



the Quick Release

www.spfldcycling.org

August 2012

Ride of the Month

Don Harvey's ride from Stonington was voted the ride of the month. Don led the riders on good country roads with low traffic, through towns of Blue Mound, Macon, and Mowequa, where there was a parade. After the ride Don and his family provided food that was much appreciated by the hungry riders. Thank you, Don.

Almost Anything Award

This month's award goes to Cindy Tubbs for providing watermelon at the conclusion of the June 25th ride from Sonics. Traditionally, Robert LaBonte has offered watermelon after a ride at the time of the summer solstice. This year, Cindy, as ride leader, has taken the initiative in providing the refreshment. Watermelon seems to be the perfect post ride food, and there was more than enough for everybody. Thank you, Cindy.

Monthly Ride Leader Incentive Drawing

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



Upcoming Events



- August 1: Capital City Century Planning Meeting
- August 4: Café Moxo
- August 8: Board Meeting
- August 8: Annual Meeting and Socializer
- August 12 - 19: Minnesota Ride
- August 26: Challenge #4 Vredenburg Park
- August 26: Annual Ice Cream Sundae Ride

See Ride Schedule, p. 7, for start times and descriptions.



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Ten Fun Facts about Bicycles

1. In 1817, Karl von Drais, a German baron, invented a horseless carriage that would help him get around faster. The two-wheeled, pedal-less device was propelled by pushing your feet against the ground, The machine became known as the “draisine,” and led to the creation of the modern-day bicycle.
2. The term “bicycle” was not introduced until the 1860s, when it was coined in France to describe a new kind of two-wheeler with a mechanical drive.
3. Orville and Wilbur Wright, the brothers who built the first flying airplane, operated a small bike repair shop in Dayton, Ohio. They used their workshop to build the 1903 Wright Flyer.
4. Fred A. Birchmore, 25, circled the globe by bicycle in 1935. The entire trip, through Europe, Asia, and the United States, covered forty thousand miles. He pedaled about 25,000 miles. The rest was traveled by boat. He wore out seven sets of tires.
5. There are over a half billion bicycles in China. Bikes were first brought to China in the late 1800s.
6. About 100 million bicycles are manufactured worldwide each year.
7. Over the past 30 years, bicycle delivery services have developed into an important industry, especially in cities, where the couriers have earned a reputation for their high speed and traffic-weaving skills.
8. Americans use their bicycles for less than one percent of all urban trips. Europeans bike in cities a lot more often—in Italy 5 percent of all trips are on bicycle, 30 percent in the Netherlands, and seven out of eight Dutch people over age 15 have a bike.
9. The Tour de France is one of the most famous bicycle races in the world. Established in 1903, it is considered to be the biggest test of endurance out of all sports. Lance Armstrong, an American cyclist, is the only rider to have won seven titles (1999–2005) after surviving cancer.
10. Bicycle Moto Cross (BMX), an extreme style of bicycle track racing, became a sport in the 2008 Summer Olympic Games in Beijing, China. Maris Strombergs, of Latvia, received the gold medal for Men’s BMX, and Anne-Caroline Chausson, from France, took home the gold in the first Women’s BMX Olympic event.

Facts taken from:

Bicycle: The History by David Herlihy

The World Almanac Book of Records: Firsts, Feats, Facts & Phenomena by Mark Young

President's Column

by Tom Clark, President

The dog days of August have arrived, at the end of a record-setting summer that was hot, hot hot. Time to cool off with a socializer---SBC's **Annual Meeting and Socializer**, that is!

Join us on Wednesday, August 8 at 7 p.m. at Brickhouse West for a brief meeting where we'll elect officers and celebrate our successes, followed by an opportunity to socialize with your SBC buddies. Check in and get a free libation, as well as complimentary soft drinks and appetizers.

The new color-coded **Springfield Area Bicycle Map** has been published, and we have copies on hand! Area bike shops helped sponsor printing. Many thanks to the League of Illinois Bicyclists for leading this effort, especially Executive Director Ed Barsotti, Gin Kilgore and Gina Kenny.

The **SBC Great Cycling Challenge** continues on Sunday, August 26 from Vredenburgh Park, with route options of 27, 59 or 98 miles. Since Derek and Brigetta will be riding overseas to celebrate Derek's recent retirement, Kent Kraft has generously agreed to serve as ride leader in their stead. Much appreciated, Kent! The last Challenge is the CCC on September 9.

