
The
**Quick
Release**
35 Years



April, 2011
www.spdfldcycling.org



QR Deadline is the 15th
of the month

The Springfield Bicycle Club (SBC) sponsors rides virtually every day of the year. SBC rides offer a variety of benefits. Rides provide an opportunity to meet and socialize with others in the community who also enjoy cycling. Novice riders will be introduced to safety techniques, effective riding habits and tips on basic bike maintenance. Sharing the cycling experience is what makes riding more enjoyable!

The SBC ride schedule contains rides to suit just about every cycling interest, whether for recreation, fitness, sport or touring. If you are a novice or new to group riding, we encourage you to start with a weekend, EZ, or neighborhood ride that has a designated ride leader. Plan to arrive at least 10 minutes before the starting time so that you have an opportunity to meet the ride leader and other members of the group.

The EZ Rider program is for riders new to the sport or riders who prefer to ride at a relaxed pace. You don't need an expensive bicycle or have to wear spandex to be a member. SBC members ride just about anything with two wheels and pedals, including those funny looking contraptions called recumbents.

The SBC annually sponsors the Capital City Century on the first Sunday after Labor Day, with routes of 12 to 100 miles.

Ride of the Month

The Lincoln's Birthday Ride held on February 12th (when else?) was selected as February's ride of the month. The EZ ride, led by Jim Hajek, followed a 7 mile route that started at the Capitol Complex Visitors Center and stopped at every major Lincoln sight within Springfield. The weather cooperated and the street conditions made for a very pleasant ride. The ride lasted for 1 1/2 hours as the riders dismounted at all of the stops along the way and got a chance to soak in some Lincoln lore.

Almost Anything Award

The Almost Anything Award goes to Ken and Sandy Anderson for allowing the use of their home for monthly board meetings. It is nice to be able to meet in a comfortable setting, with food and wine available. Thank you, Ken and Sandy.

Ride Leader Incentive

Robert La Bonte won this month's Ride Leader Incentive Drawing. Robert will receive a \$50 gift certificate to the bike shop of his choice.

President's Column

by Tom Clark, President

Spring has finally sprung! With warmer weather, I hope to see other club members on the road or trails. Or at ride starts -- it may be mid-April before I get Dr's OK to get back on the bike.

I'm excited about the SBC Great Cycling Challenge! Derek and Brigetta Ewing have created a series of five cycling events, the first of which is April 10. The first four events are free and self-supporting, while the last is the Capital City Century. Each ride's routes are different. The Challenge is what you make it—riding 100, 50 or 25 miles each time. Those earning a minimum of points receive a medal. This event series has something to offer for every type of rider. We hope it jump-starts the cycling interest of members and friends this spring. A mailing has also gone out to bike clubs and shops within a 100-mile radius.

For Cycling Challenge questions or signup, email Derek at [thecyclist \(at\) yahoo.com](mailto:thecyclist@yahoo.com). See also the Ride Schedule and separate article in this QR, and our Website and Facebook page.

The March Board minutes appear in this QR. Congratulations to Jim Hajek for Ride of the Month, and to Ken and Sandy for their AAA-winning role as hosts of our Board meetings. Vice President Jo Van Metre and the Ride Committee are working on a repertoire of 15 common rides suitable for use by new ride leaders. These rides may end up as resources on the Web site as well. Thanks to Jo for her innovative recruitment of ride leaders – she has some rides filled in as far ahead as October. To submit a ride or lead one, contact her at [vp\(at\)spfldcycling.org](mailto:vp(at)spfldcycling.org).

Mountain Bike Chair Kent Kraft will host the first mountain bike ride of the year on April 16 at Jim Edgar Panther Creek State Park -- a minute after turkey season ends. Wear orange, guys! QR Editor Curt Evoy says that the QR is now 35 years old. You may have noted that QR now has sophisticated electronic labels, not the glue-on kind. Thanks to Linda Butler and Alan Whitaker for this label makeover.

Springfield elects a new Mayor on April 5. We surveyed Mayoral Candidates in March about cycling-related issues. We wish the new Mayor a smooth beginning to his/her term.

Finally, here are two upcoming charitable events of interest to SBC members:

- The first annual central Illinois Tour De Cure is coming up Saturday, May 21! This fully supported charity ride features rides from 10 to 100 miles. Riders raise money and further the mission of the American Diabetes Association: to prevent and cure diabetes and to improve the lives of all those affected by diabetes. For more information, contact Amy Stephan, 1-888-DIABETES x6641 or [astephan\(at\)diabetes.org](mailto:astephan(at)diabetes.org).
- Mary Grant is seeking riders for the H.I.S. 300, an annual charity event that benefits a shelter in Haiti. The ride starts June 20 and ends June 25. Contact Mary at [ldteacher74137 \(at\) yahoo.com](mailto:ldteacher74137(at)yahoo.com) or visit their blog for registration/information at: hh300sr.blogspot.com.

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Memorial Day Weekend - Quad Cities

by Alan Josephson

Join the group on a new and exciting adventure. We will be visiting the Quad cities of Illinois and Iowa beginning Friday May 27 through Monday May 30th.

During that time we hope to ride trails and roads, eat ice cream, visit a microbrewery, shop, explore the popular John Deere Pavilion/ Commons and lots of other things you can find at <http://www.visitquadcities.com> (click on the visitors guide) from art museums to the zoo.

