



# the Quick Release

www.spfldcycling.org

May 2013

## Ride of the Month

Alan Josephson's ride from Rochester Station was selected as ride of the month for March. Though somewhat windy, the winter chill broke long enough for 14 cyclists to join Alan for a ride to Edinburg. A smaller group ventured on to Mechanicsburg before looping back home as the weather turned frosty again. Thanks Alan for leading the ride.

## Almost Anything Award

The Almost Anything Award goes to Harv Koplo for crafting a letter to the editor that was published in the State Journal-Register, calling for the mayor and city council to officially adopt the regional bicycle and pedestrian plan. Developed by the Springfield Area Transportation Study, the bike/ped plan provides a roadmap for creating a connected system of bicycle and pedestrian ways that will encourage local residents and tourists to bike and walk as a means of transportation. In his letter, Harv pointed out that more greenways and bike facilities will enhance the city's livability and attract businesses and young people to the area. The SJ-R selected Harv's letter "Editor's Choice Letter" from among other letters of the day. Great going, Harv!

## Monthly Ride Leader Incentive Drawing

Robert LaBonte's name was pulled from among eligible ride leaders for this month's incentive award. Robert will receive a \$50 gift certificate to a local bike shop of his choice. Wonder which one he'll choose?

***Any rider or member can nominate rides or leaders for the above recognition. Please send nominations or ride anecdotes to:***

*🚲 incentive (at) spfldcycling.org*

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May 13<sup>th</sup> through May 18<sup>th</sup> is Springfield's "Curb Your Car Week" as part of the national "Bike to Work Week". There will be a group bicycle commute on Wednesday of that week at 7:30 a.m. starting at Washington Park and ending at Café Moxo during the opening of Farmers' Market. (Check the ride schedule.) Also that week there will be free bus rides for people with bikes using SMTD buses. Offices with more than five employees can enter a contest for trophies, free dinners at Maldaner's, lunches at Café Moxo and free coffee at Grab-A-Java.

Also, starting that week and throughout the summer, anyone riding their bike and parking in front of Maldaner's for lunch or dinner will get a 10% discount on their meal, excluding alcohol, gratuity and tax. Let's show Springfield the numbers this year and get out and participate. For more details, go to:

**[www.sscrpc.com](http://www.sscrpc.com)**.



## **2nd Annual Central Illinois Bike Summit**

The Second Annual Central Illinois Bike Summit will be held on May 15 at the Marriott Hotel & Carol Reitan Conference Center in downtown Normal, IL. This all-day bike event is designed to bring together advocates, planners and engineers interested in the vital role bicycles play in our transportation system. The day's informational sessions will cover a wide range of topics, and attendees will leave the summit with a better understanding of how to make their communities more bike friendly. For details, visit the City of Normal web site at:

**[www.normal.org/bikesummit2013](http://www.normal.org/bikesummit2013)**

## **President's Column**

*by Tom Clark, President*

It's May, and another riding season is well underway. May is National Bicycle Month, and the week of May 13 is Bike to Work Week. We encourage our members to actively participate once again that week in SSCPRC's 5<sup>th</sup> Annual Curb Your Car Week event, a friendly competition between Sangamon County organizations in small, mid-sized and large categories to record the highest percentage of participants using alternative transportation modes (walk, run, bike, bus). Thanks to **Dale Schultz** and other SSCPRC staff for organizing Curb Your Car Week.

Lt. Gov. **Sheila Simon** and Illinois Secretary of Transportation **Ann Schneider** have been invited to participate in the Group Commute ride at 7:30 a.m. on Wednesday, May 15. This ride sponsored by SSCPRC heads downtown from Washington Park. **Bill Donels** acts as SBC's contact for this ride. Rounding out bicycle month is a presentation on May 28 at Lincoln Library by **Ed Barsotti**, Executive Director of the League of Illinois Bicyclists. See the ride schedule and related articles elsewhere in this month's QR for details.

**The Challenge continues! Derek and Brigetta Ewing** will stage the next SBC Great Cycling Challenge on Sunday, May 19. This is the second of five challenge events. Each Challenge ride includes 25, 50 and 100 mile options. Participants can earn a Bronze, Silver or Gold medal, by riding at least 125, 200 or 375 miles total. You don't need to be an SBC member to participate; all riders are welcome. Brigetta will ride at the back of the 25-mile group. The ride is non-supported, but there are convenience stores along the way where riders can take a break.

The Ride of Silence is an event held across the nation to commemorate those killed or injured while bicycling. It will be held for the first time in Springfield at the Capitol Area Visitors Center, on May 15 at 7:00 p.m., with ride leader **Tracey Hurley**. This event was started in 2003 in Dallas by Chris Phelan, to honor Larry Shwartz, an endurance rider struck and killed by a passing vehicle. To heighten awareness of bicycle safety and the rights of cyclists, the ride's organizers decided to schedule it on the Wednesday of National Bike to Work Week each year.

