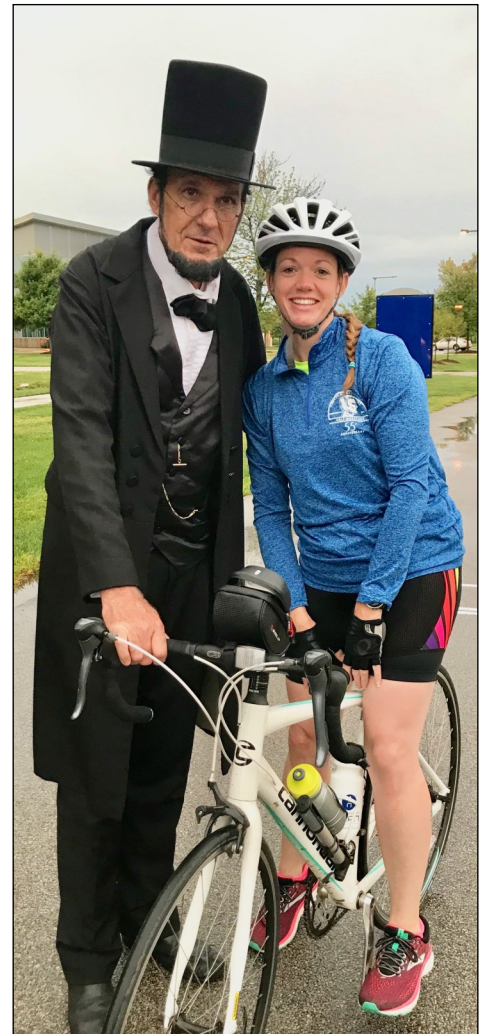




# the Quick Release

[www.spfldcycling.org](http://www.spfldcycling.org)

October 2019



## 2019 Capital City Century in the books

(Above) State Representatives Mike Murphy and Tim Butler hold the starting ribbon for one of the CCC mass starts while SBC Vice President Troy Gilmore and the 16th president (Lincoln impersonator George Buss) look on. (Upper right) Abe poses with CCC rider Randi Lucas, who was about to embark on a double metric century (200k or 125 miles). (Lower right) CCC Co-Chairs Troy Gilmore and Harv Koplo stand outside the 2019 CCC headquarters, the UIS Student Union.



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## Thank You CCC Volunteers!

Harv Koplo & Troy Gilmore, Capital City Century Co-Chairs

106 Springfield Bicycle Club, community, and high school student volunteers staffing 140 volunteer opportunities helped make our 47<sup>th</sup> annual Capital City Century on Sunday, September 8, a big success. The weather was challenging at start, but it turned out to be a beautiful day to ride. Our total pre-registered rider count was 578 (a record!), but the beginning of the day rain kept walk-ins away and we did not reach our goal of 700. Much good information was obtained by the 172 people who filled out our participant survey and most were happy with the ride, despite the road resurfacing that was done three days before the CCC.

The new food stop at the Edinburg Community Center was well-received. Our CCC volunteers performed a wide range of tasks needed to plan, prepare, set up, implement, and wrap up this large-scale recreational cycling event—the planning of which by our routes committee started last January. Our volunteers worked long hours (some long weeks!) and made multiple contributions. We had 40 participants on our Tour of Historic Sites ride, led on Saturday by Troy Gilmore. Abe Lincoln graced us with his presence both Saturday and Sunday, helping at ride mass starts and at the photo booth all day, even ringing the bell (to house applause) whenever a rider came in to celebrate their ride.

Our 2019 volunteers included SBC club members and friends, Ski Club members, National Honor Society students from Auburn and Springfield high schools and Key Club students from Glenwood High School, all of whom were tremendous workers. Our CCC Comm/Ops Team, who have provided field operation and radio communications for a number of years now, did an exemplary job SAGing 13 riders in (including two minor medicals). That team included EMTs and others—most of whom are SkyWarn members—who ensure the health and safety of our riders and make sure items get to where they need to be when they need to be there.