This weekend is designed for all SBC members whether you ride or not. If you don't want to ride, feel free to stay at the indoor pool and veg or explore the area.

Our hotel will be the Stoney Creek Inn (www.stoneycreekinn.com) located in Moline on the riverfront one block from the Deere Commons which is known for history, shops and entertainment. The 60 mile Great River Trail is located at our door. It will provide scenic views and lead us out of the area to country roads. The 12 mile Duck Creek Parkway Trail, a short drive across the river in Davenport, offers a wonderful greenway to ride. Also in Davenport is their 5+ mile riverfront trail that goes to Credit Island for more adventure and country roads.

There is also a bike friendly map of the areas' streets and roadways. See <http://www.bikelib.org> and click on maps.

Each day we will have a couple of choices for rides. Join the folks who have similar riding abilities as you, or pick a trail. We'll ride as groups with maps and cue sheets provided by the Quad Cities Bicycle Club so no one will get lost.

Your cost will be \$87 + tax per night for the room. It works out to be \$100 per night. So get a buddy and split the costs. This includes a hot "extended" continental breakfast. All other food and purchases are at your expense.

For those who wish to camp, there is a KOA in Moline and a few other camping places you can check out.

Last day to sign up is April 27th. We have a block of 15 rooms. After that time we lose any rooms left in our block at our special rate. So don't wait! First come first served.

Contact me at 217-793-0590 home or 217-726-0875 work or email me ahjosephson@yahoo.com.



39th Annual Capital City Century

by Deb Cooper, Special Events Co-Chair

The 39th Annual Capital City Century ("CCC") will take place on Sunday, September 11, 2011. Over 800 riders participated in last year's CCC and hopefully this year we will attract even more participants. To organize such an event requires the development of several committees and the help of many volunteers. If you have volunteered before, please consider doing so again this year. As you can see from the list below there are plenty of opportunities to be involved. If you want to ride in the CCC there are ways you can help before the ride and/or after the ride.

We are still looking for a few individuals to act as a chair or co-chair of certain committees. Those committees without a chair are so noted below. For your information a brief synopsis of duties involved with each committee is also included below. The event chairs, SBC board members and past-chairs will be available to answer questions and assist new chairs as needed.

If you would like to volunteer on a committee please contact that chair or contact one of the co-chairs of the CCC (Kevin Greene / kngreene@comcast.net / 793-9622 or Deb Cooper / cooperdeb56@hotmail.com / 899-8385). Feel free to invite a friend to work with you.

If you cannot volunteer, please consider supplying baked goods (cookies or muffins) for the food stops.

CCC COMMITTEES:

All committee chairs are asked to recruit new volunteers as needed; to maintain current lists of their volunteers; and to supervise their volunteers and activity area.

Baked Goods Callers - Stephen Paca (chair) stephen.paca@gmail.com

Recruit and orient Baked Goods Callers. Divide up current club directory and evenly assign sections to callers. Call one section yourself. Mail packets of follow-up postcards and stamps to callers for them to use in individual mailings to those who agree to make a baked good. Track who donates Baked Goods and report to CCC chairs.

Food - (No chair / co-chair at this time)

Coordinate selection/purchasing of all food items. Inventory food-related durable and consumable goods, and purchase, rent or borrow such goods as needed for event. Coordinate organization and transport of food items/goods to food stops. Supervise and support food stop chairs as needed, pre-event and day of the event. Ensure that day of event purchasing/transport methods are in place. Recruit food stop chairs and volunteers as needed.

Auburn Food Stop - Sue Hack (chair) 546-4514 / shack2@earthlink.net

Obtain food items/goods from Food Chair and Baked Goods Host. Coordinate Friday evening food stop cleaning and pre-loading of cook shack as feasible with food items/goods. Supervise food stand volunteers from 6:30 a.m. to 3:00 p.m. the day of the event and during cleanup. Pick up cook shack key by Friday 4:00 p.m. at Auburn city hall and return to drop box after event.

Beach House Food Stop - (No chair / co-chair at this time)

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Obtain food items/goods from Food Chair and Baked Goods Host. For any Beach House food items/goods purchased, rented or loaned directly according to past practice, coordinate procurement and transport (for example, meat, grilling equipment, beer). Assist in unloading and storage of Beach House items/goods the day prior (as feasible). Supervise Beach House food volunteers and operations from 8:00 a.m. to 5:00 p.m. while continuously monitoring all aspects of operation (estimated head count, grilling, serving, trash, etc.). Coordinate with Cleanup Chair.

Covered Bridge Food Stop - Ken Anderson (chair) secretary@spfldcycling.org

Obtain food items/goods from Food Chair and Baked Goods Host. Set up food stop at 7:00 a.m. on day of event. Supervise food stand volunteers until 3:30 p.m. the day of the event and during cleanup. Provide information to riders using fact sheet.

Rochester water Stop – (No chair / co-chair at this time)

Obtain water jug and snacks from Food Chair. Set up water stop at 10:00 a.m. day of the event. Operate water stand with host until 3:30 p.m. the day of the event. Provide information to riders using fact sheet.

