



# the Quick Release

www.spfldcycling.org

April 2012

## **Ride of the Month**

Linda Butler and Ernie DeFrates receive this month's votes for Ride of the Month. Their Super Bowl ride and party made for a lively day. The weather cooperated, with eight riders venturing out to the Sangamon Valley Trail or heading north to Salisbury. The afternoon progressed to their home where the riders were joined by other club members for a potluck dinner that included soup, appetizers, beer, wine and other goodies. After dinner, football fans indulged in the last and most-watched American sporting event – the Super Bowl. Thank you Linda and Ernie for sharing your home with SBC members!

## **Almost Anything Award**

The Almost Anything Award goes *in memorium* to Pearl Rank, who started the bakery in her daughter's orchard and nursery, the Apple Barn in Chatham. Pearl passed away on February 10, and will be remembered for the warm smile and fresh homemade goodies that SBCers received every time they visited. The morning Geezer riders started the tradition of making the Apple Barn a regular stop for many of the club rides. Pearl would take time from her busy day to chat with the riders and offer a sampling of her latest treats. She particularly got a kick out of Pete Gudmundson's hair, saying "he's something else." As former SBC President Chuck Orwig noted in a tribute to Pearl, she "will be missed, and the ride to the Apple Barn will not be the same."

## **Monthly Ride Leader Incentive Drawing**

Ernie DeFrates won this month's Rider Leader Incentive Drawing. Ernie will receive a \$50 gift certificate to a local bike shop of his choice.



## **BRIGETTA EWING WINS NOBELL**

The club's most prestigious award was among 33 awards presented during the SBC Winter Party (see Page 3)

## **SBC CYCLING CHALLENGE BEGINS!**

April 29 — See Page 7 & 10

## **HOMEIER BENEFIT**

April 28 — See Page 8

### **What's Inside:**

President's Column .....	P 2
Members Recognized for Cycling Achievements .....	P 3
Ride Schedule .....	P 4
Secretary's Report .....	P 7
Other Area Rides .....	P 8
Board Meeting Notes .....	P 9
Board Directory .....	Back cover

## **President's Column**

*by Tom Clark, President*



Spring is finally here, and the riding season has begun! Our weeknight rides are in full swing once again, and weekend ride participation is picking up.

Brigetta Ewing received the coveted NoBell at our Winter Party. Congratulations, Brigetta! She and Derek are the only couple in club history to win NoBells separately while married.

***Cycling Challenge begins this month!*** Derek and Brigetta Ewing are offering a SBC Great Cycling Challenge event series in 2012. To sign up, email Derek at [thecyclist15@yahoo.com](mailto:thecyclist15@yahoo.com). See the article elsewhere in this month's QR and Web site information at [www.spfldcycling.org](http://www.spfldcycling.org). The first Challenge event will be held April 29. The final Challenge is the Sept. 9 Capital City Century.

***Ride schedules.*** Our new VP-Rides Alan Josephson will be planning the SBC Ride Schedule for April and beyond. Get in touch with him at [vp@spfldcycling.org](mailto:vp@spfldcycling.org) if you want to lead a ride—be an early bird to get the day you want. Please advise me at [president@spfldcycling.org](mailto:president@spfldcycling.org) if you know about an organized non-SBC ride we might list in our new Other Area Rides Schedule.

***Biking Academy is in progress.*** The Biking Academy is underway. Participants are now taking group rides. Some were already members, but most joined the club to participate. Thanks to Naomi Greene and to the club members who are helping her stage this Academy—Ray Caruso, Robert LaBonte, David Lucas, Christa McLaren-Morris, and Dave Ross.

***Last socializer until fall.*** Our socializers have been a big hit during off season. Kudos to Jim Hajek, who won AAA last month for his efforts. He'll host our last socializer at Dublin Pub in Vinegar Hill Mall on April 11. Jim is planning some special activities for coming months.

