



the Quick Release

www.spflcycling.org

April 2017

SEASON KICKOFF WEEKEND: April 21-23!

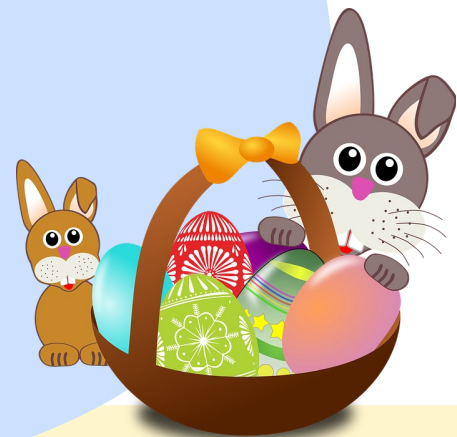


Saturday April 22
**Earth Awareness
Ride & Bike Rodeo**
Old State Capitol

Friday April 21
**Season Kickoff
Party**
Casey's Pub



Sunday April 23
Cycling Challenge #1
Rochester



Bring on the Challenge!

By Derek and Brigetta Ewing

It's That Time Again! Get yourself and your bike ready for the **SBC Cycling Challenge**. The first event is set for **Sunday, April 23** at Rochester Community Park at 9 a.m. The Cycling Challenge is designed to help you in build your cycling fitness and hopefully to accomplish the goal of completing the annual SBC **Capital City Century**.

(Continued on page 3)

What's Inside?

Incentive Awards.....	2
President's Column.....	2
Secretary's Report.....	2
Season Kickoff Weekend.....	3
April Ride Schedule	4

Incentive Awards

By Larry Stone, Incentive Chair

There was no Ride of the Month Award or ride leader incentive drawing in April as there were no eligible ride leaders that month.

This month's Almost Anything Award honors two retiring board members for their contributions.

Chanell Hamilton served on our board for three years. Although Chanell has a full plate with three kids and an artist husband, she has been quite dependable as our recording secretary. Chanell has also been an important member of our data team, helping to manage our CCC Rider and Volunteer databases. As liaison between SBC and Radio Club volunteers at CCC, she facilitated communications which kept our riders safe and our Event Coordinator sane :).

Poonam Mahajan came on our board two years ago as our social chair. Poonam's refreshingly lively attitude and gregarious nature have inspired many over that time. She has done an exceptional job as Volunteer Chair for CCC, helping fill staff positions in spite of the chaos and confusion thrown at her. Work is calling her away from the Springfield area but we are hopeful she will one day return to us.

Thank you Chanell and Poonam for your service and dedication!

A few words from Tom Clark, SBC President



We have some great rides and events coming up in April! We have leader-led Club rides every weekend as well as weekday and weeknight rides. There's a new Club Show-N-Go at 10 a.m. weekdays. Thanks to new

VP-Rides **Scott Sievers** and monthly scheduler **Marty Celnick** for scheduling. There's also a standing A-Ride at 9 a.m. every day of the week from Vredenburg Park. Thanks to **Derek Ewing** and **Lisa Kidd** for organizing A-Rides.

Our Season Kickoff Party is 5:30 p.m. Friday, April 21 in Casey's Pub at K of C. Our inaugural Kickoff Party last year drew 70+ members and friends. See page 3 for details. Thanks to **Ted Sunder's** Membership Committee for hosting.

Kevin Greene will lead an EZ ride at 2 p.m. on April 22 from the Earth Awareness Fair's NEW VENUE, the Old State Capitol. SBC will host a bike rodeo at the event. Details on page 3.

Derek and Brigetta Ewing will once again lead the Cycling Challenge in 2017. The first Challenge ride will be Sunday, April 23 at 9:00 a.m. from Rochester Community Park. See the article on page 3 and the ride schedule for details.

Hope to see you at a ride or event in April!

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

Linda Lenzini
Catherine O'Connor &
Family
Phil Reed
Jennifer Rockwell & Family
Randy Wise

Renewing Members

Jason Beeler & Family
Pat Everett
Thomas Fisher
Bill & Ginny Gillespie
Rebecca Hood
Jim & Christina Morris & Family
Kathy Seketa

Renewals at the Contributing Level

Mark & Linda Flotow
Rick Haberkorn

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 February 27 will appear in next month's report. For June 2015 and beyond, Board meeting Minutes are posted online at www.spfldcycling.org.

