



# the Quick Release

[www.spfldcycling.org](http://www.spfldcycling.org)

July 2019

## July welcomes Tour de Corn, next Cycling Challenge

With the arrival of July come two summertime favorites: the Tour de Corn Metric Century on July 14th, and the third of the five 2019 Springfield Bicycle Club Cycling Challenge rides, on July 21st.

Now in its 21st year, the annual Tour de Corn offers riders distances of 20, 40, and 62 miles and includes rest stops and SAG service. Registration is \$20, and socks are included for the first 200 riders. A group start begins at 8 a.m., and lunch is served from 11 a.m. to 2 p.m. after the ride. The event is sponsored by the Chatham Jaycees and Wheel Fast Bicycle Co.

The third SBC Cycling Challenge ride heads east at 8 a.m. from Centennial Park with a 29-mile loop to Loami, a 53-mile loop to New Berlin, or a 104-mile loop to Jacksonville/Murrayville. Organized by Larry and Vanessa Willmore, this free ride originally had been scheduled for July 14th but was rescheduled due to conflicts with the Tour de Corn and the Tour de Donut in Staunton, which is on July 13th.

The Cycling Challenge series includes five events aimed at building fitness to take on the Springfield Bicycle Club's premier event, the Capital City Century, on Sunday, September 8, 2019.

### What's Inside?

Incentive Awards.....2

Secretary's Report.....2

July Ride Schedule.....6



David Kalaskie and Jordan Litvak savor coasting before climbing one of the many hills on the Tour of the Mississippi River Valley (TOMRV) ride on June 8-9. (Photo by Troy Gilmore.) As part of the SBC Travels series, riders biked 106 miles from Bettendorf, Iowa, into Illinois and then Wisconsin before finishing in Dubuque, Iowa, on Saturday. They then biked 88 miles back to Bettendorf on Sunday.

## SBC riders survive TOMRV's miles, hills

It might have been a weekend away, but it also was a weekend of heavy mileage and serious hills.

As part of the Springfield Bicycle Club's program SBC Travels, a group of eight riders headed to the Quad Cities to take on the Tour of the Mississippi River Valley, also known as TOMRV ("tom-rahv"). The group included Scott

Bell, Troy Gilmore, David Kalaskie, Jordan Litvak, Paul O'Connor, Scott Parker, Scott Sievers, and John Williams.

After eating dinner together at a nearby restaurant Friday night, the group split up, with some staying in hotels and others pitching tents on the

**See TOMRV on Page 4**

## Secretary's Report

By Ted Sunder

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

### New Members

Lance Cull and Kristi Horn  
Geoff Pettys and Megan Freeman  
Roseanne Nance  
Michele Pitts  
Brennan and Susan Taylor  
Brenda Vail

### Renewal at Sustaining Level

Ernie DeFrates and Linda Butler

### Renewal at Contributing Level

Dan Lloyd  
Kyle, Kim and Jackson Beachy

### Renewing Members

Brad and Yvonne Clearwater, Kalynn and Ty  
Andrew Kochman  
Keir and Keilynn Goatley  
Heather and Ryan Dunn and Abby Easley  
Derek and Brigetta Ewing  
Jon Edwards  
Tom Antonini and Leah Cavaletto  
Mike Long  
Scott and Karin Bell  
Gene Rupnik

NOTE: Those joining or renewing after the 15th of the prior month will appear in next month's report.

**Joining or renewing your membership is easy. Go to the Membership page at [www.spfldcycling.org](http://www.spfldcycling.org). A printable membership form also is available online and in each month's Quick Release newsletter.**

## President's Column

By Scott B. Sievers

Riding with the Springfield Bicycle Club is a great way to get fit, but it's not the most compelling reason to join the Club. It might sound hokey, but it's really about the people you meet and the friendships you form.

