

Officers

President
Cathy Yeaman
483-4912
cycycle@msn.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 Ihnen
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
Curt Evoy
qreditor@insightbb.com.

OR Deadline 15th of the Month

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

Dave Lucas
753-3831
SpfldDave@aol.com

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SPRINGFIELD BICYCLE CLUB

Quick Release

Ride of the Month

Alan Josephson's July 10th Palmyra Route is the July Ride of the Month.

There were so many great rides in July, a vote and then revote was necessary for Alan's ride to come out on top. Alan provided the many assembled riders five choices of route lengths from 28 to 77 miles. With the towns of Virden, Modesto, Palmyra, and Waverly included, there was much to see and many places to stop and refuel or rest. Alan always makes new and interesting routes whenever he's called upon as ride leader, and for this we award him with the July Ride of the Month. Way to go Alan! Keep up the good work.

Almost Anything Award

The July Almost Anything Award goes to James DuBose.

James spent a great deal of time and effort organizing and promoting his Cheese & Packers Tour in Wisconsin. He made arrangements to tour two breweries (always a favorite) and the Waterford bicycle factory. He made sure that the attendees had a good time, rode lots of miles, got plenty of great food and drinks, and had a comfortable, reasonably priced room for the much needed rest at the end of each day. James' overall effort in preparing for and carrying out a great tour was greatly appreciated by all who attended. Thanks, James, for a great tour this year. We hope to be able to join you on next year's adventure in Wisconsin.

Lead Water Bottle

Lyn Schollett will be carrying the Lead Water Bottle for July.

Sometimes it's not good to begin a story with "Why It's a Good Thing We Can't Get the Lead for Non-Biking Offenses". That's like throwing a red cape in front of the bull and expecting him not to charge. Lyn poked a little fun at herself, and this lead water bottle award happens to be the "prize" for her. In a very well written email, Lyn describes her very early-morning antics that begin with Amicus, her cat, moves to a missing door knob, then to a plan A, and on to a plan 2, and removing hinges, and then a round peg in a square hole, and finally the same round peg with a jewelry cleaning cloth wrapped around it. The door opens and she's free. It's not really the door opening, but the door opening story that wins the "freakin'" lead water bottle for Lyn. This is just one more lesson to learn, for all of us.

The President's Report

Cathy Yeaman

Our club is a great example of "many hands make for light work". For the bike club September is volunteer month. We have three big events during the month and there are lots of ways to get involved.

1. Sept 12th, **Capital City Century**: Assistance will be needed in many areas including marking the route, registration, food stops, baking, post peddlin' party, and sag support. Contact Jerry Ihnen at 498-8877 to get involved.

There are plenty of ways to ride and help out.

2. Sept 18th, **Taylorville Criterium**: Volunteers are needed for registration and as corner marshals. Contact Cindy Kvamme at 744-8864 for further details.

3. Sept 25th and 26th, **Senior Olympics**: We will assist the Park District with two time trials and two road races. This year the racing begins in Chatham. Timers and corner marshals are needed to make this a safe

event. Contact Ken Anderson at 522-3876 to see how you can help out.

Besides feeling good about helping out your club, there are a few incentives. Volunteer hours go into a pool for a chance to win \$\$s at your local bike shop. So, remember to report your volunteer hours to Chuck Orwig. For each day you volunteer, you can ride an out of town ride and receive club miles.



CARLBERG INC

Design

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Board Meeting Notes - July 7, 2004

Kathy Shepard

Present: Sue Dees, Dave Ross, Kevin Brown, Dave Lucas, Linda Butler, Jerry Ihnen, Ernie DeFrates, Lynn Miller, Ken Anderson, Cindy Kvamme, Mike Schwab, Kathy Shepard

Savoring the brownies rounding out the delicious supper prepared by Linda, attendees approved last month's minutes. Linda reported that SBC account balances totaled \$12,643.60. Cathy said the August ride schedule was full, while the September schedule was nearly so.

Filling in for Chuck Orwig, who was about to witness Lance make history with a record sixth straight Tour de France win (we're eagerly awaiting stories of your adventures, Chuck - and no, we're not jealous, really we're not), Cathy presided over voting for the monthly awards.

