



the Quick Release

NOVEMBER
2022

www.spfldcycling.org

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Looking Ahead

SUN, NOV 6

DAYLIGHT SAVINGS ENDS

Set your clocks back an hour!

MON, NOV 7 | 7:00 PM

BOARD MEETING

Board meetings are currently held via Zoom. Contact Troy Gilmore at president@spfldcycling.org if you would like to attend.

WED., NOV. 9 | 6:00 PM

ANNUAL MEETING - HARVEST MARKET

Join fellow club members for food and beverages. Cast your vote for the 2023 Board.



It's getting dark earlier but that hasn't stopped Paul O'Connor and Troy Gilmore from riding on the gravel roads around Loami.

What's Happening in November?

As the outdoor riding season draws to a close, the November Ride Schedule is looking a bit lean. There are always some dedicated cyclists who will ride outdoors through the winter months (*there's no bad weather, just bad gear, right?*), while just as many are putting their bikes on the trainer or seeking out spin classes. The Vredenburg Park "A" rides will continue, weather permitting. For a fun outdoor ride with a charitable purpose, check out the **First Annual Cranksgiving** hosted by Wheel Fast Bicycle Shop and SLF Motion on Saturday, November 12.

October was a busy month in the SBC, with a variety of well-attended rides. Read about some of these rides in this issue. As always, we wish to extend a huge THANK YOU to those who stepped up to organize and lead rides throughout the year.

Mark your calendar for the **Annual Meeting and Election** on Wednesday, November 9th, at Harvest Market. There are several Board members stepping down at the end of 2022. Please stop by to thank these individuals and to meet the proposed 2023 Board.

ANNUAL MEETING & ELECTION

WEDNESDAY, NOV. 9
6:00 PM

HARVEST MARKET
Upstairs Bar Area
3000 S. Veterans Pkwy, Spfld

Get Involved!

Volunteerism is what keeps clubs like the SBC running. While the board has decision-making authority for the direction of the club, there are many opportunities throughout the year for members to make a difference. Whether it's as simple as helping out for a few hours at a rest stop or serving on a committee, all donations of time and talent are very much appreciated. **Keep up-to-date on ways to help out through this newsletter, Facebook, or emails from the club.**

The SBC Board of Directors serve one-year terms that commence on January 1. Calls for nominations have gone out to all club members, and our Recruitment Committee has been very busy contacting prospective board members to gauge interest and find the best fit for these individuals. Thanks to Jordan Litvak and Kathryn Hanlon for their work on this committee!

On Wednesday, November 9, the club's Annual Meeting and Election will take place at Harvest Market. All club members are encouraged to stop by to vote for the new board and socialize at this happy hour event. An online survey will also be sent out to club members to allow those unable to attend the Annual Meeting to vote.

2022 Board

PRESIDENT
Troy Gilmore

VICE PRESIDENT
Scott Sievers

TREASURER
Larry Stone

SECRETARY
Jennifer Rockwell

MEMBERSHIP DIRECTOR
Ted Sunder

LEGISLATIVE & EDUCATION DIRECTOR
Ted Sunder

MARKETING DIRECTOR
Anne Schroll

SPECIAL EVENTS & PROJECTS DIRECTOR
Vacant

RECORDS KEEPER / MILEAGE DIRECTOR
Vacant

RIDE INCENTIVE DIRECTOR
Marty Celnick

SOCIAL DIRECTOR
Nathan Schorfheide

AT-LARGE DIRECTORS
Kathryn Hanlon
Jordan Litvak
Libby Shawgo
Michael Phelon

Proposed 2023 Board

PRESIDENT
Scott Sievers

VICE PRESIDENT
Anne Schroll

TREASURER
Larry Stone

SECRETARY
Jeanny Huber

MEMBERSHIP DIRECTOR
Ted Sunder

LEGISLATIVE & EDUCATION DIRECTOR
Mike Murphy

MARKETING DIRECTOR
Anne Schroll

SPECIAL EVENTS & PROJECTS DIRECTOR
Lori Dale

RECORDS KEEPER / MILEAGE DIRECTOR
Vacant

RIDE INCENTIVE DIRECTOR
Marty Celnick

SOCIAL DIRECTOR
Nathan Schorfheide

AT-LARGE DIRECTORS
Kathryn Hanlon
Barbara Manson
Michael May
Chris Scheufele



November Birthdays

Happy Birthday to the following club members!

