



# the Quick Release

www.spfldcycling.org

April 2013

## Ride of the Month

Kevin Greene's Lincoln's Birthday ride is this month's Ride of the Month. There wasn't much stopping on this February 12th ride, with temperatures in the high-30s and partly sunny conditions. Riders did manage to get in 10 miles, winding their way through several neighborhoods and finishing with some warm food at Café Moxo's.

## Almost Anything Award

This month's Almost Anything Award goes to Tracey and Jack Hurley for their superb Super Bowl Party. The food was good, surroundings comfy and the company entertaining. The only topping to a great evening was an exciting Superbowl that included a match-up of the two Harbaugh brothers, a fourth quarter comeback by the San Francisco 49ers, a stop by the Baltimore Ravens who survived to claim their crown, and a half hour power outage. Great pigskin memories that will last a long time shared among friends! Tracey is also recognized for her appearance in the SJ-R City/State section, with a photo of her biking solo in Washington Park in February.

## Monthly Ride Leader Incentive Drawing

Kevin Greene is this month's Ride Leader Incentive winner. He receives a \$50 gift certificate to a local bike shop of his choice.

*Any rider or member can nominate rides or leaders for the above recognition. Please send nominations or ride anecdotes to:*

*incentive (at) spfldcycling.org*

## UPCOMING EVENTS

🚲 APRIL 3:  
**Board Meeting**

🚲 APRIL 10:  
**Socializer at Mariah's Steakhouse**  
(see P4)

🚲 APRIL 28:  
**SBC Cycling Challenge #1**  
(see P6)

🚲 MAY 28:  
**Ed Barsotti Presentation**  
(see P10)

🚲 JUNE 29:  
**Pedaling for Kicks** (see P2)

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## Drainage Grates App



One of the activities identified in the SATS Bicycle and Pedestrian

Plan is to create a system for the public to report drainage grates that are not bicycle friendly. The Planning Commission has created an app for this purpose and a link to it is available on the SATS website:

[http://co.sangamon.il.us/Departments/RegionalPlanning/Transportation\\_Planning.asp](http://co.sangamon.il.us/Departments/RegionalPlanning/Transportation_Planning.asp)

The link is about halfway down the page, underneath the Plan.




**Pedaling  
for  
Kicks!**

**Saturday, June 29, 2013  
Bloomington, Illinois**

Ride starts at East White Oak Bible Church, located at intersection of County Roads 1200 East and 2000 North  
(see our website for directions to ride site).

**START TIME: 6 am - 8 am**  
**Same Day Registration Begins At 5:30 am**  
**FAMILY ROUTES: See start info  
in Family Route information box below.**

**CHOOSE FROM 6 DIFFERENT ROUTES**

This year's Pedaling for Kicks moves from July to June!!

Join the Fellowship of Christian Farmers for its 15th Annual Pedaling for Kicks on Saturday, June 29th. We sincerely hope you'll plan on joining us in Bloomington-Normal for this year's ride.

Online and mail-in registration options are available at [www.pedalingforkicks.com](http://www.pedalingforkicks.com). See our Web site or call 800-676-2353 for more information.

Same-day registration begins at 5:30 a.m. The registration fee is \$15 and up depending on option chosen; \$5 late fee after June 8. Register online or download the brochure with registration form and mail it in with payment. Add a post-ride meal for \$7.

The ride features different routes from 10 to 63 miles, food stops, and rider support services. You can start your ride anytime from 6:00 a.m. to 8:00 a.m.

As a number of riders have requested it, we are offering PFK jerseys this year in addition to PFK t-shirts! Prepaid jersey orders must be made by April 12.

## **President's Column**

by Tom Clark, President

Spring has sprung! Another riding season is underway. If you've taken time off from riding during the winter, it's time to clean the cobwebs off your bike and get a tune-up and safety check. With many riders getting out on the trails and roads, I urge you to be aware of other cyclists and motor vehicles and to ride responsibly and safely. In the coming months, I hope to be able to report ways in which our club is promoting bicycle safety and awareness.

