
The Quick Release



November, 2010
www.spdfldcycling.org

The Springfield Bicycle Club (SBC) sponsors rides virtually every day of the year. SBC rides offer a variety of benefits. Rides provide an opportunity to meet and socialize with others in the community who also enjoy cycling. Novice riders will be introduced to safety techniques, effective riding habits and tips on basic bike maintenance. Sharing the cycling experience is what makes riding more enjoyable!

The SBC ride schedule contains rides to suit just about every cycling interest, whether for recreation, fitness, sport or touring. 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.

The EZ Rider program is for riders new to the sport or riders who prefer to ride at a relaxed pace. 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 annually sponsors the Capital City Century on the first Sunday after Labor Day, with routes of 12 to 100 miles.

Ride of the Month

The Capital City Century Historic Ride was voted September's Ride of the Month. Led by Kevin Greene, with historic site interpretation from Naomi Greene, the ride attracted some 30 riders. Bob Dettling, Linda Schaeffer and Dave Ross provided assistance with group support and intersection crossings. Kudos to Tony Leone, Pasfield House owner and manager, for starting the group off with information at his site and providing bathroom access.

Almost Anything Award

Kudos and thank you to the 111 volunteers who spent all or part of their day helping out with this year's Capital City Century. The Springfield Radio Club alone had 26 volunteers. Other organizations, such as Springfield Clinic, had both volunteers and riders in the event. Thanks to all who contributed baked goods, helped set-up, helped mark roads, helped serve or cleaned up.

Ride Leader Incentive

Cindy Kvamme had her name drawn from the September pool of eligible leaders. Cindy receives a \$50 gift certificate to the bike shop of her choice.

President's Column

by Tom Clark, President

A new Springfield Bicycle Club Board has been seated. It is an honor to have been elected as the new SBC President. I want to say thanks to Karl Kohlrus, who has served an unprecedented six terms as President –four times in the 1990s, and again for the last two years. Karl helped us get back on the right path, and led a rebuilding effort that culminated in the seating of a new Board with every position filled.

With my former Board positions now in very capable hands and a great Board in place, it is time to look to the future. After I decided to seek to become SBC President, I talked with other members about how we might move forward as a club in 2010-2011. We tend to get a lot done through informal or formal groups or committees, once we set our minds to doing something. Please know that I am not looking to create more structures, policies, etc., but rather at some ways we can keep our bike club pedaling toward a brighter future.

My discussions with members led me to propose three general goals for moving forward:

1. Increase membership of younger people and families, and get more members actively involved.

To move forward on this, one strategy is to create an informal membership committee. I've heard some good ideas from members about what such a committee might do. For instance, welcoming new members and asking about their interests. Other great

ideas I've heard related to this goal include letting folks join or renew their SBC membership online; and increasing our use of Facebook and other social media.

2. Increase the club's impact on the community.

The success of CCC has left us with a surplus in the bank. While reserving funds needed to ensure club operations, how might we make an impact in the community through limited, sustainable charitable giving that furthers club missions? For example, giving that promotes bicycle safety. Also, we have a new collaborative relationship with Springfield Clinic from CCC. How can we build on such community collaborations?

The last goal I'd suggest is not specific to any one committee or initiative:

3: Simplify the way we do things, to make the best use of our resources.

For example, looking at ways to simplify CCC services and lessen the demands we put on volunteers. Looking for ways to minimize duplication of effort and make more efficient use of our volunteer and fiscal resources.

What can you do? Contact me with your ideas, feedback or suggestions. Tell us how you'd like to help out, by helping with membership-related activities or in other areas.

Board Meeting Notes – September 1, 2010

by Kevin Greene, Recording Secretary

Present: Dave, Lucas, Ken Anderson, Sandy Anderson, Kevin Greene, Naomi Greene, Karl Kohlrus, Tom Clark, Marty Celnick, Deb Cooper, Kent Kraft, Mike Schwab, Bill Donels, Lynn Miller and Alan Whitaker.

The meeting was called to order by Karl Kohlrus at 7:05 p.m.

Minutes. Kevin Greene presented the minutes from the August board meeting. There were no additions or corrections, and the minutes were approved.

Treasurer's Report. Dave Lucas distributed the treasurer's report. He reported a balance of \$17,048.89 for the period ending August 31, 2010.

