Folks On Spokes - Membership Application

Mail to; P.O. Box 763 Matteson, IL 60443

I, For myself and for any minor on whose behalf I sign this membership application, agree that: (1) bicycling is a potentially hazardous activity and that accidents can occur from negligence or carelessness; (2) ride leaders and maps are provided for my convenience only and not to guarantee a safe route or trip; (3) I voluntarily participate in club events and assume all risks associated with participation therein, Including but not limited to; Injury, falls, contact with other participants, weather, traffic and read conditions; all such risks being known and appreciated by me. I also agree to wear a helmet that meets Consumer Product Safety Commission (CPSC), ASTM, or Snell standards on all rides.

Please Print

Name(s): Age:

Age:

Address:

City: State:

Zip: Phone:

E-mail:

Do you want your email published in the club roster?

Yes___ No___

Deliver newsletter by US Mail ____ E-mail _____

Signature: Date:

Additional family member(s)

Signature of parent or guardian if under 18

Name(s): Age:

Signature: Date:

Name(s): Age:

Signature: Date:

ANNUAL DUES:

All memberships expire Dec. 31

☐ **Single $15.00**

☐ **Family $25.00**

Total enclosed: Date:

Folks on Spokes

Folks on Spokes Bicycle Club was formed in 1977- by cyclists and for cyclists. Since then, the club has grown in size and stature, providing members with a wide variety of cycling activities while making an impact on the state of cycling in the Chicago south suburban area. Recognizing the contributions of the club, the Chicagoland Bicycle Federation honored Folks on Spokes by making it the first bike club to receive the prestigious Pedal Power Award.

Folks on Spokes provides members with opportunities to ride with cyclists of similar riding abilities. Numerous cycling opportunities are available, with a variety of weekly routes from 15 to 100 miles in length. Sunday rides offer different distances and paces to accommodate different riding styles and abilities. Other club rides are offered as well, including weekday night "Show and Go" rides and overnight cycle-camping trips. We invite all to ride with us, but request after the third ride that guests become members.

All members receive a subscription to The *Spokin' Word;* published eleven times each year, containing a wealth of Information on club activities and rides in the area.

Monthly club meetings offer interesting program speakers on a variety of related subjects, as well as programs geared toward educating members on a variety of topics; including safety, touring, health and nutrition, latest trends in equipment and apparel, riding techniques, and maintenance/repair workshops, Meetings are held on the fourth Thursday of the month, January' through October, at the Flossmoor Village Hall. The public is invited.

Many rides start from the Target parking lot on Cicero Avenue and the Old Plank Trail one-half mile south of Route 30 in Matteson. Check the website for other rides and additional details and contact information.

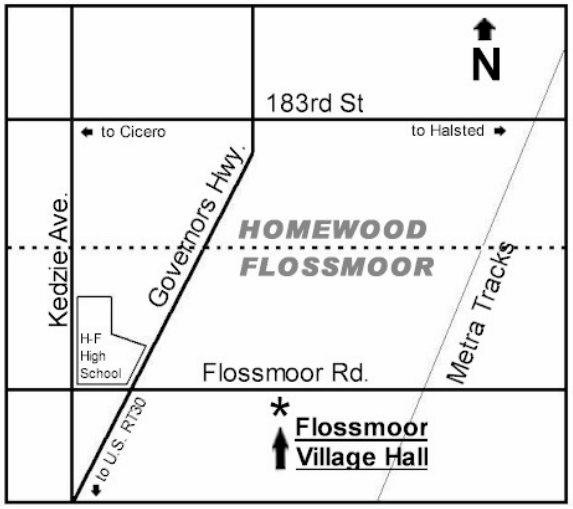
Folks on Spokes is at the forefront of cyclist advocacy, working with various government agencies to insure that the needs of cyclists are considered when road improvements! trail construction and laws regarding cyclists are reviewed. The club has had much success in influencing area governmental bodies to remember cyclists.

Each spring the members of Folks on Spokes put on the club's yearly invitational, the Easter Ride. This ride was awarded "Best -of the Best" status by Bicycling Magazine in 1999. Riders may choose routes from 25 to 62 miles in length through some of the region's prettiest country, Sag wagons (support vehicles) provide on-road assistance. Refreshments and snacks, entertainment, t-shirts and patches are just a few of the things that keep hundreds of cyclists coming back year after year.

If you want to ride more, gain confidence in your cycling abilities, wish to learn more about cycling -and desire on-the-road companionship! you owe it.. to yourself to take a look at Folks on Spokes. We hope to see you soon.

Meeting information (start times and programs) and ride schedules (start times! locations! mileages! and destinations) can be found in the newsletter, or on the website. WWW.FOLKSONSPOKES.COM

FOS Meeting Location;
Flossmoor Village Hall
2800 Flossmoor Rd.
Flossmoor, IL.



FOS website
www.folksonspokes.com

WHY JOIN?

Discover the joy of bicycling - feel great, get some fun, feel the wind on your cheeks, experience the "Born to be Wild" sensation, maybe even lose weight,

Weekly Sunday rides for cyclists of all levels with trip leaders and maps

Saturday morning "Show and Go" rides, plus weekday evening "Show and Go" rides

The "Spokin' Word" newsletter-full of riding and safety tips and lots of other neat stuff

Discounts at area bike shops (with your "Spokin' Word" mailing label)

Discover great local spots to cycle and restaurants along the routes

Stay fit year-round with winter hiking and cross-country skiing

Be a part of one of the most exciting club invitational in the Midwest, the FOS April Easter Ride!

FOS web page with detailed Information on speakers at next club meeting, ride schedules and upcoming events

Learn from experienced cyclists about the best equipment, clothing, etc.

Rub elbows with cyclists who bike thousands of miles a year, ride with cyclists of all levels, learn great tips to improve your skills and safe routes with little traffic

Learn about your heart, safe exercise, and proper nutrition and hydration

Support local and national bicycling organizations

Attend club's annual picnic and pizza party Club Centuries! (100 mile rides)

Member Questionnaire

Name:_____Date:_____
I'd like to help with/participate in:
(check all that apply)
☐ Leading rides
☐ Running or assisting with FOS social events
☐ Newsletter or photography
☐ Ride and member data
☐ A bicycle-learning program as a student
☐ A bicycle-learning program as a teacher
☐ A bicycle maintenance program
☐ Ride route development
☐ Website maintenance
☐ Any FOS activity where I'm needed

What special skills do you possess that might help the club?

_____

_____

Folks on Spokes
Bicycle Club

Visit us online at:
www.FolksOnSpokes.com