



September, 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

This month's Ride of the Month goes to perennial favorite, Lyn Schollett's Ice Cream Ride. Some of the annual regulars participated under wilting weather conditions. In fact, heat and humidity seem to be a traditional part of the ride. Some would say if you want to find the hottest days of the summer, look up the date for the Ice Cream Ride and you'd be close. About 10 people came out for the neighborhood ride. Another dozen or so people stopped by later for cool treats. The ice cream buffet always features a couple of flavors, with bananas, chocolate, nuts or sprinkles for toppings. Look for this fun event next year!

Almost Anything Award

This month's award goes to Charlie Witsman and others who ride in Taylorville for taking the time and effort to clear off the debris on the Taylorville-Pana trail, also known as the Lincoln Prairie Path. There is no park service or other agency that performs regular trail maintenance, so their work is greatly appreciated. Thank you, Charlie and all.

Ride Leader Incentive

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

President's Column

by Tom Clark, President

Things are really buzzing as we head into September! We had a great Annual Meeting and Socializer at Brickhouse West on August 3, with 40+ members in attendance. Members watched a slide show of past year accomplishments, and shared some ideas for improving the club. One of those ideas – more social events like the Annual Socializer – gets underway in October with a socializer on October 19 at Brickhouse West, where we will be treated to some photos from the Capital City Century, courtesy of Brad Lott and family. After that, we head to It's All About Wine on November 16, where Curt Evoy will host. We'll give these monthly socializers a try this year, usually on the 3rd Wednesday. Each will start at 5pm. We'll have free appetizers for members and the welcome mat out for potential members. Tracey Hurley's Walnut Street Winery event on September 23 is a great opportunity to socialize this month.

At the Annual Meeting, we voted in a slate of four elected Board officers, and heard the slate of nominees for appointed Board members who will be sworn in at the September meeting. We're still looking for Incentive and Special Events chairs, but otherwise we already have a full board for 2011-2012. The new Board's Installation Dinner is September 30 at Mariah's.

Preparations are well underway for the Capital City Century on September 11. Kevin Greene and Deb Cooper are planning a great event! Many volunteers have signed up already, but we are always looking for a few more. The excellence of our volunteers is one reason that the CCC is the premiere Century cycling event in downstate Illinois.

Chris Young's fantastic article previewing the CCC was published in the State Journal-Register on August 12. He cited the "Greening of the Century" theme, with locally grown brats, biodegradables, and recycling -- thanks to Kevin Greene for his vision here, and to Deb Cooper and Naomi Greene for their work to date making this food-related theme a reality.

Chris Young's article also cited the SBC Great Cycling Challenge events that helping SBC and other riders prepare for the Century. Derek and Brigetta Ewing are to be congratulated once again, for another great turnout at Challenge #3, held August 14! The 5th and final Challenge event is the CCC.

We continue to enjoy a variety of great member-led events. For example, our Pedal and Paddle event on August 3 at Sugar Creek Covered Bridge drew 24 pedalers and 11 paddlers! While it was a challenge keeping up with Roger Schnelten's sleek touring kayak in my sturdy but slow recreational kayak, I enjoyed every minute. Many thanks to Mark Kuhn and his neighbor Jerome for providing kayaks and canoes, to Roger S. and Tracey Hurley for bringing canoes as well, and to Elizabeth Jones for inspiring me to take up paddling. Mark and I will look at offering more such multi-sport events in the future.

Board Meeting Minutes - August 3, 2011

by Stephen Paca, Recording Secretary

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

The meeting was called to order by Tom Clark at 5:43 p.m.

President's Remarks. No remarks.

Minutes. Stephen Paca distributed a draft of the minutes from the August 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 \$11,448.77 for the period ending 7/31/11. Karl Kohlrus made a motion to approve the report, Marty Celnick seconded, and the Board approved the report.

Special Events Report. Deb Cooper and Kevin Greene led a meeting of CCC chairs just prior to the Board meeting. The committee chairs will be calling for volunteers in August if they haven't already done so. Kevin proposed that SBC authorize three \$50 gift certificates to be awarded to the top three CCC photo contest winners. Alan Whitaker seconded, and the Board approved the proposal.

