## SpRINGE旣 <br> Quick Release

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MONDAY, DECEMBER 11, 2023 5:30 PM - 8:00 PM

## HARVEST MARKET, 3001 VETERANS PARKWAY, SPFLD

Get in the holiday spirit at the bike club's social! Cash bar. The club will provide appetizers. Bring a small gift (\$5-10) for an optional White Elephant Gift Exchange

## December Updates

The Annual Meeting, held November 15 at Fire \& Ale, had a good turnout and the 2024 board slate was voted in. The new board's terms will commence on January 1. Is the riding season over? Looking at the Ride Schedule in this issue would lead one to believe it's true, but that doesn't mean that our club members have stopped racking up the miles. Some have moved indoors and are racking up miles on Zwift, Trainer Road and spin classes. There are a number of snowbirds in the club who load up the bike and head for warmer climates during the winter months, and then there are the dedicated riders who layer up and simply ride outdoors. This is the time of year to keep an eye on the club's Facebook group for members, as impromptu rides take place depending on the weather.

Speaking of riding, a very preliminary 2024 Club Calendar appears in this issue. There are a lot of "TBD" dates at this time!

## SPANEFILD <br> So <br> 自CYCLE <br> CLU

## 2023 Board

PRESIDENT
Scott Sievers
VICE PRESIDENT
Anne Schroll
TREASURER
Larry Stone

## SECRETARY

Jeanny Huber

## MEMBERSHIP DIRECTOR

Ted Sunder
LEGISLATIVE \& EDUCATION DIRECTOR
Mike Murphy

## MARKETING DIRECTOR

Anne Schroll

## SPECIAL EVENTS \& PROJECTS DIRECTOR <br> Lori Dale

RECORDS KEEPER /MILEAGE DIRECTOR
Vacant

## RIDE INCENTIVE DIRECTOR

Marty Celnick

## SOCIAL DIRECTOR

Nathan Schorfheide
AT-LARGE DIRECTORS
Kathryn Hanlon
Barb Manson
Mike May
Chris Scheufele


What's Going on in the SBC?

Stay up-to-date on the various initiatives and events in the club.

## CLUB INITIATIVES



## National Bike Month

The month of May is National Bike Month and plans are in the works to increase the SBC's presence in the Springfield community for May 2024. If you'd like to help with planning, please contact Scott Sievers.

## Ride Illinois Grand Tour of Illinois

RideIllinois promotes bicycle advocacy, education, awareness, outreach and communication at the state level. Each year, this organization directs the Grand Illinois Tour -- a 6-day ride that passes through various Illinois towns. For 2024, the tour will pass through Springfield on June 9-10. Riders will be staying downtown at the Abe Lincoln Hotel
 and spending Monday as a layover. Possible activities include visiting the Lincoln sites, riding out to New Salem and checking out the Springfield-area multiuse paths. Look for announcements regarding opportunities to become involved in rolling out the red carpet for the tour riders!

Doug Barringer and walking partner, Winnie, stopped by the construction project on Irwin Bridge Road where the bridge over Richland Creek is being rebuilt.

## Newsletter Content

Articles for the Quick Release are welcome! Please send ideas, articles, etc. to newsletter@spfldcycling.org


Partially cleaned out...


John's truck is loaded down and dumpster bound.


President Scott Sievers makes a final sweep of the old storage unit.


John makes another trip.


Where are we gonna put all this stuff?

## Moving Day for Storage Unit

Did you know that the SBC has our own self-storage unit? It's like a treasure trove of goodies! We've got everything from coolers to bike racks, signs, banners, printed material, bottled water, prepackaged bars and snacks, a grill, route marking supplies...the list goes on.

For the last year, the club has rented space at The Unit on Rodgers Road. But after a significant price increase, the board decided that a change was in order, and space was rented at UHaul Self Storage on Bruns Lane.

Moving day was November 18th. A small army of volunteers, led by club president Scott Sievers, dismantled the shelving in the existing space, loaded everything into a 20-foot UHaul box truck, and drove across town to the new facility. There were some tense moments as the shelving was adjusted to fit in the new space, and the crew managed to set off the security alarm more than once.

