



the Quick Release

www.spfldcycling.org

February 2012

Ride of the Month

Tom Clark pinch-hit for Alan Josephson as ride leader on the Last Weekend Ride of the Year, which also served as the New Year's Eve Ride. Tom had 21 riders on a balmy 52 degree day. Riders went south from Vredenburg Park on the trails, and then had a great tailwind back on Curran Road. Thanks Tom.

Almost Anything Award

This month's Almost Anything Award goes to **Sandy and Ken Anderson** for hosting the monthly board meetings. We could just say how nice it is to be able to meet in a comfortable setting. But, truthfully, the meetings just seem to go better with food and wine to mellow things out. Thank you Sandy and Ken for keeping the Board ticking!

Monthly Ride Leader Incentive Drawing

Lynn Miller won this month's Rider Leader Incentive drawing. Lynn will receive a gift certificate to a local bike shop of his choice.

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Upcoming Events:

Feb. 1

- Board Meeting

Feb. 5

- Superbowl Party

Feb. 8

- Socializer

Feb. 13

- Holiday A-Ride*
- Lincoln's Birthday Ride*

Feb. 13

- Holiday A-Ride*
- President's Day/
Washington's Birthday
Ride*

*Schedule sometimes changes in winter due to weather. Please call ahead

Refer to the ride schedule on PP 8-9 for more information

Bike Academy Starts in February

(see story on P4)

Super Bowl Party - February 5

3917 Surry Place Lane, Springfield, IL

We live about 1/2 mile from the Sangamon Valley Trail.

2 p.m. Show N Go ride. If the weather is bad we have bumper pool, arcade basketball, and/or ping pong you can play instead or you may opt to watch all the pre-game shows.

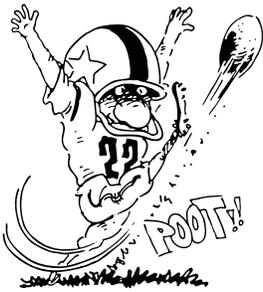
Game starts around 5 p.m.

We will have Lentil soup, Chili, beer, wine, and soda. Please feel free to bring snacks, desserts, or any other favorite food/beverage.

Hope to see you there.

Ernie & Linda DeFrates

971-1246 or 544-1398



February Socializer - February 8

The February Socializer will occur on Wed. Feb. 8, 5-7 p.m.

The event will be held at "The Boulevard Tap and Grill," located in the Town and Country Shopping Center (2412 S. MacArthur Blvd.).

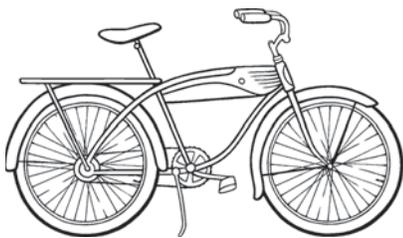
Appetizers will be provided.

