

Officers

President

Chuck Orwig
793-3782
chucko127@insightbb.com

Vice President

Cindy Moreno
546-5852
cmoreno51@insightbb.com

Board Secretary

Cindy Kvamme
744-8864
c1jk3@aol.com

Recording Secretary

Dave Ross
789-4823
rosesse@famvid.com

Treasurer

Dave Lucas
753-3831
spflddave@aol.com

Special Events

Jerry Inhen
498-8877
Jerry423@aol.com

Social Chair

Alan & Harriet Josephson
793-0590
ahjosephson@yahoo.com

Legislative/ Educational Chair

Lynn Miller
lynnmiller@insightbb.com
787-3354

Incentive Chair

Tom Clark
585-1539
taconsulting1@yahoo.com

Records

Karl Kohlrus
544-8410
kkohlrus@netzero.net

Quick Release Editor

Curt Evoy
726-6349
qreditor@insightbb.com

QR Deadline 15th of the Month

At Large Members

Christa McClaren-Morris
364-4545
Chrismac_67@yahoo.com

Lyn Schollett

522-1765
lschollett@aol.com

Not for Commercial Use

SPRINGFIELD BICYCLE CLUB



RIDE OF THE MONTH

Pete Harjes' August 14th Ride is the Best Ride of the Month.

Pete Harjes has led many rides this year including two in the month of August. On Saturday, August 14th, he took the cyclists from Buffalo to Decatur via a new bicycle trail through Rock Springs Park. Riders reported a very nice trail. Pete also provided many options for those who wanted to ride fewer miles that day. Pete had a good plan, great maps, and a beautiful cool August day for this, the best ride in August. Thanks Pete, for volunteering to lead so many rides. The club certainly appreciates your efforts.

ALMOST ANYTHING AWARD

The paramedics and fire department personnel from Chatham and Springfield take the Almost Anything Award for August.

On a rather hot day in August, a mountain biker suffered a bad crash on the Lake Springfield Mountain Bike Trails. His companion went to the Interurban Trail and found a person with a cell phone who could call 911. Paramedics and fire department people were dispatched to the area immediately. Because the area is secluded and approachable only by way of the Interurban Trail, it took considerable effort for the rescue squad people to do their job. In fact, the paramedics and firemen had to carry heavy equipment over one mile on the Interurban and then 0.4 miles back into the woods. The rescue was handled efficiently and professionally with the injured mountain biker being taken to the hospital. A big THANK YOU goes out to the rescue people from the SBC and the mountain biker.

LEAD WATER BOTTLE

Steve Alvin gets to carry the Lead Water Bottle for his August antics.

Steve was riding his new recumbent toward an all-way stop intersection and noticed that a truck was properly stopped at the sign to his right. He assumed that the truck would remain stopped while he "ran" the stop sign and proceeded across the intersection. The truck driver expected Steve to stop, because that is the law, whether on a bike or in a truck or car. Well, the truck is now in front of Steve, and instead of using his new brakes, he rammed right into the side of the truck. When asked why he didn't stop, Steve replied, "I forgot that I had brakes." Steve was bruised, has sore ribs, and will have to wear a knee brace for six weeks. We are truly sorry that he was injured, but it was an accident that could have been avoided with some prudent riding. If one is trying something new, be it clipless pedals or a new style bike, one should give it a test ride around a deserted parking lot or some other safe place before going out in traffic. It's also probably a good idea to obey all traffic laws.

The President's Report Chuck Orwig

As you read this, please think of how this article in the QR can be more relevant and of better use to the SBC membership. I will accept any and all ideas.

I can't speak for everyone on the new board, but my reason for accepting this position is simple: I want to give back something to an organization made up of great people who have made Gerry and me feel really happy about living in Springfield. I hope that I can do a good job.

I offer a big "THANK

YOU" to the officers who have done a great job for the last year, and in some cases, even longer. I also think it is important to thank ALL of you who have held offices from the very beginning of the SBC. We wouldn't have such a strong club without your efforts.

The state of the Springfield Bicycle Club is very good. We have adequate funds in the treasury, adequate membership numbers, and plenty of good members who are willing to lead rides. I'm excited about this upcoming year and hope that you are

too. I have some items on my agenda which I will mention in future reports. Stay tuned.

The CCC was a great success again this year, thanks to Jerry Ihnen and all of the members who volunteered to help. The great weather didn't hurt either. If you know of something that needs improvement regarding the CCC, please let Jerry I. or me know. I already know that we need to cook more fish.;>)



Thank You Capital City Century Volunteers

Jerry Inhen

Thank you to everyone who volunteered to make the Capital City Century a success. As you can see several people volunteered for several of the activities, a gold star for you. Ernie DeFrates will order T-shirts for those who volunteered for an activity. If you want a T-shirt call or email Ernie your shirt size, for some of you he already has your size. 544-1398 or eld3bik@aol.com

Food

Gerry Orwig, Kedra Elston, Harriet Josephson, Brea Elston, Jerry Inhen, Sharon Stanley, Bob Sorenson, James Dubose, Sue Hack, Lynn Miller, Cindy Kvamme, Christine Kohlhus, Dara Voss, Jon Edwards, Kathleen Winhold, Judy Nesbitt, Joan Struck, Brenda Michel, Francie King, Byron Nesbitt, Mary Lou Hicks, Cathy Yeaman Curt Evoy