This proved to be a good opportunity to purge expired food/drink items, superfluous signage, and various other items that had outlived their usefulness. Special thanks to John Kinsel for the use of his pickup truck for dumpster-bound items.

# 2023 <br> Highlights 

## JANUARY

Proving that indoor cycling doesn't have to be boring, some SBC members joined the Zwift club created by Chris Scheufele and met virtually for rides.

## FEBRUARY

The SBC's second Trivia Night was held at Harvest Market.

A Facebook group for SBC members was set up to provide another avenue of communication for the club.

## MARCH

SBC TRAVELS. The SBC had great representation at the Dirty South Roubaix Gravel Race held in Alto Pass, Illinois. This event serves as a season opener for many club members and the tough climbs provide an incentive to get out and train during the winter months. Registration for this event is open and will fill up quickly.

Monday Night Gravel moved to Loami for 2023. This group has seen quite a bit of growth and is definitely faster!

## APRIL

A survey went out to all club members about their experience in the Springfield Bicycle Club. Results from this survey regarding what members wanted were varied, but a common thread was the need to help newer riders find a compatible group. This need has served as the genesis for a program targeting this demographic in 2024.

The 2023 Spring Metric was planned at Rochester and subsequently canceled due to cold temps and blustery winds.

SBC's application with the IRS for 501(c)(3) status was approved, making the club a nonprofit. Special thanks to past president Troy Gilmore, Treasurer Larry Stone and club member Mark Rabin for their efforts in bringing this important initiative to success.

Plans to offer a series of Sunday morning family rides that included a stop for pancakes at the Chatham Cafe were thwarted by uncooperative weather.

Registration opened for the popular Sangamon Cycling Series. 2023 was the third year for this new club initiative -- a series of four rides starting at various parks in Sangamon County. Enrollment is not limited to SBC members, although many who signed up eventually became club members.

## MAY

Event Director Lori Dale presented a two-part Bike Safety Clinic for riders new to group riding.

Dave and Jeanny Huber took on the task of organizing the Ride of Silence, an annual multi-location, international bicycle ride to commemorate cyclists killed and support those injured while riding on public roads. Starting at Wheel Fast Bicycle Shop in Chatham, the riders were kept safe by a police escort.

JULY
SBC members assisted the Springfield Triathlon Club at the Kids' Triathlon, held at Lincoln Park.

AUGUST
Wheel Fast Bicycle Shop in Chatham set up a stand in their store to sell SBC-branded clothing.

A program to encourage volunteerism kicked off. Any club member who volunteers for 10 or more hours in 2023 will receive a shirt and recognition on the website and in social media.

## SEPTEMBER

The 51st Capital City Century
--- the club's flagship event -- was under new management this year as Event Director Lori Dale took the reins and pulled off a great ride! The start was moved to the Sherman Athletic Club and routes headed north into Logan County. Plans are underway for the 2024 edition of this classic ride.

## OCTOBER

The SBC provided support at the Illinois Senior Olympics, staged at Jim Edgar Panther Creek Fish \& Wildlife in Chandlerville, IL.

## NOVEMBER

The SBC provided support at the Dirty Petersburg Gravel Ride. While this is not a club ride, there is always a good turnout of SBC members. This year's ride was made more grueling after many of the Menard County roads had a fresh layer of nasty, chunky white rock that tested the riders' technical skills. Club Secretary Jeanny Huber suffered a catastrophic crash that left her with a broken leg and dislocated ankle. We wish her a speedy recovery!

## Bike Washing <br> sUBMITTED BY CASEY PRIMM

With the season coming to a close, a lot of people will be putting their bikes away from the winter. Now is the best time to get it sparkling clean, so it doesn't sit in filth all winter and is ready to ride come spring. Wash your bike whenever you ride in the rain, whenever the gears start to be noticeably dirty, before long term storage, or whenever you just want a clean bike.


## STEP-BY-STEP GUIDE TO A SPARKLING CLEAN BIKE

Bike specific detergent is best, though car washing products are also a great option. Spray bottles allow you to soak the frame and rinse to remove most dirt and grit, before doing a contact wash with a sponge. This will help avoid any scratches you could get from dragging dirt around with a sponge. In the absence of specialized cleaning products, dish detergent in a spray bottle or bucket will work. It will be harsher than specialized cleaning products though, and may lead to premature maintenance needs on greased components. Most specialized products are non-toxic and biodegradable for outdoor use.

