



# the Quick Release

[www.spfldcycling.org](http://www.spfldcycling.org)

FEBRUARY  
2023

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A long-standing tradition in the SBC has been Mary Celnick's ride on New Years Day starting from the Rock 'N Roll Hardees on Stevenson Drive. The weather cooperated and a dedicated group of cyclists took a spin around the lake to ring in 2023.

## Celebrate Cycling!



February is the month of love, a time when we celebrate our relationships with those who bring meaning to our lives. Maybe that's a spouse or significant other, maybe it's a parent, a child, a pet...or maybe it's a hobby. Like cycling. Cycling adds so much to our lives, what's not to love?

So even though it's still winter, there's still plenty to celebrate about cycling this month. We hope you can make it to the **second Annual Trivia Night** on Wednesday, February 8th. Then join the caravan on Sunday the 12th for a trip north to visit the **Chicago Winter Bike Swap** where you're bound to find biking-related bargains and maybe even a new bike. N+1, right?

This month's newsletter is packed with information about the 2023 riding season. Check out the **2023 Club Calendar**, which lists significant dates related to the club's group rides and events, as well as SBC Travels and area events. Also included is the preliminary **schedule for weekly rides**. We've tried to be inclusive and offer rides that cater to all levels of cyclists, and are always on the lookout for those willing to serve as ride leaders.



## 2023 Board

### **PRESIDENT**

Scott Sievers

### **VICE PRESIDENT**

Anne Schroll

### **TREASURER**

Larry Stone

### **SECRETARY**

Jeanny Huber

### **MEMBERSHIP DIRECTOR**

Ted Sunder

### **LEGISLATIVE & EDUCATION DIRECTOR**

Mike Murphy

### **MARKETING DIRECTOR**

Anne Schroll

### **SPECIAL EVENTS & PROJECTS DIRECTOR**

Lori Dale

### **RECORDS KEEPER / MILEAGE DIRECTOR**

Vacant

### **RIDE INCENTIVE DIRECTOR**

Marty Celnick

### **SOCIAL DIRECTOR**

Nathan Schorfheide

### **AT-LARGE DIRECTORS**

Kathryn Hanlon

Barb Manson

Mike May

Chris Scheufele

## President's Message



Oh, the weather outside is frightful, but the 2023 Springfield Bicycle Club calendar is shaping up to be delightful!

On February 8, the indefatigable Bob Coady brings the SBC Trivia Night to Harvest Market. Will there be prizes? Yes! Will I know any of the trivia answers? Not a chance! But even if you are as dense as I am, come on out and we'll all have a good time regardless.

On February 12, we'll trek up to the Chicago Winter Bike Swap to browse cycling gear, dream of our next sweet ride or epic adventure, and probably eat junk we'll need plenty of miles to pedal off. With luck, we'll be back in Springfield in time to catch some of that super football game thingy.

Hopefully club members will pile on the miles and climb up enough hills in February to be ready for our first SBC Travels of 2023, when we head to the Dirty South Roubaix gravel ride in Alto Pass in southern Illinois on March 4. We lucked out with unseasonably nice weather last year, but don't count on it this time around. (The ride borrows part of its name from the Paris-Roubaix classic spring road race in Europe renowned for cold, rainy, muddy, and generally lousy riding conditions.)

Looking farther down the road, planning has begun in earnest for the 2023 Capital City Century to be held Saturday, September 9, 2023, so save the date. And get ready for the century by riding the Sangamon Cycling Series, which tentatively starts with a ride from Sherman on May 13 followed by rides from Chatham on June 24, and on July 22 and August 12, with those last locations yet to be determined.

Finally, this year the Springfield Bicycle Club is working with the Springfield Triathlon Club to assist them in putting on the Kids Triathlon on July 15, 2023, at Lincoln Park, with the outdoor Nelson Center Pool as the venue for the swim. This is a fantastic event for kids from 5-13 years old, so we're thrilled to help potential future SBC members get pedaling.

Have any other ideas for SBC events or activities? We'd love to hear them! Contact us through our dynamic webpage at [www.spfldcycling.org](http://www.spfldcycling.org).

*Scott Sievers, SBC President*

## Newsletter Content

Articles for the Quick Release are welcome! Please send ideas, articles, etc. to [newsletter@spfldcycling.org](mailto:newsletter@spfldcycling.org)



Happy New Year! An intrepid group celebrated the first day of 2023 with a ride and a stop on the trail. Pictured are Linda and Bill Castor, Andrew Asher, Tracy Parker, Karin Bell, Jeanny Huber, Scott Parker, Chad Graue, Dave Huber in back. Not pictured is Jordan Litvak

## What's Going on in the SBC?

*Stay up-to-date on the various initiatives and events in the club.*

### Sangamon Cycling Series Updates

Registration for the third annual Sangamon Cycling Series is planned to go live on April 1, with the first event tentatively scheduled for May 13th in Sherman Park. Lori Dale is working with the Sherman Park District to make this happen. Subsequent dates will be June 24 from Chatham Community Park, July 22 and August 12 from either Rochester Community Park, Lake Sangchris or Centennial Park.

