



June, 2005

## RIDE OF THE MONTH

**Robert LaBonte's Chicken Run Ride is the ROM for April.**

Robert provided great routes and super weather, but Cyd did the work at the house, greeting the tired and hungry riders with a kitchen counter full of delicious food. It was an "all things chicken" experience with chicken soup, chicken salad, chicken puzzles, and hen house tours, all accompanied by the clucks of the laying hens. It was a great day with great routes and great food, all of which are necessary to win the Ride of the Month. Many thanks go to Cyd and Robert LaBonte for a fabulous morning in April.

## ALMOST ANYTHING AWARD

**The AAA goes to Ed Barsotti, Executive Director of the League of Illinois Bicyclists.**

The MacArthur extension road project has prompted the SBC to make an enormous effort to keep the Interurban Trail available and safe for trail users. Lynn Miller is spearheading the project for the Club, but has received and continues to receive tremendous help from the League of Illinois Bicyclists under the leadership of Ed Barsotti. Ed has attended meetings on our behalf and has kept us informed of strategies to use in our efforts. He has also provided the encouragement to work hard to achieve our goals. For Ed's work on this project and for everything he does for cycling in Illinois, we offer our thanks and appreciation for a job well done.

## LEAD WATER BOTTLE

Tom Clark, SBC Incentive Chairperson takes the Lead for April.

One of the jobs of the Incentive Chair is to organize the voting for these awards and to write the articles for the front page of the QR. In some months, the IC and the Board has to look long and hard to find even one candidate for the LWB "award", but this month, deciding on the award recipient was very easy. In fact, by "unanimous acclamation" the LWB is given to Tom for apparently forgetting to attend the May board meeting and therefore not getting his job done for this month. There was even a report of a "sighting" of Tom riding his bike on Route 29 in Rochester just minutes before the board meeting started. Could riding on a beautiful evening be more important than attending an SBC Board meeting?

## The President's Report

### Chuck Orwig

The club has one big volunteer opportunity this month. We have always helped with the cycling leg of the Ironhorse Triathlon and will be doing that again this year. This year's course is being shortened significantly and will not require as many water stops for riders. That means that your participation will not require much of your personal time. In fact, a ride is scheduled for eleven o'clock that same morning. If, as you read this, you haven't heard from me to ask you for help, phone me at 793-3782 or email [chucko127@insightbb.com](mailto:chucko127@insightbb.com) to put your name on the list to help. I hope you can help.

Thanks to all members who helped with the cy-

cling races held in May. Events like this promote cycling and can't be done without the help of faithful volunteers. It's always fun to participate in these events, so if you missed this opportunity, watch for the next chance to help. (See the first paragraph.)

With more and more cyclists out on the roads and trails, it is very important that we demonstrate safe riding. Please follow all of the traffic laws and encourage others in your riding group to follow the rules too. Please be courteous to others as you pass or meet them on the trails. Very often we pass other trail users without much thought to their well being on the trail. Put yourself in the walkers' position of being passed by

many cyclists going by at speeds much faster than theirs. It can be scary for them. We **must** be the cycling group that leads by example. Please do your best to be your best on the roads and trails.

Board elections will be coming up in September. If you would like to be involved in the business of the club, please discuss your interest with me or any other board member. Many on the current board have served for many years and can offer many insights to all of the board positions. Get involved in club activities and, as always, "Be safety out there."

## Iron Horse Triathlon

### Chuck Orwig

This year's Ironhorse Triathlon will be held on June 19<sup>th</sup>. It will again be staged in the Lake Springfield area, but this year's event will be considerably shorter in length than those of previous years. In fact, for the cycling segment of the

competition, only one water stop will be necessary. The Springfield Bicycle Club has always helped with the cycling leg and has promised Paul that we will do so again this year.

Please phone Chuck at 793-3782 or email to [chucko127@insightbb.com](mailto:chucko127@insightbb.com) if you can help with this event. Paul needs about twenty of us to man the water stop and marshal the crossings.

## Board Meeting Notes - April 5, 2005

### Dave Ross

Attending: Lynn Miller, Lyn Schollett, Cindy Kvamme, Curt Evoy, Bill Donels, Dave Lucas, Chuck Orwig, Tom Clark, Ernie DeFrates, Alan Josephson, Cindy Moreno, Karl Kohlrus, Christine Kohlrus, Dave Ross.

While finishing off the remnants of Lynn's delicious grilled brats, the minutes of the March meeting were approved.

Treasurer's Report. Dave Lucas reported that we had \$15,213.22 in the treasury at the end of March. Since February was a short month, there were a few extra costs incurred in March.

Ride Schedule and Meetings. Cindy Moreno noted that Memorial Day weekend was still open for local rides. The bike races will be held on May 14-15 this year. The next meeting will be on May 3 at Christa's.

