



May, 2005

RIDE OF THE MONTH

St. Pat's Comes Early Again

With the “magic of the green beer” working for them, Gerry and Chuck Orwig garnered the laurels for the Best Ride of the Month for March. As the luck of the Irish would have it, the weather cooperated, bringing out a large group of riders. Everybody enjoyed the thirty mile ride down to Chatham and then back to the Orwig house via the Interurban and Wabash Trails. Even better than the route was the scrumptious corned beef, cabbage, and potatoes prepared by Gerry. Once again, the good food and drink meant the most to those voting. Eat to ride to eat.

ALMOST ANYTHING AWARD

Curt's Double Duty Deeds win SBC Kudos

Our Almost Anything Award winner for April is on a roll. February's Ride of the Month recipient, Curt Evoy, organized and coordinated volunteer efforts in March for a highly successful new member event. There was a large turnout at Robert Morris College for a presentation by celebrated speaker Mike Magnuson, author of *Heft on Wheels*. During his spare time, Curt provided invaluable help to Cindy Kvamme in preparing the *SBC Membership Directory* for publication. Way to go, Curt!

LEAD WATER BOTTLE

Finally a Winner

SBC members serve their club in many ways. Our March LWB winner has volunteered many hours over the years for SBC, organizing Old Jack Clean-ups with the infamous waffle bribe, preparing great slide shows from member photos for the annual Holiday Party, and leading numerous rides. But perhaps his greatest contribution to SBC (at least, so far this year), is NOT showing up to lead his scheduled “Pride to Prouty” bike ride in March. OK – almost nobody else showed up, and the weather was miserable. But finally – finally! – we have a Lead awardee. Thanks to Garland Stevens for helping out his bike club once again.

Riders of the Month

3/05 Marty Celnick 540 mi.	11/04 Lisa Kidd 360 mi.	7/04 Tom Clark 1061 mi.
2/05 Lynn Miller 565 mi.	10/04 Karl Kohlrus 430 mi.	6/04 Chuck Orwig 1383 mi.
1/05 Tom Clark 373 mi.	9/04 James DuBose 1407 mi.	5/04 Cathy Yeaman 876 mi.
12/04 Dave Ross 388 mi.	8/04 Charles Witsman 1119 mi	4/04 Byron Nesbitt 1080 mi.

The President's Report

Chuck Orwig

IT'S BIKE MONTH!!! Try to get out and be visible as a safe and law abiding cyclist. If you can commute to work, that would be great.

This month the Club needs volunteers for Derek Ewing's bike races. Please call or email Cindy Kvamme if you can help. No experience with bike racing is necessary. The work is easy but it's easier if many people help. Next month we'll need volunteers on Father's Day to help with the Ironhorse Triathlon. You may contact me on this one. This year will take very lit-

tle of your time. Please try to help the organizers of these events by volunteering. If you call us, we won't have to call you.

Your Board has been working very hard on the MacArthur Boulevard extension. Lynn Miller is doing a great job of spearheading our efforts. Please pay attention to information on this project and do what you can to help keep the Interurban Trail open.

Many new members are attending rides now. If you're a new member, welcome to the SBC, and

please introduce yourself when you attend a ride. If you've been around awhile, please introduce yourself to those who you don't know. Let's all have fun out there on our bikes, and, as always, "Be Safety Out There".



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Board Meeting Notes - March 1, 2005

Dave Ross

Attending: Cindy Kvamme, Cindy Moreno, Chuck Orwig, Bill Donels, Jerry Ihnen, Lynn Miller, Curt Evoy, Dave Lucas, Christa McLaren-Morris, Tom Clark, Dave Ross.

Minutes of the February meeting were approved with corrections.

Treasurer's Report. Dave Lucas reported that we had a good month for renewals, and Tom and Cindy kept the expenses for the Spinner Awards down. Our ending balance was \$16,336.26.

