



the Quick Release

www.spfldcycling.org

September 2019

The 2019 Capital City Century is here!



He's Abe-solutely thrilled

The sixteenth president joined Springfield Bicycle Club members in celebrating the upcoming Capital City Century on Sunday, September 8. (Photo by Jennifer Walker.)

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What you need to know about the CCC

- The Capital City Century isn't a bicycle race; it's a recreational ride that raises funds for the Springfield Bicycle Club for its cycling advocacy.
- While the CCC does include a "century"—a route of 100 miles—it also offers shorter and longer routes, too—from 25 miles to 125 miles, so there's a route for most any level of cyclist.
- This year the CCC starts and ends for the first time from the new Student Union at the University of Illinois at Springfield.
- New this year are mass starts, with those riding the 100 or 125 mile routes starting at 7 a.m.; those riding the metric century (100 km or 62 miles) starting at 8

a.m.; those riding the 40 mile route starting at 9 a.m.; and those riding the 25 mile route starting at 9:30 a.m.

- Registered riders will wear numbered bibs allowing them to obtain refreshments at rest stops and helping volunteers keep track of riders on the routes.

- After returning to UIS, riders will be welcomed with a meal and beverages. A tear-off strip from a number bib will entitle riders over 21 years old to a free beer.

- Registration online through September 6th ranges from \$30 to \$70; registration at packet pickup on September 7th and at the ride on September 8th ranges from \$35 to \$80.

Secretary's Report

By Ted Sunder

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

Total Memberships: 435

New Members

Bryan and Sarah Albracht
Kathy Beams
Nancy and Jim Berendt
Lori and Timmy Dale
Pamela Enno
Amanda and Nick Fogleman
Sandra and Nicholas Gilmore, Nicholas Sullivan
Suren and Connie Gummadi
Joe Gurski
Don and Melissa Gwinn, Sean
Bob and LaTausa Hayes; Jude and Susie
Elizabeth Heidinger
Matt Humke
Chuck Kitson
Scott and Sherri Leopold
Randy Lucas
Sally McDaniel-Smith
Michael May
Brian and Janet Miller
Trevor and Liz Orthmann
Michael Phelon
Stacy Reddecliff
TJ Schlouski
Bradley Smith
Karl Welsher
Agnes Wood

Renewal at Sustaining Level

Jim Covington
Randall Germeraad
Troy and Michelle Gilmore
James and Nancy Hall
Tracy and Jack Hurley
Jon Roth
Ted and Judy Sunder; Nick
Barry and Shaun Tobias; Alec

Renewal at Contributing Level

Matt Daniels
Mary Fairclough
Jim and Gladys Hajek
Roger Snelten
Dee Wise

Renewing Members

Ken and Sandy Anderson
Ginger Aschenbrenner
Doug Barringer
Adrianna Bartolomucci
Marc Bell
Ross Bregant
Stephen Casper
Ken Connell
Chris Cormaney
Rachael Doctor
Casey and Tracy Garison
Gerry Hume
Lynndell Jarrett
Marilyn Kirchesner
Craig and Holling Kniffin
David and Barb Manson; Chris Hernandez
Chad Mayfield
Scott Morey
Matthew Scrivano
Ben Stone
Mary Thomas
Sean and Jennifer Walker
David Wild
Jeffery Young

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. A printable membership form also is available online and in each month's Quick Release newsletter.

Interval training: A springboard to new heights

By John Williams

Want to get faster? Pedal harder, of course! Fine until you get tired. Well, rest for a while but repeat the hard stuff. Do this over and over like clockwork.

Pedaling hard for short bouts and then easing up for a while, following set times and repetitions, is interval training. It's a way to condition a rider to go faster and longer (12 or so miles for me in sprint triathlons).

Sure, you can go on tough group rides, or do hill repeats. Rather than just bending and breaking to the demands of the group or topography, mix in interval training to build a personal ladder from your current abilities to your aspirations.

To start, figure out what's easy and hard riding for you. Use a heart rate (HR) monitor to set a HR zone you can sustain for long periods—an hour or two. And then find a HR zone where you really get taxed (breathing and legs) but is manageable for short periods and repeatable after recovering.

Let's plug in some numbers. Say you can comfortably ride 30 or more miles with an average heart rate in the 120s. On another day, after (always) warming up, try peddling hard enough for, say, two minutes to get your HR in the 150s. And then peddle lightly for the same time (or longer) to recover and get your HR back down into the 120s. Repeat this sequence 5 more times before (always) warming down.