***Dirk Homeier Benefit.*** A metric century bike ride, 5k run/walk, and children's activities are planned for this April 28 benefit organized by Dirk's family and friends. Proceeds will assist in Dirk's recovery. He is an area cyclist who suffered life changing injuries in a bicycle accident. See details and the web link for online or printable registration in the Other Area Rides section. Forms can also be picked up at area bike shops. Register by April 11 to ensure you get an event t-shirt and lunch.

See you on the road or trail!



To join or renew your membership online, go to  
**[www.spfldcycling.org/membership.htm](http://www.spfldcycling.org/membership.htm)**

and click on the **Active.com** link.

## Members Recognized for 2011 Achievements

The Springfield Bicycle Club recognized 33 members as part of its annual awards program held at the Winter Party on January 27.

Brigetta Ewing was presented the 2011 NoBell Award. This is the club's most prestigious award, presented each year since 1982 to an individual or couple in recognition of significant contributions in promoting and supporting bicycling with the Springfield community.

### NoBell Award Ceremony Speech for Brigetta Ewing

*This year's award goes to a person who:*

- *Rides 4 miles each way to church, and attends in cycling apparel*
- *Started riding in the 1980's, resumed riding after an accident*
- *Worked club century rides, leading a cycling pace line with a motor scooter*
- *On a 5 day cycling trip to Ireland loaded and unloaded boxes with riders' gear; helped set up and take down food stops, and repeated the process 50 miles down the road*
- *Rode the Hilly Hundred one day and worked at a food stop on the following day*
- *Completed in the Senior Olympics in 2010, winning a Silver medal in the 5k Time Trial and a Bronze in the 40k road race*
- *Competed in the 2011 Senior Olympics winning Bronze in the 10k Time Trial and the 20k Road Race*
- *Was instrumental in the development of "The Great SBC Cycling Challenge"*
- *Brigetta and husband Derek worked to develop the Great SBC Cycling Challenge that brought a new dimension to the Capital City Century (CCC) by stimulating participation and bringing SBC members together in our shared passion.*



*She spent hours on the computer developing Excel spreadsheets and reporting points earned for each Challenge event. She promoted it by announcing and talking to riders at other SBC rides. She worked on registration, listened to rider concerns and improve the handling of the next event. Brigetta took particular delight in handing out awards at the conclusion with the traditional kiss on both cheeks, in the great tradition of the Tour de France.*

*Brigetta has participated as a volunteer in countless CCC and other SBC events, children's cycling safety courses. She is a great "hands on" person who knows what needs to be done and does it in good spirits. Join us in thanking Brigetta, and celebrating this award she so richly deserves.*

*Presented January 27, 2012*

A total of 32 club members won Spinner Awards. As detailed in a March 2012 *Quick Release* article, Grover Everett earned the Platinum "Spinner" Award for accumulating 16,657 miles in 2011.

## **April 2012 Ride Schedule**

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

### **Ride Classifications**

**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 leader 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, experienced 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 bike 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](mailto:records@spfldcycling.org)).

Questions about leading a ride? Contact [vp@spfldcycling.org](mailto:vp@spfldcycling.org) .

