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SPRINGFIELD BICYCLE CLUB



RIDE OF THE MONTH

**Lynn Miller's one room schoolhouse ride is the July ride of the month.**

July was a month of great club rides, and those gathered for the board meeting had a tough time choosing the best ride. However, in a very close vote, Lynn Miller's ride to the one room schoolhouse took the honors. Lynn developed a nice route and arranged for the riders to take a tour of the restored school. Everybody enjoyed the rules for students and teachers, which included restocking the out-house from the ample number of catalogs. Thank you Lynn, for a unique idea for a most enjoyable ride.

ALMOST ANYTHING AWARD

**Cathy Yeaman takes the AAA for her effort "above and beyond" her duty.**

A close runner-up for this award was Tony Henn for his outstanding assistance after Lori's spill. Great job Tony! However, the vote went Cathy's way. Cathy has done an outstanding job as VP in charge of ride scheduling, but this month went out of her way to clean up the gravel and dirt at the south end of the Interurban Trail. Many of us who regularly ride there have complained about the gravel, but it took Cathy to actually take a shovel and broom and clean up the mess. Now it's a safe entry on and off of the highway. If you feel like complaining about something, just think of how you could fix it and do it yourself. Thanks Cathy for a job well done.

LEAD WATER BOTTLE

**The SBC Board takes the "hit" for this one this month.**

The Board was nominated for the "Lead" because we failed to recognize Karl Kohlrus for his **100 000 LIFETIME MILES!** OK, we'll admit to not doing anything special for Karl, but we're also accepting the lead because we couldn't even think of one other nomination. In our defense, Karl accomplished this amazing feat while out of town, and he received recognition in the S J-R and the QR. Karl, we will get a plan together for the next 100 000. Because we couldn't think of any other nominations is a good thing; it means the club members have been careful, safe, and "error free" for the month. Give yourself a pat on the back.

RIDERS OF THE MONTH

7/03 Lisa Kidd 953 mi.	3/03 Dave Lucas 675 mi.	11/02 Chuck Orwig 985 mi.
6/03 Chas. Witsman 1108 mi	2/03 Marty Celnick 297 mi.	10/02 Lisa Kidd 848 mi
5/03 Cathy Yeaman 905 mi.	1/03 Bill Voss 272 mi.	9/02 Byron Nesbitt 1082 mi.
4/03 Chuck Orwig 782 mi.	12/02 Karl Kohlrus 509 mi.	8/02 Lynn Rhoades 711 mi.

## The President's Report

### Cathy Yeaman, Vice-President

What a wonderful summer of cycling we have enjoyed. The weather is great and the rides are plentiful. In July the club set record mileage. When Karl Kohlrus totaled the miles ridden by club members for July, it was an all time high for a month, 32,103 miles. Thanks to all the riders and ride leaders who helped set the record month.

The September ride schedule changes a few daily rides. The East side Tuesday and Thursday night training rides are merging with the West side rides. The Tuesday and Thursday night show and go on the Lost Bridge Trail will continue. The Monday night grupetto ride will merge with

the Monday night ride which begins at Parkway Pointe theaters. These changes are made to better accommodate riders and ride leaders. The October and November weekend schedules are filling in quickly, so if you have a ride in mind for this autumn, don't procrastinate. Give me a call or e-mail so we can get your ride scheduled.

September is a busy month for the bike club. Our **Capital City Century** on Sept 7<sup>th</sup> provides us a chance to showcase our club, community, and hospitality. Please consider what contribution you can make to assist your club. There are many ways to volunteer your assistance and also ride. Take the time

to read the article in this month's newsletter and contact one of the coordinators. New for this year is our involvement in the **Senior Olympics** cycling events. We will sponsor the cycling time trials and road racing events with the Springfield Park District. Volunteers are needed as timers and for course management. This event is a good reminder that cycling is a life long sport. Consider setting aside a few hours on September 20<sup>th</sup> and/or September 21<sup>st</sup>. We should have several seniors participating that you can encourage.

Ride safe. See you on the road.

## Christmas Shopping at Woodfield Mall

### Kathy Shepard

After the tremendous success of last year's trip, Kedra Elston is returning to Chicagoland with another busload of holiday shoppers. The destination this time is Woodfield Mall in Schaumburg. The bus will leave the K-Mart parking lot Saturday, November 22 at 6 a.m. and will arrive back around 11 p.m. There will be a stop on the way for breakfast, and a rest stop on the return trip.



Dinner will be at one of the restaurants at the mall. The cost, round trip, is only \$25. The bus company has set an early September deadline for reservations, so don't delay in making yours by mailing Kedra a check at 111 Price Street, Williamsville, IL 62693. Questions? Talk with Kedra on a ride or at 741-9421. For info on the mall, see <http://www.gowoodfieldmall.com/>

## Board Meeting Notes - July 2, 2003

### Kathy Shepard

Present: Alan Josephson, Kevin Brown, Sue Dees, Linda Butler, Curt Evoy, Mike Schwab, Marty Celnick, Lynn Miller, Cathy Yeaman, Alfred Arkley, Cindy Kvamme, Jonathan Reininger, Kathy Shepard

June board meeting minutes were approved with a minor revision as attendees lingered in Cathy's beautiful Florida room over the delicious supper she prepared, supplemented with a salad prepared by Lynn. Linda said we should be receiving reimbursement for \$302.97 in TGISpring expenses, and \$556.50 for our help with the Ironhorse Triathlon plus reimbursement for expenses. Ironhorse organizer Paul McDevitt reportedly was very happy with our work on the event. Cathy highlighted upcoming rides, including those for which she still needed leaders. Attendees approved her proposal to replace, on a trial basis, the Friday breakfasts with a monthly breakfast in conjunction with a ride. It also was decided to start the daily Geezer rides at 8 a.m. in the anticipated heat of August.

Alfred administered the awards voting in the absence of Chuck Orwig, who was

preparing to leave at 4 the following morning for France. Chuck was asked to be on a team supporting a cycling group which was to track the Tour de France route. Attendees eagerly anticipated hearing Chuck's stories about his trip on future rides, and expected him to return with Lance's autograph.

Chuck also will have a special name badge when he gets back, since his Punkie's Palace ride was voted June's Ride of the Month.

For the Almost Anything Award, Alan was nominated for "stepping up to the plate" twice in a row to head up the Old Jack cleanup when Garland Stevens was out of town. Garland was said to have promised to be present for the next one. Jon Edwards and Marty Celnick were nominated for their fine work on the biking portion of the Ironhorse. Karl Kohlrus was nominated for accumulating 100,000 personal ride miles from June 1, 1987, through June 19, 2003. Spirited voting saw Jon and Marty win the AAA. They marked the route, recruited volunteers, and distributed and retrieved supplies. Excellent job, guys! We

thank you for your well-organized efforts, and pass along the many thanks participating cyclists expressed to volunteers.

