



the Quick Release

www.spfldcycling.org

OCTOBER
2022

In This Issue

PAGE 1

CAPITAL CITY CENTURY

Recap of the 50th 2022 CCC held on September 10.

PAGE 5

GOLD STAR MISSION

SBC members participate in Gold Star Mission 500

PAGE 6

MEMBERSHIP UPDATE

PAGE 7

RIDE SCHEDULE

Application



The sun rises at Centennial Park, site of the 2022 Capital City Century

Looking Ahead

SUN, NOV 6

DAYLIGHT SAVINGS ENDS

Set your clocks back an hour!

MON, NOV 7

BOARD MEETING

Board meetings are currently held via Zoom. Contact Troy Gilmore at president@spfldcycling.org if you would like to attend.

WED., NOV. 9 | 6:00 PM

ANNUAL MEETING - HARVEST MARKET

Join fellow club members for food and beverages. Cast your vote for the 2023 Board.

2022 Capital City Century Recap

The Capital City Century (CCC) is the SBC's flagship event and serves as a primary fundraiser for the club. 2022 was the ride's 50th anniversary.

Headquarters at Centennial Park

The ride has been staged at various venues over the years, including the KC Hall on Meadowbrook Road, UIS Student Union and the Lake Springfield Beach House. There was no CCC during 2020 due to COVID, and the following year, the decision was made to host the event at Centennial Park so that the event could be completely outdoors. This location allowed for new routes that headed west of Springfield.

Utilizing Centennial Park as ride central presented some unique challenges. A large tent was rented from Armbruster to provide a central location and a place for riders to relax and enjoy a post-ride meal. The new "club tent" was set up and served as registration/packet pickup, and later, as the backdrop for the photo booth. As there is no electricity in the park and thus no light, flashlights are a hot commodity during the pre-dawn hours.



The new “club tent” served as a spot for riders to pick up packets or register on the day of the ride, and later as a photo booth



Well-marked routes helped keep riders on track.



SAG drivers stayed busy all day.

A Choice of Routes

It may be the Capital City Century, but 100 miles is not everyone’s cup of tea. A variety of distances were offered ranging from 37 miles up to 125 miles (surprisingly, there were a lot of takers for this epic undertaking). For the second year, a “groad” route was also offered incorporating some “less well maintained” roads. All routes left Centennial Park and headed west on Bunker Hill, crossing I-72 on Farmingdale Road.

Route Marking

On the Thursday prior to the ride, volunteer crews broke into teams and drove the routes, marking every turn with a combination of signs and directional arrows. At the end of the day, over 400 miles of roads had been marked, and some of the volunteers had discovered that the Fast Stop in Franklin serves really good pulled pork sandwiches.

The painted arrows are still out there, looking a bit worse for the wear.

Ride Conditions, Bacon and Rest Stops

Sunny skies, warm temps and low wind made for near-perfect riding conditions. For the first time, a rest stop was set up at Nipper Wildlife Sanctuary. If you have not been to this beautiful place, it’s worth the drive to Loami to explore the various paths around the pond and through the native prairie area.

In 2022, the tradition of offering bacon at the first rest stop continued. Special thanks to Jeanny Huber and Karin Bell for overseeing the bacon station!

The routes then headed west, with the longer distances going through the Village of Franklin, where a second rest stop was set up at the community park pavilion. Any riders tackling the 100- or 125-mile distances completed a loop south of Franklin before working their way through Franklin, New Berlin, Loami and back to Centennial Park via the Sangamon Valley Trail, where a baked potato bar helped with carb replenishment.

Late summer in central Illinois generally means there will be gravel on the roads and this year was no exception. For the most part the roads were clear, but there were a few tricky intersections that saw their share of wipeouts and spills.

Total registrations were just under 300, with most riders hailing from Springfield and the surrounding communities.

Scenes from the 2022 Capital City Century



Volunteers at registration/packet pickup



Riders getting ready to head out for their ride



All routes started and finished at Centennial Park. Some chose to ride to the top of the hill at the end of their ride



Groad riders slogged through the grass and ruts on Schramm Road. There may have been a spill or two in this section.



Riders passing Nipper Wildlife Sanctuary



Volunteers Alan Whitaker and Bob Coady sporting their arm slings at the photo booth.