Switch back-and-forth between days of doing longer but low-intensity rides, and shorter but high-intensity ones. Soloing and a trainer might be the way to go for those high HR ordeals.

Tailoring to individual abilities is key to starting and progressing. It might take experimenting to get the numbers right for you regarding HR zones, lengths and number of intervals, and the ratio between them.

Get better informed. This is only a brief intro. Be consistent and don't bite off too much, too soon. Finally, be prepared for accusations of being anti-social and doping by your fellow group riders when you keep on jabbering while they're sucking wind.

John got serious about training in 2012 when he retired. He medaled in the triathlon at a national event in 2017, attributing it to a good training plan.

Incentive Report

By Marty Celnick

July was an active month for cycling events. There was the burgoo ride to Franklin on July 4th, and, later in the month there was Matt Saner's Tour de Corn ride. On July 6th there was the second annual Turbo Blender Ride, led by Ernie DeFrates. After riding 30-35 miles at

a BC pace, the riders sat on the deck and drank margaritas. This was voted ride of the month. Ernie also won the Ride Leader Incentive drawing.

Matt won the Almost Anything Award for leading the 21st Annual Tour de Corn ride, which began at Chatham Community Park and went to Lake Sangchris and beyond for 20, 40 and 62 miles.

Women-only bike ride gets off to strong start



(Above) SBC members Tracey Hurley, Sally McDaniel-Smith, Amanda Fogleman, Alicia Bibb, Megan Turner, Cindy Kvamme, and Jennifer Walker ready themselves for the Ladies Only Coffee Ride on August 3rd from Three Twiggs Bakery in Springfield. Another women-only ride, the Ladies Only Sweets & Sangrias ride, is scheduled for Sunday, September 15th, again leaving from Three Twiggs Bakery. (Photo by Jennifer Walker)



(Above) SBC Board member Alicia Bibb acts corny with other riders on a break during the Ladies Only Coffee Ride on August 3rd. (Photo by Alicia Bibb.)

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September 2019 Ride Schedule

For updates, corrections and last-minute changes to the ride schedule, please check the SBC website at 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).

Would you like to lead a ride?

Contact Troy Gilmore at vp@spfldcycling.org.

REPEATING RIDES

Saturdays & Sundays 8:00 a.m.	Vredenburg Park 100 Crusaders Road Springfield, IL Show-N-Go	AB Ride. 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.
Mondays, Wednesdays & Fridays 8:00 a.m.	Vredenburg Park 100 Crusaders Road Springfield, IL Show-N-Go	AB Ride. 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 Ride. 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.
Tuesdays 9:00 a.m.	Chatham Community Park (west parking lot off Main St) 760 S Main Street Chatham, IL Ride Leader: Cindy Kvamme	C Ride. 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.

REPEATING RIDES (continued)

Tuesdays September 3 & 17 5:45 p.m.	Stuart Park Parking Lot 1800 Winch Lane Springfield, IL Ride Leader: Troy Gilmore	C Ride (Tuesday C-group Ride). This newer Tuesday C-group ride travels 20 miles going north from Stuart Park along county roads, south on Old Covered Bridge Lane, then west onto Pec Road, east on Old Salem Lane then onto the Sangamon Valley Trail from Meadowbrook. This is a no-drop ride. We depart promptly at 5:45. Pictures and announcements at 5:35. Bring lights. For more info call Troy Gilmore at (217) 720-1568.
Tuesdays September 10 & 24 5:45 p.m.	Quaker Steak & Lube 1120 W Lincolnshire Blvd Springfield, IL Ride Leader: Troy Gilmore	C Ride (Tuesday C-group Ride). Ride the "Lollipop Route" for 23 miles along the trail to Chatham and for a short distance into the country. This is a no-drop ride. We depart promptly at 5:45. Pictures and announcements at 5:35. Bring lights. 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	C Ride. 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 5:45 p.m.	Sangamon Valley Trailhead 5529 Bunker Hill Road Springfield, IL Ride Leader: Ted Sunder	BC Ride. 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.	BikeTek 957 Clocktower Dr Springfield, IL Ride Leader: Shayla Pfaffe	B Ride (B-Tek Ride). Ride the "Hill Route" or other country roads from BikeTek. This B-level ride is designed to improve your skills as a cyclist. 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 5:30 p.m.	Stuart Park Parking Lot 1800 Winch Lane Springfield, IL Ride Leader: Alan Whitaker	D Ride. 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	C Ride. 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.
Fridays 7:00 p.m.	Vredenburg Park 100 Crusaders Road Springfield, IL Ride Leader: David McDivitt	C Ride (Beer Ride). Join David on an 36-mile roundtrip via trails and back roads to Rocki's in Auburn. Enjoy a drink, then return to Vredenburg. Lights required. If rained out we will ride Aug 16th. For more info call David McDivitt at (217) 725-1986.

