



the Quick Release

www.spfldcycling.org

August 2019

Capital City Century registration open

The biggest event in the Springfield cycling season—the Capital City Century—now is only weeks away, with registration in full swing.

Set for Sunday, September 8th, the CCC is the largest bicycle century event in Illinois held outside a major metropolitan area, drawing up to 800 riders yearly.

Results from a survey of 2018 CCC participants have produced a variety of changes from the previous year's event. For starters, the 47th annual CCC starts from a new venue: The Student Union at the University of Illinois at Springfield. Riders will leave UIS in the morning to



Register by August 25 to receive a Capital City Century t-shirt.

head out on routes west and southwest of campus for distances of between 25 and

125 miles. The routes aim to keep riders on mostly low-traffic rural roads that will be new to many local cyclists. The main rest stop this year will be in Edinburg, but smaller stops also will be provided for riders to rehydrate and refuel.

Unlike in past events, the 2019 CCC features four separate mass starts at designated times for the various distances, which organizers hope will aid riders' safety as they travel in and out of the campus and Lake Springfield area, help support and gear, or SAG, crews to keep

See CENTURY on Page 10

Bike-camping trip to head to New Salem

Join SBC member Scott Bell on a bike-camping trip on Friday, August 30th, to Lincoln's New Salem State Historic Site. The trip will be an introduction to bike-camping and is a no-drop ride.

The trip will leave at 5:30 p.m. on Friday from Bell's home at 1826 Avenel Lane in Chatham, with parking available there if needed. The ride to New Salem is about 38 miles, and cyclists will pedal back to Bell's home by 5 p.m. on Saturday, August 31st.

After cyclists pitch tents or hang hammocks at New Salem's campground, the

See BIKE-CAMPING on Page 10

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SBC member Heather Dunn and Lori Dale take on SBC's Challenge Ride on July 21 from Centennial Park. The next Challenge Ride is August 4th.

By Ted Sunder

Secretary's Report

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

New Members

SLF Motion (Corporate Level)
Tim Thornberry and Megan Turner;
Oliver Thornberry (Patron Level)
Frank Albanese
Michelle Brown
Kasey Dale
David and Emily Drennan
Debbie Fortman
Charles Hill
Doug Koester
Brad Kramer
Robert Landers
Jennifer Ryterski
John Sanford
Jessi Springer
Cindy Tuthill

Renewal at Patron Level

Bill and Sue Donels
David and Pamela Lucas

Renewal at Sustaining Level

Stan and Laurel Grainick
Paul Fleming and Lilly Star-Fleming; Beverly Sneath
Angela Starr
Pat and Tracie Stephens

Renewal at Contributing Level

Alicia Bibb
Linda Kelly
Margaret Kelly
Daniel McCormack
David and Anita McDivitt
Chris and Kathy Mehuys
Stephen Paca and Kristina Mucinskas
Jennifer and Alison Rockwell

Renewing Members

Susan Collins-Hood and David Hood; Rachel Reents, Matthew and Stephan Selvaggio
Deb Cooper
Heather Coplin (Honorary)
Arden Gregory
Marshall and Julia Jokisch
Scott and Tracy Parker
Shayla Pfaffe
Tabithah Marcacci
Elizabeth Miller
Marty Vandiver
John Williams
Kathy Yeaman
Karol Young

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

President's Column

By Scott Sievers

America might run on Dunkin', and Lance might run on EPO, but the Capital City Century runs on volunteers. If you haven't volunteered in the past, give some thought to doing so this year. You can even volunteer and still ride the CCC because there are a variety of jobs that need to get done before the CCC ever begins. Check out volunteer opportunities when they are posted soon on our website, www.spfldcycling.org.



Ernie DeFrates fired up the Turbo Blender after a ride on July 6 to serve up cold drinks. DeFrates and his wife and fellow cyclist, Linda Butler, frequently host SBC rides from their home, and they're always terrific—including the Turbo Blender Ride.

