



the Quick Release

www.spflcycling.org

August 2017

CALL FOR VOLUNTEERS!



See page 6



Capital City Century, September 10, 2017
spfldcycling.org/ccc

MARK YOUR CALENDARS!

- ◆ August 13 & 27: SBC Cycling Challenge #3 & #4
- ◆ Sept. 9: Historic Ride
- ◆ Sept. 10: Capital City Century
- ◆ Oct. 14: 3rd Annual Bob Carmody Memorial Ride

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Incentive Awards

By Larry Stone & Marty Celnick, Incentive Co-Chairs

Mike Kokal's Annual Danenberger Ride was chosen as Ride of the Month. Once again Mike led a group of SBC riders out to the Danenberger Winery in New Berlin – it was a great ride, thanks!

Congratulations go to Alan Whitaker who won the monthly Ride Leader Incentive Drawing and a \$50 gift certificate at the bike shop of his choice.

We're starting a new award category this month, the **Bicycle Friendly Community Award**, which recognizes community members who are helping make Springfield more bicycle friendly.

Our first **Bicycle Friendly Community Award** winner is **Rhiannon Gurley** of Our Vibrant Community, for organizing a creative bike art contest that drew over 40 family participants on June 14 in Enos Park. After completing a bike safety rodeo staged by Tom Clark and SBC volunteers, kids celebrated by working with Rhiannon and her Our Vibrant Community volunteers to decorate bicycles, parade them on sidewalks around the park, and participate in an art contest where winners won free bike tune-ups. Thanks as well to **Dawn Mobley** and Enos Park Neighborhood Association volunteers, and Springfield Neighborhood Police Officers **Matt Doss** and **Chris Jones** and their Sargent **Gerry Castles** for helping make this event a big success.

A few words from Tom Clark, SBC President



It's August already, and the dog days of summer are hopefully behind us. After a hot July, SBCers are looking forward to the change of seasons this fall.

Well, it's that time of year again—we've issued the **Call for CCC Volunteers!** We'll be contacting prior year volunteers and seeking new ones as well in early August.

Volunteers can contact Harv Koplo or the committee chairs named on page 6 to sign up. We are looking for someone to step up to coordinate volunteers for this CCC—most recruiting is done by chairs but if you can donate some phone time and organizational skills please call Harv Koplo at 217-899-9175.

After a break in July, the SBC Cycling Challenge resumes in August. **Derek & Brigetta Ewing** have two great Challenge events in store for SBC members and friends this month, Challenge #3 on August 13 and Challenge #4 on August 27. Challenge #5 is the Capital City Century, which includes a double metric option as the ultimate challenge for 2017 Challenge ride participants. Bring on the Challenge!

Hope to see you at a ride or event this month!

Secretary's Report

By Barry Lacy, Board Secretary

Harv Koplo reports that all bicycle repair stations on Springfield & Rochester Trails and Washington Park have been repaired and are in good working order. Long air hoses and easy to use air pump heads have also been installed.

NOTE: The July Secretary's Report is not available at this time for inclusion in the August QR. The Secretary's Reports for July and August will be combined in the September QR.

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.

August 2017 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		<i>Check start times!</i>
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, Wednesday, and Friday 8:00 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.
Monday thru Friday 10:00 a.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.
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.
Weekday Evening Rides		<i>Check start times!</i>
Mondays 5:45 p.m.	Parking lot at east end of Wabash Trail by Sonic Wabash Ave & Park St Jon Roth, 971-5987	BC — Leave from the east end of the trail at 5:45 p.m. Those riding from Parkway Pointe theater (Lindbergh Blvd & Robbins Rd) will start a few minutes earlier to allow time to sign in. This popular ride will get you 16 miles from Sonic or 21 miles from Parkway Pointe

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 recommended.
Tuesdays 5:45 p.m.	Location varies Jim and Sandra Elliot, 899-2142	C — Tuesday C-Group Bike Ride . Join Jim and Sandy for a ride of 20 to 30 miles at an easy 12 to 15 mph pace. This is a no-drop ride with a rotating start location. Call or text Jim to receive an invitation to join the group and receive information about upcoming rides.
Wednesdays 5:45 p.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Ted Sunder, 698-9194	BC — Ride the trail with Ted for 12 miles or add a low traffic county road to the airport for a total of 15.
Thursdays 5:45 p.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Alan Whitaker, 494-6807	D — Ride 12 miles on the Sangamon Valley Trail at a casual 10-12 mph pace. The ride leader will stay with the rearmost riding group. Note: This ride is specifically designed for riders who think our other group rides might be a little fast for them. Come out and enjoy riding this beautiful trail at a relaxed pace!
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 recommended.
Monday through Friday 6:00 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.

