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**QR Deadline 15th of the
Month**

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SPRINGFIELD BICYCLE CLUB

Quick Release

Ride of the Month

**The Orwigs' St. Patrick's Day ride is the
March Ride of the Month.**

St. Pat didn't know that his day fell on the 13th of March this year, but the SBC riders did. More than thirty riders enjoyed the very good March weather for rides of up to 38 miles. After the ride, everyone enjoyed the corn beef, cabbage, and green beer, but most of all they enjoyed the fellowship. Dave wondered how Chuck got the Stag brewers to make that special beer until Gerry showed him the secret. If you want to learn the secret of the green Stag beer, be there next year when the green Stag will flow again. Thank you Gerry and Chuck.

Almost Anything Award

The March Almost Anything Award goes to Rich Huelskoetter.

The State Journal-Register published an article concerning the return of a blue, Trek, Y-foil bike that had been stolen after the Ironhorse Triathlon event. R&M Cyclery owner, Rich Huelskoetter, was the master CSI investigator who solved the case. His keen sense of bikes and his great memory proved too much for the alleged perpetrator, and the bike that was stolen last summer was returned to its owner this spring. Keep up the good work Rich. We appreciate all you do for the cycling community.

Lead Water Bottle

Rich Coleman, of LIB, gets the lead for March.

James DuBose has supported the Bike Month license plates for several years. He likes to get the same number, 76, each time because it represents the "Spirit of '76". He completed the form as always and expected to get old #76 again this year, but was really surprised when he received #63, the year that JFK was assassinated. That's when Rich Coleman entered the picture. James called Rich and asked what had happened and was given a bit of a run around, explaining that he would make it right next year. James asked if he could contact the person who had #76 to see if he could negotiate a trade, and Rich said, "Jim, we just can't do that." The best bet is that James won't be ordering a commemorative plate for 2005.

The President's Report

Alfred Arkley

Good news about the Interurban Trail, the contractor has begun the work on the final section. According to the superintendent of the work crew, when questioned by the Geezers on April 9, the project should be completed in approximately 60 days. If this happens, the Interurban Trail will be completely open in the first week of June.

Harriet and I have pur-

chased a home in Bellingham, Washington, north of Seattle. There are many hills to ride in this bike friendly community. We expect to move sometime in July. We are moving to be closer to our family. Cathy Yeaman has agreed to be the acting President for the rest of my term, which ends in September.

The Springfield Bicycle Club is the greatest!!!

There so many scheduled rides that explore our prairie landscape. These rides allow us to quietly view the woods, wildlife, farms, small towns, ponds, and wetlands of Central Illinois. I, like everyone else, have made many new friends while I was riding all those miles since joining the club in 1992. I am going to miss all of you.

FOR SALE:

Burley d' lite blue and yellow bugger \$250 Yakima 2 bike rooftop carrier with locks and deflector - \$100
Tom & Francie King 793-5444 kingfeat@famvid.com

Roger and Hope are planning an



Oktoberfest in June

at Pere Marquette State Park

For details on our wedding-campout weekend (June 4-6),
visit kgspottery.com/wedding or call us at 217-529-0780.

Ceremony will begin Saturday, June 5, at 4 p.m.

Saturday bike ride: 11 a.m.

40 miles, Pere Marquette to the Lewis and Clark Bridge

Sunday bike ride: 10 a.m.

Show and Go, Pere Marquette to Calhoun County



Board Meeting Notes - MARCH 2, 2004

Kathy Shepard

Present: Alan Josephson, Cindy Moreno, Kedra Elston, Micci Bly, Alfred Arkley, Marty Celnick, Chuck Orwig, Jerry Ihnen, Mike Schwab, Ernie De-Frates, Cindy Kvamme, Linda Butler, Kevin Brown, Kathy Shepard

Last month's board meeting minutes were approved as attendees munched on the luscious frosted chocolate brownies and freshly baked oatmeal-raisin cookies rounding out the tasty supper prepared by Cindy Kvamme. Linda reported that SBC account balances totaled \$12,737.94. The board approved Linda's request to pay \$15 for the renewal of Lincoln Library's subscription to Adventure Cycling. Alfred suggested that the club reimburse Lynn Miller for up to \$300 in registration fees for the LAB meeting he was attending in Washington, D.C. After discussion, it was agreed to revisit the issue after Lynn's return, at the next board meeting.