A few years back, I didn't know Paul O'Connor or Troy Gilmore, but now I considering them among my closest friends. We met on Club rides, found we enjoyed much the same sort of routes at comparable paces (they're faster), and can't seem to get enough of cycling. They're both family men, so we can relate when juggling time on our bikes with time with our loved ones. I've since traveled with Paul and Troy to rides in southern Illinois, Missouri, and Iowa, but I also enjoy riding and hanging out with them back in Springfield.

Paul and Troy are just two of the great people I've met through the Club and now call friends. In early June seven of those friends joined me for the SBC Travels weekend outing to the Tour of the Mississippi River Valley, or TOMRV, from the Quad Cities to Dubuque and back that's featured elsewhere in this edition of The Quick Release. I knew all of my fellow SBC travelers before pedaling off together, but it's adventures like TOMRV that really help you bond—and we did.

While riding together is a terrific way to meet people and forge such bonds, so is volunteering for the Club. A few years back I volunteered to help with signage and marking for the Capital City Century, and I was paired with John Williams. I learned he was an accomplished triathlete and a heck of a nice guy. As I have dabbled in triathlon, I have bumped into John at some events and at the pool, and he continues to offer welcomed advice and support. John decided to join us on TOMRV, and along the way John and I discovered we both attended the same graduate school program. Again, I'm thankful to the Club for introducing me to



SBC President Scott Sievers gobbles up a Casey's blueberry donut after the June 1st Club ride. Don't ask how long it was in his jersey pocket.

another friend.

This Club is run solely by volunteers. We obviously need volunteers for the Capital City Century, which is Sunday, September 8th, as it's a huge undertaking. Volunteers make that event all that it is, and it's fantastic. But the Club also needs volunteers to lead bicycle rides, to contribute photos and articles and to help edit this newsletter, and to help with our many other events, such as the Cycling Challenge Rides.

One such volunteer who has gone above and beyond lately is Jennifer Walker. Jennifer promotes Springfield Bicycle Club events constantly on social media, and she does it as the professional she is. Recently Jennifer has trained her efforts upon the Tuesday C-group Ride, and she deserves a great deal of the credit for that ride growing to 45 cyclists recently. Not only is it the Club's largest weekly ride, it's also among its most social and enjoyable, thanks in large part to Jennifer, not to mention the ride's previous leaders, Jim and Sandra Elliott.

I could go on and on about the Club's wonderful volunteers and the fabulous friends I've made among them, but I think that's enough of my yammering for now. Let's get out there and ride!

**The  
Capital City  
Century  
is Sunday,  
September 8th!**

Registration opening soon.

## Incentive Awards

For May the Springfield Bicycle Club Board chose as its Ride of the Month the Cinco de Mayo ride lead by Andrew Asher on—as you might imagine—May 5th, 2019. The ride left Center Park near Lake Springfield and headed east to Edinburg before returning through Kincaid and Pawnee. The ride garnered a large turnout, and after clocking in nearly 48 miles,

several cyclists met up afterward at a local Mexican restaurant for lunch.

Asher also won the Ride Leader Incentive Drawing for his Cinco de Mayo ride.

The Club's Almost Anything Award went to Rolling Meadows Farm Brewery for its installation of a new bicycle repair station on the north extension of the Sangamon Valley Trail.

## Curb Your Car Commute Challenge succeeds again in 2019

Sangamon County commuters curbed their cars nearly 300 times during the Curb Your Car Commute Challenge from May 12 through May 18, according to Jason Sass, Principal Transportation Planner for the Springfield-Sangamon County Regional Planning Commission.

"I think it went really well," Sass said. This year 107 people reported participating in the challenge as part of 12 different teams, compared to 102 participants in 14 teams in 2018, Sass said.

The challenge encourages commuters to forgo their automobiles in favor of more active forms of transportation, including running, walking, carpooling, riding a bus, and—of course—bicycling. Organizers counted 295 instances in which challenge participants reported trading their cars for such active transportation during the weeklong event, averaging nearly three active transportation commutes per participant, Sass said.