### CCC Updates

A planning meeting was held on January 11 at Harvest Market. The meeting was well attended, and attendees split into smaller groups to discuss options for venue, food, and routes. A vote was taken and the decision was made to stick with a Saturday event. Prior to 2020, the CCC was held on the first Sunday after Labor Day. It was acknowledged that moving the event to Saturday has been a source of some controversy, but the rationale is that Sunday can be a day of recovery for those who tackle the longer distances, as well as a day of travel for the out-of-towners.

### Kids Triathlon Updates

The SBC is collaborating with the Springfield Triathlon Club to plan the 2023 Kids' Triathlon. This event is held at Lincoln Park, with the swim in the Nelson Center Pool. Patty Shafer, the primary contact and coordinator for this event, has been busy with the preliminary tasks that include submitting a permit to the Springfield Parks District and reaching out to the main sponsors --- Scheels and HSHS Children's Hospital --- to confirm their support for this year.

### Gravel Season

The 2023 gravel season kicks off with two SBC travels events --- the Dirty South Roubaix in Alto Pass, IL on March 4, followed by the SBC Travels event, the Dirty Assumption, on the following weekend. Monday Night Gravel (MNG) will start up on March 13, weather permitting. Troy Gilmore will be leading this evening ride. The starting location will shift to Loami Park, which will offer some drier conditions. Saturday gravel rides are in the planning process and will include a variety of starting locations and routes. Rural Cyclery, a corporate-level



## Get Involved!

Volunteerism is what keeps clubs like the SBC running. While the board has decision-making authority for the direction of the club, there are many opportunities throughout the year for members to make a difference. Whether it's as simple as helping out for a few hours at a rest stop or serving on a committee, all donations of time and talent are very much appreciated. **Keep up-to-date on ways to help out through this newsletter, Facebook, or emails from the club.**

### SBC Volunteer Portal

Sign up online or email  
[info@spfldcycling.org](mailto:info@spfldcycling.org)

## Sangamon Cycling Series (SCS)

Volunteers are needed as follows:

**For each event (May 13, June 24, July 22, August 2), Location varies**

- Route Marker (2 people)
- Sign-in Volunteer (2 people)
- SAG Driver (1 or 2 people)
- Ride Leader (as many as we can get - pick your pace)

sponsor, has offered to host two of the Saturday rides. Mark your calendar for May 27th and September 23.

### Weekend Road Rides

#### A RIDERS

For the A riders, the tradition of starting road rides at V-Park will continue. Look for updates on Springfield IL Cycling Facebook page.

#### BC RIDERS

BC riders will have some choices this year as the club moves to a show-n-go format for most of the weekend rides. Weather can be iffy in the spring, but hopefully these rides can start mid-March. Starting locations will alternate between Centennial, Stuart and Chatham parks, with distances in the 30-40 mile range. GPS routes will be published prior to rides and it's our hope to grow these rides and establish an informal network of ride leaders.

### Zwift Club

Does anyone really enjoy riding the bike trainer? OK, maybe a few are good with it, but they're the exception. If you're a Zwift subscriber, you can join the newly-formed SBC Zwift Club and ride together (virtually) with other club members. Thanks to Chris Scheufele for setting up the club and the Wednesday evening rides.

### Membership Committee

The Membership Committee consisting of Scott Sievers, Anne Schroll, Michael May, Chris Scheufele and Ted Sunder met via Zoom on January 23. Plans are in the works to develop a survey for all club members. The Committee is revisiting benefits that the club offers and working to find ways to enhance these benefits.

### Incentives Committee

The Incentives Committee consisting of Scott Sievers, Marty Celnick, Anne Schroll and Ted Sunder - met via Zoom on January 24th. The existing Incentives program was discussed and the group will now work on an updated program for 2023. Stay tuned for details!

### Facebook Group

In addition to the club's main Facebook page, there is now a Facebook group for members to ask questions and discuss riding-related topics. Join this group at [SPRINGFIELD BICYCLE CLUB MEMBERS GROUP](https://www.facebook.com/groups/1226902588037353). The URL is <https://www.facebook.com/groups/1226902588037353>

### March Social at Dublin Pub

Mark your calendar for March 28th and come on out to the Dublin Pub for Music Bingo! No charge to SBC members to play and you just might win a prize. Thanks to our Social Director, Nathan Schorfheide, for organizing this family-friendly event.



# 2023 Club Calendar

Below is a listing of events that club members may have an interest in. In addition to SBC events, also included are cycling events in the Springfield area that have proven popular with our members. This calendar is preliminary and subject to change.

## FEBRUARY

- 6** Board Meeting
- 8** Second Annual SBC Trivia Night at Harvest Market (see flyer)
- 12** Chicago Winter Bike Swap (see Ride Schedule for details)
- 27** Membership Committee Meeting
- TBD** Kids Triathlon Committee Meeting
- TBD** CCC Planning Committee Meeting

## MARCH

- 4** **SBC TRAVELS** Dirty South Roubaix
- 6** Board Meeting
- 12** **AREA EVENT** Dirty Assumption Gravel Ride
- 13** Monday Nite Gravel kicks off
- 18** Weekend Road and Gravel Rides Start (weather permitting)
- 28** Music Bingo at Dublin Pub
- TBD** Kids Triathlon Committee Meeting
- TBD** CCC Planning Committee Meeting

## APRIL

- 1** Sangamon Cycling Series – Registration Opens
- 3** Board Meeting
- 15** Spring Metric and Cookout
- 23** Celebrate Trails Day – Rails N Trails
- TBD** Kids Triathlon Committee Meeting
- TBD** CCC Planning Committee Meeting
- TBD** CCC - Registration opens\