We have a full ride schedule once again in May, thanks to the efforts of VP **Tracey Hurley**. Besides the Challenge on May 9, leader-led rides this month include a ride from New Salem led by **David Banks** and an easy-paced Apple Barn ride led by Kevin Greene, both on May 11; the Mother's Day Ride and Brunch led by **Kedra Elston** on May 12; and an out-of-town Madison County Trails ride on May 25 led by **Alan Josephson**. Other ride leaders this month include **Lynn Miller, Marty Celnick, Amy Goldesberry, Robert LaBonte**, and yours truly. Thanks to one and all for leading rides! One of these ride leaders will win a \$50 bike shop gift certificate.

Thanks again to SBC's weekend & holiday A ride organizer, **Lisa Kidd**. These A-level rides are intended for extremely strong and competitive riders with expert bike handling skills. As such, they compliment our slower-paced and (typically) shorter weekend & holiday Club rides. Hope to see you on a bike ride! - Tom

## Get geared up to see amazing bikes, past and present!



See fascinating—and rarely-exhibited—historic bicycles, juxtaposed with the coolest, fastest and most high-tech bikes currently on the market, in The Art of the Bicycle exhibit at the Chicago's Museum of Science and Industry.

This exhibit will be open through 2018 and is included in Museum general admission.

For more information, visit:

<http://www.msichicago.org/whats-here/exhibits/art-of-the-bicycle/>



To join or renew your membership online,

go to

[www.spfldcycling.org/membership](http://www.spfldcycling.org/membership)

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



## Secretary's Report

by Ken Anderson, Secretary

### Renewals

- 🚲 Michael Royer
- 🚲 Ben Fox
- 🚲 Michael Becker
- 🚲 Chris King
- 🚲 Jason Beeler
- 🚲 Bobbie Freer
- 🚲 Annette Williams & Chuck Zalar
- 🚲 Connie Roberts
- 🚲 Charlie Rabins

### Renewals at Contributing Level

- 🚲 Stephen Paca & Kristina Mucinskas

### New Members

- 🚲 Harold & Janet Glick
- 🚲 Melody Lamar
- 🚲 JT Coffman
- 🚲 Sandra & James Elliott
- 🚲 Jon & Cathy Popovich
- 🚲 Nanette & Alan Phillips
- 🚲 Stephen Belcher
- 🚲 Glen & Kay Schmideler

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.

# **Board Meeting Notes - April 3, 2013**

*by Stephen Paca, Recording Secretary*

Present. Tom Clark, Tracey Hurley, Ken Anderson, Stephen Paca, Jim Hajek, Harv Koplo, Bill Donels, Lynn Miller, Alan Whitaker, Kevin Greene, Dave Lucas, and Marty Celnick.

The meeting was called to order by Tom Clark at 7:14 p.m.

President's Remarks. No remarks.

Minutes. Tracey Hurley made a motion to approve the March Board meeting minutes; Alan Whitaker seconded the motion; and the Board approved the minutes. Stephen Paca distributed a draft of the minutes from the April 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 prior to the meeting via e-mail. He reported a balance of \$13,105.88 for the period ending 03/31/13. Lynn Miller motioned to approve the Treasurer's Report; Ken Anderson seconded the motion; and the Board approved the report. Jim also distributed an update of actual activity compared to the approved 2013 budget. There will be a notice in the next newsletter to inform members to look on the club's website for the quarterly budget update; quarterly budget reports will be posted online.

Special Events Report. Harv Koplo presented the design for the CCC jersey. Harv led a discussion on what style options we would offer, and the Board discussed jersey prices. To help members with ordering the correct size, there will be a sizing kit available at The Bicycle Doctor, and people will be able to place an order online at the shop.

Legislative/Education Report. Bill Donels reported that all the plans are in place for Curb Your Car Week, which runs from May 13<sup>th</sup>-18<sup>th</sup>. Bill will lead a group commute from Washington Park to downtown on Wednesday the 15<sup>th</sup> at 7:30am. Bill announced that Maldaner's is planning a promotion for 10% off your dinner or lunch if you ride to the restaurant and park your bikes in front. The plan is for this promotion to start during Curb Your Car Week and continue all Summer.

Social Chair Report. Jim presented the report on behalf of Gladys Hajek. The next socializer will be at Mariah's restaurant on April 10<sup>th</sup>. The April event will be the last socializer for the Winter/Spring.

Incentive Chair Report. Kevin Greene conducted the Incentive Awards on behalf of Naomi Greene. Alan Josephson's ride was voted Ride of the Month for March. The Almost Anything Award was given to Harv Koplo, for writing a letter to the State Journal-Register asking the city of Springfield and surrounding communities to adopt the Bicycle and Pedestrian Plan. Robert LaBonte's name was drawn for the monthly ride leader incentive award.

