



the Quick Release

www.spfldcycling.org

March 2015

Jim Hajek Receives NoBell Award

by Kevin Greene, NoBell Committee Chair

Jim Hajek received the 2014 NoBell Award at the SBC Annual Awards Banquet and Winter Party on January 23. This is the club's lifetime achievement award, presented each year since 1982 to an individual or couple in recognition of significant contributions to bicycling and club activities.



Jim has been a club member since 1984 when he got bitten by the Triathlon bug and joined SBC to build up his biking skills. While Jim initially focused mostly on running and swimming activities, he eventually came to enjoy competitive cycling. Over the years Jim has led many rides and later assisted with, and led, the annual Lincoln Historic Sites Bike Ride.

Jim graduated from the University of Minnesota and was eventually hired as a math instructor at Lincoln Land Community College in 1969, where he would remain for the next 40 years. His math and teaching skills have come in handy with many local

organizations.

Jim joined the SBC board as an at-large member in 2010 and helped co-chair the annual club picnic. He later volunteered to be social chair and was instrumental in initiating and implementing the monthly socializer events.

Jim currently serves as treasurer, bringing along the skills of his wife, Gladys, to help with the books and instituting a new budgeting process. Jim has also acted as host for the SBC annual dinner and awards ceremony.

Because of his leadership and support for bicycling, combined with his club work, Jim was selected as the 2014 NoBell award winner.

Congratulations Jim.

A few words from Tom Clark, SBC President . . .



Don't forget to **spring ahead** on Sunday, March 8! We start our leader-led rides again after the time change. Club ride leaders in March include **Robert LaBonte, Marty Celnick, Carolyn Lawrence, Harv Koplo, and Tom Clark**. And thanks to **Lisa Kidd** for A-ride organizing. She was ably assisted by **Derek Ewing** during the off-season. Thanks Derek! Our full leader-led club ride schedule resumes in April.

We have monthly ride schedulers in place for March, April, May, and June. These schedulers are member of the Ride Committee, which helps our Vice President **John Nelson** ensure that we have a great ride schedule every month. **We are seeking monthly schedulers for July, August, September, and October** to finish out the riding season.

We are also currently looking for a Board Secretary. **Alan Whitaker** is continuing as Interim Secretary for now. This Board member maintains an accurate record of membership in a database, generates member listings, creates a monthly listing of new members and renewals for QR, and picks up Club mail. Interested in being Board Secretary, or know somebody who might be? Contact Alan at secretary@spfldcycling.org.

Social Co-Chairs **Julie Ann Love** and **Poonam Mahajan** advise that our next Socializer is March 11 at Brickhouse West, from **5:00 to 7:00 p.m.** (NOTE TIME CHANGE). Poonam will host the Socializer. Drop by after work or your day's activities. This is always a great venue!

We had a great **Winter Party and Awards Banquet** at Maldaners on January 23, with over 100 SBC members and guests in attendance. **Jim Hajek** was awarded our lifetime achievement NoBell Award, while **Charlie Witsman** once again earned the **Grover Everett Award** as our top mileage rider of 2014. Thanks to **Julie Ann Love** for organizing, **Mike Kokal** for Emceeing, **Stephen Paca** for presenting a great Incentive Awards program, **Harv Koplo** for an excellent slide show and photography, **Kevin Greene** for organizing and presenting the Nobell Award, and **Derek and Brigetta Ewing** for presenting the Cycling Challenge awards. Look elsewhere in this month's QR for details about the awards and a writeup about our NoBell recipient.

SBC members and friends once again participated as **Team SBC Mt Everett Memorial Climbers** in the American Lung Association's **Fight for Air Climb** at the Hilton on February 9. We had a record-breaking 12 team members, and raised over \$1500 for ALA! Thanks to team members **Deb Cooper, Amy Goldesberry, Carolyn Lawrence, Erin Mileham, Jacob Mileham, Hope Rolens, Becky Smith, Larry Stone, Andrew Verderber, Shane Westbrook, and Alan Whitaker**, who along with yours truly comprised our team this year. In addition, several SBC members participated on other stair climb teams. Thanks to all who climbed and all who donated!

Hope to see you soon on the road or trail! - Tom

Support & Elect

Michael “Chef” Higgins For Ward 7 Alderman



“Ward 7 has a wide range of income levels. In my ward, people need their sidewalks, potholes and sewers fixed like they do in other areas.”

““We have to identify what it takes to create an environment that can attract younger families & start moving our infrastructure forward to meet those goals.”

“I’ve been involved in this community for a long time, and it’s time for someone to bring a little heart and soul to the city council.”



