



the Quick Release

www.spfldcycling.org

March 2014

Spring into Biking with the SBC Great Cycling Challenge

It's That Time Again! Get yourself and your bike ready for **The Great SBC Cycling Challenge**. The first event is set for Sunday April 27 at Rotary Park at 9 am. 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 25 and 50 miles. The first four challenges are totally self supported. The 5th and last of the year's Cycling Challenge events is the SBC Capital City Century held in September.

The Great SBC Cycling Challenge takes you on lightly traveled roads and will lead you through small quiet towns. Rest stops along the way may be the local mom and pop restaurants or convenience stores. To help ensure that all have 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 SBC Awards Banquet.



**Let's Have a Melt Down Party
 (without the drama)!**

**March Socializer
 Wednesday, March 12
 Barrelhead 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 at Contributing Level

- 🚲 Nate Hoyle
- 🚲 Larry and Vanessa Willmore

Renewals

- 🚲 William Bernard
- 🚲 Raydean Davis
- 🚲 Amy Goldesberry
- 🚲 Rick Haberkorn
- 🚲 Pamela Hart
- 🚲 Harv Kopolu & Annett Chinuge
- 🚲 Christa McLaren-Morris
- 🚲 John L. Sanford
- 🚲 Jim & Deb Stahl
- 🚲 Ivan & Vicki Wright

Renewals at Contributing Level

- 🚲 Don Caspary & family
- 🚲 Jim Disney
- 🚲 Larry & Cindy King
- 🚲 Michael Mulvany

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: Marty Celnick's New Year's Day Ride was the Ride of the Month for January 2014. Thanks, Marty, for helping the club kick off the new year!

ALMOST ANYTHING AWARD: The February AAA goes to Bill Donels. Bill has been in frequent dialog with Mayor Houston and his assistant Bill Logan to approve applying for League of American Bicyclists Bicycle Friendly Community status. Bill received the Mayor's approval this January.

MONTHLY RIDE LEADER INCENTIVE DRAWING: Marty Celnick's name was drawn for the monthly ride leader incentive award. He will receive a gift certificate to a local bike shop of his choice. Congratulations and thanks for being a ride leader!

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

Don't forget to **spring ahead** on Sunday, March 9! Thanks to **Lynn Miller** for putting together a great ride schedule for March! Club ride leaders include **Jerry Ihnen, Jack Hurley, Alan Josephson, Marty Celnick, Lynn Miller** and **Harv Koplo**. And thanks to **Lisa Kidd** for resuming A-ride organizing, after her return from her retirement ski vacation with Lance! Our full leader-led club ride schedule returns in April. **We are currently looking for a VP**. Lynn and five others have volunteered to schedule through October, making the VP's job easier. Interested in being VP, or know somebody who might be? Contact Joe Agner at editor@spfldcycling.org.

Thanks to **Ray Caruso** for presenting on **Being Bicycle Friendly** at the Hoogland on February 6 as the first speaker in our Bicycle Friendly Ambassador program. We hope to raise public awareness and support for our goal this year, making the Springfield area more bicycle friendly.

Ray's speech was very timely—Board member and Bicycle Advisory Council co-chair **Bill Donels** advised us the day prior that Mayor Mike Houston had signed off on pursuing **Bicycle Friendly Community** status for City of Springfield! Through Bicycle Friendly Ambassadors and other initiatives, we'll support the BAC and City as they work to meet the BFC criteria and submit an application to the League of American Bicyclists. Stayed tuned for details!

Social Chair **Gladys Hajek** advises that our next Socializer is March 12 at the Barrelhead. The theme is "Let's Have a Meltdown Party (without the drama)!" We hope Spring has sprung by then! Our February 12 socializer at the new Ill Tomassos Italian Bistro also had a good turnout. Thanks Gladys for organizing another great season of socializers.

