



the Quick Release

www.spfldcycling.org

July 2016



- ◆ **Capital City Century, September 11, 2016**
Registration is now open! <http://spfldcycling.org/cc>
- ◆ **2nd Annual Bob Carmody Memorial Ride, September 24, 2016.** This year will be bigger and better!! 12, 25, 40, & 60 mile options, along with pedal prizes and lunch catered by McCormick's. See next QR for details!
- ◆ **Tour De Trauma, September 17, 2016** [Facebook.com/TourDeTrauma](https://www.facebook.com/TourDeTrauma)
More details will be added soon on Facebook by Waverly EMS.

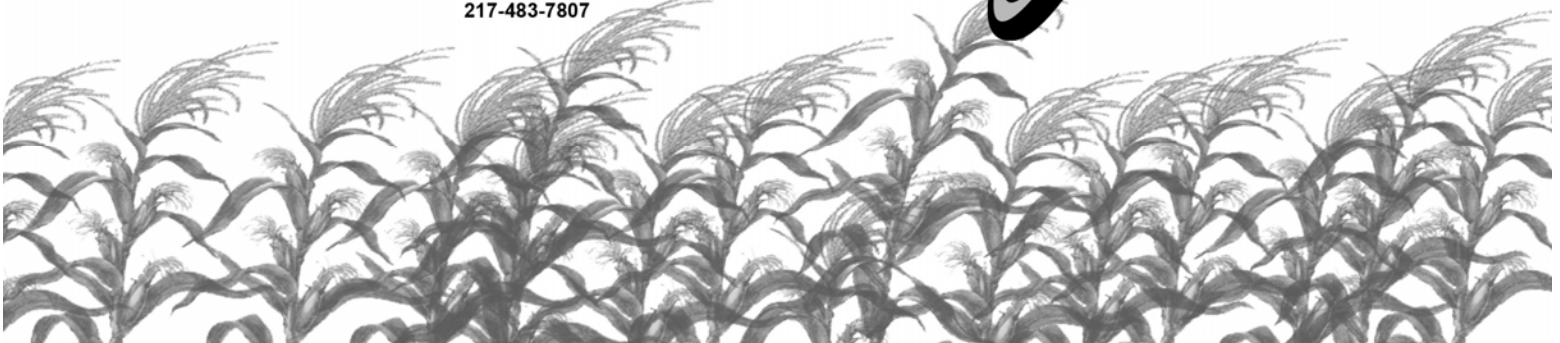
The 18th Annual Tour De Corn Metric Century

Chatham Community Park
Sunday July 10th, 2016 at 8:00 a.m.

Registration will be open from 7:30-9:00 a.m. the day of the ride
Pre-register at Wheel Fast, 17 Cottonwood Dr.
in Chatham through Saturday 7-9 -2016 4:00 p.m



- Group mass start at 8:00 a.m.
- There will be three distance options: 62, 41, & 21 miles
 - Donation cost is \$20.00
- Free Wheel Fast cycling socks to the first 150 riders!!!
 - SAG service until 1:00 p.m.
 - Rest stops with food and drink
- Lunch Served from 11:00-2:00 following the ride
 - All Proceeds benefit the Chatham Jaycees
 - Call Wheel Fast with any questions
217-483-7807



Incentive Awards

By SBC Board

Bill Donels and Naomi Greene shared Ride of the Month in May, for two rides held the same day, May 18 -- Bill's Bike to Work Week Group Commute in the morning, and Naomi's Ride of Silence in the evening (see also Naomi's article in the June QR). Kevin Greene won the Ride Leader Incentive drawing and a gift certificate for \$50 to the bike shop of his choice.

The Almost Anything Award went to the organizers of local bicycle rodeos for kids, and to Chris Cormaney, an expert mechanic at Biketek, a local bike shop, for volunteering to help with D-Railer workshops, which provide cycling and maintenance tips for adults in our rider development program.

Cynthia Hoyle, Director of Safe Routes to Schools in Champaign-Urbana, Tom Clark of SBC, and Faye Edwards of St. Louis conducted trainings of bike rodeo instructors. Virginia Ferguson of GenHKids, Dawn Moberly of Enos Park Neighborhood Association, Officers Matt Doss and Chris Jones of Springfield Police Department, and Tom Clark of SBC led the many volunteers who helped

stage successful rodeos for over 80 kids attending a Boys and Girls Club bike safety course in April, GenHKid's City Recess in May, and the Enos Park Summer Bicycle Program in June. To nominate someone for the Almost Anything Award, email incentive@spfldcycling.org.

A few words from Tom Clark, SBC President



Hope you're enjoying summer! Time for some warm weather riding. We have some great rides coming up in July, including **Robert LaBonte's Burgoo ride** July 4, and the **Tour De Corn Metric Century** on July 10.