### CURB YOUR CAR

107 participants used the following active transportation on at least one day:

40 bicycled  
39 carpoled  
31 walked  
7 rode SMTD bus  
1 ran  
1 rode commuter bus

4,794 miles were traveled by active transportation  
=220.64 gallons of gas saved  
=\$589.11 in fuel costs saved (at \$2.67 per gallon)

Source: Springfield-Sangamon County Regional Planning Commission

itation at the YMCA won in the category for employers with five to 49 employees, while the City of Springfield Office of Public Works won for employers with 50 to 299 employees. The Illinois Department of Revenue won for employers with more than 300 employees. Winning teams receive a traveling trophy and a \$50 gift certificate to Maldaner's Restaurant in Springfield. Team leaders also have their own drawing for a gift card at Grab-A-Java coffee drive-thru.

In addition to the team competition, the challenge also offered prizes through use of a "passport" tendered to 11 sponsors when using active transportation to visit them. A visit to between one and six destinations earned a free cookie from Café Moxo, whereas those visiting seven or more sponsors earned a free half-sandwich bagged lunch from Café Moxo. Sass did

The challenge included a team competition as well. Memorial Outpatient Rehabil-

See CURB on Page 10



5th Annual

Saturday ~ October 12, 2019 ~ 8:00 AM

## Bob Carmody Memorial Ride



### RIDE STARTS & ENDS AT 601 POINSETTIA PLACE

Buckley Ridge Estates - Off Meadowbrook Road - Springfield

**\*\*Check-In Begins at 7:30 AM ---- Ride Begins at 8:00 AM\*\***

#### Ride Options

52 miles ~ Rest Stop at Union Park in Auburn (ABC)

25 miles ~ Rest Stop Along Route (CD)

15 miles ~ Relaxed Pace ~ Sangamon Valley Trail (D/EZ)



[SAG service ends at 1:00 PM ~ All riders asked to be off the route by that time]

This event celebrates Bob's passion for biking and his love of the outdoors. Please join us as we ride in his memory.

Event & Lunch Sponsored by  
R.E. Carmody & Associates &  
The Carmody Family

### Cooper's StrEATside Bistro Food Truck will serve food from 10:30 AM – 1:30 PM

**\*\*Please RSVP for Lunch at 217/685-0004 (call or text)\*\***

[EVENT OPEN TO THE PUBLIC – RIDERS & NON-RIDERS]

Donations will be accepted and given to the American Cancer Society to help those who are currently fighting cancer and to remember those we have lost.

**\$1,000 WORTH OF PEDAL PRIZES – DRAWING AT 12:30 PM**

\*Riders & anyone making a donation to the ACS are eligible\* (You do not need to be present to win)

Marked Route

Rest Stops

SAG Service

Post Ride Party



Jordan Litvak prepares a snack at a rest stop in Mississippi Palisades State Park during TOMRV on June 8th. (Photo by Scott Sievers.)



(Above) Paul O'Connor, David Kalaskie, Scott Parker, Jordan Litvak, Scott Bell, Scott Sievers, Troy Gilmore, and John Williams pose on the Iowa side of the river before crossing into Illinois near Savanna on June 8th.

### TOMRV continued from Page 1

grounds of Scott Community College in Bettendorf. On Saturday morning they reconvened and began their 106-mile trek from Bettendorf across the river into Illinois and Wisconsin before again crossing the river back into Iowa. They rode along the swollen river, through its backwaters, and over a new bridge at Sabula, Iowa, then onto the Mississippi Palisades and downtown Galena in Illinois. After a rest stop in Wisconsin, they crossed into Iowa and trudged up to Dubuque's Clarke University, which overlooks the river from a bluff.

At Clarke the riders stored their bikes in a guarded outdoor soccer pitch, showered up, then ate the provided buffet dinner at the dining hall. Some also had a sports massage, while others enjoyed a beer while listening to live music as part of the event. Afterwards they retired to sleep on air mattresses in air-conditioned spaces, in dormitory rooms, or in tents pitched on campus grounds to rest for the evening.

The next morning the group left the university and began the 88-mile trip through Iowa back to Bettendorf, stopping along the way for breakfast at Kalmes Restaurant in St. Donatus.

