



# the Quick Release

www.spflcycling.org

February 2017



**MARCH 12, 2017**  
WYNDHAM SPRINGFIELD CITY CENTRE | ILLINOIS  
**32 FLOORS | 532 STEPS**



REGISTER

DONATE

**Team SBC Mt Everett Climbers 2017**

[tinyurl.com/SBCclimb17](http://tinyurl.com/SBCclimb17)

## Save the Date!

March 12	<b>Fight for Air Stair Climb</b>
April 7	<b>SBC Season Kickoff Party</b>
Sept. 10	<b>Capital City Century</b>
Oct. 14	<b>3rd Annual Bob Carmody Memorial Ride</b>

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## Incentive Awards

By Larry Stone, 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.

The Almost Anything Award went to the fine folks who assisted the City of Springfield's Mayor's Bicycle Advisory Council in preparation of the Bicycle Friendly Community application to the League of American Bicyclists' Bicycle-Friendly America Program in fall 2016.

The Council wanted to thank the individuals involved, and the governmental departments, organizations and boards that they represented. See the article on page 6 for details.

## Help Wanted!

- Vice President • Newsletter Editor
- Recording Secretary

If you are interested in joining our Board or wish to nominate someone, or have questions, email [president@spfldcycling.org](mailto:president@spfldcycling.org) or call or text Tom at 726-5560.

*A few words from Tom Clark, SBC President*



We'll see what Phil the Groundhog has to say on February 2, but the National Weather Service is predicting slightly above-average temps this spring. Should be some good riding days in February!

Of course, bicycle commuting and recreational riding can be a year-round activity, if you know how to dress and ride right — see the article on page 6 for some winter bike safety tips.

This year's Bob Carmody Memorial Ride will be held on October 14. The American Lung Association's Fight for Air stair climb takes place later than usual, on March 12 (see page 1). We have begun looking for climbers and donors.

If you want to be in great shape for the beginning of cycling season, or just want to have a great time with friends, join the team! Or support a good cause by making a team donation.

**Team SBC Mt Everett Climbers 2017**  
[tinyurl.com/SBCclimb17](http://tinyurl.com/SBCclimb17)

Hope to see you on the road or trails!

## Secretary's Report

By Barry Lacy, Board Secretary

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

### New Members

Gail Anderson  
& Family

### Renewing Members

The Beeler Family  
 Joe Deen  
 Alan & Harriet Josephson  
 Andrew Kochman  
 Jordan Litvak & family  
 Mark & Barbara Rabin  
 David Ross & Sheryl Essenburg  
 Judy Shipp  
 Dan & Janelle Snyder

### Renewals at the Contributing Level

Steve Schroll & Anne Baker  
 Tom Clark  
 Jim Disney  
 Susan Hack  
 Don & Lorena Harvey & family  
 Kevin & Carolyn Proctor  
 Bob & Sandy Steimel

### Renewals at the Sustaining Level

Kevin & Naomi Greene

*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](http://www.spfldcycling.org). A printable membership form is also available, online and in each month's QR.*

NOTE: Those joining or renewing after January 15 will appear in next month's report. For June 2015 and beyond, Board meeting Minutes are posted online at [www.spfldcycling.org](http://www.spfldcycling.org).

## February 2017 Ride Schedule

For updates, corrections and last minute changes to the ride schedule please check the SBC website at [www.spfldcycling.org](http://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.

If you have questions about whether a specific ride is right for you, give the ride leader a call. If you are unsure about your cycling ability, try a ride with a group one class below where you think you might be. 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](mailto:records@spfldcycling.org)).

Questions about leading a ride? Contact [vp@spfldcycling.org](mailto:vp@spfldcycling.org).

Weekday Daytime Rides		Check start times!
Monday thru 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 shows up often enough for this ride that he can answer questions. Participating riders should turn in miles to the club records keeper. <b>Start time may change due to weather and other considerations. Please call ahead.</b>
Monday, Wednesday and Friday 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Derek Ewing, 624-2016	Weekday A-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. See Weekend A-Ride for full description.
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 can answer questions about this ride.
Monday thru Friday Noon	IDOT, Lost Bridge Trail Dirksen Parkway Show-N-Go	BCD — Lunch Ride. Skip lunch and ride the trail. Typically 10-20 miles at a moderate BC pace. Riders may add a loop from Rochester. CD riders are welcome to ride the trail but should be self-sufficient. Turn your miles in to the Records Keeper.
Tuesday & Thursday Noon <b>NOTE TIME &amp; LOCATION</b>	IDOT, Lost Bridge Trail Dirksen Parkway Derek Ewing, 624-2016	Weekday Lunch A- Ride. This 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. See Weekend A-Ride for full description.
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.