---

<b>Weekday Daytime Rides</b>		<i>Check start times!</i>
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.
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.
<b>Weekday Evening Rides</b>		<i>Check start times!</i>
Mondays 5:45 p.m.	Parkway Pointe Theatre Lindbergh & Robbins Rd Alan Josephson 793-0590	BC — Some begin at Parkway Point and some meet them 10 minutes later at Sonics. Either way this popular BC ride will get you 16-20 miles
Monday, Tuesday, Wednesday and Thursday 6:00 p.m.	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 p.m.	IDOT Dirksen Pkwy & Ash St. Show-N-Go	BCD — Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper.
Tuesday April 24 <sup>th</sup> 6:00 p.m. <b>ONLY</b>	Naomi Greene 793-9622	EZ -Bike Academy ride. Contact Naomi for place and information or check the website. Enjoy the ride with new friends.
Wednesdays 4:45 pm to 6:30 pm	Public parking lot (near Bluestem Bake Shop) Governor Oglesby St. Elkhart Christa McLaren-Morris 494-4028	ABC –Ride “The Loop” that includes Elkhart Hill. We will leave from the parking lot, ride the hill, and then finish with a ten mile loop. Repeat! Come when you can during the scheduled time. Ride it as many times as you can. Maps and ride sheets will be provided. Slower-paced riders are welcome, but should be self-sufficient in case they cannot keep pace with the rearmost group.
Thursday April 12 <sup>th</sup> 6:00 p.m. <b>ONLY</b>	Naomi Greene 793-9622	EZ -Bike Academy ride. Contact Naomi for place and information or check the website. Enjoy the ride with new friends.
Thursday 5:45 p.m.	IDOT Dirksen Pkwy & Ash St. Cindy Kvamme 744-8864	BCD –Ride the Lost Bridge Trail for 10-14 miles.

**Weekend Daytime Rides**

Saturdays 9:00 a.m.	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	<b>Weekend A-Ride.</b> 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. <b>Disclaimer: Schedule sometimes changes due to weather. Please call ahead.</b>
Sundays 9:00 a.m.	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	<b>Weekend A-Ride.</b> See Saturday Weekend A-Ride description.* <b>Disclaimer: Schedule sometimes changes in spring due to weather. Please call ahead.</b>

**Scheduled Rides and Events****Check start times!**

Sunday April 1 10:00 a.m.	Rochester Station Rt 29 & Walnut in Rochester Alan Josephson 793-0590	ABCD-Not an April Fools joke. Alan is leading a ride! Wind determines direction but plan on 25-40+ miles to Mechanicsburg or Edinburg or both. Lost Bridge Trail is always an option for D riders.
Thursday April 5 7:00 p.m.	Residence 2301 Sangamon Ave. Ken Anderson, 522-3876	NC — <b>Board Meeting.</b> All SBC members are invited to attend the board meetings. <b>Note 1-time day of week change to Thursday!</b>
Saturday April 7 10:00 a.m.	Rotary Park Iles and Archer Elevator Dave Ross 789-4823	BC – Dave will take us up North toward Salisbury and Pleasant Plains for 25-45 miles. Plenty of places to shorten the ride.
Sunday April 8 10:00 a.m.	Centennial Park Bunker Hill & Lenhart Robert LaBonte 787-0237	BC – Robert will take us on a 25-40 mile Easter magical ride to Loami and/or Chatham or if the wind blows from the north maybe someplace else
Wednesday April 11 5:00 p.m. - 7:00 p.m.	Dublin Pub 107 West Cook Street Jim Hajek, 698-7626	NC – <b>SBC Socializer.</b> Join us for our final SBC Socializer of the year at the Dublin Pub's Vinegar Hill Mall location. There will be free music (piano bar) as well as a Nacho bar supplemented with additional SBC appetizers. Greeter table near the door. Members and potential members are welcome to participate.
Saturday April 14 10:00 a.m.	Centennial Park Bunker Hill Parking Lot Cindy Moreno 546-5852	BC – Cindy plans to go South, maybe North, or East or West for 25-35 miles depending on the wind.
Sunday April 15 10:00 a.m.	Walmart Parking Lot east side Rt 104 & 29 Taylorville Grover Everett 824-2957	ABC – Grover will take us on one of his RUSA rides of 63-74 miles with plenty of cut offs for all. Wind will determine where we go. Plenty of restaurants to choose from following the finish.
Saturday April 21 10:00 a.m.	Café Moxo 411 E Adams Kevin Greene 793-9622	CD- Ride neighborhood streets and the Lost Bridge Trail for 20 miles
Saturday April 21 10:00 a.m.	Rotary Park Iles and Archer Elevator Alan Whitaker 494-6807	BC- Alan will take us someplace in the county on his favorite roads for 30-35 miles with shorter options
Sunday April 22 10:00 a.m.	Vredenburg Park Saxon Dr. & Crusaders Rd Ernie DeFrates 971-1246	BC- Ernie feels like going to Auburn for about 36 miles. Cut off to Chatham is about 24 miles.

