



Ride of the Month

Dave McDivitt and Cindy Kvamme share honors for Ride of the Month. They co-lead a ride from Rochester Station – a bright spot in an otherwise cold, snowy and dreary month. Riders turned in mileage ranging from 10 to 30 miles.

Almost Anything Award

Kent Kraft was selected for this month's Almost Anything Award. Kent was nominated for his work to support mountain biking in the Springfield area. After the Springfield Area Mountain Bike Association disbanded last year, Kent and remaining members contributed SAMBA's funds to SBC and he agreed to serve on the SBC Board as Mountain Bike Chair.

Monthly Ride Leader Incentive Drawing

Mark Rabin won this month's Ride Leader Incentive drawing. Mark will receive a \$50 gift certificate to the bike shop of his choice.

Come Ride with Us! • What's in this Month's QR

See page 3

Karl Kohlrus is Rider of the Month with 140 miles!

Details on page 4

Evening Rides are back in swing!
Monday through Thursday

Details p. 7-8

SBC
Biking
Academy



Begins April 21!

Details and registration form: See page 12

Information: call 793-9622

Salisbury and Beyond
April 3

Easter Parade to Loami
April 4

**Mountain Bike Ride
or D & EZ Ride**
April 17

Wine Tasting
April 23

**Bicycle Commuters
Breakfast**
April 30

See pages 8-9

Lookin' for a Ride?

*See Ride Schedule,
pages 7-9*

President's Column

April, 2010

Spring has Sprung!

Finally, the long winter is over and it's Spring! If you haven't done so already get your bike tuned up and join your fellow SBC members on a ride. Check out the ride schedule for a ride that suits you fancy and schedule. Evening rides have also started again. There are EZ rides and Bicycle Boot Camp events for beginners. Riding with the SBC is a great way to meet new people and learn new routes. I've been riding over 20 years and still am discovering new roads, even in Sangamon County.

Springfield Bicycle Academy

The Springfield Bicycle Club is inaugurating the Springfield Bicycle Academy to help new riders get acclimated to bicycling. Look for the article elsewhere in this newsletter.

Springfield Bicycle Advisory Council

The Springfield Bicycle Advisory Council is now getting down to business. They are creating a website which will be linked to the City's website, working on a bicycle survey, and will be developing a master bicycle plan. Their public meetings are being held on the second Monday of each month on the third floor of Municipal Center West, 7th and Monroe Streets.

Bicycle-Related Goals in the Springfield Area Transportation Study

To encourage the use of non-motorized travel and public transportation as a means to improve the quality of life and health of our citizens and to reduce the impact of travel on the environment:

Adopt a Complete Streets Policy Statement by 2011.

Complete the Sangamon Valley Trail.

Identify conditions that make the transportation network user friendly for bikers and walkers by 2011.

Install bike racks on 50% of SMTD buses by 2013.

Karl Kohlrus
President

Come Ride with Us

In This Month's QR	
<i>New Member Information</i>	
Come Ride with Us.....	3
Membership Application.....	14
<i>SBC Board</i>	
President's Column.....	2
Secretary's Report.....	4
Board Meeting Notes.....	5
Officers/QR Information.....	16
<i>Incentive Programs</i>	
Riders of the Month.....	4
Mileage and Activity File.....	11
Mileage Summary.....	15
<i>Club Events</i>	
April 2010 Ride Schedule.....	7
Biking Academy Set to Roll.....	12
Tire Repair Clinic.....	13
<i>Features</i>	
April Memories.....	10

With winter ebbing away, many are getting ready for another season of riding. Sharing the cycling experience is what makes riding more enjoyable and one of the reasons that the Springfield Bicycle Club (SBC) sponsors rides virtually every day of the year. Members have come to appreciate the wide variety of destinations, distances and pace to accommodate cyclists of different abilities and skill levels.

The EZ Rider program, for example, is for riders new to the sport or riders who simply prefer to ride at a more relaxed pace. Also, contrary to what many people might believe, you don't need an expensive bicycle or have to wear spandex to be a member. SBC members ride just about anything with two wheels and pedals, including those funny looking contraptions called recumbents.

