



the Quick Release

www.spfldcycling.org

December 2016

Holiday Socializer
 Fulgenzis in Springfield
 5:30-7:00 p.m.
Wednesday, Dec. 14

- ◆ Free appetizers
- ◆ Members and potential members welcome



ROCKIN' IN THE NEW YEAR!

New Years Day Ride

Rock-N-Roll Hardees
11:00 a.m.

Sunday, January 1

SAVE THE DATE!

Annual Winter Party and Awards Banquet

Maldaner's Restaurant
6 p.m. social time
7 p.m. dinner

Friday, Jan. 27

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Incentive Awards

By Larry Stone, Incentive Chair

The Ride of the Month award for October was won by Ernie Defrates and Linda Butler for their Apple Dumpling Ride. Linda presented her wonderful apple dumplings and ice cream to the appreciative riders following a beautiful ride in the country on a warm but windy fall day.

Marty Celnick won the Ride Leader Incentive drawing and a gift certificate for \$50 at the bike shop of his choice. Leading a ride from Rotary Park on Saturday October 8 made him eligible for the drawing.

The Almost Anything Award went to the Chicago Cubs, for ending a 108 year World Series championship drought, bringing great joy to many bike club members. No more "next year"!

A few words from Tom Clark, SBC President



The long range weather forecast is for slightly above average temperatures this winter, so hopefully those hardy souls who ride year-round will have some nice days to do so. See the ride schedule (pages 3-5) for details on our rides. We

continue to offer BC-paced Show-N-Go Club rides in Springfield and Taylorville every day except Christmas, along with **Dave Ross'** weekday lunch ride. Night rides continue as well. Our next leader-led weekend Club ride is **Marty Celnick's** New Years Day Ride from Rock and Roll Hardees on Sunday, Jan.1.

The A-rides organized by **Lisa Kidd** and **Derek Ewing** also continue. The weekend and holiday A-rides start at 9 a.m. at Vredenburg Park. Riders should be able to maintain 19+ mph for extended distances using pace lines. The weekday AB-rides are no drop, but riders should be able to maintain speeds of 18-20 mph for 20-40 miles. They start at 9 a.m. from Vredenburg on Monday, Wednesday, and Friday, and at noon at IDOT on Tuesday & Thursday, or as announced (see details in schedule).

The **deadline for NoBell Nominations** is Dec. 30 (see page 6). **Save the date** for the Winter Party on Jan. 27 (see page 5). RSVP instructions and details will appear in the January QR. Hope to see you at our Wednesday, Dec. 14 socializer at Fulgenzis in Springfield!

Help Wanted!

SBC's Board year runs from Oct.1 through Sept. 30. Some vacancies may remain, including:

Vice President
Newsletter Editor
Recording Secretary (Jan. 2017)

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

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

Steve Sommer

Renewing Members

Robert Hayes
 Robert & Cydne LaBonte
 Ed & Carolyn Lawrence
 Cindy Moreno

Jerry & Annette Schwartz
 Kathy Seketa
 Libby Shawgo & Family
 Karol Young

Renewals at Contributing Level

Martin Celnick

Renewals at Patron Level

Cap and Mary O'Keefe

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 October 12 will appear in next month's report. For June 2015 and beyond, Board meeting Minutes are posted online at www.spfldcycling.org.

December 2016 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.

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).

Questions about leading a ride? Contact vp@spfldcycling.org.

Weekday Daytime Rides		<i>Check start times!</i>
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. Start time may change due to weather and other considerations. Please call ahead.
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 and Thursday Noon NOTE TIME & LOCATION	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. NOTE TIME	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. NOTE TIME	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.
Weekend Daytime Rides		
Saturdays and Sundays 11:00 a.m. NOTE TIME	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Weekend BCD Show-N-Go -- 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. 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.
Scheduled Rides and Events		Check start times!
Wednesday December 7 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.
Wednesday December 14 5:30-7:00 p.m.	Fulgenzis 1168 E Sangamon Ave Poonam Mahajan, 691-3350	NC - Socializer. Join us for our December SBC Socializer at Fulgenzis in Springfield. Free appetizers. Greeter table near the door. Members and potential members are welcome to participate.
Sunday January 1 Time varies	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Holiday A-Ride -- See Weekend A-Ride description above.
Sunday January 1 11:00 a.m.	Rock 'N Roll Hardees 2501 Adlai Stevenson Dr Marty Celnick, 522-4206	ABCD – New Years Day Ride. Ride for 10-25 miles. Start the new year by keeping your resolution to ride more miles!