Another great SBC event this month is Alan Josephson's out of town **weeklong Minnesota ride**, August 12 through 19. This trip was advertised to SBC members several months ago, so it may be full, but feel free to check with Alan to see if any spots are still available. Access to member-led trips is one of the great benefits afforded SBC members. Thanks for organizing, Alan!

SBC offers a wide variety of ride opportunities each month. The month starts and ends with two great social ride opportunities--Kevin Green's neighborhood **Café Moxo Ride** on August 4, and Lyn Schollett's **Annual Ice Cream Sundae Ride** on August 26. We also offer moderate-paced morning and evening rides every weekday.

For riders looking for a more challenging ride, we offer not only the SBC Great Cycling Challenge cited above, but also weekend and holiday A Rides for extremely strong and competitive riders. See details in this month's Ride Schedule.

See you on the road or trail!



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

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

Meet LIB Member—and Lt. Governor—Sheila Simon

Interview by Gina Kenny

League of Illinois Bicyclists Newsletter, Winter 2011 (abridged)

Illinois bicyclists can often have a hard time identifying with our politicians. There can be a feeling that politicians do not understand us bicyclists. The knowledge that Sheila Simon's father was prominent politician Paul Simon, famous for his bow ties, could cause some to scoff. Yet, speaking with Illinois' new lieutenant governor reveals a confirmed bicyclist. She is someone who remembers her first bicycle (blue with streamers on the handlebars); plans biking vacations; and, with her new office, expects not to be able to ride as much as she would like. She's a person who has to think hard about how many bicycles she has. In total, she's the type of person you would like to go on a bike ride with.

Simon was born in Troy, IL and has lived in the state most of her life except for a stint in Washington, DC when she was in high school while her father was a U.S. senator. She lives in Carbondale with her husband, Perry Knop, with whom she has two daughters, who are currently 20 and 16. She has been a bicyclist "since I was a kid," she says. "Everyone starts off riding bikes as a kid and I do not think I have ever stopped. I have biked more and more as I got older," Simon said. "We live in such a wonderful part of the state for bike riding."

The family has around 10 bikes, which includes a bike for each of her daughters and road bikes for herself and her husband. She also has a commuter as well as a tandem bike. "We have sort of a bike parking lot in the back door to our home," Simon said. The heavy purple tandem was used to transport the couple's daughters to places before they could ride by themselves. "My favorite is my road bike because when I am on that it is for fun (and it is) lovely, fast," she replies when asked, but then quickly adds that she really enjoys to ride her commuter as well, a bike she bought for herself while in college.

Before campaigning for Lieutenant Governor, "I would pretty much ride everyday back and forth to work," she said. Carbondale tends to have more of a "traffic clog" as opposed to a "traffic jam," Simon said. Still, "It was always nice to pass cars on my bike. I always felt lovely about that." Simon would also frequently ride for "fun," "I would also usually start the day off with a bike ride. We are far enough south that we have a really long bike season here," Simon said.

Like many of us, Simon says there are a variety of reasons why she rides a bike. "I ride because it pollutes less than when I drive a car. I ride because it is healthier for me." And she said. "I ride because, by nature, I'm really cheap and it is so inexpensive to ride a bike to work."

Simon is a member of LIB as well as the Carbondale Bicycle Club; although, she is not able to often join in on club rides. "Largely, I have been a member (Carbondale Bicycle Club) just to support what they do because they are good advocates for the bicycling agenda in Carbondale," she said. "I really appreciate Anne Johnson (bike club president and LIB board member) who is from down here and is a great bike advocate," Simon added.

As Lieutenant Governor, she realizes that her opportunities to ride will likely decrease. But, she expects to be able to commute by bike to her office in Carbondale and should be able to walk to her office in Springfield from her apartment. Simon is also looking forward to commuting by bike to her office in Chicago by using the lakefront path. While her ride time may decrease, it is possible that it could lead to an increase in riding time for Illinois residents. "I do see this as an opportunity to have a biker advocate in the capital and there is a whole lot that biking can do for individuals and for the bigger group of us. I am looking forward to working on that," Simon said.