Season Kickoff Weekend Details

Bring on the Challenge! Sunday, April 23 *(Continued from page 1)*

Each Challenge consists of a century (100 mile) ride with shorter options of approximately 25 and 50 miles. The first four challenges are free and totally self supported. The 5th and final Cycling Challenge event is the SBC Capital City Century on September 10.

The Challenge takes you on lightly traveled rural roads and through small quiet towns. Rest stops along the way may be the local mom and pop restaurant or a convenience store. To help insure that all have someone to ride with, there will be groups at all riding levels.

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 for all of your hard work in achieving your cycling goal. Your mileage is recorded and a point awarded for each mile.

Award Earned - Points (miles) needed: Bronze: 125 - 199 Silver: 200 - 374 Gold: 375+

- Awards are distributed at the January SBC Awards Banquet, and can also be received without attending the banquet.
- **SBC Members:** your TO and FROM ride miles can be counted as SBC ride miles, but are not counted towards Challenge totals.
- **Additional Information:** SBC website (www.spfldcycling.org), Facebook group (search "Springfield II Area Cycling", and all of the local bike shops.
- **2017 Challenge Dates:** April 23, May 21, Aug. 13 & 27, & Sept. 10.

Season Kickoff Party



Casey's Pub
(inside KC on Meadowbrook)
Friday, April 21, 5:30-7:30 p.m.

Join us for a celebration of the beginning of cycling season at the home of the Capital City Century in September! Visit with your cycling buddies and hear about our plans for 2017.

- Free appetizers. Greeters by the door. Members and potential members welcome.
- Membership Committee assistance with signup and renewals & logging into and using our new online member system.
- Signup tables for Cycling Challenge, rider development group and other riding groups, and interest groups such as Commuters.
- Information about local bike-ped planning and education efforts now underway, Curb Your Car Week in May, and volunteer opportunities.

25th Annual Earth Awareness Fair

NEW VENUE! Old State Capitol Plaza
Saturday, April 22, 1:00 - 5:00 p.m.

2 PM: EZ Bike Ride

- Ride for about 1 hour at a relaxed pace through city neighborhoods.
- Visit exhibits & activities before or after Ride.
- See Ride Schedule for additional details.



**Please drop by
the SBC Booth
at the Fair!**

1- 4 PM: Kids Bike Rodeo

- Ages 5 through 12 eligible to participate
- Children must be accompanied by an parent or guardian who signs a participation waiver.
- Bikes and helmets provided for rodeo use for those not bringing their own. Helmets required.

April 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.

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		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. Start time may change due to weather and other considerations. Please call ahead.
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 Noon	IDOT, Lost Bridge Trail Dirksen Parkway Show-N-Go	BCD — Lunch Ride. Skip lunch and ride the trails or go out into the country. 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 5:30 p.m.	Parking lot at east end of Wabash Trail by Sonic Wabash Ave & Park St Alan Whitaker, 494-6807	BC — Leave from the east end of the trail at 5:30 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. Lights recommended.
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.