TOMRV is organized and operated by the Quad Cities Bicycle Club. Although TOMRV offered a shorter route, all eight of the SBC Travels riders completed the



Paul O'Connor approaches a steep descent during TOMRV. The route on June 8th took riders up near Chestnut Mountain Resort, a ski resort in Galena, Illinois, and back down again. (Photo by Troy Gilmore.)

long route's 194 miles, which included more than 4,000 feet of climbing on Saturday and nearly that much on Sunday.

The next SBC Travels event is the Hilly Hundred on October 25-27 in Ellettsville,

Indiana, near Bloomington. For information on joining in on that trip, contact SBC President Scott Sievers at [president@spfldcycling.org](mailto:president@spfldcycling.org).

# Tuesday C-group Ride keeps on growing



Riders pose at the outset of the Tuesday C-group Ride on June 18th from the former Quaker Steak & Lube location south of Scheels off of MacArthur Boulevard. At one point 45 cyclists joined the ride, which was led by Springfield Bicycle Club Vice President Troy Gilmore and promoted by Jennifer Walker. (Photo by Jennifer Walker.)



(Above) State Representative Mike Murphy (R-Springfield) joined Jennifer Walker on the June 18th ride. (Above right) Riders paused to regroup along the “lollipop route,” so named because of the shape of the loop in the middle of the route. (Below right) Near the end of the route, riders stopped at Weber’s Ice Deli in Chatham for a cool refreshment. The Tuesday C-group Ride is a no-drop social ride that starts from two alternating locations: the former Quaker Steak & Lube location and the ride’s new westside location at Stuart Park. (Photos by Jennifer Walker.) To learn more about the ride, follow its Facebook page.



## July 2019 Ride Schedule

For updates, corrections and last-minute changes to the ride schedule, please check the SBC website at [www.spfldcycling.org](http://www.spfldcycling.org) or the group Facebook page (Springfield Bicycle Club, Springfield IL). Unless otherwise indicated, **repeating** 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. 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 member 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.

**GR** Gravel, all-road. Route will be gravel, dirt, or rough roads that are unsuitable for traditional road bikes.

**MB** – Rides suitable for mountain bikes.

**NC** – Non-Cycling events.

**Non-SBC Rides** – While held in the Springfield area, these rides are not led by Springfield Bicycle Club ride leaders or affiliated with the Springfield Bicycle Club.

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](mailto:records@spfldcycling.org)).

**Would you like to lead a ride?**

Contact Troy Gilmore at [vp@spfldcycling.org](mailto:vp@spfldcycling.org).

### REPEATING RIDES

Saturdays & Sundays 8:00 a.m.	Vrendenburgh Park 100 Crusaders Road Springfield, IL Show-N-Go	<b>AB Ride.</b> Intended for extremely strong and competitive riders with expert bike handling skills. Riders should be self-sufficient and able to maintain speeds of 19+ mph for extended distances using pace lines. Riders agree on a destination and determine a route at the time of the ride. Developmental AB-riders are welcome, but should be self-sufficient or accompanied by an experienced rider. For more info call Derek Ewing at (217) 624-2016.
Saturdays & Sundays 9:00 a.m.	Vrendenburgh Park 100 Crusaders Road Springfield, IL Show-N-Go	<b>C Ride.</b> Riders can meet and determine the group's destination, including riding the trail to Chatham (20-mile roundtrip) or heading west for a loop into the country. For more info call Alan Whitaker at (217) 494-6807.
Mondays, Wednesdays & Fridays 8:00 a.m.	Vrendenburgh Park 100 Crusaders Road Springfield, IL Show-N-Go	<b>AB Ride.</b> No-drop ride. Riders should be able to maintain speeds of 18-20 mph for 20-40 miles between stops. Usually includes a stop midway followed by a coffee stop after the ride at Caribou Coffee. For more info call Steve Casper at (217) 414-9833.
Mondays 5:30 p.m. or 5:45 p.m.	East end of Wabash Trail (3316 Robbins Rd) OR Sonic (3102 S Park Ave) Springfield, IL Ride Leader: David McDivitt	<b>B Ride.</b> Start at 5:30 p.m. at Parkway Pointe Theater (Lindbergh Blvd & Robbins Rd) and ride east along the Wabash Trail. Riders will then meet up with those starting at Sonic at 5:45 p.m. This ride will get you 16 miles from Sonic or 21 miles from Parkway Pointe Theater. For more info call David McDivitt at (217) 725-1986.

