



the Quick Release

www.spfldcycling.org

April 2019

SBC cycles the cobbles



Mike Eymann, Ron Summers, Scott Parker, Scott Bell and Larry Stone pedal across the 1.4-mile bricked section of Old Route 66 near Auburn on March 23rd as part of SBC's Central Illinois Cobbles ride. (Photo by Troy Gilmore.)

In European pro cycling, spring events feature races on cobblestone roads and are known as the Cobbled Classics. On March 23, SBC's new vice president, Troy Gilmore, gave members a taste of those rough roads on his Central Illinois Cobbles ride.

A dozen riders braved wind and chill to take on the nearly 40-mile route that

crossed the 1.4 mile stretch of bricked Old Route 66 near Auburn four times before returning to Chatham Community Park.

Gilmore will lead another cobbles ride on April 14th to coincide with Paris-Roubaix, a French race known as the Hell of the North that includes brutal cobblestone sections.

SBC Challenge Rides begin April

The 2019 SBC Cycling Challenge series begins on April 28th from Rochester Community Park, with registration opening at 7 a.m.

The ride will offer routes of 26 miles to Riverton, 57 miles to Illiopolis and 103 miles to Mt. Pulaski. Route maps and cue sheets will be available at registration.

The other Challenge rides are on June 9th from Stuart Park, July 21st from Centennial Park and August 4th, again from Rochester Community Park, with the Capital City Century on September 8th as the final event of the series.

Organized by SBC members Larry and Vanessa Willmore starting in 2018, the Cycling Challenge series aims to build riders' fitness by offering routes of varying lengths up to about 100 miles to help train to complete their chosen distance on the CCC. The first four events are free.

Cyclists who sign in at the beginning of each Cycling Challenge ride and complete at least three of the five events earn a spot on the SBC Challenge Wall of Fame. They also may earn a bronze, silver or gold award depending upon how many Cycling Challenge miles they rack up.

The Cycling Challenge awards will be presented at the SBC Annual Winter Party and Awards Banquet in early 2020.

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Secretary's Report

By Ted Sunder

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

New Members

Chris Flynn
Fred Manker
Les Warden

Renewal at Patron Level

Jim and Sandy Elliott

Renewal at Sustaining Level

Tony Kolbeck
Byron Nesbitt

Renewals at Contributing Level

Rick Haberkorn
Vaughn Morrison, Sherry Knight,
and Danielle Morrison
Mark and Linda Flotow
Jeff and Marilyn Regan

Renewing Members

Don, Lorena, Cami, Jadon,
and Sheena Harvey
Bill and Ginny Gillespie
Andrew Kochman
Roy Harley
Nina Rossini
Kevin and Dianna Hamblin
Ron Summers
Ben and Cathy Fox
Scott and Tracy Parker
Don and Melanie Caspary
Connie Roberts
Michelle Rowe

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.



A dozen riders started the Central Illinois Cobbles ride on March 23rd from Chatham Community Park. (Photo by Troy Gilmore.) On April 14th, SBC will hold another cobbles ride to coincide with the 2019 running of the Cobbled Classic professional road race, Paris-Roubaix. The first 20 participants at the SBC ride will receive this special award, built by Troy Gilmore himself. (Photo by Scott Sievers.)

Incentive Awards

By Marty Celnick

February was a cold month. Surprisingly, in defiance of predictions it averaged only half a degree below normal. We lucked out in that respect, because Minneapolis was about eight degrees colder than normal. There wasn't much snow, either, but for most of us, it was too cold to ride. There were no led rides, and no nominations for the Almost Anything Award, but soon spring will arrive, and with that, a new riding season. Let's make it the best!



SBC Incentive Chair Marty Celnick commutes home from work on March 22.

For the latest SBC news
on rides and events,
check out our Facebook page:
[https://www.facebook.com/
spfldcycling/](https://www.facebook.com/spfldcycling/)

Interested in leading a Springfield Bicycle Club ride or in becoming an SBC ride leader?
Contact SBC Vice President Troy Gilmore
at (217) 720-1568 or vp@spfldcycling.org

April 2019 Ride Schedule

For updates, corrections and last-minute changes to the ride schedule, please check the SBC website at www.spfldcycling.org or the group Facebook page. Unless otherwise indicated, **repeating** rides will not take place on holidays. All rides return to the starting point unless otherwise noted.

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.

B For strong, experienced riders with considerable group riding experience. Expect the emphasis to be on improving individual stamina and riding skills. 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.

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.

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 mem-

ber to stay with the slowest rider and to offer assistance for flats and other minor mechanical problems.

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.

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

NC – Non-Cycling events.