Legislative/Education Report. Lynn Miller reported that work on Sangamon Valley Trail is beginning from Stuart Park south with ballast removal from bridges over Jefferson, Washington and Old Jacksonville Road. He mentioned that the Springfield Area Transportation Study (SATS) has formed a steering committee to oversee development of the bicycle/pedestrian way plan for area communities. SATS and IDOT District #6 also will be sponsoring a presentation on the League of Illinois Bicyclists' Complete Streets legislation at its meeting in September. Lynn added that Sangamon County is applying for federal stimulus funds for the proposed MacArthur extension from I-72 to Iron Bridge Road south of Woodside Road. This project would provide for the Interurban Trail to cross at grade on a bridge over the road underpass at the railroad.

Social Chair Report. No report.

Incentive Chair Report. Mark Rabin's ride from Chatham Community Park was voted Ride of the Month for August. The Almost

Anything Award was given to several area cyclists for their ongoing efforts to clear vegetation and brush from area trails. Kent Kraft's name was drawn for the monthly ride leader incentive award.

Ride Committee Report. Tom Clark reported that he has filled several weekend dates for the October ride schedule. He will complete the ride schedule after the Capital City Century (CCC).

Special Event Report. Tom Clark updated the board on final planning for the CCC. Calendar postings have been sent to the Springfield Journal-Register and other regional newspapers. Posters and brochures have been placed at locations throughout the community. The food list has been finalized and a full food crew has been recruited for the event. Todd Egizi of E&F Distributing is donating beer and providing Fat Tire prizes for the ride participants. Early registration is ahead of last year's pace. The web site has been updated with the new T-shirt design. A number of roads on last year's CCC are scheduled to be tar and chipped in August so several routes will be re-routed for 2010. Volunteers are needed for the route check on the day before the event.

Newsletter Editor Report. Marty Celnick indicated that work will begin shortly on the newsletter for October. Articles on due by September 15.

Webmaster Report. Alan Whitaker reported that he has updated the club's Facebook page.

Old Business. The Board postponed elections of new officers because several positions are still open.

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November Memories

by Michael Becker

1975–35 Years Ago: SBC developed a petition which was signed by 45 people to encourage development of the Rock Island Trail and forwarded to Governor Dan (who maybe shudda ridden a bike instead of walking). ++An oversight which should have been published in May but is too important to forget: City Traffic Engineer Richard Berning notified the Club of a project to construct a system of bicycle routes within the city. ++Another oversight, which should have been published in June: Morgan Groves, Executive Vice President of LAW wrote to Dean Wisleder: “According to our records, League membership in the Springfield area has grown by about 50 percent in the last year, but that's still only a total of about fifteen. What would it take to get all the members of the Springfield Bicycle Club into the League?” Never gonna happen, my friend. ++With the Bicentennial just around the corner, the Club started planning activities to coincide with the national celebration. The incentive program would consist of a core patch, supplemented by other patches as earned: a “Colonies” award, for attending 13 SBC events; a “Bicentennial” award, for riding at least 200 club miles; an “Independence” award, for riding 1776 miles, with at least 776 club miles; and a “Founding Fathers” award, for accumulating 1976 leadership points (for leading rides, meeting program leader, etc.)

1980– 30 Years Ago: The Answerist appeared as a new column in the Quick Release. The first question tackled was “How the hoople can anybody find their way on those crazy maps the club uses when none of the roads are labelled?” It is good to know some things never change. Anyway, he replied “Who knows?” Actually, the Answerist then went on to describe the fundamentals of map

reading. Send 50¢ to Murky Press for a reprint.

1985–25 Years Ago: A clean up of items and notes from the century: Various awards were suggested, such as the one for Greg Slomer who manned the beer tap all afternoon and then drove off, leaving his Cinelli racing bicycle behind, and the “close but no cigar” award for Ron Sanders who pulled his daughter Tricia in a bugger for 61.99 miles of the Metric route but then turned it over to Dave Stjern to pull it up the hill in Lincoln Park to the pavilion, the start/finish of the ride that year. ++November's meeting was rather special. Members went to St. John's Hospital, where Mark Kohnle, member and exercise physiologist, performed metabolic measurements to determine maximum oxygen uptake.

1990–20 Years Ago: Spinner Plastics moved to its new location on First Street, where the SBC's seldom and never used trinkets were stored. It is rumored that thousands of wrapped, never eaten, sandwiches from the Kodak Liberty Ride were also in residence, at least temporarily, until consumed at lunch time over a several year period by Louie. ++A Chilli Ride started at my house. Tandems were allowed because “real chilli does not contain beans.”

