



# the Quick Release

[www.spfldcycling.org](http://www.spfldcycling.org)

November 2016

## Don't Forget to ...



Daylight Savings Time ends on  
**Sunday, Nov. 6**

Don't miss our last leader-led Club of  
the season that day at the Ihnens!

Soup & Chili — 30-mile Ride  
**See Ride Schedule for details**



## First Socializer of the Off Season!

**Wednesday, Nov. 9**  
5:30-7:00 p.m.

Westwoods Lodge  
2406 W Jefferson St

- ♦ Free appetizers
- ♦ Members & potential members welcome

## COLD DUCK RIDE

Washington Park  
9 a.m. to Noon

Thanksgiving Day  
**Thursday, Nov. 24**



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## Incentive Awards

By Larry Stone, Incentive Chair

The many riders, varied options, and great volunteer support all contributed to the Capital City Century being named ride of the month. Weather was near perfect for the CCC on the 15th anniversary of 9/11. We had over 650 riders this year. Ride options ranges from 10 miles to (for those brave souls) 125 miles.

Special thanks go out to Event Coordinator Harv Koplo and the over 100 volunteers who helped with registration, SAG, route preparation, food stops, the new packet pickup party, the post-pedalin' party, and more. While our volunteers are too numerous to mention individually here—see *the Thank You CCC Volunteer article in this issue*—the CCC would not be possible without all their help.

Jim Hajek and Naomi Green won the Ride Leader Incentive drawing and a gift certificate for \$50, for leading the Historic Ride on September 10th. Congratulations, Jim and Naomi!

The Almost Anything Award went to Brenda Price for organizing the 2nd Annual Bob Carmody Memorial Ride Saturday on September 24th. This event raised \$2,350 for the American Cancer Society. Thanks Brenda for leading such a great fundraising ride. To nominate someone for the Almost Anything Award, email [incentive@spfldcycling.org](mailto:incentive@spfldcycling.org).

*A few words from Tom Clark, SBC President*



An article thanking our 100+ CCC volunteers appears in this month's QR. Kudos to **Harv Koplo** for organizing the CCC once again in 2016.

Our new Board list appears on the back cover. Most of our Board members for 2016-17 are continuing, but some are in transition. Thanks to **Larry Stone**, Incentive Chair, and **Andrea James**, At Large Member, for joining our 2016-17 Board. And thanks to departing Board members **John Nelson**, **Deb Cooper**, and **Karol Young** for their service. Hope to see you at the November 9 Socializer!

## Help Wanted!

SBC's Board year runs from Oct. 1 through Sept. 30. Some vacancies may remain, including:

**Vice President**  
**Newsletter Editor**  
**Recording Secretary (Jan. 2017)**

If you are interested in joining our Board or wish to nominate someone, or have questions, email [president@spfldcycling.org](mailto:president@spfldcycling.org) or call or text Tom at 726-5560.

## Secretary's Report

By Barry Lacy, Board Secretary

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

### New Members

Doug Koester  
Sam LeVon

### New Members at Contributing Level

Dave Ryan

### Renewing Members

Kevin Brown  
Michelle Cozadd  
Amy Goldesberry  
Karl & Christine Kohlrus  
Cindy Kvamme  
Regina McGuire

Lenny & Sherry Miner  
Mike Royer & family  
Ellen Kay Schlieckau  
Louie Spinner & family

### Renewals at Contributing Level

Paul Sullivan  
Tyra Taylor

### Renewals at Sustaining Level

Bill & Sue Donels

*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](http://www.spfldcycling.org). A printable membership form is also available, online and in each month's QR.*

NOTE: Those joining or renewing after October 15 will appear in next month's report. For June 2015 and beyond, Board meeting Minutes are posted online at [www.spfldcycling.org](http://www.spfldcycling.org).

## Thank You CCC Volunteers!

Harv Koplo, Capital City Century Chair

104 SBC, community & HS student volunteers and 34 ham radio volunteers helped make our 44<sup>th</sup> annual Capital City Century on Sunday, September 11<sup>th</sup> a big success. The weather was beautiful and our total rider count was over 650 participants.

Our food stop at the Clayville Historical Site and new routes including the 25 mile challenge loop put together by Derek Ewing, were well received. More riders rode the 125 mile challenge than last year. If you're into stats, know that we devoured 500 brats, 160 pounds of fish and the equivalent of 6 kegs of beer to feed about 800 folks. Music at KC was provided this year by the Craig Russo Trio.