Ride of the Month was James and Jane DuBoses' Tour de Pigs IV.

Almost Anything Award nominees were Fit Club spinning class instructor Amanda, who taught Curt Evoy and another person in

an unscheduled class (note to Curt: meeting attendees say you get no ride miles for the class), Christa McLaren-Morris and Marty Morris for their courageous first-time participation in the recent SAMBA-sponsored mountain bike races (and for their more-than-respectable finishes in same), Lisa Kidd and Cathy for searching for Phil Arnold when, unbeknownst to them, he decided to walk home in what eventually became darkness after he had a flat on the June 27 SBC ride (see LWB nomination below, and Phil's own description in the August QR), and James & Jane DuBose for designing their own jerseys for their Tour de Pigs ride. After very close voting, Cathy declared Christa and Marty the intrepid winners of this month's AAA.

Nominations for the Lead Water Bottle inspired such shock and awe that many agreed a three-way tie was appropriate. Christa McLaren-Morris was nominated for running over a hapless goose while racing Robert LaBonte on the Lost Bridge Trail. Sightings of a partially featherless goose

swimming in circles in the IDOT pond have not been confirmed. George Woulard was nominated for keeping the package containing the SBC jersey Cindy sent him in his garage for eight months because he reportedly thought it was a bomb. And Phil Arnold was nominated for being without tools with which to fix the flat he had on the June 27 ride, after which he walked home shoeless by the light of the moon. Marveling at the depth of the field of contenders, attendees ultimately agreed to bestow the Lead on Phil.

Cathy announced there was a full slate of nominees for positions on next year's board. Cindy said she was seeking volunteers for the September 18 bike race to be put on by Derek Ewing. Sue and Kevin solicited help with grilling and games at the upcoming summer picnic.

Jerry reported that CCC flyers had been mailed, stocked in boxes at the trails, taken to bike shops (thank you Don Struck!), and e-mailed to local bike clubs. Attendees reviewed t-shirt designs proposed by

Dave Ross and Jonathan Reininger, and endorsed a suggestion to work with local media on publication of an article on preparing to ride a century.

Ken said that volunteers were sought for the cycling portion of the Senior Olympics the Springfield Park District was putting on September 25-26. This year's race is a qualifier for the

national competition. Discussing the transition to the new board, attendees agreed that new members would take on their duties after installation at the end of September. Those present also agreed to contact webmaster Scott Gauvin about cross-linking the SBC website to a website containing a calendar of Illinois events.

Under new business, Dave Lucas suggested that Phil Arnold had proven himself eminently qualified to take over leadership of the full moon rides.

And on that note, the meeting was adjourned, with thanks to Linda for her hospital

SBC 2004 Picnic Wrap-up

Many thanks for all the fine help, food, and good company for the SBC picnic, held July 11 this year. Thank-yous are in order for so many people, I apologize in advance if I forgot someone. Anyway, here goes: grill cooks Alan Josephson and Kevin Brown, ride leaders Bob Sorenson and Harriet Josephson, door prize obtainers Cathy Yeaman, Chuck Orwig, Tom Clark, Ken Anderson, and Lori Midden, door prize donors Wheel-fast, BikeTek, R & M Cyclery, The Apple Barn (Craig, did you share those Pearl muffins with the rest of the family??), Fulgenzi's and Fulgenzi's on the Hill, door prize hander-outers and announcers Dara and Bill Voss and Karl Kohlrus. Also thanks to the many folks who helped schlep stuff up and down the hill and to organize the food and other things on the tables. Thanks much to Louie Spinner for being willing to store our supplies at Spinner Plastics and for meeting us to disburse and collect the "stuff." Thanks to the good cooks and bakers for the delicious and original foods. It was a fun time to visit with old friends and new ones. See you on the road – ride safe!

Thanks,

Social Co-chairs Kevin Brown and Sue Dees

Note From the Editor:

Last month I inadvertently published the wrong article for the wrap-up on the picnic. I apologize for any inconvenience that this may have caused anyone.