11/3

Kathy Whitaker

11/7

Alan Josephson
Karol Young

11/13

Stephanie Sievers

11/15

Bob Coady

11/16

Marc Bell

11/21

Harriet Josephson
Presley Kerber

11/26

David Manson
Jill Roth

11/29

Chris Mehuys

11/30

Loren Easter

Did we miss your birthday? Our apologies for the oversight. Help us keep up-to-date by making sure that your profile in Club Express is current. Questions? membership@spfldcycling.org

Membership Update

TOTAL ACTIVE MEMBERS: 360

Welcome New Members!

OCTOBER

Tatiana Davis
Brian Dees
Todd Parks

Renewing Members

OCTOBER

Family Memberships

- Craig Kniffin, Rachel Doctors, Holling Kniffin
- Harv Koplo and Annette Chinuge
- David and Anita McDivitt

Individual Memberships

Marc Bell
Kevin Brown
Brian Phillips
Esteban Sanchez
John Sanford
Libby Shawgo

Donations

We wish to thank the following members who provided generous donations to the club with their membership dues.

OCTOBER

Brian Dees
David and Anita McDivitt
Todd Parks
Libby Shawgo



October Milestones

Name	Join Date	Years with SBC
Bob & Sandy Steimel	10/14/2007	15 Years
Blaine Redemer	10/18/2009	13 Years
David Kalaskie	10/3/2013	9 Years
David Ross	10/20/2017	5 Years
Sheryl Essenburg	10/20/2017	5 Years
Teresa Moody	10/23/2019	3 Years
Mike McCarthy	10/12/2021	1 Year
Glenda Long	10/21/2021	1 Year



The Site M ride organized by Chris Scheufele was well attended, with 18 riders showing up to tackle the Cass County gravel.



Jim Edgar Panther Creek State Fish & Wildlife Area --- Why is it Sometimes Referred to as "Site M"?

The farmsteads that compose Jim Edgar Panther Creek were purchased from 1968-1974 by Commonwealth Edison for the development of a coal-fired, electric power generating plant, and a 5,000-acre cooling lake. The company named the 16,550-acre tract "Site M" for nearby Menard County, where coal to fuel the plant was to be mined. In the 1980s, Commonwealth Edison abandoned plans to build a power plant at Site M.

OCTOBER 1 Site M Ride

SUBMITTED BY **CHRIS SCHEUFELE**

I had previously ridden a 32-mile loop out at Site M with Troy Gilmore back in February. We were training for the Dirty South Roubaix. Snow was still on the ground and during the ride, I face planted into a snowbank. I had so much fun doing that ride that I wanted to get a big group of riders to share in the fun. I put out a post on the local cycling Facebook group and created a club event. My goal was to at least get a handful of riders out to ride. We had 18 riders show up.

The course was a mixture of pavement, smooth pea sized gravel, chunky fresh gravel, and 1400 ft of elevation mixed in.

To share my appreciation, I fried up some bacon the night before and had a cooler full of Coke and water for an after ride treat.

Want to Check Out this Route?



Check out the route and download for your own use at the link below.

<https://ridewithgps.com/routes/41206116>



Thanks to Libby Shawgo for organizing the Tour of Menard County. The ride started at the Courthouse in Petersburg.



Smith Road provided a hilly challenge.

OCTOBER 1 Tour of Menard County

SUBMITTED BY **LIBBY SHAWGO**

On October 1, seven cyclists left from the Menard County Courthouse in Petersburg for a historic tour of Lincoln sites. Due to an abundance of loose gravel on the Lincoln Memorial Highway, the group skipped the historic markers and opted instead for some massive (but not gravelly) hills on Smith Road. Tanya Davis joined the group for one of her first group rides and her first every hilly ride. She made it up every hill and now knows where to find some great hills for training. The group stopped at Big Al's Restaurant in Oakford on their final weekend in business and enjoyed some adult beverages, nice scenery, and a herd of cute, but half-feral cats. And of course, the ride ended with lunch in the beer garden at Hand of Fate brewery in Petersburg.