1. Rinse bike with a hose, then spray cleaner onto everything except gears/chain/derailleur. Leave frame to soak while you clean drivetrain.
a. Use a plain garden hose, or a low pressure shower nozzle. Higher pressure nozzles are of minimal benefit, and can blast grease out of protected areas like bearings.
2. Spray gears, rear derailleur pulleys, and chain with drivetrain cleaner. Scrub thoroughly with a stiff brush, then rinse entire bike.
3. Re-spray entire bike with cleaner. Gently wash with sponge or microfiber cloth.
4. Rinse bike. Wipe chain and brake surfaces dry with clean cloth to prevent rust. Allow bike to dry thoroughly.
a. Leave outside on a sunny day.
b. Air dry with compressor or leaf blower.
C. Leave in room with dehumidifier and box fan.
5. Wipe disc brakes with isopropyl alcohol and microfiber cloth.
6. Apply fresh lube to chain.

For a more thorough cleaning, remove wheels and chain. Repeat as above, then take these extra steps:

2b. Clean chain with mason jar method.
2c. Thoroughly clean rear gears with drivetrain cleaner and a stiff long bristled brush.

3a. Use a small, soft brush to clean in and around small components like derailleurs, rim brakes, etc.

3b. Use bike cleaner on entire wheel, taking care to clean around the hubs and rims with the small soft brush. Give tires a once-over with brush or sponge. This is a good time to inspect for tire damage.

3c. Use a clean cloth and bike cleaner to wash braking surfaces after the rest of the wheel.


1
A repair stand makes a great cleaning station. But leaning against a fence will do the trick. Pre-soak with water and cleaner to loosen dirt!


Rinse to remove dirt that the pre-soak loosened, then reapply cleaner to the whole bike.


4
Use a sponge or cloth to contact wash the frame. Only use brushes where you can't otherwise reach, and don't care about the paint.


5
Once the frame and gears are sparkling clean, leave it somewhere to dry thoroughly.


A mason jar with degreaser is the best chain cleaner. Shake it until it turns black, then rinse and repeat with hot soapy water. Once a water only bath comes out clean, you're done. Thoroughly dry then lubricate.

## General Chain Maintenance

- After every ride, wipe your chain down with a clean cloth until it stops leaving streaks. This will stain the cloth, so just keep some old rags on tap.
- Whenever your chain starts to be noticeably louder, wipe it down as above but with a little degreaser on your rag. Let it dry for 15 minutes, then apply fresh lubricant.
- If using drip-on wax, just re-apply wax without degreasing first.
- Thoroughly clean the chain whenever you ride in the wet, or when you do a full bike wash.
- Remove chain and place in glass jar with degreaser. Shake for a couple of minutes to clean. Dump, rinse, and repeat with hot soapy water. Finally, repeat with hot clean water. If needed, repeat at degreaser step if water is still coming out black. Wipe chain dry with tower, and let air dry before applying lube.
- On-bike chain cleaners work well, costing a little extra up front but allowing you to keep the chain on the bike for cleaning.
- Scrubbing the chain on-bike with a brush works, but will be less thorough.
- When applying lubricant, apply just one drop per roller, and wipe off the excess after. Over-lubricating will cause the chain to get dirtier and wear down your bike faster. Applying fresh lube on top of dirty lube will spread that dirt around and cause it ingress into the chain.
- You do not need to apply lube every ride. Just whenever you clean the chain, or when you've ridden enough to dry it out. In my experience, that's every 100-200 miles in dry weather.