We also want to thank Platinum Sponsor Springfield Clinic; Gold Sponsor Scheels; Silver Sponsors Bank of Springfield, MJ Kellner, FitClub, Springfield Electric & Design, and Scott B. Sievers, P.C.; Bronze Sponsors Bicycle Doctor, BikeTek Inc., WheelFast Bicycle Company, Maldaner's Restaurant and Catering, Music Source DJ Service, Capital Chiropractic, Maddox Dentistry, Primo Designs, and UIS Green Fee, along with Friends Ace Bike Shop, Three Twigs Bakery, UIS SAGE, Jennifer & Sean Walker, and our anonymous donor, all who made financial contributions or in-kind contributions in support of the event. WheelFast and Scheels supplied bicycle mechanics at two stations.

The reason our CCC Weekend was so successful is easy to determine: It is because of the excellent job performed by every one of our volunteers. Our riders had a safe, enjoyable, fun ride because our volunteers had fun doing their jobs so well. The following list of these great volunteers is complete to the best of our knowledge. If you know someone whom we missed, please advise us. We'll post a supplemental list on the SBC website and include their names in the next newsletter.

Event Chairs	Harv Koplo and Troy Gilmore
Volunteer Chair	Alicia Bibb
Treasurer	Jim Hajek
Data Committee	Harv Koplo (chair), Alan Whitaker, Tom Clark
Packet Pickup	Heather Copelin (chair), Barb Bonansinga, Ed Caupert, Linda Caupert, Judy Rusch, Julie Schaub, Sean Walker
T-Shirt Pickup	Cindy Kvamme (chair), Gladys Hajek, Connie Panichi, Carrie Perry
Registration	Heather Copelin (chair), Chris Flynn, Amanda Fogleman, Kevin Greene, Gladys Hajek, Jim Hajek, Connie Panichi, Bob Steimel, Naomi Green
Packet Stuffing	Harv Koplo, Annette Chinuge, Cindy Kvamme, Bob Coady, Susan Collins, Linda Kelly, Dan Loyd, Barbara Manson, Libby Shawgo
T-Shirt Sales	Cindy Kvamme (Chair)
Marketing	Tom Clark (chair), Jennifer Ronen Walker
Food	Harv Koplo (chair), Troy Gilmore
Baked Goods	Betsy Miller (chair)
UIS Building	Harv Koplo, Troy Gilmore, Jennifer Walker, Colin Davis, Emma Domesick-Rink, Erin Marx, Sean Walker, JR Jonathan Roth
UIS Food	Annette Chinuge (Food Line chair), Connie Panichi, Megan Stiles, Brittany McMinn, Bryce McMinn & various other students
UIS Bike Check	Brittany McMinn, Bryce McMinn & other students
Edinburg Stop	Sue Hack (Chair), Jon Edwards, Olivia Grider, Mark Grieve, Rick Griminger, Manning Heaps, Judy



Cascade Stop	Nesbitt, Susie Risser, Elizabeth Sievers, Madeline Sievers, Stephanie Sievers, Curtis Winhold, Francesca Butler, Kathy Sorenson
Blue Mound	Betsy Miller (chair), Tracy Garrison Judy Rusch
Route Design	Harv Koplo (chair), Derek Ewing, Tom Clark, Troy Gilmore, Scott Sievers
Maps	Harv Koplo, Amanda Gardner
Route Marking & Small Signs	Troy Gilmore (chair), Ernie DeFrates, Jack Hurley, Tracey Hurley, John Kinsel, Dan Loyd, Stephen Paca, Scott B Sievers, Brett Stallone-Dwyer, Nick Sunder, Ted Sunder, Les Warden, Curtis Winhold, Paul O'Conner
Route Checking	Ted Sunder (Chair), Barry Tobias, Alan Josephson, Jordan J Litvak, Scott B Sievers, Mark Wagner
Caution Signs	Troy Gilmore (chair), Emma Domesick-Rink, David L Kalaskie, Erin Marx, Libby Shawgo, John Kinsel, Jennifer Rockwell, Nick Sunder, Ted Sunder
Collect Signs	Jess Hunter-W9ABS (chair), Chanell Hamilton (Comm Liason), Harv Koplo-K9HAK, Derek Chamness KD9NDV, Scott DeSantis KB9VRW, Andrew Gochenour KD9JES, Erich Grauke KD9FZF, Raymond Lloyd N9EDB, Rich Marx Kb9tzs, Robert McGarry N9oqu, Mike Neuliep KB9YEJ, Steve Ogden KC9JFN, Sharon Robson kc9ujb, Ron Rodvelt KC0QIG, Ben Royer N9RYR, Nicholas Skaggs N9BIG, Patrick Twigg N9OQT, Jamie Ursch KD9FZI, Jeremy Wells KC9WMV
Information	Scott Sievers (UIS), Alan Whitaker (Edinburg)

We apologize to anyone whose name we failed to mention. The many faithful volunteers who come out every year help make this a great event—it couldn't be done without you! Your efforts are greatly appreciated! Let friends know how much fun you had so they can join us next year!