## MAY

- 1** Board Meeting
- 13** SCS Event 1 – Sherman Community Park 8:00 AM
- 20** **SBC TRAVELS** Vino Fondo, Defiance, MO (Gravel and/or road)
- 27** Rural Cyclery Gravel Ride
- TBD** Kids Triathlon Committee Meeting

## JUNE

- 4** **AREA EVENT** Wheelfast Monster Metric
- 5** Board Meeting
- 10** **AREA EVENT** McLean County Wheelers Spring Metric
- 24** SCS Event 2 – Chatham Community Park, 7:00 AM
- TBD** Kids Triathlon Committee Meeting
- TBD** CCC Planning Committee Meeting

## JULY

- 4** **AREA EVENT** McLean County 4th of July Ride
- 4** Franklin Burgoo Ride
- 3** Board Meeting
- 8** **SBC TRAVELS** Tour de Donut
- 15** Kids Triathlon, Lincoln Park
- 22** SCS Event 3 – 7:00 AM Sangchris or Rochester

## AUGUST

- 7** Board Meeting
- 12** SCS Event 4 – 7:00 AM Sangchris or Rochester
- 26th** **AREA EVENT** Illinois Valley Wheelmen No Baloney Ride
- 27** Don Daniels Memorial Ride to Bolivia Bridge
- TBD** SCS Awards Social

## SEPTEMBER

- 4** Labor Day Ride - JEPC
- 9** Capital City Century
- 16** **AREA EVENT** Logan County Cyclists – Oasis Center / Railsplitter Festival Metric and 27 mile
- 22** Rural Cyclery Gravel Ride

## OCTOBER

- 2** Board Meeting
- 6-8** **AREA EVENT** Pumpkin Hop CX, Beardstown (tentative)
- 6-8** **SBC TRAVELS** Hilly 100, Ellettsville, IN
- 7** Chris Scheufele's Bacon Ride at JEPC
- TBD** **AREA EVENT** Illinois Senior Olympics
- TBD** **AREA EVENT** Springfield Parks Foundation PARCX
- TBD** Practice CX at Centennial Park
- TBD** Fall Social - Bonfire at the Schorfheides' House

## NOVEMBER

- 6** Board Meeting – Annual Meeting/Election
- TBD** **AREA EVENT** Dirty Petersburg Gravel Ride

## DECEMBER

- 4** Board Meeting
- TBD** Holiday Social

# Member Profile

## Byron Nesbitt



### Introduction

If you've ridden in the Capital City Century, chances are you've met Byron Nesbitt. He's been a member of the Springfield Bicycle Club since 1971 and although he no longer lives in the Springfield area, he returns each year to ride in the CCC.

### History with the SBC

Byron has been a member of the SBC since its inception in mid 1971 and helped club founder Dorothy Doering and others get the club in motion. Back then Byron sported a very cool large handlebar mustache and was definitely one of the club's most active riders. He was cutting fast laps in Washington Park long before indexed shifting, clipless pedals, helmets and lycra clothing. On any given day Byron could be found powering his way around the park on a now classic Peugeot PX-10 bike wearing wool cycling shorts with genuine chamois skin padding. Toe clips, straps and nail on cleats were the order of the day, and Byron's Peugeot equipped with Stronglight equipment was as good as it got back in the day. Rich Huelskoetter hadn't yet opened his shop, R&M Cyclery, so Byron and other serious riders had to travel to shops near St. Louis to obtain decent cycling equipment.

As family responsibilities gradually took on greater importance, Byron took a few years off from active club membership and spent his available time coaching and supporting his children's sports teams. However, he never let go of that 'ol Peugeot and returned to active club status as soon as his children became older and more independent.

### Cycling Background and Anecdotes

In 1963, Byron acquired his first "adult" bicycle --- a lime green Schwinn Sierra with a triple chainring.

Byron was an 18-year-old freshman at Colorado State University.

*"In 1966 and 1969, before and after my Navy years, I dabbled with bike racing around the Midwest. I was racing on a full Campy Frejus purchased from the iconic Oscar Wastyn bike shop in Chicago. During that time I was able to borrow a track bike from a friend. I used it to compete at outdoor velodromes at Northbrook and St. Louis. It was a Schwinn Paramount that he had purchased from Jim Rossi who had won the US Natl Championships on it. I never could get that bike as fast that Jim Rossi could-I was an average racer, at best."*

*"I rode 11 RAGBRAI's between 2000-2014 with a varied mix of SBC folks and labeled ourselves as Team Krazy Fokkers. I was known as "Big Fokker".*

*"In 1979 many of us in the SBC hosted the Midwest Tandem Rally for the first time. Dave and Deb Ringland chaired and organized the efforts. They were assisted with Judy and me as well as Carolyn and Dr. Dave Riesenger. The three couples lived on the same street in Chatham and were tandem biking couples at the time. Many other SBC members volunteered many hours for the long weekend!"*

Current bikes owned include a Trek hybrid and two Kona hardtail mountain bikes. He has participated in a half dozen trips with other SBC members, mountain biking at Moab and St. George, Utah. One of these trips included a 3-day, 2 night 100-mile ride on the White Rim Trail.

