



the Quick Release

www.spfldcycling.org

February 2019

Sunder wins NoBell Award, Clark honored at banquet



Ted Sunder, above, receives the Springfield Bicycle Club's most prestigious award, the NoBell Award, at the Annual Winter Party and 2018 Awards Banquet on January 25, 2019, at the Northfield Inn. Tom Clark, right, receives a plaque in honor of his more than seven years as SBC president.



SBC tracks miles online, launches new Strava club

Though it might be hard now to imagine, cyclists once kept track of their miles—and those of their biking buddies—without the help of Garmin and Strava.

Many did so through different mileage logs, and some of them continue to this day. The Springfield Bicycle Club has an online mileage log, and in 2019 it now also has a members-only **STRAVA**™ Strava club.

Found on its website, www.spfldcycling.org, the Club's online log tracks various kinds of rides. Ride leaders report to the Club's record keeper, David McDivitt, as to who rode which Club ride, its distance, and the mileage they may have ridden to or from the ride. In addition to those Club ride miles, so-called "Other" miles for commuting, show-n-go and organized rides also may be entered into the online mileage log. Members may contact the ride leader or the Club record keeper to request corrections to their ride miles.

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Secretary's Report

By Ted Sunder

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

New Members

Cory Finn
Catherine and Christopher Long
Jeff Mitchell

Renewal at Sustaining Level

Mark and Barb Rabin

Renewals at Contributing Level

Joe Deen
Larry and Vanessa Willmore

Renewing Members

Kevin Brown
Ed and Linda Caupert
Jim and Cheryl Davis
Alan and Harriet Josephson
Jordan Litvak
Don and Mary Schaefer
William and Denise Wilson and Jamie Shreves

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.

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 also is available online and in each month's Quick Release newsletter.

Incentive Awards

By Marty Celnick

December was a slow month for riding. No club rides were scheduled, and there were no nominations for the Almost Anything Award. It seems likely that members spent more time Christmas shopping than riding. However, we were lucky enough to have some good cycling weather on various weekends. On my birthday, December 9th, I headed to the Sangamon Valley Trail looking for snow. They say

New Year's Day Ride starts 2019 off right



Marty Celnick, Cathy Lambdin, Joel Johnson, Troy Gilmore, Jordan Litvak, David Kalaskie, Scott Sievers, Scott Bell, Andy Klingele, Mike Eymann, and Karin Bell prepare to take on Celnick's chilly but fun New Year's Day ride.

MILEAGE from Page 1

The Club recognizes high-mileage members at its Annual Winter Party and Awards Banquet with "Spinner Awards"—a play on words, as a spinner is a cyclist who pedals at a fast cadence and as the awards typically are produced by Spinner Specialty Awards of Spinner Plastics in Springfield. Those who ride 2,500 to 4,999 miles in a year earn a bronze award; 5,000- to 7,499-mile riders earn a silver award; and those riding 7,500 to 9,999 miles earn a gold award. Riders topping 10,000 miles earn a platinum award. The rider with the most miles for the year earns the Club's Grover Everett award, named in honor of the long-time SBC member who was cycling along Illinois Route 104 near Auburn when he was struck from behind by a car and killed in 2012.

New this year is the creation of a Springfield Bicycle Club members-only club on Strava, the social media and ath-

letic activity app. Separate from the Club's official mileage log, the Strava club is by invitation only, and we are slowly rolling it out as we become more familiar with it. If you do not want to wait for your invitation, request one by e-mailing president@spfldcycling.org.

The Strava club will allow members to see what sort of cycling and other athletic activities their fellow Club riders are up to as well as what rides and other events are coming up and who plans on attending them. The Strava club also will rank members by last week's distance, longest ride, and climbing feet and track other information. A free service, Strava is available through your computer's web browser at www.strava.com or through a smart phone app. Please note, however, that the mileage log on the Club's website—and not the Strava club—will remain the official mileage record of the Club for purposes of the Spinner and Grover Everett awards.

Finally, Ride Illinois, formerly the League of Illinois Bicyclists, also has an online log to track mileage. It allows riders see how they rank compared to others statewide, as well as some outside of Illinois. You can find it on Ride Illinois' website under the Events tab. The Springfield Bicycle Club is a Platinum-level affiliated bike club that typically contributes at least \$2,000 yearly to Ride Illinois to support its advocacy efforts.

if you look for trouble, you usually find it. I was able to ride over the snow covered bridges, and admire the pretty scenery and I saw other riders that afternoon.

