

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@sbcglobal.net

Treasurer

Dave Lucas  
753-3831  
dlucas2046@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

**February OR Deadline**  
**January 15, 2005**

At Large Members

Christa McClaren-Morris  
364-4545  
Chrismac\_67@yahoo.com

Lyn Schollett

698-9446  
lschollett@aol.com

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SPRINGFIELD BICYCLE CLUB

# Quick Release

## RIDE OF THE MONTH

### **Linda Butler's Apple Dumpling Ride a Tasty Treat**

This annual food-accented ride was a hands-up winner at the monthly board meeting. Linda planned a delightful tour through Salisbury and Pleasant Plains on a beautiful autumn day. The riders enjoyed this moderately hilly ride of up to 40 miles through charming Sangamon County countryside. Upon their return, the riders (AKA the "Apple Dumpling Gang") were rewarded with Linda's super delicious signature dessert topped with vanilla ice cream. The dumplings just get better every year. Linda's ride tradition is a great illustration of why "Eat to Ride, Ride to Eat" is the club's unofficial motto. Keep up the good dessert, Linda!

## ALMOST ANYTHING AWARD

### **Pearl Rank of the Apple Barn Gets a Triple A for Her Baking**

Many of our rides include a stop at the Apple Barn (are this month's awards starting to sound apple-related?). This tradition started by Alfred, Cathy and other Geezers continues because of the great refreshments and welcome atmosphere SBCers receive every time they visit. Heck, Pearl even gives us free stuff sometimes. Add to that Pearl's volunteer activities, such as her fundraising work for worthy causes, and you have a perfectly risen candidate for the AAA. There were two close runners-up for Almost Anything. Byron Nesbitt was nominated by Geri Orwig for slowing down and drafting her back to the ride start location on a windy day when she was nearly out of gas. Phil Arnold's costume on the Saturday ride before Halloween was double scary, due to his/her blonde wig, and therefore garnered a well deserved nomination.

## LEAD WATER BOTTLE

### **Nobody Worthy of the Lead?**

As things slow down late in the fall before the holidays, there are often fewer opportunities for goof-ups by SBC members leading to the Lead. This year is no different. The board heard about scary dogs and unnecessary detours to hunt for pecans, but nothing it deemed worth of a nomination, much less the "award." To make matters worse, no one could think of any new actions by non-SBC members that adversely impacted SBC interests or served as examples of not-to-be-encouraged behavior. And we agreed digging for past miscues would be bad form. In short, we were stumped. Everybody deserves a rest sometimes. The lead gets one this month.

## The President's Report Chuck Orwig

Burrrrr... It's cold out there. But I guess you knew that. Speaking of riding in cold weather, did I mention that the vehicular traffic doesn't expect to see cyclists on the road at this time of year? Be very careful out there.

At Thanksgiving time I thought of some of the cycling things that I'm thankful for, and I hope you did too. I'm thankful for good health, great riding companions, good and interesting club rides, and lots of time to ride. What are you thankful for?

Your SBC board is working

on some things for 2005. If any of these items are of interest to you, please let me know, and I'll match you up with the person in charge. We'll have a booth at the Chicago Bike Show on the weekend of April 1<sup>st</sup>. An author of a cycling book will do a reading and discussion here in Springfield sometime this spring. May is a special month for cycling, and we'll have some activities. Derek will need our help at the bike races next summer. The SBC will host a bicycling tour of historic Springfield on the Saturday of the CCC weekend. LIB is helping us work on suggestions and ideas for

the engineering firm responsible for the MacArthur extension that affects the Interurban Trail.

The Spinner Awards are coming in late January (see the Jan. ride schedule). I would like to see many of you there. The event may be the motivation you need to help you achieve your New Year's resolutions.

Have a happy holiday season and a great 2005.

<h3>Holiday Party</h3> <p>Alan &amp; Harriet Josephson</p>
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Just another few weeks until we join together for our famous Holiday Party at the Beach House. Yes, on Sunday December 12, 2004, treat yourselves, family and friends to a relaxing and enjoyable evening. If you would like, bring a wrapped white elephant bicycling gift for exchange. Bring a dish to share (see name-based suggestions below) and any photos you wish to give away. After our food fest, enjoy the volunteer incentive drawings, No-Bell award

presentation and slide show.

**2:30PM Come decorate the Beach House- Alan & Harriet really need help!**

**5:00PM Pre-dinner celebration**

**6:00PM Potluck dinner**

**8:00PM+ *Please* stay and help cleanup. The more help, the quicker we can leave.**

Potluck Suggestions (based

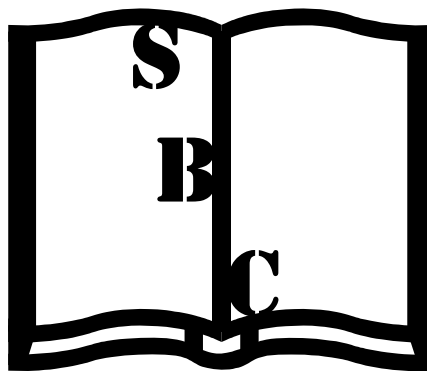
on the first initial of last name)

- A-F: Veggies**
- G-L: Desserts**
- M-R: Breads or Pasta**
- S-Z: Salads**

## Membership Directory 2005

Cindy Kvamme

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](mailto:c1jk3@aol.com). In the subject line write directory update. Thank you. Cindy Kvamme Secretary



## Spinner Awards Ceremony

Tom Clark

Double check whether the SBC's annual Spinner awards ceremony is on your calendar yet. This year's event is Wednesday, January 26, 2005, at 7:00 p.m. As usual, we convene at the Days Inn, at the intersection of Stevenson and Dirksen. We hand out Spinner Awards for most miles in each age group plus "wild card" awards for both female and male riders. Those with 1000 miles or



more get a shiny new mileage pin from Spinner Plastics. Come help us celebrate a record-breaking year for SBC.

