



the Quick Release

www.spfldcycling.org

June 2016



Cycling Challenge #2 is June 5!

CHATHAM COMMUNITY PARK @ 8:00 A.M.

Challenge yourself with a

- ♦ 103 mile ride to Ashland ♦ 53 mile ride to Petersburg ♦ 32 mile ride to Athens *

A ride leader will lead the rearmost group on the 29 mile ride.



* Destinations corrected in online QR; destinations in print QR are incorrect.

D-Railers Program Signup Party

Sunday, June 12

Wheel Fast Bicycle Company, Chatham IL

See p. 5 for details.

Incentive Awards

Derek and Brigetta Ewing won Ride of the Month for Cycling Challenge #1. Riders cycled 25 miles to Riverton, 55 miles to Illiopolis, or 101 miles to Decatur on a warm but windy spring day. Derek says: **"We had the Largest Turnout Ever! 126 signed in and at least 150 riders!** Thanks, Derek & Brigetta!

Tom Clark won the Ride Leader Incentive drawing, and a gift certificate for \$50 to the bike shop of his choice. There were no nominations for the Almost Anything Award. To nominate someone for the Almost Anything Award, email incentive@spfldcycling.org.

Ride of Silence

By Naomi Greene

Springfield's 4th annual Ride of Silence was held on May 18 at the Capitol Visitors' Center. The Ride of Silence is a national and international event held every May. It started in 2003 in Houston, Texas in honor of Larry Schwartz, who was struck and killed by a mirror on a bus while cycling. Since then, the event has taken hold around the world.

The 23 riders participating in the short, slow ride represented all ages and cycling abilities. They rode respectfully and in silence in honor of cyclists killed or injured while riding. Many wore black arm bands.

The Springfield event started with a remembrance of cyclists known by area riders, including SBC's own Grover Everett, killed in 2012 while riding in Auburn, and Springfield native Kellsey Proctor Twesme, who was killed October 2012 while riding in California.

Members of the Proctor family rode again in memory of Kellsey. Some riders rode in memory of

Rick Beard, who was killed while cycling in St. Louis. Some rode in memory of those injured while cycling including Bill Kienzler, who rode in honor of his twin brother Ed, who was injured by a hit-and-run driver just last year.

There was a reading of the Ride of Silence poem. For more on the national event and to read the poem, visit www.rideofsilence.org. Thanks to all who participated. We hope to see many more next year for this meaningful ride.

A few words from Tom Clark, SBC President



Our youth bike education program got off to a great start in May! Ten SBC members and friends completed youth instructor certification training, and 45 kids completed our May 21 rodeo with genHkids! **Poonam Mahahan** will take the reins of the D-Railers as **Amy Skaggs** continues as a program leader. Don't miss the signup party at Wheelfast on June 12! **Derek and Brigetta Ewing** had a huge turnout for Challenge #1; Challenge # 2 is June 5.

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

Cheryl Castles
Chris Cormaney
Scott & Tracy Parker
Carol Rice & Family
Robert & Karen Scott
Mariah Shaver
Annette & Chuck Zalar

Renewing Members

Bud Altman
Richard Chaput
Brian Denney
John & Debra Fee
Don & Kathy Henke
Linda Irlam
Lance & Lisa Kidd
Beth & Tim Kinkelaar
Diane Long
Terri Nelson & family
Jeff and Brenda Price
Hope Rolens
John L. Sanford
Joni Stahlman
Debbie Young

New Members at Sustaining Level

Thomas Sidener & Family

Renewals at Contributing Level

Judy Nesbitt
Gary & Lynn Woerner

Renewals at Patron Level

Sandra & James Elliott

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: Those joining or renewing after April 30 will appear in next month's report. Online renewals in 2016 not yet reported will appear in the June report. For June 2015 and beyond, Board meeting Minutes are posted online.

June 2016 Ride Schedule

For updates, corrections and last minute changes to the ride schedule please check the SBC website at www.spfldcycling.org. Unless otherwise indicated, **weekday** daytime rides will not take place on holidays. All rides return to the starting point unless otherwise noted.

