



the Quick Release

www.spflcycling.org

December 2017



SAVE THE DATE!

Annual Winter Party and Awards Banquet Friday, Feb. 2

Northfield Inn, 3280 Northfield Dr, Springfield, IL
♦ 6 p.m. social time ♦ 7 p.m. dinner ♦ 8 p.m. awards

Online & mail pre-registration coming soon!



MARK YOUR CALENDARS!

- ♦ Dec. 13: December Socializer @ Fulgenzis
- ♦ Dec. 20: NoBell Nominations Due
- ♦ Dec. 24: Scott's Crankin' Christmas Eve Ride
- ♦ Jan. 1: Marty's New Year's Day Ride
- ♦ Jan. 10: January Socializer TBA
- ♦ Feb. 2: Winter Party & Awards Banquet

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Incentive Awards

By Marty Celnick, Incentive Chair

Michael Higgins' Moonlight Ramble was voted as Ride of the Month for October. The winner of the ride leader incentive drawing was Mike Kokal.

The Bicycle Friendly Community Award was won by the Enos Park Neighborhood Association for their Enos Park Bike Club, a summer youth club in which kids could "earn" a bicycle by completing a bike rodeo and attending a majority of weekly rides.

If you know of an individual or organization you would like to nominate for the Almost Anything Award or Bicycle Friendly Community Award, please send your nomination to incentive(at)spfldcycling.org.

A few words from Tom Clark, SBC President



SAVE THE DATE! SBC's Winter Party will be held on Feb. 2 at Northfield Inn. There will be online and mail-in registration options for the first time! Our next socializer is Wed. Dec. 13 at Fuglenzi's. Thanks to **Gladys Hajek** for organizing.

NOBELL NOMINATIONS NEEDED! The deadline is Dec. 20. See details in article on p. 3. **Scott Siever's** *Crankin' Christmas Eve Ride* on Dec. 24 will be the only leader-led ride until **Marty Celnick's** Jan. 1 *New Years Day Ride*. Our A/B and BCD Show-N-Gos continue all month. See the ride schedule for details.

Merry Christmas and Happy Holidays to all!

Secretary's Report

By SBC Board of Directors

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

New Members

Esteban Sanchez

Renewing Members (cont.)

Patricia Boyce
Kevin Brown
Ed & Linda Caupert
Marty Celnick
Harv Koplo & Annette Chinuge
Tyra Taylor

Renewals at the Contributing Level

Thomas Dodegge
Steve Sommer
Paul Sullivan

Renewals at the Sustaining Level

Marty Celnick
Dwight & Mary O' Keefe

Joining or renewing your membership is easy and there's no extra charge for doing it online. Go to the Membership page at www.spfldcycling.org. A printable membership form is also available online and in each month's QR.

NOTE: Those joining or renewing after the 15th of the prior month will appear in next month's report. For June 2015 and beyond, Board meeting Minutes are posted online at www.spfldcycling.org.

SBC November Socializer

Wednesday, December 13, 2017
5 p.m. to 7 p.m.

Fulgenzi's Pizza and Pasta

1168 East Sangamon Avenue
Springfield, IL



- Appetizers furnished
- Cash Bar
- Drawings for Free Drinks

Hope to See You There! — *Gladys Hajek*, Social Chair

Nominations Sought for 2017 NoBell Award

Nominations are now being accepted for the 2017 NoBell Award. This is perhaps the highest honor that the Springfield Bicycle Club bestows each year: to recognize an individual who has made a significant contribution to bicycling in the Springfield area. The origin of the award's name is somewhat murky, but presumably involves the prestige of the international Alfred Nobel Prize and the more specific bicycling reference to a Bell helmet, one of the first truly effective cycling helmets.

While there are no formal requirements for being nominated for this prestigious award, the award committee takes into account the length of time the nominee has been involved in bicycling and the contributions he/she has made within the local cycling community. Past award recipients have been recognized for going above and beyond normal levels of support and enthusiasm for bicycling. They have worked tirelessly to promote bicycling, contribute much to the club, and are admired and respected by their peers.

Nominations for this year's award should be submitted to one of the members of the 2017 NoBell Selection Committee, which is comprised of former NoBell recipients. The members of the committee are: Jim Hajek, Matt Saner, Kevin Greene, Alan Whitaker and Harv Koplo. You can make your nominations in person, by email, by phone or by snail mail, but nominations should all be received not later than December 20th.

To assist the NoBell Selection Committee in their task of reviewing nominations for 2017, it is recommended that you submit a brief narrative supporting your nomination, although this is not a requirement. The committee will do some research on their own before arriving at a winner for this year. Little-known information about a nominee is always appreciated and makes for a more informative and entertaining formal announcement of the winner.

Past winners of this prestigious award are:

1982 – Rich Huelskoetter	1983 – Greg Lakebrink	1984 – Louie Spinner
1985 – Dean Wisleder	1986 – Dave Ringland	1987 – Bud Cline
1988 – John & Marcy Werthwein	1989 – Dave Stjern	1990 – Mike Becker
1991 – Karl Kohlrus	1992 – Theresa DeLeon	1993 – Dave Heaps
1994 – Ernie DeFrates	1995 – Garland Stevens	1996 – Derek Ewing
1997 – Alan Josephson	1998 – Dave Lucas	1999 – Linda Butler
2000 – Mark Flotow	2001 – Don Struck	2002 – Lance & Lisa Kidd
2003 – Chuck Orwig	2004 – Cathy Yeaman	2005 – Cindy Kvamme
2006 – Lynn Miller	2007 – Robert LaBonte	2008 – The Elston Family
2009 – Bill Donels	2010 – Tom Clark	2011 – Brigetta Ewing
2012 – Kevin Greene	2013 – Matt Saner	2014 – Jim Hajek
2015 – Harv Koplo	2016 – Alan Whitaker	

Please give this some careful thought and get your nominations in to a committee member by Dec. 20th. Your support and input are greatly appreciated.

