

Springfield Bicycle Club
Quick



Release

APRIL, 2005

April, 2005

RIDE OF THE MONTH

Bike and Sample Ride: Sideways to the Prize

Curt Evoy's Bike and Sample Ride on February 5th took Ride of the Month honors. This well-attended 30-mile ride with trail options on a warmer than usual winter day was followed by a bite of lunch at Brew Bakers. Afterwards, several SBCers joined Curt at Corkscrew for an affordable sampling of Pinot Noir, the wine popularized in the award-winning movie. Perhaps the wine tasting put some of you in the mood to commit the kind of miscues seen in *Sideways*, in order to help us out in another Award category? See below.

ALMOST ANYTHING AWARD

Gene Rupnik of Days Inn and Microtel garnered the Almost Anything Award in March for his support over the years of the Spinner Award Ceremony and other SBC events. SBC members have gotten used to Gene's complimentary provision of the Days Inn conference room, set up with a podium, tables and tablecloths, free coffee and water by hotel staff. This great venue sets the stage each year for our emcee and awardees to strut their stuff. While we try to leave a note or give Gene a call, giving him the AAA is an even better way to thank him.

LEAD WATER BOTTLE

Once again, the Board was unable to find any lead nominations or a "winner" in February. If you enjoy getting the Lead, then you can make March your month by goofing up and telling us about it. Please feel free to submit any nomination, however lame, to the Incentive Chair or another board member. We don't want the Lead to go the way of Merlot (you can still go see *Sideways* in town, if you don't understand this reference).

Previous Incentive Chairs have written about the month's award winners in the *Quick Release*, with nominations appearing in the minutes the following month. This system made sense. In the future award nominations will appear in the minutes, and awardees in this space.

WWW.SPFLDCYCLING.ORG

The President's Report

Chuck Orwig

Leading a ride for the club is a fun activity. The leader gets to say where everybody is going on that ride and how far they will get to go. If you haven't tried it, but might be a little apprehensive about doing it, please check with me or any other ride leader for assistance. As in any club event, "Many hands make small work", is applicable here. After all, being a member of any club means sharing the workload. See, call, or email Cindy Moreno if you'd like to lead a ride anytime from May through December.

With the leadership of

Lynn Miller, we are actively pursuing the bicycling aspects of the Macarthur extension project. If you want to help with this activity, please contact Lynn. It's a tough fight, but if you like to use the trail between Springfield and Chatham, then you should be interested in this highway project.

Next month is bike month, and other than offering ride miles for members who commute on their bikes, I haven't had much response to ideas for activities during May. Let me know if you can think of anything to bring cycling to the forefront during that month.

Thank You

Curt Evoy

At the club's recent *Think Spring: New Member Event* 60 people filled the room at Robert Morris College to listen to Mike Magnuson read from his book *Heft on Wheels*. Mike deserved many thanks for his energetic reading from his book and answering questions from the audience.

I would like to thank some people who made the event

a memorable time for current and possible new members. Dave Ross gets a big thank you for helping to arrange the room at Robert Morris and the popcorn machine. Christa McLaren-Morris arranged all the food and drinks. Garland Stevenson produced the slide showed shown before the event started. Gene Rupnik donated a room for Mike to stay at while visiting our fair city. Brian Maslouski

As you may have noticed, the lead water bottle award (?) has fallen on tough times. Maybe that's good. If you have a nomination for that award, please send it to Tom Clark or any other board member.

A guy who spoke English as a second language always reminded riders at the start of each ride, "Be safety out there!" As the good riding weather brings more cyclists out on the road, I want to remind everyone, BE SAFETY OUT THERE!

and *State Journal-Register* Outdoor Editor Chris Young help advertise the event. Brian produced the *Think Spring* flyers. Chris Young wrote the front page article of the SJR Outdoor page, March 5.

Thank you very much. I could not have done it without you.