**Scheduled Rides and Events (cont.)****Check start times!**

OUT OF TOWN RIDE  Sunday April 22 10:00 a.m.	Comlara Park Evergreen Lake Hudson, IL Mike Eymann 528-0243	ABC & MB – Mike will have the first out of town ride of the year. He and Cheryl will camp beginning Friday at Evergreen Lake 8 miles North of Normal. His scheduled Sunday ride will be 35-40 mi with a 20 mi option. MB is available as is camping for all. For those who are driving up only on Sunday, car pool and leave at 8:15 AM from Cancun parking lot in Sherman. For further information and exact directions, call Mike.
Saturday April 28 10:00 a.m.	Waldrop Park Andrews Rd in Sherman Cindy Kvamme 744-8864	BC – Downtown Athens is the destination for this ride with a 24 or 35 mile loop. Maybe we will stop for coffee or breakfast.
Sunday April 29 9:00 a.m.	IDOT- <b>Note start time</b>  Derek & Brigetta Ewing  624-2016  See separate article in QR.	ABCD-The Challenge is back. Challenge #1 meets at IDOT and goes to Spaulding-Athens-Elkhart-Mt. Pulaski-Illiopolis-Mt Auburn-Rochester-IDOT Category mileage/points: CENTURY = 101 miles,  HALF CENTURY to Athens R/T = 57 miles,  QUARTER CENTURY to Spaulding R/T = 24 miles.

**Secretary's Report***Ken Anderson, Secretary***Renewals**

- Michael Becker
- Steve Schroll & Anne Baker
- Mike & Michelle Royer & Family

**Renewals at the Contributing Level**

- Larry & Cindy King
- Don Caspary & Family

**New Members**

- Kenyatta Matheny & Family
- Brian Denney
- William & Bonnie Garrison
- Brett Stallone
- Lisa Disbrow
- Kenny Chen

**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.

## Other Area Rides

Springfield area bike shops and other entities 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. **NOTE: 'Other area ride' miles count for club miles, as they are organized rides.**

Other Area Rides & Events		
Tuesdays 5:30 p.m.	BikeTek parking lot 957 Clock Tower Dr Steve Schien, 741-8388	<b>Salisbury Hills Ride.</b> This is a non-affiliated road ride for A-level and B-level riders. The route is challenging and hilly. A and B group leaders assist developmental riders in learning the ropes. Each group re-forms periodically. <b>Steve will personally lead and sweep for the 'A' group on April 3 and April 17. April 10 and 24 are show-n-gos.</b> If it rains, the ride will be held the next day (Wednesday). Ask Steve to be put on the email group or 'friend' him on Facebook to learn of date and time changes.
Wednesday 6:10 (ish) pm	Wheel Fast Bicycle Co. 20 Cottonwood Dr. Chatham Matt Saner, 483-7807	<b>Note New Location.</b> ABC — Intermediate training ride. Meet at the bike shop and plan on 16-20 miles. <i>The new shop is across the street from the old location.</i>
April 4 & April 18 5:30 p.m.	New City Church parking lot 957 Clock Tower Dr Steve Schien, 741-8388	<b>New City Time Trials.</b> This is a non-affiliated, 11.85 mile time trial on Pawnee New City Road held every other Wednesday during season. Most riders are seeking to improve their cycling ability and personal time trial speed. All are welcome to participate. Bring a dollar for the timer. Ask Steve to be put on the email group or 'friend' him on Facebook to learn of date and time changes.
Thursdays 5:30 p.m.	Scheels 3801 S. MacArthur Blvd Michael Ritzer, 726-6330	<b>Trail and Road Ride.</b> A chance for fellow bike enthusiasts to get together and share their passion. This ride is intended for all levels of riders. Some riders stay on the trails for 10-12 miles while others add a road ride for 20-30 miles. A designated leader stays at the back of each riding group.
Thursdays 5:30 p.m.	BikeTek parking lot 957 Clock Tower Dr Steve Schien, 741-8388	<b>Salisbury Hills Ride.</b> This is a non-affiliated road ride for A-level and B-level riders. The route is challenging and hilly. A and B group leaders assist developmental riders in learning the ropes. Each group re-forms periodically. <b>The Thursday rides are all show-n-gos, with no official leader.</b> No makeup ride in case of rainout. See Ask Steve to be put on the email group or 'friend' him on Facebook to learn of date and time changes.
Saturday April 28 10:00 a.m.	Centennial Park Bunker Hill & Lenhart Brandi Tolley, 416-3550	<b>Benefit 5k Run/Walk &amp; Metric Century Bike Ride.</b> A benefit to assist in the recovery of Dirk Homeier, an area cyclist who suffered devastating injuries in a bicycle crash in February. Check in at Hope Church, just across Bunker Hill Road from the Park, from 8:00-9:15. Prayer gathering at church at 9:30. Run and ride departs from Centennial Park at 10. Mail registration by April 13 to guarantee event t-shirt and lunch. For mail-in and online registration, see <a href="http://www.dirksroadtorecovery.com">www.dirksroadtorecovery.com</a> .

