



the Quick Release

www.spfldcycling.org

September 2017

CAPITAL CITY CENTURY

Sunday, September 10, 2017

Knights of Columbus Council 364, Springfield



The Springfield Bicycle Club's Capital City Century is one of the oldest Century events in Illinois, and one of only two that offer a double metric option.

- Routes of 10 to 100 miles over flat to rolling terrain
- 125 mile (200k) **Double Metric** challenge option
- Detailed route map
- Well marked routes
- SAG service
- Multiple food & rest stops
- **Packet Pickup Party** the night prior
- **Post-Ride Party** with food & live music
- Sale of poly wicking **event t-shirts**

• SAVE MONEY!

Early registration discount available at www.spfldcycling.org/cc

(There's no processing fee to register online!)

Day-of-ride registration will be available at non-discounted rates.

For more information or help with registration contact: events@spfldcycling.org call Harv Koplo at 217.899.9175.

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Incentive Awards

By Larry Stone & Marty Celnick, Incentive Co-Chairs

Alan Josephson's Arch Ride on July 8 was chosen as Ride of the Month. A number of club members journeyed to Edwardsville and rode their bikes across the McKinley Bridge for lunch near the Gateway Arch. Thanks, Alan!

Ernie DeFrates won the monthly Ride Leader Incentive Drawing and a \$50 gift certificate at the bike shop of his choice.

Our **Bicycle Friendly Community Award** goes this month to Springfield Police Department for putting 75% of its neighborhood police officers on bicycles. Special thanks to Sergeant Gerry Castles and Officer Matt Doss for the roles they played in this effort. Neighborhood policing on bikes helps officers connect with the community and makes the Capital city more bicycle-friendly.

A few words from Tom Clark, SBC President



It's September, and there's a lot going on! Our signature ride, the Capital City Century, is September 10. Thanks to **Harv Koplo** for organizing the CCC, and thanks to all of the volunteers who make the CCC a very special event!

You can drop off baked goods from 4 to 8 pm Friday and 9 am to 3 pm Saturday at the home of Jim & Sandra Elliott, 29 S Hazel Dell (just off West Lake Shore, behind Hazel Dell School). On September 9, our Historic Sites ride is at 1 pm, and our Packet Pickup Party at Casey's Pub (inside Knights of Columbus) is 5 to 9 pm. Other events include our Volunteer Appreciation Ride on Sept. 17 and the Annual Meeting & Socializer on Sept. 27. 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

Frank Beyer
Ralph Brown
Tracy Garrison
Gerry Hume
Daniel OKeefe
David Risley
Dan Stahl
Beth Summer
David Wild

New Members at the Contributing Level

Daniel McCormack

Renewing Members

Ken & Sandy Anderson
Marc Bell
Scott & Karin Bell & Family
Bill & Carol Bock
Deb Cooper
Kenneth W. Connell

Renewing Members (Cont.)

Patrick & Sheri Daniels
Charlie Downs
Derek & Brigetta Ewing
Stan Gralnick & Laurel Garber
Kim Hayden
Marilyn Kirchgesner & Ross Br-
gant
Linda Kelly
Mike Long
Robert & Cydne LaBonte
Chris & Kathy Mehuys
David & Anita McDivitt
Shayla Pfaffe
Steve & Peggy Randle
Scott & Stephanie Sievers &
family
Libby Shawgo & Family
Verna Stallone
Barry & Shaun Tobias
Mary Thomas
Marty Vandiver

Renewals at the Contributing Level

Jan Michael Cimarossa
Curt M. Evoy
Jim & Gladys Hajek
Jon Roth
Richard Regan & Family
Dee Wise

Renewals at the Sustaining Level

Ernie DeFrates & Linda Butler
Troy & Michelle Gilmore
Tom & Francie King & Family
Ted, Judy, & Nicholas Sunder

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.

September 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		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, 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		Check start times!
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. Note: July 3 may be a Show-N-Go.

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 Elliott, 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.
Saturday Sept. 2 9:00 a.m.	Stuart Park Winch Road north of Route 97 and Veteran's Parkway Deb Cooper, 546-5099	ABCD – Deb will guide us on a 30 mile route. D riders can ride the trail.
Sunday Sept. 3 8:00 a.m. NOTE TIME	Chatham Community Park East end parking lot, off Park St. 760 S. Main, Chatham Paul O'Connor, (618) 694-3446	ABC – Join us for a 28-32 mile ride leaving from Chatham using the trail and then switching to a route that will take us around Lake Springfield, returning via Covered Bridge Road.
Monday Sept. 4 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go — It's not laborious if you do a Labor Day ride with your friends. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Monday Sept. 4 8:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Holiday A-Ride — See Saturday Weekend A-Ride description.* Disclaimer: Schedule sometimes changes due to weather. Please call ahead.
Wednesday Sept. 6 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 Sept. 9 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go — Lots going on today. Ride the trails or go out in the country. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.

