

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
Jerry Inhen
498-8877
Jerry423@aol.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
Lori Midden
544-1505
lmidden@hotmail.com

**QR Deadline 15th of the
Month**

At Large Members
Jonathan Reininger
698-1724
jreininger@yahoo.com

Dave Lucas
753-3831
SpfldDave@aol.com

Not for Commercial Use

SPRINGFIELD BICYCLE CLUB

Quick Release

Ride of the Month

Jim Disney's "Daylight Savings Time Ride" is the April Ride of the Month.

When the first Sunday in April rolls around, what is the first thing that comes to mind? No, it's not changing the batteries in the smoke detector because daylight savings time is here. The first thing the SBC riders think of is "Where will Disney lead us this year and what will we be eating after the ride?" Jim did it again this year providing the many ride participants with good routes and options and terrific food after the ride. So, just like every spring, we all got our batteries charged with a great ride, thanks to Jim Disney. Thanks Jim!

Almost Anything Award

The April Almost Anything Award goes to the interurban trail construction crew.

For most of April and the first part of May, the Geezer Ride has taken the riders on the interurban trail from Chatham to the railroad bridge. The purpose of this little detour in the regular route allowed the Geezers to supervise the construction of the new bridge on the trail. Not only has the construction crew been working very diligently, they have very politely fielded all of the questions from the supervising gang and will have the trail finished before anyone expected. For their kindness, patience, and especially their hard work, the bike trail construction crew deserves the Almost Anything Award for April. By the time you read this, you will probably have ridden all of the way to Chatham on the Interurban Trail.

Lead Water Bottle

Karl Kohlrus and Bill Voss share the Lead for April.

On a Sunday ride in late April, Karl and Bill decided that they knew better than the ride leader and "modified" the leader's planned route. In doing so, they added extra miles and put themselves in "harms way" because of some vicious dogs. Of course, the ride leader knew about the dogs and had purposely made the route to avoid them, but Bill and Karl managed to find the dogs. Sometimes we all have preferences to wind direction or other factors on a purposed route, but the ride leader has probably worked hard to make the best possible route, and we should try to follow it. Not following the route might earn a member the lead water bottle some month. Think about that before you venture out on your own.

The President's Report

Alfred Arkley

By the time you read this, you should be riding the completed Interurban Tail. After all these years we are now able to ride from Springfield to Chatham without having to travel the high speed (55 mph limit in places) Iron Bridge Road.

Goodbye to all the members of the Springfield Bicycle Club. I am going to miss riding with you. During my 13 years with this club, I have met many people with interesting jobs

and interests. During those rides we have struggled against head winds, sped with tail winds, fixed flats, bandaged crashes, repaired bicycles, and rode long miles with wind chills of zero or less and heat indices of 100 plus. During all of this we have talked politics, family, jobs, and life in general.

It has been an honor to be a member of the Springfield Bicycle Club. The spirit and dedication of the mem-

bers have made it fun and easy to be one of the leadership group. Whatever event the club sponsors, there are always many people who volunteer to make the event successful. The Springfield Bicycle Club is one of the great clubs in the USA.

Harriet and I will be at 4013 Springland Lane, Bellingham, WA 98226, 360-527-8638.



GRAPHIC DESIGN • SCREENPRINTING

ALL SBC MEMBERS RECIEVE 10% DISCOUNT
550 S DIRKSEN 217.525.4805 FAX 525.4129
jimc@filmready.com SHOP AROUND, THEN CALL US

Board Meeting Notes - April 6, 2004

Kathy Shepard

Present: Alfred Arkley, Dave Lucas, Kedra Elston, Linda Butler, Jerry Ihnen, Chuck Orwig, Cindy Kvanme, Jane & James DuBose, Mike Schwab, Lynn Miller, Sue Dees, Kathy Shepard

Attendees approved last month's board meeting minutes with minor corrections as they polished off the last of a delicious potluck supper hosted by Sue. Linda reported that current SBC account balances totaled \$12,521.63. Addressing Alfred's previous suggestion that the club reimburse Lynn for the Washington, D.C., LAB meeting registration fee, Lynn said the LIB had picked up the \$300 tab.

