



the Quick Release

www.spfldcycling.org

September 2012

Volunteers Needed

The Capital City Century, is Sunday, September 9. Go to page 4 for more information on how you can assist SBC in its biggest event of the year.



Upcoming Events



- Sept. 5: Board Meeting
- Sept. 8: Baked Goods Drop Off
- Sept. 8: Historic Sites Ride
- **Sept. 9: 40th Annual Capital City Century/ SBC Great Bicycle Challenge #5**
- Sept. 15: CCC Volunteer Appreciation Ride
- Sept. 16: Pedal and Paddle
- August 26: Jubilee Farm Fall Festival Ride

See Ride Schedule, pp. 7 - 8, for start times and descriptions.



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34th Annual Oktoberfest
is Sunday, Oct. 7th

Details in the next issue of
Quick Release

Incentive Awards

by Marty Celnick, Incentive Chair

Ride of the Month

The Bastille Day ride, led by Ernie and Linda Defrates on July 14th, was voted the ride of the month for July. On that humid Saturday morning with mixed sun and clouds, about 20 or so people gathered at their home for a ride to Salisbury and a return using the Sangamon Valley Trail. After the ride, food was served and many people hung around to watch a televised stage of the Tour de France. The food was appreciated, and so was the chance to sit in air-conditioned comfort. Thank you, Linda and Ernie.

Almost Anything Award

This month's award goes to Dave Lucas for serving as the club treasurer for almost a decade. Every month like clockwork, Dave issued his monthly report of income and expenses that would make a CPA proud. Prior to serving as treasurer, Dave served as the club's secretary for five years. Even earlier (much earlier), Dave held a variety of club positions including vice-president, newsletter editor and CCC food chairman. Feeling it was time to pass his duties on to someone else, Dave resigned as treasurer in August, and Jim Hajek will now be keeping track of our funds. Thank you, Dave for your great work in guarding our money.

Monthly Ride Leader

Incentive Drawing

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

Secretary's Report

by Ken Anderson, Secretary

Renewals

Cindy Kvamme
 Louie Spinner
 Margaret Kelly
 Deeanna Shidler
 Lance & Lisa Kidd
 Deb Cooper
 Rebecca Hood
 Amy Goldesberry
 Derek & Brigetta Ewing & Family
 Art Meyer
 Pete Gudmundson
 Mary Thomas
 Marty Morris & Christa Mc Laren Morris & Family
 Kevin Brown & Lola Lucas
 Carol Anderson
 Dennis & Nancy Tucker

Renewals at Contributing Level

Chris & Kathy Mehuys
 Jan Cimarossa

Renewals at Corporate Level

R & M Cyclery

New Members

Ben Stone
 John Williams
 Gerald Aldrich
 Sabrina Mancini

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.

President's Column

by Tom Clark, President

It's September, and the weather is finally cooling down. Our **Annual Meeting and Socializer** on August 8 was very cool – about 30 SBCers showed up to celebrate our successes, share some ideas for improving the club, and vote in our officers. Tracey Hurley joins the 2012-2013 Board as Vice President, and Jim Hajek continues his new role as Treasurer. Welcome Tracey and Jim! Ken Anderson continues as Board Secretary and yours truly as President. ***We are still looking for a nominee for one position: Social Chair. Interested, or know someone who might be?***

Our signature event, the Capital City Century, is coming up on the Sunday after Labor Day –September 9th. Our Special Events Chair, Ray Caruso, and our Food Co-Chairs, Harv Koplo and Annette Chinuge, are doing a great job with preparations. ***Many volunteers are already on board, but we are always looking for a few more.*** See the article on page 4, which has contact information for volunteering in every area. Our volunteers provide the services that make the CCC one of the most popular recreational cycling events in downstate Illinois.

The new Board's Installation Dinner is Friday, September 28 at Mariah's. Other great cycling and social events in September include a Pawnee Breakfast Ride on the 2nd, the Historic Sites Ride and Capital City Century on the 8th and 9th respectively, Pedal and Paddle II on the 16th, a Mt. Auburn meet-up with Decatur Bicycle Club on the 22nd, and a ride to Jubilee Farm's festival on the 29th. Our off-season socializers will resume in October, probably on second Wednesdays.

