



# the Quick Release

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

June 2015

## Incentive Awards

*Stephen Paca, Incentive Chair*



**RIDE OF THE MONTH: Derek and Brigetta Ewing's Cycling Challenge** ride was voted Ride Of The Month for April. The ride on Sunday, April 26th was the first of 5 challenge rides, offering distances of a quarter, half, or full century. The routes started at Rochester Station and traveled to Rochester, Illiopolis, and Decatur. **Over 100 riders participated**, with several riders completing the full century loop to Decatur. A few hardy cyclists even rode bonus miles to complete a double metric century that day, over 125

miles! Thank you to the Ewing's and all the participants for kicking off the 2015 Cycling Challenge in grand fashion.

**ALMOST ANYTHING AWARD:** The AAA goes to Harv Koplo, the Springfield Park District, and all sponsors involved for getting bicycle repair stations installed on Springfield's trails. Harv worked closely with the Park District for placement and installation of the first station, sponsored by Sonic, which was installed at the east trail head of the Wabash Trail, near Sonic. The sponsors of the other repair stations are: Springfield Clinic, Bank of Springfield, FitClub, Maldaner's, Physiotherapy Professionals, Gregory & Leslie Sgro, The Noll Family, The Evans family, and Wheelfast. Robert LaBonte of The Bicycle Doctor helped with the purchase of the repair stations and tools. Thank you all for supporting this project, which is just one more step towards making Springfield a more bicycle friendly community.

**RIDE LEADER INCENTIVE DRAWING:** Mark Rabin's name was drawn from the pool of eligible ride leaders to win the Incentive Drawing for April. Mark will receive a \$50 gift certificate to the local bike shop of his choice. Congratulations, Mark, thanks for being a ride leader!

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

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



This month we're moving to a shorter format for this column, which won't include as much detail about goings-on and who's involved. I'll seek to hit the high points along the way, as SBCers ride (literally and figuratively) to great destinations through the contributions of many!

We had a great Curb Your Car Week in May. Thanks to **Linda Wheeland** and the Regional Planning Commission for staging the event, and to all of the participants. Special Events Chair **Harv Koplo** is continuing to roll out Cycle Aid stations on area trails – he is up to 11 stations now, including 5 co-sponsored by SBC, and 6 fully sponsored by others including stations in Chatham and Rochester. Thanks Harv for helping make the Springfield area more bicycle friendly.

We have another full ride schedule in June, including **Cycling Challenge #2** led by **Derek and Brigetta Ewing** on June 7, the **Bob Carmody Memorial Ride & Lunch** on June 13, and a **Kampsville Ride** on June 21 led by yours truly. **Kevin Greene** will lead casual-paced EZ neighborhood rides on June 11 and 16. The A-Rides organized by **Lisa Kidd** continue on weekends and holidays. On weekdays, we are adding an IDOT Show-N-Go at 12 Noon every day. We'll continue our experiment with adding D-Ride leaders to weeknight rides. See the ride schedule for details. New riders are welcome to try us out before joining.

Hope to see you soon, on a bike ride or at a club event! –Tom

*1st Annual*

# Bob Carmody Memorial Ride

Saturday ~ June 13, 2015 ~ 8:00 AM



Event & Lunch Sponsored by  
R.E. Carmody & Associates  
& The Carmody Family

Bob died of prostate cancer on October 28, 2014. He had many more miles left to ride. This event will honor Bob by celebrating his passion for biking and his love of nature. Please join us as we ride, walk and gather in Bob's memory.

**The Ride Starts at Centennial Park  
Main Parking Lot ~ 8:00 a.m.**

3 Options to Choose From:

- **40 Mile Ride** – Ride to Auburn – Rest Stop at Union Park
- **12 Mile Ride** – Ride the Sangamon Valley Trail
- **Walk** – Sangamon Valley Trail – Distance of Your Choice

**Lunch ~ Refreshments ~ Social Time  
Starting at 11:00 AM**

601 Poinsettia Place, Springfield  
In Buckley Ridge Estates – off Meadowbrook Road

**Please RSVP at 217/685-0004 if you plan to  
attend the lunch.** \*Everyone welcome whether you ride or not.

Donations will be accepted and given to the Prostate  
Cancer Foundation ([www.pcf.org](http://www.pcf.org)), in Bob's name, or  
the name of a loved one lost to this disease.

