



the Quick Release

www.spflcycling.org

August 2018

VOLUNTEER

all that's missing is U!

CALL FOR VOLUNTEERS! See page 7



**CCC Weekend
Sept. 7-9, 2018**

MARK YOUR CALENDARS!

- ◆ **August 5 & August 26:** Cycling Challenges #3 and #4. The Challenge continues!
- ◆ **Aug. 19:** SBC Annual Picnic & Swap Meet
- ◆ **Aug. 26:** Dan Adair MD Memorial Triathlon
- ◆ **Sept 7- Capital City Century Weekend:** Includes 46th Annual Classic Century ride on Sunday Sept. 9.
- ◆ **Oct. 13:** 4th Annual Bob Carmody Memorial Ride

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Check out our online schedule! spfldcycling.org/schedules

Incentive Awards

By Marty Celnick, Chair

Alicia Bibb won the Ride of the Month award for the no-drop ride she led from her residence. [add brief detail about ride, food if any at the end].

Alicia also won the monthly Ride Leader Incentive Drawing and a \$50 gift certificate at the bike shop of her choice.



The Almost Anything Award was won by the Woodside Prairie above and those who made it.

A few words from Tom Clark, SBC President



We have a number of great rides and events coming up in August! The Challenge continues. Challenge #3 is on August 5, and #4 is on August 26. Thanks to **Larry and Vanessa Wilmore** for organizing. SBC's Annual Picnic is on August 19. It includes our first-ever Swap Meet! See article below for details.

It's that time of year again —we've issued the **Call for CCC Volunteers!** We'll be contacting prior year volunteers and seeking new ones in early August. Members can volunteer proactively by contacting the committee chairs named on page 7. Thanks to **Alicia Bibb** for stepping up as Volunteer Coordinator! Hope to see you at a ride or event this month.

SBC ANNUAL PICNIC & SWAP MEET

Sunday, August 19, 2018, 5-7 pm
Tom Madonia Park East, Shelter 3

The club will serve fried chicken and a meatless entrée, and provide soft drinks and water. You may bring your own beverages. Please bring a favorite dish to share. Sell or trade your used cycling gear and apparel at our first-ever SBC Swap Meet!



Join us at Lake Springfield on August 19

Secretary's Report

By Ted Sunder, Board Secretary

A warm welcome to our **new members**, and thanks to **renewing members** for their continued support.

New Members -

Thomas Antonini and Leah Cavaletto
Keir and Keilyn Goatley
Arden Gregory
Sarah Hemberger

Renewals at the Contributing Level -

David and Anita McDivitt
Linda Kelly
Chris and Kathy Mehuys

Renewing Members -

Bill Schultz
Stan and Laurel Grainick
Marty Vandiver
Tracy and Casey Garrison
John Williams
Brad and Yvonne Clearwater and Family
Mary Thomas
Elizabeth Miller
Jeff and Brenda Price
Mike and Cindy Murphy
Doug Barringer
Derek and Brigetta Ewing

Renewals at the Sustaining Level -

Ted, Judy and Nick Sunder
Jim Covington
Pat and Tracie Stephens and Family

Joining or renewing your membership is easy and there's no extra charge for doing it online. Go to the Membership page at www.spfldcycling.org. A printable membership form is also available online and in each month's QR.

NOTE: Those joining or renewing after the 15th of the prior month will appear in next month's report. For June 2015 and beyond, Board meeting Minutes are posted online at www.spfldcycling.org.

August 2018 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

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 leader 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, experienced 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 bike handling skills. Expect riders to be self-sufficient and to maintain speeds of 19+ mph for extended distances using pace lines.

