



the Quick Release

www.spfldcycling.org

June 2019

And the winner is ...

Club Board chooses winning logo design

Last fall Springfield Bicycle Club Board members voted to have a contest for the Club's new logo. The Board received many submissions, and after much deliberation, has chosen a design by local graphic designer Colby Baumberger.



Colby Baumberger

Featuring a silhouette of the State of Illinois with a star highlighting Springfield and set upon the backdrop of a bicycle wheel, the new logo will replace the old one (above) in upcoming editions of the Quick Release newsletter. But the newsletter is only the beginning.

"Members have been clamoring for new Club jerseys and other items, and we've listened," said Scott B. Sievers, Springfield Bicycle Club president. The Club hopes soon to offer cycling jerseys and other items featuring the new logo. Baumberger designed both a primary logo and a secondary logo, providing both black and white as well as color versions of each.

Baumberger is no stranger to the Club, as she often provides designs for t-shirts and signs for the Capital City Century as part of her job designing for Springfield Clinic.

Having her design selected, Baumberger will receive the \$250 contest prize. Baumberger is accepting new graphic design clients, and may be contacted at roate-colby@gmail.com.



The primary logo with the secondary logo beneath it.

Curbing their cars

On May 15, a biker gang of sorts gathered at Washington Park for a group bicycle commute downtown as part of the Curb Your Car Commute Challenge. The group included several Club members and local government officials, among others. Many gathered for breakfast afterward at Café Moxo.



Cinco de Mayo ride draws festive crowd



Riders lined up on May 5, 2019, at Center Park on Lake Springfield for a nearly 48-mile ride led by Andrew Asher that headed to Edinburg before looping back through Pawnee. (Photo by Jennifer Walker.) A large part of the group celebrated after the ride with lunch together at a local Mexican restaurant.

Secretary's Report

By Ted Sunder

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

New Members

Steven and LeAnn Fermon
and Jessica Noble

Renewal at Patron Level

Alan and Kathy Whitaker

Renewing Members

Steve and Peggy Randle
Janice and Charlie Perino; Julie and Joanne
Bud Altman
Jeff and Brenda Price
Larry and Lisa Stone
Tom and Bette Chesser; Emily Chesser
and Trevor Lister
Christopher Blum and Kristina Webb
Brad and Yvonne Clearwater; Kalynn
and Ty

NOTE: Those joining or renewing after the 15th of the prior month will appear in next month's report.

Joining or renewing your membership is easy. 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.

Ride of Silence honors killed, injured cyclists



Several riders attend the Ride of Silence at the Capitol Complex Visitors Center on May 15, 2019. The group rode slowly and in silence to reflect the solemnity of the event. The death of a bicyclist struck by a passing bus in 2003 in Dallas gave rise to the annual event, and in 2018 there were 373 Ride of Silence events across 47 states, 20 countries, and seven continents. Among those attending the Springfield ride were cyclists who had been injured by motorists as well as those who had lost loved ones to a fatal automobile-bicycle collision.

Incentive Awards

By Marty Celnick

Anne Baker Schroll's Tour of Pike County Gravel Roads was voted Ride of The Month for April. This ride had different start times, enabling people to choose their mileage. This unusual ride was much appreciated, and it's a great way to explore rural areas.

Larry and Vanessa Wilmore won the Ride Leader Incentive Drawing for their well-attended Challenge Ride on April 28th. The Almost Anything Award goes to Colby Baumberger for designing our new club logo and waiting patiently for us to pick one after the many choices that she presented.

June 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 (Springfield Bicycle Club, Springfield IL). 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.

MB – Rides suitable for mountain bikes.

NC – Non-Cycling events.

Non-SBC Rides – While held in the Springfield area, these rides are not led by Springfield Bicycle Club ride leaders or affiliated with the Springfield Bicycle Club.

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).

Would you like to lead a ride?

Contact Troy Gilmore at vp@spfldcycling.org.

REPEATING DAYTIME RIDES

Mondays, Wednesdays, and Fridays 8:00 a.m.	Vrendenburg Park 100 Crusaders Road Springfield, IL Show-N-Go	AB Ride. No-drop ride. 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 stop after the ride at Caribou Coffee. For more info call 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 Kwamme	C Ride. Cindy may choose to take you on some country roads for 25 to 30 miles at a pace of 13-14 mph. For more info call Cindy Kwamme at (217) 971-8687.
Wednesdays 9:00 a.m.	Sangamon Valley Trailhead 5529 Bunker Hill Road Springfield, IL Ride Leader: Cindy Kwamme	C Ride. Cindy will lead you on a ride on the Sangamon Valley Trail or may possibly go into the country for 25 to 30 miles at a pace of 13-14 mph. For more info call Cindy Kwamme at (217) 971-8687.
Fridays 9:00 a.m.	Wabash Trail by Sonic 3102 S Park Avenue Springfield, IL	C Ride. Ride with Cindy on the Interurban and Wabash trails. 25-30 miles at a pace of 13-14 mph. For more info call ride leader Cindy Kwamme at (217) 971-8687.
Saturdays and Sundays 8:00 a.m.	Vrendenburg Park 100 Crusaders Road Springfield, IL Show-N-Go	AB Ride. Intended for extremely strong and competitive riders with expert bike handling skills. Riders should be self-sufficient and able to maintain speeds of 19+ mph for extended distances using pace lines. Riders agree on destination and determine a route at the time of the ride. Developmental AB-riders are welcome, but should be self-sufficient or accompanied by an experienced rider. For more info call Derek Ewing at (217) 624-2016.