Maps

Chuck Orwig

Registration

Kevin Brown, B. J. Hollis, Nan Rentschler, Rachel Inhen, Sophie Roth, Debbie Inhen

T-Shirts

Ernie DeFrates

Sag Drivers

Chuck Orwig, Don Struck, John Day, Curt Winhold, Regina McGuire, Alan Josephson, Marty Morris

Route Markers

Chuck Orwig, Ernie DeFrates, Cindy Moreno

Brats & Fish Cookers

Mike Royer, Lanny Pratt, Dave Lucas, Mike Elston, Jack Elston, Daniel Ewing, Jerry Inhen, Susan White, Brennan White

Turbo Blender

Dave Lucas

Clean Up

Gerry Orwig, James DuBose, Alan Josephson, Harriet Josephson, Jack Elston, Brea Elston, Mike Elston, Kedra Elston, Cindy Moreno, Bob Sorenson, Jerry Inhen, B. J. Hollis

Cookie & Muffin Donations

Capital Area Amateur Radio Emergency Response Team

Don O'Connor, John Ransdale



Board Meeting Notes - August 4, 2004

Kathy Shepard

Present: Dale Isaacson, Ken Anderson, Chuck Orwig, Dave Lucas, Lynn Miller, Sue Dees, Alan Josephson, Dave Ross, Harriet Josephson, Cindy Moreno, Gerry Orwig, Cindy Kvamme, Sue Hack, Cathy Yeaman, Linda Butler, Jerry Ihnen, Kathy Shepard

Gathered in Cathy's lovely sunroom, attendees approved last month's minutes while enjoying the last of the delicious supper she prepared. Linda reported that club balances totaled \$13,115.76, which reflected reimbursement of \$50 to Karl Kohlrus for supplies. Cathy said the September ride schedule was nearly full. Future board meeting dates and places are September 1 at Chuck's and October 6 at Ken's.

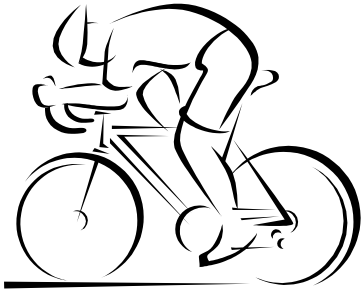
Close voting for the Ride of the Months saw Alan's Palmyra Ride win in a runoff vote.

Nominees for the Almost

Anything Award were James DuBose for his extremely well-planned and -led Cheese and Packers Tour, Lyn Schollett for her extremely well-written description of being marooned without a doorknob with which to escape her bedroom in her new house (see LWB nominations, below) and for her eventual MacGyver-like escape, and Regina McGuire for her extremely eye-catching and attractive pink bike decorations and attire, complete with lights and flamingoes, displayed on the Triplets' birthday ride. After a final count of hands and feet, James emerged as the winner of this month's AAA. Excellent job, James. You put together what was, by all accounts, a very enjoyable sojourn in Wisconsin. We look forward to a return engagement next year!

Lead Water Bottle nominees were Lyn Schollett, for managing to lock herself in her own bedroom, for describing her ordeal in an e-mail with the subject line, "Why It's A Good Thing We Can't Get the Lead For Non-Biking Offenses," then, when her friends politely pointed out that she had erred in that assumption, threatening to nominate them as well, stating, "there is no way I'm going down alone," Sue for submitting last year's Summer Picnic wrap-up for publication in this year's post-picnic QR, and Sue, Kevin Brown,





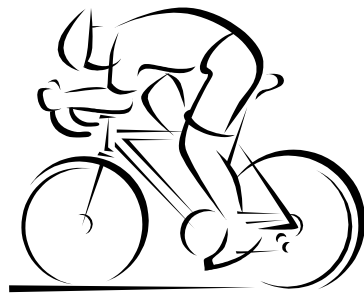
and Lori Midden, who Sue said should share the blame for the previously-described mistake. In a landslide vote, Lyn walked away with the LWB.

Attendees then voted in the roster of next year's board nominees, who will transition in to their positions by the end of September. It was agreed the installation dinner would take place Friday, October 1. Cathy suggested that current board members meet with their replacements by mid-September to discuss board position responsibilities.

Turning to the Capital City Century, Sue Hack and Lynn will be co-food chairs. Jerry will make sure the CCC is featured on the SBC website. Kevin reportedly was receiving a healthy number of pre-registrations, and CCC brochures were rapidly disappearing from trail boxes. Don Struck or Cathy would contact Huck's to ask them to stock brochures. Sale of Lance Armstrong Foundation "Livestrong" bracelets was suggested, but rejected

when it was pointed out that the bracelets were back-ordered and might not be produced in time for the Century, if at all. Chuck said CCC routes would be slightly different from last year's, to avoid Iron Bridge and Woodside roads. Each route will be marked in a distinct color. Extra volunteers might be called on at the food stops to direct riders.

Cindy Kvamme said she needed volunteers to help with the criterium to be put on September 18 in Taylor-



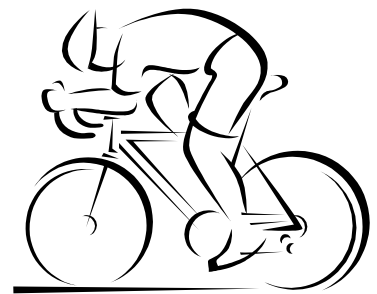
ville by Derek Ewing. Ken Anderson also said he was seeking volunteers, for the September 25-26 Senior Olympics cycling event to be put on by the Springfield Park District. The club will provide marshals, timekeepers, and a final sweep of the route.