Discussion of the glass and debris littering the Wabash Trail led Alfred to promise he would phone to request that it be cleared. Future board meeting dates (all Wednesdays) and venues are: May 12 at Lynn's, June 9 at Sue's, and July 7 at Linda's.

Chuck Orwig won Ride of the Month.

Nominees for the Almost Anything Award were Jerry Ihnen, for being a "sherpa" for the Chicago Bike Show attendees whose luggage he

transported to and checked at the hotel, Rich Huelskoetter, for remembering the months-old report of a Trek Y-foil theft when a young man wheeled the bike into his shop, phoning the true owner and confirming the bike's serial number with her, then contacting the Springfield police (after which the true owner and her husband returned the bike, in pristine condition, back to their Wisconsin home), and Garland Stevens, for organizing the periodic clean-ups of the area adjacent to the section of Old Jack which the club is responsible for keeping clear of litter. Despite the knowledge that it would seriously set back efforts to convince Rich to transfer to computer memory his human memory-based filing "system," attendees found him worthy of this month's AAA.

Lead Water Bottle nominees were Rich Kuhlman of the LIB, for failing to get James his traditional number 76 on his Bike Month license plate after James received the number 63 instead, and Alfred, for his announced plan to up and move to Washington, taking his substantial involvement in and contribution to club activities with

him. Grudgingly accepting Alfred's explanation that he and Harriet wanted to be closer to family, attendees voted Rich Kuhlman the Lead this month.

Alfred reported that Alan Josephson had proposed that the club have a booth at next year's Chicago Bike Show. The booth could be monitored by 1 person, although 2 would be ideal. We might share the cost (\$320 for the booth, plus \$80 for electricity) with the Springfield Chamber of Commerce, whose head Alfred said he would phone.

Cindy reported that she was completing the volunteer roster for the May 1st and 2nd bike races. Training would be held for timekeepers. After discussion of the Ironhorse Triathlon, Jerry discussed the need for a Capital City Century food chair. Lynn said he would be willing to be a co-chair. Mike suggested hiring the "City Limits" musical group to play at the CCC. He said they do rock and roll and some country, and their absolute minimum fee is \$500. Questioning the cost and music selection, attendees agreed to defer the issue for further review. Alfred said

he would call to check on SAG and radio contact, and to ensure that the event would be listed with the LIB and in the Springfield Convention and Visitor's Bureau calendar of events.

James described the July 23-29 "Cheese and Packers" bike trip he had planned, which led to passage of a motion to list it as a club ride and support it as we do other rides. Chuck suggested we take up the gauntlet thrown down by Shimano, challenging riders to recruit a newbie to ride to work during national bike to work week in May, with a chance to win a bike

for a story describing the experience. Chuck said he would write an article for the QR about the challenge.

Lynn reported that Illinois lawmakers were receptive in meetings which took place in connection with the LAB meeting he attended in Washington, D.C. He said a transportation bill including \$375,000 for the Sangamon Valley Trail had been approved. He also urged attendance at the upcoming April 20 ride commemorating the fifth anniversary of the creation of the Illinois Trails Conservancy.

Dave said that Roger Schnelten had asked him to spread the word about his and Hope Rolens' upcoming marriage (best wishes, Roger and Hope!), to which they had generously invited bike club members. The wedding will take place Saturday afternoon, June 5. There will be bike rides on Saturday and Sunday mornings. Dave advised there would be an article in the QR with details.

With thanks to Sue for her hospitality, the meeting was adjourned.

