



the Quick Release

www.spfldcycling.org

May 2016

Curb Your Car



Commute Challenge Run • Walk • Bike • Bus

May 14 - 21, 2016

Register your team at www.sscrpc.com *

* Scroll down to Announcements to access the Active Transportation page

All Week

Friendly commuting competition with incentives from area businesses, Passport Challenge, special prize drawings and more!

Saturday May 14

Ride from Famers Market downtown

Wednesday May 18

Bicycle Group Commute

Saturday, May 21st

City Recess/Bike Rodeo at Lincoln Park presented by genHkids

Saturday, May 21st

Chef Higgin's downtown Night Bicycle Ride

Kentucky Derby Potluck!
Saturday, May 7



Winery Ride
Sunday, May 15

WORLDWIDE RIDE OF SILENCE

Wednesday, May 18

Mark Your Calendars!

D-Railers Program Signup Party
Sunday, June 12

See p. 2 of April QR for details. Email riderdev@spfldcycling.org to be alerted when online registration opens.

A few words from Tom Clark, SBC President .



About 75 SBC members and prospective members attended our **Season Kickoff Party** on April 15! Thanks to the Membership Committee and its volunteers for staging this highly successful event. A number of people signed up with **Amy**

Skaggs for more information about the D-Railers Program, and with **Derek and Brigetta Ewing** for email updates about upcoming Cycling Challenge events.

Want to help kids learn to ride bikes safely? A 3.5 hour League of American Bicyclists certification class for Youth Instructors will be held on May 7 and repeated on May 14 at the downtown YMCA. Go to SBC's bicycle education events page (tinyurl.com/sbc-bike-ed) and click on either date to register. The registration page provides detailed information.

Take the commuting challenge May 14-21! See the ride schedule for details. To register, go to ssrcpc.com and scroll down to Announcements to access the **Active Transportation** page.

Incentive Awards

By Chanell Hamilton and Harv Koplo

Marty Celnick won Ride of the Month for his March 26 ride on Easter weekend. Riders enjoyed a ride down the Interurban Trail on a cool spring day, and stopped for brunch in Chatham. Thanks Marty!

Robert LaBonte won the Ride Leader Incentive drawing, and won a gift certificate for \$50 to the bike shop of his choice. Hmm... wonder which one he'll choose?

The Almost Anything Award went to Peter Davis of Champaign Cycle, for developing the Central Illinois Cycling Calendar, which is available at champaigncycle.com. This calendar is a product of a meeting of bike clubs in the region that Peter organized.

To nominate someone for the Almost Anything Award, email incentive@spfldcycling.org.

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

Brent Burke
Patrick & Sheri Daniels
Carol Fleck & Family
Lily Albanese Layden & Mike Layden
Juanita Ruf
Eleanor Singleton
Bill & Cindy Ward

Renewing Members

Telemachos (Tim) Agoudemos

Renewals at the Contributing Level

Rick Haberkorn

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: Those joining or renewing after March 31 will appear in next month's report. For June 2015 and beyond, monthly Board meeting Minutes are posted online. All Minutes prior to May 2015 appear in the QR newsletters.

May 2016 Ride Schedule

For updates, corrections and last minute changes to the ride schedule please check the SBC website at www.spfldcycling.org. Unless otherwise indicated, **weekday** daytime rides will not take place on holidays. All rides return to the starting point unless otherwise noted.

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.

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.

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. NOTE: Due to the holiday, the ride on Monday May 30th may be a show-n-go.
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 May 4, 11, and 25 5:45 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. NOTE: on May 11 we will have a special D ride , and there will be no ride on May 18 -- come to the Ride of Silence instead. See Scheduled Rides and Events for details.
Thursdays May 6 & 26 5:45 p.m.	SVT South End Parking Lot Tom Clark 726-5560 & Brenda Price 685-0004	D — Join Tom on May 6 and Brenda on May 26 to ride 12 miles on the Sangamon Valley Trail at a casual 10-12 mph pace. The ride leader will stay with the rearmost riding group.
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!
Sunday May 1 9:00 a.m.	Waldrop Park Sherman Cindy Kvamme 971-8687	ABC — Cindy will take us 35 miles to Athens, with a 24 mile option.
Wednesday May 4 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 May 7 9:00 a.m.	Rotary Park Iles and Archer Elevator Rd Dave Ross, 416-1682.	ABC — Ride somewhere with Dave today, approximately 40 miles with cutoffs. There may be pie!