## Board Meeting Notes - October 5, 2004

Dave Ross

Attending: Chuck Orwig, Dave Lucas, Jerry Ihnen, Ken Anderson, Cindy Kvamme, Ernie DeFrates, Curt Evoy, Karl Kohlrus, Sue Dees, Christa McClaren-Morris, Cindy Moreno, Dave Ross.

Following a fine chili supper hosted by Ken Anderson, the meeting began. Minutes from the September meeting were approved.

**Treasurer's Report.** Dave Lucas presented the Treasurer's report. We currently have \$18,987.36 in club funds and are in good shape financially. We paid Sharmin Doering \$160 for her officiating at the Senior Olympics, and everyone felt

this was money well-spent. A motion was approved to contribute \$100 to Rails-To-Trails, \$100 to Adventure Cycling, and \$1,000 to the League of Illinois Bicyclists. It was also noted that we have received a \$500 contribution from Derek Ewing for our assistance with the bicycle races this summer.

**Ride Schedule and Meetings.** Cindy Moreno mentioned that there are still a few dates open on the November ride schedule. She is also working on the December and January schedules at this time. The December 7 meeting will be at Alan and Harriet Josephson's; the January meeting will be at Lyn Schollett's.

**Awards.** The awards portion of the meeting turned rather boisterous when it was noted that our new Incentive Chair, Tom Clark, was not present. In his stead, Chuck Orwig chaired this part of the meeting. Jon Edwards won the Ride of the Month award for his Pike's Peek ride.

During the discussion of the Ride of the Month, Karl noted that several ride leaders had not yet turned in ride sheets for their rides; the general consensus was that this disqualified the derelict ride leaders from consideration for the Ride of the Month. Ride Leaders: Please be more diligent in





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the future!

There were two nominations for the Almost Anything Award: Cindy Kvamme for a job well-done in organizing volunteer for the bicycle races, and Cathy Yeaman for helping Ken with lining up volunteers for the Senior Olympics. In a spirited vote, Cathy won the AAA for September.

Lead Water Bottle nominations included Tom Clark for his absence at his first Board Meeting as Incentive Chair, and Jim Ruppert of the State Journal-Register for his “concern” for the safety of bicyclists (“With friends like him, we don’t need ene-

mies!”). With much hilarity, the Lead was awarded to Tom.

**QR.** Curt reported on the Quick Release. Deadlines are 10/15 for the November issue, and 11/12 for the December/January issue.

**CCC.** Jerry Ihnen reported on the CCC. We had a record 532 riders this year, with 120 on the 100-mile route! Only a few people got lost, some due to some road marks that were (maliciously?) covered with gravel between Friday and Sunday. There were many suggestions for next year, including: driving the entire route early Sunday morning,

replacing marks as necessary; adding a safety paragraph to the flyer, and suggesting specific start times and registration times; adding some “Caution” signs along the trail; doubling the amount of fish next year, and not serving any lunches before 11:00 a.m. (to allow the 100-milers a chance at some food!); leaving the registration prices the same for 2005; including information about other area events for out-of-town riders; perhaps changing the 100-mile route to do the Modesto loop first -- or maybe do the entire route backwards for some change of scenery. It was also noted that the club much appreciates the farmer on Auburn

Road who allowed us to use his property for the last 100-mile food stop.

A motion was made and adopted to donate \$100 to the HAM radio club for their assistance; \$50 to Modesto; and an additional \$25 to Auburn.

**Races.** Cindy Kvamme reported that the races went very well this year. Derek may decide to reduce the number of races next year, or to schedule them differently. He will be encouraged to set his schedule prior to the Chicago Bicycle Show so that we can advertise the races at our booth there.

**Senior Olympics.** Ken reported that all went well, and that Sharmin's presence was much appreciated by everyone. The Park District was pleased, and many riders thanked us for our efforts. It was noted that this year's course crisscrossed two counties and three fire districts, which could be a problem for coordinating emergency personnel.

**Old Business.** Chuck has received a letter from Hanson Engineers responding to some of our suggestions regarding the Interurban Trail and the MacArthur extension. Some of the points in the letter included: MacArthur will not have bike lanes;

the Interurban will need to be temporarily closed during construction, but closures will be "minimized"; running the Interurban through a tunnel under MacArthur was rejected due to cost, but there should be a push-button for any trail / road crossings. Curt will summarize Hanson's letter for the QR.

Ken has the megaphone that Alfred bought if anyone needs it.

**New Business.** There was some discussion of "nuisance" riders at SBC rides: riders who show up frequently, ride dangerously, but who are not club members. At this time, no action was taken.

Curt mentioned that Mike Magnuson (who frequently contributes to *Bicycling Magazine*) has a new book out, *Heft on Wheels*. Curt suggested we have a book reading at Lincoln Library or a book signing at Barnes & Noble -- the author lives in the Carbondale area. Curt will look into the possibility of coordinating something with National Bicycle Month in May.

There was quite a bit of discussion about the possibility of the club assisting with building a wheelchair ramp at Dan Leikvold's home --

Dan suffered a spinal cord injury when he hit a squirrel on a club ride. A motion was adopted for the club to cover up to \$500 for materials for a ramp for Dan Leikvold's home, if such a ramp is needed.

Sue Dees is coordinating meals for the Leikvold family, and thanks everyone who has helped so far.

Chuck noted that the SBC does not have a budget, and suggested that perhaps financial matters could be handled in a more orderly fashion if we were to adopt a budget. Several pros and cons of adopting a budget were discussed.

