



the Quick Release

www.spfldcycling.org

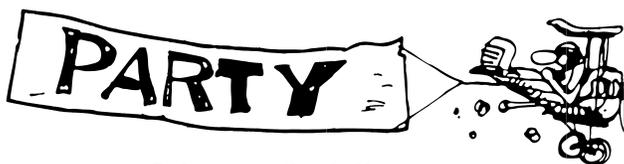
February 2014

Making Your Favorite Business Bicycle Friendlier

The League of American Bicyclists provides tiered recognition for bicycle friendly businesses which can be applied for on their website. If your favorite business isn't interested in formal recognition, but would like to be more bicycle friendly, here are some suggestions:

- have somewhere secure and convenient for employees and guests to park their bikes without fear of having them damaged or stolen
- offer a guaranteed ride home in the event of bad weather
- have a fleet of bicycles for employees to use to ride to and from work
- provide reading materials or offer classes on bicycling safety, gear, or sharing the road with bikers
- organize your own company bicycling events and social rides
- hang a calendar of local bicycling events in the workplace to encourage your employees and support the wider local bicycling community

Whether you are an employer, employee, advocate, or enthusiastic customer, you may read more at www.bikeleague.org/bfa/toolkit.



February Socializer
Wednesday, February 12
III Tomassos Italian Bistro
1130 Legacy Pointe
(north of Scheels)
5 p.m. -- 7 p.m.
Come join the fun!

Hope to see you there.. Gladys Hajek

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Secretary's Report

by Alan Whitaker, Secretary

New Members

- ☾ Mary E. Cairo
- ☾ Adam Castelli
- ☾ Esteban Cruz
- ☾ Bill & Treva Love and family
- ☾ Brian M. Sheehan
- ☾ Ann Stahel

Renewals

- ☾ Bob & Judy Carmody
- ☾ Jack & Gerry Casey
- ☾ Joe Deen
- ☾ Neil Glessner
- ☾ Dan & Kathy Henke
- ☾ Joe Hills
- ☾ Kent Kraft
- ☾ Cindy Kvamme
- ☾ Dwight O'Keefe
- ☾ David Ross & Sheryl Essenburg
- ☾ Becky Smith
- ☾ Mike Vonnahmen
- ☾ Mark Wagner
- ☾ Bode & Marybeth Zietz

New Members at Contributing Level

- ☾ David Hood, Susan Collins and family

Renewals at Contributing Level

- ☾ Tom Clark
- ☾ Don & Lorena harvey and family
- ☾ Alan & Harriet Josephson
- ☾ David & Pamela Lucas
- ☾ David & Anita McDivitt
- ☾ Mike Schwab
- ☾ Bob & Sandy Steimel

Renewals at Sustaining Level

- ☾ Bill & Sue Donels
- ☾ Larry Small

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.

Thanks to all for your support of the SBC and bicycling!!



To **join or renew online**, go to www.spfldcycling.org/membership and click on the **Active.com** link.

Incentive Report

by Stephen Paca, Incentive Chair

RIDE OF THE MONTH: There were no eligible rides for the month of December 2013.

ALMOST ANYTHING AWARD: The January AAA goes to the Springfield Park District for clearing the area bike trails after the big snow storm. Thanks to the SPD, some riders and runners were able to use the trails.

MONTHLY RIDE LEADER INCENTIVE DRAWING: There were no eligible ride leaders for the month.

Any rider or member can nominate rides or leaders for the above recognition. Please send nominations or ride anecdotes to incentive (at) spfldcycling.org

President's Column

by Tom Clark, President

Well, it's February once again! On February 2, I hope Phil the Groundhog tells us that the Polar Vortexes and Alberta Clippers are ending, and an early spring is on the way.

Our February socializer will be held at 5 p.m. on February 12 at one of the newest restaurants in town, Ill Tomassos Italian Bistro, located in Legacy Pointe just north of Scheels. Our Social Chair Gladys Hajek says the name means "three tomatoes" in Italian. We'll have a greeter table near the door, and the welcome mat out for new members! Free appetizers will be provided.

While not an SBC event, we strongly encourage club members to attend **Pecha Kucha Night** at the Hoagland on February 6, when Board member **Ray Caruso** will present on *Being Bicycle Friendly*. A total of 10 speakers will give fast-paced presentations on a variety of topics. See the article on page 10 for details. Tickets may be available the day of the event, but to ensure you get a seat, purchase tickets beforehand at www.pechakucha.org/cities/springfield-il.