Another fantastic ride is the Tour de Corn, organized by WheelFast Bicycle Company of Chatham. Once again, WheelFast owner Matt Saner and his crew put on a great show in 2019. As usual, the Tour de Corn offered SAG support, stocked rest stops, food and beverages afterwards, and WheelFast socks for early registrants. (I think I'm up to four pairs. Love 'em!) The oppressive July heat nearly wiped me out by about 50 miles into the metric century, but cold water from a perfectly timed SAG vehicle saved me. Earlier in the ride, WheelFast's Chad Martel looked like a Mavic neutral support mechanic when he sprung into action to help Paul O'Connor with a flat tire.

The third SBC Cycling Challenge Ride, held July 22, saw cooler temperatures roll into the area. Riders also experienced a different kind of challenge pedaling through heavy gravel on Mansion View Road. The next Challenge Ride is August 4th from Rochester Community Park.

In sad news, my trusty bike haulin' mobile, my blue 2013 Honda CR-V, was totaled when a trio of teenage boys blew a stop light June 27th and t-boned me in downtown Springfield. Thankfully we all walked away from the wreckage, but the incident has reminded me how precarious driving can be, let alone cycling amongst so many distracted drivers. As they used to say on Hill Street Blues, let's be careful out there!

Incentive Report

By Marty Celnick

Troy Gilmore's late afternoon coffee ride on June 30th was voted ride of the month for June. On a hot and muggy afternoon, about eight riders met at the Cantrall Creek parking lot off the Sangamon Valley Trail and rode to Petersburg for 32 round-trip miles. I was on that ride. We stopped at a café on the town square for food and drinks, then we got back on our bikes and

returned to the trail parking lot. The ride back was harder than anticipated, as the wind unexpectedly switched directions. Luckily, there were no heat-related emergencies.

Harv Koplo won the Ride Leader Incentive Drawing for the ride he led on June 2nd, and there were no winners of the Almost Anything Award.

Interested in contributing to The Quick Release newsletter?

We're always looking for good writing and photography to engage club members.

Contact Scott Sievers at president@spfldcycling.org for more information.

Shape the Club by becoming a ride leader

By Troy Gilmore
SBC Vice President

At the heart of the Springfield Bicycle Club are club rides. These group rides are the place members learn bike handling skills, make friendships, and begin to look after other riders. Do you want to ride in groups like that? How about lead groups like that? Then, why not become a Ride Leader?

As such, you are a representative of the Club. Maybe within your personality is a cycling-friendly attitude that makes sure new riders know routes and are not left feeling as if they are not "part of the group." As a leader, imagine your positive actions leaving lasting impressions that new riders know define the SBC. Stop imagining and put that into reality.



Troy Gilmore

WHAT DO SBC RIDE LEADERS DO?

Ride leaders plan rides that meet their interests. For example, this past spring I led a ride that passed over the brick road section of Old Route 66 by Auburn on the same day that Paris-Roubaix was

held (a professional race that covers multiple sections of cobbled roads in France). I even created miniature cobble awards to give to each participant on the ride. I know, it might be kind of cheesy, but riders remembered the pain we went through on that cold, snowy, sleeting, spring day and were rewarded for their efforts. I'm

not saying that awards, food, and other post-pedal events have to take place. But should you wish, be as creative as you like when you plan your led ride.

It's important that the Club rides you're organizing be led at your own pace. Don't try to lead a B ride when you know your best ride is at a C ride. Guidelines have been developed that can help you create, and stay within, pace, distance, and ability guidelines (see the Ride Schedule).

WHY BECOME AN SBC RIDE LEADER?