## REPEATING RIDES (continued)

Tuesdays 9:00 a.m.	Chatham Community Park west parking lot off Main St 760 S Main Street Chatham, IL Ride Leader: Cindy Kvamme	<b>C Ride.</b> Cindy may choose to take you on some country roads for 25 to 30 miles at a pace of 13-14 mph. For more info call Cindy Kvamme at (217) 971-8687.
Tuesdays July 2, 16 & 23 5:45 p.m.	Quaker Steak & Lube 1120 W Lincolnshire Blvd Springfield, IL Ride Leader: Troy Gilmore	<b>C Ride (Tuesday C-group Ride).</b> Ride the "Lollipop Route" for 23 miles along the trail to Chatham and for a short distance in the country. This is a no-drop ride. Watch the Facebook page <b>Tuesday C-group Bike Ride</b> for more details. For more info call Troy Gilmore at (217) 720-1568.
Tuesdays July 9 & 23 5:45 p.m.	Stuart Park Parking Lot 1800 Winch Lane Springfield, IL Ride Leader: Troy Gilmore	<b>C Ride (Tuesday C-group Ride).</b> This new Tuesday C-group Ride travels 18 miles going north from Stuart Park along county roads, south on Old Covered Bridge Lane, then onto the Sangamon Valley Trail from Iles. Starting and ending at Stuart Park avoids traveling on Jefferson and avoids the AB riders going from BikeTek at 5:45 p.m. This is a no-drop ride. Watch the Facebook page <b>Tuesday C-group Bike Ride</b> for more details. For more info call Troy Gilmore at (217) 720-1568.
Wednesdays 9:00 a.m.	Sangamon Valley Trailhead 5529 Bunker Hill Road Springfield, IL Ride Leader: Cindy Kvamme	<b>C Ride.</b> Cindy will lead you on a ride on the Sangamon Valley Trail or may possibly go into the country. 25 to 30 miles at a pace of 13-14 mph. For more info call Cindy Kvamme at (217) 971-8687.
Wednesdays 5:30 p.m.	Sangamon Valley Trailhead 5529 Bunker Hill Road Springfield, IL Ride Leader: Ted Sunder	<b>BC Ride.</b> Ride the Sangamon Valley Trail to Stuart Park for 12 miles round-trip or take the new extension north for up to 24 miles. For more info call Ted Sunder at (217) 971-3193.
Thursdays 5:45 p.m. (no ride July 4th)	BikeTek 957 Clocktower Dr Springfield, IL Ride Leader: Shayla Pfaffe	<b>B Ride (B-Tek Ride).</b> Ride the "Hill Route" or other country roads from BikeTek. This ride is designed as a no-drop ride to encourage skills in becoming a better group rider. You'll become comfortable riding paceline and rotating along this 30ish mile ride. Expect pace to be close to 18 mph by mid- to late-season. For more info call Shayla Pfaffe at (217) 836-3301.
Thursdays 5:45 p.m.	Stuart Park Parking Lot 1800 Winch Lane Springfield, IL Ride Leader: Alan Whitaker	<b>D Ride.</b> 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 other group rides might be a little fast for them. Come out and enjoy the SVT at a relaxed pace. For more info call Alan Whitaker at (217) 494-6807.
Fridays 9:00 a.m.	Wabash Trail by Sonic 3102 S Park Avenue Springfield, IL Ride Leader: Cindy Kvamme	<b>C Ride.</b> Ride with Cindy on the Interurban/Wabash Trail. 25-30 miles at a pace of 13-14 mph. For more info call Cindy Kvamme at (217) 971-8687.