This will be the first of a series of presentations by speakers in our ***Bicycle Friendly Ambassadors Program***, which is intended to support our club's goal this year—helping make the Springfield area a more bicycle-friendly place. As part of this effort, we are encouraging members and others to complete LIB's safety quizzes online at www.bikesafetyquiz.com.

Our Annual Awards Banquet was held in January—I'll talk more about it next month. Through our Spinner Awards Program, our top mileage rider each year receives the Grover Everett Award, named for our all-time mileage champion who died in a bicycle-car accident in 2012. For the second year, SBC is sponsoring team ***SBC Mt Everett Memorial Climbers*** in Grover's memory, for American Lung Association's ***Fight for Air*** stair climb.

We **need donations from SBC members and friends** to ensure that our team members (**Joe Agner, Amy Goldesberry, Alan Whitaker, John Williams**, and yours truly) can all climb on the day of the event, February 22. **Donations greatly appreciated** on the Team home page www.tinyurl.com/sbcclimb14. See the article on page 10 for details. If you have questions, please contact Kristina Mucinskas at 766-2054 (cell) or at kmucinskas@gmail.com.

During the winter months, we schedule mostly Show-N-Go ride opportunities for those hardy souls interested in group rides. These include Show-N-Gos in February on Lincoln's Birthday on the 12th, and Presidents Day on the 17th. We'll return to leader-led rides in March. If you are interested in leading a club ride or organizing an event, please email vp@spfldcycling.org or call/text 217-726-5560 to volunteer. The weekend and holiday A-Rides organized by **Lisa Kidd** continue in February. These A-Rides are faster and longer than our regular club rides.

Hope to see you at the Socializer!



TCRides.com

The joy of Travel and Cycling

Cycling Tours 2014



TCRides' Todd Ranney having a beer with a new friend in France



Welcome to TCRides! One call takes care of it all! TCRides VIP Departure!

If you love to travel and you love to cycle, then we invite you to join us on one of our two exciting cycling tours to Europe in 2014. All fitness levels are welcome.

With just one phone call, your trip is booked. No worries. No hassles. No late-night planning sessions for weeks on end. And no worrying about how to find your way to the starting point of the cycling tour.

We are serious about eliminating your travel stress. To this end, our VIP Departure service includes lunch, expedited check-in, bypassing the normal security line wait, a relaxing wait in the Admirals Club, and a special PRE-boarding so there will be no fighting the masses to board wondering whether there will be room for our carry-on luggage.



Spain



Castles & Cathedrals Tour 22-31 May 2014



Enjoy beautiful Spain where time stands still and great food and wine are endless. And of course, we will do some cycling along the way to burn off those extra calories! Spectacular vistas, impressive castles and cathedrals (9 in all!), and time to explore Madrid make this an unforgettable trip.

Highlights: Segovia, Ávila, Plaza Mayor, Prado Museum, El Escorial (burial site of Spain's monarchs), and King Ferdinand & Queen Isabella's castle (inspiration for Cinderella's castle).



France



Loire Valley Châteaux Tour 13-22 June 2014



The Loire Valley is a must-do trip for all cyclists. Come ride with us on this wonderful tour through the land of the Tour de France. We will visit magnificent châteaux and enjoy delicious food and wine of the region. Paris is also on the agenda although we won't be riding there!

Highlights: Amboise, Blois, 8 châteaux (including Sleeping Beauty's castle and Leonardo da Vinci's last residence), Eiffel Tower, Louvre Museum, Notre Dame, and Champs-Élysées.

A new cycling business recently launched in Decatur with the goal of bringing travel and cycling to Central Illinois. I spoke with the owner Todd Ranney recently. He lived in Europe for six years and speaks Spanish and French. He has put together two cycling tours to Europe—Spain and France—for this May and June. Here are some questions I posed to Todd.

QR: How did this idea come about?

Todd: I have always enjoyed travel and cycling, but for the most part, they were separate. It wasn't until I took a solo bike trip through Europe in 2012 that I brought them together. On that trip, I noticed that there weren't many Americans cycling there. I started to wonder why, and it hit me: the language barrier and logistics. By logistics, I mean planning, reservations, navigation, and getting to the start of the tour and back home. Having created and led business immersion trips for Millikin University students, I thought I could do the same with travel and cycling and eliminate, or greatly reduce, people's travel stress so that they can focus on enjoying the tour. In addition, I wanted to bring more to the trip than just physical exercise. Here is an opportunity to combine cycling, history and culture. We will visit castles, cathedrals, châteaux, museums, and enjoy incredible food and wine.