- Spfld Bicycle Club Member & Supporter
- Mayor’s Bicycle Advisory Council Member
- Bike to Work Week Sponsor & Planner
- Helping w/ Bike Friendly Community Status
- SDAT Long Range Transportation Needs



We want Higgins - he has a vision toward making Springfield a Walkable & Bike Friendly Community!

Paid for by Friends of Michael Higgins. A copy of our report filed with the State Board of Elections is (or will be) available on the Board’s official website www.elections.illinois.gov or for purchase from the State Board of Elections, Springfield, Illinois.

Incentive Awards

Stephen Paca, Incentive Chair



RIDE OF THE MONTH

Marty Celnick's New Years Day ride was voted Ride of the Month for January. Six riders braved the cold conditions, and were able to warm up after the ride with a hot chocolate at the Rock'n'Roll Hardees. Thanks, Marty, for continuing to lead this ride. It's a great way to start the year!

ALMOST ANYTHING AWARD

The AAA goes to Julie Ann Love for organizing a great winter party at Maldaner's restaurant and to all the presenters for putting on a nice awards program. Incoming Social Chair Poonam Mahajan assisted Julie with registration; Tom Clark and Mike Kokal helped emcee the event; Derek and Brigetta Ewing presented the Cycling Challenge Awards; Stephen Paca presented the Spinner Awards and Nick Sunder helped with the incentive drawings; Kevin Greene presented the NoBell Award; and Harv Koplo for put together another great slide show. No winter party would be complete without at least one joke from Jim Hajek, who shared another groaner with us during his acceptance of this year's NoBell Award!

RIDE LEADER INCENTIVE DRAWING

Marty Celnick's name was drawn for the Ride Leader Incentive award. He will receive a \$50 gift certificate to the local bicycle shop of his choice. Congratulations, Marty!

Any rider or member can nominate rides or leaders for the above recognition. Please send nominations or ride anecdotes to incentive (at) spfldcycling.org



Mar 11 - Mark the date for the March Socializer!

5:00 -7:00 at Brickhouse Grill & Pub West
3136 W Iles Ave

March 2014 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

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 leader 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, experienced 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 bike 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).

March 2015 Ride Schedule

Weekday Daytime Rides		<i>Check start times!</i>
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 Pavilion on the South side of the park Pete Gudmundson, 523-8200	Show-N-Go ride for retired geezers or those hoping to become geezers. No leader or map, but Pete shows up often enough for this ride that he should be able to answer questions. Please use ride sheet if riding together. Participating riders should turn in miles to the club records keeper. *Disclaimer: Geezer riders occasionally change the start time due to weather and other considerations. Please call ahead.
Monday thru Friday 10:00 a.m.	Daily Pana Trail Ride Lake Taylorville parking lot Rt 29 Pat Stephens, 287-7056	Show-N-Go along the Lincoln Heritage Trail. Turn in miles to the records keeper. There is no ride leader, but Pat may be able to answer questions about this ride.
Monday thru Friday 12:20 p.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tom Clark, 726-5560 Dave Ross 789-4823	BC — Westside Lunch Ride. Dave or Tom will hit the trails or go out in the country.
Weekday Evening Rides		<i>Check start times!</i>
Monday starting March 9 5:30 p.m.	Parkway Pointe Theater Lindbergh & Robbins Rd Alan Whitaker, 494-6807	BCD — Show-N-Go along the Wabash and Interurban Trails. Turn miles in to the club records keeper. Riders may also start from Sonic Drive-In (Wabash & Park St.) at 5:45 pm. Lights recommended.
Tuesday starting March 10 5:30 p.m.	IDOT Dirksen Pkwy & Ash St Show-N-Go	Show-N-Go – Ride the Lost Bridge Trail for 10-14 miles. Lights recommended.
Wednesday starting March 18 5:30 p.m.	Centennial Trail South End Parking Lot, Bunker Hill Rd Amy Goldesberry, 714-8762	BCD — Ride the trail for 12 or add a low traffic county road to the airport for a total of 15. Amy suggests attending the Socializer on March 11, then joining her for the first ride the following week.
Thursday starting March 12 5:30 p.m.	IDOT Dirksen Pkwy & Ash St Cindy Kvamme, 971-8687	BCD – Ride the Lost Bridge Trail for 10-14 miles. Lights recommended.
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. Lights required.