SAVE THE DATE:

**THE CAPITAL CITY CENTURY IS SUNDAY, SEPTEMBER 8TH!**

Registration to open soon.

## SCHEDULED RIDES AND EVENTS

July 3 Wednesday 7:00 p.m.	Lincoln-Herndon Law Office 209 S 6th Street Springfield, IL Leader: Scott Sievers	<b>NC (Board Meeting).</b> All Springfield Bicycle Club members are invited to attend the board meeting. Meeting is held in the Springfield Visitor's Center. Enter just one door north of Del's Popcorn Shop on 6th Street. "Tinsley Dry Goods" is painted on the large window.
July 4 Thursday Start time depends on start location	<b>8:00 a.m.</b> - Panera Bread West, 3101 W. White Oaks Dr., Springfield, IL <b>8:40 a.m.</b> County Market, 1099 Jason Place, Chatham, IL <b>9:15 a.m.</b> US Post Office, 100 Church Street, Loami, IL	<b>ABCD Ride (Annual Franklin Burgoo Ride).</b> Celebrate our Nation's Independence Day with a ride to Franklin, Illinois, 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!
July 6 Saturday 8:00 a.m.	Rotary Park 4501 West Iles Avenue Springfield, IL Ride Leader: Ernie DeFrates	<b>BC Ride (Turbo Blender Ride).</b> Ernie will guide us on 30-35 miles with some hills. Enjoy delicious Turbo Blender drinks with some snacks after the ride. For more info call Ernie DeFrates at (217) 971-1246.
July 7 Sunday 8:00 a.m.	Lost Bridge Trail IDOT South Dirksen Pkwy Ride Leader: Scott Sievers	<b>BC Ride.</b> 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. For more info call Scott Sievers at (217) 801-2873.
July 12 Friday 7:00 p.m.	Vrendenburgh Park 100 Crusaders Road Springfield, IL Ride Leader: David McDivitt	<b>C Ride (Beer Ride).</b> Join David on an 18-mile trip via trails and back roads to Rocki's in Auburn. Enjoy a drink, then return to Vrendenburgh. Lights required. For more info call David McDivitt at (217) 725-1986.
July 13 Saturday 6:00 p.m.	Quaker Steak & Lube 1120 W Lincolnshire Blvd Springfield, IL Ride Leader: Troy Gilmore	<b>CD Ride (Ice Cream Trail Ride).</b> On the day before the Tour de Corn, take an easy- to moderate-paced ride with Troy for ice cream at Scoop du Jour in Chatham. Ride eight miles out and back on the trail to the ice cream shop. For more info call Troy Gilmore at (217) 720-1568.
July 14 Sunday 8:00 a.m.	Chatham Community Park 760 S Main Street Chatham, IL	<b>ABCD Ride (21st Annual tour de Corn Metric Century).</b> Offering routes of approximately 20, 40, and 62 miles, this central Illinois summer classic provides rest stops and SAG service, with lunch served from 11:00 a.m. to 2:00 p.m. after the ride. Registration is \$20. Wheel Fast socks to the first 200 riders registered! Check the Wheel Fast Facebook page or website for registration details. All proceeds benefit the Chatham Jaycees. <a href="http://www.wheelfast.com">www.wheelfast.com</a>
July 20 Saturday 8:30 a.m.	Quaker Steak & Lube 1120 W Lincolnshire Blvd Springfield, IL Ride Leader: Jennifer Walker	<b>BC Ride (Ladies Only).</b> Ladies, this ride is for you. Join Jennifer on a ride of 25 to 30 miles. This will be a no-drop ride, so expect the group to stop occasionally and regroup. For more info call Jennifer Walker at (217) 652-0424.
July 21 Sunday 8:00 a.m.	Centennial Park Main Parking Lot 5529 Bunker Hill Road Springfield, IL Ride Leaders: Larry & Vanessa Willmore	<b>ABCD Ride (Challenge Ride #3).</b> This is the third of five events in the 2019 Cycling Challenge Series. The Challenge is designed to aid in your cycling fitness in preparation for SBC's Capital City Century. Ride about a 29-mile loop to Loami, a 53-mile loop to New Berlin, or a 104-mile loop to Jacksonville/Murrayville. For more info call Larry or Vanessa Willmore at (217) 494-6880.