Ride Schedule and Meetings. Cindy Moreno asked that we email her with any rides we would like to lead. The next meetings will be April 5 at Lynn Miller's and May 3 at Christa's; the June 7 meeting is still open.

Awards. With Tom Clark presiding over this portion of the meeting, Curt Evoy was awarded the Ride of the Month award for his Brewbaker's ride followed by a wine tasting at the Corkscrew Wine Emporium. Nominees for the Almost Anything Award included Gene Rupnik for hosting the Spinner Awards

at the Day's Inn and Bob Sorenson for helping Tom after an accident. Gene takes the AAA for February.

There were no nominees for the Lead Water Bottle, but the Board is hopeful that as the weather warms up, someone will get out there and do something stupid.

New Member Event. Curt reported on the upcoming Sports and Fitness night with Mike Magnuson. Posters have been printed, and there will be an article in the State Journal-Register. Refreshments were discussed, because, of course, we ride to eat.

Legislative / Education Report. Lynn and Bill reported on various activities regarding the Interurban Trail. They met with Dick Westfall from DNR; Dick wants to set up a larger meeting with all parties involved, but first IDOT District 6 and DNR will get together in a closed-door meeting. One open question is whether the trail can continue to cross the railroad tracks on West Grand Avenue at grade or not. Bill believes that the ICC will not allow that. One

suggestion would be to bring the trail back to MacArthur, use the MacArthur bridge over the crossing, and then loop back to the trail using the west exit ramp to the existing trail underpass at I-72, but that would entail some additional costs to IDOT.

It is generally agreed that there needs to be a "big" meeting which would include IDOT, DNR, ICC, the city, county, and SBC to hammer out some kind of solution. Both federal guidelines and IDOT's policies state that if a trail is severed by a road project, accommodations must be made.

DNR has requested that the ICC consider continuing to allow trail traffic only at the West Grand crossing; ICC responded to the request quickly, but has not yet given an answer.

Although retrofitting the trail later would be more expensive, IDOT's position seems to be that they have the money now for the MacArthur project, and they want to let the contracts in June. No additional monies are available for any adjustments to the

plans. Bill and Lynn are working to identify various funds that could potentially be used to make accommodations that would save the Interurban Trail.

Bill said that he'd like to see the "big meeting" happen soon: We'll give the parties an opportunity to be professional and to follow their own policies. If that fails, then we can start applying political pressure.

The Board thanked Bill and Lynn for their work.

Social Chair Report. Chuck had a report from Alan and Harriet. A few sympathy cards have been sent out on behalf of the Club. Things are all falling into place for the Chicago Bicycle Show. Please talk to Alan if you're interested in going to help represent the SBC.

Special Events. Jerry said there wasn't much to report. He's been in contact with Marilyn Powell regarding the Club's website, and CCC information has been added to the site. CCC info can also be found through the LIB website. The air show will not be the same weekend as the CCC this year. Chuck mentioned that the Convention and Visitors' Bureau is interested in helping with the CCC.

Quick Release. Curt reported "smooth sailing." The deadline for the next QR is March 15.

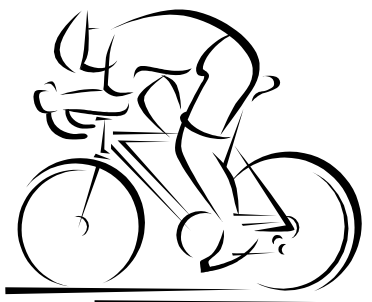
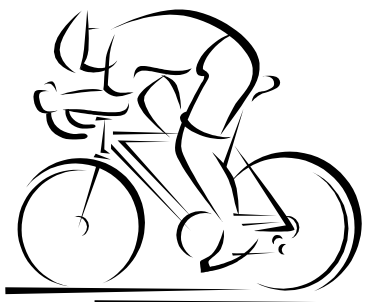
Old Business. Bike Month (May) activities were discussed, including possibly handing out "tickets" to helmet-less riders on the trails with a discount for a helmet at local bike shops, and publishing some safe

commuting routes.