We had a great **Winter Party and Awards Banquet** at Maldaners on January 24. Over 100 SBC members and guests signed up to attend. **Matt Saner** was awarded our lifetime achievement NoBell Award, while **Charlie Witsman** garnered the **Grover Everett Award** as our top mileage rider of 2013. See the article on page 4, which salutes all of those recognized that night. Thanks to **Gladys Hajek** for organizing, **Jim Hajek** for Emceeding, **Stephen Paca** for presenting a great Spinner awards program, **Harv Koplo** for an excellent slide show and photography, **Kevin Greene** for organizing and presenting the Nobell Award, and **Derek and Brigetta Ewing** for presenting the Cycling Challenge awards.

SBC members and friends once again formed a team to participate in the American Lung Association's **Fight for Air Climb** at the Hilton on February 22. Thanks to team captain **Joe Agner, Deb Cooper, Amy Goldesberry, Alan Whitaker, and John Williams**, who along with yours truly comprise **Team SBC Mt Everett Memorial Climbers**. We climb in memory of Grover Everett. Thanks to all who donated— at press time, we had surpassed our goal by raising \$705.

Hope to see you soon on the road or trail! - Tom



2013 SBC Annual Awards Banquet

No-Bell Awarded to Matt Saner



Many cyclists recognize Matt as the owner of the Wheel Fast Bicycle Company in Chatham, but Matt is much more than just about selling bikes.

He visits local schools to talk about the benefits of bicycling, has created a cycling display at the Chatham library during bike month, hosts bike workshops, has worked with the Mark Reynolds Bike Fund to provide bikes and helmets to low-income and special needs children, and donated a bike to the Chatham police department for use in its community policing program.

It's no secret that he loves to ride and shares that love. Matt and his staff host a popular group bike ride on Wednesday evenings. He developed the Team Wheel Fast racing club and with his family and employees has put on the annual Tour de Corn with all proceeds going the Chatham Jaycees.

Matt has been a long-time sponsor of the Capital City Century and for the last three years has run the mobile bike repair station at the Auburn food stop.

Because of his leadership and support for bicycling, combined with his community service work, we're proud to award Matt the the 2013 NoBell Award. Congratulations Matt!

Read the full write up at www.spfldcycling.org/NoBell2013.htm

Spinner Awards

Grover Everett Award:

Charles Witsman, 10565

Platinum:

Charles Witsman, 10565

Gold:

Jack Hurley, 7961

Derek Ewing, 7690

Silver:

Don Daniels, 7017

Marty Celnick, 5177

Bronze:

Tracey Hurley, 4563

Tom Clark, 4393

Bill Bock, 4256

Becky Smith, 3945

Phillip Windell, 3892

Barry Tobias, 3534

Les Warden, 3338

Lynn Miller, 3074

Don Harvey, 2922

Alan Josephson, 2694

Amy Goldesberry, 2677

SBC Great Cycling Challenge

A total of 47 riders earned a place on the Wall of Fame for their participation in the 2013 Challenge.

Derek Ewing, Phil Windell and Dee Wise all achieved the maximum 507 miles by completing a century at each of the five Challenge events. Nine participants won a gold, 19 won a silver, and 12 won a bronze medal. Medals were handed out at the Awards Banquet in January. Congratulations to all!

See more information and photos at www.spfldcycling.org

See the collection of pictures from our SBC 2013 Year in Review at vimeo.com/85037800



Capital City Biathlon

Saturday

May 24, 2014

7:30 a.m.

Lake Springfield
Beach House

Run 3.1 miles
Bike 15 miles

\$40/individual (\$50 after April 26)

\$75/team (\$85 after April 26)

**Packet pick-up: 4:00–7:00 p.m. May 23
at the Lake Springfield Beach House**

The race transfer policy can be found at the website below. Each entrant must sign a waiver at packet pickup. Please make checks payable to:

Capital City Biathlon, Inc.

1315 W. Lawrence Ave.
Springfield, Illinois 62704

www.capitalcitybiathlon.com



Habitat for Humanity

of Sangamon County

Board Meeting Minutes - February 5th, 2014

by Chanell Bradbury, Recording Secretary

Present. Tom Clark, Chanell Bradbury, Ken Anderson, Stephen Paca, Gladys Hajek, Jim Hajek, Bill Donels, Lynn Miller, Joe Agner, Alan Whitaker, Marty Celnick.

