



the Quick Release

www.spflcycling.org

July 2018

Springfield receives national recognition for bike-friendly efforts



Tour De Corn is July 15!
Pre-register at wheelfast.com
See p. 7 for details

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MARK YOUR CALENDARS!

- ♦ Aug. 19: SBC Annual Picnic
- ♦ August 5 (DATE CHANGE) & August 26: Cycling Challenges #3 and #4. Bring on the Challenge!
- ♦ Sept 7-9 Capital City Century Weekend: Includes 46th Century ride, Sunday Sept. 9. cccweekend.org
- ♦ Oct. 13: 4th Annual Bob Carmody Memorial Ride

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Incentive Awards

By Marty Celnick, Incentive Chair

Mike Kokal's May 13 winery ride from Stuart Park was chosen as Ride of the Month.

The winner of the monthly Ride Leader Incentive Award drawing was David Kalaskie. He will receive a \$50 gift certificate at the bike shop of his choice.

The Bicycle Friendly Community Award goes to City of Springfield and everyone who played a role in achieving designation by League of American Bicyclists as a Bronze Level Bicycle Friendly Community.

A few words from Tom Clark, SBC President



We're still celebrating the recognition of City of Springfield's bike-friendly progress! We had a great turnout for the June 23 Farmer's Market ride led by Kevin Greene.

Look for additional celebratory activities during CCC Weekend! Thanks to VP Scott Sievers, we have a great schedule of leader-led weekend rides again, including but not limited to Robert LaBonte's July 4 ride to Franklin and Matt Saner/Wheelfast's July 15 Tour De Corn Metric Century.

Hope to see you on a ride in July!

Rolling Meadows Now Accessible Off The SVT Trail

The Rolling Meadows Brewery (RMB) is now accessible from the new Sangamon Valley Trail (SVT) extension! Although the county put fences up where the SVT crosses Central Point Road (where we ride through the square viaduct), Rolling Meadows has secured permission for everyone to exit the trail there to ride the 1.1 miles west to their brewery. Both the county and RMB have put special gates at the top to use to get onto Central Point Road. RMB now has signs mounted above and on the trail pointing the way to the brewery, which will be open for cyclists on Saturdays from 12-5. RMB has also generously agreed to fund a bicycle repair station on the trail at the exit to their road.

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 -

Christopher Blum
Bryan and Cheri Brooksbank
Dave Chapman
Heather and Ryan Dunn
Marshall and Julia Jokisch
Dan Loyd
Beth Young

Renewals at the Sustaining Level -

Susan Hammond
Tom and Francie King and Family

Renewals at the Contributing Level -

Matt Daniels
Gary and Lynn Woerner
Dee Wise
Paul Fleming and Lilly Starr-Fleming

Renewing Members -

Jon and Cathy Popovich and Joseph Art Meyer	Jon Edwards
Doug Barringer	Vicki Berry
Steve and Peggy Randle	Mike Long
Jack Morris	Shayla Pfaffe
Ruth Magos	
Gene Rupnik	
Bill and Carol Bock	
Dan Punzak	
Paul O'Connor	
Deb Cooper	

Renewals at the Patron Level -

Gary and Sharmin Doering

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.

