



the Quick Release

www.spfldcycling.org

December 2014

Bob Carmody

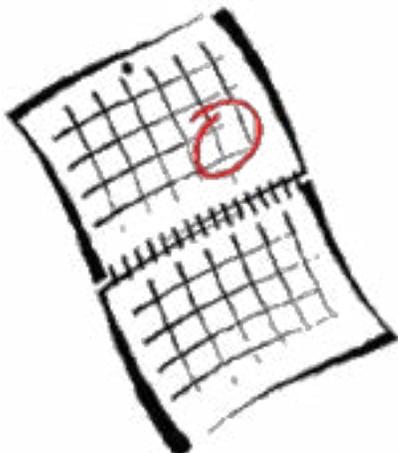


On October 28, 2014, the Springfield Bicycle Club lost a long time member, Bob Carmody, to prostate cancer. Bob had been a member of the Club for over 25 years and was admired by many of our active members. He took up cycling in his mid-40's, and was an avid biker until his illness sidelined him a year ago. Over the years Bob led numerous club rides from various places, including his home. He loved the Chatham trail and road it often with his family and other club members, but mostly with Connie Roberts, Tom Fisher, and Jeff Price. He also liked to ride to his hometown of Auburn and west of the city to places like New Berlin (but he was not a big burgoo lover ☺). He loved the 78 mile Little Miami Scenic trail that runs from Cincinnati, OH to Springfield, OH. He rode it often with his daughter, Brenda, and son in-law, Jeff, when they lived in Cincinnati. Bob logged 2,000 miles several years in a row and he participated in various local cycling events including the Tour De Corn and the Capital City Century, riding various distances including three centuries. He was very proud of his custom-made titanium bike and loved to show it off. We will miss him on the trail.

Save the date!

Come celebrate the holiday season with your fellow riders at the December Socializer. We are meeting at **Julia's Kitchen and Lounge** located at 107 West Cook, (the old Vinegar Hill Mall) from **5:30 - 7:30 on Wednesday, December 10.**

The Annual Awards Banquet at **Maldaner's** is set for **Friday, January 23.** See page 7 for details.



A few words from Tom Clark, SBC President . . .



Another year is drawing to a close. We had a great cycling season in 2014, culminating with a Capital City Century in September that drew over 800 cyclists and concluded another successful Cycling Challenge series, and a Moonlight Ramble in October that had 100+ participants. Thanks again to **Harv Koplo** for organizing the Century, **Derek and Brigetta Ewing** for holding the Cycling Challenge, and **Chef Michael Higgins** for leading the Ramble. We also worked to make the Springfield area more bicycle friendly in a number of ways—more on this next month.

Mark your calendars! Social Chair **Julie Ann Love** is hosting the **Winter Party & Awards Banquet** at Maldaner's on Friday, January 23. A "save the date" appears in this month's QR. A more detailed announcement will appear in the January QR. The Cycling Challenge medals, Spinner Awards and NoBell Award are presented at this event, which includes a buffet dinner.

*Send us your **NoBell Award** nominations by Friday, December 19!* See the article in this month's QR, which includes contact information for recent NoBell recipients who will choose the new awardee. The NoBell is our lifetime award, given **in recognition of significant contributions in promoting and supporting bicycling with the Springfield community**. In making a nomination, it is helpful to provide evidence that illustrates the contributions and character of the nominee. See the list of prior NoBell recipients under -> More -> Awards at www.spfldcycling.org.

Julie says that our next **SBC Socializer** will be at 5:30 PM (NEW TIME!) on Wednesday, Dec. 10, at Julia's Kitchen & Lounge. Free appetizers; members and potential members welcome! About 25 members and friends attended our November Socializer at Fulgenzis in Springfield.

We are looking for a new VP. John Nelson is continuing as interim VP as we search. Contact me if you're interested, or know someone who might be. The new VP will once again have a Ride Committee that will schedule weekend rides March through October next year. Each committee member schedules a month or two, while the VP provides scheduling continuity.

We look forward on New Years Day to our annual Ride led by **Marty Celnick** and Open House hosted by **Marty & Christa Morris**. Our winter Club rides on weekends and holidays are all Show-N-Gos, with two exceptions: annual rides, such as Marty's, and rides/events that a club member asks us to schedule and volunteers to lead by emailing vp@spfldcycling.org.