SCHEDULED RIDES AND EVENTS

Sunday September 1 1:00 p.m.	Centennial Park MAIN parking lot (not the SVT trailhead) Ride Leader: Mike Kokal	ABC — Winery Ride. Pedal 16-20 miles with Mike to Danenberger Family Vineyards (12341 Irish Road, New Berlin) for libations For more info call Mike Kokal at (618) 560-9288.
Saturday September 7 1:00 p.m.	Capitol Complex Visitors Ctr 425 S. College St. Springfield, IL Ride Leader: Troy Gilmore	EZ Ride. (Tour of Historic Sites). Join SBC Vice President Troy Gilmore on this traditional ride on the weekend of the CCC. Take a casual, neighborhood-style ride from the Capitol Complex Visitor Center to visit many of Springfield's Lincoln and other historic sites, including, but not limited to, the Lincoln Home, the Old State Capitol, and the Lincoln Tomb. This approximately eight-mile roundtrip ride will last about two hours. For more info call Troy Gilmore at (217) 720-1568.

SCHEDULED RIDES AND EVENTS (continued)

Sunday September 8 Mass Starts: 7:00 a.m.: 100/125 mi 8:00 a.m.: 63 mi 9:00 a.m.: 40 mi 9:30 a.m.: 25 mi	Student Union University of Illinois at Springfield One University Plaza Springfield, IL Ride Leaders: Harv Koplo & Troy Gilmore	ABCD Ride. (Capital City Century). Starting at the Student Union at the University of Illinois at Springfield, riders will go east to Edinburg and beyond, enjoying low-volume rural roads, many of them new to local cyclists. Mass starts are offered for four different ride distances between 7:00 and 9:30 a.m. Packet pickup will be held at Scheels from 5:00-7:00 p.m. on Saturday. Riders can skip the Sunday lines to pick up a CCC packet or register for the event on Saturday. Advance registration online at a discount continues through Sept. 6. Day of event registration on Sunday, Sept. 8, at the Student Union opens at 6:30 a.m. and shuts down at 9:30 a.m. A Post Pedal'n Party with food and libations from Noon to 5:00 p.m. at the Student Union is included in the cost of every CCC registration, along with one beer ticket. Additional party-only tickets are available for purchase. For more info, visit www.spfldcycling.org/ccc , call event coordinator Harv Koplo at 217-899-9175 or email Events@SpfldCycling.org .
Wednesday September 11 7:00 p.m.	Lincoln-Herndon Law Office 209 S 6th Street Springfield, IL Leader: Scott Sievers	NC (Board Meeting). 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.
Saturday September 14 7:00 or 9:00 a.m.	University of Illinois Springfield Student Union One University Plaza Ride Leader: Ted Sunder	ABCD Ride. (CCC Volunteer Appreciation Ride). Ride from 25 to 125 miles. This unsupported ride is an opportunity for volunteers who worked the Capital City Century to try one of the routes, but all riders are invited to participate. There is a gas station in Edinburg where riders can stop and refuel. This ride counts as the SBC Bicycle Challenge #5 for CCC volunteers. Ted will lead riders on 25 to 63 mile routes. Riders taking on the 100 or 125 routes on their own should obtain maps or download GPS files.
Sunday September 15 7:30 a.m.	Kerasotes YMCA 4550 West Iles Ave Springfield, IL Ride Leader: Lance Cull	C Ride. (To Petersburg). Join us as we conquer some (or a lot of) hills on this route that takes us from Springfield to Petersburg via Salisbury and Athens. This route includes approximately 1,900 feet of elevation gain and would probably be considered moderate to difficult for some C Riders. For more info call Lance Cull at (217) 652-5651.
Sunday September 15 8:00 a.m.	Three Twiggs Bakery 1370 Toronto Rd Ride Leaders: Alicia Bibb & Jennifer Walker	C Ride. (Ladies Only Sweets & Sangrias). Meet at Three Twigs for a 28-mile ride through the country and back. Bring money for a coffee and/or treat. This is a no-drop ride so Alicia and Jennifer will make sure that the group stays together. For more info call Alicia at (217) 494-4134.
Saturday September 21 8:00 a.m.	Sangamon Valley Trailhead 5529 Bunker Hill Road Springfield, IL Ride Leader: Jordan Litvak	B Ride. (Country Ride). Meet at the southern end of the Sangamon Valley Trail (SVT) at Centennial Park for a 35-40 mile ride on low traffic country roads. Small rollers but mostly flat, the terrain is great for a steady 18-mph paceline in light winds. Route will be posted on Facebook with last-minute revisions as necessary due to changes in road conditions. For more information call Jordan Litvak at (217) 971-8836.
Saturday September 21 7:00 a.m. OR noon	East side of Square across from 321 E Washington St Pittsfield, IL Ride Leaders: Anne & Steve Schroll	Pike County Gravel Ride. Meet on the east side of the square in Pittsfield (there's a Casey's across the street). We will plan to maintain a pace of 10-12 mph. Faster riders are welcome to ride on ahead. Please download the GPS routes to your bike computer or print out turn-by-turn directions. Anne is looking into sag support. 7:00 a.m. - Loop 1. Pittsfield to Griggsville. 42.5 miles, 2,045 feet of climbing. Stop at Caseys in Griggsville. https://ridewithgps.com/routes/30833389 Noon - Loop 2. Pittsfield to Summer Hill. 26.8 miles. 1,400 feet of climbing. https://ridewithgps.com/routes/30833639 There are no convenience stores on this route, so carry enough food/water for 3+hours. For more info call Anne Schroll (217) 414-4101 or Steve Schroll (217) 741-8066.