Legislative/Education Report. Karl Kohlrus recounted the events of the grand opening of the Sangamon Valley Trail on Tue, July 26th at 11 a.m. Bill Donels reported that the city has not yet decided on how to best connect the Stanford Ave. extension and the extension of the Lost Bridge Trail, south of Southeast H.S. The city must work with the Springfield Park District and residents of the local neighborhood towards a mutually agreeable solution. Bill also reported that The League of Illinois Bicyclists plans to update the

Springfield bicycling map; the new map will be in color.

Social Chair Report. Jim Hajek reported that the summer picnic was a success, with about 40 club members attending.

Incentive Chair Report. Lynn Schollett's Ice Cream ride was voted Ride of the Month for July. The Almost Anything Award was given to Charlie Witsman and co. for taking the initiative to clear weeds and debris from the Taylorville-Pana trail on their own. Ernie Debrates's name was drawn for the monthly ride leader incentive award.

Ride Committee Report. Jo Van Metre reported that the September and October ride schedules are nearly complete. Kevin and Lola Brown will be hosting a Halloween party this year and would like submissions of pictures with the theme of "Bicycling's Scariest Moments".

Mountain Biking Report. No report.

Newsletter Editor Report. Curt Evoy reported that the article deadline for the QR is the 15th of the month. Any articles should be submitted before that deadline to help Curt determine layout for that issue.

Webmaster Report. Alan Whitaker reported that he received the first draft of a proposed redesign for the club's website. Brad Lott and Stephen Paca volunteered to also review the design. Jo Van Metre sent maps to Alan to post on the website's Maps section.

Old Business. 2011-12 Board Elections – Nominating Committee Update: Jo reported that the Special Events/CCC and Incentive Chair board positions are open. Marty Celnick and Shirley Baer volunteered to be co-editors of the QR.

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New Business. Karl Kohlrus reported that while the engineering for the next segment of the SVT is already funded, there is currently no funding for the construction costs. Karl suggested looking into starting a fund with the Land of Lincoln Foundation to help raise funds for the extension. Ken Anderson and Kevin Greene suggested that the club look at fundraising efforts holistically for all local projects. Karl plans to contact other local groups to see if there is interest in creating a coalition of local clubs focused on this effort. The Board will revisit this issue at the next meeting.

The meeting adjourned at 6:45 p.m. and the Annual Meeting and Socializer followed directly after. The next Board meeting is scheduled for Wednesday, September 7th, 2011 at 7:00 p.m. at the home of Ken and Sandy Anderson.

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Notes from the Annual Meeting. Tom Clark presented a slideshow highlighting the club's achievements in the past year. The executive board nominees for the upcoming Board year were approved by the attendees. The remaining, appointed, Board positions will be confirmed at the September Board meeting.

Tom solicited suggestions from the attendees for ways to improve the club. Some suggested more social events, like the gathering that followed the Annual Meeting, and bringing back the Bike-to-Bar rides.

Curt Evoy conducted a social networking survey of attendees through a show of hands and found that few members used twitter, but many used facebook.



September 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.

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 Karl at 544-8410 or vp@spfldcycling.org.