Ride Committee Report. Tracey Hurley sent a draft of the May ride schedule prior to the meeting via e-mail. Tracey highlighted notable rides, such as the Ride of Silence on 05/15 and the second Great Cycling Challenge ride on 05/19. Tracey asked for a volunteer to fill the remaining open day in the schedule, Tom agreed to lead that ride.

Newsletter Editor Report. No report.

Webmaster Report. Alan Whitaker reported that he will update the front page of the website and is gathering items for an upcoming e-mail announcement.

The meeting adjourned at 8:31 p.m. The next meeting is scheduled for Wednesday, May 1<sup>st</sup>, 2013 at 7:00 p.m. at the home of Ken and Sandy Anderson.



# Sustainable Springfield Inc

*Speaker Series*

Presents

## The Making of a Bike Friendly Town



In partnership with the SBC, SSI presents Ed Barsotti, Executive Director of the *League of Illinois Bicyclists* (LIB) to discuss the national trend of cycling as an alternative method of transportation and what it takes for cities like Springfield to catch the momentum. Ed will focus on...

- Infrastructure
- urban transportation planning
- bicycle/pedestrian safety

...striving to adopt a sustainable future

**Please join in the conversation!**

**when:** Tuesday, May 28<sup>th</sup>

**time:** 6:30 pm to 8:00 pm.

**where** Lincoln Library  
Carnegie Rm.

**questions?**  
Contact: Harv

217.899.9175

**Free and Open  
to the Public**



It's That Time Again!  
Get yourself and bike ready for  
**"The Great SBC Cycling Challenge".**

The Cycling Challenge is designed to aid in your cycling fitness and accomplish a hopeful **Goal** of completing the annual **"SBC Capital City Century"**.

Each daily Challenge consists of a century (100 miles) ride with shorter options of approximately a 25 mile and a 50 mile ride. The first four challenges are totally self supported. The 5th and last of the years Cycling Challenge events is the SBC Capital City Century held in September.

**The first event is set for April 28 Rotary Park at 9 a.m.** Ride along with others for a 27 mile route or 56 route or the Challenge route of 101 miles to Chandlerville.

**The second event is set for May 19 Waldrop Park at 8 a.m.** Ride along with others for a 28-mile route or 53-mile route or The Challenge Route of 102 miles to Lincoln and Petersburg. This is a new route for 2013.

Food and Rest stops along the way. For those with a Garmin, you can now add the Challenge route you desire to ride, to your Garmin device. The routes available can be uploaded from the SBC website:

**<http://www.spfldcycling.org/challenge.htm>**

Cost: Free! You may want to purchase food and drink items along the way.

All riders who complete the series minimum of 3 rides are placed on the **"SBC Challenge Wall of Fame"**. In addition you may receive a **Gold**, a **Silver** or a **Bronze** Award for all of your hard work in achieving your cycling goal. Your mileage is recorded and a point awarded for each mile.

**Award Earned - Points (miles) needed:**

🚲 Bronze: 125 - 199

🚲 Silver: 200 - 374

🚲 Gold: 375+

Awards will be distributed at the January SBC Awards Banquet (can also be received without attending).

**SBC Members:** Your **TO** and **FROM** ride miles can be counted as SBC ride miles, but are not counted towards CHALLENGE totals.



## May 2013 Ride Schedule

For updates, corrections and last minute changes to the ride schedule please check the SBC website at [www.spfldcycling.org](http://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
<b>NC</b>	<b>Non-Cycling events.</b>
<b>MB</b>	<b>Rides suitable for mountain bikes.</b>
<b>EZ</b>	<b>For riders who prefer a pace under 10 mph.</b> 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.
<b>D</b>	<b>For novice or recreational riders.</b> 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.
<b>C</b>	<b>For competent riders with basic safety and bike handling skills.</b> 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>B</b>	<b>For strong, experience riders with considerable group riding experience.</b> 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.
<b>A</b>	<b>For extremely strong and competitive riders with expert biking handling skills.</b> 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](mailto:records@spfldcycling.org)).

*Questions about leading a ride? Contact [vp@spfldcycling.org](mailto:vp@spfldcycling.org) .*



