



the Quick Release

www.spflcycling.org

March 2018

Higgins Awarded 2018 NoBell!

The NoBell Award is the most prestigious award given by the Springfield Bicycle Club. This Lifetime Achievement Award has been presented each year since 1982 to an individual in recognition of significant contributions in promoting and supporting bicycling within the Springfield community.

Michael Higgins, chef and co-owner of Maldaner's Restaurant and Catering in Springfield, has been awarded the 2018 NoBell. Chef Higgins has been an advocate for bicycling for many years. He has served on the Mayor's Bicycling Advisory Council since its inception over ten years ago. He worked with the city to foster several improvements in bicycle facilities including the downtown bicycle racks, Second Street bike lanes and route signage. Chef Higgins was a strong advocate for adoption of the Springfield Area Bicycle and Pedestrian Plan, testifying several times before the City Council on the benefits of improving bicycle facilities and safety in the community.



L-R: Michael Higgins, Harv Koplo. Photo courtesy of Harv Koplo.

Chef Higgins also leads the two Moonlight Ramble events in May and October, and has donated trays of baked goods for our Capital City Century event every year.

Congratulations Chef!

March 14 Socializer!

the DUBLIN PUB

See p. 2

Don't Forget!

Spring Forward

Daylight Savings Time

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Incentive Awards

By Marty Celnick, Incentive Chair

There was no Ride of the Month Award or ride leader incentive drawing for January as there were no eligible ride leaders that month.

The Almost Anything Award was given to Gladys Hajek for her excellent job coordinating the SBC Awards Banquet. To make a nomination for the Almost Anything or Bicycle Friendly Community awards, send an email to incentive@spfldcycling.org.

A few words from Tom Clark, SBC President



Don't forget to "spring forward" on Sunday, March 11, when Daylight Savings Time begins. **Mike Kokal** has a winery ride that day --join him and help get spring off to a good start! Easter and April Fool's Day fall on the same day in 2018. **Harv Koplo** is planning a fun ride on April 1 to celebrate it. **Cindy Kvamme, Deb Cooper, Ted Sunder, Robert LaBonte, VP Scott Sievers** and yours truly are also leading weekend rides in March. Social Chair **Gladys Hajek** is hosting a Socializer at Dublin Pub on March 14. Thanks to one and all for organizing club events! Hope to see you on the road or trail.

Secretary's Report

By SBC Board of Directors

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

New Members

Tony and Dawn Sweet
William & Denise Wilson &
Jamie Shreves
Sam Woods II

Renewing Members

Phil Reed
Andrew Kochman
Ellen Kay Schlieckau
Michelle Rowe
Mike Becker

Renewals at the Contributing Level

Jeffrey and Marilyn Regan
Vaughn Morrison and Family

Renewals at the Patron Level

James and Sandra Elliott

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 the 15th of the prior month will appear in next month's report. For June 2015 and beyond, Board meeting Minutes are posted online at www.spfldcycling.org.

Problems with Your Login?

Contact Membership Secretary Ted Sunder at 971-3193 for assistance.

Last Socializer of the Season!

Dublin Pub

Wed, March 14, 5-7 pm

1975 Wabash Avenue

- ◆ Free appetizers
- ◆ Members & potential members welcome

See also ride schedule, p. 4

Save the Date!

- April 20 **SBC Kickoff Party**
- April 29 **SBC Cycling Challenge #1**
- June 10 **Challenge #2**
- July 22 **Challenge #3**
- Aug. 26 **Challenge #4**
- Sept. 9 **Capital City Century**
- Oct. 13 **Bob Carmody Ride**

March 2018 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 through 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 can answer questions about this ride. NOTE: Riders occasionally change the start time due to weather and other considerations. Please call ahead.
Monday through Friday 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Weekday A/B 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. For information about this ride, contact Derek Ewing at 624-2016; also check Facebook at "Springfield IL Area Cycling" for updates.
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.
Monday thru Friday 2:00 p.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tom Clark, 726-5560 NOTE: Location Change!	Weekday BCD Club Ride. Show-N-Go. Ride the trails or go out in the country. Turn in miles to the records keeper. There is no ride leader, but Tom can answer questions about this ride.

Weekday Evening Rides		<i>Check start times!</i>
Mondays 5:30 p.m.	Parking lot at east end of Wabash Trail by Sonic Wabash Ave & Park St Marty Celnick, 494-9967	BC — Show-N-Go from the east end of the trail at 5:30 p.m. Those riding from Parkway Pointe theater (Lindbergh Blvd & Robbins Rd) will start a few minutes earlier to allow time to meet up with those riding from Sonic. This ride will get you 16 miles from Sonic or 21 miles from Parkway Pointe. There is no ride leader, but Marty can answer questions about this ride. Lights required.
Tuesdays 5:30 p.m.	IDOT Dirksen Pkwy & Ash St Show-N-Go	BCD — Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper. Lights required.
Wednesdays 5:30 p.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Ted Sunder, 698-9194	BC – Show-N-Go along the Sangamon Valley Trail to Stuart Park for 12 mile RT or take the new extension north for up to 24 mi. There is no ride leader, but Ted can answer questions about this ride. Lights required.
Thursdays 5:30 p.m.	IDOT Dirksen Pkwy & Ash St Show-N-Go	Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper. Lights required.
Monday through Friday 5:30 p.m.	Pana Trail, Lake Taylorville parking lot, Route 29 Charlie Witsman, 299-7038	Show-N-Go – Ride 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		
9:00 a.m. NOTE: location and time may vary (see Facebook page)	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Weekend A/B 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 Ewing at 624-2016 if you have any questions.
Saturdays and Sundays 11:00 a.m. NOTE TIME	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Weekend BCD Ride – Hit 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.
Scheduled Rides and Events		<i>Check start times!</i>
Wednesday March 7 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 March 10 11 a.m.	Waldrop Park Sherman Cindy Kvamme, 971-8687	ABC — Take a spin with Cindy from Sherman to Athens. 35 miles with a 24-mile cutoff.
Sunday March 11 1:00 p.m. NOTE TIME	Centennial Park MAIN parking lot (not the trailhead) Mike Kokal, (618) 560-9288	ABC – Winery Ride . Pedal 16-20 miles with Mike to Danenberger Family Vineyards (12341 Irish Road, New Berlin) for libations.
Wednesday March 14 5:00-7:00 p.m.	Dublin Pub 1975 West Wabash Ave. Gladys Hajek, 698-7626	NC – March Socializer . Have a pint with your pedaling pals as we celebrate the rapidly approaching cycling season.