QR: Do you do all of the reservations yourself?

T: No, no. I help plan the trips and guide them. I worked with Bill Owen, who has over 40 years in the travel industry, on my Millikin trips. For the cycle tours, I'm working with him again, and with Becky Luka and Judy McElfresh who run Tour Group Planners. Becky and Judy worked for Bill and then took over the business when he semi-retired.

QR: Why tour Europe by bicycle?

T: It beats looking at corn and soybeans all summer! It's a bit of adventure combined with a lot of fun. Cycling lets you immerse yourself in the area and experience the lifestyle of that region. You're more intimately involved in the countryside, and bikes are great ice-breakers. You more often have those serendipitous encounters. You have time to really experience a region, to smell the smells and hear the sounds.

QR: How did you choose the locations for your tours?

T: Some of it was based on my time living in Europe and part of it came from my bike trip in 2012. I thought about what would be the must-see places. The Spain tour will visit nine castles and cathedrals with one free day in Madrid, and the France tour will visit eight châteaux with one free day in Paris. People can either explore Madrid and Paris on their own or join me on a walking tour. In Paris, we will visit the Eiffel Tower, Notre Dame, the Louvre museum, and then walk up the Champs-Élysées—a nod to the Tour de France—to the Arc de Triomphe. In Madrid, we will visit the Plaza Mayor, Puerta del Sol, the Prado Museum, and the Royal Palace.

QR: What should people expect on a typical day?

T: Most days have at least one visit planned, so that will break up the ride nicely. There will be stops for photos, sight-seeing and visiting villages we pass through, and we can stop as needed for a coffee or a bite to eat. What I call the European Cycling Diet will be in effect: cheese for protein; bread for carbohydrates; wine for antioxidants; and coffee for caffeine! Rides range from 18 to 51 miles. Both tours are 10 days with six days of cycling and one free day in Madrid or Paris.

QR: What about bikes and gear?

T: We will be renting bikes. I have heard too many horror stories of bikes being damaged or lost. It's risky and a bit of a hassle for any tour under two weeks. So, for our tours, hybrid bikes are included with upgrades available. For Spain, the free upgrade is to a Trek 1.5 aluminum road bike. In France, the upgrade is \$140 to a Look 566 carbon fiber road bike. Helmets are provided but I suggest you bring your own—it's a personal fit thing. Standard pedals are included, but if you want to bring your clipless pedals and shoes, we'll switch them over there. A basic tool kit, spare inner tube and pump are also provided. Our luggage will be transferred for us from hotel to hotel. Definitely bring wet-weather clothing just in case.

QR: And what if the weather is bad?

T: I obviously don't have any control over the weather, but part of the experience is the weather, so if it's just a shower, we'll don our rain gear and ride. If we need to sit out a shower in a café, we will, and that is fun, too. But we do need to get to our destination each day. Pray for good weather!

[TCRides continued on p.7]

Board Meeting Minutes - January 8th, 2014

by Chanell Bradbury, Recording Secretary

Present. Tom Clark, Chanell Bradbury, Ken Anderson, Stephen Paca, Gladys Hajek, Jim Hajek, Bill Donels, Mike Schwab.

The meeting was called to order by Tom Clark at 7:06pm

President's Remarks. No remarks

Vice President's Remarks. Conducted by Tom Clark. Still in search for a Vice President.

Secretary's Report. Conducted by Tom Clark. Alan emailed the Secretary's Report to the board prior to the meeting due to his expected absence. An up-to-date membership directory is now available on the website. Winter party information is published on our web page.

Minutes. December's minutes were emailed to the board in advance, and were approved by the board. Chanell posted events on Facebook and about jersey sales prior to Christmas with positive responses.

Treasurer's Report. Conducted by Jim Hajek. The Treasurer's Report was submitted via email prior to the meeting. Jim reported the 2014 budget current ending balance of \$20,165.58. The board voted to approve the budget. An informational CCC data analysis report was sent by Jim to the Board prior to meeting via email showing projected profit. The final 4th quarter budget was submitted via email prior to the meeting.

Incentive Chair Report. Stephen Paca conducted the Incentive Awards. There were no eligible rides for the Ride of the Month for December. The Almost Anything Award was given to The Springfield Park District. There were no eligible Ride Leaders for the monthly Ride Leader Incentive Award. Stephen in the process of making all of the Spinner awards for the awards banquet.