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.
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.
Weekday Evening Rides		Check start times!
Mondays 5:45 p.m.	Parking lot at east end of Wabash Trail by Sonic Wabash Ave & Park St Robert LaBonte, 787-0237	BC — Leave from the east end of the Wabash Trail at 5:45 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.
Tuesdays 5:30 p.m.	Location varies Jim and Sandra Elliott, 899-2142	C — Tuesday C-Group Bike Ride. Join Jim and Sandy for a ride of 20 to 30 miles at an easy 12 to 15 mph pace. This is a no-drop ride with a rotating start location. Call or text Jim to receive an invitation to join the group and receive information about upcoming rides.
Wednesdays 5:45 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. NOTE: on June 8 we will have a special D ride . See Scheduled Rides and Events for details.
Thursdays June 16 and June 23 5:45 p.m.	SVT South End Parking Lot Tom Clark 726-5560 & Brenda Price 685-0004	D — Join Tom on June 16 and Brenda on June 23 to ride 12 miles on the Sangamon Valley Trail at a casual 10-12 mph pace. The ride leader will stay with the rearmost riding group.
Thursdays 5:30 p.m.	IDOT, Dirksen Pkwy & Ash St Show-N-Go	BCD — Ride the Lost Bridge Trail for 10-14 miles. Lights recommended.
Monday through Friday 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.
Scheduled Rides and Events		Check start times!
Saturdays and Sundays	Location and time varies Derek Ewing, 624-2016	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 or accompanied by an experienced rider. To receive information about upcoming rides, search "Springfield IL Area Cycling" on Facebook, then click on "Join Group". Contact Derek if you have any questions.
Wednesday June 1 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 would like to attend can contact Harv at harv(at)avromsystems.com to receive directions by email.

Saturday June 4 10:00 a.m. NOTE TIME	Café Moxo 411 E. Adams Kevin Greene 793-9622	EZ —A one-hour ride at a relaxed pace through city neighborhoods. Shop at the Old Capitol Farmers Market before or after the ride. Those interested can continue the ride out to a trail or an alternative destination.
Sunday June 5 8:00 a.m. NOTE TIME	Stuart Park 1760 Winch Rd (approx.) Derek & Brigetta Ewing, 624-2016 SEE CORRECTED ROUTE IN LISTING ON THE RIGHT	ABCD — Springfield Bicycle Club Cycling Challenge #2. This is the second of five events in the 2016 Cycling Challenge, which is designed to aid in your cycling fitness in preparation for SBC's Capital City Century. Challenge yourself with a 103 mile ride to Athens, Chandlerville, and Ashland, a 53 mile ride to Athens and Petersburg, or a 32 mile ride to Athens with Brigetta leading the rearmost group at a 10-13 mph pace. This is a free event. Registration opens at 7:30; please arrive early.
Wednesday June 8 5:45 p.m.	SVT South End Parking Lot Bunker Hill Rd Ted Sunder, 698-9194	D — Join Ted on a special D ride, 10-12 mph with rest stops as needed. So bring your cruiser bikes and invite your friends to come out for a leisurely ride up the trail!
Saturday June 11 9:00 a.m.	Waldrop Park Sherman Cindy Kvamme, 971-8687	ABC — Ride with Cindy on the best roads to Middletown. 35 miles with a 24 mile cutoff.
Sunday June 12 9:00 a.m.	Waldrop Park Sherman Robert LaBonte, 787-0237	ABC —Let's make it a Sherman weekend! Ride with Robert to Elkhart for a great breakfast. 28 miles.
Sunday June 12 2:00 p.m.	Wheel Fast Bicycle Company Chatham Poonam Mahajan, 691-3350	NC — D-Railers Signup/Kickoff Party. Come to our signup party to hear about our plans for 2016! D-Railers participants join SBC, sign up for the Capital City Century, then undertake a 12-week training program to build the skills and endurance needed to complete the CCC at the metric century distance or higher. New and returning riders are encouraged to join us regardless of their current fitness level. There will once again be a beginners or "D" level group which will start out slow and steady. Participants learn group riding skills, how to change a flat, simple bike maintenance, and helpful stretching and strengthening exercises.
Thursday June 16 5:45 p.m.	SVT South End Parking Lot Bunker Hill Rd Tom Clark 726-5560 &	D — Join Tom on June 16 to ride 12 miles on the Sangamon Valley Trail at a casual 10-12 mph pace. The ride leader will stay with the rearmost riding group.
Saturday June 18 9:00 a.m.	Centennial Park Bunker Hill Road Alan Josephson, 299-3348	ABC — Alan will have routes from 30 to 50 miles with cutoffs.
Sunday June 19 7:30 a.m. 8:45 a.m.	 Depart Target Parking Lot Parkway Pointe Meet us in Glasgow, IL Tom Clark, 726-5560	ABC — Traditional Kampsville Ride. Leave the Target Parking Lot at 7:30 a.m. and car pool to Glasgow, IL for a bike ride to Kampsville. Or meet the group in Glasgow. Ride begins around 8:45 a.m. Ride the rolling hills on the west side of the Illinois River and return on the flat east side for 66 miles, or do an out and back on the east side for 50 miles. Food at Kampsville Inn. Jiffi Stop in Pearl for those on 66-mile route. Take the free ferry across the river. Make sure to carry plenty of water and snacks. Restroom and food stops are limited.
Thursday June 23 5:45 p.m.	SVT South End Parking Lot Bunker Hill Rd Brenda Price 685-0004	D — Join Brenda on June 23 to ride 12 miles on the Sangamon Valley Trail at a casual 10-12 mph pace. The ride leader will stay with the rearmost riding group.
Saturday June 25 9:00 a.m.	Centennial Park Main Parking Lot Bunker Hill Road Deb Cooper, 546-5099	ABC — Meet at Centennial Park, NOT THE TRAILHEAD. Deb will take us on a 35 to 40 mile ride with cutoffs. D riders can ride the trails but should be self sufficient.
Sunday June 26 9:00 a.m.	Rotary Park Iles and Archer Elevator Rd Alan Whitaker, 494-6807	BCD — Alan will take us forever or where ever for 40 miles. D riders can ride the Sangamon Valley Trail.
Saturday July 2	TBA	See July ride schedule for details
Sunday July 3	TBA	See July ride schedule for details

