



the Quick Release

www.spflcycling.org

March 2017

Alan Whitaker Receives NoBell Award

By Kevin Greene, representing the NoBell Committee

Alan Whitaker was named the winner of the 2016 NoBell Award at the Springfield Bicycle Club's Annual Winter Party & Awards Banquet. This is SBC's lifetime achievement award, presented each year since 1982 to an individual or couple for outstanding contributions to both club activities and bicycling in the community.



Alan caught the cycling bug at a young age. His first two-wheeler was a Schwinn 26-inch bike. He later took part in the early 70s bike boom, riding a French touring bike, which served him well through college in Washington State and his first summer job as a taxi driver in Chicago.

We are fortunate that Alan joined SBC in 2006, bringing his impressive set organizational and teamwork skills to the club. He has served in a number of positions on the SBC Board, including incentive chair, secretary and web chair.

As club webmaster, Alan converted the ride schedule into a web-visual mode and placed it online. He has written programs in Microsoft Access to help keep track of club membership and update newsletter mailing lists every month. As board secretary, Alan mailed out reminder postcards monthly to those whose memberships had expired. This brought in

thousands of dollars to the club through renewals.

He launched the club email bulletin that keeps members aware of bicycle planning, facility improvements and cycling events taking place in the Springfield area. Finally, as registration chair for the Capital City Century, Alan modernized the data entry program and facilitated the transition to a mostly online registration system.

This award is a long-time coming for Alan, who has worked tirelessly behind the scenes in a humble manner to improve SBC programs and services.

Congratulations Alan.

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New Board Members

Scott Sievers has agreed to become Vice President. **Cindy Kvamme, Carolyn Lawrence, Joe Agner, and Nancy Alexander Thompson.** have agreed to join as At Large members.

Many thanks to the Nominating Committee — **Alan Whitaker, Harv Koplo, and Ted Sunder** for their excellent work in bringing talented new members to our bike club Board.

A few words from Tom Clark, SBC President



Well, it's riding season again! Long-time member **Jim Disney** leads the Daylight Savings Time Ride on Sunday, March. 12.

With renewed enthusiasm, we look forward to great things this year, including a wide range of recreational bike rides, social events for members, and bike education and other activities to make our community more bicycle friendly and promote active lifestyles.

Transitions

Our Social Chair **Poonam Mahajan** has accepted a federal job as a dietician with Indian Health Services in New Mexico that begins on March 21st. She writes:

"SBC was one of the first organizations I became involved with after returning to Springfield and I have learned a great deal from everyone. I never would have realized how much effort and activism goes into the creation of a bicycle friendly community and the different ways people can contribute ... I hope to be able to ride with everyone prior to my departure around March 15th and whenever I return to visit. [And] to return to Springfield one day in the future so that I can participate once more in our cycling community."

Poonam made other major contributions to our club in the last couple of years, including acting as CCC Volunteer and as co-leader and leader of our rider development program.

We'll miss you, Poonam! Your enthusiasm and gregarious nature has enriched all of our lives. Please come back to visit and ride with us early and often!

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

Derek Ried
Michelle Rowe
John & Ruth Ann Hamilton

New Members at the Corporate Level

The Law Firm of Scott B. Sievers, P.C.

Renewing Members

Jim Bolt Jr.
Poonam Mahajan
Larry & Cindy King
Gerald Aldrich
Jim & Cheryl Davis
Cathy Yeaman
Richard Dickerson
Paul & Nina Hebron
David Lucas
Martin & Christa Morris
Mike Vonnahmen & Becky Smith

Renewals at the Contributing Level

Don Daniels
Larry and Vanessa Willmore
Don and Melanie Caspary
Marilyn & Jeffrey Regan
Alfred & Harriet Arkley
Paul Fleming
Thomas Dodegge

Renewals at the Sustaining Level

Justin & Lane Fowler

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 February 15 will appear in next month's report. For June 2015 and beyond, Board meeting Minutes are posted online at www.spfldcycling.org.

March 2017 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.