SBC Board for 2004-2005

The SBC is seeking volunteers to serve on the board of directors for the period of October 2004 to October 2005. Current board members can answer questions about the duties of each of the positions. Volunteers should let Cathy Yeaman or a current board member know if interested in a position by June 9th. The board is seeking volunteers for the following positions:

President:

Vice President:

Board Secretary:

Recording Secretary:

Treasurer:

Other chair positions that need volunteers include:

Incentive Chair

Social Chair

Legislative Chair

Special Events

Members get a great deal of enjoyment from the club. Giving just a little of your time benefits everyone. The board meets once a month and meetings last just 60 to 90 minutes. Come on....get involved.

RIDE LEADER RESPONSIBILITIES

Enjoy the Ride

Ride leaders and riders can enjoy the club rides by following these basic guidelines promoted by the Springfield Bike Club:

Ride Leaders:

1. Prepare Route. Check the route taking into consideration dogs, traffic, and road conditions. Several options of the route maybe needed to meet the varied abilities of club members.
2. Prepare Map and the SBC sign-in sheet.
3. Arrive 15 minutes ahead of the scheduled ride start time to review the route with participants. Sign in riders utilizing the SBC sign-in sheet. Introduce new members and guests, seek announcements and get riders started on the route.
4. Assist riders on the route and promote a safe ride.
5. Turn in bike miles into Karl Kohlrus. Remember the due date is the end of the month.

Riders:

1. Arrive early. Be prepared to leave at the start time. Allow time to prepare your bike, sign-in, and review the map.
2. Stay on the route. The ride leader has selected the route to provide as safe a route as possible. If you must alter the route, consult the ride leader regarding their knowledge of the alternative route and to alert them to your plans.
3. Promptly report any change in ride miles to the ride leader.
4. Help other riders with directions, flats, and with encouragement. Share the road. Thank your ride leader.

Secretary's Report
Cindy Kvamme, Secretary
June, 2004

Renewals

Larry Keister
 Susan Dees
 Laura Bickers
 Don Byrd
 Charlie Rabins
 Ruth Magos
 Althea Randolph
 Jim Stieren & Family
 Bill & Carol Bock
 Deanna Shidler
 Arden Gregory
 Mathew Scrivano
 Rick & Ellen Fiersten
 JoAnn Abrams
 Mike Royer
 Kyle Beachy
 David Stjern

Renewals at the Contributing Level

Joel Johnson
 Dan Mitchell
 Judy Nesbitt
 Jerry & Debbie Ihnen & Family

Renewals at the Sustaining Level

Mark Smith & Kathy Shepard

New Members

Ken Dugas
 Angie Gum
 Susan McClintock
 Andy Stritzel
 Chuck Coderko

**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 re-recorded on the next month's report.

**BIKE ILLINOIS JERSEY
 LEAGUE OF ILLINOIS BICYCLISTS**

It's time to think about getting one of Lib's new Bike Illinois Jerseys being done in conjunction with this years GITAP ride. The application for the jersey can be downloaded at the LIB web site www.bikelib.org.

Richard Kulman
 League of Illinois Bicyclists



Thank you Volunteers

Thank you to all who volunteered for the first two races in the Lincoln Land Racing Series. Thirty-five club members volunteered for the 43 positions open for the two days. Most importantly, everyone showed up or sent a substitute. We didn't have the best weather on Saturday, but Sunday in spite of some threatening clouds, turned out to be a nice day. Thanks so much for your time. If you haven't already, don't forget to turn in your volunteer hours to Chuck Orwig. Every hour counts toward a chance to win a gift certificate to your favorite bike shop. Chucko127@insightbb.com. He would appreciate hours turned in after each event.

**Volunteers needed for
 Saturday June 26, 2004**

The third race in the Lincoln Land Racing Series will be held in Athens. Help is needed with registration, and as road marshals (directing traffic and getting cyclists safely through intersections). The races run rain or shine and the hours are from 7:30a until approximately 2:00p. The ending time is an estimate. If 6 hours is more time than you want to spend, road marshals can either work the morning or late morning shift, 8:00a to 11:00a or 10:30a to 2:00p. Registration people will work from 7:30a until 12:00p. Bring a chair, but in the words of De-reck Ewing "not guaranteed that you will be able to sit much", and enjoy the day. Call Cindy Kvamme 744-8864 to add your name as a volunteer.



