



the Quick Release

www.spfldcycling.org

July 2015

Incentive Awards

Stephen Paca, Incentive Chair



RIDE OF THE MONTH: The group bike commute for Curb Your Car Week, led by Bill Donels, was voted Ride Of The Month for May.

Approximately 25 commuters rode from Washington Park to Cafe Moxo on Wednesday, May 16th. During the ride, the group stopped at the Governor's Mansion where Governor Rauner greeted the cyclists. State Representative Tim Butler participated in the ride and also said a few words at the mansion stop. Several participants shopped at the farmers market after the ride, and also enjoyed coffee and a snack at Cafe Moxo.

ALMOST ANYTHING AWARD: The AAA goes to Cynthia Hoyle of the Champaign-Urbana Mass Transit District and her co-instructors Tim Marty, Valerie Sivicek, and Susan Jones, for offering a great Traffic Safety 101 course in Urbana on May 9.

SBC members Kevin Greene, Naomi Greene, Bob Hayes, Scott Sievers, Ted Sunder, and Tom Clark successfully completed this League of American Bicyclists course, which pre-qualifies them for fall training at CUMTD as certified cycling instructors. This is an important step along the path to making Springfield a Bicycle Friendly Community. Thanks as well to Jeff Yockey of Champaign County Bikes, which has helped C-U attain bike friendly status.

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



SBC Annual Picnic

Saturday, August 1, 4:00 p.m. to 7:00 p.m.

Tom Madonia Park East

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



We had another great turnout for Cycling Challenge #2 on June 7! Thanks to **Derek and Brigetta Ewing** for leading the Challenge series. Please note that Challenge #3 has been rescheduled to August 2.

The inaugural **Bob Carmody Memorial Lunch and Ride** on June 13 raised \$1,410 for the Prostate Cancer Foundation and the Help Butch Fight Cancer fund. Thanks to **Brenda Carmody-Price, Jeff Price, and Connie Roberts** for organizing. A number of members also attended the Celebration of Life at the Beach House on June 14 in memory of longtime member **Lola Lucas**, who passed away in April. It included readings from Lola's poetry and writings, and the sharing by many of their reminiscences about Lola.

We will have many great opportunities to ride, eat, and socialize in July, including the **Annual Franklin Burgoo Ride** on July 4, led by **Robert LaBonte**, the **Tour De Corn Metric Century** on July 12, organized by **Matt Saner** at Wheel Fast with proceeds benefiting the Chatham Jaycees and **Ernie DeFrates and Linda Butler's** annual Tour De France ride on July 18, with post-ride wine and snacks while watching Le Tour. SAVE THE DATE for our **Annual Picnic** on Aug. 1 (see ride schedule for details).

The July 4 and July 18 rides include a shorter D-paced option. We also have weeknight EZ rides on July 9 and July 21 led by **Kevin Greene**, and a **Roots to Rooftops** EZ weekend ride to several neighborhood gardens on July 19, led by **Adam Castelli** of GenH Kids. The A-Rides organized by **Lisa Kidd** continue on weekends and holidays. They compliment our usually shorter and slower-paced Club rides. New riders are welcome to try us out before joining. Hope to see you soon, at a club ride or event! –Tom

The 17th Annual Tour De Corn Metric Century

Chatham Community Park
Sunday July 12th, 2015 at 8:00 a.m.

Registration will be open from 7:30-9:00 a.m. the day of the ride
Pre-register at Wheel Fast, 17 Cottonwood Dr.
in Chatham through Saturday 7-11-2014 4:00 p.m



- Group mass start at 8:00 a.m.
- There will be three distance options: 62, 41, & 21 miles
 - Donation cost is \$20.00
- 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





the Quick Release

Ride & Event Schedule

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

www.spfldcycling.org

July 2015

For last minute changes to the ride schedule please check the SBC website at 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.