Friday Sept. 8 4 - 8 p.m. Saturday Sept. 9 9 a.m.- 3 p.m.	Residence 29 S Hazel Dell Jim and Sandra Elliott, 652-4034	NC — CCC Baked Goods Drop Off. Drop off cookies and other homemade goodies at the home of Jim and Sandra Elliott for the CCC ride on Sunday.
Saturday Sept. 9 1:00 p.m. NOTE TIME	Noll Law Office at Lincoln Depot 930 E Monroe Jim Hajek, 698-7626	EZ — Historical Sites Ride. Jim will lead an 8-mile tour of Springfield historic sites the day before the Capital City Century. The ride will last approximately two hours, with refreshments and snacks afterward.
Saturday Sept. 9 5 to 9 p.m.	Casey's Pub inside K of C 2200 S. Meadowbrook Harv Koplo, 899-9175	NC — Packet Pickup Party. If you pre-registered at a lower rate, pick up your stuff. Also the last chance to register at a discount! Non-discounted registration is available at the event on Sunday.
Sunday September 10 7:00 a.m. NOTE TIME	Knights of Columbus Hall 2200 S Meadowbrook Rd Springfield Harv Koplo, 899-9175	ABCD — 45th Annual Capital City Century/SBC Great Bicycle Challenge #5. 10, 25, 40, 62, and 100 mile routes over flat to slightly rolling terrain. Special double metric (125 mile) option. Registration beings at 6:30 am. Includes SAG service, multiple food stops and "post-pedal'n" party free to registered participants. SAG service ends at 4:00 pm; all riders are asked to be off the route by that time. Food service at K of C ends at 5:00 p.m.
Saturday Sept. 16 8:00 a.m. NOTE TIME	Lost Bridge Trail IDOT South Dirksen Parkway Scott Sievers, 801-2873	ABCD — Head east from IDOT on the Lost Bridge Trail, then out into the countryside to Sangchris Lake and back for about 30 miles round-trip; D riders can stick to the trail for about 12 miles round-trip.
Sunday Sept. 17 9:00 a.m.	This ride will start in Pleasant Plains. Please check the website for the exact starting location: www.spfldcycling.org/schedules Alan Whitaker, 494-6807	ABCD — CCC Volunteer Appreciation Ride. 25, 40, 62, or 100 miles. This ride is an opportunity for volunteers who worked the Capital City Century to try one of the routes. All club members are invited to participate. This ride counts as the SBC Great Bicycle Challenge #5 for CCC volunteers.
Saturday Sept. 23 9:00 a.m.	Centennial Park MAIN parking lot (not the trailhead) Linda Butler, 899-7165	ABCD – Linda will take us southwest towards Loami for a 30- to 35-mile ride.
Sunday Sept. 24 9:00 a.m.	Centennial Park MAIN parking lot (not the trailhead) Robert LaBonte, 787-0237	BCD – For his birthday ride, Robert will take us on the Sangamon Valley Trail to points north, maybe even along the new trail extension, if open. The ride likely will head to Athens and back. D riders can ride the trail but should be self-sufficient.
Wednesday Sept. 27 6:30 p.m. Annual Mtg 7:00 p.m. Socializer	Brickhouse Grill and Pub 3136 W. Iles Tom Clark, 726-5560	NC — Annual Meeting & Post-CCC Socializer. Join other SBC members for this great post-CCC social event. Brief Annual Meeting at 6:30 p.m. includes thanks to our volunteers, board election, past year accomplishments, and member feedback. Socializer from 7:00-9:00 p.m. Check in and get a free libation. Complimentary soft drinks and appetizers provided.
Saturday September 30 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Ted Sunder, 698-9194	ABCD - Ted is planning to take us down the trail and out into the country somewhere for 30-40 miles. D riders can ride the trail but should be self-sufficient.
Sunday October 1 9:00 a.m.	Stuart Park 1662 Winch Lane (1/2 mi north of IL Route 97/Jefferson St) Tom Clark, 726-5560	ABCD – Ride the hilly 32-mile route from the May 21 Challenge #2 again with Tom. It's unlikely the trail extension will be open by then, but a trail update will be shared. D Riders can do a 10-mile trail ride. https://ridewithgps.com/routes/19572376



MARK YOUR CALENDARS!

- ◆ Sept. 9: Historic Ride
- ◆ Sept. 10: 45th Annual Capital City Century
- ◆ Sept. 27: SBC Annual Meeting & Socializer
- ◆ Oct. 7: Illinois Solar Tour
- ◆ Oct. 8: 39th Annual Octoberfest
- ◆ Oct. 14: 3rd Annual Bob Carmody Memorial Ride

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 Ave 523-0188	Ace Monday Night Ride. 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	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	ABC — Wheel Fast Road Ride. 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 Sept. 13 & 27 5:45 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 — 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 September 29 5:30 p.m.	State Capitol Visitors' Center 425 S. College St. (west of the 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		
		<i>For an up-to-date listing of upcoming rides, go to www.mikebentley.com and check Illinois Bicycle Rides</i>
Saturday Sept. 23 7:00 a.m.-9:00 a.m.	Benld, IL	Tour de Coal . This ride includes routes of 13.6, 35, and 62 miles through Macoupin County. Pre-register to get a t-shirt. Riders get a voucher for a sandwich and drink afterward. www.active.com
Sunday Sept. 24 7:00-10:00 a.m.	Decatur, IL	Prairie Pedal . An annual fundraising event for Macon County Conservation Foundation with routes of 20, 40, and 62 miles. Registration fee includes cycling socks and a chili lunch. www.active.com

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

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

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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**