



the Quick Release

www.spfldcycling.org

December 2015

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



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 or Joe. Basic layout, writing, and editing skills are needed, along with an ability to work independently and to nudge regular contributors to send things in. The Quick Release newsletter editor helps us promote bicycling to members and non-members and keeps everyone informed of new developments. Joe is willing to help the new Editor get up to speed. The QR is currently created in Adobe InDesign, but other programs may be used.

I am glad to announce that we now have Membership Co-Chairs, Ted Sunder and Karol Young, to assist with member recruitment and retention and promotions. Thanks for joining the Board, Ted and Karol! Those looking for social activities in the run-up to the holidays should attend our Socializer on Wednesday, Dec. 10 at Fulgenzis on Sangamon at 5:30 p.m. We always get a good turnout there. Thanks to Poonam Majahan for organizing!

The predicted El Nino weather, warmer and drier than usual in the Midwest, may allow those hardy souls who bicycle year-round to ride more days this winter. We continue to offer Club Show-N-Gos from Vredenburg Park at 11 a.m. on weekends and holidays. The next leader-led ride is Marty Celnick's New Years Day Ride on Friday, January 1. 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

Nominations Sought for 2015 NoBell Award

Nominations are now being accepted for the 2015 NoBell Award. This is perhaps the highest honor that the Springfield Bicycle Club bestows each year: to recognize an individual who has made a significant contribution to bicycling in the Springfield area. The origin of the award's name is somewhat murky, but presumably involves the prestige of the international Alfred Nobel Prize and the more specific bicycling reference to a Bell helmet, one of the first truly effective cycling helmets.

While there are no formal requirements for being nominated for this prestigious award, the award committee takes into account the length of time the nominee has been involved in cycling and the contributions he/she has made within the local cycling community. Past award recipients have been recognized for going above and beyond normal levels of support and enthusiasm for bicycling. They have worked tirelessly to promote bicycling, contribute much to the club, and are admired and respected by their peers.

Nominations for this year's award should be submitted to one of the members of the 2015 NoBell Selection Committee, which is comprised of former NoBell recipients. The members of the committee are: Jim Hajek, Matt Saner, Kevin Greene, Brigetta Ewing and Tom Clark. You can make your nominations in person, by email, by phone or by snail mail, but the nominations should all be received not later than December 20th.

To assist the NoBell Selection Committee in their task of reviewing nominations for 2015, it is recommended that you submit a brief narrative supporting your nomination, although this is not a requirement. The committee will do some research on their own before arriving at a winner for this year. Little-known information about a nominee is always appreciated and makes for a more informative and entertaining formal announcement of the winner.

Past winners of this prestigious award are:

1982 – Rich Huelskoetter	1983 – Greg Lakebrink	1984 – Louie Spinner
1985 – Dean Wisleder	1986 – Dave Ringland	1987 – Bud Cline
1988 – John & Marcy Werthwein	1989 – Dave Stjern	1990 – Mike Becker
1991 – Karl Kohlrus	1992 – Theresa DeLeon	1993 – Dave Heaps
1994 – Ernie DeFrates	1995 – Garland Stevens	1996 – Derek Ewing
1997 – Alan Josephson	1998 – Dave Lucas	1999 – Linda Butler
2000 – Mark Flotow	2001 – Don Struck	2002 – Lance & Lisa Kidd
2003 – Chuck Orwig	2004 – Cathy Yeaman	2005 – Cindy Kvamme
2006 – Lynn Miller	2007 – Robert LaBonte	2008 – The Elston Family
2009 – Bill Donels	2010 – Tom Clark	2011 – Brigetta Ewing
2012 – Kevin Greene	2013 – Matt Saner	2014 – Jim Hajek

Please give this some careful thought and get your nominations in to a committee member by Dec. 20th. Your support and input are greatly appreciated.