SBC SUMMER PICNIC



By Kevin Brown and Sue Dees



Mark your calendars! This year's SBC summer picnic will be held at Tom Madonia Park on Lake Springfield, Sunday, July 11th. There will be club rides in the morning, followed by the picnic itself starting at noon. The bike club will provide meat, condiments and soft drinks. Please bring a side dish or dessert to share.



Riders of the Month

4/04 Byron Nesbitt 1080 mi.	12/03 Terry Ransdell 461 mi.	8/03 James DuBose 1149 mi.
3/04 Terry Ransdell 452 mi.	11/03 Alfred Arkley 522 mi	7/03 Lisa Kidd 953 mi.
2/04 Marty Celnick 450 mi.	10/03 Byron Nesbitt 944 mi.	6/03 Chas. Witsman 1108 mi.
1/04 Bill Voss 358 mi.	9/03 Pete Gudmundson 1321	5/03 Cathy Yeaman 905 mi.

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.

June 2004– SBC Ride Schedule

Anyone with questions about rides or interest in leading a ride can contact Cathy Yeaman at 483-4912 or email her at cycycle@msn.com.

Monday thru Friday 9:00 AM	Daily Show 'n Go Washington Park Shelter Dave Ross, 789-4823	BC ride, Morning Geezer Ride. The Washington Park Shelter is located near the tennis courts. Participating riders should turn a ride sheet in to Karl Kohlrus.
Monday thru Friday 9:00 AM	Daily Show 'n Go, Lincoln Heritage Trail Lake Taylorville Parking Lot Rt 29	BC ride, Daily Show 'n Go along the Lincoln Heritage Trail. Turn miles in to Karl.
Monday Wednesday & Friday- Noon	IDOT, South Parking Lot Dirksen Parkway, Lost Bridge Trail Lisa Kidd, 546-1698	"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.
Mondays 6:00 PM	Parkway Point Movie Theaters Robert LaBonte, 787-0237	C ride. An easy ride to get started and gain conditioning while going slow enough for conversation. 10-22 miles
Tuesdays 1:00 PM	Robert Morris College, West Parking Lot, 3101 Montvale Drive Dave Ross, 789-4823	BC ride, Dave's Recess Ride, Dave leads us on the Wabash & Interurban trails for 10 miles or in the country for more miles. If Dave can't make it this becomes a show and go.
Tuesdays 6:00PM	Carmody Residence 517 Appomattox Dr. Bob Carmody, 787-3419	BC Training Ride. This is the West side ride and is geared for those who want to train hard and fast. Several cutoffs from 12-25 miles
Tuesdays 6:00 PM	Taylorville Firststar Bank 106 W. Market St. Charles Witsman, 562-5208	ABCD ride. Taylorville Training Ride. Meet in the rear parking lot of the bank. Charlie will be there most Tuesdays to organize the ride. 12-25 miles.
Tuesdays 6:00PM	Show 'n Go IDOT, South Parking Lot Dirksen Parkway, Lost Bridge Trail	Meet up with other club members and turn miles in to Karl.
Tuesdays 6:00 PM	Show 'n Go, Duncan Park 1200 Block West State, Jacksonville Mary Thomas, 245-1661	From I-72 take first J' ville exit, proceed west on Morton Ave., turn right Church Street (Fanco Gas), proceed north, turn left at 2nd stop light which is West State, Mary will try to be there and suggest a route.
Wednesdays 1:30 PM	BikeTek 957 Clock Tower 787-2907	Late Lunch ride, BikeTek employees will come along on a hilly, scenic loop, choose a distance of 17,25 or 27 miles.
Wednesdays 6:00 PM	Washington Park Tennis Courts Show 'n Go	CD ride. This is designed as an easy, neighborhood social ride. No maps and everyone will stay together for about 1 hour. Turn miles into Karl.
Wednesdays 6:00 PM BC	Lincoln Heritage Trail Lake Taylorville Parking Lot Rt. 29	Weekly night-Show 'n Go along the Lincoln Heritage Trail. Turn miles into Karl.
Wednesdays 6:00 PM BC	Grotto Restaurant Parking lot Sherman Louis Spinner, 523-1615	BC ride. Easy paced ride for sixty to ninety minutes. If Louie or Kedra can't be there this will become a Show 'n go.
Thursdays 1:00 PM	Robert Morris College, West Parking Lot, 3101 Montvale Drive Dave Ross, 789-4823	BC ride, Dave's Recess Ride, Dave leads us on the Wabash & Interurban trails for 10 miles or in the country for more miles. If Dave can't make it this becomes a show and go.