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		<i>Check start times!</i>
Monday through 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 can answer questions about this ride. NOTE: Riders occasionally change the start time due to weather and other considerations. Please call ahead.
Monday through Friday 8:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Weekday A/B Ride. The weekday ride is a No Drop Ride, but riders should be able to maintain speeds of 18-20 mph for 20 to 40 miles between stops. Usually includes a stop midway. For information about this ride, check Facebook at “Springfield IL Area Cycling” for updates.
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 Noon	IDOT, Lost Bridge Trail Dirksen Parkway Show-N-Go	ABC — Lunch Ride. Skip lunch and ride the trail. Riders may add a loop from Rochester. D riders are welcome to ride the trail but should be self-sufficient. Turn your miles in to the records keeper.
Monday thru Friday 12:15 p.m.	Strike & Spare Durkin & West Lawrence Dave Ross 789-4823	BC — Westside Lunch Ride. We'll hop on the Sangamon Valley Trail or head out into the country.
Monday thru Friday 2:00 p.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tom Clark, 726-5560	Weekday BCD Club Ride. Show-N-Go. Ride the trails or go out in the country. Turn in miles to the records keeper. There is no ride leader, but Tom can answer questions about this ride.

Weekday Evening Rides		<i>Check start times!</i>
Mondays 5:45 p.m.	Parking lot at east end of Wabash Trail by Sonic Wabash Ave & Park St Becky Smith, 416-1827	BC — Leave from the east end of the trail at 5:30 p.m. Those riding from Parkway Pointe theater (Lindbergh Blvd & Robbins Rd) will start a few minutes earlier to allow time to meet up with those riding from Sonic. This ride will get you 16 miles from Sonic or 21 miles from Parkway Pointe.
Tuesdays 5:30 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.
Tuesdays 5:45 p.m.	Location varies Jim and Sandra Elliott, 899-2142	C — Tuesday C-Group Bike Ride. Join Jim and Sandy for a ride of 20 to 30 miles at an easy 12 to 15 mph pace. This is a no-drop ride with a rotating start location. Call or text Jim to receive an invitation to join the group and receive information about upcoming rides.
Wednesdays 5:45 p.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Ted Sunder, 698-9194	BC – Ride along the Sangamon Valley Trail to Stuart Park for 12 miles round-trip, add an airport loop for an extra 3 miles, or take the new extension north for up to 24 miles.
Thursdays 5:30 p.m.	IDOT Dirksen Pkwy & Ash St Show-N-Go	Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper.
Thursdays August 2nd & 9th only 5:45 p.m.	Stuart Park parking lot Winch Lane Deb Cooper, 899-8385	D – We might go south or we might go north, depending on the whims of the group. Either way it will be a leisurely 12-mile round-trip on the Sangamon Valley Trail. This ride is specifically designed for riders who think our other group rides might be a little fast for them. Come out and enjoy the beautiful Sangamon Valley Trail at a relaxed pace!
Monday through Friday 5:30 p.m.	Pana Trail, Lake Taylorville parking lot, Route 29 Charlie Witsman, 299-7038	Show-N-Go – Ride 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		
8:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Weekend A/B 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 and B-riders are welcome, but they should be self-sufficient or accompanied by an experienced rider. To receive information about upcoming rides, search “Springfield IL Area Cycling” on Facebook, then click on “Join Group.”
Saturdays and Sundays 11:00 a.m. NOTE TIME	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Weekend BCD Ride – Hit the trails or go out in the country. If the trail is not clear and dry but the roads are, start from west end parking lot on Robbins Road. Turn in your miles to the club records keeper. D riders can ride the trails but should be self-sufficient.
Scheduled Rides and Events		<i>Check start times!</i>
Saturday August 4 8:00 a.m.	Butler & DeFrates residence 3917 Surry Place Lane Ernie DeFrates, 971-1246	BC – Turbo Blender Ride. Ernie will guide us on 30-35 miles with some hills. Enjoy delicious Turbo Blender drinks with some snacks after the ride!
Sunday August 5 8:00 a.m.	Centennial Park MAIN parking lot (not the trailhead) Larry & Vanessa Willmore, 494-6880	ABCD – Challenge Ride. This is the third of five events in the 2018 Cycling Challenge. The Challenge is designed to aid in your cycling fitness in preparation for SBC’s Capital City Century. Ride about a 29-mile loop to Loami, a 53-mile loop to New Berlin, or a 104-mile loop to Jacksonville/Murrayville.
Wednesday August 8 7:30 p.m. NOTE TIME	Residence 2301 Sangamon Avenue Ken Anderson, 522-3876	NC – Board Meeting. All SBC members are invited to attend the board meeting.

