



# the Quick Release

[www.spflcycling.org](http://www.spflcycling.org)

May 2017

See Ride  
Schedule (p. 3) for  
Curb Your Car Week  
event details



7 p.m.  
May 20th

Team up with your coworkers for the  
**Curb Your Car**



**Commute Challenge**  
**Bike • Bus • Walk • Run**

**May 14 - 20, 2017**

**Register your team at [www.sscrpc.com](http://www.sscrpc.com)**

Traveling Trophy & Gift Certificate for Winning Teams

Team Member Prize Drawings

Team Leader Prize Drawing

"Passport" Prizes

Bicycle Group Commute on May 17th

Night Bike Ride on May 20th

Free SMTD Bus Ride with Bicycle All Week

## The Cycling Challenge Continues!

By Derek and Brigetta Ewing

The second of five events in the Cycling Challenge is set for **Sunday, May 21** at Stuart Park at **8 a.m.** NOTE START TIME! This is an hour earlier than first event. Ride 32 miles to Athens, 53 miles to Petersburg, or 104 miles to Oakford/Chandlerville and back. **Please arrive EARLY.** Registration closes promptly at 7:55, we ride at 8:00 a.m.

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## Incentive Awards

By Larry Stone, Incentive Chair

Jim Disney's Daylight Savings Time Ride was chosen as Ride of the Month. It was a cold day, so the group of intrepid riders chose to ride the Sangamon Valley Trail. Jim served vegetarian black bean soup and chicken jambalaya at noon for riders and non-riders alike. Thanks Jim for getting riding season off to a good start! The winner of the monthly Ride Leader Incentive Award drawing was Dave Ross. There were no nominees for the Almost Anything Award.

## Venturers Needed!



**Crew 1863** is looking for new crew members! This co-ed outdoor leadership group has an emphasis on bicycling and high adventure. It's open to youth 14-21 years old.

The group is organized through Boy Scouts of America. To join or for more information, visit us on Facebook @crew1863 or call or text Brian Denney at 370-5795.

*A few words from Tom Clark, SBC President*



May is National Bicycle Month! It's a great time to show your passion for bicycling and a bicycle friendly community. We are partnering with SSCRPC to offer several events during Curb Your Car Week to promote

cycling as an active transportation alternative. See page 1 highlights and details in schedule.

Thanks to VP **Scott Sievers** for acting as monthly scheduler for May. We have leader-led Club rides every weekend as well as on weekdays and weeknights. Show-N-Gos from Vredenburg Park include an A-Ride at 9 a.m. daily and a Club ride at 10 a.m. on weekdays.

Riding groups are a new way of riding with the club. In addition to **Derek Ewing** and **Lisa Kidd's** A-Ride group, **Jim and Sandra Elliott's** Social C rider group is drawing many riders. We hope more riding groups emerge.

**Derek and Brigetta Ewing** will lead the second event in the Cycling Challenge series on Sunday, May 21, at 8:00 a.m. (NOTE TIME!) from Stuart Park. See schedule for details.

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

## 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

David and Barbara Manson  
Paul J McAdamis  
John and Deane Kinsel  
Kelly Duppong  
Nancy L Barrington

### New Member at the Contributing Level

Andrew Sepiol

### Renewing Members

Connie Roberts  
Carol & Cliff Fleck  
Bob Coady  
Carol and William Rice  
Ginger Aschenbrenner & Family  
Edward J Kienzler II  
Ben F Fox  
Jim and Deb Stahl  
Gene Rupnik  
Paul O'Connor  
John Sanford

### Renewals at the Contributing Level

Mike Becker  
Joni Stahlman

### Renewals at the Sustaining Level

### Renewals at the Patron Level

Brian and Gretchen Denney  
Jim and Sandra Elliott

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 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](http://www.spfldcycling.org).

