



the Quick Release

www.spfldcycling.org

May 2019

Rising to the Challenge



David Kalaskie, Ron Summers and Scott Parker reflect on completing the 104-mile route of the first ride of SBC's five-ride Cycling Challenge Series on April 28th, which started at Rochester Community Park. The next ride in the series is June 9th and starts from Stuart Park in Springfield. (Photo by Scott Parker.)

Downtown Open Streets event returns May 4th

Streets in downtown Springfield will be closed to automotive traffic, but open to pedestrians, bicyclists, and others on Saturday, May 4th, from 11 a.m. to 3 p.m.

The Downtown Open Streets event temporarily closes streets around the Old State Capitol to drivers but turns the roadways into paved parks open to activities such as walking, skateboarding, inline skating, and, of course, bicycling.

The road closures will allow cyclists to ride a loop from Washington Street north of the Old State Capitol down Fifth Street south to Monroe, then east to Sixth Street and back up to Washington Street.

The event has a health-and-fitness focus and will feature some bicycling-related activities. Springfield's upcoming bike-share vendor, Gotcha, is expected to be on hand. The event also includes a bicycle parade, a bicycle obstacle course, and bicycle parking at the Ace Bike Shop Bike Corral, where families may enter a drawing for a children's bike valued at \$239.

In its second year, Downtown Open Streets is an event promoted by Downtown Springfield, Inc. and sponsored by Memorial Health System.

For more information on the Downtown Open Streets event, visit <http://www.downtownspringfield.org/all-the-deets-for-open-streets/>.

Curb Your Car week starts May 12th

If you've never commuted by bike, it's time to get pedaling.

The Curb Your Car Commute Challenge runs Sunday, May 12, through Saturday, May 18. A project of the Springfield-Sangamon County Regional Planning Commission, Curb Your Car aims to get people to try ditching their vehicles in favor of more active forms of transportation, such as running, walking, and biking, as well as taking buses.

Curb Your Car offers a variety of events, including the Bike to Work Group Commute at 7:30 a.m. on Wednesday,

May 15th, from the Washington Park Pavilion. SBC President Scott Sievers and Vice President Troy Gilmore will guide the group downtown and on to the Old State Capitol Farmers Market, where riders can buy a cup of coffee at Café Moxo, then head off to work.

With the work week behind us, Maldaner's Chef Michael Higgins will lead one of the more entertaining Curb Your Car events: a night ride at 8 p.m. on Saturday, May 18th. Cyclists don front and rear

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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

Allen Bergschneider
 Bill and Linda Castor
 Melody Lyons
 Bill and Lisa Schultz
 Vince Smith
 John Voigts

Renewal at Sustaining Level

Joel Johnson
 Byron Nesbitt
 Marilyn Okon and Ed Doornbos
 Greg and Colleen Pinto

Renewals at Contributing Level

Mike and Cheryl Eymann
 Ken and Debbie Miller and Joe
 Larry and Vanessa Willmore

Renewing Members

Aric and Nancy Burklow
 Marilyn and Terry Clark
 Bob Coady
 Carol Fleck
 David Flint
 Kathryn Hanlon
 Ted Harvatin
 Jerry and Debbie Ihnen
 Tim Kinkelaar
 Art Meyer
 Bill and Carol Rice
 Kevin and Maria Shaver
 Jim and Deb Stahl
 Gary and Lynn Woerner
 Chuck and Annette Zalar

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.

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 also is available online and in each month's Quick Release newsletter.



Gotcha, the vendor for Springfield's upcoming dockless bike-share program, displayed one of its electric-assist bicycles at the Earth Awareness Fair on April 27th at the Old State Capitol. The bikes have three levels of electric assistance, disc brakes, as well as a built-in basket and lights. According to a Gotcha representative, Springfield can expect to receive 100 of the rental bikes in May or June. The bikes may be rented through a smart-phone app and used throughout the city. The venture does not rely upon tax dollars. (Photo by Troy Gilmore)

Incentive Awards

By Marty Celnick

It looks like Troy Gilmore has claimed all the incentive awards for March.

Troy's March 10th Daylight Savings Time ride was voted ride of the month. On that chilly and blustery March evening, Troy led a group of hardy cyclists on a ride into the coun-

try. After braving the strong winds and cool temperatures, they finished before dark. Before the ride Troy was interviewed on News Channel 20 and spoke about the virtues of cycling. For that interview, Troy received the Almost Anything Award. Troy also won the Ride Leader Incentive Drawing as a result of having led two rides during the month.

