



the Quick Release

www.spfldcycling.org

October 2012

President's Column

by Tom Clark, President

A big THANK YOU to all the volunteers who helped us stage our 40th Annual Capital City Century on September 9! It was a big success, with over 800 riders participating. SBC had over 80 volunteers, including 13 students from Auburn High School 's National Honor Society. The Radio Club had over 20 volunteers once again.

Inside this month's QR you will find three trip reports with photos contributed by SBC members, our ride schedule, and more! We have an amazing array of social activities and rides coming up this month, including our annual **Octoberfest** with Ski Club (Oct. 7) and **Halloween Party** (Oct. 26). New this year is a family-friendly **Spooky Kids Ride** (Oct. 27) that is *open to members and non-members*.



Roger's 34th Oktoberfest

Sunday, October 7

245 Circle Drive
Springfield, Ill
217-529-0780

Brats, Burger and Beverages (including bottled water) will be provided.

Bike Rides

50K - 2 p.m.
31K - 3 p.m.

Side Dishes Welcomed.

Carpooling and Lawn Chairs recommended.

Music by Antone and Wick in the evening.

Bonfire (hopefully) at dusk.

What's Inside:

Incentive Awards	P 2
Secretary's Report	P 2
Board Meeting Notes	P 3
Thank You CCC Volunteers.....	PP 4-5
Cyclists Tour Lincoln Sites	P 6
Tour de Trauma.....	P 7
Minnesota Trip, August 2012	PP 8-10
Ride Schedule	PP 11-14
Other Area Rides	P 14
Membership Application	P 15
Board Directory	back cover

Incentive Awards

by Marty Celnick, Incentive Chair

Ride of the Month

Lyn Schollett's ice cream ride was a big hit this month. About 8 people showed up to ride in Washington Park and through nearby neighborhoods against the backdrop of intermittent drizzle. It was a cool refreshing day. Afterwards, we went into the house for ice cream and other refreshments. Many people came later for the party. It was great to hangout. Thank you, Lyn.

Almost Anything Award

This month's award goes to Ed Barsotti and Gin Kilgore of the League of Illinois Bicyclists (LIB) for their creation of a new color coded bicycle map of the greater Springfield area. The map is a great piece of work, with the main cycling routes clearly marked. There is also information on safe cycling, and rules of the road. This map was designed with input from locals, including Springfield Bicycle Club members. Thank you, Ed and Gin.

Monthly Ride Leader Incentive Drawing

Lyn Schollett won this month's Ride Leader Incentive Drawing. Lynn will receive a \$50 gift certificate to the bike shop of her choice.

Secretary's Report

by Ken Anderson, Secretary

Renewals

Tom Clark	Mark Summer
Curt Evoy	Regina-Marie McGuire
John Nonneman	Lynn Rhoades
Francy Cobern	Ed Doornbos and Marilyn Okon
Karol Young	Stan Gralnick and Laurel Garber
Charles Witsman	Cathy Yeaman and Mary Lou Hicks
Gi Shaw	

Renewals at Contributing Level

Alfred and Harriet Arkley
 .Roger McCredie and P.J. Burtle-McCredie
 Mark and Judy Kuhn and Family

Renewals at Corporate Level

Dwight O'Keefey

Renewals at Sustaining Level

Cassandra Claman

New Members

Fran Williams	Erik Welch and Catherine
Deb Stahl	O'Connor
Michael Dwyer	Daniel Griffin
Elizabeth Simpson	Mark Poani
Raydean Davis	Bonnie Nicholson
Mike Curry	Doug Galayda
Jeff Williams	Dave Wedemeyer

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.



To join or renew your membership online, go to
www.spfldcycling.org/membership.htm

and click on the **Active.com** link.

Board Meeting Notes - September 5, 2012

by Stephen Paca, Recording Secretary

Present. Tom Clark, Ken Anderson, Stephen Paca, Jim Hajek, Ray Caruso, Bill Donels, Lynn Miller, Alan Whitaker, Marty Celnick, and Mike Schwab.

The meeting was called to order by Tom Clark at 7:13 p.m.

President's Remarks. No remarks.

Minutes. Stephen Paca distributed a draft of the minutes from the September Board meeting via e-mail, and he made corrections based on feedback.

