



the Quick Release

www.spfldcycling.org

June 2013

Ride of the Month

The Ride of the Month in April went to Dave Ross for his ride from Rotary Park. Dave had planned a ride to Salisbury, but instead decided to take the group of 17 cyclists down the Interurban Trail, which provided some shelter against strong southerly winds. After a nice stop at the Apple Barn for treats, most riders went back up the trail. However, a few hardy souls fought their way south to Alpha Road and across to Curran Road for the ride back to Springfield, with a 30 mph tailwind making it all worthwhile. Thanks Dave.

Almost Anything Award

The Almost Anything Award goes to the Springfield Journal-Register for publishing the Kid Scoop page **May is Bike Safety Month**, which appeared in its May 1st edition. This full page feature for children included learning games and comprehension activities to encourage safe riding habits and included fun kid-to-kid advice on bike safety gathered from students in area schools. May is National Bike Month across the nation, and bicycling to schools is encouraged as a healthy way for kids and families to make their school commute.

Monthly Ride Leader Incentive Drawing

Dave Ross' name was pulled from among eligible ride leaders for this month's incentive award. Dave will receive 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](mailto:incentive@spfldcycling.org)

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Illinois Bike Transportation Plan
Transforming Transportation for Tomorrow

Several opportunities, both online and in person, for you to voice your opinion.

Please consider attending the public stakeholder input meeting on July 17, 6:30 to 8 p.m. at Lincoln Library, 326 S. 7th Street, Springfield, IL.

“41st Annual Capital City Century”

September 8, 2013

Registration is Now Open!

Online “early bird” registration is now available.

Mail-in registration opens soon

<https://www.spfldcycling.org/ccc>



Order your 2013 CCC T-Shirt during registration!

“32nd Annual McLean County Wheelers Spring Metric”

June 8, 2013; 6:30 a.m. - Hudson, IL



Location: Comlara Park, 13000 Recreation Area Dr., Hudson, IL (about 8 miles north of Normal).

The Wheeler's Spring Metric offers three courses of about 20 miles each. Each one begins and ends at a well-stocked rest stop at McLean County Comlara Park, home of beautiful Evergreen Lake. You can select from 10 (family), 20, 40, and 60 miles routes. Roads are challenging in the lovely Mackinaw River

Valley, home to a variety of wildlife. Registration starts at 6:30 a.m. All riders need to be on the road no later than 10:30 a.m. Lunch will be served from 10:30 a.m. - 2 p.m. Helmets required.

For more information, go to:

http://www.mcleancountywheelers.com/Spring_Metric_Brochure/Spring_Metric_Brochure_files/2013Wheelers_brochure.pdf



“SBC Cycling Challenge”

2 down, 3 to go

3rd Challenge Ride: August 4

4th Challenge Ride: August 25

5th and Final Challenge Ride:
September 8 at the CCC

For more information, go to:

<http://www.spfldcycling.org/challenge.htm>

OTHER UPCOMING EVENTS

- 🚲 June 1: Un-Traditional Kampsville Ride
- 🚲 June 5: Board Meeting
- 🚲 June 9: Pedal and Paddle
- 🚲 July 4: Annual Franklin Burgoon Ride

President's Column

by Tom Clark, President

National Bicycle Month was a blast in May! We organized or partnered on several events. We hope to have Curb Your Car During Bike to Work Week ridership results to share in the July QR. Thanks to **Dale Schultz** and other SSCRPC staff for organizing this event once again in 2013. We also hope we will be able to report in the July QR that the City Council approved Mayor **Mike Houston's** resolution endorsing the Springfield Area Bicycle and Pedestrian Plan at its May 21 meeting. Alderman **Sam Cahnman** and Alderman **Cory Jobe** co-sponsored the resolution. The plan provides a road map for improving walking and cycling conditions in the city and county.

Harv Koplo advises that the first round of new SBC CCC jerseys has been batch ordered, and that folks can expect to see them on the trails by mid June. Go to <https://order.pactimo.com> and enter team password "cccjersey" to order a jersey as part of the second batch order.