Weekend Daytime Rides		
Saturdays time varies (see Disclaimer)	Vredenburg Park Saxon Dr& Crusaders Rd Lisa Kidd, 341-6181	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, 341-6181	Weekend A-Ride. See Saturday Weekend A-Ride description. *Disclaimer: Schedule sometimes changes due to weather. Please call ahead.
Scheduled Rides and Events		<i>Check start times!</i>
Sunday March 1 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show N-Go – Ride the trails 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.
Wednesday March 4 7:00 p.m.	Residence 2301 Sangamon Avenue Ken Anderson, 522-3876	NC – Board Meeting. All SBC members are invited to attend the board meeting.
Saturday March 7 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show N-Go - Ride the trails 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 March 8 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show N-Go - Ride the trails 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.
Wednesday March 11 5:00-7:00 p.m.	Brickhouse Grill & Pub West 3136 W Iles Ave Poonam Mahajan 691-3350 pm3350@gmail.com Julie Ann Love 306-6313	NC - Socializer. Join us on at Brickhouse West for the March Socializer. Free appetizers. Members and potential members are encouraged to attend.
Saturday March 14 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tom Clark, 726-5560	ABCD – Join Tom for a ride with 25 to 35 mile options, depending on which way the March wind is blowing. D riders can ride the trails.
Sunday March 15 10:00 a.m.	Centennial Trail South End Parking Lot, Bunker Hill Rd Robert LaBonte 787-0237	BCD — Join Robert on a shorter early season ride. Ride the trail for 12 miles, or add a low traffic county road to the airport for a total of about 15 miles.
Saturday March 21 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Marty Celnick 522-4206	ABCD – Marty rides all winter. Come ride with him whatever the weather ... if you like the challenge. D riders can ride the trails.
Sunday March 22 10:00 a.m.	Rotary Park Iles & Archer Elevator Rd Robert LaBonte 787-0237	ABC – Robert will take us on 25-40 mile options as his sense of humor dictates ... Come for the fun.
Saturday March 28 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Carolyn Lawrence, 370-0776	ABCD – Join Carolyn on a ride to Auburn today for 30 miles or so. Carolyn is a first time ride leader. Thanks Carolyn! D riders can ride the trails.
Sunday March 29 10:00 a.m.	Rochester Station Lost Bridge trailhead Harv Koplo 899-9175	ABCD – Harv says it's time to take us east! 25 miles through Edinburg and up to Roby or 40 to Mechanicsburg. D riders can ride the trails.

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		
Wednesdays Starting March 11 5:30 p.m.	Wheelfast 17 Cottonwood Dr Matt Saner, 483-7807	ABC — Wheelfast Road Ride. Intermediate training ride. Meet at the bike shop and plan on 16-20 miles.
Thursdays Starting March 26 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.
Friday March 27 5:30 p.m.	State Capitol Visitors' Center 425 S. College St. (west of the Stratton Building across College Street) Alan Escobar, 638-9523	EZ – Critical Mass Ride. Ride for about 1 hour at a slow pace. Suitable for all bikes. Critical Mass is a worldwide event held the last Friday of every month. It is open to all, and it welcomes all riders to join in a celebration of riding bicycles. Why? Because bikes are fun! Front and rear LIGHTS recommended.
Regional Rides		
N/A	N/A	There are no regional cycling events within 100 miles of Springfield in March. <i>For an up-to-date listing of upcoming rides, go to www.mikebentley.com and check Illinois Bicycle Rides .</i>

2015 SBC Cycling Challenge Events

The SBC Cycling Challenge is a series of 5 bicycle rides held around the Springfield area. The last ride is the annual Capital City Century in September. This year's dates are APRIL 26, JUNE 7, JULY 12, AUG 30 and SEPT 13. The Cycling Challenge series offers opportunities for all cyclists. Each of the events will have a route of around 25 miles (@25 mile), a @50 mile route, and a 100+ mile route.

There is NO COST to ride the first 4 events that are listed below. That's right, it's FREE!

For more information, contact Derek at thecyclist15@yahoo.com



Membership News

by Alan Whitaker, Secretary

I would like to introduce and welcome these new members to our club:

Telemachos (Tim) Agoudemos
John & Nichole Palusinski & family

Joining us at the Patron Level:
Ray Gensinger

I would like to thank the following members for their continued support of the Springfield Bicycle Club:

Renewals

Nancy Alexander & family
Judy Carmody
Susan Dees Hargrove
Don & Kathy Henke
Larry & Cindy King
Kent Kraft
David Lucas
Lenny & Sherry Miner
Jeff and Brenda Price
Jeff Regan & Marilyn Gorbett
Wood Family

Renewals at the Contributing Level

Don Caspary & family
Jan Michael Cimarossa
Pat Everett

Renewals at the Sustaining Level

Joseph Hills
Larry Small

Bicycle Repair Stations To Be Installed

The Springfield Bicycle Club board has approved splitting the sponsorship of three bicycle repair stations with local businesses. Member Robert LaBonte of the Springfield Bicycle Doctor shop has offered to provide the repair stations at cost. SBC will pay for half of each repair station, at a cost to SBC of \$445 each. Bank of Springfield and Springfield Clinic have generously agreed to each sponsor the other half of a station. FitClub and Maldaners have agreed co-sponsor the third station.