Well, it's not for the money. All positions within the Springfield Bicycle Club are volunteer. No one gets paid. However, you can have the distinction of being chosen by the Board as the Ride of the Month. Providing further incentive, all ride leaders

See RIDE LEADER on Page 9



5th Annual

Saturday ~ October 12, 2019 ~ 8:00 AM

Bob Carmody Memorial Ride



RIDE STARTS & ENDS AT 601 POINSETTIA PLACE

Buckley Ridge Estates - Off Meadowbrook Road - Springfield

****Check-In Begins at 7:30 AM ---- Ride Begins at 8:00 AM****

Ride Options

52 miles ~ Rest Stop at Union Park in Auburn (ABC)

25 miles ~ Rest Stop Along Route (CD)

15 miles ~ Relaxed Pace ~ Sangamon Valley Trail (D/EZ)



[SAG service ends at 1:00 PM ~ All riders asked to be off the route by that time]

This event celebrates Bob's passion for biking and his love of the outdoors. Please join us as we ride in his memory.

Event & Lunch Sponsored by
R.E. Carmody & Associates &
The Carmody Family

Cooper's StrEATside Bistro Food Truck will serve food from 10:30 AM - 1:30 PM

****Please RSVP for Lunch at 217/685-0004 (call or text)****

[EVENT OPEN TO THE PUBLIC - RIDERS & NON-RIDERS]

Donations will be accepted and given to the American Cancer Society to help those who are currently fighting cancer and to remember those we have lost.

\$1,000 WORTH OF PEDAL PRIZES - DRAWING AT 12:30 PM

Riders & anyone making a donation to the ACS are eligible (You do not need to be present to win)

Marked Route

Rest Stops

SAG Service

Post Ride Party

August 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 RIDES

Saturdays & Sundays 8:00 a.m.	Vredenburg 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 a 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.
Mondays, Wednesdays & Fridays 8:00 a.m.	Vredenburg 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 coffee stop after the ride at Caribou Coffee. For more info call Steve Casper at (217) 414-9833.
Mondays 5:30 p.m. or 5:45 p.m.	East end of Wabash Trail (3316 Robbins Rd) OR Sonic (3102 S Park Ave) Springfield, IL Ride Leader: David McDivitt	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 David McDivitt at (217) 725-1986.
Tuesdays 9:00 a.m.	Chatham Community Park (west parking lot off Main St) 760 S Main Street Chatham, IL Ride Leader: Cindy Kvamme	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 Kvamme at (217) 971-8687.

REPEATING RIDES (continued)

Tuesdays August 13 & 27 5:45 p.m.	Quaker Steak & Lube 1120 W Lincolnshire Blvd Springfield, IL Ride Leader: Troy Gilmore	C Ride (Tuesday C-group 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.
Tuesdays August 6 & 20 5:45 p.m.	Stuart Park Parking Lot 1800 Winch Lane Springfield, IL Ride Leader: Troy Gilmore	C Ride (Tuesday C-group Ride). NOTE NEW ROUTE! This new Tuesday C-group Ride travels 20 miles going north from Stuart Park along county roads, south on Old Covered Bridge Lane, then west onto Pec Road, east on Old Salem Lane then onto the Sangamon Valley Trail from Meadowbrook. 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 9:00 a.m.	Sangamon Valley Trailhead 5529 Bunker Hill Road Springfield, IL Ride Leader: Cindy Kvamme	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. For more info call Cindy Kvamme at (217) 971-8687.
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. For more info call Ted Sunder at (217) 971-3193.
Thursdays 5:45 p.m.	BikeTek 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 18 mph 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.
Fridays 9:00 a.m.	Wabash Trail by Sonic 3102 S Park Avenue Springfield, IL Ride Leader: Cindy Kvamme	C Ride. Ride with Cindy on the Interurban/Wabash Trail. 25-30 miles at a pace of 13-14 mph. For more info call Cindy Kvamme at (217) 971-8687.
Fridays 7:00 p.m. (except August 16th)	Vredenburg Park 100 Crusaders Road Springfield, IL Ride Leader: David McDivitt	B Ride (Beer Ride). Join David on a 36-mile round-trip via trails and back roads to Roasted Bean in Auburn. Enjoy a drink, pizza, or snacks, then return to Vredenburg Park. Lights required. (David has super bright lights which help light up the road for other riders as well.) For more info call David McDivitt at (217) 725-1986. NOTE: This ride will not occur on August 16th; instead, try Ernie DeFrates' Full Moon Ride on that date.