Weekday Evening Rides		Check start times!
Mondays 5:45 p.m. <b>NOTE TIME</b>	Parking lot at east end of Wabash Trail by Sonic Wabash Ave & Park St Show-N-Go	BCD — Show-N-Go along the Wabash and Interurban Trails. Turn miles in to the club records keeper. Lights required, sun sets before 5:00 after the time change.
Wednesdays 5:45 p.m. <b>NOTE TIME</b>	Sangamon Valley Trail South End Parking Lot Ted Sunder, 698-9194	BCD – Show-N-Go on the Sangamon Valley Trail. Turn in miles to the records keeper. There is no ride leader, but Ted can answer questions about this ride. Lights required, sun sets before 5:00 after the time change.
Monday through Friday 6:00 p.m.	Pana Trail, Lake Taylorville parking lot, Rt 29 Charlie Witsman, 299-7038	Show-N-Go – Ride on 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.
Scheduled Rides and Events		Check start times!
Saturdays and Sundays 11:00 a.m. <b>NOTE TIME</b>	Vredenburg Park Saxon Dr & Crusaders Rd  Show-N-Go	BCD – <b>Weekend Club Ride</b> -- Ride 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.
Saturdays and Sundays 9:00 a.m. <b>NOTE: location and time may vary (see Facebook page)</b>	Vredenburg Park Saxon Dr & Crusaders Rd  Derek Ewing, 624-2016	<b>Weekend A-Ride.</b> 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 if you have any questions.
Wednesday February 1 7:00 p.m.	Residence 2301 Sangamon Ave Ken Anderson, 522-3876	NC – Board Meeting. All SBC members are invited to attend the board meeting.
Wednesday February 8 5:30-7:00 p.m.	Fox Run Restaurant & Lounge 1130 Legacy Pointe Drive Poonam Mahajan, 691-3350	NC - <b>Socializer.</b> Join us for our February Socializer at Fox Run. Free appetizers. Greeter table near the door. Members and potential members are welcome to participate.
Monday February 20 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Derek Ewing, 624-2016	<b>Holiday A-Ride.</b> See Weekend A-Ride description above. <b>*Disclaimer: Location and time sometimes change due to weather.</b>
Monday February 20 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – <b>Presidents' Day Ride.</b> See Weekend Club Ride description above.

## 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		
Tuesdays 6:00 p.m.	Biketek 957 Clock Tower Dr Jeffveloart(at)gmail.com Facebook: Jeff Curtis Williams Andy Brown, 971-1412	<b>Tuesday Night Trail Rides</b> – MTB/cyclocross/off road bikes are recommended. All are welcome! We will split off at Washington & Koke Mill to do the "church trail". <b>LIGHTS and HELMETS</b> please and thanks!!! Disclaimer: <b>Routes will vary based on conditions.</b> Contact Jeff for more information.
Friday February 24 5:30 p.m.	Capitol Area Visitor's Center College & Edwards Streets (lot entrance on Edwards) Alan Escobar, 638-9523	<b>Critical Mass Ride.</b> 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!

## Ride Illinois Blog

### Dashing Through The Snow: Winter Bike Safety Tips January 12, 2017

Sub-zero temperatures and snow on the ground shouldn't stop you from year round cycling if you are prepared for the weather and riding conditions. Here are winter riding tips that will keep you riding safely all winter long:

**Clothing and Gear:** Eyewear is important; balaclavas with sunglasses or ski goggles will protect your eyes from the weather and help you maintain visibility of your surroundings.



If a balaclava isn't your thing, a tight fitting skull cap can be topped off with a helmet and a gaiter can help protect your neck, ears, and lower half of your face. Choose high visibility clothing, and use both front and back lights on your bike. Shorter daylight hours come with the mix of winter weather conditions and visibility is important for your safety. Don't forget to dress in multiple layers as well so

that you can take off or add back layers as you get warmer or bike longer. A good base layer with a jacket is a smart place to start. Protect your extremities as well by carrying extra gloves and socks to replace ones that may get wet while riding.

