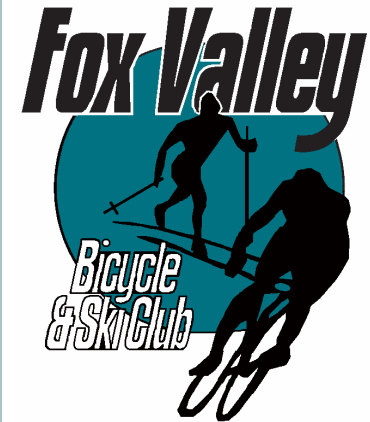


Fox Valley Bicycle & Ski Club  
P.O. Box 1073  
St. Charles, IL 60174-7073

#### Bicycle Safety Tips

1. Obey all traffic regulations, signs and signals.
2. Always ride with the flow of traffic.
3. Ride on the right-hand side of the road, except when making a left turn, or going straight through an intersections with a right turn only lane.
4. Use hand signals when turning or stopping.
5. Never hitch a ride by hanging onto a moving vehicle.
6. Never carry any more persons than the number for which the bike is equipped.
7. Yield to pedestrians on sidewalks or in crosswalks.
8. Keep both hands on the handlebars except when signaling for a turn.
9. Watch out for drain grates, potholes, gravel and other road hazards which may cause you to stop suddenly or swerve into another lane.
10. When riding in a group, ride no more than 2 abreast; and ride single file on hills, curves and in traffic.
11. Wear brightly colored clothing and have a headlight and reflector when riding at night.
12. Carry small packages in a basket, carrier or backpack. Don't carry objects which interfere with vision, steering or braking.
13. Alert other cyclists to hazards ahead when you are stopping or passing, e.g. "on your left!"
14. Wear a properly fitted bicycle helmet and bicycling gloves.
15. Keep your bicycle in good working condition. Check brakes, tires, cables and tightness of nuts and bolts frequently and perform maintenance & tune-ups on a regular basis.
16. Carry personal identification and change for emergency phone calls.
17. A water bottle, especially in warmer weather is advisable. "Drink before you are thirsty; eat before you are hungry."
18. It is wise to carry and be able to use a bicycle pump, spare inner tube, patch kit and tire pries in case of a flat tire.

Come Join Us



*Since 1968*

<http://www.fvbsc.org>

## Who are we?

We're folks who like to get together to enjoy the great outdoors. We take special satisfaction in exploring our natural surroundings *under our own steam*. Our club was started in 1968 and was then known as the St. Charles Bicycle Club. Over the years, the club name has changed to Self Propelled, Fox Valley Bicycle Club and is now **Fox Valley Bicycle and Ski Club**.

In January 1998 we merged with the Aurora Bicycle Club (founded 1973). Both clubs have maintained the same philosophy: to promote safe bicycling and to enjoy and respect our natural outdoor environment.

We attract members along the Fox River Valley from Elgin to Aurora and points West and East. Anyone interested in any of our outdoor activities may hold a membership. We encourage *family participation*.

There is no need to be an expert in any of our activities; all club members were beginners at some point. We plan our schedules to include a wide variety of experiences.

In the club you can

- Meet other friendly outdoor-lovers
- Share information on bicycle and ski equipment and maintenance
- Learn more about the best places to ride, ski, etc.
- Enjoy healthful outdoor exercise with friends
- Receive club and local event schedules via the club newsletter and club Web site
- Get information about car pooling to club events, overnights, invitationals, etc.

## Swedish Days Invitational Ride

Each summer in June, we hold our Swedish Days invitational ride. Come join hundreds of other bicyclists from the area and enjoy our hospitality for a 25, 45, 62 or 100-mile ride. We provide marked routes, cue sheets, maps, sag services, and rest stops with delicious refreshments.

*Proceeds from this ride are donated to charitable and outdoor-related organizations.*

## What do we do?

We get together in spring, summer and fall for various types of bicycle rides including short leisurely rides, training rides, rides to specific events and places (we are not averse to "food" rides) overnight and weekend rides. We also enjoy nature walks and day hikes. In winter we take in cross-country skiing, snow shoeing, hiking and ice-skating. We meet year-round to share club-related news, maps, pictures and reports of members' trips. We keep abreast of related regional activities and publish a schedule for club and local events with contact persons and telephone numbers about each event, in our regular newsletter. This information and links to other Internet sites are also published on our web site at <http://www.fvbsc.org>.

## Affiliations

### League of Illinois Bicyclists

Fox Valley Bicycle & Ski Club is affiliated with the League of Illinois Bicyclists (LIB). The LIB is the statewide advocate for all Illinois bicyclists. The League promotes bicycle access, education and safety. The objectives of the LIB are: to maintain and increase access to public facilities to enhance the use of bicycles for transportation and recreation, to educate bicyclists and motorists about their mutual rights and responsibilities, and to educate cyclists on safe cycling practices.

### Other Affiliations

We are also affiliated with the League of American Bicyclists (LAB), the Chicago Bicycle Federation (CBF), Illinois Prairie Path, Illinois Trails Conservancy, Northern Illinois Cross-Country Ski Exchange (N.I.C.E.) and Rails-To-Trails.

## Membership Application

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City/St/Zip \_\_\_\_\_

Phone ( ) \_\_\_\_\_

Email address: \_\_\_\_\_

Note: Newsletters will be sent by e-mail.

This application is a:

- new  renewal  individual  couple  family
- do not include my information in the club roster (distributed to members only)

### Please read and sign below:

In submitting this application, I hereby make known that in the case of accident, injury, or damage of any kind, I will hold blameless the Fox Valley Bicycle and Ski Club (FVBSC), its officers, members and volunteers. I recognize that bicycling and skiing are potentially dangerous, and I represent that I am a competent cyclist and/or skier with safe equipment. I understand that I participate in club activities at my own risk.

I further agree to allow the Fox Valley Bicycle & Ski Club to publish images of myself (ourselves) on either the Internet or in any printed materials, that may be used to promote the Fox Valley Bicycle & Ski Club, its events and activities.

I further recognize that safety is my personal responsibility and I agree to participate in keeping all FVBSC club rides and events safe. I agree to hold the FVBSC harmless and indemnify the FVBSC for all costs, judgments and awards that may be claimed including the cost to defend such claims brought by you or another in your behalf or that of others. *Helmets are strongly recommended for all FVBSC bike rides.*

Signature: \_\_\_\_\_

\_\_\_\_\_ date \_\_\_\_\_

\_\_\_\_\_ date \_\_\_\_\_

Detach and send check or money order in the amount of \$14/ individual \$20/couple or family for annual dues to:

Fox Valley Bicycle & Ski Club

PO Box 1073

St. Charles, IL 60174-7073