



the Quick Release

www.spfldcycling.org

January 2019

Winter Party and Awards Banquet returns to Northfield Inn January 25



The Springfield Bicycle Club will host its Winter Party and 2018 Awards Banquet on Friday, January 25, 2019. Returning to the Northfield Inn, Suites & Conference Center at 3280 Northfield Drive in Springfield, the event starts with cocktails from the cash bar and socializing at 6 p.m. followed by dinner at 7 p.m.

Diners have their choice of one of three entrees: chicken stuffed with prosciutto ham and swiss cheese and garlic cream sauce; sliced sirloin in red wine sauce with pearl onions, bacon, and mushrooms; or a vegetarian option of fettuccini noodles with alfredo sauce. All three choices include salad, vegetable, potato, dessert, and beverage. The cost is \$10 per member, and each member may bring one guest.

Following dinner Ride Leader and Volunteer Incentive drawings will be held and the 2018 Cycling Challenge, Spinner Mileage, and NoBell awards will be bestowed upon their worthy recipients. Attendees then will be treated to Harv Koplo's annual Springfield Bicycle Club slide show. (Submit your photos to Harv beforehand at photos@spfldcycling.org)

To register for the event, either go online to the Club's website, www.spfldcycling.org, or mail in the registration form found elsewhere in this newsletter. Registration is due January 18, 2019. Tickets will be mailed to all registrants and must be brought to the event. No tickets will be sold at the door.



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SBC member David Kalaskie crosses a bridge on the northern extension of the Sangamon Valley Trail on December 9 as part of the Popsicle Pedal, a ride that "popped up" on short notice on the SBC Facebook page when the weather looked tolerable. If you are interested in leading a ride when your schedule and the weather suddenly clear up, contact SBC President Scott Sievers or Vice President Sean Walker at the e-mail addresses on the back of this newsletter about getting your ride posted on SBC's Facebook page. (Photo by Troy Gilmore)

Incentive Awards

By Marty Celnick

Shayla Pfaffe's ride on November 17th was voted Ride of the Month for November. On a cold morning, several people braved the elements and rode about 30 miles. Thank you for leading, Shayla.

Jordan Litvak won the Ride Leader Incentive Award and will receive a gift certificate of \$50 to the bike store of his choice. Unfortunately, his ride, scheduled for November 4th, was rained out.

The Almost Anything Award was won by the Bikes and Brews group for its cleanup of the Wabash Trail. Due to the closeness of the trail to the Sonic restaurant, there are often bags and food wrappers, along with other litter, near the east end of the trail. This has become an eyesore, and the cleanup is appreciated. Thank you, Bikes and Brews.



To make a nomination for the Almost Anything Award or the Bicycle Friendly Community Award, please send an email to incentive@spfldcycling.org.

President's Column

A few words from Scott Sievers, SBC President



If you haven't been to a Springfield Bicycle Club Winter Party and Awards Banquet, you've been missing out.

I didn't attend one until just a few years ago, when I knew few people in the club.

Thankfully, there was a seat open next to someone I did know: Cindy Kvamme. Cindy is a long-time Club member, an SBC Board member, and a prolific Club ride leader, but we didn't talk much about bicycling that night. Instead, we chatted about our latest TV binge, the Netflix documentary, "Making A Murderer." Before long, Cindy made me feel right at home, and I had a great time.

That connection and others like it making attending the Winter Party and Awards Banquet a real pleasure. It gives us a chance to socialize over good food and drinks, and to see what our fellow Club members look like when we're not wearing helmets and Lycra. The awards ceremony recognizes various achievements, and it will inspire you to pedal more miles, do more Club rides, and take on some or all of the Challenge Rides. I hope you will join me at this great event on January 25, 2019.

I also hope you join me on Marty Celnick's New Year's Day Ride. As with Cindy, Marty, too, is a long-time Club member, an SBC Board member, and a regular ride leader. Let's hope Old Man Winter takes a vacation on January 1st so we can begin 2019 on our bikes!

As always, keep your eyes peeled for SBC rides popping up on our Facebook page. Thanks, and have a happy New Year!

Secretary's Report

By Ted Sunder

Thanks to **renewing members** for their continued support.

New Members

None

Renewals at the Contributing Level

Kevin and Carolyn Proctor
Bob and Sandy Steimel

Renewals at the Sustaining Level

Patricia Boyce
Tom Clark

Renewals at the Patron Level

Bill and Sue Donels

Renewing Members

Chuck and Gerry Orwig
Gerald Aldrich
Kathy Seketa
Pat Aulich and Barry Erlandson
David Holloway
Steve and Anne Schroll
Jack Morris
Mike Royer

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.

January 2019 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 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.