REPEATING EVENING RIDES

Mondays 5:30/5:45 p.m.	East end of Wabash Trail (3316 Robbins Rd) OR Sonic (3102 S Park Ave) Springfield, IL	B Ride. Start at 5:30 p.m. at Parkway Pointe Theater (Lindbergh Blvd & Robbins Rd) and ride east along the Wabash Trail. Riders will then meet up with those starting at Sonic at 5:45 p.m. This ride will get you 16 miles from Sonic or 21 miles from Parkway Pointe Theater. For more info call ride leader David McDivitt at (217) 725-1986.
Tuesday June 4 & 18 5:45 p.m.	Quaker Steak & Lube 1120 W Lincolnshire Blvd Springfield, IL Ride Leader: Troy Gilmore	C Ride (Tuesday Night C Ride). Ride the "Lollipop Route" for 23 miles along the trail to Chatham and for a short distance in the country. This is a no-drop ride. Watch the Facebook page Tuesday C-group Bike Ride for more details. For more info call Troy Gilmore at (217) 720-1568.
Tuesday June 11 & 25 5:45 p.m.	Stuart Park Parking Lot 1800 Winch Lane Springfield, IL Ride Leader: Troy Gilmore	C Ride (Tuesday Night C Ride). This new Tuesday Night C Ride travels 18 miles going north from Stuart Park along county roads, south on Old Covered Bridge Ln, then onto the SVT from Iles. Starting & ending at Stuart Park avoids traveling on Jefferson and avoids the AB riders going from BikeTek at 5:45. This is a no-drop ride. Watch the Facebook page Tuesday C-group Bike Ride for more details. For more info call Troy Gilmore at (217) 720-1568.
Wednesdays 5:45 p.m.	Sangamon Valley Trailhead 5529 Bunker Hill Road Springfield, IL Ride Leader: Ted Sunder	BC 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. For more info call Ted Sunder at (217) 971-3193.
Thursdays 5:45 p.m.	Bike Tek 957 Clocktower Dr Springfield, IL Ride Leader: Shayla Pfaffe	B Ride (B-Tek 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 18mph by mid to late season. For more info call Shayla Pfaffe at (217) 836-3301.
Thursdays 5:45 p.m.	Stuart Park Parking Lot 1800 Winch Lane Springfield, IL Ride Leader: Alan Whitaker	D Ride. 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 other group rides might be a little fast for them. Come out and enjoy the SVT at a relaxed pace. For more info call Alan Whitaker at (217) 494-6807.

SCHEDULED RIDES AND EVENTS

Saturday June 1 6:30 a.m.	Stuart Park Parking Lot 1800 Winch Lane Springfield, IL Ride Leader: Scott Sievers	B Ride. Scott will take us north for about a 30-mile loop that includes a stop at the Casey's General Store in Athens for breakfast pizza, blueberry donuts, or whatever else fuels you! For more info call Scott Sievers at (217) 801-2873.
Sunday June 2 9:00 a.m.	Centennial Park Main Parking Lot 5529 Bunker Hill Road Springfield, IL Ride Leader: Harv Koplo	BC Ride. Harv will watch the winds and take riders to New Berlin, Loami, or Athens for a 30-40 mile ride, with cutoff for less distance. Meet at the main parking lot for Centennial Park (not the trailhead parking lot). For more info call Harv Koplo at (217) 899-9175.
Wednesday June 5 7:00 p.m.	Lincoln-Herndon Law Office 112 N 6th Street Springfield, IL Leader: Scott Sievers	NC (Board Meeting). All Springfield Bicycle Club members are invited to attend the board meeting.
June 8 Saturday 11:00 a.m.	Vrendenburg Park 100 Crusaders Road Springfield, IL Ride Leader: Joel Johnson	ABC Ride. Join Joel on an approximately 40-mile round trip to visit Nipper Wildlife Sanctuary in Loami for "Prairie Days," hosted by Friends of Sangamon Valley. Head back to Vrendenburg on your own after a quick pit stop, or return with Joel after enjoying two hours at the event. For more info call Joel Johnson at (217) 528-6942.

