



the Quick Release

www.spfldcycling.org

May 2012

Ride of the Month

Lisa Casson's ride from Vredenbugh Park was selected as ride of the month for March. This was Lisa's first time leading a club ride; her first scheduled ride was "chilled" out by Old Man Winter. This time the weather cooperated, with over two dozen cyclists joining Lisa for a pleasant ride to Loami. Thank you, Lisa.

Almost Anything Award

The Almost Anything Award goes to Tracey and Jack Hurley. Due to a glitch in the ride schedule published in the *Quick Release*, Tracey and Jack unexpectedly ended up hosting the first two weekend rides in March – on both Saturday AND Sunday. While the weather wasn't particularly accommodating, the Hurley's hospitality shined through, by treating the riders with soup, salad and wine after both rides. Jack also took time to showcase a new wheelset for his bike. Thanks Tracey and Jack for being great sports and great hosts.

Monthly Ride Leader Incentive Drawing

Harv Koplo's name was pulled from among eligible ride leaders for this month's incentive award. Harv will receive a \$50 gift certificate to a local bike shop of his choice.



ONE MORE SOCIALIZER!

Join us for "Beer, Brats & a Movie" on **May 9** (see Pages 3 & 6))

BIKE TO WORK WEEK & DAY

Group Commute is **May 16** (see p. 7)

SBC CYCLING CHALLENGE

CONTINUES

Challenge #2 is **May 20** (see pp. 7 & 12)

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President's Column

by Tom Clark, President

I've been traveling, so this month's column will be a bit short.

Just got back from a conference in Vancouver, BC (British Columbia), where I took a rental bike on the ferry to Victoria Island and had a great ride from Sydney down to the capital Victoria and back.

Canadians are friendly folks and Vancouver is a very bicycle-friendly community.

The month of May has arrived. Time for some cycling fun with your S-BC biking buddies

here in Springfield! The riding season is well underway. I hope to see many of you on the roads and trails.



One more socializer on May 9! Member Harv Koplo and his wife Annette are hosting one more great social opportunity on May 9. Jim Hajek reports that he is also working on a club picnic shared with other activity-oriented clubs in town—check next month's QR for details.

May is Bike to Work Month! Bike to Work Week is May 14-18! Everyone who commutes for any reason is welcome to take part in a capital city Lincoln-themed Bike to Work Day on May 16.

Cycling Challenge #2 is May 20! Derek and Brigetta Ewing are offering a SBC Great Cycling Challenge event series in 2012. The first event was April 29. See the article elsewhere in this month's QR and Web site information at www.spfldcycling.org. The final Challenge is the Sept. 9 Capital City Century.

Biking Academy continues! The Biking Academy is underway. Participants are now taking group rides. Thanks to Naomi Greene and to the club members who are helping her stage this Academy.



To join or renew your membership online, go to
www.spfldcycling.org/membership.htm

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

LET'S HAVE A PARTY!!!!

BEER, BRATS AND A MOVIE --- ALL FREE!!!!

We couldn't resist the opportunity to add one more get-together to the socializer series.

Wednesday, May 9th
4196 Spaulding Orchard Road (just east of Cockrell Lane)
5:30 pm Food and socializing
6:30 pm Bike themed movie on the big screen

Harv Koplo and Annette Chinuge are hosting our party at their eco-friendly house/conference center. Beer, brats, potato salad and coleslaw will be provided. Bring a munchie to share if you are so inclined. More venue info available at www.SpauldingHouse.net.

Secretary's Report

Ken Anderson, Secretary

Renewals

- Charlie Rabins
- Mike Schwab
- Connie Roberts
- Gene Fore

Renewals at the Contributing Level

- Judy Nesbitt

Renewals at the Sustaining Level

Joel Johnson

New Members

- Suren Gummadi
- Diane Long
- Mike Higgins
- R. Shirene Thomas
- Bobbie Freer
- Bill & Cindy Ward
- Patricia Mees
- Mark & Rachel Wagner
- Oliver Gross & Kerri Skrudland

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.

May 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, **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).

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

Weekday Daytime Rides***Check start times!***

Monday thru Friday 9:00 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.

