



the Quick Release

www.spfldcycling.org

February 2013

Ride of the Month

The Ride of the Month in December went to Amy Goldesberry. Seventeen riders took part in the December 1st ride from Rotary Park to Auburn. One rider described the day as being unseasonably warm with temperatures in the 60s. The gusty southerly winds made for a nice tailwind coming back from Auburn. One of the riders, Marty Celnick wore shorts and says, "I had to remind myself that it wasn't June."

Let us know about a ride you participate in!

Almost Anything Award

The Almost Anything Award this month goes to Robert LaBonte for his positive approach in preparing for open heart surgery, from which he came through with flying colors. At this writing, we've heard news that Robert is up and around and on the mend. A tip of the hat goes to Harv Koplo for providing regular updates on Robert's recovery.

Monthly Ride Leader Incentive Drawing

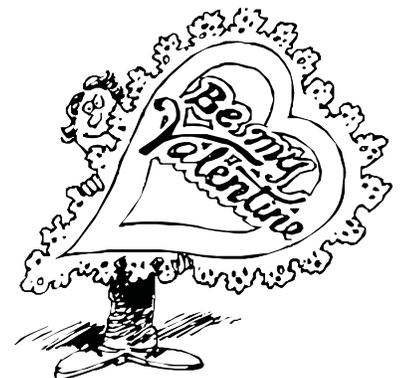
Mike Eymann's name was drawn for the monthly Ride Leader Incentive Award. Mike will receive a \$50 gift certificate to a local bike shop of his choice.

UPCOMING EVENTS

- FEBRUARY 3:
Super Bowl Party
- FEBRUARY 12:
Lincoln's Birthday Ride
- FEBRUARY 13:
Socializer "13"
- FEBRUARY 16:
Fight for Air Climb
- FEBRUARY 25:
Full Moon Ride

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To join or renew your membership online,

go to

www.spfldcycling.org/membership

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



Secretary's Report

by Ken Anderson, Secretary

Renewals

- Don Daniels
- Bill & Dara Voss
- Shirley Baer
- Jack & Jerry Casey

Renewals at Contributing Level

- Susan Hack
- Bob & Sandy Steimel
- Bode & Marybeth Zietz
- Steve Schroll & Anne Baker
- Larry Small

New Members

- Michael Mulvany
- David & Anne Haaker

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.

**2013 FIGHT
FOR AIR
CLIMB**

February 16, 2013
Springfield, IL
Hilton Springfield

Join Springfield Bicycle Club members and friends as we climb Mt. Everett in memory of the extraordinary life of SBC member Grover Everett. We have formed a team to participate in the American Lung Association's Fight for Air Stair Climb on February 16, 2013 at the Hilton Springfield. SBC members and friends are invited to Google "2013 Springfield Hilton Climb", where you can register and join Team SBC Mt Everett Memorial Climbers, or make a tax-deductible donation to a team member to help us reach our goal.

If you have questions, please contact Kristina at 753-0055 (days) or 766-2054 (evenings), or by email at kmucinkas@gmail.com.

President's Column

by Tom Clark, President

February is the heart of “off-season” in the cycling world. Most of our weekend and holiday rides will be Show-N-Gos. The hardy SBC members riding this time of year now have a shared starting location and start time for these Show-N-gos—10 a.m. at Vredenburg Park—with options for a moderate-paced Club ride, or a faster-paced A ride. Thanks to VP **Tracey Hurley** as Club ride contact, and **Lisa Kidd** as A ride organizer.

We do have some great events coming up in February. Don't miss the **Super Bowl Party** being hosted by Tracey on Super Sunday, February 3. There may be a football game going on for those interested in watching it! We only have two leader-led rides this month—**Kevin Greene's Lincoln's Birthday Ride** at 12 Noon on Tuesday, February 12, and **Marty Celnick's Full Moon Ride** at 6 p.m. on Monday, February 25.

Our **February Socializer** will be at the office—the Office Sports Bar, of course. For some reason, the number “**13**” is associated with this event. The Ride Schedule says that our February 2013 socializer will be held on February **13**, from 5:**13**-7:**13** p.m. Appetizers will be provided, and a cash bar will be available. If you attend, ask our Social Chair, **Gladys Hajek**, to pronounce the word that means “fear of the number **13**”!

The **Fight for Air Climb** takes place Saturday, February 16, at the Springfield Hilton. Climbers may notice that the Hilton has 33 flights of stairs, but only passes 32 floors. Hmmm.....

It's not too late to make a donation to support our Hilton Stair Climb team, **Team SBC Mt. Everett Memorial Climbers**. Google “2013 Springfield Hilton Climb” to access the home page where you can donate or sign up as a climber. If you have questions, please contact **Kristina Mucinskas** at 753-0055 (days) or 766-2054 (evenings), or by email at kmucinskas@gmail.com

I advised in last month's column that the Board has formed an ad hoc committee to make recommendations on how SBC can promote driver awareness of bicyclists and bicycle safety. LIB's Executive Director **Ed Barsotti** has invited SBC to participate in its new bicycle safety campaign, which will be kicked off by Lt Gov. **Sheila Simon** later this spring. We will advise members about related volunteer opportunities, and our ongoing efforts in this area.