1995–15 Years Ago: Alfred Arkley, Secretary, reported that SBC's membership stood at 418. ++A gazillion new mailing lists were noted for those into the new “fad” of the internet, including the UK's BURPS (Bikers Under Rotary Pedaling Stress).

2000–10 Years Ago: Lisa Kidd reported on the Moab bike trip, which took center stage for November Awards: AAA to Ernie DeFrates for arranging the trip; and LWB to Bob Sorenson

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Secretary's Report

by Ken Anderson, Secretary

Renewals

Lynda Kerstein
Jon Gray & Ida "Pinky" Noll
Curt & Kathleen Winhold
Jo & Bruce Van Metre
Sister Josepha Schaeffer
Bob Steimel
Mary Grant
Mike & Cindy Murphy

Renewals at the Contributing Level

Glenn Painter
Roger & Hope Schnelten
David Lucas
Blaine Redemer
Dan Lindly

Renewals at the Sustaining Level

David Ross & Sheryl Essenburg & Family

New Members

Marilee & Bob Cramer

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.

Letter from the Editor

by Curt Evoy, Secretary

For members who do not know, I am a previous *QR Editor*. I have moved to an Apple iMac since the last time I was editor. There has been a learning curve moving the QR to the Mac; I hope to work out more of the details over the coming months.

I have returned to the position to get an opportunity to promote cycling in Springfield. The opportunities are evolving club promotion to new venues, such as Facebook and Twitter. These venues will allow the club to reach new riders.

I would like to find effective communication venues with existing club members so the Editor position does not require special skills.

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New Business. There was no new business brought before the board.

The meeting adjourned at 8:36 p.m.

The next meeting is scheduled for Wednesday, October 6, 2010, at 7:00 p.m., and will be held at the home of Sandy and Ken Anderson.

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for "multiple Moab miscues including passing the last gas station for 50 miles with only fumes in the tank and passengers who needed to stop." + +Scott Gauvin reported that planning was underway for the SBC's "new more exciting, informative and interactive" website. The last I heard, he was still trying to convert left over CCC cookies into cyber cookies for the website.

November 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.

If you are unsure about your cycling ability and speed, 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.

Please greet newcomers and assist those who are not familiar with the route. If the ride leader fails to appear (probably because of an emergency), form a group and go on a ride if you like. Please report miles using a ride sheet. See the ride rules at www.spfldcycling.org for details.

Questions about leading a ride? Contact the club vice president by e-mail: vp@spfldcycling.org. You can also contact her if you would like to lead an ad hoc ride. The ride will be posted on the web site. Three days notice is required for ad hoc rides. Regular rides can be scheduled up to a year in advance.

Weekday Daytime Rides		<i>Check start times!</i>
Monday thru Friday 10:00 am	Morning Geezer Ride Washington Park Shelter Pete Gudmundson, 523-8200	Show-N-Go ride for retired geezers or those hoping to become geezers. No leader or map, but Pete shows up often enough for this ride that he should be able to answer questions. Please use ride sheet if riding together. Participating riders should turn in miles to the club records keeper.
Tuesday 9:00 a.m.	Panera Bread Wabash Ave. & White Oaks Dr. Robert LaBonte, 787-0237	BC – Try a change of pace from the Geezer ride which is usually a bit faster than this one.
Monday thru Friday 10:00 am	Daily Pana Trail Ride Lake Taylorville parking lot Rt. 29 Pat Stephens, 287-7056	Show-N-Go along the Lincoln Heritage Trail. Turn in miles to the records keeper. There is no ride leader, but Pat may be able to answer questions about this ride.
Monday thru Friday 12:20 pm	Vredenburg Park Saxon Dr. & Crusaders Rd. Tom Clark, 726-5560 Dave Ross 789-4823	BC – Westside Lunch Ride. Leaves Vredenburg Park at 12:20 pm. Tom or Dave 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	BC – Ride 10-12 miles during lunch. Meet at the bike rack near the building. Please call David in advance.
Weekday Evening Rides		
Monday, Tuesday, Wednesday & Thursday 6:00 pm	Pana Trail Lake Taylorville Parking Lot Rt. 29 Charles Witsman, 562-5208	Show-N-Go, Ride on the Lincoln Heritage Trail. Lights are required. No ride leader. Please use ride sheet if riding together. Turn in miles to the club records keeper. Call Charlie if you need information about trail conditions or directions.
Tuesday 6:00 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Show-N-Go	BCD - Show-N-Go along the Lost Bridge Trail. Lights required. Turn miles in to the club records keeper
Thursday 6:00 pm	Parkway Point Theater Lindbergh & Robbins Road Show-N-Go	BCD - Show-N-Go along the Wabash Trail. Lights required. Turn miles in to the club records keeper.

