



February, 2005

RIDE OF THE MONTH

NOVEMBER 2004: PIE RIDE A SHOO-IN

DECEMBER 2004: BIRTHDAY RIDE DEJA VU

John Day's Pie Ride is one of those SBC traditions with dessert in the title. There seem to be a lot of them, because it is a popular topic! Starting from his and Judy's new digs on Virginia Lane, John led us on a great Rochester area November ride. Along with the Days, several other members prepared delicious pies, including an AAA nominee (see below).

In December, Marty Celnick's Birthday Ride was the winner. This just goes to show that members who lead two birthday rides in the same year may gain an advantage in Ride of the Month nominations. As Yogi Berra said, it's like deja vu all over again!

ALMOST ANYTHING AWARD

NOVEMBER 2004: RAMP BUILDERS DESERVE OUR THANKS

DECEMBER 2004: GARLAND GARNERS THE AAA

Our AAA for November goes to Eric Sommer, Ramp Building Coordinator, and all the individuals who donated time, expertise and resources to assist SBC member Dan Leikvold and his family after his life-changing bicycle accident on a club ride. Individuals from four clubs joined Dan's relatives and others in this effort. The clubs also covered the cost of the ramp building. For details see the article on page 11. Our AAA runner-up was Sherri Miner, for baking a taste-tempting pie that didn't quite make it to the Pie Ride table.

Garland Stevens garnered the December AAA for an extra special slide show at the SBC Holiday Party. He took the time to ensure that great slides from RAGBRAI, Tour De Packers, the Leikvold Ramp Building, and more were included. Thanks, Garland! Alan and Harriet Josephson were nominated for their excellent coordination of the Holiday Party event. Robert Labonte was re-nominated for his flat tire fixing assistance in November.

LEAD WATER BOTTLE

NOVEMBER 2004: SBC'S PIE OVER PEOPLE LOVERS

DECEMBER 2004: MAYBE NEXT TIME

There weren't many nominations for the Lead at the November meeting, but we did identify a worthy recipient: those SBC members attending the Pie Ride who were more concerned with the condition of the pie than Sherri. Remember: people first, pies second. Tom Clark garnered a nomination for taking a fall on the Lost Bridge trail, and being unable to hide it from the Board due to the crutches. He decided the best therapy was more bicycling. Please step away from the bicycle, Tom. For December, the Board could not come up with a worthy nomination, and therefore decided to skip the Lead. Is this becoming a trend?

The President's Report

Chuck Orwig

Happy 2005! Did you make realistic resolutions for the new year? I hope you achieve every one of them. Congratulations to all of the Spinner Awards winners and all of you who accomplished your goals for 2004.

The Club received a very nice thank you letter from Dan Leikvold. I hope you were able to read it at www.spfldcycling.org. We all wish Dan the best.

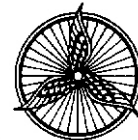
Cindy Kvamme is working hard to insure an accurate membership directory. Since it will be printed very soon, please get any correc-

tions or additions to Cindy ASAP. In fact, by the time you read this it may already be too late.

Your SBC Board has been working very hard to update the Club by-laws and ride mile rules. When you get a chance, please read these documents. You'll find them in the new SBC directory.

Thinking of reading, I wonder how many members, and maybe others, read this article in the *QR*. If you've read this far, thanks. If you have any ideas of topics for *QR* arti-

cles, please let me or some other board member know about them. If you're interested in any of the SBC projects for 2005 that were mentioned in the last *QR*, please drop me an email. Even if you don't want to physically help, but have an idea, I would appreciate hearing about it.



**The League
of American
Bicyclists**

My Life as a Doper

Mark Flotow

I'm sure we've all done things we are not proud of, regardless of intentions. I am no different in that respect, and there was a period in my life where . . . For me, this is going to be hard to write about, and there are memories involved that I have perhaps repressed or otherwise forgotten. Call it the indiscretions of youth. I was only four years old at the time.

I suppose I wanted to be the best I could be. It certainly was what my family wanted. Today, we euphemistically call them "supplements." You know what I'm talking about - something that will give you the physical edge over everybody else, assuming everybody else is not doing the same

thing. When I was "supplementing" - during the 1950s - the booster of choice was cod liver oil. It was the "natural" supplement, although how many cods' livers are needed to extract enough of the essence and how this was discovered in the first place make it all seem a little unnatural to me. Perhaps it was considered the creatine or ginseng herbs of today. However, this awful tasting stuff was just what the doctor ordered, albeit the wink-wink sort of ordered, I figured.

Here's where one of those repressed memory episodes comes in. You see, while my

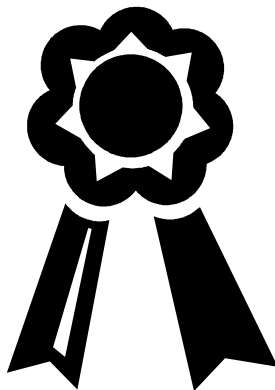
(Continued on page 8)

NoBell Prize Winner NoBell Committee

It's now that time during the holiday party program for the presentation of the NoBell Award. To remind you what this award is all about, it is bestowed annually to an individual (usually) who has demonstrated outstanding promotion or development of bicycling in the greater Springfield area.

Once nominations are received, the NoBell Award (NBA) Committee mulls over the candidates and selects their top choice to receive this, perhaps the club's highest honor. The NBA Committee is comprised of the last five recipients: Linda Butler, Don Struck, Lisa and Lance Kidd, Chuck Orwig and Mark Flotow. Linda is the senior member and is serving on her last selection committee.

Now, before I go further, let me say this. As is customary, there always is a small element of suspense as the list of contributions and accomplishments are recounted, before the person's name is announced. Some of you may guess who it is after the first several words.



First off, this person has not won the NBA before. (There have been no repeat winners - by design.)

This year's winner is a current club member.

This year's winner has ridden a 100 miles on the club century at least once in the past.

This year's winner has worked or helped out on the club's century at least once in the past.

This year's winner has won at least one Spinner Award in the past.

This year's winner has written at least one article for the club's newsletter, *Quick Release*, in the past.

This year's winner has been taken to the pavement - crashed - during a club ride in the past . . . by me.

(I caused the crash, you might say.)

This year's winner has been taken to the pavement - crashed - during a club ride in the past . . . by Bob Sorenson. Yup, that's right, by Uncle Bob (and also by me on a different occasion). The BS one was about two years ago on a Saturday ride that started in Sherman. They both crashed, actually. Our candidate was quoted as saying, "I guess I zipped when Bob zagged!" There was a beautiful technicolor bruise on this person's leg for all to see the next day . . . because this person was on the club ride the next day! Okay, so this person bounces well off the pavement.

Earlier, I mentioned working on the club centuries. Our recipient this year certainly has done so on a few occasions. Most notably, this person has staffed the furthest food stop on the century - almost an "extra" food stop on the route for those doing the 100 miles. This person organized it and made all the arrangements to make it happen.