Karl mentioned that he will be attending the Central Illinois Regional Trails and Greenways workshop on October 29. He encourages other members to attend, too.

With thanks to Ken Anderson for his hospitality, the meeting was adjourned.

**Next Meetings:** Monday, November 1 at Jerry Ihnen's; Tuesday, December 7 at Josephsons'.

## Ride Leader Incentive 2004

### Cindy Moreno

It took over 47 club members to make the ride schedule this past year. First, I would like to pass along my thanks to all of you. And I am sure if Cathy Yeaman were here in Illinois instead of sunny Florida, she would echo her thanks. The job of the Vice President is to list all these rides but it's the actual ride leaders, our fellow club members, that make the joy and fun of biking with this club what it is. Having said that, now is the time to join this group in 2005. The incentive program will again be offered (see details in this issue of the Quick Release).

All you have to do is contact me, either by phone 546-5852 or e-mail [cmoreno51@insightbb.com](mailto:cmoreno51@insightbb.com).

Listed below are those ride leaders from the past 12 months that have reached or exceeded the 15 points required for the incentive program and will be in the drawing for 4 - \$50 certificates, redeemable at the bike shop of his/her choice, to be held during the Holiday Party on Sunday December 12<sup>th</sup>. If you think you should be on this list and are not, please contact me before the Holiday party and I will dou-

ble check the report given to me.

Linda Butler  
 Bob Carmody  
 Marty Celnick  
 James DuBose  
 Pete Harjes  
 Alan Josephson  
 Lance Kidd  
 Lisa Kidd  
 Jeff Mitchell  
 Byron Nesbitt  
 Lynn Rhoades  
 Dave Ross  
 Louie Spinner  
 Charlie Witsman  
 Cathy Yeaman

## Chicago Bike Show

### Alan Josephson

In cooperation with the Springfield Convention & Visitors Center the SBC has a booth for the April 1st-3rd bike show at the Navy Pier in Chicago. This will be a great opportunity for us! It is our intent to try and "sell" our Capital City Century as part of a weekend in Springfield. There are so many activities here during September that we hope to entice more "out of towners" to participate in our major event.



As of now there is no bike show "host hotel," so we are many of us have reserved rooms at the Chicago Hilton Palmer House for Friday April 1<sup>st</sup> and/ or Saturday. If you have an interest in the bike show as well as "playing" in Chicago, please join us. If you have in interest in helping us "work the booth," please check with me at 793-0590 or [ahjosephson@yahoo.com](mailto:ahjosephson@yahoo.com). Even though this is many months away, rooms are scarce and planning is ongoing.

## Ride Leader Incentive 20045

Cindy Moreno

The goal of the incentive program is to encourage members to volunteer to lead rides and to encourage new ride leaders. Rides will be assigned point values, with a total of 15 points necessary to qualify for the drawing to be held at the Holiday Party in December 2005. Four winners will be drawn from eligible ride leaders. Each winner will receive a \$50 certificate, redeemable at the bike shop of his/her choice.

Each ride leader will receive the appropriate points when they sign up, whether or not the ride actually takes place. It is felt that by helping the club by volunteering to lead a ride, each leader is obligated to follow the rules, which include planning and scouting a route in anticipa-

tion of the ride. If the ride is cancelled due to weather, the leader still should be compensated for stepping forward. The only exception is if the ride leader recruits a substitute.

The substitute leader then earns the points, but only if the ride scheduler is informed of the change before or not later than one week following the ride.

Complete ride leader rules can be found on the club's [web page](http://www.spfldcycling.org) at [www.spfldcycling.org](http://www.spfldcycling.org).

Here is the point system. Note that true show-n-go rides have no point value, since they have no ride leaders:

1 point - C/D/ER

neighborhood or trail rides of about an hour where no map is necessary - Friday night rides, no matter how long

2 points - ABC weekly training rides

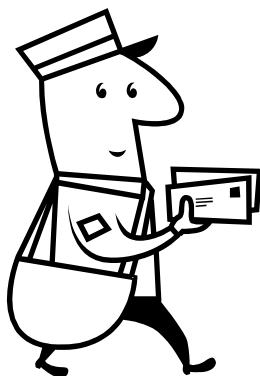
3 points - ABC weekend/holiday rides

The name of each ride leader who accumulates 15 points will be put in the hat only once, regardless of how many points the leader accumulates over 15.

So, what are you waiting for? Volunteer to lead a ride by contacting Cindy Moreno and get started on earning your points for a chance to win a \$50 gift certificate.

## When to Renew Your Membership

Cindy Kvamme



When you receive your *Quick Release* check the mailing label first. Don't be in such a hurry to see your mileage for the month. I am highlighting the date if it is time to renew your membership. Then just fill out the membership application and mail it or if you see me I'll take your check along with your application. Thank you Cindy Kvamme



## GITAP-05

### June 12—18, 2005

The third Grand Illinois Trail And Parks (GITAP) ride is set to roll in mid-June of 2005. Make plans to be a participant. With new routes, parks, plans, and events, the ride will offer unique explorations of northern Illinois. It's a mid-June week-long supported bicycle tour using much of the Grand Illinois Trail and many of the state parks along the trail. The sponsor is the League of Illinois Bicyclists with support from the Illinois Department of Natural Resources.

The ride features tent camping (motel package available), breakfasts, dinners, T-shirt, nightly meetings, door prizes, 370 to 500 miles, on-pavement alternatives to soft trails, and an optional jersey for sale. Also the Illinois Humanities Council will be piloting a novel after-dinner discussion program.

