



the Quick Release

DECEMBER
2022

www.spfldcycling.org

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Brrrr! Riders gather in front of Hand of Fate Brewery in Petersburg, IL on Sunday, November 13, to listen to Kyle May's pre-ride announcements at the **Dirty Petersburg Gravel Ride**. While not an SBC ride, the club provided support with a water/nutrition stop at the halfway point. This free event historically features questionable weather that varies from freezing rain to sub-zero temperatures. Sunny skies, low wind and temps in the 30s brought out a large riding contingent for this year's event. SBC members included Steve Schroll, Joe Gurski, Mike Eymann, Jordan Litvak, Randy Germeraad, Keri Jo Fulscher, Scott Sievers, Jim Wendling, Ken Miner.

Looking Ahead

**MON, DEC 5 | 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.

What's Happening in December?

First off, a big thank you to those who stopped by the **Annual Meeting and Election** on Wednesday, November 9th, at Harvest Market. The December board meeting will include the current board as well as the 2023 board and serve as an opportunity for those stepping down to "pass the torch".

The 2023 calendar is being developed and will be published in a few weeks.

A new item for 2023 will be a **Membership Directory** that will provide names and contact information for all club members in a downloadable PDF document. This document will be restricted to active club members only and participation is voluntary. If you haven't logged into Club Express lately, now would be a good time to do so and review your contact information.



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.**

Volunteer Needs for 2023

Sangamon Cycling Series (SCS)
Plans for the 2023 SCS are already in the works. We will need volunteers to help lead rides and staff rest stops. Watch for an email with a signup link.



President's Message

Since November 2018 I have been on the Springfield Bicycle Club Board of Directors fulfilling positions including at-large member, vice president, and president. In 2023 I will be stepping aside to allow others to lead the Club.

Although I may not be at the helm, you can be guaranteed that I will continue to be a Club supporter, cheering on those in leadership, helping at special events, and leading rides. We need your help, too, in all those areas. A recent survey from another bicycle club indicated that when asked, "Would you as a member help the club with any non-event tasks?" 62% said they were not available. When asked, "Would you as a member help with a club event?" 70% said they were not available. This is the awful syndrome of 20% of the members ending up doing 80% of the work. I'm echoing the words of that club's president -- I'm asking that club members, between now and January 1, recommit volunteering for something with the club. Even if you can only commit to one event or one supporting task it would greatly help. In the famous words of the Nike slogan: Just Do It!! The New Year is a time of re-commitments and I'd love it if you would reach out to the new leadership and offer your enthusiastic and genuine support for 2023. There are so many ways you can serve. The Board can direct you to the right place for you. Email president@spfldcycling.org.

Merry Christmas and Happy Holidays!

Troy Gilmore

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



December Birthdays

Happy Birthday to the following club members!

12/2

Larry Willmore

12/9

Marty Celnick

12/10

Judy Carmody

12/18

Rick Haberkorn

12/20

Jack Morris

12/27

Vaughn Morrison
Jordan Litvak

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: 354

Welcome New Members!

NOVEMBER

Bill Conner

Renewing Members

NOVEMBER

Family Memberships

Anne and Steve Schroll

Individual Memberships

Cindy Kvamme

Mary Thomas

Marty Celnick

Mark Rabin

Gerald Aldrich

Jordan Polansky

Donations

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

NOVEMBER

Gerald Aldrich

Bill Conner

Mark Rabin

November Milestones

Name	Join Date	Years with SBC
Naomi Greene	11/4/2005	17
Kevin Greene	11/4/2005	17
Esteben Sanchez	11/17/2017	5
Brian Phillips	11/17/2019	3
Chris Kolb	11/14/2019	3
Rachel Doctors	11/4/2020	2
John Transue	11/14/2020	2

Looking Back on 2022

What a year the SBC had! From the 50th anniversary of the Capital City Century to the first Trivia Night, there was no shortage of rides and events for members to choose from. Highlights include:

JANUARY

The **Recruitment Committee** was formed to assist in finding club members interested in serving as board members. Thanks to Jordan Litvak, Kathryn Hanlon and Michael Phelon for serving on this important project, and special thanks to Kathryn for continuing to provide leadership.