I mentioned the Spinner Awards. This person has won one at least the last eight years in a row, which

is about the length of time this person has been a club member!

But let's concentrate more on this person's service to the cycling community and beyond. Our recipient recently reduced an 80 year-old lady to tears . . . by honoring her at a birthday party. As part of the "Pearl family" party, this person collected donations for Pearl's favorite charity - a local fund drive for a young man who had had a serious accident that left him bed-ridden. The idea was to get donations from club members to match Pearl's age in dollars, but our NBA pick collected at least double that (from you all) and presented it from the bike club to Pearl. A card and cake from our candidate completed the perfect party pic-

ture.

I mentioned writing articles for the club newsletter. Here is an excerpt from one of those articles, regarding an "out-of-town" tour.

"The most memorable part of the first day was the steep climb at the end of the route coming into Martinsville. I was not aware until then that you could go three mph on a bike and still stay upright."

If you are still stumped as to who I am talking about, here is an anagram of this person's name:

MANY EAT ACHY - I didn't say it was a good anagram . . . and I hope that is no one here tonight . . .

Oh, there's a bunch of other stuff this person has done: running the SBC

board meetings, serving as vice-president and acting president of our club, has led numerous rides, including the "5-county ride," worked on the Old Jack clean-ups, ridden in Colorado and Virginia on organized rides, (did I mention winning USCF bike races?!) and so on . . .

AND is on the telephone with me now!! Hello CATHY YEAMAN! [And the crowd goes wild . . . as a voice message is left on the answering machine.] I happen to be here with a hundred or so of my closest friends and I have some hardware for you to pick up next time you are in town, and it reads, "2004 NoBell Award - Cathy Yeaman - In recognition of your outstanding efforts in support of bicycling."



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Board Meeting Notes - December 7, 2004

Dave Ross

Attending: Alan and Harriet Josephson, Lyn Schollett, Curt Evoy, Chuck Orwig, Cindy Kvamme, Marty Celnick, Mike Schwab, Lynn Miller, Jerry Ihnen, Dave Lucas, Cindy Moreno, Tom Clark, Karl Kohlrus, Dave Ross.

After a fine meal of vegetable lasagna served by Alan and Harriet, the meeting began. Minutes of the November meeting were approved.

Treasurer's Report. Dave Lucas reported that the main Think First poinsettia sale was recently completed, and only a small "day of delivery" sale is yet to be finalized. The SBC board voted tonight to donate all profits from this sale to Think First so that they can maximize their purchase of bike helmets and car safety seats for needy individuals. He also noted that the Springfield Convention and Visitor's Bureau had reimbursed the SBC the full \$350.00 registration fee for our planned booth at the 2005 Chicago consumer bike show. At meeting time, our balance on hand was \$18,594.13 of which approximately \$1,300 will be donated to Think First in the near fu-

ture.

Ride Schedule and Meetings. Cindy Moreno noted that the February ride schedule is wide open; the deadline for the schedule is January 15. The date of the January meeting was discussed and was changed to *Tuesday, January 4*, at Lyn Schollett's. The February meeting will be on Tuesday, February 1, at Cindy Kvamme's.

Awards. Alan Josephson noted that he had drafted a letter to send to non-member recipients of the Almost Anything Award with Tom Clark's assistance. In spirited voting, John Day's Pie Ride on November 7 won the Ride of the Month award. There were several nominations for the AAA, including Robert LaBonte for helping a new rider fix a flat on the Interurban trail; Sherry Miner for graciously bringing a pie to John Day's pie ride; and to Eric Sommer and crew for building Dan Leikvold's ramp. Eric and the ramp crew won the AAA. Tom Clark garnered a Lead Water Bottle nomination for falling off his bike and injuring himself, but the Lead went to the SBC: we seem to be more

concerned about a pie that was accidentally dropped than about the welfare of the pie baker. We ride to eat and eat to ride, but we don't have to be uncaring.

Social Events. Alan and Harriet noted that almost everything is arranged for the Holiday party. Volunteers will be needed for decorating before the party and especially for clean-up afterwards.

Quick Release. Curt reported that the deadline for the February newsletter is January 15.

Special Events. It was noted that bicycle races are being planned for next year. Jerry Ihnen reported that Terri Nelson is designing a new CCC brochure for us.

Legislative / Education Report. Lynn Miller reported that the LIB is getting involved in helping us re the future of the MacArthur extension and the Interurban trail. Karl reported that he had participated in an LIB conference call re the Boub legislation. The Board is pleased with the efforts of the LIB on our behalf.

Constitution and Bylaws Committee. Alan Josephson distributed a draft of pro-

posed changes to the Constitution and Bylaws and asked Board members to bring their reactions and suggestions to the January Board meeting. It was noted that it would be very difficult, if not impossible, to change the Constitution since a 2/3 vote of the entire club membership is required. However, Bylaws can be changed by a simple majority vote at any meeting.

This committee had also been asked to consider some guidelines regarding the expenditure of club funds. Lyn Schollett distributed a draft with a range of several possible rules that the Board could adopt. The Board gave the committee some guidance on the possible rules, and the committee will work up a more formal proposal. In addition, the Board members will solicit input from club members on rides and at other events.

The committee had also been asked to consider

“standing rules” that could be adopted by the Board. Regarding ride mileage and incentive rules, Tom Clark reported that all written and unwritten rules would be reviewed, and that formal, written rules would be proposed to the Board at the January meeting. Karl Kohlrus gave us some historical perspective on the ride mileage rules. In the mid-1980s, riders accumulated “points” based on miles ridden, rides led, etc. In the early 1990s, a 20-mile limitation on to/from miles was eliminated. In 1997, the Club's first “show-and-go” rides began on the Lost Bridge trail. It was also noted that ride miles should be turned in promptly; mileage cannot be hoarded until the end of the year and then turned in all at once to the Records Chairperson.

There seemed to be some confusion about rules regarding show-and-go miles. To clarify this issue, the Board approved a motion to

limit the ride portion of show-and-go rides to 100 miles, effective immediately. This action is not retroactive, and will not affect any miles previously reported.

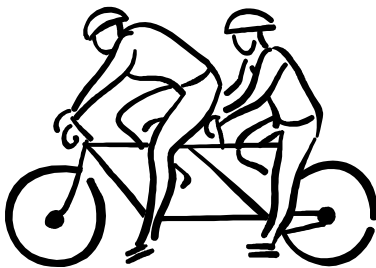
All rules for incentive awards will be given further consideration at the January meeting.

Old Business. Curt Evoy mentioned that he is working on setting up some dates for a book signing with author Mike Magnuson.

New Business. Dave Lucas mentioned that the Club is losing money on nameplates. The Board decided to raise the fee for a nameplate to \$8.75, effective with the publication of the February newsletter.

With thanks to Alan and Harriet for their hospitality, the meeting was adjourned.