Treasurer's Report. Jim Hajek presented the Treasurer's Report. He reported a balance of \$10,368.66 for the period ending 08/31/12. Ken Anderson made a motion to approve the Treasurer's Report; Lynn Miller seconded the motion; and the Board approved the report.

Social Chair Report. Jim reported on attendance numbers and the shared expenses for the multi-club summer picnic. Approximately 200 people attended, 64 of which were from SBC.

Special Events Report. Ray Caruso reported on preparations and activities in the final week leading up to the Capital City Century. Ray discussed the Fat Tire bicycle he received from E&F Distributing and how it could be used as a prize for a membership drive, with a portion of the proceeds going toward local advocacy efforts. Alan Whitaker reported on CCC pre-registration numbers.

Legislative/Education Report. Bill Donels reported that the Bicycle Advisory Council is planning to meet with the mayor to talk to him about getting Springfield recognized as a "Bicycle Friendly Community" and to encourage him to apply to the League of American Bicyclists for the recognition.

Incentive Chair Report. Marty Celnick conducted the Incentive Awards. Lyn Schollett's Ice Cream Sundae ride was voted Ride of the Month for August. The Almost Anything Award was given to Ed Barsotti and the staff at the League of Illinois Bicyclists for their work on the new Springfield bicycle map. Lyn Schollett's name was drawn for the monthly ride leader incentive award.

Ride Committee Report. Tom Clark circulated the October ride schedule. It is almost complete and Tom will work with incoming Vice President Tracey Hurley to fill the last few open spots.

Newsletter Editor Report. No report.

Webmaster Report. Alan Whitaker reported that he is continuing to promote the CCC on the website and facebook pages.

The meeting adjourned at 8:51 p.m. The next meeting is scheduled for Wednesday, October 3rd, 2012 at 7:00 p.m. at the home of Ken and Sandy Anderson.

Thank You CCC Volunteers!

by Ray Caruso, Event Chair & Harv Koplo/Annette Chinuge, Food Co-Chairs

We want to express our thanks to the 80+ SBC volunteers whose many efforts helped make our 40th annual Capital City Century on Sunday, September 9th a great success. The day started out cool and blustery, but stayed dry and turned into a beautiful fall day. We had about 800 riders, a very good turnout given the conditions.

Our volunteers donated countless hours, marketing the event, marking routes and putting up signage before the event, and registering riders, providing information, preparing and serving food, driving SAG vehicles, acting as runners and performing other essential tasks the day of the event and post-event. Many worked long hours and made multiple contributions, and passed up an opportunity to ride to help us stage our flagship event of the year.

We want to give a special thanks to the 13 Auburn High School student members of the National Honor Society who volunteered at the Auburn Food Stop and Beach House, and their faculty sponsors, Denise Sample and Luan Austin.

The following list of 2012 CCC volunteers is complete to the best of our knowledge. If you know someone who volunteered who is not listed, please advise us. We'll post a supplemental list on the SBC web site and include their names in the next newsletter.

Food	Harv Koplo (co-chair), Annette Chinuge (co-chair) and Deb Cooper (past chair), Jan Meir, Kristina Mucinskas and Stephen Paca (early Beach House setup)
Baked Goods	Stephen Paca (co-chair) and Kristina Mucinskas (co-chair)
Auburn Food Stop	Sue Hack (chair), Annette Chinuge, Sue Hack, Harv Koplo, Garland Stevens (Friday night clean-up), Harriet Josephson, Anne King, Ella King, Francie King, Cyd Labonte, Robert LaBonte, Judy Nesbitt (SBC), Scott Adams-McQuality, Bryce Fehrholz, Shelby Gill, Alex Johnson, Cori Madaus, Desirae Miller, Grace Snyder, Ally Warner, Jared Williams (Auburn HS--National Honor Society)
Covered Bridge Food Stop	Ken Anderson (chair), Steve Ponder, and Carolyn Taft
Beach House Food	Kedra Elston (co-chair) and Mike Elston (co-chair), Kevin Brown, Kim Hayden, Rebecca Hood, Mabel Martin, Cindy Moreno, Louie Spinner, Cyd LaBonte, Mike Royer (SBC), Kelsea Cline, Eliza Cummings, Paige Lay and Karley Welsh (Auburn HS—National Honor Society), Tom Clark, Cindy Kvamme, Lyn Schollett, and Cindy Tubbs (cleanup)
Event	Ray Caruso (chair), Tom Clark (co-chair), and Kevin Greene (past chair)
Historic Ride	Jim Hajek (co-chair) and Naomi Greene (co-chair)
Information	Judy Shipp (Auburn) and Ray Caruso & Alan Josephson (Beach House)
Marketing	Tom Clark (chair), Deb Cooper and Ray Caruso
Photography	Naomi Greene (chair), Gavin Caruso, Alex Clifton, Terri Hempstead, Harv Koplo, Brad Lott and Mason Lott