## Lubricant tips

- Wet/oil-based chain lubes are great when riding in the rain, but are not ideal used in the dry. They will collect dirt, wear down your components faster, and leave black smudges on everything.
- Apply one drop per roller, then wipe off excess. Ready to ride immediately.
- Dry lubes are good for fair weather riding. They aren't as efficient and wash off easily if they get wet, but do not collect dirt to damage your drivetrain.
- When using dry lube, apply one drop per roller. Wipe off excess, and leave to sit at least 3 hours before riding.
- Drip on wax is the cleanest and most efficient option for bottle-based lubricants, but requires extra care when washing the bike or riding in the wet.
- When using drip-on wax, apply one drop per roller. Wipe off excess. Leave to sit overnight before riding. - Apply multiple times with a few hours dry time in between when first applying to a fresh chain.
- Hot wax is the most effective all around, but takes more work to maintain. Can be freshened up with drip on wax between applications, but has the same special care needs when washing/riding in the rain.
- When switching lubes or installing a new chain, do the mason jar cleaning until it sparkles before applying any lube.
- Waxed chains should be removed and set aside when washing the bike. Wipe off after rides, but do not clean with degreaser. Just re-apply drip whenever you start to hear the chain. Clean and re-wax after wet rides.


## 2024 Club Calendar

Below is a listing of events that club members may have an interest in. In addition to SBC events, also included are cycling events in the Springfield area that have proven popular with our members. This calendar is preliminary and subject to change.

| JANUARY |  |
| :---: | :---: |
| 8 | Board Meeting |
| TBD | Event Planning Meetings (Capital City Century, Kids Triathlon, Capital City Connection, Gravel Series Sangamon Cycling Series) |
| FEBRUARY |  |
| 5 | Board Meeting |
| MARCH |  |
| 2 | SBC TRAVELS Dirty South Roubaix |
| 4 | Board Meeting |
| TBD | AREA EVENT Dirty Assumption Gravel Ride |
| TBD | Monday Nite Gravel kicks off |
| TBD | Sangamon Cycling Series <br> - Registration Opens |
| TBD | Event Planning Meetings (Capital City Century, Kids Triathlon, Capital City Connection, Gravel Series Sangamon Cycling Series) |
| TBD | CCC - Registration opens |
| APRIL |  |
| 1 | Board Meeting |
| TBD | Gravel Series - Rural Cyclery Ride |
| TBD | Event Planning Meetings (Capital City Century, Kids Triathlon, Capital City Connection, Gravel Series Sangamon Cycling Series) |
|  |  |
| various | National Bike Month |
| TBD | Capital City Connection Kickoff |
| TBD | Sangamon Cycling Series Event 1 |
| TBD | Sangamon Gravel Series Event 1 |



## DECEMBER BIRTHDAYS

Happy Birthday to the following club members! Did we miss your birthday? Our apologies for the oversight.
Help us keep up-to-date by making sure that your profile in Club Express is current.

12/2
Larry Willmore
12/3
Richard Gosch
12/5
Roger Schnelten
12/6
Keri J Fulscher
Troy Gilmore
12/9
Martin Celnick
12/10
Judy Carmody
12/11
Todd A Parks
12/15
Margie Buyze
12/18
Cassandra Maillet
Jeffrey M Regan Rick Haberkorn

12/19
Joe Miller
Rick Schmudde
12/20
Jack Morris
Colleen Pinto
William L Callan
12/27
Jordan Litvak
Nate Wendling
Vaughn Morrison
12/30
Julie M Boots


Membership Update total active members: 374

## NOVEMBER RENEWALS AND NEW MEMBERS

## WELCOME BACK TO OUR RENEWING MEMBERS:

Family Memberships
Tom and Bette Chesser
Individual Memberships Marty Celnick Mark Rabin
Libby Shawgo

## DONATIONS

We wish to thank the following members who provided generous donations to the club with their membership dues.

Marty Celnick<br>Bette Chesser<br>Mark Rabin<br>Libby Shawgo

## December Milestones

| Name | Join Date | Years with SBC |
| :--- | :--- | :--- |
| Polansky, Jordan | $12 / 19 / 2021$ | 2 |
| Whitaker, Alan and Kathy | $12 / 5 / 2016$ | 7 |

## FULL-SERVICE BICYCLE SHOP

Serving coffee and locally-sourced craft beer
LOCATED IN DOWNTOWN WINCHESTER, ILLNOIS
CORPORATE SPONSOR of the Springfield Bicycle Club

## 21 SOUTH MAIN STREE | WINCHESTER IL [217] 7424025

ruralcyclery@gmail.com fb:ruralcyclery

## Club Benefits

Group Rides

Discount on Capital City Century Registration
Discount on Sangamon
Cycling Series Registration
Socials
Membership Directory Spring Metric Discounts on Road iD Products Membership in SBC RidewithGPS Club
Discounts on SBC-branded riding apparel Supplemental Accident and Liability Insurance on Group Rides

We are always working to find discounts for our members on cycling-related products. Stay up to date on all club discounts at the following link (you will need to be logged into ClubExpress to view the page)

## From the Archives

The Quick Release newsletter has been around for nearly as long as the SBC. Many issues are in digital form and are available for viewing on the club's website under the tab "SBC News". Following are some random snippets from over the years.