Derek and Brigetta Ewing had a great turnout for the first SBC Cycling Challenge on April 28, when 62 riders braved the wet weather. Thanks to **Phil Windell** for creating PDF cue sheets and maps and doing GPS mapping this year. This month's QR went to press before the 2nd Challenge on May 19. After taking a break during June and July, the Ewings will resume their cycling series with the 3rd and 4th Challenge rides on August 4 and August 25 respectively. The 5th and final Challenge is the Capital City Century (CCC) on September 8.

We have another great ride schedule in June, thanks to VP **Tracey Hurley**. Events include an **UN-Traditional** (as in "No bridge to Detroit") **Kampsville Ride**, led by **Alan Josephson** on June 1. The Kampsville Ferry and Inn are still in operation, and Alan has figured out some great routes. The **Pedal and Paddle** is back on June 9, led by **Mark Kuhn** and **Steve Sommers**. Ride at 9 or 10 from the Sugar Creek Covered Bridge, than paddle from there at noon after sharing snacks. Call Mark at 652-5309 if you'd like to reserve one of a limited number of kayaks on an RSVP basis.

On June 22, **Lyn Schollet** wil lead long riders to Auburn or Loami, while **Kevin Greene** takes EZ riders to the Apple Barn. Other great rides in June are led by **Bob Sorenson** on June 2, **Chris King** on June 8 (early birthday ride), **Les Warden** on June 15 (new ride leader!), Harv Koplo on June 16 (Father's Day), **Mark Rabin** on June 29, and **Karl Kohlrus** on June 30. We have a number of slow-paced D and EZ ride opportunities in June, including the June 22 Apple Barn D ride cited above, an EZ ride Tuesday nights led by **Kevin Greene**, and several weeknight trail rides on where no one is left behind. New weekday rides in 2013 include **Robert LaBonte's** Mountain Bike ride at 10 a.m. Mondays, and **Amy Goldesberry's** ride at 2:00 p.m. Fridays.

Thanks as well to SBC's weekend & holiday A ride organizer, **Lisa Kidd**. These A-level rides are intended for extremely strong and competitive riders with expert bike handling skills. As such, they compliment our (typically) slower-paced, shorter weekend & holiday Club rides. See you on the road or trail! - Tom

Board Meeting Notes - May 1, 2013

by Stephen Paca, Recording Secretary

Present. Tracey Hurley, Ken Anderson, Stephen Paca, Jim Hajek, Harv Koplo, Gladys Hajek, Bill Donels, Alan Whitaker, Kevin Greene, Marty Celnick, and Mike Schwab.

The meeting was called to order by Tracey Hurley at 7:07 p.m.

President's Remarks. Tracey Hurley conducted the meeting on behalf of Tom Clark. No remarks.

Minutes. Ken Anderson made a motion to approve the April Board meeting minutes; Jim Hajek seconded the motion; and the Board approved the minutes. Stephen Paca distributed a draft of the minutes from the May 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 \$12,326.18 for the period ending 04/30/13. Alan Whitaker motioned to approve the Treasurer's Report; Bill Donels seconded the motion; and the Board approved the report. Jim also proposed the following resolution via e-mail: *The Board of Directors hereby resolves that James Hajek shall replace Karl Kohlrus as the duly appointed registered agent of the SBC in regards to our club's Not For Profit dealings with the Illinois Secretary of State's office.* The Board passed the resolution via e-mail vote.

Legislative/Education Report. Bill Donels and Kevin Greene reported that the Mayor's office resolved to present the SATS Bicycle and Pedestrian Plan to the City Council for approval. The plan will be introduced at the meeting on Tuesday, 05/07, and the council will take public testimony at the Meeting of the Whole on 05/14. Kevin encouraged SBC members to attend the meetings to voice their support of the plan.

Social Chair Report. Gladys Hajek reported that the 51 people attended the last socializer at Mariah's. Gladys led a discussion about location and format for the annual summer picnic.

Special Events Report. Harv Koplo reported that he will be ordering the first round of CCC jerseys. He closed the first online store on May 1st and plans to make online orders available again in mid-June. The jerseys will be shipped to Harv and he will take care of distribution to the members who ordered them. Harv plans to work with Linda Butler on CCC t-shirts. Harv also booked the Auburn Park pavilion for CCC weekend. Harv's next CCC planning activity is to recruit committee chairs; he'll first ask last year's chairs if they'd like to return in their roles.

