



the Quick Release

www.spfldcycling.org

April 2015

2015 Springfield Bicycle Club Cycling Challenge Events

The SBC Cycling Challenge is a series of bicycle rides held around the Springfield area. There are a total of 5 Cycling Challenge dates, with the last one being the annual SBC Capital City Century held in September. This year's dates are APRIL 26, JUNE 7, JULY 12, AUG 30 and SEPT 13.

The Cycling Challenge is a series of rides that offers opportunities for all cyclists, from riders new to cycling who are learning the basics of group riding, to experienced distance riders. Each of the events will have 3 distances available, with a route of around 25 miles (@25 mile), a @50 mile route, and a 100+ mile route. All routes finish at the starting location. Maps will be available online at www.spfldcycling.org and also at the start of the ride.

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



<u>DATE</u>	<u>TIME</u>	<u>START LOCATION</u>	<u>@25 mile</u>	<u>@50 mile</u>	<u>100+ mile</u>
APRIL 26	9am	Rochester Station	Riverton	Illioopolis	Decatur
JUNE 7	8am	Chatham Community Park	Virden	Girard	Carlinville
JULY 12	8am	Rochester Station	Edinburg	Taylorville	Morrisonville
AUG 30	8am	Rotary Park, Spfld	New Berlin	Ashland	Chandlerville

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



Spring has sprung! Our riding season is underway. We have several activities underway this spring to help Springfield become more bicycle friendly. The first is installation of bicycle repair stations on the trails, in partnership with **Springfield Park District**. Three stations will be co-sponsored by SBC with area businesses. **Bank of Springfield** and **Springfield Clinic** will each co-sponsor one station, while **Maldaners** and **FitClub** will co-sponsor a third.

Last Socializer of the off season is Tuesday, April 7 at 5:30 p.m., at Walnut Street Winery! Thanks to our Social Chairs **Poonam Mahajan** and **Julie Ann Love** for organizing socializers.

Thanks to **Marty Celnick** for scheduling some great rides for April! **We are seeking monthly schedulers for July, August, September, and October.** The schedulers help our VP **John Nelson** ensure we have a great schedule each month. Standing ride leaders this spring include **Lisa Kidd** assisted by **Derek Ewing** (daytime weekend & holiday A-rides), **Pete Gumundson**, **Pat Stephens**, **Dave Ross**, and **Tom Clark** (weekdays), and **Alan Whitaker**, **Marty Celnick**, **Amy Goldesberry**, **Cindy Kvamme**, and **Charlie Witsman** (weeknights).

Derek and Brigetta Ewing will lead the first Cycling Challenge of 2015 at Rochester Station on Sunday, April 26 at 9:00 a.m. (see separate article). Other weekend ride leaders in April include one of our newest ride leaders, **Carolyn Lawrence** (welcome, Carolyn!), **Robert LaBonte**, **Cindy Kvamme**, **Tom Clark**, **Mark Rabin**, **Marty Celnick**, **Deb Cooper**, and **Kevin Greene**. One of these ride leaders will win a \$50 gift certificate to the bike shop of their choice.

Club ride options. Our ABC "Club Rides" are led by a ride leader who provides a map and checks the route prior. Riding groups form naturally during the ride, with members of each riding group encouraged to help others who have breakdowns or other issues. ABC riders should be comfortable reading a map if separated from the group, and handling their own repairs. **All riders are encouraged to carry a cell phone just in case they are separated from other riders.**

Slower-paced ride options. Those looking for a slower ride where no rider is left behind have several D and EZ Ride options this month. Many of our rides start on the bike trails, and D riders can take a shorter trail-only ride. **We are seeking to increase the number of led rides that include a D or EZ ride leader.** **Kevin Greene's** April 25 Earth Awareness Fair ride is an EZ ride. All Cycling Challenge events include a slower-paced 25 mile D ride option with a leader at the back.

Faster-paced ride options. Our weekend & holiday A-Rides organized by **Lisa Kidd** are intended for extremely strong and competitive riders with expert bike handling skills. These riders maintain speeds of 19+ mph for extended distances using pace lines. As such, they complement our weekend & holiday Club Rides, which are slower-paced and usually shorter.

I hope to see you at the socializer or on a bike!



Membership News

by Alan Whitaker, Secretary

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

Renewals

Rebecca Hood
John Hosteny
Connie Roberts
Bill and Lisa Schultz

Renewals at the Contributing Level

Mark & Linda Flotow
Rick Haberkorn
Jeff Williams
Larry and Vanessa Willmore

Incentive Awards

Stephen Paca, Incentive Chair



RIDE OF THE MONTH

There were no eligible rides for the month of February.