Jim Hajek



Biking Academy Starts in February

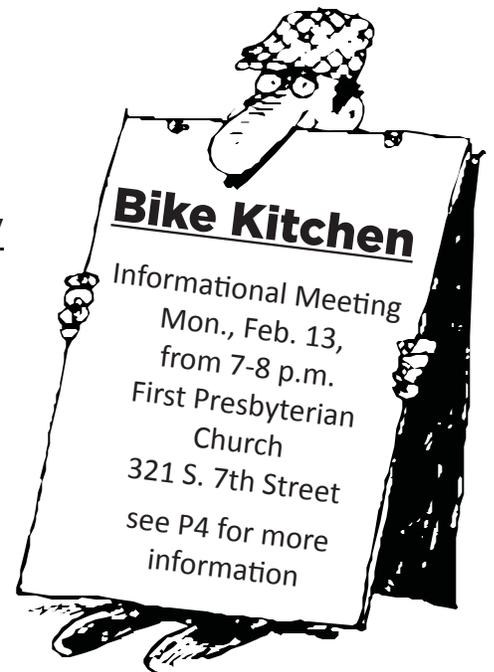
see story on P4



FIGHT FOR AIR CLIMB

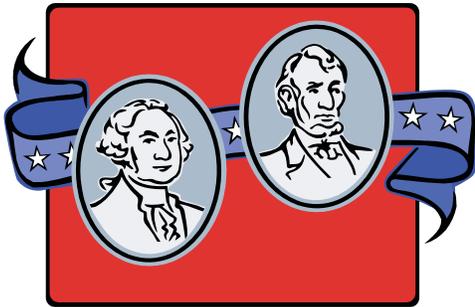
Sat. Feb. 18

See story on PP 12-13 for more information



President's Column

by Tom Clark, President



I hope you are all finding ways to keep active and healthy during the off season. We continue to work on club goals. To follow up on our new Web site look in December, we now **offer online membership!** Tell your friends! Local fitness clubs and bike shops are helping us publicize it.

To **join or renew your membership online**, go to www.spfldcycling.org/membership.htm and click on the Active.com link .

In February, we'll continue to offer mostly Show-N-Go ride opportunities for those hardy souls interested in group rides during the winter months. We will also schedule some member-led rides each month that afford opportunities to socialize or share food. For example, the Super Bowl Party on February 5, Kevin Greene's Lincoln's Birthday Ride to historical sites on February 13, and Lynn Miller's Soup Ride on February 18.

Super Bowl Party and Socializer. We have two big club events coming up in early February. This year's *Super Bowl Party* will be hosted by Ernie and Linda DeFrates on Sunday, February 5. Come and see Ernie and Linda's new house. There's a ride at 2 p.m., but those who don't want to ride are welcome to come early and play bumper pool or other games. The game coverage starts at 5 p.m. The monthly *SBC Socializer* on Wednesday, February 8 will be held at the Boulevard Tap & Grill, in the Town & Country Shopping Center on MacArthur Boulevard. Social Chair Jim Hajek says that we'll have free appetizers and a greeter table once again. Members and potential members are welcome to participate.

Biking Academy starts in February. Naomi Greene is organizing a Biking Academy once again for 2012. This event series was a big hit when it was last offered in 2010. Participants must be at least 18 and have a bike that's ready to ride. There is a fee for participation. See the Biking Academy article on page 5 for details. An orientation meeting is to be held in February. At press time, a date & venue had not yet been finalized. _

Bike Kitchen Community Event. On February 13, SBC member Robert LaBonte will host an informational meeting on the Bike Kitchen, a community bike shop in which people volunteer to work on bikes, and in return get to build their own bicycle to keep. The meeting will be held at First Presbyterian Church from 7 to 8 p.m. See page 4 for details.

Cycling Challenge continues! As noted in the January QR, Derek and Brigetta Ewing plan to offer a SBC Great Cycling Challenge event series once again in 2012, with the able assistance of Kent Kraft. As in 2011, the first four Challenge rides in 2012 will be free and unsupported (April 29, May 20, July 22, and August 26). The final Challenge is the Capital City Century on Sept. 9

You may ask...What is a bike kitchen?

It is a non-profit bike shop that repairs and recycles bikes for people without money. That is the short answer.

It is a “shop” that is run by volunteers. Operating a couple of days a week, it educates and helps the Springfield community of need.

As a long time bicycle mechanic, I’ve seen lots of folks riding bikes that are just plain dangerous, or that could be repaired but the client just can’t afford to do that repair.

The kitchen will have an educational focus, teaching others how to repair their own bikes, bike safety, proper riding, rules of the road. The kitchen will provide free or low-cost services to the community, recycling of unwanted and unused bikes.

An organizational meeting will be held Mon., Feb. 13, from 7 to 8 p.m., at the First Presbyterian Church on 321 S. 7th St. With your help, we can do great things here in Springfield, this is a great step in making this town a more bike friendly community.

If you have questions or would like to help, please feel free to call me.