Incentive Chair Report. Kevin conducted the Incentive Awards on behalf of Naomi Greene. Dave Ross's ride was voted Ride of the Month for April. The Almost Anything Award was given to the SJ-R editors for publishing a full-page spread on bicycle safety for children. Dave Ross's name was drawn for the monthly ride leader incentive award. Jim suggested that Tom write a letter to the SJ-R thanking them for publishing the safety article.

Ride Committee Report. Tracey distributed copies of the June ride schedule. She is waiting to hear back from a few ride leaders to help fill the few remaining spots in the schedule. Tracey reported that the McLean City Wheelers contacted her proposing a reciprocal rider program, in which they sponsor two of their club members to ride in our CCC event; in return, they suggest that SBC agrees to also sponsor two SBC members to ride in their annual metric century event, Wheeling Around the Lake, on Saturday, 06/08. Mike made a motion to reimburse two club members for registration fees to ride in the Wheeling Around the Lake event; Marty Celnick seconded the motion; the motion did not carry. Upon further discussion, the Board decided it didn't want to set a precedent for reciprocal sponsorships, and felt that it would be able to get club members to participate in out-of-town rides without sponsorship incentives.

Newsletter Editor Report. No report.

SEE NOTES, P5

NOTES (from P4)

Webmaster Report. Alan Whitaker reported that he plans to send an e-mail announcement and solicited suggestions for items to include in the announcement.

New Business. Tracey reported that Tom forwarded a message from Marty Morris, asking the club to sponsor the cycling event at the Illinois Senior Olympics. The sponsorship would go towards paying the deputy that marshals the 20k road race. The Board discussed how the request could fit into the 2013 budget. Mike Schwab made a motion to donate \$100 to the Illinois Senior Olympics and to encourage them to request sponsorship again when the Board develops its budget for 2014, after the 2013 CCC; Harv seconded the motion; and the Board approved the motion. Tracey will contact Marty about the donation and will let Jim know where to send the check.

The meeting adjourned at 9:01 p.m. The next meeting is scheduled for Wednesday, June 5th, 2013 at 7:00 p.m. at the home of Ken and Sandy Anderson.

**Secretary's Report**

by Ken Anderson, Secretary

Renewals

- | | |
|-------------------------|----------------|
| 🚲 Vicki Berry | 🚲 Kent Kraft |
| 🚲 Candice German | 🚲 Ted Harvatin |
| 🚲 Bryan & Becky England | 🚲 Jim Disney |
| 🚲 Joel Johnson | 🚲 JoAnn Abrams |

Renewals at Contributing Level

- 🚲 Ruth Magos

Renewals at Sustaining Level

- 🚲 Byron Nesbitt
- 🚲 Pat & Tracie Stephens
- 🚲 Kathy Shepard & Mark Smith

Renewals at Patron Level

- 🚲 Boro Reljic

New Members

- 🚲 Lin Goetz
- 🚲 Jim & Christina Morris & Family
- 🚲 Mary Conway
- 🚲 Jeff & Brenda Price
- 🚲 Donita Schrey

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.



To join or renew your
membership online,
go to

www.spfldcycling.org/membership

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

June 2013 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	
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 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. Ride is dependent on trail conditions so call Robert for details.
Monday thru Friday 10:00 a.m.	Morning Geezer Ride Washington Park Pavillion on the South side of the park Tom Clark, 726-5560 Note location change	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. *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.
Friday 2:00 p.m.	Sonic Wabash Ave & Park St Amy Goldesberry, 714-8762	BCD – Ever notice that the weather is always better on Fridays than the weekend? Amy has! For those who agree, ride the trail to the Apple Barn in Chatham.
Weekday Evening Rides		Check start times!
Mondays 6:00 p.m. NOTE TIME	E End Wabash Trail By Sonic Lyn Schollett, 415-3198	BC —Lyn will leave at 6:00 PM. Those riding from Parkway Point will start at 5:45 to allow time to sign in with Lyn before 6:00. This popular ride will get you 16 miles from Sonic or 21 from Parkway Point.
Tuesday 6:00 p.m.	State Capitol Visitor's Center 425 S College St (west of the Stratton Building, across College) 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.
Wednesday 6:00 p.m.	Centennial Trail South End Parking Lot Bunker Hill Rd Linda Butler, 899-7165	BCD- Ride the trail for 12 or add a low traffic county road to the airport for a total of 15.
Thursday 5:45 p.m.	Parkway Pointe Theater Lindbergh & Robbins Rd Show-N-Go	BCD – Show-N-Go along the Wabash and Interurban Trails. 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.
Weekend Daytime Rides		
Saturdays time varies (see Disclaimer)	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 time varies (see Disclaimer)	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	Weekend A-Ride. See Saturday Weekend A-Ride description. *Disclaimer: Schedule sometimes changes in fall due to weather. Please call ahead.

