



the Quick Release

www.spflcycling.org

November 2018

Don't Forget to ...



Daylight Savings Time ends on

Sunday, Nov. 4



**DIRTY PETERSBURG GRAVEL RIDE
NOVEMBER 18**

Got a great idea ?

**Springfield Bicycle Club Logo
Design Contest !
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Incentive Awards

Troy Gilmore won the Ride of the Month and the Ride Leader Incentive Award (including a \$50 gift certificate at the bike shop of his choice) for his Park to Park ride on September 29, 2018. The ride left Lincoln's New Salem State Historic Site near Petersburg, then headed out to Jim Edgar Panther Creek State Fish and Wildlife Center near Chandlerville for approximately 50 miles roundtrip. The Chatham American Legion won the Almost Anything Award for its help in the 2018 Capital City Century.



Troy Gilmore (center, in Revelo kit), gets ready to lead the Park to Park ride on September 29, 2018, that won the Ride of the Month and Ride Leader Incentive Award for September 2018.

President's Column

A few words from Scott Sievers, SBC President



This month marks the first in years without the venerable Tom Clark at the helm as the Springfield Bicycle Club's president.

Tom served for more than seven years, and he served tirelessly. The Club specifically, and Springfield cycling in general, benefitted greatly from his extraordinary efforts, and we owe him dearly. Free drafting for a year, Tom! (But then you've got to get back to taking your turn at pulling. It's cycling, after all!)

Tom's a sly fellow, and through what I can only imagine to be a Ph.D.'s version of a Jedi mind trick, he talked me into following his footsteps into the SBC presidency. I'll try hard not to disappoint too much.

Our already stellar Springfield Bicycle Club Board Directors welcomed two new members last month: At-Large member Troy Gilmore, and Vice President Sean Walker, who replaces yours truly. They both are especially friendly and energetic. Welcome aboard!

With the cycling season winding down, remember to come out to the socializer from 5-7 p.m. on Wednesday, November 14, at Engrained Brewery & Restaurant near Scheels. Although there will be a cash bar, the appetizers will be free.

Secretary's Report

By Ted Sunder

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

New Members

Sasha and Jim Cadigan; Max Cadigan and Ava Smith
David Steward
Chad Mayfield

Renewing Members

Cindy Kvamme
Cindy Moreno
Lynndell Jarrett
Sean and Jennifer Walker
Regina McGuire
Karl and Christine Kohlrus
David Ross and Sheryl Essenburg
Esteban Sanchez

Renewals at the Contributing Level

Grayson and Madeline Alexander
Bob and Nancy Thompson
Jan Michael Cimarossa
David Banks

Renewals at the Sustaining Level

Amy and John Engelmeyer

Renewals at the Patron Level

Cap and Mary O'Keefe

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.

November 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, Wednesday, and 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, 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	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 5:45 p.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Show-N-Go	BC – Ride along the Sangamon Valley Trail to Stuart Park for 12 miles round-trip, add an airport loop for an extra 3 miles, or take the new extension north for up to 24 miles. 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.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Weekend AB 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- and B-riders are welcome, but they should be self-sufficient or accompanied by an experienced rider. For information about upcoming rides, join the Springfield IL Area Cycling group on Facebook.
NOTE: location and time may vary (see Facebook page)		
Saturdays and Sundays 11:00 a.m.	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 November 7 7:00 p.m. NOTE TIME	Residence 2301 Sangamon Avenue Ken Anderson, 522-3876	NC – SBC Board Meeting. All SBC members are invited to attend the board meeting.
Sunday November 4 9:00 a.m.	Papo's Café 3290 West Iles Avenue Jordan Litvak, 971-8836	BC – Join Jordan on a 40-mile ride averaging 15-17 mph to test out your cool weather gear and layering techniques. Socialize after the ride over coffee, tea, or hot chocolate (cost not included).
Saturday November 10 9:00 a.m.	Stuart Park Winch Road north of Route 97 and Veteran's Parkway Scott Sievers, 801-2873	BC – Scott will lead this 25-mile ride over mild terrain.
Wednesday November 14 5-7 p.m.	Engrained Brewery & Restaurant (next to Scheels) 1120 West Lincolnshire Blvd. Scott Sievers, 801-2873	NC – November Socializer. Reflect on your 2018 cycling victories and defeats while looking forward to 2019. Mix and mingle with your biking buddies over free appetizers. Cash bar.
Saturday November 17 10:00 a.m.	Residence 2411 Knoxville Drive Shayla Pfaffe, 836-3301	B – Pfollow Pfaffe (rhymes with coffee) for about 30 mostly pflat miles.