The SBC rides offer a variety of benefits. The rides provide an opportunity to meet and socialize with others in the community who also enjoy cycling. They encourage cyclists to learn about different riding styles, and improve their riding skills and confidence. Novice riders will be introduced to safety techniques, effective riding habits and tips on basic bike maintenance. Another advantage of riding with the SBC is to learn preferred bicycle

routes, both in town and out in the country.

Club Rides

The SBC ride program contains rides to suit just about every cycling interest, whether for recreation, fitness, sport or touring (see Ride Schedule beginning on page 8, and listing of ride types on page 11). In addition, the SBC annually sponsors the Capital City Century on the first Sunday after Labor Day, with routes of 12 to 100 miles.

If you are a novice or new to group riding, we encourage you to start with a weekend, EZ, or neighborhood ride that has a designated ride leader. Plan to arrive at least 10 minutes before the starting time so that you have an opportunity to meet the ride leader and other members of the group.

Please contact a club officer or ride leader if you have any questions. We look forward to riding with you!

Secretary's Report

Ken Anderson, Secretary

Renewals

Mike Royer & Family
 Don Harvey & Family
 Mark & Linda Flotow
 Edward & Sabrina Longcore
 Kevin Brown & Lola Lucas
 Connie Roberts
 Lois Jazo

New Members

Stephen Paca & Kristina Mucinskas
 Syed M. Ali Jakfri
 Jeff & Judy Cox

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.

Riders of the Month

2/10 Karl Kohlrus 140 miles	10/09 Tracey Hurley 549 miles	6/09 Bill Bock 628 miles
1/10 Charlie Witsman 127 miles	9/09 Bill Callen 463 miles	5/09 Charlie Witsman 709 mil
12/09 Lynn Miller 68 miles	8/09 David Ross 511 miles	4/09 Marty Celnick 457 miles
11/09 Karl Kohlrus 515 miles	7/09 David McDivitt 791 miles	3/09 Grover Everett 527 miles

Board Meeting Notes— February 3, 2010

Kevin Greene Recording Secretary

Present: Alan Whitaker, Bill Donels, Ken Anderson, Sandy Anderson, Kevin Greene, Karl Kohlrus, Dave Lucas, Mike Schwab, Lynn Miller, Marty Celnick, Deb Cooper, Kurt Potter, Ernie DeFrates and Naomi Greene.

Karl Kohlrus called the meeting to order at 7:04 p.m.

Minutes. Kevin Greene presented the minutes from the January 6, 2010 meeting. They were approved without revision.

Treasurer's Report. Dave Lucas distributed the treasurer's report for the period ending January 31, 2010, which reflected an ending balance of \$15,790.44.

Legislative/Education Report. Lynn Miller reported that he and Bill Donels attended the press conference announcing funding for the first segment of the Sangamon Valley Trail project. The \$3.6 million dollar project will be funded primarily with federal American Recovery and Reinvestment Act enhancement funds, along with transportation funds set aside for Sangamon County federal matching projects.

The Board approved a letter drafted by Lynn, supporting a grant application for the

Springfield Mass Transit District to purchase bike racks for its buses.

Social Chair Report. Deb Cooper briefed the board on the club's annual Winter Party, which was held on January 23rd at the Lake Springfield Beach House. Approximately 55 people attended this year's event. The event included the presentation of the Spinner Awards, announcement of the NoBell award winner Bill Donels, the ride leader/volunteer drawings, a "guess the location" photo quiz presented by Mark Flotow and the annual club slide show produced by Curt Evoy.

Incentive Chair Report. The Ride of the Month award was shared by Marty Celnick and Tom Clark for showing up in cold, wet and foggy conditions to lead rides in January. The Almost Anything Award was given to Deb Cooper and Alan Josephson for coordinating the Winter Party, and Curt Evoy and Mark Flotow for their contributions to the event.

