



the Quick Release

www.spflcycling.org

May 2018

**Team up with your coworkers for the
Curb Your Car**



Commute Challenge
Bike • Bus • Walk • Run

MAY 13-19, 2018

Register your team at www.sscrpc.com

Traveling Trophy & Gift Certificate for Winning Teams

Team Member Prize Drawings

Team Leader Prize Drawing

"Passport" Prizes

Bicycle Group Commute on May 16th

Night Bike Ride on May 19th

Free SMTD Bus Ride with Bicycle All Week



7 p.m.
May 16th

See Ride
Schedule (p. 3) for
Curb Your Car Week
event details

What's Inside?

Incentive Awards.....	2
President's Column.....	2
Secretary's Report.....	2
May Ride Schedule.....	3

Incentive Awards

By Marty Celnick, Incentive Chair

Deb Cooper's March 18th ride from Stuart Park was chosen as Ride of the Month. Congrats Deb!

The winner of the monthly Ride Leader Incentive Award drawing was Ted Sunder

The Bicycle Friendly Community Award was won by Bud Altman and the Lincoln Prairie Trails Conservancy for their efforts to restore and extend the Lincoln Prairie Trail, which runs between Taylorville and Pana. They formed the Conservancy as a nonprofit and worked with city governments and others to secure funding and bring the trail back to life.

Their grand re-opening on April 21 was a big success. Congrats to Bud and all of the volunteers!

A few words from Tom Clark, SBC President



After a cold spring, cycling season has finally sprung! We have a variety of rides and events in May to celebrate National Bicycle Month. It's a great time to show your passion for bicycling and

making our community more bicycle friendly. We'll partner again on Curb Your Car week with the Regional Planning Commission on events that promote cycling as an active transportation alternative. See page 1 highlights and details in schedule. Thanks to VP **Scott Sievers**, we once again have leader-led Club rides every weekend as well as on weekdays and weeknights. See schedule for details.

Hope to see you at a ride or event this month!

Not Getting Emails or Having Login Problems?

By Ted Sunder, Board Secretary

We are working on changing everyone's username to their email address. If you prefer to keep your existing username, contact me and we will retain it. If you have a new email, email to me so I can update your information. We emailed an SBC announcement to everyone in late April. Did you get it? If not, please check your Spam folder. If it is not there, please sign into the club website and check that your contact email is correct. If you have trouble logging in, contact me at Secretary@spfldcycling.org or 217-971-3193.

Secretary's Report

By Ted Sunder, Board Secretary

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

New Members -

Ken, Debbie and Joe Miller
Nina Rossini

Renewing Members -

Jim and Deb Stahl
Tony Kolbeck
Bud Altman Scott
Scott and Tracy Parker
Bob Coady
Jeff Young
Thomas Fisher
Bill and Carol Rice
Ben Fox
Jerry and Debbie Ihnen
Mariah and Kevin Shaver

Renewals at the Contributing Level -

Mark and Linda Flotow

Renewals at the Sustaining Level -

Joel Johnson
Byron Nesbitt
Greg and Colleen Pinto

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.