Cleanup - Cindy Kvamme (chair) cindykvamme@att.net / 744-8864. *Clean Beach House beginning around 4:30 p.m. Clean utensils. Prepare utensils and supplies for storage or return. Determine disposition of leftover perishables. Sweep and mop upstairs and in locker rooms. Return tables and chairs to pre-event configuration. Determine best way to keep recyclables separate from disposable trash.*

Historic ride - Naomi Greene (chair) kngreene@comcast.net / 793-9622

Map and lead a slow-paced free, 10-mile bike ride beginning at Capitol Visitors Center at 1:00 p.m. Saturday the day prior to the CCC, with stops at historic sites throughout Springfield. Coordinate with nearby Pasfield House on hosting a pre-event visit. Recruit and orient assistant ride leaders as needed.

Information - Judy Shipp (Auburn), Dave Ross (Beach House)

Provide day of event information to riders using a large route map and fact sheet.

Marketing - Tom Clark (chair) president@spfldcycling.org / 726-5560

Post online event listings. Coordinate production of ancillary marketing materials as needed. Coordinate local posting/distribution of marketing materials.

Maps

Work with the CCC Chair to develop routes for CCC. Create short route and all routes black-and-white rider maps for distribution the day of event, and two poster-size color coded maps illustrating the route for use by Information Chairs. Obtain copies of maps from a local printer.

Photography – (No chair /co-chair at this time)

In coordination with Publicity Chair, take high-quality photographs for media and club distribution. Recruit others to take photos and/or make videos at key locations.

Publicity - Naomi Greene (chair)

Handle all pre-event mass media relations matters, including contacts with media personnel,

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setup of media interviews, and day of event coverage. Coordinate production of marketing & PR materials as directed by CCC chairs.

Registration - Alan Whitaker (chair) web@spfldcycling.org / 494-6807

Recruit volunteers to staff pre-registered and day of event registration tables. Coordinate with t-shirt chair on fulfillment of orders. Organize and supervise registration tables the day of event. Direct pre- and post-event registration data entry.

Route marking - Chuck Orwig (chair) chucko127@comcast.net / 793-3782

Coordinate marking of all CCC routes on the road using the Dan Henry Marking System. Obtain paint, brooms and shovels from storage prior. Orient volunteer by email, then meet them at 8:00 a.m. the Friday prior at Beach House. Send groups to mark each loop, while removing gravel as feasible from turns. Notify chair of any issues encountered while marking.

Route checking - Tom Clark (chair)

Recruit individuals to check routes on Saturday afternoon, remediating marking and other issues as identified by Marking Chair or discovered during the check. Place small warning/informational signs prior to event, and assist SAG drivers in signage recovery post-event.

Signs – (No chair/co-chair at this time)

Identify locations on route where large wooden orange diamond-shaped Caution Cyclists Ahead signs should be placed to warn motorists. Obtain signs and metal stakes from storage prior. Recruit a helper, divide up placement, and place signs early the day of event.

SAG - Christa McLaren Morris (chair) chrismac_67@yahoo.com

Coordinate provision of Support and Gear (SAG) support for riders on CCC routes, including simple repairs, water, and transport to Auburn or Beach House. Obtain and inventory SAG boxes. Develop staffing plan for route coverage. Orient drivers to duties and their route segment, and supervise equipping of SAG vehicles day of event. Coordinate with Radio Club (RC) to ensure rider safety and health, including placement of ICS stations on the route and RC Communicator personnel in some SAG vehicles.

T-shirts – (No chair/co-chair at this time)

Coordinate with Registration and CCC Chairs to determine t-shirt orders. Obtain t-shirt batches from CCC Chair. Run t-shirt booth at event, providing sizing and pickup for pre-orders. Coordinate t-shirt pickup for volunteers post-event.

Traffic direction – (No chair/co-chair at this time)

Individuals recruited to provide direction on East Lake Shore Drive during peak periods at the locations where each route turns on/off this busy road.

Volunteer Appreciation Committee

One or two individuals (no chair needed) recruited to write handwritten thank you notes to volunteers, citing their contribution(s) to the event. They will be provided with blank CCC stationery, made or purchased for the event.

Brief History of Site M

by Kent Craft, Mountain Bike Chair

The clumsily named Jim Edgar Panther Creek State Fish and Wildlife Area, mercifully shortened to “JEPC” contains the longest off-road bicycle trails within an hour’s drive of Springfield. Ever wonder why some people call it “Site M”?

Fifty years or so ago, Commonwealth Edison looked for a Midwest site for a coal-fired electricity generation plant. They needed a place with coal along with a site where a lake could be built to provide water for cooling. I used to think they first identified a Site A, and then a Site B, and so on until they got to Site M. It turns out to not be the case. “Site M”, for Menard County (the park is in Cass County—go figure) became their target and they started acquiring farmland until they had accumulated over 16,000 contiguous acres.

Unfortunately (for them) before they could start construction, various circumstances made the generating plant uneconomical. For quite a while the utility company retained ownership of the land, hiring a professional farm management firm (who I used to work for) to lease the land to farmers. The state jumped at the chance to purchase the land when it was offered for sale, as chunks of

land that large are rarely available. A more detailed history can be found at <http://dnr.state.il.us/lands/landmgt/parks/r4/jepc.htm>

The park was originally designed primarily for hunting and horse riding. The Springfield Area Mountain Bike Association (SAMBA) promoted the idea of having a shared use trail—shared by hikers and bikers. The horse riders could have their own road-apple covered trail. Perhaps surprisingly, the Prairie Lake bike trail was designed and built. It is open from April 16 through the end of October. Because of the spring turkey hunting season during the mornings, the trails are open to cyclists April 16 to May 16 only from noon to sunset.