Spring has sprung for SBC cycling rides, events



SBC Vice President Troy Gilmore demonstrates riding rollers at the SBC station during the Earth Awareness Fair at the Old State Capitol on April 27th. (Photo by Scott Sievers)



More than a dozen riders ready themselves for SBC's Tour of Pike County Gravel Roads on April 20th in Pittsfield. Club member Anne Baker Schroll led riders on multiple loops through the area's rolling hills. (Photo by Steve Schroll)



A large group of riders strike a pose before the Tuesday C-group Ride on April 9th. The ride headed down the Interurban Trail to Chatham and then out into the countryside to do the so-called "Lollipop Route" for a total of about 23 miles. (Photo by Scott Sievers)



SBC President Scott Sievers rides computer-controlled rollers connected to the Zwift virtual reality game during the Earth Awareness Fair on April 27th. The game allows cyclists to translate their real-life effort into performance on a life-like virtual route. (Photo by Troy Gilmore)

FOR SALE

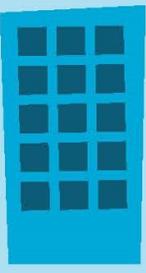
- A VERY Comfortable Ride!
- Trek Madone 6.5 Carbon Fiber
- Full Dura-Ace Running Gear
- Bontrager Race X Lite Wheels
- Continental 4000 tires
- Cat-Eye Computer
- Carbon Fiber Handlebar
- Dura-Ace Pedals
- Fiberglass Water bottle cages
- Fizi:k Saddle
- Asking \$2500 (Originally \$6000)

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



MAY IS BIKE MONTH

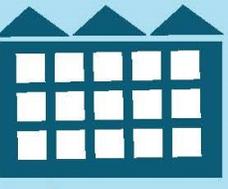
With so many reasons to ride, what's yours?



I RIDE TO ENJOY A LIFELONG SPORT.



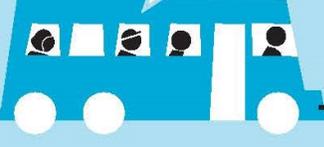
I RIDE TO SAVE MONEY ON GAS.



I RIDE TO FEEL THE WIND ON MY FACE.



I BIKE TO THE BUS TO GET PLACES FASTER.



I RIDE FOR LESS TRAFFIC.



I RIDE BECAUSE IT MAKES MY BUSINESS RUN BETTER.



I RIDE TO TURN MY COMMUTE INTO A WORKOUT.



I RIDE TO CREATE A HEALTHIER COMMUNITY FOR MY KIDS.



#BIKEMONTH BIKELEAGUE.ORG/BIKEMONTH

May 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 member 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).

Questions about leading a ride?

Contact vp@spfldcycling.org.

REPEATING DAYTIME RIDES

| | | |
|---|--|---|
| Saturdays and Sundays 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 at (217) 624-2016. |
| Mondays, Wednesdays, and Fridays 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 mid-way followed by a coffee stop after the ride at Caribou Coffee. For more information about this ride, contact Steve Casper at (217) 414-9833. |
| Tuesdays 9:00 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. |
| Wednesdays 9:00 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 on the Sangamon Valley Trail or may possibly go into the country. 25 to 30 miles at a pace of 13-14 mph. |

REPEATING DAYTIME RIDES (CONTINUED)

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| Fridays 9:00 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. |
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REPEATING EVENING RIDES

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| Mondays 5:45 p.m. | Wabash Trail by Sonic 3102 S. Park Avenue Springfield, IL Ride Leader: Becky Smith (217) 416-1827 | BC Ride. 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. |
| Tuesday May 7th & 21st 5:45 p.m. | Quaker Steak & Lube 1120 W Lincolnshire Blvd Springfield, IL Ride Leader: Troy Gilmore (217) 720-1568 | 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. NOTE THIS MONTH'S START TIME. |
| Tuesday May 14th & 28th 5:45 p.m. | BikeTek 957 Clocktower Dr Springfield, IL Ride Leader: (14th) Marty Celnick (217) 522-4206; (28th) Troy Gilmore (217) 720-1568 | 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. NOTE THIS MONTH'S START TIME. |
| Wednesdays 5:30 p.m. | 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 miles round-trip or take the new extension north for up to 24 miles. Lights are recommended. |
| Thursdays 5:45 p.m. | 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 in a paceline and rotating along this 30ish mile ride. Expect pace to be close to 18 mph by mid to late season. |
| Thursdays 5:45 p.m. | Stuart Park parking lot 1800 Winch Lane Springfield, IL Ride Leader: Alan Whitaker (217) 494-6807 | D Ride. We might go south or we might go north, depending upon 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 other group rides might be a little fast for them. Come out and enjoy the SVT at a relaxed pace. |

