



# the Quick Release

www.spfldcycling.org

October 2016

**Solar Tour  
by Bike!  
Saturday,  
Oct. 1**

## Illinois Solar Tour



MOONLIGHT RAMBLE

**Saturday  
Oct. 8**

## Roger's 38<sup>th</sup> Annual



Sunday, October 9th, 2016

► Special Guests ◀

- Kristin and Family

► Biking Options ◀

- 30-mile ride: 2:00 pm
  - 15-mile ride: 3:00 pm
- That way everyone is back in time to eat*

► Bonfire at Dusk ◀

► Meat off the grille ~4:30 ◀

- Burgers ▪ Brats ▪ Fish▪
- Side dishes welcomed!

► Featured Beers ◀

- Spaten Oktoberfest ▪ Paulaner ▪ Kraftig Light

► Games ◀

► Music ◀

- Antone and Wick 5 – 9
- Doug Strahan and the Good Neighbors, *an American Band from Texas, will close out the evening*



**LET'S DO ...  
KEVIN BROWN'S  
ANNUAL HALLOWEEN PARTY  
... AGAIN  
OCT. 28!**

See Ride Schedule (pages 3– 6)  
for details on these events and  
many more !

## Incentive Awards

By Deb Cooper, Incentive Chair

Alan Josephson's ride to the St. Louis riverfront area was voted Ride of the Month for August. About 20 riders made the 40+ miles trip from Edwardsville on the Madison County Trail system, across McKinley Bridge into St. Louis.

The group had lunch at Big Daddy's in Laclede's Landing and Nick, Ted, Judy & Kate Sunder, who were in St. Louis for a weekend getaway, joined the group for lunch. After the ride, the group stopped at Annie's for ice cream, which is always a welcome treat after a day of riding. Thank you, Alan, for putting together an excellent out-of-town ride!

Ernie DeFrates won the Ride Leader Incentive drawing and a gift certificate for \$50. Congratulations, Ernie!

The Almost Anything Award went to Tom Clark for all of the time and effort he has put into the 2016 Capital City Century Ride. Tom has spent months driving roads, helping with maps, finding spots for the ICS/Water stations and even producing color photos to show where each should be. He has tirelessly worked to help the marking and checking crews and get signs out as well as collecting them after the event. Way to go Tom! Thanks for your efforts!

To nominate someone for the Almost Anything Award, email [incentive@spfldcycling.org](mailto:incentive@spfldcycling.org).

*A few words from Tom Clark, SBC President*



Over 650 riders participated in our signature event, the Capital City Century, on Sept. 11. We couldn't have asked for better weather! Thanks to **Harv Koplo** and his many volunteers for their efforts in staging the Century once again. An article thanking our 100+ CCC volunteers by committee will appear in next Month's QR. We'll also introduce our 2016-17 Board members then.

There are so many great rides and events this month that it is impossible to list them all. See the ride schedule on pages 3-6 for details.

## Help Wanted!

SBC's Board year runs from Oct. 1 through Sept. 30. Most Board members for 2016-17 will be named at our Annual Meeting & Socializer on Sept. 28, but some vacancies may remain, including:

**Vice President**  
**Newsletter Editor**  
**Recording Secretary (Jan. 2017)**

If you are interested in joining our Board or wish to nominate someone, or have questions, email [president@spfldcycling.org](mailto:president@spfldcycling.org) or call or text Tom at 726-5560.

## 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 at Contributing Level

Deanna Blackwell

### Renewing Members

Marc Bell  
 Bob & Marilee Cramer  
 Jack & Tracey Hurley

### Renewals at Contributing Level

Joe & Maureen Agner  
 Patricia Boyce  
 David Leigh

*Joining or renewing your membership is easy and there's no extra charge for doing it online: go to the Membership page at [www.spfldcycling.org](http://www.spfldcycling.org). A printable membership form is also available, online and in each month's QR.*

NOTE: Those joining or renewing after September 12 will appear in next month's report. For June 2015 and beyond, Board meeting Minutes are posted online at [www.spfldcycling.org](http://www.spfldcycling.org).

## October 2016 Ride Schedule

For updates, corrections and last minute changes to the ride schedule please check the SBC website at [www.spfldcycling.org](http://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. 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](mailto:records@spfldcycling.org)).

Questions about leading a ride? Contact [vp@spfldcycling.org](mailto: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 can answer questions. Participating riders should turn in miles to the club records keeper. <b>Start time may change due to weather and other considerations. Please call ahead.</b>
Monday, Wednesday and Friday 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Derek Ewing, 624-2016	Weekday A-Ride. Riders must be able to maintain speeds of 18+ mph for extended distances. Usually includes a stop midway. See Weekend A-Ride for full description.
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	ABCD — 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.

