



# the Quick Release

www.spflcycling.org

July 2017

## Capital City Century, September 10, 2017

Be an Early Bird! Online registration is now open.

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



## The 19th Annual Tour De Corn Metric Century

Chatham Community Park  
Sunday July 16th, 2017 at 8:00 a.m.

Registration will be open from 7:30-9:00 a.m. the day of the ride  
Pre-register at Wheel Fast, 17 Cottonwood Dr.  
in Chatham through Saturday 7-15-2017 4:00 p.m



- Group mass start at 8:00 a.m. but you may leave as late as 9:00 a.m.
- There will be three distance options: 62, 40, & 20 miles
  - Donation cost is \$20.00
- Free Wheel Fast cycling socks to the first 150 riders!!!
  - SAG service until 1:00 p.m.
  - Rest stops with food and drink
- Lunch Served from 11:00-2:00 following the ride
  - All Proceeds benefit the Chatham Jaycees
  - Call Wheel Fast with any questions 217-483-7807



### MARK YOUR CALENDARS!

- ◆ July 23: SBC Annual Picnic. *Details on page 2!*
- ◆ August 13 & 27: Cycling Challenges #3 and #4. Bring on the Challenge!
- ◆ Oct. 14: 3rd Annual Bob Carmody Memorial Ride, 12 to 60 mile options mile options, along with pedal prizes and lunch catered by McCormick's. See August QR for details!

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## SBC ANNUAL PICNIC

Sunday, July 23, 2017  
Tom Madonia Park East, Shelter 3

Gather at 4 / Dinner at 5. No RSVP needed!

Grilled hamburgers, brats, veggie burgers, soft drinks & bottled water provided. Bring a covered dish, salad or dessert to share. Like to help grill? Contact Gladys at 698-7626 to volunteer.



Join us at Lake Springfield on July 23!

## Incentive Awards

By Larry Stone & Marty Celnick, Incentive Co-Chairs

Scott Siever's Ride of Silence was chosen as Ride of the Month. The group rode in silence that night to honor those killed or injure while riding their bicycles. Thank you for leading the ride, Scott. The winner of the monthly Ride Leader Incentive Award drawing was Tom Clark. Congrats, Tom!

The Almost Anything Award was won by Joel Johnson, for his work removing weeds and invasive plant species on paved trails in the Springfield area, as a volunteer, on behalf of Friends of Sangamon Valley and Springfield Park District. Your work is greatly appreciated, Joel.

*A few words from Tom Clark, SBC President*



Don't miss our annual July 4 ride to Franklin led by **Robert LaBonte**. **Alan Josephson's** Arch Ride and **Matt Saner/Wheelfast's** July 16 Tour De Corn Metric Century provide great cycling opportunities in July. The SBC Annual Picnic will be on July 23. Thanks to our new Social Chair **Gladys Hajek** for organizing! Thanks to VP **Scott Sievers** for acting as monthly scheduler for July. We have leader-led Club rides every day of the week. A new High-B riding group will begin with Sunday morning rides in July from Rochester Station. It joins the A and C riding groups already in place. Hope to see you at a ride or event this month!

## 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

Elizabeth Miller

### New Members at the Sustaining Level

Dr. and Mrs. Bryan Albracht

### Renewing Members

Alicia & Brady Bibb & Family

Brad Clearwater & Family

Jon Edwards

Kevin & Mariah Shaver

Ruth Magos

Scott & Tracy Parker

Susan Collins & Family

### Renewals at the Contributing Level

Aaron Young

Matt Daniels

### Renewals at the Sustaining Level

Joel Johnson

Pat & Tracie Stephens

### Renewals at the Patron Level

Susan Hammond

Jim and Sandra Elliott

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

## July 2017 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.

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		<i>Check start times!</i>
Monday though 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: <b>Riders occasionally change the start time due to weather and other considerations. Please call ahead.</b>
Monday, Wednesday, and Friday 8:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Derek Ewing, 624-2016	Weekday A-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.
Monday thru Friday 10:00 a.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.
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.