Awards. Tom presided over spirited voting for the Ride of the Month award, which was won by Chuck and Gerry Orwig. Curt Evoy is the winner of the Almost Anything Award for his hard work in getting

Mike Magnuson here for a book reading and his work on the directory. In a very close vote, Curt edged out Chris Young and the State Journal-Register for their recent articles and editorials regarding the Interurban Trail. And the Lead Water Bottle was awarded to Garland Stevens for missing his own ride on March 14.

Legislative / Education Report. Lynn and Bill reported that they had met (along with John Day) with our legislators Raymond Poe, Rich Brauer, and Larry Bomke. Three issues were discussed: Keeping the Interurban Trail open during construction work; keeping the trail open at the rail crossing; and the trail intersection with MacArthur. IDOT and ICC may be working on a compromise regarding the rail crossing. John and Bill also met with the mayor of Chatham; he will try to get a conversation going with Tim Davlin.

Karl stated that keeping the railroad crossing open would be like winning the battle and losing the war. We should push IDOT now to accommodate bicyclists with a grade separation while we still have lever-

age. Such a separation on the west side of MacArthur could solve the Westchester crossing problem as well. The crossing is already sunk down and there would be even less incentive for anyone to maintain it after it is closed to vehicular traffic. Furthermore, if there is an accident at the crossing a few years from now, it would probably be closed.

There was a great deal of discussion regarding the Interurban Trail / MacArthur Extension project. The Board asked the committee to continue working on the ideas generated, and to report back to us.

Social Chair Report. Alan reported on the Chicago Bike show, which was deemed worthwhile. Approximately 400 people visited our booth. Brochures for the Capital City Century were marked with a secret code so that we can gauge the impact of the show upon registrations.

Special Events. Jerry mentioned that the CCC brochures have been printed, and Cindy Kvamme noted that volunteers will be needed for the races on May 14-15 in Loami and

Athens.

**Quick Release.** Curt noted that he would be happy to receive articles for publication in the QR. Alan will write an article regarding the Chicago Bike Show, and Karl will write about the Complete Streets bill.

**Old Business.** Ernie brought up a ride mileage issue, and the Board approved the following additional rule, which applies to all future rides: Riders must begin or end their rides at the stated starting location for the ride.

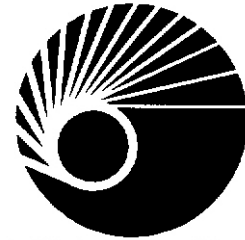
**New Business.** The Board decided that the SBC should participate in the Senior Olympics again this

year, to be held on September 24-25. Ken Anderson will chair this effort. The Park Board will pay the race official's entire salary this year.

It was also decided that the SBC should help with the bicycling portion of the triathlon on Father's Day weekend. It will be much shorter this year: we will need one water stop and some corner marshals. Perhaps a club ride will be planned afterwards.

Cindy Moreno mentioned the garage sale that will be held on April 30.

Next meeting: May 3 at Christa's.



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## Benefit for Mike Royer Ernie DeFrates

I am sure that many of you know Mike Royer, a long time member of the Springfield Bicycle Club. Mike has cooked brats and fried fish at the Capital City Century for many years and has been the person primarily responsible for the excellent deep fried turkey at our annual Holiday Party in December. Mike has also hosted rides and cookouts from his place at Otter Lake and never failed to provide great fellowship, food and entertainment. If you've ever been to one of Mike's event, you definitely will never forget it!

It was learned recently that Mike was diagnosed with cancer of the mouth, and he has begun both chemotherapy and radiation treatments for his illness. Mike will need a great deal of financial assistance dealing with the overwhelming medical expenses not covered by insurance.

**A fund raising benefit for Mike will be held on Saturday, June 25th, at the K&C hall in Virden. The afternoon activities will include a softball tournament and a 3-on-3 basketball tournament. Following the afternoon activities, there will be a hog roast dinner and dance beginning at 6:00 p.m.. Dinner/dance tickets are \$25.00 per person and are limited to no more than 400.**

50/50 tickets will also be on sale at \$5.00 apiece or 3 for \$10.00. I will have tickets to sell; so, look me up and take part in this very worthwhile fund raising activity.

Check out our web site, [www.spfldcycling.org](http://www.spfldcycling.org), for additional or updated information regarding this fund raising event. More information can also be obtained from the benefit coordinator, Dawn Willoughby, cell 341-5195 or 965-4842.

Let's all pitch in a do what we can to benefit Mike. He's been a enthusiastic supporter of the club in the past, and we now need to do what we can to support him during his illness and needed treatments.

Thanks.

Ernie DeFrates

[eld3bik@aol.com](mailto:eld3bik@aol.com)

544-1398

BIKETEK & THE APL PRESENT

# PEDALING FOR PETS & PETALS

Supported bike ride in conjunction with the Mutt Strut, Canine social event of the year!