Hang in there, folks. A long, cold winter month is ahead of us.

February 2019 Ride Schedule

For updates, corrections and last-minute changes to the ride schedule, 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.

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.

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.

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.

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 mem-

ber to stay with the slowest rider and to offer assistance for flats and other minor mechanical problems.

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.

NC – Non-Cycling events.

MB – Rides suitable for mountain bikes.

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		
Monday-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 for information.
Monday-Friday 9:00 a.m.	Vredenburg Park Saxon Dr. & Crusaders Rd. Show-N-Go	Weekday AB Ride. The weekday ride is a no-drop ride, but riders should be able to maintain speeds of 18-20 mph for 20-40 miles between stops. Ride usually includes a stop midway. For more information about this ride, contact Derek Ewing (624-2016). Also check the Facebook page "Springfield IL Area Cycling" for updates.
Monday-Friday Noon	IDOT, Lost Bridge Trail Dirksen Parkway Show-N-Go	ABC Ride. 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

Monday 5:30 p.m.	Parking lot at east end of Wabash Trail by Sonic Wabash Ave. & Park St. Marty Celnick, 494-9967	BC Ride. Show-N-Go from the east end of the trail at 5:30 p.m. Those riding from Parkway Pointe & theater (Lindberg 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.
Tuesday 5:30 p.m.	IDOT Dirksen Pkwy & Ash St. Show-N-Go	BCD Ride. Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper. Lights required.
Tuesday- Thursday 5:30 p.m.	Main Pavilion in Washington Park Sean Walker, 652-5250	ABCD Ride. Show-N-Go from Pavilion. Counter-clockwise around Washington Park. Add base miles; 15-17 mph pace. Lights required.
Wednesday 5:30 p.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Road Ted Sunder, 698-9194	BC Ride. Show-N-Go along the Sangamon Valley Trail to Stuart Park for 12 miles roundtrip, or take the new extension north for up to 24 miles. No ride leader, but Ted can answer questions about this ride. Lights required.
Thursday 5:30 p.m.	IDOT Dirksen Pkwy & Ash St. Show-N-Go	BCD Ride. Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper. Lights required.
Monday-Friday 5:30 p.m.	Pana Trail, Lake Taylorville parking lot, Route 29 Charlie Witsman, 299-7038	BC Ride. Show-N-Go. Ride the Lincoln Heritage Trail. Turn in miles to club record keeper. Call Charlie if you need information about trail conditions or directions. Lights required.

WEEKEND DAYTIME RIDES

Saturday- Sunday 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 riders and B riders are welcome, but they should be self-sufficient or accompanied by an experienced rider. For more information about this ride, contact Derek Ewing (624-2016). Also check the Facebook page "Springfield IL Area Cycling" for updates.
Saturday- Sunday 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 the west end parking lot on Robbins Road. Turn your miles in to the Club record keeper. D riders can ride the trails but should be self-sufficient.

SCHEDULED RIDES AND EVENTS

<p>Wednesday February 6 7:00 p.m.</p>	<p>Residence 2301 Sangamon Avenue Ken Anderson, 522-3876</p>	<p>NC – Board Meeting. All Springfield Bicycle Club members are invited to attend the Board meeting.</p>
<p>Wednesday, February 13 5:00-7:00 p.m.</p>	<p>The SKY Lounge 3254 West Iles Ave. (across from Family Video on the corner of Koke Mill and West Iles)</p>	<p>NC – February Socializer. Start planning your season with your cycling friends at this new location. Enjoy 39 craft beers and wines on tap sold by the ounce as tracked by a device worn on each patron’s wrist. A patron may purchase one (or more) ounces to try before pouring a full serving. Free appetizers, cash bar and prizes.</p>

OTHER AREA RIDES & EVENTS

<p>Thursday, February 7 5:00-7:00 p.m.</p>	<p>Laurel United Methodist Church 631 S. Grand Ave. W.</p>	<p>City of Springfield Informational Meeting. A project to improve safety on Walnut Street from South Grand to Capitol Avenue that is expected to include bicycle lanes will be considered. While there will be no formal presentation, displays, including typical sections of roadways, paint pavement marking plans, and aerial mapping will be available for viewing. Representatives will field questions and public comments.</p>
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Bicycle Advisory Council keeps City’s cycling projects in gear

Call them Springfield’s wheeler-dealers. They’re the members of the Springfield Bicycle Advisory Council. A public body created in 2008 by City of Springfield ordinance, the Council comprises nine unpaid members appointed by the Springfield mayor.

