



the Quick Release

www.spfldcycling.org

November 2012

Ride of the Month

The Historic Sites ride led by Jim Hajek and Naomi Greene, along with Harv Koplo's ride to Jubilee Farm, were voted co-ride of the month for September. About 20-30 people rode leisurely through town on a pleasant day, to visit the historic sites. About three weeks later, on another gorgeous day, about 20 people rode with Harv to Jubilee Farm for their annual fall festival. There was a mix of slow and fast riders, and each rode at their own pace. Some stayed at the festival for awhile. These were both great rides. Thank you, Jim, Naomi, and Harv.

Almost Anything Award

This month's award goes to all of the Capital City Century volunteers. These include all those who provided and served food at the beach house and Auburn, those who drove the sag vehicles, those who loaded and unloaded supplies from trucks, and many many others. It is simply impossible to name everybody in this short space. These volunteers worked hard, many days before the Century, and since the wee hours of the event day. Thank you all.

Monthly Ride Leader Incentive Drawing

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



November Socializer

Wed., Nov. 14
5-7 p.m.

The event will be held at Fulgenzi's Trattoria & Pizzeria located in Chatham (214 W. Chestnut St.)

Appetizers will be provided.

Ken Anderson

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**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

Secretary's Report

by Ken Anderson, Secretary

Renewals

Cindy Moreno

Lynndell Jarrett

**Renewals at Contributing
 Level**

James & Nancy Hall

Karl & Christine Kohlrus

New Members

Barry & Shaun Tobias

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.

President's Column

by Tom Clark, President

It's late fall now, and time once again to fall back – by setting your clocks back one hour before retiring on Saturday, November 3. Those who don't may miss the **Back to Standard Time** ride! **Jerry Ihnen** will have soup & chili afterwards for clock-changers and procrastinators alike.

We have one great EZ ride this month. **Kevin Greene** will lead the **Veteran's Day Observance Ride** on November 12. This ride of remembrance visits several monuments and museums.

In late fall and winter, we rarely have dedicated D & EZ rides. One change you'll see to our ride schedules this month is a trail ride option for D riders on many of our ABC rides. Whenever the ride start is on or near one of our great paved bike trails (Lost Bridge, Wabash/Interurban, or Sangamon), D riders can take a trail ride instead. However, these riders should be self-sufficient, ride with a friend who can assist them, or have someone they can call for pickup.

November is the beginning of the cycling off-season for many SBCers—that's why we started our highly successful socializer series last fall. Our first **SBC socializer** this off-season will be the 2nd Wednesday this month, November 14, at Fulgenzis in Chatham. Thanks to **Ken Anderson** for hosting. Just like last year, we'll have free appetizers, a greeter table near the front door, and the welcome mat out for those interested in joining the club.

A warm welcome to **Gladys Hajek**, our new Social Chair! Gladys is planning a series of great socializer events, as well as our Winter Party, where Cycling Challenge medals and Spinner Awards will be handed out. Winter Party details will appear in the December QR.

Yours truly is hosting a **Sunporch Ride and Party** on November 18. I can promise a main dish and some great potluck items from members. Also that the Sunporch will be open, and may be warm, and may not leak if it's raining. And that the film shown (if any) may be pretty good.

Don't forget to burn some calories before your afternoon holiday meal, at our **Annual Thanksgiving Day Cold Duck Ride** in Washington Park on November 22.

Last but not least, our first **Full Moon Ride** of the year is November 28. Come and howl at the moon with **Marty Celnick**! This event is "Bring your own Moon Pies."

Weekend and holiday A-Rides also continue in late fall and winter from Vredenburg Park. The start time may vary from week to week depending on weather conditions, so please check ahead with **Lisa Kidd**. These A-Rides are intended for extremely strong and competitive riders averaging 19+ mph. As such, they will complement our ABC club rides, which typically are a bit slower and shorter, and start later in the day.

Board Meeting Notes - October 3, 2012

by Stephen Paca, Recording Secretary

Present. Tom Clark, Tracey Hurley, Ken Anderson, Stephen Paca, Jim Hajek, Harv Koplo, Bill Donels, Lynn Miller, Alan Whitaker, Marty Celnick, Dave Lucas, Mike Schwab, Marty Morris, Brigetta Ewing, and Derek Ewing.