The repair stations would be placed on each of the bike trails around Springfield; one on the Interurban Chatham Trail, one on the Sangamon Valley Trail, and one on the Lost Bridge Trail. Exact locations have yet to be determined.

SBC is partnering with the Springfield Park District for the installation of the bicycle repair stations. The plan is to have them installed in time for a public unveiling during Earth Week this April. Thanks go to SBC Special Events Coordinator Harv Koplo for putting together this project.



Board Meeting Minutes - February 4, 2015

Chanell Hamilton, Recording Secretary

Present. Tom Clark, Chanell Hamilton, Ken Anderson, Stephen Paca, Jim Hajek, Bill Donels, Harv Koplo, Marty Celnick, John Nelson, Poonam Mahajan

The meeting was called to order by Tom Clark at 7:20 p.m.

President's Remarks. Conducted by Tom Clark. Welcome new social co-chair.

Vice President's Remarks. John Nelson reported that the last 4 months of 2015 need ride schedulers.

Secretary's Report. Tom Clark reported from Alan's emailed report that there were 0 new members, 27 renewals.

Minutes. Conducted by Chanell Hamilton. January's Minutes were recorded and emailed to the Board in advance, and were approved by the board after amendments.

Treasurer's Report. Conducted by Jim Hajek. The January Treasurer's Report was submitted via email prior to the meeting, with an ending balance of \$26,066.31. The Treasurer's Report was approved.

Incentive Chair Report. Stephen Paca conducted the Incentive Awards.

Winter party awards banquet. Spinner awards receiving positive responses. Marty Celnick New Years Eve ride received the The Ride of the Month Award for January. Marty Celnick received The Ride Leader Incentive Award for January. The Almost Anything Award for January went to all the organizers of the January Winter Party Awards Banquet.

Special Events Report. Conducted by Harv Koplo. No remarks.

Legislative/Education Report. Legislative and Education report conducted by Bill Donels. The LIB reportedly hired the ambassadors they were looking for in the Springfield area. Talked to the county regarding Sangamon Trail. Construction is expected to start in July.

Social Chair Report. Conducted by Poonam Majahan. Annual Winter Banquet was a success. The next socializer will be held February 11th, 2015 at 5:30pm at Frankie's Boulevard in Town and Country Shopping Center. Poonam will be meeting with Julie Love to confirm the location of the March socialized.

Newsletter Editor Report. Tom Clark conducted the Newsletter Editor Report in Joe Agner's absence. Nothing new to report.

Webmaster Report. Conducted by Tom Clark. Sent report via email prior to the meeting. Photos from slide show are posted on the website. Will be adding screenshots to assist in the use of the online membership payment system.

New Business. Stephan contacted the Decatur and Champaign bike clubs to research their installations of the bike repair stations for the trails. Harv has done some footwork and proposes the SBC support the installation of 3 bike repair stations on Springfield area trails using funding from the trails fund for half the cost while getting sponsorship for the other half of the cost. Ken moves to hold off on Harvs proposal. John suggests to modify proposal to initially 1 repair station. Harvs initial proposal is approved by the board.

The meeting adjourned at 8:48 p.m. The next meeting is scheduled for Wednesday, March 4th, 2015 at 7:00 p.m. at the home of Ken and Sandy Anderson.

For Sale by Member

Schwinn Peloton Pro



Schwinn Peloton Pro, size Medium, carbon frame, full Ultegra gruppo, front 50-36, Rear Cog 11-28, Tru Vativ carbon crank. Wheels Mavic Aksium, Tires Bontrager RaceXlite, 700x23. Chain, Shimano (new). Saddle-Bontrager Inform, Handlebar-Ritchey Pro, Stem-Ritchey Pro.
Price-\$700. Call (217) 877-1110.

Felt B16 TT/TRI Bicycle

Outstanding competition bike; good value with fast aerodynamic frameset, internal cables, and high-end components. Original equipment includes Shimano 105 derailleurs, Felt TTR4 wheels (650c) and Vittoria Rubino tires. Wellgo Road pedals and set of Vredestein Fortezza tires are included. Like new; raced less than 250 mi. Frame size 48 cm. Asking \$1200.

Ted Sunder at 698-9194

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

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

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