Registration	Alan Whitaker (chair), Pat Aulich, Matt Costa, Frank Farley, Kevin Greene, Jim Hajek, Kim Hayden, Dave Lucas, Lynn Miller, Barbara Rabin, Kathy Whitaker
Route Marking	Byron Nesbitt (chair), Bill Bock, Tom Clark, Janice Perino, and Robert Steimel
Route Checking & Signage	Tom Clark (chair), Tammy Bartolomucci, Joe Gurski, Dirk Homeier, Mitch Johnson, Becky Smith, John Williams
Routes and Maps	Shirley Baer (co-chair) and Tom Clark (co-chair),
SAG	Tom Clark (chair), Ray Caruso (co-chair), Tammy Bartolomucci, Tom Beverly, Jess Hunter, Robert LaBonte, Byron Nesbitt, and Rudy Rudolph
T-shirts	Linda Butler (chair), Dave Lucas, Kevin Greene, Jim Hajek
Traffic Direction	Chanell Bradbury and Susan Niehaus
Service Providers	Brandon Garnett (BikeTek, mobile bike shop), Frank Marcy and Todd Mitchell (R & M, mobile bike shop), Matt Saner (Wheelfast, mobile bike shop), Sangamon Valley Radio Club, Auburn High School (National Honor Society students), Bill Sheehan, Debbie Cremeens, Marty Nagel (Moroccan Soul Band), Tom Irwin & Theresa O'Hare (musical duo)

We would also like to thank the 20 volunteers from Sangamon Valley Radio Club and their CCC Coordinator, Craig Held, for once again helping us look out for the health and safety of our riders.

We apologize to anyone whose name we failed to mention. The many faithful volunteers who come out every year help make this a great event. Your efforts are greatly appreciated!



THIS WOULD MAKE A NICE CHRISTMAS GIFT!

**LADIES BIKE
PURCHASED FROM BIKE TEK
SCHWINN 7 SPEED**

**Practically New - ridden less than 25 miles
Helmet, spare tubes & toe clips included**

ALL FOR \$200

REDUCED FROM \$300!

WAS OVER \$400 NEW!

Call 528-9059 or 691-2238

Cyclists Tour Lincoln Sites

By Kevin Greene



Almost 40 riders joined SBC members Jim Hajek and Naomi Greene for a pedaling tour of the Lincoln historic sites in downtown Springfield and Oak Ridge Cemetery. The eight-mile ride drew cyclists from several other central Illinois communities, including Quincy, Peoria and Decatur, as well as out-of-staters from Tennessee and Wisconsin.

The bike outing lasted a little over two hours and included stops at the Great Western Depot, where president-elect Abraham Lincoln bade Springfield farewell as he left for Washington, D.C.; the Lincoln Home; the receiving vault and Lincoln Tomb in the Oak Ridge Cemetery; the Lincoln-Herndon Law Offices; and the site of the of Globe Tavern, where the Lincolns lived for a short time before purchasing their home at the corner of Eighth and Jackson.

After digesting a bit of history, participants munched on cookies and enjoyed a near perfect day of weather – elements likely to bring them back!



Tour de Trauma (“Help Those Who Help Others”)

by Deborah D. Cooper

Riders: Amy Goldesberry, Cindy Kvamme, Deb Cooper, Lyn Schollett, Cindy Tubbs, Jane Flint and Dena Marvel



Early on the morning of Saturday, September 15th the 7 of us met at Amy’s house to caravan to the 1st Annual Tour de Trauma in Waverly. After a yummy breakfast casserole, graciously prepared by Amy, we were on our way.

The Tour de Trauma was established by the Waverly Volunteer Fire & Rescue Squad and all proceeds will be used toward the repair and/or purchase of EMS equipment. Courses available to the 60 + registrants consisted of 8, 25, 36 and 62 miles routes. The youngest rider was 9 and participants traveled from as far south as Belleville and as far north as Orland Park. Our group rode 44 miles, which was the result of combining 3 routes named Hernia, Concussion and Chicken Pox. We decided to submit this article on the Tour de Trauma because the ride coordinators, volunteers and community-at-large did such a fantastic job, even though this was their first organized ride effort and they were working with a very limited budget.