The meeting was called to order by Tom Clark at 6:07 p.m.

President's Remarks. No remarks.

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

Treasurer's Report. Jim Hajek distributed the Treasurer's Report and CCC Report via e-mail prior to the meeting. He reported a balance of \$25,274.98 for the period ending 09/30/12. Ken Anderson made a motion to approve the Treasurer's Report; Lynn Miller seconded the motion; and the Board approved the report.

Legislative/Education Report. Lynn Miller reported that The Springfield Area Transportation Study has adopted a Bike/Pedestrian Plan for the year 2035. On behalf of the Bicycle Advisory Council, Bill Donels led a meeting of several BAC members with Mayor Houston to urge the City to adopt the Bike/Pedestrian Plan, urging the city to prioritize 4 cross town routes. The goal is to have the city install bike lanes or signage including 'Share the Road' signs. In addition Bill shared League of American Bicyclists 'Bicycle Friendly Cities' materials and urged Springfield to apply.

Social Chair Report. Tom announced that Gladys Hajek volunteered to be the new Social Chair. Ken Anderson set up the first fall socializer, which will be on Wednesday, 11/14, at the Fulgenzi's location in Chatham.

Incentive Chair Report. Marty Celnick conducted the Incentive Awards. Jim Hajek & Naomi Greene's Historic Sites ride and Harv Koplo's Jubilee Farm ride were voted co-Ride of the Month for September. The Almost Anything Award was given to all the volunteers for the CCC. Cindy Kvamme's name was drawn for the monthly ride leader incentive award.

Ride Committee Report. Tracey Hurley reported that the November ride schedule is almost complete, and highlighted upcoming weekend and holiday rides. Tracey will contact ride leaders to fill the few remaining days.

Membership Committee Report. Tom reported that Naomi Greene is organizing the Membership Committee and that the Board will need a liaison to that committee. Ken Anderson said that he and Sandy will be in contact with Naomi.

Newsletter Editor Report. No report.

Webmaster Report. Alan Whitaker reported that he updated the Board e-mail listing and that he's planning to post pictures from the CCC to the club's website.

New Business.

- Marty Morris attended the meeting to propose that the club form a team for the Fight For Air stair climb event at the Springfield Hilton in February 2013. Marty described the event and explained how participating in it could help cyclists stay in shape during the winter off-season.
- Bill Donels made a motion that the club donates \$3000 to the League of Illinois Bicyclists; Marty Celnick seconded the motion; and the Board approved the motion.
- Derek & Brigetta Ewing attended the meeting to discuss ideas for increasing participation in the Great Cycling Challenge and for streamlining the registration process for the rides. Tom suggested forming a committee to further discuss ideas.

Special Events Report. Harv Koplo and Tom led a discussion on preliminary plans for the 2013 CCC, which included a search for potential new venues.

The meeting adjourned at 8:04 p.m. The next meeting is scheduled for Wednesday, November 7th, 2012 at 7:00 p.m. at the home of Ken and Sandy Anderson.



November 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 Tom Clark, 726-5560	Show-N-Go ride for retired geezers or those hoping to become geezers. No leader or map, but Tom 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!
Thursday 6:00 p.m	Parkway Pointe Theater Lindbergh & Robbins Rd Show-N-Go	BCD – Show-N-Go along the Wabash and Interurban Trails. Lights required. Turn miles in to the club records keeper.
Mon., Tues., Wed., and Thursday 6:00 p.m.	Pana Trail Lake Taylorville parking lot Rt 29 Charlie Witsman, 299-7038	Show-N-Go – Ride on the Lincoln Heritage Trail. Turn in miles to the club records keeper. Call Charlie if you need information about trail conditions or directions. Bring lights.
Weekend Daytime Rides -		
Saturdays time varies (see Disclaimer)	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 time varies (see Disclaimer)	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		Check start times!
Saturday November 3 11:00 a.m.	Rotary Park Iles Ave and Archer Elevator Rd Amy Goldesberry, 714-8762	ABCD – Ride to New Berlin for 30 miles or Auburn for 42 miles. D riders can ride the trail but should be self-sufficient.
Sunday November 4 10:00 a.m. NOTE TIME	Residence 3400 Mackinaw Lane Jerry Ihnen, 502-1434	ABCD -- Back to Standard Time. Jerry has 30 miles planned and will provide soup and chili. Non-riders may show up at Noon for the party. D riders can ride the trail but should be self-sufficient.
Wednesday November 7 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.

