



the Quick Release

www.spfldcycling.org

January 2018

REGISTER NOW!

GetMeRegistered.com/SBCWinterParty

Annual Winter Party and Awards Banquet

Friday, Feb. 2

Northfield Inn, 3280 Northfield Dr, Springfield, IL

♦ 6 p.m. social time ♦ 7 p.m. dinner ♦ 8 p.m. awards

Maximum two members and two guests per registration.

Deadline to register and pay: January 26, 2018

\$10 per person (dinner). Register online (link above) or by mail (see p. 3)

Members must select one of three dinner options (chicken, beef, or vegetarian) for each person in their reservation during registration.

All members welcome to attend—no attendance limit

Awards Ceremony

Slide Show

Send your photos to [photos\(at\)spfldcycling.org](mailto:photos(at)spfldcycling.org)

Questions? Contact Gladys Hajek at
698-7626 or social@spfldcycling.org

Not a Member?
Join or renew and
attend Winter Party

spfldcycling.org/join

New Years Day Ride
Jan. 1, 11:00 a.m.
Rock N' Roll Hardees

SBC Socializer
Jan. 10, 5 p.m.
(see p. 2)



MARK YOUR CALENDARS!

- ♦ Jan. 1: Marty's New Year's Day Ride
- ♦ Jan. 10: January Socializer @ Engrained
- ♦ Jan. 15: MLK Holiday Rides
- ♦ Feb. 2: Winter Party & Awards Banquet

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Incentive Awards

By Marty Celnick, Incentive Chair

Deb Cooper's November 12th ride on the Sangamon Valley Trail was chosen as Ride of the Month. The Almost Anything Award was given to Jim Elliott for completing a ride across the United States on November 17th. The winner of the monthly Ride Leader Incentive Award drawing was Scott Sievers for his November 19th ride. The Bicycle Friendly Community award was given to Sangamon County and its partners for completing the extension of the Sangamon Valley Trail.

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

A few words from Tom Clark, SBC President



REGISTER NOW for SBC's Winter Party on Feb. 2 at Northfield Inn! There are online and mail-in options to register and pay by the January 26 deadline. Our next socializer is Jan. 10 at Engrained.

Thanks to **Gladys Hajek** for organizing both the Winter Party and Socializer. The only leader-led ride this month is **Marty Celnick's** Jan. 1 New Year's Day Ride. Our A/B and BCD Show-N-Gos continue all month, including MLK Holiday Show-N-Gos on January 15 See the ride schedule for details.

Happy New Years, everyone!

SBC January Socializer

Wednesday, January 10, 2018
5 p.m. to 7 p.m.

Engrained Brewing Company

1120 West Lincolnshire Ave., Springfield, IL
(by Scheels)



- Appetizers furnished • Cash Bar • Drawings for Free Drinks
- Hope to See You There! — *Gladys Hajek*, Social Chair

Secretary's Report

By SBC Board of Directors

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

New Members

Brian P. Monahan
David Holloway

Renewing Members (cont.)

Gerald Aldrich
Chuck & Gerry Orwig
Mike Royer
Bode & Marybeth Zietz

Renewals at the Contributing Level

Don McFall
Kevin & Carolyn Proctor

Renewals at the Contributing Level

Jim Disney
Don & Lorena Harvey and family

Renewals at the Sustaining Level

Blaine Redemer
Larry Small

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.

SBC Winter Party & Awards Banquet

Friday, February 2, 2018

PRINTABLE REGISTRATION FORM

Northfield Inn, 3280 Northfield Drive, Springfield, IL. Doors Open at 6:00 PM. Dinner 7:00 PM.

\$10 per person (dinner). One guest per member allowed. Maximum of two members & two guests per registration. Tickets will be mailed to address on registration form. No ticket sales at door. Must bring tickets to be served at event.

Member's Personal Information

First Name*	Last Name*		
Address*		State*	Zip*
Email address*			
Primary Phone		Secondary Phone (if any)	

Select Your Meal (meal selection required)

- ☐ Chicken Stuffed w/Prosciutto Ham & Swiss Cheese w/Garlic Cream Sauce
- ☐ Sliced Sirloin in Red Wine Sauce w/Pearl Onions, Bacon & Mushrooms
- ☐ Vegetarian / Fettuccini Noodles with Alfredo Sauce

Would you like to bring a guest? (leave blank if not bringing a guest)

Guest Name _____

Guest's Meal (meal selection required for each person attending)

- ☐ Chicken Stuffed w/Prosciutto Ham & Swiss Cheese w/Garlic Cream Sauce
- ☐ Sliced Sirloin in Red Wine Sauce w/Pearl Onions, Bacon & Mushrooms
- ☐ Vegetarian / Fettuccini Noodles with Alfredo Sauce

Leave this section blank if a second member is not attending

Second Member's Personal Information (please enter any contact information different from above)

First Name*	Last Name*		
Address		State	Zip
Email address			
Primary Phone		Secondary Phone (if any)	