SCHEDULED RIDES AND EVENTS (continued)

Sunday September 21 9:00 a.m.	Waldrop Park 3420 E Andrew Rd Sherman, IL Ride Leader: Cindy Kvamme	C Ride. (To Middletown). Take a 35-mile spin with Cindy to Middletown, with an optional 24 mile shortcut. If you're looking for distance, you can get to 55 miles with an additional 20-mile out-and-back route from Middletown to Greenview. For more info call Cindy Kvamme at (217) 971-8687.
Sunday September 22 8:00 a.m.	Chatham Community Park (east parking lot) 760 S Main Street Chatham, IL Ride Leader: Paul O'Connor	B Ride. (To Girard). Paul will lead us on a 50-mile loop to Girard and back. This flat but fast ride will aim to average 18 mph.
Sunday September 22 9:00 a.m.	Rotary Park Iles and Archer Elevator Road Springfield, IL Ride Leader: Alan Whitaker	C Ride. (To Pleasant Plains). Alan will take us to Pleasant Plains for 40 miles roundtrip, with cutoffs available. For more info contact Alan Whitaker at (217) 494-6807.
Saturday September 28 8:00 a.m.	Sangamon Valley Trailhead 5529 Bunker Hill Road Springfield, IL Ride Leader: Kyle Mundhenke	C Ride. (Kiddie Trailer Ride). Do you love to ride bikes while you're pulling your young kids behind you in a trailer? If yes, join us for a new family bicycle ride. We will depart from the trailhead at Centennial Park and ride the SVT to Stuart Park and back for a ride totaling 12 miles. This will be a no-drop ride with an average pace of 12-14 mph. We will not travel on any roads with vehicle traffic. At the end of the ride, light refreshments for the kids will be provided.
Saturday September 28 9:00 a.m.	Washington Park Open Air Shelter 1501 S Grand Ave W Springfield, IL Ride Leader: Mark Wagner	D Ride. Mark will lead us on a easy ride downtown for coffee at Wm. Van's Coffee House. On the way back riders will look for building art. This is a great opportunity to get out that commuter or classic bike for a cruising or slow-poke ride.
Saturday September 28 8:00 a.m.	Chatham Community Park (east parking lot) 760 S Main Street Chatham, IL Ride Leader: Scott Parker	BC Ride. Scott will lead us on a ride of 35-40 miles through the countryside around Chatham.
Sunday September 29 8:00 a.m.	Stuart Park Parking Lot 1800 Winch Lane Springfield, IL Ride Leader: Scott Sievers	BC Ride. Scott will take us north for about a 30-mile loop that includes a stop at the Casey's General Store in Athens for breakfast pizza, blueberry donuts, or whatever else fuels you! For more info call Scott Sievers at (217) 801-2873.

Springfield Bicycle Club volunteers are the best!

Become one yourself by volunteering for the Capital City Century.
Check out available positions at www.spfldcycling.org under the CCC tab
or contact Alicia Bibb at (217) 494-4134.

