



# the Quick Release

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

March 2016

## Harv Koplo Receives NoBell Award

By Kevin Greene, representing the NoBell Committee

Harv Koplo received the 2015 NoBell Award at the Springfield Bicycle Club's annual Winter Party and Awards Banquet on January 29. This is SBC's lifetime achievement award, presented each year since 1982 to an individual or couple in recognition of significant contributions to bicycling and club activities.

Harv's passion for bicycling started at a young age. He participated in several bike tours organized by the boy scouts and eventually earned the cycling merit badge. Harv rose up through the ranks and became a scoutmaster where he began sharing his bicycling knowledge with others, leading bike outings to Wisconsin and teaching countless scouts the ins and outs of long-distance riding.

We are fortunate that Harv decided to join SBC in the late 90s, and bring his impressive set of leadership and organizational skills to the club. For the last three years, Harv has coordinated the Capital City Century. He guided the CCC through several transitions, including the new start location at the Knights of Columbus on Meadowbrook, a new route to Clayville and a special double metric (125 mile) challenge option. Harv also created a new jersey, and instituted a photo booth, route signage and other improvements at the CCC. Harv has led many club rides, with a special emphasis on promoting sustainability awareness, including the Earth Day and Jubilee Farm rides.

Harv's most recent community project involved working with the park district, local businesses and individuals to install six bicycle aid stations on the local trails to help cyclists make minor repairs on their bikes while on a ride. He has attended numerous city council and regional planning commission meetings to speak in favor of making Springfield a bike-friendly community.

Because of his hard work, creativity and dedication to bicycling, Harv was selected as the 2015 NoBell award winner. Congratulations, Harv!

## Help! Help! Help!

By Ted Sunder and Karol Young,  
Incentive Co-Chairs

The club is partnering with the YMCA to put on a Kids Triathlon at the Kerasotes West Side Branch on 30 April. Participants will range from age 5 years to 15 years. Up to 150 participants are expected. Help is greatly needed for helmet checks for all kids on the morning of that date, monitoring the bike route to Centennial Park, and manning the club booth at a concurrent Health Fair. Any help would be sincerely appreciated. For further information or to volunteer please contact Ted Sunder at [membership@sbc.org](mailto:membership@sbc.org) or phone 217 698-9194.

## Don't Forget to SPRING AHEAD!

Daylight Savings Time begins on  
**Sunday, March 13**



Don't miss the first leader-led  
Club ride of the season that day  
**Vredenburgh Park @ 10 a.m.**

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



We had a cold February, but Phil the Groundhog didn't see his shadow, so I'm hoping that means an early spring is coming. Thanks to **Alan Whitaker** for leading our stair climb team, SBC Mt. Everett Climbers, in February. **Jacob Mileham, Larry Stone**, and yours truly also climbed, surpassing our goal by raising \$525 in donations for the American Lung Association.

We had a great Winter Party at the end of January—see Incentive Chair **Deb Cooper's** article below for details. The AAA went to its main organizers, Social Chair **Poonam Mahajan**, Incentive Chair **Deb Cooper** assisted by **Piper Hamilton**, and **Harv Koplo**. I'd also like to thank those who played a key role as presenters—**Mike Kokal** for emceeding, **Derek and Brigetta Ewing** for presenting the Cycling Challenge Awards, and **Kevin Greene**, for presenting the NoBell Award (see separate article).

Our leader-led Club Rides start again on Sunday, March 13. Our weeknight rides start that week. And the weekend A-Rides led by **Lisa Kidd** continue. Come join us!

## Incentive Awards

By Deb Cooper, Incentive Chair

Marty Celnick's New Year's Day ride was the Ride of the Month for January. Marty will receive a \$50 gift certificate from the bike shop of his choice.

