

Officers

President  
Alfred Arkley  
546-4972  
arkley2@insightbb.com

Vice President  
Cathy Yeaman  
483-4912  
cycycle@msn.com

Board Secretary  
Cindy Kvamme  
744-8864  
c1jk3@aol.com

Recording Secretary  
Kathy Shepard  
546-1426  
kathy905@msn.com

Treasurer  
Linda Butler  
787-5027  
butlerl@compuserve.com

Special Events  
Jonathan Reininger  
698-1724  
jreininger@yahoo.com

Len Miner  
498-9342  
ssminor@aol.com

Social Chair  
Kevin Brown  
787-5652  
kjbrown@prodigy.net

Susan Dees  
529-1826  
susanedees@yahoo.com

Legislative/ Educational Chair

Lynn Miller  
psychlist@comp.net  
787-3354

Incentive Chair  
Chuck Orwig  
793-3782  
chucko127@insightbb.com

Records  
Karl Kohlrus  
544-8410  
kkohlrus@netzero.net

Quick Release Editor  
Curt Evoy  
726-6349  
qreditor@insightbb.com

**QR Deadline 15th of the Month**

At Large Members  
Bill Voss  
793-0570  
n350de@eosinc.com

**Not for Commercial Use**

SPRINGFIELD BICYCLE CLUB

# Quick Release

## RIDE OF THE MONTH

After hearty voting with all appendages (and our stomachs), there was a firm tie between Linda Butler's Apple Dumpling Ride of November 10<sup>th</sup> and Cindy Moreno's Soup 'n' Chilli Ride of November 23<sup>rd</sup>. Congratulations to you both for being excellent ride leaders, cooks, and hostesses!

### **Karl and Christine Kohlrus' December 15<sup>th</sup> Christmas lights ride is December's Ride of the Month.**

In a tiebreaker vote, the Kohlrus' ride won the Ride of the Month honors over Bill Voss' Worm Ride. It turned out to be a beautiful night to view the Christmas lighting on the north side, and the riders stayed out long enough to let Cindy Kvamme achieve her goal of 2000 miles for the year. Thanks to Christine and Karl for another wonderful night.

## ALMOST ANYTHING AWARD

Chuck Orwig wins this award after riding the entire length of Illinois for the Lance Armstrong Foundation during Chuck's birthday week (brrrr!) To make sure everyone knew his purpose, he even flew a bike flag for the Lance Armstrong Foundation and...

### **Garland Stevens is the December recipient of the Almost Anything Award.**

Once again this year Garland provided one of the highlights for the SBC holiday party with his slide show. From the thousands of pictures submitted by SBC members, Garland was able to select those that provided outstanding entertainment for the holiday party crowd. He was even able to include some pictures of Lance Armstrong, an honorary SBC member. Way to go Garland! Great show!

## LEAD WATER BOTTLE

...Again, Chuck Orwig is the dubious winner of this award for waiting until the coldest part of the year to begin riding the entire length of Illinois to celebrate....his birthday? How silly! He even flew a dangerous flag that nearly cracked Cindy Kvamme's helmet to boot! And he sounded really winded on the radio.

### **The LWB goes to Lisa Kidd this month for her inability to successfully wager.**

What a great way to cap off a great riding year for Lisa Kidd. She was able to make a bet with Marty Celnick as to which one of them would have the most miles for a certain period of time. Then, because Marty is willing to go along with anything, Lisa was able to change the bet to a different period of time. Well, in making the change in the time period, Lisa went from having a winning bet to having a losing bet. She's one of the few people who "snatched defeat from the jaws of victory". Hey Lisa, I'll bet you that .....

## The President's Report

### Alfred Arkley

Scott Gauvin is in the process of revising the SBC Website. It could be operational by the time you read this with the address of [www.spfldcycling.org](http://www.spfldcycling.org). We are also working to include a description and application form for the Capital City Century, **September 7, 2003**

The 2003 SBC Membership Directory should be available by the end of March. Check your 2001 Directory, if you have changes please email or regular mail to Cindy Kvamme as soon as possible. Her email is [c1jk3@aol.com](mailto:c1jk3@aol.com) or 205 S. State, Springfield, 62704. It

is especially important to make sure your email address is correct as we plan to email members about timely issues that cannot wait for the *Quick Release*.

At next SBC Board meeting on February 5, at Linda Butler's home we will explore ways to increase D level and Easy Rider rides in the evenings and on the weekends when Day Light Savings Time begins in April. This will be done to provide more rides for people who want shorter rides. Please contact me if you have any suggestions. 546-4972 or [arkley2@insightbb.com](mailto:arkley2@insightbb.com)

Chris Young has become the Outdoors Editor for the State Journal Register. He is a fantastic photographer and bicycle rider. You may have read the newspaper story about the Interurban Trail being completed by June. We hope so!!

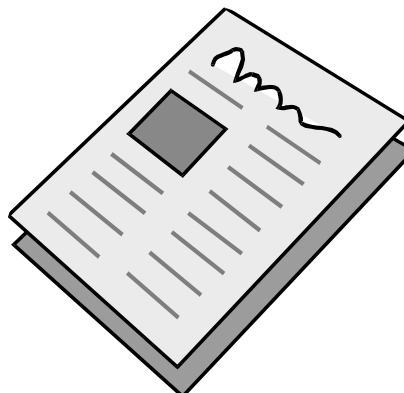
Curt Evoy has announced to the Board that he will retire as Editor of *Quick Release* by August. He has done a great job as Editor for three years. We will looking for a new Editor so that Curt can show you how to produce the *Quick Release* on your computer. Contact me if you are interested.

## Keep Your Newsletter Coming

### Kathy Shepard

You've been going on rides, enjoying social events, reading the newsletter.....now when is it time to renew your membership? Well, we're here to help you. Your renewal date appears on the mailing label of your Quick Release. If it's time to renew, the date will be highlighted. Beginning March 1, you will get just one newsletter after your expiration date if you fail to renew.

So keep your membership current and the newsletter coming! Renew by your due date, to avoid missing out on Club rides and events!



## 2002 No-Bell Award

### No-Bell Award Committee

How many of us can say we've spent most of our adult life as members of our bicycle club? In fact, who among us has been in the club so long that they've been the Quick Release Newsletter editor, been in charge of the Spring metric ride, have led many Springfield Bicycle Club rides, including regular weekly ones and have been on the ride committee, given club lectures on cycling, encouraged people of all ages to come bicycle with the club, ridden mountain bikes and road bikes, and owned multiple tandems. Well, the NoBell Award Committee did their research and found out there is no such single person.

Nevertheless, there is a study in contrasts with this year's NoBell Award. Quiet and forthright; adventure-some and patient; has touched greatness and has touched plenty of dirty chains; don't smoke but strangely interested in smoking-related items.

Here are four stories related to this year's award.