For the Lead Water Bottle, Ken McGarvey was nominated for showing up at GITAP without his front wheel, complaining about the bike GITAP organizer Chuck Oestreich kindly lent him so that he could participate in the ride, then complaining that his new front wheel was not as good as the old one. Charlie Witsman was nominated for an offer of help, typical of Charlie's generous nature, which turned out to be unintentionally misdirected. It seems that on stopping after riding 100 miles on a ride in Peoria with Deanna Shidler and Lance and Lisa Kidd, Charlie kindly helped apply sunscreen to Lisa. When Lance returned from the van with a dollop of cream on his hands, Charlie offered to put it on for him, as well. As Lisa put it, Lance looked down at the chamois butter on his palm, got a funny look on his face, and said, "I guess you can if you really want to – but it isn't going on my shoulders!" Charlie won the Lead this month, and the likely distinction of



having his win go down in the annals of Lead history.

Sue said burger and brat grillers still were needed for the summer picnic. When Alan and Lynn volunteered, Kevin said they would have to impersonate Emeril and Paul Prudhomme, and should sort it out between themselves who each would be. Sue heard no objection to her proposal that the picnic be held on a Sunday next year.

Alfred said a Food Chair still was needed for the upcoming Capital City Century. The possibility of a food committee was discussed, but it was agreed that if formed, it would have to have a leader. Kevin confirmed that he remained in charge of registration, and Cathy said she would make phone calls regarding SAG support. Lynn said he would write letters requesting donations and discounts from corporate donors, and Al-

fred said he would follow up. Alan said brochures had been distributed and more were being printed. He also said he had contacted the IT and SJR about a story on the band which will be playing, and that he would be contacting Central Illinois bicycle clubs and radio stations as well. Curt said he would try to put a version of the brochure in the QR to enable members to sign up early. Lynn said he would write an article for the next QR, and also volunteered his garage as the food drop-off point the day before the CCC.

Curt said his term as QR editor would be up after the next two issues. Alfred said a Vice President also would be needed, as Cathy would be spending happy warm months in Florida for part of the year. Alfred said he had received a response to his submission of the Geezer ride for inclusion in Bicycling magazine's monthly

sampling of club rides nationwide: look for it in the October issue! He also said he planned to send the Bicycling staff member who responded past issues of the QR, along with a suggestion that a club so active was worthy of an article. Stay tuned!

Alfred also said that he and Sister Jo would be meeting with Senior Olympics organizers to discuss the club's possible participation in the biking event, which he said he would volunteer to chair. Other members had expressed interest in helping. It was agreed that the club's involvement would be conditioned on being able to implement our plans regarding how the biking event would be run. Lynn discussed the upcoming Brake the Cycle of Poverty ride on July 10.

The meeting then was adjourned, with thanks to Cathy for her hospitality.

## The Tour de France Adventure

### Chuck Orwig

Did you ever think about running away to join the circus? Why do people actually do that? Do you think you have what it takes to succeed in the circus atmosphere? Can you speak the circus language? Would you be afraid? I was, but I had signed on to work with Velo Echappe' International Luxury Bicycle Tours, acquired a passport and international driver's license, and purchased a round trip ticket to Paris. I wouldn't turn back. I was about to join France's summer circus, the Tour de France.

After two days of preparing the Velo Echappe' tour vehicles and getting to know the rest of the Velo staff whose average age is 31 years, I was introduced to the Tour at the TT prolog in Paris. Thousands of fans surging toward miles of baracades, photographers lying in the middle of the streets, vendors everywhere, and superb athletes warming up on trainers. The circus was in Paris, preparing for its three-week stand across France. My Goosebumps lasted all night.

I pinched myself to see if this was just an incredible dream, and sure enough, I

was awake and about to begin the real work. We drove our caravan from Paris to the French Alps to get ready to meet our guests and join up with the circus for the first time in the mountains. The rest of the Velo staff and I were now in the bike riding mode. To prepare for our guests, we rode the routes that they would be riding. This would give us a chance to learn the routes, but it also provided us with an opportunity to get to know each other and bond as a group.

Our riding didn't just include the recon missions but involved riding with our guests. I was chosen as a rider for L'Alpe D'Huez, a choice for which I was extremely grateful. We had positioned one of our big vans on the mountain at turn 13 so our objective was to ride to the summit, have lunch and look around, and descend to turn 13 to watch the race come by. After the last pro rode by, we would ride down with the thousands of fans and then ride for several miles on the flats to reach our bus, which was parked outside of the traffic jams.

The ride up L'Alpe D'Huez

was a dream world. The conservative estimate of the crowd size on the mountain was 500,000 people, many of who cheered as we rode by. Some fans offered a short push, and one even ran with me and poured cool water on the back of my neck. I really can't describe the feeling I had on that mountain. The first two kilometers were a 14% grade with an overall average of 7.5% for 8 miles. It was so exciting that I could have done it twice, but the gendarmes closed the road before I had the chance.

The next day I was able to ride the Col du Lautaret, a category 1 climb, and follow it much later in the day with a climb up le Deux Alps, and HC climb from the 2002 tour. The lack of crowds on that mountain made that climb much harder than the two previous climbs.

The circus and I moved to the Pyrenees next. The highlight in those mountains was the climb up the Luz-Ardiden. I chose a spot to watch the race where a beer/wine vendor was located. (Imagine that!) The spot turned out to be the place where Lance attacked after

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## Capital City Century, Sunday September 7

Kathy Shepard

The 31<sup>st</sup> annual Capitol City Century will have some exciting new features, including brand-new routes on flat to gently rolling terrain, and live band "Grandpa .38." This year, as in every year, careful thought and planning have gone into putting the Century together. Now we need you, to help make it a success!

Food chair Lynn Miller

(787-3354) is looking for people to help at the food stop in Auburn and at the Post-Pedalin' party at the Beach House. Call Kevin Brown at 787-5652 to help with registration. Contact Jonathan Reininger at 698-1724 if you'd like to help with marking the route or sag. Want to ride the Century? You can help with registration beforehand or assist with food or cleanup at the

Beach House after you hop off your bike.

Whatever you decide to do, drop off those baked goods – cookies, muffins, etc. – you've made or bought at Lynn Miller's house, 1428 Cherry Road, between 9 a.m. and 2 p.m. Saturday, September 6.

We need you! Pitching in at the CCC is a good time, and

## Le Tour

Mark Flotow

Lance has joined the sweet five-with-five club for Tour victories (currently composed of Anquetil [1957, 1961-64], Merckx [1969-72, 1974], Hinault [1978-79, 1981-82, 1985], Indurain [1991-95] and Armstrong [1999-2003]). Between Armstrong and LeMond, they have won 7 of the last 15 Tours de France. Lance again proved that those who have won four Tours always have garnered a fifth AND that number five has been the most difficult to obtain. He was a great winner by being a great fighter. In fact, any of the top ten general classification finishers could make a stake to that claim, even if they were only near-winners. Yet, all this seems

a bit trite now the 2003 event is over. So, what else have we witnessed?

If this edition of the Tour could be summarized in one word . . .

