



the Quick Release

www.spfldcycling.org

July 2013

PICNIC



The Springfield Bicycle Club Annual Picnic Sunday July 21, 2013 4 pm -- 8 pm Tom Madonia Park East Shelter 3

The club will furnish brats, hamburger, buns and condiments as well as bottled water and soft drinks. (BYOB is acceptable. No Alcohol in parking lot or roadways.)

Each attendee is requested to bring a dish to share with the group to make this a successful old family style picnic.

Of course we encourage you to bring prospective new members as guests to help our club grow. So come and mingle with other members and guests you haven't connected up with recently and enjoy the food and drinks.

The park is located at the North end of East Lake Shore Drive, near Spaulding Dam. Go east on Stevenson Drive or, from the interstate, take exit 94 off I-55 (East Lake Shore Drive exit) and turn left at the top of the off ramp. Cross Spaulding Dam to East Lake Shore Drive. Round the curve after the dam and take the second right entrance into the park. (West park first and East park a short distance.)

Hope to See you There,
Gladys Hajek

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"41st Annual Capital City Century"

September 8, 2013

Registration is Now Open!

Online "early bird" registration is now available.

Mail-in registration opens soon

<https://www.spfldcycling.org/ccc>



Order your 2013 CCC T-Shirt during registration!



Wheel Fast Bicycle Company presents:

The 15th Annual
Tour De Corn Metric Century
Chatham Community Park

Sunday July 14th, 2013 at 7:30 a.m.

(see P12 for details)



Illinois Bike Transportation Plan
Transforming Transportation for Tomorrow

Several opportunities, both online and in person, for you to voice your opinion.

Please consider attending the public stakeholder input meeting on July 17, 6:30 to 8 p.m. at Lincoln Library, 326 S. 7th Street, Springfield, IL.



"SBC Cycling Challenge"

2 down, 3 to go

3rd Challenge Ride: August 4

4th Challenge Ride: August 25

5th and Final Challenge Ride:
September 8 at the CCC

For more information, go to:

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

UPCOMING EVENTS

- 🚲 July 4: Annual Franklin Burgoo Ride
- 🚲 July 7: Traditional Kampsville Ride
- 🚲 July 10: SBC Board Meeting
- 🚲 July 14: Tour de Corn Metric Century
- 🚲 July 21: SBC Picnic

(For more information, see P11)

President's Column

by Tom Clark, President

May was a banner month for everyone in the Springfield area who cares about bicycling. The City Council's May 21 approval of the Springfield area bicycle and pedestrian plan was a major cause for celebration! See article for details. Implementation will be a multi-year process, but is already underway. The next big objective is to achieve *Bicycle Friendly Community* status for Springfield—the topic of a May 28 presentation by **Ed Barsotti** of the League of Illinois Bicyclists at the Lincoln Library. Many thanks to Ed, the League of Illinois Bicyclists, and the City of Springfield's Bicycle Advisory Council (BAC) for their extensive contributions to this effort.

May 13-18 was *Curb Your Car During Bike to Work Week*. The results are in— 185 people and 20 teams participated this year! Thanks to Springfield Sangamon County Regional Planning Commission and the BAC for coordinating. See article for details. On May 15, Lt. Governor **Sheila Simon** and members of the Springfield Bicycle Club led a group bicycle commute downtown from Washington Park in the AM. That evening, over 70 riders participated in the inaugural *Ride of Silence* organized by VP **Tracey Hurley**.

The SBC Board voted at their June meeting to recognize all of the organizers of Bike Month Activities with the Almost Anything Award, and to make *Ride of Silence* the Ride of the Month.

It's July, and summer is well underway. Time for some long rides! Our annual ride to the Franklin Burgoo Festival led by **Robert LaBonte** is Thursday, July 4. The Traditional Kampsville Ride (ferry operating; bridge open!) has been re-scheduled for July 7, with VP Tracey leading. **Matt Saner** hosts the Tour de Corn on July 14. Proceeds benefit the Chatham Jaycees. All three of these rides include a Metric Century (62 mile) option.