The meeting was called to order by Tom Clark at 7:12 p.m.

President's Remarks. Winter awards banquet was a success; 101 attendees.

Vice President's Remarks. Conducted by Tom Clark. Lynn Miller is March and April scheduler. Still in search of VP. Joe suggested to create a vp search committee. Committee formed consisting of Joe, Jim, Tom.

Secretary's Report. Conducted by Alan Whitaker. 29 membership renewals and 8 new members were reported for the month of January.

Minutes. January's minutes were emailed to the Board in advance, and, after some changes were submitted regarding the Treasurers report section, were approved by the board.

Treasurer's Report. Conducted by Jim Hajek. The Treasurer's Report was submitted via email prior to the meeting. Jim reported that January 2014 had an ending balance of \$18,184.44. The treasurer's report was approved. Proposed budget for upcoming year sent via email prior to January 2014 board meeting. The board reviewed updates and changes made in the past month per discussions at previous board meetings. Tom suggested changing the annual meeting and socializer budget from \$800 to \$600. Budget with suggested changes approved.

Incentive Chair Report. Stephen Paca conducted the Incentive Awards. The Ride of the Month award for January was given to Marty Celnick, who also won the Ride Leader Incentive Award drawing.

Special Events Report. Conducted by Tom Clark. Harv Koplo was unable to attend, but submitted a report via email prior to the meeting, including the proposed fee schedule for the CCC. He recommended leaving the fees the same as 2013, while giving a discounted registration fee to advance and early bird registrations.

Legislative/Education Report. Bill Donels and Lynn Miller conducted the Legislative and Education Report. Lynn reported that there is nothing new to report for the Bicycle Advisory Council. Bill reported on items related to the Bicycle Friendly Community initiative. He said that IDOT had held a MacArthur Boulevard hearing, and there is nothing to report on this. Bill and Lynn attended the open house regarding bicycle accommodations on 2nd Street on January 29th at Lincoln Library. The City of Springfield proposed to have the process started by April 1st. Bill reported that the City of Springfield Mayor Houston has given his approval to go forward with the bicycle friendly community application to League of American Bicyclists.

Social Chair Report. Gladys Hajek also reported that the Winter Party/Awards Banquet, held at Maldaners on January 24th, was a success. 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. Joe Agner conducted the Newsletter Editor Report. Joe asked for clarification on certain budget line items regarding the newsletter. Tom suggested using Mike Bentley's online ride calendar to find items for a new regional cycling events section.

Webmaster Report. Alan Whitaker conducted the the Webmaster Report. He posted pictures and video online from the Winter Party/Awards Banquet.

continued on next page

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 .

Board Meeting Minutes continued from page 6

Old Business. Tom Clark reported there is nothing new to report on the CCC Challenge Loop, Chanell Bradbury and Alan Whitaker reported that the database transition team was unable to meet at the scheduled time due to the inclement weather, but rescheduled the meeting. Tom opened a discussion on the topic of creating a separate bicycle friendly Springfield fund, separate from our club budget. The Board agreed to discuss it further.

New Business. No new business.

The meeting adjourned at 9:04 p.m. The next meeting is scheduled for Wednesday, March 5th.

