



the Quick Release

www.spfldcycling.org

November 2019

SBC welcomes fall cycling with Apple Dumpling ride



(Lower left) Riders gathered outside the home of Linda Butler and Ernie DeFrates before embarking on SBC's 2019 Apple Dumpling ride on October 20. The ride headed north on the Sangamon Valley Trail and then out into the countryside. (Upper left) A serving of Butler's apple dumplings, topped with ice cream. (Above) After riding in the cool fall weather, riders reconvened at Butler and DeFrates' home to savor the apple dumplings, apple cider, coffee, and conversation. (Photos by Scott Sievers.)

Cyclists remember late SBC member Bob Carmody



(Above) Riders socialize at the 5th Annual Bob Carmody Memorial Ride on October 12. Renowned for professionalism rivaling much bigger events, the ride featured routes of multiple lengths, a lunch catered by Cooper's StrEATside Bistro Food Truck, and a drawing for prizes for those donating to the American Cancer Society. (Right) Jeff Price and Anna Flaherty pose in front of a sign for the ride featuring a photo of Carmody. (Photos courtesy of Brenda Carmody-Price.)



Secretary's Report

By Ted Sunder

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

Total Memberships: 441

New Members

Kyle Mundhenke
Paul Schmidt

Renewal at Contributing Level

David Banks
Karl and Christine Kohlrus

Renewing Members

Patrick and Sheri Daniels
Kevin and Linda McClain
Esteban Sanchez
Robert and Helen Sorenson
Mark Summer

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.

Schnelten's 41st Annual Oktoberfest attracts crowd



Cyclists gather at the home of Roger Schnelten prior to setting off on a 40-mile ride on October 13. After the ride, cyclists returned to Schnelten's home and joined in his 41st Annual Oktoberfest celebration, which featured food, beer, and live music. (Photo courtesy of Kristin Schnelten.)

November 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 9:00 a.m.	Vrendenburgh 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 they 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.	Vrendenburgh 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.

SCHEDULED RIDES AND EVENTS

Saturday November 2 9:30 a.m.	Stuart Park 1800 Winch Lane Springfield, IL Ride Leader: Deb Cooper	BCD (Trail Trio Ride). 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 info call Deb Cooper at (217) 899-8385.
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SCHEDULED RIDES AND EVENTS (continued)

Sunday November 3 8:00 a.m.	Three Twiggs Bakery 1370 Toronto Rd Springfield, IL Ride Leader: Alicia Bibb	C Ride (Ladies Only). 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 Bibb at (217) 494-4134.
Sunday November 3 2:00 p.m.	Stuart Park 1800 Winch Lane Springfield, IL Show-N-Go	BC Ride. Riders will meet up and decide upon a route, as there is no formal ride leader. Miles may be turned in to the club records keeper.
Wednesday November 6 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. 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. For more info call Scott Sievers at (217) 801-2873.
Saturday November 9 9:00 a.m.	Stuart Park 1800 Winch Lane Springfield, IL Ride Leader: Scott Sievers	BC 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 November 10 2:00 p.m.	Chatham Community Park (east parking lot) 760 S Main Street Chatham, IL Show-N-Go	BC Ride. Riders will meet up and decide upon a route, as there is no formal ride leader. Miles may be turned in to the club records keeper.
Monday November 11 10:00 a.m.	Centennial Park Sangamon Valley Trailhead 5529 Bunker Hill Road Springfield, IL Show-N-Go	BC Ride. (Veteran's Day Ride). Riders will meet up and decide upon a route, as there is no formal ride leader. Miles may be turned in to the club records keeper.
Wednesday November 20 5:00-7:00pm	Brickhouse Grill & Pub 3136 W Iles Ave Springfield, IL Leader: Scott Sievers	NC (Annual Membership Meeting & Socializer). All Springfield Bicycle Club members are invited to attend. A new slate of officers will be introduced and voted on at this annual meeting. Come reflect on your 2019 cycling victories and defeats while looking forward to 2020. Mix and mingle with your biking buddies over complimentary appetizers and soft drinks. Cash bar available. For more info call Scott Sievers at (217) 801-2873.
Saturday November 16 10:00 a.m.	Residence 1912 Bent Creek Road Springfield, IL Ride Leader: Shayla Pfafe	B Ride (Pfollow Pfafe). Rhymes with coffee, pfollow Shayla for about 30 mostly pflat miles. For more info call Shayla Pfafe at (217) 836-3301.
Saturday November 16 10:00 a.m.	Stuart Park 1800 Winch Lane Springfield, IL Show-N-Go	C Ride. Riders will meet at this park near the midway point of the Sangamon Valley Trail and decide upon a route, as there is no formal ride leader. Miles may be turned in to the club records keeper.
Saturday November 16 10:00 a.m.	Lincoln Park 1601 N Fifth St Springfield, IL	ABCD (Learn to Cyclocross Clinic). Supported with SBC volunteers, this Springfield Park District event will introduce riders to the growing sport of cyclocross. A sample course will be set up with the help of Nathan Carls of Pumpkin Hop Cross in Beardstown, and St. Louis cyclocross racer Carrie Cash will demonstrate how to ride a cyclocross course. The clinic will run from 10 a.m. to noon, and a \$10 registration fee includes a raffle and a Jimmy John's lunch. For more info call Marty Strieker at the Springfield Park District, 753-2800.