Weekday Daytime Rides		<i>Check start times!</i>
Monday thru Friday 9:00 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.
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 5:45 pm	Parkway Pointe Theatre Lindbergh & Robbins Road Kedra Elston, 741-9421	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	Sangamon Valley Trailhead Centennial Park Bunker Hill Rd. & Lenhart Rd. Robert LaBonte, 787-0237	BCD – Come and ride the new Sangamon Valley Trail with Robert. Meet at the trailhead parking lot west of the park. 11- and 15-mile routes.
Tuesdays 5:30 pm	Schlitt Park 2400 Sharon Drive (South of Owen Marsh School) Kevin Greene, 793-9622	EZ – 10 miles at a relaxed pace through city neighborhoods. Those interested will meet for dinner afterwards at a local west side restaurant.
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 5:30 pm	IDOT, Lost Bridge Trail Ash St. & Dirksen Parkway Cindy Kvamme, 744-8864	BCD — Ride the Lost Bridge Trail with bike club friends.
Thursday 5:30 p.m.	Lewis Memorial Acres Park Koke Mill south of Washington St. Tracey Hurley, 414-8900	AB – Training Ride. 23- 25 miles to Salisbury with Tracey for some hills and speed training.
Scheduled Rides and Events		Check start times!
Saturday September 3 9:00 a.m.	Rotary Park Iles Ave. & Archer Elevator Rd. Jim Bolt, 381-4025	ABC – Ride 30 miles with Jim today. Longer routes to Pleasant Plains (40 miles) and Ashland (49 miles) are an option as is a shorter 18-mile route.
Sunday September 4 9:00 a.m.	Vredenburg Park Saxon Dr. & Crusaders Rd. Tom Clark, 726-5560	ABC – Two Casey's Ride. 53 miles to Ashland with cutoffs of 44 to Pleasant Plains or 33 to Salisbury (Morning Star Café.). Or take the trails to Chatham/Apple Barn.
Monday September 5 9:00 a.m.	Rochester Station Walnut St. & Rt 29, Rochester Christa McLaren-Morris 494-4028	ABC – Ride to Pawnee, about 26 miles round trip. Ride from IDOT for more miles.
Wednesday September 7 7:00 p.m.	Residence 2301 Sangamon Ave. Ken Anderson, 522-3876	NC — Board Meeting. All SBC members are invited to attend.
Saturday Sept. 10 9 am - 3 pm	Residence 1120 W. Edwards St. Stephen Paca, 766-2604	NC – CCC Baked Goods Drop-Off. Drop off muffins, cookies and other homemade goodies at Stephen and Kristina's home for the CCC ride on Sunday.
Saturday September 10 1:00 p.m.	State Capitol Visitors' Center 425 S. College St. (west of the Stratton Building across College Street) Jim Hajek, 698-7626	EZ – Historic Sites Ride. Jim will lead a 10 mile tour of Springfield historic sites the day before the Capital City Century. The ride will last approximately two hours.

Sunday September 11 7:00 a.m.	Center Park Beach House 100 Long Bay Shore Drive Lake Springfield Deb Cooper, 546-5099 Kevin Greene, 793-9622	ABCD – 39th Annual Capital City Century/SBC Great Bicycle Challenge #5. 10, 25, 40, 62, 80 and 100 mile routes over flat to slightly rolling terrain. Registration begins at 6:30 am. Includes SAG service, multiple food stops and “post-pedal’n” party free to registered participants. SAG service ends at 4:00 pm; all riders are asked to be off the route by that time.
Monday September 12 8:00 p.m.	IDOT/Lost Bridge Trail Ash St. and Dirksen Pkwy. Marty Celnick, 522-4206	ABCD – Full Moon Ride. Wind down from the CCC by riding the trail with Marty tonight. Lights required.
Saturday September 17 9:00 a.m.	Center Park Beach House 100 Long Bay Shore Dr. Lake Springfield Alan Whitaker, 494-6807	ABCD – CCC Volunteer Appreciation Ride. 25, 40, 62, or 100 miles. This ride is an opportunity for volunteers who worked the Capital City Century to try one of the routes. All club members are invited to participate. This ride counts as the SBC Great Bicycle Challenge #5 for CCC volunteers.
Sunday September 18 9:00 a.m.	Wabash Trail, East End Pkg Lot Wabash Ave. & Park Ave. Kevin Greene, 793-9622	CD – Ride to the Apple Barn with Kevin today. About 22 miles.
Friday September 23 6:00 p.m.	Walnut Street Winery 309 S. Walnut, Rochester Tracey Hurley, 414-8900	NC – Back to this great venue for Wine and Bocce Ball. Join Tracey for a fun and relaxing evening!
Saturday September 24 9:00 a.m.	Capitol Complex Visitors Center 425 S. College Street Harv Koplo, 899-9175	ABCD – Moving-Planet Event. Ride to Jubilee Farm Fall Festival, about 22 miles. Enjoy activities and food (Robert LaBonte will be on hand making old-fashioned caramel corn!). Ride part of the Sangamon Valley Trail on the return trip. Check out the following links: http://www.jubileefarm.info/ and http://www.moving-planet.org/events/us/springfield-illinois/1091 Moving-Planet is an international event mobilizing folks from all over the world to get moving beyond fossil fuels.
Sunday September 25 9:00 a.m.	Waldrop Park Sherman Karl Kohlrus, 544-8410	ABC – 30 miles to Elkhart or 52 miles to Mt. Pulaski. Ride the smoothest road in Logan County from Mt. Pulaski to Elkhart! Riding the Elkhart Hill is optional.
Friday September 30 6:00 p.m.	Mariah's 3317 Robbins Road Tom Clark, 726-5560	NC – Installation Dinner. Join us in welcoming our new board members.