Alfred reported that Lynn Rhoades had completed April's ride schedule. Kevin agreed to schedule a Friday night send-off dinner

for Jonathan Reiningger, who will be leaving in April to teach English as a second language for a year in Japan. Cindy Kvamme said she would make phone calls to possible leaders for suggested Jacksonville show-n-go's.

Bruce Yuridin won Ride of the Month.

Nominees for the Almost Anything Award were Tom Clark for helping Marty change a tire on his February 21 ride, and Debbie and Jerry Ihnen for hosting the Super Bowl party. When all voting hands and feet were counted, the Ihnens emerged as winners of this month's AAA. Thanks Jerry and Debbie, for opening your home to those who came to view the game, eat and drink, and visit with fellow SBC'ers.

Nominees for the Lead Water Bottle were Ernie De-Frates and John Sanford for an incident in which John left his cross-country ski poles at home, Ernie offered to let John use his but found he'd locked his keys in his car, John offered to drive Ernie home in a car whose fan belt came off on

the way, and Ernie offered to sell John his old skis. Marty was nominated for using profanity when fellow RAGBRAI riders protested his skipping to the front of a Porta-Potty line, and Lisa Kidd was nominated for relying on stale hearsay to nominate Marty. After following the twists and turns of the Ernie and John story, attendees decided it warranted this month's Lead.

Cindy Kvamme said she had some volunteers for the May 1 and 2 bike races, but was looking for more. She said she planned to put an article in the QR and organize a meeting before the events. It was agreed that a club ride should be scheduled after each race.

Alfred said an organizer for the June 20 Ironhorse Triathlon was needed. Jerry volunteered, and Alfred said he would help. They will be seeking corner marshals and 4 water stop teams. Jerry said he had the brochures for the September 12 Capital City Century, and that a food chair is needed. Agreeing it was a hit at last year's CCC, attendees felt that music again should be a part of

this year's. Discussion of the optimal time to mail brochures resulted in a consensus that earlier was better. As more CCC details were explored, it was suggested that a separate CCC planning meeting be held.

Alfred noted that TOMRV, the Tour of the Mississippi River Valley, will take place June 12-13, and that BILL, Bike Illinois Land of Lincoln, will run July 17-22. He also said he would head the club's participation in running the cycling portion of the Senior Olympics September 25-26 along with former SBC member Ed Taylor and the Springfield Park District. Attendees agreed that providing a

schedule of events at which volunteers were needed would help and encourage club members to plan their volunteer activities. Alfred said he would prepare such a schedule. Alfred also reported on two thank-you's he sent: to IDOT for a sign warning motorists turning off IL 29 at Main and Walnut at the end of the Lost Bridge Trail to watch for pedestrians/bicycles in the crosswalk, and to the Park District's Board of Trustees for removing snow from the Lost Bridge, Interurban, and Wabash trails in January.

Ernie stated he had 8 long sleeved 2003 CCC t-shirts, which he would drop for

storage at Spinner Plastics until their possible sale at future CCC's. He generously said he would keep one for himself in exchange for declining to seek reimbursement for the \$20 he spent on mailing others.

Kevin confirmed that the summer picnic will be held Sunday, July 11, and the holiday party will be held Sunday, December 12.

With thanks to Cindy for her hospitality (and one last effort to wake that oh-so-lifelike cat curled up on her sofa), the meeting was adjourned.



