



the Quick Release

www.spflcycling.org

March 2019

Capital City Century heads off to college



The Student Union at the University of Illinois at Springfield (above and right) will host the Capital City Century on September 8, 2019. UIS has been designated a Bicycle Friendly University by the League of American Bicyclists. The Springfield Bicycle Club has partnered with Students Allied for a Greener Earth, or SAGE, a UIS student organization, to put on the event. Planning for the new ride routes is already underway, with possible food stop in Edinburg.



SBC Travels to expand to new events in 2019

What started out as one event in 2018 expands to several in 2019.

In 2018 the Springfield Bicycle Club launched SBC Travels to encourage club members to travel and bike together when riding in events outside of the region.

The club's first event was the Hilly Hundred, a two-day event in Ellettsville, Indiana in October. While a couple of riders carpoled, others drove separately. Their lodging varied as well, with some staying in hotels, another using Airbnb, and others tent-camping at the ride headquarters. Both mornings, though, the group met to begin the day's 50-mile ride and often regrouped at rest stops. And despite the hills' best efforts, everyone finished the ride.

With SBC Travels events, members are responsible for registering themselves for each event and for arranging for travel and lodging to the rides. However, a designated club member who previously has biked the event will serve as a point person to help coordinate carpooling and communications as well as to answer questions about the event.

See SBC TRAVELS Page 6

SBC socializer set for March 13 at The Dublin Pub



Spin some bicycle blarney during SBC's March socializer from 5-7 p.m. on Wednesday, March 13 at The Dublin Pub, 1975 Wabash Avenue. Club members and those interested in the club are invited to partake in the cash bar, prizes, and free appetizers and soft drinks.

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Secretary's Report

By Ted Sunder

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

New Members

Pat Kelley and Tammie Klein
Andy Klingele
Curt and Kathleen Winhold

Renewal at Patron Level

Ezara and Samuel Penning

Renewal at Sustaining Level

Kevin and Naomi Greene
RuthAnn and John Hamilton
Loren Easter and Magdalena Rosol

Renewals at Contributing Level

Susan Hack
Jason, Campbell and Hagan Beeler

Renewing Members

Larry Small and Lisa Reeves
Marybeth and Bode Zietz
Larry and Cindy King
Jim Disney
Frederick and Maria Wiemer
Judy Carmody
Christa McClaren-Morris
Barb Bonansinga

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.

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 also is available online and in each month's Quick Release newsletter.

SBC reviews City traffic plans



Bill Donels, above, SBC Legislative/Education Chair and member of the Springfield Bicycle Advisory Council, studies City of Springfield plans for Seventh Street on February 20 at a meeting at the Lincoln Library. Details of the City's traffic modification plans, which include some bicycle lanes, are on the City's website, www.springfield.il.us.



SBC members Joel Johnson and David Flint, both bicycle commuters, consider plans for bike lanes on Walnut Street with Chief City Engineer Nathan Bottom at a February 7 meeting at Laurel United Methodist Church.

Incentive Awards

By Marty Celnick

My New Year's Day ride was the Ride of The Month for January. While I'm not trying to be modest, there was no competition, as we've had few led rides in the winter months. I also won the Ride Leader Incentive drawing, again by default.

It is not an easy thing to get up on a cold morning and begin pedaling into those icy winds. I thank all the brave and hardy folks who turned out for my ride.

There were no nominations for the Almost Anything Award.

For the latest SBC news on rides and events, check out our Facebook page: <https://www.facebook.com/spfldcycling/>

SAM CAHNMAN

for **ALDERMAN**
WARD 5



Strong supporter of bicyclists
in prior terms on City Council

Make Springfield a more
bicycle friendly city to keep
and attract young people

Create bike trail on
3rd Street corridor when
trains move to 10th

Bike share stations in
Lincoln Park and
Medical District

Connect downtown to
UIS with bike route

*To donate to Sam's campaign or
for more information visit:*
www.aldermansam.net

Vote April 2nd or Vote Early at Courthouse

Paid for and authorized by: Vote for Sam Cahnman
915 South Second Street Springfield, Illinois 62704
217-691-6207 samcahnman@yahoo.com Labor Donated



March 2019 Ride Schedule

For updates, corrections and last-minute changes to the ride schedule, 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.