MB – Rides suitable for mountain bikes.

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).

REPEATING DAYTIME RIDES

Saturday and Sunday 9:00 a.m.	Vredenburg Park 100 Crusaders Road Springfield, IL Show-N-Go	AB 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 & B-riders are welcome, but they should be self-sufficient or accompanied by an experienced rider. For more info call Derek Ewing (217) 624-2016.
Monday, Wednesday, and Friday 9:00 a.m.	Vredenburg Park 100 Crusaders Road Springfield, IL Show-N-Go	AB Ride. This is a no-drop ride, but riders should be able to maintain speeds of 18-20 mph for 20-40 miles between stops. Usually includes a stop midway followed by a coffee stop after the ride at Caribou Coffee. For more information about this ride, contact Steve Casper (217) 414-9833.

REPEATING DAYTIME RIDES (CONTINUED)

Tuesday 10:00 a.m.	Chatham Community Park east end parking lot 760 S Main Street Chatham, IL Ride Leader: Cindy Kvamme (217) 971-8687	C Ride. Cindy may choose to take you on some country roads for 25 to 30 miles at a pace of 13-14 mph.
Wednesday 10:00 a.m.	Centennial Park Sangamon Valley Trailhead 5529 Bunker Hill Rd. Springfield, IL Ride Leader: Cindy Kvamme (217) 971-8687	C Ride. Cindy will lead you on a ride the Sangamon Valley Trail or may possibly go into the country. 25 to 30 miles at a pace of 13-14 mph.
Friday 10:00 a.m.	Wabash Trail by Sonic 3102 S. Park Avenue Springfield, IL Ride Leader: Cindy Kvamme (217) 971-8687	C Ride. Ride with Cindy on the Interurban/Wabash Trail. 25-30 miles at a pace of 13-14 mph.

REPEATING EVENING RIDES

Tuesday April 9th & 23rd 5:30 p.m.	Quaker Steak & Lube 1120 W Lincolnshire Blvd Springfield, IL Ride Leader: David Kalaskie (217) 502-2871	C Ride. Ride the "Lollipop Route" for 20-30 miles at an easy 12-15 mph pace along the trail to Chatham and for a short distance in the country. This is a no-drop ride with rotating start location. Watch the Facebook page Tuesday C-group Bike Ride for more details.
Tuesday April 2nd, 16th & 30th 5:30 p.m.	BikeTek 957 Clocktower Dr Springfield, IL Ride Leader: Marty Celnick (217) 522-4206	C Ride. Ride the "Airport Loop" for 17 miles at an easy 12-15 mph pace along the Sangamon Valley Trail and for a short distance in the country. This is a no-drop ride with rotating start location. Watch the Facebook page Tuesday C-group Bike Ride for more details.
Wednesday 5:30 p.m. starts April 10	Sangamon Valley Trailhead 5529 Bunker Hill Road Springfield, IL Ride Leader: Ted Sunder (217) 971-3193	BCD Ride. Ride the Sangamon Valley Trail to Stuart Park for 12 mile round-trip or take the new extension north for up to 24 miles. Lights are recommended.
Thursday 5:45 p.m. starts April 11	BikeTek 957 Clocktower Dr Springfield, IL Ride Leader: Shayla Pfaffe (217) 836-3301	B Ride. Ride the "Hill Route" or other country roads from BikeTek. This ride is designed as a no-drop ride to encourage skills in becoming a better group rider. You'll become comfortable riding paceline and rotating along this 30ish mile ride. Expect pace to be close to 18 mph by mid to late season.