Saturday August 11 9:00 a.m. NOTE TIME	Rotary Park Iles and Archer Elevator Rd Marty Celnick, 494-9967	CD – Marty will lead a ride of 30 to 45 miles roundtrip, with the destination depending upon wind direction.
Sunday August 12 8:00 a.m.	Stuart Park Winch Road north of Route 97 and Veteran's Parkway Deb Cooper, 899-8385	CD – Follow Deb north for 30-35 miles.
Saturday August 18 8:00 a.m.	Rotary Park Iles and Archer Elevator Rd Ted Sunder, 698-9194	BC – Follow Ted to Pleasant Plains, then hit some hills on the way back during this 30- to 40-mile ride.
Sunday August 19 8:00 a.m.	Residence 30 North Fox Mill Lane (on Lake Springfield) Andrew Asher, 836-9952	BC – Biking & Boating Bonanza. Follow Andrew on a 35- to 40-mile roundtrip, no-drop ride south, then recover on a boat ride on Lake Springfield (weather permitting). Those planning on boating should RSVP Andrew at
Sunday August 19 5-7 p.m.	Tom Madonia Park East, Shelter 3 Lake Springfield Gladys Hajek, 698-7626	NC – SBC's Annual Picnic & Swap Meet. Socialize with your pedaling pals! The club will serve fried chicken and a meatless entrée, with soft drinks and water also furnished. You may also bring your own beverages, and please bring a favorite dish to share. NEW: A swap meet! Sell or trade your
Saturday August 25 8 a.m.	Residence 3916 Surry Place Lane Mill Creek Subdivision Alicia Bibb, 494-4134	B – Alicia will lead us on a 50-mile roundtrip, no-drop ride to Auburn, then return to her home for a taco bar!
Sunday August 26 8:00 a.m.	Rochester Community Park West Main Street, Rochester Larry & Vanessa Willmore, 494-6880	ABCD – Challenge Ride. This is the fourth of five events in the 2018 Cycling Challenge. The Challenge is designed to aid in your cycling fitness in preparation for SBC's Capital City Century. Ride about 31 miles roundtrip to Edinburg, a 53-mile loop to Taylorville/Kincaid, or a 104-mile loop to Morrisonville.

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 & Thursdays 5:45 p.m.	BikeTek 957 Clock Tower Dr Show-N-Go	Salisbury Hill Ride. This is a challenging ride of about 25 miles on a hilly course, with speeds in excess of 20 mph. Lead riders often slow to allow others to regroup on the hills. Riders sprint on Bruns Lane and again on Churchill Road. This ride is good for cyclists learning the skill of riding in a large group.
Tuesdays & Thursdays 5:45 p.m.	BikeTek 957 Clock Tower Dr Show-N-Go	Team MACK Training Race. For newer riders looking to race, this 32-mile ride offers a great opportunity to improve your top-end speed and race skills. Riders average 23-28 mph and ride in pace lines. Road bikes preferred. Cyclists will sprint five times on the Tuesday night rides.
Wednesdays 6:10ish p.m.	Wheel Fast 17 Cottonwood Drive Chatham, IL 62629 Matt Saner, 483-7807	ABC — Wheel Fast Road Ride. Intermediate training ride. Meet at the bike shop and plan on 16-20 miles. Faster group leaves at 6:10. Others leave immediately after.