The ride starts and ends at Joliet Jr. College, then moves to Kankakee, Starved Rock, White Pines, Rock Cut, and Shabbona State Parks. At White Pines a day-off offers varied

activities ending with a dinner theater presentation. **Sign-up is first-come, first-served with a limit of 160 riders.**

For more information (**and registration form**) go to <http://www.bikelib.org/gitap> or contact Chuck Oestreich at [oestreich@qconline.com](mailto:oestreich@qconline.com) or [309-788-1845](tel:309-788-1845).



### RIDERS OF THE MONTH

10/04 Karl Kohlrus 430 mi.	6/04 Chuck Orwig 1383 mi.	2/04 Marty Celnick 450 mi.
9/04 James DuBose 1407 mi.	5/04 Cathy Yeaman 876 mi.	1/04 Bill Voss 358 mi.
8/04 Charles Witsman 1119 mi	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

### December 2004 Ride Schedule

Anyone with questions about the scheduled rides should contact the ride leader. If you are interested in leading a ride contact Cindy Moreno at 546-5852 or e-mail her at [cmoreno51@insightbb.com](mailto:cmoreno51@insightbb.com). **Each club member can choose one out of town scheduled ride to count toward club miles each month.** It is the rider's responsibility to inform Karl Kohlrus of the ride and mileage. Daily rides are displayed above the shaded area and go as indicated except on holidays. Special events, weekend, and holiday rides are listed below the shaded area.

Monday thru Friday 10:00 AM	Morning Geezer Ride Washington Park Shelter	BC ride, Daily morning rides for retired geezers or those hoping to become geezers. No leaders, no maps. Participating riders should turn miles in to Karl Kohlrus.
Monday thru Friday 10:00 AM	Daily Show & Go Pana Trail-Lake Taylorville parking lot, Rt 29	BC ride, Show-N-Go along the Lincoln Heritage Trail M thru F during the day. Turn miles into Karl.
Monday thru Friday Noon	IDOT, Lost Bridge Trail Dirksen Parkway Lisa Kidd, 546-1698	BC ride "Lunch with Lisa" ride. Lisa leads the noon trail ride. Skip lunch and ride on the trail with Lisa and other SBC regulars.
Tuesday 12:15 PM	Robert Morris College, West Parking lot 3101 Montvale Dr. Dave Ross, 789-4823	BC ride, Dave's Recess Ride. Dave leads us on the Wabash & Interurban trails for 10 miles, or out in the country for more miles. If Dave can't make it, this becomes a show-&-go.
Tuesday 6:00 PM	IDOT, Lost Bridge Trail Dirksen Parkway Show & Go	BCD ride, Weekly show and go ride with lights required. A good way to keep getting some miles.
Tuesday Wednesday Thursday 6:00 PM	Pana Trail-Lake Taylorville Parking Lot Rt 29 Charles Witsman, 562-5208	BCD ride, This is a weekly show-and-go on the Lincoln Heritage Trail. Turn in miles to Karl. Call Charlie if you need information about trail conditions or directions.
Thursday 12:15 PM	Robert Morris College, West Parking lot 3101 Montvale Dr. Dave Ross, 789-4823	BC ride, Dave's Recess ride, Dave leads on the Wabash & Interurban trails for 10 miles, or out in the country for more miles. If Dave can't make it, this becomes a show-&-go.
Thursday 6:00 PM	Parkway Point Theater Lindbergh & Robbins Road Show & Go	BCD ride, This is a show-and-go with lights required. No leader and no maps. Turn in miles to Karl.
Friday Dec 3 <sup>rd</sup> 8:30 AM	D & J Café 915 West Laurel	NC, <b>Geezer Breakfast</b> , Join SBC members for breakfast and try to stay for the Geezer bike ride at 10:00 AM.
Friday Dec 3 <sup>rd</sup> 6:00 PM	Mario's, Piper Glen 2841 Mansion Rd, Chatham Kevin Brown, 787-5652	NC, Come at 6PM to walk in the neighborhood and stay to have dinner with your friends at 7PM. RSVP to Kevin if you plan to attend dinner either by e-mail at <a href="mailto:kjbrown@prodigy.net">kjbrown@prodigy.net</a> or his cell phone 971-8862.
Saturday Dec 4 <sup>th</sup> 11:00 AM	Harmon's IGA Plummer Road, Chatham Alan Josephson, 793-0590	ABCD ride, <b>Alan's Mystery Ride</b> , Alan's got a 15-35 mile ride someplace. Got to show up to see where. If enough snow on the roads and fields, meet at Lincoln Memorial Gardens with skis.
Sunday Dec 5 <sup>th</sup> 10:00 AM	Rotary Park Iles and Archer Elevator Road Chuck Orwig, 793-3782	ABC ride, <b>Chuck's Birthday Ride</b> , Chuck leads the first of two birthday rides this month. Plan on a 30 mile route with options. Save a little energy for the ride this evening.
Sunday Dec 5 <sup>th</sup> 7:00 PM	2513 Shawnee Drive Karl Kohlrus, 544-8410	D ride, <b>Holiday Lights Ride</b> , Karl will lead us through his neighborhood to see the holiday lights. Lights on bikes a must. Hot drinks after the ride to warm us.
Tuesday Dec 7 <sup>th</sup> 6:00 or 7 PM	4117 Gaskell Dr. Alan & Harriet Josephson 793-0590	NC, <b>Board Meeting</b> , Alan & Harriet are hosting the Board mtg. Please RSVP if you plan to come at 6 PM for dinner or come at 7 PM and join the meeting.