At our March Board meeting, we approved a resolution urging the City of Springfield and surrounding communities to adopt the SATS Bike-Ped plan, and work to become more bicycle and pedestrian friendly. Resolution sponsor **Harv Koplo** subsequently wrote a Letter to the Editor published by the SJ-R, and yours truly wrote a similar letter to Mayor Houston.

Now that riding season has begun, our Vice President **Tracey Hurley** once again has developed a full schedule of leader-led weekend rides. Way to go, Tracey! We ask leader-led ride leaders to provide a map and scout the route prior. Thanks to **Dave Ross, Cindy Moreno, Tracey Hurley, Ernie DeFrates, Alan Whitaker, Alan Josephson, Cindy Kvamme, and Derek & Brigetta Ewing** for committing to organize a leader-led ride in April. One of these ride leaders will win a \$50 gift certificate to the bike shop of their choice.

**The Challenge begins!** Thanks to **Derek and Brigetta Ewing** for renewing the SBC Great Cycling Challenge for 2013, by offering rides of 25, 50 or 100 miles on five separate Sundays from April through September. The first Challenge ride will be on Sunday, April 28. Last year, 28 riders participated in at least 3 Challenge rides and earned a place on our Wall of Fame. Of these, 25 earned a Bronze, Silver or Gold medal, by riding at least 125, 200 or 375 miles total. Challenge rides are invitational – you don't need to be a member to participate.

**Last Socializer until next fall.** Join Social Chair **Gladys Hajek** and your SBC buddies at Mariah's on Wednesday, April 10. This will be our last monthly Socializer until October. The Socializer starts at 5. Once again, free appetizers will be provided, and we'll have a greeter table at the door and the welcome mat out for potential members. We hope to see many of you at rides or "ride and eat" events during the riding season.

Those looking for a slower-paced ride option where no rider is left behind have several options this month: our evening rides on Monday and Thursday, and **Kevin Greene's** Café Moxo ride on April 20. And don't forget the first of five Cycling Challenges on April 28! Cycling Challenge events will always include a slower-paced 25 mile ride option with a leader at the back.

Thanks as well to our weekend & holiday A ride organizer **Lisa Kidd**. These A rides are intended for extremely strong and competitive riders with expert bike handling skills. As such, they complement our weekend & holiday Club Rides, which are slower-paced and usually shorter. Hope to see you on a bike ride! - Tom

## Secretary's Report

by Ken Anderson, Secretary

### Renewals

- 🚲 Neil & Heather Glessner
- 🚲 Mike Schwab
- 🚲 Rick Haberkorn

### New Members

- 🚲 Jordan Litvak
- 🚲 John Hosteny

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.



## Springfield Bicycle Club April Socializer Wednesday, April 10, 2013

**5 - 7 p.m.  
at**



**Mariah's Steakhouse  
3317 Robbins Road  
Springfield, IL  
217-793-1900**

*Appetizers will be provided by the club  
with a cash bar available.*

*Please join us and stay for dinner for  
additional time to get acquainted.*

**Gladys Hajek  
698-7626**



To join or renew your membership  
online,

go to

**[www.spfldcycling.org/  
membership](http://www.spfldcycling.org/membership)**

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

<http://www.youtube.com/watch?v=AJI6HKN3BTI>

The MTB trails near Lake Springfield have some deep ruts from standard MTBs with 2.5 inch tires or narrower with 30 PSI or higher.

The second half of this video shows how little a FAT tire bike with 4 inch tires or wider with 10 PSI or lower create much less damage.

# **Board Meeting Notes - March 6, 2013**

*by Stephen Paca, Recording Secretary*

Present. Tom Clark, Tracey Hurley, Ken Anderson, Stephen Paca, Jim Hajek, Ray Caruso, Harv Koplo, Gladys Hajek, Bill Donels, Lynn Miller, Alan Whitaker, Naomi Greene, Marty Celnick, and Mike Schwab.