Next Meeting is on Tuesday, January 4, at Lyn Schollett's, 1709 S. Douglas.



Board Meeting Notes - November 1, 2004

Dave Ross

Attending: Chuck Orwig, Cindy Kvamme, Cindy Moreno, Alan Josephson, Harriet Josephson, Marty Morris, Christa McClaren-Morris, Jerry Ihnen, Deb Ihnen, Curt Evoy, Lyn Schollett, Regina McGuire, Tom Clark, Dave Ross. Guests: Tim Smith, Andrea Wiggins (both from Maui).

Over a delicious vegetable soup served by Jerry, the meeting began. Minutes from the October meeting were approved with corrections.

Treasurer's Report. Dave Lucas was unable to attend this month's meeting; his report was received via email. The club has a balance of \$17,024.24.

Ride Schedule and Meetings. Cindy Moreno reported that the ride schedule looks good for December and January. Regina proposed a neighborhood walk at the Dana-Thomas House on December 17. Upcoming board meetings will be on Tuesday, December 7 at Josephsons', and Wednesday, January 5 at Lyn Schollett's. The Spinner Awards are scheduled for Wednesday, January 26.

Awards. Tom Clark, after being ribbed for his absence

last month, led this portion of the meeting. Linda Butler won the Ride of the Month for her Apple Dumpling ride. Pearl Rank at the Apple Barn won the Almost Anything Award for all the nice things she does – and all the good food she has for us! No one was deemed worthy of the Lead Water Bottle, so we have a lead-free month. Way to go, SBC!

QR. Curt reminded us of the November 12 deadline for the December / January newsletter. He was commended for a good job in summarizing the letter from Hanson Engineering re the Interurban trail.

Special Events. Jerry had nothing to report.

Social Events. Alan and Harriett reported that cards have been sent to Dan Leikvold and Karen Jansen. The Holiday Party is all set; the Beach House is reserved. Volunteers will be needed to help set up. Re the Chicago Bike Show, we are still waiting for a reimbursement check from the Convention and Tourism Bureau. Rooms are available at the Palmer House for \$123-129.

Legislative / Education

Report. No report.

Other Standing Committee Reports. Chuck reported that we had received the following correspondence: Two thank-yous from LIB, for our \$1000 contribution and for our advocacy efforts; and a thank-you from Sharmin Doering who enjoyed officiating at the Senior Olympics.

Old Business. Curt reported that he has sent an email to Mike Magnuson re a possible book reading, but has not yet received a reply. Cindy Moreno will also try to contact Mr. Magnuson. Tom reported on plans to build a wheelchair ramp for Dan Leikvold; a number of volunteers have already enlisted for this effort. Later on, there may be a need for some interior remodeling as well.

New Business. There was some discussion regarding extending the Quick Release to 12 issues rather than having a combined December / January issue. It was decided to keep the combined issue.

The SIU Foundation's annual poinsettia sale was discussed. This is a fundraiser for the Think First

program which buys and provides bike helmets to kids. Due to restrictions on SIU's ability to raise and disburse funds, the SBC serves as the "fiscal agent" for this sale. As this is a good cause, and we've previously served as the fiscal agent for this fund raiser, the Board decided to participate again.

A proposal to lead a historic tour of Springfield on the Saturday before the CCC was approved.

The need to update the Club's Constitution and By-laws was noted. Alan Josephson will chair a committee with Lyn Schollett, Tom Clark, and Dave Ross as members; the committee is charged to examine the C&BL and recommend changes, and to propose any necessary "standing rules." The Board would like the Constitution, Bylaws, and Rules to be updated by February, so they can be published in the new Club directory.

There was also a brief discussion of the Club's website, which had been hosted by Bill Jensen. We may need to move our site to a different provider, depending on what happens with Bill's web business. Discussion was tabled.

With thanks to Jerry Ihnen for his hospitality, the meeting was adjourned.

Next Meeting is on Tuesday, December 7, at Josephsons'.



(Continued from page 2)

family was in on it, this wasn't something they talked about, ever. Finally, close to my mother's 80th birthday, I got the nerve to ask her about my supplementing days. She claimed I used to bring the spoon to her everyday, so she could give me my cod liver oil dose. She said I liked it. Thinking back, I can't believe I was that consenting after a full 1,500 days on our planet. And, I doubt I realized or understood the touted ultimate benefits, versus the icky immediacy, of slurping fish sludge. Now, I'm not sure after all this time if Mom perhaps was reconstructing the facts to suit her pleasant memory, but, of course, it could be me repressing a very unpleasant admission. Or, perhaps it is just something best lost to the ages.

However, there is one supplement incident I can't get out of my head. At the breakfast table, each day, I could not help but notice

Dad took a pill. This was not a little pill, but a large solid, maroon-colored capsule-shaped pill. I also could not help noticing that Dad, at that time, was about three feet taller than me, as well as bigger in just about every other dimension. This pill was obviously helping him, because I was punier and I had *never* taken the pill. And just as obvious to me, I had some catching up to do. So . . . while Dad went off to work and Mom was clearing up the breakfast dishes, one day, I saw my chance to "do the right thing." I quietly snatched the bottle from the breakfast table lazy-Susan and went upstairs to my bedroom to start my transformation.

There were no child-proof bottle tops in those days, other than adults sufficiently tightening down the screw-on caps to keep little fingers from unscrewing them. However, I had been religiously downing the

(Continued on page 19)

Changes to SBC Ride Rules

Tom Clark

The SBC Board has been reviewing the ride rules - what mileage counts for SBC miles, and how it is recorded. At our January meeting, we looked at the existing written rules and also at commonly known unwritten rules. We approved a single set of written ride rules that replace all previous rules.

Club members can consult these rules by visiting www.spfldcycling.org or by reviewing the Ride Rules section in their new *Membership Directory* in February 2005. Following is a list of CHANGES to the rules as commonly known to SBC members:

Ride Start Times – All rides have a published starting time. You can begin any scheduled ride up to 15 minutes early or up to 15 minutes late.

Previously, Show-N-Go rides could start 30 minutes

early or 15 minutes late, leader-led rides 15 minutes early or late. Nobody could remember this! Just remember “15 early or late.”

Out of Town Ride – Members are allowed 6 Out of Town ride days per year with a maximum of 100 miles per day.

This was previously one Out of Town ride day a month. This change allows members to count multi-day Out of Town rides. It also encourages riders to work more volunteer days to obtain additional Out of Town ride days. You can now use as many Out of Town ride days as you have accumulated in a single month or spread them across the year.

Volunteer Days – Members may count one additional organized Out of Town ride no longer than 100 miles for each volunteer day worked on desig-

nated special events during the calendar year.

This was previously an unwritten rule, widely known. It continues as a written rule. Volunteer day opportunities will be clearly identified in the Ride Schedule and QR articles.

To-From Miles for Non-Cycling Events – Members may count miles ridden to and from a scheduled SBC non-cycling event even if there is no scheduled ride.

