

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

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

Susan Dees
529-1826
susanedees@yahoo.com

Legislative/ Educational Chair
Lynn Miller
cyclist@springnet1.com
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

Dean Wisleder's S.H.I.F.T. is May's Best Ride(s) of the Month.

Over forty SBC members enjoyed a wonderful Memorial Day weekend in southern Illinois riding **S.H.I.F.T.** Dean did his best to make this the best **S.H.I.F.T.** ever. He had excellent maps and cue sheets and provided very detailed explanations of them each night before the next day's ride. The accommodations were great except for the mice, but Dean had nothing to do with that. He did, however, take care of everything else, including dinner and breakfast reservations and food for breakfast in the dorm. This is the kind of ride that people pay a fee to ride, and we are fortunate to have a member like Dean who organizes the whole thing just because he really enjoys it.

ALMOST ANYTHING AWARD

Dean Wisleder takes the Almost Anything Award for May.

S.H.I.F.T. does it again for Dean. The AAA always is given to somebody who goes "above and beyond the call of duty", and that's what Dean did for S.H.I.F.T. Not only was his organization of the ride impeccable, he went to southern Illinois a week or two before the ride and actually rode his bike over all of the routes. With that experience he could tell the riders how steep and long a hill was, and the riders would believe him. He could also indicate possible hazards and bad dogs that the riders might encounter. We all know that riding a route on the bike is better than driving it in a car, but how many of us actually prepare our rides that way? Well Dean did, and we congratulate him for an outstanding effort to make the riders' weekend a great time.

LEAD WATER BOTTLE

The May LWB goes to Alfred Arkley.

There's one more **S.H.I.F.T.** story. **Dave Lucas had ridden to southern Illinois with Alfred and was sharing the driving responsibilities on the way home when the "it's time to get fuel" light on the dashboard started flashing. As they drove by an exit with plenty of fuel available, Alfred urged Dave to keep going and get some gas at the next exit. Moments later Dave and Alfred coasted to a stop along I-55. Dave risked life and limb to run across the interstate to ask a man on a mower for help. The man gave Dave a gallon of gas, Dave made it back across I-55, poured the gas in the tank, and drove to the next gas pump. All's well that ends well.**

The President's Report

Alfred Arkley

Finally we are getting consistent warm weather. Soon we will be enduring the humidity and heat. Right now it seems very nice.

Thanks to Sue Dees and Lynn Miller for leading the nature walk at Lincoln Memorial Gardens on June 8. The walk was so interesting as Sue identified and gave a history of what seemed to be hundreds of flowers, bugs, and other interesting stuff that the bike ride was never completed as the sun was setting and it was too late.

The 9 a.m. Morning Geezer Ride has evolved into an almost daily stop at the Apple Barn in Chatham where major calories are being consumed. All levels of riders are welcome and none will be left behind or abandoned. The retired ones are the majority but people who still "work" also ride.

Thanks to Jon Edwards who organized the volunteers and marked the bicycle course for a successful Springfield Iron Horse Triathlon on Sunday, June 15. Paul McDivitt, Iron Horse Chair, told me how much he appreciated Jon's outstanding work.

Thanks to R & M Cyclery for continuing a long tradition of support of the Iron Horse Triathlon. They have organized volunteers for the Rochester water point and Rich Huelskoetter has provided bicycle repair service.

Unfortunately the Illinois General Assembly failed to pass *The Bicycle Safety Restoration Act*. The bill was defeated in the House with Representatives Raymond Poe and Rich Brauer voting against it. There may be an attempt to revive the bill in

the Fall Session.

The Wabash Trail has remained clean and mowed since the big clean up occurred. It looks like the Springfield Park District taking over the trails has been a good thing.

Our next big effort that needs volunteers is the 31st Capital City Century, Sunday, September 7. Brochures are already available from Jonathan Reininger. However, we need a person to lead and organize the food part of the CCC. (You know, we ride to eat!!) If you want to do this, you can phone me at 5 4 6 - 4 9 7 2 o r arkley2@insightbb.com



Board Meeting Notes - May 6, 2001

Kathy Shepard

Present: Cindy Kvamme, Linda Butler, Lynn Miller, Jonathan Reiningger, Alfred Arkley, Marty Celnick, Alan Josephson, Curt Evoy, Dave Lucas, Cathy Yeaman, Chuck Orwig, Mike Schwab, Kevin Brown, Kathy Shepard

April board meeting minutes were approved as attendees happily chomped on Mrs. Broccoli cookies following a wonderful supper, all prepared by Harriet Arkley. Linda said the club would seek reimbursement for TGISpring expenditures of \$50 for printing and the cost of 4 cans of paint used in marking the route. Linda also said that Derek Ewing had given the club a generous \$500 check for help with the Athens and Loami bike races in late April. It was suggested that next year we might consider coordinating our ride schedule with those races, encouraging even more people to volunteer, and helping to increase publicity. Cathy reviewed the June ride schedule, saying she planned to highlight selected out-of-town rides.

Future board meetings will be hosted by Sue Dees in June, Cathy July 2, Jonathan August 6, and Lynn Septem-

ber 3.

Cindy accepted praise for the recently-mailed club directories. She said she received help from Curt, who provided key guidance with computer-assisted layout, and Cindy Moreno, who assisted with typing the material additional to names and addresses.

The Ride of the Month was Sue Dees' and Lynn Miller's nature ride and walk.

Nominees for the Almost Anything Award were Brigetta Ewing for taking home a rider who was injured in a fall at a railroad crossing on an April 13 ride, Alfred for the letters he wrote, with input from Harriet, which resulted in cleanup of the Wabash Trail and filling of core sample holes in the Interurban Trail, and Mark Flotow, for the excellent and entertaining Tried and True QR columns he has written over the years. Spirited voting saw Mark walk away with the AAA this month. We'll miss your monthly columns, Mark. We hope you'll continue to contribute articles to the QR.