NON-SBC REPEATING RIDES

Tuesdays 5:45 p.m.	Bike Tek 957 Clocktower Dr Springfield, IL Show-N-Go	AB Ride (Team MACK Race Training). 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 pacelines. Road bikes preferred. Cyclists will sprint five times on the Tuesday night rides. For more info e-mail Gary Doering at teammack@comcast.net .
Wednesdays 6:00 p.m.	Wheel Fast Bicycle Co. 17 Cottonwood Dr Chatham, IL Ride Leader: Matt Saner	ABC Ride (WheelFast Ride). Wheel Fast intermediate training road ride. Meet at the bike shop and plan on 16-20 miles. For more info call Matt Saner at (217) 483-7807.
Wednesdays September 4 & 18 5:45 p.m.	New City Community Church Parking Lot Pawnee-New City Rd & Cardinal Hill Rd Ride Leader: Steve Schien	ABC Ride (New City Individual Time Trial). 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.
Thursdays 5:45 p.m.	Scheels 3801 S MacArthur Blvd Springfield, IL Ride Leader: Jim Storm	ABCD Ride (Trail and Road Ride). 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.

OTHER AREA (NON-SBC) RIDES AND EVENTS

Saturday September 7 7:30 a.m.	Lake Lou Yaeger Beach House 4932 Beach House Trail Litchfield, IL	Litchfield Triathlou. This event offers a sprint triathlon with a 0.3 mile swim, a 13 mile bike, and a 3.1 mile run; an Olympic triathlon with a 0.9 mile swim, a 24.8 mile bike, and a 6.2 mile run; and a half triathlon with a 1.2 mile swim, a 56 mile bike, and a 13.1 mile run. Competitors receive a long-sleeve hoodie; a finisher's medal, swim cap, timing, a barbecue lunch, and beer. Registration fees are \$78 for the sprint, \$90 for the Olympic, and \$199 for the half. For more information see http://racemaker.org/event/litchfield-triathlou-triathlon/ .
Sunday September 15 6:45 a.m.	Carlyle Lake 801 Lake Road Carlyle, IL	Capex Triathlon. This event offers a sprint triathlon with a 750 meter swim, a 20 kilometer bike, and a 5 kilometer run; an Olympic triathlon with a 1,500 meter swim, a 40 kilometer bike, and a 10 kilometer run; and a 70.3 triathlon with a 1.2 mile swim, a 56 mile bike, and a 13.1 mile run. Registration fees are \$110 for the sprint, \$120 for the Olympic, and \$205.00 for the 70.3. For more information see https://www.msereading.com/capex-tri.html .
Saturday September 28 6:30 a.m.	Timber Pointe Outdoor Center 20 Timber Pointe Lane Hudson, IL	Easterseals 100. This ride celebrates Easterseals Central Illinois' 100th anniversary with routes of 10, 30, 60, or 100 miles. Individual registration is \$50. For more information see https://www.easterseals.com/ci/get-involved/events/cycle-100.html .
Sunday September 29 7 a.m.	Rock Springs Conservation Area 3939 Nearing Lane Decatur, IL	Prairie Pedal. This supported ride provides routes of 20, 40, or 62 miles through the Macon County countryside. Registration is \$25 by September 12 and \$30 afterward and includes a t-shirt and a chili lunch after the ride. For more information see http://maconcountyconservationfoundation.org/prairie-pedal/ .

ROGER'S 41ST ANNUAL Oktoberfest

SUNDAY, OCTOBER 13, 2019



Bonfire - Food - Beer - Music - Games - Biking - Dancing



Music by:
Doug Strahan & the
Good Neighbors
≈2-5:30

Antone & Wick
≈5:30-??

Meat off the Grill ≈ 4:00

Burgers - Brats - Fish
Side dishes welcomed!

Serving Good

German Beers

Such as Spaten & Paulaner
Plus Special Guest Beers

Biking

41-mile ride starts at 1pm
(With shorter options)

Led by Jon Roth
Everyone gets back
in time to eat!

Games

Bean Bag Toss
Bocce Ball
Hammerschlagen
Hillbilly Golf

ROGER SCHNELTEN

245 Circle Drive
Springfield
217-529-0780

CARPPOOLING & LAWN
CHAIRS RECOMMENDED!

New kiddie trailer ride moves young families



Parents and their children enjoyed SBC's kiddie trailer ride on August 3rd, which was led by Kyle Mundhenke. The ride started at the Sangamon Valley Trailhead and headed up the trail to Stuart Park and back. Another kiddie trailer ride is scheduled for 8 a.m. on Saturday, September 28th, again from the SVT trailhead. (Photo by Caroline Mundhenke.)



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

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:

- | | | |
|---|--|---|
| <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
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Springfield, IL 62791-3035

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Springfield, IL 62791-3035
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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**