



the Quick Release

www.spfldcycling.org

January 2017

RSVP BY JANUARY 20!

Annual Winter Party & Awards Banquet
Friday, January 27, 2017

Maldaner's Restaurant
222 South 6th Street

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

Menu

Chicken Breast with Mushroom Sauce
 Penne Pasta with Vegetables
 Mashed Potatoes
 Chef's Choice of Two Hot Vegetables
 Mixed Green Salad with Three Dressings
 Bread, Butter, Coffee & Tea
 Dessert: Apple Crisp w/Ice Cream &
 Homemade Caramel Sauce

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 20 to
 Poonam Mahajan at 217-691-3350 or pm3350@gmail.com

New Years Day Ride

Sunday, January 1
11:00 a.m.

Rock-N-Roll Hardees



www.precisionbikes.com/wp-content/uploads/2015/12/new_year.gif

Trivia Night with Ski Club

Friday, January 13th
7:00 PM

Knights of Columbus
2200 Meadowbrook Drive



UIS becomes
 a BICYCLE
 FRIENDLY
 UNIVERSITY!



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Incentive Awards

By Larry Stone, Incentive Chair

The Ride of the Month award for October was won by Jerry Ihnen for his Back to Standard Time ride on Sunday, November 6. Riders were joined by additional members for a potluck at which Jerry provided chili and hospitality. Thanks Jerry!

Kevin Green won the Ride Leader Incentive drawing and a gift certificate for \$50 at the bike shop of his choice. Leading the Veterans Day Observance ride on November 12th made Kevin eligible for the drawing.

The Almost Anything Award went to Robert La-Bonte of Bicycle Doctor for solving a problem with malfunctioning air pump valves on Cycle Aid stations that SBC co-sponsors on local trails. Robert has been doing pump repairs on an ongoing basis with payment for parts only. Harv Koplo, who leads SBC's Cycle Aid station effort, is retrofitting all of the installed pumps with the new parts from Robert.

Help Wanted!

- Vice President • Newsletter Editor
- Recording Secretary

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

A few words from Tom Clark, SBC President



We have some great events coming up in January! **Marty Celnick** leads his **New Years Day Ride** on Jan. 1st. Our A-ride group continues its show-n-go A-rides on holidays and weekends, and its AB weekday rides.

Our BC-paced club show-n-gos and **Dave Ross'** lunch ride also continue.

We will preview new value-added member benefits at our **Annual Winter Party & Awards Banquet** on Friday, Jan. 27 at Maldaner's. Please **RSVP by January 20** by contacting **Poonam Mahajan** at 217-691-3350 or pm3350@gmail.com.

NEW MEMBERSHIP RATES. We haven't raised our rates in decades. *On Feb. 1, annual dues will increase \$5 for individuals, (from \$15 to \$20), for families (from \$20 to \$25), and contributing members (from \$25 to \$30).* Other rates will not change. Those who want to join or add a year to their membership at the old rate can do so by Jan. 31, or at Winter Party on Jan. 27— hope to see you there!

Our **NEW MAILING ADDRESS** is **P. O. Box 13035, Springfield, IL 62791-3035**. It's a lot closer for those who handle our mail-related tasks. Mail sent to our old P.O Box 2203 address will forward for at least 6 months.

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 Renewing Members

Craig Blumer	Ed Caupert & family Marshall & Julia Jokisch & family Chuck & Gerry Orwig Janell Romanowski & Patty Allen
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Renewals at Contributing Level

David & Becky Kalaskie

Renewals at Sustaining Level

Blaine Redemer
Larry Small

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. A printable membership form is also available, online and in each month's QR.

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

January 2017 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. 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 can answer questions. Participating riders should turn in miles to the club records keeper. Start time may change due to weather and other considerations. Please call ahead.
Monday, Wednesday and Friday 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Derek Ewing, 624-2016	Weekday A-Ride. The weekday ride is a No Drop Ride, but riders should be able to maintain speeds of 18-20 mph for 20 to 40 miles between stops. 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	BCD — Lunch Ride. Skip lunch and ride the trail. Typically 10-20 miles at a moderate BC pace. 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.