The first story is about fixing flats. Flats. We all hate them - some of us dread them. The only thing worse

than a flat is three of them in a row - in near freezing temperatures. Imagine this: the flat tire occurs, and with the temperature so cold, most of your foul-weather friends fly the coop, or at least head up the road, so as not to stop and chill out, so to speak. The spare is produced and pumped up - without success, as it's surmised that an old-unfixed-flat tube has been rattling around in the seat bag, as useless now as the day it was put there. The second spare is installed, pumped up and - the valve core pops out and so back to flat. Fittingly, another club rider supplies a new tube and the fix is finally finished. No other help was provided by the few onlookers, but there was no frustration shown (although likely felt) by the flat fixer. And was all done in a kindly manner, including a promise to produce and deliver a new tube for the donor the next day. So, we have grace under (low or no) pressure.

The second story, from a year or two ago, is about a new club rider and initially not a very popular one at that. He was new to the



sport and the club, very young and inexperienced. He started out on a summer club ride that clearly would soon put him over his head. And so it went after ten miles or so. But someone from the main group, now headed for the horizon, dropped back, knowing this young person would be pedaling alone into the wind and likely would get discouraged. Humor, cycling tips, chatter and companionship got the novice through the ride. And, partially due to kindnesses like this one, this young cyclist still rides with the club AND has a great attitude about riding.

For the third story - let's talk about cycling adventures - cycling at tandem rallies, mt.

biking at Moab, and riding in Colorado and regularly at the Hilly Hundred in Indiana (where I saw my favorite t-shirt that said “we don’t need no stinkin’ brakes!”). We’re talkin’ adventures with “attitude” with a capital A. And besides cycling, these adventures could be skiing or hiking at altitude.

The last story is about family values - I mean, here, the Springfield Bicycle Club family, of course. About bringing additional members into our club family, as if it were some sort of pyramid scheme. About joining the club as a single person and marrying a fellow club member, the newsletter editor no less, in 1984. And then immediately deciding not to be involved with the newsletter. And then rethinking it and being newsletter editor again in 1985 and 1986. About eventually procreating additional club members, in 1987 and 1990. OK, this is not a story - just a bunch of incomplete sentences. But I think you get the picture.

Let me finally say this, somewhat as a personal note, but I know I am not the only one who feels this way. Over the years, as I’ve gotten to know Lisa Kidd better, the more I appreciate Lance Kidd - they are BOTH our NoBell Award recipients for 2002!

## Length of Illinois Ride Chuck Orwig

You may have ridden RAGBRAI or some other “length of the state” ride, but have you ever considered riding the length of your own state of Illinois? Chuck Orwig thought it would be fun, so he did it to celebrate his 60<sup>th</sup> birthday.

He rode 524 miles from north of Warren to Cairo in just 8 days. At the end of the 5<sup>th</sup> day, a storm hit the southern part of Illinois, and Chuck decided to ride on. After

45 miles on snow packed/slushy roads and two flat tires due to fly ash, Chuck asked Gerry to come to Nashville, IL to bring him home. He spent a week in Springfield riding to stay in shape and then returned to Nashville to complete the ride in two more days.

Chuck encountered all of the regular cyclists’

woes including dogs, headwinds, and bad drivers. He also met the challenges of no services for many, many miles, snow covered roads, and short winter days. But those negatives were easily outweighed by: 1. the young

man who offered Chuck his gloves; or 2. the guy who gave Chuck all of his pocket money for the LAF; or 3. the motel owner who brought Chuck coffee on a cold morning; or 4. finding a bar that had Stag beer on draft for just 75 cents.

If you’re interested in the route or any information on the ride, just check with Chuck. If you’d like to make a donation to the Lance Armstrong Foundation, please ask Chuck. Please look for more LAF fundraising efforts by Chuck.



## Board Meeting Notes - December 4, 2002

Sue Dees

Present: Alfred Arkley, Linda Butler, Kevin Brown, Bill Voss, Cindy Kvamme, Curt Evoy, Lynn Miller, Mike Schwab, Alan Josephson, Dave Lucas, Sue Dees.

The meeting began at 7:05 pm after a delicious dinner courtesy of the Millers. November board meeting minutes were approved with minor corrections. It was also mentioned that members would get only one more newsletter after their SBC membership expired, in order to keep costs down and to encourage members to renew promptly. The Spinner Awards will be Jan. 29<sup>th</sup>.

Treasurer's report: Linda sent it to Board members via email. Highlights: we are solvent; balance \$9,670.01. Dues received in the amount of \$4,212.50; newsletter cost of \$4,004.75. Bike advocacy fund has more than \$1,000 in it. Contributions to League of Illinois Bicyclists (LIB) come from that fund. In 2001 we gave \$250 and it was moved/passed that it would be same for 2002. We gave \$15 to Lincoln Library for "Adventure Cycling" magazine. Alan suggested we pay for miles along Lewis & Clark Route from St. Louis to Portland,

OR; will discuss at Jan. 2003 meeting. Stopped service for portapotty at Lost Bridge Trail for 3 months, effective Dec. 15, 2002.

Holiday party: voted to pay for another deep fat fryer for Mike Royer to cook us more delicious turkeys, to spend less than \$100. Volunteers solicited for helping at party.

Ride of the Month: active voting led to a tie between Linda Butler's Apple Dumping ride of Nov. 10<sup>th</sup> and Cindy Moreno's soup 'n' chilli ride on Nov. 23<sup>rd</sup>. Other contenders were as follows: Deanna Shidler's Edinburg Downtown ride on Dec. 5; Bob Sorenson's Park Forest East ride; Bob Sorenson's Rochester ride; Byron Nesbitt's pre-retirement ride; Gail Mugler's 4 Scorpios ride; Pawnee/Kincaid, etc ride; Lynn Rhoades' Fairhills ride; Arkley's ride he didn't lead; and Dave Lucas's Moon Pie Full Moon ride.

Almost Anything Award: Chuck Orwig for riding for Lance Armstrong Foundation in November the length of Illinois, also in honor of his birthday. In order to increase visibility and make it clear whom Chuck was rep-

resenting, he used a Lance flag on his bike.

Lead Water Bottle Award: Chuck Orwig for waiting until the coldest part of the year to begin his birthday ride, and for utilizing a dangerous flag that almost cracked Cindy's helmet and nearly put her eye out. Alan Josephson got a very close 2<sup>nd</sup> for the Lead because of HIS birthday ride accident.

Capitol City Century & other event rides: we have reservations for Sunday for the 2003 Century for the Beach House; can't get Saturday. Can't make Auburn reservations until Jan. 1, 2003. Alfred will reserve Beach House for both Sat. and Sun. for Century 2004. SHIFFT: Dean Wisleder will lead it again for 2003. TGIS: Lynn Miller will talk to Dave Hedrick.

Publicity: Alan J. said Dept. of Tourism & Chamber of Commerce don't do much; they have a list of clubs & that's about it. The Chamber website should include the SBC website. Mike S. will look into asking about that again & will get back to Alfred w/ results. SBC should be listed in Journal Register "Who What When

Where” schedule and also in Illinois Times. A bike swap-shop (sell or trade) featuring used clothing, bike parts, etc. is proposed for April 2003, to be announced in Feb. newsletter.

