socks are in the "C-T Series."

Smartwool (www.smartwool.com) comes in either two sizes or four sizes, depending on style. For those so inclined, they have an "ultra thin" line of socks. Regarding these last two companies, I have used wool socks in the distant past and they were comfortable and did not retain odors. In the past, part of their downfall was laundering and shrinkage, but I suspect more recent treatments and blends make them worth looking at again. DeFeet also has some wool styles.

Another company I see often in cycling catalogs is Lin, but I was unable to find them on the Internet (just probably didn't try hard enough). Like Socket Guy, they, too, have just S/M and L/XL sizes.

And what about fashion? Sweet sassy molassesey, name your statement. They range from patriotic (U.S. Flag, stars and stripes motifs) to

irreverent ("Dick the Clown," "Screaming Sphincter") to bold message (skull and crossbones, "Bitch") to obtuse (blue flames, "Tiny Bubbles") to silly (flying pig, "Hell's Ankles," "Sid Fishious") to quasi sex-related ("XXX," mudflap girl) to bike-related (bicycle chain, little bicycles) to cultural ("Rasta Man," Kokopelli) to beverage (beer, java, "Happy Hour") to personality (Marilyn Monroe, Einstein) to what the . . .? ("Sparky" the sparkplug, "Plumbutt"). If you miss the days of when there were those relatively subtle brand logos, cycling clothing companies, like Assos, Castelli and Santini, just to name three, have socks of this sort.

Finally, prices range from around \$6 to \$12, with \$9-10 being fairly typical. Regarding styles, sizes, thickness, and other features, there's a lot out there but it may take some shopping to find the winning combination that suits you.



Summer Picnic Kathy Shepard

It was hot, it was muggy, but by all accounts, a good time was had by all who attended the summer picnic. Linda Schrodtt put on the picnic this year – thank you, Linda. According to her e-mail to me, the following people also deserve special thanks.

Lance Kidd helped to unload supplies and started grilling before the other attendees arrived. Amanda Kidd collected names for the door prizes, which she also set up and displayed. Lynn Miller helped to haul the coolers full of water and lemonade. Alan and Harriet Josephson led the rides, assisted whenever Linda asked them to, and helped to reload supplies after the picnic. Alan also took over grilling duties from Lance. Ace Bike Shop, BikeTek, Capitol Cycles, R&M Cyclery, and Wheel Fast Bicycle Co. donated some great door prizes.

Thanks to all who came and contributed, and to all who helped out after doing a bike ride in the sweltering heat! See you at the Century on September 8 – be sure to give Kedra Elston a call at 566-2698 to find out how you can help.



Secretary's Report March, 2001 Dave Lucas, Secretary

Renewals

Pat Aulich
Jon & Kathy Edwards
Jackie & Adam Galli
Jim Hajek
Lance Kidd & family
Merle & Betty King
Jeff Koester & family
Bill McGee
Charlie Rabins
Matthew Scrivano
Karl Vogl

Renewals at the Contributing Level

Sue Dees
James & Jane DuBose
Tom King & family
Lynn Miller & Andrea Butler
Jonathan Reininger
Lyn Schollett

Renewals at the Sustaining Level

Charles & Susan Hammond
Charles Witsman

New Members

Deanna Alexander
Richard & Joan Love
Jeff Price
Michelle Pulce
Mary Simmons

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.

Capital City Century

2002 CCC Bicycle Tour
Sunday, September 8, 2002
Lake Springfield Beach House
Springfield, Illinois

The Capital City Century

The Springfield Bicycle Club invites you to join in the fun of the Thirtieth Annual Capital City Century on Sunday, September 8, 2002. This is one of the oldest centuries in continuous operation in Illinois. Come ride with us! We think the CCC will become one of your favorite tours. Rides of approximately 12, 25, 62 and 100 miles are available.

Time & Date

Sunday, September 8, 2002. Century (100 mile) and Metric Century (62 mile) riders will have numerous food stops, while quarter century (25 mile) riders have one food stop. SAG service ends at 4 p.m., and all riders should be off the route by that time. Suggested start time is 7 a.m. for the 62/100 mile routes and 10 a.m. for the 25/12 mile routes. No mass start this year. Sorry.

Post-Pedalin' Party

All four routes return to the Beach House for the "Post-Pedalin' Party." Party tickets are free to riders and are available at nominal cost for non-riders if your family or others plan to meet you at the Beach House. Post-Pedalin' Party features bratwurst, fish, fruit, nuts, cookies, baked beans, pasta salad, cookies, and muffins. Get the picture? LOTS of food. And music!