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	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. 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.
Tuesdays and Thursdays	Main Pavilion in Washington Park	All Levels – Show-N-Go from the Pavilion counter-clockwise around Washington Park. Goal is to add base miles. 15-17 mph. Bring lights and extra lights so we are visible for the runners. Contact Sean Walker on Facebook or call/text/email 217-652-5250 / vpspfldcycling.org for details.
Wednesdays 5:45 p.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Show-N-Go	BC – Show-N-Go along the Sangamon Valley Trail to Stuart Park for 12 mile round-trip, add an airport loop for an extra three miles, or take the SVT north for up to 24 miles. There is no ride leader. 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>
Tuesday, January 1 11:00 a.m.	Rock 'N Roll Hardees 2501 Adlai Stevenson Dr Marty Celnick, 522-4206	ABCD – New Year's Day Ride. Ride for 10-25 miles. Start the new year by keeping your resolution to ride more miles!
Wednesday January 2 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.
Monday January 21 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Holiday A/B Ride. See Weekend A/B Ride description.
Monday January 21 11:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Show-N-Go	Holiday BCD Ride. See Weekend BCD Ride description.

Friday January 25 6:00 p.m. Party 7:00 p.m. Food	Northfield Inn, Suites & Conference Center 3280 Northfield Drive Gladys Hajek, 698-7626	NC – Annual Winter Party and Awards Banquet. This event is open to all SBC members and one guest each. Social hour starts at 6 p.m., with dinner at 7 p.m. followed by Volunteer Incentive Drawings, and awards ceremony including Cycling Challenge Awards, the Spinner Mileage Awards, the Grover Everett Award and the NoBell Award. A slide show prepared by Harv Koplo will be shown immediately after the awards. Register online and pay at www.spfldcycling.org Dinner is \$10 per person. Members must select one of three dinner options (chicken, beef, or vegetarian) for each person in their reservation when they register and pay. Maximum of two members and two guests per dinner reservation. The Deadline for Registration is January 18 th . Please send photos for the slide show to photos@spfldcycling.org .
NOTE TIMES		

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		
Saturdays and Sundays 10:00 a.m.	The SIMBA Weekend Shred at the Springfield Lake Trails	MB - Join the Springfield II Mountain Bike Association (SIMBA) for some trail rides at Lake Springfield starting Nov 17 th . CONDITIONS PERMITTING. Meet at the Pump Station. Paul McAdamis will check trail conditions each Friday. DO NOT RIDE WET TRAILS just because it's 10am Sat/Sun. Paul will update conditions Friday night. Check the SIMBA Facebook page for additional details (search "Springfield II Mountain Bike Association" on Facebook, then click "Join Group."):
National Rides and Events		
January 18	Ride the Rockies Route Announcement Party	RTR will announce the route for the annual ride, which will be held June 8-15, 2019. Be sure to check out their Facebook page or go to https://www.ridetherockies.com/ for more details.
January 26 7-11 p.m.	RAGBRAI (Register's Annual Great Bicycle Ride Across Iowa) Route Announcement Party	RABRAI will announce the route for the annual ride, which will be held July 21-27, 2019. Be sure to check out their Facebook page or go to https://ragbrai.com/ for more details. Registration is open now!



SBC Board member Troy Gilmore poses for a group selfie with SBC members Scott Bell, David Kalaskie and Scott Sievers the Popsicle Pedal ride on December 9. The ride left Stuart Park in Springfield, headed up the Sangamon Valley Trail, over to the Irwin Bridge hill, then on to the Casey's General Store in Athens before returning with the help of a welcomed tailwind. (Photo by Troy Gilmore)



***Springfield Bicycle Club's
Annual Winter Party and 2018 Awards Banquet***

TICKET ORDER FORM

Friday, January 25, 2019 - 6:00 p.m. to 9:00 p.m.

Northfield Inn - 3280 Northfield Drive - Springfield, IL

My / Our choice of entrée/s is: (One guest allowed per member attending.)

_____ Chicken Stuffed w/Prosciutto Ham & Swiss cheese w/Garlic Cream Sauce

_____ Sliced Sirloin in Red Wine Sauce w/Pearl Onions, Bacon & Mushrooms

_____ Vegetarian / Fettuccini Noodles with Alfredo Sauce

Check One:

_____ Enclosed is a check for _____ tickets @ \$10 each.

_____ I have registered on SBC's website and paid for _____ tickets @ \$10 each.

Total Paid \$ _____

Tickets to be mailed to:

Name _____

Address _____

Mail this form with a check payable to Springfield Bicycle Club. Mail to: **Gladys Hajek, 3524 Sandwood Dr. Springfield, IL 62711 —or-- register and pay on SBC's website www.spfldcycling.org**

Ticket/s will be mailed to you as a receipt and must be presented to be served the night of this event. No ticket sales at door.

DEADLINE FOR TICKET ORDERS: JANUARY 18, 2019

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
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Cindy Kvamme
Nancy Thompson
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Membership Secretary

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Gladys Hajek
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Incentive Chair

Marty Celnick
553-2297
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**