. . . I'd try one I heard Lance use (to describe the stage 19 time trial) - "epic." Le Tour is bigger than life in that it is a soap opera (with incredible Euro TV ratings and a huge live audience) played out on a stage composed of the roads and countryside of France. There were protagonists - root for one or more of your choice; antagonists - ditto; triumph - with several jerseys and stage finishes to choose from; tragedy - Beloki's race-ending crash, or

McEwen's loss of the coveted green points jersey in the final sprint; scandal - there was one rider found positive for EPO; love - one of the Credit Lyonnais podium ladies was fired for kissing too many cyclists away from the podium, something explicitly prohibited in their contracts; fortitude - pick from 2003 Giro d'Italia winner Simoni's stage 14 victory after almost retiring from the Tour at a few earlier points, or ultimate third-place finisher Vinokourov fired up by the memory of his friend and fellow competitor, Kivilev, who died in a French stage race earlier this year, or any single day of the Tour for

*(Continued on page 7)*



Tyler Hamilton; bad luck - Cofidis's David Millar in the prologue time trial when his chain came unshipped due to the lack of a front derailleur, thus losing by eight hundredths of a second; good luck - Millar winning the stage 19 time trial (whilst falling in the same stage), partially because Lance and Jan Ullrich had turned off their record-pace efforts when Jan slid out on the wet pavement, as well; humor (to the rest of us) - CSC's Sastre producing out of his jersey pocket a baby's pacifier and putting it into his mouth in the closing meters of his stage 13 victory, or Gerolsteiner rider Rene Haselbacher's stage 3 crash in the final sprint that resulted in the back of his shorts being COMPLETELY ripped away, or riders discarding \$150 helmets (on a 5km or

longer categorized climb that has the finish line before or at the top of the climb, as allowed by the new UCI "Kivilev" mandatory helmet-use rules) at team cars (not necessarily their own), to officials on motorcycles and even to arbitrary fans along the roadside; irony - a few cyclists kissing the pavement on some of those same climbs; and just about any other life emotion or circumstance. And, of course, what makes a great winner is a cast of competitors who, despite their best efforts, failed to win themselves. This centenary year edition of the 90th running of the Tour de France had it all, in spades.

Crashing in your Underoos can hurt

True, most of us already

know this, having tried it at one time or another. Especially at 30 mph, thin, taut tailoring meeting tarmac - the results are not pretty. Ask ONCE-Eroski's Joseba Beloki: fractured femur, shattered ulna (elbow) and broken wrist. Or, Rabobank's Marc Lotz: a lacerated face, from eye socket southward. Or, his teammate Levi Leipheimer who broke his coccyx (tail bone). Or, CSC's Tyler Hamilton, who seems to draw sustenance from pain, with a double fracture of the collarbone.

Life can be cruel in the fast lane

Le Tour is constantly on the move. During the course of its ebb and flow, if it waits at all it will be a matter of a few seconds and not minutes. The movement of the peloton is like a herd of wildebeests on the Serengeti: the sick or wounded are left behind to their fate. An upset stomach, a brush with an overzealous spectator or an allergic reaction to a bee sting can cost a rider minutes or even the whole enchilada. Jan Ullrich, Tyler Hamilton and a few others may have waited several seconds for the king of the jungle de jour on Luz-Ardiden after he had snagged a 10-year old's souvenir musette on his brake lever, but this is the exception and, again, only involves

seconds.

Do unto others . . .

So, the question was asked: why DID they wait? We cycling aficionados like to think ours is a noble sport, but the competitive aspect of it, for the most part, is not. Don't be shocked - the spectacle of color we see on TV (or in person) hides its dyed dark roots. Cycle racing is a hard man's/woman's discipline, where the roads are long and dirty, the competition often ruthless for victory, and the odds are tough for all but a few. The history of the sport in Europe, the center of cycling, has been the peasant or factory worker trying to make a name for himself, trading one hard life for another. Doing it purely for the love of the sport, then, sounds a little daft. In cycle racing, deals are struck, rules are tested, nerves are frazzled and sometimes drugs are taken. The difference between the amateur and professional ranks, besides the amounts of talent and organization, is the highest levels of the sport are more closely monitored. The top professionals compete against each other throughout the year and often for years, so it helps to have some friends, or at least few enemies. Image becomes important. Waiting for a top

competitor who has fallen as a victim of circumstance makes good sense - it does not cheapen your effort (or image) and it does not make enemies where they can least be afforded. Yes, it represents commendable fair play and good sportsmanship, but there are strong incentives for the ambassadors of the sport to do so. Still, my telling you this should not temper your enthusiasm, but it may improve your understanding. Maybe the question should be, besides the skills involved, how IS cycling different from other sports? Perhaps, it is not so different.

*(Nota bene. Does anyone remember the series of crashes on stage 2 of the 1999 Tour? This was the [in]famous stage that went over a narrow road, known as le Gois, exposed from the sea for only four hours in between tides, connecting the island of Noirmoutier with the French mainland. The road, naturally, proved treacherous as groups of riders fell at several spots. Top riders near the front, like ONCE's Olano, U.S. Postal's Armstrong and Cofidis's Julich, gathered their teammates and pushed the pace when they received word of the pandemonium occurring just behind them. The time gaps widened over the kilometers to the finish, with pre-race favorites like Banesto's Alex*

Zulle losing six minutes on this one stage. It was his birthday. He went on to finish second in the Tour that year, seven and a half minutes behind Armstrong.)

Bravo Tyler, that crazy American

However, is that crazy like a fox or the not so good kind? Of course, Tyler has a history of this sort of thing. In last year's three-week Giro d'Italia, he finished second overall after breaking a bone in his shoulder (I'm guessing it was the acromion process of the scapula, which is about the size of one's thumb) on stage 5. Before it could heal, he went on and rode the entire 2002 Tour de France, finishing 15<sup>th</sup>. On stage 16 of this year's Tour, he went on a long "suicide" solo break that was so crazy, it worked. No one initially believed he could do it. The same goes for his other breaks - the two in his right collarbone - in that no one thought he could do the entire Tour. Yes, like so many others, I admired his courage and relentless pursuit of his goals. Nevertheless, I also thought it was senseless to risk further injury from even the slightest subsequent knock or spill. And what about the safety of his fellow competitors, because surely his bike handling skills were



compromised in such a state. Interestingly, during the penultimate stage, Gerolsteiner's Uwe Peschel fell twice during the wet, treacherous individual time trial, resulting in two cracked ribs and a punctured lung. He finished the stage in 56th place. However, HIS doctor forbade him from competing in the final stage, despite his willingness to finish what he had started.

Stage racing is a thinking person's sport

You might assume I am referring to the spectator knowing that the Tour's team classification is based on each team's top three finishers' times accumulated for each stage or trying to figure out that this year's "Centenaire" classification is based on the addition of an individual rider's placement in each of the six stages that finished in cities visited in the inaugural 1903 edition (i.e., scored like a cross-country running event). Instead, I am referring to the riders. Some of the most successful riders are the best thinkers and tacticians. It's knowing who to chase and who not to chase that allowed L Armstrong to hold so tenaciously onto the yellow tunic when he was having that multi-day "not-so-fresh feeling." It was Quick Step-Davitamon's (and for-

mer Paris-Roubaix winner) Servais Knaven who sensed when the time was right to shed his break-away partners in his successful attempt to win stage 17, solo-style. It was Fassa Bortolo's Petacchi who knew when to employ his quick and relatively long-lasting finishing speed, surprising his fellow sprint specialists, to collect four stage victories. Brawn is great, but it's better to combine it with brains.

