



the Quick Release

www.spflcycling.org

June 2018

Challenge #2 is June 10!

**Sunday, June 10, 8:00 AM
(NOTE TIME!)**

**Stuart Park, Winch Road (north of
IL-97 Veterans Parkway)**



Ride about 32 mi. to Athens, 53 mi. to Pe-
tersburg, or 104 mi. to Oakford/Chandlerville!

The Challenge is designed to help you in
build your cycling fitness and complete your
chosen distance option on the 46th annual
CCC Classic Century (Sept. 9 , 2018).

See also Scheduled Rides & Events, p. 5



Black History Ride

Afternoon Social Ride
1:00pm
(under 5 miles)

Major Taylor Ride

Morning Group Ride
8:30am
(30-40 miles)

See also Other Area Rides and Events, p. 6

What's Inside?

Incentive Awards.....	2
President's Column.....	2
Secretary's Report.....	2
June Ride Schedule.....	3

Incentive Awards

By Marty Celnick, Incentive Chair

Harv Koplo's Easter Foolish ride on April 1st was chosen as Ride of the Month. Congratulations, Harv! The winner of the monthly Ride Leader Incentive Award drawing was Harv Koplo.

The Bicycle Friendly Community Award was won by Downtown Springfield Inc., its premier sponsor Memorial Health System, and 20+ partner organizations for staging the inaugural Downtown Open Streets Festival on April 28. "People traffic" - people powered transportation - replaced car traffic on temporarily closed downtown streets where residents could visit a variety of activity hubs. Many were bike-related, including SBC's obstacle course, the BMX Club's demo jumps, Ace Bicycle Shop's bike corral, Our Vibrant Community's bicycle art, and YMCA's outdoor spin class. A special thanks to Kevin and Naomi Greene for their role in creating this event.

A few words from Tom Clark, SBC President



It's June, and cycling season is well underway. We have a number of new ride leaders in June, and some amazing rides! Check the schedule for details. Thanks to **Scott Sievers, Harv Koplo, Joel Johnson, Alicia Bibb, Mike**

Kokal, Alan Whitaker, Ted Sunder, Marty Celnick, and Troy Gilmore for leading rides, and VP **Scott Sievers** for organizing. Faster-paced AB rides also continue from Vredenburg Park.

They start at 8 a.m. as does Challenge #2 on June 10 from Stuart Park. **Larry & Vanessa Willmore** say over 70 riders took the Challenge in April — are you ready for the June Challenge?

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

Having Trouble Signing in?

By Ted Sunder, Board Secretary

Are you or somebody you know having trouble signing in to SBC's website? If so, we'd be glad to help. You should now be able to use your email address as your username, unless you have advised me that you'd prefer not to do that. Once signed in, you can check a box to automatically log in. As more members sign in on a regular basis, we hope to offer new value-added member features online. If you have trouble logging in, contact me at Secretary@spfldcycling.org or 217-971-3193.

Secretary's Report

By Ted Sunder, Board Secretary

A warm welcome to our **new members**, and thanks to **renewing members** for their continued support.

New Members -

Nancy Burklow Roy Harley
Marilyn Clark Kent Johnson
David Flint Tabatha Marcacci

Renewals at the Sustaining Level -
Bryan and Sarah Albracht

Renewals at the Contributing Level -
Mike and Cheryl Eymann

Patron Level -
Alan and Kathy Whitaker

Renewing Members -

Ted Harvatin
Larry and Lisa Stone
Bob Dettling
Cheryl Castles
Deane and John Kinsel
Becky Smith
Mike Vonnahmen
Ginger Aschenbrenner
Adrianna Bartolomucci
Connie Roberts
Tim Kinkelaar

Kevin and Dianna Hamblin
Janice and Charlie Perino and Family
Richard Chaput
Bob Coady
Bill Pearse
Ron Summers
Alicia and Brady Bibb
Annette and Chuck Zalar

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.

June 2018 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 through Friday 8:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Weekday A/B 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. For information about this ride, check Facebook at “Springfield IL Area Cycling” for updates.
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.
Monday thru Friday 2:00 p.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.