Marty Celnick's name was drawn for the monthly ride leader incentive award. The following four names were

drawn for \$50 gift certificates to a bike shop of their choice for volunteering to lead more than five rides in 2009: David Banks, Alan Josephson, Robert LaBonte and Christa McLaren-Morris.

Ride Schedule Report. Lynn Miller reported that work has begun on the ride schedule for the month of March.

Special Events Report. The Board reviewed the draft brochure for the 2010 Capital City Century. We also discussed the options for participating in the annual League of Illinois Bicyclists' (LIB) mailing that publicizes bike club events across the state. The Board decided to participate in the LIB brochure mailing to bike shops, but not to bike clubs. A motion to limit brochure expenditures did not pass. The Board determined that the special events chair should set the dollar amount that will be spent on brochures. Several board members expressed support for developing a standard brochure template to be used in subsequent years.

Newsletter Report. Marty Celnick reported that work will begin shortly on the March newsletter. Articles are due by February 15th.

(Continued on page 6)

(Continued from page 5)

Webmaster Report. Alan Whitaker noted that information on the Spinner and No-Bell award winners for 2009 has been added to the club's website. The Board discussed a recommendation to create a SBC member page on Facebook. Alan volunteered to investigate the idea and report to the Board at a future meeting.

Old Business. Naomi Greene announced that a club informational meeting will be held in March. This meeting will provide an opportunity for SBC members to meet and greet, as well as learn about upcoming local and out-of-town rides.

New Business. The Board reviewed the club mileage rules and award categories

and decided to make no changes in the current guidelines.

The meeting adjourned at 8:30 p.m.

The next meeting is scheduled for Wednesday, March 3, 2010, at 7 p.m. and will be held at the home of Ken and Sandy Anderson.



April 2010 Ride Schedule

For updates, corrections and last minute changes to the ride schedule, please check the SBC website at www.spfldcycling.org. Unless otherwise indicated, daytime rides will not take place on holidays. All rides return to the starting point unless otherwise noted.

Each ride in the schedule is designed for riders of a specific skill level or ability. A ride usually consists of more than one level and riders will normally break up into groups that ride at a similar pace. If you are unsure about your cycling ability, try a ride or ride with a group one class slightly below where you think you might be. You can then move up until you find the level that is right for you.

Please arrive 10 minutes early and be ready to leave on time; all rides leave promptly at the time listed. Make sure your bike is in proper working order before you arrive. All riders are strongly encouraged to obey traffic laws; wear a helmet; carry a spare inner tube, patch kit, tire irons, pump and water bottle; and have a rear-view mirror.

If there is no ride leader specified for a scheduled ride, club members are asked to greet newcomers, assist those who are not familiar with the route and report miles using a ride sheet. In the case of inclement weather, or if the leader fails to appear (probably because of an emergency), form a group and go on a ride if you like.

Please report miles to records (at) spfldcycling.org. See the ride rules at www.spfldcycling.org for details.

If you have a question or interest in leading a ride, contact the club vice president by e-mail: [vp \(at\) spfldcycling.org](mailto:vp@spfldcycling.org). You can also contact him if you would like to lead an ad hoc / impromptu ride. The ride will be posted on the web site. Please provide at least three days notice.

Weekday Daytime Rides		<i>Check start times!</i>
Monday thru Friday 10:00 am	Morning Geezer Ride Washington Park Shelter Show-N-Go	Show-N-Go — A ride for retired geezers or those hoping to become geezers. No leader or map. Please use ride sheet if riding together. Participating riders should turn in miles to the club records keeper.
Monday thru Friday 10:00 am	Daily Pana Trail Ride Lake Taylorville parking lot Rt 29 Show-N-Go	Show-N-Go — Along the Lincoln Heritage Trail. Turn in miles to the records keeper.
Monday thru Friday 12:20 pm	Vredenburg Park Saxon Dr. & Crusaders Rd. Dave Ross 789-4823 Tom Clark, 726-5560	BC — Westside Lunch Ride. Dave or Tom will hit the trails or go out in the country.
Monday through Friday Noon	Harris Building 100 S. Grand (at 2 nd St.) David McDivitt, 725-1986	AB — Ride 10-14 miles during lunch. Meet at the bike rack near the building. Please call David in advance.
Weekday Evening Rides		<i>Check start times!</i>
Monday 5:45 pm	Parkway Pointe Theatre Lindbergh & Robbins Road Show-N-Go	ABCD — A favorite for fast and intermediate riders. Ride to Chatham for 19 miles or to the T for 25 miles.
Monday, Tues- day, Wednes- day & Thurs- day 6:00 pm	Pana Trail Lake Taylorville Parking Lot Rt. 29 Show-N-Go Charles Witsman, 562-5208	Show-N-Go — Ride on the Lincoln Heritage Trail. Turn in miles to the club records keeper. Call Charlie if you need information about trail conditions or directions.
Tuesday 5:45 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Show-N-Go	BCD — Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper.