July 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 Becky Smith 416-1827	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 meet up with those riding from Sonic. This ride will get you 16 miles from Sonic or 21 miles from Parkway Pointe.
Tuesdays 5:30 p.m.	IDOT Dirksen Pkwy & Ash St Show-N-Go	BCD — Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper.
Tuesdays 5:45 p.m.	Location varies Jim and Sandra Elliott, 899-2142	C — Tuesday C-Group Bike Ride. Join Jim and Sandy for a ride of 20 to 30 miles at an easy 12 to 15 mph pace. This is a no-drop ride with a rotating start location. Call or text Jim to receive an invitation to join the group and receive information about upcoming rides.
Wednesdays 5:45 p.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Ted Sunder, 698-9194	BC – Ride along the Sangamon Valley Trail to Stuart Park for 12 miles round-trip, add an airport loop for an extra 3 miles, or take the new extension north for up to 24 miles.
Thursdays 5:30 p.m.	IDOT Dirksen Pkwy & Ash St Show-N-Go	Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper.
Thursdays 5:45 p.m.	Stuart Park parking lot Winch Lane Alan Whitaker 494-6807	D – We might go south or we might go north, depending on the whims of the group. Either way it will be a leisurely 12-mile round-trip on the Sangamon Valley Trail. This ride is specifically designed for riders who think our other group rides might be a little fast for them. Come out and enjoy the beautiful Sangamon Valley Trail at a relaxed pace!
Monday through Friday 5:30 p.m.	Pana Trail, Lake Taylorville parking lot, Route 29 Charlie Witsman, 299-7038	Show-N-Go – Ride the Lincoln Heritage Trail. Turn in miles to the club records keeper. Call Charlie if you need information about trail conditions or directions.
Weekend Daytime Rides		
8:00 a.m. 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. NOTE TIME	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Weekend BCD Ride – Hit the trails or go out in the country. If the trail is not clear and dry but the roads are, start from west end parking lot on Robbins Road. Turn in your miles to the club records keeper. D riders can ride the trails but should be self-sufficient.
Scheduled Rides and Events <i>Check start times!</i>		
Sunday July 1 8:00 a.m. NOTE TIME	Stuart Park Winch Road north of Route 97 and Veteran's Parkway Troy Gilmore, 720-1568	BC – Tour de Caseys. Join Troy on a tour of the convenience stores of Athens, Petersburg, and Pleasant Plains. The stores will provide ample opportunity to rest and refuel on this no-drop ride of about 55 miles.

Page 5		Springfield Bicycle Club	July 2018
Wednesday 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 – Annual Franklin Burgoo Ride. 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!	
Saturday July 7 9:00 a.m. <u>NOTE TIME</u>	Waldrop Park Sherman Cindy Kvamme, 971-8687	BC — Take a 35-mile spin with Cindy, with a 24-mile option.	
Sunday July 8 8:00 a.m.	Chatham Community Park East end parking lot, off Park St. 760 S. Main, Chatham Paul O’Connor, (618) 694-3446	ABC – Join Paul for a 30-mile ride somewhere south and back.	
Wednesday July 11 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 14 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tom Clark, 726-5560	BCD - Ice Cream Trail & Road Ride. On the day before Tour de Corn, take an easy to moderate-paced ride with Tom for ice cream at Scoop Du Jour in Chatham. Ride 25 miles out and back on the trail to the ice cream shop. Option to add an Auburn road loop for 34 miles. We may ride slower on the way back!	
Sunday July 15 8:00 a.m.	Chatham Community Park East end parking lot, off Park St. 760 S. Main, Chatham	ABCD – 20th Annual Tour de Corn Metric Century. Offering routes of approximately 20, 40, and 62 miles, this central Illinois summer classic provides rest stops and SAG service, with lunch served from 11 a.m. to 2 p.m. after the ride. Registration is \$25.00 and includes a t-shirt (register by July 5 to guarantee size). WheelFast socks to the first 200 riders registered! All proceeds benefit the Chatham Jaycees. www.wheelfast.com	
Saturday July 21 8:00 a.m.	Kalaskie residence 1202 Woodhaven Court, Chatham David Kalaskie, 502-2871	B – Follow David on this 30-40 mile no-drop ride. Afterward, David will demonstrate how to change a flat tire for those interested.	
Sunday July 22 7:00 a.m. <u>NOTE TIME</u>	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 55 miles will drag you up some of the steepest slopes the area has to offer.	
Saturday July 28 8:00 a.m.	Rotary Park Iles Ave and Archer Elevator Rd Ted Sunder, 698-9194	ABC – Ted will lead us on a 30- to 40-mile ride, with the direction depending upon the wind.	
Sunday July 29 8:00 a.m.	Centennial Park MAIN parking lot (not the trailhead) Deb Cooper, 899-8385	BCD – Follow Deb for 30-35 miles. D riders can ride the Sangamon Valley Trail.	
Saturday August 4 8:00 a.m.	Butler & DeFrates residence 3917 Surry Place Lane Ernie DeFrates, 971-1246	BC – Turbo Blender Ride. Ernie will guide us on 30-35 miles with some hills. Enjoy delicious Turbo Blender drinks with some snacks after the ride!	