2022 CCC Sponsors

The CCC would not be possible without the generosity of the following businesses and individuals.

PLATINUM

Scheels
Wheel Fast Bicycle Co.

SILVER

Bunn
MJ Kellner
Chamois Buttr

BRONZE

BikeTek
Bicycle Doctor

CORPORATE

John & Amy
Engelmeyer
Fuhrmann Engineering
Joel Johnson
Colin Kuchy



Left: Bacon-fueled smiles

Middle Left: Jeanny Huber teamed up with the grill to cook 40 pounds of bacon

Middle Right: A rider rolls into the rest stop at Nipper Sanctuary

Bottom: Fast group at the Franklin rest stop



Special thanks to Wheel Fast Bicycle Co. for their donation of a Specialized Allez to the CCC. The winner of the drawing was **KELVIN OWENS**



L-R: Mark Rabin, Larry Stone and Barry Tobias participated in the 2022 Gold Star 500 Bike Ride



Stopover in West Dundee on Day 4



Rich Wagoner, Master SAG service to all riders



Barry Tobias and Gold Star mom Susan present a signed schedule to the Arlington Heights VFW for their support



Gold Star Mothers at closing ceremony

SBC Members Ride in the Gold Star 500

Submitted by Larry Stone, Barry Tobias and Mark Rabin

Once again this year, the bicycle club has three members who participated with 36 other riders in the sixth annual Gold Star 500 bike ride. Mark Rabin, Barry Tobias, and Larry Stone solicited contributions and participated in the 5-day 500+ mile ride. Another SBC member, Rich Wagoner, contributed by providing SAG services.

This is one of many fundraising activities of Gold Star Mission, a nonprofit organization that uses the money it raises to honor and support Gold Star Families by preserving the memory of our Fallen Illinois Heroes through service to others in need and giving scholarships in the names of the fallen. To date, Gold Star Mission has presented more than \$175,000 to college and trade school students. This is done so that the fallen name is not forgotten. A soldier dies twice. Once when the final breath leaves their body, and the second time when we stop saying their name. The object is that the person receiving the scholarship will keep saying the name of the fallen so they are not forgotten.

Gold Star Organization grants \$1,000 scholarships to worthy candidates in the names of Illinois Fallen heroes.

More about Goldstar Mission at goldstarmission.org

2022 Board

PRESIDENT

Troy Gilmore

VICE PRESIDENT

Scott Sievers

TREASURER

Larry Stone

SECRETARY

Jennifer Rockwell

MEMBERSHIP DIRECTOR

Ted Sunder

LEGISLATIVE & EDUCATION DIRECTOR

Ted Sunder

MARKETING DIRECTOR

Anne Schroll

SOCIAL DIRECTOR

Nathan Schorfheide

AT-LARGE DIRECTORS

Kathryn Hanlon

Jordan Litvak

Libby Shawgo

Michael Phelon

NEWSLETTER EDITOR

Anne Schroll

Membership Update

Submitted by Ted Sunder

Total Active Members: 370

Welcome New Members!

AUGUST/SEPTEMBER

Robert Burgner

Ron & Brenda Cawley

Keith & Linda Hopper

John Mayer

Jane McBride

Kevin McClain

Kann & Nasar Nallamotheu

Jill Roth

Anne Sagins

Renewing Members

AUGUST

New: 1

Individual membership

3 Family memberships /

6 members

Renew:

13 Individual memberships

11 Family memberships/28
members

1 Corporate membership/2
members

SEPTEMBER

New:

1 Individual membership

1 Family membership/2 mem-
bers

Renew:

2 Individual memberships

6 Family memberships/14 mem-
bers

Donations

We wish to thank the following members who provided generous donations to the club with their membership dues.

AUGUST

Larry Stone

Susan Collins-Hood

Alan Whitaker

Tracy Hurley

Amy Engelmeyer

Margaret Kelly

Garland Stevens

David Lucas

Jon Roth

Lisa Applegate

Beverly Sneath

SEPTEMBER

Teresa Moody

Paul Fleming

Andrew Ascher

David Banks





Ride Schedule

Photo credit Stephen Paca

Ride Classifications

A 18.1-20.0+ MPH AVERAGE SPEED.