May 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. 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 NOTE: Location Change!	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 5:45 p.m.	Parking lot at east end of Wabash Trail by Sonic Wabash Ave & Park St Marty Celnick, 494-9967	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 meet up with those riding from Sonic. This ride will get you 16 miles from Sonic or 21 miles from Parkway Pointe. Lights recommended.
Tuesdays 5:45 p.m.	Location varies Jim and Sandra Elliott, 899-2142	C — Tuesday C-Group Bike Ride. Join Jim and Sandy for a ride of 20 to 30 miles at an easy 12 to 15 mph pace. This is a no-drop ride with a rotating start location. Call or text Jim to receive an invitation to join the group and receive information about upcoming rides.
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 recommended.
Wednesdays 5:45 p.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Ted Sunder, 698-9194	BC – Ride along the Sangamon Valley Trail to Stuart Park for 12 mile round-trip, add an airport loop for an extra 3 miles, or take the new extension north for up to 24 miles. Lights recommended.
Thursdays 5:45 p.m.	Stuart Park parking lot Winch Lane Alan Whitaker 494-6807	D – We might go south or we might go north, depending on the whims of the group. Either way it will be a leisurely 12-mile round-trip on the Sangamon Valley Trail. This ride is specifically designed for riders who think our other group rides might be a little fast for them. Come out and enjoy the beautiful Sangamon Valley Trail at a relaxed pace!
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 recommended.
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 recommended.
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.”
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.
Sundays 4:00 p.m.	Stuart Park parking lot Winch Lane Scott Sievers, 801-2873	D — Family and New Bicyclists Ride. New to cycling or just like to go for an easy spin with your spouse and kids? Give this casual ride a try. No need for lycra shorts or a carbon-fiber bike; just wear what’s comfortable to you and ride what you have. We’ll stick to the Sangamon Valley Trail for about 12 miles round-trip, meeting back at the park for free sweet treats for all riders!

Scheduled Rides and Events		Check start times!
Wednesday May 2 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 May 5 9:00 a.m.	Rotary Park Archer Elevator & Iles Marty Celnick, 522-4206	BCD — Marty will be looking at the wind direction to determine the best route for a ride of 20 to 40 miles.
Sunday May 6 9:00 a.m.	Centennial Park MAIN parking lot (not the trailhead) Ernie DeFrates, 971-1246	BCD — Follow Ernie toward Loami for about 30 miles roundtrip.
Saturday May 12 9:00 a.m.	Rotary Park Iles and Archer Elevator Rd Alan Whitaker, 494-6807	BCD - Alan will take us to Pleasant Plains for 40 miles round-trip, with cut-offs available. D riders can ride the Sangamon Valley Trail.
Sunday May 13 1:00 p.m. NOTE TIME	Centennial Park MAIN parking lot (not the trailhead) Mike Kokal, (618) 560-9288	ABC — Winery Ride. Pedal 16-20 miles with Mike to Danenberger Family Vineyards (12341 Irish Road, New Berlin) for libations.
Sunday May 13 Through Saturday May 19	Your Residence!	ABCDEZ — Curb Your Car Commute Challenge. Join other bike commuters from SBC and the Springfield area for the ride into work all week long! This is the sixth year for the event. Check with your employer to see if it is participating in the challenge. For details go to the Springfield-Sangamon County Regional Planning Commission's website, www.sscrpc.com , and then go to the Active Transportation web page under Transportation Planning. Don't forget to turn in commuting miles to the club record keeper.
Monday May 14 5:30 p.m.-6:30 p.m.	Scott B. Sievers, P.C. 920 South Spring Street Scott Sievers, 801-2873	NC – Ride Leader Training. Learn how you, too, can join the exciting and rewarding world of the Springfield Bicycle Club ride leader! Learn the basic procedures of planning and leading safe and fun rides. To attend this training, send your RSVP to Scott by May 13 by e-mailing him at springfieldsievers@gmail.com .
Wednesday May 16 7:30 a.m.	Washington Park Pavilion (south side of park) Bill Donels, 546-8036	D — Bike to Work Week Group Commute. This ride is part of Curb Your Car week. Ride from the park to Café Moxo for coffee, then off to work we go!
Wednesday May 16 6:30 p.m. NOTE TIME	State Capitol Visitors Center parking lot, behind Boone's Saloon – entrance at 399 W Edwards St (approximate) Tom Clark, 726-5560	EZ — Ride of Silence. Join cyclists worldwide in a silent, slow-paced ride (max. 12 mph) in honor of those who have been injured or killed while cycling on public roads. The goal is to raise awareness that cyclists have a legal right to the public roadways and to ask that we all share the road. Riders should begin gathering at 6:30 p.m. The ride will depart in silence at 7:00 p.m. Helmets recommended, lights required. To learn more about this ride and its history, please visit www.rideofsilence.org .
Saturday May 19 8:00 a.m. NOTE TIME	Chatham Community Park East end parking lot, off Park St. 760 S. Main, Chatham David Kalaskie, 502-2871	BC — Join David for about 30 miles of mild hills. He'll also provide a tire-changing demonstration after the ride for those interested.
Saturday May 19 9:00 p.m. NOTE TIME	State Capitol Visitors Center parking lot, behind Boone's Saloon – entrance at 399 W Edwards St (approximate) Michael Higgins, 836-9821	EZ — Night Ride. Chef Michael Higgins has a 6 or 12-mile route. Helmets recommended, lights required.
Sunday May 20 9:00 a.m.	Rochester Station Deb Cooper, 899-8385	ABCD — Deb will guide us on a 25 to 35 mile route to Edinburg and back. D riders can ride the trail.
Saturday May 26 9:00 a.m.	Waldrop Park Sherman Cindy Kvamme, 971-8687	ABC — Take a spin with Cindy from Sherman to Middletown. 35 miles with a 24-mile cutoff.