There are also some great opportunities to socialize and share food this month. The annual **SBC Picnic** is July 21. We are going back to our traditional old style family picnic for SBC members and friends. **There is no need to RSVP for Picnic this year—just show up!** See article for details.

Those looking for a shorter, casual-paced ride where no one is left behind have some good opportunities this month. Robert's July 3 Burgoo Ride includes a 22-mile D option. **Kevin Greene** will lead Tuesday night EZ rides from the Capitol Visitors Center, as well as a 12-mile D-pace trail ride as part of the July 13 Tour De France event. Also, our weekday evening rides on area bike trails are moderately paced.

The weekend & holiday A-level rides organized by **Lisa Kidd** are a great option for extremely strong and competitive riders with expert bike handling skills. As such, they compliment our (typically) slower-paced, shorter weekend & holiday Club rides.

See you on the road or trail!—Tom

Ride of the Month

The 2013 Ride of Silence on May 15 was selected as Ride of the Month. This ride is a world-wide event, in which cyclists take to the roads in a silent, slow-paced procession to honor riders who have been killed or injured while cycling on public roadways. Approximately 70 riders participated in the local event organized by Tracey Hurley. Riders met at the Capitol Complex Visitors Center and rode through downtown and to Lincoln's Tomb in the Oak Ridge Cemetery. The family and friends of Kellsey Proctor Twesme came over from the Charleston area to participate. Kellsey was a former resident of Springfield who was struck and killed while riding her bicycle in Ridgecrest, CA. SBC members similarly remembered Grover Everett who was killed by a motorist while riding near Auburn last November. The SJ-R published an article about the event prior to the ride. Tracey was interviewed by ABC NewsChannel 20, and WTAX covered the ride.

Honorable mention ROM goes to the Edwardsville Ride led by Alan Josephson. The ride started out with beautiful weather as 13 cyclists pedaled their way to St. Louis for lunch at Sundecker's in Historic Laclede's Landing. The weather took a turn for the worst when it started to rain hard during the meal. After an hour of waiting patiently for the rain to let up, five riders caught a cab back to Edwardsville to fetch their cars. The rest of the group remained at the bar and grill. Instead of carpooling with the others, three riders took to their bikes when the sun came out and braved the cool, wet conditions on their return trip to Edwardsville.

Almost Anything Award

The Almost Anything Award for May goes to the following individuals who contributed to making National Bike Month a huge success in Springfield.

- 🚲 Transportation Planner Dale Schultz of the Springfield-Sangamon County Regional Planning Commission for coordinating the Curb Your Car Week event.
- 🚲 Lt. Governor Sheila Simon for leading the group bicycle commute from Washington Park to Café Moxo during the opening of the Old Capitol Farmers Market.
- 🚲 Executive Director Ed Barsotti of the League of Illinois Bicyclists for his presentation on bike friendly communities, which took place at the Lincoln Library and was co-sponsored by Sustainable Springfield and the bike club.
- 🚲 Tracey Hurley for organizing the city's first Ride of Silence.

Monthly Ride Leader Incentive Drawing

Ride leader David Banks is this month's lucky recipient of a \$50 gift certificate to the local bike shop of his choice.

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

🚲 ***incentive (at) spfldcycling.org***

Sammie's Plan B

by Janet Glick

Sammie Morris, age 12, just recently joined the SBC. Her grandparents, Harold and Janet Glick (me), also, just joined this year. The 3 of us did participate in your Century ride in 2011 and completed the 28 miles route. The 3 of us, also, recently participated in your Challenge Rides to New Berlin and also to Elkhart. We thoroughly enjoyed getting to know Brigetta.

I am writing to inform you of Sammie's recent bicycling accomplishment of which she is very proud.

We had planned Sammie's first overnight bicycle vacation before Christmas. It was her Christmas gift. The original plan was to ride approximately 120 miles on the I&M Canal Bike Trail and spend 4 days and 3 nights on the trail. Unfortunately parts of the trail, which is only limestone, was flooded out and an aqueduct was blown out. On Memorial Day we had to come up with a very quick alternative plan.