In the early years, members of SAMBA volunteered hundreds of man-hours and a few dozen woman-hours into creating and maintaining the bike trails. To experience the trails yourself, join me on the opening weekend, Saturday April 16th at noon, starting at the Drake Lake trailhead near the Drake Lake boat launch area.

Art Show at R&M

by Robert LaBonte

The show opening is Saturday April 16, 5-7pm. It is at R&M and features art bikes from local artists. Also featured will be 2D art, with a bike theme. Some of the works will be for sale by the artists. We plan to have drinks and snacks, just like a real art opening! The show will be in place for one week. If you have any questions, or if anyone wants to get a bike in the show, just call me at home or during the day at R&M, 787-0237, or R&M 544-9550

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The SBC Great Cycling Challenge

Presented by Springfield Bicycle Club

Ride Leaders Derek and Brigetta Ewing

There are currently cycling events spreading across the U.S. called "Sportives", "Cycling Challenges" or "Gran Fondos". These rides have participants ranging from the professional to the avid amateur. I have attended a couple of these events and have had a lot fun and enjoyment.

I am introducing a version of these of which I believe many of the local area riders will also enjoy. These events would incorporate riding routes that they not regularly use. Each travels through several towns, allowing riders to have a relaxing break if needed. A ride fact sheet would be available on the SBC website and provided to riders the day of event. The fact sheet would include a map, road listing, continuous mileage listing, towns, suggested break stops including eateries and any other points of interest.

The event would consist of 5 centuries. Three distances are available on each days ride: @25 miles, @50 miles and @100 miles. The first four centuries will be totally self supported. The last is the Capital City Century. The dates are all Sundays -- April 10, May 22, August 14, August 28 & September 11.

The CHALLENGE could be what you personally want to make it, i.e., ride a 100 miles, or ride all 5 of the 25 milers. To add a little fun between friends, a tracking of mileage would be kept. Each mile would be a point. To and from miles would not be accounted towards CHALLENGE totals, but can be applied toward SBC ride mile totals.

The name of each rider who completes the series minimum of 3 rides will be placed on the online SBC "WALL OF FAME". Based on how many points they have earned, they will earn a Bronze, a Silver, or a Gold Medal, and will be recognized on the "Wall of Fame" as a Bronze, Silver or Gold Medal Winner.

Medal Earned Points (miles) needed

Bronze:	125 - 199
Silver:	200 - 399
Gold:	400+

Are you up to the CHALLENGE?

Make the COMMITMENT!

Commit yourself by registering for each ride early by contacting me, Derek Ewing at thecyclist15@yahoo.com . Please include your name, address, phone, email address and the category you are riding. Your name will then be placed on the sign up sheet but **you** will still need to check in on the day of the ride. You may also sign in at the day of the ride as usual.



The Springfield Bicycle Club
CYCLING CHALLENGE

Do you like a Challenge?

Do you like to test yourself?

Do you like having fun?

**Then the SBC
Cycling Challenge
Is for You!**

3 Ride Categories to Choose
Century - Half Century - Quarter Century

Dates
April 10 - May 22 - Aug 14 - Aug 28 - Sept 11

- **First 4 events free & self-supported; 5th event is the Capital City Century on Sept. 11, 2011**

More info at www.spfldcycling.org

April 2011 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, 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.

Note: Most rides are listed with multiple designations. This means that groups will form based on the above ride classifications. 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 Jo at 787-2770 or vp@spfldcycling.org.

Weekday Daytime Rides		Check start times!
Monday thru Friday 10:00 am	Morning Geezer Ride Washington Park Shelter 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.
Tuesdays 9:00 a.m.	Panera Bread Wabash Ave. & White Oaks Dr. Robert LaBonte, 787-0237	BC – Try a change of pace from the Geezer ride which is usually a bit faster than this one.
Monday thru Friday 10:00 am	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 12:20 pm	Vredenburg Park Saxon Dr. & Crusaders Rd. Tom Clark, 726-5560 Dave Ross 789-4823	BC — Westside Lunch Ride. Dave or Tom will hit the trails or go out in the country.
Monday through Friday Noon	Harris Building 100 S. Grand (at 2 nd St.) David McDivitt, 725-1986	AB — Ride 10-14 miles during lunch. Meet at the bike rack near the building. Please call David in advance.
Weekday Evening Rides		Check start times!
Mondays 5:30 pm	Parkway Pointe Theatre Lindbergh & Robbins Road Alan Whitaker, 494-6807	ABC — A favorite for fast and intermediate riders. Ride to Chatham for 20 miles.
Mondays, Tuesdays, Wednesdays & Thursdays 6:00 pm	Pana Trail Lake Taylorville Parking Lot Rt. 29 Charles Witsman, 299-7038	ABCD — Ride on the Lincoln Heritage Trail.
Tuesdays 5:45 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Robert LaBonte, 787-0237	BCD — Ride the Lost Bridge Trail.
Wednesdays 4:45 pm to 6:30 pm	Public parking lot (near Bluestem Bake Shop) Governor Oglesby St. Elkhart Christa McLaren-Morris 494-4028	ABC — Ride “The Loop” that includes Elkhart Hill. We will leave from the parking lot, ride the hill, and then finish with a ten mile loop. Repeat! Come when you can during the scheduled time. Ride it as many times as you can. Maps and ride sheets will be provided. Slower-paced riders are welcome, but should be self-sufficient in case they cannot keep pace with the rearmost group.
Wednesdays 6:10 (ish) pm	Wheel Fast Bicycle Co. 20 Cottonwood Dr. Chatham Matt Saner, 483-7807	ABC — Intermediate training ride. Meet at the bike shop and plan on 16-20 miles.
Thursdays 5:45 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Cindy Kvamme, 744-8864	BCD — Ride the Wabash Trail.
Thursdays 5:30 p.m.	Lewis Memorial Christian Village Koke Mill and W. Washington St. Chris King, 502-2121	AB – Training Ride. 23- 25 miles to Salisbury with Chris for some hills and speed training. http://www.mapmyride.com/routes/view/9299036