Thursdays 6:00 PM	Rotary Park Archer Elevator & Iles Lynn Rhoades, 546-0229	ABC Training Ride. A fast workout to prepare for those longer weekend rides. D riders are welcome to stretch their abilities but will be riding alone unless they have a buddy. Several cut offs from 12-25 miles.
Thursdays 6:00 PM	Show 'n Go IDOT, South Parking Lot Dirksen Parkway, Lost Bridge Trail	Turn miles in to Karl.
Thursdays 6:00 PM	Taylorville Firststar Bank 106 W. Market St. Charles Witsman, 562-5208	BCD Taylorville Training Ride. Meet in the rear parking lot of the bank. Charlie will be there most times to organize the ride and assure that everyone finishes. 12-25 miles.
Friday June 4 th 7:30 AM	D&J Café 915 W. Laurel	NC, Geezer Breakfast. Join SBC members for breakfast and try to stay for the Geezer bike ride at 9:00 AM.
Friday June 4 th 6:00/7:00 PM	TGI Fridays 2100 West White Oaks Drive	BCD ride, A one hour show and go bike ride will be followed by dinner at the restaurant. Bring a ride sheet to turn miles into Karl.
Saturday June 5 th 9:00 AM	Wabash Trail Parking Lot (East End) Karl Kohlrus, 544-8410	Trails Day Celebration and Ride, The celebration will be at 9 AM and the ride will begin at 9:30 AM. We will celebrate the Wabash Interurban trail connector. Plan on 10 to 35 mile ride.
Saturday June 5 th 11:00 AM	Pere Marquette Roger Schnelten, 529-0780	Octoberfest in June, Roger and Hope's Wedding Ride. 40 mile ride down to the Lewis and Clark Bridge in Alton on the Valdabene Trail. There will be food, beer, campfire, etc. See newsletter article.
Sunday June 6 th 8:00 AM	Show Me's Wabash & MacArthur Cathy Yeaman, 483-4912	Alfred's Final Ride, Come ride with Alfred before he heads off to the Great NorthWest. There will be several ride lengths that will rendezvous at the Apple Barn for our farewell.
Sunday June 6 th 10:00 AM	Pere Marquette Roger Schnelten, 529-0780	Octoberfest in June Continued, Roger plans a second day of celebration and riding. Plans are to ride to Calhoun county.
Sunday June 6 th 4:30 PM	Coldwell Banker Realty 3201 Old Jacksonville Road Garland Stevens,	Old Jack Clean Up, We need your assistance in making this an easy event. Long pants are recommended. The clean up will be followed by an easy ride at 6:00 PM.
Wednesday June 9 th 6:00/7:00 PM	Board Meeting 7100 Garden View, Spfld Sue Dees, 529-1826	Board meeting begins at 7 pm following a dinner at Sue's beginning at 6 PM. If you plan on coming for dinner please let Sue know and bring a dish to share.
Friday June 11 th 6:00/7:00 PM	Sam's Italian Pizza 731 E North Grand Avenue	BCD ride, A one hour show and go bike ride will be followed by dinner at the restaurant. Bring a ride sheet to turn miles into Karl.