Wednesday 6:10 (ish) pm	Wheel Fast Bicycle Co. 20 Cottonwood Dr. Chatham Matt Saner, 483-7807	ABC — Intermediate training ride. Meet at the bike shop and plan on 16-20 miles.
Thursday 5:45 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Show-N-Go	BCD — Show-N-Go along the Wabash Trail. Turn miles in to the club records keeper.
Scheduled Rides and Events		<i>Check start times!</i>
Saturday April 3 10:00 am	Fairhills Mall Chatham Rd & Monroe Lynn Miller, 787-3354	ABCD — Lynn will take us 25-40 miles to Salisbury and beyond. Treats at Morningstar. Our lycra will set the dress code.
Sunday April 4 10:00 am	Vredenburg Park Robert LaBonte, 787-0237	ABCD — 25-40 Robert will lead the 'Easter Parade' to Loami, with option to Chatham.
Wednesday April 7 7:00 pm	Residence 2301 Sangamon Avenue Ken Anderson 544-8410	NC — Board Meeting. All SBC members are invited to attend the board meetings.
Saturday April 10 10:00 am	Centennial Park Linda Butler, 787-5027	ABCD — 25-40 Linda will take us with the breezes to our back—both ways.
Sunday April 11 10:00 am	Rochester Station Mark Rabin, 529-7377	ABCD — 30-40 miles. Mark will tell us all about his Death Valley ride—assuming he survives.
Saturday April 17 12:00 noon	Jim Edgar Panther Creek State Park Drake Lake Boat Launch Kent Kraft, 787-6974	MB — Mountain bike trails open at noon—ride the 5 mile Drake Lake & Prairie Lake Trail—for stronger riders!
Saturday April 17 10:00 am	IDOT trailhead Lost Bridge Trail 2300 S. Dirksen Parkway Kevin Greene, 793-9622	D & EZ — Kevin will lead a more leisurely 10-14 mile ride that will include the trail. If you are new to the club or just starting to ride again, give this ride a try!
Sunday April 18 10:00 am	Fairhills Mall Chatham Rd & Monroe Marty Celnick, 522-4206	ABCD — A wind dependent ride, New Berlin? And back even. 25-40 miles
Wednesday April 21 6:00 pm	**Call for location** Call 793-9622 for information	NC & EZ — Biking Academy. 1 st session, 6:00 pm. Topic: bike check and riding in groups. An EZ ride follows the Academy meeting. For information on registering, please call 793-9622. See also article on page 12.
Friday April 23 5:30 pm	All About Wine 1305 Wabash Curt Evoy, 416-6204	NC — Wine Tasting. Join Curt for a wine tasting to celebrate the upcoming National Bike Month in May.
Saturday April 24 10:00 am	Lake Taylorville Parking lot Route 29 Don Harvey, 433-0119	ABCD — 28 & 30 mile options. Ride route includes part of the trail; trail option for short distance riders.
Sunday April 25 10:00 am	Chatham Park South Main Alan Josephson, 793-0590	ABC (D can use trail) — Brunch ride to Virden/Modesto. 25-45 miles. Alan refuses 'to lead any ride into a downpour or tornado'.
Wednesday April 28 6:00 pm	**Call for location** Call 793-9622 for information	NC & EZ — Biking Academy. 2 nd session, 6:00 pm. Topic: "The Right Stuff" - Information on bike selection and fit and a presentation on accessories and biking attire. A ride follows. For information on registering, please call 793-9622. See also article on page 12.
Friday April 30 7:00 am	Washington Park Picnic Shelter 1500 S. Grand Ave West Kevin Greene, 793-9622	NC — Bike commuters gather at Washington Park picnic shelter to ride to Cafe Moxo (411 E. Adams) for early morning breakfast.
Saturday May 1 9:00am	Vredenburg Park Dave Ross, 789-4823	ABCD — Come join Dave on his birthday ride. Will we ride his age in miles, kilometers, yards, or inches? Several options will be available. And you know that there will be some place nice to stop for treats.

