



the Quick Release

www.spfldcycling.org

August 2015

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



A very special SBC thank you goes to **Jeff Meyerhoff, Marcia Heaps, Dave Garner, and Bob Cramer**, who gave 18 minutes of live-saving CPR when Nancy Thompson (née Rexroat Alexander) had a heart attack on June ride.

Don't miss Cycling Challenge #3 on August 2, and #4 on August 30! The last Challenge is the Sept. 13 Capital City Century. Thanks to **Derek and Brigetta Ewing** for offering this series again in 2015.

Our Annual Picnic is August 1. Social Co-Chairs **Poonam Mahajan** and **Julie Ann Love** hope to see you there! There's no need to RSVP. See details in the ride schedule.

Our signature event, the Capital City Century (CCC), is fast approaching. **Harv Koplo** is Event Chair and **Jim Elliot** is Food Chair once again. Thanks Harv and Jim! Our new Clayville route was well-received last year, and will be used again with minor modifications. It includes the 125-mile double metric option featuring "smiley face hill" that provides the ultimate Challenge for Cycling Challenge participants.

SBC volunteers are what make the CCC the very special event that it is. Volunteer Chair **Mark Rabin** will be leading efforts to contact prior volunteers and recruit new volunteers. If you are interested in volunteering, please contact your area chair, Mark or Harv (see **Call for CCC Volunteers**, page 2).

We have a full ABC ride schedule again, including an August 15 ride from Edwardsville to the St. Louis Arch led by **Alan Josephson**. Several weekend rides have slower-paced options, including the two Challenges. The fast-paced A-Rides organized by **Lisa Kidd** continue on weekends and holidays. New riders are welcome to try us out before joining. Hope to see you soon, at a club ride or event! –Tom

SBC ANNUAL PICNIC



SATURDAY, AUGUST 1

4:00 P.M. TO 7:00 P.M.

TOM MADONIA PARK EAST



Capital City Century

by Harv Koplo, Event Chair

The 43rd annual Capital City Century is coming up on September 13, the Sunday after Labor Day. To make sure this year's CCC is another memorable one, we need **your** help! If you've volunteered before, we'd love to have your help again this year. Volunteering for the century is also a great way for new members to get to know their fellow bike club members.

There are plenty of roles to fill and there's no reason you can't help out and ride as well.

If you enjoyed a volunteer position last year, here's a chance to get your "dibs" on it for 2015. If you enjoy working with a friend, have them join you! We'll be calling club members over the next few weeks about helping out with CCC.

To volunteer, please contact our Volunteer Coordinator Mark Rabin at amarkrabin@gmail.com or (217) 836-8500. Mark and his volunteer committee will be soliciting volunteers and passing them on to their appropriate section chairs. If you have already contacted a chair you've worked with before, Mark will get your info from them so you will be entered on our list of volunteers. Remember, ALL volunteers receive a free CCC 2015 T-Shirt, as well as the knowledge that they are helping out a good cause. Make sure to give him your T-Shirt size!

**Also, please consider supplying some baked goods for the food stops when you are contacted about volunteering. Baked goods need to be dropped off at Joe Agner's house at 5001 Manhattan - 1 block north of West Iles just off Lenhart Road - 217-361-5077 just before the CCC Friday night or Saturday morning from 8 a.m. until 1 p.m.

Incentive Awards

Stephen Paca, Incentive Chair



RIDE OF THE MONTH: The 1st Annual Bob Carmody Memorial ride was voted Ride Of The Month for June. There was a great turnout for this event to honor Bob. The Carmody family and friends did a wonderful job leading the ride and hosting the post-ride lunch. Generous donations helped to raise \$1410 for the Prostate Cancer Foundation.

ALMOST ANYTHING AWARD: Kudos to Joel Johnson for trimming branches along the Interurban Trail. Joel was seen doing this several times, once even in the rain! Also thanks to the drivers who picked people up at the second Cycling Challenge event. It was truly a challenging day with strong headwinds for the first portion and extreme heat as the day progressed. Due to the conditions, some riders couldn't complete the distance they had chosen, and were able to get back to the start in Chatham Park with the help of the volunteer SAG drivers.

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



the Quick Release

Ride & Event Schedule

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

www.spfldcycling.org

August 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		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 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 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		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 5:45 p.m.	Location varies Jim and Sandra Elliot, 899-2142	C — Tuesday C-Group Bike Ride. Join Jim and Sandy for a ride of 20 to 30 miles at an easy 12 to 15 mph pace. This is a no-drop ride with a rotating start location. Call or text Jim to receive an invitation to join the group and receive information about upcoming rides.
Tuesday 5:30 p.m.	IDOT, Dirksen Pkwy & Ash St Show-N-Go	BC — 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	BC — Ride the trail for 12 or add a low traffic county road to the airport for a total of 15 miles.
Thursday 5:30 p.m.	IDOT, Dirksen Pkwy & Ash St Cindy Kvamme, 971-8687	BC — Ride the Lost Bridge Trail for 10-14 miles.
Tuesday 5:45 p.m.	Location varies Jim and Sandra Elliot, 899-2142	C — Thursday C-Group Bike Ride. See Tuesday night C-Ride description. Ride co-leaders rotate on Thursday nights.