The meeting was called to order by Tom Clark at 7:08 p.m.

President's Remarks. Tom Clark reported that the SBC Mt. Everett Memorial Climbers had a successful stair climb.

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

Treasurer's Report. Jim Hajek distributed a copy of the Treasurer's Report prior to the meeting via e-mail. He reported a balance of \$15,061.48 for the period ending 02/28/13. Harv Koplo motioned to approve the Treasurer's Report; Tracey Hurley seconded the motion; and the Board approved the report.

Special Events Report. Harv Koplo reported on new sponsors that he secured for the 2013 event. Harv plans to bring back the 10-12 mile route option, since the K of C hall is close to the Sangamon Valley Trail. Harv contacted chef Higgins to help with training food service volunteers. Harv brought completed 2013 CCC brochures that are to be shipped to LIB for distribution to bike shops in IL. Harv also brought samples of cycling jerseys from Pactimo and led a discussion on CCC jerseys.

Incentive Chair Report. Naomi Greene conducted the Incentive Awards. Kevin Greene's ride was voted Ride of the Month for February. The Almost Anything Award was given to Tracey and Jack Hurley. Kevin Greene's name was drawn for the monthly ride leader incentive award.

Legislative/Education Report. Bill Donels reported that the Curb Your Car Week committee didn't meet, but that planning for the event was under control.

Social Chair Report. Gladys Hajek reported that 38 people attended the February socializer at The Office. The March 13 socializer will be at Cousin Eddie's in Fairhills mall and the April social event will be at Mariah's.

Ride Committee Report. Tracey Hurley distributed a draft of the April ride schedule prior to the meeting via e-mail. She led a discussion on the schedule and noted suggestions for changes and additions, including changes to affiliated Tuesday and Thursday night rides in the Other Area Rides schedule. Tracey also discussed the request to add a Ride Of Silence to the schedule. The ride would be a weekday evening in May and would be a slow-paced, shorter distance ride on a visible route on city streets. Bill and Lynn confirmed that such a ride wouldn't conflict with Curb Your Car Week rides.

Newsletter Editor Report. No report.

Webmaster Report. Alan Whitaker reported on plans for upcoming e-mail announcements and updates to the front page of the club's website.

New Business. Harv Koplo suggested that the club get involved in a paint the streets event hosted by the art association. This event is postponed until June or later, so the Board can discuss involvement when the event date is firm.

The meeting adjourned at 8:39 p.m. The next meeting is scheduled for Wednesday, April 3<sup>rd</sup>, 2013 at 7:00 p.m. at the home of Ken and Sandy Anderson.





**It's That Time Again!**  
**Get yourself and bike ready for**  
**"The Great SBC Cycling Challenge".**

The Cycling Challenge is designed to aid in your cycling fitness and accomplish a hopeful **Goal** of completing the annual **"SBC Capital City Century"**.

Each daily Challenge consists of a century (100 miles) ride with shorter options of approximately a 25 mile and a 50 mile ride. The first four challenges are totally self supported. The 5th and last of the years Cycling Challenge events is the SBC Capital City Century held in September.

**The first event is set for April 28 Rotary Park at 9 a.m.** Ride along with others for a 27 mile route or 56 route or the Challenge route of 101 miles to Chandlerville. Food and rest stops along the way. The cost is free. You may want to purchase food and drink items along the way.

The Great SBC Cycling Challenge takes you on low traveled roads and will lead you through small quiet towns. Rest stops along the way may be the local mom and pop restaurant or a convenient store. To help insure that all has someone to complete the ride with, there will be groups of all ride levels to ride with.

All riders who complete the series minimum of 3 rides are placed on the **"SBC Challenge Wall of Fame"**. In addition you may receive a **Gold**, a **Silver** or a **Bronze** Award for all of your hard work in achieving your cycling goal. Your mileage is recorded and a point awarded for each mile.