Other Area Rides

Springfield area bike shops and other entities sponsor or host a number of rides and events each year. When we receive requests to help publicize these activities, we'll post them in this new section of the QR. *NOTE: 'Other area ride' miles count for club miles, as they are organized rides.*

Other Area Rides & Events		
Tuesdays & Thursdays 5:45 p.m.	BikeTek 957 Clock Tower Dr Show-N-Go	Salisbury Hill Ride. This is a challenging ride of about 25 miles on a hilly course, with speeds in excess of 20 mph. Lead riders often slow to allow others to regroup on the hills. Riders sprint on Bruns Lane and again on Churchill Road. This ride is good for cyclists learning the skill of riding in a large group.

Tuesdays & Thursdays 5:45 p.m.	BikeTek 957 Clock Tower Dr Show-N-Go	Team MACK Training Race. For newer riders looking to race, this 32-mile ride offers a great opportunity to improve your top-end speed and race skills. Riders average 23-28 mph and ride in pace lines. Road bikes preferred. Cyclists will sprint five times on the Tuesday night rides.
Wednesdays 6:10ish p.m.	Wheel Fast 17 Cottonwood Dr Matt Saner, 483-7807	ABC — Wheel Fast Road Ride. Intermediate training ride. Meet at the bike shop and plan on 16-20 miles. Faster group leaves at 6:10. Others leave immediately after.
Every Other Wednesday July 11 & 25 5:45 p.m.	New City Church parking lot New City Rd, Pawnee Steve Schien, 741-8388	New City Time Trials. This is a non-affiliated 10.85-mile time trial on Pawnee New City Road. Most riders are seeking to improve their cycling ability and personal time-trial speed. All are welcome to participate. Check in immediately after arriving. The goal is to send off the first rider at 6:00 p.m. Riders are started in 15-second intervals with the slower riders first. Bring \$2 for the timer. Call or text Steve to be added to the email group for updates.
Thursdays 5:45 p.m.	Scheels 3801 S. MacArthur Blvd Jim Storm, 726-6330	Trail and Road Ride — A chance for fellow bike enthusiasts to get together and share their passion. This ride is intended for all levels of riders. Some riders stay on the trails for 10-12 miles while others add a road ride for 20-30 miles. A designated ride leader stays with the participants of each riding group. Follow us on Facebook at springfieldscheels. Helmets required.
Saturday July 14 9 a.m.	Staunton City Park Staunton, IL	Tour de Donut — This approximately 32-mile timed ride begins with a mass start, heads through downtown Staunton and then out into the rolling hills of the countryside. Along the way spectators cheer and ring cowbells. Rest stops offer all the donuts you can eat, with five minutes taken off your time for each donut eaten! Medals for the top three age-group finishers, cash prizes for the most donuts eaten, and door/attendance prizes including four new bicycles awarded after the ride. Registration is \$40.
Saturday July 28 7:00 a.m. for the half; 7:30 a.m. for the Olympic; and 8:00 a.m. for the sprint.	Lake Springfield Beach House Long Bay Lane	Stoneman Sprint, Abe's Olympic, and Route 66 Half Distance triathlons — The sprint comprises a 500-yard lake swim, a 12-mile bike ride, and a 5K (3.1 mile) run, while the Olympic comprises a 9/10-mile swim, a 24.8-mile bike ride, and a 10K (6.2 mile) run. The half comprises a 1.2-mile swim, a 56-mile bike ride, and a half marathon (13.1 miles). Registration is \$78 for the sprint, \$93 for the Olympic, and \$225 for the half. www.triharderpromotions.com
Friday July 27 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!