Saturday May 7 1:00 p.m. <u>NOTE TIME</u>	1113 Oakmont Dr Residence Poonam Mahajan, 691-3350	NC — Kentucky Derby Potluck. Join Poonam to watch the Run for the Roses in typical Derby style. The Derby race is at 5:30; feel free to arrive at 1:00 or later. Mint Juleps and Jillians will be available. Please bring a dish to share.
Sunday May 8 9:00 a.m.	Rotary Park Iles and Archer Elevator Rd Marty Celnick, 522-4206	ABCD — Marty will take us where he will take us, into the wind and uphill both ways! 25 and 40 mile options. D riders can ride the Sangamon Valley Trail.
Wednesday May 11 5:45 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!
Saturday May 14 Through Saturday May 21	Your Residence!	NC — Curb your Car during Bike to Work Week. Join other bike commuters from SBC and the Springfield area for the ride into work all week long! This is the fifth year for the event. Check with your employer to see if it is participating in the Curb Your Car challenge. For details go to the Springfield-Sangamon County Regional Planning Commission alternative transportation website at www.sscrpc.com and scroll down to Announcements. Don't forget to turn in commuting miles to the club record keeper.
Saturday May 14 10:00 a.m. <u>NOTE TIME</u>	Café Moxo 411 E. Adams Kevin Greene 793-9622	EZ — This will be a ride to initiate Curb Your Car week, a one-hour ride at a relaxed pace through city neighborhoods. Shop at the Old Capitol Farmers Market before or after the ride. Those interested can continue the ride out to a trail or commute to an alternative destination.
Sunday May 15 12 Noon <u>NOTE TIME</u>	Rotary Park Mike Kokal, 618-560-9288	ABC — Winery Ride. Ride with Mike to New Berlin and then on to Danenberger Family Vineyards (12341 Irish Road, New Berlin) for snacks and libations. 16-30 miles depending, with a possible 40-mile option. D riders can ride the trail
Wednesday May 18 7:30 a.m.	Washington Park Pavilion (south side of park) Bill Donels, 546-8036	D — Bike to Work Week Group Commute. This ride is part of Curb Your Car week. Ride from the park to various spots around downtown. Those interested can continue the ride out to a trail.
Wednesday May 18 6:30 p.m. <u>NOTE TIME</u>	State Capitol Visitors Center parking lot, behind Boone's Saloon – entrance at 399 W Edwards St (approximate) Naomi Greene, 793-9622	EZ — Ride of Silence. Join cyclists worldwide in a silent, slow-paced ride (max. 12 mph) in honor of those who have been injured or killed while cycling on public roads. The goal is to raise awareness that cyclists have a legal right to the public roadways and to ask that we all share the road. Riders should begin gathering at 6:30 PM. The ride will depart in silence at 7:00 PM. Helmets recommended, lights required. To learn more about this ride and its history, please visit: www.rideofsilence.org .
Saturday May 21 9:00 a.m.	Vrendenburg Park Saxon Dr & Crusaders Rd Ted Sunder, 698-9194	ABCD — Ride on the trail or in the country with Ted. 25-40 miles with cutoffs. We might see water.
Saturday May 21 9:00 p.m. <u>NOTE TIME</u>	State Capitol Visitors Center parking lot, behind Boone's Saloon – entrance at 399 W Edwards St (approximate) Michael Higgins, 836-9821	EZ — Night Ride. Chef Michael Higgins has a 6 or 12-mile route. Helmets recommended, lights required.
Sunday May 22 9:00 a.m.	Waldrop Park Sherman Barry Tobias, 303-6782	ABC — Barry will lead you on a ride to Middletown for 35 or on to Athens for an additional 20 miles.
Saturday May 28 9:00 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.
Sunday May 29 9:00 a.m.	Rochester Station Lost Bridge trailhead Harv Koplo, 899-9175	ABCD – Harv says it's time to take us east! 25 miles through Edinburg and up to Roby or 40 to Mechanicsburg. D riders can ride the trails but should be self-sufficient.

Other Area Rides

Springfield area bike shops and other entities sponsor or host a number of rides each year. We post them in this separate section of 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 Ave 523-0188	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 6:10. Others leave immediately after with a designated leader at the rear.
Every Other Wednesday May 11 and 15 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 May 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! Front and rear LIGHTS recommended.
Regional Rides		
		<i>For an up-to-date listing of upcoming rides, go to www.mikebentley.com and check Illinois Bicycle Rides or to champaigncycle.com and check Central Illinois Cycling Calendar</i>
Saturday May 7	George Fero, 618-537-8873	Tour De Stooges. This Lebanon, Illinois ride features routes from 10 to 67 miles. For details, visit tourdestooges.com .

Gregory James Lakebrink, 1949-2016

Greg Lakebrink, a longtime member of Springfield Bicycle Club, passed away on Wednesday, April 13, 2016 at his home. Greg was an avid cyclist and runner and participated in many competitive events. He retired from the Illinois Department of Revenue in 2014. It's been a while since Greg was an SBC member, but he was very active in the bike club for many years. He served in several capacities on the board. His dry sense of humor and sharp wit made our public meetings both entertaining and educational.

Greg was also an active member of the Road Runners Club and the Sierra Club for many years. He was an accomplished artist, and had a genuine passion for wine and beer making. Greg's will be sorely missed by his family and his many friends.

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.

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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**