We'll take a short break . . .

Finally, thank goodness life is better reflected in the Tour than in the OLN-TV commercials during the Tour. What I got out of all the Camelbak hydration commercials is if you have plenty of cool, refreshing water to drink in the desert and your buddy doesn't, be sure not to share and ignore their suffering. (Fortunately, the Tour showed designated riders, the domestiques, constantly filtering back and forth to/from the team cars to aid their thirsty teammates.) Perhaps one reason the French have had trouble warming up to the Texan is because they saw a cold persona in all those annoying Subaru commercials. If that's all I knew about him, I'd assume his is a lonely, friendless life. For example, he goes on a mountain bike ride with some other enthu-

siasts (i.e., it was not a race, with no jersey numbers or finish line) and makes a point to leave them behind in the muck and the water so he can load his bike on his vehicle and drive home alone. Or, he loves making ruts and figure eights out in the wilds somewhere for his own personal pleasure with only what appears to be a borrowed dog in the front seat as a companion. C'est la vie? Non, le Tour est la vie.



## RAGBRAI XXXI

Jan Cimarossa

Here it is the end of July, and cyclists from all over the country converge on the State of Iowa. Come to participate in the Tour De Iowa known as RAGBRAI XXXI which took place July 20<sup>th</sup> thru July 26 of 2003. There are many calories burned and mass quantities of carbohydrates consumed. RAGBRAI for the unfamiliar bike rider is a 450 mile seven day trek across Iowa. Thus the name RAGBRAI, Registers Annual Greater Bicycle Ride Across Iowa. The ride starts on the west side of the state and continues east. North or South routes vary from year-to-year along with the different terrain either hilly or flat. Out of the seven days this year five were hilly some more extreme than others. Also each day brought different challenges and a range of mileages from 43.6 up to 78.3, averaging 64.29 miles. There were frequent stopping points along the way for water, bananas, and just plain shade which seemed to be a commodity. As usual weather played a huge part in the seven day event. Our first and hilliest day was also the hottest with the mercury topping out at 96 degrees and high humidity. The remainder of the week was

pleasant with temperatures in the 80's and a shower on Tuesday evening after the days ride. Being the rookie of the team I took in all the festivities that were offered.

The team carried the name "The Krazy Fokker's" and was made up of ten SBC members. Mike Eymann, Nancy and Todd Byerline, Terri Nelson, Byron Nesbitt, Lenny Miner, Curt Evoy, Candy German, Jerry Ihnen, and myself. Jessica Highly was the driver for the group who stayed the last four days. The one member who cannot be forgotten is Carol Anderson, who could not go because of work, but she set up the over nights for all of us, and did a great job. Thanks Carol "Big Time". We also lost one of our strongest riders before we even started, Nancy was not able to go, however drove the first day for us, because of a personal commitment. We all missed both Carol and Nancy. By day four the weather claimed another team member, or so we thought, Candy ended up getting food poisoning from the week before, and had to leave early. Mike and I also cut the trip short to only three days, but the three days were well worth the experience. Todd, Terri, Curt,

Jerry, Lenny, and Byron (who showed up later) finished the week for the Krazy Fokker's. Not being there for the remainder of the week I was told great stories.

According to the remaining Fokker's the parties lasted longer, and the rides although hilly and long were spectacular. The further east the team went the better the party towns were. Total mileage for the week ended up being 450 plus miles. RAGBRAI was an experience that I will never forget. I just wish I could have stayed the entire week, three days was just not long enough. Next year which will start to be planned soon looks to be a great time, again. With a little luck all the past Fokker's and some new ones will be able to ride.



## CALENDAR OF EVENTS

Monday, September 1	Tour de Pigs III
Sunday September 7 <sup>th</sup>	Capital City Century
Wednesday September 10 <sup>th</sup>	Full Moon Ride
Saturday September 13 <sup>th</sup>	Farm to Farm Ride
Sunday September 28 <sup>th</sup>	Pike Peeks Ride

## OUT OF TOWN RIDES

Saturday, September 13<sup>th</sup>, Bob Galloway Memorial Amish Country Bicycle Tour, Arthur, Illinois Decatur Bicycle Club, 18, 25, 40, 65 mile routes, [www.DecaturBicycleClub.org/arthur.html](http://www.DecaturBicycleClub.org/arthur.html) or call Mark McClure at (217) 454-9896.

No Baloney Country Tour starts from Jubilee College located about 10 miles West of Peoria on Saturday September 20, 2003. 75 & 100 mile riders need to be on the routes by 8:00 am with open registration for the 25 & 50 mile routes until 10:00am. Fees are \$15 before Sept 8 and \$20 after. For more information contact Mike Pula@309-243-9394, [mrpula@hotmail.com](mailto:mrpula@hotmail.com) or the website at [www.geocities.com/ivw.geo](http://www.geocities.com/ivw.geo)

First Annual "Snapper Metric Century" on Saturday, September 20, 2003, Quincy Bicycle Club. Each rider will get a commemorative glass mug emblazoned with the official ride logo. The ride also will feature SAG, maps, bike numbers, radio operators and rest stops. The ride will go rain or shine. <http://www.quincybikeclub.com/>

## *New Quick Release Editor* Curt Evoy

The October *Quick Release* will be edited by the new *QR* editor. Lori Midden will be the new *QR Editor*. **Articles may be sent to her at [lmidden@hotmail.com](mailto:lmidden@hotmail.com).** Submitted articles should be limited to two pages, and Microsoft Word is preferred word processing software.

**The deadline for the October *Quick Release* will be September 10<sup>th</sup>.**

Thank you Lori, for taking over a very important posi-

tion.

Thank you, Bike Club, I have enjoyed my three terms as editor.

See you on the road.



### September 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](mailto: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 above 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 miles in to Karl Kohlrus. No ride on Labor Day.
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 Labor Day.
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 Labor Day.
Mondays 6:00 PM	Kerasota's theaters parking lot Parkway Point Deb Cooper, 546-5099	C ride, An easy ride to get started and gain conditioning. The ride will be slow enough for conversation. 10 to 22 miles. No ride on Labor Day.
Tuesdays 6:00 PM	Carmody Residence 517 Appomattox Drive Pete Gudmundson, 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 and no maps. Turn in miles to Karl.
Wednesdays 6:00 PM	Methodist Church parking lot Wabash and Koke Mill Chuck & Gerry Orwig, 793-3782	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 leaders 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.
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 Kedra Elston, 566-2698	CD ride, This will be an easy ride around Sherman of 15 + miles. If Kedra 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 and no maps. Turn in miles to Karl.
Thursday 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.
Monday Sept 1 9:00 AM	Sherman City Park Andrew Road ½ miles E of Bus 55 James DuBose, 498-8221	ABC ride, <b>Tour de Pigs III</b> , 45 miles with a shorter 28 mile option. Sherman to Broadwell with a planned stop consisting of cookies and drinks at James in-laws hog farm. Always great fun.
Wednesday Sept 3 <sup>rd</sup> 6:00 or 7 PM	1428 Cherry Road Lynn Miller, 787-3354	NC, <b>Board Meeting</b> , Lynn is hosting the board meeting please RSVP if you plan to come at 6 PM for dinner or come at 7 PM and join the meeting.

