



the Quick Release

www.spflcycling.org

November 2017

Don't Forget to ...

**FALL
BACK**



Daylight Savings Time ends on

Sunday, Nov. 5

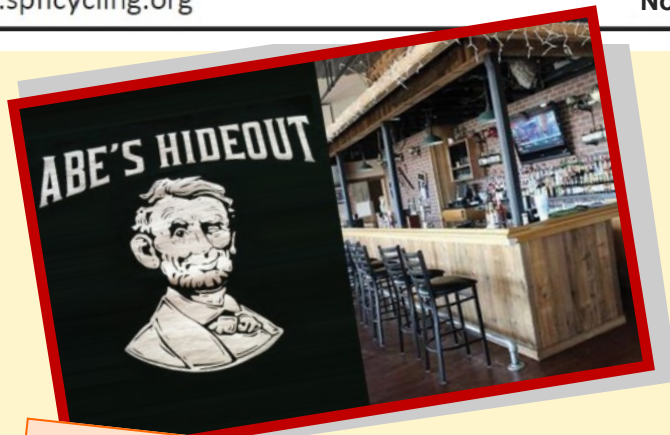
**COLD
DUCK
RIDE**

Washington Park
9 a.m. to Noon

Ride or run laps
with Running Club!

Thanksgiving Day

Thursday, Nov. 23



First Socializer of the Off Season!

Wednesday, Nov. 8, 5 to 7 pm

Abe's Hideout of Springfield
2301 S Dirksen Parkway

- ♦ Free appetizers
- ♦ Members & potential members welcome

See article on page 5

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Incentive Awards

Marty Celnick, Incentive Chair

Harv Koplo's Capital City Century was chosen as Ride of the Month. This year's CCC drew around 750 riders on a beautiful fall day. Thanks Harv!

The Almost Anything Award was given by acclamation to Harv and his 120+ volunteers for their work in staging another successful CCC.

The winner of the monthly Ride Leader Incentive Award drawing was Cindy Kvamme.

If you know of an individual or organization you would like to nominate for the Almost Anything Award or Bicycle Friendly Community Award, please send your nomination to incentive(at)spfldcycling.org.

Want to Make a Difference?

SBC's Board year runs from Oct.1 through Sept. 30. Some vacancies still remain, including **Newsletter Editor** and **Board Secretary**.

If you are interested in joining our Board or wish to nominate someone, or have questions, contact Scott Sievers at springfieldsievers@gmail.com or 217-801-2873.

A few words from Tom Clark, SBC President



Riding off season has begun, for most of us. But some intrepid souls continue to do club rides and commute to work or school by bike. Our hats are off to them! We have some leader-led rides continuing into

November. Ride leaders include **Barry Tobias** (Saturday, Nov. 4), **Deb Cooper** (Sunday, Nov. 12) and **Scott Sievers** (Friday, Nov. 10 and Sunday, Nov. 19).

Our first Socializer of the season will be Wednesday, Nov. 8 from 5 to 7 p.m. at Abe's Hideout of Springfield. Social Chair **Gladys Hajek** hopes that you can attend! She plans to have appetizers, a cash bar, and drawings for drinks. See article on p. 5 for details.

We had a number of great events in October. We gave away 25 front and rear flashers and had 50 riders for **Michael Higgin's** 5th Moonlight Ramble. **Brenda Carmody** says \$1,000 in prizes were given away and \$2,500 in donations to American Cancer Society were received at the Bob Carmody Memorial Ride. Both events were held on Saturday, Oct. 14.

Secretary's Report

By Interim Board Secretary

A warm welcome to our **new members**, and thanks to **renewing members** for their continued support.

New Members

Andrew & Carol Asher
Carl 'Leon' & Carol Linder
Mark & Ann Vassmer
Barb Bonansinga

Renewing Members

Pat Aulich & Barry Erlandson
Frank Beyer
John & Amy Engelmeyer
Jack & Tracey Hurley

Renewing Members (cont.)

Karl & Christine Kohlrus
Mary & Don Schaefer
Garland & Lesley Stevens
George Carver Jr.
Michael Higgins
Lynndell Jarrett
Doug Koester
Cindy Moreno
David Ross & Sheryl Essenburg
Robert Sorenson

Renewing Members (cont.)

Ben Stone
Mark Summer
John E. Williams
Cathy Yeaman

Renewals at the Contributing Level

Alfred & Harriet Arkley
Margaret Kelly

Renewals at the Sustaining Level

Jim Covington

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.

November 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.

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, Wednesday, and Friday 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Derek Ewing, 624-2016	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.
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.	Biketek Inc Saxon Dr & Crusaders Rd Tom Clark, 726-5560	Weekday ABCD Warm Up Ride. Show-N-Go. Ride at the warmest part of day. Riding groups may form. Turn in miles to the records keeper. There is no ride leader, but Tom can answer questions.
Weekday Evening Rides		Check start times!
Mondays 5:30 p.m.	Parking lot at east end of Wabash Trail by Sonic Wabash Ave & Park St Marty Celnick, 494-9967	BC — Show-N-Go 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 meet up with those riding from Sonic. This ride will get you 16 miles from Sonic or 21 miles from Parkway Pointe. Lights required.

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 required.
Wednesdays 5:30 p.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Ted Sunder, 698-9194	BC — Show-N-Go on the trail for 12 miles or add a low traffic county road to the airport for a total of 15. Lights required.
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 required.
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. Lights required.