GRAPHIC DESIGN • SCREENPRINTING

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550 S DIRKSEN 217.525.4805 FAX 525.4129
jimc@filmready.com SHOP AROUND, THEN CALL US

Southern Hilly Illinois Family Tour May 28-31, 2004

It's not too late to sign up for SHIFT. Arrive at TONEC Morris Lodge by 7:00 pm Friday, May 28 for rundown of the weekend's activities. Be prepared for hilly rides Saturday, Sunday and Memorial Day. Details in the April issue of *Quick Release* or contact Dean Wisleder: 217-787-4892 or deanwisleder@insightbb.com.

Registration and Room Deposit by May 10: To stay at TONEC, **advance registration and 50% deposit are required by May 10.** If you plan to attend but not stay at TONEC, advance registration is appreciated. Only registered riders will receive last minute updates via e-mail and are guaranteed to receive route maps when they arrive.

SHIFT Registration (Please return by May 10)

Name(s): _____ Telephone: _____

Address: _____ Email Address: _____

City: _____ State/ZIP: _____

TONEC Room Reservation -- Check one:

- Enclosing room deposit of \$49.95 made payable to **SIUC**.*
- Registration only; not staying at TONEC.

Roommate Needed? -- Check here: • Please find someone to share my room.

Return to: Dean Wisleder, 1328 Wood Mill Drive, Springfield, IL 62704-6575

*Balance Due Upon Arrival

Riders of the Month

3/04 Terry Randsell 452 mi.	11/03 Alfred Arkley 522 mi	7/03 Lisa Kidd 953 mi.
2/04 Marty Celnick 450 mi.	10/03 Byron Nesbitt 944 mi.	6/03 Chas. Witsman 1108 mi.

1/04 Bill Voss 358 mi.	9/03 Pete Gudmundson 1321	5/03 Cathy Yeaman 905 mi.
12/03 Terry Ransdell 461 mi.	8/03 James DuBose 1149 mi.	4/03 Chuck Orwig 782 mi.

TGI Spring Ride-Saturday, May 15, 8:00 AM

The Menard County Trails Coalition did not want to do the TGI again but many of us think it is the best club ride of the year so we are having it as a club ride. No fee no sag no extra food stops ex. (Rock Creek & Greenview) Greenview has a store. New Location Athens Community Park on Athens Black Top Road. Routes will be much the same and marked and maps provided. Routes will be 57,46,40,25. The start is closer so ride to the ride. Food and restrooms will be available at Athens, Petersburg and Greenview. I will leave maps and sign up sheet at my car for those wanting to start a little later. Be warned that you will may miss any last minute details about the route if you do so. I am not leading from the back either due to all the various route options. Come ride with us new members and guests welcome.

Ernie De Frates-544-1398 eld3bik@aol.com

Cheese and Packers Tour 2004, July 23-29, 2004 James DuBose

How good does a nice cold beer (or root beer for non-drinkers) from the brewery that makes the beer for the world famous Berghoff restaurant taste after a day of trail riding? How good does it feel to walk through a nice cool abandoned railroad tunnel on a hot July day? How good does a piece of pie with ice cream taste after an afternoon ride? Will an Augsburg beer hit the spot after riding a different trail? What does a stockholder in the Green Bay Packers get to see that the average fan doesn't? You can answer all of these questions and more for yourself if you decide to join Jane and me on the 2004 Cheese and Packers Tour. Need another incentive? This is an SBC-supported event, so all of the miles you ride will count!

