



the Quick Release

www.spflcycling.org

February 2018

**SBC GREAT
CYCLING CHALLENGE
DATES ANNOUNCED!**

SBC's Great Cycling Challenge Continues!



It's Nearly That Time Again! Get yourself and bike ready to continue the SBC Great Cycling Challenge. The Cycling Challenge is designed to aid in your cycling fitness and accomplish a hopeful goal of completing the annual SBC Capital City Century (CCC).

The Challenge dates are all Sundays. The first four Challenge rides are free and self-supported. The last is the CCC on Sept. 9. Mark your calendars — and take the Challenge in 2018!

2018 Challenge Dates:

April 29 🚲 **June 10** 🚲 **July 22** 🚲 **August 26** 🚲 **Sept. 9 (CCC)**

Save the Date!

Feb. 25 Fight for Air Stair Climb
April 29 SBC Cycling Challenge #1
Sept. 9 Capital City Century
Oct. 13 4th Annual Bob Carmody
 Memorial Ride

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Incentive Awards

By Marty Celnick, Incentive Chair

There was no Ride of the Month Award or ride leader incentive drawing for December as there were no eligible ride leaders that month. It was too cold to ride on New Year's Day. A few riders came to Rock-N-Roll Hardees anyway. They shared hot drinks or had lunch, and talked about their rides in 2017 and plans for 2018.

No nominations were received for the Almost Anything Award or the Bicycle Friendly Community Award this month. To make a nomination for one of these awards, send an email to incentive@spfldcycling.org.

A few words from Tom Clark, SBC President



Spring is just around the corner! Daylight Savings Time is only a month away. Thanks to **Larry and Vanessa Willmore** for leading the Challenge this year. Challenge dates have been announced (See page 1).

The Fight for Air stair climb is February 25 (see page 5). Go to tinyurl.com/SBCclimb18 to join SBC's team or donate. Kudos to **Larry Stone** for acting as Team Captain. And thanks to Ride Illinois for its work on new common-sense bike laws (see page 6). Hope to see you at a ride or event soon..

Secretary's Report

By SBC Board of Directors

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

New Members

Tom & Bette Chesser & Family
Bob & Marilee Cramer
Trevor Lister & Family

New Members at the Contributing Level

Brian Tribble & Elizabeth Lingle & Family

Renewing Members

Gerry Aldrich
Don Daniels
Bill & Ginny Gillespie
John & Ruth Ann Hamilton
Alan & Harriet Josephson
Larry & Cindy King
Jordan Litvak
Marty Morris & Christa McLaren-Morris
John Sanford & Family

Renewals at the Contributing Level

Steve Schroll & Anne Baker
Don & Melanie Caspary
Joe Deen
Susan Hack
David & Becky Kalaskie
Bob & Sandy Steimel
Larry & Vanessa Willmore

Renewals at the Sustaining Level

Ed Doornbos & Marilyn Okon
Kevin & Naomi Greene

Renewals at the Patron Level

Ed Doornbos & Marilyn Okon

Joining or renewing your membership is easy and there's no extra charge for doing it online. Go to the Membership page at www.spfldcycling.org. A printable membership form is also available online and in each month's QR.

NOTE: Those joining or renewing after the 15th of the prior month will appear in next month's report. For June 2015 and beyond, Board meeting Minutes are posted online at www.spfldcycling.org.

Forgot Your Login?

Contact Membership Chair
Ted Sunder at 971-3193 for
assistance.

BIKE  WINTER

Every day is a great day to ride a bike!

<http://bikewinter.org>

Winter Riding Tips & More

February 2018 Ride Schedule

For updates, corrections and last-minute changes to the ride schedule, please check the SBC website at www.spfldcycling.org. Unless otherwise indicated, **weekday** daytime rides will not take place on holidays. All rides return to the starting point unless otherwise noted.

Ride Classifications

NC – Non-Cycling events.

MB – Rides suitable for mountain bikes.

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.

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.

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.

B – For strong, experienced riders with considerable group riding experience. Expect the emphasis to be on improving individual stamina and riding skills. Most 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.

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.

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).

Questions about leading a ride? Contact vp@spfldcycling.org.