Although this unwritten rule was in force, some SBC members were unaware of it, or unaware that it applied to ALL non cycling events (Board meetings, breakfasts, special events, etc.) that appear in the QR ride schedule. Watch your Ride Schedule for ‘NC’!).

The Club will continue to promote bicycle commuting in May by scheduling it on ride calendar.

RIDERS OF THE MONTH

12/04 Dave Ross 388 mi.	8/04 Charles Witsman 1119 mi	4/04 Byron Nesbitt 1080 mi.
11/04 Lisa Kidd 360 mi.	7/04 Tom Clark 1061 mi.	3/04 Terry Ransdell 452 mi.
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.

Secretary's Report Cindy Kvamme, Secretary

Renewals

Bob & Judy Carmody
Ellen Kay Schlieckau
Tom Clark
Todd & Mitchell Byerline
Ed Caupert & Family
Janice Perino
Robert Dombro
Phil Arnold
Sreven Newell
Marty Morris, Christa McLaren-Morris,
& Family
Melody Lyons
Larry Small
Bob & Becky Croteau & Family
Kent Kraft
Lori Midden

Renewals at the Contributing Level

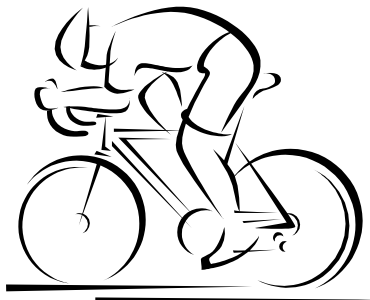
Gene Rupnik
George Anne Daly
Chuck & Gerry Orwig
Randy Dempsay
Marty Celnick
Terry Ransdell
Don Struck
Roger & Hope Schnelten

New Members

Peter & Debra Avery & Family
James & Katie Ambrose & Family
Gary & Laura Swaggerty

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.



Thank You The Leikvold Family

Dear Springfield Bicycle Club,

As many of you know, on September 25th I was in a bicycle accident and suffered a broken neck and a spinal cord injury. For the last two months, I've been in the hospital. During that time the Springfield Bicycle Club has been incredibly generous in providing help and support for my family and me.

Members have visited me in the hospital, sent cards and well wishes, brought home cooked meals for my family, delivered a delicious meal from the Olive Garden to the hospital and helped with chores that needed to be done around the house. The Club was also responsible for donating materials for a wheel chair ramp that had to be installed before I got home. Tom Clark and Sue Dees were especially instrumental in getting this project off the ground. Jon Edwards and Pete Gudmundson, among others, helped with the heavy lifting and saw the project through to its completion. The finished product is obviously going to last for years and is an enhancement to our backyard.

Thank you SBC for your help, support and friendship during this difficult time for our family.

Sincerely,

Dan, Karen, Johanna and Carsten

See the March *QR* for an update on Dan's progress and kudos for individual SBC volunteers.

A-B-C Quick Check

Dave Lucas

LAB League Cycling Instructor (LCI) #1100

Have you ever hopped on your bike, headed down the driveway and then panicked after discovering that you had forgotten to reconnect your brake quick release mechanisms? Ever taken off on a rental bike and found that your tire pressure was too low to prevent a pinch flat when you hit that first pavement crack? Have you ever had someone else point out to you that your front wheel quick release wasn't fastened properly? How about having to brake hard and finding out that your brake levers came all the way back to the bars?

None of the above will ever happen to you if you regularly perform the League of American Bicyclists (LAB) **ABC Quick Check** before starting your ride. Using this quick and easy preride check will insure that your bicycle is in a safe riding condition before you venture out on the roads or trails.

OK, what is the system and how should it be applied? *[Editor's Note: Please refer to the inside of the back page. The ABC Quick Check is printed there so that it may easily*

removed and placed close to your bike]

This quick check takes only a minute or two before each ride and insures that your bike is properly adjusted and ready to ride. It is especially important that you perform this **ABC Quick Check** if you frequently remove your bike wheels for transport, if you have not ridden your bike for a while, or if someone else has ridden your bike since you were last on it..

If you are unsure of exactly what to look for while performing this check, you should consult an experienced cyclist or your local bike shop. Any problems found should be remedied before riding. This may require a trip to your local bike shop for repairs and/or adjustment if you do not feel comfortable making the needed corrections yourself.

Remember that your bicycle may well be your life support system when you are on the road. A small amount of time spent on inspection before you ride may well spare you time, trouble and expense later on.

Share the road and ride safe.



RIDE TYPES

- A - 18+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 the Club's Record Keeper.

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

February 2005 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. Daily rides are displayed above the shaded area and go as indicated except as noted. Special events, weekend, and holiday rides are listed below the shaded area. Club ride sheets should be completed for each ride. Ride sheets in .pdf format can be found on the club website (www.spfldcycling.org).

Monday thru Friday 10:00 AM	Morning Geezer Ride Washington Park Shelter Dave Ross, 789-4823	BC ride, Daily morning rides for retired geezers or those hoping to become geezers. No leaders, no maps. Participating riders should turn miles in to Karl Kohlrus. No ride on Lincoln's Birthday Holiday.
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. No ride on Lincoln's Birthday Holiday.
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. No ride on Lincoln's Birthday Holiday.
Tuesday 12:15 PM	Robert Morris College, West Parking lot 3101 Montvale Dr. Dave Ross, 789-4823	BC ride, West side Lunch 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.
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, West side Lunch 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.
Tuesday Feb 1 st 6:00/7:00 PM	205 S. State St. Cindy Kvamme 744-8864	NC, Board Meeting , Cindy 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 Feb 4 th 6:00/7:00 PM	Los Agaves 2466 W. Wabash Ave. 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 kjbrown@prodigy.net or his cell phone 971-8862.
Saturday Feb 5 th Noon	Brew Bakers 1941 W. Iles Curt Evoy, 502-1118	ABC ride, Bike and Sample Ride , Curt plans for a 20-30 mile ride (or less) depending on the weather along with a 15 miles trail route. If riding is not an option, we will meet for lunch at Brew Bakers or The Spaghetti Shop. After the ride or lunch, we will stop by the Cork Screw for their weekly wine tasting (cost of \$3).