Combining our passions for coffee, cycling, and health, we launched Mountain Bike Coffee as an online family store in 2019. Our artisan roasts are USDA certified organic, shade-grown, with no pesticides or fertilizers. In addition to the amazing fresh ground taste and aroma, our coffees are naturally high in antioxidants and minerals, to fuel your performance. We ship daily! Visit us at: [www.MountainBikeCoffee.com](http://www.MountainBikeCoffee.com)

**We're celebrating Fall with Free Organic Pumpkin Coffee Samples with Every Order!**

## October 2019 Ride Schedule

For updates, corrections and last-minute changes to the ride schedule, please check the SBC website at [www.spfldcycling.org](http://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](mailto:records@spfldcycling.org)).

**Would you like to lead a ride?**

Contact Troy Gilmore at [vp@spfldcycling.org](mailto:vp@spfldcycling.org).

### REPEATING RIDES

Saturdays & Sundays 9:00 a.m.	Vredenburg Park 100 Crusaders Road Springfield, IL Show-N-Go	<b>AB Ride.</b> 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 9:00 a.m.	Vredenburg Park 100 Crusaders Road Springfield, IL Show-N-Go	<b>AB Ride.</b> 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 5:15 p.m. or 5:30 p.m.	East end of Wabash Trail (3316 Robbins Rd) OR Sonic (3102 S Park Ave) Springfield, IL Ride Leader: David McDivitt	<b>B Ride.</b> Start at 5:15 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 5:30 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 10:00 a.m.	Chatham Community Park (west parking lot off Main St) 760 S Main Street Chatham, IL Ride Leader: Cindy Kvamme	<b>C Ride.</b> 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)

Wednesdays 10:00 a.m.	Sangamon Valley Trailhead 5529 Bunker Hill Road Springfield, IL Ride Leader: Cindy Kvamme	<b>C Ride.</b> 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 5:30 p.m.	Sangamon Valley Trailhead 5529 Bunker Hill Road Springfield, IL Ride Leader: Ted Sunder	<b>BC Ride.</b> 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 recommended. For more info call Ted Sunder at (217) 971-3193.
Fridays 10:00 a.m.	Wabash Trail by Sonic 3102 S Park Avenue Springfield, IL Ride Leader: Cindy Kvamme	<b>C Ride.</b> 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.

### SCHEDULED RIDES AND EVENTS

Saturday, October 5 to Sunday, October 6	Residence 1826 Avenel Ln Chatham, IL Ride Leader: Scott Bell	<b>BC Ride. (Bikepacking).</b> Get the packs and camping equipment out of storage! Join Scott Saturday afternoon on this 20-mile ride to Sangchris Lake State Park. After arriving at Sangchris, pitch a tent or hang a hammock and enjoy the evening—and maybe even participate in a bags tournament. After breakfast and tearing down camp Sunday morning, riders will begin their return ride home. Food will be on your own. Riders should plan on being self-sufficient, although this will be a no-drop ride. We'll depart Saturday, October 5 at 1:00 p.m. from Scott's house and return Sunday, October 6 by 5:00 p.m. For more info call Scott Bell (217) 248-7720.
Saturday October 5 10:00 a.m.	Vredenburg Park 100 Crusaders Road Springfield, IL Show-N-Go	<b>C Ride (Show-N-Go).</b> 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.
Sunday October 6 10 a.m.	Stuart Park Parking Lot 1800 Winch Lane Springfield, IL Show-N-Go	<b>C Ride (Show-N-Go).</b> Riders can meet and determine the group's destination, including riding the Sangamon Valley Trail and/or heading onto countryside roads.
Monday October 7 7:00 p.m.	Lincoln-Herndon Law Office 209 S 6th Street Springfield, IL Leader: Scott Sievers	<b>NC (Board Meeting).</b> All Springfield Bicycle Club members are invited to attend the board meeting. 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 October 12 8:00 a.m.	601 Pointsettia Place Buckley Ridge Estates, off Meadowbrook Road Event Leader: Brenda Carmody-Price	<b>ABCD Ride. (5th Annual Bob Carmody Memorial Ride.)</b> This event celebrates SBC member Bob Carmody and his passion for biking and love for the outdoors. Ride 15, 25, or 52 miles, with rest stops on the two longer routes. Check-in begins at 7:30 a.m., with the ride starting at 8:00 a.m. SAG service ends at 1:00 p.m. A lunch catered by Cooper's StrEATside Bistro Food Truck and open to riders and non-riders alike starts at 10:30 a.m.; those planning to attend the lunch should RSVP by calling or texting (217) 685-0004. Donations to the American Cancer Society will be accepted. Those donating will be eligible to win pedal prizes worth \$1,000 at a 12:30 p.m. drawing. For more info contact Brenda Carmody-Price at (217) 685-0004.