Monday July 4 Start Time depends on Start Location	8 a.m. - Panera Bread West, Wabash Ave. & White Oaks Dr. 8:40 a.m. - County Market, 1099 Jason Place, Chatham 9:15 a.m. - U.S. Post Office, 100 Church Street, Loami Robert LaBonte, 787-0237	ABCD – Annual Franklin Burgoo Ride. Celebrate our nation's Independence Day with a ride to Franklin, IL 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!
Monday July 4 8:00 a.m.	Location and time varies Derek Ewing, 624-2016	Holiday A-Ride. See Saturday and Weekend A-Ride description. Contact Derek if you have any questions.

Other Area Rides

Springfield area bike shops and other entities sponsor or host a number of rides each year. We post them in this separate section of QR. *NOTE: 'Other area ride' miles count for club miles, as they are organized rides.*

Other Area Rides & Events		
Mondays 6:00 p.m.	Ace Bicycle Shop 2500 S MacArthur Ave 523-0188	Ace Monday Night Ride. These rides are geared towards all levels of riders and are no drop! Ace staffers will be on the ride in the event of a mechanical. Helmets are strongly recommended. Like us on Facebook "Ace1BMX" for weather details.
Tuesdays 5:45 p.m.	Biketek 957 Clock Tower Dr Show-N-Go	Bike Tek Salisbury Hills Ride. A and B group leaders assist developmental riders. The route is challenging and hilly. Each group re-forms periodically. Show-n-go with no official leader.
Wednesdays 6:10ish p.m.	Wheelfast 17 Cottonwood Dr Matt Saner, 483-7807	ABC — Wheelfast Road Ride. Intermediate training ride. Meet at the bike shop and plan on 16-20 miles. Faster group leaves at 6:10. Others leave immediately after with a designated leader at the rear.
Every Other Wednesday June 8 and 22 5:30 p.m.	New City Church parking lot New City Rd, Pawnee Steve Schien, 741-8388	New City Time Trials. This is a non-affiliated 10.85-mile time trial on Pawnee New City Road. Call or text Steve to be informed of April dates. Dates for May and beyond will be posted here.
Thursdays 5:45 p.m.	Scheels 3801 S. MacArthur Blvd Amy Beadle, 726-6330	Trail and Road Ride — 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 shorter, slow-paced family ride starts at the same time. A designated rider leader stays at the back of each riding group.
Friday June 24 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! Front and rear LIGHTS recommended.
Regional Rides		
		<i>For an up-to-date listing of upcoming rides, go to www.mikebentley.com and check Illinois Bicycle Rides or go to champaigncycling.com and check Central Illinois Cycling Calendar</i>
June 11	mcleancountywheelers@gmail.com	McLean County Wheelers Metric Ride. Ride 5, 15, 40, or 62 miles (100k). http://www.mcleancountywheelers.com
June 11	hahnwine@mackinawvalleyvineyard.com	M & M Vineyard Bike Ride. Ride 5, 20, 40, or 60 miles. http://www.mackinawvalleyvineyard.com/
June 25	tourism@clintonilchamber.com	Tour deWitt. Routes of 9, 20, 40 and 62 miles. http://tourdewitt.weebly.com/

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.

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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**