**Award Earned - Points (miles) needed:**

🚲 Bronze: 125 - 199

🚲 Silver: 200 - 374

🚲 Gold: 375+

Awards will be distributed at the January SBC Awards Banquet (can also be received without attending).

**SBC Members:** Your **TO** and **FROM** ride miles can be counted as SBC ride miles, but are not counted towards CHALLENGE totals.



## April 2013 Ride Schedule

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

RIDE CLASSIFICATIONS	
Code	Definition
<b>NC</b>	<b>Non-Cycling events.</b>
<b>MB</b>	<b>Rides suitable for mountain bikes.</b>
<b>EZ</b>	<b>For riders who prefer a pace under 10 mph.</b> 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.
<b>D</b>	<b>For novice or recreational riders.</b> 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.
<b>C</b>	<b>For competent riders with basic safety and bike handling skills.</b> 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>B</b>	<b>For strong, experience riders with considerable group riding experience.</b> 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.
<b>A</b>	<b>For extremely strong and competitive riders with expert biking handling skills.</b> Expect riders to be self-sufficient and to maintain speeds of 19+ mph for extended distances using pace lines.

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

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

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



<b>Weekday Daytime Rides</b>		<b><i>Check start times!</i></b>
Monday 10:00 a.m.	Lewis Memorial Park Koke Mill Rd Robert LaBonte, 787-0237	MB – Meet at the pavilion and ride the church trails for an hour or so. This ride will be at an easy pace and is suitable for beginner and intermediate riders.
Monday thru Friday 10:00 a.m.	Morning Geezer Ride Washington Park Pavillion on the South side of the park Tom Clark, 726-5560 <b>Note location change</b>	Show-N-Go ride for retired geezers or those hoping to become geezers. No leader or map, but Tom 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. <b>*Disclaimer: Geezer riders occasionally change the start time due to weather and other considerations. Please call ahead.</b>
Monday thru Friday 10:00 a.m.	Daily Pana Trail Ride Lake Taylorville parking lot Rt 29 Pat Stephens, 287-7056	Show-N-Go along the Lincoln Heritage Trail. Turn in miles to the records keeper. There is no ride leader, but Pat may be able to answer questions about this ride.
Monday thru Friday 12:20 p.m.	Vredenburg Park Saxon Dr. & Crusaders Rd. Tom Clark, 726-5560 Dave Ross 789-4823	BC – Westside Lunch Ride. Dave or Tom will hit the trails or go out in the country.
<b>Weekday Evening Rides</b>		<b><i>Check start times!</i></b>
Monday and Thursday 6:00 p.m	Parkway Pointe Theater Lindbergh & Robbins Rd Show-N-Go	BCD – Show-N-Go along the Wabash and Interurban Trails. Lights required. Turn miles in to the club records keeper.
Tuesday 5:30 p.m.	IDOT Dirksen Pkwy & Ash St Show-N-Go	BC – Ride the Lost Bridge Trail for 10-14 miles. Turn miles in to the club records keeper.
Thursday 5:30 p.m.	IDOT Dirksen Pkwy & Ash St Cindy Kvamme, 744-8864	BCD – Ride the Lost Bridge Trail for 10-14 miles.
Mon., Tues., Wed., and Thursday 6:00 p.m.	Pana Trail Lake Taylorville parking lot Rt 29 Charlie 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.
<b>Weekend Daytime Rides -</b>		
Saturdays time varies (see Disclaimer)	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	<b>Weekend A-Ride.</b> This ride is intended for extremely strong and competitive riders with expert bike handling skills. Expect riders to be self-sufficient and to maintain speeds of 19+ mph for extended distances using pace lines. Riders will agree on a destination and determine a route at the time of the ride. Developmental A-riders are welcome, but they should be self-sufficient and familiar with local roads, or accompanied by an experienced rider. <b>*Disclaimer: Schedule sometimes changes due to weather. Please call ahead.</b>
Sundays time varies (see Disclaimer)	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	<b>Weekend A-Ride.</b> See Saturday Weekend A-Ride description. <b>*Disclaimer: Schedule sometimes changes in fall due to weather. Please call ahead.</b>



