



the Quick Release

www.spfldcycling.org

FEBRUARY
2024

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RIDE SCHEDULE



Chris Scheufele took advantage of one of the nicer days to get in a ride on the trail and stopped for a photo opp.

February - almost spring!

There's an expression that February is the border between winter and spring. It's still cold out but the days are getting longer and there are glimpses of sunshine inviting cyclists to bundle up and get outside. If you are on Strava, you've probably seen evidence that our club members are taking advantage of the occasional warm, sunny day to get outdoors and ride. The groundhog predicted only six more weeks of winter - fingers crossed that he was right!

The new Board of Directors has certainly hit the ground running. Casey Primm is busy developing the new gravel series, Chris Scheufele has developed an updated Incentive Program which you can read about in this issue, and Roseanne Nance is working on some exciting social opportunities. Jeanny Huber has taken the lead on directing the Springfield Kids Triathlon, while Keri Jo Fulscher is organizing a team for the Polar Plunge.

Even though it's technically still winter, the Slow C group held a planning session to formulate a plan for their 2024 riding season. Watch for info about this and other group's as winter draws to a close.



2024 Board

PRESIDENT

Scott Sievers

VICE PRESIDENT

Anne Schroll

TREASURER

Larry Stone

SECRETARY

Jeanny Huber

MEMBERSHIP DIRECTOR

Ted Sunder

LEGISLATIVE & EDUCATION DIRECTOR

Vacant - Ted Sunder filling in

MARKETING DIRECTOR

Anne Schroll

SPECIAL EVENTS & PROJECTS DIRECTOR

Lori Dale

RIDE INCENTIVE DIRECTOR

Chris Scheufele

SOCIAL DIRECTOR

Roseanne Nance

VOLUNTEER COORDINATOR

Vacant

AT-LARGE DIRECTORS

Barb Manson
Keri Jo Fulscher
Marty Celnick
Casey Primm



What's Going on in the SBC?

Stay up-to-date on the various initiatives and events in the club.

CLUB INITIATIVES

Incentives Update

Volunteer Incentive - Club members who volunteered for 10 or more hours in 2023 received a special shirt in appreciation for their efforts.

The new Monthly Incentives are unveiled in this issue and include opportunities to recognize memorable rides and noteworthy community members/organizations.

Capital City Century

A planning session was held mid-January and many decisions were made. Registration will open March 1.

Sangamon Cycling Series / Sangamon Gravel Series

Preliminary dates are being established for these two series. Registration will open March 1.

Capital City Connection

The search for ride leaders to assist in this program continues.

Earth Awareness Fair

The City of Springfield is partnering with the Abraham Lincoln Presidential Museum and Library in planning the 32nd annual Earth Awareness Fair, to be held at Union Square Park. The date is tentatively set for April 20th. The bike club will have a presence at this event. Weather permitting, there will be a bike ride that starts at Washington Park and travels to the downtown area.

Newsletter Content

Articles for the Quick Release are welcome! Please send ideas, articles, etc. to Anne Schroll at abaker61@gmail.com



2024 Incentives

RIDE KUDOS - MONTHLY AWARD

Nominate a stand-out bike ride!

The best ride report or photo and will award the SBC member a water bottle, socks, or other SBC item. To participate, members would need to be a part of and share via:

- Springfield, Illinois Club | Springfield Bicycle Club on Strava
- Share their post-ride story or photo on Springfield Bicycle Club Members Group | Facebook
- Or share via email to the club (incentives@spfldcycling.org)

Story/photos will be included in the next month of the Quick Release newsletter.

ON YOUR LEFT

An acknowledgment of volunteers, vendors, SBC members, or related community that has helped the SBC in one way or another. Testimonials or thanks will be included in the monthly newsletter. Members can email incentives@spfldcycling.org to share their experiences.

VOLUNTEER INCENTIVES

Club members who accrue 10 or more hours of volunteer time in a calendar year receive a special shirt and accolades! Hours must be associated with a club event (example: helping at rest stop during a ride). Time spent at board meetings does not qualify, but board members who volunteer at club events are eligible for this award.

Questions regarding the volunteer program can be directed to Anne Schroll at abaker61@gmail.com



**Club's Web page for
Incentives Program**

2023 VOLUNTEERS

Bob Coady
Nick Courtney
Lori Dale
Dave Huber
Jeanny Huber
David Kalaskie
Deane Kinsel
John Kinsel
Stephen Paca
Casey Primm
Jennifer Rockwell
Alison Rockwell
Chris Scheufele
Libby Shawgo
Scott Sievers
Larry Stone
Jennifer Walker
Sean Walker

HOW DO I CHECK MY VOLUNTEER HOURS?