SCHEDULED RIDES AND EVENTS

Saturday August 3 8:00 a.m.	Three Twiggs Bakery 1370 Toronto Rd Springfield, IL Ride Leader: Alicia Bibb	C Ride. (Ladies Only Coffee Ride). Meet at Three Twigs for a 28-mile ride through the country and back. Bring money for a coffee and/or treat. This is a no-drop ride so Alicia will make sure that the group stays together. For more info call Alicia at (217) 494-4134.
Saturday August 3 8:00 a.m.	Sangamon Valley Trailhead 5529 Bunker Hill Road Springfield, IL Ride Leader: Kyle Mundhenke	C Ride (Kiddie Trailer Ride). Do you love to ride bikes while you're pulling your young kids behind you in a trailer? If yes, join us for a new family bicycle ride. We will depart from the trailhead at Centennial Park and ride the SVT to Stuart Park and back for a ride totaling 12 miles. This will be a no-drop ride with an average pace of 12-14 mph. We will not travel on any roads with vehicle traffic. At the end of the ride, light refreshments for the kids will be provided.
Saturday August 3 9:00 a.m.	Vredenburg Park 100 Crusaders Road Springfield, IL Show-N-Go	C Ride (Show-N-Go). Riders can meet and determine the group's destination, including riding the trail to Chatham (20-mile roundtrip) or heading west for a loop into the country. For more info call Alan Whitaker at (217) 494-6807.
Sunday August 4 8:00 a.m.	Rochester Community Park 90 Wild Rose Lane Rochester, IL Ride Leader: Larry & Vanessa Willmore	ABCD Ride. (SBC Cycling Challenge Ride #4). The fourth SBC Cycling Challenge Ride will offer three route options: 26 to Riverton, 57 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 RideWithGPS routes. Registration opens at 7:00 a.m. the day of the ride at Rochester Community Park. For more info call Larry/Vanessa Willmore (217) 494-6880.
Tuesday August 6 5:45 p.m.	Stuart Park Parking Lot 1800 Winch Lane Springfield, IL Ride Leader: Troy Gilmore-Run Leader: Ryan Dunn	C Ride (Tuesday C-group Ride/Run). Bring your running shoes, as after this week's Tuesday C-group Ride we'll load our bikes onto our vehicles and join Ryan on a 2 to 3 mile run on the Sangamon Valley Trail—perfect for those training for a biathlon, duathlon, or triathlon. For more info about the RUN, call Ryan Dunn at (217) 761-7577.
Wednesday August 7 7:00 p.m.	Lincoln-Herndon Law Office 209 S 6th Street Springfield, IL Leader: Scott Sievers	NC (Board Meeting). All Springfield Bicycle Club members are invited to attend the board meeting. The meeting is held in the Springfield Visitor's Center. Enter just one door north of Del's Popcorn Shop on 6th Street. "Tinsley Dry Goods" is painted on the large window.
Saturday August 10 8:00 a.m.	Sangamon Valley Trailhead 5529 Bunker Hill Road Springfield, IL Ride Leader: Jordan Litvak	B Ride (Country Ride). Meet at the end of the Sangamon Valley Trail at Centennial Park for a 35- to 40-mile ride route to be determined to have the wind on our backs coming home. At the end of the ride add a few extra miles to enjoy refreshments at Jordan's home which is right off the SVT, first left after the Iles intersection onto Bradforton Road. For more info call Jordan Litvak at (217) 971-8836.
Saturday August 10 9:00 a.m.	Vredenburg Park 100 Crusaders Road Springfield, IL Show-N-Go	C Ride. (Show-N-Go). Riders can meet and determine the group's destination, including riding the trail to Chatham (20-mile roundtrip) or heading west for a loop into the country. For more info call Alan Whitaker at (217) 494-6807.
Sunday August 11 8:00 a.m.	Center Park 255 Long Bay Drive Springfield, IL Ride Leader: Andrew Asher	BC Ride (Biking and Boating Bonanza). Follow Andrew on a 35-to-40 mile round-trip ride south, then recover on a boat ride on Lake Springfield (weather permitting). Those planning on boating should RSVP to Andrew at (217) 836-9952 by August 9.