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.

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.

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.

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 mem-

ber to stay with the slowest rider and to offer assistance for flats and other minor mechanical problems.

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.

NC – Non-Cycling events.

MB – Rides suitable for mountain bikes.

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

| | | |
|-----------------------------|---|--|
| Monday-Friday 9:00 a.m. | Vredenburg Park Saxon Dr. & Crusaders Rd. Show-N-Go | Weekday AB Ride. The weekday ride is a no-drop ride, but riders should be able to maintain speeds of 18-20 mph for 20-40 miles between stops. Ride usually includes a stop midway. For more information about this ride, contact Derek Ewing (624-2016). Also check the Facebook page “Springfield IL Area Cycling” for updates. |
| Monday-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 for information. |
| Monday-Friday Noon | IDOT, Lost Bridge Trail Dirksen Parkway Show-N-Go | ABC Ride. 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. |

WEEKDAY EVENING RIDES

| | | |
|---------------------------------|---|---|
| Monday 5:30 p.m. | Parking lot at east end of Wabash Trail by Sonic Wabash Ave. & Park St. Marty Celnick, 494-9967 | BC Ride. Show-N-Go from the east end of the trail at 5:30 p.m. Those riding from Parkway Pointe 8 theater (Lindberg 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. There is no ride leader, but Marty can answer questions about this ride. Lights required. |
| Tuesday 5:30 p.m. | IDOT Dirksen Pkwy & Ash St. Show-N-Go | BCD Ride. Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper. Lights required. |
| Tuesday & Thursday 5:30 p.m. | Main Pavilion in Washington Park Sean Walker, 652-5250 | ABCD Ride. Show-N-Go from Pavilion. Counter-clockwise around Washington Park. Add base miles; 15-17 mph pace. Lights required. |
| Wednesday 5:30 p.m. | Sangamon Valley Trail south end parking lot Bunker Hill Road Ted Sunder, 698-9194 | BC Ride. Show-N-Go along the Sangamon Valley Trail to Stuart Park for 12 miles roundtrip, or take the new extension north for up to 24 miles. No ride leader, but Ted can answer questions about this ride. Lights required. |
| Thursday 5:30 p.m. | IDOT Dirksen Pkwy & Ash St. Show-N-Go | BCD Ride. Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper. Lights required. |
| Monday-Friday 5:30 p.m. | Pana Trail, Lake Taylorville parking lot, Route 29 Charlie Witsman, 299-7038 | BC Ride. Show-N-Go. Ride the Lincoln Heritage Trail. Turn in miles to club record keeper. Call Charlie if you need information about trail conditions or directions. Lights required. |

WEEKEND DAYTIME RIDES

| | | |
|---------------------------------|---|---|
| Saturday & Sunday 9:00 a.m. | Vredenburg Park Saxon Dr. & Crusaders Rd. Show-N-Go | Weekend AB 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. For more information about this ride, contact Derek Ewing (624-2016). Also check the Facebook page "Springfield IL Area Cycling" for updates. |
| Saturday & Sunday 11:00 a.m. | 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 the west end parking lot on Robbins Road. Turn your miles in to the Club record keeper. D riders can ride the trails but should be self-sufficient. |

