



the Quick Release

www.spfldcycling.org

April 2016

Bring on the Challenge!

By Derek & Brigetta Ewing

It's That Time Again! Get yourself and your bike ready for the **SBC Cycling Challenge**. The first event is set for April 24 at Rochester Community Park at 9 a.m. The Cycling Challenge is designed to help you in build your cycling fitness and hopefully to accomplish the goal of completing the annual SBC Capital City Century.

Each Challenge consists of a century (100 mile) ride with shorter options of approximately 25 and 50 miles. The first four challenges are free and totally self supported. The 5th and final Cycling Challenge event is the SBC Capital City Century on September 11.

The Challenge takes you on lightly traveled rural roads and through small quiet towns. Rest stops along the way may be the local mom and pop restaurant or a convenience store. To help insure that all has someone to ride with, there will be groups at all riding levels.

All riders who complete the series minimum of 3 rides are placed on the "SBC Challenge Wall of Fame". In addition you may receive a Bronze, a Silver or a Gold Award for all of your hard work in achieving your cycling goal. Your mileage is recorded and a point awarded for each mile.

Award Earned - Points (miles) needed:

Bronze: 125 - 199

Silver: 200 - 374

Gold: 375+

Awards are distributed at the January SBC Awards Banquet, and can also be received without attending the banquet.

SBC Members: your TO and FROM ride miles can be counted as SBC ride miles, but are not counted towards Challenge totals.

Additional Information: www.spfldcycling.org, Springfield II Area Cycling on Facebook, and all of the local bike shops.

2016 Challenge Dates: April 24, June 5, Aug. 7 & 28, Sept. 11

Don't Miss This Date



Season Kickoff Party
Friday, April 15, 5-8 p.m.

Appetizers, Games, and Fun!

Caseys Pub @ K of C

*Home of the 44th Annual
Capital City Century
September 11, 2016*

D-Railers Program STARTS IN JUNE

See page 2 for details.

Email riderdev@spfldcycling.org
to be alerted when online
D-Railers registration opens.

Mark Your Calendars!

D-Railers Signup Party
Sunday, June 12

A few words from Tom Clark, SBC President .



We have lots of great rides and events in April! Hope to see you at the April 15 Season Kickoff Party hosted by **Ted Sunder** and **Karol Young**, and the April 24 Challenge led by **Derek & Brigetta Ewing**. We have a lot of bicycle education activities ramping up this month. Look for details in future QRs. See you on the road!

Changing Lives with Charities and Bikes

We are looking for a few volunteers to help us consider the feasibility of establishing a program for people to donate bikes through the bike club. There are organizations that we work with that fix and give bikes away to challenged children and individuals. If interested, please contact VP John Nelson at vp@spfldcycling.org.

Incentive Awards

By Deb Cooper, Incentive Chair

There were no eligible rides in February, so a Ride of the Month was not selected, and the Ride Leader Incentive drawing was not held. No nominations were made for the Almost Anything Award. To nominate someone, email incentive@spfldcycling.org.

CORRECTION

The following line was inadvertently omitted from Incentive Chair Deb Cooper's column in the March QR:

"I would like to extend a special thank you to Bob and Chris at Biketek for their generous assistance in helping suggest and choose gift items for the Spinner Awards recipients and for ordering the items."

We apologize for the oversight-The Editors.

D-Railers Program Launches in June!

The D-Railers is a 12 week program designed to help any rider build the skills and endurance needed to complete the Capital City Century at the metric century distance or higher.

Riders will have the opportunity to ride with a group leader who is suited to their own pace and riding ability at least one night per week. You will be provided with a suggested training plan appropriate for your level of fitness and experience. There will be opportunities for several workshops to learn group and road riding safety, how to change a flat on the road, simple bike maintenance, some helpful stretching and strengthening exercises for cyclists and nutrition and hydration tips for long rides.

New and returning riders are encouraged to join us regardless of their current fitness level. There will once again be a beginners or "D" level group which will start out slow and steady to help build your speed and endurance over the 12 weeks. Even if you can not imagine yourself riding a 62 mile metric century you will improve your fitness, meet some new friends and learn some important skills.

GET ON THE LIST! To receive an alert when online D-Railers registration opens, email me at rider-dev@spfldcycling.org.

MARK YOUR CALENDARS! The D-Railers program will officially start with a Signup Party on June 12 at Wheel Fast Bicycle in Chatham.

I look forward to the beginning of this years program!! Look for details in upcoming QRs.