<b>Scheduled Rides and Events</b>		<b><i>Check start times!</i></b>
Wednesday April 3 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.
Sunday April 7 10:00 a.m.	Centennial Park Bunker Hill Rd Trail parking lot Cindy Moreno, 546-5852	ABC -- Cindy plans to go 25 - 35 miles with the wind at our backs.
Wednesday April 10 5:00 – 7:00 p.m.	<i>M</i> ariah's Steakhouse 3317 Robbins Rd Gladys Hajek, 698-7626	<b>NC – Socializer.</b> This is the last socializer until the Fall. Free appetizers with cash bar. Greeter table near the door. Members and potential members are welcome. Please join us and stay for dinner for additional time to get acquainted.
Saturday April 13 10:00 a.m.	Rotary Park Iles & Archer Elevator Rds Tracey Hurley, 414-8900	ABC -- Ride for 40 or so miles. There will be options for shorter distances. Destination is wind dependent.
Sunday April 14 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Ernie DeFrates, 971-1246	ABC -- Ernie feels like going to Auburn for about 36 miles. Cut off to Chatham is about 24 miles.
Saturday April 20 11:00 a.m. <b>NOTE TIME</b>	Café Moxo 411 E Adams Kevin Greene, 793-9622	CD -- Ride neighborhood streets and the Lost Bridge Trail for 20 miles. Stop at Café Moxo after.
Saturday April 20 10:00 a.m.	Rotary Park Iles & Archer Elevator Rds Alan Whitaker, 494-6807	ABC -- This is the weekend of the Alans! Alan W. will take us someplace in the country on his favorite roads for 30 - 35 miles with shorter options.
Sunday April 21 10:00 a.m.	Waldrop Park Andrews Rd Sherman Alan Josephson, 793-0590	ABC -- Alan J. has 40 or so miles planned with a shorter distance of around 20 miles.
Saturday April 27 10:00 a.m.	Waldrop Park Andrews Rd Sherman Cindy Kvamme, 744-8864	BC -- Downtown Athens is the destination with a 24 or 35 mile loop. There may be a stop for coffee or breakfast.
Saturday April 28 9:00 a.m. <b>NOTE TIME</b>	Rotary Park Iles & Archer Elevator Rds Derek & Brigetta Ewing, 624-2016 See page 6.	ABCD -- The first part of the Century Challenge 2013. Ride along with others for a 27 mile route or 56 mile route or the Challenge route of 101 miles to Chandlerville. Food and Rest stops along the way. Cost: Free! You may want to purchase food and drink items along the way.
Saturday May 4 9:00 a.m.	Stuart Park Winch Rd Lynn Miller, 787-3354	ABC -- 30 & 40 mile options to Athens and a stop at Jeffries' Orchard for asparagus--if available. Asparagus is as weather dependent as the ride itself!
Sunday May 5 9:00 a.m.	Rotary Park Iles & Archer Elevator Rds Marty Celnick, 522-4206	ABC -- Marty's destination depends on the wind direction.