Our CCC volunteers perform a wide range of tasks needed to plan, prepare, set up, implement, and wrap up this large scale recreational cycling and community event. Many of our volunteers work long hours and make multiple contributions, and some pass up an opportunity to ride to help us stage our signature event.

Our 2016 volunteers included SBC club members and friends, and students from Auburn High School, Chatham Glenwood High School and Springfield High School. We would also like to thank the 34 ham radio volunteers from Sangamon Valley Radio Club as well as other Central IL counties (two from Champaign!) and their CCC coordinator Jess Hunter, as well as the Pleasant Plains police dept. for helping us look out for the health and safety of our riders.

We also want to thank Patti Kuhn and Colby Baumberger of our Gold Sponsor, Springfield Clinic, for their invaluable assistance with event marketing and generous financial contribution. Other great sponsors who made financial contributions and/or donated goods or services in support of the event included our Silver Sponsors, Team Waldo, Bank of Springfield, & MJ Kellner, and our Bronze Sponsors, Ace Bicycle Shop, Biketek Inc., FitClub, Maldaner's Restaurant and Catering, R & M Cyclery, Spinner Plastics Inc., Springfield Bicycle Doctor and Wheel Fast Bicycle Company.

The reason our Capital City Century is so successful is easy to see – it is because of the excellent job performed by every one of our volunteers. Our riders have a safe, enjoyable, fun ride because our volunteers have fun doing their jobs so well. The following list of these great volunteers is complete to the best of our knowledge. If you know someone who we missed please advise us. We'll post a supplemental list on the SBC web site and include their names in the next newsletter.

Event Coordinator	Harv Koplo (Special Events Chair)
Event Chairs	Harv Koplo (Event chair), Poonam Mahajan (Volunteer Chair), Jim Hajek (Treasurer), Harv Koplo (Data Committee) Jim Hajek & Naomi Greene (Historic Ride), Tom Clark (Marketing), Heather Copelin (Registration), Cindy Kvamme (T-Shirts & Packets)
Data Committee	Harv Koplo (chair), Chanell Hamilton, Alan Whitaker
Information	Judy Shipp (Clayville), Dave Ross (KC)
Photography	Alex Usherwood, Harv Koplo (photo booth)
Registration	Heather Copelin (chair), Deb Cooper, Mark Flotow, Naomi Greene, Kevin Greene, Jim Hajek, Rebecca Hood, Craig Kniffin, Mabel Martin, Maurine Richter, Lisa Schultz, Louie Spinner, Sarah Weisbaum, Karol Young

(Continued on page 4)

*Thank You CCC Volunteers (Continued from page 4)*

T-Shirts & Packets	Cindy Kvamme (chair), Chanell Hamilton (design), Harv Koplo (ordering), Heather Copelin, Deb Cooper, Alan Whitaker, Poonam Mahajan, Randy Smith, Ted & Judy Sunder, Tyra Taylor
SBC Radio Liaison	Chanell Hamilton
Radio Club Chair	Jess Hunter
Food Chairs	Jim Elliot (Food chair), Deb Cooper (KC-House Madam), David Radwine (KC Kitchen chair), Cyd LaBonte & Annette Chinuge (KC Food Line co-chairs), Sue Hack (Clayville Food Stop chair), Judy Nesbitt (New Salem Food Stop chair), Ken Anderson (Bunn Snack Stop chair), Don Harvey (Cleanup Main Man!), Scott Sievers (Baked Goods chair)
Clayville	Sue Hack (chair), Anne Aldrich, Harold Glick, Janet Glick, Mark Grieve, Rick Griminger, Francie King, Tom King, Christine Kohlrus, Carol Lasley, Debby Lewis, Sammie Morris, Judy Nesbitt, Chuck Orwig, Ed Thomas
New Salem	Judy Nesbitt (chair), Gail Devito-Singh, Linda Lafferty, Michelle Gilmore, Paula Jimenez, Sam Maggio
Bunn	Ken Anderson (chair)
KC Hall	Deb Cooper (House Manager), David Radwine (Kitchen chair), Cyd LaBonte, Annette Chinuge (Food Line co-chairs), Rich Chaput, Deb Cooper, Bobby Hall, Paula Hermes, Henry Hermes, Harriet Josephson, Barb Carney, Allison McMinn, Brittany McMinn, Bryce McMinn, Scott Stah, Don Harvey
Route Chairs	Tom Clark (Route chair), Ben Fox (Marking), Tom Clark (Checking & Signage), Christa & Marty Morris (SAG), Robert LaBonte (Parking)
Route & Maps	Tom Clark, Derek Ewing, Harv Koplo, Roger McCredie
Marking	Ben Fox (chair), Bill Bock, Harold Glick, Janet Glick, Len Miner, Cindy Moreno, Ted Sunder, Nick Sunder, Alan Whitaker, Karol Young
Checking & Signage	Tom Clark (chair), Rich Chaput, Mike Eymann, Don Harvey, Barry Lacy, Carolyn Lawrence, Mike Long, Becky Smith
SAG	Christa & Marty Morris (co-chairs), Dave Banks, Esteban Cruz, Phil Wendell, Sangamon Valley Radio Club: Tim & Debra Peters (BikeSAG), Sharon Robson, Rudy Rudolph, Nick Scaggs, Bill Vaughn
Parking	Robert LaBonte (chair), Cyd LaBonte