Alan said he'd been in contact with the Springfield Convention & Visitors Bureau about sharing a booth at next spring's Chicago Bike Show. Lynn circulated a letter which attendees agreed

should be sent to the mayor under Cathy's signature advocating transfer to the Springfield Park District of authority to collect the playground/recreation tax. Chuck said he would be leading the Across Illinois Back Roads cyclists in a ride to show off Springfield's sites and hospitality during their layover here the following Tuesday. Dave Ross and Lynn said they would help.

Cindy Kvamme said that a new club directory was needed due to numerous changes in member info, and that enough money was available to produce and send one. It was agreed that a new directory would be put out at some point after the CCC. It also was announced that more judges were needed for the 4-H bike rodeo at the State Fair.

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



Secretary's Report Cindy Kvamme, Secretary

Renewals

Margaret Kelly
Lynn Rhoades
Armand Tippet
Janet Cooper
Mary Thomas
Dorothy Hosto
Grover Everett
Mike Vonnahmen
Roger McCredie & Family
Sharon Stanley
Joan Halterman
Gary & Janice Sullivan
B.J. Hollis

Renewals at the Contributing Level

Pete Gudmundson
Bill & Dara Voss

Renewals at the Corporate Level

Wheel Fast Bicycle Co

New Members

Lynndell Jarrett
Pat Ryan
Jim Winhold & Family

New Members at the Contributing Level

Mark Shea

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.

Membership Directory Cindy Kvamme, Secretary

We plan to publish a new membership directory in February of 2005. If we made an error in the last directory or if you have moved, changed your zip code, phone number, or e-mail address and haven't notified us **now is the time**. For those of you that will be renewing in the next few months, be sure to fill out your application completely this is the easiest way to keep your information updated. To make changes you can call me 217-744-8864, leave a message if I don't answer, or e-mail me at c1jk3@aol.com. In the subject line write directory update. Thank you.

Thank You
Joel Johnson

I wish to thank the Springfield Bicycle Club members for the cards, calls, visits and rides following my accident on July 25. Your thoughtfulness and generosity helped me through a difficult time. I'm looking forward to joining you again on the rides as soon as I have made adequate recovery.

Where have I been?

Curt Evoy

If you are new to the club, you might not know that I am returning to the *Quick Release Editor* position. I was the editor between 2000 and 2002. What have I done with my year off?

Sometimes, it seems like I have been around the world, at least around the Mid-West. I have visited Iowa for TOMRV and RAGBRAI and Indiana for Hilly Hundred. I have ridden my bike to Chicago. I have ridden my bike to work, which is a great way to start the day. It is amazing what you can with a bicycle.

My sabbatical started with a trip to the Hilly Hundred held near Bloomington, Indiana. Hills and wind are some of the challenges any riders face. The Hilly Hundred has hills, two days of 50 miles of hills. I did enjoy the ride; new roads, and



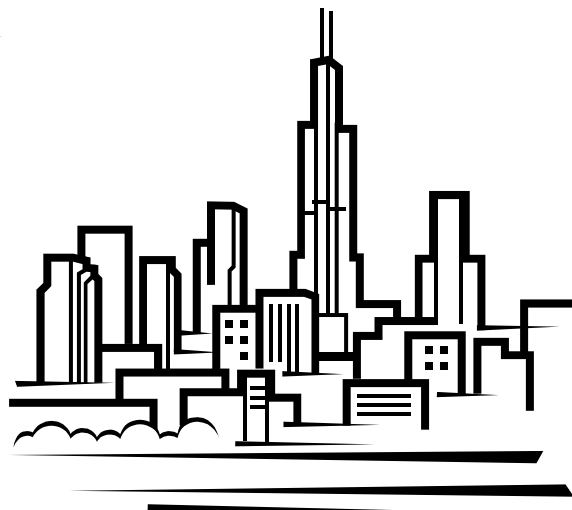
new challenges.

This Memorial Day weekend, I walked out my house, got on my bike and rode to the train station. The train took me and my bike to Chicago for Bike the Drive. The ride is on Lake Shore Drive, one of the most famous roads in the world. The LSD was closed to traffic between 5:30 and 10 am. I got to ride 30 miles on a

4-lane road in each direction with 20,000 other riders.

This summer was the first time I rode TOMRV. The ride is hosted by the Quad Cities Bicycle. TOMRV is another weekend ride with some long days in the hills along the Mississippi River. I thought it was a great ride.

Also this summer, I re-
(Continued on page 17)



Kryptonite Bike Locks

From Company Web Page, <http://www.kryptonitelock.com/>

KRYPTONITE OFFERING FREE UPGRADE WORLDWIDE FOR CONSUMERS' HIGH END TUBULAR CYLINDER LOCKS

Unprecedented Offer Intended to Address the Needs of Loyal Consumers

Canton, MA September 17, 2004 - Kryptonite today announced it will provide free product upgrades for certain locks purchased since September 2002, in response to consumer concerns about tubular cylinder lock technology. Consumers can visit the company's Website (www.kryptonitelock.com) on Wednesday afternoon, September 22, 2004, to learn how they can participate in the security upgrade program.

Consumers who have purchased an Evolution lock, KryptoLok lock, New York Chain, New York Noose, Evolution Disc Lock, KryptoDisco or DFS Disc Lock

in the last two years are eligible for a product upgrade free of charge from Kryptonite. Customers will need to have either registered their key number, registered for the Kryptonite anti-theft protection offer or have proof of purchase to qualify.