LIB representative: Karl asked Lynn Miller to take over as LIB rep. as Karl will be too busy to do it in the future.

SBC web page: long discussion regarding comparing costs of other bike clubs’ web sites with how we handle our costs, and what we

should do differently or not. Alfred asked that he be emailed for any changes to the website, and he will communicate with our webmaster, Scott Gauvin.

No Bell award: Alan said we are all set w/ nominations, info, etc. Mark S. will read it at holiday party.

“Quick Release”: Curt said that mileage tables for whole year would run 7 pages, but there is not enough room for that. What is important is to have total miles & everyone who rode for the year listed.

Jan. 15<sup>th</sup> is the deadline for the Feb. newsletter. It was all agreed, after showing samples of other cities’ newsletters, that ours is far superior.

Grand Illinois Trail ride (GITAP): Lynn M. said that LIB sent mailing regarding this ride, to be held June 2003. On January 1, 2003, the registration will be opened up to anyone. There is a limit of 120 riders for camping.

Meeting adjourned 8:33 pm.

## Board Meeting Notes - November 13, 2002

Dave Lucas

Present: Alfred Arkley, Kevin Brown, Linda Butler, Sue Dees, Ernie DeFrates, Curt Evoy, Jerry Ihnen, Karl and Christine Kohlrus, Cindy Kvamme, Dave Lucas, Lynn Miller, Lenny Miner, Gail Mugler, Chuck Orwig, Kathy Shepard, Cathy Yeaman

Alfred called the meeting to order and solicited comments regarding the minutes of the last meeting. These minutes were approved without additions or corrections. Pete Gudmundson has resigned as recording secretary, and Dave Lucas volunteered to record the minutes of this meeting.

Linda Butler indicated that the club has a balance on hand of \$9,725.97. This balance includes an insurance check refund and a \$100.00 CCC contribution from Gene Rupnik. Linda noted that the Springfield Road-runners had agreed to split the cost of the Lost Bridge Trail porta-potty and had sent a check covering their share of this expense for the next 9 months. Linda inquired about renewal of the club’s affiliate memberships with LAB, Rails to Trails, and Adventure Cycling. A motion to continue our memberships in these organizations was approved.

Cathy noted that the 12/02 and 1/03 rides schedules were now complete.

Selection of the Ride of the Month for 10/02 was next on the agenda. Although there were many excellent rides in October, Ernie DeFrates’ 10/20 Site M ride was voted the ROM.

Nominations for the Almost Anything Award were next solicited. Susan Wheat of the Abundant Faith Church was nominated for her assistance to Tom Clark following his accident on Taylor Ave. Susan stopped

*(Continued on page 18)*

## Secretary's Report February, 2003

Cindy Kvamme, Secretary

### Renewals

Terri Nelson & Family  
 Gene Rupnik  
 Jim Agnew  
 Don Daniels  
 Brock Web  
 Bob & Judy Carmody  
 Ed & Linda Caupert  
 Sister Josepha Schaeffer  
 Grant Mueller  
 Larry Small  
 Tom Clark

### Renewals at the Contributing Level

Chuck & Gerry Orwig  
 Bode and Marybeth Zietz  
 Bill & Stacey Connor  
 Mike Schwab

### New Members

David Brunson & Family  
 Laurie Papineau  
 Kerry Boes

### 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.



## Letter from the Editor

Curt Evoy



Welcome to the first *Quick Release* of 2003. My Christmas break was successful. I bought a new computer to publish the *QR*. The layout this month has been easy this month since Windows XP is more stable than previous Windows versions. Thank you, Microsoft.

The computer is going to help me continue to publish the *QR* until the end of my term on the board. My Editorship is going to end at the end of my current term, this fall. I have enjoyed my time as Editor and appreciate very much everyone's comments and support.

Are you interested in the Editorship, please contact me or any other board member? I do not want to wait until this summer and hope to fill my position then. I want to have a new Editor trained and in-place by this fall.

I tried to get the Almost Anything Award for the following people: Arden Gregory, Lance Kidd, Bob Sorensen, Chuck and Gerri Orwig. I had a flat on the New Year's Day ride, and would still be out there without their help. Thank You.

Have a good year! See you on the road.

## 2002 Spinner Award Winners

### Chuck Orwig

All SBC members in good standing are eligible to win a Spinner Award, an award for the largest number of annual miles. The incentive chairman of the SBC will decide on an appropriate memento to signify the accomplishment, and these will be presented at a ceremony after the annual mileage report is available. An award will go to the rider with the most mileage in each age and gender category and to the rider of each gender who did not win their age category. Members over the age of 40 must have ridden at least 500 miles to qualify for the award. The age used in determining the rider's category will be the age of the rider on January 1<sup>st</sup> (January 1, 2001 is used for the 2000 awards.). The age groups are as follows: 0-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, and 65+.

	-	
Under 20	Brea Elston 611	Alex Holmes 995
20 – 24	Melinda Winhold 760	NONE
25 –29	NONE	Brock Webb 1349
30 –34	Kendra Elston 814	Curt Evoy 2515
35 – 39	Linda Butler 2694	Pat Stevens 3098
40 – 44	Lisa Kidd 6152	James DuBose 7257
45 –49	Deeanna Shidler 5150	Charles Witsman 8009
50 – 54	Cathy Yeaman 4769	Tom Clark 3643
55 – 59	Ruth Magos 2671	Bill Voss 8290
60 – 64	Carol Bock 2145	Chuck Orwig 3563
65 and over	Sister Josepha 723	Lynn Miller 3753
AT LARGE	Lynn Rhoades 5097	Lance Kidd 6881





## Tried and True or Tried and Trash

Mark Flotow

### Assos Isotex versus Castelli Thermotech Pro Gloves

It was almost a year ago that I reviewed the TREK 4x4 winter cycling gloves, self-described as “at last, the perfect winter cycling glove.” Hope you bought a pair, because TREK, in their “perfect” wisdom, no longer makes them. Not to worry - there are plenty of other fish in the sea, of all shapes and sizes. Two-of-a-kind, however, are the Assos Isotex and the Castelli Thermotech Pro gloves. Both are your basic black (the Assos model also comes in blue), light-to-medium weight cool-to-cold weather cycling gloves. Both are not cheap and come from European manufacturers. (And it doesn’t help that the US currency has been losing ground to the Euro over the last year or so, adversely affecting our overseas-product buying power.) Still, warm, full-fingered gloves are an important cycling accessory for those late winter/early spring rides. Perhaps more so with gloves than most other cycling clothing, personal preferences rule. Some peoples’ hands gradually get too warm, while others’ gradually turn to stone - during the

same ride.