Weekend Daytime Rides

9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Derek Ewing, 624-2016	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.” Contact Derek if you have any questions.
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Scheduled Rides and Events

Check start times!

Wednesday November 1 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 November 4 10:00 a.m.	County Market parking lot Sherman, IL Barry Tobias, 303-6782	ABC – Barry will take us on a new route. Go to Middletown for 35 miles, or add a visit to Indian Hills and Athens for 50 miles.
Sunday November 5 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Ride the trails or go out in the country on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Wednesday November 8 5-7 p.m.	Abe's Hideout and Saloon 2301 South Dirksen Parkway Springfield Gladys Hajek, 698-7626	NC – November Socializer. Join your pedaling pals and bring a potential new member to this get-together. Appetizers provided along with drawings for free drinks.
Friday November 10 10:00 a.m.	Lost Bridge Trail IDOT South Dirksen Parkway Scott Sievers, 801-2873	ABCD — Head east from IDOT on the Lost Bridge Trail, then out into the countryside to Sangchris Lake and back for about 30 miles round-trip; D riders can stick to the trail for about 12 miles round-trip.
Saturday November 11 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Ride the trails or go out in the country on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Sunday November 12 10:00 a.m.	Stuart Park Winch Road north of Route 97 and Veteran's Parkway Deb Cooper, 546-5099	ABCD – Deb will guide us on a 30 mile route. D riders can ride the trail.
Saturday November 18 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Ride the trails or go out in the country on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.

Sunday November 19 7:30 a.m. NOTE TIME	Fairhills Shopping Center W. Washington St. & Chatham Road/Bruns Lane Scott Sievers, 801-2873	ABC – Sunrise Hill Ride . 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 traffic 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 November 19 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Ride the trails or go out in the country on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Thursday November 23 9:00 a.m. - noon	Picnic Shelter Washington Park 1500 S Grand Ave West Show-N-Go	Show-N-Go – Annual Thanksgiving Day Cold Duck Ride . Join the Springfield Road Runners Club for this 20+ year tradition for both clubs. Ride laps in the park and turn in miles to the club records keeper.
Friday November 24 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – The day after Thanksgiving is a state holiday, so ride the trails or go out in the country on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Friday November 24 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Derek Ewing, 624-2016	Holiday A Ride. See weekend A ride description. Schedule changes so please call ahead.
Saturday November 25 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Ride the trails or go out in the country on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Sunday November 26 11 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Ride the trails or go out in the country on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.

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

Friday November 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!
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SBC November Socializer

Wednesday, November 8, 2017

Abe's Hideout of Springfield
(game room)

2301 S. Dirksen Parkway
Springfield, IL

- All members are invited and encouraged to invite potential new members as guests.
- Appetizers furnished • Cash Bar • Drawings for Free Drinks

Hope to See You There,

Gladys Hajek
Social Chair



GITAP 2018 Comes to the Springfield Area!

Ride Illinois

Join us June 10-15, 2018 for the 16th annual Grand Illinois Bike Tour. The 2018 route will feature central Illinois with a special focus on Abraham Lincoln history. We'll enjoy great bicycling on quiet country roads and visit charming towns and places from Lincoln's life in Springfield, Decatur, New Salem, and his days as a lawyer on the 8th Judicial Circuit.

Our unforgettable six-day ride will make a loop starting and ending in Clinton, with overnight stops in Lincoln, Springfield (2 nights), and Decatur (2 nights). Choose among our daily mileage options for a total ranging from 200 to 370 miles. Pick between our camping and motel options, and enjoy evenings filled with good food and fellowship with riders hailing from around the country.

Proceeds benefit Ride Illinois and support our mission to make Illinois a better, safer, and more enjoyable place to ride.

Our fully supported tour basics:

- Basic daily route distances between towns range from 44 to 52 miles. Longer route and layover day options are available. Routes are marked and cue sheets are provided.
- Campers will tent in parks and the State Fair's campgrounds, with showering facilities provided. All breakfasts and dinners (10 meals in total) are included.
- The motel option, available for an additional fee, accommodates approximately 100 riders and sells out early. 8 meals (all breakfasts and 3 dinners) and evening receptions are included.
- Luggage transportation is provided in separate vehicles for campers and hotelers.
- Emergency SAG, refreshment stops, and t-shirt are included. Expert bike repair, as well as professional massage, are also available every day to hotelers and campers, at the campsites.
- Nightly meetings include ride information, awards, and more.

Illinois Bicycle Safety Quiz Challenge

Discover relevant laws and best safety strategies for sharing the road successfully. Created by [Ride Illinois](#), a nonprofit organization working statewide for better bicycling conditions.

Test your Bike Safety Knowledge
with Ride Illinois'

[Bike Safety Quiz](#)

www.bikesafetyquiz.com

Details are at:

rideillinois.org/events/2018-grand-illinois-bike-tour

Registration opens November 1 and early bird rates are available. The ride is limited to 225 riders and typically reaches capacity.

More details will be added as they become available. On request, we can send last year's rider info letter, as background.

If you'd like to join our Grand Illinois Bike Tour mailing list, or have questions, please email info@rideillinois.org.

*Ride Illinois is a nonprofit organization working statewide for better bicycling conditions. We work for bike friendly roads, favorable legislation, and education on sharing our roads safely, so you can get out there and **Ride Illinois!***

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

President

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726-5560
president(at)spfldcycling.org

Treasurer

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698-7626
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Incentive Chair

Marty Celnick
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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**