Weekday Evening Rides***Check start times!***

Mondays 6:00 p.m.	Parkway Pointe Theatre Lindbergh & Robbins Rd Alan Whitaker, 494-6807	BC — Some begin at Parkway Point and some meet them 10 minutes later at Sonics on Wabash. Either way this popular BC ride will get you 16-21 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 6:00 p.m.	Schlitt Park 2400 Sharon Dr (south of Owen Marsh School) Kevin Greene 793-9622	EZ- 10 miles at a relaxed pace through city neighborhoods. Those interested will meet for dinner afterwards at a local west side restaurant.
Tuesday 6:00 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.
Thursday 5:45 p.m. NOTE TIME	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	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. Disclaimer: Schedule sometimes changes due to weather. Please call ahead.
Sundays 9:00 a.m.	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	Weekend A-Ride. See Saturday Weekend A-Ride description.* Disclaimer: Schedule sometimes changes in spring due to weather. Please call ahead.

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

Wednesday May 2 7:00 p.m.	Residence 2301 Sangamon Ave. Ken Anderson, 522-3876	NC — Board Meeting. All SBC members are invited to attend the board meetings.
Saturday May 5 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Lynn Miller- 787-3354 Alan Josephson- 793-0590	ABCD- We are going to have several rides which stop at the Apple Barn this month in memory of Pearl. Lynn will lead a CD trail ride for about 20+ miles and Alan will lead a 35-45 mile country ride stopping at the Apple Barn.
Sunday May 6 9:00 a.m.	Naomi Greene E. end of Wabash Trail Park and North 793-9622	CDEZ- Join the Bike academy on a ride to the Apple Barn. Come meet some new people.
Sunday May 6 9:00 a.m.	Rotary Park Archer Elevator & Iles Amy Goldesberry, 714-8762	ABC- This is Amy's inaugural ride as a ride leader. So a tip of the hat as she takes us out towards Pleasant Plains or New Berlin for 25-40 mi.
Wednesday May 9	SBC film/socializer Jim Hajak 698-7627 Home of Harv Koplo & Annette Chinuge 483-5893 4196 Spaulding Orchard Rd	N/C - SBC Bicycle Film/Socializer. Join us for a May socializer at the lower level conference center at Spaulding House, Harv Koplo and Annette Chinuge's eco-friendly house at 4196 Spaulding Orchard Road just east of Cockrell Lane. Free brats & beer, potato salad and coleslaw. Bring munchies if you are so inclined. Food and socializing at 5:30, special feature length bicycle film to be shown at 6:30 on the big screen (see also p. 3).
Saturday May 12 9:00 a.m.	Bike Academy Bicycle Doctor 1037 N 5th Naomi Greene, 793-9622	Flat tire repair and EZ ride. Join Bike Academy members for "how to fix a flat" lesson at the Bicycle Doctor's new location on N 5 th St in the Enos park neighborhood. A one- hour neighborhood ride will follow.
Saturday May 12 9:00 a.m.	IDOT Lynn Rhoades 891-1845	ABC- To Edinburg and beyond we go for 25-40 miles. Ride to the ride for more miles.
Sunday May 13 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Ken Anderson, 522-3876 Alan Josephson, 793-0590	ABCD- Mothers Day ride to the Apple Barn. Ken takes the CDEZ riders down the trail for 20 miles+ and Alan plans to take the others around the lake (sort of) with a stop in Pawnee and Apple Barn for 33 or 45 miles.
Monday Through Friday May 14-18	Your Residence!	NC –Curb your car during Bike to Work Week. Join other bike commuters from SBC and the Springfield area for the ride into work all week long! This is the fifth year for the event. Check with your employer to see if it is participating in the Curb Your Car challenge. For details go to the Springfield-Sangamon County Regional Planning Commission alternative transportation website at www.co.sangamon.il.us . Don't forget to turn in commuting miles to the club record keeper.