Cindy Kvamme mentioned that the new directory is at the printers. The Club has approximately 245 families and 400 members.

New Business. The Board decided to continue the Old Jacksonville Road clean-ups, with hours worked counting towards volunteer hours with the Club. A QR article regarding the 2005 incentive program was discussed. Lynn noted that Chris Richmond is running for the Park District Board; he is known as a "bike friendly" candidate.

Next meeting: April 5 at Lynn Miller's.



Chicago Bike Show April 1 - 3

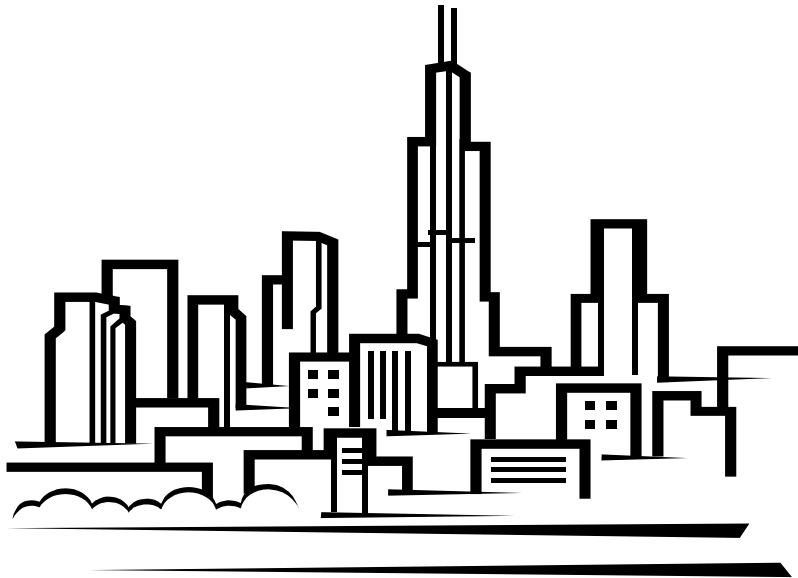
Alan Josephson

This year the SBC had a booth at the show paid by the Springfield Convention and Visitors Bureau. We approached them with the idea that we would like to try and market the CCC as part of a Springfield weekend. We figured that most of the 16000 people who pass through this premier bicycle show had not been to Springfield since their public school trip. So, by having a presence at the show, we could discuss the many attributes of Springfield including the new presidential museum as well as the CCC. The tourism people were delighted with the idea and gave us a wooden replica size-folding statue like display of Lincoln. Chuck Orwig added a height measuring paper to Lincoln with a note taped to it, which said, "How tall were you when you last visited Springfield?" It was really neat and drew lots of attention.

We had CCC brochures, tourism material, bicycling maps, information about Derek's races and flyers, which described Chuck's tour of Historic Springfield on the Saturday preceding the CCC.

Everyone who worked the booth thought it was very worthwhile. We distributed our wares and/or talked to nearly 400 people during the weekend. It was a tremendous amount of fun to be part of this event. Only time will tell if we were successful in bringing people here. But by just having Springfield and our CCC

One last comment regarding Chicago parking. If you plan to park in Chicago, just give them your whole wallet! After Curt, Harriet and I dropped off all our display items at our booth area (yes, you drive right up onto the floor of the show), I was told to move the car down to the parking area which I did.



visible among the Chicago masses from our point of view, it was a success.

Thanks go to many people who signed up in advance to work the booth. They were Harriet Josephson, Curt Evoy, Chuck Orwig, Ernie DeFrates, Dave Lucas, Jerry & Deb Ihnen and Kevin Brown.

Harriet and I went back upstairs to help Curt set up the display. The whole thing did not take very long. We went back to the lot and paid a \$14 parking fee for less than an hour! A little outrageous but very big city!