Volunteer hours are stored on the club's website and used to keep track of members' hours. You can easily check the status of your hours as follows:

- Log in to Club Express
- Click on your name at the top right of the screen
- Click on "Profile"
- Under the "Histories" category, click on "Volunteering"

Your Volunteering History will display. You can click on any of the opportunities to get detail on your role and hours.

Board meetings are typically held on the first Monday of each month. Most meetings are conducted via Zoom. All members are invited to sit in on a meeting.

SBC Events and Programs for 2024

SCS? SGS? CaCiCo? What does it all mean?

Confused by all the acronyms and references to the club's various programs and events? Curious about the status of a particular program? Here's a summary of the SBC's programs and events for 2024. We'll update this as the season progresses.

Capital City Connection (CaCiCo)

What is it?

The CaCiCo is a new program for 2024 with the goal of helping riders who are new to group riding find an appropriate group to ride with. There is an educational component to it.

What is the cost to participate?

There is no cost to participate in this program. Non-members are welcome to join.

When does it start?

As of February, ride leaders are being recruited. The first session is tentatively planned for early May.

How can I sign up?

Once we have ride leaders set up, plans are to open a registration page on BikeSignUp. There is no cost to participate but we will track ridership and use this as a means of communication.

A Facebook group will also be set up to communicate with participants.

Who to contact?

Casey Primm is the administrator for this program. You may email him at caseyprimm@gmail.com

Sangamon Gravel Series (SGS)

What is it?

New for 2024, the SGS is the club's first organized gravel series. There are four group rides, and plans are in the works for a fifth ride that will be a race.

The series will have a competitive component, where each route will have several "bounty" segments. Points will be awarded to those who place on these segment efforts, and points will be tracked through the season. Prizes will be awarded to points leaders, and anyone who scores any points in the series will be eligible for random prizes.

The rides are unsupported (the club will not provide sag support or rest stops). All routes pass by c-stores. Riders should be self-sufficient.

What is the cost to participate?

At this time, there are no plans to charge a fee for the four group rides. There will be a nominal charge to enter the race at the end of the season.

When does it start?

Tentative schedule is:

May 25	Event 1 - Centennial Park
June 2	Event 2 - Loami
July 27	Event 3 - Riverton
August 24	Event 4 - JEPC
TBD	Race Finale at JEPC

How can I sign up?

BikeSignUp will be used for registration. There is no cost to participate, but we will track ridership and use this as a means of communication.

A Facebook group will also be set up to communicate with participants.

Registration is scheduled to open in early March.

Who to contact?

Casey Primm is the administrator for this program. You may email him at caseyprimm@gmail.com

Sangamon Cycling Series (SCS)

What is it?

2024 is the fourth year for this popular program, which caters to both beginning and experienced riders. The SCS is a series of four organized road rides held at various locations.

The club provides sag support and a rest stop with hydration and nutrition. The rest stop is typically at a park. There are various distances at each ride ranging from 20 miles up to 100 and routes are generally in loop format so that riders can "mix and match".

Please read! In the past the club has provided printed maps but this practice has been discontinued. The club tries to provide ride leaders at various paces, but this is not guaranteed and riders should be aware that the routes are not marked. GPS files are provided.

What is the cost to participate?

The cost for the 2024 program is \$30. SBC members will receive a code for a \$5 discount.

NEW FOR 2024 -We're taking a break from t-shirts and looking at alternatives for the giveaway item.

When does it start?

Tentative schedule is:

May 11	Event 1 - Sherman
June 8	Event 2 - Stuart Park
July 20	Event 3 - Lake Sangcris
August 10	Event 4 - Rochester

How can I sign up?

BikeSignup will be used for registration. A Facebook group will also be set up to communicate with participants.

Registration is scheduled to open in early March.

Who to contact?

Lori Dale is the administrator for this program. You may email her at loridale1974@gmail.com



QR code takes you to the website page for this series.

Springfield Kids Triathlon

What is it?

In 2023, the SBC agreed to take over management of a youth triathlon from the Springfield Triathlon Club. This event was formerly known as the HSHS St. John's Children's Hospital / Scheels Kids Triathlon. With the addition of a third sponsor, Vistra, the name was shortened to the Springfield Kids Triathlon.