Saturday June 12th 8:00 AM	Sherman Community Park Andrew Road ½ Miles East of Bus 55 James DuBose, 498-8221	ABCD ride, Tour de Pigs IV , We will ride to James' In Laws" Hog Farm near Broadwell. Jane will have drinks and homemade cookies at the farm. Prizes will be awarded to the riders who best fit the Tour de Pigs theme. A 54 or 47 mile route can be shortened by picking up a map at Sherman and then driving to start at Williamsville, Elkhart, or Broadwell. PS: Sunday is Jane's Dad's birthday so wish him a happy birthday early.
Sunday June 13th 9:00 AM	Fairhills Mall Chatham Road & Washington Marty Celnick, 522-4206	ABC ride, Marty's Sunday Challenge , Marty keeps piling on the miles. Plan on 35 to 45 miles.
Sunday June 13th 4:00 PM	7100 Garden View, Spfld Sue Dees, 529-1826	C/D ride and nature hike, Sue will lead a nature hike to Lincoln Memorial Gardens. After the hike, plan on a one hour bike ride followed by ice cream.

Friday June 18th 6:00/7:00 PM	3019 Cameron Chuck and Gerry Orwig	BCD ride, Celebrating their ten years in Spfld. A one hour bike ride will be followed by dinner at the Orwigs. Bring a dish to share and your favorite beverage (unless your favorite happens to be Chuck's Stag).
Saturday June 19th 8:00 AM	2424 West Lawrence Micci Bly,698-9695	ABC ride, Belated Birthday Ride , Micci will have routes of 40, 50 and 60 miles with cuts offs for plenty of options. Special Parking instructions: Utilize office parking at 2524 Farragut.
Sunday June 20th 8:00 AM	Lincoln Heritage Trail Lake Taylorville Parking Lot, Rt. 29 Charlie Witsman, 562-5208	ABC ride, Charlie's Century Ride , Actually it is about 95 miles heading South and includes some hills. Charlie will have some turn around spots suggested for those seeking fewer miles. Bring drinks, food and \$.

Sunday June 20th 5 PM	Baskin and Robbins MacArthur and Laurel Kevin Brown, 787-5652	D ride, This ride is designed for beginners and families or club members that want a social relaxing ride. Expect ice cream following the ride.
-----------------------------	---	---

Friday June 25th 6:00/7:00 PM	Lost Bridge Trail, IDOT Parking Lot Dirksen Parkway	BCD ride, A one hour show and go bike ride will be followed by dinner at the the Taste of Thai or Smokey Bones. Bring a ride sheet to turn miles into Karl.
Saturday June 26 th 7:30 AM	Athens Community Park Cindy Kvamme, 744-8864 Derek Ewing, 624-2016	Athen's Road Race, Talk with Derek about racing and/or with Cindy to volunteer to help. Great fund raiser for the SBC and a good way to get a front row seat at the road race.
Saturday June 26 th 2:30 PM	Show 'n Go Athens Community Park	There will be a show and go ride following the bike races. So, volunteer to help out and ride the race route following the races.

Sunday June 27 th 8:00 AM	Fairhills Mall Chatham Road & Washington Tom Clark, 585-1539	Ride Around Spfld , Tom has a route that circles Spfld for about 85 miles. There are plenty of ways to cut the ride short (like the ride half way around Spfld). An early summer challenge.
Sunday June 27 th 5:00 PM	Show 'n Go Baskin and Robbins MacArthur and Laurel	D ride, This ride is designed for beginners and families or club members that want a social relaxing ride. Expect ice cream following the ride.