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	Tuesday Night Trail Rides – MTB/cyclocross/off road bikes are recommended. All are welcome! We will split off at Washington & Koke Mill to do the “church trail”. LIGHTS and HELMETS please and thanks!!! Disclaimer: Routes will vary based on conditions. Contact Jeff for more information.
Friday December 30 5:30 p.m.	Capitol Area Visitor's Center College & Edwards Streets (lot entrance on Edwards) Alan Escobar, 638-9523	Critical Mass Ride. 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!



SAVE THE DATE!



Annual Winter Party & Awards Banquet Friday, January 27, 2017

Maldaner's Restaurant
222 South 6th Street

6:00 p.m. Social Time

7:00 p.m. Dinner

Awards Ceremony
Slide Show

Send your photos to [photos\(at\)spfldcycling.org](mailto:photos(at)spfldcycling.org)

Attendance limited to 100

Each member may bring one guest

Buffet dinner \$10 each (cash or check only)

RSVP window opens January 1st

Details in January Quick Release



Nominations Sought for 2016 NoBell Award

Nominations are now being accepted for the 2016 NoBell Award. This is perhaps the highest honor that the Springfield Bicycle Club bestows each year: to recognize an individual who has made a significant contribution to bicycling in the Springfield area. The origin of the award's name is somewhat murky, but presumably involves the prestige of the international Alfred Nobel Prize and the more specific bicycling reference to a Bell helmet, one of the first truly effective cycling helmets.

While there are no formal requirements for being nominated for this prestigious award, the award committee takes into account the length of time the nominee has been involved in bicycling and the contributions he/she has made within the local cycling community. Past award recipients have been recognized for going above and beyond normal levels of support and enthusiasm for bicycling. They have worked tirelessly to promote bicycling, contribute much to the club, and are admired and respected by their peers.

Nominations for this year's award should be submitted to one of the members of the 2016 NoBell Selection Committee, which is comprised of former NoBell recipients. The members of the committee are: Jim Hajek, Matt Saner, Kevin Greene, Brigetta Ewing, and Harv Koplo. You can make your nominations in person, by email, by phone or by snail mail, but the nominations should all be received not later than December 20th.

To assist the NoBell Selection Committee in their task of reviewing nominations for 2016, it is recommended that you submit a brief narrative supporting your nomination, although this is not a requirement. The committee will do some research on their own before arriving at a winner for this year. Little-known information about a nominee is always appreciated and makes for a more informative and entertaining formal announcement of the winner. Past winners of this prestigious award are:

1982 – Rich Huelskoetter	1983 – Greg Lakebrink	1984 – Louie Spinner
1985 – Dean Wisleder	1986 – Dave Ringland	1987 – Bud Cline
1988 – John & Marcy Werthwein	1989 – Dave Stjern	1990 – Mike Becker
1991 – Karl Kohlrus	1992 – Theresa DeLeon	1993 – Dave Heaps
1994 – Ernie DeFrates	1995 – Garland Stevens	1996 – Derek Ewing
1997 – Alan Josephson	1998 – Dave Lucas	1999 – Linda Butler
2000 – Mark Flotow	2001 – Don Struck	2002 – Lance & Lisa Kidd
2003 – Chuck Orwig	2004 – Cathy Yeaman	2005 – Cindy Kvamme
2006 – Lynn Miller	2007 – Robert LaBonte	2008 – The Elston Family
2009 – Bill Donels	2010 – Tom Clark	2011 – Brigetta Ewing
2012 – Kevin Greene	2013 – Matt Saner	2014 – Jim Hajek
2015 – Harv Koplo		

Please give this some careful thought and get your nominations in to a committee member by Dec. 20th. Your support and input are greatly appreciated.

Thanks – The NoBell Selection Committee.

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: \$15 per year

Family: \$20 per year

Contributing: \$25 per year

Sustaining: \$50 per year

Patron: \$100 per year

Corporate: \$100 per year

Family Member Information

Name 1:	Birth date*:
Name 2:	Birth date*:
Name 3:	Birth date*:
Name 4:	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.

Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705
Address Service Requested
Not for Commercial Use

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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

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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

Chanell Hamilton (interim)
220-1523
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**