Springfield Bicycle Club Illinois

the Quick Release

www.spflcycling.org

September 2018

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40th Octoberfest! 10

September 7-9
(Century on 9th)
cccweekend.org

Incentive Awards

By Marty Celnick

Troy Gilmore' Tour De Casey's ride on July 1st- won the vote for Ride of the Month. Scott Sievers won the monthly Ride Leader Incentive Award drawing, and a $50 gift certificate at the bike shop of his choice. Congrats, Troy and Scott!

The Almost Anything Award was given to Larry and Vanessa Willmore for making a special trip the night prior to put coolers with water on the 53 mile route for riders on Challenge #3. The first 4 Challenge rides are self-supported, but the lack of stores on this route made it a special case.

On a sad note, the coolers were stolen before they could retrieve them. The club is paying them back.

A few words from Tom Clark, SBC President

Well, it's Century time once again! This year's CCC has expanded to a weekend with a new Metric Century, Historic Ride, and Festival on Saturday, and the 46th Annual Classic Century on the Sunday after Labor Day, Sept. 9.

The Sept. 9 Classic Century is the 5th and final event in the Cycling Challenge series. Many thanks to Larry and Vanessa for organizing the first 4 Challenge rides this year. Other highlights in September include another Hellacious Hills Ride (Scott Sievers, Sept. 1), the Volunteer Century (Ted Sunder, Sept. 16),), Full Moon Ride (Ernie DeFrates, Sept. 24), and Park to Park Ride (Troy Gillmore, Sept. 29). Our Annual Meeting and Socializer is Sept. 26. See you at a ride or event this month!

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
Jeff and Judy Cox
Richard and Connie Wagoner

Renewals at the Sustaining Level
Justin and Lane Fowler
Tracy and Jack Hurley
Randall Germeraad
James and Nancy Hall
Barry and Shaun Tobias

Renewals at the Contributing Level
Roger Schnelten
Daniel McCormack
Curt Evoy
Joe and Maureen Agner
Judy Nesbitt
Margaret Kelly
David and Pamela Lucas

Renewing Members
Robert LaBonte
Gerry Hume
Kenneth Connell
Marc Bell
Susan Collins and David Hood
Dave Hood
Stephen and Michael Selvaggio
Jennifer and Alison Rockwell
Craig Kniffin and Rachel Doctors
Holling Kniffin
Charles Witsman
Ken and Sandy Anderson
Jim and Gladys Hajek
Scott and Stephanie Sievers; Elizabeth and Madeline
David Wild
Matthew Scrivano
Mark Summer
Karol Young
Scott and Karin Bell

Renew Honorary:
Mike Mahoney
Jess Hunter
Mayor Jim Langfelder

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.

September 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		***Check start times!***
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		***Check start times!***
Mondays 5:45 p.m.	Parking lot at east end of Wabash Trail by Sonic Wabash Ave & Park St Marty Celnick, 494-9967	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. Lights recommended
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. Lights recommended.
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. Lights recommended.
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. Lights recommended.
Thursdays 5:45 p.m.	BikeTek 957 Clock Tower Dr Shayla Pfaffe, 836-3301	B — **B-Tek Ride.** Build your speed and stamina on this quick (and sometimes hilly) no-drop ride of 25-35 miles. To receive information about upcoming rides, join the "Springfield Area B-Tek Cycling Group" on Facebook.
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. Lights recommended.
Weekend Daytime Rides		
8:00 a.m. **NOTE: location and time may vary (see Facebook page)**	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.	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		***Check start times!***
Saturday September 1 7:30 a.m. NOTE TIME	Stuart Park Winch Road north of Route 97 and Veteran's Parkway Scott Sievers, 801-2873	B – **Hellacious Hills Ride**. Hate hills? Rather coast than climb? Then stay home, because this ride of about 60 miles will drag you up some of the steepest slopes the area has to offer.
Sunday September 2 9:00 a.m.	Rotary Park Iles Ave and Archer Elevator Rd Tom Clark, 726-5560	ABC - **Plains Ride with Ashland Option**. Ride about 40 miles to Pleasant Plains with Tom. A 51-mile Ashland option will be available, along with cutoffs of 30 and 19 miles.