Special Events Report. Conducted by Tom Clark. Harv Koplo was unable to attend, but submitted via email prior to the meeting that he has nothing to report.

Legislative/Education Report. Bill Donels conducted the Legislative and Education Report. Bill reports that there is nothing new to report for the Bicycle Advisory Council. He also reported on the Bicycle Friendly Community initiative that there have been no changes with the City of Springfield. There will be an open house regarding the 2nd street bike lane on January 29th 6-8pm at Lincoln Library. The Pecha Kucha Night at Hoogland Center for the Arts on February 6th will include a talk by Board member Ray Caruso about Bicycle Friendly Community.

Social Chair Report. Gladys Hajek reported that the Winter Party/Awards Banquet will be held at Maldaners on January 24th with party at 6:00pm and dinner at 7:00 p.m., \$10 per person. February's socializer will be held on February 12th 5:00-7:00pm at Tomasso's Bistro, 1130 Legacy Pointe Dr, near Scheels (www.tomassobistro.com).

Newsletter Editor Report. Tom Clark conducted the Newsletter Editor Report. Joe emailed his report to the board prior to the meeting, as he was unable to attend. Joe made suggestions regarding advertising in the newsletter.

Webmaster Report. Tom Clark conducted the the Webmaster Report. Alan emailed his report to the board prior to the meeting, as he would not be able to attend. He had no new news to report.

Old Business. Tom Clark reported there is nothing new to report on the CCC Challenge Loop. Chanell Bradbury reported that the database transition team (Chanell, Joe, Harv, Alan) met twice in December, and good progress was made.

New Business. No new business.

The meeting adjourned at 8:55 p.m. The next meeting is scheduled for Wednesday, February 5th, 2014, at the home of Ken and Sandy Anderson.

February 2014 Ride Schedule

For updates, corrections and last minute changes, check the SBC website www.spfldcycling.org. Unless indicated, **weekday** daytime rides will not take place on holidays. All rides return to the starting point unless otherwise noted.

RIDE CLASSIFICATIONS	
NC	Non-Cycling events.
MB	Rides suitable for mountain bikes.
EZ	For riders who prefer a pace under 10 mph. These are purely social rides. Expect short routes either in town or on a trail and expect to ride as a single group. No one will be left alone at the back of the group and assistance is provided for flats and other minor mechanical problems.
D	For novice or recreational riders. Expect to ride at a pace of 10 – 12 mph with rest stops as needed. Expect the ride 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.

[TCRides, from page 5]

QR: The pricing on your website includes airfare, is there any flexibility to price the tours without airfare if someone has frequent flyer miles that they would like to use?

T: The tours are almost all-inclusive except for lunches and some dinners. However, there is flexibility for pricing without airfare, and people can contact me or Judy McElfresh at Tour Group Planners (217-422-5002) for more information.

For more information see the TCRides.com website at www.tcrides.com.

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 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!
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. Lights required.
Thursday 6:00 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. Lights required.
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. Lights required.
Weekend Daytime Rides		
Saturdays time varies (see Disclaimer)	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 341-6181	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, 341-6181	Weekend A-Ride. See Saturday Weekend A-Ride description. *Disclaimer: Schedule sometimes changes due to weather. Please call ahead.
Scheduled Rides and Events		Check start times!
Saturday February 1 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from the west end parking lot on Robbins Road. Turn in your miles to the club records keeper.