FEBRUARY

The SBC's **first annual Trivia Night** was held at Harvest Market. Plans are already in the works for the 2023 edition.



The club purchased a tent that will serve as an area for ride registration and a gathering spot at events.



The "Slow C" group continued to be a popular option for Tuesday nights. This social and inclusive group is a great option for beginner and experienced riders alike.

After years of storing club-owned equipment at a location on private property, the Board voted to rent a **storage unit** and move all items into the space.

MARCH

SBC TRAVELS. The SBC had great representation at the **Dirty South Roubaix Gravel Race** held in Alto Pass, Illinois. There was a dinner meetup at Giant City State Park Lodge, where a number of SBC members were staying. Some spouses who did not participate in the race had a fun day of touring wineries and shopping. It's possible that these ladies had a better time than the racers did. Registration for this event will be opening soon, and it typically fills up quickly.

APRIL

The popular group, the **Slow Cs**, kicked off the riding season with their weekly Tuesday night rides that start from various spots in Springfield, often culminating in a stop for treats after the ride. Chief Organizer Bob Coady plans out each month's rides in advance on a spreadsheet, taking ride organization to a whole new level.

Registration opened for the popular **Sangamon Cycling Series**.

2022 was the second year for this new club initiative -- a series of four rides starting at various parks in Sangamon County. Enrollment is not limited to SBC members, although many who signed up eventually became club members.

President Troy served up some tasty burgers at the first annual **Spring Metric and Cookout** held in Centennial Park. Riders braved the cold and wind and participated in an Easter egg hunt to win prizes.

MAY

SBC TRAVELS. A group of SBC members journeyed to Defiance, Missouri, to participate in Big Sharks' **Vino Fondo**. The event was staged at Sugar Creek Winery and included road and gravel options, all with some impressive climbing. The 2023 Vino Fondo will be May 20, 2023.

A representative from the **Education Center for the Visually Impaired** made a presentation to the board about a proposed program to help visually impaired individuals enjoy bicycle riding as part of a tandem team. The Board will hold discussions on how the club can assist in this endeavor.

Rural Cyclery in Winchester, IL rolled out the red carpet and played host to a gravel ride for the SBC that ventured north along the Illinois River bluffs and skirted around the town of Naples. After the ride, the shop coordinated lunch from several Winchester eateries. Rural Cyclery is a corporate sponsor in the SBC.

Scott Sievers coordinated the **Ride of Silence**, an annual multi-location, international bicycle ride to commemorate cyclists killed and support those injured while riding on public roads. It helps to raise awareness among motorists, the public and decision makers of the dangers cyclists face on the roads, especially from other traffic.

Event #1 of the **Sangamon Cycling Series** kicked off from Chatham Community Park. The large turnout rode south through Auburn where a rest stop was set up in the park.

The club moved into the modern age and instituted **text messaging** to alert members of weather cancellations and last-minute changes to rides.

JUNE

SBC TRAVELS. Several SBC members traveled to the Quad Cities area to ride in the two-day **Tour of the Mississippi River Valley** presented by the Quad Cities Bicycle Club. The 2022 ride was the 45th year for this event and unfortunately, the final year.

Event #2 of the **Sangamon Cycling Series** took place, starting at Rochester Park with a rest stop in Mechanicsburg.

The club purchased a large custom pop-up tent for use as a gathering spot at events. The tent also serves

as a great backdrop for photo ops.

JULY

Event #3 of the **Sangamon Cycling Series** was staged at Lake Sangchris and was the setting for the first public appearance of the club's new tent. After reports of several riders getting lost on the prior event, the organizers made the decision to mark the routes. Walking tacos were served after the ride using the club's grill as an impromptu warming station.

AUGUST

The fourth and final event of the **Sangamon Cycling Series** took place at Stuart Park.

A social at Harvest Market was held to wrap up the **2022 Sangamon Cycling Series**. Anyone who registered for the series was eligible to have their name drawn for one of 16 gift certificates to local bike shops, as well as various door prizes.