Weekday Daytime Rides		Check start times!
Monday 10:00 a.m.	Lewis Memorial Park Koke Mill Rd Robert LaBonte, 787-0237	MB – Meet at the pavilion and ride the church trails for an hour or so. This ride will be at an easy pace and is suitable for beginner and intermediate riders. Ride is dependent on trail conditions so call Robert for details.
Monday thru Friday 10:00 a.m.	Morning Geezer Ride Washington Park Pavillion on the South side of the park Tom Clark, 726-5560 <b>Note location change</b>	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. <b>*Disclaimer: Geezer riders occasionally change the start time due to weather and other considerations. Please call ahead.</b>
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.
Friday 2:00 p.m.	Sonic Wabash Ave & Park St Amy Goldesberry, 714-8762	BCD – Ever notice that the weather is always better on Fridays than the weekend? Amy has! For those who agree, ride the trail to the Apple Barn in Chatham.
Weekday Evening Rides		Check start times!
Mondays 5:45 p.m. NOT MAY 27	Parkway Pointe Theater Lindbergh & Robbins Rd Alan Whitaker, 494-6807	BC – Some begin at Parkway Pointe and some meet them 10 minutes later at Sonic on Wabash. Either way this popular BC trail ride will get you 16-21 miles. Because of the holiday, this ride will not meet May 27.
Tuesday 6:00 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.
Tuesday 6:00 p.m.	IDOT Dirksen Pkwy & Ash St Show-N-Go	BCD – Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper.
Wednesday 6:00 p.m. May 8, 22, 29	Centennial Trail South End Parking Lot Bunker Hill Rd Alan Whitaker, 494-6807	BCD- Ride the trail for 12 or add a low traffic county road to the airport for a total of 15.
Thursday 5:45 p.m.	Parkway Pointe Theater Lindbergh & Robbins Rd Show-N-Go	BCD – Show-N-Go along the Wabash and Interurban Trails. Turn miles in to the club records keeper.
Thursday 5:30 p.m.	IDOT Dirksen Pkwy & Ash St Cindy Kvamme, 744-8864	BCD – Ride the Lost Bridge Trail for 10-14 miles.
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.
Weekend Daytime Rides		
Saturdays time varies (see Disclaimer)	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	<b>Weekend A-Ride.</b> 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. <b>*Disclaimer: Schedule sometimes changes due to weather. Please call ahead.</b>
Sundays time varies (see Disclaimer)	Vredenburg Park Saxon Dr. & Crusaders Rd Lisa Kidd, 546-1698	<b>Weekend A-Ride.</b> See Saturday Weekend A-Ride description. <b>*Disclaimer: Schedule sometimes changes in fall due to weather. Please call ahead.</b>

Scheduled Rides and Events		Check start times!
Wednesday May 1 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 May 4 9:00 a.m.	Stuart Park Winch Rd Lynn Miller, 787-3354	ABC -- 30 & 40 mile options to Athens and a stop at Jeffries' Orchard for asparagus--if available. Asparagus is as weather dependent as the ride itself!
Sunday May 5 9:00 a.m.	Rotary Park Iles & Archer Elevator Rds Marty Celnick, 522-4206	ABC -- Marty's destination depends on the wind direction.
Saturday May 11 9:00 a.m.	New Salem State Park Rt 97 Petersburg David Banks, 691-2917	ABC – Meet at the visitors' center parking lot. David has new roads for us to explore! Ride options are 32 or 54 mile. The 32 miler is out to site M campground and back, water and bathrooms at the campground. The 54 miler is Chandlerville, Oakford loop. Taverns and restaurants in both towns but you should bring plenty of water and GU's just in case. The route to Chandlerville winds thru Panther Creek, is rolling and scenic then flattens out between Chandlerville, Oakford and back to New Salem.
Saturday May 11 10:00 a.m. NOTE TIME	Vredenburg Park Saxon Dr & Crusaders Rd Kevin Greene, 793-9622	CD – Join Kevin for a 23 mile ride to the Apple Barn.
Sunday May 12 9:00 a.m.	Residence 111 Price Pl Williamsville Kedra Elston, 741-9421	ABCD – <b>Mother's Day Ride and Brunch.</b> The Elstons are back with their traditional ride! 30-40 mile route. Come to the potluck even if you don't ride. Bring something if you can. Those riding shorter distances may start later. Everybody eats after the ride.
Monday Through Friday May 13-17	Your Residence!	NC – Curb your car during Bike to Work Week. Join other bike commuters from SBC and the Springfield area for the ride into work all week long! This is the fifth year for the event. Check with your employer to see if it is participating in the Curb Your Car challenge. For details go to the Springfield-Sangamon County Regional Planning Commission alternative transportation website at <a href="http://www.co.sangamon.il.us">www.co.sangamon.il.us</a> . Don't forget to turn in commuting miles to the club record keeper.
Wednesday May 15 7:30 a.m.	Washington Park Pavillion on the South side of the park Bill Donels, 546-8036	NC -- <b>Bike to Work Week Group Commute.</b> This will be a ride as part of the Curb Your Car week, riding from the park to downtown at the farmers market grand opening in front of Cafe Moxo. The Lt. Gov. and Sec. of Transportation have been invited to ride. Those interested can continue the ride out to a trail.
Wednesday May 15 7:00 p.m.	State Capitol Visitors' Center 425 S. College St. (west of the Stratton Building across College Street). Parking lot entrance on Edwards St. Tracey Hurley, 414-8900	ABCD – <b>Ride of Silence.</b> This is the 10th Anniversary of this world-wide event. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves. Helmets required, lights recommended.
Saturday May 18 9:00 a.m.	Rotary Park Archer Elevator & Iles Amy Goldsberry, 714-8762	ABC – Amy feels like going to New Berlin for 25 – 40 miles.
Sunday May 19 8:00 a.m. NOTE TIME	Waldrop Park Andrews Rd, Sherman Derek & Brigetta Ewing, 624-2016	ABCD -- Springfield Bicycle Club Cycling Challenge #2 Ride along with others for a 28-mile route or 53-mile route or The Challenge Route of 102 miles to Lincoln and Petersburg. This is a new route for 2013. Food and Rest stops along the way. For those with a Garmin, you can now add the Challenge route you desire to ride, to your Garmin device. The routes available can be uploaded from the SBC website:  <b><a href="http://www.spfldcycling.org/challenge.htm">http://www.spfldcycling.org/challenge.htm</a></b>  Cost: Free! You may want to purchase food and drink items along the way. Additional Information:  <b><a href="http://www.spfldcycling.org">www.spfldcycling.org</a></b>