The ride will be held on June 5, 2005 and will be departing from the Main Entrance of the Lincoln Memorial Garden at 8am. There are three different ride lengths to choose from, 22, 45, and 55 miles and there is access to convenience stores at two locations on the route. The cost is \$20 and includes ride, voucher for lunch, and admission into the Mutt Strut.

The lunch will include your choice of butterfly pork chop sandwich or veggie burger, bag of chips and bottled water or soft drink. Lunch will be served from 11am-1:30pm. Coffee, sport drink and donuts will be provided before the ride as well.

The Mutt Strut will be held that day from 10am-1:30 pm also at the Lincoln Memorial Garden. It features shaded walks by the lake, canine contests with prizes, canine demonstrations, Kid's Korner, pet adoptions, canine café and much more!

Entry forms are available at BikeTek, 957 Clock Tower Drive, Springfield

“We take fun seriously!”



## Dan Leikvold Update Karen Leikvold

May 7, 2005

*Dear Members,*

Just writing to give you an up-date on how things are going for us. Dan is in Chicago. After several months of arm wrestling with our insurance company and jumping through hoops, Dan was approved for in-patient rehab services at the Rehabilitation Institute of Chicago. (something that we were told would never be allowed to happen given that Chicago was "out" of our insurance network.) Well, here's to never saying never!

On May 4<sup>th</sup> Dan was admitted and will stay, at the very least, for the next month. We are very excited and encouraged by this facility and all they have to offer. It has been rated as the number one rehab facility in this country since 1991. The staff assigned to Dan is very professional and have already shared that they plan a rather aggressive treatment program including electro-stimulation and investigating the value of tendon transfers for Dan (a tendon transfer would allow Dan to regain some use of his hands and to perhaps enjoy woodworking again).

The rest of the family is doing well. Johanna is excited about going to prom next weekend, her new part-time job at Linens-n-Things and college in the Fall. Carsten, along with his three best buddies, are busy renovating the tree house that Dan built several years ago in our backyard. Before we left for Chicago, Dan was able to supervised the boys on this project and teach them a little bit about building and using the tools in his shop. It was great for me to see Dan back in his shop and involved in something he once enjoyed.

As for me, during the next month I plan to repair and rebuild myself for whatever lies ahead. In general, I'll be in Springfield with the kids on Monday through Friday and on a few of the weekends, we will all head up to Chicago to see Dan and enjoy the museums, walking around downtown and perhaps even dropping by Water Tower Place for a wee bit of shopping.

It's apparent to us that adjusting to this change in our lives is a continual "work in progress". We are still most definitely working on it and will continue to do so for an unknown period of time, but I am certain, without a doubt we will adjust and find ways to enjoy it all again.

Thanks to all of our co-workers, family and friends who continued to visit, call, send out meals, warm wishes and most importantly, prayers. I will never forget all that was done for us and will always hold you all close in my heart.

Sincerely,

*Karen, Dan, Johanna + Carsten*

Karen, Dan, Johanna & Carsten Leikvold

Dan welcomes any and all communications:

Dan Leikvold, Rehabilitation Institute of Chicago, 345 E. Superior St., 7<sup>th</sup> Floor, Rm. #726, Bed #2, Chicago, IL 60611. Phone #312-238-7262 (don't be afraid to let the phone ring a few times.....he can pick up the phone very well, it just takes a little longer...best time to call is late afternoon and early evening).

**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.

## Race Volunteers Thank You

### Derek Ewing

It is with much appreciation that I give to the volunteers, that gave up their precious time to insure the safety of the riders in the Athens and Loami Bicycle Races this past weekend. We didn't have the number of riders participate that I would have liked but it was still a successful event. As I am sure that you are aware of there are always corners and intersections that could be hazardous but with the volunteers manning these areas we didn't have one mishap.

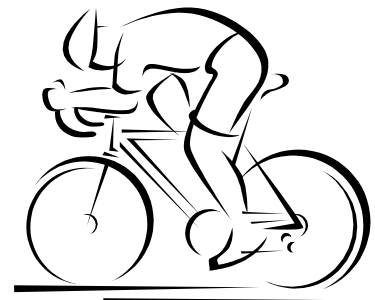
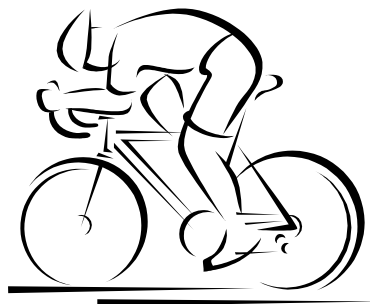
The Club has always been

very helpful by lending the use of the large signs made by Don Struck, safety vests and brooms. It would have been much harder and hazardous if these items were not available.

A special "THANK YOU" goes to Cindy Kvamme for organizing the volunteers. Cindy does an excellent job at performing this function. I feel very comfortable with her abilities to coordinate all of the volunteers, knowing that all of the assigned areas are filled with safety minded people.