Scheduled Rides and Events		Check start times!
Wednesday November 3 7:00 p.m.	Residence 2301 Sangamon Ave. Ken Anderson 544-8410	NC – Board Meeting. All SBC members are invited to attend.
Thursday November 4 7:30 p.m.	Showplace 12 Mercantile Dr. off W. Wabash Mike Schwab, 801-7224	NC – Movie. “Race Across the Sky 2010”. Join Mike for this great film documenting the Leadville 100 MTB race.
Friday November 5 5:30 p.m.	All About Wine 1305 W. Wabash Ave. Curt Evoy, 416-6204	NC – Wine Tasting. Curt wants to get together to celebrate the unofficial end of the commuting cycling season. Non-commuters are also welcome.
Saturday November 6 11:00 a.m.	Rochester Station Rt. 29, Rochester Mark Rabin, 529-7377	ABCD – Mark has a 25 mile route planned for us today.
Saturday November 6 7:00 p.m.	Firefighters Lake Club 940 West Lake Drive Jo VanMetre, 787-2770	NC – Trivia Night. Join the SBC trivia team for a night of great fun. You must RSVP if you want to participate. There is a limit of ten people on the team, so get your name in early.
Sunday November 7 10:00 a.m.	Residence 3019 Cameron Drive Chuck Orwig, 793-3782	ABCD – Annual Back to Standard Time Ride. Chuck has 30 miles planned and will provide soup and Stag beer. Non-riders may show up at noon for the party.
Thursday November 11 11:00 a.m.	Capitol Complex Visitor’s Center 425 S. College St. (West of the Stratton Building) Kevin Greene, 793-9622	EZ – Veterans Day Memorial Sites Ride. Kevin will lead a ride to several war memorials and museums in Springfield, including stops at the World War I Memorial, the three war memorials in Oak Ridge Cemetery, and the Korean War National Museum’s Dennis J. Healy Freedom Center.
Saturday November 13 11:00 a.m.	Arby’s Fairhills Mall Lynn Miller, 787-3354	ABCD – Lynn plans to ride about 40 miles today with options for shorter routes.
Sunday November 14 12:00 noon	Wabash Trail east end parking lot Park St. & Wabash Ave. Kevin Greene, 793-9622	D & EZ – Plan on 20 miles or so with a possible stop at the Apple Barn.
Sunday November 14 1:00 p.m.	Lick Creek Wildlife Area Old Route 4 Bridge Kent Kraft, 871-6974	MB – Ride the 5 miles of single-track trails, created by the original Rebel Riders. All riders welcome, first-timers should carry their medical insurance card and telephone number of next-of-kin. Directions to start: from intersection of Rte 4 (Veterans Parkway) and Woodside Road, go east a half-mile and turn right. Go south until you can't go any further (by car).
Wednesday November 17 7:00 p.m.	Capital City Bar & Grill 3149 S. Dirksen Parkway 529-8580	NC – Movie: “Bicycle Dreams.” Join the Springfield Bicycle Club for what we hope will be many movie nights at this great venue.
Saturday November 20 10:00 a.m.	Residence 4117 Gaskell Drive Alan Josephson, 793-0590	ABCD - BirthDay Ride , 0-35 miles. Join Alan, Harriet, Kedra Elston, Sue Hack, and Kata Whitaker as they happily celebrate one more birthday during the month of November. Lite lunch served around noon regardless of weather. All club members welcome – non-riders included. RSVP suggested, but not mandatory.
Sunday November 21 11:00 am	Centennial Park Bunker Hill Rd. & Lenhart Rd. Robert LaBonte, 787-0237	ABCD – 30 miles to Auburn with shorter options possible.
Thursday November 25 9:00 a.m.	Picnic Shelter Washington Park Show-N-Go	Show-N-Go – Annual Thanksgiving Day Cold Duck Ride. Join the Springfield Road Runners Club for this 20+ year tradition for both clubs. Ride laps in the park and turn in miles to the record keeper.
Saturday November 27 11:00 a.m.	Waldrop Park Sherman Cindy Kvamme	ABCD – Cindy has a 24-35 mile route to Athens planned for us today.
Sunday November 28 11:00 a.m.	Panera Bread West Wabash Ave. & White Oaks Dr. Tom Clark, 726-5560	ABC – Tom has 30 or so miles planned today. D and EZ riders are welcome, but should be self-sufficient.