SCHEDULED RIDES AND EVENTS (continued)

Tuesday August 13 5:15 p.m.	Quaker Steak & Lube 1120 W Lincolnshire Blvd Springfield, IL Demonstrator: Scott Sievers	ABCD (Flat Tire Demonstration). Before the Tuesday C Ride, join Scott as he will demonstrate and explain what to do when flatting on a ride. Please be aware this is a demonstration only. Scott will answer questions, but this is not a hands-on workshop. For more info call Scott Sievers at (217) 801-2873.
Friday August 16 8:00 p.m.	Finley's Tap House 4246 Ginger Creek Dr Springfield, IL Ride Leader: Ernie DeFrates	BC Ride. (Full Moon Ride). Meet Ernie at Finley's Tap House and enjoy a 23 mile ride under a full moon. Stop into Finley's afterward for food or drink. Good lights required. For more info call Ernie DeFrates at (217) 971-1246.
Sunday August 17 8:00 a.m.	Rotary Park Iles and Archer Elevator Road Springfield, IL Ride Leader: Alan Whitaker (217) 494-6807	BC 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.
Sunday August 18 8:00 a.m.	Rotary Park 4501 West Iles Avenue Springfield, IL Ride Leader: Ernie DeFrates	BC Ride (Country Ride). Ernie will guide us on 30-mile ride into the country. For more info call Ernie DeFrates at (217) 971-1246.
Tuesday August 20 5:15 p.m.	Stuart Park Parking Lot 1800 Winch Lane Springfield, IL Demonstrator: Scott Sievers	ABCD (Flat Tire Demonstration). Before the Tuesday C Ride, join Scott as he will demonstrate and explain what to do when flatting on a ride. Please be aware this is a demonstration only. Scott will answer questions, but this is not a hands-on workshop. For more info call Scott Sievers at (217) 801-2873.
Saturday August 24 7:00 a.m.	Residence 301 E Vandalia Rd Jacksonville, IL Ride Leader: Ron Summers	B Ride. (Jacksonville). Springfield riders can carpool from Centennial Park (main parking lot) at 6:15 a.m. We'll join Ron at his house and ride to Glasgow for about 57 miles and 1,000 ft of climbing. Enjoy lunch at the HandleBar Pizza and Pub afterwards. For more info call Ron Summers at (217) 371-0541.
Saturday August 24 8:00 a.m.	Vrendenburg Park 100 Crusaders Road Springfield, IL Ride Leader: Ted Sunder	BC Ride (Lake Spfld 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.
Sunday August 25 9:00 a.m.	Vredenburg Park 100 Crusaders Road Springfield, IL Show-N-Go	C Ride. (Show-N-Go). Riders can meet and determine the group's destination, including riding the trail to Chatham (20-mile roundtrip) or heading west for a loop into the country. For more info call Alan Whitaker at (217) 494-6807.
Sunday August 25 4:00-7:00 p.m.	Washington Park Open-Air Shelter 1501 S Grand Ave W Springfield, IL	NR (SBC's Annual Picnic). Socialize with your pedaling pals! The Club will serve fried chicken and a meatless entrée with soft drinks and bottled water. You may bring your own beverages. Bring a favorite dish to share. Be sure to bring the bikes, too! We'll take a group spin around Washington Park at 6:30 p.m. For more info call Gladys Hajek at (217) 698-7626.
Sunday August 25 6:30 p.m.	Washington Park Open Air Shelter 1501 S Grand Ave W Springfield, IL	EZ (SBC's Annual Picnic). Fill you bellies with some great food (see entry above). Then shed those calories in a easy family-style ride as you make a few laps in Washington Park.