Friday Dec 10 <sup>th</sup> 6:00/7:00 PM	Sam's Pizza 731 E. North Grand Kevin Brown, 787-5652	NC, Come at 6PM and walk for an hour, the enjoy dinner at 7PM with your bike club friends. RSVP to Kevin if you plan to attend dinner either by e-mail at <a href="mailto:kjbrown@prodigy.net">kjbrown@prodigy.net</a> of his cell phone 971-8862.
Saturday Dec 11 <sup>th</sup> 10:00 AM	Rochester Station Route 29 in Rochester Marty Celnick, 522-4206	ABC ride, <b>Marty's Birthday Ride</b> , Marty's actual birthday is this month but this is his second birthday ride this year. "It will probably be too cold to do 50 miles" but plan on mileage somewhere between 25.0 and 50 miles, weather dependent.
Sunday Dec 12 <sup>th</sup> 12:00 PM	Center Park Beach House Lake Springfield Cindy Moreno, 546-5852	ABC ride, <b>Holiday Party Ride</b> , Queen kicks off the Holiday Party with a ride of 25 to 35 miles. That will give you plenty of time to get ready for the Holiday Party in the evening.
Sunday Dec 12 <sup>th</sup> 5:00 PM	Center Park Beach House Lake Springfield Alan & Harriet Josephson 793-0590	<b>Holiday Party</b> , bring food (see article) and enjoy the evening. Cheer the winner of the No Bell Award and laugh at those pictures Garland has collected all year. Applaud the ride leaders who win the incentive drawings. Share good times with your SBC friends.
Friday Dec 17 <sup>th</sup> 6:00/7:00 PM	Dana Thomas House 300 E. Lawrence Regina McGuire, 523-7678	NC, Come at 6PM to tour the Dana Thomas House or walk the neighborhood and stay to have dinner with your friends at 7PM. If you plan to tour the Dana house you must RSVP to Regina by Thursday. Also, there is a \$1 suggested donation for touring the house.
Saturday Dec 18 <sup>th</sup> 12:00 PM	Harmon's IGA Plummer Road, Chatham Phil Arnold, 483-7909	ABC ride, <b>Phil's Winter Workout</b> , Phil thinks that 25 to 40 miles will be just right for a winter workout.
Sunday Dec 19 <sup>th</sup> 11:00 AM	Rochester Station Rt 29 in Rochester Lynn Rhoades, 546-0229	ABC ride, <b>Lynn's Last Stand</b> , Lynn leads her last bike ride of 2004. Plan on about 40 miles although mileage may be adjusted depending on the weather.
Sunday Dec 26 <sup>th</sup> Noon	Panera's 3101 West White Oaks Drive Alan Josephson, 793-0590	ABCD ride, <b>An SBC Tradition</b> , Alan will have his yearly multiple choice ride from 5 miles up to give everyone one last shot at the Spinner awards or personal bests. Everyone is on their own. This is a great place to come for soup or coffee whether you ride or not.

### 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.

### January 2004 Ride Schedule

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Thursday 6:00 PM	Parkway Point Theater Lindbergh & Robbins Road Show & Go	BCD ride, This is a show-and-go with lights required. No leader and no maps. Turn in miles to Karl.
Saturday Jan 1 <sup>st</sup> 11:00 AM	Rock and Roll Hardees 2501 Stevenson Drive Cindy Moreno, 546-5852	ABCD ride, <b>New Year's Day Ride</b> , Begin another great SBC year with the traditional ride around Lake Spfd. 10 to 26 miles depending upon the weather. D riders can head to Lost Bridge Trail.
Sunday Jan 2 <sup>nd</sup> 11:00 AM	Fairhills Mall Washington & Chatham Road Marty Celnick, 522-4206	ABC Ride, " <b>Can't believe I ate that much over the Holidays, so I better get on the bike</b> " Ride, Marty will find a route to help us keep those new year's resolutions. Plan on 30 miles, weather dependent.
Wednesday Jan 5 <sup>th</sup> 6:00 or 7 PM	1709 S. Douglas Lyn Schollett, 698-9446	NC, <b>Board Meeting</b> , Lyn is hosting the Board mtg. Please RSVP if you plan to come at 6 PM for dinner or come at 7 PM and join the meeting.
Friday Jan 7 <sup>th</sup> 8:30 AM	Sgt. Peppers Café 1754 W. Wabash	NC, <b>Geezer Breakfast</b> , Join SBC members for breakfast and try to stay for the Geezer bike ride at 10:00 AM.
Friday Jan 7 <sup>th</sup> 6:00/7:00 PM	Pasta House 2800 Southwest Plaza Drive Kevin Brown, 787-5652	NC, Come at 6PM for a walk in the neighborhood and stay for dinner with SBC friends at 7PM. RSVP to Kevin if you plan to attend dinner either by e-mail at <a href="mailto:kjbrown@prodigy.net">kjbrown@prodigy.net</a> of his cell phone 971-8862.
Saturday Jan 8 <sup>th</sup> 10:00 AM	Rotary Park Iles and Archer Elevator Road Linda Butler, 787-5027	ABC ride, <b>Linda's West Side Ride</b> , Linda plans for a 35 mile ride (or less) depending on the weather.
Sunday Jan 9 <sup>th</sup> 11:00 AM	Fairhills Mall Washington & Chatham Road Lynn Rhoades, 546-0229	ABC ride, <b>January Thaw Ride</b> , Who knows maybe Lynn picked the weekend of the January thaw and we can all ride in our shorts! Plan on 25 to 35 miles and keep the booties handy just in case.