Springfield Bicycle Club Mileage and Activity File As of September 30, 2010

NAME	MONTH							YEAR						
	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Grover Everett	1,455		1,455	28	51.96			7,877	36	7,913	155	51.05		
Tom Clark	402	11	413	16	25.81	2	6	4,065	111	4,176	142	29.41	5	15
Don Harvey	868		868	15	57.87			3,683	108	3,791	139	27.27	3	12
Marty Celnick	381	68	449	18	24.94	2	5	2,909	780	3,689	146	25.27	11	27
Lynn Miller	385	8	393	13	30.23			3,249	135	3,384	126	26.86	2	6
David McDivitt	435		435	35	12.43			2,850	194	3,044	221	13.77	1	3
Karl Kohlrus	296	29	325	16	20.31			2,388	494	2,882	205	14.06	3	10
Bill Bock	476		476	11	43.27			2,857		2,857	75	38.09		
Curt Evoy	327	6	333	15	22.2			2,547	117	2,664	119	22.39		
Tracey Hurley	181	7	188	6	31.33			2,288	263	2,551	64	39.86	5	12
Carol Bock	377		377	9	41.89			2,264		2,264	60	37.73		
David Ross	313	35	348	12	29			2,058	184	2,242	93	24.11	6	13
Pat Stephens	340		340	13	26.15			2,103		2,103	99	21.24		
Charles Witsman	378		378	4	94.5			1,929	129	2,058	21	98	1	3
David Banks	182		182	4	45.5			1,876	75	1,951	43	45.37	1	4
Robert LaBonte	306		306	13	23.54	7	15	1,822	26	1,848	87	21.24	51	115
Mark Rabin	81		81	3	27	1	3	1,731	93	1,824	49	37.22	4	12
Ruth Magos	234		234	5	46.8			1,778	7	1,785	44	40.57		
Cindy Kvamme	234	2	236	12	19.67	4	12	1,597	40	1,637	80	20.46	20	59
Chris King	198	19	217	3	72.33			1,445	51	1,496	38	39.37	12	25
Alan Whitaker	147	43	190	7	27.14			1,294	154	1,448	43	33.67	3	9
Mike Eymann	98		98	3	32.67			1,286	10	1,296	44	29.45		
Alan Josephson	111		111	5	22.2			1,018	162	1,180	36	32.78	13	39
Dean Wisleder	356		356	10	35.6			1,108		1,108	36	30.78		
Lynn Rhoades	48	22	70	2	35			879	201	1,080	28	38.57	3	9
Sidney Marder	106	49	155	6	25.83		1	730	349	1,079	35	30.83		2
Ernie De Frates	87		87	3	29			1,070	4	1,074	40	26.85	6	14
Tony Henn	138		138	6	23			1,014		1,014	45	22.53		
Mary Venturini	115	14	129	3	43			913	48	961	24	40.04		
Kent Kraft	125		125	2	62.5			948	9	957	29	33	4	12
Stephen Paca	269	9	278	20	13.9			849	98	947	38	24.92		
Linda Butler	87		87	3	29			922	5	927	33	28.09	4	11
Kevin Greene	163	6	169	10	16.9	4	8	844	75	919	65	14.14	24	39
Ken Anderson	66	62	128	3	42.67	1	2	622	274	896	23	38.96	1	2
Bob Carmody	232	3	235	7	33.57			840	3	843	29	29.07		