ALMOST ANYTHING AWARD

The AAA goes to Tom Clark for performing social chair duties at the February socializer at Frankie's on the Boulevard. Incoming social chair Poonam Mahajan wasn't able to attend, and Tom stepped in to play host for the evening. Thank you Tom for all that you do for the club!

RIDE LEADER INCENTIVE DRAWING

There were no eligible ride leaders for the month of February.

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

Let's Get Going!

Warm weather and sunshine beckon us to get out more. Please remember there are more ways to participate in bike activities than riding your familiar routes. Get involved!

Three opportunities have come to light this past month. In subsequent newsletters we will provide more in-depth information about these efforts as they get rolling, and will promote any additional opportunities as we become aware.

Build a Better Biker - New Cyclists Have New Path to CCC

Bob Thompson and Vince Skaggs of Biketek are creating a program to help new and returning cyclists prepare to participate in the CCC at a metric century (62 mile) mileage option or higher. Dubbed the **Lincoln Land D-Railers**, cyclists will be divided into groups of 10-12 based on fitness level and distance goals and be led by multiple leaders per group. Leaders will encourage and provide guidance to members of riding groups that provide both social and fitness benefits.

For \$65, participants gain entry into the CCC, a year's membership with SBC, a 12 week training program culminating in a century ride, special event t-shirt and a special finishers' medal.

How to get involved: Volunteer to be a mentor or ride leader with one of the groups; share the program with your spouse, family and friends; or join the program to increase your biking this year. Contact Vince at [vskaggs1120 \(at\) gmail.com](mailto:vskaggs1120@gmail.com).

Build a Better Bike Path - Franklin School

Efforts to get the path at Franklin School paved have moved in fits and starts. We lost our momentum when Lynn Miller moved to Washington and are looking for a core of folks to lend some weight to this effort to get the ball rolling again. We have funds, community members have offered funds in the past, and the school organizations have been supportive.

If you have any interest in this project specifically, in safe routes to schools, in our commitment to education, or in bike trails in general, please let us know.

How to get involved: Contact Poonam Mahajan at [social \(at\) spfldcycling.org](mailto:social@spfldcycling.org)

Build a Better Biking World - Bike and Pedestrian Advocacy

Prior to leaving town, Lynn Miller founded Bike Walk Sangamon County. This not-for-profit group is charged with working with communities to promote the Sangamon County Bicycle and Pedestrian Plan, foster coordination among bike and pedestrian groups within Sangamon County, support the expansion of biking and walking resources in the region, promote cooperative efforts with adjoining counties, and support state wide efforts that run through Sangamon County.

How to get involved: Contact Joe Agner at [editor \(at\) spfldcycling.org](mailto:editor@spfldcycling.org)

April 2015 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).