I would also like to thank my volunteer group of "Wheel Support Drivers and Personnel", Joel Johnson, Pete Gudmundson, Byron Nesbitt, Charlie Wittsman, Garland Stevens, Bob Sorenson, Rodney Yoswig, Don Daniels, Phil Arnold, Brigetta and Daniel Ewing.

In appreciation of the SBC's continued support of Bicycle Racing I am happy to make a contribution of \$400 to the Springfield Bicycle Club.





## Secretary's Report Cindy Kvamme, Secretary

### Renewals

Ken Anderson  
Mary Jane Stahr  
Susan Dees  
Arden Gregory  
Deeanna Shidler  
Dean Wisleder  
Ruth Magos  
John, Marcey & Kelly Werthwein  
Bill & Carol Bock  
Cindy Kvamme  
Gary Meyers & Family

### Renewals at the Contributing Level

Don McFall & Will McFall  
Thomas Dodegge  
Jerry & Debbie Ihnen  
Charles Downs

### Renewals at the Sustaining Level

Mark Smith & Kathy Shepard  
John & Judy Day  
Byron Nesbitt

### Renewals at the Corporate Level

Bike Tek

### New Members

Pamela Salela  
Sara Hopper  
Katie Weidner

**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 Cindy Kvamme

I would like to thank all those club members who volunteered for the Lincoln Land Racing Series the weekend of May 14<sup>th</sup> and 15<sup>th</sup>. After a brief shower on Saturday morning the sun came out and you went home with a sunburn and Sunday, although a little cooler, the sun was shining but you probably went home with a windburn. Thanks to: Cindy Moreno, Micci Bly, Sue Hack and Christa McLaren-Morris for manning the registration table. Thanks to our road marshals: Alan & Harriet Josephson, Dave McDivitt, Sharon Stanley, Jan Perino, Kedra Elston, Regina McGuire, Marty Celnick, Dave Lucas, Mark Smith, Kathy Shepard, Dan Mitchell, Brenda Michel, Curt & Kathleen Winhold, John Day, Tom Clark, Curt Evoy, Kevin Brown, Roger McCredie, Cathy Yeaman, Chuck & Gerry Orwig, Adam Galli, Jackie Galli, Robert & Cyd LaBonte, Karl Kohlrus, Mark Flotow, Ken Anderson. **Remember to turn in your volunteer hours to Tom Clark.** For every 5 hours of volunteering you get your name in the hat and have a chance to win a gift certificate for your favorite bike shop. Future opportunities for volunteering will be for the Iron Horse Triathlon in June the CCC and Senior Olympics in September and 3 additional Jacksonville road clean-ups. Check your QR for dates.

Thanks again, Cindy Kvamme

## June 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](mailto: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](http://www.spfldcycling.org)).

<b>Weekday Daytime Rides:</b>		
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.
<b>Weekday Evening Rides:</b>		
Mondays 6:00 PM	Parkway Point Movie Theaters Robert LaBonte, 787-0237	C ride. An easy ride to get started and gain conditioning while going slow enough for conversation. 10-22 miles.
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 Firststar Bank 106 W. Market St. Charles Witsman, 562-5208	ABCD ride, Taylorville Training Ride. Meet in the rear parking lot of the bank. Charlie will be there most 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 ride. 12-25 miles.
Wednesdays 6:00 PM	Washington Park Tennis Courts Dave Lucas, 753-3831	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.