Scheduled Rides and Events		<i>Check start times!</i>
Saturday May 25 7:30 a.m. Leave at 7:45 a.m. NOTE TIME	Cracker Barrel I-55 / Toronto Rd for carpooling Alan Josephson, 793-0590	ABCDEZ – Ride Madison County Trails. All riders, all ages. There is a GREAT network of looped asphalt trails from 5-40+ miles. Ice cream shops and restaurants in Edwardsville and Collinsville. Current route plan is to ride 40+ as a group to the St. Louis Arch, eat lunch and return. Contact Alan for Edwardsville starting place and other specific information.
Saturday May 25 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tracey Hurley, 414-8900	Show-N-Go – For those less adventurous folks who wish to stay in town. Turn your miles into the records keeper.
Sunday May 26 9:00 a.m.	Rochester Station Rt 29 & Walnut Robert LaBonte, 787-0237	ABC – Robert is hungry so plan on a breakfast ride to Pawnee for about 28 miles . . . or it might 29 miles . . . or maybe 27. For more miles, ride to the ride.
Monday May 27 9:00 a.m.	Rotary Park Archer Elevator & Iles Tom Clark, 726-5560	ABC – Head northwest with Tom on Memorial Day. Ride 50 miles to Ashland or 40 to Pleasant Plains. Cutoffs for 18 or 29 miles available for those wanting a shorter ride.
Monday May 27 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Lisa Kidd, 546-1698	Holiday A-Ride. See Saturday Weekend A-Ride description. Schedule sometimes changes. Please call ahead.
Tuesday May 28 6:30 p.m.	Lincoln Library Carnegie Room	NC – Presentation by Ed Barsotti, Executive Director of the League of Illinois Bicyclists (LIB). See p.6 for details.
Saturday June 1 7:15 a.m.- 7:30 a.m. NOTE TIME	Target Parking Lot Parkway Point Alan Josephson, 793-0590 <i>Directions to Glasgow: From I-72 go w to exit 52, Winchester. Left onto Old route 36. Left onto route 106. First right onto Winchester-Glasgow Rd.</i>	ABC – <b>UN-Traditional Kampsville Ride</b> . Leave at 7:30 a.m. and car pool to Glasgow, IL for a bike ride to Kampsville. Or meet the group in Glasgow. Ride begins around 8:45 a.m. The bridge to Detroit is out! So this year, longer riders can get 65 by going West from Kampsville on Rt 96 to the intersection with the Mississippi River Road ( 7.5 miles) and return Or do an out and back on the east side for 50 miles (2 turns). Food in Kampsville. Take the free ferry across the river. Ride will be cancelled if weather looks threatening or high winds in that area. Make sure to carry plenty of water and snacks. Potty and food stops are limited.
Saturday June 1 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tracey Hurley, 414-8900	Show-N-Go – Not going on the famous Kampsville Ride? Ride the show-n-go to where ever you want. Turn your miles into the records keeper.
Sunday June 2 9:00 a.m.	Rochester Station Rt 29 & Walnut St Bob Sorenson, 529-1141	ABC – Ride for 30-40 miles to where ever Bob feels like going. Edinburg? Bulpitt? Will a stop at the Buckhart Tavern be included?



**SBC CCC jersey** has been designed and is now ready for sale. Unlike past jersey sales, each club member can order their jersey(s) online on our new team website:

**<https://order.pactimo.com/teams/selection>**

The password to enter is `cccjersey`. After registering, you can click to see a larger picture of each jersey. The jersey's start at \$46 and go up to \$64 for the first round of orders.

Jerseys are non-refundable. To ensure that you obtain the correct size and type, we encourage you to try on the sample jerseys we have in the sizing kit we borrowed from Pactimo. Robert LaBonte has graciously offered to make this available at his Springfield Bicycle Doctor shop at 1037 N. 5th Street - 217-670-0761. Their hours are Tues-Fri 10:00-5:30 and Sat 10:00-4:00. There is a computer available

on the front counter so that folks can try on jerseys and order right there at the shop.