Weekday Daytime Rides		<i>Check start times!</i>
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 can 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 Prairie 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 Prairie Trail. Turn in miles to the club records keeper. Call Charlie if you need information about trail conditions or directions.

Weekend Daytime Rides		
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	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		Check start times!
Wednesday July 1 7:00 p.m.	Residence 2301 Sangamon Ave Ken Anderson, 522-3876	NC – Board Meeting. All SBC members are invited to attend the board meetings.
Saturday 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 Burgoo 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!
Saturday 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.
Sunday July 5 9:00 a.m.	Rotary Park Archer Elevator & Iles Marty Celnick, 522-4206	ABC — For today's ride Marty will be looking at the wind direction to determine the best route. Ride will be between 25 to 45 miles.
Thursday July 9 5:15 p.m.	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 July 11 9:00 a.m. NOTE TIME	Rochester Station Walnut St & Route 29, Rochester Tom Clark, 726-5560	ABCD— Ride out in the country from Rochester for 25 to 40 miles to Mechanicsburg and Riverton, then join us for lunch at the Route 29 Pub (312 Sattley St., Rochester), which opens at 11:00 a.m. D riders can ride the trail, but should be self-sufficient
Sunday July 12 Registration 7:30 - 9:00 am Mass start at 8:00 a.m.	Chatham Community Park East end parking lot, off Park St. 760 S. Main, Chatham Matt Saner/Wheel Fast 483-7807	ABC – Tour de Corn Metric Century. 62, 41, and 21 mile route options. Cost is \$20. Proceeds benefit Chatham Jaycees. Sag service until 1:00 p.m. Rest stops with food and drink. Lunch served at the park after the ride from 11 a.m. to 2 p.m. Cycling socks to the first 150 riders donated by Wheelfast. Pre-Register at Wheel Fast through Saturday July 11 th or day of event.

Saturday July 18 8:00 a.m.	Residence 3817 Surry Place Lane Ernie DeFrates & Linda Butler, 971-1246	ABCD – TV coverage of the Tour de France begins at 8 a.m. We will have our own 35 – 40 mile tour of the Sangamon County Countryside. D riders are welcome to come and ride on a 12-mile option on the Sangamon Valley Trail. Snacks including cheese, crackers, e'clairs, etc and of course wine will be served after the ride while we watch the race.
Sunday July 19 10:00 a.m. NOTE TIME	The Neighborhood Gardens Springfield Art Association 700 N 4th St. Adam Castelli, 899-5077	EZ -- Roots to Rooftops Group Ride. As part of the annual Roofs to Rooftop Tour, riders will take a casual-paced road ride that stops at several community gardens around Springfield. There will be a ride leader and sweeper. About 8 miles total.
Tuesday July 21 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 July 25 8:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go — Ride the trails or go out in the country. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient
Sunday July 26 8:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Ted Sunder, 698-9194	ABCD— Join Ted for a 30 to 40 mile ride today. D riders can ride the trail but should be self-sufficient.
Saturday August 1 8:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tom Clark, 726-5560	ABCD – Head for Chatham, Auburn or Virden with Tom for 22 to 50 miles. D riders can ride the trail but should be self-sufficient.
Saturday August 1 4:00 p.m. to 7:00 p.m.	Lake Springfield Tom Madonia Park East East Lake Drive Shelter 4 (by the water) Julie Ann Love, 306-6313 and Poonam Mahajan	NC – SBC Annual Picnic. Join your bike club friends for a picnic by the lake. Gather at 4:00 p.m. with dinner at 5:00 p.m. Grilled Hamburgers, Brats and Veggie Burgers will be provided as well as soft drinks and bottled water. Please bring a covered dish, salad or dessert to share. There's no need to RSVP, just come and join the fun. Like to help grill? Contact Julie to volunteer.
Sunday August 2 8:00 a.m.	Rochester Station (or Cmty Park) Address, Rochester Derek & Brigetta Ewing, 624-2016	ABCD – Springfield Bicycle Club Cycling Challenge #3. This is the third of five events in the 2015 Cycling Challenge series. Challenge yourself with rides of about 100 miles to Morrisonville, 50 miles to Taylorville, or 25 miles to Edinburg. Brigetta will stay with rearmost group. The August schedule will include map links.