15YEARS - DECEMBER 2008 From President Karl Kohlrus's President's Column: With the urging of the SBC, the City of Springfield will be forming a Bicycle Advisory Committee.

The Interurban Trail will open next year with two grade separations, one under MacArthur Boulevard and one over the Norfolk Southern Railroad. Just about four years ago we were told by IDOT that the Interurban Trail would be barricaded at the railroad crossing and cut in half.

We were also told by IDOT the Interurban will be closed for about a year during the construction of the MacArthur extension. Thanks to the help of many club members and the great cooperation from IDOT spurred on by open communications, these things have not happened.

## 20

 YEARS - DECEMBER 2003Equipment and supplies for the Holiday Party, Capital City Century, Senior Olympics, and bicycle races were stored in a storage room at Spinner Plastics.

> 25 YEARS - DECEMBER 1998 President Alan Josephson reported that the SBC's new website was now up, thanks to Wendy Edwards, who had it on the UIS server but would soon lose it because of graduation, and to Bill Jensen of Web-Wise Consulting, who agreed to put it on his server.

"Name the trail" contest was underway with the city of Springfield to name the trail which will "parallel Wabash Road". Dan Eatherington was the Club's rep on the City's Committee.

## 30YEARS - DECEMBER 1993 After three attempts over 10

 years, the Illinois Department of Transportation removed all signs on Veterans Parkway prohibiting bicyclists and pedestrians. The SBC was instrumental in improving bicycle access along this route.35YEARS - DECEMBER 1988
On Tuesday, November 8th, five riders went in the Hen House Restaurant on Toronto Road and had brunch following the 9AM ride. Approximately 30 minutes after this group left, a car smashed in the wall of the restaurant at the exact spot where club member Theresa (last name?) had leaned her bike while eating.

40YEARS - DECEMBER 1983
From the Board minutes: Club Recognition to Theresa Parth: Theresa has handled the Christmas party the last two years and supplied cookies at the meetings singlehandedly for a similar length of time. It was proposed that the club buy her a high-quality cookie sheet, have it engraved, and present it to her at the January meeting as a token of our thanks.


## Ride Classifications

## A 18.1-20.0+ MPH AVERAGE SPEED.

These rides are for extremely strong and competitive cyclists with expert bike handling skills. Expect cyclists to be self-sufficient, and able to maintain speeds of $19+\mathrm{mph}$ for extended distances using pace-lines and other faster riding skills.

B16.1-18.0 MPH AVERAGE SPEED. These rides are for strong, experienced cyclists with considerable group riding experience. Expect the emphasis to be on improving individual stamina and riding skills. Cyclists will not feel obligated to wait for slower riders. Many times, pace-lines are common in group riding. Cyclists should be able to handle their own flats and other minor mechanical repairs and should be comfortable navigating by map or GPS computer if separated from the group.

C 14.1-16.0 MPH AVERAGE SPEED. These rides are for competent cyclists with basic safety and bike handling skills. These rides combine social riding with improving fitness and riding ability. Expect that most cyclists will ride in groups. There may be rest stops on the route, but they
will be limited. Cyclists should be comfortable navigating by map if separated from the group and should be able to handle their own flats and other minor mechanical problems

## SLOW C 12.1-14.0 MPH AVG

SPEED. These rides are for competent cyclists with basic safety and bike handling skills. These rides combine social riding with improving fitness and riding ability. Expect that most cyclists will ride in groups. There may be rest stops on the route, but they will be limited. Cyclists should be comfortable navigating by map if separated from the group and should be able to handle their own flats and other minor mechanical problems

D10.0-12.0 MPH AVERAGE SPEED. These rides are for novice or recreational cyclists. These rides will have rest stops as needed. Expect the ride leader or another club member to sweep (stay with) the slowest cyclist. Assistance from the ride leader will be provided for flats and other minor mechanical problems.