We apologize to anyone whose name we failed to mention.

The many faithful volunteers who come out every year help make this a great event – it couldn't be done without you!

Your efforts are greatly appreciated!





## The ABCs of Winter Biking

Jordan Bray, Communications Intern, Active Transportation Alliance

*[NOTE: This article has been edited for length —The Editors]*

Here are some tips that will get you cycling safely and comfortably this winter.

The first thing most people wonder about when considering winter cycling is what to wear. Keep in mind that the cost of these items is not important, just their functionality.

Something you can't experiment with — since they're required by law — are lights. You need a headlight and taillight, and you may also want a reflective vest for your body and reflective tape for your bike.

Don't worry about getting gear specifically for bike riding; if your apparel comes from a thrift store or big box store and it works, then you're in great shape. Also remember that cotton is never a good idea. The fabric absorbs water and keeps it close to your body, which is exactly what you don't want in cold temperatures.

A basic three layer approach provides the flexibility and comfort you need. For the base layer, choose a thin fabric that wicks away sweat and moisture, such as wool or polyester. Following that, wear a loose, warming mid-layer like a sweater or fleece with regular pants for your legs. The outer layer should be windproof and water resistant, but not heavy. Shells with zippers and vents can be helpful since you can adjust them as you get warmer and colder.

For your head, consider thin coverings that can fit under your helmet, as well as <sup>something</sup> to

*(Continued on page 6)*

### Tandem For Sale

Trek 100 Tandem.  
21 speed. All ex-  
tras. Great condi-  
tion. Must see to  
appreciated. \$700.

For more informa-  
tion, contact Jerry  
at 217-725-2248 or  
zadieandbub-  
bie@comcast.net



*ABCs of Winter Biking (Continued from page 5)*

keep your face and ears protected. Balaclavas will cover everything, though a combination of scarves, earmuffs and hats may give you more flexibility.

Extremities can be difficult to keep warm, but with a little practice you shouldn't have much trouble. Big weatherproof boots that allow you to wear thick socks (again, not cotton) and still move your toes are great. Mittens with glove liners are a popular choice, as are lobster gloves.

The bottom line with clothing is that when you first step outside, you want to feel a little cool since you'll warm up as you ride. If you feel comfortable, you're likely overdressed and will soon start to perspire. Sweating in winter weather can get dangerously cold when you stop pedaling. Remember that there's no shame in going slower, walking your bike when you need to and, overall, taking time to build up your comfort level. Developing confidence takes time.

Freshly fallen snow and freezing rain are particularly challenging conditions, and may provide a reason for new riders to stay inside or contemplate other forms of transportation. You can also make things easier by considering your travel route carefully and having alternate possibilities in mind. Main drags will get cleared of snow first but also tend to be more crowded, while side streets may have more slush and snow but will be quieter.

When you encounter ice, hard packed snow and slick metal, stay loose, pump your brakes, keep your weight back and go slow. If you do find yourself on something slick, don't try to correct or brake, just stop pedaling and keep steady and you'll likely glide right over the icy patch.

To prevent the grime and salt from corroding your bike and interfering with moving parts, wipe down your bicycle every day and lubricate all moving parts — except brake pads. Some people clean their bike chain every couple of weeks during winter, but a full tune up at the beginning and end of the cold-weather season should be fine.