Our online shop and sizing kit will be available for the first round until May 1. The jerseys will be delivered to your door five weeks from that date, or about June 8th. Our online store will reopen for a second round of orders on June 15, however there will be a \$10 price increase at that time.

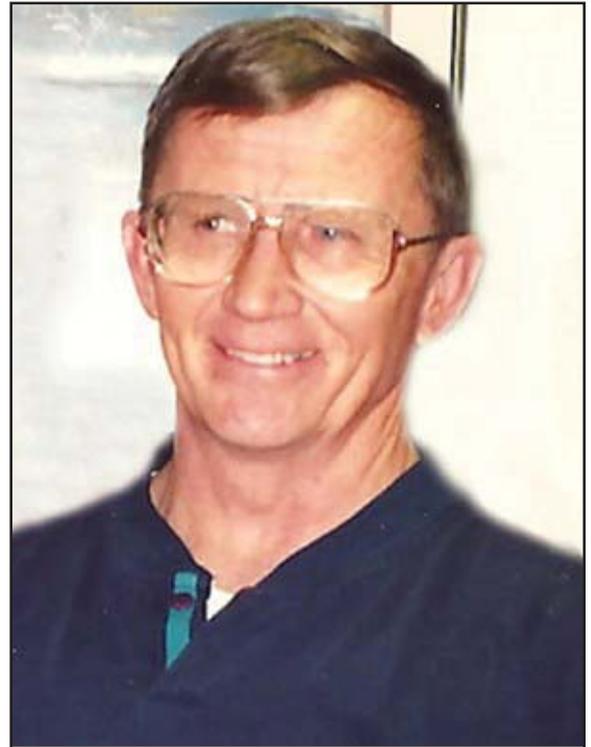
If there are any questions, you may contact Harv Koplo at [Harv@AvromSystems.com](mailto:Harv@AvromSystems.com) or 217-899-9175.

## **SBC Members Invited to Join Ride of Silence**

The Governor's Office issued a Proclamation in January supporting the national "Ride of Silence" and encouraging local events statewide (see proclamation SBC has scheduled Springfield's first "Ride of Silence" on Wednesday May 15 at 7 pm and area cyclists are encouraged and invited to join the event. Riders will meet at the Capitol Visitors Center, 425 S. College Avenue.

The "Ride of Silence" began in 2003 in Dallas following the death of a cyclist in an accident. It is a free ride of remembrance that asks participants to ride at a pace that is no faster than 12 mph for no longer than an hour, and to remain silent during the ride.

For SBC members, this year's event is close to our hearts as we remember our own Grover Everett, a top, experienced cyclist who was tragically struck and killed while riding his bike near his home in Auburn last November 15. The SBC was also approached by the family of Kellsey Proctor Twesme to remember her in this first ride. Kellsey was from Springfield but was killed October 11, 2012 while riding in Ridgecrest, CA.



*Grover Everett*

The ride hopes to raise safety awareness during National Bike Month among motorists, police, and city officials. The ride is also a chance to mourn, in funeral procession style, those who have already been killed.

The ride requests black arm bands be worn, red only if you have had a bike/motor vehicle accident. Helmets are required; bright clothing and lights are highly recommended for the ride home.

For information about the ride please contact Tracey Hurley, 414-8900.



### **Illinois Bike Transportation Plan** *Transforming Transportation for Tomorrow*

The Illinois Department of Transportation, in conjunction with Alta Planning + Design, Active Transportation Alliance, Trailnet, HeartLands Conservancy, and MetroQuest, is developing the

state's first bike transportation plan. The plan is part of IDOT's Long Range State Transportation Plan and will extend the department's thematic vision of Transforming Transportation for Tomorrow to alternative modes of transportation. A survey is available for your input at:

**<https://www.surveymonkey.com/s/IllinoisBicycleTransportationPlan>**

The survey takes less than a minute to complete and automatically places you on the subscription list for future updates about the plan's progress.