This will be the 11th year for this fun event targeted toward children ages 5-13. It's held at the Nelson Center in Lincoln Park on July 13.

What is the cost to participate?

The cost for the 2024 race is \$30. As in the past, we are using GetMeRegistered as a registration platform.

When is the event?

The date is Saturday, July 13.

Who to contact?

Jeanny and Dave Huber are the race directors for this year's event. Contact Jeanny at jeannyhuber@gmail.com



QR code takes you to the website page for this series.



What is the Capital City Century?

The Capital City Century, or CCC, is a recreational road ride held annually in September. The 2024 event, to be held Saturday, September 14, marks the 52nd annual ride (2020 was a virtual event due to the COVID-19 pandemic).

Routes range from a 12-mile Family ride to the 100 mile "Century".

What's New for 2024?

- T-shirts will not be included with registration but will be offered as an optional purchase. This decision was made in an effort to reduce waste and keep the cost of registration low. The club will purchase a supply of extra shirts that will be available for purchase at the Sherman Athletic Club.
- Chip timing will be provided by ItsRaceTime. While the CCC is not a race, we do acknowledge that there's a culture of friendly competition in some cycling circles. Chip timing will assist the organizers in tracking riders.
- An event jersey will be available for purchase. You may order the jersey early and have it shipped to you in time for the CCC. The club plans to purchase a limited supply of jerseys to sell at the Sherman Athletic Club. Orders will also be taken up to a week following the ride. Design TBA
- The 125-mile course will not be offered as a registration option due to the low turnout and extra workload this creates for volunteers.

- The "groad" route will not be offered. With the new SGS, there are plenty of gravel options.
- Speaking of gravel, chip and sealed roads in the Athens area continue to be problematic and the organizers are looking at an alternative rest stop.
- Packet pickup will be held at the Sherman Athletic Club on Friday evening and Saturday morning. You can have a friend pick up your packet if you are unable to attend either time. Packets will not be held unless prior arrangements have been made.

How can I sign up?

Registration will open March 1 on BikeSignUp.

Who to contact?

Question about the CCC can be sent to Lori Dale at lorldale1974@gmail.com



Out and About

SBC members get around! Here are selected photos from some of the rides and events that took place last month. We love to see where our members have been riding. If you have photos that you'd like to share, please send to Anne Schroll at info@spfld-cycling.org

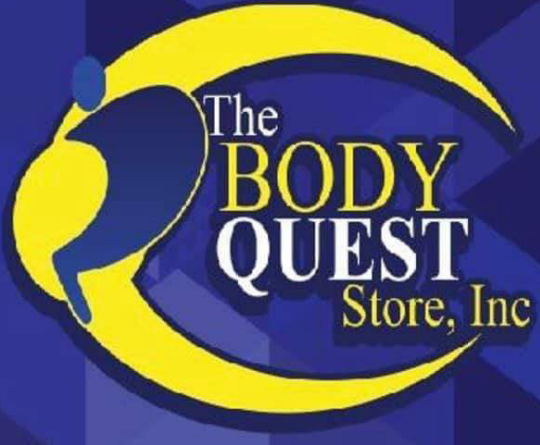


FEBRUARY 11

GRAVEL RIDE AT SITE M

The early season weather didn't deter a handful of determined gravel riders from hitting the roads in Cass and Menard Counties. Thanks to Chris Scheufele for organizing this ride!

SPONSOR OF THE 2024 SANGAMON GRAVEL SERIES



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SAT 10-5
SUN 12-4

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SBC POLAR PLUNGE TEAM

MARCH 2, 2024



The 2024 Law Enforcement Torch Run Polar Plunge for Special Olympics will take place on March 2, 2024 at the KC Lake Club, 141 N. Lakewood Drive, Chatham, IL. Your donation helps support the Special Olympics Illinois athletes in Region H, helping to provide them with life-changing programming. This includes year-round training and competition, as well as leadership, personal development and health education opportunities.

NEW FOR 2024!!!

SBC Board Member Keri Jo Fulscher has created a team for SBC members! There is a fundraising goal of \$100 for each participant/plunger. Fundraising efforts support the Special Olympic Illinois athletes in our region. When a participant/plunger registers for our team, they will be sent an individual fundraising link specific to them. Raising \$100 gets you a great hoodie!!



JOIN THE TEAM!!!

<https://support.soill.org/team/548326>

HAVE FUN PLUNGING!!!