Scheduled Rides and Events		<i>Check start times!</i>
Saturday November 10 11:00 a.m.	Rochester Station Walnut St & Rt 29 Rochester Cindy Tubbs, 698-7224	ABCD – Cindy will take us on this popular ride to Edinburgh for around 30 miles. D riders can ride the trail but should be self-sufficient.
Sunday November 11 11:00 a.m.	Taylorville Lake Parking Lot, Rt 29 Charlie Witsman, 562-5208	ABCD – Charlie will lead us for 30 – 40 miles to wherever the wind takes us! D riders can ride the trail but should be self-sufficient.
Monday November 12 1:00 p.m.	Capitol Complex Visitors Center 425 S College St (Pasfield St and College St, west of the Stratton Building) Kevin Greene, 793-9622	EZ – Veterans Day Observance Ride. Kevin will lead a ride to several veterans memorials and museums in Springfield honoring the men and women who have served in our country's armed forces. Sites include the Korean War National Museum, World War I Monument, and Illinois State Military Museum.
Wednesday November 14 5:00 p.m. – 7:00 p.m.	Fulgenzi's Trattoria & Pizzeria 214 W Chestnut St Chatham Ken Anderson, 522-3876	NC - Socializer. Join us for our November SBC Socializer at Fulgenzi's Trattoria & Pizzeria in Chatham. Free appetizers. Greeter table near the door. Members and potential members are welcome to participate.
Saturday November 17 11:00 a.m.	Stuart Park Winch Rd Lynn Miller, 787-3354	ABCD – Lynn plans to ride about 30 miles today with options for shorter routes. D riders can ride the trail but should be self-sufficient.
Sunday November 18 11:00 a.m.	Residence 1914 Bayview Tom Clark, 726-5560	ABCD – Sunporch Party and Ride. Tom has 30 or so miles planned. Brunch on the sunporch beginning at noon. Feel free to bring a side dish or brunch item to share. D riders can ride the trail but should be self-sufficient.
Thursday November 22 9:00 a.m. - Noon	Picnic Shelter Washington Park 1500 S Grand Ave West Show-N-Go	Show-N-Go – Annual Thanksgiving Day Cold Duck Ride. Join the Springfield Road Runners Club for this 20+ year tradition for both clubs. Ride laps in the park and turn in miles to the club records keeper.
Friday November 23 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Holiday A-Ride -- See Weekend A-Ride description above.
Friday November 23 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go -- Ride the trails or go out in the country. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Saturday November 24 11:00 a.m.	Rochester Station Walnut St & Rt 29 Rochester Mark Rabin, 529-7377	ABCD – In case you didn't get enough to eat at Thanksgiving, Mark will take us to Pawnee for brunch! 30 or so miles. If the weather is bad, show up at the start ride and have brunch in the Rochester Station restaurant. D riders can ride the trail but should be self-sufficient.
Sunday November 25 11:00 a.m.	Waldrop Park E. Andrew Rd Sherman Cindy Kvamme, 744-8864	ABC – Cindy has a 24 – 35 mile route to Athens planned for us today.
Wednesday November 28 8:00 p.m.	IDOT/Lost Bridge Trail Ash St and Dirksen Pkwy Marty Celnick, 522-4206	ABCD – Full Moon Ride. Howl at the full moon with Marty. Lights required.

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 6:00 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! We will split off at Washington & Koke Mill to do the “church trail”. LIGHTS and HELMETS please and thanks!!! Disclaimer: Routes will vary based on conditions. Contact Jeff for more information.
Thursdays 5:30 p.m.	Rochester Park Cemetary/Ball Field parking lot Main St Rob Brokaw, 652-7615	Thursday Night Off Road Rides -- MTB/cyclocross/off road bikes recommended. Meet near the cemetery and ball fields to ride the course in Rochester Park. Ride lasts about one hour. LIGHTS and HELMETS required.