Sunday Feb 6 th 2:00/4:00/5:00 PM	Jerry & Debbie Ihnen 12 Carlsbad Ct. 498-8877	BCD ride, Superbowl Sunday Ride , Come ride at 2 pm, come walk at 4pm and come party at 5pm. Please bring a dish to share and beverages. Since the party will be in the basement, slippers or socks are recommended. Directions: take Exit 104 off I72, turn right onto Mechanicsburg Road. Take the second right (6.55E) past the sandbar tavern, then second left onto Carlsbad, last house on the right.
Friday Feb 11 th 11:00 AM	Arby's, Fairhills Mall Marty Celnick 522-4206	ABC ride, Lincoln Birthday Ride . Come and celebrate Springfield's most famous resident's birthday. Marty always plans a great route.
Friday Feb 11 th 6:00/7:00 PM	Suzy-Q's 716 E. Enos Ave. Kevin Brown, 787-5652	NC, Come at 6PM for a walk in the neighborhood and stay for dinner with SBC friends at 7PM. Seating is very tight here but they will take reservations if over 10, so please RSVP to Kevin if you plan to attend dinner at his cell phone 971-8862.
Saturday Feb 12 th Noon	Panera's 3101 West White Oaks Drive Alan Josephson, 793-0590	ABC ride, February Soup and Bread Ride , Alan plans a ride 19-35 miles depending on weather conditions. This is a great place to come fro soup or coffee whether you ride or not. If weather not suitable for riding but is for skiing, show up at Lincoln Memorial Gardens at noon. In doubt, call Alan by 11:00AM.
Sunday Feb 13 th 11:00 AM	Lincoln Heritage Trail Lake Taylorville Park- ing Lot, Rte. 29 Deeanna Shidler, 562-4583	ABCD ride, Deeanna's Annual February Ride . A road route of 28 miles planned or ride the Lincoln Heritage Trail towards Pana.
Friday Feb 18 th 6:00/7:00 PM	Banana Leaf 2433 S. MacArthur Blvd. 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 kibrown@prodiqy.net of his cell phone 971-8862.
Saturday Feb 19 th 11:00 AM	Parkway Pointe Movie Theatre John Day, 498-7561	ABC ride, I'm back from Hawaii ride , John has ride options of 10 or 35 miles, maybe more if the weather is great. Many options for a late afternoon lunch with your fellow club members.
Sunday Feb 20 th 11:00 AM	Lewis Memorial Chris- tian Village Linda Butler, 787-5027	ABC ride, Energized Bunny Winter Training Ride , Linda says the ride mileage will be dependent on weather and temperature but no more than 35 miles.
Monday Feb 21 st		President's Day Holiday – no special ride scheduled. Pick one of the daily daytime rides listed above.
Friday Feb 25 th 6:00/7:00 PM	Golden Dragon 5 th and North Grand Ave. 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 kibrown@prodiqy.net of his cell phone 971-8862.
Saturday Feb 26 th 9:00 AM	Lewis Memorial Chris- tian Village Garland Stevens, 698-8363	ABC ride, "Remember December 31st" ride, Garland is hoping for a repeat of the weather we had at the end of December. He has a 20-36 mile route to Salisbury and Pleasant Plains with cutoffs at Richland.
Sunday Feb 27 th 12:00 PM	IDOT, South Parking Lot Dirksen Parkway, Lost Bridge Trail Lisa Kidd, 546-1698	ABCD ride, Lisa's Winter Journey , 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.

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Possible Miles for the Month 1284

Year 16013

	FIRST NAME	LAST NAME	RIDE	T/F	TOTAL	RIDES	LED	RIDE	T/F	TOTAL	RIDES	LED	AVG. LENGTH
1	James	DuBose	1172	187	1359	22		8555	1569	10124	198	8	51.1
2	Charlie	Witsman	943	217	1160	23		7453	1994	9447	193	20	48.9
3	Tom	Clark	596	56	652	20		7397	1458	8855	244	1	36.3
4	Marty	Celnick	325	165	490	16	1	5263	1385	6648	215	9	30.9
5	Byron	Nesbitt	431	17	448	13		6210	306	6516	155	3	42.0
6	Cathy	Yeaman	173	10	183	4		5769	576	6345	131	6	48.4
7	Lisa	Kidd	195	48	243	10		4250	806	5056	170	0	29.7
8	Chuck	Orwig	129	36	165	4	1	4065	847	4912	122	3	40.3
9	Bill	Voss	116	86	202	5		3827	1054	4881	140	3	34.9
10	Lance	Kidd	181	55	236	9		3970	813	4783	156	6	30.7
11	Dave	Ross	353	35	388	13		4288	366	4654	142	19	32.8
12	Karl	Kohlrus	117	121	238	5		3018	1537	4555	120	3	38.0
13	Phil	Arnold	141	88	229	5	1	2626	1466	4092	75	2	54.6
14	Lynn	Miller	242	16	258	9		3733	287	4020	111	5	36.2
15	Linda	Butler	109	10	119	4		3443	188	3631	109	4	33.3
16	Curt	Evoy	193	12	205	5		3034	546	3580	89	0	40.2
17	Ernie	DeFrates	172	0	172	7		3488	38	3526	130	1	27.1
18	Janice	Perino	101	0	101	3		2378	974	3352	128	0	26.2
19	Bill	Bock	150	0	150	5		3198	5	3203	86	0	37.2
20	Cindy	Kvamme	110	0	110	5		3035	113	3148	134	2	23.5
21	Terry	Ransdell	0	0	0	0		2573	538	3111	69	0	45.1
22	Deeana	Shidler	148	0	148	6		3011	56	3067	85	1	36.1
23	Derek	Ewing	0	0	0	0		2624	394	3018	68	0	44.4
24	Pat	Stephens	220	0	220	6		2724	24	2748	79	0	34.8
25	Ruth	Magos	0	0	0	0		2713	17	2730	73	0	37.4
26	Dan	Mitchell	0	0	0	0		2635	68	2703	65	0	41.6
27	Arden	Gregory	139	72	211	5		2351	336	2687	62	0	43.3
28	Jerry	Ihnen	99	4	103	4		2351	333	2684	81	2	33.1
29	Alan	Josephson	89	10	99	3	2	2213	431	2644	95	10	27.8
30	Carol	Bock	0	0	0	0		2586	5	2591	66	0	39.3
31	Alfred	Arkley	40	0	40	2		2435	140	2575	77	0	33.4
32	Robert	LaBonte	166	0	166	8		2467	71	2538	115	5	22.1
33	Mike	Vonnahmen	209	50	259	7		2188	206	2394	69	0	34.7
34	Bob	Sorenson	35	6	41	2		2192	153	2345	67	3	35.0
35	Pete	Gudmund- son	14	0	14	1		2189	4	2193	61	0	36.0