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 Jon Roth, 971-5987	BC — Leave from the east end of the trail at 5:45 p.m. Those riding from Parkway Pointe theater (Lindbergh Blvd & Robbins Rd) will start a few minutes earlier to allow time to sign in. This popular ride will get you 16 miles from Sonic or 21 miles from Parkway Pointe. <b>Note: July 3 may be a Show-N-Go.</b>
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 Elliot, 899-2142	C — <b>Tuesday C-Group Bike Ride.</b> 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 the trail with Ted for 12 miles or add a low traffic county road to the airport for a total of 15.
Thursdays 5:45 p.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Joe Agner, 361-5077	D — Ride 12 miles on the Sangamon Valley Trail at a casual 10-12 mph pace. The ride leader will stay with the rearmost riding group. <b>Note: This ride is specifically designed for riders who think our other group rides might be a little fast for them. Come out and enjoy riding this beautiful trail at a relaxed pace!</b>
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.
Monday through Friday 6:00 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 required.
Scheduled Rides and Events		Check start times!
Saturdays and Sundays 8:00 a.m. <b>NOTE: Location and time may vary (see Facebook page)</b>	Vredenburg Park Saxon Dr & Crusaders Rd  Derek Ewing, 624-2016	<b>Weekend A-Ride.</b> 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.
Sundays 8:00 a.m. <b>NOTE: Location and time may vary (see Facebook page)</b>	Rochester Station IL-29 & Walnut St (Start locations may vary monthly based on rider interest. Cycling Challenge events replace this ride on Sundays when they are held)  Tom Clark, 726-5560	<b>AB - Weekend High-B Ride.</b> This is a No Drop ride that re-groups periodically. It is intended for strong riders with good bike handling skills. Riders should be able to maintain a steady 17-20 mph “high B” pace for extended distances using pace lines. Riders may agree on a route at ride time or follow one posted online prior. A-riders looking for a change of pace welcome. To receive information about upcoming rides, search “Springfield IL Area Cycling” on Facebook, and click on “Join Group”. Contact Tom if you have any questions.
Saturday July 1 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Marty Celnick, 499-9967	ABC – Destination to be determined by wind direction.
Sunday July 2 8:00 a.m.	Rochester Station  Tom Clark, 726-5560	BCD - Ride 28 miles to Edinburg or add a stop in Mechanicsburg for 40 miles. Expect BC and B+ riding groups to form on the ride. D riders can ride the Lost Bridge Trail. Ride to the ride for more miles. <b>NOTE: This ride also serves as the kickoff for a new standing high B ride on Sundays – see listing above.</b>