If you have questions about whether a specific ride is right for you, give the ride leader a call. If you are unsure about your cycling ability, try a ride with a group one class below where you think you might be. 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 thru 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 shows up often enough for this ride that he can answer questions. Participating riders should turn in miles to the club records keeper. Start time may change due to weather and other considerations. Please call ahead.
Monday, Wednesday and Friday 9:00 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. See Weekend A-Ride for full description.
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 can answer questions about this ride.
Monday thru Friday Noon	IDOT, Lost Bridge Trail Dirksen Parkway Show-N-Go	BCD — Lunch Ride. Skip lunch and ride the trail. Typically 10-20 miles at a moderate BC pace. Riders may add a loop from Rochester. CD riders are welcome to ride the trail but should be self-sufficient. Turn your miles in to the Records Keeper.
Tuesday & Thursday Noon NOTE TIME & LOCATION	IDOT, Lost Bridge Trail Dirksen Parkway Derek Ewing, 624-2016	Weekday Lunch A- Ride. This 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. See Weekend A-Ride for full description.
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 starting March 13 5:30 p.m.	Parking lot at east end of Wabash Trail by Sonic Wabash Ave & Park St Alan Whitaker, 494-6807	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 sign in. This popular ride will get you 16 miles from Sonic or 21 miles from Parkway Pointe. Lights recommended.
Tuesdays Starting March 14 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.
Wednesdays 5:30 p.m. Starting March 15	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Ted Sunder, 698-9194	BC — Show-N-Go on the Sangamon Valley Trail through March 8. Becomes a led ride on March 15, when you can ride the trail with Ted for 12 miles or add a low traffic county road to the airport for a total of 15. Lights recommended.
Thursdays starting March 16 5:30 p.m.	IDOT Dirksen Pkwy & Ash St Show-N-Go	BCD – Ride the Lost Bridge Trail for 10-14 miles. Lights recommended.
Monday through Friday 6:00 p.m.	Pana Trail, Lake Taylorville parking lot, Rt 29 Charlie Witsman, 299-7038	Show-N-Go – Ride on 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!
Wednesday March 1 7:00 p.m.	Residence 2301 Sangamon Ave Ken Anderson, 522-3876	NC – Board Meeting. All SBC members are invited to attend the board meeting.
Saturdays and Sundays 10:00 a.m. NOTE: Through March 11	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	BCD – Weekend Club Ride -- Ride 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. NOTE: Leader-led Club ABCD rides begin March 12.
Saturdays and Sundays 9:00 a.m. NOTE: Location and time may vary (see Facebook page)	Vredenburg Park Saxon Dr & Crusaders Rd Derek Ewing, 624-2016	Weekend A-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”. Contact Derek if you have any questions.
Wednesday March 8 5:30-7:30 p.m.	Balen’s Bar & Grill 217 S 5 th St Poonam Mahajan, 691-3350	NC - Socializer. Join us for our March Socializer at Balen’s Bar & Grill. Free appetizers. Greeter table near the door. Members and potential members are welcome to participate.
Sunday March 12 10:00 a.m.	Residence 2204 Checkerberry Ln Jim Disney, 341-4595	ABCD – Daylight Savings Time Ride. Time to spring ahead – riding season has officially begun! Don’t forget to set your clocks back one hour the night before. Jim has different ride options planned, including a trail ride, and will provide vegetarian black bean soup and chicken jambalaya. Non-riders may show up at noon for the party. If the weather is not fit for biking, please stop by to eat the food Jim has prepared.
Saturday March 18 10:00 a.m.	Rotary Park Iles and Archer Elevator Rd Dave Ross, 416-1682	ABCD – Dave will take us 30-40 miles to the north, south, or west, depending upon wind direction. D riders can ride the Sangamon Valley Trail.
Sunday March 19 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Alan Whitaker, 494-6807	ABCD – Come ride with Alan to celebrate the arrival of spring the following day. D riders can ride the trails.

Saturday March 25 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Marty Celnick, 494-9967	ABCD – Ride the trail to Chatham or, perhaps, head in a different direction. Marty will take riders north, south, east, or west depending upon the wind direction.
Sunday March 26 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Robert LaBonte, 787-0237	ABCD – Robert's Pre-Easter Ride . This will probably be a trail ride to Chatham with a brunch option. Robert will reprise this ride on Easter (April 16).

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 6:00 p.m.	Biketek 957 Clock Tower Dr Jeffveloart(at)gmail.com Facebook: Jeff Curtis Williams Andy Brown, 971-1412	Tuesday Night Trail Rides – MTB/cyclocross/off road bikes are recommended. All are welcome! We will split off at Washington & Koke Mill to do the "church trail". LIGHTS and HELMETS please and thanks!!! Disclaimer: Routes will vary based on conditions . Contact Jeff for more information.
Wednesdays Starting March 15 5:30 p.m.	Wheelfast 17 Cottonwood Dr Chatham Matt Saner, 483-7807	ABC — Wheelfast Road Ride . Intermediate training ride. Meet at the bike shop and plan on 16-20 miles.
Thursdays Starting March 16 5:45 p.m.	Scheels 3801 S. MacArthur Blvd Amy Beadle, 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 rider leader stays at the back of each riding group.
Friday March 24 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!