The ride was a joint venture with Menard County Trails and Greenways (MCTG) and was led by Doug VanNattan, a lifelong resident of Menard County who also created the route. Libby Shawgo organized the ride and made sure everyone made it up the hills and past the feral cats unscathed. Doug and Libby are MCTG board members, and Libby is also an SBC Board Member. Among other projects MCTG has advocated for the extension of the SVT to Ethel Road near Athens; a bike path in conjunction with the Route 97 improvements between Petersburg and New Salem; and will soon advocate for bike route markers in Menard County.



Learn more about the
**Menard County Trails and
Greenways (MCTG)** at
[https://menardcountytrails-
sandgreenways.org](https://menardcountytrailsandgreenways.org)



Roger Schnelten has been hosting an annual Oktoberfest party at his Springfield home for 44 years. This party is a collaboration of the Springfield Bicycle Club and the Springfield Ski & Travel Club and features a ride followed by live music and an incredible meal.

OCTOBER 9

44th Annual Oktoberfest Party

SUBMITTED BY **JON ROTH**

On a sunny, warm and windy Sunday in Oktober, 22 bike riders headed out from Roger's 44th Annual Oktoberfest Party in Laketown at 1 pm. While many rode the 24 mile loop, others who wanted to make more room for Oktoberfest Bier & Brats, ventured against the wind for a 44 mile loop. As we finished the ride the party was in full swing with live music, games, bonfire, food and of course, beer.



OCTOBER 29

Nathan's BC Ride & Fall Celebration

Our Social Director, Nathan Schorfheide, organized a ride on Saturday afternoon, followed by a gathering at his home in Chatham. Attendees stayed warm around a bonfire and enjoyed a meal that included chili, hotdogs, various sides, and Tracy Parker's delicious chocolate and caramel dipped pretzels .



Cyclists start out on the 20K road race at the Illinois Senior Olympics.

Congratulations to the following SBC members who participated in the 2022 Illinois Senior Olympics!

5K TIME TRIAL

Men's 50-54

2nd Place Stephen Paca

Women's 60-64

2nd Place Becky Smith
4th Place Roseanne Nance

Men's 65-69

4th Place Mike Murphy

Women's 65-69

2nd Place Barb Manson

Men's 70-74

4th Place Mike Vonnahmen
5th Place Garland Stevens

20K ROAD RACE

Men's 50-54

1st Place Troy Gilmore
2nd Place Stephen Paca

Women's 60-64

2nd Place Becky Smith
4th Place Roseanne Nance

Women's 65-69

3rd Place Barb Manson

Men's 70-74

5th Place Mike Vonnahmen
6th Place Garland Stevens

Women's 75-79

1st Place Linda Kelly

GRAVEL RACE

Men's 55-59

2nd Place Todd Parks
3rd Place Joe Gurski

OCTOBER 15 **Illinois Senior Olympics**

The Illinois Senior Olympics cycling events have traditionally been staged south of Springfield on the roads near Chatham and Glenarm. Concerns over safety on increasingly busy roads led to the organizers' decision to move the venue to Jim Edgar Panther Creek State Fish & Wildlife Area in Chandlerville. The event was staged at the park headquarters.

New routes were developed for the 5K time trial and the 20K road race. The route for the 5K time trial was adjusted at the last minute to avoid a rough chip and seal section that would have been hazardous for the time trial cyclists. Moving the starting line back had the effect of adding a significant climb right out of the gate. For the 20K road race, cyclists rode a loop around the park that included a fast downhill followed by a series of rolling climbs out of a creek valley.

For the first time, a gravel road race was offered. As this is not a sanctioned event at the National Senior Olympics level, the entry fee was steeply discounted to encourage participation. A small group of cyclists tackled the gravel course, which headed east out of the park on gently rolling back roads. Efforts are underway to have gravel racing added as a qualifying event for the national games.