August 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 .

Weekday Daytime Rides		Check start times!
Monday-Wednesday-Friday 6:30 a.m.	NEW RIDE E End Wabash Trail By Sonics Kim Hayden, 725-3500	BCD – Earlier Riser ride. Beat the heat and ride with Kim. This becomes a Show-N-Go if Kim is not there. Turn in miles to the club record keeper.
Monday thru Friday 9:00 a.m.	Morning Geezer Ride Washington Park “STAND” on the North side of the Park 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. Geezer riders occasionally change the start time due to weather and other considerations. Please call ahead.
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. NOTE START	E End Wabash Trail By Sonics Cindy Tubbs, 698-9446	BC – Cindy will leave at 6:00 PM so those beginning at Parkway Point need to begin earlier to sign in with Cindy before that time. This popular ride will get you 16 miles or 21 from Parkway Point.
Mon. Tues., Wed. and Thursday 6:00 p.m.	Pana Trail Lake Taylorville Parking Lot Rt. 29 Charles Witsman, 299-7038	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.
Tuesdays 5:45 p.m.	IDOT Dirksen Pkwy & Ash St.	BCD – Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper.
Tuesdays 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.
Wednesday 6:00 p.m. NEW RIDE	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Alan Josephson, 793-0590	BCD – Ride the trail for 12 or add a low traffic county road loop around the airport to Rt 29 and ride 15 or 20.
Thursday 5:45 p.m.	IDOT Dirksen Pkwy & Ash St.	BCD – Ride the Lost Bridge Trail for 10-14 miles.
Weekend Daytime Rides - Schedule sometimes changes 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 9:00 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 August 1 6:00 p.m.	Residence 2301 Sangamon Ave. Ken Anderson, 522-3876 Ray Caruso Special Events Chair 891-5464	NC – Capital City Century Planning Meeting. CCC committee chairs are asked to attend this one-hour meeting for next month's Century as they are able. All interested members are welcome to attend. Pizza and snacks provided. A general call for CCC volunteers will go out after this meeting. THE MONTHLY BOARD MEETING WILL BE HELD AUGUST 8, SEE LISTING BELOW.
Saturday August 4 8:00 a.m.	Café Moxo 411 E. Adams Kevin Greene, 793-9622	CD – Ride neighborhood streets and the Lost Bridge Trail with Kevin for 20 miles.
Saturday August 4 8:00 a.m.	Waldrop Park Andrew Rd in Sherman Alan Josephson, 793-0590	ABC – Alan will offer a 1 convenience stop 36 mile ride to Middletown and a 2 convenience stop 55 mile ride to Greenview-Athens which hasn't been offered as a club ride in many a year. Some new roads for many on the longer route. In either case it will be warm. Bring plenty of liquids.
Sunday August 5 8:00 a.m.	Rotary Park Iles & Archer Elevator Tom Clark, 726-5560	ABC – Head west with Tom today. Ride 50 miles to Ashland or 40 to Pleasant Plains. Shorter distances of 29 and 18 will be available for those who want them.
Wednesday August 8 5:30 p - Board 7 p - Annual & Socializer	Brickhouse Grill and Pub 3136 W. Iles Tom Clark, 726-5560	NC – Board Meeting at 5:30 p.m. followed by the Annual Meeting and Socializer at 7 p.m. MARK THIS IMPORTANT DATE - SEE P.10 FOR DETAILS ON THE ANNUAL MEETING AND SOCIALIZER.
Saturday August 11 8:00 a.m.	Chatham Community Park 760 S. Main, Chatham Mark Rabin, 836-8500	ABC – Mark will lead a 37 mile ride that goes through Divernon, Virden and back. Cutoffs available.
Sunday August 12 8:00 a.m.	Rochester Station Walnut St Robert LaBonte, 787-0237	ABC – Robert will lead us to Edinburg for about 30 miles with an optional loop to Mechanicsburg for total of 40.
Sunday August 12-19 Out of Town	Country House near Red Wing, MN Alan Josephson, 793-0590	ABCDNC – Alan is taking a group to MN for a week of riding fun and activities. Non-riders and riders will have ample outdoor and indoor opportunities to shop, swim, hike, gamble, explore and whatever. Check with Alan to see if there are any spots available.
Saturday August 18 8:00 a.m.	East End of Wabash Trail Park & North Naomi Greene, 793-9622	CD – Naomi leads on a nice 20 mile ride to the Apple Barn for some treats.
Saturday August 18 9:00 a.m. NOTE TIME	Rotary Park Archer Elevator & Iles Amy Goldesberry, 714-8762	ABC – Amy will take us toward Pleasant Plains and Salisbury with a possible stop at Morningstar. 25-40 miles
Sunday August 19 8:00 a.m.	Vrendenburg Park Saxon Dr. & Crusaders Rd Ken Anderson, 522-3876	ABC – The plan is to go back to Auburn for about 36 miles. Shorter riders can stay on the trail and snack at the Apple Barn for about 20.
Saturday August 25 8:00 a.m.	Waldrop Park Andrew Rd in Sherman Alan Josephson, 793-0590	ABC – Alan and the group are back from MN and all will be delighted to fill you in on all the excitement of the trip. We will ride to Athens. Possibly stop for breakfast and return for 32 miles. An extra really nice & hilly loop can be added on for a total of 46 miles.
Sunday August 26 8:00 a.m.	Vredenburg Park Saxon Dr. & Crusaders Rd Kent Kraft, 787-6974	Challenge #4 Vredenburg Park – Apple Barn in Chatham – Virden – Palmyra – Scottville – Franklin. Category mileage/points: CENTURY = 98 miles, 1/2 CENTURY = 59 miles, 1/4 CENTURY = 27 miles.
Sunday August 26 4 p.m. (ride) 5 p.m. (treat)	Residence 1709 S. Douglas Lyn Schollett, 698-9446	EZ – Annual Ice Cream Sundae Ride. Relax after a "Challenging Day." If tradition holds it should be the hottest day of the year! Come for a one-hour neighborhood ride at 4, or join us afterwards to make the biggest ice cream sundae of your summer.