The D-Railers program is off to a great start in 2016! Thanks to signup party host **Matt Saner**, program leader **Poonam Mahahan**, program developers **Amy Skaggs, Chris Cormaney, and Chanell Hamilton**, and all of the ride leaders and registered participants!

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

Irma Anaya Villa	Don Krager
Marcia Barr	Brett Meyer
Jennifer Bartlett	Jack Morris
Richard Brown	Roy Pyers
Bob Burke	Steve & Peggy Randle
Paige Koepfel	Susan Trutter

Renewing Members

Ben Fox
Harold & Janet Glick
Jerry & Debbie Ihnen
Jon & Cathy Popovitch
Bill & Lisa Schultz
Matthew Shaver & Kurt Curry
Ann Stahel

Renewals at Contributing Level

Vicki Berry	Barry Lacy
Bill & Carol Bock	Ruth Magos

Renewals at Sustaining Level

Maggie & Loren Easter	Joel Johnson
Susan Hammond	Alan & Kathy Whitaker

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 page 7 of QR.

NOTE: Those joining or renewing after April 30 will appear in next month's report. Online renewals in 2016 not yet reported will appear in the June report. For June 2015 and beyond, Board meeting Minutes are posted online.

July 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.

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 someday. No leader or map, but Pete shows up often enough for this ride that he can 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 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		Check start times!
Mondays 5:30 p.m. NOTE TIME	Vredenburg Park Saxon Dr & Crusaders Rd Wabash Trail, E of Robbins Rd Mark Rabin, 259,7377	D — Join Mark for a 13 mile ride on the Wabash and Interurban Trails at a casual 10-12 mph pace. As riders progress, this ride may increase in distance. A designated rider will stay with the rearmost riding group. NOTE: <i>This is a D-Railers program ride; other riders are welcome, but should check in with ride leader.</i>
Mondays 5:45 p.m.	Parking lot at east end of Wabash Trail by Sonic Wabash Ave & Park St Robert LaBonte, 787-0237	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.
Tuesdays 5:30 p.m.	Centennial Park parking lot Bunker Hill Road John Sanford, 416-7156 Brenda Price 685-0004	D — Ride 12 miles on the Sangamon Valley Trail at a casual 10-12 mph pace. Join John on July 5 and 12, and Brenda on July 19 and 26. The ride leader will stay with the rearmost riding group. Meet at the Park, not at the trailhead.
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 5:45 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.
Thursdays 5:30 p.m. NOTE TIME	Centennial Park parking lot Bunker Hill Road Meet at the Park, not at the trailhead Poonam Mahahjan, 691-3350 Amy Skaggs, 502-1665	CD — Join Amy and Poonam for a 12 mile ride on the Sangamon Valley Trail. As riders progress, this ride may include a road loop. Poonam will lead the C group at a 12-15 mph pace. Amy will stay with the rearmost riding group at a 10-12 mph D pace. NOTE: <i>This is a D-Railers program ride; other riders are welcome, but should check in with ride leader.</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 and Sundays	Location and time varies Derek Ewing, 624-2016	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 or accompanied by an experienced rider. To receive information about upcoming rides, search "Springfield IL Area Cycling" on Facebook, then click on "Join Group". Contact Derek if you have any questions.
Scheduled Rides and Events		Check start times!
Saturday July 2 8:00 a.m.	Waldrop Park Sherman Cindy Kvamme, 971-8687	ABC — Ride with Cindy on the best roads to Middletown. 35 miles with a 24 mile cutoff.