Hope to see you at the February Socializer!

Tom





3501 Fairlane Blvd
Taylorville, IL 62568

December 13, 2012

Springfield Bicycle Club
3524 Sandwood Drive
Springfield, IL 62711

Dear Bikers,

I cannot thank you enough for all the calls, cards, e-mails, and memorial gifts in memory of Grover. The biking community has been so supportive and caring at this terrible time. It is so good to know of the respect and love that you have given him.

There was an editorial in the Taylorville Breese Courier and the editorial that Dean wrote to the Springfield Journal that so well expressed how Grover and I felt about drivers and their disrespect for bikers. Thank you, Dean.

This was a senseless accident caused by a moment's carelessness. I pray that some people will change their driving habits and they will learn to "Share the Road."

Thank you once again for all your love and prayers.

Very truly yours,

Pat Everett

Pat Everett and family

February 2013 Ride Schedule

For updates, corrections and last minute changes to the ride schedule please check the SBC website at www.spfldcycling.org. Unless otherwise indicated, **weekday** daytime rides will not take place on holidays. All rides return to the starting point unless otherwise noted.

RIDE CLASSIFICATIONS	
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 Pavillion on the South side of the park Tom Clark, 726-5560 Note location change	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.	Vredenborg 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)	Vredenborg 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)	Vredenborg 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 February 2 10:00 a.m.	Vredenborg Park Saxon Dr & Crusaders Rd Tracey Hurley, 414-8900	Show-N-Go -- Ride the trails to Chatham or go out in the country. If the trail is not clear and dry but the roads are, start from the west end parking lot on Robbins Road. Turn in your miles to the club records keeper.
Sunday February 3 10:00 a.m.	Vredenborg Park Saxon Dr & Crusaders Rd Tracey Hurley, 414-8900	Show-N-Go -- Ride the trails to Chatham or go out in the country. If the trail is not clear and dry but the roads are, start from the west end parking lot on Robbins Road. Turn in your miles to the club records keeper.
Sunday February 3 4:00 p.m.	Residence 1 Hickory Hills Dr Tracey Hurley, 414-8900	NC – SUPER BOWL PARTY. Party starts at 4, kick-off is at 5. Game starts at 5. Soup and soda will be provided. Feel free to bring snacks, dessert, favorite food/beverage to share.

Scheduled Rides and Events		<i>Check start times!</i>
Wednesday February 6 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 February 9 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tracey Hurley, 414-8900	Show-N-Go -- Ride the trails to Chatham or go out in the country. If the trail is not clear and dry but the roads are, start from the west end parking lot on Robbins Road. Turn in your miles to the club records keeper.
Sunday February 10 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tracey Hurley, 414-8900	Show-N-Go -- Ride the trails to Chatham or go out in the country. If the trail is not clear and dry but the roads are, start from the west end parking lot on Robbins Road. Turn in your miles to the club records keeper.
Tuesday February 12 time varies (see Disclaimer)	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. Disclaimer: Schedule sometimes changes due to weather. Please call ahead.
Tuesday February 12 NOON Note time	Capitol Complex Visitors Center 425 S. College Kevin Greene, 793-9622	EZ -- LINCOLN'S BIRTHDAY RIDE . Come ride the historical sites, weather permitting. Join us for coffee afterwards at a downtown café.
Wednesday February 13 5: 13 p.m. - 7: 13 p.m.	The Office Sports Bar 1919 W. Iles Montvale Center (across from Schnucks) Gladys Hajek, 698-7626	NC -- SOCIALIZER . Join us for our February 20 13 SBC Socializer at The Office Sports Bar. Free appetizers with cash bar. Greeter table near the door. Members and Potential members are welcome to participate. Don't let TRISKAIDEKAPHOBIA keep you home!
Saturday February 16 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tracey Hurley, 414-8900	Show-N-Go -- Ride the trails to Chatham or go out in the country. If the trail is not clear and dry but the roads are, start from the west end parking lot on Robbins Road. Turn in your miles to the club records keeper.
Sunday February 17 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tracey Hurley, 414-8900	Show-N-Go -- Ride the trails to Chatham or go out in the country. If the trail is not clear and dry but the roads are, start from the west end parking lot on Robbins Road. Turn in your miles to the club records keeper.
Monday February 18 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tracey Hurley, 414-8900	Show N-Go – PRESIDENT'S DAY RIDE . Ride the trails to Chatham or go out in the country. If the trail is not clear and dry but the roads are, start from the west end parking lot on Robbins Road. Turn in your miles to the club records keeper.
Monday February 18 time varies (see Disclaimer)	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. Disclaimer: Schedule sometimes changes due to weather. Please call ahead.