**SCHEDULED RIDES AND EVENTS (continued)**

July 27 Saturday 6:00 a.m.	Stuart Park Parking Lot 1800 Winch Lane Springfield, IL Ride Leader: Troy Gilmore	<b>B Ride (Metric Tour de Caseys).</b> Join Troy on a tour of the convenience stores of Athens, Petersburg, Ashland, and Pleasant Plains. These stores will provide ample opportunity to rest and refuel on this no-drop ride of 64 miles. Just like the Tour de France, this route will provide a penultimate climb, cobbles, and a long sprint finish. For more info call Troy Gilmore at (217) 720-1568.
July 27 Saturday 8:00 a.m.	Rotary Park 4501 West Iles Avenue Springfield, IL Ride Leader: Ted Sunder	<b>C Ride.</b> Ted will lead us on a 35-40 mile round-trip ride to New Berlin. For more info call Ted Sunder at (217) 971-3193.
July 28 Sunday 9:00 a.m.	Centennial Park Main Parking Lot 5529 Bunker Hill Road Springfield, IL Ride Leader: Alan Whitaker	<b>C Ride.</b> Meet in the main parking lot (not at the trail head) and Alan will lead us somewhere for approximately 40 miles. For more info call Alan Whitaker at (217) 494-6807.

**SBC TRAVELS****REGISTER INDEPENDENTLY—RIDE AS A GROUP!**

Saturday & Sunday October 26th & 27th	Edgewood High School 601 E Edgewood Drive Ellettsville, IN	<b>Hilly Hundred</b> – Riders face a hilly 50 mile route on 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-controlled gymnasium. For more info go to <a href="https://www.hillyhundred.org">https://www.hillyhundred.org</a> , or ask Scott Sievers to see who else from Springfield plans to attend.
------------------------------------------------	------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

**NON-SBC RIDES AND EVENTS**

Tuesdays 5:45 p.m.	Bike Tek 957 Clocktower Dr Springfield, IL Show-N-Go	<b>AB Ride (Team MACK Race Training).</b> 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. For more info e-mail Gary Doering at <a href="mailto:teammack@comcast.net">teammack@comcast.net</a> .
Wednesdays 6:00 p.m.	Wheel Fast Bicycle Co. 17 Cottonwood Dr Chatham, IL Ride Leader: Matt Saner	<b>ABC Ride (WheelFast Ride).</b> Wheel Fast intermediate training road ride. Meet at the bike shop and plan on 16-20 miles. NOTE TIME CHANGE FOR JULY & AUGUST! For more info call Matt Saner at (217) 483-7807.
Wednesdays July 10 & 24 5:45 p.m.	New City Community Church Parking Lot Pawnee-New City Rd & Cardinal Hill Rd Ride Leader: Steve Schien	<b>ABC Ride (New City Individual Time Trial).</b> 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 Schien at (217) 741-8388 to be added to the e-mail group for updates.