Specifically, Kryptonite will provide for free cross bars featuring the company's new disc-style cylinder lock technology to consumers who have purchased Evolution and KryptoLok series products. In addition the company will replace for free recently purchased Evolution Disc Locks on New York Chain and New York Noose with its "Molly Lock", a heavy duty solid steel padlock. Kryptonite also will upgrade recently purchased disc locks.

Consumers who have had one of the Kryptonite locks mentioned with a tubular cylinder for longer than two years will be eligible for a sizeable rebate on the upgraded products. This program will be administered through Kryptonite dealers and distributors.

A distributor and dealer swap program will be rolled out through direct communication from Kryptonite to all its partners.

Full details about this unprecedented program will be available on Kryptonite's website by afternoon Eastern Standard Time, Wednesday, September 22, 2004, at www.kryptonite.com



Letter from the Editor Curt Evoy

I would like to thank Lori Midden for doing an excellent job publishing the *QR* while I was on sabbatical.

As I return to the Editor position of the SBC, I would like to inform everyone about the rules I have for publishing articles in the *Quick Release*. Please keep articles to a two-page limit, I reserve the right to publish longer articles as room allows. Please do not overly format the document, keep it simple. I can easily control text fonts and size. I use a 12 point font if you like to have an idea how long your article is.

I prefer to work with Microsoft Word documents. I can also work with simple text



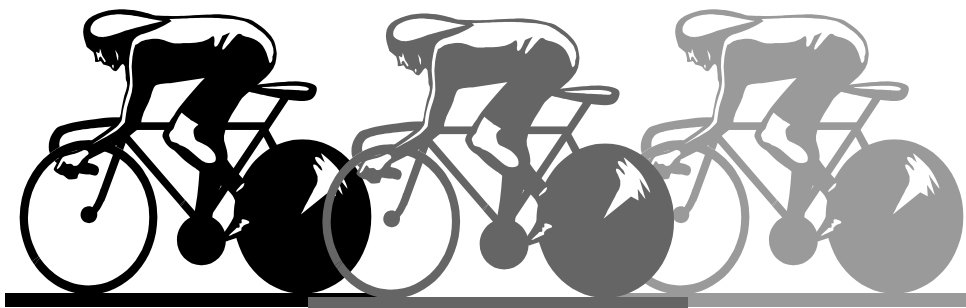
files. I do not like to publish email stories. I am a publisher, and not a very good editor, so do not expect many grammatical fixes.

I also reserve the right to ask for the board's approval to publish an article.

The monthly dead line for the *Quick Release* is the **15th of the month**. Article and submittals can be sent to me at qreditor@insightbb.com.

I have looked at other club's newsletters, and not many compare to the *Quick Release*. It is because of the many contributors to the newsletter.

Thank you. See you on the road.



October 2004– SBC Ride Schedule

Anyone with questions about rides or interest in leading a ride can contact Cindy Moreno at 546-5852 or email her at cmoreno51@insightbb.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 Columbus 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 Columbus 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 Columbus 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 Columbus Day.
Mondays 5:30 PM	Parkway Point Movie Theaters Alan Josephson, 793-0590	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 Columbus Day.
Tuesdays 12:15 PM	Robert Morris College 3101 Montvale Drive, West Parking Lot Dave Ross, 793-4239	BCD Recess Ride -- 20 miles or so. If Dave can't make it, this becomes a show-n-go.
Tuesdays 5:30 PM	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 5:30 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 5:30 PM	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 5:30 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.
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 5:30 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 5:30 PM	Lincoln Heritage Trail Lake Taylorville Parking Lot Rt. 29	BC, Weekly night-Show 'n Go along the Lincoln Heritage Trail. Turn miles into Karl.
Thursdays 12:15 PM	Robert Morris College 3101 Montvale Drive, West Parking Lot Dave Ross, 793-4239	BCD Recess Ride -- 20 miles or so. If Dave can't make it, this becomes a show-n-go.
Thursdays 5:30 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 5:30 PM	Show 'n Go IDOT, South Parking Lot Dirksen Parkway, Lost Bridge Trail	Turn miles in to Karl.