Scheduled Rides and Events		Check start times!
Saturday June 1 7:15 a.m.- 7:30 a.m. NOTE TIME	Target Parking Lot Parkway Point Alan Josephson, 793-0590 Directions to Glasgow: From I-72 go w to exit 52, Winchester. Left onto Old route 36. Left onto route 106. First right onto Winchester-Glasgow Rd.	ABC — UN-Traditional Kampsville Ride. Leave at 7:30 a.m. and car pool to Glasgow, IL for a bike ride to Kampsville. Or meet the group in Glasgow. Ride begins around 8:45 a.m. The bridge to Detroit is out! So this year, longer riders can get 65 by going West from Kampsville on Rt 96 to the intersection with the Mississippi River Road (7.5 miles) and return Or do an out and back on the east side for 50 miles (2 turns). Food in Kampsville. Take the free ferry across the river. Ride will be cancelled if weather looks threatening or high winds in that area. Make sure to carry plenty of water and snacks. Potty and food stops are limited.
Saturday June 1 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tracey Hurley, 414-8900	Show-N-Go – Not going on the famous Kampsville Ride? Ride the show-n-go to where ever you want. Turn your miles into the records keeper.
Sunday June 2 9:00 a.m.	Rochester Station Rt 29 & Walnut St Bob Sorenson, 529-1141	ABC – Ride for 30-40 miles to where ever Bob feels like going. Edinburg? Bulpitt? Will a stop at the Buckhart Tavern be included?
Wednesday June 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 June 8 9:00 a.m.	Chatham Community Park Main St Chris King, 502-2121	ABC – Join Chris for an early birthday celebration! He has 50 miles to Bulpitt with shorter options planned. After the ride, stop for lunch at The Creek in Chatham.
Sunday June 9 9:00 a.m. is 40-mile pedal 10:00 a.m. is 25-mile pedal 12:00 noon is paddle after snacks	Sugar Creek Covered Bridge 770 Covered Bridge Rd Chatham, IL Mark Kuhn, 652-5309 Steve Sommers	ABC – Pedal and Paddle. Mark & Steve will start us off with a 25 – 40 mile bike ride, then we'll kayak or canoe on Sugar Creek. 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. The 25-mile riders can elect to start at 10 a.m.
Saturday June 15 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Les Warden, 299-1118	ABC -- This is Les' first time leading a ride! He has 25 – 35 miles planned for us today to Auburn.
Sunday June 16 9:00 a.m.	Rochester Station Rt 29 & Walnut St Harv Koplo, 899-9175	ABC- Harv will celebrate Father's Day by taking us on a ride out of Rochester. We will head toward Lake Sangchris and Edinburg, then up to Mechanicsburg and back to Rochester for 38+ miles. A shortcut back from Roby will be available for those wishing to do a 24+ mile ride.
Saturday June 22 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Lyn Schollett, 415-3198 Kevin Greene, 793-9622	ABCD – Lyn has 30 – 50 miles planned for the ABC riders with stops at the Apple Barn and Loami. Kevin will lead the D riders to the Apple Barn.
Sunday June 23 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tracey Hurley, 414-8900	ABC – Plan on 40 – 50 miles with shorter options possible. Destination depends on where the blows us.
Saturday June 29 9:00 a.m.	Chatham Community Park Main St Mark Rabin, 529-7377	ABC – Ride for about 40 miles with shorter cut off options to a mystery location.
Sunday June 30 9:00 a.m.	Waldrop Park Andrews Rd Sherman Karl Kohlrus, 544-8410	ABC- Karl will take 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!