Scheduled Rides and Events		Check start times!
Saturday April 2 10:00 am	Rochester Station Walnut St. & Rt. 29 Rochester Alan Josephson, 793-0590	ABC – Ride a 28 loop ride to Edinburg wind and weather permitting with an extra loop to Mechanicsburg if you want 38 miles.
Sunday April 3 10:00 am	Fairhills Mall Bruns Lane and Monroe Marty Celnick, 522-4206	ABCD – Marty wants to offer us a great ride so will choose the destination based on the wind and weather on the day of the ride.
Wednesday April 6 7:00 pm	Residence 2301 Sangamon Avenue Ken Anderson 544-8410	NC — Board Meeting . All SBC members are invited to attend the board meetings.
Friday April 8 6 pm	Mario's 3073 Clear Lake Jo VanMetre, 787-2770	NC – Ladies' Night . This month the ladies are heading to an iconic Springfield restaurant for great Italian eats. Invite a friend along. Please RSVP if you plan to join us.
Saturday April 9 10:00 am	Centennial Park Bunker Hill & Lenhart Rd. Jim Hajek, 698-7626	ABC – Jim's taking us mostly north and west today for 31 miles with a short-cut option of 21 miles.
Sunday April 10 9:00 am	Chatham Community Park 760 S. Main, Chatham Derek and Brigetta Ewing 624-2016	ABC – SBC Great Cycling Challenge #1 . Chatham – Pawnee – Morrisonville – Pana/Taylorville Trail – Kincaid – Sangchris – Chatham. Mileage options: CENTURY = 97 miles, ½ CENTURY to Farmersville R/T = 50 miles, ¼ CENTURY to Pawnee R/T = 26 miles. See newsletter article for details.
Saturday April 16 12:01 p.m.	Jim Edgar Panther Creek State Park / Drake Lake Boat Launch Kent Kraft, 787-6974	MB — Mountain bike trails open at noon, but hunting season ends at noon so we'll wait the extra prudent minute. Ride the 5- mile Drake Lake Trail; stronger riders can also ride the 19-mile Prairie Lake Trail.
Sunday April 17 10:00 am	Wabash Trail East End Prkg. Lot Wabash Ave. & Park St. Kevin Greene, 793-9622	CD – Ride the trail to Chatham with a stop at the Apple Barn. About 22 miles.
Saturday April 23 10:00 am	Waldrop Park Sherman Cindy Kvamme, 744-8864	ABC – Cindy's going to try again for a 24-35 mile ride to Athens.
Sunday April 24 10:00 am	Centennial Park Bunker Hill & Lenhart Rd. Robert LaBonte, 787-0237	ABCD — 25-40 miles. Robert will lead the 'Easter Parade' to Loami, with option to Chatham.
Saturday April 30 10:00am	Chatham Community Park South Main in Chatham Chris King, 502-2121	AB – Ride with Chris 30-35 miles to Pawnee. C and D riders welcome, but should be self-sufficient (i.e. comfortable reading a map and fixing a flat without assistance) in case they cannot keep pace with the rearmost group, or perhaps ride the trail. Ride the trail with Chris for extra miles (maybe). http://www.mapmyride.com/routes/view/28438238
Sunday May 1 3:00 pm	Residence 79 Trailridge Lane in Fallingbrook SW corner Veterans/ Washington Jo VanMetre, 787-2770	ABCD and EZ – May Day Poker Ride and Potluck . Long and short route options plus a "neighborhoods" route for EZ riders. Dish to share is the entrance fee. Pick up cards along the route. Prize for the best hand, then share a meal with friends. In case of bad weather, come for cards and the potluck anyway. On-street parking is not allowed in Fallingbrook – please use one of the parking lots scattered throughout the neighborhood.

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Bicycle Trip Log - 2011 Kyle TX to St. Augustine, FL - 1397 Miles

by Karl Kohlrus

Karl Kohlrus is fulfilling his lifelong "bucket list" dream of riding his bicycle across the country. This became possible when Karl retired from City Water, Light & Power (CWLP) last October after a 31 year career. Christine Kohlrus is driving the support van, but also brought her bicycle along for short rides. Their friend, Deeanna Shidler, also from the Springfield Bicycle Club, decided to go along. Deeanna recently retired from Ameren. We decided to ride the Adventure Cycling Association Southern Route from San Diego, CA to St. Augustine, FL to avoid most of the western mountains and all of the eastern mountains, since neither of us like riding hills. Also, riding the Southern Route enables us to escape the Illinois winter weather (which turned out to be a good decision for this year!) Finally, because of time constraints, (Deeanna has to be in Florida by February 18th), we decided to ride the eastern half now and do the western half later this year. We began our trip on January 17th in Kyle, TX which is about 20 miles south of Austin. It is the halfway point across the US. The terrain had rolling hills from Texas through the Florida panhandle. The weather was colder than we expected with several morning lows of 26 degrees. Karl regretted not bringing his winter booties. The locals were also complaining about how much colder than normal it was. We had more crosswinds than headwinds or tailwinds. We had to ride several days with temperatures in the 30s and 40s. The most difficult day was the 44 mile trip from Round Top, TX to Navasota, TX. We had light rain early in the day, 30 mph crosswinds and sometimes headwinds, and cold temperatures all day.