Weekday Daytime Rides		Check start times!
Monday through Friday 10:00 a.m.	Morning Geezer Ride Washington Park Pavilion on the South side of the park Pete Gudmundson, 523-8200	Show-N-Go ride for retired geezers or those hoping to become geezers. No leader or map, but Pete can answer questions about this ride. NOTE: Riders occasionally change the start time due to weather and other considerations. Please call ahead.
Monday through Friday 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Weekday A/B Ride. The weekday ride is a No Drop Ride, but riders should be able to maintain speeds of 18-20 mph for 20 to 40 miles between stops. Usually includes a stop midway. For information about this ride, contact Derek Ewing at 624-2016; also check Facebook at "Springfield IL Area Cycling" for updates.
Monday thru Friday 10:00 a.m.	Daily Pana Trail Ride Lake Taylorville parking lot, Rt 29 Pat Stephens, 287-7056	Show-N-Go along the Lincoln Heritage Trail. Turn in miles to the records keeper. There is no ride leader, but Pat may be able to answer questions about this ride.
Monday thru Friday Noon	IDOT, Lost Bridge Trail Dirksen Parkway Show-N-Go	ABC — Lunch Ride. Skip lunch and ride the trail. Riders may add a loop from Rochester. D riders are welcome to ride the trail but should be self-sufficient. Turn your miles in to the records keeper.
Monday thru Friday 12:15 p.m.	Strike & Spare Durkin & West Lawrence Dave Ross 789-4823	BC — Westside Lunch Ride. We'll hop on the Sangamon Valley Trail or head out into the country.
Monday thru Friday 2:00 p.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tom Clark, 726-5560	Weekday BCD Club Ride. Show-N-Go. Ride the trails or go out in the country. Turn in miles to the records keeper. There is no ride leader, but Tom can answer questions about this ride.



Weekday Evening Rides		Check start times!
Mondays 5:30 p.m.	Parking lot at east end of Wabash Trail by Sonic Wabash Ave & Park St Marty Celnick, 494-9967	BC — Show-N-Go from the east end of the trail at 5:30 p.m. Those riding from Parkway Pointe theater (Lindbergh Blvd & Robbins Rd) will start a few minutes earlier to allow time to meet up with those riding from Sonic. This ride will get you 16 miles from Sonic or 21 miles from Parkway Pointe. There is no ride leader, but Marty can answer questions about this ride. Lights required.
Tuesdays 5:30 p.m.	IDOT Dirksen Pkwy & Ash St Show-N-Go	BCD — Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper. Lights required.
Wednesdays 5:30 p.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Ted Sunder, 698-9194	BC — Show-N-Go along the Sangamon Valley Trail to Stuart Park for 12 mile RT or take the new extension north for up to 24 mi. There is no ride leader, but Ted can answer questions about this ride. Lights required.
Thursdays 5:30 p.m.	IDOT Dirksen Pkwy & Ash St Show-N-Go	Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper. Lights required.
Monday through Friday 5:30 p.m.	Pana Trail, Lake Taylorville parking lot, Route 29 Charlie Witsman, 299-7038	Show-N-Go — Ride the Lincoln Heritage Trail. Turn in miles to the club records keeper. Call Charlie if you need information about trail conditions or directions. Lights required.
Weekend Daytime Rides		
9:00 a.m. NOTE: location and time may vary (see Facebook page)	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Weekend A/B Ride. This ride is intended 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. Riders will agree on a destination and determine a route at the time of the ride. Developmental A-riders and B-riders are welcome, but they should be self-sufficient or accompanied by an experienced rider. To receive information about upcoming rides, search "Springfield IL Area Cycling" on Facebook, then click on "Join Group." Contact Derek Ewing at 624-2016 if you have any questions.
Saturdays and Sundays 11:00 a.m. NOTE TIME	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Weekend BCD Ride — Hit the trails or go out in the country. If the trail is not clear and dry but the roads are, start from west end parking lot on Robbins Road. Turn in your miles to the club records keeper. D riders can ride the trails but should be self-sufficient.
Scheduled Rides and Events		Check start times!
Friday February 2 6:00 p.m. Party 7:00 p.m. Food NOTE TIMES	Northfield Inn 3280 Northfield Drive Gladys Hajek, 698-7626	NC — Annual Winter Party and Awards Banquet. This event is open to all SBC members and one guest each. Social hour starts at 6 p.m., with dinner at 7 p.m. and incentive drawings, an awards ceremony, and a slide show at 8 p.m. Register online at www.GetMeRegistered.com/SBCWinterParty . Dinner is \$10 per person. Members must select one of three dinner options (chicken, beef, or vegetarian) for each person in their reservation when they register and pay. Maximum of two members and two guests per dinner reservation. Please send photos for the slide show to photos@spfldcycling.org .
Wednesday February 7 7:00 p.m.	Residence 2301 Sangamon Avenue Ken Anderson, 522-3876	NC — Board Meeting. All SBC members are invited to attend the board meeting.