SCHEDULED RIDES AND EVENTS

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| Saturday May 4th 9 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. |
| Saturday May 4th 11:00 a.m. to 3:00 p.m. | From Washington Street to Capitol Avenue, from Fourth Street to Seventh Street | Downtown Open Streets. – This event temporarily closes streets to automotive traffic, allowing "people traffic" to take over and the streets to become "paved parks" where people of all ages, abilities, and backgrounds can come out and improve their health for free. Ride bikes, play hopscotch, do a workout, or other activities that you please. |

SCHEDULED RIDES AND EVENTS (CONTINUED)

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| Sunday May 5th 9:00 a.m. | Center Park (by Lindsay Bridge) Lake Park Drive Springfield, IL Ride Leader: Andrew Asher (217) 836-9952 | BC Ride – Join Andrew on a 40-to 50-mile Cinco de Mayo ride from Center Park by Lake Springfield into the country toward Kincaid. We may celebrate afterwards with lunch at a nearby Mexican restaurant. |
| Sunday May 12th thru Saturday May 18th | Your Residence | Curb Your Car Commute Challenge. ABCDEZ Ride – Join other bike commuters from SBC and the Springfield area for the ride into work all week long. This is the 7th 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 13th 7:00 p.m. | Community Room Schnucks Montvale 2801 Chatham Rd Springfield, IL Scott Sievers (217) 717-8022 | NC – Board Meeting. All SBC members are invited to attend the board meeting. |
| Wednesday May 15th 7:30 a.m. | Washington Park Pavilion (south side of park) Ride Leader: Scott Sievers (217) 801-2873 | D Ride – Bike to Work 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! Come dressed in your best professional work clothes to show how classy commuting to work can be. |
| Wednesday May 15th 6:30 p.m. | Capitol Area Visitor's Center College & Edwards streets (lot entrance on Edwards) Ride Leaders: Scott Sievers (217) 801-2873 & Troy Gilmore (217) 720-1568 | EZ Ride – Ride of Silence. Join cyclists worldwide in a silent, slow-paced ride (12 mph max) 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 ride to the public roadways and to ask that we all share the road. Riders should begin gathering at 6:30pm. The ride will depart in silence at 7:00pm. Helmets are recommended, lights required. To learn more about this ride and its history, please visit www.rideofsilence.org . |
| Saturday May 18th 10:00 a.m. | LeClaire Junction Park & Ride (West) Troy Rd & Longfellow Ave Edwardsville, IL Ride Leader: Shayla Pfaffe (217) 836-3301 | B Ride – Trails and Tacos. This 36-mile, approximately 17 mph ride leaves from the main trail head in Edwardsville by the water tower. After cycling Edwardsville bike trails, the group will head to Taqueria Z, a local restaurant, to partake in tacos for lunch. Make sure to bring your lunch money! |
| Saturday May 18th 8:00 a.m. | Lincoln's New Salem Visitor Center parking lot 15588 History Ln Petersburg, IL Ride Leader: Anne Baker Schroll (217) 414-4101 | GR Ride – Menard/Cass County Gravel Ride. Choose from 28 or 64 mile routes. Afterwards, head to nearby Petersburg for food, beverages and entertainment at the "Drinkin' with Lincoln" Streetfest. Ride the 28-mile route and then go out for more! Please note there are no stops on this route, so we will swing back by the parking lot for restrooms, to refill water, etc. Watch for downloadable GPS route maps on the Club's Facebook page. |
| Saturday May 18th 8:00 p.m. | Capitol Area Visitor's Center College & Edwards Streets Ride Leader: Michael Higgins (217) 836-9821 | EZ Ride – Night Ride. Chef Michael Higgins has a 6 or 12-mile route. Helmets recommended, lights required. |
| Sunday May 19th 9:00 a.m. | Rotary Park Iles and Archer Elevator Road Springfield, IL Ride Leader: Alan Whitaker (217) 494-6807 | BCD Ride – Alan will take us to Pleasant Plains for 40 miles round-trip, with cut-offs available. D riders can ride the Sangamon Valley Trail. |