In Texas we marveled about some of the beautiful ranches and their elaborate gates proudly displaying the Texas star. There were also many Texas "Lone Star" flags. We saw several other cyclists on the route, most of whom were traveling self-contained pulling

trailers and traveling east to west. We were fortunate we had Christine as our sag driver and were spending each night in hotels. The countryside from east Texas to the Florida coast consisted mostly of a pine forest. We had to share the road with logging trucks going to and from pulp mills. Although the route roughly parallel Interstate 10 and we spent several days riding on US 90, much of the route was in less populated areas. On one day in Mississippi we rode 53 miles before we got to a gas station. We were out in front of an ice storm and heading into a rainstorm, but remained dry, albeit cold.

The hills gradually smoothed out as we traveled further east in the Florida panhandle. By the time we got to Gainesville, the temperature warmed up into the 60s. We made it to St. Augustine two days ahead of schedule, but a moderate rain caused us to end our day early. This enabled all three of us to ride from the hotel to the previous day's endpoint and ride the final nine miles to the ocean. When we got to the St. Augustine Beach, we ceremoniously dipped our front wheels into the Atlantic Ocean. The first leg of our trip is now complete! Karl's "bucket list" bucket is now half full!

We plan to ride the west half of the ride from San Diego, CA to Kyle, TX this fall.

Board Meeting Minutes - March 2, 2011

by Stephen Paca, Recording Secretary

Present. Tom Clark, Jo Van Metre, Ken Anderson, Stephen Paca, Dave Lucas, Kevin Greene, Deb Cooper, Kent Kraft, Naomi Greene, Jim Hajek, Bill Donels, Alan Whitaker, Curt Evoy, Marty Celnick, Karl Kohlrus, and Bruce Van Metre.

The meeting was called to order by President Tom Clark at 7:06 p.m.

President's Remarks. Tom Clark had no remarks and started the meeting discussing a new business item. It was the only new business item raised during the meeting.

New Business. Derek and Brigetta Ewing's Great Cycling Challenge. The Ewing's have proposed a series of 5 rides, each with distance options from 25 miles to a full century, culminating with the CCC on September 11th. Derek and Brigetta will be ride leaders for all of the rides, and will be keeping records of each rider's mileage. Depending on total miles ridden in the series, riders will be categorized as Bronze, Silver, or Gold medalists and results will be posted on a "Wall of Fame".

Tom is working with Derek on promotional material for the event series. The plan is to send mailings to all bike shops within 100 miles of Springfield. These events are not timed races, so that does not raise any insurance issues. Tom also enlisted the help of Jeff Williams to design a note card sized flier for passing out to riders.

Minutes. Stephen Paca distributed a draft of the minutes from the March board meeting via e-mail. He made corrections based on feedback, and the minutes were approved.

Treasurer's Report. Dave Lucas presented the Treasurer's Report. He reported a balance

of \$16,290.47 for the period ending 02/28/11. Naomi Greene gave Dave more bills from the SBC winter party, which will be reflected in next month's report. Karl Kohlrus made a motion to approve and the Board approved the Treasurer's Report.

Legislative/Education Report. Bill Donels reported that Ed Barsotti of the League of Illinois Bicyclists (LIB) requested a face-to-face meeting on funding with congressman John Shimkus. The best they could do was a conference call. Bill and Ed, along with Mike Stratton of the Springfield Park District, Bob Thompson of Biketek, Frank Brummer of the Effingham LIB board, and Mike Houston were on the call. The group talked to Shimkus about future funding for bicycling projects, including Safe Routes To School. Ed sent Shimkus a list of all the bike projects in his district.

Bill and Kevin Greene attended the 2nd planning meeting for Springfield's Bike-to-Work Week. Compared to last year, they are ahead of schedule for organizing events. Bike-to-Work Week will run from May 16-20, with Bike-to-Work Day on Friday, May 20th. There are fliers and some promotions already in place.

Bill noted that last year the Springfield Road Runners Club donated to this event and suggested that SBC do the same. Kevin made a motion to approve, Dave seconded the motion, and the Board authorized the donation of \$100 to Bike-to-Work Week. The check will go to the Springfield-Sangamon County Regional Planning Commission.

The Bicycle Advisory Council continues to work on the downtown bike parking plan. The current proposed design is an inverted-U

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with an Abraham Lincoln silhouette inside the U. Kevin and Michael Higgins continue to inventory existing downtown parking. Several other bike club volunteers are working on the inventory for the rest of the greater Springfield Area. Kevin announced that there is a vacancy in the BAC.