## **Board Meeting Notes - March 7, 2012**

*by Stephen Paca, Recording Secretary*

Present. Tom Clark, Ken Anderson, Stephen Paca, Jim Hajek, Kevin Greene, Bill Donels, Lynn Miller, Marty Celnick, Alan Whitaker, and Mike Schwab.

The meeting was called to order by Tom Clark at 7:09 p.m.

President's Remarks. No remarks.

Minutes. Stephen Paca distributed a draft of the minutes from the March board meeting via e-mail and he made corrections based on feedback. Ken Anderson made a motion to approve the minutes; Alan Whitaker seconded the motion; and the Board approved the minutes.

Treasurer's Report. Dave Lucas distributed the Treasurer's Report via e-mail. He reported a balance of \$13,168.04 for the period ending 02/29/12. 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 Clark reported that he received a draft of the CCC logo designs from the graphic designer at Springfield Clinic. The logo will be included in the version of the CCC brochure that will be going out in the LIB mailing, later in March.

Legislative/Education Report. Bill Donels reported that the Secretary of State will send out orders to those who pre-ordered the "Share the Road" license plates. Kevin Greene reported that he attended the Bike-to-Work week planning meeting; Kevin brought a draft of the poster for the event. Kevin discussed possible starting locations for the group bike commute planned for Wed., 05/16. The city plans to install the Lincoln-themed bicycle racks the week before and there will be an official unveiling of the racks the day of the group commute. Kevin reported that a tentative public meeting has been planned for 6:00 p.m., Wed., 04/04 at Lincoln

Library to unveil the draft of the Bicycle Pedestrian Way Plan to the public.

Social Chair Report. Jim Hajek reported that the socializer at the Boulevard Tap was well attended.

The next meeting is at Boone's Saloon on 03/15 and will be a joint event with the ski club. Jim will be planning the summer picnic next.

Incentive Chair Report. Ernie & Linda DeFrates' ride and Super Bowl Party was voted Ride of the Month for February. The Almost Anything Award was given in memoriam to Pearl Rank of the Apple Barn. Ernie DeFrates' name was drawn for the monthly ride leader incentive award.

Ride Committee Report. Alan Josephson reported via e-mail that the April ride schedule was complete and that he was already working on the May schedule. The Other Area Rides section now appears in the newsletter. There will be a benefit ride for Dirk Homeier on 04/28.

Newsletter Editor Report. Marty Celnick reported that he will be working on laying out the newsletter soon.

Webmaster Report. Alan Whitaker reported that online memberships are coming in. Alan will work with Ken and Sandy Anderson on getting family membership information from the online reports.