Every Other Wednesday August 8 & 22 5:45 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 p.m. Riders are started in 15-second intervals with the slower riders first. Bring \$2 for the timer. Call or text Steve to be added to the email group for updates.
Thursdays 5:45 p.m.	Scheels 3801 S. MacArthur Blvd Jim Storm, 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 ride leader stays with the participants of each riding group. Follow us on Facebook at springfieldscheels . Helmets required.
Saturday August 18 6:30–9:00 a.m.	Kennel Lake Sportsmen’s Club 22172 Kennel Lake Drive Morton, IL 61550	No Baloney Bicycle Ride — With routes of 20, 45, 65, and 100 miles, this supported ride offers well-stocked rest stops and SAG service. Registration is \$30. www.ivwnobaloney.com
Saturday August 18 6:30-10 a.m.	Lake of the Woods Forest Preserve 1702 East Prairie View Road Mahomet, IL 61853	Prairie Cycle Club Tour 2018 — Begin the day with an oatmeal/bagel bar, then head out to routes of 28, 48, 52, 76, and 100 miles on this supported ride. The 48-mile route provides a pancake breakfast at Gibson Area Hospital. Registration is \$35 and includes lunch following the ride. www.prairiecycleclub.org
Sunday August 26 7:30 a.m. & 8:30 a.m.	Kerasotes YMCA 4550 West Iles Avenue	Dan Adair, MD Memorial Triathlon — Give tri a try with the non-competitive triathlon, which comprises a 100-yard pool swim, six-mile bike ride, and a one-mile run. The competitive triathlon comprises a 400-yard pool swim, a 12-mile bike ride, and a 5K (3.1 mile) run. \$45 for the non-competitive and \$55 for the competitive triathlon through August 25. Re-lays available, as well. Registration includes a shirt and finisher medal. www.triharderpromotions.com
Friday August 31 5:30 p.m.	Capitol Area Visitor’s Center College & Edwards Streets (lot entrance on Edwards) Alan Escobar, 638-9523	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. All riders are welcome to join in a celebration of riding bicycles. Why? Because bikes are fun!

SBC TRAVELS

Get aboard the SBC Hilly Hundred Caravan!

Join the Springfield Bicycle Club on its trek to enchanting Ellettsville, Indiana for the 51st Hilly Hundred on October 5-7! Along with literally thousands of other riders, you'll ride 50 miles on Saturday and another 50 miles on Sunday, with shorter options available both days.

Bicycling magazine regularly lauds the Hilly Hundred as one of the country's best rides. This ride offers three well-stocked rest stops each day, each with a live band, and with lunch provided both days.

The ride headquarters is a large, modern public school complex akin to Glenwood High School. Campers pitch their tents or park their RVs on the school grounds; others throw down air mattresses in a school gym or stay in area hotels for the night. Because the ride starts and stops from the same location both days, riders may leave their tents up and RVs and cars in place for the whole ride. Bikes may be stored in a secure school gym.

Showers are available after the ride, and multiple vendors peddle their pedaling wares—from bike parts to bike art—in a large tent. There's also a variety show Friday night, live music, and a lycra-friendly church service in the school auditorium Sunday morning before the ride.

Breakfast and dinner are available for a fee at the school, with other options available in town.

The SBC Caravan will leave the Biketek parking lot at 1 p.m. on Friday, October 5, and drive about four hours to the Hilly Hundred, which is near Bloomington, Indiana.

Riders interested in joining this SBC Caravan should contact Scott Sievers at vp@spfldcycling.org. Riders are responsible for registering themselves for the ride at www.hillyhundred.org and arranging for their own lodging.

Let Scott know if you need a ride to the Hilly or if you are driving and can provide a ride for someone else.

Scott will try to coordinate riders and available vehicles for the caravan.

Let's get Hilly with it!

Call for CCC Volunteers

By Harv Koplo, Century Chair

The 46th annual Capital City Century is coming up on September 8 & 9, the weekend after Labor Day. This year we are part of the Illinois Bicentennial and have turned the CCC into a whole weekend event that all takes place at the Illinois State Fairgrounds! You can see details at www.CCCWeekend.org.

To make sure this year's CCC is another memorable one, we need your help! Whether you've volunteered in past CCCs or not, we'd love to have your help this year. If you enjoyed a volunteer position in a previous year, here's a chance to get your "dibs" on it for 2018.

If you enjoy working with friends, have them join you! Volunteering for the CCC is also a great way for new members to get to know their fellow bike club members. We'll be calling club members over the next few weeks if they haven't yet volunteered to help out with the CCC. There will also be a Volunteering section on our website - you can see what opportunities are available (and who has volunteered for each shift so far) and sign yourself up. An email will announce when that section is configured and ready to use. We'll need some folks to help with registration Saturday night at our Saturday evening Packet Pickup Party and "Loops-A-Palooza" Festival at The Shed, - folks who can still ride - to help with tasks prior to the event, and folks to help during Sunday's CCC Classic Ride.