Kevin distributed a draft of the survey on bicycling issues that will be sent to the Springfield mayoral candidates. Tom created the Web template for the survey. Based on feedback from the Board, Kevin and Tom will revise the wording of some of the questions. The plan is to send the candidates a letter with a link to the survey. The candidates will be given a deadline by which to respond; the responses will be posted on the SBC Web site and there will be a press release.

Social Chair Report. Naomi Greene reported on the annual winter party. About 50 to 60 people attended the party on January 29th. There was a swap meet before the event. SBC provided deli meat, potatoes, rolls, and beverages. Many members brought food to share. Several volunteers helped with set up and clean up, and Curt Evoy set up his slide show; Naomi suggested that the Board consider catering the event in the future so that the volunteers have more time to relax and enjoy the party. Attendees were encouraged to take home leftovers, and the extra soda and chips went to Tom's Super Bowl party.

Incentive Chair Report. Jim Hajek's historic sites ride was voted Ride of the Month for February. The Almost Anything Award was given to Ken and Sandy Anderson for continuing to host the SBC Board meetings. Robert Labonte's name was drawn for the monthly ride leader incentive award.

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Jo Van Metre mentioned that the ride leader incentive description on the SBC Web site doesn't match what the Board actually does during meetings. Alan Whitaker will fix the discrepancy.

Ride Committee Report. Jo Van Metre distributed a proposal for revising the Ride Classifications based on discussion at a meeting of the Ride Committee in February. The revised classifications are more descriptive to give new riders a better idea of what to expect and to help ride leaders more accurately classify their rides. The Board approved the new classifications.

Jo and the Ride Committee are also working on a repertoire of 15 common rides suitable for use by new ride leaders. Kevin Greene will share his collection of maps that he had previously gathered from weekend ride leaders to help the Ride Committee with this task.

Jo also reported that she has contacted several ride leaders and has completed planning for rides well into the year, even as far ahead as October.

Mountain Biking Report. Kent Kraft reported on upcoming mountain biking events. On Saturday, April 16th, there will be a ride at Jim Edgar Panther Creek State Park. The ride will start at 12:01 p.m. because the turkey hunting season officially ends at Noon that day. Kent is planning on a trail event in May in the St. Louis area.

Special Events Report. Kevin Greene and Deb Cooper reported on Capital City Century (CCC) planning.

Kevin presented a draft of the 2011 CCC Brochure for the bike shop mailing. The bike shop mailing will have a link to the online

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registration. Deb is contacting hotels to set up discounted room rates for out-of-town riders. This year there is no conflict with the Women's Biathlon, which is scheduled for Sep. 25th. We will provide space at the CCC for their brochures. The Springfield Radio Club has been contacted to again provide radio support for the event; they need to go through their formal process for approving their participation. Tom updated all the sponsor links on the Web site.

Alan Whitaker distributed a proposal for registration fees for the 2011 CCC. The revised fee structure encourages online registration, which will help decrease the problems associated with day-of-ride registrations. The Board approved Alan's proposal. The next mailing, to past participants, will not include the registration form on the brochure, but will point users to the CCC page on the SBC Web site, which will have a link to the Active.com online registration. A downloadable registration form will also be posted on the SBC Web site.

Deb reported on the many committees formed for the CCC. She will contact past committee chairs to see if they will again chair their committees, and will then post a list of committees that need chairs in the April Quick Release. Tom is writing a brief description of the committee chair duties. This year there will be a stronger effort towards recycling.

Newsletter Editor Report. Curt Evoy reported that the Quick Release finished its 35th year with no problems. Curt discussed the highlighting of the Cycling Challenge rides in the ride schedule. He got a quote for color highlighting from the printers, but didn't recommend it due to increased newsletter cost. It was suggested that

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typographical highlighting would be sufficient.

There was discussion of providing members with an option for opting-out of getting a copy of the QR mailed to them, in order to save on printing costs and to conserve paper. This led to discussion of how to remind members of their membership renewal. Tom suggested that we table this issue until we can prepare for a more focused discussion.

Webmaster Report. Alan Whitaker reported that Linda Butler worked on the membership database to sync the fields in the database with what is on the entry form. Linda also helped with setting up an address export.

Old Business. Update on the Tour de Cure: Mark Rabin and Ken Anderson are on the committee for this event. Mark asked if training rides could be in conjunction with club rides and if the TdC could be a supplemental club ride. The TdC won't be published in the SBC ride schedule, but members can count mileage for the ride as it falls under the category of other organized rides. There was a question of whether SBC would sponsor one of the rest stops. The American Diabetes Association would provide refreshments at the stop and SBC would provide the volunteers. Tom and Ken will contact Mark for clarification about the rest stop needs.

The meeting adjourned at 9:03 p.m. The next meeting is scheduled for Wednesday, April 6th, 2011 at 7:00 p.m. at the home of Ken and Sandy Anderson.

April Memories

by Michael Becker

1976–35 Years Ago: Club membership continued to grow. Vaughn Morrison joined, as did the Ringlands. And the members continued to show up at meetings. 44 SBC'ers came in April to see Jack and Gerry Casey's slides on a bike/hike trip to Montana and Idaho. Becki Grillo won the AAA for riding on the Easter ride dressed as a bunny (no, not what you were thinking). ++The club treasury stood at \$192.44 at the month's end. ++Peggy Self became the Illinois legislative liaison for the LAW. ++With the Bicentennial in full swing, the club made some incentive awards, based on this year on Bicentennial theme. Participants in 13 events (for the 13 colonies) were recognized: Dave Lucas, Greg Lakebrink, Dean Wisleder, and others; 200 miles (for 200 years): Greg Lakebrink, Benton Weathers, Dave Lucas, Dean Wisleder, Hal Wakefield, Jack Casey and Barbara Weathers; leadership: Dave Lucas, George Caldwell, Dean Wisleder.