Jane and I developed the Cheese and Packers tour from our desire to ride some of Wisconsin's great bicycle trails and visit some of Wisconsin's smaller breweries on our way to the Green Bay Packers stockholders meeting. We did our own tour last year, and had a great time. However, we believe that sharing this experience with our fellow SBC members would be even more fun. This year's tour should be especially good because, for the first time, the stockholders meeting will be held during training camp and because a tour of Lambeau Field is included in the meeting agenda. However, I'm getting ahead of myself; the meeting is at the end of the tour. We will start by traveling to Monroe, Wisconsin on Friday, July 23, 2004. We will then spend a couple of days in the area before traveling to Tomah to ride the famous Elroy-Sparta trail. Next, it's on to Stevens Point for the Green Circle Trail and the Stevens Point Brewery, makers of Point and Augsburg. Then we go to Green Bay where there are more trails to ride and you will have a chance to hear Coach Mike Sherman discuss the upcoming football season. You may even see Brett Favre if you are lucky (you can at least eat at his steakhouse). A friend of mine has generously donated the meeting passes from his family's six shares of stock. With my pass, this will allow a total of 14 of us to attend the meeting.

If you are interested in all or part of the tour, call us at 498-8221 or e-mail Jane at jane@jmward.com. I have put together a packet with a list of motels, attractions, and trail maps. There are plenty of other things to do when you're not riding. Did you know that Mt. Horeb has a Mustard Museum? We have already made our motel reservations and I would encourage you to do so early because some areas will tend to fill up fast. What's the cost you say? That's one of the best parts. There is no registration fee, you just need to purchase a Wisconsin Trail pass (\$10 for unlimited annual pass). Relatively inexpensive lodging is available in all areas. Jane and I booked lodging for the six nights we plan to spend in Wisconsin for a grand total of less than \$360. Hope to see a "pack" of you on the Cheese and Packers Tour!

Secretary's Report
Cindy Kvamme, Secretary
May, 2004

Renewals

John Gee

John Werthwein & Family

Rebecca Hood

Peter Harjes & Family

Connie Roberts

Ken Anderson

Gary & Theresa Boley

Ben & Cathy Fox

Renewals at the Contributing Level

Greg & Colleen Pinto

Renewals at the Sustaining Level

Kevin Brown & Lola Lucas

New Members

Timothy Duggan

Bill Stallone

Jim Matheny

New Members at the Contributing Level

Kevin Hughesa

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 the next month's report.

Highlights of the Bicycle Summit 2004

It was a pleasure to visit Washington D.C. on a warm March week to attend the Bike Summit as a delegate from Illinois. There were eight of us, yours truly the only downstate representative. Here are the highlights:

Hearing a pep talk from Rep James Oberstar, (D, MN), co chair of the House Bike Caucus (with Earl Blumenauer, D, OR). He spoke of the importance of bicycling in the history of transportation and not to be shy asking for funding for enhancements. The next panelist pointed out that Jim 'walks the talk that he was wearing an ankle cuff'. That's cycling the talk! We were briefed on the White House threat to veto anything over \$250 billion (5 year appropriation) and the gridlock that might result in a 2 year extension at current levels, etc.

Wearing myself out walking from Senate to House, to Senate, to House talking to staff about 'complete streets'—the upgrading of streets to include bike lanes, and other enhancements. Going to Senator Durbin's coffee and telling him the Geezer ride starts 2 doors down. (Durbin, with Kay Bailey Hutchinson, R, TX, are co-chairs of the Senate Bike Caucus.) We had a 30 minute session with Rep. Ray La Hood, who is very supportive. Our delegation saw all 21 of the Illinois Congressional/Senate offices, and was well received. Ed Barsotti is a very effective organizer and spokesman for LIB!

We ended the day at a reception on the Hill. There my son, Jeff, introduced me to Senator Susan Collins (R, ME). She had great things to say about Jeff's efforts for cycling in Maine. (Proud father moment.) Cycling the Mall, Georgetown and the Tidal basin with 75 other cyclists. We still need calls on behalf of TEA-21. It did pass at \$275 billion. We need support to keep enhancements from being cut at the conference committee level. Fortunately, \$375,000 is earmarked for the Sangamon Valley Trail. So your call is important. Thanks.