**Plan Your Route:** Think carefully about the best route for the weather. Try to choose a route that follows the snow plow route so you can benefit from the clean up. If possible pick a route that is on a bus route so you have an option if you get too tired or just feel unsafe. Some trains and busses allow bikes and if the weather is just too bad or it's just not fun to ride, go ahead and hop on. You can also try to choose routes where the heat from traffic previously helped clear streets of snow and ice. It's best to ride where cars are driven, not near the side of the street which will remain icy & snow covered. Find streets that have enough traffic to clear the snow and ice, but not so much traffic that you feel uncomfortable riding in paths cleared by the cars.

**Ride Safe & Smart:** With fewer cyclists in the winter months, motorists may be less aware of bikes on the road. Adapt your riding for slippery winter road conditions. Ride predictably and limit any sudden or erratic movements on your part. Ride slower on snowy and icy roads and adjust your braking to be twice the amount of time to come to a stop as you would in the summer. Remember that it will take both you and the motorist longer to stop in these conditions. Use hand signals when turning or changing lanes. If you need to refresh your bike safety knowledge, you can log on to [www.bikesafetyquiz.com](http://www.bikesafetyquiz.com) and learn how to share the roads safely with motorists.

Be safe out there and enjoy the ride!

For more information about bicycling and bike advocacy, visit [rideillinois.org/news](http://rideillinois.org/news)



## City of Springfield Receives Honorable Mention for its Bicycle Friendly Community Application

By the Bicycle Advisory Council

The Springfield Bicycle Club's "Almost Anything Award" for February went to the group of individuals representing governmental departments, organizations and boards who assisted the City of Springfield's Mayor's Bicycle Advisory Council in preparation of the Bicycle Friendly Community application to the League of American Bicyclists' Bicycle-Friendly America Program in fall 2016.

Those individuals are: Bonnie Drew of the Mayor's office, Mark Mahoney, Director of Public Works, Nate Bottoms, City Engineer, Lori Williams, former City Traffic Engineer, Deputy Chief Dennis Arnold and Sergeant Charles H. Kean of the Springfield Police Department, Linda Wheeland, former Planner with the Springfield Sangamon County Regional Planning Commission, Tom Clark, President of the Springfield Bicycle Club, Kevin Greene, Michael Higgins, Ted Sunder, Nancy Barrett, Peter Kieffer, Barb Bonansinga, Amy Madigan, Mark Rabin and Bill Donels of the Bicycle Advisory Council, and Ed Barsotti, Chief Programs Officer with Ride Illinois.

These individuals spent many hours preparing the application and working with others to make Springfield more bicycle friendly in 2016.

The League of American Bicyclists awarded Springfield an Honorable Mention for its application. The League advised the City of Springfield that it is looking forward to our next application in pursuit of the Bronze Award. Your Bicycle Advisory Council will continue its work to achieve that level of national recognition for Springfield.

# **Springfield Bicycle Board 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](http://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**

### **President**

Tom Clark  
726-5560  
president(at)spfldcycling.org

### **Treasurer**

Jim Hajek  
698-7626  
treasurer(at)spfldcycling.org

### **Legislative/Education**

Bill Donels  
546-8036  
legislative(at)spfldcycling.org

### **Membership**

Ted Sunder  
971-3193  
membership(at)spfldcycling.org

### **Vice President**

Vacant  
vp(at)spfldcycling.org

### **Special Events**

Harv Koplo  
899-9175

### **Web Editor**

Alan Whitaker  
494-6807

### **At-Large Members**

Ken Anderson  
522-4206  
at-large(at)spfldcycling.org

### **Board Secretary**

Barry Lacy  
899-8407  
secretary(at)spfldcycling.org

### **Records**

David McDivitt  
787-5964  
records(at)spfldcycling.org

### **QR Editor**

Tom Clark (interim)  
Marty Celnick (interim)  
editor(at)spfldcycling.org

Marty Celnick  
522-3876  
at-large(at)spfldcycling.org

### **Recording Secretary**

Vacant  
recording(at)spfldcycling.org

### **Social Chair**

Poonam Mahajan  
691-3350  
social(at)spfldcycling.org

### **Incentive Chair**

Larry Stone  
553-2297  
incentive(at)spfldcycling.org

Andrea James  
at-large(at)spfldcycling.org

### **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**