Wednesday June 1 <sup>st</sup> 7:00 PM	Cindy Kvamme 205 S. State St. 744-8864	NC, <b>Board Meeting</b> , Cindy is hosting this month's Board meeting.
Friday June 3 <sup>rd</sup> 6:00 PM/7:15 PM	Lost Bridge Trail IDOT Marty Celnick, 522-4206	CD ride. A one hour ride starting at 6:00 PM followed by dinner at Smokey Bones.
Saturday June 4 <sup>th</sup> 9:00 AM	ShowMe's 3101 S. MacArthur Blvd. Karl Kohlrus, 544-8410	ABCD ride. <b>Trails Day Celebration</b> . Celebrate the preservation of the Interurban Trail! 15, 25 and 45 mile options. Ride the Interurban, Interurban and Wabash, or Interurban, Wabash and Lost Bridge Trails.
Sunday June 5 <sup>th</sup> 9:00 AM	Vredenburgh Park Wabash Trail Byron Nesbitt, 889-3988	ABCD ride. 35-40 miles with 17 miles trail option to Chatham and back.
Sunday June 5 <sup>th</sup> 5:00 PM	Coldwell Banker Devonshire 3201 Old Jacksonville Rd. Garland Stevens, 698-8363	Highway Clean Up #2. We need your assistance in making this an easy event. Long pants are recommended. The clean up will be followed by an easy ride around 6:30 PM.
Friday June 10 <sup>th</sup> 6:00/7:15 PM	Wabash Trail @ Park Ave. Marty Celnick, 522-4206	CD ride. A one hour ride starting at 6:00 PM followed by dinner at Gateway to India.
Saturday June 11 <sup>th</sup> 9:00 AM	Washington Park Shelter Lynn Miller, 787-3354	ABC ride. <b>Lynn's Pre-birthday Ride</b> . Ride to Applebarn & beyond. This is going to be Lynn's 69, so options will be 25, 45 and whatever the geezer metric equivalent is.
Sunday June 12 <sup>th</sup> 8:00 AM	Harmon's IGA Chatham Cathy Yeaman, 483-4912	ABC ride. <b>Five County Ride</b> . Mileage approximately 60 miles. There will be a three county option for few miles.
Sunday June 12 <sup>th</sup> 5:00 PM	Baskin Robbins On MacArthur Dave Lucas, 753-3831	D ride. This ride is designed for beginners and families or club member that want a social relaxing bike followed by ice cream.
Friday June 17 <sup>th</sup> 6:00/7:15 PM	Wabash Trail @ Park Ave. Marty Celnick, 522-4206	CD ride. A one hour ride starting at 6:00 PM followed by dinner at Thailand Cuisine.
Saturday June 18 <sup>th</sup> 8:00 AM	Rochester Station Alan Josephson, 793-0590	ABC ride. <b>Joint Club Ride with Decatur</b> . Approximately 50 miles. We will meet up with the Decatur Bike Club at the convenient store in Mr. Auburn around 9 AM and then to-
Sunday June 19 <sup>th</sup> 11:00 AM	Sam Madonia Park East Lake Shore Drive.	ABC ride. Show-n-Go after the Iron Horse Triathlon. Please turn in miles to Karl. Call Chuck Orwig 793-3782 to volunteer for the Iron Horse Triathlon.
Sunday June 19 <sup>th</sup> 5:00 PM	Baskin Robbins On MacArthur Dave Lucas, 753-3831	D ride. This ride is designed for beginners and families or club member that want a social relaxing bike followed by ice cream.
Wednesday June 22 <sup>nd</sup> 9:00 PM	Lost Bridge Trail IDOT Parking Lot Dave Lucas, 753-3831	D ride. <b>Full Moon ride</b> . Will ride Lost Bridge Trail. Head and tail lights required. Moon pies provided by ride leader after the ride.
Friday June 24 <sup>th</sup> 6:00 PM/7:15 PM	Lost Bridge Trail IDOT Show-n-Go	CD ride. A one hour ride starting at 6:00 PM followed by dinner – group to decide.
Saturday June 25 <sup>th</sup> 8:00 AM	Sherman Park Cindy Kvamme, 744-8864	ABC ride. 24-36-50 mile options. Sherman to Middleton.
Sunday June 26 <sup>th</sup> 8:00 AM	Lisa Kidd 3013 Clifton Dr. 546-1698	ABCD ride. <b>Lisa Kidd's Birthday Ride</b> . Meet at the Kidd's for 43 kilometers, 43 miles or maybe more depending on what she feels like at this age! Plan to stay afterwards for a tour of the new Kidd Kitchen and some lunch.
Sunday June 26 <sup>th</sup> 6:00 PM	Elston Household 111 Price, Williamsville 566-2698	D ride. This ride is designed for beginners and families or club member that want a social relaxing bike followed by homemade ice cream in honor of <b>Brea's Birthday</b>

## Springfield Bicycle Club Mileage and Activity File As of April 30, 2005

Possible Miles for the Month

Year

1265

3141

NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	LENGTH		
Marty Celnick	525	122	647	22	4	1410	468	1878	69	7	27.2
Tom Clark	354	98	452	14		1197	293	1490	51	1	29.2
Lynn Miller	265	7	272	9	2	1411	41	1452	42	2	34.6
Byron Nesbitt	541	66	607	15	1	1130	70	1200	33	2	36.4
Dave Ross	211	16	227	9	3	885	99	984	35	10	28.1
Lance Kidd	453	80	533	19	1	859	115	974	39	2	25.0
Lisa Kidd	487	78	565	21	1	822	113	935	37	1	25.3
Bill Voss	369	90	459	15		689	227	916	30	0	30.5
Karl Kohlrus	151	112	263	6		540	364	904	23	0	39.7
Arden Gregory	346	142	488	13		643	258	901	22	0	41.0
Charlie Witsman	211	18	229	6		830	51	881	22	0	40.0
Phil Arnold	255	162	417	8		522	356	878	17	0	51.6
Cathy Yeaman	311	0	311	7		751	0	751	13	0	57.8
Pat Stephens	300	0	300	11		740	0	740	32	0	23.1
Robert LaBonte	217	6	223	11	1	672	6	678	35	2	19.4
Alan Josephson	212	39	251	9	3	574	88	662	23	6	28.8
Curt Evoy	248	61	309	9		527	108	635	18	1	35.3
Chuck Orwig	262	77	339	10		478	117	595	18	1	33.1
Ernie DeFrates	186	0	186	7	1	562	0	562	23	2	24.4
Bob Sorenson	157	26	183	6		465	50	515	17	0	30.3
Jerry Ihnen	124	10	134	4	1	500	10	510	16	2	31.9
Garland Stevens	173	45	218	9	1	405	105	510	17	2	30.0
Bill Bock	251	0	251	7		483	0	483	12	0	40.3
Pete Gudmundson	289	0	289	11		470	0	470	19	0	24.7
Sr Josepha Schaffer	181	0	181	6		454	15	469	17	0	27.6
Louie Spinner	224	0	224	9		463	3	466	23	0	20.3
David McDivitt	226	0	226	9		430	11	441	17	0	25.9
Dave Lucas	137	21	158	7	1	338	81	419	19	1	22.1
Carol Bock	251	0	251	7		413	0	413	10	0	41.3
Roger McCradie	235	20	255	8		370	42	412	13	0	31.7
Cindy Kvamme	223	0	223	11		405	0	405	20	0	20.3
Ruth Magos	217	0	217	7		401	0	401	10	0	40.1
Mike Vonnahmen	248	10	258	9		391	10	401	16	0	25.1
Lynn Rhoades	150	59	209	6		315	85	400	11	1	36.4
Carl Morris	221	46	267	6		341	56	397	10	0	39.7