Keep in mind “warmth”

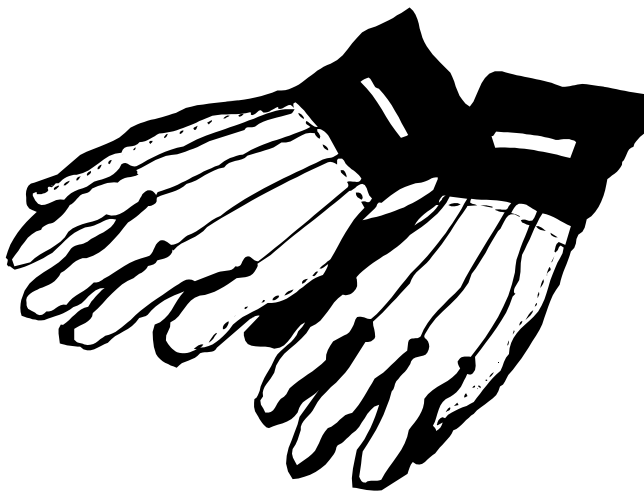
comments for these gloves reflect more the “turn to stone”

experience, as

my hands tend to chill when the temperature drops.

In reviewing these two sets of gloves, I’ll mostly reuse the criteria for reviewing those TREK gloves. Roughly in order of importance, these were: 1) warmth, 2) dexterity and grip, 3) fit, 4) long-wearing, 5) feel (soft and comfortable) and 6) how washable. I’ll rate them on each of these criteria on a scale of 0-10, with 10 being the highest/best score.

**Warmth** Both of these gloves score a **5**, which is not meant, in this case, to reflect mediocre performance. I found myself using them both in similar weather conditions: 35-45 degree temperatures. This can be stretched a few degrees by using thin polypropylene glove liners. The Castelli



model had slightly bigger, longer fingers and so glove liners fit a bit better in these than the Assos pair. Out of the glove pantheon, these are what I would consider middle of the pack. Both are lightweight, perhaps tipping the scales at just twice as much as regular, summer cycling gloves. So, these are easy to stuff into your jacket or jersey pockets when not needed. Both have double-sided cuffs that help keep drafts at bay. Neither have weather-proof material (the Castelli model claims it does utilize such a fabric, but it’s thin), nor have an extra layer on their exposed or back-hand sides, nor have separate liners. Both even have prominent logos on the backside. Overall, considering their weight, they offer reasonable warmth and protection, and they were never

intended for below-freezing conditions.

**Dexterity and Grip** Although the gloves look similar, I'd score them quite differently for this characteristic. Both have extra padding or gripping material on the palms and front-side of the fingers. (Neither of these gloves has enough protection for serious mt. bike usage.) In addition, the Assos pair has a wind-stopper-like material on the business side of the hand. The Assos Isotex also has Kevlar material on the palm that affects dexterity. True, it makes it a little thicker, but the problem lies in that the Kevlar makes it a lot slicker. There are several times I nearly lost a water bottle while trying to feel and hold onto it between cage and lips. This same material is found in their summer cycling glove, where there is no such slip-page problem, but Assos receives a failing grade for its use in their winter glove. The Castelli Thermotech Pro



has four grippy rubber-like patches: one on a portion of the palm, one covering most of the thumb and extending part way up the outside of the index finger, and one each on the inside, most distal section of the index and middle fingers. While these patches do slightly affect dexterity, they definitely improve grip. Assos - **2**; Castelli - **7**.

**Fit** Both makes of gloves fit well. I have relatively short fingers, and the Assos size medium fit me like a . . . um, quite well. Both gloves are the same length, but the Assos palm is shorter with a longer cuff, compared to the Castelli model. The fingers in the Castelli model were slightly longer, but I think these would suit most folks' hands more comfortably than mine, plus they accommodate a glove liner a little better. I liked the longer cuff of the Assos model, made of their "Roubaix" fabric, and it seemed to stay in position. Assos - **7**; Castelli - **6**.

**Long-Wearing** Based on my usage, one glove model has the other at a disadvantage. I wore the Assos gloves long enough until they failed. The Castelli gloves I only had used for two months or so of winter riding (and washing). Nevertheless, I expect any winter

glove to last two or more winter seasons, and so the Assos model again receives a failing mark. The problem was the right thumb split at the seam, where the front and backside materials are joined at the apex. My in-house seamstress was able to effect a repair, but the problem was the original sewing was too close to the edge of the material. So, this is a potential workmanship issue. Assos - **3**; Castelli - **6** (reflecting some benefit of the doubt).

**Feel** Both of these models feel good on the hands and, although a little stiff, also would make reasonably good driving gloves. The Assos back-hand material is a bit softer, especially if your nose, for some odd reason, made contact with it. I would rate them the same as I did on fit: Assos - **7**; Castelli - **6**.

**Washable** I suppose you could machine-wash both of these gloves, but I would recommend hand-washing using a mild soap. If you're careful not to wring them, they both wash relatively easily and safely. Having no liner or other extra materials to get bunched up inside the glove is a plus, unlike many heavier-weight gloves. Both Assos and Castelli score **8** on washability.

In the final analysis, Castelli

## Calender of Events

Sunday February 2	Ground Hog Day Ride
Wednesday February 12	Lincoln's Birthday Ride
Saturday February 15	First Edinburg Ride of the year
Sunday February 16	Jerry's Valentine Ride
Monday February 17	President's Day Ride
Friday February 21	Jonathan's Rock Soup Supper

wins. However, their model wins mainly because Assos's failed on two key characteristics. Nevertheless, the Castelli model is a reasonably designed and functional glove. The prices for either of these gloves, especially as they're not "perfect," make it prudent to shop around, or keep fishing, if you will. If in your casting about you find a real keeper, let me know.

Assos Isotex Winter Cycling Gloves

Performance (out of five): \*\*  
Value (out of five): \*

For: stylish, fit well, nice

cuffs  
Against: poor grip, split seam, expensive  
Who'd be interested: road cyclists with money to burn  
Who'd give it a skip: mt. bikers, others who want more protection (and value)  
Time used: about one and a half cold-weather cycling seasons  
Approximate retail price: \$50

Castelli Thermotech Pro Cycling Gloves

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

Against: only if mediocrity is wrong  
Time used: about two months of cold-weather cycling  
Approximate retail price: \$45

Next Time: cyclist, heal thyself: book review of "Bicycling Medicine"



## February 2003– SBC Ride Schedule

Anyone with questions about rides or interest in leading a ride can contact Cathy Yeaman 483-4912 or email me at [cycycle@msn.com](mailto:cycycle@msn.com).