Scheduled Rides and Events		Check start times!
Sunday February 2 11:00 a.m	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from the west end parking lot on Robbins Road. Turn in your miles to the club records keeper.
Wednesday February 5 7:00 p.m.	Residence 2301 Sangamon Avenue Ken Anderson, 522-3876	NC - Board Meeting . All SBC members are invited to attend the board meeting.
Saturday February 8 11:00 a.m	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from the west end parking lot on Robbins Road. Turn in your miles to the club records keeper.
Sunday February 9 11:00 a.m	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from the west end parking lot on Robbins Road. Turn in your miles to the club records keeper.
Wednesday February 12 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Lincoln's Birthday . Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from the west end parking lot on Robbins Road. Turn in your miles to the club records keeper.
Wednesday February 12 time varies	Vredenburg Park Saxon Dr & Crusaders Rd Lisa Kidd, 341-6181	Holiday A-Ride . See Saturday Weekend A-Ride description. *Disclaimer: Schedule sometimes changes due to weather. Please call ahead.
Wednesday February 12 5:00-7:00 pm	Ill Tomasos Italian Bistro 1130 Legacy Point Drive (just nort of Scheels) Gladys Hajek, 698-7626	NC - Socializer . A great way to celebrate the birthday of our 16th President. Gladys hopes to see you there! Free appetizers. Members and potential members are welcome to participate.
Saturday February 15 11:00 a.m	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from the west end parking lot on Robbins Road. Turn in your miles to the club records keeper.
Sunday February 16 11:00 a.m	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from the west end parking lot on Robbins Road. Turn in your miles to the club records keeper.
Monday February 17 11:00 a.m	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Presidents Day . Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from the west end parking lot on Robbins Road. Turn in your miles to the club records keeper.
Monday February 17 time varies	Vredenburg Park Saxon Dr & Crusaders Rd Lisa Kidd, 341-6181	Holiday A-Ride . See Saturday Weekend A-Ride description. *Disclaimer: Schedule sometimes changes due to weather. Please call ahead.
Saturday February 22	Springfield Hilton 700 E Adams St Kristina Muckinskas, 766-2054	NC – Fight for Air Stair Climb. Team SBC Mt Everett Climbers will climb again in memory of our all-time mileage champion, Grover Everett. All donations support the American Lung Association's Fight for Air campaign. Please consider donating so that all team members can make the climb. Please see the article elsewhere in this month's QR for details.
Saturday February 22 11:00 a.m	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from the west end parking lot on Robbins Road. Turn in your miles to the club records keeper.
Sunday February 23 11:00 a.m	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from the west end parking lot on Robbins Road. Turn in your miles to the club records keeper.

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.

Springfield Area		
Tuesdays 6:00 p.m.	Washington Park Pavilion on the South side of the park Jeff Williams, 546-8819 Jeff(at)jeffveloart.com Facebook: Jeff Curtis Williams	Tuesday Night Trail Rides – MTB/cyclocross/off road bikes recommended. All Are welcome! We will split off at Washington & Koke Mill to do the “church trail”. LIGHTS and HELMETS please and thanks!!! Disclaimer: Routes will vary based on conditions. Contact Jeff for more information.
Friday February 28 5:30 p.m.	State Capitol Visitors' Center 425 S. College St. (west of the Stratton Building across College Street) Alan Escobar, 638-9523	EZ – Critical Mass Ride. Ride for about 1 hour at a slow pace. Suitable for all bikes. Critical Mass is a worldwide event held the last Friday of every month. It is open to all, and it welcomes all riders to join in a celebration of riding bicycles. Why? Because bikes are fun! Bring front and rear LIGHTS, please.
Regional Events		
Saturday February 22	13th Annual Illini Chill Bike Ride “A Red Flannel Affair”	Organized by the St. Joseph Chamber of Commerce. 22 mile event from St. Joseph to Homer. stjoechamber.org

What's Up?

Support our 2014 Stair Climb Team!

Team SBC Mt Everett Climbers will climb once again in memory of our all-time mileage champion, Grover Everett, at the Springfield Hilton on Saturday, February 22. All donations support American Lung Association's Fight for Air campaign. We need donations from SBC members and friends to ensure that our team members (Joe Agner, Amy Goldesberry, Alan Whitaker, and John Williams, and Tom Clark) all meet their \$100 fundraising goals and can climb on the day of the event.

Donations can be made online at www.tinyurl.com/sbcclimb14, or by mailing a check to ALA, 3000 Kelly Lane Springfield, IL 62711, with the Team or individual's name in the memo line. For more information, contact SBC member Kristina Mucinkas at 217-766-2054 or kmucinkas(at)gmail.com.

Pecha Kucha Night is February 6!

SBC Board member Ray Caruso will present on “Being Bicycle Friendly” on Pecha Kucha Night at the Hoogland on Thursday, February 6. A total of 10 speakers will each give a fast-paced 7-minute presentation using 20 slides. Presenters cover a variety of topics. Pecha Kucha is an international event which takes place quarterly in Springfield.

Doors open at 6 pm. Presentations begin at 7:20 pm. Admission is \$8. Food and beverages (including beer & wine) will be available for purchase. Tickets may be available the day of the event, but to ensure you get a seat, purchase tickets beforehand at www.pechakucha.org/cities/springfield-il.

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
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Springfield Bicycle Board Members

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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.

**QR Deadline is the
15th
of the month**