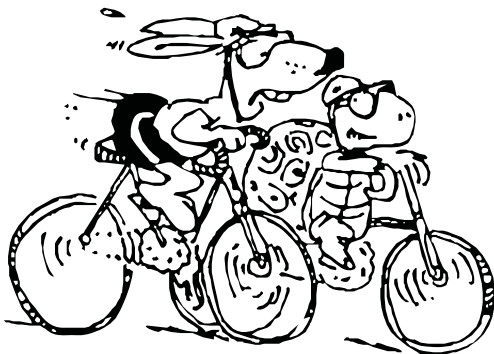
The Capital City Century is also the 5th and final event of the **SBC Great Cycling Challenge**. Derek and Brigetta Ewing are staging this event series again in 2011-2012, with the able assistance of Kent Kraft. See you in September -- on the road or on the trail!



To join or renew your membership online, go to

www.spfldcycling.org/membership.htm

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



FOR SALE

LADIES BIKE

PURCHASED FROM BIKE TEK

SCHWINN 7 SPEED

Practically New - ridden less than 25 miles

Helmet, spare tubes & toe clips included

ALL FOR \$200

REDUCED FROM \$300!

WAS OVER \$400 NEW!

Call 528-9059 or 691-2238

Call for CCC Volunteers

The 40th annual Capital City Century is coming up on September 9, the Sunday after Labor Day. To make sure this year's century is another memorable one, the event's planners need your help! If you've volunteered before, we'd love to have your help again this year. Volunteering for the century is also a great

way for new members to get to know their fellow bike club members. If there are enough volunteers, there's no reason you can't ride and help out as well.



As in the past, the area that requires the most volunteers is food. If you enjoyed helping out at a particular food location last year, here's a change to get your "dibs" for 2012. If you enjoy working with a friend, give them a call and ask them to join you! We'll be calling club members in August about helping out with CCC. If you would like to volunteer, please get in touch with me, my Food Co-Chairs Harv and Annett, or with one of our subcommittee chairpersons:

Food Committee Chair: Harv Koplo & Annett Chinuge (899-9175) or harv@avromsystems.com

Subcommittee Chairs:

- Beach House Food: Kedra & Mike Elston (741-9421)
- Glenarm Food: Ken Anderson (522-3876) or [secretary\(at\)spfldcycling.org](mailto:secretary(at)spfldcycling.org)
- Auburn Food: Sue Hack (546-4514) or [shack2\(at\)earthlink.net](mailto:shack2(at)earthlink.net)
- Baked Goods callers/dropoff: Stephen Paca & Kristina Mucinskas (766-2604) or [recording\(at\)spfldcycling.org](mailto:recording(at)spfldcycling.org)

Event Committee Chair: Ray Caruso (891-5464), [events\(at\)spfldcycling.org](mailto:events(at)spfldcycling.org)

Subcommittee Chairs:

- Registration: Alan Whitaker (494-6807) or [webmaster\(at\)spfldcycling.org](mailto:webmaster(at)spfldcycling.org)
- T-shirts: Linda Butler (971-1246) or [butlerlinda\(at\)netzero.net](mailto:butlerlinda(at)netzero.net)
- Historic Sites Ride: Jim Hajek & Naomi Greene (698-7627) or [treasurer\(at\)spfldcycling.org](mailto:treasurer(at)spfldcycling.org)
- Marketing: Tom Clark (726-5560) or [president\(at\)spfldcycling.org](mailto:president(at)spfldcycling.org)
- Marking: Byron Nesbitt (899-3988) or nesbittbyron@yahoo.com
- Traffic direction: Mark Rabin (529-7377) or [amrabin\(at\)comcast.net](mailto:amrabin(at)comcast.net)
- Signs/SAG: Tom Clark (726-5560) or [president\(at\)spfldcycling.org](mailto:president(at)spfldcycling.org)

If you cannot volunteer your time that day, please consider supplying some baked goods for the food stops when you are contacted about doing so. Or bring a covered dish for the post-pedalin' party at the Beach House.

September 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 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. *Disclaimer: 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 5:45 p.m.	East End Wabash Trail By Sonics Amy Goldesberry, 714-8762	BC – You can begin at Parkway Point, but make sure you sign in with Amy before 5:45 p.m. This popular BC ride will get you 16 - 21 miles.
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 5:45 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 5:45 p.m.	Centennial 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 make a total of 20. If Alan doesn't show, turn your miles in to the record keeper.
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	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 due to weather. Please call ahead.