Thursdays 5:30 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 Oct 1st 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 Oct 2nd 9:00 AM	Jim Edgar Panther Creek Highway 125 past Ashland Cathy Yeaman, 483-4912 Ernie DeFrates, 544-1398	ABC, MB, Panther Creek State Park , Bring your road bike, mountain bike or both. A 25, 42, and 67 mile road route or a 17 mile mountain bike route are just some of the options to choose from at the park. Meet at the mountain bike trail head near the site office.
Sunday Oct 3rd 10:00 AM	Sherman Community Park Andrew Rd ½ mile East of Bus 55 Karl Kohlrus, 544-8410	ABC ride, 49th Birthday Ride , Karl will celebrate his birthday about a week early with a ride of 49 miles. Actually he will have routes from 30 miles to about 50 miles.
Sunday Oct 3rd 4:00 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.
Tuesday Oct 5th 6:00/7:00 PM	2301 Sangamon Avenue Ken Anderson, 522-3876	Board Meeting, Ken is hosting the meeting. If you would like to join him for dinner at 6 PM, please RSVP. Come to the meeting and get involved in planning club activities.
Friday Oct 8th 7:30 AM	Sgt Peppers Café 1754 W. Wabash	Geezer Breakfast , Join the geezers and other SBC members for breakfast. If you can, stay and ride with the morning group at 9:00 AM out of Washington Park.
Friday Oct 8th 6:00/7:00 PM	Charlie Parkers 700 North Street	CD ride, Bring lights for this twilight ride at 6 PM. Then stay for eats at this diner at 7 PM.
Saturday Oct 9th 9:00 AM	Sherman Community Park Andrew Rd ½ mile East of Bus 55 Louie Spinner, 523-1615	ABC ride, Louie Louie , Okay surely someone besides me remembers this great 60's tune. We will ride less than 60 miles. Louie is planning a ride of 30 to 40 miles.
Sunday Oct 10 th 8:00/9:00 AM	Panera, 3101 W White Oak Drive Coldwell Bank Realty, 3201 Old Jacksonville Road Cindy Moreno, 546-5852	Old Jack Clean Up , Gather at Panera's for coffee and goodies with your SBC friends, then meet at 9 AM at Coldwell Bank Realty to begin the Old Jacksonville Road Clean-up. This is the last clean up of the season. Later in the day enjoy the ride at the Oktoberfest party.
Sunday Oct 10 th 3:00 PM	245 Circle Drive Roger & Hope Schnelten 529-0780	BCD ride, 26th Annual Oktoberfest , ride 26 miles, with shorter options. Bike ride @ 3PM. Beer, soda, burgers, brats at the end of the ride. Side dishes welcomed, lawn chairs recommended. Music by Antone at 4:30, Ping pong, darts, Volley Ball and a Bonfire at dusk.
Monday Oct 11 th 10:00 AM	Bike Tek 957 Clock Tower Steve Schien, 787-2907	ABC ride, Columbus Day Ride , Steve will have a ride of 18, 28, or 40 miles. Refreshments will be served at the shop after the ride. Enjoy the holiday and come out for a ride.
Friday Oct 15th 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 Oct 16th 9 AM	Fairhills Mall Chatham Road and Washington Lynn Miller, 787-3354	ABC Ride, Alfred's Back Ride , Alfred is planning to be back in town for a meeting and hopes to join us today. Lynn is planning a 40 miles route to test Alfred's Washington biking legs.
Sunday Oct 17th 9 AM	Lost Bridge Trail, IDOT Parking Lot Dirksen Parkway Bob Sorenson, 529-1141	ABC ride, Bob's Lost Bridge Ride , One more chance to look for that lost bridge on the trail. Edinburg is our destination, so plan on about 40 miles. D riders can enjoy Lost Bridge Trail.
Sunday Oct 17th 4:00 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 Oct 22nd 6 PM	Washington Park Pavillion	NC, Walk the Park , Meet at Washington Park Pavillion for a walk around the park. Enjoy the fall colors. Dinner at a location decided by the group.

Saturday Oct 23rd 10:00 AM	Sherman Community Park Andrew Rd 1/2 mile East of Bus 55 Pete Harjes, 629-7847	ABC Ride, New Salem Ride , Pete has a route that leads us from Sherman to New Salem.
Saturday Oct 23rd 3:00 PM	Wheelfast Bike Shop 349 Williams Street, Chatham Brian Tober and Matt Saner, 483-7807	ABC, Poker Run , Plan on a 25 mile ride to gather six cards for a poker hand. There is a \$10 fee that includes Pizza at Godfathers after the ride, \$\$\$ prizes and merchandise for the best poker hands. So ante up and try your luck with a bicycle poker ride.
Sunday Oct 24th 9:00 AM	4123 Crocus Linda Butler, 787-5027	ABC ride, Apple Dumpling Ride , Linda brings back her now annual apple dumpling ride. Ride 35 to 40 miles toward Salisbury and Pleasant Plains, then return to Linda's for apple dumplings.
Sunday Oct 24th 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 Oct 29th 6:00/7:00 PM	1114 West Fayette Ave Kevin Brown and Lola Lucas 787-5652	D ride, Annual Ghost Ride and Halloween Party One hour ride (you will need lights) followed by food, Costumes encouraged. Bring a snack or dish to share.
Saturday Oct 30th 10:00 AM	Interurban Trail MacArthur & Wabash Marty Celnick, 522-4206	ABCD ride, Marty's Fall Colors , Meet at Show Me's at the Interurban Trail. Marty plans 30 to 45 mile ride into the country in search of some fall color. D riders can enjoy the trail down to Chatham.
Sunday Oct 31st 10:00 AM	Panera's 3101 West White Oaks Drive Alan & Harriet Josephson, 793-0590	ABCD ride, Daylight Saving Ride , Double check the time or you may be an hour early. Alan will lead a ride of about 30 to 35 miles. Harriet will lead the D riders on the trail. Stop in Panera's for lunch upon your return.

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.