Board Meeting Notes - February 1, 2005

Dave Ross

Attending: Cindy Kvamme, Lyn Schollett, Christa McLaren-Morris, Lynn Miller, Marty Celnick, Chuck Orwig, Dave Lucas, Curt Evoy, Jerry Ihnen, Alan and Harriett Josephson, Dave Ross.

While finishing off a fine chili, cornbread, and brownie meal provided by Cindy, and while trying to ignore the Illini game, the minutes from the January meeting were approved.

Treasurer's Report. Dave Lucas reported that we had a pretty quiet month, and an ending balance of \$16,174.89.

Ride Schedule and Meetings. Cindy Moreno was unable to attend, but it was noted that she still needed some March ride leaders. The next meetings will be Tuesday, March 1, at Jerry Ihnen's, and Tuesday, April 5, at Lynn Miller's.

Awards. Chuck Orwig substituted for Tom Clark for this section of the meeting. January's weather did not cooperate with many rides, but Alan and Harriett Josephson were able to lead a ride which won the Ride of the Month award. The Al-

most Anything Award went to Cindy Kvamme for her work in putting together the Spinner Awards. Also nominated for the AAA were Alan and Harriet for a great Holiday Party, the Constitution and Bylaws Committee and Tom Clark for their work on the revised Bylaws and ride rules, and James DuBose and Lisa Kidd for their special awards at the Spinner Awards. And the owners of the dog that attacked Louie Spinner were awarded the Lead Water Bottle award.

Spinner Awards night recap. The Spinner Awards night went very well; all participants had a good time. There was some discussion of what to do with the leftover mileage pins. Leftover pins is a perennial problem; the Incentive Chair can haul them to weekend rides, but often does not see the recipients. Mailing them is also a problem, since they are easily destroyed in the mail. Winners: please contact Tom to pick up your pins!

Legislative / Education Report. Lynn reported that there would be a meeting on Friday, February 4, with the city engineer and IDOT

regarding the Interurban Trail and the MacArthur extension. In addition, there will be a strategy meeting on March 2 in the Carnegie Room at the Lincoln Library. We will probably need to use contacts with Raymond Poe, Rich Brauer, and Larry Bomke. There was quite a bit of discussion among the Board about how this project could and should be done.

Quick Release. Curt received complements on the new look of the QR newsletter. It was noted that the March issue will be the last one prior to the Chicago Bike Show on April 1; extra copies will be printed for distribution at the book reading and to take to the Bike Show. Therefore, the April issue would be a good one for "new rider" information and articles, since we can anticipate some new memberships. Members should feel free to submit articles or ideas to Curt; he may be able to use them, or maybe not, depending on what he receives and how much space he has.

Special Events. Jerry circulated a draft of the CCC brochure designed by Terri

Nelson. There was some discussion about whether we want to attract more riders to the CCC, or to have a "better" ride. In good Board fashion, we decided that we want it all! We would like to increase ridership at the CCC to about 600, but really focus on putting on a great ride.

Social Chair Report. Alan and Harriett noted that sympathy cards had been sent to Sue Hack and Regina Maguire. They had also talked to Jean Reno about reserving the Beach House; we have it reserved for the July 16 picnic, and the December 11 holiday party.

Old Business. The book reading with Mike Magnuson was discussed. He requires approximately

\$200 in expenses, plus a nearby motel room. The Board approved a motion to pay Mr. Magnuson's expenses.

The Board decided that additional ride rule procedures were unnecessary.

Dave Lucas noted that in the past we have provided Lincoln Library with a subscription to Adventure Cycling. The Board approved a motion to renew this subscription for \$17.

New Business. May is National Bicycling Month. Some ideas were tossed around; everyone is encouraged to bring more ideas to the March meeting.

There will be two races in May and one in June: 5/14

in Loami, 5/15 in Taylorville, and 6/17 in Athens. The Triathlon is scheduled for 6/19, and will probably be much smaller this year than in past years.

There will be a ride/raft event scheduled for Memorial Day weekend. There will be no SHIFT this year.