LIB Extra—News from the League of Illinois Bicyclists
Ed Barsotti, Executive Director

LIB Unveils “Complete Streets” Website

Easy way to comment on upcoming roadwork near you

Do you want more bike-friendly roads in and around Springfield? Be a “squeaky wheel” and ask for them! No need to hunt down what roadwork is being planned – simply visit www.bikelib.org/completestre

.ets, answer a few brief questions, and LIB handles it from there.

What is the goal of the Complete Streets website?

To give folks an easy way to speak up for better bicycling and walking conditions, when road projects are being designed. Many of us get frustrated when road construction does not improve conditions, often worsening them. The time to improve the design is early, when it is easier (and cheaper) for the road-building agency. Through this website, you can help show the demand and suggest what should be done.

What do I do?

It's easy – go to the website, look at our maps, click on a road project to learn about it, type in your comments, and click submit.

LIB has filtered lists of upcoming projects down to those early enough in the process and with an appropriate scope of work (widening; reconstruction; shoulder work; some resurfacing projects)

What happens after I submit a survey?

Your responses go to LIB. We add a cover letter explaining the survey, and asking that your comments be considered and added to the official project record. We send it to the head of the appropriate road-building agency and to the elected official in charge of it.

It's our hope that each SBC member takes advantage of this simple opportunity!

State Legislation - "Boub" and Complete Streets

This spring, LIB is working on state legislation important to bicycling:

“Boub” Bill (House Bill 2390) – would restore some liability protection for bicyclists on Illinois' local roads and remove a powerful disincentive that has stopped many towns/counties from adding on-road bike lanes, routes, etc.

Complete Streets (Senate Bill 508) – directs IDOT to better accommodate bikes and pedestrians in their roadway designs, through policy changes and technical training.

Your phone calls make a huge difference in Springfield! Go to www.bikelib.org for more

Beginning to Bike

Dean Schott *LIB member*

To cycle regularly, a rider needs decent health, a bike and motivation. Of the three, finding and keeping that urge to ride probably poses the single biggest barrier for many potential cyclists.

If you don't have the urge, how do you get it and keep? First, take a quick inventory.

Are you up to the physical challenge of riding a bike? Only you and your physician together can answer that. Ask your physician about your potential for riding and the benefits for lowering your weight, blood pressure, cholesterol and stress while improving your circulation, stamina, muscle tone and general mood.

Next, do you have a bike that you enjoy riding? All it may take is tuning up the old workhorse that you have in the garage, replacing the tires with a smoother rolling tread or buying a more comfortable seat.

If that doesn't get you rolling, visit a local bicycle shop to sample what's on the showroom floor or surf

the websites of bicycle manufacturers which have programs to help you find the bike that suits your needs and budget.

The choices in bikes are nearly boundless. Road, mountain, city, hybrid, comfort and touring bikes are available in different sizes, equipment, materials and designs.

You have your bike and your health, now what do you need to get rolling? That Big M for motivation. Find a relative, friend or neighbor who's already riding and ask if you can go along. If you can't do that, be on the look out for cyclists in your neighborhood, watch where they ride and make their acquaintance. Most people like company while riding and are willing to share their joy of cycling and that can help to reinforce your desire to ride.

Find a route through your neighborhood that is fun and safe to ride. Locate bicycle paths and trails in your area and map a safe route to them. Also, join up with a local bicycle club that has regularly scheduled rides for persons. Many clubs offer weekly rides

during the season for people with a range of abilities from easy pedalers to high-cadence hammerheads.

Bicycle clubs and charities also sponsor one-day invitations from 10-100 miles rides from early spring to late fall. For a small fee, you can ride with other cyclists, enjoy rest stops with refreshments and have sag vehicles along the route in case your bicycle needs repair or you can't go the distance.

If you're new to cycling or starting to ride again after a long layoff, begin by going short distances at slow speeds. Build up that speed and distance over time, not overnight. The rule of thumb is to increase your distance by no more than 10 percent from one week to another. Go the speed and distance that are right for you, and don't try to stay with cyclists who want to ride faster and farther than you can.