Thanks – The NoBell Selection Committee.



the Quick Release

Ride & Event Schedule

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

www.spfldcycling.org

December 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 Pete 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.
Tuesdays 9:00 a.m.	Residence 501 W Brown Ave, Stonington Don Harvey, 825-0365	ABC —Stonington Ride. Ride 12-30 miles with Don on smooth roads, farm roads, mud and gravel or all of it. No cancellations for weather unless cloudy or iced up. Riders should bring a bike for the weather or riding conditions.
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>
Wednesday December 2 7:00 p.m.	Residence 2301 Sangamon Avenue Ken Anderson, 522-3876	NC – Board Meeting . All SBC members are invited to attend the board meeting.
Saturdays December 5, 12, 19, 26 11:00 a.m. NOTE TIME	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go -- Ride the trails or go out in the country. If the trail is not clear and dry but the roads are, start from west end parking lot on Robbins Road. Turn in your miles to the club records keeper. D riders can ride the trails but should be self-sufficient.
Sundays December 6, 13, 20, 27 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go -- See Ride description for Saturdays in December
Wednesday December 9 5:30-7:00 p.m. NOTE TIME	Fulgenzis 1168 E Sangamon Ave Poonam Mahajan, 691-3350	NC - Socializer . Join us for our December SBC Socializer at Fulgenzis in Springfield. Free appetizers. Greeter table near the door. Members and potential members are welcome to participate.
Friday January 1 Time varies	Vredenburg Park Saxon Dr & Crusaders Rd Lisa Kidd, 546-1698	Holiday A-Ride . See Saturday Weekend A-Ride description. <i>*Disclaimer: Schedule sometimes changes in fall due to weather. Please call ahead.</i>
Friday January 1 11:00 a.m.	Rock 'N Roll Hardees 2501 Adlai Stevenson Dr Marty Celnick, 522-4206	ABCD – New Years Day Ride . Ride for 10-25 miles. Start the new year by keeping your resolution to ride more miles!



SAVE THE DATE!



Annual Winter Party & Awards Banquet Friday, January 29, 2015

**Maldaner's Restaurant
222 South 6th Street**

**6:00 p.m. Social Time
7:00 p.m. Dinner**

**Awards Ceremony
Slide Show**

Send your photos to [photos\(at\)spfldcycling.org](mailto:photos(at)spfldcycling.org)

**Attendance limited to 100
Each member may bring one guest
Buffet dinner \$10 each (cash or check only)**

**Please RSVP by January 22 to
Poonam Mahajan at 217-691-3350
or pm3350@gmail.com**



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.	Washington Park Pavilion on the South side of the park Jeff Williams, 546-8819 Jeff(at)jeffveloart.com Facebook: Jeff Curtis Williams	Tuesday Night Trail Rides – MTB/cyclocross/off road bikes 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 December 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!



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

Doug and Annette Taylor
Gina Wehmhoff

Renewing members

Pat Aulich & Barry Erlandson
Rachel Doctors, Craig Kniffin & family
Paul & Nina Hebron
Karol Young

Renewal at Contributing Level

Joe & Maureen Agner
Jan Michael Cimarossa
Tom Clark
Robert & Cydne LaBonte
Chuck & Gerry Orwig

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 Membership Application

New Member

Renewing Member

Change of Address

Name		
Address		
City		
State	Zip	
E-mail Address(es)		
Phone(s)		
Birth date*		

Type of Membership (check one):

Individual: \$15 per year

Family: \$20 per year

Contributing: \$25 per year

Sustaining: \$50 per year

Patron: \$100 per year

Corporate: \$100 per year

Family Member Information

Name 1:	Birth date*:
Name 2:	Birth date*:
Name 3:	Birth date*:
Name 4:	Birth date*:

I would like to opt out of: Club e-mail announcements

Quick Release mailing (issues are available at www.spfldcycling.org)

I would like to help with SBC activities: Yes No

If yes, please check any specific areas of interest:

Lead bike rides

Help with social activities

Help with bicycle advocacy

Help w/ Capital City Century

Serve on the SBC Board

Other _____

Legal Waiver

I (and my parent or guardian in case of a person under 18 years of age) hereby release the Springfield Bicycle Club and any other party or parties involved in any Springfield Bicycle Club activity of any liability whatsoever for any loss or damage to property or for personal injury sustained or occurring on any Springfield Bicycle Club event.

Signature:	Date Signed:
Parent/Guardian:	Date Signed:

Official SBC Name Badge

Hang it on your seat bag. These are a pretty neat way to let other riders know your name. Include **\$12.00** extra and print your name (clearly) on the following line as you would like it to appear on your name badge:

Badge Name: _____

*providing birth dates is optional, but recommended to help us keep track of club demographics.

Springfield Bicycle Club
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Springfield, IL 62705
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president(at)spfldcycling.org

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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**