Due to having joined the SBC on their recent Edwardsville to the Arch ride and their wonderful detailed extensive directions through Granite City we came up with Plan B. We were already familiar with the Madison County trails, but were so fortunate to have the SBC directions through Granite City. We planned a trip from Staunton to Edwardsville to Maryville to Collinsville to Granite City to STL Arch and back to Granite City to Glen Carbon to Edwardsville and back to Staunton.

Sammie's story of her bicycle trip can be viewed at www.SamBiking.blogspot.com There are 4 postings. She has become quite the little journalist, too.



Curb Your Car Week Results

by Kevin Greene

Over 180 people participated in this year's Curb Your Car Challenge, which took place May 13-18. The annual event was coordinated by the Springfield-Sangamon County Regional Planning Commission and the Springfield Bicycle Advisory Council.

Twenty area business and organizations organized teams of employees who competed for prizes by leaving their cars at home and instead biking, walking, running or taking public transit to work during the week-long event. The goal of the program is to encourage more people to use bicycles and other active modes of transportation for everyday travel in Springfield and neighboring communities.

Lt. Governor Sheila Simon and members of the Springfield Bicycle Club led a group bicycle commute from the Washington Park pavilion to Café Moxo during the opening of the downtown farmer's market.

Below is a report that provides a few stats from the event. Congratulations to Memorial Health System SportsCare, the Illinois Commerce Commission and the Illinois Department of Revenue for winning their employee categories.

- 🚲 20 **REGISTERED** teams with participants, 29 total employers with eligible participants
- 🚲 185 eligible workers participated
- 🚲 567 person days of curbed cars
- 🚲 104 people rode a bicycle on at least one day during their commute
- 🚲 28 people rode an SMTD bus on at least one day during their commute
- 🚲 3 people ran on at least one day during their commute
- 🚲 56 people walked on at least one day during their commute
- 🚲 4512.58 miles traveled via active transportation
- 🚲 225.63 gallons of gas saved*
- 🚲 \$857.39 of fuel costs saved**
- 🚲 4,607 pounds of CO2 not emitted***

*Note: All figures based on a one-way commute. Commuters may have traveled to and from work each day using active transportation. *Calculated based on an average fuel consumption rate of 20 miles per gallon **Based on a cost of \$3.80/gallon of fuel ***Determined based on calculations obtained from the U.S. EPA Household Emissions Calculator, assuming a fuel consumption rate of 20 miles per gallon.*

Board Meeting Notes - June 5, 2013

by Stephen Paca, Recording Secretary

Present. Tom Clark, Tracey Hurley, Ken Anderson, Stephen Paca, Jim Hajek, Harv Koplo, Gladys Hajek, Bill Donels, Lynn Miller, Naomi Greene, Marty Celnick, and Mike Schwab.

The meeting was called to order by Tom Clark at 7:12 p.m.

President's Remarks. Tom thanked Tracey Hurley for running the May Board meeting.

Minutes. Tracey made a motion to approve the May Board meeting minutes; Ken Anderson seconded the motion; and the Board approved the minutes. Stephen Paca distributed a draft of the minutes from the June 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 \$11,346.83 for the period ending 05/30/13. Tracey motioned to approve the Treasurer's Report; Harv Koplo seconded the motion; and the Board approved the report.

Special Events Report. Century Chair Harv reported that CCC planning and activities are on schedule, he continues to work on filling CCC chair positions. He received the first round of jerseys from Pactimo and has begun distributing them. Capitol Blueprint will print a round of brochures to be mailed to previous registrants. Harv also reported that the presentation by Ed Barsotti of LIB on May 28th was well attended. Ed met with the public works director the next morning; Kevin Greene, Bill Donels, and Lynn Miller also attended that meeting.