Scheduled Rides and Events		<i>Check start times!</i>
Saturday Sept. 1 9:00 a.m. NOTE TIME	Rochester Station Rt 29 & Walnut in Rochester Earl Burton, 420-1457	ABCD-Happy September. Earl is leading a 29 to 42 mile route to Mechanicsburg- Mt Auburn-Buckhart- Rochester. Lost Bridge Trail is always an option for D riders as well as for adding more miles.
Sunday Sept. 2 9:00 a.m.	Chatham Community Park 760 S. Main, Chatham Amy Goldesberry, 714-8762	ABC- Out & back leisurely breakfast ride to the Pawnee Family Restaurant for 27 miles or add a loop toward Virden into Auburn for 40 miles.
Monday Sept. 2 9:00 a.m.	Vredenburg Park Saxon Dr. & Crusaders Rd Alan Josephson, 793-0590	ABCD- Alan will go around the lake with a variety of options about 20-50 miles. D's can do the trail.
Wednesday Sept. 5 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 Sept. 8 9:00 a.m.	Rotary Park Iles & Archer Elevator Show -N- Go	ABC-Lots going on today so we will have a Show-N-Go for up to 40 miles. Suggestion is to New Berlin and then Loami. Turn in your miles on line individually unless someone takes charge and collects the information to report.
Saturday Sept. 8 9:00 a.m - 3:00 p.m.	Residence 1120 W. Edwards St. Stephen Paca, 766-2604	NC- CCC Baked Goods Drop Off. Drop of cookies and other home made goodies at Stephen and Kristina's home for the CCC ride on Sunday.
Saturday Sept. 8 1:00 p.m.	State Capitol Visitors' Center 425 S. College St. (west of the Stratton Building across College Street) Jim Hajek, 698-7626 Naomi Greene 793-9622	EZ – Historic Sites Ride . Jim and Naomi will lead an 8 mile tour of Springfield historic sites the day before the Capital City Century. The ride will last approximately two hours.
Sunday Sept. 9 7:00 a.m.	Center Park Beach House 100 Long Bay Shore Drive Lake Springfield Ray Caruso, 891-5464	ABCD – 40th Annual Capital City Century/SBC Great Bicycle Challenge #5 . 25, 40, 62, 80 and 100 mile routes over flat to slightly rolling terrain. Registration beings at 6:30 am. Includes SAG service, multiple food stops and "post-pedal'n" party free to registered participants. SAG service ends at 4:00 pm; all riders are asked to be off the route by that time.
Saturday Sept. 15 9:00 a.m.	Center Park Beach House 100 Long Bay Shore Dr. Lake Springfield Alan Whitaker, 494-6807	ABCD – CCC Volunteer Appreciation Ride . 25, 40, 62, or 100 miles. This ride is an opportunity for volunteers who worked the Capital City Century to try one of the routes. All club members are invited to participate. This ride counts as the SBC Great Bicycle Challenge #5 for CCC volunteers
Sunday Sept. 16 9:00 am (40-mile pedal) 10:00 am (25-mile pedal) noon. (paddle after snacks)	Sugar Creek Covered Bridge 770 Covered Bridge Rd, Chatham, IL Tom Clark, 726-5560 (pedal) Mark Kuhn, 652-5309 (paddle)	ABC – Pedal and Paddle . Tom will start us off with a 25-40 mile bike ride, then we'll kayak or canoe on Sugar Creek with Mark. If you don't have a kayak or canoe but want to paddle, give Mark a call – he can provide up to 5 kayaks on an RSVP basis. Bring snacks and drinks to share at the shelter afterwards starting around 11:45. 25 mile riders can elect to start at 10am. Ride to the ride for more miles.
Saturday Sept. 22 8:15 a.m. NOTE TIME	Rochester Station Walnut & Rt 29 Rochester Alan Josephson, 793-0590	ABC-We will meet the Decatur Club in Mt Auburn at 9:30 and do an out and back with them to the Lincoln Homestead. Nice to ride with neighbors and swap stories. Ride from 30-55 miles

Scheduled Rides and Events		Check start times!
Sunday Sept. 23 9:00 a.m.	Lost Bridge Trail IDOT Deb Cooper, 546-5099	ABCD- Deb plans to maneuver around the countryside to get us to Edinburg for about 40 miles. D's can ride the trail.
Saturday Sept. 29 10:00 a.m. NOTE TIME	Capitol Complex Visitors Center 425 S. College Street Harv Koplo, 899-9175	ABCD –Ride to Jubilee Farm Fall Festival, about 22 miles. Enjoy activities and food (Robert LaBonte will be on hand making old-fashioned caramel corn!). Ride part of the Sangamon Valley Trail on the return trip. Check out the following link: http://www.jubileefarm.info/ for info about Jubilee Farm.
Sunday Sept. 30 9:00 a.m.	Rotary Park Iles and Archer Lisa Casson, 726-7244	Lisa wants to return to Ashland for 49 miles to finish her pie she left at the Crockpot restaurant in August. Cutoffs for Pleasant Plain (40), Salisbury (29), and shorter routes are other options.

