

Springfield Bicycle Club  
**Quick**



# Release

September, 2005

## RIDE OF THE MONTH

**Jon and Judy Day take the ROM honors for July.**

On the first day of the month of July, Jon and Judy put together a fantastic start to the holiday weekend by hosting a Red, White, and Blue potluck. The ride was great, but in the words of one board member, "It's all about the food." The food at the Day abode is always great and this Friday night was no exception. Thanks to Jon and Judy for a great night out and congratulations for this award.

## ALMOST ANYTHING AWARD

**Lisa and Lance go to France to take the AAA for July.**

The Kidds did some outstanding riding in France to take the AAA for July. Working for Velo Echappe', Lance rode the 110 mile L'Etape du Tour, a race with almost 8000 participants riding Stage 16 of the 2005 Tour de France. There were four significant climbs with one HC and one Cat 1 in addition to a couple of "speed bumps" near the end. Lance finished near the median time, but over 600 riders didn't finish as they were swept by the broom wagon. Just ask Lance to see how difficult this ride was, and to read an account of the race as one person experienced it, go to <http://www.cyclingnews.com.au/road/2005/tour05/?id=features/letape05>.

So what was Lisa doing in France? She too was working when on one day she climbed two of the most significant climbs in Tour de France history. In a 60 mile loop, the Col du Tourmalet climb was near the 40 mile mark. At 10.2 miles and average slope of 7.5%, Lisa rode behind Lance as they pedaled up the last 500 m at about a 14% grade. But that was not enough for Lisa. She and four other riders decided to climb Hautacam. This is a classic ride of 9 miles up at a grade average of over 10%. Lisa would be happy to share her experience with you. Just ask.

## LEAD WATER BOTTLE

**Christine Kohlrus may be slowed slightly as she carries the lead this month.**

As the faster riders take to the front of the pack, there are always those cyclists who would rather go a little slower at the very back of all of the riders. These folks enjoy every ride as much, or maybe more, than those who go fast at the front. Well, on this particular ride, Christine had "teamed up" with Sue Hack, and they agreed to go slow. Christine has been advised to use a lower gear than usual and spin more to protect her knees, and she was doing this as she pulled Sue along the trail. From the back she heard words that have never come from Sue's mouth, "Kristine, could you speed up?" No offense Sue, but when you ask somebody to ride faster, they must be going way too slow. For riding this slowly, Karl thought Christine deserved the lead water bottle. Now just where is that dog house?

## The President's Report

### Chuck Orwig

As my term as SBC Board President comes to an end, I would like to offer a big THANK YOU to all of the members of the board. Whenever there was work to be done, these people rolled up their sleeves and did the job. Many of these same people have come forward to lead the club in the upcoming year. If you've enjoyed riding and participating in club activities, you should give these folks a pat on the back and a "Thanks a lot" for their continuing efforts.

In order to continue having a wide variety of rides, the club needs a wide variety of ride leaders. If you've never lead a ride, now is a great

time to get started. If you need help with the task, please ask any of the "veteran" ride leaders for help. I know that they would be more than happy to help you get started. Every one of them had a "first time" at leading a ride, so they can empathize with your position. If club jobs are shared by every member, the jobs become very easy, but if the same people do all of the work, it's not so easy. Do your share. Lead a ride.

One more thing before I go: The Springfield Bicycle Club has to set good examples for correct and safe cycling. 1. We have to obey all traffic laws. We do a

good job at this, but there is room for improvement. 2. We must always wear helmets when riding. This is where we really do a great job of setting a good example. 3. We must use proper trail etiquette when on the trails around town. I think our biggest problem here is not slowing when passing others, but there are other small things that we could do to set a good example.

We are THE bicycle club for Springfield and as such should be the group that sets the standards for cycling. Please do your part and encourage others to do their best to set good examples while cycling.

## Senior Olympics

### Ken Anderson

I am looking for volunteers to help as marshals and timers for the senior Olympics bicycle races at Ball Elementary School on New City Road on September 24 and 25. Times are from 8:00 AM to 11:00 AM and/or 10:00 AM to 2:30 PM. Contact Ken Anderson at 522-3876. If I'm not there, leave a message on the answering machine or with Sandy Anderson. You can also email me at: [ANDYKW@FAMILYONLINE.COM](mailto:ANDYKW@FAMILYONLINE.COM). Thanks.

## Board Meeting Notes - July 6, 2005

Dave Ross

Attending: Karl & Christine Kohlrus, Cindy Kvamme, Lyn Schollett, Cindy Moreno, Ken Anderson, Dave Lucas, Lynn Miller, Bill Donels, Alan Josephson, Kevin Brown, Tom Clark, Jerry Ihnen, Dave Ross.