Legislative/Education Report. Bill and Lynn reported Ed Barsotti's presentation and the meeting with public works. The Safety Quiz at bikesafetyquiz.com addresses some of the education concerns; Bill is looking into getting the quiz incorporated as part of driver education. Lynn reported that the north 2nd St. connector will be in the Bicycle and Pedestrian Plan; the resolution to adopt the plan was adopted by the City Council without opposition.

Social Chair Report. Gladys Hajek reported that she scheduled the annual summer picnic for Sunday, July 21st, from 4-8p.m. at Tom Madonia Park East. The club will provide the main grillable items and members will be asked to bring potluck dishes. Gladys asked for assistance with asking the local bike shops/businesses for door prize donations and Tom, Lynn, Tracey, and Ken volunteered to help.

Incentive Chair Report. Naomi Greene conducted the Incentive Awards. The Ride of Silence, led by Tracey Hurley, was voted Ride of the Month for May. The Almost Anything Award was given to organizers of all the Bike Month Activities. David Banks's name was drawn for the monthly ride leader incentive award. Naomi proposed updating the rules for incentive prizes; she will bring a proposal to the next meeting.

Ride Committee Report. Tracey distributed draft copies of the July ride schedule and highlighted rides for the month.

Newsletter Editor Report. No report.

Webmaster Report. Harv reported that Alan Whitaker updated the club's website and the active.com registration page with the most recent CCC information, including t-shirts.

The meeting adjourned at 8:12 p.m. The next meeting is scheduled for Wednesday, July 10th, 2013 at 7:00 p.m. at the home of Ken and Sandy Anderson.



Secretary's Report

by Ken Anderson, Secretary

Renewals

- 🚲 David Greene
- 🚲 Joe Hill
- 🚲 Phillip Windell
- 🚲 Debby Lewis
- 🚲 William & Carol Bock
- 🚲 Nancy Alexander & Family
- 🚲 Jeffrey Regan
- 🚲 Terrance Escorcia
- 🚲 Earl Burton
- 🚲 Michael Higgins
- 🚲 Charles Downs
- 🚲 Dean Wisleder
- 🚲 Kyle Beachy
- 🚲 Ken & Sandy Anderson
- 🚲 Chris & Kathy Mehuys
- 🚲 Suren Gummadi
- 🚲 Susan Dees Hargrove
- 🚲 Don & Jeanne Mallette
- 🚲 Robert Dettling
- 🚲 Jon Edwards
- 🚲 Robert & Helen Sorenson
- 🚲 Patricia & David Mees
- 🚲 Tom Clark

Renewals at Contributing Level

- 🚲 Judith Nesbitt
- 🚲 Jerry & Debra Ihnen
- 🚲 Gary & Lynn Woerner
- 🚲 Thomas Dodegge