## 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		
Tuesday 5:40 p.m.	Fairhills Mall SW corner parking lot Monroe St Steve Schien, 741-8388	<b>Salisbury Hills Ride.</b> This is a non-affiliated road ride for A-level and B-level riders. A and B group leaders assist developmental riders. Riders are encouraged to leave as soon as there is a group of 15 or so. The route is challenging and hilly. Each group re-forms periodically. <b>Steve will personally lead and sweep for the 'A' group on May 14 and 28.</b> If it rains, the ride will be held the next day (Wednesday). Ask Steve to be put on the email group or 'friend' him on Facebook to learn of date and time changes.
Tuesday & Thursday 5:45 p.m.	BikeTek 957 Clock Tower Dr Ray Caruso, 891-5464	<b>Bike Tek Road Ride.</b> There will be two separate rides -- a 15-mile route and a 26-mile route with each consisting of two levels starting at the same time.
Wednesday 6:10ish p.m.	Wheelfast 17 Cottonwood Dr Matt Saner, 483-7807	<b>Wheelfast Road Ride.</b> ABC — Intermediate training ride. Meet at the bike shop and plan on 16-20 miles. The ride will begin when the shop is closed and locked up for the evening.
Every other Wednesday May 8 and 22 5:30 p.m.	New City Church parking lot New City Rd Pawnee Steve Schien, 741-8388	<b>New City Time Trials.</b> This is a non-affiliated 10.85-mile time trial on Pawnee New City Road. Most riders are seeking to improve their cycling ability and personal time trial speed. All are welcome to participate. Check-in immediately after arriving. The goal is to send off the first rider at 6:00. Riders are started in 15-second intervals starting with the slower riders first. Bring \$2 for the timer. Ask to be put on the email group to learn of date and time changes.
Thursday 5:45 p.m.	Scheels 3801 S. MacArthur Blvd Michael Ritzer, 726-6330	<b>Trail and Road Ride.</b> A chance for fellow bike enthusiasts to get together and share their passion. This ride is intended for all levels of riders. Some riders stay on the trails for 10-12 miles while others add a road ride for 20-30 miles. A designated rider leader stays at the back of each riding group.
Thursday 5:40 p.m.	Fairhills Mall SW corner parking lot Monroe St Steve Schien, 741-8388	<b>Salisbury Hills Ride.</b> This is a non-affiliated road ride for A-level and B-level riders. A and B group leaders assist developmental riders. The route is challenging and hilly. Each group re-forms periodically. <b>The Thursday rides are all show-n-go rides, with no official leader.</b> Ask to be put on the email group to learn of date and time changes.

This year's Pedaling for Kicks moves from July to June!!

Join the Fellowship of Christian Farmers for its 15th Annual Pedaling for Kicks on Saturday, June 29th. We sincerely hope you'll plan on joining us in Bloomington-Normal for this year's ride.

Online and mail-in registration options are available at

**[www.pedalingforkicks.com](http://www.pedalingforkicks.com)**

See our Web site or call  
800-676-2353 for more information.



Saturday, June 29, 2013

Bloomington, Illinois

Ride starts at East White Oak Bible Church, located at intersection of County Roads 1200 East and 2000 North (see our website for directions to ride site).

START TIME: 6 am - 8 am

Same Day Registration Begins At 5:30 am

FAMILY ROUTES: See start info in Family Route information box below.

CHOOSE FROM 6 DIFFERENT ROUTES

# My Life as a Doper

by Mark Flotow.

I never wanted to cheat, or at least not to cheat and get caught. I just wanted to level the playing field by breaking the rules that I think others were breaking, although I wanted to break them better, if you know what I mean. I now regret what I did so many years ago - that stuff tasted awful. I won't name names, Mother, that's not important now. But I don't want to dwell on the past, other than to briefly point out I have one, or dwell on any collateral damage, or people I've stepped on or threatened in the process, or money, prizes and accolades I may have won that maybe others should have enjoyed, or being labeled a deceptacon or how that might not even be a word. Last I checked, I can't change the past, other than your perception of it. Rather, I just want (you) to look to the bright future ahead for our sport, um, and I don't mean without me as a part of it. Because in such cases the normal court of jurisprudence is the court of public opinion (e.g., as seen on TV), and the most cathartic, at least visually, I wish to confess to . . . "My Life As A Doper," for which I am truly sorry. And the public's decision is final, until I am forgotten or by the next news cycle, whichever comes first.

I'm sure each of us has done things we are not proud of, regardless of intentions. I am no different in that respect, and there was a period in my life where . . . For me, this is going to be hard to express, and there are memories involved that I have perhaps repressed or otherwise forgotten. Call it the indiscretions of youth. I was only four years old at the time.

Simply put, I wanted to be the best I could be. It certainly was what my family wanted, as I found out later regarding report cards and such. Today, we euphemistically call them supplements or "preparation." You know what I'm talking about - something that will give you the physical edge over everybody else, assuming everybody else is not doing the same thing. When I was "supplementing" - during the 1950s - the over-the-counter oral booster of choice was cod liver oil. It was a "natural" supplement, although how many cods' livers were needed to extract enough of the essence and how this was discovered in the first place make it all seem a little unnatural to me. Perhaps it was considered the creatine or ginseng herbs of today. However, this awful tasting stuff was just what the doctor ordered, albeit the wink-wink sort of ordered, I figured.