### Personal / Family

Byron graduated from SSU/UIS in 1974 with a BA History. He retired from Bowser-Morner and moved from the Springfield area to Greenville, South Carolina, in 2015. Family includes five grandkids-Sara, Devin, Kai, Danae, Leo and three great-grandkids

### Current Status



Byron's favorite type of riding is singletrack mountain biking in Pisgah National Forest and DuPont State Forest.

Byron currently rides about 125 days a year and also hikes 60+ days/year. Living so close to the world-class mountain biking trails systems of Pisgah National Forest and DuPont State Forest, is it any surprise that single track mountain biking is his favorite type of riding?

Byron continues to return to the CCC each year and he also skis with the Springfield Ski Club. Plans are in the works for a January ski trip in Whitefish, MT. He likes to stop in at the Alamo Blue Mondays when visiting Springfield.

If you see Byron at the 2023 Capital City Century, be sure to thank him for his long term support of the club and see if you can keep up with him!

*Much of the content for this article was pulled from a 2006 Quick Release article written by Dave Lucas. Byron provided updates.*



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ruralcyclery@gmail.com

fb: ruralcyclery



## February Birthdays

*Happy Birthday to  
the following club  
members!*

**2/2**

Kristina Mucinskas

**2/3**

Allie Nichols

**2/5**

Gladys Hajek

Barry Tobias

Magdalena Rosol

**2/11**

Melanie Caspary

**2/13**

Craig Kniffin

**2/16**

Leslie Stevens

**2/17**

Cathy Yeaman

**2/19**

Maisie Gilmore

**2/22**

Annette Zalar

**2/26**

Kurt Curry

**2/28**

Art Meyer

Did we miss your birthday?  
Our apologies for the  
oversight. Help us keep up-  
to-date by making sure that  
your profile in Club Express is  
current.

## Membership Update

**TOTAL ACTIVE MEMBERS: 358**

### JANUARY RENEWALS AND NEW MEMBERS

#### WELCOME TO OUR NEW MEMBERS:

##### Family Memberships

The Beneke Family - Brian, Lena,  
Neal and Vitali

Casey Primm & Amanda Rose

##### Individual Memberships

Steven Simpson-Black

Jim Storm

#### WELCOME BACK TO OUR RENEWING MEMBERS:

##### Corporate Membership

Colin Kuchy / Rural Cyclery

##### Family Memberships

Scott & Kim Clark

Bob & Sandy Steimel

Curt & Kathleen Winhold

Derrick Stevens & Lori Young

##### Individual Memberships

Judy Carmody

Tom Clark

Pamela Hart

Karl Kohlrus

James Kuhn

James Ray

Ryan Steinacher

##### Donations

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

Brian Beneke

Tom Clark

James Kuhn

Steven Simpson-Black

Jim Storm

## February Milestones

Name	Join Date	Years with SBC
Kvamme, Cindy	2/29/2000	23
Haberkorn, Rick	2/1/2012	11
Hamilton, Ruth Ann	2/17/2017	6
Hamilton, John	2/17/2017	6
Winhold, Curt	2/9/2019	4
Winhold, Kathleen	2/9/2019	4
Steinacher, Ryan	2/24/2021	2
Danielson, Jim	2/5/2022	1
Danielson, Emma	2/5/2022	1
Boots, Julie	2/11/2022	1
Chesser, Bette	2/13/2022	1

# Club Benefits

Group Rides  
Discount on Capital City  
Century Registration  
Socials  
Membership Directory  
Spring Metric  
Discounts on Road iD  
Products  
Membership in SBC  
RidewithGPS Club  
Discounts on SBC-  
branded riding apparel

*We are always working to find discounts for our members on cycling-related products. Stay up to date on all club discounts at the following link (you will need to be logged into ClubExpress to view the page)*

[SBC Member Discounts](#)

# SBC Online



## Facebook

The SBC's Facebook page is used to set up events and keep members up-to-date on new in the club. Access is limited, but in general, you may comment and ask questions on an existing post. You can also message the club through the Facebook page and one of the admins will respond.

## Springfield Bicycle Club, Springfield IL

<https://www.facebook.com/spfldcycling>

For discussions about rides, schedules, club matters, etc., jump into the newly-formed SBC Members group.