The rest stops offered the usual fruit selections, energy bars, candy, ice cream bars, and an assortment of other goodies, including peanut butter stuffed celery and lots of homemade cookies, including the cookie for the recipe shown below, which was one of our favorites. Rest stops along the routes were sponsored by Waverly Girl Scouts Troop #’s 6310 and 5501, Daisy Scouts Troop # 6836, the American Legion Auxiliary #262, Waverly Sports Boosters, the Stewarts and the Sayres. At the rest stop on the Sayres’ property, Mrs. Sayres not only opened her home in case riders needed a bathroom break, she also baked a special batch of cookies for our group and had them delivered to us at the end of the ride! Log on to www.facebook.com/tourdetrauma for pictures from this year’s event and to learn the date of next year’s ride once it has been set.

Mrs. Sayres’ Graham Cracker Pralines

1/3 package of Keebler® graham crackers

1 ½ sticks of butter

½ c. packed brown sugar

1 c. finely chopped pecans

Place crackers on cookie sheet. Melt butter and add brown sugar. Cook for 3 minutes (no longer). Pour sugar mixture over crackers. Sprinkle with pecans and bake 10 minutes at 350° (no longer). Remove at once to wax paper and cut while still warm.

Minnesota Trip August 2012

by Alan Josephson

Wow! If you like bicycling on beautifully paved roads with 4-8 foot smooth shoulders, or prefer to ride 20 mile tree canopy asphalt trails or would prefer to commute on a 4 lane asphalt super highway strictly for bikes, have we got a place for you!



A 5 bedroom 4 bathroom modern home on 5 acres about 7 miles west of Red Wing, MN (pop 16000) was our home for the 13 Springfield Bicycle Club members who were on the trip. Red Wing is a very nicely kept river town with a variety of shops and restaurants which complimented our bicycling. It is also the terminus for the very popular Cannon Valley Trail.

Early on I was fortunate enough to find a source in Red Wing who mapped out several great routes for us and had the opportunity to meet him our first ride day.

The first day of riding was on Monday when seven of us rode across the Red Wing Bridge into Wisconsin to test out our ability on the hills. Others took to the trails. Along the way we stopped to view Lake Pepin which is the area on the Mississippi extending south from Red Wing. Forget about your vision of the river at St. Louis! At this point the Mississippi is from 1-3 miles wide and looks absolutely stunning. As we continued on the very nice shoulders and roads, we managed to creep up and over several hills about 2 ½ miles in length. Down hill was fantastic! The hills were followed by a beautiful country road which followed a stream that led us to the town of Ellsworth for lunch. We learned a new definition of "home made pie" at this place and promised not to patronize this restaurant again! Returning to Red Wing was mostly downhill over equally great roads and nice scenery.



Many more wonderful days of riding followed.



There were days when some folks did not ride but explored the area. Pat A and Barry E, along with others took most of one day to explore Hastings MN (pop 22000) on the Mississippi River 12 miles from our location. The town has a beautiful 15 mile bicycle trail that goes around the city if one chooses to ride. They have Lock & Dam #2. Also Hastings is in the midst of building a new Mississippi River Bridge replacing one built about 50 years ago. The steel part of the bridge is being built about ½ mile from the crossing

on shore and is the one of the neatest engineering feats one could see. The plan is to somehow move this monstrous steel bridge to the water, float it down to the crossing area and lift it into its place. This is scheduled to take place in September 2012 and the town is bracing for many tens of thousands of on lookers.



The Cannon Valley Trail was built in 1986 by the town of Cannon Falls (pop 4000). It extends twenty miles east into Red Wing and is a joy to ride. This asphalt trail is mostly under a canopy of trees and follows the Cannon Valley River. The \$4.00 trail fee is well worth the price as the proceeds go for maintenance of the trail. Each day we were on the trail, we saw no less than 4 service vehicles repairing areas that were washed out by earlier floods. The trail not only attracted the regular road crew of Alan W, Lynn M, Linda B, Ernie D, Cindy K, Marty C and myself but Sue H, Deb L, Pat A and Barry E found it very comfortable riding for EZ riders.