Saturday March 17 10:00 a.m.	Lost Bridge Trail IDOT South Dirksen Parkway Scott Sievers, 801-2873	ABC –Head east from IDOT on the Lost Bridge Trail, then out into the countryside to Sangchris Lake and back for about 30 miles round-trip; D riders can stick to the trail for about 12 miles round-trip.
Sunday March 18 10 a.m.	Stuart Park Winch Road north of Route 97 and Veteran's Parkway Deb Cooper, 546-5099	ABCD – Deb will guide us on a 25 mile route. D riders can ride the trail.
Saturday March 24 10 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Ted Sunder, 698-9194	ABCD – Follow Ted for 25 to 30 miles, with the direction depending upon the wind.
Sunday March 25 10:00 a.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Robert LaBonte, 787-0237	ABCD – Robert will lead us up and back for about 24 miles roundtrip on the recently extended Sangamon Valley Trail, with a possible stop at Rolling Meadows Brewery on the return leg.
Saturday March 31 10:00 a.m.	Rochester Station Walnut St & Rte. 29 Tom Clark, 726-5560	Join Tom on a 38-mile ride to Edinburg and Mechanicsburg or take the 28-mile cutoff on Buckhart Road. D riders can ride the Lost Bridge Trail. Expect C, B, and high B riding groups to form. Ride to the ride for more miles.
Sunday April 1 10:00 a.m.	Parking lot at east end of Wabash Trail by Sonic Wabash Ave & Park St Harv Koplo & Annette Chinuge, 899-9175	April Foolish Easter Ride. Easter falls on April Fool's Day this year, so feel free to dress up in whatever foolish Easter costume you can devise. We'll see where the wind blows us, for up to 30 miles, with a possible stop at the Apple Barn. D riders can ride the 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		
Friday March 30 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!

Registration is Open! Sign Up Today

Grand Illinois Bike Tour

June 10-16, 2018




rideillinois.org/events/grandillinoisbiketour

City Patrol Officers Complete Bike Law & Safety Training By the Mayor's Bicycle Advisory Council & Springfield Bicycle Club

In fall 2018, the Mayor's Bicycle Advisory Council received a request from Sergeant Kris Rhodes, Springfield Police Department's liaison to the Council, to provide briefings for the department's patrol officers on bicycle laws and safety tips.

The training was requested as part of an IDOT-funded SPD campaign administered by Sgt. Rhodes to reduce traffic crashes. The focus of the bike training was on reducing car-bicycle crashes by improving public understanding of bike laws and safety.



Photo of SPD briefing room courtesy of Naomi Greene

Cities that plan for cyclists, such as Minneapolis, have seen the number of car-bike crashes go down as the number of cyclists, including bicycle commuters, grows.

A team of presenters provided the trainings, including Bill Donels, Kevin Greene, Michael Higgins, and Ted Sunder of the Mayor's Bicycle Advisory Council, as well as Tom Clark, Ex Officio to the Council on behalf of Springfield Bicycle Club. Resources provided to participating officers included handouts on bike laws, including updates on new laws that went into effect on January 1, 2018; cards promoting bike safety and use of Ride Illinois' Bike Safety Quiz by cyclists and motorists; and a Powerpoint presentation with notes that gave details on the laws and safety tips.

The briefings were provided during roll call at the beginning of each shift (see photo above). Two presenters from the team presented each briefing. With four shifts and many officers on four-day schedules, eight briefings were needed to reach approximately 80 officers, or 75% of all city patrol officers.



Plaque ceremony. L-R: Bill Donels, Mayor's Bicycle Advisory Council; Tom Clark, Springfield Bicycle Club; Sgt. Gerry Castles and Sgt. Kris Rhodes, Springfield Police Department. Photo courtesy of Naomi Greene

The Springfield Police Department has demonstrated its interest in supporting bicycling as a transportation alternative and promoting bicycle safety, by requesting these briefings, putting neighborhood cops back on bikes (for which the bike club recognized SPD with a plaque, see picture on left), and participating in bike safety clinics for kids in Springfield neighborhoods.

We look forward to continuing to work with the Department in the future as we seek to make Springfield a more bicycle friendly community.

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: \$20 per year

 Family: \$25 per year

 Contributing: \$30 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.

NEW MAILING ADDRESS

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

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
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Membership

*Position combined with
Secretary position; see
Membership Secretary*

Vice President

Scott Sievers
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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