There was only one Lead Water Bottle nominee: the

railroad which owns the track crossing where the rider described above fell on the April 13 ride. Even without competition, the railroad received numerous votes to win the Lead for May.

Alfred and Marty agreed that additional team leaders were needed for the June 15 Ironhorse Triathlon water stops and corner marshaling. Alfred and Lynn reported that amended Senate Bill 275, which provides that local public entities and public employees are not liable for injuries to cyclists due to street, bike lane or bike path conditions unless they have committed willful and wanton misconduct which proximately caused the injury, had passed a second reading in the Senate.

Jonathan and Lynn said that TGISpring attendance was 150, up from the 120 who came last year. Alan reported that publicity included an article in the SJR, placement on the Illinois Times calendar, brochures, and a TV interview of Alfred by TV20's Betsy Moore. Alan said he cancelled the order for posters from the League of American Bicyclists after it did not arrive in time for the event.

SBC Summer Picnic

Kevin Brown

Curt said he would welcome QR articles 2 pages and under, especially in light of Mark Flotow's decision to end his long run of Tried and True columns. After discussing Cindy's report of a Decatur cyclist who had joined our club just to get the QR, it was decided that Cindy would send the QR to area bike clubs along with a self-addressed stamped post-card telling us whether or not they wish to continue receiving it.

Jonathan proposed that a musical group play at the CCC for \$100. Attendees enthusiastically approved, after hearing the sample CD and reading the literature Jonathan brought. Mike mentioned that there would be a bike ride in Bath on September 20, possibly as part of a parade. Kevin reported on ideas for the July 12 Summer Picnic at Tom Madonia Park East, including a bike decorating contest.

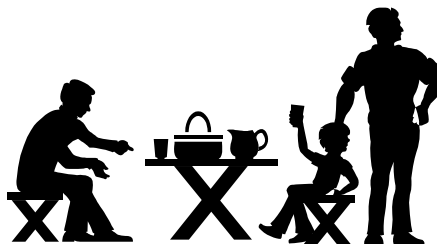
The meeting then was adjourned, with thanks to the Arkleys for their hospitality.

The cycle of the year has turned once to the summer solstice, and following close behind (in tandem?) is the SBC Summer Picnic. Once again it will be at the Tom Madonia ark on the banks of beautiful Lake Springfield. (Yes, it used to be Forest Park East, but has been renamed.)

We'll be gathering on July 12th for A/B/C and D/ER rides. At noon we'll rejoin for fare both hearty and healthy with grilled meats and soda provided by the club. Please bring a side dish or dessert to share. The SBC will also provide soft drinks. If you care to indulge, feel free to bring the adult beverage of your choice.

This year features the first ever SBC Decorated Bike Contest! Let your imagination run wild! Anything goes as long as it is human-powered and rideable. Be as simple or as elaborate as you like - from streamers on the handlebars and reflectors in the spokes to a two-wheeled, tail wagging dragon made out of wire and tissue paper. Maybe there will be prizes! Maybe not! We've never done this before! I think one thing you can count on - There will be pictures taken for the Holiday Party slide show!

For information or to volunteer to help out contact Kevin at 787-5652 (e-mail kjbrown@prodigy.net) or Sue Dees at 529-1826 (e-mail susandeas@yahoo.com). See you at the picnic!



A Funny Thing Happened on the Way Back from S.H.I.F.T.

James DuBose

After S.H.I.F.T., the participants seem to scatter and it is not likely that you will see any of the other riders on the way home. This year was a little different. While heading home on I-55 with Jane driving, a car pulled alongside us for awhile. I thought, "Why isn't she passing?" Then, I looked over and saw that it was Mary Thomas. We waved and then went our separate ways.

A little further up the road, just south of exit 88, I noticed a vehicle on the shoulder with its hazard lights flashing. The main thing I noticed was the red, white, and blue bicycle on the back of it. Jane said "That's Alfred!" I said "Are you sure?" Jane replied, "I'm positive." We exited on the next ramp, switched drivers, and circled back to see what the problem was. When we passed going south, we could see a dejected looking Dave Lucas

at the wheel. I found a turnaround and we headed back north toward the stalled vehicle. As we pulled up, we saw Alfred near the right rear of his Highlander. He obviously did not recognize our vehicle at first and looked worried that we were either going to run into his SUV or mug him. His countenance immediately improved when he saw my bike month license plate.

Alfred said, "You won't guess what happened." Jane jumped in and said "You ran out of gas." Alfred said "Right!" It seems the low fuel light had come on but Alfred thought they could make it to Exit 90.

Dave was not around. Alfred pointed to him at the right of way fence on the west side of the interstate. Alfred tried to call him back and I honked my horn, but Dave couldn't hear us. Dave had spotted a guy mowing

his lawn and figured that he could borrow some gas. We saw Dave climb over the fence and approach the guy on his riding mower. Dave disappeared for awhile while the man kept mowing. In the meantime, Alfred called AAA to cancel the service he had requested. He confided in us, "I don't dare call Harriet."

Pretty soon, Dave emerged from the west side of the interstate with a gallon jug of gasoline. Probably the funniest part was that he still had his biking clothes on this whole time! I wonder what the guy mowing his yard thought of Dave's outfit. Soon, Dave was back on our side of the road. The fuel was then poured into the tank and the once-stranded cyclists were on their way thanks to Dave's quick thinking and resourcefulness. Did I mention that I have pictures?



SHIFT 2003

Alfred Arkley

Dean Wisleder rhymes with "wise leader" and that sums up his contributions to three days of bicycling for everyone. There was a ride for each day that matched each rider type. On Friday night the riders assembled in the Shawnee Lodge for Dean's detailed briefing of the Saturday ride with informational comments by Jon Edwards. That evening the Elston family (Brea, Mike, Jack, Kedra) and Cindy Moreno and Cindy Kvamme) went to their camp ground tents and rest were in the two lodges. The Morris Lodge residents shared their rooms with friendly mice. Dara Voss especially enjoyed their antics which kept Bill on alert for most of the night. But this did not stop Bill from riding his usual mega miles.