Lodging

The SBC suggests a CCC sponsor, the DAYS INN, 2900 Stevenson Drive, just off of I-55 at the Stevenson Exit. Telephone 217-529-0171. It's nearest to the start.

Mail Registration & Checks to:

2002 SBC/CCC
PO Box 2203
Springfield, IL 62705

Enclose Check Payable to:

Springfield Bicycle Club or SBC

More Legalities

Photocopies of the registration will be accepted only if the Liability Waiver Indemnity Agreement on the back is also copied. Both sections must be completed with proper signatures for all family members. Prices are per person, unless using family rate.

Location

All rides start at the Center Park Beach House on Lake Springfield. From the north on I-55 or from the west on I-72, take exit 94, Stevenson/East Lake Drive, and go east on East Lake Shore Drive for about 3.5 miles. Watch for the signs to the Beach House.

From the south on I-55, take Exit 88 and follow East Lake drive about 5 miles. At the sign for the Henson-Robinson Zoo and the Beach House make a left turn, go a quarter-mile and follow the signs for parking.

Fees Enclosed:

- ___ @ \$5 Post-Pedalin' Party only \$ ___
- ___ @ \$5 12-mile route \$ ___
- ___ @ \$13 25-mile route (\$15 late*) \$ ___
- ___ @ \$18@62/100-mile (\$20 late*) \$ ___

Family rates are available for three or more people living at the same address:

- \$30@25 mile route (\$35 late*) \$ ___
- \$37@62/100 routes (\$42 late*) \$ ___

Late Registration*

Late registration rates apply to all rider registrations postmarked after August 23, 2002.

T-Shirts (mens sizes)

- ___ @ \$15 Small Short Sleeve T-shirt \$ ___
- ___ @ \$15 Med. Short Sleeve T-shirt \$ ___
- ___ @ \$15 Large Short Sleeve T-shirt \$ ___
- ___ @ \$15 XL Short Sleeve T-shirt \$ ___
- ___ @ \$15 XXL Short Sleeve T-shirt \$ ___

Grand Total \$ ___

Check payable to: **Springfield Bicycle Club**

First 100 Mile Century?

If this is your first century the SBC will prepare a special First Century Certificate.

Name(s)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____



Liability Waiver and Indemnity Agreement

In consideration of my signing this agreement, I 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, 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 releases 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 releases or otherwise.

*We need a name and signature for each rider registering for liability waiver purposes.

Name	Signature	Age
1. _____	_____	___
2. _____	_____	___
3. _____	_____	___
4. _____	_____	___
5. _____	_____	___

Address

Phone

City, State

Zip

Club affiliation (if any)

August 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 ONCE AT THE TOP OF THE SCHEDULE. 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.

Now that we are in the full riding season I am asking everyone to remember the rules of the road, especially **sharing the road** with automobiles. For safety sake **we need to move over** when someone shouts out car back. By taking over the whole lane we put ourselves at risk. We can cause drivers to become irate and act irrationally. So take the lead in this area and tell your riding buddy to pull behind you until the automobiles pass.