**\*The Ride and Lunch Will Be Held Rain or Shine**



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## Ride & Event Schedule

- SBC Rides & Events
- Bike Shop & Other Area Rides
- Regional Rides

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

June 2015

For last minute changes to the ride schedule please check the SBC website at [www.spfldcycling.org](http://www.spfldcycling.org). **Weekday** daytime rides will not take place on holidays. All rides return to the starting point unless otherwise noted. Questions about leading a ride? Contact [vp@spfldcycling.org](mailto:vp@spfldcycling.org).

Weekday Daytime Rides		<i>Check start times!</i>
Monday thru Friday 10:00 a.m.	Morning Geezer Ride Washington Park Pavillion 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 can 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 can answer questions about this ride.
Monday thru Friday Noon	IDOT, Lost Bridge Trail Dirksen Parkway Show-N-Go	AB — Lunch Ride. We are re-starting this ride to see who turns up! Skip lunch and ride the trail. AB riders may add a loop from Rochester. CD riders are welcome to ride the trail but should be self-sufficient. Turn your miles in to the Records Keeper.
Monday thru Friday 12:15 p.m.	Strike & Spare Durkin & West Lawrence Dave Ross 789-4823	BC — Westside Lunch Ride. We'll hop on the Sangamon Valley Trail or head out into the country.
Weekday Evening Rides		<i>Check start times!</i>
Monday 5:45 p.m.	Sonics Wabash and Park St Robert LaBonte, 787-0237 John Sanford, 698-0840	BCD — 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. Marty will lead the BC riders, while John will lead the D riders at a 10-13 mph pace.
Tuesday 5:30 p.m.	IDOT, Dirksen Pkwy & Ash St Show-N-Go	BCD — Show-N-Go ride on the Lost Bridge Trail for 10-14 miles.
Wednesday 5:45 p.m.	Sangamon Valley Trail South End Parking Lot, Bunker Hill Rd Amy Goldesberry, 714-8762 Kevin Brown, 787-5652	BCD — Ride the trail for 12 or add a low traffic county road to the airport for a total of 15. Amy will lead the BC riders, while Kevin will lead the D riders at a 10-13 mph pace.
Thursday 5:30 p.m.	IDOT Dirksen Pkwy & Ash St Cindy Kvamme, 971-8687 Mark Rabin, 529-7377	BCD — Ride the Lost Bridge Trail for 10-14 miles. Cindy will lead the BC riders, while Mark will lead the D riders at a 10-13 mph pace.
Mon., Tues., Wed., & Th. 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 recommended.