<b>Weekday Evening Rides</b>		<b><i>Check start times!</i></b>
Mondays 5:30 p.m. NOTE TIME	Parking lot at east end of Wabash Trail by Sonic Wabash Ave & Park St Dave McDivitt, 725-1986	BC — Leave from the east end of the Wabash trail at 5:45 p.m. Those riding from Parkway Pointe 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. Bring lights. Sunset is at 6:30 early in the month, and before 6 late in the month.
Tuesdays 5:30 p.m.	IDOT, Dirksen Pkwy & Ash St Show-N-Go	BC — Show-N-Go ride on the Lost Bridge Trail for 10-14 miles. Bring lights. Sunset is at 6:30 early in the month, and before 6 late in the month.
Tuesdays 5:30 p.m. NOTE TIME	Location varies Jim and Sandra Elliot, 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 and receive information about upcoming rides. Bring lights. Sunset is at 6:30 early in the month, and before 6 late in the month.
Wednesdays 5:30 p.m. NOTE TIME	Sangamon Valley Trail South End Parking Lot 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 miles. Bring lights. Sunset is at 6:30 early in the month, and before 6 late in the month.
Thursdays 5:30 p.m.	IDOT, Dirksen Pkwy & Ash St Show-N-Go	BCD — Ride the Lost Bridge Trail for 10-14 miles. Bring lights. Sunset is at 6:30 early and before 6 late in the month.
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. Bring lights. Sunset at 6:30 early in the month; before 6:00 late in the month.
<b>Weekend Daytime Rides</b>		
9:00 a.m.  <b>NOTE: location and time may vary (see Facebook page)</b>	Vredenburg Park Saxon Dr & Crusaders Rd  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 and B-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.
<b>Scheduled Rides and Events</b>		<b><i>Check start times!</i></b>
Saturday October 1 Carpool: 8:30 a.m. Ride: 10:00 a.m.	Carpool: King Pin Lanes 3115 E Sangamon Ave Ride: WildCountry 203 S. Linden, Bloomington, IL (Park in city lot behind store) Mike Eymann, 638-0178	ABC — Bloomington Trail Ride/Camping Weekend. Mike has a ride planned that explores the city using their great network of paved trails, as part of a camping weekend. For people only wanting to ride, meet at King Pin to carpool at 8:30 and drive to WildCountry. Riders will visit the farmer's market in Bloomington, have lunch at Destihl, and ride some more after lunch. Mike is camping Friday and Saturday nights at Comlara Park on Lake Evergreen north of Bloomington. Check with Mike about tent camping on their sites or reserve at sunrisereservations.com. Mountain biking is available on trails around the lake on Sunday.
Saturday October 1  10:00 a.m. (South Loop)  1:00 p.m. (North Loop)	10:00 a.m. Ride (South Loop): Southwind Park, 4965 S. 2nd. St. Scott Sievers, 801-2873  1:00 p.m. Ride (Downtown/North Loop) Capitol Complex Visitors Center, 425 S. College Street Kevin Greene, 494-8959	D & EZ — Scott and Kevin will each lead part of a group bike tour of local homes and organizations that are taking part in the 2016 Illinois Solar Tour. The tour will consist of two bike rides that will each travel at a leisurely pace for 6-10 miles. The morning ride at 10:00 a.m. will include stops at 4-5 sites with renewable energy systems in the southern part of the city, including the Abraham Lincoln Unitarian Universalist Congregation and Prairie Engineers. The afternoon ride at 1:00 p.m. will include stops at Maldaner's Restaurant, Kerasotes Building and Bicycle Doctor.