Robert LaBonte, at Bicycle Doctor 836-8387

Biking Academy Starts in February

by Naomi Greene



The Springfield Bicycle Club’s Biking Academy will begin in February with classroom sessions in February, March and April followed by academy rides and/or club rides in late April and May. Interested participants will be offered the opportunity to prepare for the Capital City Century in September.

Topics covered during the class sessions will include group riding; commuter tips; bike selection, bike fit; riding attire and discussion of accessories; riding styles and needs; fueling your body for endurance; ABC quick check and fixing a flat.

The course starts with an orientation and a class session in February. Most class sessions are currently planned for Thursdays. Look for dates and location on the club website. Individuals who pre-register will be emailed details.

There is a \$15 fee (\$20 per couple). SBC members can have the fee applied to next year’s membership.

Participants must be at least 18 years of age and should have a ride-ready bike by mid-April. The program is open to both beginner and intermediate riders.

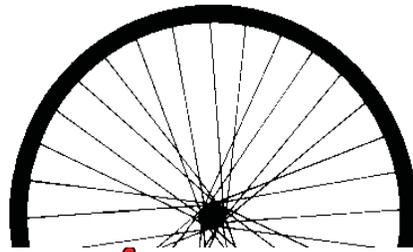
The Biking Academy also seeks SBC veteran riders willing to ride with the intermediate academy riders on scheduled rides or to lead beginning rides.

For more information, or to register please call 793-9622, or send an email to kngreene (at) Comcast (dot) net.

Another Federal Bikeway Funding Threat Averted

News from the League of Illinois Bicyclists Website

Thank you to everyone that contacted their senators regarding the latest federal bikeway funding threat—an amendment which would have directed all federal Transportation Enhancement (TE) funds to bridge repair. Thousands across the country contacted their senators and the amendment was defeated, on Nov. 1, with a vote of 38-60. Illinois senators Dick Durbin and Mark Kirk both voted against the amendment. Sen. Kirk was one of only seven Senators to cross party lines to vote against the amendment. This is significant and very much appreciated. LIB also thanks Sen. Durbin, who has always strongly defended TE and dedicated funds for bicycling and trails. The TE program has been the main funding source for new trails & bikeways, with 300+ projects in Illinois. There have been three threats in the past two months to this program. We will continue to monitor the issue and keep you updated. Consider joining us in Washington on March 20-22 for the *National Bike Summit* (see article on p. 10 –the Editors) to lobby for bicycling in Illinois' Congressional offices. Contact LIB if you will be attending or are interested in any future meetings we may have with your representatives.



Bicycle Doctor

Repair at your home or office

- Quick! *Most repairs done the same day.*
- Convenient! *No trips to the bike shop; fully equipped mobile shop comes to you. Major repairs done at my studio, free pick-up and delivery.*
- Expert Repair! *I've been repairing bikes professionally since 1976.*
- Certified! *Factor certified mechanic for Shimano and Schwinn.*
- Custom Work! *Special needs modification, frame repair, custom wheels.*
- Competitive rates! *Same cost as a regular bike shop*

Robert LaBonte, proprietor

836-8387

spfldbicycledoc.com

email: velolabonte@comcast.net

Summer Biking Trip near Hastings/Red Wing MN **Sun., Aug. 12-19, 2012**



Enjoy the large country house on 5 acres while you plan your next day's bicycling trip on the roads and trails throughout the area. Ride along both sides of the Mississippi stopping for lunch at Lake Pipen, Lake City MN which I found to be absolutely gorgeous on my ride to Minneapolis years ago. Take to the trails in the country as well as throughout the Metro area. Bicycling is a great way to explore the city which is only about 45 minutes drive away. The twin cities are the #1 rated cities for bicycling.

I will plan daily rides for all levels of riders. We may drive to the beginning of each ride. Remember that you are always free to do what you wish.

Non-riders can hangout, boat, hike, explore the river towns, go crazy at the Mall of America, take the light rail, visit specialty book stores, go to the casino or whatever they wish to do. There are beaches and lakes you can easily drive to should you desire.

Red Wing and Hastings are about a 10-20 minute drive for food or nightly entertainment.