Saturday at 5 am began with Grover Everett pacing in the Shawnee Lodge common room waiting for the rest of the animals to get going. He was soon joined with Rick Davis, Pete Gudmundson, James DuBose, and Jon Edwards who all shot up and down the roads of the mighty Southern Illinois Hills (???) that were actually steeper than the roads in the Colorado Rockies. The early

animal group was followed by Bill Voss, Roger Wright, Linda Butler, Tom Clark, John Floto, Chuck Orwig, Mary Thomas, Dean Wisleder, Ernie DeFrates, Jane DuBose, Hope Rolens and Roger Schnelten. George Carver and David Leigh rode the route backwards??!!

The hill-adverse (challenged?) Curt Weinhold, Kathy Winhold, Marty Morris, Christa McLaren-Morris, Gerry Orwig, Cindy Moreno, Cindy Kvamme, Alfred Arkley, Dave Lucas, and Sue Dees rode the Tunnel Hill Trail. Both groups met on the Tunnel Hill Trail for an adventure when Craig Ross in the middle of the tunnel lost it and crashed into the wall and Judy Shipp. Craig's bike was bent and he became the owner of two road rash knees. Lucky for him, Dean Wisleder appeared and in 5 minutes trued Craig's front wheel. The brake cable was jammed so Craig was finished for the day. Craig's dad, Dave Ross, rode back to car and Craig waited with Dave Lucas and Alfred Arkley. While waiting Craig rode Alfred's trike up and down the trail with a big smile on his face. Craig is now a Geezer in Training.

Later, Dave Lucas and Alfred Arkley met with Sue Dees in Vienna for pie with John Schwegman and wife who told us about barking spiders. Amazing!!!

Saturday night, it rained. The campers got wet. The mice were still in Morris Lodge apparently avoiding the cheese-baited traps.

Sunday morning it was still raining, but Roger Wright (who rode 145 to/from Centralia) borrowed a Gore Tex parka and rode off into the mist, followed by Jon Edwards and Rick Davis. The rest of the hill riders waited until noon and completed the hills for a second day. The rest of the group did various short rides. Gerry Orwig led Cindy Moreno, Cindy Kvamme, Dara Voss, and Chuck Orwig on a wine tour, antique shopping, Alto Pass Lobster Fest, and Rain Maker visit in Makanda.

Monday the sun appeared and almost everyone rode to the Granite City Lodge for breakfast. At that point the hill riders left for the hills and rest left for shorter and flatter rides near the Trail of Tears Park and Tunnel Hill Trail. After that everyone drove home and almost eve-

Secretary's Report Cindy Kvamme, Secretary

Renewals

Kirk Laudeman & Family
 Chris Martin
 Roger & Julie Finnell & Family
 Jim Kincaid
 Dean Wisleder
 Brian Watkins
 Michael Hills
 K a r o l Y o u n g
 Deb Koua & Family
 Jackie & Adam Galli
 Jeff Koester & Family
 Ruth Magos
 Mike & Kedra Elston & Family
 Cynthia Dietrick
 John Werthwein & Family
 Marty Vandiver & Family
 JoAnn Abrams
 Jim Covington & Family
 Bill McGee
 Marilyn Powell
 John Gee
 Derek & Brigetta Ewing & Family

Renewals at the Sustaining Level

Charles & Susan Hammond
 Pat Stephens & Family
 Keith & Lucinda Buescher & Family

New Members

Bill Owens
 Rodney Yoswig
 Monica Hudson
 Brett Bersche
 Sharon Helmann
 Gary & Janice Sullivan

**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.

Renewals at the Contributing Level

Ernie DeFrates
 Tom Dodegge
 Rick Regan & Family
 Mike & Cheryl Eymann



Iron Horse Triathlon

Alfred Arkley

Under the able leadership of Jon Edwards and Marty Celnick, the volunteers of the Springfield Bicycle Club made possible a safe 45 mile bicycle race course.

On Friday the volunteers bribed with the promise of pizza and beer swept the course and touched up the road marks. Thanks to Cindy Moreno, Cindy Kvamme, Sue Dees, Tom Clark, Curt & Kathy Winhold, Don Struck, Roger McCredie & P.J. Burtle-McCredie, Mark & Linda Flotow, Alfred & Harriet Arkley, Ernie DeFrates, and Pete Gudmundson for their work. For next year, they were promised a smoke-free place for pizza.

Very early on Saturday morning, Jon and Marty loaded the truck and prepared the materials for the bicycle race course. Garland Stevens and Don Struck drove the sag vehicles. Gary Sullivan, Pete Gudmundson, Tim Schmidt, and Alfred Arkley handled the intersections near the Beach House. At the New City intersection Micci Bly, Laurie Papineau, Altheal Rudolf, and Curt & Kathy Winhold kept the riders safe. At the East Lake Drive and Pawnee Road in-

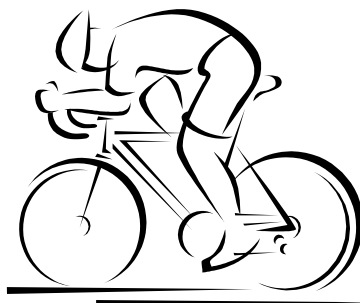
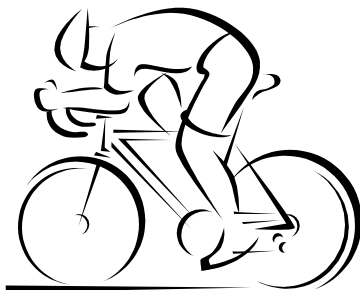
tersection Ernie DeFrates and Destiny & Justen Nance kept everyone safe.

At the Rochester water point was the R & M Cyclery group with Rich Huelskoetter, Bill Bock, Chris Cormaney, Russell Brown, Charlie Witsman, Rich & Donna Danner, and Mike, Kedra, Jack, & Brea Elston.