The Almost Anything Award recognition goes to the key organizers of the Winter Party, who contributed their time and talents to ensure its success: Poonam Mahajan, for pre-planning and organizing, as well as keeping things running smoothly during the event, and Deb Cooper, for handling the incentive awards portion of the evening, assisted by Piper Hamilton, who created and decorated a container for use in drawing individual names for gift certificates that was a real work of art, and Harv Koplo for providing audio-visual support and his efforts in putting together the slide show.

If you would like to nominate someone for a future AAA, please send an email to [incentive@spfldcycling.org](mailto:incentive@spfldcycling.org).

At the Winter Party in January, 31 riders received mileage pins for accumulating 1,000 miles or more during calendar year 2015. Those accumulating over 2,500 miles received Spinner Awards.

The 2015 Spinner Award recipients were:

**Bronze** (2,500-4,999 miles): Marty Celnick, David McDivitt, Alan Josephson, Alan Whitaker, Less Warden and Ted Sunder

**Silver**: (5,000-7,499 miles): Barry Tobias, Tracey Hurley, Don Daniels, Larry Stone and Bill Bock

**Gold**: Charles Witsman

**Platinum** (10,000+): Derek Ewing and Jack Hurley

**Grover Everett Award**: Jack Hurley received the award for most mileage by riding a total of 14,084 miles during the 2015 calendar year.



# the Quick Release

## Ride & Event Schedule

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

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

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

For last minute changes to the ride schedule please check the SBC website at [www.spfldcycling.org](http://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](mailto: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](mailto:records@spfldcycling.org)).

Questions about leading a ride? Contact [vp@spfldcycling.org](mailto:vp@spfldcycling.org)

<b>Weekday Daytime Rides</b>		<b>Check start times!</b>
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. <b>*Disclaimer: Geezer riders occasionally change the start time due to weather and other considerations. Please call ahead.</b>
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.
Wednesdays 9:00 a.m.	Residence 501 W Brown Ave, Stonington Don Harvey, 825-0365	BCD, MB — 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 foggy or iced up. Riders should bring a bike for the weather or riding conditions.
<b>Weekday Evening Rides</b>		<b>Check start times!</b>
Monday starting March 14 5:30 p.m.	Parking lot at east end of Wabash Trail by Sonic Wabash Ave & Park St Alan Whitaker, 494-6807	BC — Leave from the east end of the trail at 5:30 p.m. Those riding from Parkway Pointe theater (Lindbergh Blvd & Robbins Rd) will start a few minutes earlier to allow time to sign in. This popular ride will get you 16 miles from Sonic or 21 miles from Parkway Pointe. Lights recommended.
Tuesdays 5:30 p.m. <u>NOTE TIME</u>	IDOT Dirksen Pkwy & Ash St Show-N-Go	BCD — Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper. Lights recommended.
Wednesday starting March 16 5:30 p.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Ted Sunder, 698-9194	BC — Ride the trail for 12 or add a low traffic county road to the airport for a total of 15. Lights recommended.
Thursday starting March 17 5:30 p.m.	IDOT Dirksen Pkwy & Ash St Show-N-Go	BCD — Ride the Lost Bridge Trail for 10-14 miles. Lights recommended.
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.
<b>Weekend Daytime Rides</b>		

Saturdays time varies (see Disclaimer)	Vredenburg Park Saxon Dr & Crusaders Rd Lisa Kidd, 341-6181	<b>Weekend A-Ride.</b> 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. <b>*Disclaimer: Schedule sometimes changes due to weather. Please call ahead.</b>
Sundays time varies (see Disclaimer)	Vredenburg Park Saxon Dr & Crusaders Rd Lisa Kidd, 341-6181	<b>Weekend A-Ride.</b> See Saturday Weekend A-Ride description. <b>*Disclaimer: Schedule sometimes changes due to weather. Please call ahead.</b>