Nothing can put off a new rider faster than a sore bum. Saddle soreness is not uncommon for beginners. But if you begin riding gradually, the once tender skin

(Continued on page 14)

May 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 9:00 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 6:00 PM	Parkway Point Movie Theaters Lyn Schollett, 698-9446	C ride. An easy ride to get started and gain conditioning while going slow enough for conversation. 10-22 miles. This ride will happen on Memorial Day.
Tuesdays 6:00 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 & Thursdays 6:00 PM	Taylorville Firstar Bank 106 W. Market St. Charles Witsman, 562-5208	ABCD ride, Taylorville Training Ride. Meet in the rear parking lot of the bank. Charlie will be there most of the time to organize the ride. 12-25 miles.
Wednesdays 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 6:10 PM ish	Wheel Fast 349 Williams Blvd., Chatham Matt Saner, 483-7807	BC ride, Intermediate training ride. Meet at the shop, either Gary aka Walnuts or Matt will take the rice. 12-25 miles.
Wednesdays 6:00 PM	Washington Park Tennis Courts Mike Schwab, 324-7911	CD ride. This is designed as an easy, neighborhood social ride. No maps and everyone will stay together for about 1 hour.
Thursdays 6:00 PM	Rotary Park Archer Elevator & Iles Lisa or Lance Kidd 546-1698	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.

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.
Tuesday May 3 rd 7:00 PM	Christa McLaren-Morris 10980 Darnell Rd. Dawson	NC, Board Meeting , Christa is hosting this month's Board meeting. If you need directions call Christa.
Friday May 6 th 6:00 PM/7:00 PM	Lost Bridge Trail IDOT Linda Butler, 787-5027	CD ride. A one hour ride starting at 6:00 PM followed by dinner. This night the group will decide where to eat.
Saturday May 7 th 9:00 AM	Wabash Trail head @ Park Ave. Lynn Miller, 787-3354	ABCD ride. Interurban Festival & Ride. Local dignitaries have been invited. Plan on riding to the Apple Barn or to Auburn. Possible Chatham Railroad museum tours.
Sunday May 8 th 9:00 AM/10:30AM Noon - potluck	Kedra Elston 111 Price St., Williamsville 566-2698	ABCD ride. Mother's Day Potluck Brunch. Plan on a 30 mile ride with the potluck starting around noon. Those that want to ride shorter and stay for the potluck can start the shorter ride at 10:30AM. Kedra invites everyone to come even if the weather is bad and would appreciate RSVPs by Friday May 6 th .
Sunday May 8 th 4:00 PM	Baskin Robbins On MacArthur Kevin Brown, 787-5652	D ride. This ride is designed for beginners and families or club member that want a social relaxing bike followed by ice cream.
Friday May 13 th 6:00/7:00 PM	Cancun Sherman Linda Butler, 787-5027	CD ride. A one hour ride starting at 6:00 PM followed by dinner.
Saturday May 14 th	Athens Cindy Kvamme, 744-8864 Derek Ewing, 624-2016	Road Race - Bill Jenson Memorial Trophy Cup. If you want to race contact Derek about getting registered. To volunteer contact Cindy Kvamme. You can do both.
Sunday May 15 th	Loami Cindy Kvamme, 744-8864 Derek Ewing, 624-2016	Road Race. If you want to race contact Derek about getting registered. To volunteer contact Cindy Kvamme. You can do both
Sunday May 15 th 4:00 PM	Baskin Robbins On MacArthur Kevin Brown, 787-5652	D ride. This ride is designed for beginners and families or club member that want a social relaxing bike followed by ice cream.
Friday May 20 th 6:00/7:00 PM	Pasta House Veteran's Parkway Linda Butler, 787-5027	CD ride. A one hour ride starting at 6:00 PM followed by dinner.
Saturday May 21 st 9:00 AM	Sherman Park Alan Josephson, 793-0590	ABC ride. 27 to 50 miles. Visit the Elkhart bakery and areas north, which haven't been seen in many years.
Sunday May 22 nd 9:00 AM	Harmon's IGA Chatham Cathy Yeaman, 483-4912	ABC ride. 45 miles to Waverly with possible cut offs.
Sunday May 22 nd 6:00 PM	Dairy Queen Sherman Kedra Elston, 566-2698	D ride. This ride is designed for beginners and families or club member that want a social relaxing bike followed by ice cream.
Friday May 27 th 6:00 PM/7:00 PM	Imo's Pizza Durkin Drive Linda Butler, 787-5027	CD ride. A one hour ride starting at 6:00 PM followed by dinner
Saturday May 28 th 9:30 AM	Sherman Park Louie Spinner, 523-1615	ABC ride. 25-35 miles.
Saturday May 28 th	Out of town event Alan Josephson, 793-0590	ABCD ER. Ride the Katy Trail from Marthasville, MO for 0-100 miles. Enjoy the towns, scenery, music and wineries. ADVANCED RESERVATION REQUIRED.
Sunday May 29 th 9:00 AM	Rochester Station Rochester Show-n-Go	ABCD ride. Of those there that day, pick a route and stay together or ride the trail. Turn your miles into Karl.