The weekend and holiday Show-N-Go A-Rides organized by **Lisa Kidd** will also continue. These A-Rides are intended for extremely strong and competitive riders averaging 19+ mph. As such, they complement our moderately paced club rides.

Hope to see you at a club event or on a ride!—Tom

Nominations Sought for 2014 NoBell Award

Nominations are now being accepted for the 2014 NoBell Award. This is perhaps the highest honor that the Springfield Bicycle Club bestows each year: to recognize an individual who has made a significant contribution to bicycling in the Springfield area. The origin of the award's name is somewhat murky, but presumably involves the prestige of the international Alfred Nobel Prize and the more specific bicycling reference to a Bell helmet, one of the first truly effective cycling helmets.

While there are no formal requirements for being nominated for this prestigious award, the award committee takes into account the length of time the nominee has been involved in cycling and the contributions he/she has made within the local cycling community. Past award recipients have been recognized for going above and beyond normal levels of support and enthusiasm for bicycling. They have worked tirelessly to promote bicycling, contribute much to the club, and are admired and respected by their peers.

Nominations for this year's award should be submitted to one of the members of the 2014 NoBell Selection Committee, which is comprised of former NoBell recipients. The members of the committee are: Matt Saner, Kevin Greene, Brigetta Ewing, Tom Clark and Bill Donels. You can make your nominations in person, by email, by phone or by snail mail, but the nominations should all be received not later than December 20th.

To assist the NoBell Selection Committee in their task of reviewing nominations for 2014, it is recommended that you submit a brief narrative supporting your nomination, although this is not a requirement. The committee will do some research on their own before arriving at a winner for this year. Little-known information about a nominee is always appreciated and makes for a more informative and entertaining formal announcement of the winner.

Past winners of this prestigious award are:

1982 – Rich Huelskoetter	1983 – Greg Lakebrink	1984 – Louie Spinner
1985 – Dean Wisleder	1986 – Dave Ringland	1987 – Bud Cline
1988 – John & Marcy Werthwein	1989 – Dave Stjern	1990 – Mike Becker
1991 – Karl Kohlrus	1992 – Theresa DeLeon	1993 – Dave Heaps
1994 – Ernie DeFrates	1995 – Garland Stevens	1996 – Derek Ewing
1997 – Alan Josephson	1998 – Dave Lucas	1999 – Linda Butler
2000 – Mark Flotow	2001 – Don Struck	2002 – Lance & Lisa Kidd
2003 – Chuck Orwig	2004 – Cathy Yeaman	2005 – Cindy Kvamme
2006 – Lynn Miller	2007 – Robert LaBonte	2008 – The Elston Family
2009 – Bill Donels	2010 – Tom Clark	2011 – Brigetta Ewing
2012 – Kevin Greene	2013 – Matt Saner	

Please give this some careful thought and get your nominations in to a committee member by Dec. 20th. Your support and input are greatly appreciated.

Thanks – The NoBell Selection Committee.

Incentive Awards

Stephen Paca, Incentive Chair



RIDE OF THE MONTH: The Moonlight Ramble led by Michael Higgins was voted Ride of the Month for October. This was the second year for the Moonlight Ramble and approximately 100 cyclists attended the ride! The ride started at the Capitol Complex Visitors Center and meandered through the streets and parks of Springfield for a total of 12 miles. The group stopped for a picture near 7th St. and Capitol Ave. It was great to see such a mass of well-lit bikes rolling along the city streets and in the dark areas of the parks. And after the ride, the gathering of brightly dressed cyclists in and around Boone's Saloon was quite a sight! We hope that this ride continues to grow every year, and the 836 riders who made this a successful event!

ALMOST ANYTHING AWARD: The Almost Anything Award goes to the Steve Luker of Legacy Pointe development and P.J. Staab of Staab Funeral Home for their assistance with the boulder honoring Lynn Miller.

The recognition boulder for Lynn is in place at the Sangamon Valley Trail trail head in Centennial Park. Both Steve and P.J. are supporters of bicycling in Springfield. Steve donated the boulder and had it placed at the trail head. P.J. had the boulder power washed, sealed, and the bronze plaque mounted to the boulder.