Cindy Moreno organized the Beamington water point with Karol Young, Mark & Linda Flotow, Julie & Lee Bertagnolli, and Derek, Brigetta, & Daniel Ewing.

The Pawnee water point volunteers were: Jackie & Adam Galli, Jerry & Debby Ihnen, Scott McKeivitt, Gail Mugler, and Chuck & Gerry Orwig.

New City Road near Rt. 104 water point volunteers were: Sue Dees, Kevin Brown, Mark Smith, Kathy Shepard, Cyndi Detrick, Jonathan Reiningger, and Cindy Kvamme.



CALENDAR OF EVENTS

Wednesday July 2	Board meeting
Saturday July 5 th	Blueberry & One Room School House Ride
Sunday July 6 th	Ride Around Springfield
Thursday July 10 th	Break the Cycle of Poverty Ride
Saturday July 12 th	SBC Summer Picnic
Saturday July 19 th	Tour de Corn
Sunday July 20 th	Club Jersey Ride
Friday July 25 th	Cheap Guy Cookout Ride
Sunday July 27 th	Homemade Ice Cream Ride

Out of Town Rides:

July 13th, Biking with Beanie Ride, Kishwaukee Kiwanis Club of DeKalb, DeKalb High School, rides of 23,43,63,83,or 103, beanzieride@yahoo.com or call 888-228-7476

July 13th, The L.A.T.E. Ride, Chicago, 25 miles choose either midnight to 2:00 AM, 1:30 AM to 2:15 AM or 3:30 AM ride start, www.lateride.org or call 773-918-RIDE.



Paid Advertisement

July 2003 Ride Schedule

Anyone with questions about rides or interest in leading a ride can contact Cathy Yeaman at 483-4912 or e-mail her at cycycle@msn.com. **Each club member can choose one out of town scheduled ride to count toward club miles each month.** It is the rider's responsibility to inform Karl Kohlrus of the ride and mileage. Daily rides are displayed about the shaded area and go as indicated except on holidays. Special events, weekend, and holiday rides are listed below the shaded area.

Monday thru Friday 9:00 AM	Morning Geezer ride Arkley Residence 1511 Bates	BC ride, Daily morning rides for retired geezers or those hoping to become geezers. No leaders, no maps. Participating riders should turn a ride sheet in to Karl Kohlrus. No ride on July 4 th .
Monday thru Friday 9:00 AM	Daily Show-N-Go Pana Trail-Lake Taylorville parking lot, Rt 29	BC ride, Show-N-Go along the Lincoln Heritage Trail M thru F during the day. Turn miles into Karl. No ride on July 4 th .
Monday, Wed, And Friday Noon	IDOT, Lost Bridge Trail Dirksen Parkway Lisa Kidd, 546-1698	BC ride "Lunch with Lisa" ride. Lisa leads the noon trail ride three days a week. Skip lunch and ride on the trail with Lisa and other SBC regulars! No ride on July 4 th .
Mondays 6:00 PM	Parkway Point Movie Theater By Walmart Alan Josephson, 793-0590	C ride, An easy ride to get started and gain conditioning. The ride will be slow enough for conversation. 10 to 22 miles.
Mondays 6:00 PM	Washington Park, South side of the picnic pavilion, Jim Agnew, Lynn Rhoades, Mark Flotow, 546-2579	C "gruppetto" ride. This ride is intended for riders that have put in fast long rides or races over the weekend and need a slow ride to recover.
Tuesdays 11:15 or Noon	Harmon's IGA Chatham 11:15 or 12:00 Wabash trail, West end Daniel & Brigetta Ewing, 624-2016	BCD ride, Begin at Chatham at 11:15 am or noon in Spfld on the Wabash trail's West end by Parkway Point theaters. This ride will use the interurban and Wabash trails for rides of about 20 miles.
Tuesdays 6:00 PM	Lindsay Boat Launch Lake Springfield, Long Bay Drive Arden Gregory, 585-8017	AB training ride, A workout for those who want to train hard and fast for long summer rides, races, or general fitness. 20 to 30 miles
Tuesdays 6:00 PM	Carmody Residence 517 Appomattox Drive Pete Gudmudson, 523-8200	ABC training ride. This is the West side ride and is geared for those who want to train hard and fast like the East siders. Several cutoffs from 12 to 25 miles.
Tuesdays 6:00 PM	Taylorville Firststar Bank 106 W. Market Street Charles Witsman, 562-5208	ABCD ride. Taylorville Training ride. Meet in the rear parking lot of the bank. Charlie will usually be there with a route and assure that everyone successfully completes the ride. 12-25 miles.
Tuesday 6:00 PM	IDOT, Dirksen Parkway Lost Bridge Trail Show & Go	BCD ride, This is a show-and-go. No leader. Turn in miles to Karl.
Wednesdays 6:00 PM	Schlitt Park parking lot Sharon Dr. just off of Oakmont Dave Lucas, 753-3831	D ride, this ride will use the Wabash and/or Interurban trail, the pace will be leisurely and well suited for new riders. The ride leader will be available to answer questions about bicycling and the bike club.
Wednesday 6:00 PM	Pana Trail-Lake Taylorville Parking Lot Rt 29 Charles Witsman, 562-5208	BCD ride, This is a weekly show-and-go on the Lincoln Heritage Trail. Turn in miles to Karl.
Wednesday 6:00 PM	Riverton Elementary School Riverton Show & Go	BC ride, Pete Harjes and other east siders will be regulars. Join them for a change in scenery.
Thursdays 11:15 or Noon	Harmon's IGA Chatham 11:15 or 12:00 Wabash trail, West end Daniel & Brigetta Ewing, 624-2016	BCD ride, Begin at Chatham at 11:15 am or noon in Spfld on the Wabash trail's West end by Parkway Point theaters. This ride will use the interurban and Wabash trails for rides of about 20 miles.
Thursdays 6:00 PM	Lindsay Boat Launch Lake Springfield, Long Bay Drive Bruce Yurdin, 483-2902	AB training ride, A workout for those who want to train hard and fast for those strong summer winds, races, or general fitness. 20 to 30 miles
Thursdays 6:00 PM	Rotary Park Archer Elevator & Iles Marty Celnick 522-4206	ABC training ride. This is the West side ride and is geared for those who want to train hard and fast like the East siders. Several cutoffs from 12 to 25 miles.