**SCHEDULED RIDES AND EVENTS (continued)**

Sunday October 13 1:00 p.m.	Residence 245 Circle Drive Event Leader: Roger Schnelten	<b>ABCD Ride. (40th Annual Oktoberfest Ride).</b> Jonathan Michael Roth will lead a 41-mile ride (with shorter options) starting at 1 p.m. Burgers, brats, and fish will be served off the grill around 4 p.m. Bring lawn chairs and a side dish. Two bands will perform: Doug Strahan and his Good Neighbors from Austin, Texas, from 2-5:30 p.m., and Antone and Wick in the evening. For more info call Roger Schnelten at (217) 529-0780. To download a GPS map of the bike route, go to <a href="https://ridewithgps.com/routes/30714191">https://ridewithgps.com/routes/30714191</a>
Saturday October 19 9:00 a.m.	Stuart Park Parking Lot 1800 Winch Lane Springfield, IL Event Leader: Jennifer Walker	<b>NC (Trunk &amp; Treat Swap Meet.)</b> Have bike clothing, gear, or electronics you want to sell or swap? Meet in the park and open your trunks to sell or swap your goods!
Saturday October 19 9:30 a.m.	Stuart Park Parking Lot 1800 Winch Lane Springfield, IL Event Leader: Jennifer Walker	<b>ABCD (Trip to Bomke's Patch.)</b> Jennifer will lead a 21-mile ride with a stop at Bomke's Patch, where everyone will receive a complimentary glass of cider and bag of popcorn. Bomke's Patch has 10 acres of pumpkins, a 10-acre corn maze of varying levels, a pumpkin cannon you can shoot, slingshots, wagon ride to petting zoo, and food truck with lattes, coffee, old fashion ice cream and other sweet treats. They serve hot dogs, pulled pork sandwiches, nachos, and ribeyes. The barn has local vendors and home decor, honey, kettle corn and apple cider. Invite your families to meet you out at Bomke's Patch! Maps will be provided at the beginning of the ride, if needed, and GPS routes may be downloaded off the Club's Facebook page and website.
Sunday October 20 10:00 a.m.	Residence 3917 Surry Place Lane Springfield Ride Leaders: Linda Butler & Ernie DeFrates	<b>ABC (Apple Dumpling Ride.)</b> Linda will again present us with her wonderful apple dumplings and ice cream following a ride of 25-35 miles. Ernie will stay with the rearmost group. D riders can ride the trail but should be self-sufficient. For more information call Ernie DeFrates at (217) 971-1246.
Friday October 25 7:00 p.m.	Residence 8 Bridge Terrace (off Outer Park) Springfield Event Leader: Kevin Brown	<b>NC (Annual Halloween Party.)</b> Bring food and/or drink to share. Costumes are strongly encouraged but not required. Overflow parking in the school lot off Chatham Rd, at the top of the street on other side of fence. Kevin will provide two pots of soup, one of them vegetarian. Bring potluck items and spooky treats to share. For more information contact Kevin Brown at (217) 787-5652.
Saturday October 26 9:00 a.m.	New Salem State Park Visitors Center parking lot Rt 97, Petersburg Ride Leader: Anne (Baker) Schroll	<b>BC (Cass/Menard County EZ Gravel Ride.)</b> Check out the gravel and back roads around New Salem on this beginner-friendly ride. We will plan to hold a conversational pace of about 10-12 mph, although faster riders are welcome to ride on ahead. This ride will leave from the New Salem Visitor Center parking lot and head towards Tallula for about 35 miles roundtrip. Riders are encouraged to pack enough food and water for three or four hours, as there are no food or water stops along the way. After the ride, head to Hand of Fate Brewing Co./Dr. Ugs Café in Petersburg to refuel. For more information call Anne (Baker) Schroll at (217) 414-4101.
Sunday October 27 10:00 a.m.	Vredenburg Park 100 Crusaders Road Springfield, IL Ride Leader: Ted Sunder	<b>BCD (Boo Cruise.)</b> With Halloween right around the corner, follow Ted—if you dare—on a pedaling tour of rural cemeteries. (But beware: Dr. Sunder has a thing for BRAINS!) This ride offers 25, 31, and 43-mile route options. D riders can ride the trail but should be self-sufficient. For more information call Ted Sunder at (217) 698-9194.