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.
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 Check start times!		
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 Community Park 100 Wild Rose Lane, 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 the rearmost group.
Wednesday August 5 6:00 p.m. – 7:00 p.m. – Board Meeting	Residence 2301 Sangamon Ave Ken Anderson, 522-3876	NC – CCC Chairs Meeting at 6:00 p.m. followed by the Board Meeting at 7:00 p.m. All SBC members are invited to attend the Board meetings.
Saturday August 8 8:00 a.m.	Waldrop Park Andrew Road, Sherman Cindy Kvamme, 971-8687	ABC – Cindy's ride will take us either 24-36-50 miles depending on your desire to go to Middletown or Greenview.
Sunday August 9 9:00 a.m. NOTE TIME	Vredenburg Park Saxon Dr & Crusaders Rd Marty Celnick, 522-4206	ABC — Marty always has an interesting ride someplace. 30-45 miles, with shorter options. Sleep in an hour then ride with Marty!
Saturday August 15 7:30 a.m. meet for carpooling 7:45 a.m. depart NOTE TIME	Cracker Barrel Parking Lot I-55 & Toronto Rd Alan Josephson, 793-0590 home 299-3348 cell for trip	BC — Ride to the ST. LOUIS ARCH area at a leisurely pace on the Madison County Trail system beginning in Edwardsville, IL. This very popular ride will begin around 9:15 a.m. Follow the asphalt trails and city streets to cross the McKinley Bridge on their fabulous bicycle path. The route through city streets may be different than previous trips, so be prepared for traffic and maybe some route changes. Lunch & drinks TBD [Sandeckers has closed] and return. About 44 total ride miles. Contact Alan for information. Maps and directions will be passed out at Cracker Barrel.

Saturday August 15 8:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go — For those staying in town, 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 August 16 8:00 a.m.	Waldrop Park Andrew Road, Sherman Robert LaBonte, 787-0237	ABC — Breakfast ride to Elkhart for about 30 miles. If you want to do more miles, ride over the hill to Mt Pulaski and back for about 53 total miles.
Saturday August 22 8:00 a.m.	Rochester Station Walnut St & Route 29, Rochester Mike Long, 414-7670	ABCD — Join Mike today on a 25 to 40 mile ride in the country. D riders can ride the trail but should be self-sufficient.
Sunday August 23 8:00 a.m.	Rotary Park Archer Elevator & Iles Alan Whitaker, 494-6807	ABC — Alan says to expect some hills throughout his 30-40 mile ride with shorter options. Maybe Athens? Can't wait to find out!
Saturday August 29 8:00 a.m.	Chatham Community Park West parking lot, on S Main St Mark Rabin, 544-4006	ABC — Mark takes us on his very popular ride of 40 miles with cutoffs. You'll have to show up to see where he is going!
Sunday August 30 8:00 a.m.	Rotary Park Iles and Archer Elevator Derek & Brigetta Ewing, 624-2016	ABCD – Springfield Bicycle Club Cycling Challenge #4. This is the fourth of five events in the 2015 Cycling Challenge series. The final event is the Capital City Century on Sept. 13. Challenge yourself with rides of about 100 miles to Chandlerville, 50 miles to Ashland, or 25 miles to New Berlin. Brigetta will stay with the rearmost group.

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.*

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 5:45 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 re-forms 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 August 5, 19 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 re-forms periodically. The Thursday rides are all show-n-go rides, with no official leader.
Friday August 28 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!
Regional Rides <i>For an up-to-date listing go to www.mikebentley.com and check Illinois Bicycle Rides</i>		
Saturday August 29	DeWitt, IL	Tour DeWitt. Ride 9 to 62 miles. Take a bike ride around DeWitt County as part of Clinton Celebration Days.



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

Matt Daniels
Erin Emery
Marcia and David Heaps
Andrea James
Linda Kelly
Paul LaBonte
Carol Mills
Barbara Manson
Michael Pace
Janell Romanowski and Patty Allen
Joyce Smith
Verna Stallone
Paul Sullivan
Steven Vogt
Alex Williams & Ashley Kirzinger
Walt Zyznieuski

New Member at Sustaining Level

Don McFall

Renewals

Brad Clearwater & Family
Charlie Downs
Lance & Lisa Kidd
Anne Keung
Bill McGee, Jr
Jim & Christina Morris & Family
Mike Royer
Susan L. Taylor
Marty Vandiver
John E. Williams
Cathy Yeaman

Renewals at the Contributing Level

Tom & Francie King & Family
Alan & Kathy Whitaker

Renewals at the Sustaining Level

Ernie DeFrates & Linda Butler
Ed Doornbos & Marilyn Okon
Stan Gralnick & Laurel Garber
Mark Smith & Kathy Shepard

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.

Member Feedback

Due to SBC's announcement we experienced Tour De Corn for the first time. We also became aware of a fantastic bicycle shop in Chatham, Wheel Fast Bicycle Co. Thank you Matt Saner for organizing this awesome event. The road markings were perfect, the snack stop was terrific, the lunch was incredible, and your homemade cookies were delicious and nutritious.

Everyone should experience Tour De Corn just to have one of Matt's cookies.

We look forward to becoming an annual participant.

Harold & Janet Glick and granddaughter, Sammie Morris

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