The house is 3600 sq. feet has 5 bedrooms, 4 bathrooms and 3 levels. **You will have company in your sleeping area** (depending on numbers) as rooms have a combination of queens, bunk beds and klick klacks (newer futons). In addition, there are couches and an airbed should you choose. There is a new full kitchen, internet, satellite TV, etc.

Costs will vary depending on how many go, but here is a guideline. Prices are per person and only are for the housing. This is based upon 2011 rates. 2012 rates will be close.

- 10 people about \$300 per week or \$41 per day
- 15 people about \$235 per week or \$34 per day
- 20 people about \$202 per week or \$29 per day

Food is mostly a shared expense. We all put some money in the pot for food to be used by all and then of course we all have our specialty items we purchase for ourselves.

I have already put down a deposit. Currently, there are more than enough interested folks for this trip so there will be a limit if necessary. **If you wish to go, please email me.** I will reply if we have room. Then please follow up with a \$50 check per person which will hold your spot and is fully refundable until Friday May 11, 2012.

I will let you know how much additional money to send per person in early spring.

If you have questions the best way to reach me is through email. My cell phone is 217-299-3348.

Alan Josephson
ahjosephson@gmail.com

February 2012 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.

RIDE CLASSIFICATIONS	
Code	Definition
NC	Non-Cycling events.
MB	Rides suitable for mountain bikes.
EZ	For riders who prefer a pace under 10 mph. These are purely social rides. Expect short routes either in town or on a trail and expect to ride as a single group. No one will be left alone at the back of the group and assistance is provided for flats and other minor mechanical problems.
D	For novice or recreational riders. Expect to ride at a pace of 10 – 12 mph with rest stops as needed. Expect the ride leaders or another club member to stay with the slowest rider and to offer assistance for flats and other minor mechanical problems.
C	For competent riders with basic safety and bike handling skills. These rides combine social riding with improving fitness and riding ability. Expect that most riders will ride in groups at a pace of about 12-15 mph. There may be rest stops on the route, but they will be limited. Riders are comfortable navigating by map if separated from the group and can handle their own mechanical repairs.
B	For strong, experience riders with considerable group riding experience. Expect the emphasis to be on improving individual stamina and riding skills. Most riders will maintain a pace of 16 – 18 mph and will not feel obligated to wait for slower riders. Pace lines are common. Riders are able to handle their own mechanical repairs and are comfortable navigating by map if separated from the group.
A	For extremely strong and competitive riders with expert biking handling skills. Expect riders to be self-sufficient and to maintain speeds of 19+ mph for extended distances using pace lines.

If you have questions about whether a specific ride is right for you, give the ride leader a call. If you are unsure about your cycling ability, try a ride with a group one class below where you think you might be. You can then move up until you find the level that is right for you.

Please arrive for rides 10 minutes early. Be sure that your bike is in proper working order before you arrive. All riders are strongly encouraged to obey traffic laws, wear a helmet, carry everything necessary to fix a flat tire, and bring hydration. If the ride leader fails to appear, form a group and go on a ride if you like. Then turn in your miles to the club record keeper (records@spfldcycling.org).

Questions about leading a ride? Contact vp@spfldcycling.org.

February 2012 Ride Schedule (p. 1 of 2)

Weekday Daytime Rides

Check start times!

Monday thru Friday 10:00 a.m.	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.
Monday thru Friday 10:00 a.m.	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 p.m.	Vredenburg Park Saxon Dr. & Crusaders Rd. Tom Clark, 726-5560 Dave Ross 789-4823	BC — Westside Lunch Ride. Dave or Tom will hit the trails or go out in the country.
Tuesday 6:00 p.m.	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. QUESTION: DO WE WANT TO DO THIS RIDE IN 2012, AS IN 2011?
Thursday 6:00 p.m.	Parkway Pointe theater Lindbergh & Robbins Rd Show-N-Go	BCD — Show-N-Go along the Wabash and Interurban Trails. Lights required. Turn miles in to the club records keeper.