Since Chuck was out of town for the Tour de Lance – er, France – our esteemed VP, Cindy Moreno, chaired the meeting. Over refreshments of cookies, pretzels, and lemonade (very welcome on a hot day!), the minutes of the June meeting were approved.

Treasurer's Report. Dave Lucas presented the Treasurer's Report. As of July 3, the Club has a balance of \$15,614.09. We're in good shape financially.

Ride Schedule and Meetings. There are still some openings in the August ride schedule. The next meetings will be on Tuesday, August 2 at Ken Anderson's, and on Wednesday, September 7.

Awards. Lisa Kidd's birthday ride won the Ride of the Month. (Note to ride leaders – it always helps to have FOOD if you're interested in this award!) The

Almost Anything Award was won by Susan Poludniak of Sangamon County for her support of the Sangamon Valley Trail and trails in general. Go, Susan! (There were no other nominees for the AAA this month.) Dave Lucas was nominated twice for the Lead Water Bottle: once for showing up for a ride with incompatible pedals and shoes, and once for failing to show up for a Wednesday evening ride he was supposed to be leading. So, "Shoeless and Clueless" Dave was awarded the Lead.

Legislative / Education Report. Lynn Miller and Bill Donels reported that we have not yet received a response from IDOT regarding the letter Chuck Orwig sent. Ed Barsotti of the League of Illinois Bicyclists (LIB) has suggested that we hold a "bike trail crossing" event at an intersection similar to the one proposed by IDOT for the Interurban / MacArthur crossing. (Veteran's Parkway at Greenbriar would be a similar crossing.) This kind of media event would draw more attention to IDOT's plans.

In the good news department, we have word that IDOT has agreed to build a tunnel under the rail crossing on West Grand Avenue. However, IDOT is still resisting any kind of a grade separation at MacArthur or at Westchester: these will both be dangerous intersections. The consensus of the Board is to continue to pressure IDOT on safety concerns.

Regarding the Sangamon Valley Trail, there will be public hearings on July 7 and 19; club members are urged to attend if possible.

Social Chair Report. Alan noted that cards had been sent out on behalf of the club during the last month. The annual picnic will be on July 16 at 5:00 p.m., and the annual holiday party is planned for December 11.

Special Events. Jerry reported that the Capital City Century (CCC) brochures are out. CCC applications will be included in the August newsletter and posted on the Club website. Cookie recipes will be included in the QR. There will be a CCC meeting on August 2 at 5:30 prior to the Board Meeting at 7:00.

**Quick Release.** In Curt's absence, it was noted that the August QR deadline is July 15.

**Old Business.** Ken Anderson reported on the Senior Olympics to be held September 24-25. The Park District still needs to determine a route. It was also noted that the route should be regulation distance, so that participants' times will be nationally recognized.

**New Business.** Board elections are supposed to occur at the August meeting; there are still a number of vacancies on the Board for next year. A nominating committee of Lyn Schollett, Dave Lucas, and Cathy Yeaman was formed to work on securing nomina-

tions for Board positions.

In other new business, Dave Lucas noted that a complaint has been received from a newer Club member. All ride leaders are reminded that on each ride, (a) new riders should be introduced, and (b) the ride leader should "lead from the rear" or otherwise designate someone to ride at the rear to help ensure that no one gets lost or needs help on the ride.

A concern regarding advertisements in the QR was raised. It was decided that payment for any paid ads must be in advance. Dave Lucas will contact Curt to coordinate this.

We have received an invita-

tion from the Springfield Road Runners to join their potluck on July 23 at Tom Madonia Park.

A question was raised about the Around Illinois Back Roads tour that came through Springfield last year. Lynn Miller will follow up on this.

With thanks to the Karl and Christine for their hospitality, the meeting was adjourned.

Next meeting: Tuesday, August 2, at Ken Anderson's.



## Secretary's Report Cindy Kvamme, Secretary

## Thank You Curt Evoy

### Renewals

Rich & Dana Saal & Family  
Brenda Michel  
Bruce Yurdin  
Marilyn Powell  
Robert & Mickey Sorenson  
Mike Hills  
Cris Martin  
Louie Spinner  
Jeff Koester & Family  
Kevin & Debbie Elston  
Angie Gum  
Karl Vogl

### Renewals at the Contributing Level

Lynn Miller & Andrea Butler  
Bill & Dara Voss  
Dan Dungan  
Catherine O'Conner & Family  
Curt Evoy  
Pete Gudmundson  
Cathy Yeaman & Mary Lou Hicks  
Marilyn Clark  
David & Anita McDivitt  
Jim Stephens  
Dale Isaacson

### New Members

Debbie Wasmer  
Kathryn Hanlon  
Ron & Julie Ruskey  
Herman Schaumberg  
Harv Koplo & Family  
David Drennan

### New Members at the Contributing Level

Alison Burnett

**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.

My term of *Quick Release* Editor will be ending again very soon.