Friday Sept 5th 7:30 AM	D & J Café 901 West Laurel	NC, <b>Geezer Breakfast</b> , Join SBC member for breakfast at this old favorite and plan to stay for the Geezer bike ride at 9:00 AM.
Friday Sept 5th 6:00/7:00 PM	1114 West Fayette Kevin Brown, 787-5652	BCD ride and <b>Stuffing Party</b> Let's get together and stuff packets for the CCC on Sunday. There will be a show and go ride at 6 PM followed by the stuffing party at 7 PM. Folks can order pizza or whatever they choose for chow.
Saturday Sept 6th 9 AM to 2 PM	1428 Cherry Road Lynn Miller, 787-3354	<b>CCC Bakery Drop Off</b> , Take your fresh baked goods to Lynn's house. He will collect the goodies and get them out to the food stops on Sunday.
Saturday Sept 6th 9:00 AM	Rotary Park Iles & Archer Elevator Road Lance Kidd, 546-1698	ABC ride, <b>Tour de Lance</b> , Lance has a route of about 50 miles planned which will take us toward Pleasant Plains. There will be options for shorter routes.
Sunday Sept 7 6:30 to 10 AM	Beach House Center Park, Lake Springfield Jonathan Reininger, 698-1724	ABCD Ride, <b>Capitol City Century</b> , There will be routes of 12,25,40,62, and 100 miles. Registration begins at 6:30. SAG service, rest stops with refreshments and post peddlin' lunch and party with live music all included in registration fee. See Aug newsletter for more information.
Wed Sept 10 <sup>th</sup> 8:30 PM	Wabash Trail, West End Parkway Point theater Dave Lucas, 753-3831	CD ride, <b>Full Moon Ride</b> , Lights are required on this ride as Dave leads us out to view the full moon of September known as the harvest moon.
Sept 12 <sup>th</sup> Thru Sept 21 9:00 AM	Nova Scotia Alan Josephson, 793-0590	<b>SBC rides Nova Scotia!</b> Various autumn rides around lowlands, highlands, seascapes and lakes are scheduled. Additional activities include tidal bore rafting, whale watching, water fowl boat tours, highland games, shopping and anything else we find, 0 to 70 miles/day
Friday Sept 12th 6:00/7:00 PM	TGI Fridays 2100 West White Oaks Drive	BCD show and go ride. Get a headcount for dinner before heading out on a 6 PM ride. Then at 7 PM return to TGI Fridays for dinner.
Saturday  Sept 13th 9:00 AM	4506 Chinquipin Rd Pete Gudmundson, 523-8200	ABC ride, <b>Farm to Farm ride</b> from Springfield (Pete's farm) to The (herb) Farm northeast of Salisbury with possible additional options to Petersburg and/or Athens. Directions to Pete's: Go north on Route 29 past the airport and turn west on Camp Sangamo Rd (Illini Pools sign). Take first street north (Chinquipin) and go about 1/2 mile to 4506 and turn right down driveway at wood mailbox.
Sunday Sept 14th 9:00 AM	Harmon's IGA, Chatham Route 4 and Plummer Cathy Yeaman, 483-4912	ABC ride, <b>Red Jersey Day</b> , Wear a red jersey as we ride to Edinburg, approximately 40 miles with shorter cut offs.
Sunday Sept 14th 4:00 PM	Harvey's Frozen Custard 3100 South Sixth Show and Go	CD ride, Meet at Harvey's and ride around the Southern View neighborhoods then drive into some of Harvey's custard.
Friday Sept 19th 6:00/7:00 PM	Lost Bridge Trail IDOT Dirksen Parkway	BCD ride. Ride for an hour then head to the Taste of Thai at the Capitol City Shopping Center.
Saturday Sept 20 <sup>th</sup> 7:30 AM	Ball Elementary School Alfred Arkley, 546-4972	NC, <b>Senior Olympics</b> , The time trial begins at 8 AM and the road races at 11:00 AM. Call Alfred to volunteer for this event.
Saturday Sept 20th 11:00 AM	Bath Community Park, IL-78 11 miles North of Chandler- ville Mike Schwab, Cell 556-5276	ABCD ride, <b>Bath Fish Fry</b> , ABC ride 15-30 miles at 11:00am. Meet at the park at 1:30pm to lead the parade at 2:00pm (Jersey requested) then watch the parade or ride 10-25 miles more. Return by 5:30pm for the Free Fish Fry. Camp out for free East of the Bait Shop. One way mileage to Chandlerville is 11 miles, Jim Edgar Panther Creek (Site M) is 19 miles, Petersburg is 32 miles, Stuart Park is 51 miles.
Sunday Sept 21 <sup>st</sup> 7:30 AM	Ball Elementary School Alfred Arkley, 546-4972	NC, <b>Senior Olympics</b> , The time trial begins at 8 AM and the road races at 11:00 AM. Call Alfred to volunteer for this event.
Sunday Sept 21 <sup>st</sup> 9:00 AM	Panera Bread 3101 West White Oaks Drive Lance Kidd, 546-1698	ABC ride, <b>Bread and Bike Ride</b> , We will head into Southwest Sangamon County for this ride of about 50 miles. There will be cut offs for those wanting to get back quickly for some early lunch at Panera's.

Sunday Sept 21st 4:00 PM	Dairy Queen, Sherman Show and Go	BC ride, Ride for an hour around Sherman's neighborhoods, then enjoy a Sundae on Sunday.
Friday Sept 26th 6:00/7:00PM	Lost Bridge Trail IDOT Dirksen Parkway	BCD ride. Ride for an hour then head to the Outback Steak House for dinner. It is located just South of IDOT on Dirksen Parkway.
Saturday Sept 27th 9:00 AM	Sherman Park Andrew Rd ½ mile E of Bus 55 Pete Harjes, 629,7847	ABC ride, <b>New Salem Ride</b> , Pete has a ride to New Salem for about 50 miles. He will have cut offs for those looking for fewer miles.
Sunday Sept 28 <sup>th</sup> 7:30 AM or 9:00 AM	Griggsville or Perkins Parkway Point to car pool Jon Edwards, 726-7647	ABC ride, <b>Pike Peeks Ride</b> . 25 to 80 mile routes through the hills and towns of Pike County. To carpool, meet north of Perkins at Parkway Point, leaving about 7:30. The ride starts at 9 in Griggsville: I-72 west to exit 35, north on 107. Follow 107 right at stop sign and park east of the 10 story purple martin house.

