



Blackhawk Bicycle and Ski Club

# SPOKE SIGNALS

WWW.BLACKHAWKBICYCLECLUB.ORG

November 2016 Rockford, IL

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Facebook.com/BBSC.RFD



## UNCHARTED TERRITORY

My 5<sup>th</sup> and final term as B.B.S.C. President has come to an end. I've been a Club member for 13 years and have enjoyed meeting so many people who enjoy cycling as much as I. The social aspect of our group rides, the variety of our Sunday rides, and the safety in numbers when riding with 20 other cyclists are reasons I prefer to ride with our Club rather than alone.

The philanthropic decisions we have made as a Club to support worthwhile causes is something I am very proud of. As Co-Chairman of our 'Blackhawk Country Roads' invitational ride, I know how much work goes into this fund raiser so that our Club is able to donate funds to various cycling-related causes each year.

As a business owner for more than 30 years, I can assure you that the Blackhawk Bicycle & Ski Club is financially sound. The Club's financial reserves are sufficient to cover any unexpected situation that may arise. I am, however, less optimistic about the future of our Board of Directors. We are entering the first year in Club history without a President or Vice President on the Board. Since 1974, there have always been Club members willing to fill all positions on the Board, but this year is different.

The Club may jeopardize its 'Not-for-profit' standing with the State of Illinois without a president listed on the annual report. Lack of a quorum will make it impossible for the Board to vote on issues concerning the Club. Without a Vice President, Club members will need to organize the Banquet, Picnic, and Christmas Party.

I urge all B.B.S.C. members to attend the November 9<sup>th</sup> Board Meeting to show support for the Club and voice your opinion on how we move forward from here. This is truly uncharted territory, with the future of the Blackhawk Bicycle & Ski Club at stake.

*Immediate Past President – Richard Bowers*

## CLUB MEETING

**Wednesday  
November 9  
Board Meeting 6:00  
Members' Meeting  
7:00**

**Spring Creek  
Congregational Church  
4500 Spring Creek Rd.**

**Speaker  
Paul Bliton, PT, DPT,  
CMT, CSCS  
Orthopedic Rehab Specialists**

**Please do not miss the opportunity to hear from and question Paul about training for biking, skiing, and running activities and rehab strategies for problems that arise in these activities.**



## NEWSLETTER POLICY

You are invited to submit articles to be printed in the next issue of Spoke Signals, as space allows. Articles may be mailed to:

**Ann Morgan mbira46@comcast.net**

**The deadline for submission of any material in the newsletter is the 15th of the preceding month.** Please understand that it may be sometimes

necessary to edit articles for space.

Any member may place an ad in the "For Sale" column for one month. It may be renewed by contacting the editor prior to the 20th of the next month.

Changes of address must be sent to Victoria McAdams. Newsletters are no longer returned to the club if your address has changed. Members must request the change.

## OCTOBER BOARD HIGHLIGHTS

- No one has volunteered for the board positions of president or vice president.
- There is \$24,574.97 in the account. All accounts are now combined into one account.
- There will be a 2017 printed club directory.

## Board of Directors

### President

### Vice-President

<b>Secretary</b>	CAROL KRAFT	815.871.1738
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<b>Treasurer</b>	JOHN RANSON	970.946.4802
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### Bicycle Racing

<b>Ride Director</b>	BILL DALL	815.670.2350
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<b>Ski Touring</b>	LANI FERGUSON	815.962.4211
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<b>Advocacy</b>	RALPH HOEKSTRA	815.222.2471
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<b>Editor</b>	JOHN C MYERS	815.670.0328
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<b>Web Administrator</b>	LYNN BONNETT	815.540.7168
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## LAST SUNDAY RIDE FOR 2016

### SUNDAY, NOVEMBER 6

10:00

New Milford School  
2128 New Milford School Rd.  
Rockford, IL

Monroe Center Breakfast Ride  
Flat Terrain

28 or 34 mile ride, depending on riders and weather conditions.