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	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Harv Koplo	177		177	6	29.5		3	768		768	29	26.48		11
Bill Callan	140		140	4	35			751		751	25	30.04		
Micci Bly	27		27	1	27			679	31	710	22	32.27	1	2
Bob Steimel	200		200	5	40			707		707	35	20.2		
Ben Fox	43		43	1	43			687	17	704	13	54.15		
Pete Gudmundson	36		36	1	36			632		632	17	37.18		
Mark Summer	45		45	1	45			604	12	616	15	41.07		
Jon Edwards	45	4	49	1	49			501	80	581	13	44.69	2	6
Bob Dettling	175		175	9	19.44	1	2	480	14	494	34	14.53	2	4
Gary Terpstra	60		60	3	20			443	48	491	19	25.84		
Garland Stevens	148		148	5	29.6			486		486	21	23.14		1
Michael Higgins	198		198	6	33			478		478	17	28.12	1	4
Christine Kohlrus	21		21	1	21			315	124	439	12	36.58		
Linda Schaeffer	104	3	107	6	17.83			375	29	404	27	14.96		
Mary Grant	391		391	5	78.2			391		391	5	78.2		
Kristina Mucinskas	133	9	142	4	35.5			322	65	387	16	24.19		
Wayne Noethe	171		171	6	28.5			368		368	13	28.31		
Jim Hajek	55	10	65	2	32.5			321	43	364	12	30.33		
Joe Hills	55		55	2	27.5			348		348	13	26.77		1
Art Meyer	119		119	3	39.67			325	8	333	10	33.3		
Naomi Greene	70		70	5	14	3	4	320	10	330	27	12.22	9	12
Boro Reljic	105		105	1	105			266	25	291	6	48.5		
Bob Ayers	77		77	5	15.4			261	21	282	15	18.8		1
Don Mallette	105		105	1	105			255	26	281	4	70.25		
Deb Cooper	52	4	56	3	18.67			274	4	278	14	19.86		
Paul Purseglove	116		116	2	58			235		235	5	47		
Don England	61	14	75	5	15			181	37	218	15	14.53		
Vicki Berry	59		59	3	19.67			178	10	188	15	12.53		
Bill Bernard	30		30	3	10			162	10	172	17	10.12		
Anne Baker	62		62	1	62			141		141	4	35.25		
Nick Sunder	33	8	41	2	20.5			98	21	119	4	29.75		
Ted Sunder	33	8	41	2	20.5			98	21	119	4	29.75		
Jadon Harvey	4		4	1	4			106		106	24	4.42		
Jason Beaman	44	20	64	2	32			65	30	95	3	31.67		

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	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LE D	LDR PTS	RIDE	T/F	TOTAL	RIDES	AVG RIDE	LED	LDR PTS
Larry Small	12		12	1	12			72		72	5	14.4		
Judy Sunder	33	8	41	2	20.5			55	16	71	3	23.67		
Connie Roberts	62		62	1	62			62		62	1	62		
Jack Casey	62		62	1	62			62		62	1	62		
Gerry Casey	62		62	1	62			62		62	1	62		
Farrar Fletcher	37		37	2	18.5			58		58	3	19.33		
Lynda England	29		29	3	9.67			39	10	49	5	9.8		
Debbie Ihnen	25		25	1	25			47		47	2	23.5		
Janice Perino	40	3	43	2	21.5			40	3	43	2	21.5		
Blaine Redemer	37	3	40	1	40			37	3	40	1	40		
Terri Carnduff	11		11	1	11			26		26	2	13		
Mark Carnduff	11		11	1	11			26		26	2	13		
Julie Perino	20	3	23	1	23			20	3	23	1	23		
Mary Harney	11		11	1	11			22		22	2	11		
William Bernard	10		10	1	10			20		20	2	10		
Mary Loker	11		11	1	11			11		11	1	11		
Totals	13,664	490	14,154	470	30.11	25	61	92,402	6,324	98,726	3,582	27.56	215	541

Ride Types (See the Ride Schedule on Pages 6 & 7)**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**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

**Springfield Bicycle Club
Membership Application**

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: I would like to opt out of (not receive)
 Bike Shop [name] _____ 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.

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: _____

Signature _____
Date _____
Parent /Guardian _____
Date _____

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

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

Please note: Keep your membership information current. If renewal date is **HIGHLIGHTED**, please fill out and return renewal form with your dues. **You will get only one newsletter after your renewal date.**

Springfield Bicycle Club Board Members

President

Tom Clark
726-5560
president(at)spfldcycling.org

Treasurer

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

Legislative/ Educational

Lynn Miller / Bill Donels
787-3354 / 546-8036
legislative(at)spfldcycling.org

Records

David McDivitt
787-5964
records(at)spfldcycling.org

Vice President

Jo Van Metre
787-2770
vp(at)spfldcycling.org

Special Events

Kevin Green / Deb Cooper
793-9622 / 546-5099
events(at)spfldcycling.org

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

Past President

Karl Kohlrus
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ex-officio(at)spfldcycling.org

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Incentive Chair

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Mike Schwab
801-7224
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***Quick Release* Advertisement Rates**

Half Page \$20 Full Page \$40

Payment is required in advance for all business ads. Ad copy should be sent to the QR Editor no later than the 12th of the month in order for ad to appear to in the following month's QR. Individual club members (excluding businesses) may list bicycling related items to buy or sell without charge.