Monday - Friday 9:00 AM BC	Daily - "Show -N-Go" Arkley Residence 1511 Bates	Daily morning rides (AKA retired riders) for those wanting to get in some extra miles! No leaders, no maps, although Alfred and Lynn are regular riders. Participating riders should turn a ride sheet in to Karl Kohrus.
Monday - Friday 9:00 AM BC	Daily Show-N-Go Pana Trail-Rt 29 Lake Taylorville Parking Lot	Daily morning Show-N-Go rides along the Lincoln Heritage Trail. Turn miles into Karl.
Monday Wednesday Fri- Noon BC	IDOT, South Parking Lot Dirksen Parkway Lost Bridge Trail Lisa Kidd, 546-1698	"Lunch with Lisa" ride. Lisa leads the noon trail ride on M-W-F each week. Skip lunch and get ready for Lisa and the other regulars. 10-13 miles
Mondays 6:00 PM C	Blue Shield Blue Cross Bldg Aug 5th & 19th - Alan 793-0590 111 Price in Williamsville Aug 12 & 26 -Kedra 566-2698	A split month. Aug 5 & 19 at BSBC with Alan and Aug 12 & 26 in Williamsville with Kedra. These rides (13-22 mi.) are designed to especially help beginning riders (C/D) build their abilities so they will be able to participate in longer weekend rides. Call if confused!!!
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 CD/ER	IDOT, South Parking Lot Dirksen Parkway Lost Bridge Trail	Show-N-Go and report miles to Karl
Tuesday 6:00 PM BC	Carmody Residence 517 Appomattox Dr. Marilyn Powell, 248-7332	Intermediate West Side Training Ride with Marilyn leading. 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 riders. Several cutoffs from 12-28miles
Tuesday 6:00 PM BCD	Taylorville Bank 106 West Market St. Charles Witsman, 562-5208	Taylorville ride. 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	Parkway Point Movie Theaters West part of parking lot Show-N-Go	This is designed as a neighborhood easy social ride. Everyone will stay together for about 1 hour. Do the trails or the roads. <i>Maximum of 15mi.</i> Turn miles into Karl. Will not go August 10th-board meeting)
Wednesday 6:00PM C	Pana Trail-Lake Taylorville lot Rt. 29	Weekly night Show-N-Go along the Lincoln Heritage Trail. Turn miles into Karl.
Thursday 6:00 PM AB	Lindsay Boat Launch, Lake Spfld, Long Bay Drive Mark Flotow, 546-2579	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. 25-30 miles
Thursday 6:00 PM C	The Grotto Busness 55 in Sherman Louie Spinner, 523-1615	Louie leads the pack for a 16-25 - C pace ride. If he is unable to be there then this becomes a Show -N-Go.

Thursday 6:00 PM ABC	Rotary Park Iles & Archer Elevator Rd. Show –N-Go	A fast workout to prepare for those longer weekend rides. Grab a buddy and ride from 15-27 miles. This month is a Show-N-Go. Turn miles into Karl
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. Riders of all abilities encouraged to attend.
Thursdays 6:00 PM BCD	Taylorville Bank 106 West Market St. Charles Witsman, 562-5208	Taylorville ride. 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!
Friday August 2 7:00 AM NC	Jungle Jim's Café 1923 Peoria Rd.	Breakfast is a great way to finish the week by socializing with friends.
Friday August 2 6:30 PM C & ER	4123 Crocus Linda Butler, 787-5027 Ernie & Garland	Three Leo's Birthday Ride. Grilled food will be served following the ride cooked by Ernie & Garland while Linda makes sure those incredible desserts are ready. Bring a dish if you wish, drinks and lawn chairs if possible.
Saturday August 3 7:00 AM ABC/ER	Strike & Spare West Lawrence & Durkin Dr. Cindy Moreno, 546-5852	7:00 AM "Passsport" ride to beat the heat of the day. Cindy leads us 30-75 miles on a route that takes us around the world!
Sunday August 4 9:00 AM ABCD	Sherman City Park Andrew Rd. ½ mi E of Bus 55. Cindy Kvamme, 744-8864	Breakfast ride to Athens of 24 miles as well as a 32 mile +longer ride for those who want more. The breakfast place is the old Fulgenzi's with a new owner.
Sunday August 4 4:00 PM NC/C/D	The Real Estate Building Koke Mill & Old Jacksonville Garland Stevens, 698-8363	Old Jacksonville Road Highway Cleanup # 3. Join Garland and cleanup the environment. We need your participation so the one hour easy ride following can begin on time at 5:00PM.
Wednesday August 7 6:00 PM D/ER/NC 7:00 PM NC	404 Clipper Rd Harriet Josephson, 793-0590	<u>THE WEDNESDAY RIDE WILL BE MOVED</u> to the Josephson's residence with the BOARD MEETING following at 7:00 PM. Since the pool is open and Alan is on the road to Madison, the ride will be a 1 hour Show N' Go and is optional. Come participate in the meeting and enjoy the pool. Open to all SBC members only.
Friday August 9 7:00 AM NC	Ritz's Lil Fryer #2 Jefferson & Walnut	Join the crew for an excellent breakfast.
Friday August 9 6:30 PM D/ER	Turasky's in Curran Old Rt 36 at Curran Mike Royer, 965-5454	If hot enough Mike will lead us for a total of 7 miles to the water tower where we can really get cool! If not we'll meander for about an hour and return to Turasky's at 7:30 PM for food and drink. Bring dry, warm clothes and a towel just in case!
Saturday August 10 9:00 AM ABC	Riverton CCC Food Stop Pete Harjes, 629-7847	Pete plans "an in the area" ride of 21-45 miles on some fine roads. Ride to the ride for more miles.
Saturday August 10 9:00AM BCD	Marriott Motel West Madison, Wisconsin Kevin Brown	Out of town SBC members are visiting Madison this weekend. Kevin has a ride or two planned for the day, maybe with the Madison bike club. Details TBA
Sunday August 11 9:00 AM CD	Marriott Motel West Madison, Wisconsin Alan Josephson	Alan plans on leading a breakfast ride of about 20-25 miles. All those sober or not who are able to make it are welcome! There may be other rides though out the day from 5-30 miles. Details TBA

