



the **Quick
Release**

www.spfldcycling.org

January 2016

RSVP BY JANUARY 22!

**Annual Winter Party & Awards Banquet
Friday, January 29, 2015**

**Maldaner's Restaurant
222 South 6th Street**

**6:00 p.m. Social Time
7:00 p.m. Dinner**

Menu

Chicken Breast with Mushroom Sauce
Penne Pasta with Vegetables
Mashed Potatoes
Chef's Choice of Two Hot Vegetables
Mixed Green Salad with Three Dressings
Bread, Butter, Coffee & Tea
Dessert: Apple Crisp w/Ice Cream &
Homemade Caramel Sauce

**Awards Ceremony
Slide Show**

Send your photos to [photos\(at\)spfldcycling.org](mailto:photos(at)spfldcycling.org)

**Attendance limited to 100
Each member may bring one guest
Buffet dinner \$10 each (cash or check only)**



**Please RSVP by January 22 to
Poonam Mahajan at 217-691-3350 or
pm3350@gmail.com**



A few words from Tom Clark, SBC President . . .



Our biggest social event of the year, the Annual Winter Party and Awards Banquet, is Friday, January 29 at Maldaners. Be sure to RSVP early if you want to attend. Attendance is limited to 100 people due to fire codes. Thanks to Social Chair **Poonam Majahan** for organizing.

Contact our new Membership Co-Chairs, **Ted Sunder** and **Karol Young**, if you have ideas for new activities or want to help them out. We are seeking a Newsletter Editor. If you or someone you know might be interested, please contact me. Basic layout, writing, and editing skills are needed, along with an ability to work independently and with others.

The only leader-led ride in January is **Marty Celnick's** New Years Day Ride on Friday, January 1. We continue to offer Club Show-N-Gos from Vredenburg Park at 11 a.m. on weekends and holidays. The A-rides organized by **Lisa Kidd** also continue. These rides are for extremely strong and competitive riders with expert bike handling skills. As such, they compliment our slower-paced, shorter Club rides. Hope to see you at Winter Party!

Incentive Awards

By Deb Cooper, Incentive Chair

RIDE OF THE MONTH: Jerry Ihnen's Back to Standard Time Ride on November 1st won Ride of the Month for November. Jerry and his wife Deb provided soup and chili to warm us up after a 30-mile ride.

ALMOST ANYTHING AWARD: The Almost Anything Award goes to Robert LaBonte for his work to repair and update bicycle pumps at the Cycle Aid stations on the trails. Ongoing maintenance is an important aspect of encouraging people to use the stations. The club paid for repair materials and Robert donated his expertise for free.

RIDE LEADER INCENTIVE: Jerry Ihnen's name was drawn for the Ride Leader Incentive award as he had the only eligible leader-led ride in November. He will receive a \$50 gift certificate to the local bicycle shop of his choice. Congratulations, Jerry, thanks for being a ride leader!

Correction

The Incentive Awards were omitted from the November QR in error. We apologize for the oversight.

RIDE OF THE MONTH: Linda Butler and Ernie DeFrate's Apple Dumping Ride on October 24 won Ride of the Month for October. The apple dumplings and ice cream were delicious. Thanks Linda and Ernie!

ALMOST ANYTHING AWARD: The Almost Anything Award goes to Carolyn Lawrence for leading a great MCT Trails ride on October 10, and to Roger Schenelten for staging Octoberfest on October 11.

RIDE LEADER INCENTIVE: Marty Celnick's name was drawn. He will receive a \$50 gift certificate to the local bicycle shop of his choice. Congratulations, Marty. Thanks for leading rides!

Turn in Your Miles/Hours!

Please turn in all ride miles for 2015 by January 5th, so mileage pins/awards can be ordered for Winter Party.

Also, if you volunteered at an SBC event in 2015, please turn in your hours by January 15th, by forwarding to the Incentive Chair at incentive@spfldcycling.org (1) the event where you volunteered and (2) the volunteer hours. Please note that Board members may not report hours for duties related to Board positions as volunteer hours. Those with 5 or more volunteer hours are eligible for one of four \$50 gift certificates to be drawn at Winter Party.



the Quick Release

Ride & Event Schedule

- SBC Rides & Events
- Bike Shop & Other Area Rides
- Regional Rides

www.spfldcycling.org

January 2016

Cyclocross, Mountain Bikers and Trail Riders - See **Other Area Rides** below and stay up-to-date on late season trail rides by checking the SBC website at www.spfldcycling.org.

For last minute changes to the ride schedule please check the SBC website at www.spfldcycling.org. **Weekday** daytime rides will not take place on holidays. All rides return to the starting point unless otherwise noted. Questions about leading a ride? Contact vp@spfldcycling.org.

Ride Classifications

NC – Non-Cycling events.

MB – Rides suitable for mountain bikes.