Saturday September 8 10 a.m.	Gate 11 (inside) 801 East Sangamon Avenue Illinois State Fairgrounds Harv Koplo, 899-9175	ABCD — **CCC Weekend: Metric Ride**. Visit Athens on the half-metric route and go on to Greenview for the metric route. The return route crosses the Sangamon River on the longest rails-to-trails bridge in Illinois. Riders will find a water and snack stop in Athens. Maps will be provided, and riders are encouraged to keep their copies and follow them, as the route will be lightly marked.
Saturday September 8 1:00 p.m. **NOTE TIME**	Gate 11 (inside) 801 East Sangamon Avenue Illinois State Fairgrounds Troy Gilmore, 720-1568	EZ — **CCC Weekend: Tour of Historic Sites**. Take a casual, neighborhood-style ride from the Illinois State Fairgrounds to visit many of Springfield's Lincoln and other historic sites, including the Lincoln Home, the Old State Capitol, and the Lincoln Tomb, among others. This approximately eight-mile roundtrip ride will last about two hours, with refreshments and snacks afterward.
Saturday September 8 5–9 p.m.	The Shed, Gate 3 2371 North Peoria Road Illinois State Fairgrounds Harv Koplo, 899-9175	NC — **CCC Weekend: Community Cycling Festival/Packet Pickup Party.** This special community bicyclist appreciation festival, called Loops-A-Palooza, celebrates the Bicentennial and Springfield's Bronze Bicycle Friendly Community status (recently designated by the League of American Bicyclists). Enjoy live music by The Loops, food trucks, libations, and other exhibitors and activities. If you're riding the CCC, pick up your packet during this event and skip the lines on Sunday!
Sunday September 9 7:00 a.m. **NOTE TIME**	Illinois Building, inside Gate 1 1101 East Sangamon Avenue Illinois State Fairgrounds Harv Koplo, 899-9175	ABCD — **CCC Weekend: 46th Annual Capital City Century/SBC Great Bicycle Challenge #5.** This fall classic offers routes of 24, 35, 62, 100, and 125 miles over flat to rolling terrain on well-marked roads. The ride features organized food stops, SAG service, and a Post Pedalin' Party with a meal and libations free to registered riders. Registration begins at 6:30 a.m. SAG service ends at 4:00 p.m.; all riders are asked to be off the route by that time. Food service ends at 5:00 p.m.
Wednesday September 12 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. NOTE: The Board meeting was left out of the schedule included in the print version of QR. It has been added to the online QR and schedule. Due to CCC, the meeting will be held on the second Wednesday.
Saturday September 15 9:00 a.m.	Waldrop Park Sherman Cindy Kvamme, 971-8687	C — Take a 35-mile spin with Cindy to Middletown, with an optional 24-mile shortcut. If you're looking for distance, you can get to 55 miles with an additional 20-mile out-and-back route from Middletown to Greenview.
Sunday September 16 9:00 a.m.	Rotary Park Iles Ave and Archer Elevator Rd Ted Sunder, 698-9194	ABCD — **CCC Volunteer Appreciation Ride.** About 20 to 124 miles. This unsupported ride is an opportunity for volunteers who worked the Capital City Century to try one of the routes. All club members are invited to participate. This ride counts as the SBC Great Bicycle Challenge #5 for CCC volunteers.
Saturday September 22 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Marty Celnick, 494-9967	CD – Marty will lead a ride of 30 to 50 miles roundtrip, with the destination depending upon wind direction.
Sunday September 23 1:00 p.m. NOTE TIME	Centennial Park MAIN parking lot (not the trailhead) Mike Kokal, (618) 560-9288	ABC — **Winery Ride**. Pedal 16-20 miles with Mike to Danenberger Family Vineyards (12341 Irish Road, New Berlin) for libations.
Monday September 24 8:00 p.m.	Finley's Tap House 3236 Ginger Creek Drive Ernie DeFrates, 971-1246	BC — **Full Moon Ride.** This 23-mile ride will head north on the Sangamon Valley Trail. Riders may enjoy a good brew afterward. Good lights required.
Wednesday September 26 6:30 p.m. Meeting 7:00 p.m. Socializer	Brickhouse Grill and Pub 3136 W. Iles Tom Clark, 726-5560	NC — Annual Meeting & Post-CCC Socializer. Join other SBC members for this great post-CCC social event. Brief Annual Meeting at 6:30 p.m. includes thanks to our volunteers, board election, past year accomplishments, and member feedback. Socializer from 7:00-9:00 p.m. Check in and get a free libation. Complimentary soft drinks and appetizers provided.
Saturday September 29 8:00 a.m.	New Salem State Park Visitors Center parking lot Rt 97, Petersburg Troy Gilmore, 720-1568	B — **Park to Park.** This ride will leave Lincoln's New Salem State Historic Site near Petersburg, then head out to Jim Edgar Panther Creek State Fish and Wildlife Center near Chandlerville for an approximate 60-mile roundtrip ride.

Sunday September 30 8:00 a.m.	Chatham Community Park East end parking lot 760 S. Main, Chatham Paul O'Connor, (618) 694-3446	ABC – Follow Paul on a 38 mile roundtrip ride to Sangchris Lake, with a midpoint pit stop in Pawnee.