Alan has six or seven members lined up to go to the Chicago Bike Show to work our table.

Lynn mentioned that DNR has a planning meeting re a Route 66 Trail in Bloomington on February 8.

It was noted that the Illini won the game, 81-68.

Next meeting: Tuesday, March 1, at Jerry Ihnen's.

Volunteer Season Approaching

Cindy Kvamme

Our first chances to volunteer will be for The 2005 Lincoln Land Cycling Series. Derek Ewing will be holding only two races this year. The Athens road race will be on Saturday May 14th and the Loami road race will be on Sunday May 15th. Each day will take 25 to 30 volunteers for sweeping, registration, and road marshals. You can work all day from 8:00 am until 2:00pm or if that is a little



long, you can work early from 8:00am to 11:00am or later from 10:30Am until 2:00pm. If you are interested please contact Cindy Kvamme at 744-8864 or c1jk3@aol.com. In the subject box please write volunteer. Thank you for your help.

Ride and Raft Memorial Weekend 2005

Alan Josephson

Enjoy the bands, music, wineries and fun along the Katy. Visit the antique shops, arts and craft shops in the area. Check out the optional road tour. Relax on the Meramec River. If this sound good to you, then join the SBC for our 2nd Ride and Raft, Memorial Day Weekend May 28-30th. You must be an SBC member.

Here is the itinerary:

Saturday May 28th-

Caravan from Springfield and arrive at Marthasville, MO by 10:30AM. You can choose to go east or west on the trail as an out and back. There are several stopping places for food and drink either way. We will meet back at the parking lot at a designated time for the 10-minute drive to Washington, MO for check in at the new Sleep Inn. Dinner will be scheduled at a local restaurant.

Sunday May 29th-

Drive to Herman, MO where you can ride 30-60 miles of scenic hilly roads with maps I have from the St.Louis Fun Club. Stop along the way. Or you can cross the Missouri River and ride the Katy going east or west. You can also just hang out in Herman and explore as you wish! Meet back in Herman at a designated time to leave for our 1-hour drive to Cuba, MO. Check in at the Holiday Inn Express and prepare yourself for an excellent dinner at a local restaurant.

Monday May 30th-

We drive about 10 minutes to our rafting place. They will take us to the float drop in point and we will have a 4-6 hour lazy float back to the beginning. Enjoy all the food and beverage we bring! Expect to be back in your car by 4:00PM for the three hour ride home.

RESERVATIONS ARE NECESSARY, as I have booked 20 rooms. Rooms are double queen rooms or one single queen/king where able. Prices for one person per room are higher.

COST IS \$110 PER PERSON, two per room. This includes rooms for Saturday and Sunday along with a "deluxe" continental breakfast plus your raft. Rafts will hold from 4-8 people. Families and singles are welcome with different prices.

Please complete the reservation form and send it and a check payable to Alan Josephson ***no later than April 28th***. I must send in a room list no later than May 1st. First come, first served.

[Editor's Note: The Reservation Form can be found on the back page of the *Quick Release*]

Secretary's Report

Renewals

Steve Smith
 Carol Anderson
 Rick & Ellen Fiersten
 Amy Schmidt
 Edward Longcore
 Tony Henn
 John Gee



Renewals at the Contributing Level

Carl Morris
 Dave Scheina & Gail Rogers



New Members

Scott & Kim Clark
 Gene Fore

New Members at the Contributing Level

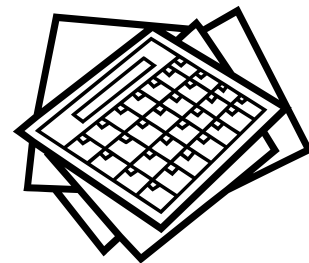
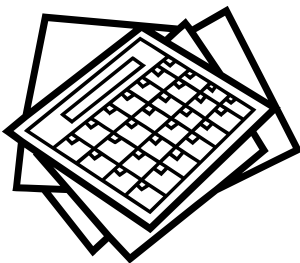
Stan Yonkauski

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.