GRAPHIC DESIGN • SCREENPRINTING

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 jimc@filmready.com SHOP AROUND, THEN CALL US

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Springfield Bicycle Club Mileage and Activity File As of July 31, 2004

Possible Miles for the Month
1740

Year
10709

	FIRST NAME	LAST NAME	RIDE	T/F	TO-TAL	RIDE S	LED	RIDE	T/F	TOTAL	RIDE S	LED	LENGTH
1	Tom	Clark	736	268	1004	28		4102	842	4944	148	1	33.4
2	James	DuBose	845	157	1002	21		4277	600	4877	116	8	42.0
3	Cathy	Yeaman	1135	77	1212	25	1	4234	421	4655	96	4	48.5
4	Charlie	Witsman	814	367	1181	25	4	3583	998	4581	107	19	42.8
5	Byron	Nesbitt	906	36	942	22		4281	240	4521	106	1	42.7
6	Marty	Celnick	639	139	778	24	2	3601	865	4466	144	7	31.0
7	Chuck	Orwig	533	135	668	18		3016	614	3630	90	2	40.3
8	Bill	Voss	490	124	614	17		2824	750	3574	102	3	35.0
9	Lisa	Kidd	264	44	308	12		2879	556	3435	117	0	29.4
10	Lance	Kidd	225	36	261	10	1	2797	556	3353	111	4	30.2
11	Phil	Arnold	342	191	533	10	1	2125	1091	3216	60	1	53.6
12	Dave	Ross	503	51	554	15		2853	263	3116	98	14	31.8
13	Karl	Kohlrus	389	221	610	13		2058	1013	3071	90	2	34.1
14	Lynn	Miller	431	25	456	12	1	2802	166	2968	82	3	36.2
15	Terry	Ransdell	237	21	258	7		2386	526	2912	63	0	46.2
16	Curt	Evoy	287	59	346	10		2206	449	2655	68	0	39.0
17	Linda	Butler	541	13	554	19	1	2359	172	2531	79	3	32.0
18	Ernie	DeFrates	208	1	209	7		2326	33	2359	92	0	25.6
19	Ruth	Magos	648	7	655	16		2326	9	2335	63	0	37.1
20	Deeana	Shidler	311	0	311	11		2295	28	2323	65	0	35.7
21	Alfred	Arkley	53	0	53	1		2031	126	2157	68	0	31.7
22	Bill	Bock	549	0	549	12		2133	5	2138	57	0	37.5
24	Cindy	Kvamme	547	6	553	25	1	1968	106	2074	90	1	23.0
23	Jerry	Ihnen	163	28	191	4		1774	300	2074	63	2	32.9
25	Pete	Gudmundson	288	0	288	6		2014	4	2018	57	0	35.4
26	Janice	Perino	15	28	43	2		1417	562	1979	77	0	25.7
27	Alan	Josephson	226	101	327	11	1	1575	293	1868	69	6	27.1
28	Dan	Mitchell	252	0	252	6		1743	4	1747	46	0	38.0
29	Mike	Vonnahmen	196	0	196	6		1619	119	1738	50	0	34.8
30	Carol	Bock	427	0	427	9		1729	5	1734	44	0	39.4
31	Robert	LaBonte	435	22	457	20	1	1656	69	1725	76	5	22.7
32	Derek	Ewing	272	34	306	8		1500	146	1646	41	0	40.1
33	Pat	Stephens	276	4	280	9		1617	24	1641	50	0	32.8
35	Bob	Sorenson	278	6	284	6		1522	97	1619	48	2	33.7
34	John	Day	227	0	227	8	4	1578	41	1619	53	4	30.5

Springfield Bicycle Club Mileage and Activity File As of July 31, 2004

Possible Miles for the Month
1740

Year
10709

	FIRST NAME	LAST NAME	RIDE	T/F	TO-TAL	RIDE S	LED	RIDE	T/F	TOTAL	RIDE S	LED	LENGTH
36	Arden	Gregory	323	56	379	7		1446	157	1603	40	0	40.1
37	Lynn	Rhoades	72	14	86	2	1	1229	358	1587	42	15	37.8
38	Rich	Saal	243	48	291	7		1235	338	1573	45	0	35.0
39	Jane	DuBose	380	35	415	12		1431	138	1569	49	1	32.0
40	Cindy	Moreno	262	8	270	11		1331	174	1505	59	5	25.5
41	Bob	Carmody	461	7	468	14	4	1401	61	1462	49	14	29.8
42	Roger	Wright	321	203	524	10		888	558	1446	29	0	49.9
43	Garland	Stevens	151	14	165	5	1	1205	198	1403	50	4	28.1
44	Jon	Edwards	119	59	178	3		1160	237	1397	33	1	42.3
46	Bruce	Yurdin	191	0	191	6		1197	76	1273	36	1	35.4
47	Louie	Spinner	208	0	208	9	12	1237	17	1254	62	15	20.2
48	Ken	Anderson	131	49	180	4		903	309	1212	27	0	44.9
49	Regina	McGuire	225	0	225	12		1164	12	1176	61	0	19.3
50	Sue	Dees	143	16	159	10	1	1131	42	1173	74	2	15.9
51	Christa	Morris	248	0	248	12		1073	25	1098	64	0	17.2
52	Marilyn	Powell	163	25	188	6		1018	69	1087	33	0	32.9
53	Roger	McCredie	182	20	202	4		883	197	1080	27	0	40.0
54	Mike	Schwab	79	0	79	4		964	114	1078	61	0	17.7
55	Dale	Issacson	402	65	467	11		931	117	1048	25	0	41.9
56	Dave	Lucas	148	34	182	9		816	201	1017	57	4	17.8
57	Pete	Harjes	171	0	171	4	2	892	84	976	38	3	25.7
58	Brian	Watkins	126	0	126	4		835	86	921	25	0	36.8
59	Sean	Hatchett	245	56	301	5		801	111	912	20	0	45.6
60	Brock	Webb	150	0	150	3		863	34	897	19	0	47.2
61	Daniel	Ewing	154	34	188	5		814	76	890	31	1	28.7
62	Jack	Hurley	156	0	156	4		846	15	861	23	0	37.4
63	Micci	Bly	418	14	432	10		772	22	794	20	1	39.7
64	Jan	Cimerosa	47	0	47	2		690	104	794	32	1	24.8
65	Sr. Josepha	Schaeffer	182	0	182	4		760	30	790	22	0	35.9
66	Don	Struck	128	26	154	4		605	166	771	22	0	35.0
67	Connie	Roberts	111	6	117	5		743	23	766	24	3	31.9
68	Jackie	Galli	45	0	45	1		754	4	758	22	0	34.5
69	Lyn	Schollett	173	24	197	7		680	74	754	32	5	23.6
70	Mike	Ryan	22	7	29	1		594	139	733	14	0	52.4
71	Luke	Arnold	57	0	57	1		581	77	658	13	0	50.6