Springfield Bicycle Club Mileage and Activity File As of April 30, 2004

Possible Miles for the Month
1129

Year
3059

RANK	NAME	RIDE	T/F	TOT	RIDES	LED	RIDE	T/F	TOT	RIDES	LED	LENGTH
1	Marty Celnick	518	146	664	26	1	1365	486	1851	71	3	26.1
2	Byron Nesbitt	989	91	1080	23		1461	110	1571	35	1	44.9
3	Terry Ransdell	511	129	640	14		1121	284	1405	34	0	41.3
4	James DuBose	510	79	589	16	1	1284	106	1390	41	2	33.9
5	Alfred Arkley	352	6	358	12		1266	117	1383	46	0	30.1
6	Charlie Witsman	486	172	658	16	2	1055	311	1366	35	3	39.0
7	Bill Voss	315	113	428	14		1011	325	1336	40	3	33.4
8	Tom Clark	579	35	614	20		1231	66	1297	48	1	27.0
9	Karl Kohlrus	250	162	412	10	1	629	415	1044	27	1	38.7
10	Lisa Kidd	304	55	359	16		839	153	992	45	0	22.0
11	Lance Kidd	276	55	331	14		797	153	950	42	1	22.6
12	Lynn Miller	337	9	346	10		894	48	942	30	0	31.4
13	Dave Ross	292	27	319	11	1	829	100	929	31	6	30.0
14	Phil Arnold	269	154	423	8		553	366	919	18	0	51.1
15	Lynn Rhoades	215	93	308	10	3	673	234	907	25	5	36.3
16	Cathy Yeaman	418	150	568	14		703	150	853	17	0	50.2
17	Deeana Shidler	442	0	442	10		766	28	794	23	0	34.5
18	Jerry Ihnen	304	33	337	13		740	43	783	32	2	24.5
19	Ernie DeFrates	252	3	255	11		665	8	673	30	0	22.4
20	Curt Evoy	346	97	443	15		503	153	656	23	0	28.5
21	Chuck Orwig	373	66	439	14		551	79	630	20	1	31.5
22	Alan Josephson	251	36	287	13	3	507	85	592	26	3	22.8
23	Arden Gregory	131	16	147	5		497	94	591	18	0	32.8
24	Pat Stephens	222	0	222	7		527	0	527	19	0	27.7
25	Mike Vonnahmen	259	10	269	9		507	10	517	18	0	28.7
26	Linda Butler	209	24	233	8		451	40	491	17	2	28.9
27	Bob Sorenson	165	22	187	7		435	36	471	18	1	26.2
28	Garland Stevens	186	51	237	9	1	367	98	465	16	2	29.1
29	Pete Gudmundso	88	0	88	3		451	0	451	20	0	22.6
30	Dan Mitchell	187	0	187	7		439	0	439	15	0	29.3
31	Cindy Kvamme	164	33	197	10		367	37	404	19	0	21.3
32	Rich Saal	42	21	63	3		274	120	394	16	0	24.6
33	Sean Hatchett	156	0	156	4		351	30	381	10	0	38.1
34	Robert LaBonte	157	14	171	9		359	20	379	17	0	22.3
35	Jan Cimerosa	47	8	55	3		348	16	364	15	1	24.3
36	Brian Tober	85	4	89	2	1	333	28	361	10	2	36.1
37	Pete Harjes	149	26	175	8		308	50	358	16	0	22.4
38	Louie Spinner	113	0	113	7		351	0	351	21	0	16.7
39	Janice Perino	183	118	301	13		193	133	326	14	0	23.3
40	Derek Ewing	187	16	203	5		307	16	323	8	0	40.4
41	Brian Watkins	113	33	146	5		256	67	323	10	0	32.3
42	Mike Schwab	228	25	253	15		270	25	295	19	0	15.5

Springfield Bicycle Club Mileage and Activity File As of April 30, 2004

Possible Miles for the Month
1129

Year
3059

RANK	NAME	RIDE	T/F	TOT	RIDES	LED	RIDE	T/F	TOT	RIDES	LED	LENGTH
------	------	------	-----	-----	-------	-----	------	-----	-----	-------	-----	--------

Springfield Bicycle Club Mileage and Activity File
As of April 30, 2004

Possible Miles for the Month
1129

Year
3059

RANK NAME	RIDE	T/F	TOT	RIDES LED	RIDE	T/F	TOT	RIDES LED	LENGTH
-----------	------	-----	-----	-----------	------	-----	-----	-----------	--------