SCHEDULED RIDES AND EVENTS (continued)

Sunday November 17 9:00 a.m.	Centennial Park Sangamon Valley Trailhead 5529 Bunker Hill Road Springfield, IL Ride Leader: Jordan Litvak	B Ride. (Country Ride). Meet at the southern end of the Sangamon Valley Trail (SVT) at Centennial Park for a 40 mile ride on low traffic country roads. Featuring small rollers but mostly flat, the terrain is great for a steady 16- to 18-mph pace. Route will be posted on Facebook with last-minute revisions as necessary if changes in road conditions require. For more information call Jordan Litvak at (217) 971-8836.
Sunday November 17 10:00 a.m.	Vrendenburgh Park 100 Crusaders Road Springfield, IL Show-N-Go	C Ride. Riders will meet at this park along the Wabash Trail and decide upon a route, as there is no formal ride leader. Miles may be turned in to the club records keeper.
Saturday November 23 9:00 a.m.	Stuart Park 1800 Winch Lane Springfield, IL Ride Leader: Troy Gilmore	BC Ride (Summer Throwback). C Riders, remember this one? Travel 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. For more info call Troy Gilmore at (217) 720-1568.
Sunday November 24 2:00 p.m.	Chatham Community Park (east parking lot) 760 S Main Street Chatham, IL Show-N-Go	BC Ride. Riders will meet up and decide upon a route, as there is no formal ride leader. Miles may be turned in to the club records keeper.
Thursday November 28 9:00 a.m.	Washington Park Picnic Shelter 1500 S Grand Ave West Springfield, IL Show-N-Go	ABCD Ride (Annual Thanksgiving Day Cold Duck Ride). Join the Springfield Road Runners Club for this 20+ year tradition for both clubs by riding laps in the Park.
Friday November 29 9:00 a.m.	Vrendenburgh Park 100 Crusaders Road Springfield, IL Show-N-Go	AB Ride (Turkey Burn). 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 they should be self-sufficient or accompanied by an experienced rider. For more info call Derek Ewing at (217) 624-2016.
Friday November 29 10:00 a.m.	Centennial Park Sangamon Valley Trailhead 5529 Bunker Hill Road Springfield, IL Ride Leader: Troy Gilmore	C Ride (Black Friday Ride). The day after Thanksgiving is a State Holiday, so join Troy for about 30 mile ride out in the country, avoiding Mall traffic. For more info call Troy Gilmore at (217) 720-1568.
Saturday November 30 9:00 a.m.	Chatham Community Park (east parking lot) 760 S Main Street Chatham, IL Show-N-Go	BC Ride. Riders will meet up and decide upon a route, as there is no formal ride leader. Miles may be turned in to the club records keeper.
Sunday December 1 2:00 p.m.	Stuart Park 1800 Winch Lane Springfield, IL Show-N-Go	BC Ride. Riders will meet up and decide upon a route, as there is no formal ride leader. Miles may be turned in to the club records keeper.

Annual Membership Meeting & Social

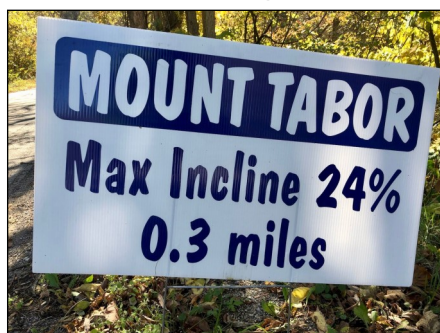
5-7 p.m. Wednesday, November 20

at Brickhouse Grill & Pub, 3136 West Iles Avenue

NON-SBC RIDES AND EVENTS

Sunday November 17 10:00 a.m.	Hand of Fate Brewing Company 107 E. Douglas Ave Petersburg, IL 62675	Dirty Petersburg Gravel Ride. This is a fully self-supported ride with 30-, 40-, and 50-mile routes. There are no water or food stops or route markings, but there will be maps and GPS downloads available. Return to the brewery after the ride for food and beverages. Follow Spin City Cycles on Facebook for any developments on this ride.
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Riders survive the ups and downs of SBC Travels' Hilly Hundred trip



(Above left) A sign welcomes SBC cyclists on Sunday as they encounter the steepest climb of the weekend of the Hilly Hundred, an event starting in Ellettsville, Indiana, that featured routes of approximately 50 miles of hills on each of two days. There were many climbs other than Mount Tabor as well, including those that were much longer. (Photo by Michael Phelon.) (Above right) SBC members dine Saturday night at Mother Bear's Pizza in Bloomington, Indiana. (Lower right) SBC members ready themselves on Sunday for the hilliest of the two days. While Sunday saw comfortable fall weather, rain poured all day on Saturday, leaving only a handful of cyclists to take on the wind, cold, and rain.



Interested in leading a ride?
Contact SBC Vice President
Troy Gilmore at
vp@spfldcycling.org.

Incentive Report

By Marty Celnick

Scott Parker's ride of September 28th was voted Ride of the Month. The ride started in Chatham and rolled through the countryside nearby, on good roads. Participants enjoyed a pleasant ride on a nice fall day.

Alan Whitaker won the Ride Leader Incentive Award for his ride from Rotary Park on September 22nd, and the Almost Anything Award goes to our newest ride leaders, including Scott Parker, Mark Wagner, and Kyle Mundhenke.

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:

☐ Lead bike rides

☐ Help with social activities

☐ Help with bicycle advocacy

☐ Help w/ Capital City Century

☐ Serve on the SBC Board

☐ Other _____

Legal Waiver

I (and my parent or guardian in case of a person under 18 years of age) hereby release the Springfield Bicycle Club and any other party or parties involved in any Springfield Bicycle Club activity of any liability whatsoever for any loss or damage to property or for personal injury sustained or occurring on any Springfield Bicycle Club event.

Signature:	Date Signed:
Parent/Guardian:	Date Signed:

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

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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**