Lori Midden, QR editor



Tour de France-The Sequel

Many people who don't know about professional cycling ask, "Did you get to talk to Lance while you were in France?" My stock answer is, "Imagine talking to the QB of the team in the Super Bowl during time-outs or half time. That's what you're asking." The Tour de France is like 21 Super Bowls played in 23 consecutive days. Most of the 21 stages are over 100 miles long and last 5 or 6 hours. The crowds are about as big as those for the Super Bowl and the TV audience for the live broadcast in Europe is probably close to the Super Bowl numbers.

Anyway, Lance took number six, that's three fingers on each hand extended with your arms crossed over your chest, Robin Williams' style. It's a remarkable feat in anybody's book of sports. When you hear that some fans spat on him when he rode by, you can believe it, but considering that those fans represent less than one-tenth of one percent, it's not that big of a deal. The French and every other Tour de France fan knows that Lance is a special cyclist, but many think that he has found some kind of substance that makes him that way. Until he's tested positive, I'm going

with Superman and nothing illegal.

OK, so what about the Velo Echappe tours and the work involved. I was delegated to driving the bike truck which didn't allow me to ride as much as I would have liked. I rode up and down two major mountains, the Col de Tourmalet and the Col de Soular. The Tourmalet climb is 10.2 miles long with an average grade of 7.5%. I did it in less than two hours and was happy about that. The French onion soup at the summit was magnifique! The Soulor climb is 7.9 miles averaging a 7.4% grade. My riding companion for the day had to stop frequently for pictures, so our time was something like three hours.

Once again this year we stayed in fabulous hotels and ate great food. At the very fancy Hotel de la Cite inside the walled city of Carcassonne, we ate a dinner that lasted over four hours. (I could have done a couple of climbs in that length of time.) In Paris we watched the final laps of the Tour in the presidential suite of the 5-star Hotel de Meurice. We had the suite from two o'clock until six o'clock for a mere five grand American. It's a tough job, but somebody

has to do it.

I have the following stories, each lasting about 8-12 ride miles, just ask: 1. The one about the guy we lost for a half day; 2. The one about the rescue of the guy who crashed on the descent of L'Alpe d'Huez; 3. Marie, the cute French bartender; 4. Dom, our bus driver, in the hotel in the walled city; 5. The story about driving from Paris to Lourdes, the wind, and the accommodations; 6. The day of the Alpe d'Huez TT; 7. Stories about food consumed; 8. My plane transfer in Montreal going over; 9. Getting lost in Paris/ 'Bloody oath' in Australian; 10. The cheesehead couple from Utah who found me in Paris.

One more thing. What if, in the Super Bowl or Cubs playoff game, a fan did something that potentially cost one team the victory? Would we ever hear the end of it? Have you ever heard Lance say anything about being pulled down by a musette bag last year? This year, did you ever hear that being spit on cost him some time? Right now, he's the world's greatest athlete.



Chuck Orwig



AHCAST

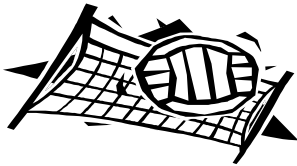


The Bicyclists of Iowa City are sponsoring the Amish Harvest Century and Stagecoach Tour (AHCAST) on September 18 & 19, 2004. The Saturday tour has 100/72/45/28 mile marked routes following stagecoach lines, passing scenic farming towns and the Amish countryside. The Sunday Tour has 86/78/53/27 mile marked routes following popular railroad destinations. Bring your bicycle, recumbent, or tandem and enjoy low-traffic roads on gently rolling terrain. Meet new friends, discover colorful history, and enjoy outstanding food. Visit www.bicyclistsofiowacity.org/ahcast/ to for more information or convenient online registration.

Mark Wyatt AHCAST Tour Director Bicyclists of Iowa City www.bicyclistsofiowacity.org/ahcast
info@bicyclistsofiowacity.org 319-626-6017

26th Annual Oktoberfest Sunday October 10, 2004.