1981– 30 Years Ago: The third annual (or maybe the fourth—the March and April newsletters disagreed on this point) Ken Alrutz Memorial Metric Century drew 45 riders, with the weather warm and windy, not the usual fare for this early season ride. ++On the membership side, Tim Danenberger, SBC's friend from New Berlin, joined, and C. Wells Horton (our very own submarine captain) won the AAA for showing up at a club ride before he even found a place to live in the Springfield vicinity. ++Chuck Cali presented slides of spring flowers, which seems far distant at this writing.

1986–25 Years Ago: In the planning stages was the annual overnight ride to new Salem, starting at the roadside park in Sherman. (This was an old park servicing Route 66 travelers but later

disappeared along with Route 66. The club continued to stage rides from that area and still called it the roadside park, even though it was nothing more than a dirt road and gravel. Now it's back! (Or was in 1986. I haven't been out there in a while.) Several picnic tables and the promise of grass and trees make this an inviting starting point once again.) ++The eighth annual Alrutz Metric Century (I guess this answers the disputed count five years ago) went off on schedule, but no word as to numbers of participants. The ride was named for a club member who was tragically killed while riding. April of 1986 saw another sad loss for central Illinois riders: Diane Ziegler Matuska was struck and killed by a car in Peoria. She took second place at the 1978 Hilly Hundred for having ridden the farthest to get to the HH, losing to Dave Ringland who began his ride to Indiana from St. Paul, Minnesota. The Illinois Valley Wheelm'ns' Diane's Ride is named for her and is ridden each year in her honor.

1991–20 Years Ago: Gil Johnson led a Poker Ride and Card party. (Ask me sometime how I almost killed him on a ride—seriously. Too long to recount here.) ++Linda Schrodt conducted a first aid course at the meeting for the occasional (frequent?) “road rash and other bicycling delights.” ++The fourteenth (OK, we are back to disagreement!) Alrutz Metric Ride drew 142 riders who battled fierce winds, but no rain. Mark Grieve did NOT show up, having been scheduled to sing the tenor part in Brahms' Requiem in Galesburg. ++Louie Spinner took Rider of the Month.

1996–15 Years Ago: The TGI–Spring Ride (formerly the Alrutz Metric) was basically a washout with heavy rain, high winds and cold weather. Only a few hardy riders did it. The renaming of the ride this year was also a

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washout for many, including Dave Ringland, upset that the ride no longer honored Ken Alrutz. + Theresa DeLeon was top rider for the month. She also won the AAA for her "food stop planning prowess." ++The club meeting topic was a Greenways and Trails discussion led by Craig Williams.

2001–10 Years Ago: Derek Ewing from City Cycle sponsored a road race in Athens and a criterium in Auburn. Volunteers from the club assisted. ++The 24th annual ride (at least we have achieved a recent consistency), good weather assisting, had 251 participants. ++Mary Thomas' Ride of the Jacksonville Area won Ride of the Month. Ben Fox took the AAA for making "trail boxes" to be used on our local bicycle trails. The great craftsman that he is, he designed the wood/plexiglass boxes to hold SBC brochures and other club materials. Arden Gregory took top Rider of the Month. And, Lisa Kidd took the LWB for dropping Roger Wright, last year's high record high mileage holder, on a ride. Details: Roger was absent from rides for several months and showed up, only to have Lisa on roller blades going all out to drop him on the Lost Bridge Trail.



Secretary's Report

by Ken Anderson, Secretary

Renewals

Jeff Tipps

Jeff & Judy Cox

Renewals at the Contributing Level

Mark & Linda Flotow

Renewals at the Sustaining Level

Vaughn Morrison, Sherry Knight & Family

New Members

Zachary Bright

Mary Rogers

Amy Eden

Thanks to all for your support of the SBC and bicycling!! Ride safe!!

Note: Renewals or new applications not received by the end of the first week of the month may be recorded on next month's report

Out of Town Ride

by Mike Eymann

Check out these upcoming out-of-town rides that are a day trip Away. Mike says these nearby clubs support our Century, and we should support theirs too.

St. Louis Bicycle Club/Belleville Area
Bicycling & Eating Society

Tour De Stooges May 7 in Highland, IL
www.tourdestooges.com

Springfield Bicycle Club Membership Application

New Member Renewing Member Change of Address

Name	
Address	
City	
State	Zip
Email Address	
Phone	
Birthdate*:	

Type of Membership

Individual \$15/ year Family \$20/ year Contributing \$25/ year
 Sustaining \$50/ year Patron \$100/ year Corporate \$100/ 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 Email Announcements

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 with 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 _____

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 **\$11.00 dollars** extra and print your name (clearly) on the following line as you would like it to appear on your name badge:

Badge Name: _____

Mail with Check to:

Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705

* 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

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Not for Commercial Use

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Mike Schwab

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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 to in the following month's QR. Individual club members (excluding businesses) may list bicycling related items to buy or sell without charge.