Sunday May 29 th	Out of town event Alan Josephson, 793-0590	ABCD ER. Ride the rolling/hilly roads around Herman, MO for 0-100 miles. Enjoy the towns, scenery, music and wineries. ADVANCED RESERVATION REQUIRED.
Sunday May 29 th 4:00 PM	Baskin Robbins On MacArthur Kevin Brown, 787-5652	D ride. This ride is designed for beginners and families or club member that want a social relaxing bike followed by ice cream.
Monday May 30 th		Memorial Day Holiday – no special ride scheduled. Pick one of the daily daytime rides listed above.

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.

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.

Springfield Bicycle Club Mileage and Activity File As of March 31, 2005

Possible Miles for the Month 891

Year 1886

	FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE						
							RIDE	T/F	TOTAL	S	LED	LENGTH	
1	Marty	Celnick	399	141	540	19	2	885	346	1231	47	3	26.2
2	Lynn	Miller	358	13	371	11		1146	34	1180	33	0	35.8
3	Tom	Clark	277	36	313	12	1	843	195	1038	37	1	28.1
4	Dave	Ross	218	20	238	8	3	674	83	757	26	7	29.1
5	Charlie	Witsman	402	23	425	10		619	33	652	16	0	40.8
6	Karl	Kohlrus	225	129	354	9		397	252	649	17	0	38.2
7	Byron	Nesbitt	402	2	404	11		589	4	593	18	1	32.9
8	Phil	Arnold	159	108	267	5		267	194	461	9	0	51.2
9	Bill	Voss	125	38	163	5		320	137	457	15	0	30.5
10	Robert	LaBonte	242	0	242	13		455	0	455	24	1	19.0
11	Lance	Kidd	206	7	213	11		406	35	441	20	1	22.1
12	Pat	Stephens	200	0	200	7		440	0	440	21	0	21.0
13	Cathy	Yeaman	173	0	173	2		440	0	440	6	0	73.3
14	Arden	Gregory	229	88	317	7		297	116	413	9	0	45.9
15	Alan	Josephson	231	36	267	8	1	362	49	411	14	3	29.4
16	Ernie	DeFrates	238	0	238	10	1	376	0	376	16	1	23.5
17	Jerry	Ihnen	201	0	201	6		376	0	376	12	1	31.3
18	Lisa	Kidd	135	7	142	7		335	35	370	16	0	23.1
19	Bob	Sorenson	128	6	134	4		308	24	332	11	0	30.2
20	Curt	Evoy	172	24	196	5		279	47	326	9	1	36.2
21	Garland	Stevens	82	39	121	3		232	60	292	8	1	36.5
22	Sr Josepha	Schaffer	136	0	136	5		273	15	288	11	0	26.2
23	Dave	Lucas	104	12	116	4		201	60	261	12	0	21.8
24	Chuck	Orwig	178	33	211	7	1	216	40	256	8	1	32.0
25	Louie	Spinner	152	3	155	8		239	3	242	14	0	17.3
26	Terry	Randsell	0	0	0	0		141	96	237	4	0	59.3
27	Bill	Bock	162	0	162	3		232	0	232	5	0	46.4
28	Bob	Carmody	87	12	99	4		215	14	229	8	0	28.6
29	John	Day	154	8	162	4		210	8	218	6	1	36.3
30	David	McDivitt	87	11	98	4		204	11	215	8	0	26.9
31	Lynn	Rhoades	103	17	120	3		165	26	191	5	1	38.2
32	Ruth	Magos	100	0	100	1		184	0	184	3	0	61.3
33	Cindy	Kvamme	90	0	90	4		182	0	182	9	0	20.2
34	Pete	Gudmundson	129	0	129	6		181	0	181	8	0	22.6
35	Christine	Kohlrus	66	41	107	3		121	56	177	5	0	35.4