RIDE LEADER INCENTIVE DRAWING: Mark Kuhn's and Steve Sommers's names were drawn for the Ride Leader Incentive award. They will receive a gift certificate to the local bicycle shop of their choice. Congratulations, Mark and Steve, thanks for being ride leaders!

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

Octoberfest by Kristin Schnelten

We had perfect Oktoberfest weather this year for the party – a bit of a fall chill, a even bit of sun, and a bit of rain. Shawn asked, "How do you keep the rain away from your property?" and it is true, it rained very little on us.

When that bit did come down, the crowd moved under the trees, into the garage, or inside the house. It is worth noting that the party always goes on. I have had rain, sleet and freezing cold over the 36-year life of the event; weather certainly doesn't stop us. (Bocce ball and bean-bag toss were put on hold for drier year, though.)

Mark's fire was as beautiful as ever, Mike gave away 20 + pounds of his specialty fish, and Antone and Wick played their hearts out.

Kristin and family really enjoyed her 40th birthday party, and we put a big dent in those six kegs of beer. The deep-fried turkey went fast, and I'm thankful for my new Grill Master, imported from Canada, for all his hard work. Thanks, Andrew!

A word of praise for my eight cyclists who braved the rain and rode. I was impressed.

I plan to do it again. Don't ever let the weather deter you.



Membership News

by Alan Whitaker, Secretary

I would like to introduce and welcome these **new members** to our club:

Joining us at the **Contributing Level**:

Justin Fowler & Lane Christiansen

I would also like to thank the following renewing members for their continued support of the Springfield Bicycle Club:

Renewals

Gerald Aldrich
Ed Caupert & family
Amy Goldesberry
Paul & Nina Hebron
Cindy Moreno
Regina McGuire
Ellen Kay Schlieckau
Julie Summers & Joe Donelson

Renewals at Contributing Level

Mark Yow

Renewals at Sustaining Level

Martin Celnick
Blaine Redemer

Renewals at Corporate Level

Wheel Fast Bicycle Co.



November 2014 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.

Weekday Daytime Rides		<i>Check start times!</i>
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 Pavilion 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		<i>Check start times!</i>
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		<i>Check start times!</i>
Wednesday December 3 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, December 6 11:00 a.m. NOTE TIME.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go -- Ride the trails or go out in the country. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Sunday, December 7 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. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Wednesday December 10 5:30-7:30 pm NOTE TIME	Julia's Kitchen & Lounge 107 West Cook Julie Ann Love 306-6313	NC - Socializer . Come celebrate the holiday season with your fellow riders at the December Socializer. Members and potential members are welcome to participate.
Saturday December 13 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. Turn in your miles to the club records keeper.
Sunday December 14 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. Turn in your miles to the club records keeper.
Saturday December 20 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. Turn in your miles to the club records keeper.
Sunday December 21 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. Turn in your miles to the club records keeper.
Saturday December 27 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. Turn in your miles to the club records keeper.
Sunday December 28 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. Turn in your miles to the club records keeper.
Thursday January 1 Time varies	Vredenburg Park Saxon Dr & Crusaders Rd Lisa Kidd, 546-1698	Holiday A-Ride . See Saturday Weekend A-Ride description. *Disclaimer: Schedule sometimes changes in fall due to weather. Please call ahead.
Thursday January 1 11:00 a.m	Rock 'N Roll Hardees 2501 Adlai Stevenson Dr Marty Celnick, 522-4206	ABCD – New Years Day Ride . Ride for 10-25 miles. Start the new year by keeping your resolution to ride more miles!
Thursday January 1 2:00 - 7:00 p.m.	Residence 10980 Darnell Road, Dawson Christa McLaren Morris, 494-4028	NC -- New Years Day Open House . Come join Christa and Marty to celebrate the New Year with friends, family, and food. Soup and snacks will be provided, but please bring a dish to share.

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		
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 December 27 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!