Renewals at Sustaining Level

- 🚲 Susan Hammond

New Members

- 🚲 Charles & Lynn Colburn

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

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

July 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 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 9:00 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.	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 – Ride the trail to the Apple Barn in Chatham.
Weekday Evening Rides		Check start times!
Mondays 6:00 p.m. NOTE TIME	E End Wabash Trail By Sonic Alan Whitaker, 494-6807	BC — Leave from the east end of the trail at 6:00 p.m. Those riding from Parkway Point will start at 5:50 to allow time to sign in before 6:00. This popular ride will get you 16 miles from Sonic or 21 miles from Parkway Point.
Tuesday 6:00 p.m.	Capitol Visitor's Center College & Edwards Streets Kevin Greene, 793-9622 NOTE LOCATION CHANGE	EZ – Meet in the parking lot and ride 10 miles at a relaxed pace through city neighborhoods. Those interested will meet for dinner afterwards at a local 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.	Centennial Trail South End Parking Lot Bunker Hill Rd Linda Butler, 899-7165	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	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		<i>Check start times!</i>
Thursday July 4 START TIME DEPENDS ON START LOCATION	Panera Bread West – 8 a.m. Wabash Ave. & White Oaks Dr. County Market – 8:40 a.m. 1099 Jason Place, Chatham U.S. Post Office – 9:15 a.m. 100 Church Street, Loami Robert LaBonte, 787-0237	ABCD – ANNUAL FRANKLIN BURGEOO RIDE. Celebrate our nation's Independence Day with a ride to Franklin, IL for its annual Burgoo Festival. The start times and ride distances are staggered to provide all riders an opportunity to participate. Leave from Springfield for 62 miles; Chatham for 48 miles; or Loami for 28 miles. It will be hot. Roads will be soft and oily! Be sure to bring plenty of water and money for those pies!
Thursday July 4 8:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Lisa Kidd, 341-6181	Holiday A-Ride. See Saturday Weekend A-Ride description. Schedule sometimes changes. Please call ahead.
Saturday July 6 8:00 a.m.	Waldrop Park Andrews Rd Sherman Cindy Kvamme, 744-8864	ABC – Cindy is planning to route us into downtown Middletown for 36 miles with a Greenview option for 50 miles. Shorter cutoffs are available.
Sunday July 7 7:15 a.m.- 7:30 a.m. NOTE TIME.	Target Parking Lot Parkway Point Tracey Hurley, 414-8900 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.	ABC — TRADITIONAL KAMPSVILLE RIDE. This ride was cancelled last month due to flooding. It may be cancelled again if weather looks threatening or high winds in that area. 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. Ride the rolling hills on the west side of the Illinois River and return on the flat east side for 66 miles (4 turns). 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.
Wednesday July 10 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 July 13 8:00 a.m.	Residence 3817 Surry Place Ln Ernie DeFrates & Linda Butler, 971-1246 Kevin Greene, 793-9622	ABCD – The Tour de France begins at 8 a.m. We will have our own 35 – 40 mile tour of the Sangamon County Countryside. Kevin will lead the D riders on a 12-mile option on the Sangamon Valley Trail.
Sunday July 14 Registration from 7:00 a.m. to 9:00 a.m. Mass start at 7:30 a.m.	Chatham Community Park 760 S. Main Chatham Matt Saner/Wheelfast, 483-7807	ABC – Tour de Corn Metric Century. 62, 31, and 22 mile route options. Cost is \$15. Proceeds benefit Chatham Jaycees. Sag service until 1:00 p.m. BBQ lunch at the park after the ride from 11 a.m. to 2 p.m. Cycling socks to the first 100 riders donated by Wheelfast. NOTE: The Sweet Corn Festival is the following weekend.
Saturday July 20 9:00 a.m. NOTE TIME	Rotary Park Iles and Archer Elevator Alan Whitaker, 494-6807	ABC – Alan has multiple route options from 20 – 45 miles.
Sunday July 21 9:00 a.m. NOTE TIME	IDOT Dirksen Pkwy & Ash St Marty Celnick, 522-4206	ABC -- Marty is the traditional leader for the ride before the picnic (see below and article for details). Plan on 50 miles with plenty of chances to go shorter. The trail is a shorter option, too.
Sunday July 21 4:00 – 8:00 pm	Tom Madonia Park East Shelter 3 - East Lake Shore Dr Gladys Hajek, 698-7626	SBC PICNIC – Join your bike club friends for an old style family picnic. Gather at 4 p.m. with dinner at 5 p.m. See article in the QR for details.
Saturday July 27 8:00 a.m.	Centennial Park Bunker Hill Rd Deb Cooper, 899-8385	ABC – Meet in the Park (not the trail) parking lot and ride to Salisbury for 25 miles or onto Petersburg for 50 miles. The trail offers a shorter option.
Sunday July 28 8:00 a.m.	Waldrop Park Andrews Rd - Sherman Barry Tobias, 303-6782	ABC – First time ride leader Barry has 20 miles to Williamsville and 32 miles to Elkhart planned. He promises to take everyone on roads less travelled.



Wheel Fast Bicycle Co.

Presents

The 15th Annual Tour De Corn Metric Century

Chatham Community Park

Sunday July 14th, 2013 at 7:30 a.m.