SCHEDULED RIDES AND EVENTS (continued)

Tuesday August 27 5:45 p.m.	Quaker Steak & Lube 1120 W Lincolnshire Blvd Springfield, IL Run Leader: Ryan Dunn	C Ride (Tuesday C-group Ride/Run). Bring your running shoes, as after this week's Tuesday C-group Ride (Stuart Park) we'll load our bikes onto our vehicles and join Ryan on a 2 to 3 mile run on the Sangamon Valley Trail—perfect for those training for a biathlon, duathlon, or triathlon. For more info about the RUN, call Ryan Dunn at (217) 761-7577.
Friday August 30 to Saturday August 31	Residence 1826 Avenel Ln Chatham, IL Ride Leader: Scott Bell	BC Ride. (Bikepacking). Get the packs and camping equipment out of storage! Join Scott on this 38-mile ride to New Salem Friday evening. After arriving at New Salem, pitch a tent or hang a hammock and enjoying the night. After breakfast Saturday morning, tour the historic site, then head out into the country for a few gravel miles, break down camp, and then eat lunch at the Casey's in Athens on the way back to Springfield. The \$40 group camping fee will be divided among campers. Food will be on your own. Riders should plan on being self-sufficient, although this will be a no-drop ride. We'll depart Friday, August 30 at 5:30 p.m. from Scott's house and return Saturday, August 31 by 5:00 p.m. For more info call Scott Bell (217) 248-7720. See article in QR for more information.
Saturday August 31 8:00 a.m.	Stuart Park Parking Lot 1800 Winch Lane Springfield, IL Run Leader: Ryan Dunn	C Ride (Followed by a Run). Ryan will lead you on an 18-mile ride. After biking, strap on your running shoes and head out for a 3-mile run. Perfect for those training for a biathlon, duathlon, or a triathlon such as a half Ironman, as Ryan is. For more info call Ryan Dunn at (217) 761-7577.

NON-SBC RIDES AND EVENTS

Tuesdays 5:45 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 pace-lines. Road bikes preferred. Cyclists will sprint five times on the Tuesday night rides. For more info e-mail Gary Doering at teammack@comcast.net.
Wednesdays 6:00 p.m.	Wheel Fast Bicycle Co. 17 Cottonwood Dr Chatham, IL Ride Leader: Matt Saner	ABC Ride (WheelFast Ride). Wheel Fast intermediate training road ride. Meet at the bike shop and plan on 16-20 miles. NOTE TIME CHANGE FOR AUGUST! For more info call Matt Saner at (217) 483-7807.
Wednesdays August 7 & 21 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 p.m. 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 e-mail group for updates.

NON-SBC RIDES AND EVENTS (continued)

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.
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OTHER AREA (NON-SBC) RIDES AND EVENTS

Saturday August 17 7:00 p.m.	St. Louis, MO	Moonlight Ramble. The annual Moonlight Ramble® is the “World’s Original Nighttime Bike Ride” held in St. Louis, Missouri at midnight near the full moon in August. Attracting thousands of riders each year, the event includes a leisurely bike ride through the streets of St. Louis, a vendor area, entertainment, a commemorative event shirt, and an after-ride party with snacks and drinks. For more info and registration visit http://moonlightrmb.lwpengine.com/registration/
Saturday August 24 6:00 a.m.	Kennel Lake Sportsmen's Club 22172 Kennel Lake Dr Morton, IL 61550	2019 No Baloney Bicycle Ride. The No Baloney Bicycle Ride returns for its 46th year. This year's ride will depart and return from Morton's Kennel Lake Sportsmen's Club. Situated just outside of Morton, this location offers great access to country roads while remaining close to I-74 and Highway 155 for those traveling to join us. Similar to previous years, the event will include route distances of approximately 20, 45, 62 and 100 miles. For more details visit https://ivwnobaloney.com
Sunday August 25 7:30 a.m.	Kerasotes YMCA 4550 West Iles Ave Springfield, IL	Dr. Dan Adair MD Memorial Triathlon. Dr. Adair was an orthopedic surgeon for Springfield Clinic and founder of Memorial SportsCare. Race day includes both a competitive and non-competitive triathlon. The non-competitive begins with a 100 yard swim, 6 mile bike, and a 1 mile run and has a starting time of 7:30 a.m. The competitive race starts at 8:30 a.m. with a 400 yard swim, a 12 mile bike, and finishes with a 5k (3.1 mile) run. For more info visit https://triharderpromotions.com/dan-adair-tri/