Sunday May 2 9:00am	Edinburg Post Office Don Harvey, 433-0119	ABCD — 20 & 40 mile options in Christian County byways. Don't overlook to/from miles to kick off the competition for rider of the month award.
Sunday May 2 2:00pm	Visitors Center 425 S. College St., Springfield Dave Lucas, 971-3222	NC — Tire Repair Clinic. Dread the prospect of a flat tire while out riding? Then this repair clinic is for you! This is NOT a Biking Academy session (Academy featured in separate article, p. 12).

Ride Types

- A** Speed 18+mph average
- B** Speed 15 to 18 mph average
- C** Speed 12 to 15 mph average
- D** Speed 8 to 12 average
- ER** Speed under 8 mph average, slow paced social group ride without map, usually neighborhood tour
- EZ** Easy ride with no given speed
- NC** Non cycling event, but to/from miles still count
- MB** Suitable for mountain and all terrain bikes
- Show-N-Go** No ride leader, no speed specified, ride on your own and turn in miles to the Club Records Keeper

April Memories

By Mike Becker

1975–35 Years Ago: Thirty eight members and visitors attended the April meeting and heard Thomas Mracek, the Illinois Department of Transportation Bikeways Coordinator. Much of his presentation dealt with good intentions but lack of funding. That has greatly changed over the past thirty five years, and projects are popping up all over and some completed. On another topic, he announced that a 160 mile route had been mapped out across Illinois for the BikeCentennial ride the following year.

1980– 30 Years Ago: The Third Ken Alrutz Memorial Metric Century was held this month. Three bucks. ++The SBC Membership Directory was published with 92 memberships listed. We have grown quite a bit.

1985–25 Years Ago: If you have been following the name change debate in this column over the past few months—finally, the results. 230 ballots were distributed and 137 returned, about 60%. Twenty voted in favor of the change and the rest against. Now you know why we are still the Springfield Bicycle Club and not the Capital City Cycling Club.

1990–20 Years Ago: Evan Kurrasch spoke at the monthly SBC meeting about Rails-To-Trails Conservancy. ++Diane Hughes received the AAA for her efforts in organizing the SBC display for Earth Day, and Theresa DeLeon the LWB for the “April 8th Tailwind Ride fiasco.” ++Pam Alborg won Rider of the Month. ++One hundred forty nine cyclists rode in the Alrutz Memorial Century.

1995–15 Years Ago: President Karl Kohlrus (yes, it’s *déjà vu* all over again) talked about LIB and its use of the “information superhighway” and noted in his April President’s Column that “all you need is a computer and modem to join the newest fad of the 1990’s”, that is, e-mail. Whilst it may be *déjà vu* in some areas, things have really changed in others. (I note his prodigy.com e-mail address. Things have, indeed, changed, and e-mail is no longer a “fad.”) ++Membership stood at 416 individual members. ++87 riders participated in the TGIS event. Many more were turned away by the early morning rain, which stopped at 7:30 am.

2000–10 Years Ago: Lyn Schollet won the LWB in a variation of what was previously noted in this column as a guaranteed winner: she attempted (need I say unsuccessfully) to take two bikes on a roof rack into the Old State Capital parking ramp. Gerry Orwig won the AAA for creativity in the naming of the “Easy Riders.”