New Business. Kevin Greene made a motion that the SBC contribute \$100 to this year's Bike-to-Work week events; Alan Whitaker seconded the motion; and the Board approved the motion. The Springfield-Sangamon County Regional Planning Commission will use this contribution for participant prizes.

Tom reported that Will Reynolds will attend next month's meeting to get feedback on his artist bike rack project.

The meeting adjourned at 8:48 p.m. The next meeting is scheduled for Thursday, April 5<sup>th</sup>, 2012 at 7:00 p.m. at the home of Ken and Sandy Anderson. Note that this is a one-time change to the usual 2<sup>nd</sup> Wednesday of the month meeting day to accommodate the public hearing for the Bicycle Pedestrian Way plan on 04/04, which several Board members will attend.

## The SBC Great Cycling Challenge

Presented by the Springfield Bicycle Club

*Ride Leaders* Derek and Brigetta Ewing

*Ride Leader Assistant* Kent Kraft

There are currently cycling events spreading across the U.S. called "Sportives", "Cycling Challenges" or "Gran Fondos". These rides have participants ranging from the professional to the avid amateur.

The 2011 SBC Great Cycling Challenge provided local riders a "Cycling Adventure" during its introductory year. The SBC Great Cycling Challenge for 2012 would incorporate riding routes that local riders may not regularly use. Each travels through several towns, allowing riders to have a relaxing break if needed. Ride information would be available on the SBC website and a Cue sheet will be provided to riders on the day of the event. The Cue sheet would include a map, road listing, continuous mileage listing, towns, suggested break stops including eateries and any other points of interest.

The event would consist of 5 centuries. Three distances are available on each days ride: @25 miles, @50 miles and @100 miles. The first four centuries will be totally self supported. The last is the Capital City Century. The dates are all Sundays -- April 29, May 20, July 22, August 26 & September 9.

The CHALLENGE could be what you personally want to make it, i.e., ride a 100 miles, or ride all 5 of the 25 milers. To add a little fun between friends, a tracking of mileage would be kept. Each mile would be a point. To and from miles would not be accounted towards CHALLENGE totals, but can be applied toward SBC ride mile totals. The name of each rider who completes the series **minimum of 3 Rides** will be placed on the online **SBC "WALL OF FAME"**. Based on how many points they have earned, they will earn a Bronze, a Silver, or a Gold Medal, and will be recognized on the "Wall of Fame" as a Bronze, a Silver, or a Gold Medal Winner.

### Medal Earned Points (miles) needed

Bronze:	125 - 199
Silver:	200 - 374
Gold:	375+

### **Are you up to the CHALLENGE? Make the COMMITMENT!**

**Commit yourself** by registering for each ride early by contacting me, Derek Ewing at [thecyclist15@yahoo.com](mailto:thecyclist15@yahoo.com). Please include your name, address, phone, email address and the category you are riding. Your name will then be placed on the sign up sheet but **you will still need to check in on the day of the ride**. You may also sign in at the day of the ride as usual.

April 29 9:00 am	Ride leaders: Derek & Brigetta Ewing 624-2016	<u>THE SBC GREAT CYCLING CHALLENGE #1.</u> I.D.O.T. - Spaulding - Athens - Elkhart - Mt. Pulaskie - Illiopolis Mt. Auburn - Rochester - I.D.O.T. Category mileage/points: CENTURY = 101 miles, HALF CENTURY to Athens R/T = 57 miles, QUARTER CENTURY to Spaulding R/T = 24 miles.
---------------------	--	---

# Springfield Bicycle Board 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*

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

Quick Release mailing (issues are available at [www.spfldcycling.org](http://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  
585-1078 (new)  
treasurer(at)spfldcycling.org

### **Legislative/Educational**

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

### **At-Large Members**

Ray Caruso  
891-5464  
at-large(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

### **Records**

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

### **QR Editor**

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

### **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

QR Deadline is the

**15th**

of the month

### **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.