Springfield Bicycle Club Mileage and Activity File As of March 31, 2005

Possible Miles for the Month 891

Year 1886

FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE						
						RIDE	T/F	TOTAL	S	LED	LENGTH	
36	Alfred	Arkley	61	0	61	1	165	0	165	3	0	55.0
37	Carol	Bock	162	0	162	3	162	0	162	3	0	54.0
38	Curt	Winhold	38	11	49	1	111	50	161	3	0	53.7
39	Marilyn	Powell	122	0	122	4	160	0	160	5	0	32.0
40	Roger	McCradie	0	0	0	0	135	22	157	5	0	31.4
41	Brock	Webb	144	10	154	4	144	10	154	4	0	38.5
42	Janice	Perino	49	0	49	2	141	12	153	5	0	30.6
43	John	Sanford	100	0	100	6	146	0	146	9	0	16.2
44	Gary	Swaggerty	101	15	116	3	131	15	146	4	0	36.5
45	Rich	Saal	52	14	66	2	110	35	145	5	0	29.0
46	Mike	Vonnahmen	92	0	92	4	143	0	143	7	0	20.4
47	Rob	Landers	111	0	111	3	141	0	141	4	0	35.3
48	Carl	Morris	38	0	38	1	120	10	130	4	0	32.5
49	Regina	McGuire	69	0	69	4	127	0	127	8	0	15.9
50	Pete	Harjes	28	0	28	1	119	0	119	4	0	29.8
51	Jon	Edwards	60	10	70	2	98	14	112	3	0	37.3
52	Deeana	Shidler	20	15	35	1	80	32	112	3	1	37.3
53	Linda	Butler	23	0	23	1	109	0	109	5	1	21.8
54	Ken	Anderson	21	11	32	1	86	21	107	3	0	35.7
55	Derek	Ewing	107	0	107	2	107	0	107	2	0	53.5
56	Aaron	Shehan	39	0	39	1	69	8	77	2	0	38.5
57	Dan	Mitchell	34	0	34	1	69	0	69	2	0	34.5
58	Matt	Saner	39	26	65	1	39	26	65	1	0	65.0
59	Dean	Wisleder	38	14	52	1	38	14	52	1	0	52.0
60	Steve	Smith	50	1	51	2	50	1	51	2	0	25.5
61	Cindy	Moreno	18	0	18	1	45	3	48	4	1	12.0
62	Kedra	Elston	0	0	0	0	46	0	46	3	0	15.3
63	Mike	Elston	0	0	0	0	46	0	46	3	0	15.3
64	Charles	Hill	34	10	44	1	34	10	44	1	0	44.0
65	Joel	Johnson	34	10	44	1	34	10	44	1	0	44.0
66	Sue	Dees	14	0	14	1	42	0	42	3	0	14.0
67	Mike	Schwab	19	0	19	2	42	0	42	4	0	10.5
68	Kent	Kraft	0	0	0	0	38	1	39	1	0	39.0
69	Jeff	Mitchell	38	0	38	1	38	0	38	1	0	38.0
70	Stephen	Newell	0	0	0	0	35	0	35	1	0	35.0