Registration will be open from 7:00-8:30 a.m. the day of the ride

Pre-register at Wheel Fast, 17 Cottonwood Dr.

In Chatham through Saturday 7-13-2013 4:00 p.m.

Mass start at 7:30 a.m.

There will be three distance options: 62 miles with shorter routes TBD

The cost is \$15.00

Free Wheel Fast cycling socks to the first 150 riders!!!

SAG service until 1:00 p.m.

Rest stops with food and drink

Lunch Served from 11:00-2:00 following the ride

All Proceeds benefit the Chatham Jaycees

Call Wheel Fast with any questions

217-483-7807



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.

Tuesday 5:40 p.m.	Fairhills Mall SW corner parking lot Monroe St Steve Schien, 741-8388	Salisbury Hills Ride. 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. Steve will personally lead and sweep for the 'A' group on July 9 & 23. 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	Bike Tek Road Ride. 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	Wheelfast Road Ride. 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 July 3, 17, 23 5:30 p.m.	New City Church parking lot New City Rd Pawnee Steve Schien, 741-8388	New City Time Trials. 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	Trail and Road Ride. A chance for fellow bike enthusiasts to get together and share their passion. This ride is intended for all levels of riders. 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	Salisbury Hills Ride. 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. The Thursday rides are all show-n-go rides, with no official leader. Ask to be put on the email group to learn of date and time changes.



For instance, the bicycle is the most efficient machine ever created: Converting calories into gas, a bicycle gets the equivalent of three thousand miles per gallon.

Bill Strickland, The Quotable Cyclist

Springfield City Council Approves Bike/Ped Plan

by Kevin Greene





The Springfield area bicycle and pedestrian plan rolled forward as it received the endorsement of the Springfield City Council May 21st. Springfield was the third local community to endorse the plan as a guide for improving bicycling and walking conditions in the region. The bike/ped plan has already been approved by local officials in Sherman and Rochester, and will next be considered by the Chatham village board in the near future.

The resolution endorsing the bike/ped plan was introduced into the city council by Mayor Mike Houston. Aldermen Sam Cahnman and Cory Jobe co-sponsored the resolution. Members of the Springfield Bicycle Club, Springfield Urban League and Springfield Bicycle Advisory Council testified in favor of the resolution at a city council meeting. It passed by a vote of 10-0.

The regional bike/ped plan has been in the works for more than two years. It was developed by the Springfield Area Transportation Study, with technical support provided by transportation planners at the Springfield-Sangamon County Regional Planning Commission and League of Illinois Bicyclists.

The primary purpose of the bike/ped plan is to encourage more residents to walk or bike as a means of transportation. It is particularly geared to making cycling a more practical and safer travel option for the casual adult cyclist and is designed to address the needs of people who rely on walking, public transportation and bicycling to reach key destinations in the community.

The major components of the plan include:

-  A continuous bicycle network that will facilitate travel throughout the area;
-  A pedestrian network that gives priority access to area schools, parks, economic activity centers and public transit routes;
-  An interconnected, multi-use trail system to enhance recreational opportunities;
-  Completion of components of the interstate Route 66 Trail through local communities.

The bicycle and pedestrian facilities in the plan range from low- or no-cost improvements to major capital investments. The recommended bicycle projects include adding bike lanes, marking shared bike/car lanes, widening paved shoulders, extending/building trails and posting way-finding signs.

Transportation officials have noted that the most cost-effective time to add bike facilities like striping of bike lanes will be during street reconstruction and resurfacing projects. More significant projects will be implemented as funding becomes available. Having an official bike/ped plan in place will help local communities access state grant programs for the larger cost projects.

For more information on the bike/ped plan, visit the regional planning commission's website at

<http://co.sangamon.il.us/departments/regionalplanning/planning.asp>.

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.

Mail with Check to:

Springfield Bicycle Club
Post Office Box 2203
Springfield, IL 62705

Springfield Bicycle Club
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Springfield, IL 62705
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726-5560
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Bill Donels / Lynn Miller
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**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.