## NON-SBC RIDES AND EVENTS (continued)

Thursdays 5:45 p.m.	Scheels 3801 S MacArthur Blvd Springfield, IL Ride Leader: Jim Storm	<b>ABCD Ride (Trail and Road Ride).</b> 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. Helmets required. For more info call Scheels at (217) 726-6330.
July 13 Saturday 9:00 a.m.	Staunton City Park Staunton, IL	<b>ABCD Ride (Tour de Donut).</b> This approximately 32-mile timed ride begins with a mass start, heads through downtown Staunton and then out into the rolling hills of the countryside. Along the way spectators cheer and ring cowbells. Rest stops offer all the donuts you can eat, with five minutes taken off your time for each donut eaten! Medals for the top three age-group finishers, cash prizes for the most donuts eaten, and door/attendance prizes including two new Trek bicycles awarded after the ride. Registration is \$30. <a href="http://www.tourdedonut.org">www.tourdedonut.org</a>
July 27 Saturday 7:00 a.m.	Lake Springfield Beach House 240 Long Bay Dr, Springfield, IL	<b>Stoneman Sprint, Abe's Olympic, and Route 66 Half Distance triathlons.</b> The sprint comprises a 500-yard swim, a 12-mile bike ride, and a 5K (3.1 mile) run, while the olympic comprises a 9/10-mile swim, a 24.8-mile bike ride, and a 10K (6.2 mile) run. The half comprises a 1.2-mile swim, a 56-mile bike ride, and a half marathon (13.1 miles). Registration is \$78 for the Sprint, \$93 for the Olympic, and \$235 for the half. <a href="http://www.triharderpromotions.com">www.triharderpromotions.com</a>

## CURB continued from Page 3

not know how many people participated in the passport activity.

Sass said the challenge faced no serious problems or unanticipated challenges this year, though he did note the mid-week group commute from Washington Park into downtown had a slightly smaller turnout than in past years

"The biggest challenge is always to maximize participation," Sass said. "We're

always looking for ways to increase participation."

The 2020 Curb Your Car Commute Challenge will run from May 10th through May 16th. "One of the things I would like to be able to do is to integrate bike share into this," Sass said, referring to the City of Springfield's upcoming program. "It's a great way to handle part of your commute."

2019 Curb Your Car Commute Challenge sponsors included Ace Bike Shop, The Bicycle Doctor, BikeTek, Café Moxo, Downtown Springfield, Inc., Food Fantasies, Gotcha Bike, Grab-A-Java, HSHS St. John's Hospital, Maldaner's Restaurant, R & M Cyclery, Rolling Meadows Farm Brewery, the Springfield Bicycle Club, Springfield Mass Transit District (SMTD), Springfield Road Runners Club, Springfield YMCA, and Wheel Fast Bicycle Co.

## At the crack of dawn...



Despite a 6:30 a.m. start time, 18 riders made the trek from Stuart Park to Athens on June 1st. The group refueled at Casey's General Store before returning home for a total of about 30 miles round-trip. (Photo by Scott Sievers.)

## 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](http://www.spfldcycling.org))

I would like to help with SBC activities: ☐ Yes ☐ No

If yes, please check any specific areas of interest:

- |                                                       |                                                      |                                                     |
|-------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|
| <input type="checkbox"/> Lead bike rides              | <input type="checkbox"/> Help with social activities | <input type="checkbox"/> Help with bicycle advocacy |
| <input type="checkbox"/> Help w/ Capital City Century | <input type="checkbox"/> Serve on the SBC Board      | <input type="checkbox"/> 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:

\* providing birth dates is optional, but recommended  
to help us keep track of club demographics.

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@spfldcycling.org

### **Treasurer**

Jim Hajek  
698-7626  
treasurer@spfldcycling.org

### **Legislative/Education**

Bill Donels  
546-8036  
legislative@spfldcycling.org

### **At-Large Members**

Ken Anderson  
Karin Bell  
Cindy Kvamme  
Nancy Thompson  
at-large@spfldcycling.org

### **Vice President**

Troy Gilmore  
720-1568  
vp@spfldcycling.org

### **Special Events & Projects**

Harv Koplo  
899-9175  
events@spfldcycling.org

### **Web Editor**

Alan Whitaker  
494-6807  
web@spfldcycling.org

### **Membership Secretary**

Ted Sunder  
971-3193  
secretary@spfldcycling.org

### **Records**

David McDivitt  
787-5964  
records@spfldcycling.org

### **Incentive Chair**

Marty Celnick  
553-2297  
Incentive@spfldcycling.org

### **Recording Secretary**

Alicia Bibb  
494-4134  
recording@spfldcycling.org

### **Social Chair**

Gladys Hajek  
698-7626  
social@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**