Curb Your Car Commute Challenge Results: By The Numbers

May 13—May 19, 2018

Springfield-Sangamon County Regional Planning Commission

Who Participated?

11 registered teams / **102** eligible employees
Highest % of participants by # of employees

- ◆ Memorial Health System Sports Care (5-49)
- ◆ Illinois Capital Development Board (50-299)
- ◆ Illinois Department of Revenue (300 +)

What was saved?

295 person days of curbed cars
7704 miles traveled via active transportation (bike, walk, run, bus, carpool)
205.6 gallons of gas saved (\$581.85)
4028 pounds of CO2 not emitted

On at least one day during their commute: • **36** participants rode a bicycle • **44** carpooled
• **29** walked • **5** rode an SMTD bus • **2** ran • **1** used a commuter bus



Tour De Corn Metric Century

Chatham Community Park

Sunday July 15th, 2018 at 8:00 a.m.

Registration will be open from 7:00-9:00 a.m. the day of the ride

Pre-register Online at wheelfast.com

through Saturday, July 14th at 4:00 p.m.

You must register by July 5th to guarantee T-shirt sizing

Group mass start at 8:00 a.m.

There will be three approximate distance options: 62, 40, & 20 miles

Donation cost is \$25.00

**Free Wheel Fast cycling socks to the first 200 riders and a
Special 20th Anniversary T-Shirt for everyone!!!**

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



Springfield Receives Bicycle Friendly Community Recognition

By Kevin Greene

The League of American Bicyclists named Springfield as a Bronze Bicycle Friendly Community (BFC) during National Bike Month in May. The designation recognizes the many ways the city and local organizations have worked together to improve conditions for bicycling in the community through investments in bike facilities, programs and events.

Springfield and two other Illinois communities received the Bronze Level award. The city joins 18 other communities in the state that have now achieved BFC status. In all, there are 450 BFCs across the country. In addition to the city, three local businesses – Illinois Department of Revenue, Maldaner's Restaurant and Springfield YMCA – and the University of Illinois Springfield have received bicycle-friendly recognition.

Members of the Mayor's Bicycle Advisory Council and Springfield Bicycle Club spearheaded the city's BFC application and were supported by staff from the Public Works and Police departments. The application process to become a BFC was rigorous and an educational tool in itself. An extensive online form was completed, detailing the many bike-friendly accomplishments (see accompanying list) realized throughout the community. Local cyclists, national experts and League staff reviewed the application. Bicycle-friendly policies and programs are aimed at making our community a safer and more convenient place to bike for transportation and recreation. The level of bicycle-friendliness is influenced by several factors, ranging from town planning to infrastructure decisions, to safety education and encouragement efforts.

The city and partnering organizations have made steady progress over the past 10 years to improve conditions and opportunities for bicycling in Springfield. These efforts include: adopting a bicycle/pedestrian plan, installing bike lanes on streets, equipping buses with bike racks, teaching children safe riding skills and encouraging people to bike to work.

There is more work to do to enhance bicycling conditions in Springfield to attain a higher BFC status. Additionally, being designated a BFC is not a permanent honor. The designation is good for four years and must be renewed. The BFC program has five award categories – diamond, platinum, gold, silver and bronze – that provide an incentive for communities to continue to move in a bike-friendly direction.

The League of American Bicyclists created the BFC program in 1995 and has processed more than 1,600 applications since 2002. To view Springfield's BFC report card and learn about other communities that have received a designation, go to <http://bikeleague.org/bfa/awards>.