RIDE LEADER continued from Page 3

are placed into a random monthly drawing and one rider leader is selected for a fifty-dollar gift certificate to the local bike shop of their choice.

TYPES OF SBC RIDES

Take a look at this month's ride schedule in this newsletter. You'll see that we offer a variety of rides including recurring rides that happen on weekends or weekdays during the day or early evening. One-time rides are popular for newer ride leaders. This opportunity allows you to pick one day and organize the meeting location, distance, route, pace, and other aspects of being a leader.

COMING UP WITH ROUTE IDEAS

As I'm working on the ride schedule each month, many newer leaders ask me, "Where should I start and end my led ride?" I encourage all rider leaders to show us their favorite route. Is there another route that you've been on with a different leader and you liked it? Then make that one your own. You can plan routes from scratch, too. You're making a difference as a leader getting people out on bikes.

You'll want to think about a few other points including doing a bit of work before the ride, taking special consideration on the ride, and few follow-up details after the ride.

HOW DO I PLAN A RIDE?

The ride schedule for the next month is compiled by the 12th of the current month. Leading a ride is a pretty simple process. You can contact me, SBC Vice President at troy.gilmore@comcast.net or vp@spfldcycling.org. When you do, have a date you're available to lead a ride. Think about what sort of ride you want to lead. Plan the route and take us for an adventure!

If you've got any questions about leading a ride, please contact me.

CENTURY continued from Page 1

watch for cyclists in need of assistance, and smooth out food distribution for re-turning riders.

Also new to the 2019 CCC: An event t-shirt is included in the cost of each individual registration and two t-shirts in the cost of each family registration received by August 25th. Additional t-shirts may be purchased online through that date, but t-shirts will not be sold afterward or at the CCC itself. Many volunteers have opted out of t-shirts in previous years, and volunteer t-shirts will not be provided this year.

Following the ride, cyclists will be welcomed with a Post Pedal'n Party with food and beverages inside the UIS Student Union, and non-riders may purchase a ticket to join the party as well. Unlike in previous years, one drink ticket will be given out with each registration, as unlimited beer is not possible at UIS. Additional beverages will be available for purchase, however.

Feedback from last year's CCC has returned 2017 pricing. Early bird registration (through July 31st) for the 25 and 40 mile routes is \$25 for individuals and \$50 for families and \$30 for the 62, 100, and 125 mile routes for individuals and \$60 for families. From August 1st through September 6th, registration increases by \$5 for individuals and \$10 for families. It increases again by the same amount on the day of the CCC, when on-site registration opens at 6:30 a.m. Registration closes at 9:30 a.m. Packet pickup will be available both the morning of the event and on Saturday evening beforehand. GPS files to download the routes to compatible bike computers will be posted on Facebook and the Club's website shortly before the event once the routes are finalized.

As in years past, a free guided bicycle tour of Springfield historic sites will be held on the Saturday before the CCC. Led by Club Vice President Troy Gilmore, the tour begins at 1 p.m. from the Capitol Complex Visitors Center at 425 South College Street (behind Boones Saloon) in Springfield and lasts about two hours.