Lynn Miller

and you call yourself a cyclist!?

from the Shimano ad in May Bicycling magazine

The week of May 17-20 this year is Bike to Work Week, and you can win a new commuter bike if you're lucky. (Talent has nothing to do with it.) Read the ad in the middle of *Bicycling* magazine or go to www.bike-to-work.com to see all of the details. In a nutshell, you recruit a "newbie" or "rookie" bike commuter to ride to work and then you and the rookie submit an essay on your experience.

The SBC incentive chair would like to challenge all club members to get a friend to ride to work one day during the week of May 17-20. Spin your request as a calorie burning and gas saving exercise. Explain that you can help with a safe route and everything else that they need. Just ask around at work to get started. You can make a difference! And, by the way, if you're a member who doesn't work, just ask around and find somebody who you could escort to their place of work.

Whether you enter the contest or not, please email (chucko127@insightbb.com) or phone (793-3782) Chuck to report your experience of getting or trying to get a person to commute to work on her/his bicycle. This could become a full-blown SBC activity next year. Let's all try to make that happen.

May 2004– SBC Ride Schedule

Anyone with questions about rides or interest in leading a ride can contact Cathy Yeaman at 483-4912 or email her at cycycle@msn.com. **May 16 to 22 is Bike to Work Week. Bike to Work Day is May 21. All bike commute miles in May can be counted as club miles. Turn your commute miles into Karl Kohlrus.**

Monday thru Friday 9:00 AM	Daily Show 'n Go 1511 Bates Alfred Arkley, 546-4972	BC ride, Daily morning rides for those wanting to get in some extra miles. Participating riders should turn a ride sheet in to Karl Kohlrus. No ride on Memorial Day.
Monday thru Friday 9:00 AM	Daily Show 'n Go Pana Trail-Lake Taylorville Parking Lot Rt 29	BC ride, Daily Show 'n Go along the Lincoln Heritage Trail. Turn miles in to Karl. No ride on Memorial Day.
Monday Wednesday & Friday- Noon	IDOT, South Parking Lot Dirksen Parkway, Lost Bridge Trail Lisa Kidd, 546-1698	"Lunch with Lisa" ride. Lisa leads the noon trail ride three days a week. Skip lunch and ride on the trail with Lisa and other SBC regulars! No ride on Memorial Day.
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. No ride on Memorial Day.
Tuesdays 1:00 PM	Robert Morris College, West Parking Lot, 3101 Montvale Drive, Dave Ross, 789-4823	BC ride, Dave's Recess Ride, Dave leads us on the Wabash & Interurban trails for 10 miles or in the country for more miles. If Dave can't make it this becomes a show and go.
Tuesdays 6:00PM	Carmody Residence 517 Appomattox Dr. Bob Carmody, 787-3419	BC 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 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 Tuesdays to organize the ride. 12-25 miles.
Tuesdays 6:00PM	Show 'n Go IDOT, South Parking Lot-Dirksen Parkway, Lost Bridge Trail	Turn miles in to Karl.
Tuesdays 6:00 PM	Show 'n Go, Duncan Park 1200 Block West State, Jacksonville Mary Thomas, 245-1661	From I-72 take first J' ville exit, proceed west on Morton Ave., turn right Church Street (Fanco Gas), proceed north, turn left at 2nd stop light which is West State, Mary will try to be there and suggest a route.
Wednesdays 6:00 PM	Washington Park Tennis Courts Show 'n Go	CD ride. This is designed as an easy, neighborhood social ride. No maps and everyone will stay together for about 1 hour. Turn miles into Karl.
Wednesdays 6:00 PM BC	Pana Trail- Lake Taylorville Parking Lot Rt. 29	Weekly night-Show 'n Go along the Lincoln Heritage Trail. Turn miles into Karl.