Don't Forget!
Mark your Calendar
May, 2005 is Bike Month



Spring Training

Brian Martindale, Adventure Cycling's Tour Director

Riding a loaded bicycle is a demanding physical challenge. Here are a few training tips that will help to prepare you for that challenge.

Base Training Miles

Start training at least four months before the planned departure date. One month of riding four to six days a week, either inside on a trainer or outside on the bike, is sufficient. You want to spin the bike at a high rate of revolutions per minute (RPM) -- at least 90 RPM -- and use easy gears. A good goal is to have from 300 to 600 miles, roughly 20 to 30 hours on a trainer, under your belt. Also, take time to work into a stretching routine. This will get your muscles, tendons, and ligaments ready for the next stage of training.

Building Strength

The goal for the next month is to build up riding strength in your body, once you have a good base of training. This is the stage where you gradually start mixing in more difficult training. Riding hills and structuring training to include intervals and sprint training are key to this stage. You want to mix this type of training in gradually


while maintaining your spin rides between workout rides. Don't overdo it. Mix in easy rides and rest days. The goal is preparation, not overworking your body. Days you work on sprints should be the shortest riding days, and easy riding days should be longer. Remember, strength does not mean crushing huge gears. Higher rates of spinning will get you up the hills faster with less energy used. Hill climbing and strength training should be continued once or twice a week into the next stage of training.

Building Endurance

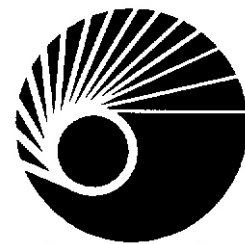
This stage is meant to build up endurance for longer rides. Start by taking longer rides once or twice a week. By the end of this third month, you should be riding 40 to 50 miles a day, two days a week. Start toning down the strength riding for the sake of spending time in the saddle. Start enjoying the rides. Ride to places locally where you have either never been or haven't seen in a long time. Ride many hills and enjoy the views. Take a meal with you and stop to enjoy it.

Ride with Weight

This is the most important

stage of training. About six weeks before your departure date, begin to carry weight on the bike as you ride -- particularly on the long endurance days. Begin slowly, carrying about 20 pounds or so, and work your way up to carrying all of your gear a couple of times a week for two weeks before your trip starts. You need this time to build strength in your ligaments, muscles, and tendons. This will help to avoid injuries and prepare you for an enjoyable trip. 

Editor's Note: This article was taken from the Adventure Cycling Website <http://www.adventurecycling.org/features/howto.cfm>



**ADVENTURE
CYCLING**
Association

March 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. Daylight savings time begins April 3rd and so does the increased ride schedule.

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).

Weekday Daytime Rides:		
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.
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. Turn miles into Karl.
Mondays, Wednesdays and Fridays 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.
Tuesdays & Thursdays 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.
Weekday Evening Rides:		
Mondays 5:45 PM	Parkway Point Movie Theaters Alan Josephson, 793-0590	C ride. An easy ride to get started and gain conditioning while going slow enough for conversation. 10-22 miles.
Tuesdays 5:45 PM	Carmody Residence 517 Appomattox Dr. Bob Carmody, 787-3419	ABC Training ride. This is the West side ride and is geared for those who want to train hard and fast. Several cutoffs from 12-25 miles.
Tuesdays & Thursdays 5:45 PM	IDOT, Lost Bridge Trail Dirksen Parkway Show & Go	BC ride. Show-N-Go along the Lost Bridge Trail. Turn miles into Karl.
Tuesdays, Wednesdays & Thursdays 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.
Wednesdays 5:45 PM	Washington Park Tennis Courts Dave Ross, 789-4823	CD ride. This is designed as an easy, neighborhood social ride. No maps and everyone will stay together for about 1 hour.
Thursdays 5:45 PM	Rotary Park Archer Elevator & Iles Marty Celnick, 522-4206	ABC Training Ride. A fast workout to prepare for those longer weekend rides. D riders are welcome to stretch their abilities but will be riding alone unless they have a buddy. Several cut offs from 12-25 miles.