Thanks to Troy Gilmore for setting up the SBC tent where registration was held. The tent also served as a windbreak/warming station for the volunteers.

Are you 50+ years of age? Learn more about participating in the Illinois Senior Olympics at <https://ilseniorolympics.weebly.com>



OCTOBER 22

Bloomington Brews Cruise

SUBMITTED BY **JENNIFER ROCKWELL**

The annual Brews Cruise was a great success. This was the third year for the outing and this year the route took riders on a western section of the Constitution Trail before turning onto some smooth roads with a few hills. First stop was Distihl Brewery for brunch and brews. We headed to Towanda and a bit more countryside. Once we turned back South, we battled 20-30 miles headwinds for three and a half miles before returning to Constitution Trail and stopping at Keg Grove Brewery. After some tasty libation, I can recommend all four beverages in my flight, we finished the last few miles to where we started at Lil Beaver Brewery for a snack and drink for the road.

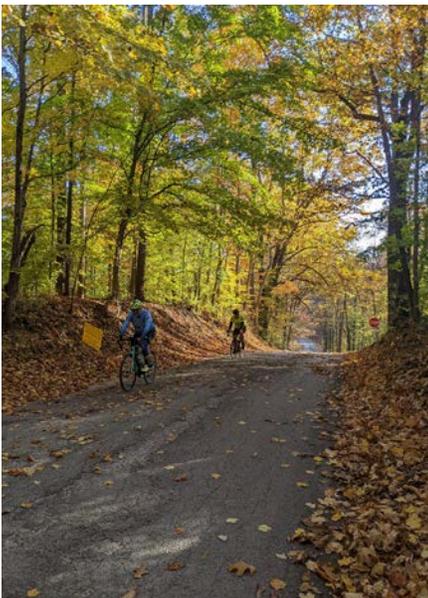




Troy Gilmore, Paul O'Connor and Scott Sievers looking fresh-faced and hopeful on Day 2 of the epic ride.



Scott Bell, Jeanny Huber, Dave Huber and Karin Bell take a break.



OCTOBER 22-23 **SBC Travels Hilly Hundred**

The Hilly Hundred Weekend is one of Indiana's most popular, and longest running cycling events. SBC members joined the 1800+- riders for the weekend and took on the challenge of a 30 or 50-mile ride on the scenic back roads of Owen and Monroe Counties.

The event lived up to its name with some serious climbing --- 3,100 feet of elevation change on Saturday's 50-mile route, and 4,000+ feet on the Sunday 50 mile route.

Notable food items included fried chicken and square doughnuts. Rumor has it that Scott Bell bit into a doughnut that was harboring a wasp and received a nasty sting to the tongue!

Accommodations range from tent camping for the hardcore to hotel rooms for those who prefer basic essentials like heat and indoor plumbing.

The Hilly Hundred is an SBC Travel Event.



Mark Your Calendar for 2023!
The 55th Hilly 100 will be held
October 6, 7 and 8, 2023.
Learn more at [HillyHundred.org](https://www.HillyHundred.org)



Ride Schedule

Ride Classifications

A 18.1-20.0+ MPH AVERAGE SPEED.

These rides are for extremely strong and competitive cyclists with expert bike handling skills. Expect cyclists to be self-sufficient, and able to maintain speeds of 19+ mph for extended distances using pace-lines and other faster riding skills.

B 16.1-18.0 MPH AVERAGE SPEED. These rides are for strong, experienced cyclists with considerable group riding experience. Expect the emphasis to be on improving individual stamina and riding skills. Cyclists will not feel obligated to wait for slower riders. Many times, pace-lines are common in group riding. Cyclists should be able to handle their own flats and other minor mechanical repairs and should be comfortable navigating by map or GPS computer if separated from the group.