Sunday October 2 10:00 a.m.	Rotary Park Illes & Archer Elevator Tom Clark, 726-5560	ABC — Ride up to 40 miles with Tom today to Pleasant Plains, New Berlin or Auburn depending on the wind. Shorter distances available.
Wednesday October 5 7:00 p.m.	Residence 2301 Sangamon Ave Ken Anderson, 522-3876	NC – All SBC members are invited to attend the Board meetings.
Saturday October 8 10:00 a.m.	Rotary Park Illes & Archer Elevator Marty Celnick, 522-4206	ABCD – Marty plans to go 25-45 miles. Join him and get your Marty miles! Destination will depend upon wind direction.
Saturday October 8  8:00 p.m.- 11:00 p.m. NOTE TIME	Capitol Area Visitor's Center College & Edwards Streets (lot entrance on Edwards) Michael Higgins, 836-9821	CD & EZ – 3 <sup>rd</sup> Annual Moonlight Ramble. Ride two loops for 11 miles or one loop for 5 miles with Chef Michael Higgins. Special prize for MOST TRICKED OUT BIKE! Don't miss out! Front and back lights required, please and thanks. NOTE: To avoid disorienting or blinding other riders, please turn lights on in steady mode rather than flashing mode, and point your headlight at a point on the roadway some distance ahead.
Sunday October 9 2:00 p.m.	Residence 245 Circle Drive Roger Schnelten, 529-0780	ABCD – 38 <sup>th</sup> Annual Oktoberfest. The 30-mile ride starts at 2 p.m. The 15-mile ride starts at 3 p.m. Burgers, brats, and fish coming off the grill at 4:30 p.m. Antone and Wick will be performing in the late afternoon/evening. Bonfire at dusk. See newsletter article for details.
Monday October 10 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Columbus Day 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 the west end parking lot on Robbins Road. Turn in your miles to the club records keeper.
Monday October 10 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Derek Ewing, 624-2016	Holiday A Ride. See weekend A ride description. Schedule changes so please call ahead.
Saturday October 15 10:00 a.m.	Residence 3917 Surry Place Lane Linda Butler & Ernie DeFrates, 971-1246	ABC – Apple Dumpling Ride. Linda will again present us with her wonderful apple dumplings and ice cream following a ride of 30-40 miles. Ernie will stay with the rearmost group. D riders can ride the trail but should be self-sufficient.
Sunday October 16 9:00 a.m.  NOTE TIME	New Salem State Park Visitors Center parking lot Rt 97, Petersburg Mark Kuhn, 652-5309 Steve Sommer, 553-5415	ABC – New Salem Ride. Meet at the New Salem visitors' center parking lot. Mark & Steve have scenic roads for us to explore! Ride options are 32 or 54 miles. The 32 mile ride is out to site M campground and back, with water and bathrooms at the campground. The 54 miler extends to Chandlerville, Oakford, Atterberry and back to New Salem, with a water stop in Chandlerville. The route to Chandlerville winds thru Jim Edgar Panther Creek State Park, is rolling and scenic, then flattens out between Chandlerville, Oakford and back to New Salem. Plan for a stop at Hand of Fate Brewing Co. in Petersburg after the ride.
Saturday October 22 10:00 a.m.	Waldrop Park Andrews Road Sherman Karl Kohlrus, 544-8410	ABC – Karl's Birthday Ride. Come and help Karl celebrate by riding 30 – 52 miles with him either to Elkhart or Mt. Pulaski.
Sunday October 23 1:00 p.m. NOTE TIME	Vredenburg Park Saxon Dr & Crusaders Rd Mike Kokal, 618-560-9288	ABC – Winery Ride. Ride with Mike to Danenberger Family Vineyards (12341 Irish Road, New Berlin) for libations in their expanded air-conditioned seating area. Local food is now available for purchase every Sunday. 16-20 miles depending.
Friday October 28 6:00 p.m.	Residence 8 Bridge Terrace (off Outer Park) Kevin Brown, 787-5652	NC – Annual Halloween Party. Bring food and/or drink to share. Costumes are strongly encouraged but not required. Overflow parking in the school lot off Chatham Rd, at the top of the street on other side of fence. Kevin will provide two pots of soup, one of them vegetarian. Bring potluck items and spooky treats to share.
Saturday October 29 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tracey Hurley, 414-8900	ABCD – Spooktacular Ride. Join Tracey on a spooky ride somewhere on Halloween, which is also the last day of riding season! Plan on around 40 miles with shorter options available. D riders can ride the trail but should be self-sufficient.

Sunday October 30 10:00 a.m.	Kerasotes YMCA West Archer Elevator & Iles Ave John Nelson, 773-893-0997 Steve Schien, 741-8388	BCD – Learn about cold weather riding. We will have a brief discussion on what to wear and ways to prepare for cold weather riding followed by a short 20 to 30 mile ride perfect for trying out your cold weather gear. D riders may ride the trail (about 10 miles) but should be self-sufficient. Please contact John if you want maps of the anticipated route.
Saturday November 5 10:00 a.m.	Waldrop Park Sherman, IL Barry Tobias, 303-6782	ABC – Barry will take us on a new route. Go to Middletown for 35 miles, or add a visit to Indian Hills and Athens for 50 miles.
Sunday November 6 10:00 a.m.	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.

## 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 for a casual 30-35 mile ride down the trail and out into the country. All levels of riders are welcome. Riders usually break up into two riding groups, which average 13-15 mph and 17-20 mph.
Tuesdays and Thursdays 5:45 p.m.	BikeTek 957 Clock Tower Dr Show-N-Go	BikeTek 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	Wheel Fast Road Ride. ABC Intermediate training ride. Meet at the bike shop and plan on 16-20 miles. The ride will begin when the shop is closed and locked up for the evening.
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 designated rider leader stays at the back of each riding group.
Friday September 25 5:30 p.m.	Capitol Area Visitor's Center College & Edwards Streets (lot entrance on Edwards) 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. All riders are welcome to join in a celebration of riding bicycles. Why? Because bikes are fun!
Regional Rides		
		For an up-to-date listing of upcoming rides, go to <a href="http://www.mikebentley.com">www.mikebentley.com</a> and check Illinois Bicycle Rides or go to <a href="http://champaigncycle.com">champaigncycle.com</a> and check Central Illinois Cycling Calendar
Saturday October 15	Monticello, IL	<a href="http://www.cityofmonticello.net/index.aspx?NID=1184">Ride for Recreation</a> . Ride 10 to 60 miles on this annual ride to benefit the Monticello Recreation Foundation. Updated link: <a href="http://www.cityofmonticello.net/index.aspx?NID=1184">http://www.cityofmonticello.net/index.aspx?NID=1184</a>

# 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](http://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

NOTE: The list of Board members for 2016-17 will appear in the November QR

## **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**