Bicycle Friendly Community Program

from the League of American Bicyclist website

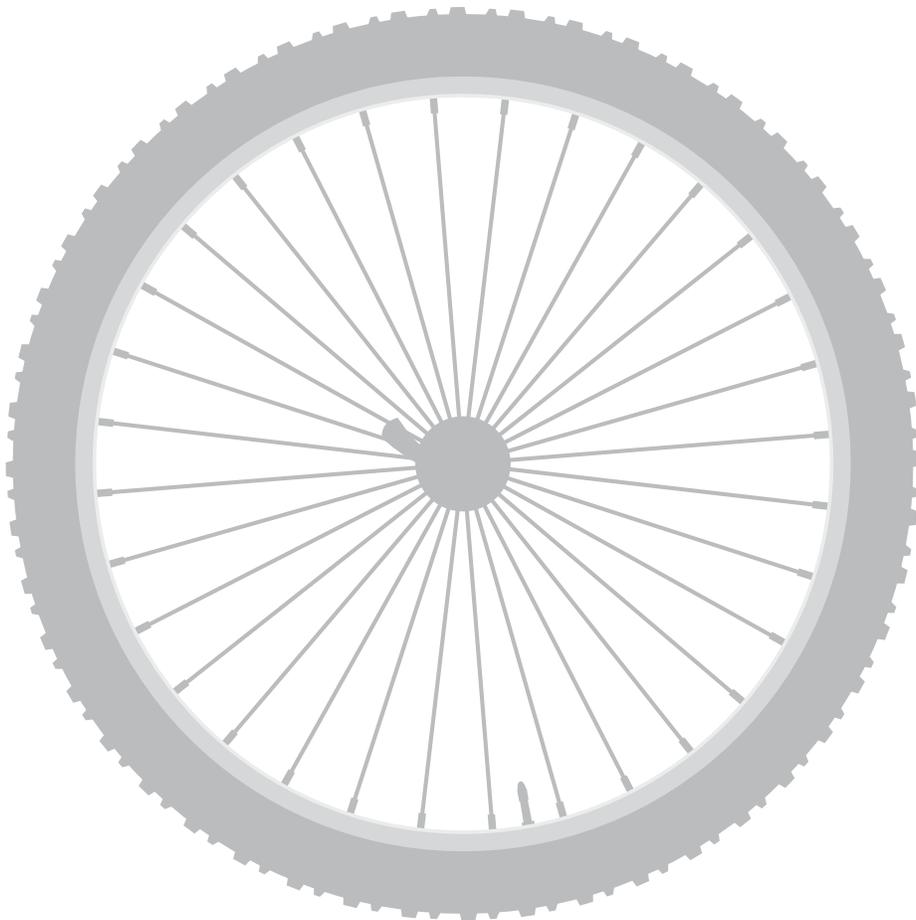
The Bicycle Friendly Community Program (BFC) provides incentives, hands-on assistance, and award recognition for communities that actively support bicycling. A Bicycle Friendly Community welcomes cyclists by providing safe accommodation for cycling and encouraging people to bike for transportation and recreation. View an overview presentation of the program.

Current BFCs

Explore the interactive map at the League of American Bicyclist to see current BFCs by state and to find out what these communities are doing to promote cycling.

The League named 28 new and 19 renewing Bicycle Friendly Communities during the 2012 Fall BFC awards. Read the press release on the League of American Bicyclist's website for more information.

Go to http://www.bikeleague.org/programs/bicyclefriendlyamerica/communities/pdfs/bfc_master_list_fall2012_3.pdf for a complete list of Bicycle Friendly Communities. To see the list of communities that received Honorable Mentions in Spring/Fall 2012, go to http://www.bikeleague.org/programs/bicyclefriendlyamerica/communities/pdfs/bfc_honorablemention_2012.pdf



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>

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Springfield Bicycle Board Members

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726-5560
president(at)spfldcycling.org

Treasurer

Jim Hajek
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**QR Deadline is the
15th
of the month**

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

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