C 14.1-16.0 MPH AVERAGE SPEED. These rides are for competent cyclists with basic safety and bike handling skills. These rides combine social riding with improving fitness and riding ability. Expect that most cyclists will ride in groups. There may be rest stops on the route, but they

will be limited. Cyclists should be comfortable navigating by map if separated from the group and should be able to handle their own flats and other minor mechanical problems

SLOW C 12.1-14.0 MPH AVG

SPEED. These rides are for competent cyclists with basic safety and bike handling skills. These rides combine social riding with improving fitness and riding ability. Expect that most cyclists will ride in groups. There may be rest stops on the route, but they will be limited. Cyclists should be comfortable navigating by map if separated from the group and should be able to handle their own flats and other minor mechanical problems

D 10.0-12.0 MPH AVERAGE SPEED. These rides are for novice or recreational cyclists. These rides will have rest stops as needed. Expect the ride leader or another club member to sweep (stay with) the slowest cyclist. Assistance from the ride leader will be provided for flats and other minor mechanical problems.

EZ UNDER 10 MPH AVERAGE SPEED.

These rides are purely social. Expect shorter routes either in town or on

a trail and expect to ride together as a single group. No one will be dropped out of the back of the group. Assistance from the ride leader will be provided for flats and other minor mechanical problems.

GR GRAVEL. Route will be gravel, dirt or rough roads that are unsuitable for traditional road bikes.

MTB MOUNTAIN BIKE. Route will be on mountain bike trail system, typically singletrack.

NC NON-CYCLING EVENTS. No bikes required for these events.

For updates, corrections and last-minute changes to the ride schedule, please check the SBC Facebook page

Scheduled Rides/Events

NC ANNUAL MEETING & ELECTION

WEDNESDAY, NOV. 9 | 6:00 PM

Location: Harvest Market

Join fellow SBC members for fellowship and annual election of board members.

NC TRIVIA NIGHT

WEDNESDAY, FEB. 8, 2023 | 5:30 PM

Location: Harvest Market

Join fellow SBC members for the second annual Bicycle Trivia Night. No need to be a member and guests are welcome.

For more information, contact Bob Coady at (217) 416-2181

Weekly Repeating Rides

A V-PARK A RIDE

SATURDAYS & SUNDAYS | 9:00 AM

Location: Vredenburg Park or TBA

Rides will be 30-40 miles and new riders are very welcome. Cyclists should be self sufficient and able to maintain speeds of 18+ mph for extended distances. This is a NO DROP RIDE! Please check the Facebook group page, as start times and locations may vary depending on weather.

For more info, check out the Facebook Page, Springfield IL Area Cycling.

Area Rides/Events



ABCD FIRST ANNUAL CRANKSGIVING PRESENTED BY WHEEL FAST BICYCLE CO. AND SLF MOTION

SATURDAY, NOVEMBER 12 | 8:30 AM

What is Cranksgiving? In the spirit of Thanksgiving, this event is a way for the cycling community to give back to a local food pantry. This will be an urban bike ride with three checkpoints at various grocery stores in the Chatham/Springfield area to collect canned/nonperishable food to give back to the community.

How does the event work? The day of event we will release the three checkpoints, (grocery stores in the Chatham/Springfield area). You will be responsible to find your own route to these three locations. At each of these locations you will have to purchase at least one canned/nonperishable food item to bring back to the starting location along with the receipt. Bringing back the receipt is key to prove you were at each checkpoint. At the Finish we will check receipts and weigh the amount of food brought back and record that number for potential prizes.

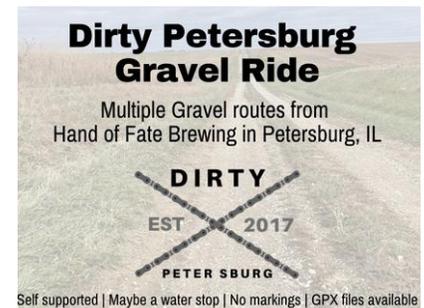
More details, see the flyer on the following page or check out the Cranksgiving Facebook Event.

