



the Quick Release

www.spfldcycling.org

November 2015

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



Welcome new Board members! See the Board list on the back page for details. **Barry Lacy** is now Secretary, replacing **Alan Whitaker** who continues as Web Editor. **Amy Skaggs** will take on a new position, Rider Development. **Deb Cooper** has become Incentive Chair; thanks to outgoing chair **Stephen Paca**. **Poonam Mahajan** continues as Social Chair; kudos to **Julie Ann Love**, outgoing Co-Chair. Nearly 50 SBCers attended our **Annual Meeting & Socializer** on Sept. 30, electing the Board and sharing ideas.

We are seeking a candidate for Membership Chair, to assist the Secretary with member recruitment, retention and promotion. Finally, we are seeking a Newsletter Editor. **Joe Agner** is continuing temporarily as Interim Editor. If you or someone you know might be interested, please contact me.

Jerry Ihnen's Back to Standard Time Ride on Nov. 1 and **Poonam Mahajan's Socializer** at Lake Pointe Grill on Nov. 11 provide opportunities to socialize this month. November is the first month of our off season. We continue to offer Club Show-N-Gos from Vredenburg Park at 11 a.m. on weekends and holidays. The only exception is the **Annual Thanksgiving Cold Duck Ride** on Nov. 26, a shared Show-N-Go event with the Springfield Road Runners Club that starts at 9 a.m. in Washington Park. The A-rides organized by **Lisa Kidd** also continue. These rides are for extremely strong and competitive riders with expert bike handling skills. As such, they compliment our slower-paced, shorter Club rides. - Tom

Incentive Awards

RIDE OF THE MONTH: The 43rd Capital City Century was voted Ride of the Month for September. We had great weather, great times and great ridership of roughly 700 riders. A great event!

ALMOST ANYTHING AWARD: The Almost Anything Award goes to Harv Koplo and the 150 volunteers that put together and pulled off the Capital City Century. Great job everyone!

RIDE LEADER INCENTIVE DRAWING: Ted Sanders's name was drawn for the Ride Leader Incentive award from the pool of eligible October ride leaders. He will receive a \$50 gift certificate to the local bicycle shop of his choice. Congratulations, Ted, 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

League of Illinois Bicyclists: New name, new logo, new website



Since 1992, the League of Illinois Bicyclists has been dedicated to one mission – to improve bicycling conditions around the state so that more people can safely and easily ride in Illinois. Over the years, we have evolved from a state chapter of the League of American Bicyclists to an independent organization with a strong advocacy voice in Springfield and municipalities all around the state. In that time, our membership has increased from a few hundred people to more than 2,200 Illinois residents thanks to your support!

Today, we are excited to introduce ourselves as Ride Illinois. It's a name that reflects the growing popularity of bicycling statewide and aligns a broad range of people with our mission. It's a name that clearly demonstrates what happens when our work succeeds and bicycling becomes safer and more accessible across the state. It's an action-oriented name that embodies the goal of our organization and will inspire everyone who rides a bike to Ride Illinois.

We're also excited to present our new logo and website. We've modernized our logo and put a bicycle front, center, and in motion against the distant background of one of our state's most bike friendly cities. Our new website is technologically up to date and offers us abundant opportunity to visually showcase how people throughout our state Ride Illinois.

Our mission remains the same, and we will continue to work for more bike friendly roads and trails, more favorable policies and legislation, and more education on sharing our roads safely. Our new name will help position us for future growth and inspire stronger support from new partners – individuals, businesses, peer organizations, and communities across the state. We also hope that this exciting change strengthens your interest in our mission, and that we can count on your loyal support!

We will continue to work statewide for better bicycling, so you can get out there and Ride Illinois!

Special thanks go to Someoddpilot for working with us through the rebranding process and creating a modern and friendly website we hope you'll enjoy visiting often. We were very lucky to work with a team who care about our mission and are as enthusiastic about riding as we are.



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Ride & Event Schedule

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

www.spfldcycling.org

October 2015

Cyclocross, Mountain Bikers and Trail Riders - See **Other Area Rides** below and stay up-to-date on late season trail rides by checking the SBC website at www.spfldcycling.org.

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.

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).