EZ – For riders who prefer a pace under 10 mph. These are purely social rides. Expect short routes either in town or on a trail and expect to ride as a single group. No one will be left alone at the back of the group and assistance is provided for flats and other minor mechanical problems.

D – For novice or recreational riders. Expect to ride at a pace of 10 – 12 mph with rest stops as needed. Expect the ride leader or another club member to stay with the slowest rider and to offer assistance for flats and other minor mechanical problems.

C – For competent riders with basic safety and bike handling skills. These rides combine social riding with improving fitness and riding ability. Expect that most riders will ride in groups at a pace of about 12 – 15 mph. There may be rest stops on the route, but they will be limited. Riders are comfortable navigating by map if separated from the group and can handle their own mechanical repairs.

B – For strong, experienced riders with considerable group riding experience. Expect the emphasis to be on improving individual stamina and riding skills. Most riders will maintain a pace of 16 – 18 mph and will not feel obligated to wait for slower riders. Pace lines are common. Riders are able to handle their own mechanical repairs and are comfortable navigating by map if separated from the group.

A – For extremely strong and competitive riders with expert bike handling skills. Expect riders to be self-sufficient and to maintain speeds of 19+ mph for extended distances using pace lines.

If you have questions about whether a specific ride is right for you, give the ride leader a call. If you are unsure about your cycling ability, try a ride with a group one class below where you think you might be. You can then move up until you find the level that is right for you.

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 thru Friday 10:00 a.m.	Morning Geezer Ride Washington Park Pavilion on the South side of the park Pete Gudmundson, 523-8200	Show-N-Go ride for retired geezers or those hoping to become geezers. No leader or map, but Pete shows up often enough for this ride that he should be able to answer questions. Please use ride sheet if riding together. Participating riders should turn in miles to the club records keeper. *Disclaimer: Geezer riders occasionally change the start time due to weather and other considerations. Please call ahead.
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 3:00 p.m.	Vredenburg Park Saxon Dr& Crusaders Rd Tom Clark, 726-5560	ABCD —Afternoon Ride. Ride an hour or two at warmest time of day. D riders are welcome to ride the trails but should be self-sufficient. Bring lights just in case. There is no ride leader, but Tom may be able to answer questions about this ride.
Tuesdays 9:00 a.m.	Residence 501 W Brown Ave, Stonington Don Harvey, 825-0365	ABC —Stonington Ride. Ride 12-30 miles with Don on smooth roads, farm roads, mud and gravel or all of it. No cancellations for weather unless cloudy or iced up. Riders should bring a bike for the weather or riding conditions.
Weekday Evening Rides		<i>Check start times!</i>
Tuesday 6:00 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 required.
Thursday 6:00 p.m.	Parkway Pointe Theater Lindbergh & Robbins Rd Show-N-Go	BCD – Show-N-Go along the Wabash and Interurban Trails. Turn miles in to the club records keeper. Lights required.
Mon., Tues., Wed., and Thursday 6:00 p.m.	Pana Trail Lake Taylorville parking lot Rt 29 Charlie Witsman, 299-7038	Show-N-Go – Ride on the Lincoln Heritage Trail. Turn in miles to the club records keeper. Call Charlie if you need information about trail conditions or directions. Lights required.
Weekend Daytime Rides		
Saturdays time varies (see Disclaimer)	Vredenburg Park Saxon Dr& Crusaders Rd Lisa Kidd, 341-6181	Weekend A-Ride. This ride is intended for extremely strong and competitive riders with expert bike handling skills. Expect riders to be self-sufficient and to maintain speeds of 19+ mph for extended distances using pace lines. Riders will agree on a destination and determine a route at the time of the ride. Developmental A-riders are welcome, but they should be self-sufficient and familiar with local roads, or accompanied by an experienced rider. *Disclaimer: Schedule sometimes changes due to weather. Please call ahead.
Sundays time varies (see Disclaimer)	Vredenburg Park Saxon Dr& Crusaders Rd Lisa Kidd, 341-6181	Weekend A-Ride. See Saturday Weekend A-Ride description. *Disclaimer: Schedule sometimes changes due to weather. Please call ahead.