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FIRST NAME	LAST NAME	RIDE	T/F	TOTAL	RIDES	LED	RIDE	T/F	TOTAL	RIDES	LED	AVG. LENGTH
36	Bob	Carmody	99	0	99	3	2083	74	2157	71	18	30.4
37	Cindy	Moreno	30	0	30	2	1916	191	2107	81	7	26.0
38	Rich	Saal	70	35	105	5	1571	494	2065	67	0	30.8
39	John	Day	21	0	21	1	2004	57	2061	68	5	30.3
40	Jane	DuBose	47	5	52	2	1816	232	2048	66	1	31.0
41	Roger	Wright	20	15	35	1	1281	724	2005	40	0	50.1
42	Jon	Edwards	0	0	0	0	1474	296	1770	41	2	43.2
43	Garland	Stevens	30	8	38	1	1541	227	1768	61	4	29.0
44	Lynn	Rhoades	0	0	0	0	1368	394	1762	46	17	38.3
45	Christa	Morris	24	0	24	2	1695	25	1720	101	0	17.0
46	Louie	Spinner	46	0	46	3	1688	22	1710	82	20	20.9
47	Bruce	Yurdin	35	6	41	1	1596	96	1692	44	1	38.5
48	Roger	McCredie	88	20	108	3	1358	263	1621	40	0	40.5
49	Sue	Dees	4	0	4	1	1557	42	1599	101	3	15.8
50	Marilyn	Powell	65	22	87	2	1448	147	1595	45	0	35.4
51	Regina	McGuire	35	0	35	2	1533	12	1545	80	0	19.3
52	Ken	Anderson	0	0	0	0	1143	345	1488	33	0	45.1
53	Micci	Bly	0	0	0	0	1398	86	1484	34	1	43.6
54	Brock	Webb	50	0	50	1	1412	69	1481	31	0	47.8
55	Dale	Issacson	0	0	0	0	1292	152	1444	35	0	41.3
56	Joel	Johnson	0	0	0	0	993	405	1398	31	0	45.1
57	Jackie	Galli	0	0	0	0	1369	9	1378	38	0	36.3
58	Dave	Lucas	14	0	14	1	1079	241	1320	74	4	17.8
59	Mike	Schwab	24	0	24	2	1150	114	1264	70	0	18.1
60	Sr. Josepha	Schaeffer	83	10	93	4	1180	65	1245	36	0	34.6
61	Pete	Harjes	0	0	0	0	1126	104	1230	47	5	26.2
62	Daniel	Ewing	0	0	0	0	1119	76	1195	41	1	29.1
63	Lyn	Schollett	0	0	0	0	926	87	1013	44	5	23.0
64	Christine	Kohlrus	58	76	134	4	629	381	1010	32	0	31.6
65	Sean	Hatchett	0	0	0	0	851	151	1002	21	0	47.7
66	Don	Daniels	0	0	0	0	799	177	976	18	0	54.2
67	Connie	Roberts	0	0	0	0	921	25	946	28	4	33.8
68	Brian	Watkins	0	0	0	0	855	86	941	26	0	36.2
69	David	McDivitt	35	0	35	2	911	0	911	30	0	30.4
70	Jack	Hurley	0	0	0	0	884	15	899	25	0	36.0

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FIRST NAME	LAST NAME	RIDE	T/F	TOTAL	RIDES	LED	RIDE	T/F	TOTAL	RIDES	LED	AVG. LENGTH
71	Jan	Cimerosa	0	0	0	0	785	104	889	36	1	24.7
72	Don	Struck	0	0	0	0	623	166	789	23	0	34.3
73	Mike	Ryan	0	0	0	0	638	149	787	15	0	52.5
74	Brigetta	Ewing	0	0	0	0	734	13	747	41	1	18.2
75	Luke	Arnold	0	0	0	1	581	77	658	15	0	43.9
76	Kent	Kraft	0	0	0	0	600	25	625	21	0	29.8
77	Ben	Fox	0	0	0	0	599	21	620	28	0	22.1
78	Gail	Mugler	0	0	0	0	584	31	615	23	0	26.7
79	Curt	Winhold	45	0	45	1	586	15	601	14	0	42.9
80	Kevin	Brown	0	0	0	0	596	2	598	49	5	12.2
81	Cyd	LaBonte	10	0	10	1	595	0	595	42	3	14.2
82	Gerry	Orwig	6	4	10	1	340	203	543	33	0	16.5
83	Ed	Taylor	0	0	0	0	475	0	475	18	0	26.4
84	Jim	Disney	0	0	0	0	437	28	465	12	1	38.8
85	Brian	Tober	0	0	0	0	419	28	447	12	3	37.3
86	Harriet	Josephson	0	0	0	0	431	14	445	29	1	15.3
87	Mike	Hills	0	0	0	0	336	77	413	9	0	45.9
88	Steve	Smith	14	0	14	1	404	2	406	25	0	16.2
89	John	Sanford	0	0	0	0	385	0	385	31	0	12.4
90	Rodney	Yoswig	0	0	0	0	365	16	381	8	0	47.6
91	Tony	Henn	0	0	0	0	322	52	374	23	0	16.3
92	Craig	Ross	0	0	0	0	340	23	363	16	0	22.7
93	Matt	Saner	0	0	0	0	230	124	354	6	0	59.0
94	Brett	Bersche	0	0	0	0	335	0	335	14	0	23.9
95	Cindy	Johnson	0	0	0	0	309	16	325	12	0	27.1
96	Jon	Halterman	0	0	0	0	188	136	324	8	0	40.5
97	Debbie	Ihnen	0	0	0	0	264	45	309	15	0	20.6
98	Hope	Schnelten	0	0	0	0	287	0	287	12	0	23.9
99	Bill	McGee	0	0	0	0	283	0	283	11	0	25.7
100	Charlie	Downs	0	0	0	0	224	56	280	7	0	40.0
101	Carl	Morris	0	0	0	0	211	54	265	4	0	66.3
102	Jim	Matheny	0	0	0	0	229	35	264	9	0	29.3
103	Mark	Smith	0	0	0	0	239	18	257	10	0	25.7
104	Kedra	Elston	0	0	0	0	235	19	254	11	2	23.1
105	Mary	Loker	0	0	0	0	253	0	253	13	0	19.5