Weekend Daytime Rides

***Disclaimer:** Schedule sometimes changes in winter due to weather. Please call ahead.*

Saturdays 9:00 a.m.	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	Weekend A-Ride. This ride is intended for extremely strong and competitive riders with expert bike handling skills. Expect riders to be self-sufficient and to maintain speeds of 19+ mph for extended distances using pace lines. Riders will agree on a destination and determine a route at the time of the ride. Developmental A-riders are welcome, but they should be self-sufficient and familiar with local roads, or accompanied by an experienced rider.
Sundays 10:00 a.m.	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	Weekend A-Ride. See Saturday Weekend A-Ride description.

Scheduled Rides and Events

Check start times!

Wednesday February 1 7 p.m.	Residence 2301 Sangamon Ave. Ken Anderson, 522-3876	NC — Board Meeting. All SBC members are invited to attend the board meetings.
Saturday February 4 Noon	Vredenburg Park Saxon Dr. & Crusaders Rd Tom Clark, 726-5560	Show-N-Go – Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from west end parking lot on Robbins Road. Turn in your miles to the Records Keeper.

February 2012 Ride Schedule (p. 2 of 2)

Sunday February 5 2:00 p.m.	Super Bowl Party Linda & Ernie DeFrates 3917 Surrey Place Lane 971-1246/544-1398	CD/NC – Super Bowl Party. Come at 2 p.m. and ride the Sangamon Valley Trail for an hour or so. If the trail is bad we have bumper pool, other games. Game starts at 5. Soup, beer, wine and soda. Feel free to bring snacks, dessert, favorite food/beverage to share.
Wednesday February 8 5:00 p.m. – 7:00 p.m.	Boulevard Tap & Grill 2413 S MacArthur Town & Country Shopping Cntr Jim Hajek, 698-7626	NC – Socializer. Join us for our February SBC Socializer at Boulevard Tap & Grill. Free appetizers. Greeter table near the door. Members and potential members are welcome to participate.
Saturday February 11 Noon	Vredenburg Park Saxon Dr. & Crusaders Rd Tom Clark, 726-5560	Show-N-Go – Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from west end parking lot on Robbins Road. Turn in your miles to the Records Keeper.
Sunday February 12 Noon	Vredenburg Park Saxon Dr. & Crusaders Rd Tom Clark, 726-5560	Show-N-Go – Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from west end parking lot on Robbins Road. Turn in your miles to the Records Keeper.
Monday February 13 10:00 a.m.	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	Holiday A-Ride. This ride is intended for extremely strong and competitive riders with expert bike handling skills. Expect riders to be self-sufficient and to maintain speeds of 19+ mph for extended distances using pace lines. Riders will agree on a destination and determine a route at the time of the ride. Developmental A-riders are welcome, but they should be self-sufficient and familiar with local roads, or accompanied by an experienced rider. <i>Disclaimer: Schedule sometimes changes in winter due to weather. Please call ahead.</i>
Monday February 13 Noon	Capitol Complex Visitors Center 425 S. College Kevin Greene, 793-9622	EZ – Lincoln's Birthday Ride. Come ride the historical sites, weather permitting. Join us for coffee afterwards at a downtown cafe.
Saturday February 18 Noon	Soup Ride 12 Washington Place Lynn Miller 787-3354	Lynn will lead us on the Sangamon Valley Trail, weather permitting. Or just show up for soup and trash talk. Bring your favorite snack or drink. Snow birds will be missing out!
Sunday February 19 Noon	Vredenburg Park Saxon Dr. & Crusaders Rd Tom Clark, 726-5560	Show-N-Go – Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from west end parking lot on Robbins Road. Turn in your miles to the Records Keeper.
Monday February 20 10:00 a.m.	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	Holiday A-Ride. See February 13 Holiday A-Ride description. <i>Disclaimer: Schedule sometimes changes in winter due to weather. Please call ahead.</i>
Monday February 20 Noon	Vredenburg Park Saxon Dr. & Crusaders Rd Tom Clark, 726-5560	Show-N-Go – President's Day/Washington's Birthday Ride. Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from west end parking lot on Robbins Road. Turn in your miles to the Records Keeper.
Saturday February 25 Noon	Vredenburg Park Saxon Dr. & Crusaders Rd Tom Clark, 726-5560	Show-N-Go – Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from west end parking lot on Robbins Road. Turn in your miles to the Records Keeper.
Sunday February 26 Noon	Vredenburg Park Saxon Dr. & Crusaders Rd Tom Clark, 726-5560	Show-N-Go – Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from west end parking lot on Robbins Road. Turn in your miles to the Records Keeper.