Thursday November 22 9:00 a.m. – noon	Picnic Shelter Washington Park 1500 S Grand Ave West Show-N-Go	Show-N-Go – Annual Thanksgiving Day Cold Duck Ride. Join the Springfield Road Runners Club for this 20+ year tradition for both clubs. Ride laps in the park and turn in miles to the club records keeper.
Friday November 23 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd	Holiday AB Ride. See Weekend AB Ride description.
Friday November 23 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Show-N-Go – The day after Thanksgiving is a state holiday, so ride the trails or go out in the country on this club BC ride. Turn in your miles to the club

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		
Sunday November 18 10:00 a.m.	Hand of Fate Brewing Company 107 E. Douglas Ave. Petersburg, IL 62675	Dirty Petersburg Gravel Ride. This is a fully self-supported ride with 30-, 40-, and 50-mile routes. There are no water or food stops or route markings, but there will be maps and GPS downloads available. Return to the brewery after the ride for food and beverages. Follow Spin City Cycles on Facebook for any developments on this ride.
Friday November 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!

ANNOUNCING THE SPRINGFIELD BICYCLE CLUB LOGO CONTEST!

As the Club's Board looks to the future and to the possibility of new Club jerseys and other items, it has decided to revisit its logo. Club members and non-club members alike were invited to submit proposed logos to a contest, with the winner receiving \$250 for the logo chosen by the Club's Board.

Submissions were due by November 4, 2018, however the date has been extended until Thanksgiving. Hopefully, by the time you read this we will have received some submissions. The Board will review them at its December 5th meeting. Perhaps you will get a chance to see some yourself and express your opinion at the November Socializer on Wednesday, November 14, from 5-7 p.m. at Engrained Brewery & Restaurant.

This is another reason to come, and we hope to see you there!

Nominations Sought for 2018 NoBell Award

Nominations are now being accepted for the 2018 NoBell Award. This is perhaps the highest honor that the Springfield Bicycle Club bestows each year: to recognize an individual who has made a significant contribution to bicycling in the Springfield area. The origin of the award's name is somewhat murky, but presumably involves the prestige of the international Alfred Nobel Prize and the more specific bicycling reference to a Bell helmet, one of the first truly effective cycling helmets.

While there are no formal requirements for being nominated for this prestigious award, the award committee takes into account the length of time the nominee has been involved in bicycling and the contributions he/she has made within the local cycling community. Past award recipients have been recognized for going above and beyond normal levels of support and enthusiasm for bicycling. They have worked tirelessly to promote bicycling, contribute much to the club, and are admired and respected by their peers.

Nominations for this year's award should be submitted to one of the members of the 2018 NoBell Selection Committee, which comprises former NoBell recipients. The members of the committee are: Matt Saner, Jim Hajek, Harv Koplo, Alan Whitaker and Michael Higgins. You can make your nominations in person, by email, by phone or by snail mail, but the nominations should all be received not later than December 20th.

To assist the NoBell Selection Committee in its task of reviewing nominations for 2018, it is recommended that you submit a brief narrative supporting your nomination, although this is not a requirement. The committee will do some research on its own before arriving at a winner for this year. Little-known information about a nominee is always appreciated and makes for a more informative and entertaining formal announcement of the winner.

Former NoBell Award Winners

1982 – Rich Huelskoetter	1994 – Ernie DeFrates	2006 – Lynn Miller
1983 – Greg Lakebrink	1995 – Garland Stevens	2007 – Robert LaBonte
1984 – Louie Spinner	1996 – Derek Ewing	2008 – The Elston Family
1985 – Dean Wisleder	1997 – Alan Josephson	2009 – Bill Donels
1986 – Dave Ringland	1998 – Dave Lucas	2010 – Tom Clark
1987 – Bud Cline	1999 – Linda Butler	2011 – Brigetta Ewing
1988 – John & Marcy Werthwein	2000 – Mark Flotow	2012 – Kevin Greene
1989 – Dave Stjern	2001 – Don Struck	2013 – Matt Saner
1990 – Mike Becker	2002 – Lance & Lisa Kidd	2014 – Jim Hajek
1991 – Karl Kohlrus	2003 – Chuck Orwig	2015 – Harv Koplo
1992 – Theresa DeLeon	2004 – Cathy Yeaman	2016 – Alan Whitaker
1993 – Dave Heaps	2005 – Cindy Kvamme	2017 – Michael Higgins

Please give this some careful thought and get your nominations in to a committee member by Dec. 20th. Your support and input are greatly appreciated.

Thanks – The NoBell Selection Committee.

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*

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

Scott Sievers
801-2873
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

Sean Walker
652-5250
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Marty Celnick
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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**