Springfield Bicycle Club Membership Application

Member Information

New Member Renewing Member 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

Biketek

957 Clocktower Dr. Springfield 787-2907

In the most recent issue of *Bicycling* magazine, testers made their picks of the 10 best bikes of 2004, with 22 honorable mentions. Here at **BikeTek**, we have **4 bikes on the list!** Our bike that made the ten best is the **GT I-drive 1.0**, for “**Best Value Full-Suspension Bike**”. The first line in the article says it all: “Quite simply, we were blown away: ‘Not just the best value suspension bike in Sedona (AZ)-one of the best bikes, period’”. The 1.0 sells for \$1499.00. In stock we have the ID-XC 2.0 for \$1999.99, and the entry level model I-drive 3.0 for \$749.99! The following are all honorable mentions: In ‘Best Entry Level Mountain Bike’, the **Schwinn Moab XT** is ‘tough as nails’, and ‘has high-quality spec’. I personally rode one of these at the Interbike show in Las Vegas and had an absolute blast! It’s the best bike I’ve ridden at this price of just **\$699.99!** This one has been so popular, Schwinn has run out of them-we have one XL, two each of the L and M sizes in stock-hurry in while they last! Sorry, because of the shortage, no discounts will apply on the Moab. In ‘Triple Ring Road Bike’ is the **Bianchi Veloce**: ‘A value road frame with old-school soul’. We have a 2003 in stock, regularly \$1499.99 on sale for **\$1209.99!** The last category is ‘City Bike’- we have the **Schwinn Heavy Duty**: ‘...single speed, stainless steel fenders, rust proof chain, pencil-thick 12-gauge spokes’. This is Schwinn’s ‘Newsboy’ bike. It’s geared a little lower than a normal cruiser, and has a bobbed rear fender so it won’t get mashed into the tire. Always a deal at \$299.00, and in stock!

Coupons ! Coupons ! Coupons! Coupons! Coupons ! Coupons !

Buy **10** inner tubes, get one **free**
(bring in this ad for a real punch card)

Buy a bike and rack-get **15% off** both!
(just bring in this ad)

CALL OR STOP IN-HAVE US ENTER
YOUR NAME IN OUR COMPUTER
FOR A PERMANENT **10% DISCOUNT**
OFF REGULAR PRICED MERCHANDISE!

½ PRICE TUNE UP! REG \$39.95 NOW **\$19.97**
AND 10% OFF PARTS!
JUST BRING IN THIS AD!

Any mountain bike **over \$349.00** (sorry, except the moab) get **\$100.00 off!!!!**

Schwinn comp **bowflex** was **\$799.99** now **\$649.99!** If we run out-we can get more!
Schwinn 127P upright bike was **\$899.99** now **\$699.00 with this ad only!**
This bike has a silent magnetic resistance unit, with grip and telemetry heart rate monitors.
Top of the Schwinn line of stationary bikes! Only one in stock-availability limited!
Schwinn 418p elliptical trainer was **\$1099.99** now **\$899.99 with this ad only!**
Sorry, limited to the two we have in stock only!

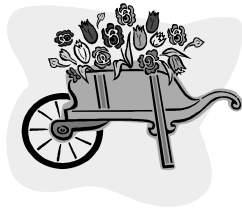
Don’t forget our ‘Late Lunch Ride’ leaves here every Wednesday at 1:30 for 17, 25 or 27 miles. The riders who show up decide on length, and will be led by one our staff. Our staff rider will stay with the back group, the fast guys that have been coming know the routes. Anyone is welcome at any ability! It’s a challenging hilly and scenic loop. If necessary, we will send 2 staff members as guides for different ability levels!

GO RIDE YOUR BIKE!

Paid Advertisement.

Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705

Presorted
Standard
U.S. Postage
Paid
Springfield, IL



Address Service Requested

JUNE, 2004

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**



Sunday, July 11th
TOM MADONIA PARK