Bike Shop Rides and Events

Springfield area bike shops sponsor or host a number of rides and events each year. When we receive requests to help publicize these activities, we'll post them in this new section of the QR.

Bike Shop Activities

Wednesday February 29 5:00-6:30 p.m.	R & M Cyclery 832 W. Washington Todd Mitchell, 544-9550	Basic Bike Maintenance 101. In this basic maintenance clinic, cyclists will learn how to remove wheels, fix flats, and safely get back on the road. If turnout is good, Todd will offer Bicycle Maintenance 102 in April.
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National Bike Summit 2012



In 2010, \$700 million of Federal transportation funds were spent on bicycling and walking.

In 2012, that figure might be a big fat zero.

Dedicated federal funding for bicycling projects and programs has transformed towns, cities and states by enabling them to build trails, stripe lanes and install parking for bicyclists; to deliver bike education and encouragement programs; to hire staff; and adopt ambitious plans to get more people on bikes more often. Those plans are finally starting to bear fruit.

Unfortunately, some powerful Members of Congress want to strip away these programs and return to the days when bicycling was simply ignored. Even the popular and successful Safe Routes to School program is under attack.

Don't let Congress turn back the clock on decades of hard-fought progress towards creating a more bicycle-friendly America. Join us at the 2012 National Bike Summit to help defend these critical programs – just when America needs them the most.

National Bike Summit - Save Cycling
March 20-22, 2012
Grand Hyatt | Metro Center | D.C.

<http://www.bikeleague.org/conferences/summit12>

Board Meeting Notes - January 4, 2012

by Stephen Paca, Recording Secretary

Present. Tom Clark, Ken Anderson, Stephen Paca, Dave Lucas, Jim Hajek, Kevin Greene, Lynn Miller, Marty Celnick, Alan Whitaker.

The meeting was called to order by Tom Clark at 7:07 p.m.

President's Remarks. Tom Clark reported that Karl Kohlrus confirmed his resignation from the Vice President position, and that Alan Josephson had agreed to serve out the remainder of the VP's term. Kent Kraft resigned from the Mountain Bike Chair position.

Minutes. Stephen Paca distributed a draft of the minutes from the January board meeting via e-mail. He made corrections based on feedback, and the minutes were approved.

Treasurer's Report. Dave Lucas presented the Treasurer's Report. He reported a balance of \$18,058.97 for the period ending 12/31/11. Jim Hajek made a motion to approve the Treasurer's Report; Alan Whitaker seconded the motion; and the Board approved the report.

Special Events Report. Tom reported that he met with Patty Kuhn from Springfield Clinic to discuss this year's CCC. Springfield Clinic is working on a separate logo for the CCC to help create a brand identity for the event. Once a draft of the image is created Tom will bring a proposal for Board review and approval. Kevin Greene suggested that a template be created for brochures and posters.

Legislative/Education Report. Kevin Greene reported that the Bicycle Advisory Council plans to meet with a representative of the Springfield Public Works Department to review the draft Bicycle/Pedestrian Way Plan. Tom and Lynn Miller will follow up with the city to establish a regular bike lane sweeping schedule come Spring.

Social Chair Report. Jim Hajek reported that everything is on schedule for the club's Winter Party. Registration is going smoothly so far. Jim reports that about 30 members are regularly attending the socializers. The next one is scheduled for Feb 8th at

the Boulevard Tap. Tom suggested organizing a joint socializer with the Ski Club in April.