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		
Mondays 5:30 p.m.	Ace Bicycle Shop 2500 S. MacArthur Blvd Rich Moscardelli, 523-0188	Trail and Road Ride. Join Pete and Rich for a casual 30-35 mile ride down the trail and out into the country. All levels of riders are welcome. Riders usually break up into two riding groups, which average 13-15 mph and 17-20 mph.
Tuesdays 5:45 p.m.	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 August 14 and 28. August 7 and 21 are snow-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	Wheelfast Road Ride. ABC — Intermediate training ride. Meet at the bike shop and plan on 16-20 miles. The new shop is across the street from the old location.
Wednesday August 8 & 22 6 p.m.	New City Church parking lot 957 Clock Tower Dr Steve Schien, 741-8388	New City Time Trials. 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. Arrive by 5:45 p.m. 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, 787-2907	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.	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. See Ask Steve to be put on the email group or 'friend' him on Facebook to learn of date and time changes.

Board Meeting Notes - July 11, 2012

by Stephen Paca, Recording Secretary

Present. Tom Clark, Ken Anderson, Stephen Paca, Ray Caruso, Jim Hajek, Kevin Greene, Marty Celnick, Alan Whitaker.

The meeting was called to order by Tom Clark at 7:18 p.m.

President's Remarks. Tom Clark reported on the status of Board members who have agreed to continue in their roles for the upcoming Board year. Tom filed the club's annual not-for-profit status report to the state and forwarded a copy to Jim Hajek and Dave Lucas. Jim made a motion to appoint Alan Whitaker as the registered agent to report the club's not-for-profit status annually to the Secretary of State; Ken Anderson seconded the motion; and the Board approved the motion.

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

Treasurer's Report. Dave Lucas distributed the Treasurer's Report via e-mail. He reported a balance of \$11,424.61 for the period ending 6/30/12. Kevin Greene made a motion to approve the Treasurer's Report; Ken Anderson seconded the motion; and the Board approved the report.

Legislative/Education Report. Kevin Greene reported on the status of the SATS plan. The steering committee reviewed comments and the plans will go to SATS for approval. Kevin described several noteworthy changes to the plan. Kevin also reported that the Bicycle Advisory Council is currently reorganizing and setting goals for the coming years.

Social Chair Report. Jim reported on planning activities for the multi-club summer picnic. As of the meeting, 87 people had registered for the event.

