



the Quick Release

www.spfldcycling.org

December 2019

Club celebrates new Board members



(Above) Springfield Bicycle Club Board members Gladys Hajek, Ted Sunder, Ken Anderson, Jordan Litvak, Karin Bell, Jennifer Walker, Jim Hajek, Harv Koplo, Marty Celnick, Troy Gilmore, Scott Sievers, Heather Dunn and Anne Baker Schroll pose for a photo at the Annual Membership Meeting and Socializer on November 20. Dunn and Litvak were newly elected as at-large members and Schroll as webmaster. The rest of the Board members were re-elected by the Club membership in attendance. Cindy Kwamme, Nancy Thompson, and Alan Whitaker had stepped down from their posts on the Board. (Left) Club member Jonathan Michael Roth volunteered his skills as owner of Music Source Professional Disc Jockey Service to enliven the evening's event. (Photos courtesy of Jennifer Walker.)

Chilly riders warmed up with breakfast pizza, hot chocolate on Athens ride



(Above) Club members David Kalaskie, Scott Bell, Scott Sievers, and John Williams enjoyed hot chocolate after returning to Stuart Park on their November 9 ride. (Photo by Troy Gilmore.) (Left) Members Troy Gilmore, John Williams, Ron Summers, and Scott Bell savor breakfast pizza during their stop at Casey's General Store in Athens. (Photo by Scott Sievers.) Bell ordered the pizza before the ride departed so it was ready when cyclists arrived, then had hot chocolate to serve them at the end of the ride.

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

Nick Courtney
Chris Kolbe and Micki Utinske
Jane McBride and John Mayer
Teresa Moody
Brian Phillips

Renewing at Patron Level

Dwight and Mary O'Keefe

Renewing at Sustaining Level

Marty Celnick
Amy and John Engelmeyer
Harv Koplo and Annette Chinuge
Mark Smith and Kathy Shepard

Renewal at Contributing Level

Patricia Boyce
Thomas Dodegge
David and Becky Kalaskie

Renewing Members

Kevin Brown
Michael Higgins
Chuck and Gerry Orwig

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.

SAVE THE DATE:
SBC'S Annual Winter Party and
2019 Awards Banquet

FRIDAY, JANUARY 24, 2020

Registration opens soon on our
Facebook page and website!

Incentive Report

By Marty Celnick

The annual Apple Dumpling Ride, led by Ernie DeFrates and Linda Butler, was voted Ride of the Month for October. On a nice fall day, we rode up to Salisbury, taking in the fall colors along the way and getting a good workout with the hills. Then we rode back for apple dumplings served with ice cream. They were deli-

cious, as usual. Thank you, Linda and Ernie.

Jon Roth won the Ride Leader Incentive Award for leading the Oktoberfest Ride beginning at Roger Schnelten's residence on October 13th. And the Almost Anything Award was won by Brenda Price Carmody for her efforts in organizing the Bob Carmody Memorial Ride.

December 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 and Sundays 12:00 p.m.	Vrendenburg Park 100 Crusaders Road Springfield, IL Show-N-Go	AB Ride. Winter rides will be 30-40 miles and will go forward even when temperatures drop into the 30s. New riders are very welcome. Riders should be self-sufficient and able to maintain speeds of 18+ mph for extended distances. This is a no-drop ride. Check ride info on Facebook at "Springfield II Area Cycling." For more info call Derek Ewing at (217) 624-2016.
Mondays, Wednesdays & Fridays 9:00 a.m.	Vrendenburg Park, 100 Crusaders Road, Springfield, IL Show-N-Go	AB Ride. This is a no-drop ride, but riders should be able to maintain speeds of 18-20 mph for 20-40 miles between stops. Usually includes a stop midway followed by a coffee stop after the ride at Caribou Coffee. For more information about this ride, contact Steve Casper at (217) 414-9833.

SCHEDULED RIDES AND EVENTS

Sunday December 1 1:00 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 into the Club records keeper.
Saturday December 7 1:00 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 into the Club records keeper.

SCHEDULED RIDES AND EVENTS (continued)