Here's where one of those repressed memory episodes kicks in. You see, while my family was in on it, this wasn't something they talked about, ever. Perhaps this was about loose lips sinking ships or whatever. Finally, close to my mother's 80<sup>th</sup> birthday, I got the nerve to ask her about my supplementing days. She claimed I used to bring her the spoon every day, so she could give me my cod liver oil dose. She said I liked it. Thinking back, I can't believe I was that consenting after a full 1,500 days on the planet. And, I doubt I realized or understood the touted ultimate benefits, versus the icky immediacy, of slurping fish sludge. Now, I'm not sure after all this time if Mom perhaps was reconstructing the facts to suit her pleasant memory, but, of course, it could be me repressing a very unpleasant admission. Or, perhaps it is just something best lost to the ages.

However, there is one supplement incident I can't get out of my head. At the breakfast table, each day, I could not help but notice Dad took a pill. This was not a little pill, but a large solid, maroon-colored capsule-shaped pill. I also could not help noticing that Dad, at that time, was about three feet taller than me, as well as bigger in just about every other dimension. This pill was obviously helping him, because I was punier and I had never taken the pill. And just as obvious to me, I had some catching up to do. So . . . while Dad

went off to work and Mom was clearing up the breakfast dishes, one day, I saw my chance to "do the right thing." I quietly snatched the bottle from the breakfast table lazy-Susan and went upstairs to my bedroom to start my transformation.

There were no child-proof bottle tops in those days, other than adults sufficiently tightening down the screw-on caps to keep little fingers from unscrewing them. However, I had been religiously downing the cod elixir, so now I had the strength of ten 4-year old boys, albeit not all at once, more like sequentially. On about the seventh boy, so to speak, I got the lid open. The inside of the tinted glass bottle smelled a little funny - sort of mediciney - but medicine makes you better, right? So, I started with four of the pills, which I assumed you were supposed to suck on, like candy. (I originally assumed Dad downed his one pill with juice because he didn't have the time to enjoy it.) However, I thought they tasted even worse than the liquid swill I took . . . After about five seconds, I had to spit them right back out into my hand. Yuck - juice or not, I figured all of Dad's taste buds must be dead by his age or something. From my hand, I then instinctively slathered the residue onto the back cushion of the green vinyl stuffed chair I had been hiding behind.

It was about then that I heard Mom coming up the stairs. From the hallway, she noticed I was behind the chair in my room and asked, "What are you doing?" In moments like those, your mind reels, searching through your mental Rolodex of foolproof alibis. So, I responded, in a suitably meek voice, "Nothing." I can say, now, with a strong conviction, my Mom must have had ESP or some sort of penetrating mind ray to be able to see through that response time and time again. "WHAT are you up to?!" she continued and approached with a determined gait, where the strike of her shoe heels practically shifted the carpet. She immediately came up to me and looked straight into my eyes, obviously using that mind ray thing, where your whole face melts into an expression you originally never intended. She grabbed my now hidden arm, and it immediately was plain to see I was caught maroon-handed. "What is THIS?!" she said, pointing to the stain on the chair. Realizing now that Rolodex was rotating wildly with only two cards on it, I almost said "Nothing" but instead went with the other, blank card - and said nothing.

Of course, there was the bottle of Dad's vitamin pills sitting in the corner of the chair, pushed partway between the cushions. I was a little confused. I felt shameful, thanks to Mom's powers, but wasn't I following the family plan? Shouldn't I at least get a little credit for initiative, resourcefulness or forward thinking? This is where the memory goes fuzzy again. I am sure Mom schooled me on what the bad part of the issue was, and likely Dad did the same thing when he got home from work. In hindsight, so to speak, I don't remember the brilliant rationale for why my behavior was slightly misguided, but I do remember the spanking that followed Mom's brief lecture.

In the short run, my days of doping paid off. Although being the youngest child, I found I had the energy and wherewithal to run around the block (as long as I didn't cross the street), chasing after my siblings and their friends. Even my Mom said I wore her out.

However, old habits die hard. These days, I am into downing nutritional "power" bars and energy-recharging gelatinous substances. Especially the latter seems like ambrosia to me, even though the vanilla flavor has the consistency, color and name that rhymes with (and is found in the letters of) the word "glue." Oh sure, I could eat a banana instead and get about the same benefit, but that looks and slides down the gullet a lot less like cod liver oil, now doesn't it?

# 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](http://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.

### Mail with Check to:

Springfield Bicycle Club  
Post Office Box 2203  
Springfield, IL 62705

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

### **Web Master**

Alan Whitaker  
494-6807  
webmaster(at)spfldcycling.org

Dave Lucas  
585-1078  
at-large(at)spfldcycling.org

### **Board Secretary**

Ken Anderson  
522-3876  
secretary(at)spfldcycling.org

### **Records**

David McDivitt  
787-5964  
records(at)spfldcycling.org

### **QR Editor**

Shirley Baer  
488-2160  
editor(at)spfldcycling.org

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

### **Recording Secretary**

Stephen Paca  
766-2604  
recording(at)spfldcycling.org

### **Social Chair**

Gladys Hajek  
social(at)spfldcycling.org

### **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.