Teams typically dress up and have a lot of fun with it. Team members are encouraged to plunge in SBC attire. Don't have any SBC attire? Just plunge in your typical bike riding attire



2024 Club Calendar

Below is a listing of events that club members may have an interest in. In addition to SBC events, also included are cycling events in the Springfield area that have proven popular with our members. This calendar is preliminary and subject to change.

JANUARY

8 Board Meeting

FEBRUARY

5 Board Meeting

25 **AREA EVENT** Dirty Assumption Gravel Ride

MARCH

1 Registration opens for Capital City Century, Sangamon Cycling Series, and Sangamon Gravel Series

4 Board Meeting

APRIL

1 Board Meeting

20 Earth Awareness Fair

TBD Gravel Series - Rural Cyclery Ride

MAY

Various National Bike Month

6 Board Meeting

TBD Capital City Connection Kickoff

11 Sangamon Cycling Series Event 1 - Sherman Community Park

25 Sangamon Gravel Series - Event 1 - Centennial Park

JUNE

TBD **AREA EVENT** Wheelfast Monster Metric

3 Board Meeting

9-10 Ridellinois Grand Illinois Tour comes to Springfield

8 Sangamon Cycling Series - Event 2 - Stuart Park

2 Sangamon Gravel Series - Event 2 - Loami

TBD CaCiCo - Second session

JULY

1 Board Meeting

4 Franklin Burgoo Ride

13 Kids Triathlon, Lincoln Park

20 Sangamon Cycling Series - Event 3 - Lake Sangcris

27 Sangamon Gravel Series - Event 3 - Riverton

TBD CaCiCo - Third session

AUGUST

5 Board Meeting

10 Sangamon Cycling Series - Event 4 - Rochester

24 Sangamon Gravel Series - Event 4 - JEPC (Site M)

TBD CaCiCo - Final session

TBD Don Daniels Memorial Ride to Bolivia Bridge

SEPTEMBER

14 52nd Capital City Century

TBD Sangamon Gravel Series - Rural Cyclery Pike County Gravel Ride

OCTOBER

7 Board Meeting

6-8 **SBC TRAVELS** Hilly 100, Ellettsville, IN

13 Roger Schnelten's 46th Annual Oktoberfest

TBD Sangamon Gravel Series - Site M Race

TBD SCS End of Season Celebration

TBD **AREA EVENT** Illinois Senior Games

NOVEMBER

4 Board Meeting - Annual Meeting/Election

TBD **AREA EVENT** Dirty Petersburg Gravel Ride

DECEMBER

4 Board Meeting

FIRST SOCIAL OF THE SEASON!

WEDNESDAY,
FEBRUARY 28 5-7 PM

HAPPY HOUR SOCIAL at
**BOCCARDI'S
ITALIAN GRILL**

3132 Cockrell Lane, Springfield

Stop by Boccardi's after work for some socializing with fellow club members. The club will provide appetizers. Cash bar.

Questions? Contact Roseanne Nance at Befit1958@gmail.com



FEBRUARY BIRTHDAYS

Happy Birthday to the following club members!

Did we miss your birthday? Our apologies for the oversight. Help us keep up-to-date by making sure that your profile in Club Express is current.

2/1

Matthew Crain

2/2

Kristina Mucinskas

2/3

Allie Nichols
Sean J Walker

2/4

Brian Dees
Jennifer Rockwell

2/5

Barry Tobias
Dan Dungan
Gladys Hajek
Magdalena Rosol

2/8

Alicia Bibb

2/9

Beth Ribarsky

2/11

Melanie Caspary

2/12

Brian L McCloskey

2/13

Craig Kniffin

2/16

Lesley Stevens

2/17

Bronwyn Leach
Cathy Yeaman
Dave Huber

2/18

Jeremy M Tackett
Lane Fowler

2/22

Annette Zalar

2/23

Jacob Popovitch

2/26

Kurt Curry

2/27

Mary L Rogers

2/28

Lance T Cull
Nina A Rossini



Membership Update

TOTAL ACTIVE MEMBERS: **376**

JANUARY RENEWALS AND NEW MEMBERS

WELCOME TO OUR NEW MEMBERS:

Family Memberships

The Popovich Family - Jon and
Cathy, Jacob, Joseph
Mary and Troy Rogers

WELCOME BACK TO OUR RENEWING MEMBERS:

Family

Scott and Kim Clark
Mark and Linda Flotow
John and Ruth Ann Hamilton
Bob and Nancy Thompson

Individual

Judy Carmody
Cassandra Claman
Pam Hart
Jordan Polansky
Judy Shipp

DONATIONS

We wish to thank the following members who provided generous donations to the club with their membership dues.