**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.

Yakima bike rack with locks and deflector  
\$200.00

Burley D'lite blue and yellow bugger \$250.00

Tom and Francie King ph 793-5444



## Springfield Bicycle Club Mileage and Activity File As of July, 2003

Possible Miles for the Month  
2177

Year  
9318

RANK	FIRST NAME	LAST NAME	TO-					LENGT					
			RIDE	T/F	TAL	RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	H	
1	Cathy	Yeaman	1010	114	1124	21	2	3789	615	4404	93	12	47.4
2	Bill	Voss	614	225	839	19		2990	900	3890	93	0	41.8
3	Marty	Celnick	512	78	590	18	2	2882	681	3563	134	11	26.6
4	Lance	Kidd	676	196	872	25	1	2866	636	3502	111	1	31.5
5	Dave	Lucas	691	134	825	29	4	2860	527	3387	134	12	25.3
6	Lisa	Kidd	747	206	953	25		2796	588	3384	111	1	30.5
7	Charlie	Witsman	780	234	1014	22	7	2753	535	3288	72	22	45.7
8	Byron	Nesbitt	620	84	704	18		2891	302	3193	90	4	35.5
9	Lynn	Rhoades	611	201	812	18	2	2451	717	3168	79	4	40.1
10	Chuck	Orwig	138	22	160	6		2557	517	3074	81	3	38.0
11	Karl	Kohlrus	366	158	524	10	1	1692	830	2522	75	2	33.6
12	Tom	Clark	588	38	626	20	1	2179	152	2331	93	2	25.1
13	Ernie	DeFrates	486	2	488	17		2265	15	2280	94	6	24.3
14	Pete	Gudmundson	449	0	449	13	5	2158	0	2158	73	16	29.6
15	James	DuBose	585	72	657	16	2	1928	208	2136	54	4	39.6
16	Alfred	Arkley	598	0	598	21	1	2025	24	2049	91	4	22.5
17	Derek	Ewing	405	118	523	10		1737	265	2002	43	4	46.6
18	Phil	Arnold	472	98	570	15		1235	722	1957	42	0	46.6
19	Arden	Gregory	225	79	304	6	2	1538	370	1908	49	14	38.9
20	Bill	Bock	469	3	472	14	1	1795	17	1812	54	1	33.6
21	Brian	Watkins	408	192	600	12		1395	371	1766	41	0	43.1
22	Alan	Josephson	366	77	443	18	5	1502	238	1740	65	16	26.8
23	Deeana	Shidler	566	0	566	14		1723	14	1737	44	1	39.5
24	Lynn	Miller	307	12	319	11	2	1581	98	1679	55	4	30.5
25	Dave	Ross	501	50	551	18		1419	217	1636	66	0	24.8
26	Pat	Stephens	263	0	263	9		1628	0	1628	55	0	29.6
27			389	61	450	12		1305	273	1578	45	1	35.1
28	Linda	Butler	89	14	103	4		1340	103	1443	42	2	34.4
29	Carol	Bock	419	3	422	13	1	1371	17	1388	42	1	33.0
30	Cindy	Kvamme	422	5	427	24	1	1375	11	1386	75	3	18.5
31	Bob	Sorenson	362	39	401	11	1	1117	210	1327	42	3	31.6
32	Garland	Stevens	238	51	289	10		1127	191	1318	59	0	22.3
33	Jerry	Ihnen	258	51	309	7		1102	205	1307	39	1	33.5
34	Pete	Harjes	181	4	185	5	1	1168	135	1303	55	2	23.7
35	Mike	Vonnahmen	426	20	446	11		969	265	1234	33	0	37.4

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Possible Miles for the Month  
2177

Year  
9318

RAN K	FIRST NAME	LAST NAME	RIDE	T/F	TO- TAL	RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	LENGT H	
36	Louie	Spinner	318	4	322	15	5	1082	59	1141	50	7	22.8
38	Joel	Johnson	245	57	302	6		800	284	1084	22	0	49.3
39	Brock	Webb	138	25	163	4		886	178	1064	26	0	40.9
40	Cindy	Moreno	378	36	414	17	1	968	81	1049	45	4	23.3
41	Dan	Mitchell	413	0	413	12	1	1024	0	1024	30	1	34.1
42	Jane	DuBose	242	35	277	9		914	105	1019	33	0	30.9
43	Bruce	Yurdin	116	21	137	3		879	125	1004	24	3	41.8
44	Kedra	Elston	234	0	234	9	1	875	26	901	43	8	21.0
45	Roger	Wright	150	28	178	3		617	270	887	15	0	59.1
46	Jon	Edwards	117	20	137	5		726	150	876	24	0	36.5
47	Christa	Morris	353	0	353	21		874	0	874	61	0	14.3
48	Sue	Dees	263	0	263	17		856	0	856	58	1	14.8
49	Brigetta	Ewing	301	0	301	15	4	763	10	773	39	8	19.8
50	Bob	Carmody	306	10	316	9		748	14	762	26	0	29.3
51	Daniel	Ewing	282	77	359	12	4	640	90	730	31	8	23.5
52	Don	Daniels	108	57	165	2		493	207	700	12	0	58.3
53	Mary	Thomas	167	0	167	7		670	0	670	26	0	25.8
54	Bob	Randall	242	0	242	8		668	0	668	25	0	26.7
55	Regina	McGuire	428	3	431	17		660	3	663	30	0	22.1
56	Marilyn	Powell	202	0	202	5		660	3	663	18	0	36.8
57	Kerry	Boes	52	65	117	1		302	342	644	7	0	92.0
58	Bill	McGee	186	0	186	7		574	0	574	22	0	26.1
59	Mike	Hills	33	18	51	1		435	135	570	12	0	47.5
60	Roger	McCredie	118	14	132	2		508	38	546	17	0	32.1
62	Tony	Henn	238	2	240	16		522	14	536	42	0	12.8
61	Jack	Elston	151	0	151	5		520	16	536	22	1	24.4
63	Rodney	Yoswig	149	0	149	3		527	0	527	13	0	40.5
64	Christine	Kohlrus	42	65	107	2		357	161	518	12	0	43.2
65	Jim	Agnew	119	5	124	4	3	472	38	510	17	12	30.0
66	Mike	Schwab	132	0	132	11		487	11	498	49	2	10.2
67	Jan	Cimarossa	271	15	286	10		480	15	495	19	0	26.1
69	Brea	Elston	89	0	89	5		447	0	447	24	0	18.6
70	Ruth	Magos	118	0	118	2		421	3	424	8	0	53.0
71	Curt	Winhold	56	0	56	1		416	0	416	13	0	32.0
72	Mike	Boyd	81	12	93	3		329	84	413	10	0	41.3