About in the middle of the trail is the small village of Welch which has a restaurant with the best ice cream in the area. Welch, also located about 5 minutes from our rental house, is the place to play on the Cannon Valley River. Ernie D, Linda B, Marty C, Cindy K, Sue H all rented kayak's for an afternoon and had a blast! Harriet J and Mary Ann N just ate the ice cream!

Speaking of eating, rather than quarrel and waste time deciding where to eat dinner, each night one or two people were responsible for that decision. Cook in or make reservations were the choices and it worked pretty well. One night the choice was made to go to the Harbor Restaurant Bar and Marina on the river. Eleven of the thirteen trip participants piled into two vehicles and went down the road. Vehicle one turned off the highway, decided that the turn was incorrect, did a U-turn, returned to the highway and made a very different turn closer to the river where they waited. Vehicle two thought perhaps the first turn WAS correct and continued along the road arriving at the Harbor Bar. One person entered the building to check it out. "There is no toilet paper and bar stools are like horses' asses," was the rating given. Cell phones were pulled out and a vehicle to vehicle call was made. The "Harbor Bar" was NOT the correct restaurant destination vehicle two was told and thus it returned to the highway. Vehicle one returned to guide vehicle two to the proper turnoff. Upon arrival of both vehicles to the very same "Harbor Bar" (the road was circular and could be reached from either turnoff), it was decided that the facility wasn't even up to our very low standards and we moved on.

One evening Deb and Mary Ann drove to Minneapolis (40 minutes) to have dinner with an SBC member who moved to Minneapolis many years ago, Margaret Kelly. After a great dinner and drinks the ladies maneuvered their way through the big city traffic and managed to return without harm to themselves or their vehicle.

Another night six people went to the big city to see the Twins lose to the Tigers in a somewhat sloppy game that had just about everything one would hope to see.



The last day of the trip was spent in the Twin Cities. Some rode the urban trails and others visited shops and the Mill City Museum. The riders began their odyssey at Ft Snelling, a fort from the Indian wars long ago. Throughout this area there are several asphalt trails to choose from. The one we took led us to the Grand Round National Scenic Byway which goes to and around several of the lakes throughout in the city. We found bike paths along side of pedestrian paths with specific signage. We also found vendors, music, a log rolling contest and just an array of outdoor activities.



Within the city and suburbs there are very many commuter trails unlike anything anyone outside the area would expect. Some are interconnecting “super highways” for bicycles developed from old train lines complete with signage and spurs to city streets. They are absolutely fantastic and explain why the Twin Cities is rated number two in the nation for bicycling and commuters.

A commuter trail took us to the Mississippi River where we viewed Lock & Dam #1 in operation. We crossed the river several times and eventually made our way back to Ft Snelling via another commuter trail.

My goal for these types of trips is to find an area and house which can accommodate people with a wide range of interests. Some ride distances while others do not. Some prefer shopping and exploring. Everyone though does like food and drink, especially beer, pie and ice cream! It is enough to say that the Red Wing area of Minnesota is wonderful for bicycling and all other activities. If anyone is interested in the maps, check with me. My recommendation for the best ride is the “Tour De Red Wing.”

See you on the roads or next trip!

October 2012 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	
Code	Definition
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 leaders 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, experience 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 biking handling skills. Expect riders to be self-sufficient and to maintain speeds of 19+ mph for extended distances using pace lines.

If you have questions about whether a specific ride is right for you, give the ride leader a call. If you are unsure about your cycling ability, try a ride with a group one class below where you think you might be. You can then move up until you find the level that is right for you.

Please arrive for rides 10 minutes early. Be sure that your bike is in proper working order before you arrive. All riders are strongly encouraged to obey traffic laws, wear a helmet, carry everything necessary to fix a flat tire, and bring hydration. If the ride leader fails to appear, form a group and go on a ride if you like. Then turn in your miles to the club record keeper (records@spfldcycling.org).

Questions about leading a ride? Contact vp@spfldcycling.org .