Cassandra Claman
John and Ruth Ann Hamilton
Jordan Polansky
Bob and Nancy Thompson

FEBRUARY MILESTONES

Name	Join Date	Years with SBC
Kvamme, Cindy	2/29/2000	24
Hamilton, Ruth Ann and John	2/17/2017	7
Winhold, Curt and Kathleen	2/9/2019	5
Steinacher, Ryan	2/24/2021	3
Boots, Julie	2/11/2022	2
Chesser, Bette	2/13/2022	2
Courtney, Nick	2/3/2023	1
Shipp, Judy	2/6/2023	1
Claman, Cassandra	2/10/2023	1
Woods, Michelle	2/13/2023	1



Ride Schedule

Ride Classifications

A 18.1-20.0+ MPH AVERAGE SPEED.

These rides are for extremely strong and competitive cyclists with expert bike handling skills. Expect cyclists to be self-sufficient, and able to maintain speeds of 19+ mph for extended distances using pace-lines and other faster riding skills.

B 16.1-18.0 MPH AVERAGE SPEED. These rides are for strong, experienced cyclists with considerable group riding experience. Expect the emphasis to be on improving individual stamina and riding skills. Cyclists will not feel obligated to wait for slower riders. Many times, pace-lines are common in group riding. Cyclists should be able to handle their own flats and other minor mechanical repairs and should be comfortable navigating by map or GPS computer if separated from the group.

C 14.1-16.0 MPH AVERAGE SPEED. These rides are for competent cyclists with basic safety and bike handling skills. These rides combine social riding with improving fitness and riding ability. Expect that most cyclists will ride in groups. There may be rest stops on the route, but they

will be limited. Cyclists should be comfortable navigating by map if separated from the group and should be able to handle their own flats and other minor mechanical problems

SLOW C 12.1-14.0 MPH AVG

SPEED. These rides are for competent cyclists with basic safety and bike handling skills. These rides combine social riding with improving fitness and riding ability. Expect that most cyclists will ride in groups. There may be rest stops on the route, but they will be limited. Cyclists should be comfortable navigating by map if separated from the group and should be able to handle their own flats and other minor mechanical problems

D 10.0-12.0 MPH AVERAGE SPEED. These rides are for novice or recreational cyclists. These rides will have rest stops as needed. Expect the ride leader or another club member to sweep (stay with) the slowest cyclist. Assistance from the ride leader will be provided for flats and other minor mechanical problems.

EZ UNDER 10 MPH AVERAGE SPEED.

These rides are purely social. Expect shorter routes either in town or on

a trail and expect to ride together as a single group. No one will be dropped out of the back of the group. Assistance from the ride leader will be provided for flats and other minor mechanical problems.

GR GRAVEL. Route will be gravel, dirt or rough roads that are unsuitable for traditional road bikes.

MTB MOUNTAIN BIKE. Route will be on mountain bike trail system, typically singletrack.

NC NON-CYCLING EVENTS. No bikes required for these events.

For updates, corrections
and last-minute changes
to the ride schedule,
please check the SBC Club
Calendar at
spfldcycling.org

Scheduled SBC Rides/Events

This section lists "one-time" club rides and special events. It's a good practice to check the club's Facebook page and/or the SBC Members Facebook group, as often rides are scheduled at the last minute before the weekend and don't appear on this schedule. Weather may influence start times and cancellation as well.

Be Cool.

TAKE THE PLUNGE.

MARCH 2ND, 12 P.M.
KC LAKE CLUB CHATHAM, IL






1. SCAN QR CODE TO JOIN SBC'S POLAR PLUNGE TEAM
2. HELP RAISE FUNDS FOR ILLINOIS SPECIAL OLYMPICS
3. WEAR YOUR FAVORITE CYCLING ATTIRE
4. PLUNGE WITH FRIENDS

NC HAPPY HOUR SOCIAL AT BOCCARDI'S WEDNESDAY, FEBRUARY 28 5-7 PM

Location: Boccardi's Italian Grill
3132 Cockrell Lane, Springfield
Stop by Boccardi's after work for some socializing with fellow club members. The club will provide appetizers. Cash bar.

Questions? Contact Roseanne Nance at Befit1958@gmail.com

POLAR PLUNGE FOR SPECIAL OLYMPICS SATURDAY, MARCH 2, 2024

Location: KC Lake Club
The 2024 Law Enforcement Torch Run Polar Plunge for Special Olympics will take place on March 2, 2024 at the KC Lake Club, 141 N. Lakewood Drive, Chatham, IL. Your donation helps support the Special Olympics Illinois athletes

in Region H, helping to provide them with life-changing programming.