SCHEDULED RIDES AND EVENTS (CONTINUED)

Sunday June 9 8:00 a.m.	Stuart Park Parking Lot 1800 Winch Lane Springfield, IL Ride Leaders: Larry & Vanessa Willmore	ABCD Ride. SBC CHALLENGE RIDE #2. This is the second of five events in the 2019 Cycling Challenge. The Challenge is designed to aid in your cycling fitness in preparation for SBC's Capital City Century Ride. Routes include 31 miles round trip to Athens, 53 miles to Petersburg, or 104 miles to Oakford/Chandlerville and back. Bring on the Challenge! For more info call Larry or Vanessa Willmore at (217) 494-6880.
Saturday June 15 10:00 a.m.	LeClaire Junction Park & Ride (West) Troy Rd & Longfellow Ave Edwardsville, IL Ride Leader: Shayla Pfaffe	B Ride (Trails and Tacos). 36 mile ride leaving from main trail head in Edwardsville by the water tower. A 17mph pace along Edwardsville bike trails will be followed by tacos for lunch, as a group, at Taqueria Z, a local restaurant (bring money). For more info call Shayla Pfaffe at (217) 836-3301.
Monday June 17 7:00 p.m.	Lincoln-Herndon Law Office 112 N 6th Street Springfield, IL Leader: Troy Gilmore	NC (Ride Leader Training). Learn how you, too, can become a Springfield Bicycle Club Ride Leader. Learn the basic procedures of planning and leading safe and fun rides. Current ride leaders will be present to answer your questions and provide insight into becoming a great leader.
Saturday June 22 9:00 a.m.	Centennial Park Main Parking Lot 5529 Bunker Hill Road Springfield, IL Ride Leader: Alan Whitaker	C Ride. Meet in the main parking lot (not at the trail head) and Alan will lead us somewhere for approximately 40 miles. For more info call Alan Whitaker at (217) 494-6807.
Sunday June 23 9:00 a.m.	Vrendenburg Park 100 Crusaders Road Springfield, IL Ride Leader: Ted Sunder	BC Ride. Ted will lead us around Lake Springfield to Chatham and back for about a 30-mile loop, with a possible 40-mile option. For more info call Ted Sunder (217) 971-3193.
Saturday June 29 7:00 a.m.	Chatham Community Park east end parking lot 760 S Main Street Chatham, IL Ride Leader: Troy Gilmore	B Ride (Coffee Ride). Start in Chatham and head out into the country for 40 miles. Stop in Auburn at Redbud Coffee about halfway through. For more info call Troy Gilmore at (217) 720-1568.
Saturday June 29 9:00 a.m.	Vrendenburg Park 100 Crusaders Road Springfield, IL Ride Leader: Marty Celnick	C Ride. Tuesday Night C Riders, would you like some extra mileage? Stretch your distance by letting Marty lead you on a 30 to 40 mile ride with the round-trip route to be determined by wind direction. For more info call Marty Celnick (217) 499-9967.
Sunday June 30 4:00 p.m.	Sangamon Valley Trail Parking 2900 Cantrall Creek Rd Cantrall, IL 62625 Ride Leader: Troy Gilmore	C Ride (Late Afternoon Coffee Ride). Meet Troy at the Cantrall Creek Road Parking Area and pedal 16 miles to Dr. Ugs Cafe in Petersburg. We'll stop for a cup of coffee or quick snack before returning on the same route. At our "C" pace, we should be back around 7:00 p.m. or shortly after. If you'd like 15 more miles (47 miles total), park at Stuart Park and ride 7.5 miles to the Cantrall Creek Parking lot (leave no later than 3:30 p.m.) You'll arrive back at Stuart Park around 7:30 p.m. Bring lights!

SBC TRAVELS

REGISTER INDEPENDENTLY—RIDE AS A GROUP!

June 8-9 Saturday & Sunday	Scott Community College 500 Belmont Road Riverdale, IA	SBC Travels: Tour of the Mississippi River Valley (TOMRV). The tour leaves on Saturday, June 8, 2019 from Bettendorf, Iowa (106 miles) or from Goose Lake, Iowa (75 miles), and travels to Clarke University in Dubuque, Iowa. The next day (Sunday, June 9) 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. 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.
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SBC TRAVELS (CONTINUED)

REGISTER INDEPENDENTLY—RIDE AS A GROUP!

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.
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NON-SBC RIDES AND EVENTS

Tuesdays & Thursdays 5:30 p.m.	Bike Tek 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. For more info email Gary Doering at teammack@comcast.net .
Wednesdays 5:45 p.m.	Wheel Fast Bicycle Co. 17 Cottonwood Dr Chatham, IL Ride Leader: Matt Saner	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! For more info call Matt Saner at (217) 483-7807.
Wednesday June 12 & 26 5:45 p.m.	New City Community Church Parking Lot Pawnee-New City Rd & Cardinal Hill Rd Ride Leader: Steve Schien	ABC Ride (New City Individual Time Trial). 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 pm. Riders are started in 15-second intervals with the slower riders first. Bring \$2 for the timer. Call or text Steve Schien at (217) 741-8388 to be added to the email group for updates.
Thursdays 5:45 p.m.	Scheels 3801 S MacArthur Blvd Springfield, IL Ride Leader: Jim Storm	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. For more info call Scheels at (217) 726-6330.



The QR Quiz

Springfield High School has how many bicycle racks?

- A. Six
- B. Three
- C. One
- D. Zero

(See the answer below.)

ANSWER: D. Zero

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:

- | | | |
|---|--|---|
| <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.

Springfield Bicycle Club

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Springfield, IL 62791-3035

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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**