I would like to thank everyone who contributed stories.

I would like to thank Cindy Kvamme for handling the mailing labels. If the printer did not have the labels, you would not get the *QR* in the mail.

If you ever have picked up the *QR* at a local bike shop, you have Don Struck to thank. Don is a great help getting the newsletter out to the bike shops and board members.

Thanks again everybody. See you on the road.



## Cookies for the Capital City Century

### Dave Lucas

The Capital City Century will be held this year on Sunday, September 11, 2005. This is the club's biggest event of the year and requires the assistance of dozens of volunteers in order to accommodate the 450-500 riders we expect this year.

One of the club's biggest tasks is providing food for the hundreds of hungry riders before, during and after the ride. We generally purchase much of the food provided; however, baked goods, particularly cookies, are best when baked at home by our members. Not only are the home baked cookies tastier than the store bought variety, but they also reduce the amount of club funds that must be expended to feed our hungry guests.

If you have the time and energy to whip up a batch or two of these cookies, your efforts would be greatly appreciated. If you are short of time/energy, we won't turn down items baked by Mrs. Schnuck, Mrs. Jewel, Mr. Cub, Mr. Jubelt or other surrogate bakers. Just call or e-mail food chairpersons Lynn Miller (217 787-3354, [lynnmiller@insightbb.com](mailto:lynnmiller@insightbb.com)) or Sue Hack (217 546-4514, [shack@familyonline.com](mailto:shack@familyonline.com)) and let them know what variety and quantity of baked goods you are donating. These baked goods can be dropped off at Lynn Miller's residence, 1428 Cherry Rd., Springfield on Saturday, 9/10/05, the day before the CCC.

### Thanks for your help!!

#### Famous Oatmeal Cookies

*\*Preheat oven to 350 degree F*

*\*Mix together*

3 cups oatmeal  
1 cup flour  
1 tsp salt  
1/2 tsp baking soda

*\*Beat together*

3/4 cup margarine  
2 tsp vanilla  
1 cup brown sugar  
1/2 cup sugar  
1 egg  
1/4 cup water  
1 tsp vanilla

*\*Mix the two and drop onto a greased cookie sheets in small balls. Bake for 12-15 minutes*

#### 3 Chocolate-3 Nut Cookies

*\*Preheat oven to 375 degrees F*

*\*Cream together*

2 cups butter  
2 cups sugar  
2 cups brown sugar

*\*Add*

4 eggs  
2 tsp vanilla

*\*In separate bowl, mix*

4 cups flour  
5 cups oatmeal blended in a food processor  
to make oat flour

1 tsp salt  
2 tsp baking powder  
2 tsp baking soda

*\*Mix together all of the above and add*

12 oz package of chocolate chips  
12 oz package of white chocolate chips  
8 oz Hershey bar, finely grated  
1 cup chopped walnuts  
1 cup chopped pecans  
1 cup chopped hazelnuts

*\*Using an ungreased cookie sheet, drop golf ball sized dough balls 2 inches apart. Bake for 8-12 minutes*

**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.**Riders of the Month**

7/05 Arden Gregory 844 mi.	3/05 Marty Celnick 540 mi.	11/04 Lisa Kidd 360 mi.
6/05 Cathy Yeaman 1092 mi.	2/05 Lynn Miller 565 mi.	10/04 Karl Kohlrus 430 mi.
5/05 Pete Gudmundson 1006 mi.	1/05 Tom Clark 373 mi.	9/04 James DuBose 1407 mi.
4/05 Byron Nesbitt 607 mi.	12/04 Dave Ross 388 mi.	8/04 Charles Witsman 1119 mi

**New York, Dublin, London, Paris, Helsinki, Moscow, Hamburg, Athens, Vienna, Rome, Lisbon, Barcelona, Marrakesh, Cape Town, Cairo, New Deli, Bangkok, Sydney, Hong Kong, Buenos Aires, San Juan, Los Angeles, Vancouver, Toronto, Chicago, and Springfield, Illinois**

We are worldwide, but Carlberg Design also specializes in designing and screen printing for running clubs and bike clubs all over the midwest. High end graphics. Top of the line apparel. Professional screen printing or embroidery. Delivered on time at a great price. Contact us for any of your needs. We have "Special" pricing structures specifically for the clubs and event directors. Check the rest, then call the best. You will be glad you did.