NC EARTH AWARENESS FAIR SATURDAY, APRIL 20, 2024

Location: Union Square Park, 500 E. Madison, Spfld (Across from ALPLM)
The City of Springfield partners with the Abraham Lincoln Presidential Library and Museum (ALPLM) for the 32nd Earth Awareness Fair. The SBC plans to have a booth at this event

ABCD BIKEPACKING / CAMPING TRIP FRIDAY, APRIL 26 - SUNDAY, APRIL 28

Location: Jim Edgar Panther Creek State Fish & Wildlife Area, Chandler-ville, IL
The "Scotts" are at it again. Join

in the fun with a weekend of bike riding, camping, grilling and shenanigans. Plans are in the works for both road and gravel rides on Saturday.

Questions: Contact Scott Bell or Scott Sievers for more information



ABCD 52ND CAPITAL CITY CENTURY SATURDAY, SEPTEMBER 14, 2024

LOCATION: Sherman Athletic Club
Mark the date for the club's annual century ride! Distances will include the 12-mile Family Ride, 20-, 40, 62- and 100-mile road rides.



ABCD ROGER SCHNELTEN'S 46TH ANNUAL OKTOBERFEST PARTY

SUNDAY, OCTOBER 13 | 1:00 PM

Location: 245 Circle Drive, Spfld
Don't miss the 46th Oktoberfest Party & Bike Ride. Live music, food, drinks, games, bonfire and bikes. A bike ride is being planned. This is a combined party between the Springfield Ski & Travel Club and the Springfield Bicycle Club.

For more info call Roger Schnelten at (217) 529-0780

Area Rides / Events / SBC Travels

GR DIRTY ASS-UMPTION GRAVEL RIDE

SUNDAY, FEB 25 | 9:00 AM

LOCATION: Cypress Grove Brewing,
Assumption, IL



From our Decatur friends comes this no-frills early season gravel ride. 42-mile route, with beer and food afterwards.



RIIDEILLINOIS GRAND ILLINOIS BIKE TOUR **JUNE 9-10, 2024**

Join us June 9-14,
2024 for the 21st
annual Grand

Illinois Bike Tour (GIBT)! This year's Central Illinois route resembles a figure eight beginning and ending in Maroa, with overnights in Springfield, Forsyth, and Champaign. Registration is open.

Register at <https://rideillinois.org/events/2024-grand-illinois-bike-tour/>



ABCD APPLE CIDER CENTURY

**SUNDAY, SEPTEMBER 29
2024**

THREE OAKS, MI

The Apple Cider Century (ACC) is an annual one-day 15, 25, 50, 75 or 100 mile bicycle tour of the orchards, forests and wine country in and around Three Oaks, Michigan on the last Sunday in September.

Since 1974, it has become one of the Midwest's largest one-day century events with over 4,500 cyclists participating last year.

For more information, check the website applecidercentury.com

AMISH COUNTRY BICYCLE TOUR

SATURDAY, SEPTEMBER 21, 2024

Arthur, IL

For more information:

<https://decaturbicycleclub.org/amish-country-tour/>



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ruralcyclery@gmail.com fb: [ruralcyclery](https://www.facebook.com/ruralcyclery)



Membership Application

- ☐ New Member
- ☐ Renewing Member
- ☐ Change of Address

Primary Member Information

Name _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

Birth Date (optional) _____

Type of Membership

- ☐ Individual: **\$25** per year
- ☐ Family: **\$40** per year
May include up to 4 additional members who must all reside at the same address
- ☐ Corporate: **\$100** per year

Additional Donation

- ☐ \$10
- ☐ \$25
- ☐ \$50
- ☐ \$100
- ☐ Other _____

Secondary Members (Family Membership only)

Name _____ Birth Date: _____

Name _____ Birth Date: _____

Name _____ Birth Date: _____

Name _____ Birth Date: _____

Additional Information

- ☐ I would like to opt out of Club e-mail announcements

I would like to help with the following SBC activities:

- ☐ Lead bike rides
- ☐ Help with social activities
- ☐ Help with bicycle advocacy
- ☐ Help with Capital City Century
- ☐ Serve on the SBC Board
- ☐ Other _____



Mail to:

Springfield Bicycle Club
P.O. Box 13035
Springfield, IL 62791-3035

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: _____