



the **Quick Release**

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

September 2015

## **The 43rd Annual Capital City Century**

**Live Event - Sunday Sept. 13th!!**

**Ride! Ride! Ride!**

**JOIN US FOR THIS STUPENDOUS EVENT!!**



**So many far out routes, so many choices man...**

**Will your ride of miles and miles and miles take you 10, 25 or 40 to Beautiful Clayville? Grab on and stretch yourself!**

**Or go for the long experience with the Metric Century Trip! A qualified 62 mile journey through Plains so Pleasant!**

**Or go all in with a marvelous, break through day, completing the 100 mile course to Lincoln's New Salem and back! Yes, and BACK!**

**And if that isn't enough...**

**there is a special treat for those of you not content with mere mortal experiences. For you, the trippy tripper super rider, we have rolled out the Challenge 125 - can you make it up Smiley Face Hill? We shall see what super powers you possess!**



**Find your Groove and Come Join Us!!**

**Oh, and please help too! See the next page =>**

**Have FuN**

# Capital City Century Liner Notes

LIVE EVENT - SUNDAY SEPT. 13TH!!

## Volunteers - We Need and Await You!

Many wonderful and cool people hang out at the Century and lend a gracious hand. And we really need your help! If you have never been a special person you could become a Special Person now! Contact Mark Rabin at [amrabin@gmail.com](mailto:amrabin@gmail.com) or 217-836-8500 & lend us a few hours of your time. You will receive a free lunch, collectible CCC 2015 T-Shirt & our undying gratitude! There are tasks to be performed days before the event, or after your ride.

Feel like baking some munchies? We want your delicious Baked Goods, Incense & Peppermints, if you can spare some. Bring them to Joe Agner's house 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 8am until 1pm. No need to call or knock, just come on in.

**"Hey Joe, where you goin' with those Baked Goods in your hand?"**  
**"I'm goin' down to the KC for the CCC & to listen to a rock & roll band!"**

**Don't bring me down - See you all at the KC Club Sept 13 for the CCC!**  
**Registration starts at 6:30 am...**

**Don't Wait - Sign Up Today!!**

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



Our signature event, the **Capital City Century** (CCC), is coming up again on **Sunday, September 13**. The CCC will once again feature a visit to Clayville, route options that range from a 10-mile trail ride to a 125-mile double metric, SAG service, well-marked roads and directional assistance, and a great post-pedalin' party. Thanks to Century Chair **Harv Koplo**, Food Chair **Jim Elliott** and everyone who's helping them set the stage for another great CCC. Contact **Mark Rabin** at [amarkrabin@gmail.com](mailto:amarkrabin@gmail.com) or (217) 836-8500 to volunteer. As always, there are opportunities to both ride and volunteer.

Baked good donations can be dropped off at the residence of **Joe and Maureen Agner**. See details elsewhere in this month's QR.

Many thanks to **Derek and Brigetta Ewing** for staging four great SBC Cycling Challenge events in the months leading up to the CCC. The CCC is the 5th and final Challenge. We have an amazing array of special rides in September, including the Historic Ride led by **Naomi Greene** and **Jim Hajek** (Sept. 12), the CCC (Sept. 13), **Harv Koplo's** Jubilee Farm Ride (Sept. 19), the CCC Volunteer Appreciation ride led by **Ted Sunder** (Sept. 29), and **Mike Eyemann's** Bloomington Trail Ride & Camping Weekend (Sept. 26).

The SBC Socializer and Annual Meeting will be held on Sept. 30. We'll thank our volunteers, elect the new Board, and get your input on plans for the future during a brief Annual Meeting from 6:30 p.m. to 7:00 p.m. The Socializer follows from 7:00 to 9:00 p.m. See the ride schedule for details

The weekend & holiday A-level rides organized by **Lisa Kidd** are a great option for extremely strong and competitive riders with expert bike handling skills. As such, they compliment our (typically) slower-paced, shorter weekend & holiday Club rides. Hope to see you at CCC! -Tom



# the Quick Release

## Ride & Event Schedule

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

www.spfldcycling.org

September 2015

**Cyclocross, Mountain Bikers and Trail Riders** - See **Other Area Rides** below and stay up-to-date on late season trail rides led by Jeff Williams starting this month by checking the SBC website at [www.spfldcycling.org](http://www.spfldcycling.org). More details in next month's QR.

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. <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 5:30 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.	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 5:30 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 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.
Thursday 5:30 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.