BCD ride 26 miles, with shorter options. Bike ride @ 3PM.
 Beer, soda, burgers, brats @ the end of the ride. Side dishes welcomed,
 lawn chairs recommended. Music by Antone at 4:30 Bonfire @ dusk
 Ping pong, darts, VolleyBall for info phone 529 0780



Hope & Roger Schnelten
 245 Circle Drive
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Riders of the Month

7/04 Tom Clark ??????mi.	3/04 Terry Ransdell 452 mi.	11/03 Alfred Arkley 522 mi
6/04 Chuck Orwig 1383 mi.	2/04 Marty Celnick 450 mi.	10/03 Byron Nesbitt 944 mi.
5/04 Cathy Yeaman 876 mi.	1/04 Bill Voss 358 mi.	9/03 Pete Gudmundson 1321
4/04 Byron Nesbitt 1080 mi.	12/03 Terry Ransdell 461 mi.	8/03 James DuBose 1149 mi.

Secretary's Report

C. J Kvamme, September 2004

Renewals

James & Jane DuBose
George Woulard
Robert & Cyd LaBonte
John & Kathleen Edwards
Rich & Dana Saal & Family
Edward Cunningham
Rob Landers
Charles Witsman
Cris Martin
Deb Cooper
Jeff Mitchell
Bruce Yurdin
Bob & Mickey Sorenson

Renewals at the Contributing Level

Curt Evoy
Lynn & Andrea Miller
Cathy Yeaman
Brett Bersche
Garland & Lesley Stevens

Renewals at the Sustaining Level

Charles & Susan Hammond
Stan Gralnick & Laurel Garber

New Members

Clint Ancelet
Marilyn Clark
Rick & Pamela Cox

New Members at the Contributing Level

David McDivitt
Sid & Natalie Marder

New Members at the Sustaining Level

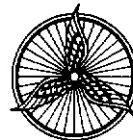
Michael Henry

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 the next month's report.

VOLUNTEERS NEEDED

The final race in the Lincoln Land Racing Series will be held on Saturday September 18th. The race will be a Criterium and held in Taylorville on a .7 mile closed course. Volunteer times will be from 7:00a - 11:30a and 11:00a - 2:30p. Road marshals, registration people and wheel pit mechanics are needed. Please call Cindy Kvamme 217-744-8864 to volunteer.

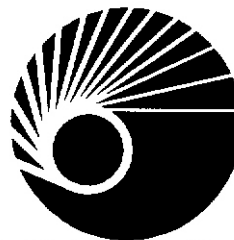


The **League**
of **American**
Bicyclists

SENIOR OLYMPICS **BICYCLE RACES**

Looking for volunteers to help as Marshals and Timers for the Senior Olympics Bicycle Races on September 25 & 26. From 8:00 AM to 11:00 AM and or 10:00 AM to 4:00 PM in Chatham. Contact Ken Anderson at 522-3876. If I'm not there, leave a message on the answering machine or with Sandy Anderson. Thanks.

Ken Anderson



ADVENTURE
CYCLING
Association

September 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	Geezer Ride Washington Park Shelter Dave Ross, 789-4823	BC ride, Daily morning ride for geezers and geezer wanabes. The Washington Park Shelter is located near the tennis courts. No ride on Labor Day.
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. No ride on Labor Day.
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. No ride on Labor Day.
Monday Wednesday & Friday 7 AM	Sherman Shell Kwik Mart Business 55 Jeff Mitchell, 496-2526	BC ride, Sherman Early Bird Ride , approximately 20 miles. Jeff will have maps available or can suggest a route. If Jeff can't be there this ride becomes a show and go. No ride on Labor Day.
Mondays 6:00 PM	Parkway Point Movie Theaters Kevin Brown, 787-5652	C ride. An easy ride to get started and gain conditioning while going slow enough for conversation. 12, 18, or 23 mile routes are available. No Ride on Labor Day.
Tuesdays 6:00PM	Carmody Residence 517 Appomattox Dr. Bob Carmody, 787-3419	ABC 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 not be there on Aug 3 rd and 10 th .
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 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.