**World Class Screen Printing Since 1981**

Carlberg Design, Inc. 217.525.4805 fax: 217.525.4129 jimc@liquidrugby.com

*Paid Advertisement*

## September 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)).

**Ride leaders** – please remember to arrive approximately 15 minutes before the schedule ride start, introduce new riders and lead from the back – or make arrangements for someone to ride in the back. Ride leader guidelines are on page 2 of the club sign in sheet.

<b>Weekday Daytime Rides:</b>		
Monday thru Friday 9:00 AM	Morning Geezer Ride Washington Park Shelter Dave Ross, 789-4823 for info	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.
<b>Weekday Evening Rides:</b>		
Mondays 5:45 PM	Parkway Point Movie Theatre Cindy Kvamme, 744-8864 Gerry Orwig, 793-3782	C ride. An easy ride to get started and gain conditioning while going slow enough for conversation. 12-18 miles. No evening ride on Labor Day.
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 and Thursdays 5:45 PM	IDOT, Lost Bridge Trail Dirksen Parkway Show & Go	BCD ride, Show-N-Go along the Lost Bridge Trail. Turn miles into Karl.
Tuesdays and Thursdays 5:45 PM	Taylorville Firststar Bank 106 W Market St. Charles Witsman, 562-5208 for info	ABCD ride, Taylorville Training Ride. Meet in the rear parking lot of the bank. 12-25 miles. Turn in miles to Karl.
Wednesdays 5:45 PM	Pana Trail-Lake Taylorville Parking Lot Rt 29 Charles Witsman, 562-5208 for info	BCD ride. This is a weekly show-n-go on the Lincoln Heritage Trail. Turn in miles to Karl.
Wednesdays 6:10 PM ish	Wheel Fast 329 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 5:45 PM	Baskin Robbins MacArthur & Laurel Kevin Brown, 787-5652	D ride. This is designed as an easy, neighborhood social ride. No maps and everyone will stay together for about 1 hour. Followed by ice cream.
Thursday 5:45 PM	Rotary Park Archer Elevator & Iles Pete Gudmundson, 523-8200	ABC ride. 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 Sept 2 <sup>nd</sup> 6:00/7:00 PM	Morris Household 10980 Darnell Rd., Dawson 364-4545	C ride. <b>Marty's 46<sup>th</sup> Birthday Ride.</b> Plan on an hour ride followed by a potluck. BYOB, a side dish to pass and lawn chairs. Christa says come for the potluck even if it rains.
Saturday Sept 3 <sup>rd</sup> 8:00 AM	Rochester Station Rochester IL John Day, 498-7561	ABC ride. Labor Day Double Celebration Ride, starting in Rochester with stops in Kinkaid and Edinburg to sample the goodies at their Labor Day celebrations. 40-50 miles with shorter options.
Sunday Sept 4 <sup>th</sup> 8:00 AM	Centennial Park Lance Kidd, 546-1698	ABC ride. 60 miles to Waverly and back with cut offs.
Sunday Sept 4 <sup>th</sup> 5:00 PM	Brewbaker's (across from Schnuck's on Iles) Dave Ross, 789-4823	CD/ER ride. 1 hour social ride through neighborhoods and on the Wabash & Interurban Trails followed by ice cream at Brewbaker's. Ideal for new riders and families.
Monday Sept 5 <sup>th</sup> 8:30 AM	Sherman City Park Karl Kohlrus, 544-8410	ABC ride. 30-52 miles towards Mt. Pulaski and Elkhart.