<b>Weekend Daytime Rides</b>		
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 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. <b>Disclaimer: Schedule sometimes changes due to weather. Please 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 Sept. 2 <b>NOTE LOCATION CHANGE</b>	Residence 4196 Spaulding Orchard Rd Harv Koplo, 899-9175	NC — <b>Board Meeting.</b> All SBC members are invited to attend the board meeting. NOTE: The meeting will be held at Harv and Annette's house. Those not on the SBC Board who'd like to attend can contact Harv at harv(at)avromsystems.com to receive directions by email.
Saturday Sept. 5 9:00 a.m.	Centennial Park Main Parking Lot Bunker Hill Road Alan Josephson, 793-0590	ABC — Ride 32 to 45 miles with Alan today. Meet at Centennial Park, NOT THE TRAILHEAD.
Sunday Sept. 6 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Marty Celnick, 522-4206	ABCD — Marty plans to go 35-45 miles. Join him and get your Marty miles. D riders can ride the trail but should be self-sufficient.
Monday Sept. 7 9:00 a.m.	Rotary Park Iles & Archer Elevator Tom Clark, 726-5560	ABC — Celebrate Labor Day by riding 40-50 miles with Tom to Pleasant Plains. Shorter distances available. It's not laborious if you ride with your friends.
Monday Sept. 7 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Holiday A-Ride — See Saturday Weekend A-Ride description.* <b>Disclaimer: Schedule sometimes changes due to weather. Please call ahead.</b>
Saturday Sept. 12 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go — Lots going on today. 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.
Saturday Sept. 12, 9:00 a.m - 3:00 p.m.	Residence 5001 Manhattan Dr Joe Agner, 529-1690	NC — <b>CCC Baked Goods Drop Off.</b> Drop of cookies and other homemade goodies at the home of Joe and Maureen Agner for the CCC ride on Sunday.
Saturday Sept. 12 1:00 p.m. <b>NOTE TIME</b>	Noll Law Office at Lincoln Depot 930 E Monroe Naomi Greene, 793-9622 Jim Hajek, 698-7626	EZ — <b>Historical Sites Ride.</b> Naomi and Kevin will lead an 8 mile tour of Springfield historic sites the day before the Capital City Century. The ride will last approximately two hours, with a post-ride cookout courtesy of Noll Law Office.
Sunday September 13 7:00 a.m. <b>NOTE TIME</b>	Knights of Columbus Hall 2200 S Meadowbrook Rd Springfield Harv Koplo, 899-9175	ABCD — <b>43<sup>rd</sup> Annual Capital City Century/SBC Great Bicycle Challenge #5.</b> 25, 40, 62, 80 and 100 mile routes over flat to slightly rolling terrain. Special double metric (125 mile) option. Registration beings at 6:30 am. Includes SAG service, multiple food stops and "post-pedal'n" party free to registered participants. SAG service ends at 4:00 pm; all riders are asked to be off the route by that time. Food service at K of C ends at 5:00 p.m.
Saturday Sept. 19 10:00 a.m.	Capitol Complex Visitors Center 425 S. College Harv Koplo, 899-9175	ABCD — <b>Jubilee Farm Ride.</b> Ride to Jubilee Farm Fall Festival, about 24 miles roundtrip. Enjoy activities and purchase homemade baked goods, as well as organic produce. Ride part of the Sangamon Valley trail on the return trip. Check out the following link for more information: www.jubileefarm.info.

Sunday Sept. 20 9:00 a.m.	Knights of Columbus Hall 2200 S Meadowbrook Rd Springfield Ted Sunder, 698-9194	ABCD — <b>CCC Volunteer Appreciation Ride.</b> 25, 40, 62, or 100 miles. This ride is an opportunity for volunteers who worked the Capital City Century to try one of the routes. All club members are invited to participate. This ride counts as the SBC Great Bicycle Challenge #5 for CCC volunteers.
Saturday Sept. 26 Carpool: 8:30 a.m. Ride: 10:00 a.m.	Carpool: King Pin Lanes 3115 E Sangamon Ave Ride: WildCountry 203 S. Linden, Bloomington, IL (Park in city lot behind store) Mike Eymann, 638-0178	ABC – <b>Bloomington Trail Ride/Camping Weekend.</b> Mike has a ride planned that explores the city using their great network of paved trails, as part of a camping weekend. For people only wanting to ride, meet at King Pin to carpool at 8:30 and drive to WildCountry. Riders will visit the farmer's market in Bloomington, have lunch at Destihl, and ride some more after lunch. Mike is camping Friday and Saturday nights at Comlara Park on Lake Evergreen north of Bloomington. Check with Mike about tent camping on their sites or reserve at <a href="http://sunrisereservations.com">sunrisereservations.com</a> . Mountain biking is available on trails around the lake on Sunday.
Saturday Sept. 26 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go — For those not going to Bloomington. 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 Sept. 27 10:00 a.m.	Wabash Trail east end parking lot Park St & Wabash Ave Kevin Greene, 793-9622	D/EZ – Plan on 20 miles or so with a rest stop at the Apple Barn.
Wednesday September 30 6:30 p.m. Annual Meeting 7:00 p.m. Socializer	Brickhouse Grill and Pub 3136 W. Iles Tom Clark, 726-5560	NC — Socializer. Join other SBC members for this great post-CCC social event. Brief Annual Meeting at 6:30 p.m. includes board election, past year accomplishments, and member feedback. Socializer from 7:00-9:00 p.m. Check in and get a free libation. Complimentary soft drinks and appetizers provided.