Scheduled Rides and Events (cont.)**Check start times!**

Monday February 12 15 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Holiday A/B Ride. See Weekend A/B Ride description.
Monday February 12 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Holiday BCD Ride. See Weekend BCD Ride description.
Monday February 19 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Holiday A/B Ride. See Weekend A/B Ride description.
Monday February 19 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Holiday BCD Ride. See Weekend BCD Ride description.

Other Area Rides

Springfield area bike shops and other entities sponsor or host a number of rides and events each year. When we receive requests to help publicize these activities, we'll post them in this new section of the QR. **NOTE:** 'Other area ride' miles count for club miles, as they are organized rides.

Other Area Rides & Events

Friday February 23 5:30 p.m.	Capitol Area Visitor's Center College & Edwards Streets (lot entrance on Edwards) Alan Escobar, 638-9523	Critical Mass Ride. Ride for about 1 hour at a slow pace. Suitable for all bikes. Critical Mass is a worldwide event held the last Friday of every month. All riders are welcome to join in a celebration of riding bicycles. Why? Because bikes are fun!
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FIGHT FOR AIR
CLIMB
STEP UP to the CHALLENGE

FEBRUARY 25, 2018 8 AM (CT)
Wyndham Springfield City Centre | Springfield, IL
32 Floors, 532 Steps
Team SBC Climbers 2018
tinyurl.com/SBCclimb18



Ride Illinois News

New Illinois Bike Laws Kick In

January 11, 2018

Legislation that Ride Illinois proposed and successfully lobbied for in 2017 are now in effect! Three new state laws that address common motorist and cyclist practices kicked in on January 1st.

The new laws:

- **Allow motorists to pass bicyclists in a no-passing zone under certain conditions to improve cyclist safety**
- **Officially legalize bicycling on road shoulders, while not requiring it**
- **Allow a rear red light instead of or in addition to a rear red reflector**

The most notable change in traffic law will allow drivers to pass bicycles in a no-passing zone in order to improve cyclist safety and traffic flow on the road. The travel lanes of most roads lack the width needed for drivers to safely and legally pass a cyclist with at least three feet of clearance (a state law) while staying within the lane. In this common situation, most motorists do end up crossing solid centerlines to pass cyclists anyway.

However, some drivers choose to pass the cyclist too closely to obey the no-passing zone, and in doing so, illegally squeeze by within the same, too-narrow lane – a scary maneuver that sometimes leads to sideswipe crashes.

Under the new law, a motorist may overtake and pass to the left of a bicycle in a no-passing zone when: (1) the bicycle is traveling at a speed of less than half of the posted speed limit; (2) the driver is able to overtake and pass the bicycle without exceeding the posted speed limit; and (3) there is sufficient distance to the left of the centerline. The driver must also pass with at least three feet clearance of the bicycle – a distance mandated by state law.

The new legislation also legalizes bicycling on shoulders, a common safety practice of biking. Bicycling on shoulders is not required, however, as there are situations in which cyclists should not ride on a shoulder. The last provision of the new legislation will allow cyclists to use a rear, red tail light instead of (or in addition to) the currently required rear, red reflector when bicycling at night. Many bicyclists solely use rear lights already.

Proposed by Ride Illinois and filed back in January 2017, the traffic bill HB1784 was sponsored and led through the General Assembly by State Representative Tim Butler of Springfield and State Senator Heather Steans of Chicago. The legislation unanimously passed both chambers in May, and was signed into law by the Governor in September of last year.

Thank you to all of our members and supporters who spoke up and asked their state legislators to pass the bicycle traffic safety bill. As HB1784 made its way through the General Assembly, Ride Illinois put out a number of action alerts and you responded! Over the course of two months, approximately 1,400 letters were emailed to our state representatives and senators by our members and fellow Illinois cyclists. Your voice was integral to the successful passing of this new legislation!

Be safe out there and enjoy the ride! For more bicycling information visit rideillinois.org/news

[This article has been edited for length — The Editors]

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 1:	Birth date*
Name 1:	Birth date*
Name 1:	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:

Official SBC Name Badge

Hang it on your seat bag. These are a pretty neat way to let other riders know your name. Include **\$12.00** extra and print your name (clearly) on the following line as you would like it to appear on your name badge:

Badge Name: _____

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

NEW MAILING ADDRESS

Springfield Bicycle Club
Post Office Box 13035
Springfield, IL 62791-3035

Springfield Bicycle Club
Post Office Box 13035
Springfield, IL 62791-3035
Address Service Requested
Not for Commercial Use

Presorted Standard
U. S. Postage Paid
Springfield, IL
Permit #800

Springfield Bicycle Board Members

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726-5560
president(at)spfldcycling.org

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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**