## 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		
Tuesday 5:40 p.m.	Fairhills Mall SW corner parking lot Monroe St Steve Schien, 741-8388	<b>Salisbury Hills Ride.</b> This is a non-affiliated road ride for A-level and B-level riders. A and B group leaders assist developmental riders. Riders are encouraged to leave as soon as there is a group of 15 or so. The route is challenging and hilly. Each group re-forms periodically. <b>Steve will personally lead and sweep for the 'A' group on April 2, 16, and 30.</b> If it rains, the ride will be held the next day (Wednesday). Ask Steve to be put on the email group or 'friend' him on Facebook to learn of date and time changes.
Tuesday & Thursday 5:45 p.m.	BikeTek 957 Clock Tower Dr Ray Caruso, 891-5464	<b>Bike Tek Road Ride.</b> There will be two separate rides -- a 15-mile route and a 26-mile route with each consisting of two levels starting at the same time.
Wednesday 6:10ish p.m.	Wheelfast 20 Cottonwood Dr Matt Saner, 483-7807	<b>Wheelfast Road Ride.</b> ABC — Intermediate training ride. Meet at the bike shop and plan on 16-20 miles. The ride will begin when the shop is closed and locked up for the evening.
Every other Wednesday 5:30 p.m.	New City Church parking lot New City Rd Pawnee Steve Schien, 741-8388	<b>New City Time Trials.</b> This is a non-affiliated 10.85-mile time trial on Pawnee New City Road. Most riders are seeking to improve their cycling ability and personal time trial speed. All are welcome to participate. Check-in immediately after arriving. The goal is to send off the first rider at 6:00. Riders are started in 15-second intervals starting with the slower riders first. Bring \$2 for the timer. Ask to be put on the email group to learn of date and time changes.
Thursday 5:45 p.m.	Scheels 3801 S. MacArthur Blvd Michael Ritzer, 726-6330	<b>Trail and Road Ride.</b> A chance for fellow bike enthusiasts to get together and share their passion. This ride is intended for all levels of riders. Some riders stay on the trails for 10-12 miles while others add a road ride for 20-30 miles. A designated rider leader stays at the back of each riding group.
Thursday 5:40 p.m.	Fairhills Mall SW corner parking lot Monroe St Steve Schien, 741-8388	<b>Salisbury Hills Ride.</b> This is a non-affiliated road ride for A-level and B-level riders. A and B group leaders assist developmental riders. The route is challenging and hilly. Each group re-forms periodically. <b>The Thursday rides are all show-n-go rides, with no official leader.</b> Ask to be put on the email group to learn of date and time changes.

## Presentation by Ed Barsotti on May 28



Springfield Bicycle Club, Sustainable Springfield and the Sierra Club are co-sponsoring a presentation by Ed Barsotti, Executive Director of the League of Illinois Bicyclist. The presentation is slated for Tuesday, May 28 at the Lincoln Library (Springfield, IL). Harv Koplo will be the SBC's contact for this event.

Additional information on the presentation will be included in the May issue of the QR.

# 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](http://www.spfldcycling.org))

I would like to help with SBC activities:  Yes  No

If yes, please check any specific areas of interest:

Lead bike rides

Help with social activities

Help with bicycle advocacy

Help w/ Capital City Century

Serve on the SBC Board

Other \_\_\_\_\_

### Legal Waiver

I (and my parent or guardian in case of a person under 18 years of age) hereby release the Springfield Bicycle Club and any other party or parties involved in any Springfield Bicycle Club activity of any liability whatsoever for any loss or damage to property or for personal injury sustained or occurring on any Springfield Bicycle Club event.

Signature:	Date Signed:
Parent/Guardian:	Date Signed:

### Official SBC Name Badge

Hang it on your seat bag. These are a pretty neat way to let other riders know your name. Include **\$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><b><u>Mail with Check to:</u></b></p> <p style="text-align: center;">Springfield Bicycle Club Post Office Box 2203 Springfield, IL 62705</p>
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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**

Tracey Hurley  
414-8900  
vp(at)spfldcycling.org

### **Special Events**

Ray Caruso / Harv Koplo  
891-5464 / 899-9175  
events(at)spfldcycling.org

### **Web Master**

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

Dave Lucas  
585-1078  
at-large(at)spfldcycling.org

### **Board Secretary**

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

### **Records**

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### **QR Editor**

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488-2160  
editor(at)spfldcycling.org

Marty Celnick  
522-4206  
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### **Recording Secretary**

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

### **Social Chair**

Gladys Hajek  
social(at)spfldcycling.org

### **Incentive Chair**

Naomi 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.