Friday April 1 st 6:00 PM/7:00 PM	La Mex 2830 Stevenson Drive Christa McLaren-Morris 364-4545	Last walk until fall. Come walk in the neighborhoods for an hour then join Christa for a BirthDay Margarita and dinner. Please call Christa if you plan to eat but not walk.
Saturday April 2 nd 10:00 AM	IDOT, Lost Bridge Trail South Parking Lot Dirksen Parkway Byron Nesbitt, 889-3988	ABCD ride. Spring into Spring ride. Bryon has a 35 mile route to places unknown. There is always the trail option for D riders.
Sunday April 3 rd 12:00 NOON	2204 Checkerberry Jim Disney 793-9349	ABCD & ER ride. DAYLIGHT SAVINGS BEGINS AT LAST! Set your clocks ahead one hour. Jim plans to lead his annual ride but has a new route. Show up regardless of weather to celebrate the time change with your bike club buddies. Jim will be providing black bean soup, chicken jambalaya and adult & kiddy beverages.
Tuesday April 5 th 6:00/7:00 PM	Lynn Miller 1428 Cherry Rd. 787-3354	NC, Board Meeting , Lynn 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 April 8 th 6:00/7:30 PM	Wabash Trail Head Parking lot @ Park Ave. Lynn Miller, 787-3354 Kevin Brown, 787-5652	CD ride. Come ride the trail for an hour and assist Lynn Miller with handing out brochures on changes to the Interurban Trail. Followed by dinner at Buffet City at Chatham & Wabash.
Saturday April 9 th 7:00/8:30 AM 11:00 AM	228 Appomattox Dr. Hope Evangelical Church Koke Mill & Old Jacksonville Rd. Garland Stevens, 698-8363	Old Jack Cleanup #1. WE NEED YOUR HELP! Garland offers his infamous malted waffle bribe at his home at 7am. Meet at the church at 830am for cleanup assignments (long pants and an extra pair of dry socks recommended) followed by an 11am ride 20 +/- miles to Salisbury. The "Tea Room" should be open for those who wish to wash the clean-up dust down with a cool glass of Ice Tea and Turtle Pie.
Sunday April 10 th 10:00 AM	Rochester Station Rt 29 in Rochester Jerry Ihnen, 498-8877	BCD ride. Jerry's Mystery Ride. It's not only a mystery to use but to Jerry, since he didn't give the VP a start location. So plan on a 35-something-mile-ride with shorter options.
Friday April 15 th 6:00/7:30 PM	Wabash Trail Head Parking lot @ Park Ave. Lynn Miller, 787-3354	CD ride. Come ride the trail for an hour and assist Lynn Miller with handing out brochures on changes to the Interurban Trail. Followed by dinner at Thailand Cuisine at 3124 Montvale.
Saturday April 16 th 10:00 AM	7066 Hermes Lane Robert LaBonte 787-0237	ABC ride. Chicken Run ride. Robert has plans to have us "run" the Salisbury/Pleasant Plains route – 35 + miles with cut-offs. Come early for the chicken tour.
Sunday April 17 th 10:00 AM	Fairhills Mall Marty Celnick 522-4206	ABC ride. Marty's Spring Adventure. Plan on a 25-40 miles ride today to places unknown.
Friday April 22 nd 6:00/7:00 PM	4117 Gaskell Dr. Harriet Josephson 793-0590	CD ride. Ride the neighborhood or ride the trail. After the ride stay for a cookout. Hamburger and boca burgers provided. Bring a NO MEAT salad/vegetable dish or dessert. RSVP a MUST by Thursday 4/21/05. Show at 7pm if the weather is bad.
Saturday April 23 rd 9:00 AM	Sherman City Park Andrew Rd. ½ mile E of Bus 55 Cindy Kvamme, 744-8864	ABC ride. Breakfast Ride. Cindy has ride options of 24-30 miles with breakfast in Athens. Come join in this club favorite.
Saturday April 23 rd 5:30 PM	Show-Me's 3101 S MacArthur Jim Disney, 793-9349	ABC ride. Night Pub & Pizza Ride. We will ride via the Interurban Trail and blacktop to Rockie's in Auburn for pizza and beverage of choice. The black top from Auburn to Chatham is not heavily traveled but front and back lights are a must , plus the Interurban trail can be very dark. Anyone interested in joining us but not riding – please contact Jim, we could use sag drivers.