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, 494-9967	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 meet up with those riding from Sonic. This ride will get you 16 miles from Sonic or 21 miles from Parkway Pointe. 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.
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 5:45 p.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Ted Sunder, 698-9194	BC – Ride along the Sangamon Valley Trail to Stuart Park for 12 mile round-trip, add an airport loop for an extra 3 miles, or take the new extension north for up to 24 miles. Lights recommended.
Thursdays 5:45 p.m.	Stuart Park parking lot Winch Lane Alan Whitaker 494-6807	D – We might go south or we might go north, depending on the whims of the group. Either way it will be a leisurely 12-mile round-trip on the Sangamon Valley Trail. This ride is specifically designed for riders who think our other group rides might be a little fast for them. Come out and enjoy the beautiful Sangamon Valley 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 5:30 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 recommended.
Weekend Daytime Rides		
8:00 a.m. NOTE: location and time may vary (see Facebook page)	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Weekend A/B 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.”
Saturdays and Sundays 11:00 a.m. NOTE TIME	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Weekend BCD Ride – Hit 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.

Bicycle Repair Station Help

As most of you know, SBC has helped recruit sponsors and install 8 bicycle repair stations in the Springfield area. They are located at: Wabash Trail at Sonic, Centennial Park Trailhead, Stuart Park, Lost Bridge Trailhead (IDOT), Interurban Trail north of Woodside Road, Vredenburg Park, Washington Park & the Rochester Comfort Station. The air pumps occasionally need repair & tools have been stolen at times. Robert LaBonte, the Bicycle Doctor and Harv Koplo, SBC coordinator of special projects maintain the stations. Harv has a spare pump and replaces any failed pumps or tools during the year. Robert LaBonte rebuilds the pumps at no charge with parts purchased by SBC.

Please notify them if any maintenance is needed on a repair station.
Harv's contact info is on page 8, Robert is available at his shop (217) 670-0761.

Scheduled Rides and Events		Check start times!
Saturday June 2 8:00 a.m. NOTE TIME	Stuart Park Winch Road north of Route 97 and Veteran's Parkway Scott Sievers, 801-2873	B – Hellacious Hills Ride . Hate hills? Rather coast than climb? Then stay home, because this ride of about 55 miles will drag you up some of the steepest slopes the area has to offer.
Sunday June 3 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Harv Koplo, 899-9175	Harv will watch the winds and take us to Auburn, Loami, or Glenarm for a 30-40 mile ride, with a cutoff for less distance. D riders can ride the Interurban Trail.
Saturday June 9 11:00 a.m. NOTE TIME	Vredenburg Park Saxon Dr & Crusaders Rd Joel Johnson, 528-6942	ABC – Come join Joel on an approximately 40-mile round trip to visit Nipper Wildlife Sanctuary in Loami for Prairie Days, hosted by Friends of Sangamon Valley. Head back to Vredenburg on your own after a quick pit stop, or return with Joel after enjoying an hour or two at the event.
Sunday June 10 8:00 a.m. NOTE TIME	Stuart Park Winch Road north of Route 97 and Veteran's Parkway Larry & Vanessa Willmore, 494-6880 (See separate article in QR)	ABCD – This is the second of five events in the 2018 Cycling Challenge . 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. Bring on the Challenge!
Saturday June 16 9:00 a.m.	Bibb residence 3916 Surry Place Lane Alicia Bibb, 494-4134	B – Alicia will lead us on a no-drop, 30- to 40-mile roundtrip ride.
Sunday June 17 1:00 p.m. NOTE TIME	Centennial Park MAIN parking lot (not the trailhead) Mike Kokal, (618) 560-9288	ABC – Winery Ride . Pedal 16-20 miles with Mike to Danenberger Family Vineyards (12341 Irish Road, New Berlin) for libations.
Saturday June 23 9:00 a.m.	Centennial Park MAIN parking lot (not the trailhead) Alan Whitaker, 494-6807	BCD – Alan will lead us somewhere for approximately 40 miles.
Sunday June 24 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Ted Sunder, 698-9194	BC – Ted will lead us around Lake Springfield to Chatham and back for about a 30-mile loop, with a possible 40-mile option.
Saturday June 30 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Marty Celnick, 499-9967	ABC – Marty will lead us on a 30- to 50-mile ride, with the roundtrip route to be determined by wind direction.
Sunday July 1 8:00 a.m. NOTE TIME	Stuart Park Winch Road north of Route 97 and Veteran's Parkway Troy Gilmore, 720-1568	BC – Tour de Caseys . Join Troy on a tour of the convenience stores of Athens, Petersburg, and Pleasant Plains. The stores will provide ample opportunity to rest and refuel on this no-drop ride of about 55 miles.
Wednesday July 4 Start Time depends on Start Location	8 a.m. - Panera Bread West, Wabash Ave. & White Oaks Dr. 8:40 a.m. - County Market, 1099 Jason Place, Chatham 9:15 a.m. - U.S. Post Office, 100 Church Street, Loami Robert LaBonte, 787-0237	ABCD – Annual Franklin Burgoo Ride . Celebrate our nation's Independence Day with a ride to Franklin, IL for its annual Burgoo Festival. The start times and ride distances are staggered to provide all riders an opportunity to participate. Leave from Springfield for 62 miles; Chatham for 48 miles; or Loami for 28 miles. It will be hot. Roads will be soft and oily! Be sure to bring plenty of water and money for those pies!