To volunteer NOW, please contact committee chairs, our 2018 volunteer coordinator Alicia Bibb, or myself. Contact information is below. If you've worked on a committee before, please contact the chair directly about helping out. Any information you provide to chairs will be entered into our Volunteer website app when configured. If you would like anyone's email address, email me at

Committee Chairs:

Weekend Event Chair: Harv Koplo
(899-9175) or [events\(at\)spfldcycling.org](mailto:events@spfldcycling.org)

Subcommittee Chairs:

Volunteer Coordinator: Alicia Bibb (494-4134)
Food Committee Chair: Jim Elliott (899-2142)
Registration: Heather Copelin (652-1105)
Packet Pickup Party: Harv Koplo (899-9175)
Marketing: Tom Clark (726-5560)
Routes and Maps: Derek Ewing (624-2016)
T-shirts: Cindy Kvamme (744-8864)
Friday Eve Campground Packet Pickup: TBA
Saturday Ride Coordinator: TBA
Loops-A-Palooza Fest Activities Coord: TBA

Sunday Subcommittee Chairs:

Route-Marking: Troy Gilmore (720-1568)
SAG/Logistics/Radio: Jess Hunter (381-7468)
Route Checking: Tom Clark (726-5560)
Small & Caution Signage: Ted Sunder (971-3193)
Parking: Robert LaBonte (836-8387)
Mid-Point Rest Stop: Ken Anderson (522-3876)
Chatham Food Stop: Sue Hack (546-4514)
Historic Sites Ride: Troy Gillmore (720-1568)
Ski Club Vol Coord: Judy Nesbitt (341-0861)
Baked Goods: TBA

IL Building Post Pedalin' Party:

House Madam: Deb Cooper (899-8385)
Food Line: Annette Chinuge (741-2377)
Cleanup: Ted Sunder (971-3193)

events@spfldcycling.org and I'll forward to you. If interested in a TBA position please contact me!

This year, ALL volunteers receive a free Wicking CCC 2018 T-Shirt, as well as the knowledge that they are helping out a good cause. Make sure to give us your size.



Whether or not you are able to volunteer, please consider donating some baked goods for the food stops. They can be dropped off prior at the drop off location (TBA) on Friday night or Saturday, or on Sat. night at the Packet Pickup Party.

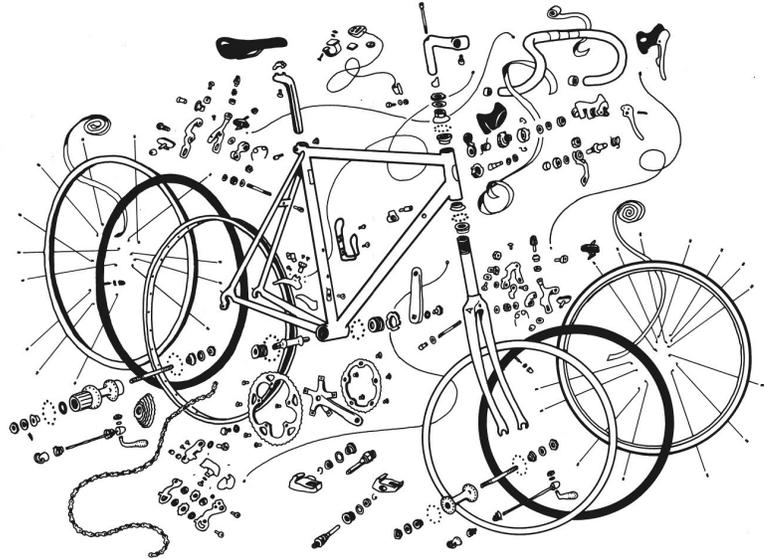
Suggested Bike Maintenance Schedule -

Before Every Ride:

- ? Check tire air pressure
- ? Check brakes and cables
- ? Be sure your crank set is tight
- ? Be sure quick release hubs are tight

After Every Ride:

- ? Inspect tires for glass, gravel shards, and cuts on tread and sidewall



- ? Check wheels for true

- ? Clean the bike's mechanical parts as necessary. Once a week or every 200 miles: Lubricate chain (with dry lube; or every other week or 400 miles with wet chain lube).