Incentive Chair Report. Marty Celnick conducted the Incentive Awards. Don Harvey's ride was voted Ride of the Month for June. The Almost Anything Award was given to Cindy Tubbs. Don Harvey's name was drawn for the monthly ride leader incentive award.

Ride Committee Report. Alan Josephson distributed a draft of the August ride schedule via e-mail. Alan reported that he added a MWF early morning ride, leaving from the Wabash Trail east end parking lot/Sonic location, as an option during this hot weather.

Membership Committee Report. Alan Josephson recognized the work of Naomi Greene, who has been calling new members to welcome them to the club.

Newsletter Editor Report. No report.

Webmaster Report. Alan Whitaker will send out an announcement reminding members about registering for the summer picnic and about the next installment of the Great Cycling Challenge.

Special Events Report. Ray Caruso reported on planning activities for the CCC. Ray met with Jeff Egizii of E&F distributing to discuss marketing options for the event. Ray plans to talk to all the local bicycle shops about giveaways for event participants. Tom reported that the CCC route committee moved the 40-mile route stop to Glenarm. Alan Whitaker reported that the brochures were mailed and that there are 39 online registrations so far. Jim Hajek will again lead the historic ride tour the Saturday before the CCC.

New Business. Tom reported that we have the new Springfield area bicycle maps and led a discussion on a strategy for distributing the maps. Alan Whitaker will create a link to a copy of the map on the club's website. Tom discussed whether a nominations committee is necessary; currently, the Vice President and Social Chair positions are open for the upcoming Board year.

The meeting adjourned at 9:15 p.m. The next meeting is scheduled for Wednesday, August 8th, 2012. This will be a one-time date, time, and location change to accommodate the annual meeting. The Board meeting will be from 5:30 to 7:00 p.m. and the annual meeting will be from 7:00 to 8:30 p.m. at Brickhouse West on Iles Ave.

Secretary's Report

by Ken Anderson, Secretary

Renewals

Grover Everett

Bob Dettling

Kent Kraft & Family

Don & Jeanne Mallette

Richard Regan & Family

Mary & Don Schaefer

James & Carole Stephens

James Melville

James & Gladys Hajek

Renewals at the Contributing Level

Garland & Lesley Stevens

Tom & Francie King & Family

Rich Saal & Family

David & Anita McDivitt

David Banks

Mike & Cheryl Eymann

Renewals at the Sustaining Level

Linda Butler & Ernie DeFrates

New Members

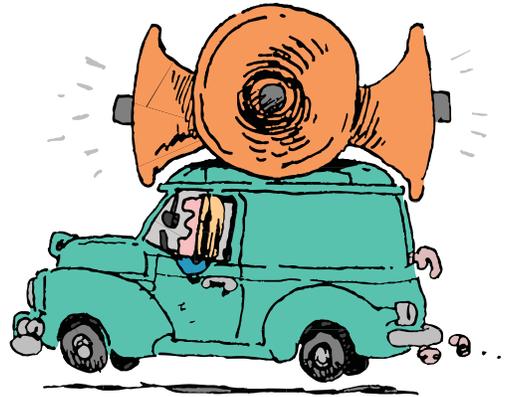
Thomas Gardiner & Linda Toth

Phillip Windell

Kelly Duppong

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.



Annual Meeting and Socializer

When: Wednesday, August 8 starting at 7:00 p.m.

Where: Brickhouse Grill and Pub
3136 W. Iles

Join other SBC members for this social evening event.

Annual Meeting (very brief) to elect President, VP, Treasurer and Secretary for next year's board, nominate folks for appointed positions (Special Events, At Large, etc.), and solicit member feedback.

Presentation of 2011-2012 highlights will end the Meeting and kick off the Socializer. Check in and get a free libation.

Complimentary soft drinks and appetizers provided.

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 **\$12.00** 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.

<p><u>Mail with Check to:</u></p> <p style="text-align: center;">Springfield Bicycle Club Post Office Box 2203 Springfield, IL 62705</p>

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

Jim Hajek
698-7626
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
793-0590
vp(at)spfldcycling.org

Special Events

Ray Caruso
891-5464
events(at)spfldcycling.org

Web Master

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

Board Secretary

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Incentive Chair

Marty Celnick
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**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.