These rides are for extremely strong and competitive cyclists with expert bike handling skills. Expect cyclists to be self-sufficient, and able to maintain speeds of 19+ mph for extended distances using pace-lines and other faster riding skills.

B 16.1-18.0 MPH AVERAGE SPEED. These rides are for strong, experienced cyclists with considerable group riding experience. Expect the emphasis to be on improving individual stamina and riding skills. Cyclists will not feel obligated to wait for slower riders. Many times, pace-lines are common in group riding. Cyclists should be able to handle their own flats and other minor mechanical repairs and should be comfortable navigating by map or GPS computer if separated from the group.

C 14.1-16.0 MPH AVERAGE SPEED.

These rides are for competent cyclists with basic safety and bike handling skills. These rides combine social riding with improving fitness and riding ability. Expect that most cyclists will ride in groups. There may be rest stops on the route, but they will be limited. Cyclists should

be comfortable navigating by map if separated from the group and should be able to handle their own flats and other minor mechanical problems

Slow C 12.1-14.0 MPH AVERAGE SPEED.

These rides are for competent cyclists with basic safety and bike handling skills. These rides combine social riding with improving fitness and riding ability. Expect that most cyclists will ride in groups. There may be rest stops on the route, but they will be limited. Cyclists should be comfortable navigating by map if separated from the group and should be able to handle their own flats and other minor mechanical problems

D 10.0-12.0 MPH AVERAGE SPEED.

These rides are for novice or recreational cyclists. These rides will have rest stops as needed. Expect the ride leader or another club member to sweep (stay with) the slowest cyclist. Assistance from the ride leader will be provided for flats and other minor mechanical problems.

EZ UNDER 10 MPH AVERAGE SPEED.

These rides are purely social. Expect shorter routes either in town or on a trail and expect to ride together as a single group. No one will be dropped out of the back of the group. Assistance from the ride leader will be provided for flats and other minor mechanical problems.

GR GRAVEL. Route will be gravel, dirt or rough roads that are unsuitable for traditional road bikes.

NON-CYCLING EVENTS. No bikes required
NC for these events.

For updates, corrections
and last-minute changes
to the ride schedule,
please check the SBC
Facebook page

Scheduled Rides/Events



ABCD ILLINOIS SENIOR OLYMPICS

SATURDAY, OCTOBER 15 | 8:00 AM

Starting Location: Jim Edgar Panther Creek State Park, Chandlerville, IL

The Illinois Senior Olympics will be held in a new location this year --- start location will be Park Headquarters at Jim Edgar Panther Creek State Park. *This is not an SBC event but the club provides support.*

Register at [ISO Website](#)

SLOW-C LOLLI NO POP - SHOW & GO

TUESDAY, OCTOBER 18 | 5:30 PM

Starting Location: Scheels Parking Lot (next to former Quaker Steak)

About 17 miles, we will go south down the InterUrban Trail through Chatham to the end of Main Street, turn around and come back. See the "Slow C" or "Original C-group Ride - The OGs" Facebook page for ride updates and route details. Lights are REQUIRED for safety.

For more info call or text Bob Coady (217) 416-2181.

SLOW-C BLOOMINGTON BREWS CRUISE

SATURDAY, OCTOBER 22 | 8:30 AM

Starting Location:

Little Beaver Brewery, 5 Finance Drive, Bloomington, IL

Meet at Little Beaver Brewery. We'll explore multiple branches of the Constitution Trail, travel north to Towanda, and back through the city for a 38-mile ride. Along the way we'll stop at Destihl Brewery and Beer Hall for brunch, Keg Grove for refreshment, and end at Little Beaver for post-ride libations.

Ride Leader: Jennifer Rockwell

SLOW-C CULVER'S CRAWL - SHOW & GO

TUESDAY, OCTOBER 25 | 5:30 PM

Starting Location: Stuart Park

About 14 miles, down the Sangamon Valley Trail with a little jog on city streets to Culver's! Ice cream and Butterburgers are a great way to end the riding season! Bring your treat money! See the "Slow C" or "Original C-group Ride - The OGs" Facebook page for ride updates and route details.

For more info call or text Bob Coady (217) 416-2181.