Thursdays 6:00 PM	Taylorville Firststar Bank 106 W. Market Street Charles Witsman, 562-5208	ABCD ride. Taylorville Training ride. Meet in the rear parking lot of the bank. Charlie will usually be there with a route and assure that all successfully complete the ride. 12-25 miles.
Thursdays 6:00 PM	Grotto Restaurant Business 55, Sherman Louie Spinner, 523-1615	CD ride, This will be an easy ride around Sherman of 15 + miles. If Louie is unable to be there this ride becomes a show-and-go.
Thursday 6:00 PM	IDOT, Dirksen Parkway Lost Bridge Trail Show & Go	BCD ride, This is a show-and-go. No leader. Turn in miles to Karl.
Wednesday July 2 6:00/7:00 PM	Board Meeting 860 Oxford Drive, Chatham Cathy Yeaman, 483-4912	Board Meeting , Cathy is hosting the meeting. If you would like to join her for dinner please RSVP two days ahead. Come to the meeting in get involved in planning club activities.
Friday July 4 9:00 AM	Harmons IGA Route 4 and Plummer, Chatham Cathy Yeaman, 483-4912	ABC ride, Franklin Burgoo Ride , We will ride to Franklin to try this year's burgoo. Approximately 45 miles.
Saturday July 5 9:00 AM	Arby's, Fairhills Mall Chatham Road & Washington Lynn Miller, 787-3354	ABC ride, 'Blueberry & One Room School House Ride' The ride will include the restored schoolhouse at farmer's point and go across Gudgel bridge. 50 miles of Menard county hills & hollers--the latter being Cindy k & others who 'holler' about hills.
Sunday July 6 8:00 AM	Fairhills Mall Washington & Chatham Road Tom Clark, 585-1539	ABC ride, Ride around Springfield , clockwise route will be used to get the hills and dog-plagued river bridge out of the way early in the ride. There are plenty of cut-offs for this 85 mile route. Bring money and a cell phone or friend for this long ride.
Sunday July 6 6:00 PM	1511 Bates, Spfld Alfred Arkley 546-4972	D ride, the pace will be leisurely and well suited for new riders. This is a good chance to ride with the club president and learn more about the SBC. Great homemade cookies are highly anticipated after the ride.
Thursday July 10 5:00/6:30 PM	St. Joseph Church 700 E. Spruce, Chatham Lynn Miller, 787-3354	Break the Cycle of Poverty Ride , Join in the national fund raising event by riding from Chatham to Spfld, 15 miles. Picnic at 5:00 PM and a ride at 6:30 PM. See article regarding donations and the event.
Friday July 11 7:00 AM	Steak and Shake 6 th and Ash	End the week with eggs, pancakes and other special breakfast items. After all you will be riding all weekend.
Friday July 11 6:30 PM	TGI Fridays 2100 West White Oaks Drive Show and Go	Come at 6:30 PM and ride for an hour then join others for dinner at 7:30 at TGI Fridays.
Saturday July 12 9:00/10:00AM 11:30 AM	Tom Madonia East East Lake Shore Drive Bob Sorenson, 529-1141 Dara Voss, 793-0570	SBC Summer Picnic , ABC ride begins at 9 am lead by Bob Sorenson. A D ride begins at 10AM lead by Dara Voss. We gather after the ride for lunch and entertainment. Bring a dish to share. See newsletter article for details or contact Sue Dees or Kevin Brown.
Sunday July 13 8:00 AM	Sherman Park Andrew Rd. 1/2 mile E. of Bus. 55 Karl Kohlrus, 544-8410	ABC ride. Karl has us headed to Mt Pulaski, a 52 mile ride. There will be shorter options available if it seems too hot to head that far.
Sunday July 13 6:00 PM	Baskin Robbins McArthur & Laurel Kevin Brown 787-5652	D ride, the pace will be leisurely and well suited for new riders. The ride leader will be available to answer questions about bicycling and the bike club.
Friday July 18 7:00 AM	Cooks Spice Rack & Chilli Co 910 North Grand Ave W.	Come and join other for breakfast and spice up your morning
Friday July 18 6:00/7:00 PM	Muni Opera 815 East Lake Shore Drive Alan Josephson, 793-0590	Come and ride with Alan at 6:00 PM, bring a picnic dinner to eat at 7:00 and stay and watch Harriet in My Fair Lady. Sounds fun!