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 starting March 11 5:30 p.m.	Parkway Pointe Theater Lindbergh & Robbins Rd Tom Clark, 726-5560	BCD — Show-N-Go along the Wabash and Interurban Trails. Turn miles in to the club records keeper. Riders may also start from Sonic Drive-In (Wabash & Park St.) at 5:45 pm. Lights recommended.
Thursday starting March 13 5:30 p.m.	IDOT Dirksen Pkwy & Ash St Cindy Kvamme, 971-8687	BCD – Ride the Lost Bridge Trail for 10-14 miles. Lights recommended.
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 March 1 10:00 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 March 2 10:00 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 March 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 March 8 10:00 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 March 9 10:00 a.m.	Centennial Park Bunker Hill Road (trail parking lot) Jerry Ihnen, 502-1434	ABCD – Jerry is back from Florida! He will take us 25 - 40 miles. Loami is a possibility depending on winds. Plenty of other options and shorter distances available. Sangamon Valley Trail is an option for D riders. Don't forget to Spring ahead!
Wednesday March 12 5:00-7:00 pm	The Barrelhead 1577 Wabash Ave Gladys Hajek, 698-7626	NC - Socializer . Come enjoy SBC's March Socializer with a hot Irish Coffee or drink of your choice. Gladys says Let's Have a MELTDOWN Party (without the drama)! Free appetizers. Members and potential members are welcome to participate.
Saturday March 15 10:00 a.m	Vredenburg Park Saxon Dr & Crusaders Rd Jack Hurley, 414-8900	Jack will take us with the wind—both ways. He will recount his rides in Florida and Hawaii, to name a few warm spots.
Sunday March 16 10:00 a.m	Centennial Park Bunker Hill Road (trail parking lot) Alan Joseph, 793-0590	Alan, our "Florida wimp" is back to test his and your ability to handle Illinois climate. 25 – 40 miles of character building riding.
Saturday March 22 10:00 a.m	Vredenburg Park Saxon Dr & Crusaders Rd Marty Celnick, 522-4206	Marty is a winter rider, so come cold, he's out there on his bike. Come ride whatever the weather ... if you like the challenge.
Sunday March 23 10:00 a.m	Rotary Park Iles & Archer Elevator Rd Robert LaBonte, 787-0237	Robert will take us on 25-40 mile options as his sense of humor dictates ... Come for the fun.
Saturday March 29 10:00 a.m	Stuart Park Sangamon Valley trailhead Lynn Miller, 787-3354	Pick your options, trail for flat earth lovers, hills for those wanting hills. No food in Salisbury, so bring your own pick-me-up. BYOB at your risk!
Sunday March 30 10:00 a.m.	Rochester Station Lost Bridge trailhead Harv Koplo 899-9175	Harv says it's time to take us back east! 25 miles through Edinburg and up to Roby or 40 to Mechanicsburg.
Regional Events		
N/A	N/A	There are no regional cycling events within 100 miles of Springfield in March. <i>For an up-to-date listing of upcoming rides, go to www.mikebentley.com and check Illinois Bicycle Rides .</i>

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.
Wednesdays Starting March 12 5:30 p.m.	Wheelfast 17 Cottonwood Dr Matt Saner, 483-7807	ABC — Wheelfast Road Ride. Intermediate training ride. Meet at the bike shop and plan on 16-20 miles.
Thursdays Starting March 13 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.
Friday March 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.

2014 3rd Annual Illinois Bike Summit – April 15, Champaign

Join other bicycle advocates and interested professionals from around the state in Champaign on Tuesday, April 15. Over 200 people are expected for a day of learning and networking, meant to help you make your town more bike-friendly! The event is co-sponsored by the League of Illinois Bicyclists and Champaign County Bikes.

There will be something for everyone, as this year's Summit features more options and speakers. Most time slots will offer breakout sessions, each with a lineup of panelists sharing a range of experiences from different parts of the state. Other options include a technical training track, field trips, “coffee talks” on niche topics, and ample networking time.

The main program runs from 10am-4:15pm, starting with a session on IDOT's new Bicycle Transportation Plan. IDOT Secretary Ann Schneider will summarize the plan, and LIB's Ed Barsotti will describe implementation priorities of the bicycling community.

Breakout session topics throughout the day include:

- Local bike advocacy case studies
- Bicycle-Friendly Universities
- Trail project successes
- The Bronze Age of Champaign-Urbana: The Making of Two Bicycle-Friendly Communities
- Health community/bike advocacy partnership case studies
- Education and enforcement
- Mountain biking facilities
- Enhancing your own bicycling
- Bike sharing programs

Get more information at www.bikelib.org/other-advocacy/illinois-bike-summit/

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
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Vacant
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Incentive Chair

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Ken Anderson
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Ray Caruso
891-5464
at-large(at)spfldcycling.org

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**