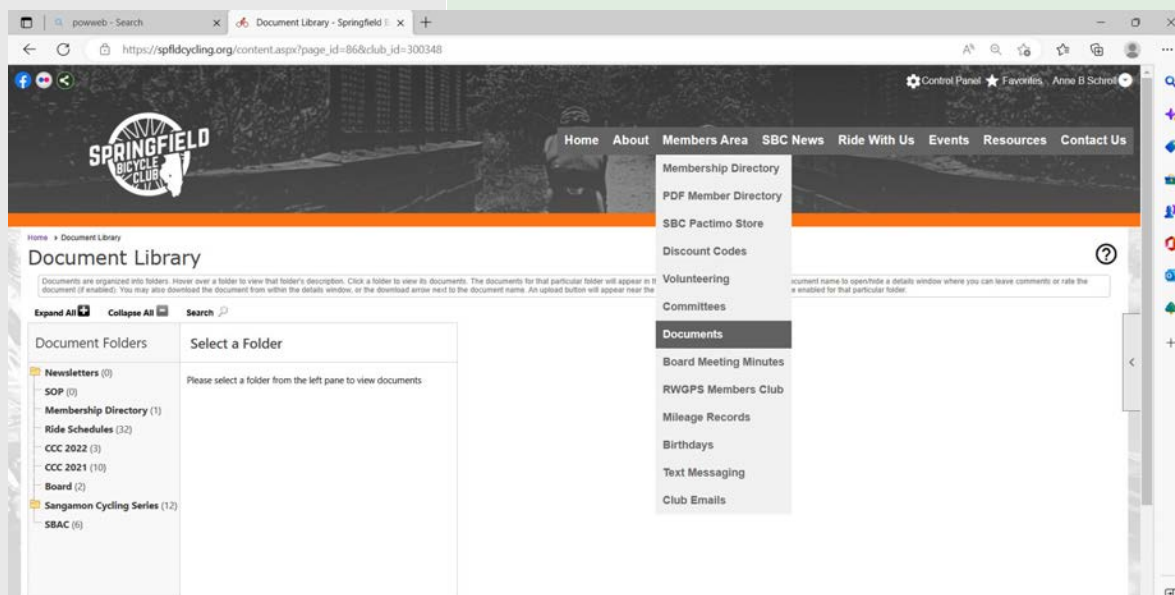
## Springfield Bicycle Club Members Group

<https://www.facebook.com/groups/1226902588037353>

# Documents

Club documents including Board minutes, newsletters, and miscellaneous items are stored on the website and can be viewed by members. You must be logged in to view the files, and some documents have varying levels of security. Some files are viewable only by members of certain committees.

Click on the **MEMBERS AREA** and select **DOCUMENTS** to view the file folders.





## Ride Schedule

### 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 AVG

**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.

**MTB MOUNTAIN BIKE.** Route will be on mountain bike trail system, typically singletrack.

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

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

## 2023 Weekly Ride Schedule

DAY OF WEEK	MORNING	AFTERNOON/EVENING
SUNDAY	<p><b>9:00 AM</b></p> <p><b>A</b></p> <p><b>V-Park A Ride.</b> Rides will be 30-40 miles and new riders are very welcome. Cyclists should be self sufficient and able to maintain speeds of 18+ mph for extended distances. This is a NO DROP RIDE! Please check the Facebook group page, as start times and locations may vary depending on weather.</p> <p><b>Weather permitting, this is a year-round ride.</b>  <b>Start Location:</b> Meet at Vredenburg Park.  <b>For more info,</b> Facebook page Springfield IL Area Cycling</p>	
	<p><b>9:00 AM</b></p> <p><b>D</b></p> <p><b>Pancake Ride on the Interurban Trail Social Ride (10-12 mph).</b> Meet in Chatham for an easy ride north on the interurban trail and back. Afterwards we'll refuel at the Chatham Cafe for pancakes, french toast, whatever... this is a great ride for beginning cyclists or a recovery ride for those needing an easy day.</p> <p><b>This ride will start in APRIL, weather permitting</b>  <b>Start Location:</b> Meet at the trail parking lot for the Interurban on Walnut Street in Chatham  <b>For more info,</b> call or text Anne Schroll at (217) 414-4101</p>	
	<p><b>8:00 AM</b></p> <p><b>BC</b></p> <p><b>Show-n-Go Sunday Ride (14-18 mph).</b> Get out for a spin on the Sunday Show-N-Go. Start Locations and routes will vary and will be published the week before, but will generally start from Centennial, Stuart or Chatham Community Park. Route will be 30-40 miles. There is no designated ride leader.</p> <p><b>This ride will start in APRIL weather permitting</b></p>	
MONDAY	<p><b>10:00 AM</b></p> <p><b>BCD</b></p> <p><b>Show-n-Go Geezer Ride.</b> Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 AM for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing.</p> <p><b>This ride will start in APRIL, weather permitting</b>  <b>For more info,</b> contact Dave Ross at (217) 416-1682</p>	<p><b>5:30 PM</b></p> <p><b>GR</b></p> <p><b>Monday Night Gravel.</b> WEATHER PERMITTING, meet at either Centennial Park or Loami Park for a 15-20 mile ride. Lights recommended early in season.</p> <p><b>The first ride will be Monday, March 13</b>  <b>Start Location:</b> Varies, check the Ride Schedule for more information</p>