### SCHEDULED RIDES AND EVENTS (continued)

Friday, October 25, to Sunday, October 27	Edgewood Schools Campus Ellettsville, Indiana Event Leader: Scott Sievers	<b>ABC (SBC Travels: Hilly Hundred.)</b> Join the Springfield Bicycle Club on its trek to enchanting Ellettsville, Indiana, near Bloomington for the Hilly Hundred! Along with countless other riders, you'll ride 50 miles on Saturday and another 50 miles on Sunday, with shorter options available both days. Riders interested in joining this SBC Travels event should contact Scott at <a href="mailto:president@spfldcycling.org">president@spfldcycling.org</a> . Riders are responsible for registering themselves for the ride at <a href="http://www.hillyhundred.org">www.hillyhundred.org</a> and arranging for their own lodging. For more information contact Scott Sievers at (217) 801-2873.
Saturday November 2 9:30 a.m.	Stuart Park Winch Road north of Route 97 and Veteran's Parkway Ride Leader: Deb Cooper	<b>BCD (Trail Trio Ride.)</b> Follow Deb on three of the most popular bike routes in the area: the Sangamon Valley, Wabash, and Interurban trails. This ride of about 50 miles round trip will have shorter options available and may include a stop at the Apple Barn for a snack or Panera Bread for lunch. For more information contact Deb Cooper at (217) 899-8385.
Sunday November 3 8:00 a.m.	Three Twiggs Bakery 1370 Toronto Rd Springfield, IL Ride Leader: Alicia Bibb	<b>C Ride. (Ladies Only.)</b> Meet at Three Twigs for a 25-mile mystery ride! Bring money for coffee and/or treat afterward. 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.

### NON-SBC RIDES AND EVENTS

Wednesdays 5:30 p.m.	Wheel Fast Bicycle Co. 17 Cottonwood Dr Chatham, IL Ride Leader: Matt Saner	<b>ABC Ride (WheelFast Ride).</b> Wheel Fast intermediate training road ride. Meet at the bike shop and plan on 16-20 miles. For more info call Matt Saner at (217) 483-7807.
Wednesday October 2 5:45 p.m.	New City Community Church Parking Lot Pawnee-New City Rd & Cardinal Hill Rd Ride Leader: Steve Schien	<b>ABC Ride (New City World Championship Time Trials).</b> This is a non-affiliated 10.85-mile time trial on New City Road near Pawnee. 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. As this is the last New City time trial of the season, participants will head into Rochester afterwards to find a place for dinner, most likely Public House 29. Join in the dinner even if you do not ride. Call or text Steve Schien at (217) 741-8388 to be added to the e-mail group for updates.
Saturday October 5 8 a.m.	Oak Hills Golf Course & Winery 18698 Country Club Rd Girard IL	<b>Macoupin Valley Trail 2nd Annual Country Tour Bike Ride.</b> Routes of 10, 20, and 40 miles. Food, live music, 50/50 raffle, and silent auction. \$50 per person includes ride, meal, and t-shirt. Proceeds will help develop the Macoupin Valley Trail. Register online at <a href="https://secure.getmeregistered.com/get_information.php?event_id=133145">https://secure.getmeregistered.com/get_information.php?event_id=133145</a>
Saturday October 12 9:00 a.m.	Carlinville Plaza Carlinville, IL 62626 (314) 526-0658	<b>Tour de Milk</b> — This timed event features routes of 33 and 66 miles; an untimed 17-mile ride also is offered. Registration is \$35 for the two longer routes and \$30 for the shorter route and includes entry into a raffle for a Specialized Allez road bike. Proceeds benefit the Carlinville Area Food Pantry and Winning Communities Bike Trail efforts. <a href="https://www.bikereg.com/41744">https://www.bikereg.com/41744</a>
Saturday October 12 9:00 a.m.	Lake Lou Yaeger Recreation Area, Picnic Area #3 Litchfield, IL 62056	<b>Harvest Hootenanny Biathlon.</b> This event comprises a 5K run followed by a 15-mile bike ride. Pre-registration is \$50; \$55 day of race. USA Triathlon membership required. <a href="http://mmmultiposport.com/harvest-hootenanny-5k/">http://mmmultiposport.com/harvest-hootenanny-5k/</a>