Sunday August 11 9:00 AM ABC	Lewis Memorial Christian Village West Washington Linda Butler, 787-5027	Linda has a great "in town" ride of some 40-50 miles. Cut offs will be available.
Sunday August 11 4:00 PM D	Harvey's Frozen Custard S. 6 th St. near Stevenson Gail Mugler, 787-5069	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 for an hour or so.
Friday August 16 7:00 AM NC	Hen House I-55 & Toronto Rd.	Enjoy a good breakfast like P_E_C_A_N waffles with SBC friends.
Friday August 16 6:00 PM D	1114 Fayette Brown-Lucas residence 787-5652	Ride around the park with Lola! Lola has worked very hard over this year to do this ride. Come join her! Return to their home at 7:00 PM where Kevin will be setting up his grill for burgers, dogs and boca burgers. Bring a dish and drinks to share. RSVP please before Friday.
Saturday August 17 7:00 AM ABC	Rotary Park Iles & Archer Elevator Rds. Chuck Orwig, 793-3782	"Sunrise ride!" or reasonably close. Chuck says it's hot so let's begin at 7AM for a 50-60 mile ride with cut offs. Bring food, money and lots of water.
Sunday August 18 11:00 AM ABCD/ER/NC	Otter Lake Mike Royer, 965-5454	Join Mike for a multi-ride beginning at 11:00 and picnic at Otter Lake. Boat rides, games, potluck and food around 4:00pm. Bring a dish to share, BYOB and chairs. Directions from SPFLD: Go South on Rt. 4 to Girard. Turn right at the shell station toward Palmyra. Go about 6+ miles until you cross the bridge. Turn left on the first gravel rd (it says private and looks wrong) and go about ¾ mile. Follow the curve in the road and go to the forth trailer on the left. Watch for signs and show up in ANY weather. An RSVP while not mandatory will be helpful.
Sunday August 18 5:00 PM NC	Illinois State Fair Grounds Abe Lincoln Statue in front of the Illinois Building Curt Evoy, 726-6349	Chicago Symphony Orchestra Concert at 7:30 PM. Finish the day with a free and delightful concert. Join the group at 5:00 PM to explore the fair and get some food. Bring water and a fan if you like as it can get warm in the stands. Call Curt for the information.
Thursday August 22 8:00 PM C	2526 Austin Rd Jonathan Reininger, 698-1724	Howling time at the moon! Come join Jonathan for the full moon ride . Lights required. Expect to go around 15 miles.
Friday August 23 7:00 AM NC	D&J Café' 901 W. Laurel (State & Laurel)	A good breakfast with friends is a great way to finish the week. Park in the correct spaces or face towing.
Friday August 23 6:30/ 7:45 MTN, D/NR	Lewis Memorial Christian Village West Washington 1540 W. Cook Christa McLaren, 793-4925	Sklar Morris's Birthday ride. Join Sklar, Christa & Marty at 6:30 PM at Lewis Memorial for an easy adventure on the off road trails. For those roadies, there will be a short option. Return to Christa's at 7:45 PM for birthday cake to go along with the POTLUCK and food we bring.
Saturday August 24 8:00 AM ABC	Rotary Park Iles & Archer Elevator Rds. Lynn Rhoades, 546-0229	54 mile (out & back) ride to the Casey's in Jacksonville. No maps. <i>if you wish to go shorter just turn around.</i> Go west on Old Jack and keep going straight! RIDE NO