Sunday April 24 th 10:00 AM	Rotary Park Lisa Kidd 546-1698	ABC ride. Lisa's West Side Ride. Lisa (or maybe Lance) will have a route of 20-45 miles for us today.
Friday April 29 th 6:00/7:30 PM	Wabash Trail Head Parking lot @ Park Ave. Lynn Miller, 787-3354 Kevin Brown, 787-5652	CD ride. Come ride the trail for an hour and assist Lynn Miller with handing out brochures on changes to the Interurban Trail. Followed by dinner at Amber Jack's @ 3150 Chatham Road.
Saturday April 30 th 8:00 AM	Athens Community Park Athens Blacktop Ernie DeFrates, 544-1398	ABC ride. TGI Spring Ride. No fee, no sag, no extra food stops. Ernie will lead us out on the TGI Spring routes of 57, 46, 40 or 25 miles. Food and restrooms available in Athens, Petersburg and Greenview. Come try some of the most scenic hills around.
Sunday May 1 st 10:00 AM	325 Virginia Lane, Rochester John & Judy Day 498-7561	ABCD ride. John's Birthday Ride. Plan on a ride of 25-40 miles with option to ride the Lost Bridge Trail. Afterwards, enjoy some homemade cherry cottage dessert and drinks.

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.



Springfield Bicycle Club Mileage and Activity File As of Febary 28, 2005

Possible Miles for the Month 547

Year 985

	FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE					
							RIDE	T/F	TOTAL	S	LED	LENGTH
1	Lynn	Miller	549	16	565	15	788	21	809	22	0	36.8
2	Tom	Clark	278	74	352	12	566	159	725	25	0	29.0
3	Marty	Celnick	337	107	444	16	486	205	691	28	1	24.7
4	Dave	Ross	292	34	326	9	456	63	519	18	4	28.8
5	Karl	Kohlrus	113	77	190	5	172	123	295	8	0	36.9
6	Bill	Voss	161	76	237	7	195	99	294	10	0	29.4
7	Cathy	Yeaman	147	0	147	2	267	0	267	4	0	66.8
8	Pat	Stephens	118	0	118	6	240	0	240	14	0	17.1
9	Terry	Randsell	141	96	237	4	141	96	237	4	0	59.3
10	Lance	Kidd	158	28	186	6	200	28	228	9	1	25.3
11	Lisa	Kidd	158	28	186	6	200	28	228	9	0	25.3
12	Charlie	Witsman	217	10	227	6	217	10	227	6	0	37.8
13	Robert	LaBonte	139	0	139	7	213	0	213	11	1	19.4
14	Bob	Sorenson	135	12	147	5	180	18	198	7	0	28.3
15	Phil	Arnold	86	66	152	3	108	86	194	4	0	48.5
16	Byron	Nesbitt	137	2	139	5	187	2	189	7	1	27.0
17	Jerry	Ihnen	158	0	158	5	175	0	175	6	1	29.2
18	Garland	Stevens	129	21	150	4	150	21	171	5	1	34.2
19	Roger	McCradie	100	22	122	3	135	22	157	5	0	31.4
20	Sr Josepha	Schaffer	127	15	142	5	137	15	152	6	0	25.3
21	Dave	Lucas	90	23	113	5	97	48	145	8	0	18.1
22	Alan	Josephson	93	13	106	4	131	13	144	6	2	24.0
23	Ernie	DeFrates	75	0	75	3	138	0	138	6	0	23.0
24	Bob	Carmody	98	2	100	3	128	2	130	4	0	32.5
25	Curt	Evoy	101	18	119	3	107	23	130	4	1	32.5
26	David	McDivitt	117	0	117	4	117	0	117	4	0	29.3
27	Curt	Winhold	73	39	112	2	73	39	112	2	0	56.0
28	Alfred	Arkley	52	0	52	1	104	0	104	2	0	52.0
29	Janice	Perino	46	12	58	2	92	12	104	3	0	34.7
30	Arden	Gregory	68	28	96	2	68	28	96	2	0	48.0
31	Cindy	Kvamme	58	0	58	3	92	0	92	5	0	18.4
32	Carl	Morris	65	10	75	2	82	10	92	3	0	30.7
33	Pete	Harjes	65	0	65	2	91	0	91	3	0	30.3
34	Louie	Spinner	77	0	77	5	87	0	87	6	0	14.5
35	Linda	Butler	38	0	38	1	86	0	86	4	1	21.5