## Secretary's Report

By Ted Sunder

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

**Total Memberships: 446**

### New Members

Darryl Caldwell  
David Cation  
Monty Flynn  
Eileen Grace  
Erin Kirkpatrick  
Ann McCaughan  
Eric Prince

### Renewal at Patron Level

Andrew Ascher and Carol Dyson

### Renewal at Sustaining Level

Alfred Arkley

### Renewal at Contributing Level

David Chapman  
Jan Michael Cimarossa  
Curt Evoy  
Robert LaBonte  
Judy Nesbitt  
Paul Sullivan

### Renewing Members

John and Deane Kinsel  
Regina McGuire  
Cindy Moreno  
Scott and Stephanie Sievers; Elizabeth and Madeline  
Garland and Leslie Stevens  
Mark and Ann Vassmer  
Mark Wagner  
Sam Woods II

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](http://www.spfldcycling.org). A printable membership form also is available online and in each month's Quick Release newsletter.*



## CCC volunteers at work, play

(Above) SBC members Dan Loyd and Stephen Paca work with SBC Vice President Troy Gilmore on marking routes for the 2019 event on September 6 at Center Park in Springfield. (Left) SBC Treasurer Jim Hajek participated in the 2019 CCC after foregoing riding in it for volunteering for it for many years.

## Incentive Report

By Marty Celnick

The bike ride and overnight camping trip to and from Lincoln's New Salem State Historic Site, led by Scott Bell on August 30-31, was voted Ride of the Month for August. Participants rode to New Salem Friday evening and pitched tents. On Saturday, the group rode through the village at New Salem before

their return ride home. The weather cooperated, and it was a fun trip for all.

Kyle Mundhenke won the Ride Leader Incentive Award for his Kiddie Trailer Ride on August 3<sup>rd</sup>. The Almost Anything Award was won by Capital City Century leaders Harv Koplo and Troy Gilmore, along with the multitude of volunteers. Don't forget to give a shout out to the UIS student volunteers as well.



# ROGER'S 41<sup>ST</sup> ANNUAL Oktoberfest

SUNDAY, OCTOBER 13, 2019



**Bonfire - Food - Beer - Music - Games - Biking - Dancing**



**Music by:**

**Doug Strahan & the  
Good Neighbors**

≈ 2-5:30

**Antone & Wick**

≈ 5:30-??

**Meat off the Grill ≈ 4:00**

**Burgers - Brats - Fish**

*Side dishes welcomed!*

**Serving Good**

**German Beers**

Such as Spaten & Paulaner

Plus Special Guest Beers

**Biking**

41-mile ride starts at 1pm

*(With shorter options)*

Led by Jon Roth

*Everyone gets back  
in time to eat!*

**Games**

Bean Bag Toss

Bocce Ball

Hammerschlagen

Hillbilly Golf

**ROGER SCHNELTEN**

245 Circle Drive

Springfield

217-529-0780

**CARPPOOLING & LAWN  
CHAIRS RECOMMENDED!**





## Riding back in time

National Park Service Ranger Paul Santellan speaks to a group of riders outside the Lincoln Home National Historic Site on SBC's Tour of Historic Sites on September 7, the day prior to the Capital City Century. The ride was led by SBC Vice President Troy Gilmore and included SBC Treasurer Jim Hajek (front right), among several others. The annual ride also visited the Old State Capitol and the Lincoln Tomb as well as other sites.



*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

## 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](http://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  
Post Office Box 13035  
Springfield, IL 62791-3035



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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  
Jennifer Walker  
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**