Scheduled Rides and Events (cont.)		<i>Check start times!</i>
Sunday July 3 9:00 a.m. NOTE TIME	Rotary Park Archer Elevator & Iles Marty Celnick, 522-4206	ABCD — For his "sleep in" ride today, Marty will be looking at the wind direction to determine the best route for a ride of 25 to 45 miles. D riders are welcome to ride the Sangamon Valley Trail.
Monday July 4 Start Time depends on Start Location	8 a.m. - Panera Bread West, Wabash Ave. & White Oaks Dr. 8:40 a.m. - County Market, 1099 Jason Place, Chatham 9:15 a.m. - U.S. Post Office, 100 Church Street, Loami Robert LaBonte, 787-0237	ABCD – Annual Franklin Burgoo Ride. Celebrate our nation's Independence Day with a ride to Franklin, IL for its annual Burgoo Festival. The start times and ride distances are staggered to provide all riders an opportunity to participate. Leave from Springfield for 62 miles; Chatham for 48 miles; or Loami for 28 miles. It will be hot. Roads will be soft and oily! Be sure to bring plenty of water and money for those pies!
Monday July 4	Location and time varies Derek Ewing, 624-2016	Holiday A-Ride. See Saturday and Weekend A-Ride description. Contact Derek if you have any questions.
Wednesday July 6 7:00 p.m.	Residence 2301 Sangamon Ave Ken Anderson, 522-3876	NC – Board Meeting. All SBC members are invited to attend the board meetings.
Saturday July 9 8:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go — 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 July 9 9:30 a.m. NOTE TIME	Centennial Park Bunker Hill Road Joe Agner, 361-5077	CD – Ride 20 easy miles around bicycle friendly west Springfield with Joe, including a stop at Cocoa Blue for ice cream or chocolate. NOTE: This ride starts in the Centennial Park parking lot, NOT at the trailhead.
Sunday July 10 Registration 7:30-9 a.m. Mass start at 8:00 a.m.	Chatham Community Park East end parking lot, off Park St. 760 S. Main Chatham Matt Saner/Wheel Fast, 483-7807	ABC – Tour de Corn Metric Century. 62, 41, and 21 mile route options. Cost is \$20. Proceeds benefit Chatham Jaycees. Sag service until 1:00 p.m. Rest stops with food and drink. Lunch served at the park after the ride from 11 a.m. to 2 p.m. Cycling socks to the first 150 riders donated by Wheelfast. Pre-Register at Wheel Fast through Saturday July 11 th or day of event.
Saturday July 16 8:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go — 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 July 16 9:00 a.m. NOTE TIME	Café Moxo 411 E. Adams St. Kevin Greene, 494-8959	EZ – Join Kevin for a one-hour, leisurely ride through city neighborhoods. Shop at the Old Capitol Farmers Market before or after the ride.
Sunday July 17 8:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tom Clark, 726-5560	ABCD – Head south or west with Tom depending on the wind. Ride options of 22 to 50 miles. D riders can ride the trails.
Saturday July 23 8:00 a.m.	Rpchester Station Mark Rabin, 529-7377	ABCD – Join Mark for a ride to Riverton or a loop ride around Lake Sangchris, depending on road conditions. 30 to 40 miles with shorter options.
Sunday July 24 8:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Ted Sunder, 698-9194	ABCD— Join Ted for a 30 to 40 mile ride today. D riders can ride the trail but should be self-sufficient.
Saturday July 30 7:00 a.m. NOTE TIME	Chatham Community Park Bill Gillespie 621-9943	CD – Join Bill for a leisurely 20-25 mile ride at a 13-15 mph pace. The ride leader will stay with the rearmost riding group.
Saturday July 30 8:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go — 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 July 31 8:00 a.m.	Rotary Park Iles & Archer Rd Alan Whitaker, 494-6807	ABCD— Join Alan for a ride somewhere for 25 to 45 miles. D riders may ride the Sangamon Valley Trail.

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	Trail and Road Ride. Join Pete and Rich ride down the trail and out into the country. All levels of riders are welcome. Riders may break up into groups averaging 13-15 mph and 17-20 mph.
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.	Wheel Fast 17 Cottonwood Dr Matt Saner, 483-7807	Wheelfast Road Ride. Intermediate ABC 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 July 6, 20 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. 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	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.
Thursdays 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.
Friday July 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	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 go to champaigncycle.com and check Central Illinois Cycling Calendar</i>
Saturday July 9	Staunton, IL	Tour de Donut. 32 mile route. The original Tour De Donut web site, presented by the Boeing Employee Bicycle Club! The goal of the event is to have FUN . Come and strive for a personal best, or enjoy a nice ride in the country. And donuts.
Sunday July 17	Bloomington, IL	Cycle for Kids. 30 to 60 mile rides beginning at Wilson Cycle in historic downtown Bloomington. Post-ride meal and libations at Fat Jack's. Benefits programs to stop the cycle of child abuse.

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
Post Office Box 2203
Springfield, IL 62705
Address Service Requested
Not for Commercial Use

Presorted Standard
U.S. Postage Paid
Springfield, IL
Permit #800

Springfield Bicycle Board Members

President

Tom Clark
726-5560
president(at)spfldcycling.org

Treasurer

Jim Hajek
698-7626
treasurer(at)spfldcycling.org

Legislative/Educational

Bill Donels
546-8036
legislative(at)spfldcycling.org

Membership

Ted Sunder
Karol Young
698-9194
membership(at)spfldcycling.org

Vice President

John Nelson
773-893-0997
vp(at)spfldcycling.org

Special Events

Harv Koplo
899-9175
events(at)spfldcycling.org

Web Editor

Alan Whitaker
494-6807
webmaster(at)spfldcycling.org

At-Large Members

Marty Celnick
522-4206
at-large(at)spfldcycling.org

Board Secretary

Barry Lacy
899-8407
secretary(at)spfldcycling.org

Records

David McDivitt
787-5964
records(at)spfldcycling.org

QR Editor

Tom Clark (interim)
Marty Celnick (interim)
editor(at)spfldcycling.org

Ken Anderson
522-4206
at-large(at)spfldcycling.org

Recording Secretary

Chanell Hamilton
220-1523
recording(at)spfldcycling.org

Social Chair

Poonam Mahajan
691-3350
social(at)spfldcycling.org

Incentive Chair

Deb Cooper
546-5099
incentive(at)spfldcycling.org

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**