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FIRST NAME	LAST NAME	RIDE	T/F	TOTAL	RIDES	LED	RIDE	T/F	TOTAL	RIDES	LED	AVG. LENGTH
106	Jeff	Strawn	0	0	0	0	247	0	247	7	0	35.3
107	Dan	Dugan	0	0	0	0	224	20	244	7	0	34.9
108	Aaron	Shehan	0	0	0	0	241	3	244	4	0	61.0
109	Jeff	Mitchell	34	0	34	1	227	8	235	7	0	33.6
110	Clint	Ancelet	0	0	0	0	209	24	233	6	0	38.8
111	Genio	Staranczak	0	0	0	0	193	32	225	13	0	17.3
112	Cris	Martin	0	0	0	0	200	2	202	5	0	40.4
113	Kathy	Shepard	0	0	0	0	180	18	198	8	0	24.8
114	Heather	Bailey	0	0	0	0	189	7	196	3	0	65.3
115	Marilyn	Clark	0	0	0	0	195	0	195	3	0	65.0
116	Grover	Everett	0	0	0	0	194	0	194	3	0	64.7
117	Dara	Voss	0	0	0	0	130	64	194	9	0	21.6
118	Lenny	Miner	27	0	27	1	177	6	183	8	0	22.9
119	Ryan	McMillan	0	0	0	0	181	0	181	5	0	36.2
120	Susan	McClintock	0	0	0	0	163	10	173	10	0	17.3
121	Tracy	Fifer	0	0	0	0	146	7	153	2	0	76.5
122	Jamet	Cooper	0	0	0	0	148	0	148	2	0	74.0
123	Dean	Wisleder	0	0	0	0	148	0	148	3	3	49.3
124	Charles	Hill	0	0	0	0	97	49	146	3	0	48.7
125	George	Wouland	0	0	0	2	120	26	146	9	0	16.2
126	Melinda	Winhold	0	0	0	0	144	0	144	6	0	24.0
127	Rob	Landers	0	0	0	0	134	0	134	3	0	44.7
128	Steve	Newell	0	0	0	0	128	5	133	4	0	33.3
129	Roger	Schnelten	0	0	0	0	130	0	130	7	1	18.6
130	Deb	Cooper	0	0	0	0	90	38	128	7	0	18.3
131	Mary	Thomas	0	0	0	0	123	5	128	4	3	32.0
132	Brea	Elston	0	0	0	0	124	0	124	6	0	20.7
133	Paul	Anthony	0	0	0	0	115	8	123	6	0	20.5
134	Adam	Galli	0	0	0	0	113	0	113	2	0	56.5
135	Jack	Elston	0	0	0	0	104	8	112	5	0	22.4
136	Charlie	Blackburn	0	0	0	0	111	0	111	5	0	22.2
137	Catherine	O'Connor	0	0	0	0	110	0	110	4	0	27.5
138	Carol	Anderson	0	0	0	0	97	12	109	4	0	27.3
139	John	Floto	0	0	0	0	109	0	109	3	0	36.3
140	Carmen	Pfeiffer	0	0	0	0	108	0	108	1	0	108.0

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FIRST NAME	LAST NAME	RIDE	T/F	TOTAL	RIDES	LED	RIDE	T/F	TOTAL	RIDES	LED	AVG. LENGTH
176	Jim	Winhold	0	0	0	0	47	0	47	3	0	15.7
177	Dan	Leikvoid	0	0	0	0	43	0	43	1	0	43.0
178	Sue	Hack	0	0	0	0	42	0	42	3	1	14.0
179	Tiffany	Winhold	0	0	0	0	42	0	42	3	0	14.0
180	Lori	Martin	0	0	0	0	40	0	40	1	0	40.0
181	Gail	Rogers	0	0	0	0	40	0	40	1	0	40.0
182	Dave	Scheina	0	0	0	0	40	0	40	1	0	40.0
183	Tracy	Hurley	0	0	0	0	39	0	39	1	0	39.0
184	Joni	Winhold	0	0	0	0	39	0	39	3	0	13.0
185	Neil	Scott	0	0	0	0	36	0	36	2	0	18.0
186	Sr. Stefanie	Koster	0	0	0	0	35	0	35	1	0	35.0
187	Coleen	Koester	0	0	0	0	33	0	33	1	0	33.0
188	Dana	Saal	0	0	0	0	33	0	33	1	0	33.0
189	Amy	Schmidt	0	0	0	0	32	0	32	1	0	32.0
190	Bruce	Wright	0	0	0	0	30	2	32	2	0	16.0
191	Mike	Pfeilschifter	0	0	0	0	30	0	30	2	0	15.0
192	Judy	Carmody	0	0	0	0	28	0	28	2	0	14.0
193	Alex	Holmes	0	0	0	0	28	0	28	2	0	14.0
194	Erin	Saal	0	0	0	0	25	0	25	1	0	25.0
195	Julie	Saal	0	0	0	0	25	0	25	1	0	25.0
196	Scott	Gauvin	0	0	0	0	24	0	24	1	0	24.0
197	Julie	Perino	0	0	0	0	23	0	23	2	0	11.5
198	Kathy	Reaves	0	0	0	0	23	0	23	1	0	23.0
199	Jim	Agnew	0	0	0	0	14	8	22	1	0	22.0
200	Paul	Hosmanek	0	0	0	0	20	2	22	1	0	22.0
201	Mike	Becker	0	0	0	0	20	1	21	2	0	10.5
202	Ellen	Schlieckau	0	0	0	0	21	0	21	1	0	21.0
203	Mitchell	Byerline	0	0	0	0	20	0	20	1	0	20.0
204	Stan	Gralnick	0	0	0	0	6	14	20	1	0	20.0
205	Meribel	Mueller	0	0	0	0	20	0	20	2	0	10.0
206	Karen	Cheney	0	0	0	0	12	7	19	1	0	19.0
207	Rachel	Ihnen	0	0	0	0	18	0	18	1	0	18.0
208	Anne	King	0	0	0	0	18	0	18	2	0	9.0
209	Ella	King	0	0	0	0	18	0	18	2	0	9.0
210	Tom	King	0	0	0	0	18	0	18	2	0	9.0

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FIRST NAME	LAST NAME	RIDE	T/F	TOTAL	RIDES	LED	RIDE	T/F	TOTAL	RIDES	LED	AVG. LENGTH	
211	David	Stjern	0	0	0	0	18	0	18	1	0	18.0	
212	Mary	Stjern	0	0	0	0	18	0	18	1	0	18.0	
213	Jonathan	Reiningger	0	0	0	0	16	0	16	1	0	16.0	
214	Dave	Leich	0	0	0	0	15	0	15	1	0	15.0	
215	Lisa	Fox	0	0	0	0	12	0	12	1	0	12.0	
216	John	Loker	0	0	0	0	12	0	12	1	0	12.0	
217	Brenda	Michel	0	0	0	0	12	0	12	1	0	12.0	
218	Kim	Winhold	0	0	0	0	12	0	12	1	0	12.0	
219	Laura	Farson	0	0	0	0	11	0	11	1	0	11.0	
220	Susan	Hammond	0	0	0	0	11	0	11	1	0	11.0	
221	Deb	Lewis	0	0	0	0	10	0	10	1	0	10.0	
222	Bill	Stallone	0	0	0	0	10	0	10	1	0	10.0	
223	Francie	King	0	0	0	0	8	0	8	1	0	8.0	
224	Lola	Lucas	0	0	0	0	8	0	8	4	0	2.0	
TOTALS			8159	1502	9661	285	6	195477	27073	222550	6712	240	33.2
# RIDERS		228			224	15.8%	87.8%		12.2%				

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cod elixir, so now I had the strength of ten 4-year old boys, albeit not all at once, more like sequentially. On about the seventh boy, so to speak, I got the lid open. The inside of the tinted glass bottle smelled a little funny - sort of mediciney - but medicine makes you better, right? So, I started with four of the pills, which I assumed you were supposed to suck on, like candy. (I originally assumed Dad downed his one pill with juice because he didn't have the time to enjoy it.) However, I thought they tasted even worse than the liquid swill I took . . . After about five seconds, I had to spit them right back out into my hand. Yuck - juice or not, I figured all of Dad's taste buds must be dead by his age or something. From my hand, I then instinctively slathered the residue onto the

back cushion of the green vinyl stuffed chair I had been hiding behind

It was about then that I heard Mom coming up the stairs. From the hallway, she noticed I was behind the chair in my room and asked, "What are you doing?" In moments like those, your mind reels, searching through your mental Rolodex of foolproof alibis. So, I responded, in a suitably meek voice, "Nothing." I can say, now, with a strong conviction, my Mom must have had ESP or some sort of penetrating mind ray to be able to see through that response time and time again. "WHAT are you up to?!" she continued and approached with a determined gait, where the strike of her shoe heels practically shifted the carpet. She im-