## 2023 Weekly Ride Schedule - cont'd

DAY OF WEEK	MORNING	AFTERNOON/EVENING
TUESDAY		<b>5:30 PM</b> <b>AB</b> <b>Team MACK Race Training (AB Ride).</b> For newer riders looking to race, this 32-mile ride offers a great Opportunity to improve your top-end speed and race skills. Riders average 19 mph and ride in pace lines. Road bikes preferred. Cyclists will sprint five times on the Tuesday night rides.  <b>Weather permitting, this is a year-round ride.</b> <b>Start Location:</b> BikeTek, 957 Clocktower Drive <b>For More Info,</b> contact Gary Doering (teammack@comcast.net) with questions.
		<b>5:30 PM</b> <b>C/SLOW-C/D</b> <b>10-16 mph. C/Slow C/D Group.</b> This is a <b>beginner-friendly</b> social ride with several ride leaders. One of the ride leaders rides "sweep". The group will naturally break into smaller groups depending on pace. Starting location will vary each week. The route will generally be about 20 miles and often includes a treat stop at the end.  <b>This ride will start in APRIL, weather permitting.</b> <b>Start Location:</b> Varies. Check the Ride Schedule for detailed start/route information each week. <b>Questions?</b> Contact the organizer, Bob Coady at (217) 416-2181
WEDNESDAY	<b>9:00 AM</b> <b>B</b> <b>Coffee Ride.</b> This is a no-drop ride that starts with a 17 mph average at the start of the season, progressing to 18-19 mph. There is a coffee stop after the ride at Caribou Coffee.  <b>This ride will start in MAY.</b> <b>Start Location:</b> Vpark <b>For More Information,</b> call or text Steve Casper at (217) 414-9833	<b>6:00 PM</b> <b>ABC</b> <b>Wheel Fast Bike Shop Intermediate Training Ride.</b> Meet at Wheelfast Bike Shop in Chatham and plan on 16-20 miles. The first Wednesday of every month will be a "First Ride/ New Rider" night. On these evenings, we encourage everyone to buddy up, bring a friend, spouse, sibling -- whoever is new or newer to riding. Let's get them out and get a feeling of what it's like to ride with a group. The first Wednesday of the month ride will have a set route(s) so everyone knows where they are going. And there will be options to shorten or always do a shorter route based on fitness or skill level. <b>This ride will start in MAY.</b>
	<b>10:00 AM</b> <b>BCD</b> <b>Show-n-Go Geezer Ride.</b> Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 AM for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing.  <b>This ride will start in APRIL, weather permitting.</b> <b>For more info,</b> contact Dave Ross at (217) 416-1682	<b>5:30 PM</b> <b>AB</b> <b>Team MACK Race Training (AB Ride).</b> For newer riders looking to race, this 32-mile ride offers a chance to improve your top-end speed and race skills. Riders average 19 mph and ride in pace lines. Road bikes preferred. Cyclists will sprint five times on the Tuesday night rides.  <b>Weather permitting, this is a year-round ride.</b> <b>Start Location:</b> BikeTek, 957 Clocktower Drive <b>For More Info,</b> contact Gary Doering (teammack@comcast.net)
THURSDAY		

## 2023 Weekly Ride Schedule - cont'd

DAY OF WEEK	MORNING	AFTERNOON/EVENING
	<p><b>9:00 AM</b> <b>B</b></p> <p><b>Steve's Hilly B Road Ride.</b> Join Steve Schroll for a B-level road ride (no drop) on Thursday mornings from Stuart Park. The route will generally go to Petersburg with a stop there, although the route is subject to change from time to time depending on wind direction or rider interest. Plan on approximately 45 miles with some hills.</p> <p><b>This ride will start in APRIL, weather permitting.</b> <b>Start Location:</b> Stuart Park <b>For more info,</b> call or text Steve at (217) 741-8066.</p>	<p><b>5:30 PM</b> <b>D</b></p> <p><b>Stuart Park Social Ride).</b> This beginner-friendly ride takes a leisurely 12-mile round trip on the Sangamon Valley Trail. The pace is relaxed at 10-12 mph.</p> <p><b>This ride will start in APRIL, weather permitting.</b> <b>Start Location:</b> Stuart Park <b>For more info,</b> call Alan Whitaker (217) 494-6807.</p>
FRIDAY		
SATURDAY	<p><b>9:00 AM</b> <b>A</b></p> <p><b>V-Park A Ride.</b> Rides will be 30-40 miles and new riders are very welcome. Cyclists should be self sufficient and able to maintain speeds of 18+ mph for extended distances. This is a NO DROP RIDE! Please check the Facebook group page, as start times and locations may vary depending on weather.</p> <p><b>This is a YEAR-ROUND ride, weather permitting.</b> Meet at Vredenburg Park. <b>For more info,</b> check out the FB page Springfield IL Area Cycling</p>	
	<p><b>8:00 AM</b> <b>BC</b></p> <p><b>Saturday Spin Ride (14-18 mph).</b> Get out for a spin on the Saturday Show-N-Go. Start Locations and routes will vary and will be published the week before, but will generally start from Centennial, Stuart or Chatham Community Park. Route will be 30-40 miles. There is no designated ride leader but it is expected that small groups will form.</p> <p><b>This ride will start in APRIL, weather permitting.</b></p>	
	<p><b>9:00 AM</b> <b>GR</b></p> <p><b>Gravel Training Rides.</b> Rides will be 30-40 miles. New riders are welcome but should be comfortable navigating with GPS. Check the Ride Schedule for info about weekly start locations and link to GPS route.</p> <p><b>This ride will start in MARCH, weather permitting.</b></p>	



*Can't wait for Spring?  
Caravan with the SBC to the*

# 4th ANNUAL CHICAGO WINTER BIKE SWAP (CWBS) Bargains Galore!

February 12, 2023

Join Event Leader Scott Sievers for a day-long event! Chicago Winter Bike Swap, presented by Trek, is the premier event for HUGE SAVINGS on everything for the bike! The CWBS is an excellent social experience for bicycle enthusiasts. Advocacy groups will share information relevant to the cycling community. Bike clubs will be on hand with details about Chicago area bike rides.

Whatever your bicycle needs, there is something for everyone in the 32,000 sq ft of the Chicago Winter Bike Swap!

Find a huge selection of great post-holiday closeout bargain. Browse the BIKE CORRAL for a selection of hundreds of new and used complete bicycles at discount prices. Test ride them in the new indoor test ride track.