Memorial rides were held to commemorate two SBC members who are no longer with us. The **Ride to Remember Mark Wagner** took place in Washington Park. The **Don Daniels Memorial Ride** took place the following day, starting at IDOT and headed east, following one of Don's favorite routes that

took riders to the Bolivia Bridge.

SEPTEMBER

September 10 was the date for the 50th **Capital City Century** --- the club's flagship event. The ride was based at Centennial Park. For 2022, riders headed southwest to Franklin. A rest stop was set up at Nipper Wildlife Sanctuary in Loami, and a second stop in Franklin for those riding the longer distances.

OCTOBER

The SBC provided support at the **Illinois Senior Olympics**, staged at Jim Edgar Panther Creek Fish & Wildlife in Chandlerville, IL.

Several Board members met with members of the Springfield Triathlon Club to discuss the future of the **Kids' Triathlon**. The triathlon club is in need of support and the two clubs will collaborate on the event to keep it running.

SBC TRAVELS. A group of hill-loving SBC riders traveled to Ellitsville, Indiana to ride in the **Hilly Hundred**. Mark your calendar for the 2023 event to be held October 6-8.

NOVEMBER

The SBC provided support at the Dirty Petersburg Gravel Ride.



Great turnout at Rural Cyclery's gravel ride. Rural Cyclery, based in Winchester, is a corporate member of the SBC.



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

ABCD NEW YEAR'S DAY RIDE

SUNDAY, JANUARY 1, 2023 | 11:00 AM

Location: Rock N Roll Hardees
2501 Adlai Stevenson Drive, Spfld

Weather permitting, ride for 10-25 miles. Start the new year by keeping your resolution to ride more miles.

For more information, contact Marty Celnick at (217) 522-4206

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

MTB TUESDAY NIGHT MTB RIDES

DAY VARIES, USUALLY TUESDAY OR THURSDAY 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 SOUTH ROUBAIX

SATURDAY, MARCH 4, 2023

Location: Alto Pass, IL

The 7th installment of the Dirty South Roubaix is coming up on March 4 2023. Last year the event was sold out to the 500 registered in just a few weeks and we are going to bump it up to 550 this round. Alto Pass has been so welcoming, that we will be back there again. Distances of 100k+ and a shorter option will be offered.

If you are looking for an awesome route, great challenge, killer scenery, beer, food and cool friends to hang out with for a day, come check it out.

For more info, check out the BikeSignUp page at <https://www.bikesignup.com/Race/Events/IL/AltoPass/TheDirtySouthRoubaix100k>

GR DIRTY ASS-UMPTION GRAVEL RIDE

SUNDAY, MARCH 12, 2023 | 9:00 AM

Location: Cypress Grove Brewing, Assumption, IL

From the collective minds of those who brought you the Dirty Peters burg and Tour de Casey's rides, the

latest spring classic to add to your event calendar.

Three routes for your consideration - 33 and 53 mile rides and the 69 mile ass-whole race distance. Post ride food and drink will be available onsite.

For more info, check out the Facebook page

<https://www.facebook.com/events/890786779043402/?ref=news-feed>

ABCD 20TH ANNUAL GRAND ILLINOIS

BIKE TOUR - RIDE ILLINOIS

JUNE 11-16, 2023

Location: Moline, IL



Join Ride Illinois June 11-16, 2023 for the 20th annual Grand Illinois Bike Tour (GIBT)! The 2023 loop will

tour northwest Illinois including the Mississippi River and the Quad Cities. Daily mileage options vmileage for the tour will be between 210 to 375 miles, consisting mainly of quiet rural roads as well as some paved trails around Kewanee, the Quad Cities, following the Mississippi River to Savanna and then to Rock Falls. Pick between our hotel and our modified, semi-independent (details below) group camping options. Enjoy evenings filled with good food and socializing with riders from around the country. Proceeds benefit Ride Illinois, a nonprofit bicycle advocacy organization, and support our mission to make Illinois better through biking.

For more info, check out the website <https://rideillinois.org/events/2023-grand-illinois-bike-tour/>



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: _____