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ALAN'S 2005 TRIPS

PLEASE CONSIDER THESE TWO EXCITING ADVENTURES FOR YOUR TRAVELS. CALL ME AT 793-0590 OR EMAIL AHJOSEPHSON@YAHOO.COM

TRIP ONE- NEW YORK STATE FINGER LAKE REGION/ WINE COUNTRY

AUGUST 13 – AUGUST 20, 2005. ALL HOTELS/MOTELS

7 NITES/ 6DAYS. LARGEST WINE PRODUCTION NEXT TO NAPA/SONOMA. WONDERFUL ROADS - 2 LOOPED DAILY ROUTES SHORT (FLATTER) AND LONG. ALREADY HAVE EXACT ROUTES AND CUE SHEETS. ALL WATER SPORTS AND ACTIVITIES AVAILABLE PLUS HISTORICAL SITES! WOMEN'S RIGHTS/ CORNING GLASS, QUAIN T VILLAGES, CONCERTS AND SO FORTH.

TRIP TWO- NATCHEZ TRACE FROM TUPELO TO NATCHEZ AND VICKSBURG.

SEPTEMBER 24 - OCT 1, 2005. MOTELS OR B&B DEPENDING ON AVAILABILITY

7 NITES/ 6 DAYS. THIS IS A PERFECT BICYCLING DESIGNATED ROADWAY. FLAT RIDING. DISTANCE AVERAGING ABOUT 45-75 MILES PER DAY. ONE LAYOVER DAY IN NATCHEZ OR VICKSBURG. WILL HAVE CARS TO SAG SINCE WE WILL BE MOVING DAILY. SOUTHERN EXPOSURE TO OLD PLANTATIONS, COOKING, HOMES, PEOPLE, OUTDOORS AND CIVIL WAR SITES.

Paid Advertisement

A New Look Curt Evoy

Welcome to the first newsletter of 2005. Is everyone is sticking to their New Year's resolutions?

I would like to thank Terri Nelson for the new title bar for the *Quick Release*. I thought it was time for a change. I gave Terri some design ideas and she turned them into a great looking title. Thanks.



(Continued from page 19)

mediately came up to me and looked straight into my eyes, obviously using that mind ray thing, where your whole face melts to an expression you originally never intended. She grabbed my now hidden arm, and it immediately was plain to see I was caught maroon-handed. "What is THIS?!" she said, pointing to the stain on the chair. Realizing now that Rolodex was rotating wildly with only two cards on it, I almost said "Nothing" but instead went with the other, blank card - and said nothing.

Of course, there was the bottle of Dad's vitamin pills sitting in the corner of the chair, pushed partway between the cushions. I was a little confused. I felt shameful, thanks to Mom's powers, but wasn't I following the family plan? Shouldn't I get at least a little credit for initiative, resourcefulness or forward thinking? This is where the memory goes fuzzy again. I am sure Mom schooled me on what the bad part of the issue was, and likely Dad did the same thing when he got home from work. In hindsight, so to speak, I don't remember the brilliant rationale for why my behavior was slightly misguided, but I do remember the spanking that followed Mom's brief lecture.

It turns out there were other things I was at least a little confused about, and thus there were other lessons I learned that year. One

of them was, when using a pipe, do not inhale. The pipe thing I originally picked up from imitating my older sister and brother. How was I to know you don't suck in on a bubble pipe dipped in dishwashing liquid? The funny part was Mom couldn't wash out my mouth with soap, I thought at the time, although there was a sympathy angle, I suppose, from my family watching me vomit. I do remember afterwards very quietly watching the Three Stooges on a small black-and-white TV we kids had to ourselves in the basement and feeling green around the gills for awhile.

In the short run, my days of doping paid off. Although being the youngest child, I found I had the energy and wherewithal to run around the block (as long as I didn't cross the street), chasing after my siblings and their friends. Even my Mom said I wore her out.

However, old habits die hard. These days, I am into downing nutritional bars and energy-recharging gelatinous substances. Especially the latter seems like ambrosia to me, even though the vanilla flavor has the consistency, color and name that rhymes with (and is found in the letters of) the word "glue." Oh sure, I could eat a banana instead and get about the same benefit, but that looks and feels a lot less like cod liver oil, now doesn't it?

Check Your *Quick Release* Mailing Label Cindy Kvamme Secretary

Is your address correct? We plan to publish a new membership directory in February of 2005. This will be your last chance to make any corrections. 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. When you renew remember to fill out the applications form completely to keep you membership information updated. Thank you.

Springfield Bicycle Club
Membership Application

Member Information

<input type="checkbox"/> New Member	<input type="checkbox"/> Renewing Member	<input type="checkbox"/> 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:

<input type="checkbox"/> Bicycle Advocacy Fund	<input type="checkbox"/> SBC General Fund
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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 **\$8.75 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

A-B-C Quick Check

A is for air:

- Inflate tires to rated pressure as listed on the sidewall
- Use a pressure gauge to insure proper pressure
- Check for damage to tire tread and sidewall; replace if damaged

B is for brakes:

- Inspect brake pads for wear; replace if there is less than 1/8" of pad left
- Check pad adjustment; make sure they do not rub the tire or fall below the rim
- Check brake lever travel; there should be at least 1" (about a thumb's width) between bar and lever when the lever is squeezed hard

C is for cranks, chain and cassette:

- Make sure that your crank bolts are tight
- Your chain should be clean and lightly lubricated
- If your chain skips on the cassette, you might need a new chain and/or cassette or just an adjustment

Quick is for quick releases:

- Hubs, front and rear, need to be tight in the frame; your quick releases should begin to engage at approximately 90° and then be tightened securely

Important – Talk to an experienced cyclist or your local bike shop if you are unsure of how to properly tighten your wheel quick releases. Failure to properly tighten these quick releases before riding can result in very serious injury!!

- Your front quick release lever should point back to insure that nothing catches it.
- Your rear quick release should be tucked up inside the rear triangle
- Inspect brake quick releases to insure that they have been properly re-engaged
- If your seat post has a quick release, insure that it is properly tightened

Check is for check it over:

- Inspect the bike for loose or broken parts: tighten, replace or fix them as needed
- Take a quick ride to check to see if derailleurs and brakes are working properly
- Pay extra attention to your bike during the first few miles of the ride



Springfield Bicycle Club
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Springfield, IL 62705

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February, 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**

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