## Springfield Bicycle Club Mileage and Activity File As of April 30, 2005

Possible Miles for the Month

Year

1265

3141

NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	LENGTH
Bob Carmody	139	9	148	6	354	23	377	14	26.9
Rich Saal	160	69	229	8	270	104	374	13	28.8
Brock Webb	197	0	197	4	341	10	351	8	43.9
Marilyn Powell	152	16	168	5	312	16	328	10	32.8
Ken Anderson	133	65	198	5	219	86	305	8	38.1
John Day	73	13	86	3	283	21	304	9	33.8
Gary Swaggerty	122	34	156	4	253	49	302	8	37.8
Derek Ewing	174	0	174	4	281	0	281	6	46.8
Regina McGuire	122	0	122	7	249	0	249	15	16.6
Linda Butler	122	10	132	6	231	10	241	11	21.9
Terry Randsell	0	0	0	0	141	96	237	4	59.3
Cindy Moreno	180	0	180	8	225	3	228	12	19.0
Joel Johnson	129	47	176	4	163	57	220	5	44.0
Aaron Shehan	128	13	141	3	197	21	218	5	43.6
Alfred Arkley	51	0	51	1	216	0	216	4	54.0
Dan Mitchell	140	6	146	4	209	6	215	6	35.8
John Sanford	24	43	67	3	170	43	213	12	17.8
Janice Perino	47	4	51	3	188	16	204	8	25.5
Christine Kohlrus	0	17	17	1	121	73	194	6	32.3
Matt Saner	68	48	116	2	107	74	181	3	60.3
Micci Bly	166	12	178	5	166	12	178	5	35.6
Jon Edwards	55	11	66	2	153	25	178	5	35.6
Kent Kraft	116	10	126	5	154	11	165	6	27.5
Curt Winhold	0	0	0	0	111	50	161	3	53.7
Bruce Yurdin	124	26	150	3	124	26	150	3	50.0
Pete Harjes	26	0	26	1	145	0	145	5	29.0
Deeana Shidler	15	15	30	1	95	47	142	4	35.5
Rob Landers	0	0	0	0	141	0	141	4	35.3
Harriet Josephson	89	7	96	6	117	10	127	8	15.9
Ben Fox	87	0	87	3	112	0	112	4	28.0
Roger Wright	34	32	66	2	69	32	101	3	33.7
Kedra Elston	49	0	49	3	95	0	95	6	15.8
Steve Smith	42	0	42	3	92	1	93	5	18.6
Jackie Galli	92	0	92	3	92	0	92	3	30.7
Cyd LaBonte	72	0	72	5	92	0	92	7	13.1