SCHEDULED RIDES AND EVENTS (CONTINUED)

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| Sunday May 25th 9:00 a.m. | Waldrop Park Sherman, IL Ride Leader: Cindy Kvamme (217) 971-8687 | ABC Ride – Take a spin with Cindy from Sherman to Middletown. 35 miles with a 24-mile cutoff. |
| Sunday May 26th 9:00 a.m. | Chatham Community Park (east end parking lot) 760 S Main Street Chatham, IL Ride Leader: Mark Rabin (217) 836-8500 | ABC Ride – 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 that distance can do an out-and-back to either Auburn or Virden, or ride the trail. |
| Sunday June 9th 8:00 a.m. | Stuart Park parking lot 1800 Winch Lane Springfield, IL | ABCD Ride – SBC Challenge Ride #2. The second ride of the SBC Cycling Challenge series will offer three route options: 32 miles to Athens, 53 miles to Petersburg, and 104 miles to Oakford and Chandlerville. Route maps and cue sheets will be available at the sign-up station. Watch Facebook for updates and the Ride With GPS routes. Registration opens at 7:00am. |

SBC TRAVELS

REGISTER INDEPENDENTLY—RIDE AS A GROUP!

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| 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. |
| Saturday & Sunday, June 8th & 9th | Scott Community College 500 Belmont Road Riverdale, IA | Tour of the Mississippi River Valley (TOMRV) – The tour leaves from Bettendorf, Iowa (106 miles) or from Goose Lake, Iowa (75 miles) and travels into Illinois on its way to Clarke University in Dubuque, Iowa. The next day we return using a different route to Bettendorf (90 miles) or to Goose Lake (50 miles). The route is varied and scenic, using lightly traveled paved roads. There are many views of the Mississippi River as we ride along it, over it on bridges, and through it on causeways. The route is hilly near Dubuque, with 6,000 feet of climbing on Saturday and 4,000 feet on Sunday. For more information go to https://www.qcbc.org/tomrv/ , or ask Scott Sievers to see who else from Springfield plans to attend. |
| Saturday & Sunday October 26th & 27th | Edgewood High School 601 E Edgewood Drive Ellettsville, IN | Hilly Hundred – Riders face a hilly 50 mile route on Saturday followed by another on Sunday. Lodging is available at area hotels or on the grounds of the school complex that serves as the ride headquarters, where riders can tent-camp, stay in their own RVs, or sleep in a climate-controlled gymnasium. For more info go to https://www.hillyhundred.org , or ask Scott Sievers to see who else from Springfield plans to attend. |

OTHER AREA (NON-SBC) REPEATING CYCLING EVENTS

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| Tuesdays and Thursdays 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. |
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OTHER AREA (NON-SBC) REPEATING CYCLING EVENTS (CONTINUED)

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| 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 May 1st, 15th & 29th 5:45 p.m. | 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. | Scheels 3801 S. 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. |

OTHER AREA (NON-SBC) SCHEDULED RIDES AND EVENTS

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| Saturday May 4th Noon (Mini), 1:00pm (Sprint) | PORTA High School 17651 Blue Jay Road Petersburg, IL | Abe's Mini and Pioneer Sprint triathlons – Try a tri with a 100-yard indoor swim, five-mile bike ride, and a one-mile run for the Mini. Want more? Swim 300 yards indoors, bike 13 miles, and run a 5K (3.1 miles) in the Pioneer Sprint. Take Abe's Triathlon Challenge and do both triathlons back-to-back! www.triharderpromotions.com |
| Saturday May 4th 6:00 a.m. | McKendree University Melvin Price Convocation Center 701 College Road Lebanon, IL | Tour de Stooges Bicycle Ride – In its 22nd year, this event offers riders five routes ranging from 15 miles to 100 miles. Expect beautiful riding on lightly traveled country roads near Lebanon, Illinois, conveniently located off Interstate 64 about 20 minutes east of downtown St. Louis. The ride is known for clearly marked routes and being well supported, with full SAG support. Rest stops feature freshly baked cookies, other treats and Three Stooges cut-outs for your selfie pleasure. Finish your ride back at McKendree University, where a full buffet meal with lots of variety awaits. Dine as you enjoy plenty of your favorite Three Stooges film shorts. |
| Saturday May 25th 7:30 a.m. | Stuart Park parking lot 1800 Winch Lane Springfield, IL | Capitol City Biathlon – Run a 5K (3.1 miles) on closed roads and bike 15 miles on rural roads. Stuart Park allows use of the Sangamon Valley Trail, meaning no automotive traffic for either the run or bike. Online registration closes at 11:00 p.m. on May 23rd. http://triharderpromotions.com/ccbiathlon/ |

