



the Quick Release

www.spflcycling.org

December 2018



Save the date !!!!!

January 25, 2019

Annual Winter Party and Awards Banquet
Check <https://www.spfldcycling.org/>
or Springfield Bicycle Club, Springfield IL
on Facebook for more information.

What's Inside?

Incentive Awards.....	2
President's Column	2
Secretary's Report.....	2
December Ride Schedule	3
Recent Event Photos	6

Incentive Awards

By Marty Celnick

The Bob Carmody Memorial ride was voted Ride of the Month for October. On a chilly fall morning, 24 riders braved the cold and rode distances of up to 52 miles. Afterwards, they were served a catered meal from McCormick's Smokehouse. Donations to the American Cancer Society were accepted. Thank you to Brenda Carmody-Price, and all others who made this event possible.

Jonathan Michael Roth won the Ride Leader Incentive Award, and will receive a \$50 gift certificate to the bike store of his choice. He led the Oktoberfest ride on Sunday, October 7th.

There were no nominations for the Almost Anything Award. To make a nomination for the Almost Anything Award or the Bicycle Friendly Community Award, please send an email to incentive@spfldcycling.org.



President's Column

A few words from Scott Sievers, SBC President



Kick off 2019 right by joining Marty Celnick on his New Year's Day Ride. Sometimes the weather is almost comfortable; other times, it's bone-chilling. Marty typically leads us from the Rock 'N

Roll Hardees on Stevenson Drive around Lake Springfield and back. It's not the longest of rides, but it's enough for you to say afterward that, so far, you've biked every single day of the year! (Hokey, but the dad-jokin' guy in me loves that.) I've ridden it at least three times, and I hope to do so again this year. Come join us for this classic event.

This newsletter gets locked down long before it arrives in your mailbox, so it's not as agile as our Facebook page. That makes a big difference during the winter months, when some days are too nasty to even think about riding outside while some other days surprise us by being nice enough to consider ditching the indoor trainer and hitting the road with our biking buddies. Because of that, keep an eye on our Facebook page for rides that might pop up on short notice depending upon weather conditions. But be warned: Winter riding can be dangerous if you're not suitably prepared, so make sure you are dressed appropriately, know where you are going, and can handle mechanical problems that might arise.

Finally, you will want to save the date for the Winter banquet: Friday, January 25, 2019. The banquet is a chance to see what your cycling friends look like when they're not wearing lycra and helmets. As it was last year, the banquet will be held at the Northfield Inn, Suites & Conference Center on Springfield's north side. We'll eat, drink, and be merry as we celebrate what made the Springfield cycling world go round in 2018 and look to shift it into high gear in 2019!

Secretary's Report

By Ted Sunder

Thanks to **renewing members** for their continued support.

New Members

None

Renewals at the Sustaining Level

Marty Celnick
Harv Koplo and Annette Chinuge
Blaine Redemer

Renewing Members

Kevin and Linda McClain
Mark and Ann Vassmer
Judy Shipp
Patrick and Sheri Daniels

Renewals at the Contributing Level

David and Becky Kalaskie
Paul Sullivan
Thomas Dodegge
Libby Shawgo

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.

December 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 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.

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	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. Lights required.
Tuesdays and Thursdays 5:30 p.m.	Main Pavilion in Washington Park	All Levels – Show-N-Go from the Pavilion counter-clockwise around Washington Park. Goals is to add base miles. 15-17 mph. Bring lights and extra lights, so we are visible for the runners. Contact Sean Walker on Facebook or call/text/email 217-652-5250 / vpspfldcycling.org for details.
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 5:45 p.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Show-N-Go	BC – Show-N-Go along the Sangamon Valley Trail to Stuart Park for 12 mile RT, add an airport loop for an extra 3 miles, or take the SVT North for up to 24 miles. There is no ride leader. 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 (Except Dec. 24) 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!
Wednesday December 5 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.
Tuesday January 1 11:00 a.m.	Rock 'N Roll Hardees 2501 Adlai Stevenson Dr Marty Celnick, 522-4206	ABCD – New Year's Day Ride. Ride for 10-25 miles. Start the new year by keeping your resolution to ride more miles!
Other Area Rides & Events		Check start times!
Saturdays and Sundays 10:00 a.m.	The SIMBA Weekend Shred at the Springfield Lake Trails	MB - Join the Springfield II Mountain Bike Association (SIMBA) for some trail rides at Lake Springfield Starting Nov 17th. CONDITIONS PERMITTING. Meet at the Pump Station. Paul McAdamis will check trail conditions each Friday.... DO NOT RIDE WET TRAILS just because it's 10am Sat/Sun. Paul will update conditions Friday night. Check the SIMBA Facebook page for additional details (search "Springfield II Mountain Bike Association" on Facebook, then click "Join Group.").

FOR SALE

Get yourself a GREAT Christmas present!



Trek Madone 6.5 Carbon Fiber Size 56
 Full Dura-Ace Running Gear
 Bontrager Race X Lite Wheels
 Continental 4000 tires
 Cat-Eye Computer
 Carbon Fiber Handlebar
 Dura-Ace Pedals
 Fiberglass Water bottle cages
 Fizi:k Saddle

Asking \$2500.00 (Originally \$6000.00)

Also available: Blackburn Ultra Stationary Trainer
 Various other Bicycle articles

Contact: Bob Sorenson 217-529-1141 or 217-741-5749

Recent Event Photos



Anne Bretscher Schroll (center) lead SBC's Intro to Gravel ride on Saturday, October 27, from New Salem State Park towards Tallula for about 30 miles roundtrip. Afterwards, riders refueled at Hand of Fate Brewing Co./Dr. Ugs Cafe in Petersburg.



Riders climbed up a hill during SBC's Intro to Gravel Ride on October 27.



SBC TRAVELS: Jordan Litvak, Shayla Pfaffe, Andrew Klingele, Paul O'Connor and Scott Sievers rode the Hilly Hundred in Ellettsville, Indiana, on October 6-7.



Local bike group Bike N' Brews had to pile up some bags along the way but this was a haul! Clean up started at each end of the Wabash Trail Saturday, October 6 and met in the middle. Thanks again to everyone who came out!! Audra McClure, Megan Nicole, RC Brown, David Flint, Chris Cormaney, Geoffrey Pettys, Terri Pearson-Nelson, Ty Poppenhouse, and Ryan McCulloch.

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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Scott Sievers
801-2873
president(at)spfldcycling.org

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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**