According to ordinance, the Council’s duties are to:

- Advise the mayor on bicycle issues.
- Analyze routing, operation and safety of utilizing bicycles for transportation purposes.
- Evaluate and make recommendations for the development of a master plan for bicycling (on-street and off-street paths and lanes; signed shared roadways; bicycle racks; signage and signalization).
- Develop education and public outreach programs on bicycle issues.
- Work with the city to develop strategies that help make routes safer for children to bicycle to school and increase the number of children who choose to bicycle.
- Assist the city in the development of bicycle infrastructure within the community.
- Identify grants and other funding sources as may become available in connection with carrying out its duties and
- Assist the city to coordinate routes and trails as appropriate through [the Springfield Area Transportation Study] and other

cooperative efforts.

The Springfield Bicycle Club counts a number of Bicycle Advisory Council members among the club’s members: Secretary Tom Clark, Chairman Bill Donels and Ted Sunder. Clark is the Club’s immediate past president, Donels is its legislative/education chair, and Sunder is its membership secretary. Other members of the Bicycle Advisory Council include Michael Higgins of Maldaner’s restaurant; Dr. Peter Kieffer of the Southern Illinois University School of Medicine; Mike Klemens of KDM Consulting Inc.; and Cynthia Thompson, director of student life at the University of Illinois at Springfield.

In recent months, the Bicycle Advisory Council has considered a wide variety of matters:

- The City’s new bike share program. Akin to Chicago’s Divvy system but dockless, Springfield will soon be adding bike sharing which will allow bikes to be rented at various locations in the City by tourists, students, and anyone else looking to pedal their way around town. Operated by Gotcha, a private vendor, the bike share program will not use tax dollars.
- City plans to rework various streets and possibly include new bicycling infrastructure on them. Public meetings are scheduled for 5 to 7 p.m. on January 30 at the

Lincoln Library on proposals for Adams, Fourth, and Seventh streets, and from 5 to 7 p.m. on February 7 at Laurel United Methodist Church on proposals for Walnut Street. The Bicycle Advisory Council has made recommendations to the City for new cycling infrastructure related to the proposals.

- An app for bicycle tourism in the Springfield region.
- Off-road bicycle facilities such as a BMX track, bicycle pump track, and new cross-country trails proposed by Loren Easter, possibly on City Water, Light and Power property and adjacent to youth group sites.
- Meeting with local school officials to discuss implementing a 2018 state law mandating that school boards of districts with kindergarten through eighth-grade schools adopt a policy on educating students on methods of preventing and avoiding traffic injuries related to walking and bicycling, as well as making that education available to such K-8 students.

The Bicycle Advisory Council meets the second Monday of each month, typically in the third-floor conference room in the Municipal Center West building at 300 South Seventh Street. Its meetings are open to the public, and agendas are posted on the City’s website prior to the meetings.

Winter Party and 2018 Awards Banquet celebrates cyclists' pedaling prowess



LEFT: Alan Whitaker, Cindy Kvamme, David Flint, Ted Sunder, David McDivitt and Marty Celnick each receive Spinner Awards for the many miles they bicycled in 2018. Larry Stone, right, volunteered to help the Club order the awards and presented them to the winners with the assistance of Celnick.

RIGHT: Tom Clark, David Flint, Jordan Litvak, Stephen Paca and Steve Casper receive silver medals for their performances in the SBC Challenge.



Rick Haberkorn, David Kalaskie, Scott Bell and Ron Summers celebrate the gold medals they earned in the Challenge Rides.



Cindy Kvamme, Christa McLaren-Morris and Kevin and Naomi Greene socializing before the awards program on January 25, 2019 at the Northfield Inn.

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 1:	Birth date*
Name 1:	Birth date*
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

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801-2873
president(at)spfldcycling.org

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*Position combined with
Secretary position; see
Membership Secretary*

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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**