City of Springfield Bicycle Friendly Community Accomplishments

June 2018

Planning/Evaluation

- Mayor's Bicycle Advisory Council established in 2008
- Local Complete Streets Policy adopted in 2011
- SATS Bicycle and Pedestrian Plan adopted by City Council in 2013
- Springfield/Sangamon County Multi-Use Trails Jurisdictions Committee established in 2016

Infrastructure

- Over 17 miles of bike lanes, two miles of shared lane markings, 31.8 miles of wide paved shoulders and 19 miles of paved shared use trails
- 25 Lincoln-themed bicycle racks installed in the downtown business area
- Buses equipped with bike racks
- Publicly accessible bicycle repair stations installed on shared use trails
- Bike corrals available at certain community events

Education

- Children taught safe riding skills through bike rodeos, youth bike clubs/summer camps and helmet fit seminars
- Safe riding skills, commuting tips and bike maintenance information provided to adults through informational seminars, community access channel, area bicycle map and bike club web site
- Printed/digital bicycle network and trail maps
- Two local residents certified as League of American Bicyclists' instructors

Enforcement

- Community policing by bicycle in neighborhoods
- Roll call briefings provided to police officers on state bike laws and smart cycling practices
- Police officers assists with youth bicycle events/rides

Encouragement

- Annual Curb Your Car Week Challenge that promotes walking, bicycling, carpooling and taking mass transit to work
- Downtown Open Streets/Washington Park Sundays traffic free events
- Annual Capital City Century cycling event (700+riders). This year's CCC will be expanded to a weekend event tied in with the Illinois Office of the Bicentennial's 5-day Spokes to Farm Tour
- Annual Historic Lincoln Sites, Group Bike Commute, Wacky Wheelers, Ride of Silence and Moonlight Ramble rides

Bike-Friendly Businesses/Universities

- University of Illinois Springfield designated a Bicycle Friendly University in 2017
- Three bicycle friendly-designated businesses: Illinois Department of Revenue (2015), Maldaner's Restaurant (2018) and Springfield YMCA (2018)

For Sale

- Bike Friday Tandem: merlot colored, fits riders 4'6" to 6'4", and Bike Friday Air Glide: black, 54 cm (approx), fits 5'8" rider - both can be disassembled for travel. 2 carrying cases with instructions for disassembly and assembly of Bike Fridays. *(Bikes look similar to those pictured above)*
- Susan B Anthony girls bike: red, 24" wheels, fits riders under 5 ft
- SoftRide Bike: In poor condition, 54 cm (approx), fits 5'8" rider
- Also a Park Tool Stand and a few bike bags, tubes and tires.

Alan Josephson, 217-299-3348, ahjosephson@gmail.com

CCC Weekend Highlights

By the Capital City Century Committee

MARK YOUR CALENDARS! This year's CCC Weekend is September 7-9 2018.

The Capital City Century, one of the oldest and most popular cycling events in Illinois, is expanding to a whole weekend of fun!

Join us for a weekend of new cycling routes, fun activities and parties your whole family and friends can enjoy. The signature event of the CCC Weekend is the 46th Annual Classic Capital City Century Ride on Sunday, September 9th. Riders pay a single registration fee for all Saturday and Sunday rides and other weekend activities. The post-ride party on Sunday is included in rider registration.

CCC Weekend Activities & Events

Friday, Saturday & Sunday--On-Site Check-In & Registration. Check in or register for the event at the Illinois State Fair Campgrounds (Gate 12). Option to add camping at the Fairgrounds or a hotel stay. Choose an activity from our Weekend Guide.

Saturday 10:00 AM--Metric/half metric ride. Ride from the Fairgrounds across the Sangamon River on the longest rails-to-trails bridge in Illinois. Visit Petersburg (metric) or Athens (half metric). Ride leaders, maps, and a water/snack stop for riders in Athens.

Saturday 1:00 PM--Tour of Historic Sites. Take a casual 8-mile neighborhood-style ride from the Fairgrounds that visits Lincoln and other historic sites in Springfield. Ride marshals stay with each group to ensure no one is left behind.