Wednesdays 6:00 PM BC	Grotto Restaurant Parking lot Sherman Louis Spinner, 523-1615	BC ride. Easy paced ride for sixty to ninety minutes. If Louie or Kedra can't be there this will become a Show'n go.
Thursdays 1:00 PM	Robert Morris College, West Parking Lot, 3101 Montvale Drive Dave Ross, 789-4823	BC ride, Dave's Recess Ride, Dave leads us on the Wabash & Interurban trails for 10 miles or in the country for more miles. If Dave can't make it this becomes a show and go.
Thursdays 6:00 PM	Rotary Park Archer Elevator & Iles Lynn Rhoades, 546-0229	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.
Thursdays 6:00 PM	Show 'n Go IDOT, South Parking Lot-Dirksen Parkway, Lost Bridge Trail	Turn miles in to Karl.
Thursdays 6:00 PM	Taylorville Firststar Bank 106 W. Market St. Charles Witsman, 562-5208	BCD Taylorville Training Ride. Meet in the rear parking lot of the bank. Charlie will be there most times to organize the ride and assure that everyone finishes. 12-25 miles.
Saturday May 1st	New Berlin Travel Plaza-Cindy Kvamme, 744-8864 Derek Ewing, 624-2016	40 K Time Trial , If you want to race you can contact Derek about getting registered. To volunteer contact Cindy Kvamme. There is time to race and volunteer!
Sunday May 2nd	Loami, downtown! Cindy Kvamme, 744-8864 Derek Ewing, 624-2016	Road Race , If you want to race you can contact Derek about getting registered. To volunteer contact Cindy Kvamme. There is time to race and volunteer!
Sunday May 2 nd 5 PM	Schnuck's, NE corner parking lot 2801 Chatham Road Dave Lucas, 753-3831	D ride, This ride is designed for beginners and families or club members that want a social relaxing ride. Expect to look for a place for refreshments following the ride.
Tuesday May 4th 8:00 PM	Rochester Station Rt 29 Dave Lucas, 753-3831	CD ride, Full Moon Ride , This ride requires head lights and tail lights. Dave leads the way as the group stays together.
Friday May 7 6:00/7:00 PM	Thailand Cuisine 3134 Montvale Drive	BCD ride, A one hour show and go bike ride will be followed by dinner at the restaurant. Bring a ride sheet to turn miles into Karl.
Saturday May 8 th 9:00 AM	Interurban Trail Head MacArthur & Junction Circle Dave Ross, 789-4823	ABC ride, Dave's Half-Century Birthday Ride , Help geezer-wannabe Dave celebrate his half century birthday with a 50 mile ride. There will be cut-offs or trail riding for young whippersnappers.
Sunday May 9 th 9:00 AM	Chatham Harmon's IGA, Route 4 and Plummer, Cathy Yeaman, 483-4912	ABC ride, Harmon's to Harmon's ride , Cathy leads us on a 30 to 35 mile ride to Virden.