Sunday August 25 4:00 PM D/ER	833 Roanoke Dr. Linda Schrodt, 546-0505	Join Linda on one of her old fashion ice cream rides. We ride for an hour or so then return to Linda's for that cold treat!
Friday August 30 7:00 AM NC	Higher Ground Café' (old Bixby's) Montvale Plaza on Iles NC	Come join us for a great breakfast.
Friday August 30 6:00 PM D/ER 7:15PM NC	Blue Shield/ Blue Cross 3405 Liberty-near Damons Chinese American Buffet between Walmart & Target Mike Schwab, 324-6951	Park and meet at BSBC and ride with Mike at a slow pace for about an hour. Return to eat at the Chinese Buffet between Walmart & Target around 7:15PM or so.
Saturday August 31 8:00 AM ABC	Show Me's MacArthur and North St. Chuck Orwig, 793-3782	SBC Jersey ride. Wear your old or new jersey for this 25-50 mile ride. Yes, you can ride even if you have no SBC jersey, but shame, shame, shame! Note the time!
Sunday Sept 1 9:00 AM ABC	Sherman City Park Andrew Rd ½ mile E of Bus. 55 James DuBose, 498-8221	"Tour de Pigs II" Ya gotta try this one! 45 miles with a shorter 28 mile option. Sherman to Broadwell with a planned snack stop consisting of cookies and drink at James' in-laws hog farm.
Monday Sept 2 9:30 AM ABCD/ER	Walmart parking lot Rts. 29 & 104 Taylorville Grover Everett, 824-2952	Labor Day rides begin in Taylorville and go 22 mi. to Stonington, 40 mi. to Blue Mound or 55 mi. to Macon. D's & ER's can do the trail if they wish. Grover says that Taylorville has some fine restaurants we can patronize following the ride. Join us for some different tours.

Please Note the Missing Ride

Sunday August 25 8:00 AM ABCD/ ER	Harmon's IGA Plummer Rd. & Rt. 4 Chatham Cathy Yeaman, 483-4912	Cathy has a neat 40-50 mile ride with a shorter version for those who wish to keep the ride short. Come and beat the heat!
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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.

Springfield Bicycle Club Mileage and Activity File As of June 30, 2002

Possible Miles for the Month
1675

Year
6359

	FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	LENGTH	
1	Bill	Voss	616	262	878	22	2080	950	3030	90	2	33.7
2	Marty	Celnick	570	80	650	25	2287	457	2744	123	8	22.3
3	Charlie	Witsman	636	0	636	16	2725	0	2725	76	9	35.9
4	Lisa	Kidd	646	177	823	25	2301	413	2714	108	2	25.1
5	Lance	Kidd	572	170	742	22	2143	412	2555	98	1	26.1
6	Karl	Kohlrus	410	244	654	16	1662	779	2441	64	3	38.1
7	James	DuBose	703	232	935	20	1841	476	2317	54	3	42.9
8	Mark	Flotow	462	223	685	14	1568	567	2135	54	12	39.5
9	Deeana	Shidler	355	20	375	8	1825	234	2059	43	1	47.9
10	Arden	Gregory	499	124	623	14	1437	507	1944	48	1	40.5
11	Alfred	Arkley	393	10	403	13	1795	91	1886	62	3	30.4
12	Tom	Clark	441	143	584	17	1492	326	1818	69	1	26.3
13	Lynn	Rhoades	417	187	604	11	1306	501	1807	41	1	44.1
14	Ernie	DeFrates	487	12	499	24	1537	48	1585	73	5	21.7
15	Cathy	Yeaman	285	149	434	9	1238	325	1563	43	2	36.3
16	Lynn	Miller	243	0	243	8	1475	54	1529	52	3	29.4
17	Pat	Stephens	246	40	286	8	1267	177	1444	48	0	30.1
18	Byron	Nesbitt	443	11	454	20	1330	71	1401	58	4	24.2
19	Pete	Harjes	293	0	293	11	1198	110	1308	58	1	22.6
20	Curt	Evoy	360	83	443	11	1076	199	1275	40	6	31.9
21	Pete	Gudmundson	384	0	384	13	1251	0	1251	48	0	26.1
22	Linda	Butler	381	56	437	15	1118	123	1241	40	5	31.0
23	Frank	Kink	172	36	208	6	972	253	1225	33	1	37.1
24	Bob	Sorenson	355	47	402	11	1036	181	1217	35	12	34.8
25	Derek	Ewing	255	115	370	8	876	292	1168	30	0	38.9
26	Mike	Schwab	221	2	223	10	1109	34	1143	58	2	19.7
27	Bill	Bock	270	6	276	8	1048	20	1068	35	0	30.5
28	Louie	Spinner	207	0	207	8	978	30	1008	49	8	20.6
29	Alan	Josephson	299	143	442	19	801	183	984	45	10	21.9
30	Garland	Stevens	372	12	384	10	784	120	904	28	1	32.3
31	Christine	Kohlrus	62	61	123	5	613	286	899	29	0	31.0
32	Jerry	Ihnen	258	36	294	8	817	79	896	34	2	26.4
33	Ruth	Magos	365	0	365	11	877	0	877	26	0	33.7
34	Bruce	Yurdin	375	92	467	12	739	134	873	22	0	39.7
35	Cindy	Moreno	258	44	302	13	746	67	813	41	9	19.8
36	Bob	Carmody	190	14	204	8	679	38	717	27	5	26.6
37	Carol	Bock	237	6	243	7	695	20	715	22	0	32.5
38	Marilyn	Powell	166	32	198	6	582	106	688	19	0	36.2
39	Cindy	Kvamme	391	15	406	19	670	16	686	38	2	18.1
40	Chuck	Orwig	239	103	342	8	512	132	644	18	2	35.8