Incentive Chair Report. Tom Clark's New Year's Eve ride was voted Ride of the Month for December. The Almost Anything Award was given to Ken and Sandy Anderson for hosting the monthly Board meetings. Lynn Miller's name was drawn for the monthly ride leader incentive award.

Kevin Green made a motion that a ride leader can win Ride of the Month more than once in a calendar year; Alan Whitaker seconded the motion; the board voted w/ one opposing vote and the motion was approved.

Ride Committee Report. Alan Josephson had agreed to serve out the remainder of the VP's term. In the interim, Lynn Miller is working on the February ride schedule.

Mountain Bike Report. Kent Kraft reported via e-mail that the New Years Day hike was the most successful ever—21 hikers completed the five miles with no injuries. Kent also decided to resign from the SBC Board.

Lynn Miller motioned to accept the resignations of Karl Kohlrus and Kent Kraft with regret, and to thank them for their service to the club; Kevin Greene seconded the motion; and the Board unanimously approved the motion.

Newsletter Editor Report. Marty Celnick reported that articles are coming in for the next issue.

Webmaster Report. Alan Whitaker reported on a postage issue, when membership expirations put the mailing under the bulk mailing discount amount. It was suggested that the club mail the newsletter to local officials. Tom suggested that Alan put online membership registration in place to help with membership drives. Alan will send out mass e-mail announcement including reminders about the Winter Party.

SEE NOTES, P12

NOTES

Continued from P11

New Business. It was suggested that SBC members get a discount on registration for the CCC. After discussing the proposal, the Board could not come to any consensus on whether discounts would be offered.

FitClub is proposing a discount on CycleFit classes for SBC members. The classes would be held at the South or West locations. Tom will follow up with FitClub regarding the discount program.

Tom will call a sub-committee to discuss filling the Special Events chair position and the future of the CCC. The committee will meet on Wednesday 01/11 to evaluate the event and what needs to be done going forward to address volunteer recruitment and to ensure continued success.

The meeting adjourned at 9:21 p.m. The next meeting is scheduled for Wednesday, February 1st, 2012 at 7:00 p.m. at the home of Ken and Sandy Anderson.

WANTED:

Tom and Francie King are looking for a 56 cm. road bike with 18-21 speeds for their 13-year-old daughter.

Please contact the Kings at 793-5444 or kingfeat@sbcglobal.net, if you have such a bike for sale.

Secretary's Report

by Ken Anderson, Secretary

Renewals

- Frank Cicciarelli
- Don Harvey & Family
- Don & Linda England
- Jack & Gerry Casey
- Bill & Dora Voss
- Joe Hills

Renewals at the Contributing Level

- Bode & Marybeth Zietz
- Keith & Shirley Baer
- Larry Small
- Jim Disney

New Members

- Ray Caruso & Family
- Malcolm Brown
- Cathy Curtin
- Don & Kathy Henke
- Bob Ayers

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.

The New Years Day hike was the most successful ever, with 21 hikers completing the five miles. No drownings, no sprained ankles, no missing persons. Lots of sunshine and a nice cooling breeze. All in all, a good day other than I didn't make enough chili.

- Kent Kraft

Stair Climbing

by Karen Geninatti



Stair climbing is a great way for cyclists to increase both strength and endurance during the winter months.

Stair climbing works the legs in a balanced way than cycling, primarily working your hamstrings and glutes, and engages your core. Most of us naturally have stronger quads. Stair climbing works other muscle groups, which makes it a good cross-training activity for cyclists.

Stair climbing can also help cyclists build endurance. Stair climbing burns more fat per minute than most any other form of exercise and it is the easiest way to increase your intensity and cardiovascular condition. When you bike, you are always putting stress on the joints in the same way. Stair climbing is easier on the joints than walking, and by supporting and moving your own body weight, you burn more calories and strengthen your bones.