<b>Weekend Daytime Rides</b>		
Saturday 4:30 p.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. If you don't have a mountain bike, Robert can loan you one if your call ahead.
Saturdays time varies (see Disclaimer)	Vredenburg Park Saxon Dr & Crusaders Rd Lisa Kidd, 341-6181	<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 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 ride. Developmental A-riders are welcome, but should be self-sufficient and familiar with local roads, or accompanied by an experienced rider. <b>Disclaimer: Schedule sometimes changes due to weather. Call ahead.</b>
Sundays time varies (see Disclaimer)	Vredenburg Park Saxon Dr & Crusaders Rd Lisa Kidd, 341-6181	<b>Weekend A-Ride.</b> See Saturday Weekend A-Ride description.* <b>Disclaimer: Schedule sometimes changes due to weather. Please call ahead.</b>
<b>Scheduled Rides and Events</b>		<b>Check start times!</b>
Wednesday June 3 7:00 p.m.	Residence 2301 Sangamon Ave Ken Anderson, 522-3876	NC – <b>Board Meeting.</b> All SBC members are invited to attend the board meetings.
Saturday June 6 9:00 a.m.	Centennial Park Main Parking Lot Bunker Hill Road Deb Cooper, 546-5099	ABC — Meet at Centennial Park, NOT THE TRAILHEAD. Deb will take us on a 36 mile ride with cutoffs. D riders can ride the trails but should be self sufficient
Sunday June 7 8:00 a.m. <u>NOTE TIME</u>	Chatham Community Park 760 S. Main, Chatham Derek & Brigetta Ewing, 624-2016	ABCD — <b>Springfield Bicycle Club Cycling Challenge #2.</b> This is the second 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. Challenge yourself with a 103 mile ride to Carlinville, a 53 mile ride to Girard, or a 29 mile ride to Virden. Brigetta will lead the rearmost group at a 10-13 mph pace on the 29 mile ride.
Thursday June 11 5:15 p.m. <u>NOTE TIME</u>	Sangamo Complex North Entrance, Lot D Converse Street between 9th and 11th Streets Kevin Greene, 494-8959	EZ – Join the bicycle commuting workgroup at Illinois EPA (“Re-Cyclers”) for a 30-minute neighborhood ride that will be followed by a stop at the Illinois Products Farmers’ Market.
Saturday June 13 8:00 a.m. <u>NOTE TIME</u>	Centennial Park Main Parking Lot Bunker Hill Road  Jeff Price, Tom Fisher and Connie Roberts (ABC co- leaders), Brenda Carmody Price, D co-leader, 686-0004	ABCD — <b>1<sup>st</sup> Annual Bob Carmody Memorial Ride.</b> Options include a 40-mile ride to Auburn, with a rest stop in Union Park, a 12-mile trail ride at a casual pace on the Sangamon Valley Trail, or a walk on the Trail for a distance of your choice. The ride & walk will be held rain or shine. Meet at Centennial Park, NOT THE TRAILHEAD.  A lunch follows the ride at 11:00 a.m. (see next listing). Donations to the Prostate Cancer Foundation ( <a href="http://www.pcf.org">www.pcf.org</a> ) will be accepted at the ride/walk and lunch.
Saturday June 13 11:00 a.m. <u>NOTE PLACE</u>  <u>RSVP requested</u>	601 Poinsettia Place, Springfield Buckley Ridge Estates, off Meadowbrook Road  Brenda Carmody Price, 686-0004	NC— <b>Lunch, Refreshments, and Social Time.</b> This event follows the Bob Carmody Memorial Ride, at a <u>separate location</u> (which can be accessed from the Trail). Please RSVP at 217/685-0004 if you plan to attend the lunch. Everyone is welcome whether you ride/walk or not. The lunch will be held rain or shine.  Donations to the Prostate Cancer Foundation ( <a href="http://www.pcf.org">www.pcf.org</a> ) will be accepted at the ride/walk and lunch.

Sunday June 14 8:00 a.m.	Waldrop Park Andrew Road Sherman Robert LaBonte, 836-8387	ABC — Ride with Robert from Sherman to Elkhart for about 28 miles.
Tuesday June 16 6:00 p.m.	Capitol Visitor's Center College & Edwards Streets Kevin Greene, 494-8959	EZ – Meet in the parking lot and ride for one-hour at a relaxed pace through city neighborhoods. Those interested will meet for dinner afterwards at a local restaurant.
Saturday June 20 9:00 a.m.	Centennial Park Bunker Hill Road Alan Josephson, 299-3348	ABC — Alan will have routes from 30 to 50 miles with cutoffs.
Sunday June 21 7:30 a.m. depart Target 8:45 a.m. Ride from Glasgow, IL	Target Parking Lot Parkway Pointe  Or meet us in Glasgow, IL  Tom Clark, 726-5560	ABC — Traditional Kampsville Ride. Leave the Target Parking Lot 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.
Saturday June 27 9:00 a.m.	Waldrop Park Andrew Road Sherman Cindy Kvamme, 971-8687	ABC — Join Cindy for about 36 miles to Middletown, with a 50 mile option to Greenville.
Sunday June 28 9:00 a.m.	Rochester Station Lost Bridge Trailhead Christa M. Morris, 494-4028	ABCD — Christa has a 31 mile loop through Riverton planned. D riders can ride the trails but should be self sufficient.
Saturday 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 – <b>Annual Franklin Burgoo Ride.</b> 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!
Saturday July 4 8:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Lisa Kidd, 341-6181	Holiday A-Ride. See Saturday and Weekend A-Ride description. Schedule sometimes changes. Please call ahead.