The CCC is the Springfield Bicycle Club's biggest event of the year, and it is overwhelmingly the largest source of the club's funding. SBC advocates for local bicycling facilities and infrastructure, such as bike paths and lanes and public bike repair stands; bicycle-friendly activities such as commuting events and bicycle safety education for children; and provides

charitable donations to other likeminded charities, such as the state's premier bicycling advocacy group, Ride Illinois. The Club was instrumental in the 2018 designation of the City of Springfield as a bronze-level bicycle friendly community by the League of American Bicyclists.

The Springfield Bicycle Club has partnered with Students Allied for a Greener Earth (SAGE), a UIS student organization, as well as the university's Green Fee Committee to put on the 2019 event. Springfield Clinic is the Platinum sponsor. Other sponsorships are being solicited. More information is available by contacting events@spfldcycling.org or calling Harv Koplo at (217) 899-9175.

BIKE-PACKING continued from Page 1

group plans on eating together for dinner Friday night and breakfast Saturday morning. Riders are responsible for their own food and drinks. A tour of the Lincoln sites will take place after breakfast Saturday morning. Afterward, the group will bike into the countryside for some gravel miles, then break down camp and eat lunch at the Casey's General Store in Athens on the way back into Springfield.

While designed for riders to be self-sufficient, riders who are not equipped to bike-camp but want to participate may arrange for someone to haul their camping gear for them to New Salem. The \$40 group camping fee will be divided among participating bike-campers. Among other items, Bell suggests bike-campers bring a towel to take advantage of New Salem's shower house.

Bike-Packing Items

SBC member and bike-camping trip ride leader Scott Bell suggests packing the following items for the bike-camping trip:

- Tool bag
- Frame pump
- Other Bags
- Chain Lube
- Extra tire and tubes
- Shorts
- Jerseys
- Base Layers
- Socks
- Cycling Gloves
- Cycling Shoes
- Helmet w/Mirror
- Glasses (Cycling)
- Wind Vest or Jacket
- Arm & Leg Warmers
- Tights
- Shoe Covers
- Hats, Balaclava, Bandana
- Rain Gear
- Post Ride Clothes
- Water Bottles
- Hydration Pack
- Fresh Fruit
- Energy Bars
- Drink Mix
- Lock & Cable
- Sleeping Bag, Pad & Pillow
- Towels
- Post-Ride Clothes
- Post-Ride Outerwear
- Flashlight & Batteries
- Toothbrush
- Soap
- Shampoo
- Shaving Kit
- Sunscreen
- Chap Stick
- Aspirin
- Ibuprofen
- Anti-Histamine
- Decongestant
- Allergies
- Band-aids
- Neosporin
- Skin Care
- Charge Batteries
- Cell Phone
- Camera
- Bike Lights
- iPod, iPod auto kit
- Charger

**SBC'S ANNUAL
PICNIC**

**Sunday, August 25th
4-7 p.m. at the
open-air shelter in
Washington Park**

**Bring a dish to share—and
bring your bike, too!**

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 Bicycle Board Members

President

Scott Sievers
801-2873
president@spfldcycling.org

Treasurer

Jim Hajek
698-7626
treasurer@spfldcycling.org

Legislative/Education

Bill Donels
546-8036
legislative@spfldcycling.org

At-Large Members

Ken Anderson
Karin Bell
Cindy Kvamme
Nancy Thompson
at-large@spfldcycling.org

Vice President

Troy Gilmore
720-1568
vp@spfldcycling.org

Special Events & Projects

Harv Koplo
899-9175
events@spfldcycling.org

Web Editor

Alan Whitaker
494-6807
web@spfldcycling.org

Membership Secretary

Ted Sunder
971-3193
secretary@spfldcycling.org

Records

David McDivitt
787-5964
records@spfldcycling.org

Incentive Chair

Marty Celnick
553-2297
Incentive@spfldcycling.org

Recording Secretary

Alicia Bibb
494-4134
recording@spfldcycling.org

Social Chair

Gladys Hajek
698-7626
social@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**