Friday Jan 14 <sup>th</sup> 6:00/7:00 PM	3 Olives and a Pepper Vinegar Hill Mall Kevin Brown, 787-5652	NC, Come at 6PM for a walk in the neighborhood and stay for dinner with SBC friends at 7PM. RSVP to Kevin if you plan to attend dinner either by e-mail at <a href="mailto:kjbrown@prodigy.net">kjbrown@prodigy.net</a> of his cell phone 971-8862.
Saturday Jan 15 <sup>th</sup> 11:00 AM	IDOT, South Parking Lot Dirksen Parkway, Lost Bridge Trail Lisa Kidd, 546-1698	ABCD ride, <b>Lisa's Winter Journey</b> , Lisa will lead riders on a 25 to 35 mile winter country side ride. The Lost Bridge Trail might be a good alternative if you want to stay off the roads or out of the wind.
Sunday Jan 16 <sup>th</sup> 11:00 AM	Panera's 3101 West White Oaks Drive Robert LaBonte, 787-0237	ABC ride, <b>January Soup and Coffee Ride</b> , Robert will plan a route with 30 miles or less depending on weather conditions. This is a great place to come fro soup or coffee whether you ride or not.
Monday Jan 17 <sup>th</sup> 12:00 PM	Sherwood Subdivision Park Wabash Trail Robert LaBonte, 787-0237	ABCD ride, <b>King Day Ride</b> , Robert mentioned something about S'mores after the ride. D riders may want to utilize the trails. If the roads are clear, Robert has a 25 to 35 mile route in mind.
Friday Jan 21 <sup>st</sup> 6:00/7:00 PM	Thailand Cuisine 3124 Montvale Drive Kevin Brown, 787-5652	NC, Come at 6PM for a walk in the neighborhood and stay for dinner with SBC friends at 7PM. RSVP to Kevin if you plan to attend dinner either by e-mail at <a href="mailto:kjbrown@prodigy.net">kjbrown@prodigy.net</a> of his cell phone 971-8862.
Saturday  Jan 22 <sup>nd</sup> 11:00 AM	Panera's 3101 West White Oaks Drive Byron Nesbitt, 483-3429	ABC ride, <b>Soup and Bread ride</b> , Byron hopes for a 30 to 40 mile ride. This is a great place to warm up with soup, bread, and coffee after the ride.
Sunday Jan 23 <sup>rd</sup> 11:00 AM	IDOT, South Parking Lot Dirksen Parkway, Lost Bridge Trail Byron Nesbitt, 483-3429	ABCD ride, <b>Double Duty Ride</b> , Byron keeps the winter rides going with a 25 to 35 mile route. Lost Bridge Trail is available for those who prefer the trail.
Wednesday Jan 26 <sup>th</sup> 7:00 PM	Days Inn 2900 Stevenson Drive Tom Clark, 585-1539	NC, <b>SPINNER AWARDS</b> , Come and cheer for your SBC buddies. Pick up Spinner Awards and mileage pins. You rode hard all last year and tonight is your chance for recognition. Enjoy the evening!
Friday Jan 28 <sup>th</sup> 6:00/7:00 PM	TGI Fridays 2100 West White Oaks Drive Kevin Brown, 787-5652	NC, Come at 6PM for a walk in the neighborhood and stay for dinner with SBC friends at 7PM. RSVP to Kevin if you plan to attend dinner either by e-mail at <a href="mailto:kjbrown@prodigy.net">kjbrown@prodigy.net</a> of his cell phone 971-8862.
Saturday Jan 29 <sup>th</sup> 10:00 AM	3019 Cameron Chuck & Gerry Orwig 793-3782	ABC ride, <b>Orwig's Anniversary Ride</b> , this is the actual day. Chuck & Gerry are planning on a 40 miles ride with shorter options. "We'll have food and drink, but people may bring something to eat or drink if they want to. If weather cancels the ride, the party is still on!"
Sunday Jan 30 <sup>th</sup> 12:00 PM	4117 Gaskell Drive Alan & Harriet Josephson 793-0590	ABCD ride/NR, <b>Josephson's Anniversary Ride</b> , Join Alan & Harriet on a 36K or up to 36 miles weather dependent. Soup, cake and libations to follow. Show up for food at 2:00 PM regardless of weather. Directions from Hedley & Koke Mill (Lowe's) – West on Hedley past 2 stop signs. Right turn after Meadowbrook onto Wodsworth which becomes Gaskell. About the 4 <sup>th</sup> house on the right.