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 6:00 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 6:00. Others leave immediately after.
Every Other Wednesday September 5 & 19 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.
Sept. 30 7–10 a.m.	Rock Springs Conservation Area 3939 Nearing Lane Decatur, IL	**Prairie Pedal** — This supported ride offers 20, 40, and 62-mile routes through Macon County. A chili lunch (with vegetarian option) will be served after the ride along with refreshments. Registration is $25 before September 6, $30 afterward, and includes cycling socks. Proceeds benefit the Macon County Conservation Foundation. For more information, go to http://maconcountyconservationfoundation.org/prairie-pedal/
Friday September 28 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!

How do I choose my next bike saddle ?

1 Focus on what kind of cyclist you are. This is an important step to help you determine which saddle best suits your needs.

- Do you use the bike for short rides on a mainly flat itinerary, i.e. for commuting or just for recreational use? Or are you a more professional cyclist? And if the latter is your case, do you prefer road cycling or mountain trails?
- Do you do very long rides, or do you prefer short ones? Identifying what kind of bicycle rider you are will help you choose the best saddle for you.

2 Choose the cushioning. Depending on what kind of cyclist you are, you can choose between various types of cushioning. The most common are the following:

- Foam: It is flexible, but at the same time, it gives support. There are various saddles depending on the foam's density. Generally speaking, longer rides require harder foam, while it is better to choose a softer saddle for short rides.
- Gel: It is comfortable, absorbs shocks and vibrations and adapts to your body, but it also weighs more than foam. In addition to this, gel can lose its softness with time and become hard.

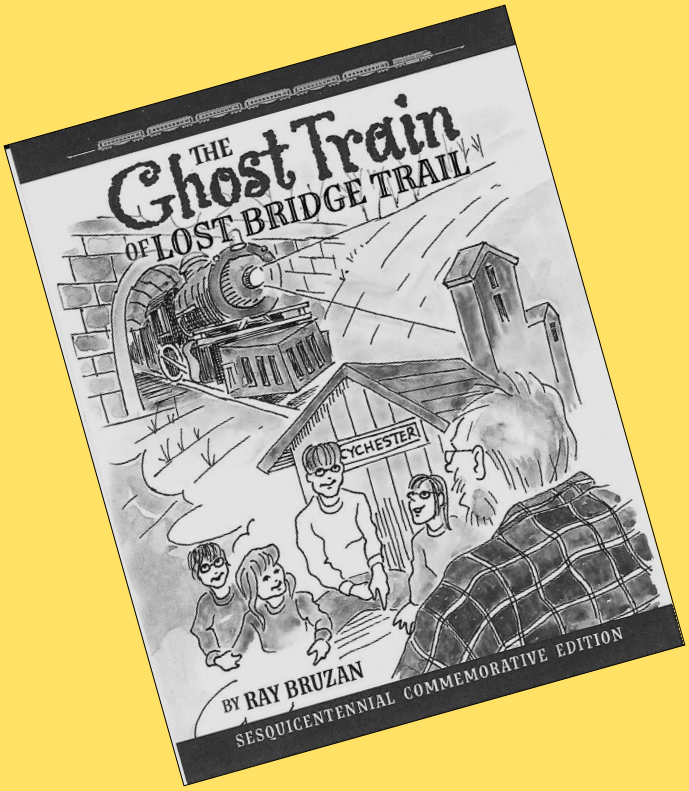
3 Choose your saddle type. Now that you know everything about cushioning, you can move on and choose the saddle. Each one has its own characteristic, and each saddle is best suited for specific rides:

- A general rule is that the more upright you are riding, the wider the saddle should be. Riding hunched over the bars on a wide saddle will cause much more pain than riding in the same position with a narrower saddle.
- Racing saddle: It is narrow, tapered and quite hard. It's designed in order to avoid irritation, and to let the legs move freely. This kind of saddle shifts most of the cyclist's weight to the arms and legs. It is chosen mainly by professional cyclists going for long rides.
- Comfort saddle: These saddles are much wider than racing ones and are softer, thanks to a more generous padding. They are designed to absorb shocks and let the cyclist ride comfortably. It is a good choice for recreational cyclists.
- Cruiser saddle: Since cruiser bikes force you to maintain an upright position, these saddles have to bear most of your body's weight. For this reason, they have a great amount of cushioning and are wider than the previous two. In addition, they are suitable for occasional cyclists going for slow rides without too much effort.