Sunday December 8 1:00 p.m.	Stuart Park 1800 Winch Lane Springfield, IL Show-N-Go	BC Ride (Show-N-Go). Riders will meet up and decide upon a route as there is no formal ride leader. Miles may be turned into the Club records keeper.
Monday December 9 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.
Wednesday December 11 5:00-7:00 p.m.	Engrained Brewery & Restaurant 1120 W Lincolnshire Blvd Springfield, IL Leader: Gladys Hajek	NC (December Socializer). Meet your biking buddies at Engrained. The Club will provide appetizers. Drinks and other food can be ordered from the menu. For more information call Gladys Hajek at (217) 698-7626.
Saturday December 14 1:00 p.m.	Stuart Park 1800 Winch Lane Springfield, IL Show-N-Go	BC Ride (Show-N-Go). Riders will meet up and decide upon a route as there is no formal ride leader. Miles may be turned into the Club records keeper.
Sunday December 15 1:00 p.m.	Chatham Community Park (east parking lot) 760 S Main Street Chatham, IL Show-N-Go	BC Ride (Show-N-Go). Riders will meet up and decide upon a route as there is no formal ride leader. Miles may be turned into the Club records keeper.
Saturday December 21 12:00 p.m.	Chatham Community Park (east parking lot) 760 S Main Street Chatham, IL Ride Leader: Troy Gilmore	BC Ride (Winter Solstice Ride). Today the days are starting to get longer. Join Troy close to the solar noon (11:56 a.m.) at noon and ride for 30 miles while the sun is nearly overhead. Celebrate the winter solstice by getting on your bike and looking forward to more sunlight in the days to come. For more info call Troy Gilmore at (217) 720-1568.
Sunday December 22 1:00 p.m.	Stuart Park 1800 Winch Lane Springfield, IL Show-N-Go	BC Ride (Show-N-Go). Riders will meet up and decide upon a route as there is no formal ride leader. Miles may be turned into the Club records keeper.
Saturday December 28 1:00 p.m.	Stuart Park 1800 Winch Lane Springfield, IL Show-N-Go	BC Ride (Show-N-Go). Riders will meet up and decide upon a route as there is no formal ride leader. Miles may be turned into the Club records keeper.
Sunday December 29 1:00 p.m.	Chatham Community Park (east parking lot) 760 S Main Street Chatham, IL Show-N-Go	BC Ride (Show-N-Go). Riders will meet up and decide upon a route, as there is no formal ride leader. Miles may be turned into the Club records keeper.
Wednesday January 1 11:00 a.m.	Rock 'N Roll Hardees 2501 Adlai Stevenson Dr Springfield, IL Ride Leader: Marty Celnick	ABCD Ride (New Year's Day Ride). Ride for 10-25 miles. Start the new year by keeping your resolution to ride more miles. For more info call Marty Celnick at (217) 522-4206.

Want to stay warm this winter? Watch our website and Facebook page for new SBC winter cycling clothing!

Cyclocross clinic comes to Lincoln Park



(Lower left) Carrie Cash of St. Louis, who has raced as a professional cyclist, instructs students at the Springfield Park District's Learn to Cyclocross class on November 16 at Lincoln Park. Co-sponsored by Wheel Fast Bicycle Company, Jimmy John's, and the Springfield Bicycle Club, the clinic taught riders of varying ages and experience levels the different aspects of cyclocross. The sport involves bicyclists racing laps around an off-road course over a set time period and requires them to navigate over challenging terrain such as mud, sand, steep hills, off-camber sections, and physical barriers, some of which require riders to dismount their bikes. Marty Strieker, SPD Recreation Supervisor, said the Park District hopes to offer another cyclocross clinic in the spring of 2020 and possibly hold a cyclocross race in the fall of 2020. (Above left) SBC Board member Anne Baker Schroll climbs up a steep section of the sample cyclocross course set up for the clinic as Cash follows behind. (Above right) SBC member Tommy Dale, donning an SBC jersey and shorts, demonstrates the classic cycling maneuver to carry his bike up a slick hillside while Nathan Carls begins his ascent. Carls is the race director of Pumpkin Hop Cross, an annual cyclocross race in Beardstown. Carls worked with Strieker and Cash to organize the clinic.

Roger's 41st Annual Oktoberfest a Roaring Success

This year's turnout was outstanding - reminiscent of legendary Oktoberfests of the 90s. I credit the weather, the full-page ads in the Snowjourner and Quick Release two months in a row, and Jon Roth's promotion of the 41-mile bike ride. I always know the crowd has been a big one when the grass beneath the Floataway (hippie) chair is completely worn away.



Grateful to all the helpers: Lynn, set up; Mike and Alasdair on the deep fryer; Megan on the grill; Mark, all of the above plus the bonfire. The Oktoberfest simply wouldn't happen without your generous assistance.

How about our entertainment? Weren't they amazing?! Doug Strahan and the Good Neighbors along with Antone and Wick - I say we have them all back again next year, eh?



Four kegs of beer seemed to be just the right amount for this party - including Reisch Gold Top, courtesy of Chuck. And all the hard work at the grill and fryer and the hundreds of party goers left me with only the smallest amount of extras, which made their way to the Ski Club happy hour at the Oaks.



Thank you John Norris for the colorful gourds.

Thanks everyone for coming out this year. I'm already looking forward to the 42nd.

See you all there.



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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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**