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 & Events		
Mondays 6:00 p.m.	Ace Bicycle Shop 2500 S. MacArthur Blvd Rich Moscardelli, 523-0188	Trail and Road Ride. 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	Bike Tek Road Ride. 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 Vince Skaggs, 787-2907	Bike Tek Salisbury Hills Ride. A and B group leaders assist developmental riders. The route is challenging and hilly. Each group reforms periodically. The Tuesday rides are all show-n-go rides, with no official leader.
Wednesdays 6:10ish p.m.	Wheel Fast 17 Cottonwood Dr Matt Saner, 483-7807	Wheel Fast 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 8, 22 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.	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.
Thursdays 5:45 p.m.	Biketek 957 Clock Tower Dr Show-N-Go	Bike Tek Salisbury Hills Ride. A and B group leaders assist developmental riders. The route is challenging and hilly. Each group reforms periodically. The Thursday rides are all show-n-go rides, with no official leader.
Friday July 31 5:30 p.m.	State Capitol Visitors' Center 425 S. College St. (west of the Stratton Building across College Street) Alan Escobar, 638-9523	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 For an up-to-date listing of upcoming rides, go to www.mikebentley.com and check Illinois Bicycle Rides		
Sunday July 11	Staunton, IL	Tour de Donut. 32 mile route. The original Tour De Donut web site, presented by the Boeing Employee Bicycle Club! The goal of the event is to have FUN . Come and strive for a personal best, or enjoy a nice ride in the country.
Sunday July 18	Lake Forest, IL	Venus de Miles. Venus de Miles is Illinois' first and largest all-women's athletic event. Multiple course options welcome all ability levels. The event benefits Greenhouse Scholars, which works with college students from low-income communities



Membership News

by Alan Whitaker, Secretary

A warm welcome to our **new members**, and thanks to our **renewing members** for their continued support.

New members

Bill & Kim Chestnut
Bob and Kristina Hyatt & Family
David & Jan Kerwin
Cassandra Maillet
Gina Massie
Brian McDonald
Julie Schaub
Kevan & Pamela Stapleton
Mark Townsend
Bob Vollmer

New member at Contributing Level

Trenton Thompson

New member at Patron Level

William and Ginny Peterson Family

Renewing members

Ken and Sandy Anderson
Doug Barringer
Bill & Carol Bock
Bob Dettling
Jon Edwards
Harold & Janet Glick
Michael Higgins
Jordan Litvak
John Nelson and Family
Troy and Mary Rogers
Mary & Don Schaefer
Scott & Stephanie Sievers & family
Robert Sorenson & Mickey Sorenson
Larry & Lisa Stone
Brett Stallone-Dwyer
Pat & Tracie Stephens
Jerome Themig
Gary & Lynn Woerner

Renewal at Contributing Level

Dee Wise
Ruth Magos

Renewal at Sustaining Level

Susan Hammond
Byron Nesbitt

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. A printable membership form is also available on this page.

SBC Cycling Challenge # 2 Ride Report

by Derek Ewing

75+ riders met at Chatham Community Park for the June 7 ride to Virden 31/ Girard 54/ Carlinville 101 ride.

The weather was a hot one with temps into the 90's and a strong wind out of the SW that got up to 20+ mph. There were 66 riders that signed in but with a total of other riders, I came up with 76. Due to the extreme heat some riders had a hard time completing their ride while some were not able to meet the challenge route that they signed up for. 15 rode 31 miles to Virden, 32 rode the 54 mile trip to Girard and 19 rode the 101 miles to Carlinville and Scottville.

The SBC Cycling Challenge #3 is Aug 2.

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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**