MTB TUESDAY NIGHT MTB RIDES

TUESDAY NIGHTS | 5:45 PM

Steve Schien of Velomine Bike Shop organizes this annual series of nighttime mountain bike rides. Location and agenda varies each week. The group typically meets at Washington Park and either rides to the Lewis Memorial Park trail system on Koke Mill Road or heads into Springfield for some urban exploration. All are welcome on this beginner-friendly ride, but you will need lights and a mountain or gravel bike.

Find out more: Details are posted each week on the Springfield IL Area Cycling Events. Facebook page.



GR DIRTY PETERSBURG GRAVEL RIDE

SUNDAY, NOV. 13 | 9:00 AM

Starting Location: Hand of Fate Brewing, Petersburg, IL

Gravel Riding and Beer! We are combining two things we enjoy. Let's meet at Hand of Fate Brewing in Petersburg at 9:00 for either a 30, 40 or 50+ gravel ride. After the ride, meet back at the brewery for drinks, food and fellowship.

This is not an SBC event but the club provides support.

Ride Organizer: Kyle May



Presents

**First Annual Cranksgiving
Saturday November 12th, 2022 9:30 AM**

**Start/Finish at Wheel Fast Bicycle Co.
17 Cottonwood Dr. Chatham, IL 62629**

What is Cranksgiving? In the spirit of Thanksgiving, this event is a way for the cycling community to give back to a local food pantry. This will be an urban bike ride with three checkpoints at various grocery stores in the Chatham/Springfield area to collect canned/nonperishable food to give back to the community.

How does the event work? The day of event we will release the three checkpoints, (grocery stores in the Chatham/Springfield area). You will be responsible to find your own route to these three locations. At each of these locations you will have to purchase at least one canned/nonperishable food item to bring back to the starting location along with the receipt. Bringing back the receipt is key to prove you were at each checkpoint. At the Finish we will check receipts and weigh the amount of food brought back and record that number for potential prizes.

FREE Entry Fee, only cost is the amount of canned/nonperishable food you want to purchase/donate from each checkpoint.

*Must purchase at least one item at each location

Categories/Prizes

- **Most Food Weight Solo Female**
- **Most Food Weight Male**
- **Most Food Weight Team**

Each winner of each category wins their choice of:
**SLF Evo Speed System, SLF Evo Bottom Bracket,
or a \$100 Wheel Fast Bicycle Co. Gift Card**

Drawings for other merchandise day of event!!

Event will be held rain or shine. This will be a self-supported ride. You are responsible for your own safety throughout the entire ride! HELMET & TAILLIGHT IS HIGHLY RECOMMENDED



TRIVIA NIGHT

WEDNESDAY, FEBRUARY 8, 2023 |

Happy Hour: 3-6 PM Trivia starts at 5:30 PM

LOCATION: Harvest Market (upstairs cafe) | 3001 Veterans Parkway

Join the **Springfield Bicycle Club** for a Bicycle Trivia Night and pedal through the winter doldrums with your cycling buddies (old and new). No need to be a member of the club to attend and no need to have a PhD in bicycle trivia. All are welcome. Come early for Happy Hour!

RAFFLE PRIZES | PRIZES FOR TRIVIA | SHENANIGANS



QUESTIONS?

Contact Bob Coady

(217) 416-2181

scubarcmc@gmail.com



**Wear your favorite
bike-themed t-shirt!**



**HAPPY HOUR
3-6 PM**



Membership Application

- New Member
- Renewing Member
- Change of Address

Primary Member Information

Name _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

Birth Date (optional) _____

Type of Membership

- Individual: **\$25** per year
- Family: **\$40** per year
May include up to 4 additional members who must all reside at the same address
- Corporate: **\$100** per year

Additional Donation

- \$10
- \$25
- \$50
- \$100
- Other _____

Secondary Members (Family Membership only)

Name _____ Birth Date: _____

Additional Information

- I would like to opt out of Club e-mail announcements

I would like to help with the following SBC activities:

- Lead bike rides
- Help with social activities
- Help with bicycle advocacy
- Help with Capital City Century
- Serve on the SBC Board
- Other _____



Mail to:

Springfield Bicycle Club
P.O. Box 13035
Springfield, IL 62791-3035

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: _____