Monday thru Friday 10:00 AM	Daily - "Show -N- Go" 1511 Bates Alfred Arkley, 546-4972	BC ride, Daily morning rides for those wanting to get in some extra miles. Participating riders should turn a ride sheet in to Karl Kohlrus.
Monday thru Friday 10:00 AM	Daily- "Show -N- Go" Pana Trail-Lake Taylorville Parking Lot Rt 29	BC ride, Daily-Show- N- Go along the Lincoln Heritage Trail. Turn miles in to Karl
Monday thru Friday- Noon	IDOT, South Parking Lot Dirksen Parkway, Lost Bridge Trail Lisa Kidd, 546-1698	BC ride "Lunch with Lisa" ride. Lisa leads the noon trail ride throughout each week. Skip lunch ride the trail with Lisa and other SBC regulars!
Tuesdays 6:00 PM	IDOT South Parking Lot Dirksen Parkway Lost Bridge Trail	BC ride, Weekly Show-N-Go along the LBT. Turn miles into Karl
Wednesdays 6:00 PM	Pana Trail- Lake Taylorville parking Lot Rt 29	BC ride, Weekly Show-N-Go along the Lincoln Heritage Trail. Turn miles into Karl.
Thursdays 6:00 PM	Parkway Point Theater Parking Lot Lindbergh & Robbins Rd	BC ride Weekly Show-N-Go along the Wabash Trail. Turn miles into Karl.
Saturday February 1 11:00 AM	Interurban Trail Marty Celnick 522-4206	BCD ride, Marty will take us on a winter route to match the weather conditions.
Sunday February 2 12:00, noon	404 Clipper Alan Josephson 793-0590	BCD ride, <b>Ground Hog Day Ride</b> 10 to 30 miles to look for your shadow or spot the ground hog. Use the trails to ride to Chatham then back to Alan's for a warm drink.
Wednesday February 5 6:00/7:00PM	4123 Crocus Linda Butler 787-5027	<b>Board Meeting</b> Arrive at 6PM for a bite to eat or arrive at 7PM for the meeting. RSVP welcomed but not required.
Friday February 7 7:00 AM	Ritz's Lil Fryer 2148 N. Grande Ave E 528-0862	NC, Come, join us for breakfast.
Friday February 7 6:00/7:00PM	IDOT, South Parking Lot Dirksen Parkway Lost Bridge Trail	NC, Walk the trail at 6:00, then head to Smokey Bones for Dinner at 7:00.
Saturday February 8 11:00 AM	Show Me's MacArthur Blvd and North Street Gail Mugler, 787-5069	BCD ride, Get outside and for some fresh winter air. 10 to 25 miles beginning on the trails.
Sunday February 9 11:00 AM	Pana Trail, Lake Taylorville Parking Lot Rt. 29, Taylorville Deeanna Shidler 562-4583	ABC ride, Plan on a ride of about 25 miles. The ride will either be on the trail or area roads depending on weather conditions. Enjoy this out of town ride!
Wednesday February 12 12:00 noon	Arby's, Fairhills Mall Washington & Chatham Rd Lynn Rhoades, 546-0229	ABC ride, <b>Lincoln Birthday Ride.</b> For those lucky enough to have the day off, make the most of it by going on Lynn's ride. Distance and direction are weather dependent.
Friday February 14 7:00 AM	Grotto Business Rt 55 Sherman	NC, Breakfast is a great way to finish the week by socializing with friends.
Friday February 14 6:00/7:00 PM	Ned Kelly's , Parkway Point Kevin Brown, 787-5652	NC, Walk from 6:00 to 7:00, then plan on Dinner at Ned Kelly's. If it is too cold or snowy to walk, then come at 7:00 to join the other SBC members for Valentine Day Dinner.

Saturday February 15 11:00 AM	Rochester Station Route 29 in Rochester Bob Sorenson, 529-1141	ABCD ride, This may be our first ride to Edinburg this year! Plan on a 30 mile ride to E'burg. D riders can ride the trail to IDOT.
Sunday February 16 1:00 PM	12 Carlsbad Court Jerry Ihnen, 498-8877	ABC ride, <b>Jerry's Valentine Ride</b> , Ride 20 to 30 miles and return for Chili. Second right then second left past the Sandbar Tavern on Mechanicsburg Road.
Monday February 17 11:00 AM	Perkins, Parkway Point 3429 Freedom Drive Mark Flotow, 546-2579	<b>President's Day Ride</b> . To celebrate President's Day, Mark has a 25 to 30 mile ride in mind. If you don't get the day off and it is a beautiful winter's day, well, what are those vacation days for anyway?
Friday Febru- ary 21 7:00 AM	Cooks Spice Rack & Chilli Co 910 N. Grand Ave West 492-2695	NC, Breakfast is a great way to finish the week by socializing with friends.
Friday Febru- ary 21 6:00/7:00 PM	2526 Austin Drive Jonathan Reininger, 698-1724	NC, <b>Rock Soup Supper</b> , Walk at 6:00 followed by Rock Soup. Please bring an ingredient for the soup. Jonathan will provide the soup starter and cornbread.
Saturday February 22 11:00 AM	Harmon IGA in Chatham Plummer Rd and Rt 4 Cathy Yeaman, 483-4912	ABC ride, Cathy has a 30 to 35 mile ride planned. Let's hope for warm weather and dry roads.
Sunday February 23 11:00 AM	Lewis Memorial Christian Village 3400 W. Washington Linda Butler, 787-5027	ABC ride, Linda has a ride of 30 miles or less. The colder it gets, the shorter the distance.
Friday February 28 7:00 AM	Hen House I-55 & Toronto Rd 529-3690	NC, Join us for breakfast.
Friday February 28 6:00/7:00 PM	Soiree, Gables Shopping Center Lisa Kidd, 546-1698	NC, This is a new place for Friday night. The owners of Café Brio have opened this new west end bistro. Join Lisa and other for a walk and dinner.
Saturday March 1 10:00 AM	114 Basswood Bob Sorenson, 529-1141	ABC ride, <b>Bob's ham &amp; beans ride</b> . The distance will be weather depend-ent but no more than 40 miles. In case of bad weather come for food at 12:00 noon. Non-riders welcome.

### 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.

In 1889 *The Literary Digest* predicted, "The ordinary horseless carriage" is at present a luxury for the wealthy; and although its price will probably fall in the future, it will never come into as common use as the bicycle."