While wider tires can provide stability, regular tires will work fine in winter — the only exception being heavy snow of more than 3 inches. To cut down on the moisture and road gunk that lands on you and your bike, invest in a set of fenders.

In addition to the adventure and sense of accomplishment, biking all year will keep your momentum going, which means you don't have to get back in shape in the spring. There's a convenience factor too. You can easily make a short bike trip in the time it would take to de-ice a car. And of course, don't forget the money you can save on gas, parking and auto repairs.

*For more cycling tips and news, visit Active Transportation Alliance at [activetrans.org](http://activetrans.org)*

# Illinois Bike Summit Highlights

## Ride Illinois News

October 10, 2016

The 2016 Illinois Bike Summit has passed, but we're still thinking about one of our most successful summits to date.

Over 250 bicycle advocates, planners, civil engineers, public health researchers, and elected officials joined us on September 19 for a day of learning and networking.

We were honored to have had IDOT Secretary Randy Blankenhorn give an inspiring speech about IDOT's new thinking and approach to bicycle planning across the state. "How do we give people the option to bike if they want to bike in a safe and efficient manner," said Secretary Blankenhorn (pictured above center, with Gina Kenny and Ed Barsotti of Ride Illinois). "That's the conversation that we need to start to have, and we need to start to have it together as we look toward the future."



Naturally, we were also excited to hear Secretary Blankenhorn speak about IDOT's willingness to work with Ride Illinois and other bicycle advocates.

"I look at Ride Illinois, and we've had a good relationship," said Secretary Blankenhorn. "We need to take advantage of the good things this organization and all of your organizations are doing out there. How do we incorporate that into our thinking? How do we incorporate that into our design? How do we incorporate that into our investment strategies? That's what we want to do and that's what we want to do together. And it's going to be through organizations like Ride Illinois that are going to lead us in that conversation."

He also discussed IDOT's long range transportation plan, getting ITEP funding on a 2 year cycle, and much more.



In collaboration with Bike BloNo and the Town of Normal, we also produced and presented a video about bicycling for transportation. Bicycling is not just for recreation, and more infrastructure and accommodations are needed to make it safe and convenient for everyone.

If you were unable to attend the event, many of the presentation slides that were shared in the 15 breakout sessions are available to download on the Illinois Bike Summit page under Session Topics, at [rideillinois.org/events/2016-illinois-bike-summit](http://rideillinois.org/events/2016-illinois-bike-summit)

[NOTE: This article has been edited for length —The Editors]

## October 2016 Ride Schedule

For updates, corrections and last minute changes to the ride schedule please check the SBC website at [www.spfldcycling.org](http://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.

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. 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](mailto:records@spfldcycling.org)).

Questions about leading a ride? Contact [vp@spfldcycling.org](mailto:vp@spfldcycling.org).

Weekday Daytime Rides		Check start times!
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 can answer questions. Participating riders should turn in miles to the club records keeper. <b>Start time may change due to weather and other considerations. Please call ahead.</b>
Monday, Wednesday and Friday 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Derek Ewing, 624-2016	Weekday A-Ride. Riders must be able to maintain speeds of 18+ mph for extended distances. Usually includes a stop midway. See Weekend A-Ride for full description.
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 can answer questions about this ride.
Monday thru Friday Noon	IDOT, Lost Bridge Trail Dirksen Parkway Show-N-Go	ABCD — Lunch Ride. We are re-starting this ride to see who turns up! Skip lunch and ride the trail. AB riders may add a loop from Rochester. CD 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.