## May 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.

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 should be able to answer questions. Please use ride sheet if riding together. Participating riders should turn in miles to the club records keeper. <b>*Disclaimer: Geezer riders occasionally change the start time due to weather and other considerations. Please call ahead.</b>
Monday, thru 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.
Monday thru Friday 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tom Clark, 726-5560	BCD — Weekday 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*****Check start times!***

Mondays 5:45 p.m.	Parking lot at east end of Wabash Trail by Sonic Wabash Ave & Park St Marty Celnick, 522-4206	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.
Tuesday 5:45 p.m.	Location varies Jim and Sandra Elliot, 899-2142	C — <b>Tuesday C-Group Bike Ride.</b> 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. (except May 17th)	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. <b>Note: There will be no ride on May 17th; come to the Ride of Silence instead.</b>
Thursdays 5:45 p.m. Starting May 11th	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Alan Whitaker, 494-6807 Brenda Price, 685-0004	D — Ride 12 miles on the Sangamon Valley Trail at a casual 10-12 mph pace. Join Alan on May 11th and 18th and Brenda on May 25th. The ride leader will stay with the rearmost riding group. <b>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!</b>
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 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 May 3 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 May 6 9:00 a.m.	Centennial Park MAIN parking lot (not the trailhead) Alan Whitaker, 494-6807	ABC – Alan says to expect some hills throughout his 30-40 mile ride with shorter options. Will there be a stop for pie? Can't wait to find out!

Sunday May 7 9:00 a.m.	Knights of Columbus 2200 Meadowbrook Rd (park in west end of lot) Tom Clark, 726-5560	ABCD - Plains Ride. Ride with Tom to Pleasant Plains or elsewhere based on wind direction, 40 miles with cutoffs, or ride the Sangamon Valley Trail.
Sunday May 7 5:00 p.m.	Baskin Robbins 1700 South MacArthur Boulevard Dave Ross, 416-1682	D – Ride through the neighborhood, to be followed with ice cream.
Saturday May 14 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show N-Go – Ride the trails or go out in the country. Turn in your miles to the club records keeper.
Sunday May 14 Through Saturday May 20	Your Residence!	NC — <b>Curb your Car during Bike to Work Week.</b> Join other bike commuters from SBC and the Springfield area for the ride into work all week long! This is the fifth year for the event. Check with your employer to see if it is participating in the Curb Your Car challenge. For details go to the Regional Planning Commission alternative transportation website at <a href="http://www.sscrpc.com">www.sscrpc.com</a> and scroll down to Announcements or Google “Sangamon Curb Your Car.” Don't forget to turn in commuting miles to the club record keeper.
Sunday May 14 9:00 a.m.	Centennial Park MAIN parking lot (not the trailhead) Marty Celnick, 494-9967	ABCD – Marty will lead us on a 20-40 mile ride, with the route depending upon wind direction. D riders can ride the trail but should be self-sufficient.
Wednesday May 17 7:30 a.m.	Washington Park Pavilion (south side of park) Bill Donels, 546-8036	D — <b>Bike to Work Week Group Commute.</b> This ride is part of Curb Your Car week. Ride from the park to Café Moxo for coffee, then off to work we go!
Wednesday May 17 6:30 p.m. <u>NOTE TIME</u>	State Capitol Visitors Center parking lot, behind Boone's Saloon – entrance at 399 W Edwards St (approximate)  Scott Sievers, 801-2873	EZ — <b>Ride of Silence.</b> Join cyclists worldwide in a silent, slow-paced ride (max. 12 mph) in honor of those who have been injured or killed while cycling on public roads. The goal is to raise awareness that cyclists have a legal right to the public roadways and to ask that we all share the road. Riders should begin gathering at 6:30 PM. The ride will depart in silence at 7:00 PM. Helmets recommended, lights required. To learn more about this ride and its history, please visit: <a href="http://www.rideofsilence.org">www.rideofsilence.org</a> .
Saturday May 20 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Ted Sunder, 698-9194	ABCD – Ride on the trail or in the country with Ted. 25-40 miles with cutoffs. We might see water.
Saturday May 20 9:00 p.m. <u>NOTE TIME</u>	State Capitol Visitors Center parking lot, behind Boone's Saloon – entrance at 399 W Edwards St (approximate) Michael Higgins, 836-9821	EZ — <b>Night Ride.</b> Chef Michael Higgins has a 6 or 12-mile route. Helmets recommended, lights required.
Sunday May 21 8:00 a.m. <u>NOTE TIME</u>	Stuart Park Winch Road north of Route 97 and Veteran's Parkway Derek & Brigetta Ewing, 624-2016 (See separate article in QR)	ABCD – This is the second of five events in the 2017 <b>Cycling Challenge</b> . The Challenge is designed to aid in your cycling fitness in preparation for SBC's Capital City Century. Ride about 32 miles R/T to Athens, 53 miles R/T to Petersburg, or 104 miles to Oakford/Chandlerville and back. Brigetta will ride with the rearmost group at a 10-13 mph pace on the 32 mile route. Bring on the Challenge!
Tuesday May 23 6:00 p.m.	State Capitol Visitors Center parking lot, behind Boone's Saloon – entrance at 399 W Edwards St (approximate) Kevin Greene, 494-8959	EZ – Ride for an hour (6-8 miles) through city neighborhoods at a relaxed pace.
Saturday May 27 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Dave Ross, 416-1682	ABCD – Dave will take us north, south, east, or west depending upon his mood (and the wind direction) in search of pie. D riders can ride the trail but should be self-sufficient.
Sunday May 28 9:00 a.m.	Waldrop Park Sherman Scott Sievers, 801-2873	ABC – Scott will lead us on a 30-mile roundtrip ride from Sherman through Williamsville to visit enchanting Elkhart—and a heckuva hill!