## Springfield Bicycle Club Mileage and Activity File As of December 31, 2002

Possible Miles for the Month  
1100

Year  
15191

Rank	Name	December Total	2002 Total	Rank	Name	December Total	2002 Total
1	B. Voss	833	8,290	41	M. Vonnahmen	28	1,590
2	C. Witsman	706	8,009	42	M. Powell	0	1,578
3	J. DuBose	708	7,257	43	D. Lucas	95	1,529
4	L. Kidd	601	6,881	44	M. Boyd	117	1,508
5	L. Kidd	461	6,152	45	B. McGee	0	1,436
6	M. Celnick	651	6,035	46	J. Edwards	28	1,435
7	K. Kohlrus	509	5,504	47	G. Stevens	0	1,421
8	D. Shidler	697	5,150	48	B. Webb	25	1,349
9	B. Nesbitt	914	5,121	49	J. Galli	0	1,294
10	L. Rhoades	823	5,097	50	C. Kohlrus	34	1,272
11	C. Yeaman	311	4,769	51	D. Daniels	0	1,261
12	M. Flotow	308	4,694	52	J. Day	0	1,212
13	A. Gregory	192	4,561	53	J. DuBose	0	1,200
14	L. Miller	359	3,753	54	B. Watkins	55	1,195
15	T. Clark	44	3,643	55	B. Ewing	16	1,144
16	A. Arkley	66	3,578	56	J. Johnson	0	1,063
17	C. Orwig	551	3,563	57	D. Dalby	0	1,018
18	E. DeFrates	248	3,361	58	R. Germerand	28	1,003
19	B. Sorenson	251	3,334	59	A. Holmes	27	995
20	D. Ewing	46	3,149	60	M. Thomas	0	955
21	P. Stephens	130	3,098	61	C. Winhold	31	920
22	B. Bock	171	3,091	62	R. McCredie	154	823
23	P. Gudmundson	229	2,799	63	K. Elston	20	814
24	P. Harjes	142	2,795	64	G. Mugler	28	793
25	L. Butler	89	2,694	65	M. Ryan	0	783
26	R. Magos	0	2,671	66	J. Elston	20	777
27	P. Arnold	200	2,648	67	D. Struck	0	764
28		24	2,515	68	M. Winhold	31	760
29	M. Hills	226	2,505	69	S. Schaeffer	124	723
30	A. Josephson	0	2,393	70	M. Eymann	0	715
31	C. Moreno	28	2,319	71	J. Disney	52	714
32	F. Kink	55	2,283	72	C. Anderson	0	692
33	C. Bock	0	2,145	73	L. Miner	57	685
34	B. Yurdin	0	2,098	74	K. McGarvey	0	664
35	C. Kvamme	40	2,000	75	D. Ewing	16	661
36	L. Spinner	66	1,998	76	K. Kraft	0	638
37	M. Schwab	20	1,953	77	B. Fox	0	613
38	B. Carmody	141	1,760	78	B. Elston	20	611
39	S. Dees	20	1,671	79	K. Brown	0	583
40	J. Ihnen	83	1,609	80	C. McLaren	0	556

## Springfield Bicycle Club Mileage and Activity File As of December 31, 2002

Possible Miles for the Month  
1100

Year  
15191

Rank	Name	December Total	2002 Total	Rank	Name	December Total	2002 Total
81	R. Farson	0	549	121	D. Scheina	0	158
82	N. Scott	19	540	122	S. Kohnle	0	152
83	J. Reininger	0	525	123	E. Schlieckau	0	141
84	M. Bly	0	520	124	J. Price	26	140
85	D. Leikvold	0	488	125	K. Elston	0	136
86	T. Nelson	0	481	126	G. Rogers	0	127
87	S. Hatchett	0	473	127	C. Boyd	0	119
88	S. McBride	0	469	128	R. Wright	0	111
89	R. Regan	0	469	129	K. Shepard	0	108
90	C. Roberts	0	469	130	M. LeSeure	0	103
91	S. Gralnick	0	433	131	K. Huls	0	100
92	K. Young	0	431	132	M. Ottaway	0	88
93	G. Orwig	0	405	133	G. Staranczak	0	86
94	M. Elston	10	391	134	S. Sievers	0	85
95	D. Ross	42	367	135	T. Huffman	0	82
96	K. Wright	0	348	136	D. Dungan	0	81
97	C. Johnson	0	337	137	M. Smith	0	78
98	I. Scott	0	312	138	M. Smith	0	78
99	H. Josephson	0	308	139	H. Arkley	0	77
100	J. Stevens	0	300	140	J. Carmody	0	76
101	J. Halterman	0	287	141	B. McGarvey	0	73
102	P. Anthony	0	275	142	L. Farson	0	71
103	P. Small	0	275	143	R. Schnelten	0	71
104	D. Voss	0	271	144	D. Caspary	0	66
105	T. Schmidt	0	266	145	E. Cavanaugh	0	66
106	G. Everett	0	264	146	J. Cimerosa	0	66
107	A. Galli	0	259	147	J. Gee	0	66
108	B. Tober	17	258	148	T. Mehan	0	66
109	M. Pulce	0	233	149	R. Schappaugh	0	63
110	R. McMillan	0	221	150	A. Tippet	0	60
111	J. Coultas	0	215	151	K. Laudeman	0	59
112	B. Lasch	0	209	152	W. Stikes	0	59
113	A. Kidd	0	204	153	J. Wedling	0	59
114	J. Agnew	0	201	154	M. Royer	0	58
115	N. Byerline	0	200	155	E. Brand	0	57
116	P. Hosmanek	0	197	156	J. Nugent	0	57
117	C. Detrick	0	195	157	L. Small	0	57
118	M. Morris	0	178	158	K. Winhold	0	57
119	D. Wisleder	0	174	159	P. McDivitt	0	56
120	J. Kidd	0	165	160	D. Elston	0	53

## Springfield Bicycle Club Mileage and Activity File As of December 31, 2002

Possible Miles for the Month  
1100

Year  
15191

Rank	Name	December Total	2002 Total	Rank	Name	December Total	2002 Total
161	T. Henn	0	53	201	R. Chaput	0	20
162	G. Rupnik	0	53	202	A. King	0	20
163	J. Lambert	0	49	203	E. King	0	20
164	C. Downs	0	47	204	F. King	0	20
165	E. Taylor	0	46	205	T. King	0	20
166	A. Faith	0	44	206	C. Ross	0	20
167	M. Pfeolschifter	0	44	207	S. Stanley	0	20
168	C. Martin	0	43	208	J. Vollmer	0	20
169	D. Scott	0	43	209	K. Eller Vlahos	0	19
170	G. Woulard	0	42	210	L. Schroeder	0	19
171	S. Hack	0	41	211	M. Byerline	0	18
172	R. Yoswis	0	41	212	L. Huffman	0	18
173	K. Goutley	0	40	213	R. Midgley	0	18
174	M. McCormick	0	39	214	K. Harjes	0	17
175	C. LeSeure	0	37	215	J. Finnell	0	15
176	H. Standard	0	37	216	L. Finnell	0	15
177	K. Anderson	0	36	217	J. Loerakker	0	15
178	T. Byerline	0	36	218	M. Stahl	0	15
179	C. Flamm	0	34	219	R. Hood	0	14
180	M. Jenkins	0	33	220	L. Fox	0	13
181	T. Smith	0	32	221	A. Goutley	0	13
182	C. Lambert	0	31	222	G. Lakebrink	0	13
183	R. Nagel	0	31	223	D. Lewis	0	13
184	C. Bose	30	30	224	D. McGill	0	13
185	D. Cooper	0	29	225	R. Rankin	0	13
186	J. Fisherkeller	0	29	226	B. Tober	0	11
187	C. Koester	0	28	227	J. Jones	0	10
188	J. Koester	0	28	228	L. Schrodt	0	10
189	L. Koester	0	28	229	B. Sever	0	10
190	Z. Koester	0	28	230	S. Sievers	0	10
191	C. Cormaney	0	27	231	D. Soulet	10	10
192	K. Valente	0	27	232	K. Soulet	10	10
193	S. Gauvin	0	26	233	L. Schollett	0	9
194	L. Midden	0	26	234	D. McGill	0	7
195	S. Morris	0	26	235	N. Riggs	0	6
196	L. Lucas	0	25	236	D. Ihnen	0	3
197	R. Rulison	0	25	237	R. Ihnen	0	3
198	S. McClelland	0	24	238	A. Miller	0	2
199	H. Michelon	0	22				
200	C. Eymann	0	21				



# Ride Leader Incentive Program December 1, 2002—November 30, 2003 Cathy Yeaman

The goal of the incentive program is to encourage members to volunteer to lead rides and to encourage new ride leaders. Rides will be assigned point values, with a total of 15 points necessary to qualify for the drawing to be held at the Holiday Party in December 2003. Four winners will be drawn from eligible ride leaders. Each winner will receive a \$50 certificate, redeemable at the bike shop of his/her choice.