**Scheduled Rides and Events
(Continued)**
Check start times!

Wednesday May 16 7:30 a.m.	Lincoln Park Nelson Recreation Center parking area 1601 N. 5 th St Lynn Miller, 787-3354 Kevin Greene, 793-9622 Bill Donels, 546-8036	NC- Bike to Work Week Group Commute. Illinois Revenue Director Brian Hamer will lead a group bicycle commute to downtown Springfield as part of Bike to Work Week. The ride will culminate at the Old Capitol's Farmer's Market near Café Moxo on Adams Street, where riders may opt to have breakfast before heading to work. The official unveiling of the new Lincoln Penny Bike Racks will also take place.
Saturday May 19 9:00 a.m.	Centennial Park Bunker Hill & Lenhart Road Linda Butler, 971-1246	ABC – Linda will choose a 30-40 mile route for us today. Figure we will go someplace south or west. But Linda reserves the right to fool us all!
Sunday May 20 8:00 a.m. NOTE TIME	Rotary Park Iles & Archer Elevator Derek & Brigetta Ewing 624-2016	ABCD-The Challenge continues. 101 miles –Rotary Park-New Berlin- Ashland-Chandlerville-JEPC-Petersburg-Pleasant Plains-Rotary Park ½ century 56 miles –Rotary Park-Ashland and back ¼ century 27 miles – Rotary Park –New Berlin and back
Saturday May 26 9:00 a.m.	Chatham Community Park S. Main Street Earl Burton, 420-1457	ABC-Join Earl on his birthday ride to Modesto. Pie might be available at The Front Porch. Ride miles of 28,34,44,57 and maybe a few miles more!
Sunday May 27 9:00 a.m.	Rochester Station Rt 29 & Walnut Robert LaBonte, 787-0237	ABC- Robert is hungry so plan on a 28 mi breakfast ride to Pawnee. For more miles, ride to the ride.
Monday May 28 9:00 a.m.	Waldrop Park Sherman Karl Kohlrus, 544-8410	ABC- Karl will celebrate Memorial Day by taking us on his favorite ride to Mt Pulaski for 52 miles. Shorten up the ride by going to Elkhart for 30. Note that Blue Stem in Elkhart is closed but Loves and Casey's are open in Williamsville. Enjoy the HILL!
Monday May 28 9:00 a.m.	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	Holiday A-Ride. See Saturday Weekend A-Ride description.* Disclaimer: Schedule sometimes changes in spring due to weather. Please call ahead.

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 5:45 p.m. NOTE START TIME!	BikeTek parking lot 957 Clock Tower Dr Steve Schien, 741-8388	Salisbury Hills Ride. 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. Steve will personally lead and sweep for the 'A' group on May 1, May 15 and May 29. May 8 and 22 are show-n-gos. 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	Note New Location. 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>
May 9 & May 23 6:00 p.m. NOTE START TIME!	New City Church parking lot New City Rd & Pawnee Rd Steve Schien, 741-8388	New City Time Trials. This is a non-affiliated, 10.85 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. Arrive by 5:45 to check in. Bring two dollars 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	Trail and Road Ride. 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 5:45 p.m. NOTE START TIME!	BikeTek parking lot 957 Clock Tower Dr Steve Schien, 741-8388	Salisbury Hills Ride. 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. The Thursday rides are all show-n-gos, with no official leader. No makeup ride in case of rainout. Ask Steve to be put on the email group or 'friend' him on Facebook to learn of date and time changes.

Out of Town Rides

Tour de Champaign County

May 5, 2012

First St. and St. Mary's Rd., Champaign

32, 37, or 69 miles

Ride starts at 8 am

Register/Check-in 7:15-7:45 am

Fee: \$15 per rider over 12

\$5 off for Prairie Cycle Club and

USA Cycling members!



In Town Tour (10 miles)

Ride starts at 9 am

Register/Check-in 7:15-8:45 am

Fee: \$5 per household

Follow low-traffic streets, bikes lanes, and off-street paved trails around Champaign-Urbana

www.prairiecycleclub.org

After the rides, stay to watch the Tour de C-U bicycle races!

Board Meeting Notes - April 5, 2012

by Stephen Paca, Recording Secretary

Present. Tom Clark, Alan Josephson, Ken Anderson, Stephen Paca, Dave Lucas, Jim Hajek, Kevin Greene, Lynn Miller, Alan Whitaker, Mike Schwab, and Bill Kinsler.

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

President's Remarks. Tom commented on the Board's presence at the bicycle/pedestrian way plan public meeting the night before the board meeting.

Minutes. Stephen Paca distributed a draft of the minutes from the April 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 \$12,903.96 for the period ending 03/31/12. Alan Josephson made a motion to approve the Treasurer's Report; Jim Hajek seconded the motion; and the Board approved the report.

Special Events Report. Tom reported on the progress of filling chair positions for the Capital City Century. Alan Whitaker reported that CCC registration is already available online. T-shirts are not yet available through the online registration page, but Alan plans to add them. The Board discussed pricing structure for the event and decided to keep the entry fees the same as last year.

Legislative/Education Report. Lynn Miller reported that the transportation bill received a 90-day extension. The bicycle/pedestrian way plan is in its public review period; the public may submit comments about the plan until May 1st. Alan will include a link to the plan document in the next club announcements e-mail. Production on the LIB Share the Road license plates is delayed. Kevin Green reported on the Bike to Work Week progress. The group bike commute is planned for 05/16 at 7:30am, leaving from the Nelson Center for downtown Springfield. The official unveiling of the Lincoln penny themed bicycle racks is the same day as the group commute.