Other Area Rides and Events

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 & Thursdays 5:45 p.m.	BikeTek 957 Clock Tower Dr Show-N-Go	Team MACK Training Race. For newer riders looking to race, this 32-mile ride offers a great opportunity to improve your top-end speed and race skills. Riders average 23-28 mph and ride in pace lines. Road bikes preferred. Cyclists will sprint five times on the Tuesday night rides.
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.
Every Other Wednesday June 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 p.m. 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 Jim Storm, 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 Springfield-Scheels. Helmets required.
Saturday June 16 Registration 6:30 a.m.	Comlara Park 13001 Recreation Area Drive, Hudson, IL	McLean County Wheelers' 37th Annual Spring Metric — This ride through the Mackinaw River Valley offers routes of 20, 40, or 60 miles, each consisting of 20-mile loops starting and ending at Comlara Park, home of Evergreen Lake. Riders need to be on the road by 10:30 a.m. Registration is \$30 after June 1. A meal after the ride is included. The event is a fundraiser for the West Bloomington Bike Co-op. www.mcleancountywheelers.com/rides-and-events/spring-metric/
Saturday June 16 7:30 a.m. for the Olympic; 8:00 a.m. for the sprint.	Lake Petersburg Boat Ramp Petersburg, IL	Stovepipe Sprint and Railsplitter triathlons — The sprint comprises a 500-yard lake swim, a 12-mile bike ride, and a 5K (3.1 mile) run, while the Railsplitter Olympic comprises a 9/10-mile swim, a 24.8-mile bike ride, and a 10K (6.2 mile) run. Registration is \$75 for the sprint, \$85 for the Olympic. Lunch provided. www.triharderpromotions.com
Saturday June 23 8:30 a.m. and 1:00 p.m.	John Gwynn Park 809 W. John Gwynn Ave Peoria, IL	Juneteenth Bike Day. Major Taylor Ride at 8:30 a.m. and Black History Ride at 1:00 p.m. Sponsored by the Major Taylor Cycling Club, South Side Chicago's newest cycling club, https://allevents.in/peoria/juneteenth-bike-day/1000046242690131
Friday June 29 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!
Saturday June 30 Registration 6:00 to 9:00 a.m.	Clinton United Methodist Church 308 East Main Street Clinton, IL	Tour DeWitt — With well-stocked rest stops, SAG support until 1 p.m., and routes of 9, 22, 40, and 62 miles, this ride has something for everyone. Registration is \$25.00 and includes a t-shirt if pre-registration is received by June 15, 2018. www.tourdewitt.weebly.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 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.

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
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*Position combined with
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Membership Secretary*

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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**