Saturday July 19 7:30 to 10 AM	Chatham Community Park Near the ball diamonds Brian or Matt, 483-7807	ABCD ride, Tour De Corn , There will be routes of 62 miles and less. Mass start at 8AM. This is part of the Chatham Sweet Corn Festival. Fee \$10 sponsored by the Chatham Jaycees and Wheelfast bike shop.
Sunday July 20 9:00 AM	Rochester Station Route 29 in Rochester James DuBose, 498-8221	ABCD/ER ride, Club Jersey Ride Wear the club jersey as James leads a cool down ride after yesterday's Tour de Corn. Expect a 30 mile ride to Edinburg. Easy riders can ride the Lost Bridge Trail.
Sunday July 20th 6:00 PM	1001 N. 5 th Deb Koua, Lyn Schollett and Cindy Moreno 525-8787	D ride, Sunday ice cream sundae ride! The triplets re-unite! Come join Deb, Cindy and Lyn as they dust off their matching bikes for a neighborhood ride. The ride will be followed by a delicious ice cream sundae extravaganza! Come to eat even if you don't ride!
Friday July 25 7:00 AM	Bakers Square Parkway Point	Breakfast with friends is a great way to end the week.
Friday July 25 6:30/7:30PM	2526 Austin Drive Jonathan Reiningger 698-1724	Cheap Guy Cookout ride. Bring your own meat and Jonathan will slap it on the grill after we ride for an hour. BYOB. Then the non-geezers will head to Route 66 Drive In and hope for a good movie.
Saturday July 26 9:00 AM	Buffalo Community Park Route 39 Pete Harjes, 629-7847	ABC ride, Meet in Buffalo at the community park on route 36 (six miles east of Riverton). Pete will have a route of about 50 miles with shorter options.
Sunday July 27 9:00 AM	Sherman Park Andrew Rd. 1/2 mile E. of Bus. 55 James DuBose, 498-8221	ABC ride, James leads us on a 40-50 mile ride to Mt. Pulaski. Will he make us ride up Elkhart Hill?
Sunday July 27 5:00 PM	111 Price Street Williamsville Kedra Elston, 566-2698	BCD ride, Homemade Ice Cream ride. Come for a ride of 15 to 20 miles, then enjoy some homemade ice cream.

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 May, 2003

Possible Miles for the Month
2097

Year
5062

	FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	LENGTH		
1	Cathy	Yeaman	732	173	905	17	4	1915	346	2261	49	9	46.1
2	Bill	Voss	550	147	697	18		1765	469	2234	56	0	39.9
3	Marty	Celnick	596	91	687	27	1	1753	475	2228	90	5	24.8
4	Dave	Lucas	536	111	647	32	5	1774	335	2109	87	5	24.2
5	Chuck	Orwig	772	92	864	22		1750	343	2093	55	2	38.1
6	Lance	Kidd	653	135	788	24		1436	318	1754	61	0	28.8
7	Byron	Nesbitt	473	47	520	16	2	1528	174	1702	51	4	33.4
8	Lynn	Rhoades	558	148	706	17		1284	374	1658	44	2	37.7
9	Karl	Kohlrus	447	123	570	28		1067	590	1657	58	0	28.6
10	Lisa	Kidd	480	83	563	21	1	1306	266	1572	61	1	25.8
11	Pete	Gudmundson	577	0	577	16	4	1337	0	1337	48	7	27.9
12	Ernie	DeFrates	549	13	562	21		1273	13	1286	56	2	23.0
13	Arden	Gregory	410	98	508	13	8	999	230	1229	33	8	37.2
14	Charlie	Witsman	418	51	469	13	6	1023	143	1166	30	8	38.9
15	Tom	Clark	444	8	452	17		1072	75	1147	50	1	22.9
16	Pat	Stephens	126	0	126	4		1060	0	1060	38	0	27.9
17	Alfred	Arkley	433	10	443	21	1	1034	10	1044	54	2	19.3
18	James	DuBose	511	50	561	13		927	81	1008	26	2	38.8
19	Derek	Ewing	371	14	385	9		884	117	1001	23	0	43.5
20	Deeana	Shidler	202	0	202	7		977	14	991	26	1	38.1
21	Lynn	Miller	391	30	421	13	1	914	59	973	34	2	28.6
22	Bill	Bock	414	9	423	14		925	11	936	28	0	33.4
23	Phil	Arnold	282	151	433	8		519	372	891	19	0	46.9
24	Pete	Harjes	243	33	276	11	1	717	127	844	40	1	21.1
25	Alan	Josephson	184	22	206	9	2	751	57	808	32	9	25.3
26	Linda	Butler	433	21	454	12		772	33	805	24	1	33.5
27	Dave	Ross	418	30	448	22		694	109	803	39	0	20.6
28			206	40	246	8		620	133	753	24	1	31.4
29	Jerry	Ihnen	90	31	121	4		661	72	733	25	1	29.3
30	Bob	Sorenson	274	74	348	12		596	133	729	25	2	29.2
31	Garland	Stevens	462	40	502	31		680	48	728	40	0	18.2
32	Brock	Webb	207	16	223	5		564	153	717	18	0	39.8
33	Brian	Watkins	364	52	416	11		575	121	696	19	0	36.6
34	Roger	Wright	280	186	466	6		423	242	665	11	0	60.5
35	Carol	Bock	310	9	319	10		638	11	649	20	0	32.5