Social Chair Report. Jim Hajek reported that there

was good attendance at the joint socializer with the Ski Club. Jim has made initial contact with other clubs for another joint socializer in the future. Jim proposed that the club subsidize the movie party that Harv Koplo is hosting at his home in May. Alan Josephson made a motion that the club subsidizes the movie party; Kevin Greene seconded the motion; and the Board approved the motion.

Incentive Chair Report. Kevin Green conducted the incentive awards. Lisa Casson's ride was voted Ride of the Month for March. The Almost Anything Award was given to Tracey and Jack Hurley for leading back-to-back rides in one weekend. Harv Koplo's name was drawn for the monthly ride leader incentive award.

Ride Committee Report. Alan Josephson reported on concerns regarding parking at Parkway Pointe, where some rides begin. He talked with management, and they said it was still okay. The May ride schedule is ready and June is quickly filling up. Alan asked about welcome calls to new members; Ken discussed what materials he sends to new members; Alan will look into recruiting some people to help make calls to new club members.

Newsletter Editor Report. No report.

Webmaster Report. Alan Whitaker reported that he'll be updating some links on the website. Alan asked for suggestions on additional items that need to be included in the next announcement e-mail. Tom will send Alan a copy of the printable PDF of the CCC registration form to be linked from the website.

New Business. Tom led a discussion on what needs to be done to clear out the remaining club materials at the Spinner storage location. Tom will offer to pay a dumpster fee, so the club may dispose of the materials without having to haul them away. Alan Josephson led a discussion regarding the LBT port-a-potty monthly expense item in the

(Continued on page 11)

Board Meeting Notes - April 5, 2012

by Stephen Paca, Recording Secretary

(Continued from page 10)

Treasurer's Report. Alan said that the intent all along was to have someone take it over. Alan will call the Springfield Park District and talk to IDOT about the club no longer supporting the port-a-potty at the IDOT/LBT trailhead.

The meeting adjourned at 9:01 p.m. The next meeting is scheduled for Wednesday, May 2nd, 2012 at 7:00 p.m. at the home of Ken and Sandy Anderson.

Come Join Us For Critical Mass!

By Harv Koplo, SBC Member

What is Critical Mass? According to Wikipedia: "Critical Mass is a cycling event typically held on the last Friday of every month in over 300 cities around the world. The ride was originally founded in 1992 in San Francisco. The purpose of Critical Mass is not usually formalized beyond the direct action of meeting at a set location and time and traveling as a group through city or town streets on bikes. Some bigger scale events as in Budapest, Hungary, have an activist group formed around it, organizing the rides and communicating the desires and problems of the cyclists to the city council." Chicago Critical Mass can draw hundreds, if not thousands of cyclists.

The article goes on to note that "Critical Mass rides have been perceived as protest and intimidation activities," and that "The disorganized nature of the event allows it to largely escape clampdown by authorities ... Critical Mass is sometimes called an 'organized coincidence', with no leadership or membership."

The article cites events developed in response to the perceived excesses of some Critical Mass rides, such as "Critical Manners" and "Courteous Mass," where riders obey the rules of the road. In Springfield, Critical Mass has been a monthly social gathering to bring bicycling into the consciousness of the downtown drivers and pedestrians. This ride can be considered a "Courteous Mass" - participants don't run red lights, use proper hand signals, etc.

Unlike regular SBC rides, the ride is not strenuous at all – usually the pace is not more than 10 miles an hour. It is a good way for SBC members to meet new cyclists and show Springfield that bicycling is an important activity in our community. Check out the Springfield Critical Mass facebook page at <https://www.facebook.com/groups/73560857393/> or just search "Springfield Critical Mass" in facebook.

We meet at 5:30 on the southeast corner of the Old Capitol Mall on the last Friday of the month. From there, we ride the streets of the downtown area as a group for about 30-45 minutes. We usually end up at the Brewhaus bar for a cold one and some more socializing. Our group varies from 10 to 25 cyclists, depending on who shows up. Why not join us on May 25th?

The SBC Great Cycling Challenge #2

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 incorporates 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 day's ride: @25 miles, @50 miles and @100 miles. The first four centuries will be totally self supported. The first event was held on April 29; the last will be the Capital City Century. Remaining dates are May 20, July 22, Aug. 26 & Sept. 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. 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.