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2177

Year  
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RAN K	FIRST NAME	LAST NAME	RIDE	T/F	TO- TAL	RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	LENGT H	
74	Jackie	Galli	159	17	176	7		377	35	412	14	0	29.4
73	Kevin	Brown	138	0	138	8		380	32	412	28	3	14.7
75	Mike	Eymann	188	15	203	7		358	15	373	14	0	26.6
76	Charles	Hill	187	41	228	6		321	41	362	10	0	36.2
77	Mike	Ryan	131	7	138	3		324	24	348	8	0	43.5
78	Gerry	Orwig	57	22	79	5		244	99	343	21	0	16.3
79	Connie	Roberts	255	1	256	7		333	5	338	11	0	30.7
80	Sharon	McBride	53	0	53	2		325	10	335	16	0	20.9
81	Rick	Regan	53	0	53	2		325	10	335	16	0	20.9
82	Craig	Ross	196	12	208	7		306	25	331	16	0	20.7
83	Ken	Anderson	125	63	188	3		255	67	322	6	0	53.7
84	Micci	Bly	158	158	316	4		158	158	316	4	0	79.0
85	Sr. Josepha	Schaeffer	156	156	312	4		156	156	312	4	0	78.0
87	Ed	Taylor	188	55	243	10		245	61	306	13	0	23.5
88	Gail	Mugler	45	18	63	3		248	46	294	14	0	21.0
89	Mike	Elston	16	0	16	2		240	16	256	11	0	23.3
90	Lori	Midden	85	6	91	7		228	22	250	19	0	13.2
91	Doug	Dalby	14	5	19	1		198	35	233	10	0	23.3
92	Grover	Everitt	53	0	53	1		220	0	220	4	0	55.0
97	Alex	Holmes	28	0	28	2		199	6	205	9	0	22.8
100	Lyn	Schollett	20	7	27	2	1	158	44	202	13	1	15.5
101	Robert	Labonte	100	100	200	4		100	100	200	4	0	50.0
102	Sarah	Kohnle	99	99	198	3		99	99	198	3	0	66.0
104	Kent	Kraft	103	6	109	4		182	10	192	8	0	24.0
106	Sharon	Stanley	20	0	20	2		182	4	186	14	0	13.3
107	Randy	Gernonad	79	0	79	2		180	0	180	5	0	36.0
109	Marty	Morris	30	0	30	1		162	0	162	10	0	16.2
110	Deb	Cooper	36	10	46	3		124	34	158	10	0	15.8
113	Cindy	Johnson	88	1	89	2		150	5	155	5	0	31.0
114	Jonathan	Reininger	20	0	20	1		154	1	155	9	2	17.2
115	Charlie	Downs	73	73	146	3		73	73	146	3	0	48.7
116	Jim	Disney	79	3	82	2		136	8	144	4	0	36.0
119	Jack	Hurley	54	6	60	2		119	17	136	5	0	27.2
120	Mark	Smith	28	1	29	1		96	21	117	7	0	16.7
122	Andrew	Martin	56	56	112	1		56	56	112	1	0	112.0

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Year  
9318

RAN K	FIRST NAME	LAST NAME	RIDE	T/F	TO-			LENGT					
					TAL	RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	H	
123	Genio	Stwunczak	15	3	18	1		100	12	112	6	0	18.7
125	Brenda	Michel	110	0	110	10		110	0	110	10	0	11.0
126	Mary Jane	Stahr	55	55	110	2		55	55	110	2	0	55.0
124	Paul	Anthony	22	1	23	1		100	10	110	5	0	22.0
127	Dara	Voss	40	7	47	3	1	90	18	108	6	1	18.0
128	Dan	Dungan	53	5	58	1		102	5	107	2	0	53.5
130	Peggy	Finn	53	53	106	3		53	53	106	3	0	35.3
131	Adam	Galli	53	53	106	2		53	53	106	2	0	53.0
133	Bill	Owens	55	0	55	4		102	0	102	8	0	12.8
134	Will	McFall	14	0	14	1		101	0	101	6	0	16.8
135	Mindy	Kelley	47	47	94	4		47	47	94	4	0	23.5
136	Jeff	Koester	35	0	35	1		94	0	94	2	0	47.0
138	Jeff	Price	52	0	52	1		84	0	84	2	0	42.0
137	Nick	Holleraver	14	0	14	1		84	0	84	4	0	21.0
140	Rob	Dombro	40	40	80	2		40	40	80	2	0	40.0
141	Cris	Martin	33	0	33	1		77	1	78	3	0	26.0
143	Melinda	Winhold	56	0	56	1		75	0	75	3	0	25.0
145	Pat	Aulich	36	36	72	3		36	36	72	3	0	24.0
147	Jason	Loerakker	35	35	70	1		35	35	70	1	0	70.0
148	Mitzi	Spencer	33	8	41	2		61	8	69	4	0	17.3
149	Dennis	McGill	34	34	68	3		34	34	68	3	0	22.7
150	Rebecca	Hood	36	0	36	3		60	4	64	5	0	12.8
154	Kent	Ayers	27	27	54	1		27	27	54	1	0	54.0
155	Jeff	Williams	27	27	54	1		27	27	54	1	0	54.0
157	Michele	File	52	0	52	1		52	0	52	1	0	52.0
170	John	Sanford	13	0	13	1		42	0	42	4	0	10.5
173	Jo Ann	Abrams	20	20	40	2		20	20	40	2	0	20.0
175	Debbie	Elston	20	20	40	1		20	20	40	1	0	40.0
177	Debbie	Lewis	9	2	11	1		35	4	39	4	0	9.8
180	Ryan	Spencer	18	4	22	1		33	4	37	2	0	18.5
183	Sue	Hack	12	0	12	2		31	0	31	4	1	7.8
187	Judy	Carmody	13	13	26	1		13	13	26	1	0	26.0
195	Robb	Miller	12	12	24	1		12	12	24	1	0	24.0
197	Harriet	Arkley	7	0	7	1		23	0	23	3	0	7.7
198	Scott	Gauvin	11	0	11	1		22	0	22	2	0	11.0

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2177

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9318

RANK	FIRST NAME	LAST NAME	TO-					LENGT					
			RIDE	T/F	TAL	RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	H	
201	Rich	Saal	10	10	20	1		10	10	20	1	0	20.0
205	Deb	Koua	7	7	14	1	1	7	7	14	1	1	14.0
206	Mike	Becker	12	0	12	1		12	0	12	1	0	12.0
TOTALS			27436	4667	32103	984	64	105330	15942	121272	4036	224	30.0

### MS 150 Bike Tour Rodger Wright

On Saturday and Sunday, September 6-7, 2003 I will be joining more than 2,000 cyclists and 400 volunteers in the fight to end the devastating effects of multiple sclerosis. The MS 150 Bike Tour is an annual fundraising event supporting the Gateway Area Chapter of the National MS Society.

I will be riding 150 miles over two days through mid-Missouri, and you can join me without shifting a gear or tackling a single hill...you can sponsor me. I am calling on you and all of my family and friends to contribute on my behalf to a cause I believe in. My thirty-year-old niece is a mother in St.Charles, MO and has MS, and has to use a cane to walk every day. She has days of debilitating numbness and pain and hospitalization.