Sunday May 9th 5 PM	Schnuck's, NE corner parking lot 2801 Chatham Road Dave Lucas, 753-3831	D ride, This ride is designed for beginners and families or club members that want a social relaxing ride. Expect to look for a place for refreshments following the ride.
Wednesday May 12th 6:00/7:00 PM	Board Meeting 1428 Cherry Road , Lynn Miller & Andrea Butler, 787-3354	Board meeting begins at 7 pm following a dinner at Lynn & Andrea's beginning at 6 PM. Please RSVP if you plan to come for dinner.
Friday May 14 7:30 AM	D&J Café 915 W. Laurel	NC, Geezer Breakfast. Join SBC members for breakfast and try to stay for the Geezer bike ride at 9:00 AM.
Friday May 14 6:00/7:00 PM	Panera's West Wabash & White Oaks Drive	BCD ride, A one hour show and go bike ride will be followed by dinner at the restaurant. Bring a ride sheet to turn miles into Karl.
Saturday May 15 th 8:00 AM	Athens Community Park Athens Blacktop Ernie DeFrates, 544-1398	ABC ride, TGI Spring Ride, No fee, no sag no extra food stops, New location. Ernie will lead us out on the TGI Spring routes of 57, 46, 40, or 25 miles. Food and restrooms available in Athen, Petersburg, and Greenview. Come ride some of the most scenic hills around!
Sunday May 16 th 9:00 AM	Rochester Station Rt 29 Alan Josephson,	ABCD ride, Alan's Breakfast Ride , Alan will lead a 27 mile ride to the Pawnee Family Restaurant. There will be a longer route of 45 to 50 miles for those that want more miles.
Sunday May 16 th 5 PM	Schnuck's, NE corner parking lot 2801 Chatham Road Dave Lucas, 753-3831	D ride, This ride is designed for beginners and families or club members that want a social relaxing ride. Expect to look for a place for refreshments following the ride.
Friday May 21 6:00/7:00 PM	Lost Bridge Trail, IDOT Parking Lot Dirksen Parkway	BCD ride, A one hour show and go bike ride will be followed by dinner at the the Taste of Thai. Bring a ride sheet to turn miles into Karl.
Saturday May 22 nd 9:00 AM	Jeffries Orchard Rt. 29 & Jeffries Road (6N) Lynn Miller	ABC ride, Asparagus Ride , A great hilly ride along the river, then the opportunity to buy asparagus at Jeffries Orchard.
Sunday May 23 rd 9:00 AM	Sherman Community Park Andrew Rd ½ mile E. of Bus 55 Kedra Elston, 566-2698	ABC ride, Breakfast Ride into Northern Sangamon county. A good follow-up to yesterday's hills.
Sunday May 23 rd 5:00 PM	Schnuck's, NE corner parking lot 2801 Chatham Road Dave Lucas, 753-3831	D ride, This ride is designed for beginners and families or club members that want a social relaxing ride. Expect to look for a place for refreshments following the ride.
Friday May 28 6:00/7:00	Mario's in Chatham Rt 4 and Mansion Road	BCD ride, A one hour show and go bike ride will be followed by dinner at the restaurant. Bring a ride sheet to turn miles into Karl.

Saturday May 29 th	SHIFT SIU Touch of Nature Dean Wisleader, 787-4892	ABC ride, Southern Hilly Illinois Family Tour , See separate newsletter article for times and reservation information.
Saturday May 29 th 9:00 AM	Fairhills Mall Washington & Chatham Road Lynn Rhoades, 546-0229	ABC ride, Lynn's "Let it Go" Ride , Lynn has a route of 30 to 40 miles that will get the long weekend going.
Sunday May 30 th	SHIFT SIU Touch of Nature Dean Wisleader, 787-4892	ABC ride, Southern Hilly Illinois Family Tour , See separate newsletter article
Sunday May 30 th 9:00 AM	Chatham Harmon's IGA, Route 4 and Plummer Cathy Yeaman, 483-4912	ABC ride, Edinburg Ride , Cathy has a 40 to 45 mile route to Edinburg. If you want something shorter there will be a turn around at SangChris.
Monday May 31 st	SHIFT SIU Touch of Nature Dean Wisleader, 787-4892	ABC ride, Southern Hilly Illinois Family Tour , See separate newsletter article
Monday May 31 st 9:00 AM	Sherman Community Park Andrew Rd 1/2 mile E. of Bus 55 Kedra Elston, 566-2698	ABC ride, Breakfast Ride into Northern Sangamon county. Kedra is planning a 30 to 35 mile route as a good way to spend the holiday.

RIDE TYPES

A - 17+ 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 Karl.