Tuesday July 4  Start Time depends on Start Location	8 a.m. - Panera Bread West, Wabash Ave. & White Oaks Dr. 8:40 a.m. - County Market, 1099 Jason Place, Chatham 9:15 a.m. - U.S. Post Office, 100 Church Street, Loami Robert LaBonte, 787-0237	ABCD – <b>Annual Franklin Burgoo Ride</b> . Celebrate our nation's Independence Day with a ride to Franklin, IL for its annual Burgoo Festival. The start times and ride distances are staggered to provide all riders an opportunity to participate. Leave from Springfield for 62 miles; Chatham for 48 miles; or Loami for 28 miles. It will be hot. Roads will be soft and oily! Be sure to bring plenty of water and money for those pies! <b>NOTE: Riders will not be getting in the parade, but will wait until the parade has passed before proceeding to the park.</b>
Tuesday July 4 8:00 a.m.	Location and time varies Derek Ewing, 624-2016	Holiday A-Ride. The A-Riders will join the Burgoo ride to Franklin. Choose a starting time and location above. Contact Derek if you have any questions.
Wednesday July 5 7:00 p.m..	Residence 2301 Sangamon Avenue Ken Anderson, 522-3876	NC – Board Meeting. All SBC members are invited to attend the board meeting.
Saturday July 8 7:45 a.m. meet for carpooling 8:00 a.m. depart <b>NOTE TIME</b>	Cracker Barrel parking lot I-55 & Toronto Rd  Alan Josephson, 793-0590 (home) 299-3348 (cell for trip)	BC — <b>Arch Ride</b> . Ride to the ST. LOUIS ARCH area (last year the 2 blocks to the arch was under construction) at a leisurely pace (should be able to ride 12 mph) on the Madison County Trail system beginning in Edwardsville, IL. This very popular ride will begin around 9:30ish a.m. Follow the asphalt trails and some city streets to cross the McKinley Bridge on their fabulous bicycle path. The route through city streets may be different than previous trips. Lunch someplace in Laclede's Landing area and return. Choices of about 40-46 total ride miles. Contact Alan for information. Maps and directions will be passed out at Cracker Barrel. <b>NOTE: rain and heat may cancel this ride.</b>
Saturday July 8 8:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	BCD — <b>Weekend BCD Club Ride</b> . This is a show-n-go for those unable to participate in the Arch Ride. See Saturday July 15 ride description.
Sunday July 9 8:00 a.m.	Waldrop Park Sherman Scott Sievers, 801-2873	ABC – Scott will lead us on a 30-mile roundtrip ride from Sherman through Williamsville to visit enchanting Elkhart—and a heckuva hill!
Saturday July 15 8:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	BC - <b>Weekend BC Club Ride</b> . This is a No Drop show-n-go ride. To ensure no one is left behind, riding groups are asked to stop to re-group periodically. Expect a group to form that maintains a 14-16 mph pace. A 12-14 mph riding group may also form. D riders can ride the trails. Turn your miles in to the Records Keeper.
Sunday July 16 Registration 7:30-9 a.m. Mass start at 8:00 a.m.	Chatham Community Park East end parking lot, off Park St. 760 S. Main Chatham Matt Saner/Wheel Fast, 483-7807	ABC – <b>Tour de Corn Metric Century</b> . 62, 40, and 20 mile route options. Cost is \$20. Proceeds benefit Chatham Jaycees. SAG service until 1:00 p.m. Rest stops with food and drink. Lunch served at the park after the ride from 11 a.m. to 2 p.m. Cycling socks to the first 150 riders donated by Wheel Fast. Pre-Register at Wheel Fast through Saturday July 15 <sup>th</sup> or day of event.
Saturday July 22 8:00 a.m.	Stuart Park Winch Road north of Route 97 and Veteran's Parkway Ernie DeFrates, 971-1246	ABC – Ernie will lead us to Athens for a 32-mile ride along a route similar to the second Challenge ride. Those who are looking for more miles may head to Petersburg for about 53 miles. Routes may change depending upon weather and road conditions.
Sunday July 23 6:00 a.m. <b>NOTE TIME</b>	Fairhills Shopping Center W. Washington St. & Chatham Road/Bruns Lane Scott Sievers, 801-2873	ABC – <b>Sunrise Hill Ride</b> . While the slackers are still sleeping, Scott will lead us on a 25-mile roundtrip ride to Salisbury, hitting some of the best hills the Springfield area has to offer. By riding early we'll avoid some heat and return in time to put your pants in a pew and/or reward yourself with a treat from Mel-O-Cream or Dunkin' Donuts at the end of the ride.
Sunday July 23 4:00 p.m. to 7:00 p.m.	Lake Springfield Tom Madonia Park East East Lake Drive Shelter 3  Gladys Hajek, 698-7626	NC – <b>SBC Annual Picnic</b> . Join your bike club friends for a picnic by the lake. Gather at 4:00 p.m. with dinner at 5:00 p.m. Grilled hamburgers, brats and veggie burgers will be provided as well as soft drinks and bottled water. Please bring a covered dish, salad or dessert to share. There's no need to RSVP, just come and join the fun. Like to help grill? Contact Gladys to volunteer.
Saturday July 29 8:00 a.m.	Rochester Station Deb Cooper, 546-5099	ABCD – Deb will guide us on a 35 mile route. D riders can ride the trail.
Sunday July 30 8:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Ted Sunder, 698-9194	ABCD – Ride on the trail or in the country with Ted. 25-40 miles with cutoffs. We might see water.