### RIDE TYPES

**A** - 17+mph average speed

**B** - 15 to 18 mph average

**C** - 12 to 15 mph average

**D** - 8 to 12 mph average

**ER** - under 8 mph average\*

**NC** - Non-cycling event

**MB** - Rides suitable for mountain and all-terrain bikes

**Show-N-Go** - No ride leader is scheduled. Ride on your own and turn in miles to Karl.

**ER** rides are slow paced social group rides without maps. Usually neighborhood tours.

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

Possible Miles for the Month  
1374

Year  
13547

	FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED		RIDE	T/F	TOTAL	RIDES	LED	LENGTH
1	Tom	Clark	881	245	1,126	29		6,026	1,256	7,282	204	1	35.70
2	James	DuBose	663	255	918	14		6,103	1,097	7,200	154	8	46.75
3	Charlie	Witsman	995	318	1,313	23		5,473	1,496	6,969	152	20	45.85
4	Cathy	Yeaman	776	122	898	20	2	5,425	566	5,991	125	6	47.93
5	Byron	Nesbitt	563	23	586	16		5,515	287	5,802	135	2	42.98
6	Marty	Celnick	462	150	612	20		4,582	1,090	5,672	184	8	30.83
7	Bill	Voss	341	109	450	14		3,555	923	4,478	130	3	34.45
8	Lisa	Kidd	344	57	401	13		3,749	704	4,453	148	0	30.09
9	Chuck	Orwig	263	44	307	7		3,679	742	4,421	109	2	40.56
10	Lance	Kidd	316	57	373	11		3,497	704	4,201	136	5	30.89
11	Karl	Kohlrus	298	132	430	8	1	2,678	1,282	3,960	107	3	37.01
12	Dave	Ross	203	4	207	8	5	3,634	296	3,930	120	19	32.75
13	Lynn	Miller	252	64	316	8	1	3,409	271	3,680	99	5	37.17
14	Phil	Arnold	91	52	143	2		2,271	1,248	3,519	65	1	54.14
15	Linda	Butler	296	0	296	9	1	3,130	172	3,302	99	4	33.35
16	Ernie	DeFrates	364	5	369	11		3,106	38	3,144	115	0	27.34
17	Curt	Evoy	213	9	222	5		2,658	482	3,140	78	0	40.26
18	Terry	Ransdell	35	0	35	1		2,573	538	3,111	69	0	45.09
19	Janice	Perino	211	97	308	11		2,125	889	3,014	115	0	26.21
20	Deeana	Shidler	259	28	287	7		2,863	56	2,919	79	1	36.95
21	Bill	Bock	207	0	207	6		2,837	5	2,842	75	0	37.89
22	Cindy	Kvamme	327	4	331	13		2,661	113	2,774	119	1	23.31
23	Ruth	Magos	60	0	60	2		2,713	17	2,730	73	0	37.40
24	Derek	Ewing	206	4	210	5		2,348	319	2,667	59	0	45.20
25	Dan	Mitchell	246	28	274	6		2,442	32	2,474	60	0	41.23
26	Jerry	Ihnen	87	0	87	3		2,108	329	2,437	72	2	33.85
27	Carol	Bock	207	0	207	6		2,405	5	2,410	61	0	39.51
28	Pat	Stephens	368	0	368	9		2,351	24	2,375	68	0	34.93
29	Alfred	Arkley	71	14	85	2		2,218	140	2,358	72	0	32.75
30	Arden	Gregory	228	40	268	6		2,055	246	2,301	53	0	43.42
31	Alan	Josephson	196	43	239	8	1	1,939	358	2,297	83	7	27.67
32	Robert	LaBonte	315	0	315	14		2,162	71	2,233	101	5	22.11
34	Bob	Sorenson	120	12	132	4	1	1,947	123	2,070	59	3	35.08
35	Cindy	Moreno	228	3	231	9	1	1,861	191	2,052	78	6	26.31
36	Mike	Vonnahmen	24	0	24	1		1,855	130	1,985	58	0	34.22
37	John	Day	193	0	193	6		1,924	57	1,981	65	4	30.48
38	Roger	Wright	214	46	260	4		1,261	709	1,970	39	0	50.51
39	Bob	Carmody	240	13	253	8	1	1,865	74	1,939	64	18	30.30

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

Possible Miles for the Month  
1374

Year  
13547

	FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	LENGTH	
40	Jane	DuBose	10	15	25	1	1,693	208	1,901	61	1	31.16
41	Rich	Saal	130	51	181	7	1,449	431	1,880	58	0	32.41
43	Jon	Edwards	17	0	17	1	1,436	288	1,724	40	2	43.10
44	Bruce	Yurdin	77	0	77	2	1,561	90	1,651	43	1	38.40
45	Garland	Stevens	32	6	38	1	1,399	204	1,603	57	4	28.12
46	Christa	Morris	160	0	160	10	1,569	25	1,594	92	0	17.33
47	Louie	Spinner	107	2	109	4	1,499	22	1,521	74	20	20.55
48	Sue	Dees	110	0	110	8	1,434	42	1,476	93	2	15.87
49	Ken	Anderson	112	0	112	3	1,104	345	1,449	32	0	45.28
50	Dale	Issacson	25	0	25	1	1,292	152	1,444	35	0	41.26
51	Regina	McGuire	78	0	78	4	1,421	12	1,433	74	0	19.36
52	Roger	McCredie	179	46	225	5	1,158	243	1,401	34	0	41.21
53	Micci	Bly	159	28	187	5	1,331	50	1,381	32	1	43.16
54	Joel	Johnson	1	18	19	1	983	395	1,378	30	0	45.93
55	Jackie	Galli	239	5	244	6	1,315	9	1,324	36	0	36.78
56	Brock	Webb	143	35	178	4	1,254	69	1,323	28	0	47.25
57	Marilyn	Powell	40	3	43	1	1,192	75	1,267	38	0	33.34
58	Dave	Lucas	59	26	85	5	1,015	237	1,252	69	4	18.14
59	Mike	Schwab	108	0	108	4	1,126	114	1,240	68	0	18.24
60	Pete	Harjes	111	0	111	3	1,126	104	1,230	47	5	26.17
61	Daniel	Ewing	84	0	84	2	991	76	1,067	35	1	30.49
62	Sr. Josepha	Schaeffer	35	0	35	2	959	55	1,014	28	0	36.21
64	Lyn	Schollett	28	4	32	2	905	87	992	43	5	23.07
65	Don	Daniels	109	4	113	3	799	177	976	18	0	54.22
66	Connie	Roberts	40	0	40	1	903	23	926	27	3	34.30
68	Jack	Hurley	20	0	20	1	884	15	899	25	0	35.96
69	Jan	Cimerosa	20	0	20	1	785	104	889	36	1	24.69
72	David	McDivitt	274	0	274	9	785	0	785	25	0	31.40
73	Christine	Kohlrus	86	56	142	5	479	258	737	24	0	30.71
75	Kent	Kraft	17	0	17	1	600	25	625	21	0	29.76
76	Ben	Fox	30	2	32	1	599	21	620	28	0	22.14
78	Brigetta	Ewing	58	0	58	2	599	13	612	33	1	18.55
79	Kevin	Brown	14	0	14	1	596	2	598	49	5	12.20
80	Cyd	LaBonte	118	0	118	8	526	0	526	37	3	14.22
81	Curt	Winhold	39	11	50	1	486	11	497	12	0	41.42
82	Ed	Taylor	48	0	48	2	475	0	475	18	0	26.39
85	Gerry	Orwig	46	24	70	5	257	182	439	27	0	16.26
86	Mike	Hills	52	20	72	1	336	77	413	9	0	45.89