Scheduled Rides and Events		<i>Check start times!</i>
Saturday February 23 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tracey Hurley, 414-8900	Show-N-Go -- Ride the trails to Chatham or go out in the country. If the trail is not clear and dry but the roads are, start from the west end parking lot on Robbins Road. Turn in your miles to the club records keeper.
Sunday February 24 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tracey Hurley, 414-8900	Show-N-Go -- Ride the trails to Chatham or go out in the country. If the trail is not clear and dry but the roads are, start from the west end parking lot on Robbins Road. Turn in your miles to the club records keeper.
Monday February 25 6:00 p.m.	Centennial Park Lenhart and Bunker Hill roads Marty Celnick, 522-4206	ABCD – FULL MOON RIDE. Meet at the Sangamon Valley Trailhead and ride the trail with Marty. Lights required. February's full Moon is traditionally called the Full Snow Moon because usually the heaviest snows fall in February. Let's hope it doesn't snow!



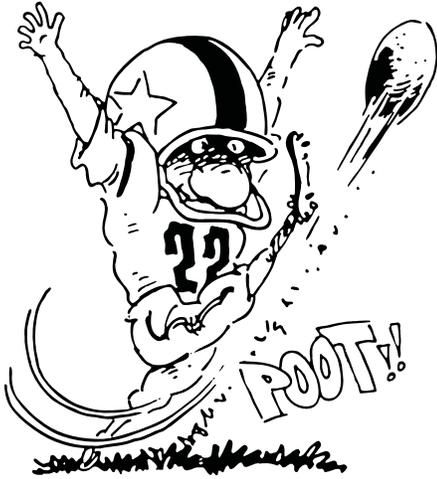
Other Area Rides

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.

SUPER BOWL PARTY



Sunday, February 3rd
Hosted by Tracey Hurley.
Starts at 4, kick-off is at 5.
Game starts at 5.

Soup and soda will be provided.
Feel free to bring snacks, dessert,
favorite food/beverage to share.

For more information, call Tracey
at 414-8900.



SBC Socializer

Wednesday, February 13
5:13 - 7:13 p.m. at
The Office Sports Bar
located at 1919 W. Iles in

the Montvale Center (across from Schnucks).

Team SBC Mt. Everett Memorial Climbers

You can donate or sign up as a SBC climber
for the American Lung Association's Fight
for Air Climb on Saturday, February 16.

If you have questions, contact
Kristina Mucinkas at 753-0055 (days) or
766-2054 (evenings) or
kmucinkas(at)gmail.com.



Board Meeting Notes - January 2, 2012

by Stephen Paca, Recording Secretary

Present. Tom Clark, Ken Anderson, Stephen Paca, Jim Hajek, Gladys Hajek, Bill Donels, Alan Whitaker, Naomi Greene, Marty Celnick, and Mike Schwab.

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

President's Remarks. No remarks.

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

Treasurer's Report. Jim Hajek distributed a copy of the Treasurer's Report and final CCC financial summary prior to the meeting via e-mail. He reported a balance of \$19,547.41 for the period ending 12/31/12. Ken Anderson made a motion to approve the Treasurer's Report; Bill Donels seconded the motion; and the Board approved the report. Jim reported that he is continuing to work on an annual budget. Tom led a discussion about the club's goals for charitable giving in the context of the budget.

Special Events Report. No report.

Legislative/Education Report. Bill Donels reported that they are waiting on the Mayor's approval to present the Bicycle-Pedestrian Plan to the City Council.

Social Chair Report. Gladys Hajek reported that she sent a get well card to Robert LaBonte. Gladys discussed plans for the upcoming Winter Party and Awards Banquet on January 25th. She is already planning the next socializer, which will be on February 13th, location to be announced.

Incentive Chair Report. Naomi Greene conducted the Incentive Awards. Amy Goldesberry's ride was voted Ride of the Month for December 2012. The Almost Anything Award was given to Robert LaBonte for his positive approach to his open-heart surgery. Harv Koplo was also commended for sending out regular updates on Robert's progress. Mike Eymann's name was drawn for the monthly ride leader incentive award.

Naomi discussed the presentation of the annual incentive awards at the winter party. She also suggested that we develop a budget and guidelines for how much should be spent for the incentive awards. Naomi made a motion that starting in January 2014, the award that is given to the top cyclist be named the Grover Everett Award; Alan Whitaker seconded the motion; and the Board approved the motion.

Ride Committee Report. No report.

Newsletter Editor Report. No report.

Webmaster Report. Alan Whitaker said that he will look into Ken's issue re: expiring memberships. Jim asked Alan if he could work with active.com to get invoices that separately list membership dues and additional donations made at the time of registration. Alan plans to send out another announcement to remind volunteers to turn in their hours to be eligible for the volunteer awards at the awards banquet.

The meeting adjourned at 8:07 p.m. The next meeting is scheduled for Wednesday, February 6, 2013 at 7:00 p.m. at the home of Ken and Sandy Anderson.

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
Address Service Requested
Not for Commercial Use

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

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 / Harv Koplo
891-5464 / 899-9175
events(at)spfldcycling.org

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webmaster(at)spfldcycling.org

Dave Lucas
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Incentive Chair

Naomi Greene
793-9622
incentive(at)spfldcycling.org

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

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.