Weekday Evening Rides		<i>Check start times!</i>
Mondays 5:45 p.m. NOTE TIME	Parking lot at east end of Wabash Trail by Sonic Wabash Ave & Park St Show-N-Go	BCD — Show-N-Go along the Wabash and Interurban Trails. Turn miles in to the club records keeper. Lights required, sun sets before 5:00 after the time change.
Wednesdays 5:45 p.m. NOTE TIME	Sangamon Valley Trail South End Parking Lot Ted Sunder, 698-9194	BCD – Show-N-Go on the Sangamon Valley Trail. Turn in miles to the records keeper. There is no ride leader, but Ted can answer questions about this ride. Lights required, sun sets before 5:00 after the time change.
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.
Scheduled Rides and Events		<i>Check start times!</i>
Saturdays and Sundays 11:00 a.m. NOTE TIME	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	BCD – Weekend Club Ride -- 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.
Saturdays and Sundays 9:00 a.m. NOTE: location and time may vary (see Facebook page)	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.
Sunday January 1 Time varies	Vredenburg Park Saxon Dr & Crusaders Rd Lisa Kidd, 546-1698	Holiday A-Ride. See Weekend A-Ride description. *Disclaimer: Schedule sometimes changes in fall due to weather. Please call ahead.
Sunday 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!
Wednesday January 4 7:00 p.m.	Residence 2301 Sangamon Ave Ken Anderson, 522-3876	NC – Board Meeting. All SBC members are invited to attend the board meeting.
Monday January 16 Time varies	Vredenburg Park Saxon Dr & Crusaders Rd Lisa Kidd, 546-1698	Holiday A-Ride. See Weekend A-Ride description. *Disclaimer: Schedule sometimes changes in fall due to weather. Please call ahead.
Monday January 16 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go -- Martin Luther King's Birthday Ride. See Weekend Club Ride description.
Friday January 27 6:00 p.m. Party 7:00 p.m. Food NOTE TIME	Maldaners Restaurant (upstairs) 222 S Sixth St Poonam Mahajan, 691-3350	NC – Annual Awards Banquet and Winter Party. The event is open to all current SBC members and 1 guest each. The cost of the meal will be \$10 per attendee again this year (check or exact change please!) RSVP required. Please reserve by emailing Poonam at social@spfldcycling.org by the RSVP deadline, January 20. Attendance limited to 100 people. Dinner will be followed by incentive drawings, awards, and a slide show. Please send photos for the slide show to photos@spfldcycling.org

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.	Biketek 957 Clock Tower Dr Jeffveloart(at)gmail.com Facebook: Jeff Curtis Williams Andy Brown, 971-1412	Tuesday Night Trail Rides – MTB/cyclocross/off road bikes are 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 January 27 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!



Ski Club Trivia Night
Friday, January 13th 7:00 PM
*Columbian Hall, Inside the
 Knights of Columbus
 2200 S Meadowbrook*

This year's beneficiary is the
ASBURY CHILDREN'S SUPPER HOUR

Open to the Public / Everyone is Invited
 Get your teams together!

Questions? Contact Rick Griminger at
communityservice@springfieldskiclub.org

Free Bike Stuff!

- Shimano triple crank, 52, 42 and 28 rings. For square axle bottom bearing, 7 or 8 speed
- 53 tooth chain ring, 5 bolt, 130 mm diameter bolt circle, 7 or 8 speed.
- 700x23 tires, unused, folding: 1 Continental, blackwall; 1 Panaracer, red sidewall
- Mountain bike tires, 26" used, fair: Velociraptor 2'; Panaracer Smoke 1"
- Bike seats: Vetta SL, unused, firm, older flat style; Performance Pro SL, firm, slight use; Velo Moab, slight use
- Pedals: Welgo (Look-type) with cleats, unused, one pair
- Misc. Items

For more information, contact Jon Edwards, edwards36@comcast.net

University of Illinois Springfield named Bronze Bicycle Friendly University

Angela Try, UIS News, November 29, 2016



The **University of Illinois Springfield** has been awarded the Bronze Bicycle Friendly University award by the **League of American Bicyclists**, joining more than 160 visionary colleges and universities across the country with this distinction.

The Bicycle Friendly University program recognizes institutions of higher education for promoting and providing a more bikeable campus for students, staff and visitors.

Over the past year, the UIS Bicycle Advisory Committee has developed relationships with the Springfield community to improve bicycling resources for students, faculty and staff. UIS encourages bicycling as an easy option for transportation and provides incentives such as the free STAR Bike Share program for students.

“We have accomplished quite a bit in our first year as a committee,” said **Nancy Barrett**, UIS Bicycle Advisory Committee secretary and assessment and accreditation coordinator for the College of Education. “We have sponsored organized rides and participated in health and safety fairs on campus.”

“The UIS Bicycle Advisory Committee is working with the **Springfield Bicycle Club** and other local partners to make our city more bicycle-friendly,” said Committee Chair, **Megan Styles**, assistant professor of Environmental Studies. “This will allow us to provide our students with better access to bicycles, better bicycle-related programming, and better infrastructure.”

Moving forward, UIS will have access to a variety of free tools and technical assistance from the League to become even more bicycle-friendly.

The committee’s three goals for the coming year include connecting with local businesses to increase bicycle availability on campus, setting up a bicycle repair station on campus and expanding the number of free bicycles available to students through a relationship with the Midwest Mission Distribution Center’s bicycle repair program.

<http://news.uis.edu/2016/11/university-of-illinois-springfield.html>

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*		

NOTE: Rates will increase by \$5 for Individual, Family, and Contributing memberships on Feb. 1, 2017. The new yearly rates will be Individual: \$20, Family: \$25, and Contributing: \$30.

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: _____

NEW MAILING ADDRESS

Springfield Bicycle Club
Post Office Box 13035
Springfield, IL 62791-3035

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

NEW MAILING ADDRESS

Springfield Bicycle Club
Post Office Box 13035
Springfield, IL 62791-3035

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/Education

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

Membership

Ted Sunder
971-3193
membership(at)spfldcycling.org

Vice President

Vacant
vp(at)spfldcycling.org

Special Events

Harv Koplo
899-9175

Web Editor

Alan Whitaker
494-6807

At-Large Members

Ken Anderson
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)
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Marty Celnick
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at-large(at)spfldcycling.org

Recording Secretary

Vacant
recording(at)spfldcycling.org

Social Chair

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

Incentive Chair

Larry Stone
553-2297
incentive(at)spfldcycling.org

Andrea James
at-large(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**