Weekday Daytime Rides		Check start times!
Monday thru Friday 10:00 a.m.	Morning Geezer Ride Washington Park STAND on the North side of the Park Pete Gudmundson, 523-8200	Show-N-Go ride for retired geezers or those hoping to become geezers. No leader or map, but Pete shows up often enough for this ride that he should be able to answer questions. Please use ride sheet if riding together. Participating riders should turn in miles to the club records keeper. *Disclaimer: Geezer riders occasionally change the start time due to weather and other considerations. Please call ahead.
Monday thru Friday 10:00 a.m.	Daily Pana Trail Ride Lake Taylorville parking lot. Rt. 29 Pat Stephens, 287-7056	Show-N-Go along the Lincoln Heritage Trail. Turn in miles to the records keeper. There is no ride leader, but Pat may be able to answer questions about this ride.
Monday thru Friday 12:20 p.m.	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.
Weekday Evening Rides		Check start times!
Mondays 5:20 p.m. 5:30 p.m.	Show –N-Go Parkway Pointe, Lindbergh Blvd & Robbins Road Sonic, 1312 Wabash Ave	BC – This popular BC ride will get you 16-21 miles depending if you begin at Sonic or Parkway Pointe. Bring lights. Sunset at 6:30 p.m. early in the month to 6:00 p.m. at the end. Bring lights.
Mon. Tues., Wed. and Thursday 6:00 p.m.	Pana Trail Lake Taylorville Parking Lot Rt. 29 Charles Witsman, 299-7038	Show-N-Go, Ride on the Lincoln Heritage Trail. Turn in miles to the club records keeper. Call Charlie if you need information about trail conditions or directions. Bring lights.
Tuesdays 5:30 p.m.	IDOT Dirksen Pkwy & Ash St.	BCD – Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper. Bring lights.
Tuesdays 5:30 p.m.	Schlitt Park 2400 Sharon Dr (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. Due to early darkness, the final Tuesday EZ ride of the year will be October 9.
Wednesday 5:30 p.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Alan Josephson, 793-0590	BCD – Ride the trail for 12 or add a low traffic county road loop around the airport to Rt 29 and make a total of 20. If Alan doesn't show, turn your miles in to the record keeper. Bring lights.
Thursday 5:30 p.m	IDOT Dirksen Pkwy & Ash St. Cindy Kvamme, 744-8864	BCD – Ride the Lost Bridge Trail for 10-14 miles. Bring lights.
Weekend Daytime Rides -		
Saturdays 9:00 a.m.	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	Weekend A-Ride. This ride is intended for extremely strong and competitive riders with expert bike handling skills. Expect riders to be self-sufficient and to maintain speeds of 19+ mph for extended distances using pace lines. Riders will agree on a destination and determine a route at the time of the ride. Developmental A-riders are welcome, but they should be self-sufficient and familiar with local roads, or accompanied by an experienced rider. *Disclaimer: Schedule sometimes changes due to weather. Please call ahead.
Sundays 9:00 a.m.	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	Weekend A-Ride. See Saturday Weekend A-Ride description. *Disclaimer: Schedule sometimes changes in fall due to weather. Please call ahead.