## EZ under 10 MPH average SPEED.

These rides are purely social. Expect shorter routes either in town or on
a trail and expect to ride together as a single group. No one will be dropped out of the back of the group. Assistance from the ride leader will be provided for flats and other minor mechanical problems.

GR GRAVEL. Route will be gravel, dirt or rough roads that are unsuitable for traditional road bikes.

MTB mountaln Bike. Route will be on mountain bike trail system, typically singletrack.

NC NoN-CYCLINg Events. No bikes required for these events.

For updates, corrections and last-minute changes
to the ride schedule, please check the SBC Club Calender at spfldcycling.org

## Scheduled SBC Rides/Events

This section lists "one-time" club rides and special events. It's a good practice to check the club's Facebook page and/or the SBC Members Facebook group, as often rides are scheduled at the last minute before the weekend and don't appear on this schedule. Weather may influence start times and cancellation as well.

## D/EZ WASHINGTON PARK BOTANICAL GARDEN DOME

FRIDAY, DECEMBER8 | 1PM
Location: Washington Park Botanical Garden Dome, 1740 West Fayette Ave, Spfld 62704
Meet at the Washington Park Botanical Garden Dome to view the Winter Floral Show with 500 poinsettias, decorated evergreens, tropical flora and fauna, followed by a bike ride to Incredibly Delicious Restaurant and Bakery.
For more info, call John Sanford at (217) 416-7156


NC SBC HOLIDAY SOCIAL MONDAY, DECEMBER 11 | 5:30-8PM
LOCATION: Harvest Market, 3001 S . Veterans Parkway, Spfld, IL Get in the holiday spirit at the bike club's social! The club will provide appetizers and there will be an optional White Elephant Gift Exchange (\$5-10 limit).

## ABCD NEW YEAR'S DAY RIDE - ROCK N ROLL HARDEES

MONDAY, JANUARY 1, 2024 | 11:00 AM
Location: Rock N Roll Hardees 2501 Adlai Stevenson Drive, Spfld Weather permitting, ride for 10-25 miles. Start the new year by keeping your resolution to ridemore miles.
For more information, contact
Marty Celnick at (217) 522-4206
ABCD 52ND CAPITAL CITY CENTURY SATURDAY, SEPTEMBER 14,2024
LOCATION: Sherman Athletic Club Mark the date for the club's annual century ride! Distances will include the 12-mile Family Ride, 20-, 40, 62 - and 100 -mile road rides.

Area Rides / Events / SBC Travels

ロ゚ABCD APPLE CIDER CENTURY SUNDAY, SEPTEMBER29 2024
THREE OAKS, MI
The Apple Cider Century (ACC) is an annual one-day $15,25,50$, 75 or 100 mile bicycle tour of the orchards, forests and wine country in and around Three Oaks, Michigan on the last Sunday in September.

Since 1974, it has become one of the Midwest's largest one-day century events with over 4,500 cyclists participating last year.
For more information, check the website applecidercentury.com

## Membership Application

| Primary Member Information |  |
| :---: | :---: |
| Name |  |
| Address |  |
| City | State__ Zip |
| Email | Phone |
| Birth Date (optional) |  |

Type of Membership
$\square$ Individual: \$25 per year
$\square$ Family: \$40 per year May include up to 4 additional members who must all reside at the same address
$\square$ Corporate: $\mathbf{\$ 1 0 0}$ per year

## Additional Donation

$\qquad$

## Mail to:

Springfield Bicycle Club
P.O. Box 13035

Springfield, IL 62791-3035

Secondary Members (Family Membership only)

| Name | Birth Date: |
| :--- | :--- |
| Name | Birth Date: |
| Name | Birth Date: |
| Name | Birth Date: |

## Additional Information

I would like to opt out of Club e-mail announcements
I would like to help with the following SBC activities:
Lead bike rides
Help with social activities
Help with bicycle advocacy
Help with Capital City Century
Serve on the SBC Board
$\square$ Other $\qquad$

## 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: $\qquad$ Date Signed: $\qquad$
Parent/Guardian $\qquad$ Date Signed: $\qquad$