SCHEDULED RIDES AND EVENTS

| | | |
|--|--|--|
| Wednesday March 6 7:00 p.m. | Residence 2301 Sangamon Avenue Ken Anderson, 522-3876 | NC – Board Meeting. All Springfield Bicycle Club members are invited to attend the Board meeting. |
| Sunday, March 10 5:00 p.m. | Centennial Park Troy Gilmore, 720-1568 | B – Daylight Savings Ride. Lighter longer means starting rides later. Meet at the Centennial Park trailhead parking area for a 20-ish mile ride chasing the late-setting sunset. |
| Wednesday, March 13 5:00-7:00 p.m. | The Dublin Pub 1975 Wabash Avenue | NC – March Socializer. With St. Patrick's Day just 'round the corner, tip back a pint with your pedaling pals as we begin to see that pot o' gold at the end of the rainbow: the 2019 cycling season! Cash bar, prizes, and free appetizers and soft drinks. |
| Saturday, March 23 9:00 a.m. | Chatham Community Park East end parking lot 760 S. Main, Chatham Troy Gilmore, 720-1568 | BCD – Central Illinois Cobbles. As we head into spring, pro road cyclists hit the cobbled classics in Belgium. Come join us on central Illinois' own cobbles on a 40-mile route from Chatham through the countryside and crossing over the 1.4-mile stretch of bricked Old Route 66. As in Belgium, this ride will go rain, snow, or shine. |

SBC TRAVELS from Page 1

The 2019 SBC Travels events include:

- The Beautiful Southern Ride on April 6 in Carbondale, Illinois. This tiny ride offers routes of 30, 62, and 75 miles. Cyclists head through the hills and plains of beautiful southern Illinois, including Giant City State Park and along Crab Orchard Wildlife Refuge for amazing scenery and an opportunity to get in some challenging climbs early in the season.

- The Vino Fondo on May 11 in Defiance, Missouri, just west of St. Louis. With a course as beautiful as it is brutally hilly, this event offers 42.5, 75, and 104-mile routes. As it is a gran fondo, riders will be timed on their routes, including up the daunting Schleusberg, and can compete in their respective age groups, although most simply find the hills to be daunting enough. Meal and t-shirt included.

- The Tour of the Mississippi River Valley on June 8-9

from the Quad Cities to Dubuque, Iowa. The tour starts from Bettendorf, Iowa (106 miles) or from Goose Lake, Iowa (75 miles) on Saturday and travels to Clarke University in Dubuque, where riders can enjoy a buffet, live music at a beer garden, and massages for a fee. Riders can stay in hotels, tent-camp on university grounds or stay in a dormitory. The next day riders return using a different route to Bettendorf (90 miles) or to Goose Lake (50 miles). The route is varied and scenic, using lightly traveled, paved roads. There are many views of the Mississippi River as bicyclists ride along it, over it on bridges, and through it on causeways. The route is hilly near Dubuque, with 6,000 feet of climbing on Saturday and 4,000 feet on Sunday. Meal and t-shirt included.

- The Hilly Hundred, October 26-27, in Ellettsville near Bloomington, Indiana. Riders face a hilly 50 mile route on



Jordan Litvak, Shayla Pfaffe, Andy Klingele, Paul O'Connor and Scott Sievers rode the first SBC Travels event, the 2018 Hilly Hundred in Indiana.

Saturday followed by another on Sunday. Lodging is available at area hotels or on the grounds of the school complex that serves as the ride headquarters, where riders can tent-camp, stay in their own RVs, or

sleep in a climate-control gymnasium.

- Other events are being considered.

If interested in joining these rides, contact Scott Sievers at president@spfldcycling.org.

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

Springfield Bicycle Board Members

President

Scott Sievers
801-2873
President(at)spfldcycling.org

Treasurer

Jim Hajek
698-7626
treasurer(at)spfldcycling.org

Legislative/Education

Bill Donels
546-8036
legislative(at)spfldcycling.org

At-Large Members

Ken Anderson
Troy Gilmore
Cindy Kvamme
Nancy Thompson
at-large(at)spfldcycling.org

Vice President

Sean Walker
652-5250
vp(at)spfldcycling.org

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Ted Sunder
971-3193
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Records

David McDivitt
787-5964
records(at)spfldcycling.org

Incentive Chair

Marty Celnick
553-2297
Incentive(at)spfldcycling.org

Recording Secretary

Alicia Bibb
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recording(at)spfldcycling.org

Social Chair

Gladys Hajek
698-7626
social(at)spfldcycling.org

Membership

*Position combined with
Secretary position; see
Membership Secretary*

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**