Eat either at Sunrise Café in Monroe Center or Grubsteakers Restaurant on IL-64

Ride Leader: Richard J. Bowers, Jr.  
1-815-222-8088

## NOVEMBER CLUB MEETING SPEAKER

Paul Bliton, PT, DPT, OCS, CMT, CSCS,  
certified DN  
Orthopedic Rehab Specialists (ORS)

Paul a native of Byron, graduated with a Doctorate in Physical Therapy from St. Ambrose in 2012. He has spent 4 years working in orthopedics and has completed a post-doctoral Orthopedic Manual Therapy Certification, Strength and Conditioning Specialization, and become a board-certified orthopedic clinical specialist, and is certified in Dry Needling.

Currently he is in an Orthopedic Manual Therapy Fellowship program through the American Academy of Manipulative Therapy. He helps teach continuing education courses in dry needling, spinal manipulation, and management and treatment of orthopedic diagnoses.

He will speak to our club members about training for and rehab concerning problems resulting from biking, skiing, and running activities.

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## CROSS COUNTRY SKI BREAKFAST

Saturday, December 3

9:00

First Cross Country Ski Breakfast of the Season

Morning Glory Restaurant

408 7<sup>th</sup> St

The first cross country ski breakfast of the season will be on the first Saturday in December at 9:00 a.m. at the Morning Glory Restaurant, 408 7<sup>th</sup> Street in Rockford. There is ample parking in the city lot at the back of the restaurant. All Club members are welcome to come for coffee, biking or skiing stories and camaraderie. If there is snow on the ground, skiers usually come dressed to ski locally. Please let me know if you plan to attend by calling, texting or e-mailing in order that I can give the restaurant a ball park count for the table. Thank you and hope to see you there!

Lani Ferguson

Cross Country Ski Touring Chairman

Home Phone – 815-962-4211

Cell Phone – 815-494-6086

e-mail to – twinbike1@aol.com

## CONGRATULATIONS CAROL WEBBER

Long-time BBSC member Carol Webber was recently recognized for an amazing accomplishment – 100,000 cumulative cycling miles. Carol was awarded a custom-made plaque and a gear bag. She had reached this milestone during the 2015 cycling season, but it was somehow overlooked at our annual awards banquet in March. Congratulations Carol, we're proud of you!



**WEEKLY MORNING RIDE SCHEDULE**  
**Check the weather before heading out!**  
**Rides will not take place if weather is below 20!**

Day	Time	Type of Ride	Meeting Place	Type	Dist.	Contact	Information
<b>Tues.</b>	<b>9A</b>	Moderate	Indoor Sports Center, 8000 E. Riverside Blvd., Rockford	Rolling/ hilly	54/60	Paul Mollway, 630-664-2788 paul@mollway.com	Group determines where to go . Breakfast in Clinton, WI
<b>Tues.</b>	<b>9A</b>	Leisure/ Moderate groups	Indoor Sports Center, 8000 E. Riverside Blvd., Rockford	flat/rolling Leisure/	19/24	Fred Kennerly, 398-6861, starlne@aol.com	19 mile ride-Breakfast at Boone County Family Restaurant; No one left behind.
<b>Thurs.</b>	<b>9A</b>	Moderate	Faith Center Church South parking lot, 4701 S. Main St., Rockford	Flat/rolling	25	leaderless	Ride to Winnebago for breakfast
<b>Thurs.</b>	<b>9A</b>	Moderate	Faith Center Church South parking lot, 4701 S. Main St., Rockford	flat/rolling	41	leaderless	Breakfast in Pecatonica
<b>Fri.</b>	<b>9A</b>	Leisure/ Moderate groups	Prairie Fields Sports Park Big Thunder Blvd. & Fair- grounds Rd., Belvidere,	flat/rolling	42	Castor Armesto, 323-4390 armesto@att.net	No one left behind. Breakfast in Harvard
<b>Sat. SE Ride</b>	<b>9A</b>	Moderate/fast groups	Baumann Park, Cherry Valley, IL	flat/rolling	30	leaderless	Breakfast in Belvidere or Kirkland
<b>Sat. NE Ride</b>	<b>9A</b>	Moderate	Guilford High School parking lot, 5620 Spring Creek Road, Rockford	flat/rolling	26/41	leaderless	Breakfast in Belvidere. No one left behind