Second Member's Meal (meal selection required for each person attending)

- ☐ Chicken Stuffed w/Prosciutto Ham & Swiss Cheese w/Garlic Cream Sauce
- ☐ Sliced Sirloin in Red Wine Sauce w/Pearl Onions, Bacon & Mushrooms
- ☐ Vegetarian / Fettuccini Noodles with Alfredo Sauce

Would this member like to bring a guest? (leave blank if not bringing a guest)

Second Guest's Name: _____

Second Guest's Meal (meal selection required for each person attending)

- ☐ Chicken Stuffed w/Prosciutto Ham & Swiss Cheese w/Garlic Cream Sauce
- ☐ Sliced Sirloin in Red Wine Sauce w/Pearl Onions, Bacon & Mushrooms
- ☐ Vegetarian / Fettuccini Noodles with Alfredo Sauce

Cost per person (for dinner) - \$10.00

TOTAL COST ☐ 1 person (\$10) ☐ 2 persons (\$20) ☐ 3 persons (\$30) ☐ 4 persons (\$40)

Mail completed registration with your check to:

Gladys Hajek
SBC Winter Party
3524 Sandwood Dr
Springfield, IL 62711

NOTE: Mail-in registrations must be postmarked by Jan. 26, 2018

January 2018 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 through Friday 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	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. For information about this ride, contact Derek Ewing at 624-2016; also check Facebook at "Springfield IL Area Cycling" for updates.
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.	Vredenburg Park Saxon Dr & Crusaders Rd Tom Clark, 726-5560	Weekday BCD Club Ride. Show-N-Go. Ride the trails or go out in the country. Turn in miles to the records keeper. There is no ride leader, but Tom can answer questions about this ride.

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. There is no ride leader, but Marty can answer questions about this ride. 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 along the Sangamon Valley Trail to Stuart Park for 12 mile RT or take the new extension north for up to 24 mi. There is no ride leader, but Ted can answer questions about this ride. 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. NOTE: location and time may vary (see Facebook page)	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	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 Ewing at 624-2016 if you have any questions.
Saturdays and Sundays 11:00 a.m. NOTE TIME	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Weekend BCD Ride — Hit 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.
Scheduled Rides and Events		Check start times!
Monday January 1 11:00 a.m.	Rock 'N Roll Hardees 2501 Adlai Stevenson Dr Marty Celnick, 522-4206	ABCD — New Years Day Ride. Ride for 10-25 miles. Start the new year by keeping your resolution to ride more miles!
Wednesday January 3 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.
Wednesday January 10 5:00-7:00 p.m.	Engrained Brewery and Restaurant (next to Scheels) 112 West Lincolnshire Blvd. Gladys Hajek, 698-7626	NC — January Socializer. Beat the winter blues by mixing and mingling with your bicycling buddies. Free appetizers; cash bar.
Monday January 15 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Holiday A/B Ride. See Weekend A/B Ride description.
Monday January 15 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Holiday BCD Ride. See Weekend BCD Ride description.

Friday February 2 6:00 p.m. Party 7:00 p.m. Food NOTE TIMES	Northfield Inn 3280 Northfield Drive Gladys Hajek, 698-7626	NC – Annual Winter Party and Awards Banquet. This event is open to all SBC members and one guest each. Social hour starts at 6 p.m., with dinner at 7 p.m. and incentive drawings, an awards ceremony, and a slide show at 8 p.m. Register online at www.GetMeRegistered.com/SBCWinterParty . Dinner is \$10 per person. Members must select one of three dinner options (chicken, beef, or vegetarian) for each person in their reservation when they register and pay. Maximum of two members and two guests per dinner reservation. Please send photos for the slide show to photos@spfldcycling.org .
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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 January 26 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!

Ski Club Trivia Night
Friday, January 12th 7:00 PM
Doors open at 6:00 PM
Erin's Pavilion, Southwind Park
4965 S. 2nd St, Springfield

Proceeds to benefit GROUNDS FOR GRACE
and the RUTLEDGE FOUNDATION

Open to the Public / Everyone is Invited
Get your teams together!

\$10 Entry Fee Per Player - Table Limit 6 - 10
Players - 1st, 2nd, & 3rd Place Team Prizes

50/50 Drawing - Cash bar and packaged
snacks available from Arena Food Services

For more information contact Rick Bergt
341-8225 or Rick Griminger 787-1440 or
communityservice@springfieldskiclub.org

Registration is Open! Sign Up Today

Grand Illinois Bike Tour
June 10-16, 2018



rideillinois.org/events/grandillinoisbiketour



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

Tom Clark
726-5560
president(at)spfldcycling.org

Treasurer

Jim Hajek
698-7626
treasurer(at)spfldcycling.org

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Bill Donels
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legislative(at)spfldcycling.org

Membership

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971-3193
membership(at)spfldcycling.org

Vice President

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social(at)spfldcycling.org

Incentive Chair

Marty Celnick
553-2297
Incentive(at)spfldcycling.org

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**