Thanks – The NoBell Selection Committee.

December 2017 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.

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 through 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 can answer questions about this ride. NOTE: Riders occasionally change the start time due to weather and other considerations. Please call ahead.
Monday through Friday 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Weekday A/B Ride. The weekday ride is a No Drop Ride, but riders should be able to maintain speeds of 18-20 mph for 20 to 40 miles between stops. Usually includes a stop midway. For information about this ride, contact Derek Ewing at 624-2016; also check Facebook at "Springfield IL Area Cycling" for updates.
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 2:00 p.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tom Clark, 726-5560 NOTE: Location Change!	Weekday BCD Club Ride. Show-N-Go. Ride the trails or go out in the country. Turn in miles to the records keeper. There is no ride leader, but Tom can answer questions about this ride.

Weekday Evening Rides		Check start times!
Mondays 5:30 p.m.	Parking lot at east end of Wabash Trail by Sonic Wabash Ave & Park St	BC — Show-N-Go 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 meet up with those riding from Sonic. Lights required.
Tuesdays 5:30 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.
Wednesdays 5:30 p.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Ted Sunder, 698-9194	BC – Show-N-Go along the Sangamon Valley Trail to Stuart Park for 12 mile RT or take the new extension north for up to 24 mi. There is no ride leader, but Ted can answer questions about this ride. Lights required.
Thursdays 5:30 p.m.	IDOT Dirksen Pkwy & Ash St Show-N-Go	Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper. Lights required.
Monday through Friday 5:30 p.m.	Pana Trail, Lake Taylorville parking lot, Route 29 Charlie Witsman, 299-7038	Show-N-Go – Ride 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		
9:00 a.m. NOTE: location and time may vary (see Facebook page)	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Weekend A/B 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 and B-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 Ewing at 624-2016 if you have any questions.
Saturdays and Sundays (Except Dec. 24) 11:00 a.m. NOTE TIME	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Weekend BCD Ride – Hit 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. NOTE: On December 24, join Scott's ride at 2 p.m. instead.
Scheduled Rides and Events		Check start times!
Wednesday December 6 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.
Sunday December 24 2:00 p.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Scott Sievers, 801-2873	ABCD – Crankin' Christmas Eve Ride. Board your trusty two-wheeled sleigh and head north for a merry meander up the newly extended Sangamon Valley Trail! We'll stop for hot chocolate and egg nog at the north end of the trail during this 24-mile ride. Prizes for the most festive outfits and bikes—lumps of coal for everyone else!
Monday January 1 11:00 a.m.	Rock 'N Roll Hardees 2501 Adlai Stevenson Dr Marty Celnick, 522-4206	ABCD – New Year's Day Ride. Ride for 10-25 miles. Start the new year by keeping your resolution to ride more miles!

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

Friday December 29 5:30 p.m.	Capitol Area Visitor's Center College & Edwards Streets (lot entrance on Edwards) Alan Escobar, 638-9523	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. All riders are welcome to join in a celebration of riding bicycles. Why? Because bikes are fun!
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Will Daylight Savings Time End?

By Marty Celnick

As I write this, we will lose Daylight Savings Time tomorrow. Then, for the first time since January, it will get dark before 5 o'clock. This will preclude the possibility of evening rides for the remainder of the year, unless you have good lights in front and rear. That much is bad enough, but now we hear people all over the country say that DST should end permanently.

It turns out that many people dislike the time change. After we set clocks ahead in March, sleep patterns and rhythms are disturbed. According to some studies, there are more accidents than usual on the Monday after the time change, and these are attributed to lack of sleep. Other studies say that the supposed energy saving is nil.

I don't know which of those studies, if any, have been peer reviewed. But I do know that DST isn't just about saving energy. It's also about better mental and physical health. Giving people the opportunity to pursue outdoor activity after work is a benefit that I don't want to go away.

How would the lack of DST impact our evening ride schedule? Well, in March, just after the time change, it gets dark at a little past 7. This gives us plenty of time to complete the Monday ride to Chatham and back with a 5:30 start time. Without the change, we would have to wait till about May 6th for a sunset at 7 or later. By September it will get dark early again. So we could only have these rides in May through August. If you would rather ride in September or October, when cooler temperatures prevail, you will be out of luck.

In the Maine legislature a bill was introduced that would permanently end the clock changes. The proposal would put the state in the Atlantic Time Zone, one hour ahead of Eastern, and the clocks would remain untouched all year round. New Hampshire and Massachusetts are also considering the switch. Many of the residents dislike the 4:15 sunset time in December. This might be a good move for those New England states, but I would like to see them move ahead in the summer for a later sunset.

Closer to home, a bill was introduced in the Michigan legislature that would do away with Daylight Savings Time permanently. The bill was introduced in 2015 and has not advanced since then. When I lived in Kansas, four legislators sponsored a bill to end the time change, but it didn't get anywhere. Perhaps people are speaking up and defending the time change. But today so many people are calling for the end, and I'm worried that it might happen. For those of us who disagree, it may be time to let the legislators know what we think.

Registration is Open! Sign Up Today

Grand Illinois Bike Tour

June 10-16, 2018



 rideillinois.org/events/grandillinoisbiketour

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*

- 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.

NEW MAILING ADDRESS

Springfield Bicycle Club
Post Office Box 13035
Springfield, IL 62791-3035

Springfield Bicycle Club
Post Office Box 13035
Springfield, IL 62791-3035
Address Service Requested
Not for Commercial Use

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

Springfield Bicycle Board Members

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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**