*If interested please contact Scott at [springfieldsievers@gmail.com](mailto:springfieldsievers@gmail.com)*

## EVENT INFO

**DATE:** February 12, 2023

### LOCATION:

Kane County Fairgrounds, St. Charles, IL

Lobby opens at 8:30 AM

### COST:

\$5 Admission for Adults

\$5.50 with credit card

Kids 12 and under are free

Free Parking

## SCHEDULE FOR SBC CARAVAN

**DATE: FEBRUARY 12, 2023**

**5:30 AM**

Leave West Side Kerasotes YMCA in Springfield.

**9:30 AM - 2:30 PM**

Browse the BIKE SWAP, then we'll have lunch in St. Charles (choice of Giordano's, McNally's Irish Pub, Crazy Fox, Alter Brewing Company, to name a few) before returning home.

## Scheduled SBC Rides/Events

### NC TRIVIA NIGHT

**WEDNESDAY, FEB. 8, 2023 | 5:30 PM**

**Location:** Harvest Market

Join fellow SBC members for the second annual Bicycle Trivia Night. No need to be a member and guests are welcome.

There is no charge for this event.

**For more information,** contact Bob Coady at (217) 416-2181

### GR MONDAY NITE GRAVEL

**MONDAY EVENINGS STARTING  
MARCH 13, 2023 | 5:45 PM**

**Location:** Loami Park

Monday Nite Gravel (MNG) kicks off the 2023 season with part of the 2022 Capital City Century road route. We'll keep it relatively short (15ish miles) and try to beat daylight.

Check the SBC Facebook Events section for info on routes.

**For more information,** contact Troy Gilmore or Chris Scheufele



### NC MUSIC BINGO AT DUBLIN PUB

**TUESDAY, MARCH 28, 2023 | 6:00 PM**

**Location:** Dublin Pub

Test your musical knowledge at a fun evening of food and fellowship at the Dublin Pub. No charge for SBC members.

**Any questions,** please contact Nathan Schorfheide

### ABCD SANGAMON CYCLING SERIES

**REGISTRATION OPENING IN APRIL**

**Location:** Various

The third year of the SBC's popular series is in the planning stages, with registration slated to open in early April. Details to be announced.

### BCD RURAL CYCLERY ROAD RIDE

**APRIL 22, 2023**

**Location:** Rural Cyclery, Winchester

Our friend and corporate sponsor, Rural Cyclery, is hosting a road ride for all levels starting at their shop. Details to follow.

## GR RURAL CYCLERY GRAVEL RIDE

**SATURDAY, MAY 27**

**Location:** Rural Cyclery, Winchester

Our friend and corporate sponsor, Rural Cyclery, is hosting a gravel ride starting at their shop. This ride was a hit in 2022 and 2023 promises to deliver. Details to follow.

## EZ HSHS KIDS' TRIATHLON

**SATURDAY, JULY 15, 2023**

**Location:** Nelson Center, Lincoln Park, Springfield

The SBC and the Springfield Triathlon Club are collaborating on the 12th annual youth triathlon.

Two categories:

- Mini Tri - Ages 5-6 years old
- Triathlon - Ages 6-13 years old

**For more information,** contact

Scott Sievers at (217) 801-2873 or Patty Shafer at (217) 414-3773

More details at [SpiTriclub.com](http://SpiTriclub.com)

## ABC 2ND ANNUAL

### DON DANIELS MEMORIAL RIDE

**SUNDAY, AUGUST 27, 2023**

**Location:** IDOT Trailhead 8:30 AM  
(Official Start) or Vpark 8:00 AM

Don Daniels was a great friend and longtime member of the SBC, who led many rides including the weekend Vpark A/B rides. Don passed away two years ago. Anyone who knows Don is quite familiar with him adding a surprise mileage loop on his ride. So, Derek has added a Mileage Loop, of which Don would surely approve.



The official start is at the IDOT trailhead at 8:30 AM. A Don Daniels Mileage Loop will start from Vpark at 8 AM, riding to the official start at IDOT, where some memories of Don will be shared before and during as we roll during this leisurely-paced ride.

The ride will go to one of Don's favorite locations – east to the Bolivia Bridge. This is an old closed iron and wooden planked bridge, located in the middle of nowhere. Walking access only!

The mileage from IDOT and back to IDOT is 40 miles with a convenience stop in Mechanicsburg. The full Don Daniels Mileage Loop Ride from Vpark will separate from the IDOT group at the return through Rochester to go around the lake and continue to Toronto Road to Vpark. Total mileage is 61 miles.

**Ride Leader:** Derek Ewing



## ABCD CAPITAL CITY CENTURY

**SEPTEMBER 9, 2023**

The 51st Capital City Century is in the planning stages, Details to follow.

## GR RURAL CYCLERY GRAVEL RIDE

**SATURDAY, SEPTEMBER 23**

**Location:** Rural Cyclery, Winchester

Our friend and corporate sponsor, Rural Cyclery, is hosting a gravel ride starting at their shop. Details to follow.

### MTB TUESDAY NIGHT MTB RIDES

**DAY VARIES, USUALLY TUESDAY OR THURSDAY NIGHTS | 5:45 PM**

Steve Schien of Velomine Bike Shop organizes this annual series of nighttime mountain bike rides. Location and agenda varies each week. The group typically meets at Washington Park and either rides to the Lewis Memorial Park trail system on Koke Mill Road or heads into Springfield for some urban exploration. All are welcome on this beginner-friendly ride, but you will need lights and a mountain or gravel bike.