Springfield Bicycle Club Mileage and Activity File As of Febary 28, 2005

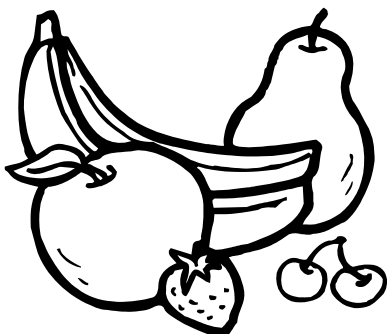
Possible Miles for the Month 547

Year 985

FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE							
						RIDE	T/F	TOTAL	S	LED	LENGTH		
36	Ruth	Magos	84	0	84	2	84	0	84	2	0	42.0	
37	Rich	Saal	44	14	58	2	58	21	79	3	0	26.3	
38	Deeana	Shidler	35	17	52	1	60	17	77	2	0	38.5	
39	Ken	Anderson	65	10	75	2	65	10	75	2	0	37.5	
40	Lynn	Rhoades	35	4	39	1	62	9	71	2	1	35.5	
41	Bill	Bock	34	0	34	1	70	0	70	2	0	35.0	
42	Christine	Kohlrus	55	15	70	2	55	15	70	2	0	35.0	
43	Regina	McGuire	34	0	34	2	58	0	58	4	0	14.5	
44	John	Day	56	0	56	2	56	0	56	2	1	28.0	
		Gudmund-											
45	Pete	son	52	0	52	2	52	0	52	2	0	26.0	
46	Mike	Vonahem	51	0	51	3	51	0	51	3	0	17.0	
47	Kedra	Elston	36	0	36	2	46	0	46	3	0	15.3	
48	Mike	Elston	36	0	36	2	46	0	46	3	0	15.3	
49	John	Sanford	16	0	16	1	46	0	46	3	0	15.3	
50	Chuck	Orwig	38	7	45	1	38	7	45	1	0	45.0	
51	Jon	Edwards	38	4	42	1	38	4	42	1	0	42.0	
52	Kent	Kraft	38	1	39	1	38	1	39	1	0	39.0	
53	Marilyn	Powell	38	0	38	1	38	0	38	1	0	38.0	
54	Aaron	Shehan	30	8	38	1	30	8	38	1	0	38.0	
55	Dan	Mitchell	35	0	35	1	35	0	35	1	0	35.0	
56	Stephen	Newell	35	0	35	1	35	0	35	1	0	35.0	
57	Roger	Wright	35	0	35	1	35	0	35	1	0	35.0	
58	Harriet	Josephson	23	3	26	1	28	3	31	2	0	15.5	
59	Rob	Landers	30	0	30	1	30	0	30	1	0	30.0	
60	Cindy	Moreno	27	3	30	2	27	3	30	3	1	10.0	
61	Gary	Swaggerty	30	0	30	1	30	0	30	1	0	30.0	
62	Sue	Dees	20	0	20	1	28	0	28	2	0	14.0	
63	Ben	Fox	25	0	25	1	25	0	25	1	0	25.0	
64	Mike	Schwab	23	0	23	2	23	0	23	2	0	11.5	
65	James	DuBose	0	0	0	0	21	0	21	1	0	21.0	
66	Hope	Schnelton	19	0	19	1	19	0	19	1	0	19.0	
67	Keith	Soulet	19	0	19	1	19	0	19	1	0	19.0	
68	Gerry	Orwig	5	7	12	1	5	7	12	1	0	12.0	
69	Ed	Boyd	10	0	10	1	10	0	10	1	0	10.0	
70	Sue	Hack	0	0	0	0	10	0	10	2	0	5.0	
TOTALS			5947	922	6869	219	9	8077	1276	9353	332	17	28.2