Wednesday Sept 1st 6:00/7:00 PM	Board Meeting 3019 Cameron Dr Chuck and Gerry Orwig, 793-3782	Board meeting begins at 7 pm following a dinner at Chuck and Gerry's beginning at 6 PM. Please RSVP if you plan to come for dinner.
Friday Sept 3rd 6:00/7:00 PM	TGI Fridays 2100 West White Oaks Drive	BCD show and go ride, Get a count for dinner before heading out on a 6 PM ride. Then at 7 PM return to TGI Fridays for dinner.
Saturday Sept 4th 9:00 AM	Lincoln Heritage Trail, Taylorville Lake Route 29 Deeanna Shidler, 562-4583	ABCD, Taylorville Ride , Come out and ride some new roads and trails. Deeanna has a 50 mile road route or riders can choose to ride the Lincoln Heritage trail for about 25 miles.

Sunday Sept 5 th 9:00 AM	IDOT, South Parking Lot Dirksen Parkway, Lost Bridge Trail Lynn Rhoades, 546-0229	ABCD ride, Lynn's Sunday Ride , Lynn plans on a 40 to 45 mile ride. D riders can use the Lost Bridge Trail.
Sunday Sept 5 th 5:00 PM	Baskin and Robbins MacArthur and Laurel	D ride, This is a one hour neighborhood ride followed by ice cream. Good way to top off a weekend.
Monday Sept 6 th 8:00 AM	Fairhills Mall Chatham Road & Washington Lynn Miller, 787-3354	ABC ride, School House Ride , Lynn has a route of about 50 miles to a school house. There will be cut-offs for those seeking fewer miles. This ride got rave reviews last year. So, don't miss it!

Friday Sept 10th 7:30 AM	Charley Parkers North Street	Geezer Breakfast , Try the \$3.50 pancake on the 16" pizza pan, then see if you can stay for the ride at 9AM (you will need it, if you eat that pancake).
Friday Sept 10th 6:00/7:00 PM	Sgt. Pepper's Café 1754 W. Wabash	BCD ride, A one hour show and go bike ride will be followed by dinner at the restaurant. Bring a ride sheet and turn miles into Karl.
Saturday Sept 11th 9:00 AM	Rochester Station Route 29 in Rochester Byron Nesbitt, 899-3988	ABCD ride, CCC Warm-Up Ride , Byron plans on a 35 to 40 mile route. D riders can use the Lost Bridge Trail. If you want more miles, ride to the ride.

Saturday 9 AM to 3 PM	Lynn Miller's House 1428 Cherry Road 787-3354	CCC Bakery Drop Off , Those fresh baked homemade goodies is what separates this ride from others. Bake some muffins or cookies and drop them off at Lynn's for the ride on Sunday.
Sunday Sept 12th 6:30 to 10AM	Beach House Center Park, Lake Springfield Jerry Ihnen, 498-8877	Capital City Century , There will be routes of 12, 25, 40, 62, and 100 miles. Registration begins at 6:30 AM. SAG service, rest stops with refreshments and post peddlin' lunch are included in the registration fee.
Friday Sept 17th 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 Taste of Thai or Smokey Bones. Bring a ride sheet to turn miles into Karl.