Springfield Bicycle Club Mileage and Activity File As of July 31, 2004

Possible Miles for the Month
1740

Year
10709

FIRST NAME	LAST NAME	RIDE	T/F	TO-TAL	RIDE S	LED	RIDE	T/F	TOTAL	RIDE S	LED	LENGTH	
73	Kent	Kraft		166	11	177	5	583	25	608	20	0	30.4
74	Don	Daniels		38	6	44	1	448	124	572	11	0	52.0
75	Kevin	Brown		109	0	109	9	520	2	522	44	2	11.9
76	Christine	Kohlrus		51	11	62	1	305	176	481	16	0	30.1
78	Ben	Fox		105	6	111	5	452	11	463	22	0	21.0
77	Brigetta	Ewing		65	0	65	3	450	13	463	28	1	16.5
81	Tony	Henn		53	10	63	3	322	52	374	23	0	16.3
83	Craig	Ross		51	6	57	2	326	23	349	15	0	23.3
84	Steve	Smith		42	0	42	3	334	2	336	20	0	16.8
85	Harriet	Josephson		35	6	41	3	314	6	320	20	1	16.0
86	David	McDivitt		292	0	292	9	319	0	319	10	0	31.9
87	Gerry	Orwig		48	41	89	6	162	151	313	19	0	16.5
89	Cindy	Johnson		159	6	165	5	291	14	305	11	0	27.7
90	Cyd	LaBonte		164	0	164	11	302	0	302	22	3	13.7
91	Ed	Taylor		111	0	111	4	293	0	293	11	0	26.6
92	Mike	Hills		45	0	45	1	239	51	290	7	0	41.4
93	Rodney	Yoswig		45	0	45	1	263	16	279	6	0	46.5
96	Jim	Matheny		54	8	62	2	229	35	264	9	0	29.3
97	Bill	McGee		52	0	52	2	252	0	252	10	0	25.2
98	Dan	Dugan		12	0	12	1	224	20	244	7	0	34.9
99	Mary	Loker		10	0	10	1	225	0	225	11	0	20.5
100	Brett	Bersche		64	0	64	4	217	0	217	12	0	18.1
101	John	Sanford		65	0	65	5	213	0	213	18	0	11.8
102	Genio	Staranczak		30	4	34	2	178	32	210	12	0	17.5
108	Susan	McClintock		36	0	36	2	163	10	173	10	0	17.3
110	Hope	Schnelten		15	0	15	1	167	0	167	8	0	20.9
111	Mark	Smith		18	0	18	1	147	18	165	8	0	20.6
112	Charlie	Downs		88	28	116	3	128	28	156	4	0	39.0
115	Aaron	Shehan		48	3	51	1	141	3	144	3	0	48.0
116	Matt	Saner		27	24	51	1	81	60	141	3	0	47.0
120	Deb	Cooper		30	10	40	2	90	38	128	6	0	21.3
122	George	Wouland		18	0	18	1	102	24	126	6	0	21.0
123	Jeff	Mitchell		40	6	46	2	117	8	125	4	0	31.3
125	Paul	Anthony		20	2	22	1	115	8	123	6	0	20.5