Scheduled Rides and Events**Check start times!**

Saturdays and Sundays 8:00 a.m. NOTE: Location and time may vary (see Facebook page)	Vredenburg Park Saxon Dr & Crusaders Rd Derek Ewing, 624-2016	Weekend A-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 if you have any questions.
Wednesday August 2 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.
Saturday August 5 8:00 a.m.	County Market parking lot 109 Illini Blvd, Sherman (NW corner of Andrew Rd & Business 55). Tom Clark, 726-5560 & co-leader TBA	BC - Tom will have routes of 25 and 40+ miles that include some hills. Expect BC (14-16 mph) and High B (17 to 19 mph) riding groups to form. Tom will stay with the High B riders and a co-leader TBA will stay with the BC riders. Groups are asked to regroup periodically so no one is left behind. Option to eat after the ride at Fire & Ale, which opens at 11.
Sunday August 6 8:00 a.m.	Chatham Community Park East end parking lot, off Park St. 760 S. Main, Chatham Paul O'Connor, 618-694-3346	ABCD – Join Paul on a 22-mile round trip ride to Auburn, returning on our own version of the famous Spring Classics cobbles!
Saturday August 12 8:00 a.m.	Waldrop Park Sherman Cindy Kvamme, 971-8687	ABC — Ride with Cindy on the best roads to Middletown. 35 miles with a 24 mile cutoff.
Sunday August 13 8:00 a.m. NOTE TIME	Rochester Community Park West Main Street, Rochester Derek & Brigetta Ewing, 624-2016 (See separate article in QR)	ABCD – This is the third of five events in the 2017 Cycling Challenge . The Challenge is designed to aid in your cycling fitness in preparation for SBC’s Capital City Century. Ride about 31 miles R/T to Edinburg, a 56 mile loop to Taylorville, or a NEW 105 mile loop to Taylorville & Raymond. Brigetta will ride with the rearmost group at a 10-13 mph pace on the 31 mile route.

Saturday August 19 9:00 a.m. NOTE TIME	Centennial Park MAIN parking lot (not the trailhead) Marty Celnick, 494-9967	ABCD – Marty will lead us on a 25-40 mile ride. If there is a north wind, he probably will point us toward Pleasant Plains or Ashland; if a south wind, then Marty may take us to Auburn.
Sunday August 20 9:00 a.m. NOTE TIME	Waldrop Park Sherman Robert LaBonte, 787-0237	Robert will lead us on a 29-mile round-trip ride to Elkhart for breakfast at the Wild Hare Cafe. Ride The Hill if you need to build up an appetite!
Saturday August 26 8:00 a.m.	Knights of Columbus 2200 Meadowbrook Rd (park in west end of lot) Alan Whitaker, 494-6807	ABC — Alan says to expect some hills throughout his 30-40 mile ride with shorter options.
Sunday August 27 8:00 a.m. NOTE TIME	Centennial Park MAIN parking lot (not the trailhead) Derek & Brigetta Ewing, 624-2016 (See separate article in QR)	ABCD – This is the fourth of five events in the 2017 Cycling Challenge . The Challenge is designed to aid in your cycling fitness in preparation for SBC's Capital City Century. An ALL-NEW ROUTE! Ride about a 29 mile loop to Loami, a 53 mile loop to Loami/New Berlin, or a 104 mile loop to Loami/Jacksonville/Nortonville. Brigetta will ride with the rearmost group at a 10-13 mph pace on the 29 mile route.