Once a Month:

- ? Completely clean the bike, including the drivetrain if necessary
- ? Inspect chain and freewheel. Measure the chain for wear, check for tight links and replace the chain if necessary
- ? Inspect and lubricate brake levers, derailleurs and all cables
- ? Inspect pedals and lubricate SPD style cleats. Inspect tires for wear; rotate or replace if needed
- ? Inspect and check for looseness in the:

- Stem binder bolt
- Handlebar binder bolt
- Seatpost binder bolt (or quick release)
- Seat fixing bolt
- Crank bolts
- Chainring bolts
- Derailleur mounting bolts
- Bottle cage bolts
- Rack mounting bolts



Fix It!

Every Three Months:

? Inspect frame and fork for paint cracks or bulges that may indicate frame or part damage; pay particular attention to all frame joints.

? Visually inspect for bent components: seat rails, seat post, stem, handlebars, chainrings, crankarms, brake calipers and brake levers.

Every Six Months:

Inspect and readjust bearings in headset, hubs, pedals and bottom bracket (if possible; some sealed cartridge bearings cannot be adjusted, only replaced).

Annually:

Disassemble and overhaul; replace all bearings (if possible); and remove and if necessary replace all brake and shift cables. This should be performed at 6,000 miles if you ride more than that per year. If you often ride in the rain or mountain bikers who get dirty should overhaul their bicycles more often.



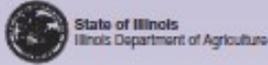
Sunday, August 26th, 2018 is the Dr. Dan Adair MD, Memorial Triathlon.

Dr. Adair was an Orthopedic Surgeon for Springfield Clinic, Founder of Memorial SportsCare, and avid triathlete. Race day includes both a Competitive and Non-Competitive triathlon.

The non-competitive begins with a 100 yard swim, 6 mile bike and a 1 mile run and has a starting time of **7:30 a.m.**

The competitive race starts at **8:30 a.m.** with a 400 yard swim, a 12 mile bike and finishes with a 5k (3.1 mile) run.

Info at : <http://triharderpromotions.com/dan-adair-tri/>



BIKE FOR THE BICENTENNIAL!

The **Prairie Heritage Ride** is one of a series of events developed under the auspices of the Governor's Bicentennial Office to celebrate the 200th anniversary of the admission of Illinois to the Union as a state. This bicycle ride will help showcase our prairie heritage and agricultural roots while celebrating all that is **BORN, BUILT, & GROWN** in the heartland of Illinois!

OVERVIEW

The seven day Prairie Heritage Ride will kick off at the Illinois State Fairgrounds on Saturday, September 8th, 2018 with the two-day **Capital City Century Weekend**. Ride participants will be awed by the natural beauty of central Illinois right before the harvest season. On Saturday, riders will experience a scenic bridge across the Sangamon River, the longest rails-to-trails bridge in the state, and visit a number of Lincoln-related historic sites by bicycle. Novice to veteran cyclists will be encouraged to stretch their abilities on the fully supported CCC Classic ride on Sunday. The Weekend culminates with a Post-Pedalin' Party at the Fairgrounds.

On the following five weekdays, the Prairie Heritage Ride will continue with the **Spoke to Farm Tour**, which highlights the vital and historically significant role that agriculture has played in the State. Engaging in agritourism, riders will have awesome opportunities to visit working farms that produce a variety of staple and specialty goods, as well as vineyards, microbreweries, a historic farmstead and grain elevator, and other historic agricultural sites.

Starts September 8th, 2018!

Novice to Veteran cyclists to novices!

For more info please visit prairieheritageride.com or illinois200.com

#IllinoisProud

BORN • BUILT • GROWN



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: \$20 per year

 Family: \$25 per year

 Contributing: \$30 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.

NEW MAILING ADDRESS

Springfield Bicycle Club
Post Office Box 13035
Springfield, IL 62791-3035

Springfield Bicycle Club
Post Office Box 13035
Springfield, IL 62791-3035
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/Education

Bill Donels
546-8036
legislative(at)spfldcycling.org

Membership

*Position combined with
Secretary position; see
Membership Secretary*

Vice President

Scott Sievers
801-2873
vp(at)spfldcycling.org

Special Events & Projects

Harv Koplo
899-9175
events(at)spfldcycling.org

Web Editor

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

At-Large Members

Ken Anderson
Andrea James
Cindy Kvamme
Nancy Thompson
at-large(at)spfldcycling.org

Membership Secretary

Ted Sunder
971-3193
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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**