### 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.

## 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.*

<b>Other Area Rides &amp; Events</b>		
Mondays 6:00 p.m.	Ace Bicycle Shop 2500 S. MacArthur Blvd Rich Moscardelli, 523-0188	<b>Trail and Road Ride.</b> Join Pete and Rich for a casual 30-35 mile ride down the trail and out into the country. All levels of riders are welcome. Riders usually break up into two riding groups, which average 13-15 mph and 17-20 mph.
Tuesdays 5:30 p.m.	Biketek 957 Clock Tower Dr Jim Elliott, 529-5848	<b>Bike Tek Road Ride.</b> This ride is for C level riders. Jim will lead a ride for about 15 miles at a much easier pace than the AB ride.
Tuesdays 5:45 p.m.	Biketek 957 Clock Tower Dr Show-N-Go	<b>Bike Tek Salisbury Hills Ride.</b> A and B group leaders assist developmental riders. The route is challenging and hilly. Each group re-forms periodically. The Tuesday rides are all show-n-go rides, with no official leader.
Wednesdays 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 June 10, 24 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.
Thursdays 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.
Thursdays 5:45 p.m.	Biketek 957 Clock Tower Dr Show-N-Go	<b>Bike Tek Salisbury Hills Ride.</b> 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.
Friday June 26 5:30 p.m.	State Capitol Visitors' Center 425 S. College St. (west of the Stratton Building across College Street) Alan Escobar, 638-9523	<b>Critical Mass Ride.</b> 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! <b>Front and rear LIGHTS recommended.</b>
<b>Regional Rides</b> For an up-to-date listing go to <a href="http://www.mikebentley.com">www.mikebentley.com</a> and check <b>Illinois Bicycle Rides</b>		
June 13	mcleancountywheelers@ gmail. com	<b>McLean County Wheelers Metric Ride.</b> Ride 5, 20, 40, or 60 miles. <a href="http://www.mcleancountywheelers.com">http://www.mcleancountywheelers.com</a>
June 27	Richard Verdery, 800- 676-2353	<b>Pedaling for Kicks.</b> Routes of 25 to 63 miles. <a href="http://www.pedalingforkicks.com">http://www.pedalingforkicks.com</a> .



## Membership News

by Alan Whitaker, Secretary

Everyone welcome these **new members** to the Club:

Bud Altman  
Bryan D Duchene.

I would like to thank these **renewing members** for their continued support:

JoAnn Abrams  
Kyle Beachy  
Terrance Escorcia  
Bill & Ginny Gillespie  
Ted Harvatin  
Robert Hayes  
Cindy Kvamme  
Chris & Kathy Mehuys

### Contributing Level

Mike Becker

### Sustaining Level:

Joel Johnson

### Patron Level:

Sandra & James Elliott

*Joining or renewing your membership is easy and there's no extra charge for doing it online: go to the "Membership" page on the club website, [www.spfldcycling.org](http://www.spfldcycling.org).*

*For those who prefer, a downloadable membership form is also available on the "Membership" page.*

## Lola Lucas: A Celebration of Life

A Celebration of Life will be held in memory of Lola Lucas, beloved wife of Kevin Brown, on Sunday, June 14, at 1:00 p.m at the Lake Springfield Beach House.

Lola passed away peacefully at home on April 26, surrounded by family, friends, and the poodles she loved so much. Folks are encouraged to bring a dish or snack to share. Lola loved the Beach House and she loved pot lucks! The Springfield Poets & Writers will do some readings. Those in attendance will be encouraged to share reminiscences about Lola.

For more information, call Kevin at 787-5652 or email [kjbrown607\(at\)yahoo.com](mailto:kjbrown607(at)yahoo.com).

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## **Springfield Bicycle Board Members**

### **President**

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726-5560  
president(at)spfldcycling.org

### **Treasurer**

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### **Legislative/Educational**

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### **Membership**

Vince Skaggs

### **Vice President**

John Nelson  
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### **Special Events**

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### **Web Master**

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### **At-Large Members**

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### **Board Secretary**

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### **Social Co-Chairs**

Julie Ann Love  
Poonam Mahajan  
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### **Incentive Chair**

Stephen Paca  
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Ken Anderson  
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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**