Tuesday Sept 6 <sup>th</sup> 7:00 PM	Dave Ross 1620 S. Whittier 789-4823	NC, Board Meeting, Dave is hosting this month's <b>Board meeting.</b>
Friday Sept 9 <sup>th</sup> 5:45/7:00 PM	Lost Bridge Trail @ IDOT Linda Butler 787-5027	CD ride. A one-hour ride starting at 5:45 PM followed by dinner at Taste of Thai. 3053 S. Dirksen Pkwy.
Saturday Sept 10 <sup>th</sup> 1:00 PM	Capitol Complex Visitor's Center Chuck Orwig 793-3782	CD ride. Historic ride of Lincoln's Land. Come ride with our CCC visitors.
Saturday Sept 10 <sup>th</sup> 9AM to 3PM	Lynn Miller's House 1428 Cherry Road 787-3354	<b>CCC Bakery Drop off.</b> Those fresh baked homemade goodies are what separates this ride from others. Bake some muffins or cookies and drop them off at Lynn's for the ride on Sunday.
Sunday Sept 11 <sup>th</sup> 630 to 10AM	Beach House Center Park, Lake Springfield Jerry Ihnen, 498-8877	<b>Capital City Century. There will be routes of 12, 25, 40, 62 and 100 miles. Registration beings at 6:30 AM. SAG service, rest stops with refreshments and post peddlin' lunch are included in the registration fee.</b>
Friday Sept 16 <sup>th</sup> 5:45/7:00 PM	Wabash Trail Parking lot at Park Ave. Linda Butler, 787-5027	CD ride. A one-hour ride starting at 5:45 PM followed by dinner at Gateway to India, 3115 Chatham Rd..
Saturday Sept 17 <sup>th</sup> 9:00 AM	Washington Park Tennis Courts Lynn Miller 787-3354	ABC ride. <b>Mystery Ride.</b> Lynn signed up for this date and then left on vacation without letting the VP know the details. So...
Sunday Sept 18 <sup>th</sup> 9:00 AM	Fairhills Mall Marty Celnick 522-4206	ABC ride. It's a Mystery Ride weekend but Marty always finds us a great route. Plan on 25 to 50 miles.
Sunday Sept 18 <sup>th</sup> 5:00 PM	Brewbaker's (across from Schnuck's on Iles) Dave Ross, 789-4823	CD/ER ride. 1 hour social ride through neighborhoods and on the Wabash & Interurban Trails followed by ice cream at Brewbaker's. Ideal for new riders and families.
Friday Sept 23 <sup>rd</sup> 5:45/7:00 PM	Cancun in Sherman Linda Butler 787-5027	CD ride. A one-hour ride starting at 5:45 PM followed by dinner at Cancun.
Saturday Sept 24 <sup>th</sup> 8:00 AM	Chatham Ken Anderson, 522-3876	<b>Senior Olympics.</b> There is a biking time trail and road race today. Contact Ken Anderson to volunteer. To/from miles can be turned into Karl.
Sunday Sept 25 <sup>th</sup> 8:00 AM	Chatham Ken Anderson, 522-3876	<b>Senior Olympics.</b> There is a biking time trail and road race today. Contact Ken Anderson to volunteer. To/from miles can be turned into Karl.
Sunday Sept 25 <sup>th</sup> 5:00 PM	Brewbaker's (across from Schnuck's on Iles) Dave Ross, 789-4823	CD/ER ride. 1 hour social ride through neighborhoods and on the Wabash & Interurban Trails followed by ice cream at Brewbaker's. Ideal for new riders and families.
Friday Sept 30 <sup>th</sup> 6:00/7:00 PM	Xochimilco on Iles	<b>Installation Dinner.</b> Starts out with a walk in the neighborhoods followed by dinner. Everyone is welcome. Come thank the previous year's board and meet the new board.