Scheduled Rides and Events		<i>Check start times!</i>
Wednesday October 3 7:00 p.m.	Residence 2301 Sangamon Ave. Ken Anderson, 522-3876	NC – Board Meeting. All SBC members are invited to attend the board meetings.
Saturday October 6 10:00 a.m. NOTE TIME.	Stuart Park Winch Road Lynn Miller, 787-3354	ABC – Ride 25 to 50 miles of hills and trails with Lynn. Petersburg for the hard core! Trails for slackers!
Sunday October 7 2:00 p.m.	Residence 245 Circle Drive Roger Schnelten 529-0780	ABCD – 34th Annual Oktoberfest. 30-mile ride starts at 2 p.m.; 15-mile ride starts at 3 p.m. Burgers and brats start coming off the grill at 4:30 p.m. Antone and Wick are scheduled to perform in the evening. Side dishes and desserts welcome. Lawn chairs recommended and carpooling encouraged. Hopefully it will be cool/cold enough for two bonfires this year!
Monday October 8 9:00 a.m.	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	Holiday A-Ride. This ride is intended for extremely strong and competitive riders with expert bike handling skills. Expect riders to be self-sufficient and to maintain speeds of 19+ mph for extended distances using pace lines. Riders will agree on a destination and determine a route at the time of the ride. Developmental A-riders are welcome, but they should be self-sufficient and familiar with local roads, or accompanied by an experienced rider.
Monday October 8 10:00 a.m.	Vredenburg Park Saxon Dr. & Crusaders Rd Tom Clark, 726-5560	ABC – Columbus Day Show-N-Go. Turn in miles to the records keeper. There is no ride leader, but Tom can provide information for new riders.
Saturday October 13 10:00 a.m.	Vredenburg Park Saxon Dr. & Crusaders Rd Marty Celnick, 522-4206	ABC – Marty will take us wherever he decides when he wakes up! Plan on another great Marty ride from 25-40 miles.
Sunday October 14 10:00 a.m.	Residence 3917 Surry Place Lane Linda Butler, 971-1246	ABC – Return of the Apple Dumpling Ride. Linda will again present us with her wonderful apple dumplings and ice cream following her ride of 30-40 miles.
Sunday October 14 5:00 p.m.	Residence 5047 Old Salem Rd Amy Goldesberry, 714-8762	NC – Socializer/Party. Amy is inviting all SBCers and their spouse or partner to attend this socializer to help celebrate her 50th birthday. **NO GIFTS PLEASE** Main dish will be provided. Please bring a covered dish, beverage of your choice & a chair. We will have a bonfire if weather permits; smore's snacks provided. RSVPs appreciated.
Saturday October 20 10:00 a.m.	Wabash Trail east end parking lot by Sonic Drive-In Kevin Greene, 793-9622	CD – Ride to the Apple Barn with Kevin for some tasty treats.
Sunday October 21 10:00 a.m.	Waldrop Park Sherman Karl Kohlrus, 544-8410	ABC – Karl's Birthday Ride. Come and help Karl celebrate by riding 30-52 miles with him either to Elkhart or Mt. Pulaski.
Friday October 26 6:30 p.m.	Residence 8 Bridge Terrace Kevin Brown and Lola Lucas, 787-5652	NC – Annual Halloween Party. Bring food and/or drink to share; costumes are strongly encouraged.
Saturday October 27 10:00 a.m.	Centennial Park (by gazebo) Bunker Hill Rd & Lenhart Rd Brandy & Ray Caruso, 416-3337	D & EZ – Spooky Kids Ride. . Parents and kids will love riding tandem bikes, trail-a-bikes, training wheels and trailers because they are all a go! What will the winning costume be? Costume contest appropriate for all ages! Join us at the Centennial Park Gazebo for a haunting good time! <i>All are welcome – you don't have to be an SBC member to join the fun!</i>

Scheduled Rides and Events		Check start times!
Saturday October 27 10:00 a.m.	Lewis Memorial Acres Park Koke Mill south of Washington Chris King, 502-2121	ABC — Heading to Salisbury for a few hills. 25-35 miles. Do the hills twice for the extra miles and hill work before it gets too cold for the year. http://www.mapmyride.com/routes/view/9299036
Sunday October 28 8:00 a.m. – 2:00 p.m.	8:00 a.m. – Lick Creek 9:00 a.m. – Lewis Memorial Acres 1:00 p.m. – New Salem 2:30 p.m. – Edgar Panther Creek Kent Kraft, 871-6974	MTB – Annual Trailathon. Ride all or part of our local MTB trails. 8:00 a.m. Lewis Memorial Acres on Koke Mill Road 9:00 a.m. Lick Creek Wildlife Area at old bridge off Woodside.Rd. 11:00 a.m. Break for lunch 1:00 p.m. New Salem State Park starting south of old restaurant. 2:30 p.m. Jim Edgar Panther Creek at Drake Lake boat launch
Sunday October 28 10:00 a.m.	Rochester Station Walnut St. & Rt. 29 Rochester Stephen Paca, 766-2604	ABC — Stephen plans to go to Sangchris Lake and beyond, with routes from 30-50 miles. There might be baked treats, who knows what he's carrying in those panniers!

Other Area Rides

Springfield area bike shops and other entities sponsor or host a number of rides and events each year. When we receive requests to help publicize these activities, we'll post them in this new section of the QR.

NOTE: 'Other area ride' miles count for club miles, as they are organized rides.