Ride Classifications

NC – Non-Cycling events.

MB – Rides suitable for mountain bikes.

EZ – For riders who prefer a pace under 10 mph. 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.

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.

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. Riders are comfortable navigating by map if separated from the group.

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.

Secretary's Report

by Ken Anderson, Secretary



Register online at Active.com

Renewals

Derek Ewing
Susan Dees Hargrove
Michael & Susan Moore
Mark Summer
Pete Gudmundson
John Nonneman
Rich Saal & Family
David Kolaz
Art Meyer
Ed Doornbos & Marilyn Okon
Leonard & Sherry Miner

Renewals at the Contributing Level

Mike Eymann
Vicki Berry
Ted Sunder & Family
Bob Dettling
Garland & Leslie Stevens

New Members

Cindy Johnson
Ryan Churchill
James Forgy & Family
Michael Kokal

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

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

Sherman Bike Rodeo Seeks Volunteers

Bike rodeo organizers are seeking volunteers to assist with the Sherman Bike Rodeo, which will be held the afternoon of Saturday, September 24th at Sherman Elementary School. Volunteers will help out at 8 stations on the rodeo course set up at the school. Participating children ages 5 to 13 will be taught safe cycling habits. If interested in volunteering for the rodeo, please contact Sandra Walden at swalden@casscomm.com or at 544-3234 / 638-2038.



Sunday October 9th.
33rd Annual Oktoberfest
Roger and Hope Schnelten 245 Circle Drive.

30 mile riders off @ 2 PM
15 mile riders off @ 3 PM
Food off the grille ~ 4:30 PM

Antone and Wick to play ~ 4 PM

Hopefully it will be cool/cold enough for one or TWO Bonfires this year.



Life at 12: Running Errands

by Dave Ross

Commuting to work is unique. When running errands on your bike, you can usually wear whatever you want to—but most of us have to wear some specific costume to work, which presents a commuting challenge. There are two options: wear your work clothes on the bike, or change when you get to work.

Biking in work clothes: As Nike says, just do it! We have a mindset that biking requires Spandex, but it just ain't so. As long as you have a relatively short distance (about 10 miles or so) and keep to a reasonable speed (10-12 mph), there is no problem biking in work clothes.

There are a few tips for biking in work clothes, however. Dark pants will hide grease marks if you accidentally contact your chain. Use a cuff holder to help keep your pants legs away from your chain, or roll up your pants leg or tuck it in your sock. (Yeah, that looks goofy, but who cares? You already look goofy because you're riding a bike! In America!) If you use lace-up shoes, tuck the laces into the shoes to keep them out of the way. Keep a comb in your desk. And using a Headsweats beanie under your helmet helps prevent helmet hair.

Note that if you don't have platform pedals on your bike, you will at least need to swap shoes when you get to work. Don't forget to take your dress socks along.

Changing clothes: This option requires a little more advance planning. Lay out all of

your work clothes, including socks, shoes, and underwear, and pack them in a pannier or backpack. Don your biking togs, fill your water bottle, and go.

If you're lucky enough to have a shower available at your workplace, remember to bring a towel and toiletries. (If you hang your wet towel over your bike frame, it will be dry by the time you head home.) If you don't have a shower, you can still make do. Baby wipes make a good instant shower: wipe up, air dry, dress, and let people wonder how you look so fresh even though you just biked to work.

Other tips: For an early morning or late afternoon commute, I usually don't bother with sunscreen. However, if you're sensitive to the sun, don't forget that you will be outdoors. If rain is predicted for the middle of the day, cover your saddle—even if the rest of the bike gets wet, you'll have a dry saddle to sit on. Toiletries and baby wipes can be kept in your desk or a locker.

Commuting to work by bike leaves me refreshed and ready to tackle the challenges of the day. Try it, especially during these fine fall days.

“Life at 12” refers to my 12 mph commuting speed. Questions or commuting tips to share are welcomed; contact me at rossesse@gmail.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 *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 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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***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.