Springfield Bicycle Club Mileage and Activity File As of March 31, 2005

Possible Miles for the Month 891

Year 1886

FIRST NAME	LAST NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE			LED LENGTH				
						RIDE	T/F	TOTAL		S			
71	Roger	Wright	0	0	0	0	35	0	35	1	0	35.0	
72	Jim	Disney	34	0	34	1	34	0	34	1	0	34.0	
73	Brian	Watkins	34	0	34	1	34	0	34	1	0	34.0	
74	Bill	Donels	26	6	32	1	26	6	32	1	0	32.0	
75	Harriet	Josephson	0	0	0	0	28	3	31	2	0	15.5	
76	Ben	Fox	0	0	0	0	25	0	25	1	0	25.0	
77	James	DuBose	0	0	0	0	21	0	21	1	0	21.0	
78	Jan	Cimerosa	20	0	20	1	20	0	20	1	0	20.0	
79	Tracey	Cimerosa	20	0	20	1	20	0	20	1	0	20.0	
80	Cyd	LaBonte	20	0	20	2	20	0	20	2	0	10.0	
81	Hope	Schnelton	0	0	0	0	19	0	19	1	0	19.0	
82	Keith	Soulet	0	0	0	0	19	0	19	1	0	19.0	
83	Lyn	Schollett	17	0	17	1	17	0	17	1	0	17.0	
84	Gerry	Orwig	0	0	0	0	5	7	12	1	0	12.0	
85	Ed	Boyd	0	0	0	0	10	0	10	1	0	10.0	
86	Sue	Hack	0	0	0	0	10	0	10	2	0	5.0	
TOTALS			8276	1007	9283	296	10	16353	2283	18636	628	27	29.7
# RIDERS		86		86	27.0%	87.7%	12.3%						



(Continued from page 7)

becomes tougher, and you'll be able to go longer in the saddle. Bicycle shorts are strongly recommended for riders who want to do more than an evening ride around the neighborhood after dinner a couple times a week. The shorts have padding and material that help to prevent chafing by wicking moisture away from the skin.

After those early rides, your muscles may be noticeably sore. The best antidote is to stretch your legs, arms, neck, back and shoulders before and after each ride. Seasoned riders follow this practice to loosen up the muscles before a ride and to prevent them from tightening up during a ride and after.

The key is not to overdo the riding in the beginning. Take a day off from riding at least once a week, particularly after a longer ride. That will give your muscles a chance to recover and become stronger for the next ride. Soon you'll see the benefits of your riding

And don't forget to wear a bicycle helmet before leaving home.

For information on riding safely and bicycling in Illinois, go to the website of the League of Illinois Bicyclists (LIB): www.bikelib.org The LIB is a statewide advocacy voice for all Illinois bicyclists and promotes bicycle access, education and safety.

(Dean Schott lives in Glenview, Illinois, rides regularly on and off road and is a LIB member. If readers have comments or questions about bicycling, they can send them to: schottcycle@aol.com.)

Secretary's Report Cindy Kvamme, Secretary

Renewals

Connie Roberts
Ben & Cathy Fox
Mike Royer
Kyle Beachy
Pete Harjes
Charlie Rabins
Don Byrd
Michael Becker
Rebecca Hood
Mike & Kedra Elston & Family
David & Marcia Sykuta

Renewals at the Contributing Level

Mark & Linda Flotow
Jan & Tracey Cimarossa
Greg & Colleen Pinto

Renewals at the Sustaining Level

Lenny & Sherry Miner
Joel Johnson

New Members

Ralph Jennings
Scott & Laura Cross and Family
Patricia Hughes
Kevin & Chris Massie & Family

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.

Directory Updates & Corrections

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Cindy Moreno: cmoreno51@insightbb.com

Springfield Bicycle Club

Post Office Box 2203



Bike Month
May, 2005

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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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