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 Tom 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 Noon	IDOT, Lost Bridge Trail Dirksen Parkway Show-N-Go	ABC — Lunch Ride. Skip lunch and ride the trail. Riders may add a loop from Rochester. D 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>
Tuesday 6:00 p.m.	IDOT Dirksen Pkwy & Ash St Show-N-Go	BCD — Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper. Lights required.
Thursday 6:00 p.m.	Parkway Pointe Theater Lindbergh & Robbins Rd Show-N-Go	BCD – Show-N-Go along the Wabash and Interurban Trails. Turn miles in to the club records keeper. Lights required.
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>
Sunday November 1 10:00 a.m. NOTE TIME	Residence 3400 Mackinaw Lane Jerry Ihnen, 502-1434	ABCD -- Back to Standard Time Ride. Jerry has 30 miles or so planned and will provide soup and chili. Non-riders may show up at Noon for the party. D riders can ride the Sangamon Valley Trail but should be self-sufficient.
Sunday November 7 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Ride the trails or go out in the country on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Sunday November 8 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Ride the trails or go out in the country on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Wednesday November 11 11:00 a.m	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Veterans Day Ride. Ride the trails or go out in the country on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Wednesday November 11 Time varies	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Holiday A-Ride -- See Weekend A-Ride description above.
Wednesday November 11 4:00 p.m. NOTE TIME AND PLACE	Lake Pointe Grill 1386 Toronto Rd Tom Clark, 726-5560	NC – Board Meeting. All SBC members are invited to attend the board meeting. NOTE: We will return to the first Wednesday at our regular time and place in December.
Wednesday November 11 5:30-7:00 p.m.	Lake Pointe Grill 1386 Toronto Rd Poonam Mahajan, 691-3350	NC - Socializer. Join us for our first Socializer of the off season at Lake Pointe Grill. Free appetizers. Greeter table near the door. Members and potential members are welcome to participate.
Saturday November 14 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Ride the trails or go out in the country on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Sunday November 15 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Ride the trails or go out in the country on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Saturday November 21 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Ride the trails or go out in the country on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Sunday November 22 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Ride the trails or go out in the country on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Thursday November 26 9:00 a.m. - noon	Picnic Shelter Washington Park 1500 S Grand Ave West Show-N-Go	Show-N-Go – Annual Thanksgiving Day Cold Duck Ride. Join the Springfield Road Runners Club for this 20+ year tradition for both clubs. Ride laps in the park and turn in miles to the club records keeper.
Friday November 27 11:00 a.m	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – The day after Thanksgiving is a state holiday, so ride the trails or go out in the country on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Friday November 27 Time varies	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Holiday A-Ride -- See Weekend A-Ride description above.

Saturday November 28 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Ride the trails or go out in the country on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.
Saturday November 29 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – Ride the trails or go out in the country on this club ABC ride. Turn in your miles to the club records keeper. D riders can ride the trail but should be self-sufficient.

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		
Tuesdays 6:00 p.m.	Biketek 957 Clock Tower Dr Jeff Williams, 546-8819 Jeff(at)jeffveloart.com Facebook: Jeff Curtis Williams	Tuesday Night Trail Rides – MTB/cyclocross/off road bikes are recommended. All are welcome! We will split off at Washington & Koke Mill to do the “church trail”. LIGHTS and HELMETS please and thanks!!! Disclaimer: Routes will vary based on conditions. Contact Jeff for more information.
Friday November 27 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!
Regional Rides		
[For details and an up-to-date listing of upcoming rides, go to www.mikebentley.com and check Illinois Bicycle Rides		



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

Trevor Akers
Roberto Durango
Donald and Becky Glennon
Alex Hartzler
Marshall & Julia Jokisch & family
Misty Shaw

Renewing members

The Beeler Family
Kevin Brown
Adam Castelli and Amy McDaniels
Susan Collins
Amy Goldesberry
Pete Gudmundson
Jack & Tracey Hurley
Stephan & Paula Kaplan
Karl and Christine Kohlrus
Ed & Carolyn Lawrence
Debby Lewis
Regina McGuire
Cindy Moreno
Mike & Cindy Murply
Ellen Kay Schlieckau
Matthew Scrivano
Kathy Seketa

Renewal at Contributing Level

Alfred Arkley
Patricia Boyce
Thomas Dodegge
James & Nancy Hall
Tyra Taylor

Renewal at Sustaining Level

Jim Covington

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.

Springfield Bicycle Club
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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**