SATURDAY, OCTOBER 22 -

SUNDAY, OCTOBER 23

Starting Location: Edgewood High School, 601 E Edgewood Drive, Ellettsville, IN

Riders face a hilly 50 mile route on Saturday followed by another on Sunday. Lodging is available at area hotels or on the grounds of the school complex that serves as the ride headquarters, where riders can tent-camp, stay in their own RVs, or sleep in a climate-controlled gymnasium.

For more info www.hillyhundred.org

NC ANNUAL MEETING & ELECTION

WEDNESDAY, NOV. 9 | 6:00 PM

Location: Harvest Market

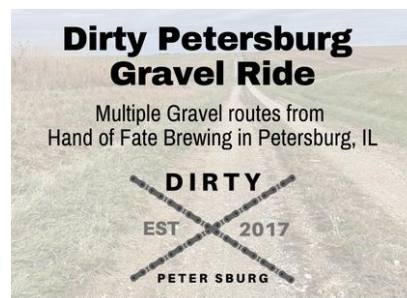
Join fellow SBC members for fellowship and annual election of board members.

BC RIDE & CELEBRATION @ NATHAN'S

SATURDAY, OCTOBER 29 | 4:00 PM

Starting Location: The Schorfheide's home, 837 Oxford, Chatham

Join host Nathan Schorfheide for a 30-40 mile BC level ride on Halloween weekend from his home in Chatham. Following the ride refuel with chili, hotdogs, s'mores and beverages. BYOB if you have a favorite.



GR DIRTY PETERSBURG GRAVEL RIDE

SUNDAY, NOV. 13 | 9:00 AM

Starting Location: Hand of Fate Brewing, Petersburg, IL

Gravel Riding and Beer! We are combining two things we enjoy. Let's meet at Hand of Fate Brewing in Petersburg at 9:00 for either a 30, 40 or 50+ gravel ride. After the ride, meet back at the brewery for drinks, food and fellowship. *This is not an SBC event but the club provides support.*

Ride Organizer: Kyle May

* SHOW&GO RIDE - No designated ride leader.

Weekly Repeating Rides

C/SLOW C

TUESDAYS | 5:30 PM

Starting Location: Variable locations. Check the schedule for more information.

These are NO DROP. The location changes weekly. These rides will be approximately 20 miles at a 12-14 mph pace. Lights are REQUIRED for safety

For more info call or text Bob Coady (217) 416-2181. Join the [Slow C Facebook Group](#) to stay up-to-date on rides.

B COFFEE RIDE

WEDNESDAYS | 5:30 PM

Starting Location: Caribou Coffee, 1025 Outer Park Drive, Springfield, IL
This is a no-drop ride for 30 miles with a 16 mph average to start with while progress thru the season up to 18 -19 mph. There is a coffee stop after the ride at Caribou Coffee.

For more info call Steve Casper (217) 414-9833.

BCD GEEZER RIDE

MONDAYS & THURSDAYS, 10:00 AM

Starting Location: Washington Park, Picnic Pavilion

Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 a.m. for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing.

For more info call Dave Ross (217) 416-1682

ANNUAL MEETING & ELECTION

**WEDNESDAY, NOV. 9
6:00 PM**

HARVEST MARKET
Upstairs Bar Area
3000 S. Veterans Pkwy, Spfld

Join fellow SBC club members at Harvest Market for a fall social. The election for the 2023 Board will be held and you can cast your vote for the candidates.

An electronic survey will be circulated following the meeting to allow voting for those unable to attend.



SPRINGFIELD PARCX2022

EVERYONE IS INVITED to participate or come out and watch this exciting CYCLOCROSS event!
Event will go on RAIN OR SHINE!

SCHEDULE

10:00am	Masters 40+	45 min
11:00am	Juniors 9-17, CAT 4/5, First-Timers	40 min
12:00pm	CAT 3	45 min
1:00pm	CAT 1/2	60 min

*Men & Women ALL Categories, staggered start times as dictated by attendance

*Mountain bikes welcome!
*Helmets required at all times

Online Registration is \$35
Same Day Registration is \$40



*Same day registration closes at 9:00am
Register at
bit.ly/Cyclocross_SPD
Activity #361204

DATE OCT 22

Located at
Centennial Park
5529 Bunker Hill, Springfield, IL

For more information,
please contact **Marty Strieker**
217-753-2800 ext # 2003
mstrieker@springfieldparks.org