Cyclists who do not bike outdoors during the winter could replace their rides with stair climbing to come back stronger and faster in the spring.

Interested in stair climbing? Challenge yourself by participating in the American Lung Association's Fight for Air Climb on February 18, 2012. Participants climb 32 floors to the top of the Hilton in Springfield, Illinois, or compete in the "ultimate climb" where they climb 32 floors as many times as they can in 1 hour. For more information or to register, please go to www.lungil.org or contact Kelsey Dyckman at (217) 787-5864.

2012 FIGHT FOR AIR CLIMB

hilton springfield • springfield, illinois

AMERICAN LUNG ASSOCIATION.
IN ILLINOIS

February 18, 2012

WE CLIMB FOR } *a world free of lung disease*

FightForAirClimb.org



Join the hundreds of individuals and teams who will climb their way to the top of the Hilton Springfield for a great cause, lung health. This is more than your same-old 5K. This event is a vertical race to climb 32 floors! Whether climbing for a winning time or simply to cross the finish line, this event is a great way to challenge yourself physically. We guarantee that all finishers will have a newfound respect for healthy lungs!



TWO UNIQUE CHALLENGES, ONE BREATHTAKING EVENT!

32 Floor Climb– Climb all 32 Floors of the Hilton Springfield

Registration–: Early Bird- \$15 ; After January 8th, 2012- \$25
\$100 *Minimum Fundraising Fee*

Ultimate Climb– Climb all 32 Floors of the Hilton Springfield as many times as you are able in one hour.

Registration: Early Bird- \$40; After January 8th, 2012- \$50
\$100 *Minimum Fundraising Fee*

1-800-788-LUNG Kelsey.Dyckman@lungil.org



It's your legs vs. the stairs, so breathe in, step up and get ready to experience the climb of your life!

Springfield Bicycle Club Membership Application

New Member

Renewing Member

Change of Address

Name		
Address		
City		
State	Zip	
E-mail Address(es)		
Phone(s)		
Birth date*		

Type of Membership (check one):

Individual: \$15 per year

Family: \$20 per year

Contributing: \$25 per year

Sustaining: \$50 per year

Patron: \$100 per year

Corporate: \$100 per year

Family Member Information

Name 1:	Birth date*:
Name 2:	Birth date*:
Name 3:	Birth date*:
Name 4:	Birth date*:

I would like to opt out of: Club e-mail announcements

Quick Release mailing (issues are available at www.spfldcycling.org)

I would like to help with SBC activities: Yes No

If yes, please check any specific areas of interest:

Lead bike rides

Help with social activities

Help with bicycle advocacy

Help w/ Capital City Century

Serve on the SBC Board

Other _____

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 Signed:
Parent/Guardian:	Date Signed:

Official SBC Name Badge

Hang it on your seat bag. These are a pretty neat way to let other riders know your name. Include **\$11.00** extra and print your name (clearly) on the following line as you would like it to appear on your name badge:

Badge Name: _____

*providing birth dates is optional, but recommended to help us keep track of club demographics.

Mail with Check to:

Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705

Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705
Address Service Requested
Not for Commercial Use

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

Springfield Bicycle Board Members

President

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

Treasurer

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

Legislative/Educational

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

Records

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

Vice President

Alan Josephson
299-3348
vp(at)spfldcycling.org

Special Events

VACANT
events(at)spfldcycling.org

Web Master

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

At-Large Members

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

Board Secretary

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

Mountain Bike Chair

VACANT
mountain(at)spfldcycling.org

QR Editor

Marty Celnick / Shirley Baer
522-4206
editor(at)spfldcycling.org

QR Deadline is the

15th

of the month

Recording Secretary

Stephen Paca
766-2604
recording(at)spfldcycling.org

Social Co-Chair

Jim Hajek
698-7626
social(at)spfldcycling.org

Incentive Chair

Kevin Greene
793-9622
incentive(at)spfldcycling.org

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 in the following month's QR. Individual club members (excluding businesses) may list bicycling-rated items to buy or sell without charge.