**Scheduled Rides and Events** *Check start times!*

Wednesday March 2 7:00 p.m.	Residence 2301 Sangamon Avenue Ken Anderson, 522-3876	NC – Board Meeting. All SBC members are invited to attend the board meeting.
Saturday March 5 10:00 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.
Sunday March 6 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go -- See ride description for Saturday March 5
Wednesday March 9 5:30-7:00 p.m. <b>NOTE TIME</b>	Public House 29 312 Sattley St Rochester Poonam Mahajan, 691-3350	NC - <b>Socializer.</b> Join us for our March SBC Socializer at a new venue, Public House 29 in Rochester! Free appetizers. Greeter table near the door. Members and potential members are welcome to participate.
Saturday March 12 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go -- See ride description for Saturday March 5
Sunday March 13 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tom Clark, 726-5560	ABCD – Too much green beer at St. Patrick’s Day parade? Ride with Tom and work it off. Don’t forget to set your clock ahead an hour. 25-40 miles. Route depends upon which way the March wind is blowing. D riders can ride the trail.
Saturday March 19 10:00 a.m.	Rotary Park Iles and Archer Elevator Rd Dave Ross, 416-1682	ABCD – Dave will take us 30-40 miles to the north, south, or west, depending upon wind direction.
Sunday March 20 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Alan Whitaker, 494-6807	ABCD –Come ride with Alan on this first day of spring.
Saturday March 26 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Marty Celnick, 494-9967	ABCD –Ride the trail to Chatham or, perhaps, head in a different direction. We will go north, south, east, or west depending upon the wind direction.
Sunday March 27 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Robert LaBonte, 787-0237	ABCD –This will probably be a trail ride to Chatham. Don’t forget to bring your Easter bonnet.

**SBC D-Railers to  
Return in 2016!**

Amy Skaggs is leading our D-Railers rider development program again in 2016. This is a 12 week program to help riders prepare to complete the Capital City Century at the metric century distance or higher. See the April QR for details!

**SBC March Socializer  
Public House 29**

Wednesday, **March 9**  
5:30-7:00 p.m.  
Free appetizers  
Members and potential members welcome  
Questions? Email [social@spfldcycling.org](mailto:social@spfldcycling.org)





## 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	<b>Tuesday Night Trail Rides</b> – MTB/cyclocross/off road bikes recommended. All Are welcome! We will split off at Washington & Koke Mill to do the "church trail". <b>LIGHTS and HELMETS</b> please and thanks!!! Disclaimer: <b>Routes will vary based on conditions.</b> Contact Jeff for more information.
Wednesdays Starting March 16 5:30 p.m.	Wheelfast 17 Cottonwood Dr Chatham Matt Saner, 483-7807	<b>ABC — Wheelfast Road Ride.</b> Intermediate training ride. Meet at the bike shop and plan on 16-20 miles.
Thursdays Starting March 17 5:45 p.m.	Scheels 3801 S. MacArthur Blvd Amy Beadle, 726-6330	<b>Trail and Road Ride</b> — A chance for fellow bike enthusiasts to get together and share their passion. This ride is intended for all levels of riders. Some riders stay on the trails for 10-12 miles while others add a road ride for 20-30 miles. A designated rider leader stays at the back of each riding group.
Friday March 25 5:30 p.m.	State Capitol Visitors' Center 425 S. College St. (west of the Stratton Building across College Street) Alan Escobar, 638-9523	<b>EZ – Critical Mass Ride.</b> 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.

### New Members

Tom Fisher

### Renewals at the Sustaining Level

Vaughn Morrison & Sherry Knight  
Larry Small

### Renewing Members

Judy Carmody & Family  
Bryan & Becky England  
Tom Fisher  
Larry & Cindy King  
Christa McLaren-Morris

*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](http://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](http://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  
riderdev(at)spfldcycling.org

### Board Secretary

Barry Lacy  
899-8407  
secretary(at)spfldcycling.org

### Records

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records(at)spfldcycling.org

### QR Editor

Tom Clark (interim)  
Marty Celnick (interim)  
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**