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

Possible Miles for the Month

Year

1428

6218

Name	Possible Miles for the Month					Year					
	RIDE	T/F	TOTAL	RIDES	LED	RIDE	T/F	TOTAL	RIDE S	LED	LENGTH
Marty Celnick	526	128	654	20	1	3247	913	4160	142	10	29.3
Byron Nesbitt	854	46	900	21		3794	327	4121	97	2	42.5
Cathy Yeaman	1009	148	1157	21	2	3523	394	3917	75	5	52.2
Tom Clark	660	264	924	25		2699	921	3620	114	1	31.8
Pete Gudmundson	849	0	849	18	1	3301	15	3316	76	1	43.6
Lynn Miller	586	66	652	15		3101	184	3285	88	3	37.3
Lisa Kidd	639	64	703	20		2618	466	3084	102	1	30.2
Lance Kidd	590	56	646	16	1	2605	458	3063	98	8	31.3
Phil Arnold	476	195	671	11	1	2021	1029	3050	61	1	50.0
Arden Gregory	624	220	844	17		2162	841	3003	67	0	44.8
Curt Evoy	733	72	805	13		2201	326	2527	65	1	38.9
Karl Kohlrus	342	209	551	11	1	1597	906	2503	62	2	40.4
Bill Bock	596	0	596	14		2242	0	2242	55	0	40.8
Bill Voss	280	161	441	12		1532	577	2109	65	0	32.4
Ruth Magos	545	0	545	14		2073	0	2073	53	0	39.1
Derek Ewing	487	109	596	12		1636	421	2057	41	0	50.2
Lynn Rhoades	440	185	625	11		1509	512	2021	44	1	45.9
David McDivitt	575	114	689	18		1832	125	1957	64	0	30.6
Carol Bock	488	0	488	12		1911	0	1911	47	0	40.7
Robert LaBonte	405	53	458	16	2	1748	129	1877	85	7	22.1
Chuck Orwig	22	8	30	2		1471	348	1819	51	1	35.7
Pat Stephens	332	0	332	10		1791	12	1803	67	0	26.9
Garland Stevens	229	105	334	9		1418	371	1789	61	2	29.3
Cindy Kvamme	497	37	534	21		1596	132	1728	77	1	22.4
Dave Lucas	260	82	342	14		1296	306	1602	79	8	20.3
Ernie DeFrates	339	9	348	14		1551	9	1560	63	4	24.8
Ken Anderson	478	79	557	12	3	1127	374	1501	38	3	39.5
Dave Ross	177	13	190	6	1	1340	129	1469	51	14	28.8
Alan Josephson	95	4	99	3	1	1219	189	1408	53	10	26.6
Mike Vonnahmen	409	37	446	12		1320	75	1395	45	0	31.0
Gary Swaggerty	208	81	289	6	2	1017	294	1311	36	6	36.4
Bob Sorenson	156	14	170	4		1178	122	1300	36	0	36.1
Roger McCradie	295	41	336	6		1179	105	1284	32	0	40.1
John Day	246	0	246	5	1	1092	142	1234	35	2	35.3
Joel Johnson	355	162	517	10		831	362	1193	24	0	49.7

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

Possible Miles for the Month

Year

1428

6218

Name	T/F	TOTAL	RIDES	LED	RIDE					
					RIDE	T/F	TOTAL	S	LED	LENGTH
Charlie Witsman	40	0	40	1	1092	71	1163	31	0	37.5
Jon Edwards	241	92	333	8	948	169	1117	32	0	34.9
Marilyn Powell	306	6	312	10	1061	55	1116	41	0	27.2
Bruce Yurdin	411	27	438	10	966	83	1049	26	0	40.3
Brock Webb	252	55	307	5	898	140	1038	20	0	51.9
Micci Bly	352	0	352	7	1013	15	1028	24	1	42.8
Bob Carmody	215	7	222	6	969	43	1012	35	10	28.9
Jerry Ihnen	305	28	333	4	924	70	994	24	2	41.4
Cindy Moreno	288	22	310	12	803	94	897	40	1	22.4
Dan Mitchell	264	0	264	5	869	6	875	20	0	43.8
Sr Josepha Schaffer	163	0	163	4	671	15	686	22	0	31.2
Kathy Shepard	300	26	326	14	620	63	683	35	1	19.5
Linda Butler	269	12	281	10	612	22	634	25	1	25.4
Rich Saal	56	28	84	4	431	186	617	23	0	26.8
Don Daniels	75	35	110	2	444	153	597	11	0	54.3
Aaron Shehan	202	38	240	4	511	71	582	12	0	48.5
Jackie Galli	134	23	157	3	531	51	582	15	0	38.8
Matt Saner	182	42	224	6	414	142	556	15	12	37.1
Mark Smith	165	9	174	6	464	91	555	26	0	21.3
Cyd LaBonte	212	0	212	10	542	6	548	32	0	17.1
Janice Perino	121	28	149	11	427	76	503	26	0	19.3
Kent Kraft	117	6	123	4	456	47	503	16	0	31.4
Sue Dees	220	0	220	10	482	16	498	29	0	17.2
Christine Kohlrus	63	97	160	5	255	237	492	17	0	28.9
Kevin Brown	214	5	219	11	443	16	459	29	5	15.8
Karen Bretenbach	186	14	200	5	437	19	456	13	0	35.1
Jan Cimarosa	199	0	199	5	455	0	455	18	0	25.3
Ben Fox	165	0	165	5	447	0	447	15	0	29.8
Katie Weidner	256	24	280	8	385	52	437	14	0	31.2
Connie Roberts	146	0	146	4	429	6	435	15	1	29.0
Deeana Shidler	131	0	131	2	352	67	419	8	1	52.4
Regina McGuire	16	0	16	1	394	12	406	24	0	16.9
Ed Taylor	78	8	86	3	369	28	397	16	0	24.8
Jim Disney	31	0	31	1	374	22	396	10	1	39.6
Brigitta Ewing	157	0	157	7	385	5	390	20	0	19.5