**Find out more:** Details are posted each week on the Springfield IL Area Cycling Events Facebook page.



**SUNDAY, FEBRUARY 12, 2023**

**Location:** Kane County Fairgrounds, St. Charles, IL

The original bike swap for the Chicago area, Chicago Winter Bike Swap presented by Trek is the premier event for HUGE SAVINGS on everything for the bike. Check back or sign up to our mailing list to keep up to date.

**For more information,** contact Scott Sievers at (217) 801-2873. Carpooling may be arranged.

### NC LTR POLAR PLUNGE FOR SPECIAL OLYMPICS

**SATURDAY, MARCH 4, 2023**

No, it's not a bicycle-related event -- just a fun (and chilly) event for a great cause. Let's show them that SBC members can handle the cold! Wear your SBC gear and take the plunge!

**For more information and to register,** check out the [website](#)



**SATURDAY, MARCH 4, 2023**

**Location:** Alto Pass, IL

*NOTE: As of 12/31/22, this event is sold out. You can still get on the waitlist and see if you can get a spot.*

The 7th installment of the Dirty South Roubaix is coming up on March 4, 2023. Registration is capped at 550. Last year the event was sold in just a few weeks.

Distances of 100k+ and a shorter option will be offered.

If you are looking for an awesome route, great challenge, killer scenery, beer, food and cool friends to hang out with for a day, come check it out.

**For more info,** register at BikeSignUp page at <https://www.bikesignup.com/Race/Events/IL/AltoPass/The-DirtySouthRoubaix100k>

**SBC Contact:** Check with the following individuals for information about lodging, schedule, etc.: Steve or Anne Schroll, Scott Sievers

### GR DIRTY ASS-UMPTION GRAVEL RIDE

**SUNDAY, MARCH 12, 2023 | 9:00 AM**

**Location:** Cypress Grove Brewing, Assumption, IL

From the collective minds of those who brought you the Dirty Peters burg and Tour de Casey's rides comes the latest spring classic to add to your event calendar.

Three routes for your consideration - 33 and 53 mile rides and the 69 mile race distance.

Post ride food and drink will be available onsite. There is no charge for this event.

**For more info,** check out the Facebook page <https://www.facebook.com/events/890786779043402/?ref=news-feed>



**SBC TRAVELS VINO FONDO SATURDAY, MAY 20, 2023**

**Location:** Alto Pass, IL

Big Shark Bicycle Company and Sugar Creek Winery are bringing the European cycling tradition of the Gran Fondo cycling experience to Missouri's hilliest wine country. Experience the same roads and towns visited by the internationally acclaimed Tour of Missouri Professional Cycling Race.

**For more info,** check the website <https://www.bigshark.com/about/2014-vino-fondo-gran-fondo-5-17-14-pg796.htm#>.



**SBC TRAVELS HILLY HUNDRED**

**OCTOBER 6, 7 AND 8, 2023**

**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](http://www.hillyhundred.org)



# TRIVIA NIGHT

**WEDNESDAY, FEBRUARY 8, 2023 |**

**Happy Hour: 3-6 PM Trivia starts at 5:30 PM**

**LOCATION:** Harvest Market (upstairs cafe) | 3001 Veterans Parkway

Join the **Springfield Bicycle Club** for a Bicycle Trivia Night and pedal through the winter doldrums with your cycling buddies (old and new). No need to be a member of the club to attend and no need to have a PhD in bicycle trivia. All are welcome. Come early for Happy Hour!

**RAFFLE PRIZES | PRIZES FOR TRIVIA | SHENANIGANS**



**QUESTIONS?**

**Contact Bob Coady**

(217) 416-2181

scubarcmc@gmail.com



***Wear your favorite  
bike-themed t-shirt!***



**HAPPY HOUR  
3-6 PM**



# Membership Application

- ☐ New Member
- ☐ Renewing Member
- ☐ Change of Address

## Primary Member Information

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Birth Date (optional) \_\_\_\_\_

## Type of Membership

- ☐ Individual: **\$25** per year
- ☐ Family: **\$40** per year  
*May include up to 4 additional members who must all reside at the same address*
- ☐ Corporate: **\$100** per year

## Additional Donation

- ☐ \$10
- ☐ \$25
- ☐ \$50
- ☐ \$100
- ☐ Other \_\_\_\_\_

## Secondary Members (Family Membership only)

Name \_\_\_\_\_ Birth Date: \_\_\_\_\_

Name \_\_\_\_\_ Birth Date: \_\_\_\_\_

Name \_\_\_\_\_ Birth Date: \_\_\_\_\_

Name \_\_\_\_\_ Birth Date: \_\_\_\_\_

## Additional Information

- ☐ I would like to opt out of Club e-mail announcements

I would like to help with the following SBC activities:

- ☐ Lead bike rides
- ☐ Help with social activities
- ☐ Help with bicycle advocacy
- ☐ Help with Capital City Century
- ☐ Serve on the SBC Board
- ☐ Other \_\_\_\_\_



## Mail to:

Springfield Bicycle Club  
P.O. Box 13035  
Springfield, IL 62791-3035

## 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: \_\_\_\_\_