Incentive Awards for January 2017 / 2016 Spinner Awards

By Larry Stone, Incentive Chair

Marty Celnick won Ride of the Month for January for his New Years Day Ride . He also won the ride leader incentive drawing and a gift certificate for \$50 to a bike shop of his choice. No one was nominated for Almost Anything Award. To nominate someone for a future AAA, send an email to incentive@spfldcycling.org.

Twenty-four riders received Mileage Pins for accumulating 1,000 miles or more during 2016. Those receiving a Mileage Pin for riding 1,000 to 2,499 miles were:

Don Harvey, Alan Josephson, Karl Kohlrus, Mark Rabin, Stephen Paca, Carol Bock, Tom Clark, Charles Witsman, Carolyn Lawrence, Cindy Kvarmme, and Brigetta Ewing

Riders accumulating over 2,500 miles also received a Spinner Award. The 2016 recipients were:

Bronze (2,500-4,999 miles): Barry Tobias, Marty Celnick, David McDivitt, Jack Hurley, Ted Sunder, Ruth Magos, Larry Stone, Bill Bock, Deb Cooper, Alan Whitaker

Silver: (5,000-7,499 miles): Tracey Hurley and Don Daniels

Gold (7,500-9,999 miles): Derek Ewing

Grover Everett Award: Derek Ewing received the award for most mileage by riding a total of 8,094 miles during the 2016 calendar year.

SBC Cycling Challenge

Derek and Brigetta Ewing, Organizers

Here are the results of the 2016 Cycling Challenge. We reached a new record of overall participants and awards achieved. Three rode every mile achieving the ultimate challenge with 548 miles—Dee Wise, Derek Ewing, and Jack Hurley. We will continue the series in 2017.

The Cycling Challenge is a series of five events throughout the riding season, designed to aid in your cycling fitness and accomplish the goal of completing the Capital City Century in September. Each daily Challenge consists of a century (100 miles) ride with shorter options of approximately 25 and 50 miles. The first four challenges are totally self supported. The 5th and final Challenge event is the CCC. All riders who complete the series minimum of 3 rides are placed on the Wall of Fame. Riders may receive a Gold, a Silver or a Bronze Award based on the number of points they submit. Mileage is recorded and a point awarded for each mile.

MARK YOUR CALENDARS! This season's Cycling Challenge begins on April 23, 2017. For details, visit www.spfldcycling.org and click on **Cycling Challenge**.

2016 WALL OF FAME

Gold (375+):

Jim Elliott
Sandra Elliott
Kevin Floyd
Mike Long
Megan Turner
Don Daniels
Joe Deen
Bill Schultz
Steve Casper
Derek Ewing
Jack Hurley
Dee Wise

Silver(200-374):

Anne Baker
Scott Parker
Karol Young
David Kalaskie
Mark Kuhn
Cheryl Castles
Julie Jokisch
Marshall Jokisch
Robert(Bob) Cramer
Troy Gilmore
Marty Celnick
Brenda Reiling
David Leigh
Karin Bell
Larry Stone
Barry Tobias
Steve Sommer
Stephen Paca
Marilee Cramer
Larry Willmore
Vanessa Willmore
Jeff Meyerhoff
Mike Vonnahmen
Bill Bock
Andy Brown
Tom Clark
Tracey Hurley
Scott Bell
Shayla Pfafe
Cole Daniels
Steve Schroll
Trevor Orthmann
Rick Haberkorn

Bronze (125-199 miles): 3+ Challenge Rides:

Poonam Mahajan
Bob(Robert) Coady
Thomas Sidener
Tyra Taylor
Ryan Churchill
Les Warden
Mark Rabin
Harv Koplo
Marilyn Kirchgesner
Deane Kinsel
John Kinsel
Stephen Smith
Bob Hayes
Gail Anderson
Alan Whitaker
Cindy Kvamme
Mike Kokal
Liz Orthmann
Charles Witsman
Gerald Aldrich
Mike Eymann
Alan Josephson
Kent Kraft
Brigetta Ewing
Tracy Parker
Becky Smith
Carolyn Lawrence

Pat Boyce
Linda Kelly
Val Ross
Michelle Rowe
Kristina Mucinskas
Deb Cooper

Don't Forget to SPRING AHEAD!

Daylight Savings Time begins on
Sunday, March 12



Don't miss the first leader-led Club ride of the season that day! See the ride schedule for details.

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 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

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726-5560
president(at)spfldcycling.org

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membership(at)spfldcycling.org

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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**