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lights and hit the quiet evening streets of downtown Springfield for a ride of six to 12 miles at an easy pace that's perfect for socializing. This ride will remind you that, while cycling can be an efficient form of transportation and a great workout, sometimes it's just about the simple joy of tooling around on a bicycle. Afterwards, riders often partake in more socializing at Boones Saloon, adjacent to the start and end of the ride.

Another fun aspect of Curb Your Car is the Passport. Cyclists ride to various sponsors' locations, including area bicycle shops, to get their Passports signed and then turn them in for prizes from Café Moxo. Visiting one to six of the sponsors earns a free cookie, while seven to 10 stops earns a half-sandwich bagged lunch. Working to fill your Passport forces riders to consider new routes as they bike from location to location.

Also, the Sangamon Mass Transit District, or SMTD, offers free bus rides during Curb Your Car week for those loading their bicycles onto the bus bike racks.

Finally, co-workers may form and register teams to compete against other teams.

For more information on the Curb Your Car Commute Challenge, including the many prizes participants may win, visit the Commission's website at www.sscrpc.com or its Facebook page.

SBC Travels: Beautiful Southern Ride Club's first 2019 trip proves fun, challenging



(Left) SBC members Paul O'Connor, Troy Gilmore, David Kalaskie, Karin Bell, Ron Summers, Scott Sievers, Scott Bell, and Joel Johnson ham it up before hitting the roads in and around Carbondale on April 6th as part of SBC Travels' first 2019 event, the Beautiful Southern Ride.



Paul O'Connor holds an award created by Troy Gilmore for each participant in the SBC Travels Beautiful Southern Ride trip. The award displayed the 63-mile route they rode along with the elevations of the nearly 3,500 feet in hills climbed along the way.



Ron Summers leads Karin Bell and David Kalaskie through a water-covered road. While the group found the route to be scenic and challenging, they also found the first of two rest stops to have minimal food and water and the second to have been shut down by 1:25 p.m. They also found that a telephone number organizers provided to report emergencies rang to voicemail, where at least one message was not returned during the course of the ride.

(Right) SBC Travels riders and family meet up for breakfast prior to the big ride. Not surprisingly, everyone ate healthy meals except Sievers.

(Left) Joel Johnson leads David Kalaskie up one of the many hilly but scenic roads on the Beautiful Southern Ride.



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
Sustaining: \$50 per year

Family: \$25 per year
Patron: \$100 per year

Contributing: \$30 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:

- | | | |
|---|--|---|
| <input type="checkbox"/> Lead bike rides | <input type="checkbox"/> Help with social activities | <input type="checkbox"/> Help with bicycle advocacy |
| <input type="checkbox"/> Help w/ Capital City Century | <input type="checkbox"/> Serve on the SBC Board | <input type="checkbox"/> 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: |

* providing birth dates is optional, but recommended to help us keep track of club demographics.

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Springfield Bicycle Board Members

President

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

Treasurer

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

Legislative/Education

Bill Donels
546-8036
legislative(at)spfldcycling.org

At-Large Members

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

Vice President

Troy Gilmore
720-1568
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Special Events & Projects

Harv Koplo
899-9175
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Web Editor

Alan Whitaker
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Membership Secretary

Ted Sunder
971-3193
secretary(at)spfldcycling.org

Records

David McDivitt
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Incentive Chair

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

Recording Secretary

Alicia Bibb
494-4134
recording(at)spfldcycling.org

Social Chair

Gladys Hajek
698-7626
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**