SCHEDULED RIDES AND EVENTS

Wednesday April 3rd 7:00 p.m.	Anderson Residence 2301 Sangamon Ave. Ken Anderson (217) 522-3876	NC – Board Meeting. All SBC members are invited to attend the board meeting.
Saturday April 13th 10 a.m.	Rotary Park Iles and Archer Elevator Road Ride Leader: Marty Celnick (217) 522-4206	CD Ride – Country Ride. Marty will be looking at wind direction to determine the best route for a ride of 20 to 40 miles.
Sunday April 14th 1:00 p.m.	Chatham Community Park east end parking lot 760 S. Main, Chatham Ride Leader: Troy Gilmore (217) 720-1568	BC Ride – Central Illinois Cobbles. Today is the 117th edition of Paris-Roubaix, a one-day professional race that covers a daunting gauntlet of cobbled sectors in France. Join us on central Illinois' own cobbles on a 40-mile route from Chatham through the countryside, crossing over the 1.4 mile of bricked Old Route 66 four different times. As in France, this ride will go rain or shine. Special awards to the first 20 riders.
Saturday April 20th 9:30 a.m.	Vredenburg Park 100 Crusaders Road Springfield, IL Read Leader: Deb Cooper (217) 899-8385	C Ride – Trail Ride. Start at Vredenburg Park and go to Centennial Park and then on to Stuart Park for 21 miles or on to the end of the SVT for 33 miles.
Saturday April 20th 7:00 a.m., 9:00 a.m., or 2:00 p.m.	Town Square Pittsfield, IL Ride Leader: Anne Baker Schroll (217) 414-4101	GR – Tour of Pike Co. Gravel Roads. Pike County, IL has more than just great hunting; it has amazing gravel roads. Park on the square in Pittsfield. Restrooms at the Casey's across the street. Ride one, two or three loops depending on the mileage you want. We'll circle back to our vehicles after each loop to restock water, food, tubes, etc. Gravel, cross or mountain bike. Working on getting SAG support at the time of this writing. After your ride, be sure to support the local restaurants in Pittsfield. Watch Facebook for more updates.
Sunday April 28th 8:00 a.m.	Rochester Community Park 90 Wild Rose Lane Rochester, IL	ABCD Ride – SBC Challenge Ride #1. Get ready to ride for your medals this year! The first SBC Challenge ride will offer three route options: 26 miles to Riverton, 57 miles to Illiopolis and 103 miles to Mt. Pulaski. Route maps and cue sheets will be available at the sign-up station. Watch Facebook for updates and for the Ride With GPS Routes. Registration opens at 7:00 a.m. the day of the ride at Rochester Community Park.

Want to write an article for the Quick Release newsletter?
Contact SBC President Scott Sievers
at (217) 801-2873 or president@spfldcycling.org

SBC TRAVELS

REGISTER INDEPENDENTLY—RIDE AS A GROUP!

Saturday April 6th 8:00 a.m. to 4:00 p.m.	Carbondale Middle School 1150 E Grand Avenue Carbondale, IL	Beautiful Southern Ride. Choose from a 30, 62 or 75 mile ride. All routes go through the hills and plains of beautiful southern Illinois, including Giant City State Park and Makanda to the south, the edge of Crab Orchard Wildlife Refuge to the east and Elkhart to the north. For more information go to www.beautifulsouthernride.com , or contact Scott Sievers to see who else from Springfield plans to attend.
Saturday May 11th 7:00 a.m. to 5:00 p.m.	Sugar Creek Winery 125 Boone County Lane Defiance, MO	Vino Fondo. This is a fully supported, timed ride. Although not a race, all participants will receive two measures of their achievement: overall ride time AND their climbing time over the penultimate beast, the Schluersburg. There are three distance options: 42, 75 and 104 miles. Each distance is tuned to maximize scenery and the regions' challenging topography. To register, go to https://www.bigshark.com/about/2019-vino-fondo-gran-fondo-5-11-19-pg796.htm , or contact Scott Sievers to see who else from Springfield plans to attend.

OTHER AREA (NON-SBC) REPEATING CYCLING EVENTS

Tuesday and Thursday 5:30 p.m.	BikeTek 957 Clocktower Dr Springfield, IL Show-N-Go	AB Ride – Team MACK Race Training. 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 pacelines. Road bikes preferred. Cyclists will sprint five times on the Tuesday night rides. Contact Gary Doering (teammack@comcast.net) with questions.
Wednesday 5:45 p.m.	Wheel Fast Bicycle Co. 17 Cottonwood Dr Chatham, IL Ride Leader: Matt Saner (217) 483-7807	ABC Ride – Wednesday Night Group Ride. Wheel Fast intermediate training road ride. Meet at the bike shop and plan on 16-20 miles. NOTE TIME CHANGE FOR 2019!
Every other Wednesday 5:45 p.m. starts April 17th	New City Community Church parking lot Pawnee-New City Rd & Cardinal Hill Rd Ride Leader: Steve Schien (217) 741-8388	ABC Ride – 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 Schien (217) 741-8388 to be added to the email group for updates.
Thursday 5:45 p.m. starts April 25th	Scheels 3801 MacArthur Blvd Springfield, IL Ride Leader: Jim Storm (217) 726-6330	ABCD Ride – Trail and Road Ride. 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.

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*

- 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

Treasurer

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

Legislative/Education

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legislative(at)spfldcycling.org

At-Large Members

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Cindy Kvamme
Nancy Thompson
at-large(at)spfldcycling.org

Vice President

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Social Chair

Gladys Hajek
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social(at)spfldcycling.org

Membership

*Position combined with
Secretary position; see
Membership Secretary*

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**