Monday May 29 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	BCD — Show-N-Go. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Monday May 29 8:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Holiday A-Ride — See Saturday & Sunday Weekend A-Ride description. *Disclaimer: Schedule sometimes changes due to weather. Please call ahead.

## Other Area Rides

Springfield area bike shops and other entities sponsor or host a number of rides each year. We post them in this separate section of 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 Ave 523-0188	<b>Ace Monday Night Ride.</b> These rides are geared towards all levels of riders and are no drop! Ace staffers will be on the ride in the event of a mechanical. Helmets are strongly recommended. Like us on Facebook "Ace1BMX" for weather details.
Tuesdays and Thursdays 5:45 p.m.	Biketek 957 Clock Tower Dr Show-N-Go	<b>Bike Tek Salisbury Hills Ride.</b> 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.	Wheelfast 17 Cottonwood Dr Matt Saner, 483-7807	<b>ABC — Wheelfast Road Ride.</b> Intermediate training ride. Meet at the bike shop and plan on 16-20 miles. Faster group leaves at 6:10. Others leave immediately after with a designated leader at the rear.
Every Other Wednesday May 11 and 15 5:30 p.m.	New City Church parking lot New City Rd, Pawnee Steve Schien, 741-8388	<b>New City Time Trials.</b> 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	<b>Trail and Road Ride —</b> A chance for fellow bike enthusiasts to get together and share their passion. 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 May 27 5:30 p.m.	State Capitol Visitors' Center 425 S. College St. (west of the Stratton Building across College Street) Alan Escobar, 638-9523	<b>EZ — 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. It is open to all, and it welcomes all riders to join in a celebration of riding bicycles. Why? Because bikes are fun! <b>Front and rear LIGHTS recommended.</b>
Regional Rides		
		<i>Check here for special cycling events within 100 miles of Springfield or which members asked us to list. For an up-to-date listing of upcoming cycling events in Illinois and the Midwest, visit <a href="http://www.mikebentley.com">www.mikebentley.com</a>.</i>
Saturday May 6	George Fero, 618-537-8873	<b>Tour De Stooges.</b> This Lebanon, Illinois ride features routes from 10 to 67 miles. For details, visit <a href="http://tourdestooges.com">tourdestooges.com</a> .

### The Challenge Continues! *(Continued from page 1)*

The first four Challenges (April 23, May 21, Aug. 13 & 27) are free and totally self supported. The final Challenge is SBC's Capital City Century on September 10. All riders who complete the series minimum of 3 rides are placed on the "SBC Challenge Wall of Fame". In addition you may receive a Bronze, a Silver or a Gold Award based on points awarded for each mile you ride. For more information, visit [spfldcycling.org](http://spfldcycling.org) or search "Springfield Il Area Cycling" on Facebook.

# **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](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**

Scott Sievers  
vp(at)spfldcycling.org

### **Special Events**

Harv Koplo  
899-9175

### **Web Editor**

Alan Whitaker  
494-6807

### **At-Large Members**

Ken Anderson  
522-4206

### **Board Secretary**

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

### **Records**

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787-5964  
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### **QR Editor**

Tom Clark (interim)  
Marty Celnick (interim)  
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### **At-Large Members**

Marty Celnick  
522-3876  
Andrea James  
Joe Agner  
Cindy Kvamme  
Carolyn Lawrence  
Nance Alexander Thompson

### **Recording Secretary**

TBA  
recording(at)spfldcycling.org

### **Social Chair**

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

### **Incentive Chair**

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

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**