Weekday Daytime Rides		Check start times!
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	Show-N-Go ride on the trails or out in the country. Dave or Tom show up often enough to answer questions about this ride. Riders should turn in miles to the club records keeper.
Weekday Evening Rides		Check start times!
Monday 5:45 p.m.	Sonics Wabash and Park St Marty Celnick, 522-4206	BC -- Leave from the east end of the Wabash trail at 5:45 p.m. Those riding from Parkway Pointe will start a few minutes earlier to allow time to sign in. This popular ride will get you 16 miles from Sonic or 21 miles from Parkway Pointe.
Tuesday 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 5:30 p.m.	Sangamon Valley Trail South End Parking Lot, Bunker Hill Rd Amy Goldesberry, 714-8762	BC — Ride the trail for 12 or add a low traffic county road to the airport for a total of 15.
Thursday 5:30 p.m.	IDOT Dirksen Pkwy & Ash St Cindy Kvamme, 971-8687	BC – 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>
Wednesday April 1 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 April 4 10:00 a.m.	Vrendenburg Park Saxon Dr & Crusaders Rd Carolyn Lawrence, 370-0776	ABCD- Ride on the trail or in the country with Carolyn. 25-40 miles with cutoffs.
Sunday April 5 10:00 a.m.	Vrendenburg Park Saxon Drive & Crusaders Rd Robert LaBonte, 787-0237	ABCD – Robert will lead us out on the Wabash and Interurban Trails this Easter morning. Don't forget your bonnets. Those feeling strong can continue on to Auburn. D riders can ride the trail.
Tuesday April 7 5:30-7:30 p.m. Note Date and Time!	Walnut Street Winery 316 Walnut Street, Rochester Poonam Mahajan 691-3350 pm3350@gmail.com Julie Ann Love 306-6313	NC - Socializer . Free appetizers buffet. This will be our last socializer before the ride season gears up. Members and potential members are welcome to participate. Bike riders can leave from IDOT as per the Show-n-Go scheduled for this evening. As today is also Election Day, don't forget to vote.
Saturday April 11 10:00 a.m.	Waldrop Park Sherman Cindy Kvamme 971-8687	ABC—Cindy will take us 35 miles to Athens, with a 24 mile option.
Sunday April 12 10:00 a.m.	Rotary Park Iles and Archer Elevator Rd Tom Clark, 726-5560	ABC – Tom will take us to New Berlin or elsewhere depending on the wind, 20 to 40 mile options.
Saturday April 18 10:00 a.m.	Rochester Station Mark Rabin, 529-7377	ABCD – Ride 30-40 miles to an unknown destination. D riders can ride the trail.
Sunday April 19 10:00 a.m.	Rotary Park Iles and Archer Elevator Rd Marty Celnick 522-4206	ABC – Marty will take us where he will take us. 25 & 40 mile options. Hopefully, it will be less windy than last year.
Saturday April 25 10:00 a.m.	Sangamon Valley Trail head Bunker Hill Rd Deb Cooper, 546-5099	ABC –30-40 miles on the Capital City Century route to Clayville, with a cutoff for those doing the short ride. D riders can ride the trail.
Saturday April 25 11:00 a.m. Note time	Lincoln Park 1601 N. 5th St Kevin Greene, 793-9622	EZ – Earth Awareness Fair Bike Ride. Ride for about 1 hour at a relaxed pace through city neighborhoods. After the ride, visit the exhibits and activities at Springfield's 23rd annual Earth Awareness Fair. The fair will be held from 10 a.m. to 2 p.m. at Lincoln Park.
Sunday April 26 9:00 a.m. Note time	Rochester Station Derek & Brigetta Ewing, 624-2016 See separate article in QR	ABCD – This is the first of five events in the 2015 Cycling Challenge . The Cycling Challenge is designed to aid in your cycling fitness in preparation for SBC's Capital City Century. Ride about 25 miles to Riverton, 50 miles to Illiopolis, or 100 miles to Decatur and back. Bring on the Challenge!

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		
Mondays 6:00 p.m.	Ace Bicycle Shop 2500 S MacArthur Ave Bill House, 691-2455	Ace Monday Night Ride. These rides are geared towards all levels of riders and are no drop! Ace staffers will be on the ride in the event of a mechanical. Helmets are strongly recommended. Like us on Facebook "Ace1BMX" for weather details.
Tuesdays 5:45 p.m.	Biketek 957 Clock Tower Dr Vince Skaggs, 502-2904	Bike Tek Salisbury Hills Ride. A and B group leaders assist developmental riders. The route is challenging and hilly. Each group re-forms periodically.
Wednesdays 6:10ish 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. Faster group leaves at 6:05. Others leave at 6:15 with a designated leader at the rear.
Every other Wednesday April 15 & April 29 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.
Thursdays 5:45 p.m.	Biketek 957 Clock Tower Dr Vince Skaggs, 502-2904	Bike Tek Salisbury Hills Ride. 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.
Thursdays 5:45 p.m.	Scheels 3801 S. MacArthur Blvd Amy Beadle, 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 April 24 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 April. <i>For an up-to-date listing of upcoming rides, go to www.mikebentley.com and check Illinois Bicycle Rides .</i>

Bike Safety Tips from League of Illinois Bicyclists

Spring is here, and riding season has begun! Here are some tips and reminders from the League of Illinois Bicyclists to help keep you safe out there.

By state law, bicyclists are subject to the same rules of the road as car drivers. Traffic laws apply to cyclists—ignoring them hurts our public perception! Always ride on the right, with the traffic flow. You will be more visible to cars and safer.

Say “on your left” when passing someone on the trail or road. Be aware of the intersection conflicts and visibility problems with side streets and driveways that often make biking on trails and sidewalks less safe than on-road cycling!