Springfield Bicycle Club Mileage and Activity File As of February 28, 2010`

NAME	MONTH							YEAR						
	RIDE	T/F	TO-TAL	RIDE S	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Charles Witsman	151		151	2	75.5			278		278	3	92.67		
Karl Kohlrus	120	20	140	19	7.37	1	3	227	20	247	37	6.68	1	3
Lynn Miller	109		109	5	21.8	1	3	155	1	156	7	22.29	1	3
David McDivitt	52		52	3	17.33	1	3	144		144	12	12	1	3
Marty Celnick	65	23	88	4	22			107	33	140	7	20	1	3
Mark Rabin	62	12	74	3	24.67	1	3	62	12	74	3	24.67	1	3
David Ross	54	7	61	3	20.33			64	7	71	4	17.75		
Pat Stephens	70		70	5	14			70		70	5	14		
Tom Clark	30		30	1	30			50	6	56	2	28	1	3
Don Harvey	41		41	7	5.86			52		52	11	4.73		
Tracey Hurley	47		47	2	23.5			47		47	2	23.5		
Jeff Tipps	20	20	40	2	20			20	20	40	2	20		
Dean Wisleder	17		17	4	4.25			39		39	5	7.8		
Alan Josephson	29	6	35	2	17.5	1	3	29	6	35	2	17.5	1	3
Kevin Greene	7		7	1	7	1	2	31		31	3	10.33	1	2
Mike Eymann	26		26	1	26			26		26	1	26		
David Banks	26		26	1	26			26		26	1	26		
Robert LaBonte	10		10	1	10			10		10	1	10		
John Nonneman	10		10	1	10			10		10	1	10		
Cindy Kvamme	10		10	1	10	1	2	10		10	1	10	1	2
Sue Hack	9		9	1	9			9		9	1	9		
Phil Garee	7	1	8	1	8			7	1	8	1	8		
Totals	972	89	1061	70	15.16	7	19	1505	106	1611	115	14.01	10	28

Biking Academy Set to Roll

By Naomi Greene

Get riding this spring and summer with SBC’s new Biking Academy. The six-week course offers newer and novice riders the opportunity to get comfortable riding in groups and develop endurance. Presenters offer topics that will help participants get their bike and body ready for the season and for each ride. Each session includes a 20 – 45 minute presentation (depending on the topic) followed by a ride on either a trail, street or country road.

Topics include riding in groups and riding in traffic; discussion on bike types, fit and attire for different riding styles and needs; fueling your body for endurance and changing a tire.

The course starts Wednesday, April 21. Time and location will be emailed to registered participants. There is a \$15 fee (\$20 per couple). SBC members can have the fee applied to next year’s membership.

Prerequisites for the academy include:

- A ride-ready bicycle
- Bicycle helmet worn during all rides

Participants must be at least 18 years of age

For more information please contact Naomi Greene, 793-9622, kngreene at comcast.net.

Slots are limited!

Please send the following form or information with a check payable to Springfield Bicycle Club, with “Biking Academy” in the memo line.

Name(s) _____

Address _____

City/zip _____

Phone _____ Email _____

Mail to:

Naomi Greene
224 Old Tippecanoe
Springfield, IL 62711

Tire Repair Clinic

Sunday, May 2nd, 3:00 p.m.

Visitor's Center, 425 S. College St., Springfield
(1 block due west of the Capitol building)

This is not a Biking Academy session (see separate article), but is intended for those who would like tire repair information in order to independently deal with tire problems when they occur.

If you dread the prospect of having a flat tire while out riding, this repair clinic is for you. No longer will you have to decide between riding home with a flat or asking/calling a friend for assistance.

If you attend the tire repair clinic on the afternoon of 5/2, Dave Lucas will show you how to fix that flat and get back on the road quickly and safely with no need to call or ask for assistance.

Dave's an old guy and has changed more flats in his lifetime than most folks who aren't working in a bike shop. He will not only show you how to fix that flat but will also give you the opportunity to remove the tire and tube on your own bike and replace it properly with assistance if needed.