Scheduled Rides and Events		Check start times!
Friday January 1 Time varies	Vredenburg Park Saxon Dr & Crusaders Rd Lisa Kidd, 546-1698	Holiday A-Ride. See Saturday Weekend A-Ride description. *Disclaimer: Schedule sometimes changes in fall due to weather. Please call ahead.
Friday January 1 11:00 a.m.	Rock 'N Roll Hardees 2501 Adlai Stevenson Dr Marty Celnick, 522-4206	ABCD – New Years Day Ride. Ride for 10-25 miles. Start the new year by keeping your resolution to ride more miles!
Saturdays January 2, 9, 16, 23, 30 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go -- Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from 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.
Sundays January 3, 10, 17, 24, 31 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go -- See ride description for Saturdays in January.
Wednesday January 6 7:00 p.m. NOTE LOCATION CHANGE	Residence 4196 Spaulding Orchard Rd Harv Koplo, 899-9175	NC – Board Meeting. All SBC members are invited to attend the board meeting. NOTE: The meeting will be held at Harv and Annette's house. Those not on the SBC Board who'd like to attend can contact Harv at harv(at)avromsystems.com to receive directions by email.
Monday January 18 Time varies	Vredenburg Park Saxon Dr & Crusaders Rd Lisa Kidd, 546-1698	Holiday A-Ride. See Saturday Weekend A-Ride description. *Disclaimer: Schedule sometimes changes in fall due to weather. Please call ahead.
Monday January 18 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go -- Martin Luther King's Birthday Ride. See Saturday Dec. 5 Ride description.
Friday January 29 6:00 p.m. Party 7:00 p.m. Food NOTE TIME	Maldaners Restaurant (upstairs) 222 S Sixth St Poonam Mahajan, 691-3350	NC – Annual Awards Banquet and Winter Party. The event is open to all SBC members and 1 guest each. The cost of the meal will be \$10 per attendee again this year (check or exact change please!) The event is open to current SBC members and their guests. RSVP required. Please reserve by emailing Poonam at social@spfldcycling.org by the RSVP deadline, January 22. Attendance limited to 100 people. Dinner will be followed by incentive drawings, awards, and a slide show. Please send photos for the slide show to photos@spfldcycling.org.



Congress Increases Funding for Biking, Adds New Safety Program

News from the League of American Bicyclists

The Fixing America's Surface Transportation (FAST) Act was passed by Congress and signed into law by the President on December 4, 2015.

The five-year bill slightly increases funding for bike-ped accommodations, and will create long-term certainty for planners. It also creates a priority safety fund to reduce bicycle and pedestrian fatalities.

The FAST act is a true step forward for bicycling and walking, and the League looks forward to working with the government agencies and advocates to make the most of these opportunities.

For details about the FAST Act, visit www.bikeleague.org/blog

Other Area Rides

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 6:00 p.m.	Washington Park Pavilion on the South side of the park Jeff Williams, 546-8819 Jeff(at)jeffveloart.com Facebook: Jeff Curtis Williams	Tuesday Night Trail Rides – MTB/cyclocross/off road bikes recommended. All Are welcome! We will split off at Washington & Koke Mill to do the "church trail". LIGHTS and HELMETS please and thanks!!! Disclaimer: Routes will vary based on conditions. Contact Jeff for more information.
Friday January 29 5:30 p.m.	State Capitol Visitors' Center 425 S. College St. (west of the Stratton Building across College Street) Alan Escobar, 638-9523	EZ – Critical Mass Ride. Ride for about 1 hour at a slow pace. Suitable for all bikes. Critical Mass is a worldwide event held the last Friday of every month. It is open to all, and it welcomes all riders to join in a celebration of riding bicycles. Why? Because bikes are fun!



Secretary's Report

By Barry Lacy, Board Secretary

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

Renewing Members

Don Daniels
Harv Koplo & Annett Chinuge
David Ross & Sheryl Essenburg
Judy Shipp

Renewals at the Contributing Level

Martin Celnick
Elizabeth Kuhn
Les & Pam Warden

Renewals at the Sustaining Level

Bill & Sue Donels
Cap and Mary O'Keefe
Blaine Redemer
Ted, Judy, and Nicholas Sunder

Joining or renewing your membership is easy and there's no extra charge for doing it online: go to the Membership page on the club website, www.spfldcycling.org. A printable membership form is also available on this page.

NOTE: For June 2015 and beyond, monthly Board meeting Minutes are posted online. All Minutes prior to May 2015 are included in the monthly QR newsletters.

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: \$15 per year

Family: \$20 per year

Contributing: \$25 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.

Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705
Address Service Requested
Not for Commercial Use

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

Springfield Bicycle Board Members

President

Tom Clark
726-5560
president(at)spfldcycling.org

Treasurer

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

Legislative/Educational

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

Membership

Ted Sunder
Karol Young
698-9194
membership(at)spfldcycling.org

Vice President

John Nelson
773-893-0997
vp(at)spfldcycling.org

Special Events

Harv Koplo
899-9175
events(at)spfldcycling.org

Web Editor

Alan Whitaker
494-6807
webmaster(at)spfldcycling.org

Rider Development

Amy Skaggs
502-1665

Board Secretary

Barry Lacy
secretary(at)spfldcycling.org

Records

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

QR Editor

Joe Agner - interim
361-5077
editor(at)spfldcycling.org

At-Large Members

Marty Celnick
522-4206
at-large(at)spfldcycling.org

Recording Secretary

Chanell Hamilton
220-1523
recording(at)spfldcycling.org

Social Co-Chairs

Poonam Mahajan
691-3350
social(at)spfldcycling.org

Incentive Chair

Deb Cooper
546-5099
incentive(at)spfldcycling.org

Ken Anderson
522-3876
at-large(at)spfldcycling.org

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**