Wear a helmet—your brain is worth protecting! Adjust for a level, snug fit:

- 1) Eyes—should see helmet edge when you look up
- 2) Ears—straps should form a “Y” just under your ears
- 3) Mouth—straps loose enough for a finger between buckle and jaw, but tight enough that the helmet pulls your head down when you open your mouth wide

See, be seen and be heard. Use lights at night or in poor visibility. A white headlight and rear red reflector are required by law. Flashing lights are especially effective. Use bike reflectors, reflective clothing and a bell.

Be predictable—Signal your intentions. Ride in a straight line. Also use eye contact to communicate with drivers.

For more tips on riding safely, visit Safety Education at www.bikelib.org.

The League of Illinois Bicyclists (LIB) is the statewide advocate for all Illinois bicyclists, promoting bicycle access, education and safety. For more information and bicycling-related resources, visit www.bikelib.org.



Mark the date for the April Socializer!

Tuesday, April 7

5:30 -7:30 at Walnut Street Winery
316 Walnut Street, Rochester



Board Meeting Minutes - March 4, 2015

Chanell Hamilton, Recording Secretary

Present. Tom Clark, Chanell Hamilton, Ken Anderson, Stephen Paca, Bill Donels, Marty Celnick, John Nelson, Poonam Mahajan, Joe Agner, Vince Skaggs, Bob Thompson.

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

President's Remarks. Conducted by Tom Clark. No remarks.

Vice President's Remarks. Conducted John Nelson. Reported that Marty Celnick is the monthly scheduler for April.

Secretary's Report. Conducted by Tom Clark. Alan emailed the Board his report prior to the meeting. Reported that February was a slow month.

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

Treasurer's Report. Conducted by Tom Clark. The February Treasurer's Report was submitted via email prior to the meeting, with an ending balance of \$25,057.98. The Treasurer's Report was approved.

Incentive Chair Report. Conducted by Stephen Paca. Stephan is still working on the annual incentive awards. No eligible ride for The Ride of the Month Award for February. No eligible ride leaders for The Ride Leader Incentive Award for February. The Almost Anything Award for February went to Tom Clark for his additional efforts to help with Social Chair needs.

Special Events Report. Conducted by Tom Clark in Harv Koplo's absence. Harv emailed his report to the Board prior to the meeting. Three bike repair stations are to be installed on Springfield area trails. All repair station sponsorships have been sold. Bank Of Springfield will sponsor one, Springfield Clinic another, and the third will be co-sponsored by Maldaners and FitClub. Tom will follow up with Harv with any questions brought up at the meeting.

Legislative/Education Report. Conducted by Bill Donels. Bicycle Friendly Council will continue to meet in an effort pursue and resubmit the Bicycle Friendly Community application in August 2015. Bill asked the Board for suggestions as to what they would like to see the Bicycle Advisory Council to discuss with the City of Springfield regarding education. Ken volunteered to make efforts in the Franklin Middle School bike trail project. Bill agrees that Ken's efforts could be helpful.

Social Chair Report. Conducted by Poonam Majahan. The next socializer will be held March 11th, 2015 at 5:00pm at Brickhouse west location.

Newsletter Editor Report. Conducted by Joe Agner. Will make sure that the Springfield city council members are all receiving the newsletter. Joe stresses the timeliness of the Boards reports and submissions for the newsletter.

Webmaster Report. Conducted by Tom Clark. Sent report via email prior to the meeting. defined duties and decided on project management. Chanell will set up date/time to get project timeline set up.

New Business. Vince Skaggs & Bob Thompson from biketek. Vince volunteers to join Board as membership chair.

Vince & Bob presented the Board with a proposed new rider program called "Lincoln Land D-Railers". This program is designed to train new cyclists or those returning to cycling to participate in the Springfield Bicycle Club's Capital City Century ride. SBC will provide them with the waiver, registration forms, and other forms needed for members, so that this program's documents will match those used for the CCC. The board will also provide them with the price schedule for both SBC membership and CCC registration. The board will coordinate with organizers of the CCC to provide table space at the CCC. The board will need to discuss and agree upon adding to the budget funding for printing of flyers, forms, and advertising. Chanell suggested the Database Transition Team integrate the online membership and CCC registration forms and payment system with this program. Joe moves to move forward with this program. The board approves.

The meeting adjourned at 9:07 p.m. The next meeting is scheduled for Wednesday, April 1st, 2015 at 7:00 p.m. at the home of Ken and Sandy Anderson.

Bike Safety Boogie *by Will Stroet*



<http://tinyurl.com/qhm5f4t>

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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**