Throughout the Gateway

Area Chapter's 90-county service area, there are more than 4,900 people who live with the daily reality of multiple sclerosis. MS affects the central nervous system. Symptoms may include impaired vision, severe fatigue, loss of balance and coordination, slurred speech, muscle weakness, stiffness, numbness, and tingling, and in most severe cases, paralysis and blindness.

We are heartened, that in the last few years, there have been new drug therapies discovered and approved for the treatment of multiple sclerosis. There are currently hundreds of clinical trials underway to develop additional treatments for the 400,000 people living with multiple sclerosis in the United States. However, this is not enough. The search for the cure continues and it needs our help.

Your contribution is tax deductible and will help me reach my fund raising goal of \$2,000. Help me rise to this challenge. Together we can change lives and make a difference. Please make your check payable to the **National Multiple Sclerosis Society**.

Thank you in advance for your generosity.

Rodger Wright, 467-3352, 341-8771  
rwright77@yahoo.com  
1212 N. Wesley  
Springfield, IL 62702

Secretary's Report  
Cindy Kvamme, Secretary

Senior Olympics  
September 20-21, 2003  
Kathy Shepard

**Renewals**

Jim Hajak  
Mark & Sarah Kohnle  
Judy Shipp  
James & Jane DuBose  
Grover Everett  
Armand Tippet  
Paul Lonergon  
Deb Cooper  
Karl Vogl

**Renewals at the Contributing Level**

Bill & Kyle Schultz  
Pete Gudmundson  
Lyn Schollett  
Susan Hack  
Lynn & Andrea Miller

**Renewals at the Corporate Level**

Wheel Fast Bicycle Company

**New Members**

Mindy Kelley  
Heather Bailey & Tracy Fifer  
Deb Heckenkamp  
Robert LaBonte  
Jack Hurley  
Gail Andreson

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

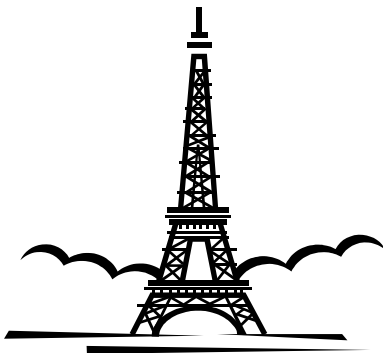
Note: Renewals or new applications not received by the end of the first week of the month may be recorded on next month's report.

This year, in cooperation with the Springfield Park District, the SBC will be sponsoring the cycling portion of the area Senior Olympics, September 20-21. Alfred Arkley is heading the effort, with help from Derek Ewing, Sister Jo, and several others. You can join them in putting on this exciting event! Volunteers are needed to time road races and time trials, to mark and sweep the bike courses, to be course marshals, and to provide sag. There will be a training session for timers, and all volunteers will get a t-shirt. Call Alfred at 546-4972 to let him know how you can help!



## Club Jersey Reorder Cindy Kvamme

Several club members have expressed an interest in buying a club jersey. This will have to be quick in order to take advantage of a 10 % discount in November. The minimum order is 25 items. **I must receive a check from you by Monday September 14<sup>th</sup>.** I will then have you try on sample jerseys to determine your size. You will have until Tuesday, October 7<sup>th</sup>, to try on a jersey for your correct size. **NO GUESSING ALLOWED.** (The jerseys run very small). My deadline for placing the order will be Fri-



day October 10<sup>th</sup>. Our shipping week will be November 17<sup>th</sup> through the 21<sup>st</sup>.

The short sleeve and sleeveless jerseys will be \$72.00. The wind vest will be \$65.50.

Everyone seems to like the jersey except for the size of the lettering on the back for the Capital City Century. I will have that downsized for this order. **Send your checks to SBC, PO Box 2203, Springfield, IL 62705 . Please include your telephone number on the check.** If the minimum

order is not reached your check will be returned. If you have any questions please call me, Cindy Kvamme, at 217-744-8864.



*(Continued from page 5)*

his spill. I then was able to watch him pull even farther from the rest as he rode the switchbacks to the top. Yeah, the Goosebumps came back, bigger than ever.

Everything after that was anticlimactic until the circus reached Paris and the Champs-Elysees. By all rights, I should have been sleeping or dead, but the adrenalin was flowing and the Goosebumps indicated that my body was still working. The circus was about to go south for the winter and I would have to go home.

Our tour was awesome; the

guests' bikes were light and their luggage was heavy. The French people were very nice and cooperative. They were also excellent drivers. I managed about five hours sleep each night and never felt better and more alive. If I get a chance to run away and join the circus again, you can bet your bottom dollar that I will.

If you want to know more, look for me on the next SBC ride.



## Springfield Bicycle Club 1993 through 2003 Mileage

<b>MON</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>2003</b>	<b>RANK</b>
<b>JAN</b>	3,733	1,633	1,929	2,463	1,447	3,171	1,521	4,555	2,115	6,846	2,951	<b>5</b>
<b>FEB</b>	2,615	2,010	2,399	3,492	3,179	4,458	3,327	4,457	3,353	5,925	3,135	<b>8</b>
<b>MAR</b>	4,435	7,450	4,317	4,490	5,478	3,160	2,266	4,537	7,516	6,717	12,994	<b>1</b>
<b>APR</b>	7,604	13,792	11,546	7,929	8,427	7,728	7,522	18,007	16,393	14,391	16,291	<b>3</b>
<b>MAY</b>	12,329	17,390	15,208	12,668	14,030	17,412	17,222	21,550	26,247	23,236	27,054	<b>1</b>
<b>JUN</b>	11,250	14,905	14,133	11,560	11,657	13,180	14,828	22,210	28,082	26,213	26,744	<b>2</b>
<b>JUL</b>	14,435	21,917	19,187	23,575	16,787	15,222	15,964	29,102	29,690	29,222	32,103	<b>1</b>
<b>AUG</b>	16,194	16,398	15,406	17,176	16,938	16,081	17,847	29,151	30,623	24,915		
<b>SEP</b>	13,154	19,834	16,438	18,208	21,448	13,944	17,322	24,586	28,079	24,645		
<b>OCT</b>	4,617	11,296	10,870	7,837	7,639	6,190	8,141	16,599	16,247	17,981		
<b>NOV</b>	4,806	5,772	4,656	4,738	5,886	8,239	10,340	8,493	16,555	14,920		
<b>DEC</b>	2,150	3,867	4,142	3,419	2,715	3,794	4,951	3,367	10,658	12,113		
<b>YTD</b>	56,401	79,097	68,719	66,177	61,005	64,331	62,650	104,418	113,396	112,550	121,272	<b>1</b>
<b>TOTAL</b>	97,322	136,264	120,231	117,555	115,631	112,579	121,251	186,614	215,558	207,124	121,272	



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September, 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**

# Capital City Century

September 7, 2002  
12, 25, 62, 100 Mile Routes  
Post Pedaling Party featuring Grandpa .38  
Lake Springfield Beach House

VOLUNTEERS NEEDED  
[WWW.SPFLDCYCLING.ORG](http://WWW.SPFLDCYCLING.ORG)