Each ride leader will receive the appropriate points when they sign up, whether or not the ride actually takes place. It is felt that by helping the club by volunteering to lead a ride, each leader is obligated to follow the rules, which include planning and scouting a route in anticipa-

tion of the ride. If the ride is cancelled due to weather, the leader still should be compensated for stepping forward. The only exception is if the ride leader recruits a substitute.

The substitute leader then earns the points, but only if the ride scheduler is informed of the change before or not later than one week following the ride.

Complete ride leader rules can be found on the club's web page at [www.spfldcycling.org](http://www.spfldcycling.org).

Here is the point system. Note that true show-n-go rides have no point value, since they have no ride leaders:

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

**2 points** - ABC weekly training rides

**3 points** - ABC weekend/holiday rides

The name of each ride leader who accumulates 15 points will be put in the hat only once, regardless of how many points the leader accumulates over 15.

So, what are you waiting for? Volunteer to lead a ride by contacting Cathy Yeaman and get started on earning your points for a chance to win a \$50 gift certificate.



*(Continued from page 6)*

traffic, called 911 and stayed with Tom until the ambulance arrived. She also picked up Tom's bike and left her phone number in his helmet so that he could call her later to recover his bike. All felt that this was an outstanding nomination, and no other nominations were forthcoming. Susan is this month's worthy winner of the AAA.

Next up were nominations for the Lead Water Bottle Award. Alan Josephson nominated himself by e-mail for having accidentally hit a walker (he was ok) on the Wabash Trail and seriously injuring himself in the process. Also nominated was Marty Morris for having neglected to carry the needed spares for his son's new mountain bike and being unprepared for the inevitable flat. For this recurrent lapse in preparedness, Marty was once again awarded the LWB, although it should be noted that Alan was a VERY close second.

Karl Kohlrus noted that The Rider of the Month for October was Lisa Kidd with 848 miles.

The '03 CCC was next discussed in some detail. A special CCC meeting had been held earlier and had generated several ideas for

improving the CCC and increasing the number of riders. A Saturday date had been suggested; however, the beach house is not available on Saturdays in 9/03, and the CCC will again be held on Sunday for at least the coming year. Karl presented a proposal for a new route which would originate at the beach house and would utilize Auburn for all food stops. Karl noted that his route would include several historical features such as the covered bridge and old Rt. 66 and would take advantage of the prevailing winds for September. Several suggestions were also made to encourage a more desirable preregistration rate. A Saturday Lincoln sites ride and/or evening social ride the day before the CCC was also discussed. Alfred will check with the Springfield Visitors Bureau and determine if we can get the CCC added to their calendar of events and will also see if there are other Springfield events on the CCC weekend so that these events could be included in the CCC brochure.

Cindy next noted that there are many overdue memberships and asked for guidelines for removing overdue members from the newsletter mailing list. Dave indicated that he had no formula for handling this problem

and had handled it on a case by case basis. After some discussion it was agreed that Cindy would write an article for the newsletter informing members that beginning 3/1/03, they will receive just one newsletter after their expiration date if they fail to renew. As a reminder, Cindy will also highlight the expiration date on the mailing labels of those members whose renewal is due.

The club's website was next discussed. The site currently does not have the 11/02 ride schedule posted and needs to be updated. There was also a discussion regarding payment for web services, advertising rates, etc.. Alfred will contact Scott and ask for his input regarding these issues.

Sue noted that the Holiday Party is on schedule but she did ask for additional volunteers to decorate the beach house and clean up afterwards.

Ernie indicated that a meeting of the NoBell committee would be held next Saturday following the scheduled club ride. Several excellent nominations have been received, and a final selection would take place at the meeting.

Curt noted that the next newsletter deadline was 11/15/02.

*(Continued on page 21)*

## Bike Club Garage Sale Swap Shop

### Alan Josephson

Clean out your garage and closets! The SBC wants to have a biking related garage sale in April. That is, a place to buy/sell/trade used bikes, biking accessories, clothing, books and any other miscellaneous biking stuff. However, we will schedule it only if there is enough interest in this program. THEREFORE, WE NEED YOUR HELP! Please email or call me by March 1, 2003, noting your interest AND what kind of stuff you would display. If this is a go, then it will be listed in the April newsletter. Any questions please contact me at 793-0590 or ahjosephson@yahoo.com

### Bicycle for Sale

Blue M300 Cannondale 14"  
21 speeds in excellent condition  
and low miles. Fits people  
from 4'8" to 5'4".  
\$299.

Call Harriet/ Alan Josephson  
793.0590



### FOR SALE

Burley Duet TANDEM Road Bike, 21 speed, blue, in very good condition, \$550.

New "Swagman" Fold Down Hitch Rack fits 2" receivers for 3-bike \$50, or 4-bike \$75.

New in package Long Sleeve "City Cycle" Jersey's \$10, large & XL only.

New in package Short Sleeve "City Cycle" Jersey's \$10, medium & large only.

New Hanes Beefy T-shirt "City Cycle" most sizes in Natural or Gray, \$5.

New BMX Racing Jersey's "City Cycle" most sizes \$5.

Call Derek or Brigetta Ewing at 624-2016

## Holiday Wrap-up

### Kevin Brown

On December 8th the annual holiday party was - as always - one of the brightest lights of the dark days of winter. The warmth of spirit rivaled the cheerful flames in the hearth. Who made it happen? A dedicated group of SBC'ers arrived early to set up tables and decorate the Beach House. Mike Royer and helpers fried turkeys, while Gail Mugler cooked the ham. This isn't the first time they have cooked for the party, and the food gets better every time! Speaking of good food, the side dishes, appetizers and desserts provided by club members were uniformly great. The beach house was beautiful but this time the

SBC cannot take all the credit - CWLP takes care of most of the decorations. Garland again did a bang-up job putting together the slide show, with music by Mark Smith. After dinner, the slide show, and the No-Bell award, members found their own special white elephants under the tree. Everyone pitched in for the cleanup which was done in record time. When CWLP Security came to lock up, the guard looked around and said "Wow. It's like no one has been here!" Good job, people!