4 Decide whether to use a standard saddle or a special one. This choice depends entirely on you, since each one of us is made differently. Some cyclists prefer nose-less saddles to standard ones, because they reduce irritation during long rides; others go for a saddle with a softer channel in the middle or even with a hole. These options are intended to reduce pressure on the most delicate parts of the body, i.e. the perineum and genitals.

- If you are a woman, consider the possibility to purchase a specific woman saddle. These are generally wider because women tend to have wider hips than men. Finally, there are high-quality saddle retailers, where professional cyclists can purchase custom cycling saddles specifically designed following their specifications.

5 Try it. This guide may have helped you decide what kind of saddle may suit your needs, but the most important step to take is to try the saddle yourself. This is fundamental, because it is the only way in which you can realize if the saddle fits your body properly.



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4th Annual Bob Carmody Memorial Ride

Saturday ~ October 13, 2018 ~ 8:00 AM

RIDE STARTS & ENDS AT 601 POINSETTIA PLACE

Buckley Ridge Estates - Off Meadowbrook Road – Springfield

****Check-In Begins at 7:30 AM ---- Ride Begins at 8:00 AM****

Ride Options
50 miles ~ Rest Stop at Union Park in Auburn (ABC)
25 miles ~ Rest Stop Along Route (CD)
15 miles ~ Relaxed Pace ~ Sangamon Valley Trail (D/EZ)

[SAG service ends at 1:00 PM ~ All riders asked to be off the route by that time]

This event celebrates Bob's passion for biking and his love of the outdoors. Please join us as we ride in his memory.

Event & Lunch Sponsored by R.E. Carmody & Associates & The Carmody Family

LUNCH CATERED BY MCCORMICK'S STARTING AT 11:00 AM

****Please RSVP for Lunch at 217/685-0004 (call or text)****

[EVENT OPEN TO THE PUBLIC – RIDERS & NON-RIDERS]

Donations will be accepted and given to the American Cancer Society to help those who are currently fighting cancer and to remember those who have lost their brave battle.

$1,000 WORTH OF PEDAL PRIZES – DRAWING AT 12:00 PM

Riders & anyone making a donation to the ACS are eligible

~You do not need to be present to win~

Marked Route — Rest Stops — SAG Service — Post Ride Party

Springfield Bicycle Club
PRESENTS THE

Loops-A-Palooza Festival

at The Shed

Illinois State Fairgrounds, Gate 4

Saturday, Sept. 8
5:00 pm—9:00 pm

OPEN TO THE PUBLIC

LISTEN to Some Great Tunes by

Great Food!

Great Brews!

THEN...

RIDE Some Great LOOPS with SBC!

On-Site Registration & Packet Pickup

- 46th Annual Century (Sunday, Sept. 9)
  Illinois Building, Gate 1, 1101 E Sangamon

PART OF THE
CCC Weekend Bicentennial Bash (Sept. 7-9)
Prairie Heritage Ride (Sept. 8-14)

CCCWEEKEND.ORG

Hitting forty seems to be a time of introspection, perhaps a call to action. Much remains to be accomplished in life. So …

Let's make the 40th Annual Oktoberfest the biggest and best yet!

Party starts earlier, in order to host TWO BANDS.

MUSIC!
DOUG STRAHAN & THE GOOD NEIGHBOURS (dougstrahanmusic.com), from Austin, TX, hit the stage around 2:30, and ANTONE and WICK, local favorites, start their set at 7:00.

FOOD!
We'll have brats and burgers around 3, with snacks, including Mike's Fabulous Fish, available earlier.

BEER!
Expect Larry's always popular wine table set up, as well as flavorful German draught beers – including Spaten Oktoberfest (the original from 1260) and Erdinger Dunkel, the most delicious dark malty wheat beer ever. Not into fancy beer? I'll have a keg of American lager for you, too. Perhaps we'll even have an offering from local champion brewer Chuck Costello.

FIRE!
The Oktoberfest is famous for bonfires. Expect another great one around dusk.

BIKE RIDES!
30-mile bike ride leaves at 2:00.
15-mile bike ride leaves at 3:00.

MARK YOUR CALENDARS FOR OCTOBER 7 – THE BIGGEST OKTOBERFEST YET!
As always, lawn chairs and carpooling are suggested.
Covered dishes welcomed.

Roger Schnelten 529 -0780
245 Circle Drive (Laketown)
Springfield, Illinois

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 1:	Birth date*
Name 1:	Birth date*
Name 1:	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 ADRRESS

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Springfield Bicycle Board Members

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726-5560
president(at)spfldcycling.org

Treasurer
Jim Hajek
698-7626
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Legislative/Education
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legislative(at)spfldcycling.org

Membership
Position combined with Secretary position; see Membership Secretary

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Incentive Chair
Marty Celnick
553-2297
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