Springfield Bicycle Club Mileage and Activity File As of May, 2003

Possible Miles for the Month
2097

Year
5062

	FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	LENGTH	
36	John	Day	404	65	469	14	567	72	639	20	0	32.0
37	Cindy	Kvamme	288	3	291	16	605	3	608	35	1	17.4
38	Louie	Spinner	246	8	254	10	575	31	606	28	2	21.6
39	Jon	Edwards	304	33	337	8	503	102	605	15	0	40.3
40	Kedra	Elston	211	16	227	11	524	26	550	27	3	20.4
41	Mike	Vonnahmen	129	50	179	6	343	187	530	15	0	35.3
42	Kerry	Boes	114	150	264	2	250	277	527	6	0	87.8
43	Bruce	Yurdin	222	18	240	6	472	48	520	13	0	40.0
44	Jane	DuBose	243	25	268	9	450	40	490	17	0	28.8
45	Joel	Johnson	171	62	233	5	308	134	442	9	0	49.1
46	Don	Daniels	137	31	168	3	289	120	409	8	0	51.1
47	Sue	Dees	200	0	200	14	373	0	373	27	1	13.8
48	Roger	McCredie	74	14	88	2	343	24	367	13	0	28.2
49	Don	Struck	113	24	137	3	252	114	366	11	0	33.3
50	Christa	Morris	203	0	203	14	364	0	364	28	0	13.0
51	Cindy	Moreno	227	2	229	11	350	2	352	18	1	19.6
52	Bob	Carmody	108	0	108	4	329	4	333	13	0	25.6
53	Mike	Boyd	94	7	101	2	248	72	320	7	0	45.7
54	Marilyn	Powell	59	0	59	1	320	0	320	10	0	32.0
55	Mary	Thomas	274	0	274	8	315	0	315	10	0	31.5
58	Mike	Schwab	135	0	135	13	304	2	306	33	1	9.3
57	Ruth	Magos	111	3	114	3	303	3	306	6	0	51.0
60	Christine	Kohlrus	91	31	122	4	208	96	304	8	0	38.0
59	Jim	Agnew	115	2	117	3	275	29	304	10	6	30.4
61	Rodney	Yoswig	164	0	164	4	279	0	279	8	0	34.9
62	Brigetta	Ewing	118	0	118	5	275	0	275	13	0	21.2
63	Mike	Hills	52	12	64	1	196	77	273	6	0	45.5
64	Bill	McGee	148	0	148	6	271	0	271	11	0	24.6
65	Jack	Elston	157	16	173	7	253	16	269	11	0	24.5
66	Brea	Elston	182	0	182	9	268	0	268	13	0	20.6
67	Sharon	McBride	111	0	111	5	239	10	249	12	0	20.8
68	Rick	Regan	111	0	111	5	239	10	249	12	0	20.8
69	Mike	Elston	117	16	133	4	207	16	223	8	0	27.9
70	Dan	Liekvold	117	14	131	3	175	40	215	5	0	43.0
71	Daniel	Ewing	88	0	88	4	213	0	213	11	0	19.4

Springfield Bicycle Club Mileage and Activity File As of May, 2003

Possible Miles for the Month
2097

Year
5062

	FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	LENGTH	
72	Dan	Mitchell	130	0	130	4	212	0	212	7	0	30.3
74	Mike	Ryan	84	10	94	2	193	17	210	5	0	42.0
75	Kevin	Brown	80	24	104	7	180	25	205	14	2	14.6
76	Rick	Davis	197	0	197	3	197	0	197	3	0	65.7
77	Ryan	McMillen	124	48	172	5	144	48	192	6	0	32.0
78	Jon	Halterman	74	40	114	3	130	53	183	5	0	36.6
79	Curt	Winhold	178	0	178	7	178	0	178	7	0	25.4
80	Gerry	Orwig	81	17	98	5	125	46	171	10	0	17.1
81	Grover	Everitt	167	0	167	3	167	0	167	3	0	55.7
82	Tony	Henn	109	0	109	10	157	0	157	15	0	10.5
83	Doug	Dalby	132	20	152	6	132	20	152	6	0	25.3
84	Jackie	Galli	59	0	59	1	146	0	146	4	0	36.5
85	Sean	Hatchett	79	0	79	2	137	7	144	4	0	36.0
87	Lyn	Schollett	74	37	111	7	104	37	141	9	0	15.7
86	Gail	Mugler	58	14	72	3	127	14	141	6	0	23.5
88	Dean	Wisleder	140	0	140	3	140	0	140	3	3	46.7
89	Ken	McCarvey	59	0	59	1	137	0	137	3	0	45.7
91	Jonathan	Reininger	43	0	43	3	122	0	122	7	2	17.4
92	Bob	Randall	119	0	119	5	119	0	119	5	0	23.8
93	Marty	Morris	90	0	90	5	118	0	118	8	0	14.8
94	Kathy	Shepard	80	9	89	7	94	10	104	8	0	13.0
95	Sharon	Stanley	26	0	26	2	103	0	103	7	0	14.7
96	Hope	Rolens	92	0	92	3	92	0	92	3	0	30.7
97	Roger	Schnelten	92	0	92	3	92	0	92	3	0	30.7
98	Deb	Cooper	12	10	22	1	76	14	90	6	0	15.0
99	David	Leigh	89	0	89	3	89	0	89	3	0	29.7
100	Mark	Smith	42	19	61	4	68	20	88	6	0	14.7
101	Harriet	Josephson	25	4	29	2	79	4	83	7	0	11.9
102	Lenny	Miner	25	0	25	1	83	0	83	3	0	27.7
104	Mike	Eymann	62	0	62	2	82	0	82	3	0	27.3
103	Jan	Cimarossa	25	0	25	1	82	0	82	3	0	27.3
106	Kathleen	Winhold	74	0	74	5	74	0	74	5	0	14.8
107	Craig	Ross	32	0	32	3	62	9	71	6	0	11.8
108	Russ	Farson	44	0	44	2	65	0	65	3	0	21.7
109	Coleen	Koester	59	0	59	1	59	0	59	1	0	59.0