Cycling and Nutrition

Christa McLaren-Morris



Recovery Foods

In previous articles, I have written about nutrition and biking. Here's a quick overview: drink 1 full water bottle of water or Gatorade-type drink for every hour ridden, avoid alcoholic beverages before and during rides, and aim for a daily diet containing 60% carbohydrates, 15% protein, and 25% fat. How you eat and drink directly after a ride can improve not only how you feel but how well you ride the next time.

Most of us know the importance of rehydrating after a ride, especially when it has been hot. Relying on thirst, however, is a sub-optimal way to determine if you are fully hydrated or not. If you are sufficiently hydrated, your urine should be clear to pale yellow.

After your ride, you need carbohydrates to refuel but

you also need some protein. Protein is needed to repair and rebuild muscle tissue and may further boost glycogen resynthesis when consumed shortly after exercise. The first 60 minutes immediately following exercise are the most critical because muscles convert carbs into glycogen (a complex carb that your body uses for quick energy) up to three times faster than at other times. To further enhance your recovery, you should pay attention to your sodium needs as well. Sodium improves fluid absorption and stimulates the desire to drink and also helps prevent hyponatremia (low blood sodium levels).

Experts recommend that when refueling, aim for a ratio of 4:1, carbs to protein. Some examples of recovery foods include: bananas with peanut butter, cereal with milk, Pop-Tarts, baked potato with cottage cheese or low fat cheese, turkey sandwich, or low-fat chocolate milk. Each of these examples contains carbs, proteins, and are low in fat. For recovery foods, the sooner you eat after riding, the better.



Editor's Note: This article first appeared in the May, 2002 *Quick Release*.

See Article on Page 5

APPLICATION FOR RIDE AND RAFT

Name _____ Home phone _____

Cell phone _____ Email address _____

I will room with _____ . Find me a roommate _____ Y/N

Check payable to Alan Josephson for _____ enclosed.

Send to 4117 Gaskell Dr. Springfield, IL 62711.

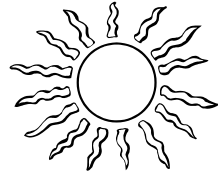
No Refunds unless I can get them from the businesses. For information call 793-0590 or email ahjosephson@yahoo.com

Families or singles please advise and I will get you a price.



Springfield Bicycle Club

Post Office Box 2203



April, 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**

Presorted
Standard
U.S. Postage
Paid
Springfield, IL
Permit #325

Address Service Requested

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
rossesse@sbcglobal.net

Treasurer

Dave Lucas
753-3831
dlucas2046@aol.com

Special Events

Jerry Ihnen
498-8877
Jerry423@sbcglobal.net

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@insightbb.com

Quick Release Editor

Curt Evoy
502-1118
qreditor@insightbb.com
**OR Deadline 15th of the
Month**

Web Master

Marilyn Powell
newwcl@aol.com

At Large Members

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

Lyn Schollett
698-9446

lschollett@aol.com
Not for Commercial Use