Weekday Evening Rides		Check start times!
Mondays 5:45 p.m. <b>NOTE TIME</b>	Parking lot at east end of Wabash Trail by Sonic Wabash Ave & Park St Show-N-Go	BCD — Show-N-Go along the Wabash and Interurban Trails. Turn miles in to the club records keeper. Lights required, sun sets before 5:00 after the time change.
Wednesdays 5:45 p.m. <b>NOTE TIME</b>	Sangamon Valley Trail South End Parking Lot Ted Sunder, 698-9194	BCD – Show-N-Go on the Sangamon Valley Trail. Turn in miles to the records keeper. There is no ride leader, but Ted can answer questions about this ride. Lights required, sun sets before 5:00 after the time change.
Monday through Friday 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 and Sundays 9:00 a.m.  <b>NOTE: location and time may vary (see Facebook page)</b>	Vredenburg Park Saxon Dr & Crusaders Rd  Derek Ewing, 624-2016	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 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”. Contact Derek if you have any questions.
Scheduled Rides and Events		Check start times!
Wednesday November 2 7:00 p.m. <b>NOTE LOCATION CHANGE</b>	Residence 4196 Spaulding Orchard Rd Harv Koplo, 899-9175	NC – Board Meeting. All SBC members are invited to attend the board meeting. NOTE: The meeting will be held at Harv and Annette’s house. Those not on the SBC Board who’d like to attend can contact Harv at harv(at)avromsystems.com to receive directions by email.
Sunday November 6 10:00 a.m. <b>NOTE TIME</b>	Residence 3400 Mackinaw Lane Jerry Ihnen, 502-1434	ABCD -- <b>Back to Standard Time Ride.</b> Jerry has 30 miles or so planned and will provide soup and chili. Non-riders may show up at Noon for the party. D riders can ride the Sangamon Valley Trail but should be self-sufficient.
Wednesday November 9 5:30-7:00 p.m.	Westwoods Lodge 2406 W Jefferson St Poonam Mahajan, 691-3350	NC - <b>Socializer.</b> Join us for our first Socializer of the off season at Westwoods. Free appetizers. We’ll be in Westwood’s Colorado room for private parties. Greeter table near the door. Members and potential members are welcome to participate.
Friday November 11 Time varies	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	<b>Holiday A-Ride</b> -- See <b>Weekend A-Ride</b> description above.
Friday November 11 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Holiday Show-N-Go – Ride the trails or go out in the country on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Saturday November 12 11:00 a.m.	Capitol Complex Visitors Center 425 S College St. Kevin Greene, 494-8959	EZ – <b>Veterans Observance Ride.</b> Kevin will lead a bike ride to several veterans’ memorials and museums in Springfield, including the Korean War National Museum, three state veterans memorials at Oak Ridge Cemetery, and the Great War Encampment at the Illinois State Military Museum.
Saturday November 12 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 on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Sunday November 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 on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.

Saturday November 19 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 on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Sunday November 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 on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Thursday November 24 9:00 a.m. - noon	Picnic Shelter Washington Park 1500 S Grand Ave West Show-N-Go	Show-N-Go – <b>Annual Thanksgiving Day Cold Duck Ride.</b> Join the Springfield Road Runners Club for this 20+ year tradition for both clubs. Ride laps in the park and turn in miles to the club records keeper.
Friday November 25 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – The day after Thanksgiving is a state holiday, so ride the trails or go out in the country on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Friday November 25 Time varies	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	<b>Holiday A-Ride</b> -- See <b>Weekend A-Ride</b> description above.
Saturday November 26 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 on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Sunday November 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 on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.

## 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.	Biketek 957 Clock Tower Dr Jeffveloart(at)gmail.com Facebook: Jeff Curtis Williams Andy Brown, 971-1412	<b>Tuesday Night Trail Rides</b> – MTB/cyclocross/off road bikes are recommended. All are welcome! We will split off at Washington & Koke Mill to do the "church trail". <b>LIGHTS and HELMETS</b> please and thanks!!! Disclaimer: <b>Routes will vary based on conditions.</b> Contact Jeff for more information.
Friday November 25 5:30 p.m.	Capitol Area Visitor's Center College & Edwards Streets (lot entrance on Edwards) Alan Escobar, 638-9523	<b>Critical Mass Ride.</b> 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!



# 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](http://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.

Springfield Bicycle Club  
Post Office Box 2203  
Springfield, IL 62705  
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## **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**

Ted Sunder  
971-3193  
membership(at)spfldcycling.org

### **Vice President**

Vacant  
vp(at)spfldcycling.org

### **Special Events**

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

### **Web Editor**

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

### **At-Large Members**

Ken Anderson  
522-4206  
at-large(at)spfldcycling.org

### **Board Secretary**

Barry Lacy  
899-8407  
secretary(at)spfldcycling.org

### **Records**

David McDivitt  
787-5964  
records(at)spfldcycling.org

### **QR Editor**

Tom Clark (interim)  
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### **Social Chair**

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### **Incentive Chair**

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Andrea James  
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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**