## Springfield Bicycle Club Mileage and Activity File As of April 30, 2005

Possible Miles for the Month

Year

1265

3141

NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	LENGTH
Ed Taylor	91	0	91	4	91	0	91	4	22.8
Jim Disney	55	0	55	2	89	0	89	3	29.7
Jan Cimarosa	66	0	66	4	86	0	86	5	17.2
Brian Watkins	49	0	49	2	83	0	83	3	27.7
Jon Halterman	42	28	70	1	42	28	70	1	70.0
Mike Schwab	27	1	28	3	69	1	70	7	10.0
Bill Donels	33	0	33	1	59	6	65	2	32.5
Mike Elston	14	0	14	1	60	0	60	4	15.0
Hope Schnelten	26	12	38	1	45	12	57	2	28.5
Rob Dombro	55	0	55	3	55	0	55	3	18.3
Gary Myers	52	0	52	2	52	0	52	2	26.0
Dean Wisleder	0	0	0	0	38	14	52	1	52.0
Sue Dees	8	0	8	1	50	0	50	4	12.5
Sean Hatchett	50	0	50	1	50	0	50	1	50.0
David Sylcuta	50	0	50	2	50	0	50	2	25.0
Stephen Newell	14	0	14	1	49	0	49	2	24.5
Brenda Michael	48	0	48	3	48	0	48	3	16.0
Lyn Schollett	29	0	29	1	46	0	46	2	23.0
Brigitta Ewing	45	0	45	2	45	0	45	2	22.5
Don Daniels	33	11	44	1	33	11	44	1	44.0
Charles Hill	0	0	0	0	34	10	44	1	44.0
Jeff Mitchell	0	0	0	0	38	0	38	1	38.0
Gerry Orwig	17	9	26	2	22	16	38	3	12.7
Roger Schnelten	26	12	38	1	26	12	38	1	38.0
Daniel Ewing	36	0	36	1	36	0	36	1	36.0
Tracey Cimarosa	15	0	15	1	35	0	35	2	17.5
Gene Rupnik	35	0	35	1	35	0	35	1	35.0
Tony Henn	22	10	32	2	22	10	32	2	16.0
Cindy German	29	2	31	1	29	2	31	1	31.0
Ralph Jennings	31	0	31	1	31	0	31	1	31.0
Lenny Miner	29	2	31	1	29	2	31	1	31.0
Brent Bersche	30	0	30	2	30	0	30	2	15.0
Kevin Brown	29	0	29	3	29	0	29	3	9.7
Pat Hughes	21	8	29	2	21	8	29	2	14.5
Tim Duggan	26	0	26	1	26	0	26	1	26.0

## Springfield Bicycle Club Mileage and Activity File As of April 30, 2005

Possible Miles for the Month

Year

1265

3141

NAME	RIDE	T/F	TOTAL RIDES	LED	RIDE	T/F	TOTAL RIDES	LED	LENGTH		
Terri Nelson	26	0	26	1	26	0	26	1	26.0		
Brea Elston	24	0	24	2	24	0	24	2	12.0		
Craig Ross	18	6	24	2	18	6	24	2	12.0		
James DuBose	0	0	0	0	21	0	21	1	21.0		
Debbie Ihnen	10	10	20	1	10	10	20	1	20.0		
Keith Soulet	0	0	0	0	19	0	19	1	19.0		
Dara Voss	14	4	18	1	14	4	18	1	18.0		
JoAnn Abrams	8	8	16	1	8	8	16	1	16.0		
Jack Elston	14	0	14	1	14	0	14	1	14.0		
Rebecca Hood	9	3	12	1	9	3	12	1	12.0		
Ed Boyd	0	0	0	0	10	0	10	1	10.0		
Sue Hack	0	0	0	0	10	0	10	2	5.0		
Kathy Shepard	9	1	10	1	9	1	10	1	10.0		
Mark Smith	9	1	10	1	9	1	10	1	10.0		
	13613	2046	15659	533	24	29958	4329	34287	1161	51	29.5



**McLean County Wheelers**  
**Richard Verdery**  
**President, McLean County Wheelers**

The McLean County Wheelers and the American Red Cross of the Heartland will host the Spring Metric Ride & Stride on Saturday, June 18, 2005, in Bloomington, IL.

This year's ride site will be Tipton Park, located at the intersection of College Avenue and Airport Road. From Veteran's Parkway, turn EAST onto College Avenue. Tipton Park will be just before the T-intersection with Airport Road.

This year's ride will feature a scenic 60-mile route that includes roads around Lake Bloomington. There is also a 30-mile route for those wishing to ride a shorter distance. There's also a 10-mile "Family Route". Have a walker in the family? Bring them, too, because there is a 3-mile walking route around Tipton Park and the Constitution Trail. Following the ride or walk, enjoy a delicious grilled pork chop lunch (vegetarian alternative available!!) under the pavilion at the park! Best of all, you'll be helping the American Red Cross of the Heartland, serving the Bloomington-Normal region!

At our ride planning meeting yesterday, we were reminded of how important the Red Cross is when disaster strikes. Many of you may have read about the apartment complex fire near the Illinois State University campus last week. Within minutes of the alarm going out, the Red Cross was there! They provided multiple meals to firefighters and other emergency personnel as well as multiple thousands of dollars in assistance to the students who were displaced because of the fire. So often we think about the Red Cross and tornados and hurricanes in some other part of the country but we saw them jump into action...literally in our own backyard! This is yet another reason we're pleased to be aligned with the Red Cross on this ride.

Maps of the 60-mile and 30-mile route can be found at website ([www.mcleancountywheelers.com](http://www.mcleancountywheelers.com)). I hope you'll consider encouraging many of your club members to take a "road trip" and ride with us! I believe you'll not only experience a great ride but you'll be helping a great group of folks in the American Red Cross of the Heartland!