Springfield Bicycle Club Mileage and Activity File As of May, 2003

Possible Miles for the Month
2097

Year
5062

	FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	LENGTH		
110	Jeff	Koester	59	0	59	1	59	0	59	1	0	59.0	
111	Paul	Hosmanek	20	0	20	1	56	0	56	2	0	28.0	
112	Lola	Lucas	47	3	50	2	50	3	53	3	0	17.7	
113	Matt	Saner	50	0	50	2	50	0	50	2	0	25.0	
114	Ken	Anderson	49	0	49	1	49	0	49	1	0	49.0	
115	Keith	Buescher	49	0	49	1	49	0	49	1	0	49.0	
116	Dan	Dugan	49	0	49	1	49	0	49	1	0	49.0	
117	Larry	Kister	49	0	49	2	49	0	49	2	0	24.5	
118	Gene	Rupnik	49	0	49	1	49	0	49	1	0	49.0	
119	Jim	Stephens	49	0	49	1	49	0	49	1	0	49.0	
121	Matt	Lund	48	0	48	2	48	0	48	2	0	24.0	
123	Regina	McGuire	24	0	24	2	47	0	47	4	0	11.8	
125	Brian	Fowler	44	0	44	2	44	0	44	2	0	22.0	
126	Jack	Hurley	43	0	43	2	43	0	43	2	0	21.5	
130	Dara	Voss	41	0	41	2	41	0	41	2	0	20.5	
132	Judy	Shipp	33	0	33	1	39	0	39	2	0	19.5	
134	Terri	Nelson	37	0	37	1	37	0	37	1	0	37.0	
135	Lori	Midden	29	0	29	3	36	0	36	4	0	9.0	
137	Paul	Anthony	32	2	34	2	32	2	34	2	0	17.0	
138	Connie	Roberts	32	2	34	2	32	2	34	2	0	17.0	
140	Mike	Wyatt	32	0	32	2	32	0	32	2	0	16.0	
141	Genid	Stwunczak	28	3	31	2	28	3	31	2	0	15.5	
144	Mel	Smith	14	14	28	1	14	14	28	1	0	28.0	
143	Rebecca	Hood	12	4	16	1	24	4	28	2	0	14.0	
145	Ben	Fox	12	2	14	1	25	2	27	2	0	13.5	
146	Carol	Anderson	25	0	25	1	25	0	25	1	0	25.0	
148	Kristin	Park	25	0	25	1	25	0	25	1	0	25.0	
149	Steve	Park	25	0	25	1	25	0	25	1	0	25.0	
150	Bob	Vlahos	25	0	25	1	25	0	25	1	0	25.0	
151	Kathie	Vlahos	25	0	25	1	25	0	25	1	0	25.0	
152	Bill	Owens	22	0	22	2	22	0	22	2	0	11.0	
154	Georgeann	Daley	20	0	20	1	20	0	20	1	0	20.0	
155	Sue	Hack	9	0	9	1	19	0	19	2	1	9.5	
156	Cindy	Johnson	16	2	18	1	16	2	18	1	0	18.0	
158	Debby	Lewis	9	0	9	1	16	0	16	2	0	8.0	
165	Melinda	Winhold	8	0	8	1	8	0	8	1	0	8.0	
	TOTALS		24030	3024	27054	933	52	54272	8153	62425	2197	99	28.4

Local Road Projects for IDOT District 6

Byron Nesbit

SPRINGFIELD, ILL., -- The Illinois Department of Transportation will open bids on June 13, 2003 for various road and bridge improvement projects located throughout the state.

Following is a list of the projects by county:

12. Montgomery County, IL 127, District 6, Contract No. 72525, 8.09 miles of pavement patching, bituminous surface removal, bituminous concrete resurfacing, 3 ft bituminous shoulders and 3 ft aggregate wedge shoulders on IL 127 from Short Street in Raymond extending south to Sealy Street in Butler. Completion Date October 31, 2003.

15. Sangamon County, I-55 WFR & Panhandle Road, District 6, Contract No. 72806, 1.78 miles of bituminous surface treatment, fence replacement and pavement marking on the I-55 West Frontage Road at the north end of Williamsville. Also includes 1.83 miles of bituminous surface treatment and pavement marking on Panhandle Road on the east side of I-55 south of Springfield. 15 Working Days.

93. Montgomery County, Nokomis Blacktop, District 6, Contract No. 72801, bituminous concrete binder and surface courses and 3 ft aggregate shoulders on the Nokomis Blacktop beginning 5 miles west of Nokomis eastward for 2 miles. 15 Working Days.

131. Sangamon County, Unmarked Route, District 6, Contract No. 93351, Construct a 0.65 mile, 10' wide bituminous concrete bike trail extension and rehabilitate an existing railroad structure on the Lost Bridge Bike Trail from Walnut Street to Community Drive in Rochester. 65 Working Days.

133. Sangamon County, CH 10, District 6, Contract No. 93355, 13.57 miles bituminous concrete resurfacing, aggregate shoulders and miscellaneous work on County Highway 10 from Main Street in Pleasant Plains south to Loami Road (County Highway 40) including the rehabilitation of the bridge over Prairie Creek.

80 Working Days. 164. Sangamon County, Old IL 4, District 6, Contract No. 72408, removal of the existing structure carrying Old IL 4 over a tributary to Lick Creek south of Springfield and the replacement with a double barrel 6' X 9' concrete box culvert. Completion Date October 31, 2003.

177. Morgan County, CH 18, District 6, Contract No. 93347, Construction of a single span precast, prestressed concrete deck beam bridge carrying CH 18 over Apple Creek Tributary 2.5 miles southwest of Waverly. 40 Working Days.

178. Montgomery County, CH 3, District 6, Contract No. 93353, Remove and replace bridge carrying Black Diamond Trail CH 3 over Horse Creek, including 0.48 mile bituminous resurfacing 4.5 miles northeast of Farmersville. 55 Working Days.

Springfield Bicycle Club Membership Application

Member Information

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

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 May Commuting Miles

	2003	2002	2001	2000	1999
Erin Agnew			68	84	23
Jim Agnew	67		116		
Phil Arnold			72	72	0
Kevin Brown			13		
Bill Callan					163
Sue Dees	64	8	8		
Ernie DeFrates			8	0	4
Dan Eatherington					126
Brea Elston			13		
Jack Elston		42	46		
Mike Elston			109		
Curt Evoy					14
Alan Josephson		6	36	0	35
Amanda Kidd				44	22
Frank Kink			40		
Christine Kohlrus	13		0	2	0
Karl Kohlrus	173	136	183	181	186
Dave Lucas	23	183	159	100	130
Ken McGarvey		47	120	78	
Lynn Miller		10			
Cindy Moreno		5			
Gail Mugler				16	
Jim Nugent				50	90
Chuck Orwig			45	123	0
Gerry Orwig		10			
Marilyn Powell			562		
Craig Ross	7				
Dave Ross	54				
Mike Schwab	6	37			
Garland Stevens	213		156	94	181
Dean Wisleder			116	118	163
Cathy Yeaman		48			
TOTAL	620	532	1,870	962	1,137

Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705

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

Address Service Requested



July, 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**

SBC SUMMER PICNIC

JULY 12, 2003

TOM MADONIA PARK