Springfield Bicycle Club Mileage and Activity File As of June 30, 2002

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Year
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	FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	LENGTH	
41	Phil	Arnold	214	148	362	7	396	244	640	12	0	53.3
42	Sue	Dees	241	8	249	13	607	8	615	37	0	16.6
43	Dave	Lucas	34	18	52	3	551	41	592	25	2	23.7
44	Joel	Johnson	105	46	151	4	441	147	588	15	0	39.2
45	John	Day	179	0	179	4	482	59	541	15	0	36.1
46	Michael	Boyd	162	60	222	7	420	119	539	15	0	35.9
47	Don	Daniels	148	24	172	3	394	131	525	10	0	52.5
48	Jacki	Galli	187	5	192	8	513	6	519	22	2	23.6
49	Don	Struck	78	106	184	6	262	236	498	18	0	27.7
50	Gail	Mugler	139	36	175	5	447	50	497	19	0	26.2
51	Michael	Hills	267	58	325	7	437	58	495	12	0	41.3
52	Jon	Edwards	184	44	228	6	370	101	471	15	0	31.4
53	Brigetta	Ewing	90	10	100	7	447	21	468	29	0	16.1
54	Bill	McGee	78	0	78	3	462	6	468	17	0	27.5
55	Carol	Anderson	183	6	189	5	456	6	462	13	0	35.5
56	Jane	DuBose	163	85	248	8	313	144	457	15	0	30.5
57	Jack	Elston	137	28	165	11	397	33	430	23	1	18.7
58	Doug	Dalby	129	22	151	6	364	60	424	18	0	23.6
59	Curt	Winhold	128	32	160	3	368	54	422	12	0	35.2
60	Kent	Kraft	189	2	191	7	396	8	404	14	0	28.9
61	Brian	Watkins	55	35	90	3	334	58	392	13	0	30.2
62	Ken	McGarvey	100	15	115	2	350	40	390	9	0	43.3
63	Randy	Germer- and	117	50	167	4	308	79	387	11	0	35.2
64	Kedra	Elston	149	0	149	11	373	5	378	23	0	16.4
65	Mike	Vonnah- men	98	0	98	3	301	73	374	8	0	46.8
66	Mike	Eymann	184	0	184	5	365	0	365	11	0	33.2
67	Kevin	Brown	55	13	68	5	315	31	346	21	1	16.5
68	Russ	Farson	103	9	112	5	319	21	340	14	0	24.3
69	Mary	Thomas	67	0	67	3	335	0	335	10	0	33.5
70	Daniel	Ewing	43	0	43	4	304	11	315	20	0	15.8
71	Jonathan	Reininger	113	18	131	6	274	36	310	13	1	23.8
72	Brea	Elston	134	0	134	10	299	5	304	19	0	16.0
73	Melinda	Winhold	62	32	94	2	230	65	295	10	0	29.5
75	Sanso	Digger	120	0	120	3	279	0	279	11	0	25.4
76	Sean	Hatchett	89	35	124	4	223	46	269	9	0	29.9
77	Sharon	McBride	102	0	102	6	261	1	262	17	0	15.4
78	Rick	Regan	102	0	102	6	261	1	262	17	0	15.4
79	Christa	McLaren	59	0	59	6	260	0	260	18	0	14.4
80	Neil	Scott	65	14	79	4	226	22	248	13	0	19.1
81	Terri	Nelson	96	0	96	15	246	0	246	6	0	41.0