## Other Area Rides

Springfield area bike shops and other entities sponsor or host a number of rides each year. We post them in this separate section of QR. *NOTE: 'Other area ride' miles count for club miles, as they are organized rides.*

Other Area Rides & Events		
Mondays 6:00 p.m.	Ace Bicycle Shop 2500 S MacArthur Ave 523-0188	<b>Ace Monday Night Ride.</b> These rides are geared towards all levels of riders and are no drop! Ace staffers will be on the ride in the event of a mechanical. Helmets are strongly recommended. Like us on Facebook "Ace1BMX" for weather details.
Tuesdays and Thursdays 5:45 p.m.	Biketek 957 Clock Tower Dr Show-N-Go	<b>Bike Tek Salisbury Hills Ride.</b> A and B group leaders assist developmental riders. The route is challenging and hilly. Each group re-forms periodically. Show-n-go with no official leader.
Wednesdays 6:10ish p.m.	Wheel Fast 17 Cottonwood Dr Matt Saner, 483-7807	<b>ABC — Wheel Fast Road Ride.</b> Intermediate training ride. Meet at the bike shop and plan on 16-20 miles. Faster group leaves at 6:10. Others leave immediately after with a designated leader at the rear.
Every other Wednesday July 5 & 19 5:30 p.m.	New City Church parking lot New City Rd, Pawnee Steve Schien, 741-8388	<b>New City Time Trials.</b> 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. 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 Amy Beadle, 726-6330	<b>Trail and Road Ride</b> — 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 shorter, slow-paced family ride starts at the same time. A designated rider leader stays at the back of each riding group.
Friday July 28 5:30 p.m.	State Capitol Visitors' Center 425 S. College St. (west of the Stratton Building across College Street) Alan Escobar, 638-9523	EZ – <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. It is open to all, and it welcomes all riders to join in a celebration of riding bicycles. Why? Because bikes are fun! <b>Front and rear LIGHTS recommended.</b>
Regional Rides		
Sunday July 16	Stop the Cycle of Abuse, 815-575-6374	<a href="#">CFK 60</a> . Ride 30 or 60 miles to benefit organizations that stop the cycle of child abuse. <a href="http://www.cyclingforkids.net">www.cyclingforkids.net</a> . <i>For an up-to-date listing of upcoming regional cycling events, go to <a href="http://www.mikebentley.com">www.mikebentley.com</a> and check <b>Illinois Bicycle Rides</b></i>

## Curb Your Car Commute Challenge Results: By The Numbers

May 14—May 20, 2017

Springfield-Sangamon County Regional Planning Commission

### Who Participated?

**12** registered teams / **128** eligible employees  
Highest % of participants by # of employees

- ◆ Illinois Stewardship Alliance (5-49)
- ◆ City of Springfield Public Works (50-299)
- ◆ Illinois Department of Revenue (300 +)

### What was saved?

**303** person days of curbed cars  
**6418.46** miles traveled via active transportation (bike, walk, run, bus, carpool)  
**301.34** gallons of gas saved (\$690.07)  
**5,716** pounds of CO2 not emitted

**On at least one day during their commute:** • **61** participants rode a bicycle • **40** carpooled  
• **33** walked • **9** rode an SMTD bus • **4** ran • **2** used a commuter bus

# 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*

- 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.

**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

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

### Vice President

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

### Special Events

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

### Web Editor

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

### At-Large Members

Ken Anderson  
522-4206  
Marty Celnick  
Andrea James  
Joe Agner  
Cindy Kvamme  
Nancy Thompson  
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)  
Marty Celnick (interim)  
522-3876  
editor(at)spfldcycling.org

### Recording Secretary

TBA

### Social Chair

Gladys Hajek  
698-7626  
social(at)spfldcycling.org

### Incentive Chair

Larry Stone (co-chair)  
553-2297  
Marty Celnick (co-chair)  
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**