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 Sept. 11 and 25. Sept. 4 and 25 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.
Sept. 5 and 19 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 - August 8, 2012

by Stephen Paca, Recording Secretary

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

The meeting was called to order by Tom Clark at 5:37 p.m.

President's Remarks. No remarks.

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

Treasurer's Report. Jim Hajek presented the Treasurer's Report previously distributed via e-mail by Dave Lucas. As of the August Board meeting, Jim assumed Treasurer duties. He reported a balance of \$9,047.84 for the period ending 07/31/12. Dave Lucas made a motion to approve the Treasurer's Report; Ken Anderson the motion; and the Board approved the report. Lynn Miller made a motion to thank Dave for his years of service as Treasurer; the motion was approved by acclamation.

Special Events Report. Tom Clark reported on CCC planning activities for Ray Caruso. The CCC committee chairs met on 08/01 and plan to meet again on 08/22. Tom discussed this year's Capital City Century route. Alan Whitaker reported that there are 113 riders pre-registered, which is ahead of last year's numbers at the same time.

Legislative/Education Report. Lynn Miller reported on his activities for the rural committee of the bike/ped plan. Lynn asked Board members to send him recommended rural bike routes. Lynn also reported that SMTD will soon have an unveiling for their bus-mounted bike racks. Tom asked for feedback on the idea of a promotional event for the recent release of the new Springfield area bike map that was updated and produced by LIB. Kevin Greene reported on Bicycle Advisory Council activities and announced that the SATS Policy Committee adopted the final version of the Bicycle and Pedestrian Plan.

Social Chair Report. Kevin Greene reported on the multi-club joint summer picnic. Kevin estimated that over 60 SBC members and guests attended the picnic. Kevin thought the Bridgeview Park facilities were great and suggested keeping that venue in mind for future events.

Incentive Chair Report. Marty Celnick conducted the Incentive Awards. Ernie DeFrates and Linda Butler's Bastille Day ride was voted Ride of the Month for July. The Almost Anything Award was given to Dave Lucas for his service as Treasurer. Cindy Kvamme's name was drawn for the monthly ride leader incentive award.

Ride Committee Report. Alan Josephson reported that the September ride schedule is almost complete and that he will be working on the October ride schedule with the incoming Vice President. Alan highlighted notable rides in September, including a ride from Rochester to Mt. Auburn to meet the Decatur Bike Club.

Newsletter Editor Report. Shirley Baer reported that everything is going well with the newsletter.

Webmaster Report. Alan Whitaker discussed upcoming e-mail announcements.

Old Business. Tom reported on the state of the board—Tracey Hurley will be Vice President for the upcoming Board year. The Social Chair position is still open.

The meeting adjourned at 6:41 p.m. and was followed by the annual meeting and socializer. The next meeting is scheduled for Wednesday, September 5th, 2012 at 7:00 p.m. at the home of Ken and Sandy Anderson.

Memorial SportsCare Women's Biathlon

START TOGETHER. FINISH TOGETHER.



The Memorial SportsCare Women's Biathlon is a non-competitive event organized for women to encourage healthy living. The biathlon includes 12 miles of biking on gently rolling hills followed by 3.1 miles of mostly flat-course running. Follow us on [Facebook](#) for race updates.

Event Details

The fifth annual women's biathlon is a USAT-sanctioned event.

Date: Sunday, Sept. 23, 2012 (rain or shine)
Start Location: Memorial SportsCare
(corner of Archer Elevator Rd. & W. Iles Ave.)
Start Time: 9:00 a.m.

Registration is limited to 500 participants. Registration will close prior to Sept. 17 if there are 500 participants registered.

Register online at:

<http://www.active.com/duathlon/springfield-il/memorial-sportscare-womens-biathlon-2012>

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
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Springfield, IL
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Springfield Bicycle Board Members

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Tom Clark
726-5560
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Treasurer

Jim Hajek
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Vice President

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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.