Wednesdays 5:30 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. Lights recommended.
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, 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 <i>Check start times!</i>		
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.
Saturday April 1 10:00 a.m.	Vredenburg Park Saxon Drive & Crusaders Rd Marty Celnick, 522-4206	ABC – Ride to Chatham on the trails. If there is a south wind, we may come back on Curran Rd. There is a possible stop at Edgar’s for some coffee. April Fools costumes are optional.
Sunday April 2 10:00 a.m.	Rochester Station Mark Rabin, 529-7377	ABCD – Ride 30-40 miles to an unknown destination. D riders can ride the trail.
Wednesday April 5 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 April 8 10:00 a.m.	Waldrop Park Sherman Cindy Kvamme 971-8687	ABC – Cindy will take us to Athens. There will be a short route of 24 miles, and a longer one of 35 miles.
Sunday April 9 10:00 a.m.	Rotary Park Iles and Archer Elevator Rd Tom Clark, 726-5560	ABC – Tom will take us to Pleasant Plains or elsewhere depending on the wind. D riders can ride the trails. 20 to 40 mile options.
Saturday April 15 10:00 a.m.	Lost Bridge Trail IDOT South Dirksen Parkway Scott Sievers, 801-2873	ABC – 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 April 16 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Robert LaBonte, 787-0237	ABCD – Robert’s Easter Ride. This will probably be a trail ride to Chatham with a brunch option.
Friday April 21 5:30-7:30 p.m.	Casey’s Pub, inside K of C 2200 S Meadowbrook Ted Sunder, 971-3193 (see separate article in QR)	NC – Season Kickoff Party. Join our membership committee for a celebration of the beginning of cycling season, at the home of the Capital City Century in September! Hear about our plans for 2017. Free appetizers. Greeters by the door. Members and potential members welcome. Signup, renewals, and tech support for use of new online member system. Signup tables for Cycling Challenge, rider development & other riding groups. Information about volunteer opportunities, Curb Your Car Week, and more!
Saturday April 22 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	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 the west end parking lot on Robbins Road. Turn in your miles to the club records keeper.
Saturday April 22 2:00 p.m. Note time & location	Old State Capitol Plaza S 6th St & E Adams St Kevin Greene, 793-9622	EZ – Earth Awareness Fair Bike Ride. Ride for about 1 hour at a relaxed pace through city neighborhoods. Before or after the ride, visit the exhibits and activities at Springfield’s 25th annual Earth Awareness Fair. The fair will be held from 1 p.m. to 5 p.m. on the grounds of the Old State Capitol.

Sunday April 23 9:00 a.m.	Rochester Community Park West Main Street, Rochester Derek & Brigetta Ewing, 624-2016 (See separate article in QR)	ABCD – This is the first 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 24 miles R/T to Riverton, 55 miles R/T to Illiopolis, or 101 miles to Decatur and back. Brigetta will ride with the rearmost group at a 10-13 mph pace on the 25 mile route. Bring on the Challenge!
Saturday April 29 10:00 a.m.	Quaker Steak and Lube Legacy Point Dr South of Scheels Carolyn Lawrence, 370-0776	ABC – Ride on the trail or in the country with Carolyn. 25-40 miles with cutoffs.
Sunday April 30 10:00 a.m.	Sangamon Valley Trail head Bunker Hill Rd Deb Cooper, 546-5099	ABC – Ride 30-40 miles on the Capital City Century route to Pleasant Plains, with a cutoff for those doing the short ride. D riders can ride the Sangamon Valley Trail.

Other Area Rides

Springfield area bike shops and other entities sponsor or host a number of rides and events each year. We help publicize these activities, by posting them in this 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 Pete or Rich, 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.
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.
Wednesdays 6:10ish p.m. Begins April 5	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 6:05. Others leave at 6:15 with a designated leader at the rear.
Every Other Wednesday April 12 & 26 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. Call or text Steve to be informed of April dates. Dates for May and beyond will be posted here.
Thursdays 5:45 p.m.	BikeTek 957 Clock Tower Dr Show-N-Go	BikeTek Salisbury Hills Ride. See Tuesday description. The Thursday rides are all show-n-go rides, with no official leader.
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 designated ride leader stays with the participants of each riding group. Follow us on Facebook at springfieldscheels.
Friday April 28 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. 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! Front and rear LIGHTS recommended.

Regional Rides

Sunday April 2 10:00 a.m.	Washington Park Pavilion (south side of park) Jason Ervin, 670-7279	BMX Club Awareness Ride. This is a leisurely ride through Springfield. All are invited. From Washington Park, riders will head east on Laurel and north on 4th to Lincoln Park, then take Taintor Road and Peoria Road to Riverside Park (4115 Sandhill Rd). There will be safety stops along the way. The point of this ride is to make everyone aware that BMX is alive and well and here to stay. Helmets required. Transportation back to Washington Park will be available for bikes and riders. <i>For an up-to-date listing of upcoming regional cycling events, go to www.mikebentley.com and check Illinois Bicycle Rides</i>
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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

Presorted Standard
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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**