If you want supervised practice on your own bike, please bring your bike and a set of tire levers. If you do not have quick release wheels, you will also need to bring a wrench that can be used to remove your wheel's axle nuts. A small adjustable wrench works fine.

Dave will have a floor pump for you to use to reinflate your tire, but feel free to bring your own frame pump or CO2 inflators to make the practice more realistic.

If you have any questions before or after the repair clinic, feel free to call Dave at 217 971-3222 or e-mail him at dwlucas62704@aol.com.

I hope to see you there.....

Dave Lucas

Springfield Bicycle Club Membership Application

Member

Member Information

New Member
 Renewing Member
 Change Address

Name _____ Home Phone _____

Address _____ Work Phone _____

City _____ Birth Date _____

State _____ Zip _____ Email Address _____

I obtained my application from:

Bike Shop [name] _____
 I would like to opt out of (not receive) club email announcements
 A current Club member [name]
 I would like to help with SBC activities
 Yes 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 _____ Birth Date _____

Name 2 _____ Birth Date _____

Name 3 _____ Birth Date _____

Name 4 _____ Birth Date _____

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 **\$11.00 dollars** extra and print your name (clearly) on the following line as you would like it to appear on your name badge:

Badge Name: _____

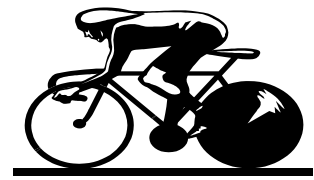
Mail with Check to:
Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705

SPRINGFIELD BICYCLE CLUB 2010 MILEAGE SUMMARY



Monthly						
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	LED	AVG RIDE LENGTH
January	485	17	502	42	2	11.95
February	972	89	1,061	70	7	15.16

CUMULATIVE						
MONTH	RIDE MILES	T/F MILES	TOTAL MILES	#RIDES	LED	AVG RIDE LENGTH
January	485	17	502	42	2	11.95
February	1,505	106	1,611	115	10	14.01



Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705

Presorted
Standard
U.S. Postage
Paid
Springfield, IL
Permit #800



Address Service Requested
Not for Commercial Use

April, 2010

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.** Note: **'AT'** replaces **@** in all email addresses given below to protect our board members from spamming.

Officers

Officers
 President
 Karl Kohlrus
 544-8410
 president(at)spfldcycling.org

Vice President
 Tom Clark
 726-5560
 vp(at)spfldcycling.org

Board Secretary
 Ken Anderson
 522-3876
 secretary(at)spfldcycling.org

Recording Secretary
 Kevin Greene
 793-9622
 recording(at)spfldcycling.org

Treasurer
 Dave Lucas
 753-3831
 treasurer(at)spfldcycling.org

Special Events
 Tom Clark
 726-5560
 events(at)spfldcycling

Mountain Bike Chair
 Kent Kraft
 787-6974
 mountain(at)spfldcycling.org

Social Chair
 Deb Cooper
 social(at)spfldcycling.org
 546-5099

Legislative/ Educational Chair
 Lynn Miller
 787-3354
 legislative(at)spfldcycling.org

Incentive Chair
 Naomi Greene
 793-9622
 incentive(at)spfldcycling.org

Records
 David McDivitt
 787-5964
 records(at)spfldcycling

QR Editor
 Marty Celnick
 editor(at)spfldcycling.org
 522-4206

QR Editor (cont)
 Tom Clark
 726-5560
 editor(at)spfldcycling.org

QR Deadline 15 th of Month

Web Master
 Alan Whitaker
 494-6807
 webmaster(at)spfldcycling.org

At Large Members
 Bill Donels
 546-8036
 at-large(at)spfldcycling.org

Sandy Anderson
 523-3876
 at-large(at)spfldcycling.org

Mike Schwab
 801-7224
 at-large(at)spfldcycling.org

Dave Sykuta
 at-large(at)spfldcycling.org

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 12th 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 to buy or sell without charge.