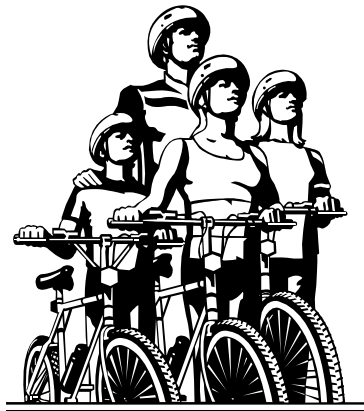
Look forward to seeing you on the road,





**SPRINGFIELD BICYCLE CLUB  
1996 THROUGH 2005 MILEAGE SUMMARY**

MON	YEAR										2005
	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	RANK
JAN	2,463	1,447	3,171	1,521	4,555	2,115	6,846	2,951	4,782	2,476	5
FEB	3,492	3,179	4,458	3,327	4,457	3,353	5,925	3,135	7,089	6,869	2
MAR	4,490	5,478	3,160	2,266	4,537	7,516	6,717	12,994	10,193	9,283	3
APR	7,929	8,427	7,728	7,522	18,007	16,393	14,391	16,291	17,349	15,659	5
MAY	12,668	14,030	17,412	17,222	21,550	26,247	23,236	27,054	26,302		
JUN	11,560	11,657	13,180	14,828	22,210	28,082	26,213	26,744	29,305		
JUL	23,575	16,787	15,222	15,964	29,102	29,690	29,222	31,035	32,872		
AUG	17,176	16,938	16,081	17,847	29,151	30,623	24,915	30,765	27,339		
SEP	18,208	21,448	13,944	17,322	24,586	28,079	24,645	31,390	26,801		
OCT	7,837	7,639	6,190	8,141	16,599	16,247	17,981	19,230	17,392		
NOV	4,738	5,886	8,239	10,340	8,493	16,555	14,920	15,212	13,465		
DEC	3,419	2,715	3,794	4,951	3,367	10,658	12,113	9,066	9,661		
YTD	18,374	18,531	18,517	14,636	31,556	29,377	33,879	35,371	39,413	34,287	3
TOTAL	117,555	115,631	112,579	121,251	186,614	215,558	207,124	225,867	222,550	34,287	



# Springfield Bicycle Club Membership Application

## Member Information

New Member  Renewing Member  Change Address

Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Address \_\_\_\_\_ Work Phone \_\_\_\_\_

City \_\_\_\_\_ Birthdate \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Email Address \_\_\_\_\_

I received my application at \_\_\_\_\_ I would like to help with SBC Activities

Bike Shop Name \_\_\_\_\_  Yes

Current Member  No

## Type of Membership

Individual \$15/yr  Family \$20/yr

Contributing \$25/yr  Sustaining \$50/yr

Patron \$100/yr  Corporate \$100/yr

Dollars beyond basic \$15 or \$20 rate from Contributing, Sustaining, and Patron memberships go to your choice:

Bicycle Advocacy Fund  SBC General Fund

My Advocacy Donation Amount is: \_\_\_\_\_

## Family Member Information

The SBC presents yearly awards for the most "club miles" in various age groups. We need birth dates to determine these presentations. Your participation is optional, of course.

Name 1 \_\_\_\_\_ Birthdate \_\_\_\_\_

Name 2 \_\_\_\_\_ Birthdate \_\_\_\_\_

Name 3 \_\_\_\_\_ Birthdate \_\_\_\_\_

Name 4 \_\_\_\_\_ Birthdate \_\_\_\_\_

## Legal Waiver

I (and my parent or guardian in case of a person under 18 years of age) hereby release the Springfield Bicycle Club and any other party or parties involved in any Springfield Bicycle Club activity of any liability whatsoever for any loss or damage to property or for personal injury sustained or occurring on any Springfield Bicycle Club event.

**Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

**Parent / Guardian** \_\_\_\_\_

**Date** \_\_\_\_\_

## Official SBC Name Badges

Hang it on your seat bag. These are a pretty neat way to let other riders know your name. Include **\$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



## **BIKETEK'S**

# **2nd Annual Garage Sale & Family Day**

**Saturday June 4<sup>th</sup>**

**All used Bikes are 50% off!**

**15% discount on any multiple bike purchase!**

**12 months same as cash financing (with credit approval)**

**Drawing for a Schwinn Frontier FS AL Sport a \$250 value!**

**Parts and accessories clearance table**

**Ride a Marin demo Mountain Bike**

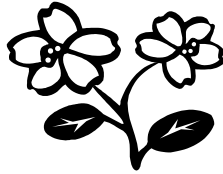
**At BikeTek we take having fun seriously, so you can seriously have fun!!!**

**So come see us at 957 Clock Tower Drive**

**217-787-2907**

Springfield Bicycle Club

Post Office Box 2203



June, 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

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