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

Possible Miles for the Month

Year

1428

6218

RIDE	T/F TOTAL RIDES LED				RIDE					
	RIDE	T/F	TOTAL	LED	RIDE	T/F	TOTAL	S	LED	LENGTH
Gerry Orwig	34	80	114	6	189	178	367	20	0	18.4
Curt Winhold	40	11	51	1	273	90	363	7	0	51.9
Daniel Ewing	49	4	53	2	268	69	337	10	0	33.7
Harriet Josephson	52	0	52	2	305	19	324	20	0	16.2
Lyn Schollett	53	0	53	4	268	49	317	17	4	18.6
Angie Gum	228	40	268	8	264	40	304	10	0	30.4
Mike Schwab	71	22	93	3	260	33	293	22	4	13.3
Dean Wisleder	77	25	102	1	217	74	291	4	0	72.8
Dale Isaacson	211	45	256	7	236	49	285	8	0	35.6
Brian Watkins	121	0	121	4	284	0	284	10	0	28.4
Hope Schnelten	67	0	67	3	264	12	276	14	0	19.7
George Carver	110	0	110	4	208	0	208	6	0	34.7
Dan Dungan	161	40	201	3	161	40	201	3	0	67.0
Christa Morris	94	0	94	6	199	0	199	13	0	15.3
Rob Dombro	36	0	36	2	189	0	189	9	0	21.0
Roger Schnelten	21	0	21	2	174	12	186	10	0	18.6
Brian Tober	50	8	58	3	119	22	141	5	0	28.2
P J McCradie	86	20	106	2	116	20	136	4	0	34.0
Tony Henn	73	0	73	3	115	20	135	7	0	19.3
Tracey Cimarosa	35	0	35	2	135	0	135	7	0	19.3
Randy Germerand	82	36	118	2	82	36	118	2	0	59.0
Jim Matheny	54	8	62	2	108	10	118	4	0	29.5
Grover Everett	116	0	116	2	116	0	116	2	0	58.0
Julie Perino	71	23	94	3	81	33	114	4	0	28.5
Gary Boner	14	0	14	1	108	5	113	8	0	14.1
Cindy Johnson	64	0	64	1	106	4	110	3	0	36.7
Mike Ryan	45	26	71	1	72	34	106	2	0	53.0
JoAnn Abrams	14	0	14	1	94	8	102	7	0	14.6
Sharon Stanley	31	0	31	1	100	0	100	4	0	25.0
Cindy Tubbs	25	0	25	2	92	6	98	6	0	16.3
Autumn Watkins	65	0	65	2	96	0	96	3	0	32.0
Charlie Downs	74	0	74	2	94	0	94	3	0	31.3
Debbie Ihnen	64	0	64	1	74	10	84	2	0	42.0
Bruce MacRill	27	0	27	1	78	0	78	2	0	39.0
Alex Holmes	27	10	37	1	54	16	70	2	0	35.0

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

Possible Miles for the Month

Year

1428

6218

Name	T/F	TOTAL	RIDES	LED	RIDE					
					RIDE	T/F	TOTAL	S	LED	LENGTH
James Ambrose	64	0	64	1	64	0	64	1	0	64.0
Patrick Ambrose	64	0	64	1	64	0	64	1	0	64.0
Eric Ihnen	64	0	64	1	64	0	64	1	0	64.0
Ryan Maddox	40	22	62	1	40	22	62	1	0	62.0
Patty Shafer	62	0	62	1	62	0	62	1	0	62.0
Paul Anthony	14	0	14	1	50	5	55	3	0	18.3
Harv Kaplo	53	0	53	2	53	0	53	2	0	26.5
Kevin Delaney	24	3	27	1	48	3	51	2	0	25.5
Mike Becker	11	3	14	1	36	13	49	4	0	12.3
Stacey Comover	24	3	27	1	42	5	47	2	0	23.5
Anne King	14	0	14	1	43	3	46	4	0	11.5
Don Caspary	31	13	44	1	31	13	44	1	0	44.0
Jake McCulley	40	4	44	1	40	4	44	1	0	44.0
Sarah Jennings	40	0	40	1	40	0	40	1	0	40.0
Dee Wise	20	20	40	1	20	20	40	1	0	40.0
Laura Swaggerty	20	0	20	1	40	0	40	2	0	20.0
Kathryn Hanlon	35	0	35	1	35	0	35	1	0	35.0
Sue Hack	15	0	15	1	35	0	35	4	0	8.8
Kathleen Winhold	16	0	16	1	27	5	32	2	0	16.0
Don McFall	31	0	31	1	31	0	31	1	0	31.0
Mary Lou Hicks	30	0	30	1	30	0	30	1	0	30.0
Jim Winhold	25	0	25	1	25	0	25	1	0	25.0
Joni Winhold	25	0	25	1	25	0	25	1	0	25.0
Tiffany Winhold	25	0	25	1	25	0	25	1	0	25.0
Kim Garecht	20	4	24	1	20	4	24	1	0	24.0
Lynn Bale	20	0	20	1	20	0	20	1	0	20.0
Jonathan Reninger	14	0	14	1	14	0	14	1	0	14.0
Chihoko Sayo	14	0	14	1	14	0	14	1	0	14.0
Brock Tober	10	4	14	1	10	4	14	1	0	14.0
Jody Kaplo	9	0	9	1	9	0	9	1	0	9.0