Thank you, *Amy Skaggs*



the Quick Release

Ride & Event Schedule

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

www.spfldcycling.org

April 2016

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		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 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.
Wednesdays 9:00 a.m.	Residence 501 W Brown Ave, Stonington Don Harvey, 825-0365	BCD, MB —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 foggy or iced up. Riders should bring a bike for the weather or riding conditions.
Weekday Evening Rides		Check start times!
Mondays 5:45 p.m.	Parking lot at east end of Wabash Trail by Sonic Wabash Ave & 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 theater (Lindbergh Blvd & Robbins Rd) 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. Lights recommended.
Tuesdays 5:30 p.m.	Location varies Jim and Sandra Elliott, 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.
Wednesdays 5:30 p.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Ted Sunder, 698-9194	BC — Ride the trail for 12 or add a low traffic county road to the airport for a total of 15. Lights recommended. <i>Note: on Wednesday April 13 we will have a special D ride, See Scheduled Rides and Events for details.</i>
Thursdays 5:30 p.m.	IDOT, Dirksen Pkwy & Ash St Show-N-Go	BCD – Ride the Lost Bridge Trail for 10-14 miles. Lights recommended.
Monday through Friday 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		Check start times!
Saturday April 2 10:00 a.m.	Rotary Park Iles and Archer Elevator Rd Marty Celnick, 522-4206	ABCD – Marty will take us where he will take us, with the wind at our backs both ways. 25 and 40 mile options. D riders can ride the Sangamon Valley Trail.
Sunday April 3 10:00 a.m.	Rochester Station Mark Rabin, 529-7377	ABCD – Ride 30-40 miles to an unknown destination. D riders can ride the trail.
Wednesday April 6 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.
Saturday April 9 10:00 a.m.	Waldrop Park Sherman Cindy Kvamme 971-8687	ABC— Cindy will take us 35 miles to Athens, with a 24 mile option.
Sunday April 10 10:00 a.m.	Rotary Park Iles and Archer Elevator Rd Tom Clark, 726-5560	ABCD –Tom will take us to New Berlin or elsewhere depending on the wind. D riders can ride the trails. 20 to 40 mile options.
Wednesday April 13 5:30 p.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Ted Sunder, 698-9194	D–Join Ted on a special D ride , 10 – 12 mph with rest stops as needed. So bring your cruiser bikes and invite your friends to come out for a leisurely ride up the trail!
Friday April 15 5:00-8:00 p.m. Note time	Caseys Pub, inside K of C 2200 S Meadowbrook Ted Sunder and Karol Young, 971-3193	NC – Season Kickoff Party. Join our membership co-chairs for a celebration of the beginning of cycling season, at the home of the Capital City Century in September! Hear about our plans for 2016. Free appetizers. Greeters by the door. D-Railers program signup table. Members and potential members welcome.
Saturday April 16 10:00 a.m.	Rochester Station Christa McLaren Morris, 494-4028	ABCD – We will have several routes to choose from and some roads we haven't been on in a while. D riders can ride the Lost Bridge Trail. 25 to 40 mile options.
Sunday April 17 10:00 a.m.	Sangamon Valley Trail head Bunker Hill Rd Deb Cooper, 546-5099	ABCD –30-40 miles on the Capital City Century route to Clayville, with a cutoff for those doing the short ride. D riders can ride the Sangamon Valley Trail.
Saturday April 23 10:00 a.m.	Rotary Park Iles and Archer Elevator Rd Alan Whitaker, 494-6807	ABCD – Many directions to take, hopefully with the wind behind us both ways. 30 to 40 miles. D riders can ride the Sangamon Valley Trail.
Saturday April 23 11:00 a.m. Note time	Lincoln Park 1601 N. 5th St Tom Clark, 726-5560	EZ – Earth Day Springfield Bike Ride. Ride for about 1 hour at a relaxed pace through city neighborhoods. After the ride, visit the exhibits and activities at Springfield's 24th annual Earth Fair. The fair will be held from 10 a.m. to 2 p.m. at Lincoln Park.
Sunday April 24 9:00 a.m. Note time	Rochester Community Park 90 Wild Rose Lane, Rochester Derek & Brigetta Ewing, 624-2016 (See separate article in QR)	ABCD – This is the first of five events in the 2016 Cycling Challenge. The Cycling Challenge is designed to aid in your cycling fitness in preparation for SBC's Capital City Century. Ride about 25 miles to Riverton, 50 to Illiopolis, or 100 to Decatur and back. A designated club member will ride with the rearmost group at a 10-13 mph pace on the 25 mile route. Bring on the Challenge!
Saturday April 30 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Carolyn Lawrence, 370-0776	ABCD- Ride on the trail or in the country with Carolyn. 25-40 miles with cutoffs.
Saturday May 7 1:00-6:30	1113 Oakmont Poonam Mahajan, 691-3350	Save the date for a Kentucky Derby ride and potluck! Check the May ride schedule for details.

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.

- There are no Regional Rides within 100 miles of Springfield in April. For an up-to-date listing of upcoming rides, go to www.mikebentley.com and check **Illinois Bicycle Rides**.

Other Area Rides & Events		
Mondays 6:00 p.m.	Ace Bicycle Shop 2500 S MacArthur Ave Bill House, 691-2455	Ace Monday Night Ride. These rides are geared towards all levels of riders and are no drop! Ace staffers will be on the ride in the event of a mechanical. Helmets are strongly recommended. Like us on Facebook "Ace1BMX" for weather details.
Tuesdays 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. Show-n-go with no official leader.
Wednesdays 6:10ish p.m.	Wheelfast 17 Cottonwood Dr Matt Saner, 483-7807	ABC — Wheelfast Road Ride. Intermediate training ride. Meet at the bike shop and plan on 16-20 miles. Faster group leaves at 6:05. Others leave at 6:15 with a designated leader at the rear.
Every Other Wed (**TBA**) 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. Call or text Steve to be informed of April dates. Dates for May and beyond will be posted here.
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 shorter, slow-paced family ride starts at the same time. A designated rider leader stays at the back of each riding group.
Friday April 29 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! Front and rear LIGHTS recommended.

Secretary's Report

By Barry Lacy, Board Secretary

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

New Members

John & Lynette Crouch
Rick Dickerson
Tony Henn

Renewing Members

Connie Roberts
Becky Smith
Mike Vonnahmen
Phil Windell

New Members at the Sustaining Level

Bob & Nancy Thompson and Family

Renewals at the Contributing Level

Mike Becker
David Lucas
Jeff Regan & Marilyn Gorbett

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.

NOTE: For June 2015 and beyond, monthly Board meeting Minutes are posted online. All Minutes prior to May 2015 are included in the monthly QR newsletters.

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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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**