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

Possible Miles for the Month  
1374

Year  
13547

	FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	LENGTH		
87	Harriet	Josephson	33	0	33	2	391	10	401	26	1	15.42	
88	Steve	Smith	14	0	14	1	390	2	392	24	0	16.33	
91	Craig	Ross	14	0	14	1	340	23	363	16	0	22.69	
93	John	Sanford	26	0	26	1	345	0	345	27	0	12.78	
98	Hope	Schnelten	15	0	15	1	287	0	287	12	0	23.92	
111	Cris	Martin	65	0	65	1	200	2	202	5	0	40.40	
112	Jeff	Mitchell	62	0	62	1	193	8	201	6	0	33.50	
117	Dara	Voss	3	7	10	1	130	64	194	9	0	21.56	
120	Lenny	Miner	24	0	24	1	150	6	156	7	0	22.29	
122	Jamet	Cooper	38	0	38	1	148	0	148	2	0	74.00	
126	Rob	Landers	40	0	40	1	134	0	134	3	0	44.67	
128	Roger	Schnelten	2	0	2	1	130	0	130	7	1	18.57	
137	Catherine	O'Connor	24	0	24	1	110	0	110	4	0	27.50	
141	Erik	Welch	26	0	26	1	106	0	106	3	0	35.33	
145	Jim	Stephens	30	24	54	1	58	34	92	2	0	46.00	
149	Jeff	Koester	35	11	46	1	68	11	79	2	0	39.50	
151	Tim	Dugan	74	0	74	3	74	0	74	3	0	24.67	
155	Steve	Schien	42	0	42	1	56	12	68	2	1	34.00	
175	Jim	Winhold	20	0	20	1	47	0	47	3	0	15.67	
178	Tiffany	Winhold	15	0	15	1	42	0	42	3	0	14.00	
183	Joni	Winhold	12	0	12	1	39	0	39	3	0	13.00	
216	Brenda	Michel	12	0	12	1	12	0	12	1	0	12.00	
217	Kim	Winhold	12	0	12	1	12	0	12	1	0	12.00	
TOTALS			15,016	2,376	17,392	500	18	175,849	23,575	199,424	6,060	226	32.91
# RIDERS			223		223		38%		88%		12%		

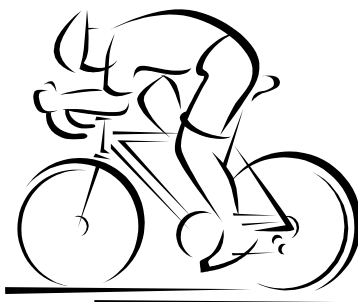




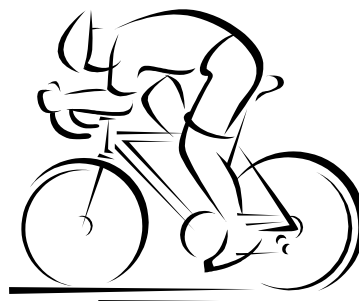
Secretary's Report  
Cindy Kvamme, Secretary

**Renewals**

- Jim Esela
- Mary Grant
- Mike Pfeilschifter
- Cindy Moreno
- Curt & Kathleen Winhold
- Melinda Winhold
- Debby Lewis
- Sr. Josepha Schaeffer
- Ed Taylor



**Renewals at the Contributing Level**  
David & Craig Ross



**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.



# 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

## News from LIB

### **LIB Bike Safety Sheets for Kids**

The League of Illinois Bicyclists has released our new bike safety sheets focusing on safe riding techniques. The single-page format can easily be reprinted in school newsletters, copied for bike rodeos, and distributed through other organizations and bike retailers.

There are two versions: one for younger elementary school kids, one for older elementary and pre-teens. Each addresses skills and issues appropriate for that age group. The back of each sheet has further details for parents. The information was developed by an LIB board committee led by nationally-certified bicycle safety instructors.

The sheets are available as PDF files at [www.bikelib.org/education/kidsheets.htm](http://www.bikelib.org/education/kidsheets.htm)

LIB has copies for interested groups. We are seeking partnerships to expand distribution. Contact LIB (630-978-0583) if your club would like to print copies for your own purposes (with your own logo added), or sponsor LIB's general distribution program.



### **Federal TEA-21 Transportation Legislation Extended Again**

On September 30, US Congress once again delayed the new federal transportation bill, this time with an 8-month extension through May 2005. The big question on the overall price tag has remained the sticking point between the House and Senate versions and the Administration's demands. With next year's new Congress, the bill will have to start over from scratch, in theory. Along with America Bikes, LIB is working to ensure that the bike-friendly aspects from last year's negotiations remain part of the final bill.

This includes several High-Priority Projects (trails) listed in the House bill that would close critical Grand Illinois Trail gaps.

In Illinois, LIB and other organizations are advocating IDOT to use the extended Transportation Enhancements dollars (\$25 Million in last year, \$15+ Million in the new extension) for a new round of bikeway grant applications instead of holding them until the new bill finally passes.

Springfield Bicycle Club  
Post Office Box 2203  
Springfield, IL 62705

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Address Service Requested



December 2004 /  
January 2005

**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**



# *Holiday Party*

December 12, 2002

Noon Ride

2:30 Decorate

5:00 Happy Hour

6:00 Potluck Dinner

Lake Springfield Beach House