Ride Safe, Ride Right, Share the Road

Springfield Bicycle Club Mileage and Activity File As of June 30, 2002

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6359

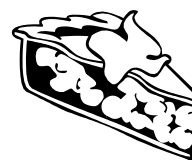
	FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	LENGTH	
82	Patrick	Small	69	14	83	3	192	40	232	8	0	29.0
83	Dan	Leikvold	140	34	174	4	192	34	226	6	0	37.7
84	Grover	Everett	38	0	38	1	224	0	224	7	0	32.0
85	Sr Josepha	Schaeffer	102	0	102	2	216	0	216	5	0	43.2
86	Jeff	Coultas	66	0	66	1	211	4	215	7	0	30.7
87	Irina	Scott	48	10	58	3	199	14	213	11	0	19.4
88	Bryan	Lasch	49	18	67	2	187	22	209	8	0	26.1
89	Gerry	Orwig	96	19	115	7	165	41	206	14	0	14.7
90	Paul	Hosmanek	29	0	29	1	172	25	197	7	0	28.1
91	Ben	Fox	141	4	145	5	185	4	189	7	0	27.0
92	Stan	Gralnick	49	24	73	3	130	53	183	8	0	22.9
94	Karol	Young	90	3	93	7	173	3	176	14	0	12.6
93	Tim	Schmidt	56	7	63	2	139	37	176	6	0	29.3
96	Harriet	Josephson	83	12	95	10	158	12	170	18	3	9.4
97	Brock	Webb	113	46	159	4	113	46	159	4	0	39.8
98	Mike	Elston	72	0	72	7	152	5	157	13	0	12.1
99	Karen	Wright	26	0	26	1	144	0	144	6	0	24.0
101	Connie	Roberts	40	2	42	2	117	8	125	7	0	17.9
102	Sarah	Kohnle	46	0	46	1	121	0	121	4	0	30.3
103	Marty	Morris	36	0	36	4	117	0	117	8	0	14.6
104	Dave	Scheina	10	0	10	1	115	0	115	8	0	14.4
105	Nancy	Byerline	102	0	102	2	102	0	102	2	0	51.0
106	Alex	Holmes	101	0	101	5	101	0	101	5	0	20.2
107	Micci	Bly	100	0	100	3	100	0	100	3	0	33.3
109	Jim	Disney	38	0	38	1	81	3	84	3	1	28.0
111	Amanda	Kidd	10	0	10	1	77	6	83	5	0	16.6
112	Paul	Anthony	20	2	22	1	72	8	80	4	0	20.0
116	Dara	Voss	47	25	72	4	47	25	72	4	0	18.0
117	Genio	Staranczak	52	3	55	4	65	3	68	5	0	13.6
118	John	Gee	66	0	66	1	66	0	66	1	0	66.0
125	Erin	Brand	27	0	27	1	57	0	57	2	0	28.5
130	Ryan	McMillan	44	0	44	1	44	0	44	1	0	44.0
131	Mike	Pfeolschifter	44	0	44	1	44	0	44	1	0	44.0
132	Mark	Ottaway	16	0	16	1	42	0	42	2	0	21.0
134	Adam	Galli	41	0	41	2	41	0	41	2	0	20.5
136	Roger	Schnelten	14	0	14	1	40	0	40	2	0	20.0
137	Mark	McCormick	29	10	39	1	29	10	39	1	0	39.0
141	Ken	Anderson	36	0	36	1	36	0	36	1	0	36.0
142	Todd	Byerline	36	0	36	1	36	0	36	1	0	36.0
144	Michelle	Pulco	35	0	35	1	35	0	35	1	0	35.0