FOR SALE

Don't ride with cold feet. Below are three footwear choices at a fraction of brand-new prices. Thinking about camping? The three essential items you will need are listed below. Please email me for more details and to arrange a time to come take a look. deanwisleder@gmail.com

Lake Model MXZ302 Winter Cycling Boots (Men's 46)	\$60
Planet Bike Neoprene Shoe Covers	\$10
AXO Boots (Men's 10) (not cycling specific)	\$8
Two-person tent, sleeping bag, and Thermarest pad	
LeMond Revolution Trainer	\$200
Bike Friday Air Glide Travel Bike with Suitcase	\$1200
101 Illinois County Maps (1/2"/Mile) All but Cook Co.	FREE
Water Bottles (used)	FREE

For details, email Dean Wisleder at deanwisleder@gmail.com

Springfield Bicycle Club - Annual Awards Dinner

Friday, January 23, 2015

Maldaner's Restaurant
222 South 6th Street

6:00 p.m. Social Time
7:00 p.m. Dinner

Menu

Chicken Breast with Mushroom Sauce
Penne Pasta with Vegetables
Mashed Potatoes
Chef's Choice of Two Hot Vegetables
Mixed Green Salad with Three Dressings
Bread, Butter, Coffee & Tea
Dessert: Apple Crisp w/Ice Cream &
Homemade Caramel Sauce



RSVP – Julie Love at 217-306-6313 or
Julieannlove82@gmail.com



Board Meeting Minutes - November 5, 2014

Chanell Hamilton, Recording Secretary; reported this month by Stephen Paca

Present. John Nelson, Alan Whitaker, Jim Hajek, Julie Ann Love, Bill Donels, Stephen Paca, Ken Anderson, and Mike Schwab.

The meeting was called to order by John Nelson at 7:11 p.m.

President's Remarks. Tom Clark could not attend the meeting; John Nelson conducted the meeting on Tom's behalf. No remarks.

Vice President's Report. John reported that he is working on the December ride schedule.

Secretary's Report. Alan Whitaker reported that there were 5 new members and 16 membership renewals.

Minutes. Ken Anderson made a motion to approve the October Board meeting minutes; Alan Whitaker seconded the motion; and the Board approved the minutes. Chanell Hamilton could not attend the meeting; Stephen Paca recorded the November minutes. Stephen distributed a draft of the minutes from the November 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 \$30,226.33 for the period ending 10/31/14. This reflects the income from the CCC, though some sponsorships are still outstanding. In addition, there were a few memorial donations received. Mike Schwab motioned to approve the Treasurer's Report; Julie Ann Love seconded the motion; and the Board approved the report. Jim will follow up with Harv Koplo and Tom Clark to check on sponsorships.

Incentive Chair Report. Stephen conducted the Incentive Awards. Michael Higgins's Moonlight Ramble was voted Ride of the Month for October. The Almost Anything Award was given to Steve Luker of Legacy Pointe development and P.J. Staab of Staab Funeral Home for their assistance with the boulder honoring Lynn Miller. Mark Kuhn's and Steve Sommer's names were drawn for the monthly ride leader incentive award.

Special Events Report. Harv Koplo could not attend the meeting, but reported via e-mail about the success of the Moonlight Ramble. Harv posted pictures and a video to the SBC facebook page.

Legislative/Education Report. Bill Donels reported that they should hear about the status of the city's Bicycle Friendly Community application by the end of November. The Bicycle Advisory Council has been meeting, but no actions have been taken recently due to not having a quorum. The BAC is looking to fill its open seats with a diverse group of members—this includes citizens who are not necessarily avid cyclists.

Social Chair Report. Julie Ann Love reported on upcoming socials. The November social will be held at Fulgenzi's on Sangamon Ave on Wed., Nov. 12. The December social will be on Wed., Dec. 10, location TBD. The SBC Annual Winter Party/Awards Banquet will be Fri., Jan. 23, at Maldaner's Restaurant.

Newsletter Editor Report. Joe Agner could not attend the meeting, but reported via e-mail that he plans to start testing the interactive online newsletter after the database committee sets up the data and server.

Webmaster Report. Alan reported that he will be sending an e-mail announcement out to members in December about upcoming events. Anyone wishing to include an item in that announcement should contact Alan.

The meeting adjourned at 8:44 p.m. The next meeting is scheduled for Wednesday, December 3rd, 2014 at 7:00 p.m. at the home of Ken and Sandy Anderson.

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
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At-Large Members

Mike Schwab
801-7224
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Vice President

John Nelson
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899-9175
events(at)spfldcycling.org

Web Master

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Marty Celnick
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Membership Chair
Chanell Hamilton
recording(at)spfldcycling.org

Social Chair

Julie Love
social(at)spfldcycling.org

Incentive Chair

Stephen Paca
766-2604
incentive(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**