Springfield Bicycle Club Mileage and Activity File As of July 31, 2004

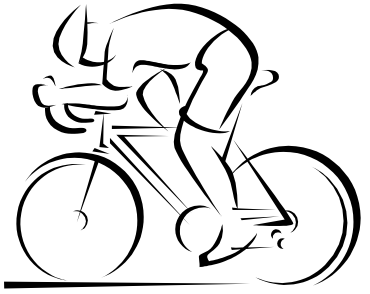
Possible Miles for the Month
1740

Year
10709

FIRST NAME	LAST NAME	RIDE	T/F	TO-TAL	RIDE S	LED	RIDE	T/F	TOTAL	RIDE S	LED	LENGTH	
126	Melinda	Winhold	30	0	30	1	119	0	119	5	0	23.8	
131	Kathy	Shepard	18	0	18	1	88	18	106	6	0	17.7	
132	George	Carver	101	0	101	2	101	0	101	2	0	50.5	
134	Theresa	Boley	64	0	64	1	89	4	93	2	0	46.5	
140	Pat	Aulich	23	0	23	1	65	11	76	4	0	19.0	
142	Matt	Winhold	30	0	30	1	70	0	70	3	0	23.3	
143	Brendan	O'Brien	47	0	47	2	68	0	68	3	0	22.7	
152	Mike	Royer	31	0	31	2	58	0	58	4	0	14.5	
155	Rebecca	Hood	23	0	23	1	47	7	54	3	0	18.0	
161	Bob	Randall	30	2	32	1	46	2	48	2	0	24.0	
163	Marilyn	Clark	45	0	45	1	45	0	45	1	0	45.0	
166	Sue	Hack	15	0	15	1	42	0	42	3	1	14.0	
172	Coleen	Koester	33	0	33	1	33	0	33	1	0	33.0	
173	Jeff	Koester	33	0	33	1	33	0	33	1	0	33.0	
184	Kathy	Reaves	23	0	23	1	23	0	23	1	0	23.0	
188	Ellen	Schlieckau	21	0	21	1	21	0	21	1	0	21.0	
187	Mike	Becker	9	1	10	1	20	1	21	2	0	10.5	
198	Dave	Leich	15	0	15	1	15	0	15	1	0	15.0	
204	Lola	Lucas	5	0	5	2	8	0	8	4	0	2.0	
TOTALS			24127	3212	27339	800	39	136690	18541	155231	4849	188	32.0

RIDER OF THE MONTH

8/04 Charles Witsman	4/04 Byron Nesbitt 1080 mi.	12/03 Terry Ransdell 461 mi.
7/04 Tom Clark 1061 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



turned to Iowa for RAGBRAI. After being able to ride the whole route in 2003, I wanted to return to help support my team and ride a few days. RAGBRAI is something to see, 10,000 people crossing the state of Iowa because they can. You never know who you meet along the way. This year, I met someone from Springfield. The people in the small Iowa towns are great hosts, and are always happy to see us. People's generosity can be amazing.

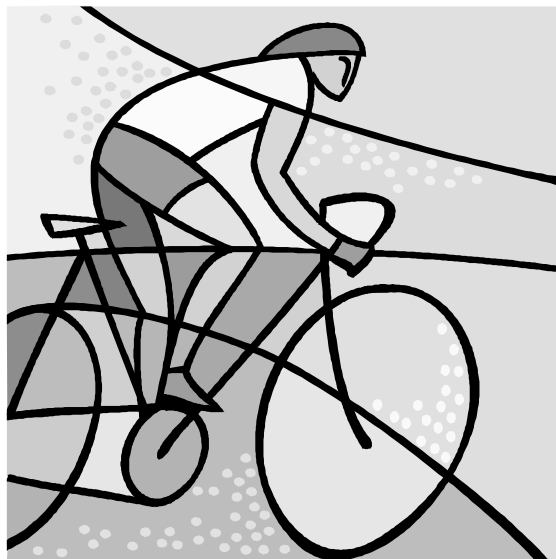
RAGBRAI had their first bicycle related fatality this year. It is unfortunate that accidents happen, and it not something I like to see during the great week of RAGBRAI. So always ride right and wear a helmet.

With the cool summer temperatures we had this year, I rode my bike to work when my schedule allowed. It took about the same amount of town to cross town as in a car. I did have to pack a few things, but I was able to work out the logistics.

With the car in the shop, I used my bike as my transportation. It got me to the gym before work, and to the office. With the bike trails, I was able to pick up my car from the dealer.

I just wish more people in Springfield used bikes as the method of commuting. I hope the City of Springfield keeps incorporating bicycles into its transportation system. I would like to see an inter-city route that would connect Centennial Park, Rotary Park, the mall, Montvale and Washington Park. This would be a great way to bring Springfield together. I am sure many Springfield neighborhoods would improve with bike routes to connect them.

It was an amazing year, just because of a simple two-wheeled machine. I can not thank my ride-buddies, friends, and the bike club for some many wonderful adventures.



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

Springfield Bicycle Club Mileage Summary 1995-2004

MON	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	RANK
JAN	1,929	2,463	1,447	3,171	1,521	4,555	2,115	6,846	2,951	4,782	2
FEB	2,399	3,492	3,179	4,458	3,327	4,457	3,353	5,925	3,135	7,089	1
MAR	4,317	4,490	5,478	3,160	2,266	4,537	7,516	6,717	12,994	10,193	2
APR	11,546	7,929	8,427	7,728	7,522	18,007	16,393	14,391	16,291	17,349	3
MAY	15,208	12,668	14,030	17,412	17,222	21,550	26,247	23,236	27,054	26,302	2
JUN	14,133	11,560	11,657	13,180	14,828	22,210	28,082	26,213	26,744	29,305	1
JUL	19,187	23,575	16,787	15,222	15,964	29,102	29,690	29,222	31,035	32,872	1
AUG	15,406	17,176	16,938	16,081	17,847	29,151	30,623	24,915	30,765	27,339	4
SEP	16,438	18,208	21,448	13,944	17,322	24,586	28,079	24,645	31,390		
OCT	10,870	7,837	7,639	6,190	8,141	16,599	16,247	17,981	19,230		
NOV	4,656	4,738	5,886	8,239	10,340	8,493	16,555	14,920	15,212		
DEC	4,142	3,419	2,715	3,794	4,951	3,367	10,658	12,113	9,066		
YTD	84,125	83,353	77,943	80,412	80,497	133,569	144,019	137,465	150,969	155,231	1
TOTAL	120,231	117,555	115,631	112,579	121,251	186,614	215,558	207,124	225,867	155,231	



Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705

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October, 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**



WheelFast Poker Run
Saturday, October 23 3 PM

25 mile ride, \$10 Entry Fee

Prizes and Pizza

See Ride Schedule for Details