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



Springfield Bicycle Club Mileage and Activity File As of March 31, 2004

Possible Miles for the Month
877

Year
1930

RANK	NAME	RIDE	T/F	TOT	RIDES	LED	RIDE	T/F	TOT	RIDES	LED	LENGTH
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Springfield Bicycle Club Mileage and Activity File
As of March 31, 2004

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877

Year
1930

RANK	NAME	RIDE	T/F	TOT	RIDES	LED	RIDE	T/F	TOT	RIDES	LED	LENGTH
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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
<input type="checkbox"/> Bike Shop Name _____		<input type="checkbox"/> Yes
<input type="checkbox"/> Current Member		<input type="checkbox"/> No

Type of Membership

<input type="checkbox"/> Individual	\$15/yr	<input type="checkbox"/> Family	\$20/yr
<input type="checkbox"/> Contributing	\$25/yr	<input type="checkbox"/> Sustaining	\$50/yr
<input type="checkbox"/> Patron	\$100/yr	<input type="checkbox"/> Corporate	\$100/yr

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

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 **\$7.50 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

B i k e t e k

957 c l o c k t o w e r d r . S p r i n g f i e l d 7 8 7 - 2 9 0 7

Getting warmer! With the season upon us, things are really getting busy at the shop! We just completed building a 57cm Litespeed Classic-polished titanium frame, full Ultegra group, Mavic cosmos wheels, carbon fork- haven't even got it priced yet-call for a great deal on this bike of a lifetime! Recently arrived-many Bianchi 2004 road bikes as well as some great closeout deals we're passing along on 2002 and 2003 Bianchi's! Also, mention this ad, and receive **25% off the original price of any 2003 or older product!** We still have some of the wheel sets from the last issue-**these would fall into the 25% off sale!**

All **Yakima hitch racks are 20% off, too!** We're switching to **Thule** hitch racks, and just want to clear out the Yakima's! We also carry the awesome **Sportworks** hitch and roof racks. I have a few odd hitch racks and trade-ins I'll sell cheap, too!

New to our store is the **Chariot** line of child carriers! These are made in Canada, and the top model, the Cougar 2, is really a child carrier system. The carrier is designed with more shin clearance for jogging, has **adjustable rear leaf springs**, and is adaptable for bike, jogger, stroller, cross-country skiing, and a hiking (rickshaw-style)! It also has an optional baby sling and infant pads for kids as young as 6 months (non-bike). The price starts at \$439.98 for the trailer with bike system! We also have available the Caddie at \$249.99. We still carry all of the **Burley** trailers, and have a lower-cost **Avenir** trailer at \$199.99!

We're going to trim down our larger fitness equipment pieces to one floor model-come in and ask about what kind of deal we can give you on a floor model or new-in-the-box treadmill, Bowflex, elliptical or wind bike! We also have a few real nice trade in pieces-a Schwinn 400P elliptical trainer for \$699 - was \$1299 new! A folding Schwinn 5450p treadmill for \$799 - was \$1299 new! A super-clean Image 833 stepper for \$125! There are always great deals coming in and out of the store-think of us for all of your fitness and cycling needs!

Don't forget - mention you're a Springfield Bike Club member when you visit, and receive **10% off** any regular priced merchandise! Ask us to plug your **10% discount** in our computer for a permanent deal (10% applies to regularly priced merchandise)!

Don't forget our new ride! We'll be hosting the weekly **Late Lunch Ride** - leaving from our parking lot about 1:30 for about 17miles. Ride pace will be whatever the riders who show up want to do. We have employees who will guide, and abilities range from 'A' to anything else. Please show up, so I can get a break & sneak in a ride!

The other new guy! Chad Martel, a Team Mack member who also has a degree in nutrition, brings even more friendliness, knowledge and diversity to our staff! Chad is well-versed in bike fitting, fitness, weight loss and training methods. He has been cycling forever, is a Cat 2 racer, rides mostly on road, but does cyclocross and mountain biking, too. Chad and his wife Mary Ann are expecting their third child in June!

Now, go get in some miles!

Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705

Presorted
Standard
U.S. Postage
Paid
Springfield, IL

Address Service Requested

May, 2004

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**

Bike-to-Work Week
May 17th - 21st
Bike-to-Work Day
Friday, May 21st