Other Area Rides & Events		
Tuesdays 5:45 p.m.	BikeTek parking lot 957 Clock Tower Dr Jeff Williams, 546-8819 jeff(at)jeffveloart.com Facebook: Jeff Curtis Williams	Tuesday Night Trail Rides. MTB / cyclocross / off road bikes recommended. All are welcome! The rides will be starting 5:45 at Biketek for the time being....We will split off at Washington & Koke mill, to do the "church trail". LIGHTS & HELMETS please and thanks!!! Disclaimer: Routes will vary based on conditions. Contact Jeff for more information.
Wednesday 6:10 (ish) pm	Wheel Fast Bicycle Co. 20 Cottonwood Dr. Chatham Matt Saner, 483-7807	Note New Location. ABC – Intermediate training ride. Meet at the bike shop and plan on 16-20 miles. Bring lights. The new shop is across the street from the old location.. NOTE: Ride ends for season on October 31.
October 3 October 17 6:00 p.m.	New City Church Parking Lot 957 Clock Tower Dr Steve Schien, 741-8388	New City Time Trials. This is a non-affiliated, 10.85 mile time trial on Pawnee New City Road held every other Wednesday during season. Most riders are seeking to improve their cycling ability and personal time trial speed. All are welcome to participate. Arrive by 5:45 to check in. Bring a two dollars for the timer. Ask Steve to be put on the email group or 'friend' him on Facebook to learn of date and time changes.
Thursdays 5:30 p.m.	Scheels 3801 S. MacArthur Blvd Michael Ritzer, 787-2907	Trail and Road Ride. A chance for fellow bike enthusiasts to get together and share their passion. This ride is intended for all levels of riders. Bring lights. Some riders stay on the trails for 10-12 miles while others add a road ride for 20-30 miles. A designated leader stays at the back of each riding group. Bring lights. NOTE: Ride ends for season on October 25.

Springfield Bicycle Club Membership Application

New Member

Renewing Member

Change of Address

Name		
Address		
City		
State	Zip	
E-mail Address(es)		
Phone(s)		
Birth date*		

Type of Membership (check one):

Individual: \$15 per year

Family: \$20 per year

Contributing: \$25 per year

Sustaining: \$50 per year

Patron: \$100 per year

Corporate: \$100 per year

Family Member Information

Name 1:	Birth date*:
Name 2:	Birth date*:
Name 3:	Birth date*:
Name 4:	Birth date*:

I would like to opt out of: Club e-mail announcements

Quick Release mailing (issues are available at www.spfldcycling.org)

I would like to help with SBC activities: Yes No

If yes, please check any specific areas of interest:

Lead bike rides

Help with social activities

Help with bicycle advocacy

Help w/ Capital City Century

Serve on the SBC Board

Other _____

Legal Waiver

I (and my parent or guardian in case of a person under 18 years of age) hereby release the Springfield Bicycle Club and any other party or parties involved in any Springfield Bicycle Club activity of any liability whatsoever for any loss or damage to property or for personal injury sustained or occurring on any Springfield Bicycle Club event.

Signature:	Date Signed:
Parent/Guardian:	Date Signed:

Official SBC Name Badge

Hang it on your seat bag. These are a pretty neat way to let other riders know your name. Include **\$12.00** extra and print your name (clearly) on the following line as you would like it to appear on your name badge:

Badge Name: _____

*providing birth dates is optional, but recommended to help us keep track of club demographics.

<p><u>Mail with Check to:</u></p> <p style="text-align: center;">Springfield Bicycle Club Post Office Box 2203 Springfield, IL 62705</p>

Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705
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Springfield Bicycle Board Members

President

Tom Clark
726-5560
president(at)spfldcycling.org

Treasurer

Jim Hajek
698-7626
treasurer(at)spfldcycling.org

Legislative/Educational

Bill Donels / Lynn Miller
546-8036 / 787-3354
legislative(at)spfldcycling.org

At-Large Members

Mike Schwab
801-7224
at-large(at)spfldcycling.org

Vice President

Tracey Hurley
414-8900
vp(at)spfldcycling.org

Special Events

Ray Caruso
891-5464
events(at)spfldcycling.org

Web Master

Alan Whitaker
494-6807
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Dave Lucas
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secretary(at)spfldcycling.org

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QR Editor

Shirley Baer
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**QR Deadline is the
15th
of the month**

Recording Secretary

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766-2604
recording(at)spfldcycling.org

Social Chair

VACANT
social(at)spfldcycling.org

Incentive Chair

Marty Celnick
522-4206
incentive(at)spfldcycling.org

Quick Release Advertisement Rates: Half Page: \$20 Full Page: \$40

Payment is required in advance for all business ads. Ad copy should be sent to the QR Editor no later than the 12th of the month in order for ad to appear in the following month's QR. Individual club members (excluding businesses) may list bicycling-rated items to buy or sell without charge.