Springfield Bicycle Club Mileage and Activity File As of June 30, 2002

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6359

FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	LENGTH		
143	Laura	Farson	22	0	22	1	35	0	35	2	0	17.5
153	Dan	Dugan	29	0	29	1	29	0	29	1	0	29.0
152	Deb	Cooper	20	0	20	1	29	0	29	2	0	14.5
155	Chris	Cormaney	27	0	27	1	27	0	27	1	0	27.0
159	Hamilton	Michelon	22	0	22	1	22	0	22	1	0	22.0
162	A. J.	Faith	10	0	10	1	20	0	20	2	0	10.0
164	Kathy	Eller Vlahos	19	0	19	1	19	0	19	1	0	19.0
166	Michael	Byerline	18	0	18	2	18	0	18	2	0	9.0
167	Lois	Huffman	18	0	18	1	18	0	18	1	0	18.0
169	Kevin	Elston	3	0	3	1	16	0	16	2	0	8.0
174	Judy	Carmody	13	0	13	1	13	0	13	1	0	13.0
177	Angie	Goutley	13	0	13	1	13	0	13	1	0	13.0
178	Kier	Goutley	13	0	13	1	13	0	13	1	0	13.0
179	Greg	Lakebrink	13	0	13	1	13	0	13	1	0	13.0
180	Lola	Lucas	7	0	7	1	13	0	13	3	0	4.3
182	Brian	Tober	8	3	11	1	8	3	11	1	0	11.0
183	Brock	Tober	8	3	11	1	8	3	11	1	0	11.0
184	Kaleigh	Harjes	10	0	10	1	10	0	10	1	0	10.0
186	Skylar	Morris	8	0	8	2	10	0	10	3	0	3.3
189	Mark	Jenkins	7	1	8	1	7	1	8	1	0	8.0
TOTALS			2202		2621			1145				
			74186	3	862	48	71873	5	83328	2964	143	28.1



Volunteers Needed
for Food Stops at the
Capital City Century
Call Kedra Elston at 566-2698



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 _____

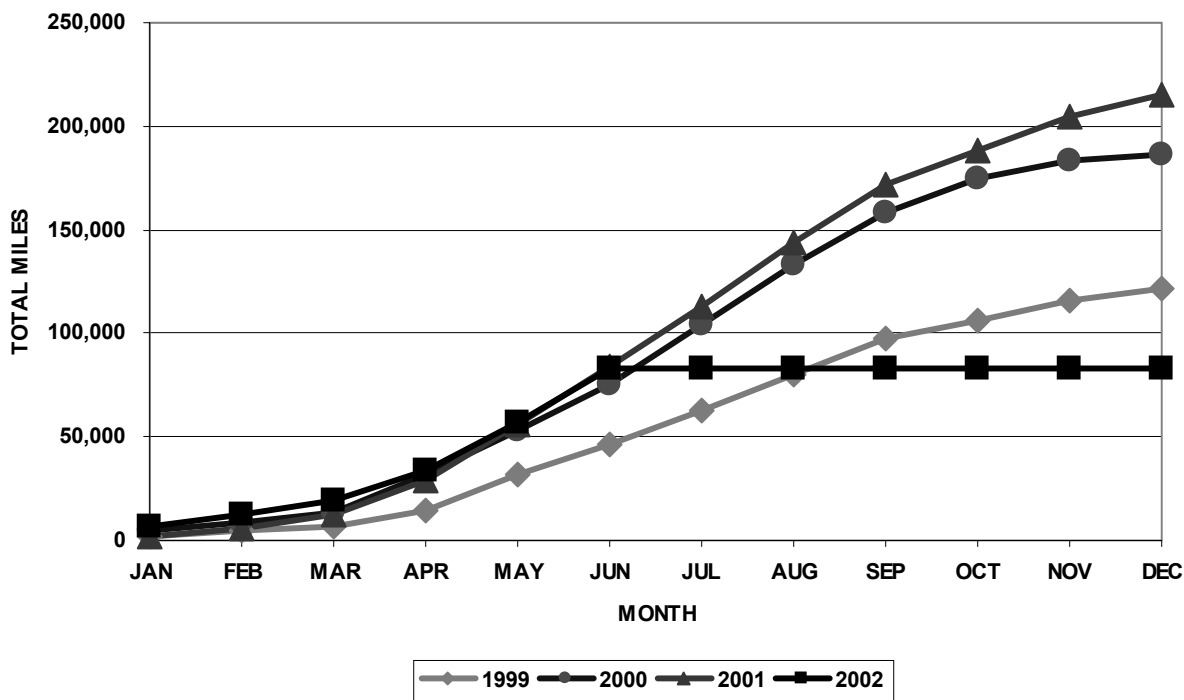
Official SBC Name Badges

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

SBC TOTAL MILES



**Custom Screen Printed
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SAMPLE DESIGN

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Paid advertisement

Capital City Century

September 8, 2002

12, 25, 62, 100 Mile Routes

Post Pedaling Party

Lake Springfield Beach House

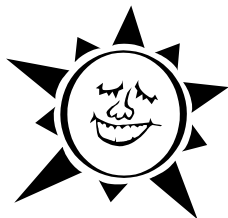
VOLUNTEERS NEEDED

WWW.SPFLDCYCLING.ORG

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Springfield, IL 62705

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Paid
Springfield, IL
Permit #325

Address Service Requested



August, 2002