Scheduled Rides and Events		<i>Check start times!</i>
Thursday July 4 Start Time depends on Start Location	Panera Bread West – 8 a.m. Wabash Ave. & White Oaks Dr. County Market – 8:40 a.m. 1099 Jason Place, Chatham U.S. Post Office – 9:15 a.m. 100 Church Street, Loami Robert LaBonte, 787-0237	ABCD – Annual Franklin Burgoo Ride . Celebrate our nation's Independence Day with a ride to Franklin, IL for its annual Burgoo Festival. The start times and ride distances are staggered to provide all riders an opportunity to participate. Leave from Springfield for 62 miles; Chatham for 48 miles; or Loami for 28 miles. It will be hot. Roads will be soft and oily! Be sure to bring plenty of water and money for those pies!
Thursday July 4 8:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Lisa Kidd, 341-6181	Holiday A-Ride. See Saturday Weekend A-Ride description. Schedule sometimes changes. Please call ahead.

M & M Vineyard Tour 2013

Saturday June 29th

Mackinaw Valley Vineyard

33633 State Road, Route 9
Mackinaw, IL 61745

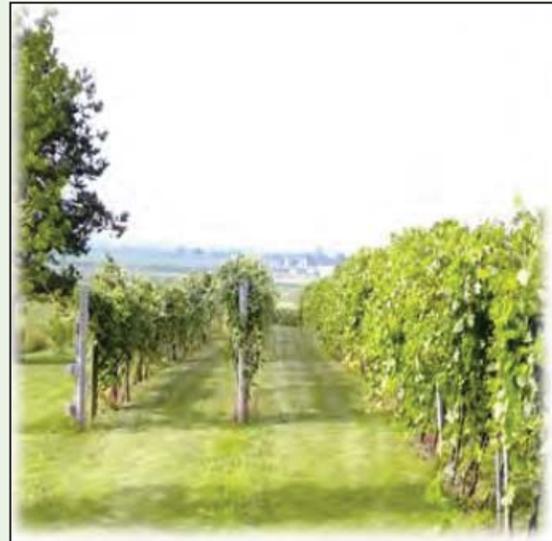
The M & M Vineyard Tour starts and ends at Mackinaw Valley Winery, one of Central Illinois' most popular Vineyards. The Tour supports METEC's affordable housing and financial literacy programs.

- 🚲 100 Kilometer (62-mile) and 40 mile ride starts at 7:00 am
- 🚲 5, 15, and 30 mile ride starts at 8:00 a.m.
- 🚲 Brunch at 10:30 a.m.; Wine Tour at 11:30 a.m.
- 🚲 Live Music
- 🚲 The ride takes place rain or shine

Mail registration form to:

METEC 2605 W. Krause Ave
Peoria, IL 61605

Make checks payable to: METEC



Go to www.metecresourcecenter.org and click on "M & M Vineyard Bike Tour" to download a brochure and mail-in registration form.

For more information, call (309) 676-3832 or email LaRosa at larosahumbles@metec1.org.

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.

Tuesday 5:40 p.m.	Fairhills Mall SW corner parking lot Monroe St Steve Schien, 741-8388	Salisbury Hills Ride. 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. Steve will personally lead and sweep for the 'A' group on June 11 & 25. 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	Bike Tek Road Ride. 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 17 Cottonwood Dr Matt Saner, 483-7807	Wheelfast Road Ride. 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 June 5 & 19 5:30 p.m.	New City Church parking lot New City Rd Pawnee Steve Schien, 741-8388	New City Time Trials. 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	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 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	Salisbury Hills Ride. 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. The Thursday rides are all show-n-go rides, with no official leader. Ask to be put on the email group to learn of date and time changes.

*Through October 31, 2013, anyone **riding their bicycle to Maldaner's for lunch or dinner and parking in front of the restaurant** will get a 10% discount on their meal (excluding alcohol, gratuity and tax).*

Help make downtown Springfield a more bicycle-friendly place—ride to Maldaner's with your friends!

—Chef Michael Higgins

Maldaner's
Since 1884
RESTAURANT

222 S. 6th St ♦ Springfield IL ♦ (217)522-4313

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.

Mail with Check to:

Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705

Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705
Address Service Requested
Not for Commercial Use

Presorted Standard
U.S. Postage Paid
Springfield, IL
Permit #800

Springfield Bicycle Board Members

President

Tom Clark
726-5560
president(at)spfldcycling.org

Treasurer

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
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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.