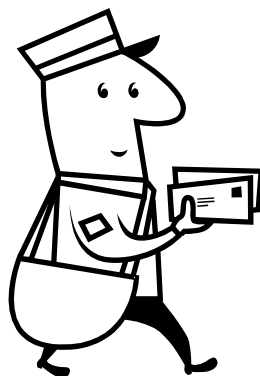
Thanks to everyone for all the volunteer help and hard work. I have to confess that

I did not keep proper notes, so I am sure that I will forget to thank someone. (Hmmm, just now my lovely wife Lola Lucas reminded me that she helped with coffee and clean up.) But here are some special thanks: My co-chair Sue Dees; Louie Spinner for providing storage space; cheerful helpers Cindy Kvamme and Linda Butler; the aforementioned Mike Royer, Gail Mugler (owner of the Cycling Santa) as well as Garland Stevens and Mark Smith; Alfred Arkely for intrepid leadership; and Kathy Shepard for support and guidance. Thanks to everyone who pitched in and helped with set-up, tear-down, food and everything

## Membership Directory

### Cindy Kvamme

A new membership directory will be printed in March. Please notify Cindy Kvamme with any address, phone number or e-mail changes by March 15, 2003. Phone 217-744-8864  
E-mail [c1jk3@aol.com](mailto:c1jk3@aol.com)



(Continued from page 18)

Lynn passed out wallet sized cards on which were printed pertinent laws for bicyclists in Illinois. Lynn said that these cards were printed by LIB and were available to all participating LIB clubs. Lynn also indicated that he had sent notes of thanks to Gene Rupnik for use of the meeting room at Day's Inn and to Al and Barb Sturges for their presentation of the BikeEd Road I bicycle safety class.

The SBC membership directory will be printed in the near future. Cindy will write an article for the newsletter asking members to notify her of any changes in their membership information.

There was next some discussion regarding bringing

back the monthly membership meeting; however, no decision was made at this time.

Ernie noted that the TGIS-pring ride is scheduled for Saturday, May 5, '03. Contact with the appropriate individual(s) in Petersburg should be a priority as Ernie was uncertain regarding the extent of Petersburg participation in next year's event.

An inquiry was made regarding the possibility of SHIFT '03; however, no one was certain of Dean Wisleder's willingness to organize this event next year. It was suggested that Dean be contacted regarding this event.

Karl noted that the Sangamon Valley Trails Coalition had not met recently as there

were no state or federal funds currently available for trails in '02 or '03. Planning for the trail from Centennial Park to the Sangamon River was underway, and John Day was the contact person for additional information. Karl also noted that registration for the 6/03 LIB sponsored Grand Illinois Trail and Parks Ride was limited, and early registration was suggested.

Subsequent board meetings will be held 12/4 at Lynn & Andrea Miller's home, 1/8 at Chuck & Gerry Orwig's home and on 2/5 at Linda Butler's home. The Spinner Award meeting is tentatively scheduled for 1/29/03.

The meeting was adjourned with thanks to Kathy for her excellent meal and hospitality.

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

*Paid Advertisement*

# Springfield Bicycle Club Membership Application

## Member Information

New Member

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

Bike Shop Name \_\_\_\_\_

Yes

Current Member

No

## Type of Membership

Individual \$15/yr

Family \$20/yr

Contributing \$25/yr

Sustaining \$50/yr

Patron \$100/yr

Corporate \$100/yr

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

Bicycle Advocacy Fund

SBC General Fund

My Advocacy Donation Amount is: \_\_\_\_\_

## Family Member Information

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

Name 1 \_\_\_\_\_

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

## Springfield Bicycle Club 1992 through 2002 Mileage Summary

<b>MON</b>	<b>1992</b>	<b>1993</b>	<b>1994</b>	<b>1995</b>	<b>1996</b>	<b>1997</b>	<b>1998</b>	<b>1999</b>	<b>2000</b>	<b>2001</b>	<b>2002</b>	<b>2002 RANK</b>
<b>JAN</b>	3,201	3,733	1,633	1,929	2,463	1,447	3,171	1,521	4,555	2,115	6,846	<b>1</b>
<b>FEB</b>	5,018	2,615	2,010	2,399	3,492	3,179	4,458	3,327	4,457	3,353	5,925	<b>1</b>
<b>MAR</b>	4,804	4,435	7,450	4,317	4,490	5,478	3,160	2,266	4,537	7,516	6,717	<b>3</b>
<b>APR</b>	8,646	7,604	13,792	11,546	7,929	8,427	7,728	7,522	18,007	16,393	14,391	<b>3</b>
<b>MAY</b>	11,908	12,329	17,390	15,208	12,668	14,030	17,412	17,222	21,550	26,247	23,236	<b>2</b>
<b>JUN</b>	12,268	11,250	14,905	14,133	11,560	11,657	13,180	14,828	22,210	28,082	26,213	<b>2</b>
<b>JUL</b>	16,635	14,435	21,917	19,187	23,575	16,787	15,222	15,964	29,102	29,690	29,222	<b>2</b>
<b>AUG</b>	16,541	16,194	16,398	15,406	17,176	16,938	16,081	17,847	29,151	30,623	24,915	<b>3</b>
<b>SEP</b>	17,652	13,154	19,834	16,438	18,208	21,448	13,944	17,322	24,586	28,079	24,645	<b>2</b>
<b>OCT</b>	5,931	4,617	11,296	10,870	7,837	7,639	6,190	8,141	16,599	16,247	17,981	<b>1</b>
<b>NOV</b>	2,774	4,806	5,772	4,656	4,738	5,886	8,239	10,340	8,493	16,555	14,920	<b>2</b>
<b>DEC</b>	2,863	2,150	3,867	4,142	3,419	2,715	3,794	4,951	3,367	10,658	12,113	<b>1</b>
<b>YTD</b>	108,241	97,322	136,264	120,231	117,555	115,631	112,579	121,251	186,614	215,558	207,124	<b>2</b>
<b>TOTAL</b>	108,241	97,322	136,264	120,231	117,555	115,631	112,579	121,251	186,614	215,558	207,124	

## Riders of the Month

12/02 Karl Kohlrus 509 mi.	8/02 Lynn Rhoades 711 mi.	4/02 Charles Witsman 530
11/02 Chuck Orwig 985 mi.	7/02 Cathy Yeaman 746 mi.	3/02 Deeana Shidler 425 mi.
10/02 Lisa Kidd 848 mi.	6/02 James DuBose 935 mi.	2/02 Marty Celnick 389 mi.
9/02 Byron Nesbitt 1082 mi.	5/02 Lance Kidd 691 mi.	1/02 Bill Voss 537 mi.

Springfield Bicycle Club  
Post Office Box 2203  
Springfield, IL 62705

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

Address Service Requested



February, 2003

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

## **COMING NEXT MONTH NEWS ABOUT S.H.I.F.T.**

S.H.I.F.T. is back. Memorial weekend, May 24-26 at Touch of Nature. Room reservations with a down payment check will be required for those wishing to stay at Morris Lodge. Details next month. Can't wait? Contact Dean at [deanwisleder@insightbb.com](mailto:deanwisleder@insightbb.com) or 217-787-4892.