Saturday Sept 18th 9 AM	Manners Park, Taylorville Derek Ewing, 624-2016 Cindy Kvamme, 744-8864	Taylorville Criterium , Talk with Derek about racing and/or with Cindy to volunteer to help. This is a club fund raiser and a good way to get a front row seat for bike racing.
Saturday Sept 18 th 9AM	Centennial Park Bunker Hill & Lenhart Roads Lance Kidd, 546-1698	ABC ride, Centennial Park Get Away , Lance has a route of 40 to 50 miles. This ride should seem easy compared to the 100 miles last Sunday.
Sunday Sept 19 th 7:30 or 9:00AM	Perkins at Parkway Pointe or at Griggsville Jon Edwards, 726-7647	ABC ride, Pike Peeks Ride . 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, right at stop sign and park near the 10 story purple martin house. Note: clockwise instead of counter, so forward though Time, down last year' s uphill, etc.
Sunday Sept 19th 5:00 PM	Baskin and Robbins MacArthur and Laurel	D ride, This is a one hour neighborhood ride followed by ice cream. Good way to top off a weekend.
Friday Sept 24th 6 PM/ 7 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 and turn miles into Karl.
Saturday Sept 25th 9:00 AM	Riverton Center Park Riverton Pete Harjes, 629-7847	ABC Ride, Mt Pulaski Ride , Pete will lead us out of Riverton to Mt Pulaski today.
Saturday Sept 25 th 8 AM	Chatham Downtown Square Rt 4 (Main St) & Chestnut Street Ken Anderson, 522-3876	Senior Olympics , There is a biking time trial and road race today. Contact Ken Anderson to volunteer.
Sunday Sept 26th 9:00 AM	Fairhills Mall Chatham Road & Washington Marty Celnick, 522-4206	ABC ride, Marty Miles , Marty is mapping out a route of about 40 to 50 miles. So, if you volunteered at the Senior Olympics yesterday, ride today.
Sunday Sept 26 th 8 AM	Chatham Downtown Square Rt 4 (Main St) & Chestnut Street Ken Anderson, 522-3876	Senior Olympics , There is a biking time trial and road race today. Contact Ken Anderson to volunteer.
Sunday Sept 26th 5:00 PM	Show 'n Go Baskin & 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.
Friday October 1 st 6:00/7:00 PM	Pasta House 2800 Southwest Plaza	BCD Ride and Installation Dinner , The usual Friday night one hour ride, followed by the new board's installation dinner. Everyone is invited to welcome the new board.

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 July 2004

Possible Miles for the Month
2112

Year
8969

RANK NAME	RIDE	T/F	TOT RIDES	LED	RIDE	T/F	TOT	RIDES	LED	LENGTH
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Springfield Bicycle Club Mileage and Activity File July 2004

Possible Miles for the Month
2112

Year
8969

RANK NAME	RIDE	T/F	TOT RIDES	LED	RIDE	T/F	TOT	RIDES	LED	LENGTH
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Springfield Bicycle Club Mileage and Activity File July 2004

Possible Miles for the Month
2112

Year
8969

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



THANKS YOU FROM THE QR EDITOR

I wanted to thank everyone that has been involved in the newsletter for the cooperation and support I received while doing the newsletter. This will be my last issue. It has been a good experience for me.

Curt Evoy is resuming the duties of newsletter editor and articles can be sent to him for the October issue at qreditor@insightbb.com.

Lori Midden

Sound Celebration Chorus-Springfield Chapter of Sweet Adelines International

Greetings from the Sound Celebration Chorus!!

Do you like to sing? Do you like to sing a capella? Then, we've got the thing for you - try singing 4-part barbershop-style music. This is an invitation to join us on Monday, August 30, 7:00 p.m. at the Hoogland Center for the Arts, 6th and Capitol Streets, Springfield, to be our guest. Check us out and see if you don't get hooked on singing that "good ole' a capella" music. We welcome all ladies and young women (16 years and up) to join us in "ringing those chords". If you have any questions, please contact Jean Welch (753.3185) or Lori Strode (523.4363), membership co-chairs. If you cannot come to our guest evening, please feel free to join us any Monday evening at the Center for our 7:00 p.m. rehearsals. Sweet Adelines is a worldwide organization of women singers committed to advancing the musical art form of barbershop harmony through education and performance.



Bike Descriptions-All boys' style:

- 1) Trek Antelope 800 Colors: Black and Blue
Diameter of Wheel: 25 inches hand brakes
size 16 inches mountain bike -orig \$300+; \$75
- 2) Giant Rincon Colors: Red, Diameter of Wheel 25 inches
hand brakes size 16.5 inches mountain bike
orig \$300+; \$75
- 3) Ross banana seat bike Colors: Red
Diameter of wheel: 13 inches, back pedal break
has kick stand , size 13 \$35

Janice Perino , 529.8648



For Sale: Burley d' lite blue and yellow bugger \$250
Tom and Francie King 793-5444



Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705

Presorted
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Address Service Requested

September, 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**



**CAPITAL CITY CENTURY
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