# 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 **\$10.00 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

# Capital City Century 2005

## Last Minute Pre-Registration Form

**Liability Waiver and Indemnity Agreement**

In consideration of my signing this agreement, I for myself, my heirs and administrators assume any and all risks which might be associated with my participation in this special event. I waive and release any and all rights and claims for damages which I may have against the Springfield Bicycle Club, its officers and members, and any other person connected with this event, their sponsors, representatives, successors and assigns for any and all injuries or damages of any kind and whatsoever suffered by me as a result of taking part in this event and any related activities. I hereby for myself, my heirs and administrators, agree to indemnify and save and hold harmless the releasees and each of them from any loss, liability, damage, or cost they may incur due to my presence or participation in the event and whether caused by the negligence of the releasees or otherwise. We need a name and signature for each rider registering for liability waiver purposes.

**ALL RIDERS AGES 12 & YOUNGER MUST BE ACCOMPANIED BY AN ADULT THROUGHOUT THE RIDE**

Rider name/guardian	age	Signature
1. _____		2. _____
3. _____		4. _____
5. _____		6. _____

*Parent signature required for children the age of 18*

(parent signature) \_\_\_\_\_  
 street/city/state/zip \_\_\_\_\_ Phone: \_\_\_\_\_

Club affiliation (if any) \_\_\_\_\_

Will this be your first 100 mile Century? If this is your first century the SBC will prepare a special First Century Certificate.  
 Name(s) \_\_\_\_\_

Please accept my pre-registration for the 2005 Capital City Century on Sunday, September 11<sup>th</sup>, 2005. At the present time I plan to ride the following distance: \_\_\_ 12 miles \_\_\_ 25 miles \_\_\_ 62 miles \_\_\_ 100 miles

**Yes**, I plan on riding the free Springfield Bicycle Club's Tour of Historic Sites on Saturday, September 10<sup>th</sup>

**Fees enclosed:**

\$5 for the Post-Pedalin' Party <b>ONLY</b>	\$ _____
\$8 for the 12 mile ride.	\$ _____
\$10 for the 25/40 mile route (\$15 after 8/31/05)	\$ _____
\$15 for the 62 and 100 mile route (\$20 after 8/31/05)	\$ _____

**Family rates** are available for three or more people living at the same address:

\$20 for the 12 mile route (\$30 after 8/31/05)	\$ _____
\$37 for families riding the 62 and 100 mile routes (\$42 after 8/31/05)	\$ _____
\$25 for families riding the 25 or 40 mile route (\$30 after 8/31/05)	\$ _____

**T-Shirts:**

___ @ \$15 – S – Short sleeve t-shirt	\$ _____
___ @ \$15 – M – Short sleeve t-shirt	\$ _____
___ @ \$15 – L – Short sleeve t-shirt	\$ _____
___ @ \$15 – XL – Short sleeve t-shirt	\$ _____
___ @ \$15 – XXL – Short sleeve t-shirt	\$ _____
___ @ \$20 – S – Long sleeve t-shirt	\$ _____
___ @ \$20 – M – Long sleeve t-shirt	\$ _____
___ @ \$20 – L – Long sleeve t-shirt	\$ _____
___ @ \$20 – XL – Long sleeve t-shirt	\$ _____

**Grand total** \$ \_\_\_\_\_

**Make Check Payable to: Springfield Bicycle Club**

Springfield Bicycle Club  
Post Office Box 2203  
Springfield, IL 62705

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



Address Service Requested

September, 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**

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

DWLucas62704@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

**QR 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**

***QUICK RELEASE ADVERTISEMENT RATES***

Half Page                      \$20                      Full Page                      \$40

Payment in advance is required for all business ads. Ad copy should be sent to the newsletter editor no later than the 12<sup>th</sup> of the month in order for the ad to appear in the following month's newsletter. Individual club members (excluding businesses) may list bicycling related items for sale without charge.