Sunday May 20 8:00 am <u>NOTE</u> <u>START TIME</u>	Ride leaders: Derek & Brigetta Ewing 624-2016	<u>THE SBC GREAT CYCLING CHALLENGE #2.</u> Category mileage/points: CENTURY = 101 miles, Rotary Park-New Berlin- Ashland-Chandlerville-JEPC-Petersburg-Pleasant Plains-Rotary Park HALF CENTURY to Ashland R/T = 56 miles, QUARTER CENTURY to New Berlin R/T = 27 miles.
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Gearing Up for Bike to Work Week

By Kevin Greene

Curb Your Car During Bike to Work Week is May 14 - 18 this year. This is an annual event held in Sangamon County that promotes biking, walking, running and taking the bus as options for commuting to work.

Businesses, agencies and organizations in the area are being challenged to encourage their employees to curb their car for the daily trek to work. There will be events, pit stops and incentives for cycling commuters at various locations, including a bike "group commute" to downtown Springfield that will leave from the Nelson Center at 7:30 AM on Wednesday, May 16.

The unveiling of the new Lincoln penny bike rack to be installed downtown will also take place. If you are interested in getting your employer involved as a participant, please visit the Springfield-Sangamon County Regional Planning Commission web site at: [http://co.sangamon.il.us/Departments/RegionalPlanning/Alternative Transportation.asp](http://co.sangamon.il.us/Departments/RegionalPlanning/Alternative%20Transportation.asp).



Graphic courtesy of the League of American Bicyclists Web Site

LIB Extra

From the League of Illinois Bicyclists

Illinois Speaks Up for Bicycling in D.C.

On March 22, more than 800 national advocacy and industry leaders hit Capitol Hill in an effort to preserve federal bike programs and policies. LIB led an Illinois delegation of 18, meeting with all of our 19 Congressional and two Senate offices, as part of the League of American Bicyclists' National Bike Summit. At the bike summit, Representatives Tim Johnson and Dan Lipinski were each presented LAB's "National Leadership Award." LIB also received an advocacy award for our work with Johnson, who took a huge step by sponsoring a pro-bike amendment against his party leadership's pressure.

Central Illinois Bike Summit – May 23

The Central Illinois Bike Summit is scheduled for Wednesday, May 23, 2012. The summit will be from 8:30 a.m. until 5 p.m., in Normal. The event, hosted by the Town of Normal with some strategic assistance from the League of Illinois Bicyclists (LIB), will be held at the Marriott Hotel/Carol Reitan Conference Center in Uptown Normal.

LIB's executive director Ed Barsotti will be speaking about bike planning and Trails for Illinois executive director Steve Buchtel will be presenting on the economic case for bike trails. League of American Bicyclists' president Andy Clarke is confirmed to be the lunch keynote speaker and Jeff Sunderlin, from the YMCA of the USA, will speak on bikes and community health and wellness. There will also be a roundtable headed by Normal Mayor Chris Koos and Urbana Mayor Laurel Prussing, in addition to a social event and several pre-conference meet ups on bike rodeos, commuter challenges, trail counts, bike plans and more.

For more information, view the flier at www.ilapa.org or contact Normal Town Planner Mercy Davison at (309) 454-9590 or mdavison@normal.org.

"Share the Road" License Plate Update

Have you received your notice from the Secretary of State for the presale of the "Share the Road" specialty plate? The 1500+ people who had reserved plates, have been contacted to pay the remaining \$34 to complete the order. If you have not already reserved your plate, you will soon be able to order the plate directly from the Secretary of State's website! Once the "Share the Road" plate is listed as a specialty plate option – likely after May 1 – people will be able to order the plate in a one-step process for \$51 (more for vanity and personalized plates).

LIB urges plate customers not to let thick license plate frames – such as those from car dealers – cover the plate design and message. This can be done by not using any frames, or by picking narrow frames – such as our new "Share the Road with Bicyclists – Same Rights, Same Rules" frame. Learn more at LIB's "Share the Road" specialty license plate page at www.bikelib.org.

Bike club members: LIB's efforts to improve bicycling are supported by 1,300 members – many belonging to clubs that donate. Become an individual member at www.bikelib.org/join

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*
Name 1:	Birth date*
Name 1:	Birth date*
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)

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

Address Service Requested
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 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

Mike Schwab
 801-7224
 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

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 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.