Sunday May 27 9:00 a.m.	Chatham Community Park East end parking lot, off Park St. 760 S. Main, Chatham Mark Rabin, 836-8500	ABC – Mark will lead us south to Virden, then we'll wander around in the countryside for about 40 miles. Riders who don't want to ride the distance can do an out-and-back to either Auburn or Virden, or ride the trail.
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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		
Tuesdays & Thursdays 5:45 p.m.	BikeTek 957 Clock Tower Dr Show-N-Go	Salisbury Hill Ride. This is a challenging ride of about 25 miles on a hilly course, with speeds in excess of 20 mph. Lead riders often slow to allow others to regroup on the hills. Riders sprint on Bruns Lane and again on Churchill Road. This ride is good for cyclists learning the skill of riding in a large group.
Tuesdays & Thursdays 5:45 p.m.	BikeTek 957 Clock Tower Dr Show-N-Go	Team MACK Training Race. For newer riders looking to race, this 32-mile ride offers a great opportunity to improve your top-end speed and race skills. Riders average 23-28 mph and ride in pace lines. Road bikes preferred. Cyclists will sprint five times on the Tuesday night rides.
Wednesdays 6:10ish p.m.	Wheel Fast 17 Cottonwood Dr Matt Saner, 483-7807	ABC — Wheel Fast Road Ride. Intermediate training ride. Meet at the bike shop and plan on 16-20 miles. Faster group leaves at 6:10. Others leave immediately after.
Every Other Wednesday May 2, 16, 30 5:45 p.m.	New City Church parking lot New City Rd, Pawnee Steve Schien, 741-8388	New City Time Trials. This is a non-affiliated 10.85-mile time trial on Pawnee New City Road. Most riders are seeking to improve their cycling ability and personal time-trial speed. All are welcome to participate. Check in immediately after arriving. The goal is to send off the first rider at 6:00 p.m. Riders are started in 15-second intervals with the slower riders first. Bring \$2 for the timer. Call or text Steve to be added to the email group for updates.
Thursdays 5:45 p.m.	Scheels 3801 S. MacArthur Blvd Jim Storm, 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 ride leader stays with the participants of each riding group. Follow us on Facebook at springfieldscheels . Helmets required.
Saturday May 19 7:30 a.m.	Lake Springfield Beach House 100 Long Bay Lane	Capital City Biathlon — Run a 5K (3.1 miles) on closed lake roads and bike 15 miles on rural roads from Lake Springfield toward Lake Sangchris. www.triharderpromotions.com
Friday May 25 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!

My granddaughter is now too old to ride in the trailer and too proud to ride on the kid back tandem. She wants to ride her own bike. So . . .

FOR SALE

Bell Sport CoPilot Bicycle trailer Trek Kid Back tandem, MT 201
with stroller conversion kit



Call Mike Becker, 528-3405

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 2:	Birth date*
Name 3:	Birth date*
Name 4:	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

Treasurer

Jim Hajek
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Legislative/Education

Bill Donels
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Membership

*Position combined with
Secretary position; see
Membership Secretary*

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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**