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).

#### 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	<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 5:45 p.m.	Biketek 957 Clock Tower Dr Vince Skaggs, 787-2907	<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.
Starting Soon! Tuesdays 6:00 ish p.m.	Biketek Jeff Williams, 546-8819 Jeff(at)jeffveloart.com FB: Jeff Curtis Williams	Tuesday Night Trail Rides – MTB/cyclocross/off road bikes are recommended. All are welcome! LIGHTS and HELMETS please and thanks!!! Disclaimer: Routes will vary based on conditions. Contact Jeff for more information.
Wednesdays 6:10ish p.m.	Wheel Fast 17 Cottonwood Dr Matt Saner, 483-7807	<b>Wheel Fast 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 September 2, 16, and 30 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 Amy Beadle, 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 September 25 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!
Regional Rides <i>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></i>		
Saturday Sept. 5	Urbana, IL	<b>CU Across the Prairie.</b> Ride 10 to 63 miles on the Prairie Cycling Club's annual cycling extravaganza.
Sunday Sept. 27	Lewis Memorial Acres Springfield, IL	<b>2015 LMA Full Moon Trail Run/Ride.</b> The 2.7mile night trail run will start at 7:15P followed by the 3.9mile night trail bike ride at approximately 8:00P. Participants may choose to do either or both. Lights required. Email <a href="mailto:STWashko@hotmail.com">STWashko@hotmail.com</a> for details.
Sunday Sept. 27	Decatur, IL	<b>Prairie Pedal.</b> An annual fundraising event for Macon County Conservation Foundation. 20 to 62 miles.



## 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

Adam Rembert  
Sara Wilcockson

### New member at Contributing Level

Aaron Young

### Renewing members

John & Judy Day  
Curt M. Evoy  
Jerry & Debbie Ihnen  
Mike Long  
Louie Spinner  
Mary Thomas  
Charles Witsman

### Renewal at Contributing Level

Barry Lacy  
Richard Regan & Family  
Garland & Lesley Stevens

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

## Incentive Awards

Stephen Paca, Incentive Chair



**RIDE OF THE MONTH:** Robert LaBonte's Annual Franklin Burgoo Ride was voted Ride Of The Month for July. Approximately thirty riders completed rides of 29 miles to a metric century traveling from Springfield, Chatham, and Loami to Franklin. The weather wasn't as hot as usual, and thus the roads were as sticky. The Burgoo was in full boil and lots of pie was consumed to help fuel the riders back to the start. Thanks, Robert, for continuing this yearly holiday tradition!

**ALMOST ANYTHING AWARD:** Kudos to Adam Castelli for leading the Roots to Rooftop community garden tour. The event was a great opportunity to introduce people to city riding and exposing several community garden projects to the public. Thanks to Poonam Mahajan for stepping up to be the club representative for the D-Railers program. Poonam has help organize the participants and keep people connected via facebook group communications. Thanks to Derek Ewing for stopping to help Poonam fix a brake after a fall. Congratulations to Matt Saner for a record breaking Tour de Corn!

Some of you may have noticed that there have been multiple recipients of AAA awards the past couple months. The Incentive Chair and Board decided there is no need to limit the AAA to just one person or group. So don't be shy--if you feel that a person has done something worthy of recognition, don't hesitate to contact the Incentive Chair to share your story!

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

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## **Springfield Bicycle Board Members**

### **President**

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### **Treasurer**

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### **Membership**

Vince Skaggs

### **Vice President**

John Nelson  
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### **Incentive Chair**

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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**