Saturday 5:00-9:00 PM--Packet Pickup Party at The Shed. Enjoy live music, appetizers and libations at The Shed on the Fairgrounds Saturday evening. Pick up your CCC packet and skip the lines on Sunday. Last chance to register at a discount!

Sunday 7:00 AM-5:00 PM--46th Annual SBC Classic (Capital City Century). Join us on our classic Century ride! Ride options include a 20-mile ride and four century options - half metric, metric, 100-mile, and double metric. Food stops, SAG service, marked routes, maps, and info stations. Long distance riders visit our Chatham lunch stop and add mileage loops from there.

Sunday Noon-5:00 PM--Post Pedalin' Party. After completing your ride, enjoy a post-ride meal, libations, live music and more!

A FREE 6-mile family ride is also available on Sunday (no registration required).



Time For T-Shirts!

2018 CCC Weekend T-Shirts are now available! Because we are affiliated with both the Prairie Heritage Ride and the Illinois Bicentennial this year, the CCC has evolved into a whole weekend event—with the option of a 5-Day ride the following week. To celebrate this, a special T-Shirt has been designed and is on sale now.

Order one at www.CCCWeekend.org

Springfield Bicycle Club Membership Application

☐ New Member

☐ Renewing Member

☐ Change of Address

Name		
Address		
City		
State		Zip
E-mail Address(es)		
Phone(s)		
Birth date*		

Type of Membership (check one):

☐ Individual: \$20 per year

☐ Family: \$25 per year

☐ Contributing: \$30 per year

☐ Sustaining: \$50 per year

☐ Patron: \$100 per year

☐ Corporate: \$100 per year

Family Member Information

Name 1:	Birth date*
Name 2:	Birth date*
Name 3:	Birth date*
Name 4:	Birth date*

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

☐ Quick Release mailing (issues are available at www.spfldcycling.org)

I would like to help with SBC activities: ☐ Yes ☐ No

If yes, please check any specific areas of interest:

☐ Lead bike rides

☐ Help with social activities

☐ Help with bicycle advocacy

☐ Help w/ Capital City Century

☐ Serve on the SBC Board

☐ Other _____

Legal Waiver

I (and my parent or guardian in case of a person under 18 years of age) hereby release the Springfield Bicycle Club and any other party or parties involved in any Springfield Bicycle Club activity of any liability whatsoever for any loss or damage to property or for personal injury sustained or occurring on any Springfield Bicycle Club event.

Signature:	Date Signed:
Parent/Guardian:	Date Signed:

Official SBC Name Badge

Hang it on your seat bag. These are a pretty neat way to let other riders know your name. Include **\$12.00** extra and print your name (clearly) on the following line as you would like it to appear on your name badge:

Badge Name: _____

*providing birth dates is optional, but recommended to help us keep track of club demographics.

NEW MAILING ADDRESS

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

Springfield Bicycle Club
Post Office Box 13035
Springfield, IL 62791-3035
Address Service Requested
Not for Commercial Use

Presorted Standard
U. S. Postage Paid
Springfield, IL
Permit #800

Springfield Bicycle Board Members

President

Tom Clark
726-5560
president(at)spfldcycling.org

Treasurer

Jim Hajek
698-7626
treasurer(at)spfldcycling.org

Legislative/Education

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

Membership

*Position combined with
Secretary position; see
Membership Secretary*

Vice President

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

Special Events & Projects

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Web Editor

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At-Large Members

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Andrea James
Cindy Kvamme
Nancy Thompson
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Membership Secretary

Ted Sunder
971-3193
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Quick Release Advertisement Rates: Half Page: \$20 Full Page: \$40

Payment is required in advance for all business ads. Ad copy should be sent to the QR Editor no later than the 12th of the month in order for ad to appear in the following month's QR. Individual club members (excluding businesses) may list bicycling-rated items to buy or sell without charge.

**QR Deadline is the
15th
of the month**