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		
Mondays 6:00 p.m.	Ace Bicycle Shop 2500 S. MacArthur Blvd Rich Moscardelli, 523-0188	Trail and Road Ride. Join Pete and Rich ride down the trail and out into the country. All levels of riders are welcome. Riders may break up into groups averaging 13-15 mph and 17-20 mph.
Tuesdays 5:45 p.m.	BikeTek 957 Clock Tower Dr Show-N-Go	BikeTek Salisbury Hills Ride. A and B group leaders assist developmental riders. The route is challenging and hilly. Each group re-forms periodically. Show-n-go with no official leader.
Wednesdays 6:10ish p.m.	Wheel Fast 17 Cottonwood Dr Matt Saner, 483-7807	Wheelfast Road Ride. Intermediate ABC training ride. Meet at bike shop and plan on 16-20 miles. Faster group leaves at 6:10. Others leave immediately after with designated leader at the rear.
Every other Wednesday Aug, 16, & 30 5:30 p.m.	New City Church parking lot New City Rd, Pawnee Steve Schien, 741-8388	New City Time Trials. This is a non-affiliated 10.85-mile time trial on Pawnee New City Road. Most riders are seeking to improve their cycling ability and personal time trial speed. All are welcome to participate. Check-in immediately after arriving. The goal is to send off the first rider at 6:00. Riders are started in 15-second intervals with the slower riders first. Bring \$2 for the timer. Call or text Steve to be added to the email group for updates.
Thursdays 5:45 p.m.	Scheels 3801 S. MacArthur Blvd Amy Beadle, 726-6330	Trail and Road Ride —This ride is intended for all levels of riders. Some riders stay on the trails for 10-12 miles while others add a road ride for 20-30 miles. A shorter, slow-paced family ride starts at the same time. A designated rider leader stays at the back of each riding group.
Friday August 25	State Capitol Visitors' Center 425 S. College St. (west of Stratton Building across College Street) Alan Escobar, 638-9523	EZ – Critical Mass Ride. Ride for about 1 hour at a slow pace. Critical Mass is a worldwide event held the last Friday of every month. It welcomes all riders. Why? Because bikes are fun! Front and rear LIGHTS recommended.
Regional Rides		
Saturday August 26	Urbana, IL info@prairiecyclclub.org	<u>C-U Across the Prairie.</u> Ride 15 to 100 miles on Prairie Cycle Club's annual ride. Urbana's Sweet Corn Festival is downtown the same day. www.prairiecyclclub.org

Call for CCC Volunteers

By Harv Koplo, Century Chair

The 45th annual Capital City Century is coming up on September 10, the Sunday after Labor Day. To make sure this year's CCC is another memorable one, we need **your** help! If you've volunteered before, we'd love to have your help again this year. If you enjoyed a volunteer position last year, here's a chance to get your "dibs" on it for 2017.

If you enjoy working with a friend, have them join you! Volunteering for the century is also a great way for new members to get to know their fellow bike club members. We'll be calling club members over the next few weeks about helping out with CCC. We'll need some folks to help with registration Saturday night at Casey's Pub for our new "Packet Pickup Party". There are plenty of jobs prior to the event for those who will be riding but still want to help.

To volunteer, please contact committee chairs or myself. Contact information is below. I are looking for someone to step up to coordinate volunteers.— most recruiting is done by chairs but if you can donate some organizational skills and phone time please call me. If you've worked on a committee before, feel free to contact the chair directly about helping out. Any information you provide to chairs will be forwarded to me or our yet to be named volunteer coordinator and you will be entered into our list of volunteers. Please feel free to contact me or Food Chair Jim Elliott if you are interested in an open chair position (TBA) that is listed below.

Committee Chairs:

Event/Century Chair: Harv Koplo (899-9175) or [harv\(at\)avromsystems.com](mailto:harv(at)avromsystems.com)

Subcommittee Chairs:

Registration: Heather Copelin (652-1105) or [heather\(at\)avromsystems.com](mailto:heather(at)avromsystems.com)

Packet Pickup Party: Harv Koplo (899-9175)

T-shirts: Cindy Kvamme (744-8864)

Historic Sites Ride: Jim Hajek (698-7626)

Marketing: Tom Clark (726-5560)

Route-Marking: TBA

Photography TBA

Ham Radio: Jess Hunter (381-7468)

Routes and Maps: Derek Ewing (624-2016)

Route Checking & Small Signage: Tom Clark (726-5560)

SAG: Tom LaBonte (899-3480)

Signage – Caution: TBA

Traffic direction: TBA

Food Committee Chair: Jim Elliott (899-2142) or elliott.js@comcast.net

Subcommittee Chairs:

KC Food :David Radwine (741-1976)

KC House Madam: Deb Cooper (899-8385)

KC Food Line: Annette Chinuge (741-2377)

KC Cleanup: Ted & Judy Sunder (971-3193)

Bunn Rest Stop: Ken Anderson (522-3876)

Plains Food Stop: Sue Hack (546-4514),

Judy Nesbitt (341-0861), TBA

Baked Goods: TBA

This year, ALL volunteers receive a free Wicking CCC 2017 T-Shirt, as well as the knowledge that they are helping out a good cause. Make sure to give us your T-Shirt size!



Whether or not you are able to volunteer, please consider donating some baked goods for the food stops. Baked goods can be dropped off prior at the dropoff location (TBA) on Friday night or Saturday, or on Saturday night at the Packet Pickup Party.

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*

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

President

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726-5560
president(at)spfldcycling.org

Treasurer

Jim Hajek
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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