



# the Quick Release

www.spfldcycling.org

MARCH  
2023

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**MUSIC Bingo**

**SBC Social DUBLIN PUB**

**TUESDAY, MARCH 28**  
**6-8 PM**

**What is Music Bingo?** Music bingo is a fun and exciting take on the classic game of bingo. With songs replacing the numbers on a bingo card, this game can be played by many. After receiving a card, the host will play music, and if you have that song listed on your card, you tick it off. **No need to RSVP, no cost to SBC members!**



## Is it Spring yet?

What is that old saying about March "in like a lion, out like a lamb"? March can be a bit unpredictable but with the first day of spring on the 20th, it's just a matter of time before the heavy winter riding gear gets packed away and cyclists will be headed outdoors.

A number of club members are headed south on March 4th for the SBC Travels **Dirty South Roubaix**, held in Alto Pass, IL. This mixed-terrain race has become a rite of passage for the gravel riding set. It remains to be seen if anyone is able to ride to the top of Silica Hill.

After you set your clocks forward one hour on Sunday, March 12, come out to Centennial Park at 5 pm for the **Spring Forward BC ride**. The March social will be **Music Bingo at the Dublin Pub**! And one last thing --- ***please watch your email for a survey*** that will go out to all members requesting input on your SBC experience. The information that you provide will help the Board develop programs that are relevant to our members.



## 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

## Out and About

Is this really February? The warmer temps and sunny days inspired many to get outside for some late winter riding.



The A riders met up at Vpark for a 35+ mile spin. Thanks to Steve Casper for the photo!



Libby Shawgo celebrated Lincoln's Birthday with a ride in the New Salem area.



Barry Tobias and Larry Stone got out for a ride to celebrate Barry's birthday

## Newsletter Content

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





Riders crest a hill in Oak Ridge Cemetery on the Hae's & Hills Ride



Chris Scheufele strikes a pose in front of one of the downtown murals as part of the February Flahutes Challenge sponsored by Bloomington Fitness & Cycle



A group of the Slow C riders met up for a spin on Sangamon Valley Trail. Thanks to Nick Courtney for the photos!



Above: Some of the younger riders on the February 25 BADD Ride. Left: Chris Scheufele organized a gravel ride starting from Hand of Fate in Petersburg. The fierce wind and cold temps were a force to be reckoned with.





Chris Scheufele, Paul O'Connor, Michael Phelon and Troy Gilmore pose for a pic in front of one of Springfield's downtown murals.

## What's Going on in the SBC?

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

### Sangamon Cycling Series (SCS) Updates

The venue for the first 2023 SCS ride is confirmed for Sherman Community Park - East Pavilion on May 13. Routes are in the development phase but will most likely incorporate the Sherman-Williamsville Bike Trail.

Registration will go live in late March or early April. 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



#### NEW VENUE!

The 2023 Capital City Century will start and finish at the Sherman Athletic Club on September 9. This new venue offers ample parking and an indoor area for packet pickup, dining and socializing. The club's location north of Springfield will provide the opportunity

for some new routes and help showcase the new Sherman-Williamsville Bike Trail.

### Kids Triathlon Updates

The SBC is collaborating with the Springfield Triathlon Club to plan the 2023 Kids' Triathlon. At the last meeting on January 30th, the decision was made to transition the event to SBC management in 2024. This event will take place at Lincoln Park on July 16.

### Gravel Season

Monday Night Gravel fires up on March 13th, with a start location at Loami Park. Troy Gilmore will be leading this 15 mile+- route. Loami is a short drive from Springfield and this location enables riders to "hit the gravel" more quickly than the previous location of Centennial Park. All levels of riders are welcome and pace will range from 10-16 mph.

### Road Rides

#### A RIDERS

For the A riders, the tradition of starting road rides at V-Park and BikeTek continue for 2023. Look for



## 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)

## Kids Triathlon

Volunteers are needed as follows:

**Saturday, July 16 - Lincoln Park**

- 10 volunteers to assist with transition, packet pickup, course marshalling, etc.

updates on Springfield IL Cycling Facebook page.

### BCD RIDERS

Watch the Facebook page for updates on weekend rides. There will be Show 'N Go Rides (no designated leader) most weekends starting in April.

Dave Ross's morning Geezer Rides will start in March and meet M-F at 10:00 AM in Washington Park.

### C /SLOW C / D RIDERS

2023 will be a fun season for this group and plans are in the works for Tuesday evening rides starting April 4th. There will also be a few Show 'N Go rides scheduled during March. Bob Coady, Jennifer Rockwell, Libby Shawgo and Kathryn Hanlon will serve as Ride Leaders, with some help from Nick Courtney. This is a very social group that is welcoming to new riders.

The Thursday evening D rides will commence in April as well. Watch for an announcement about these rides -- it's tentatively planned to rotate the starting location.

John Sanford is offering a series of D rides that are perfect for newer riders or those who just want a shorter distance ride. See the Ride Schedule for details.

### Membership Committee

The Membership Committee (Scott Sievers, Anne Schroll, Michael May, Chris Scheufele and Ted Sunder) are wrapping up plans to send out a survey to all members in March. The survey will seek input on what our club members want from their membership and pinpoint areas that need improvement.

### 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) - CANCELLED
- 27** Membership Committee Meeting
- 27** Kids Triathlon 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

## John Williams



This month's Member Profile is John Williams. You've probably seen John out on the road completing grueling running and biking workouts. He's a tough competitor but always seems to have a smile for everyone he encounters.

### **How Long Have you been a member of the Springfield Bicycle Club?**

Ten years—right after I retired in 2012.

### **How long have you been riding, how did you get started?**

Started before I was a teenager. Seems I lived on my bike during the summers in a small rural community. Mastered wheelies on my 3-speed to combat boredom. Got a decent new bike to do duathlons in the 80s. Participated in my first national triathlon in 2015.

### **What is your favorite kind of riding?**

I like racing in triathlons and lengthy group rides.

### **Any riding goals for this year?**

Catch up on a variety of group rides after a couple of national triathlons.

### **Anything else that you'd care to share?**

Let me attest to the view that participating in this bike club's activities will enrich one's network of friends.



John recovers after a tough ride



## **FULL-SERVICE BICYCLE SHOP**

Serving coffee and locally-sourced craft beer

**LOCATED IN DOWNTOWN WINCHESTER, ILLINOIS**

**CORPORATE SPONSOR of the Springfield Bicycle Club**

**21 SOUTH MAIN STREET | WINCHESTER IL**

**(217) 742 4025**

**ruralcyclery@gmail.com   fb: ruralcyclery**





## FEBRUARY 8 Bicycle Trivia Night

SUBMITTED BY **LIBBY SHAWGO**

The second Springfield Bicycle Club Trivia Night February 8 at Harvest Market was well attended by SBC members and guests alike. The night wouldn't have been nearly as much fun without donations from the 45 sponsors who were badgered mercilessly by Bob Coady until they gave generously. Thanks to Bob Coady, Libby Shawgo, Nathan Schorfheide, and Anne Schroll for organizing this fun event. Thanks also to Jon Roth, Music Source Professional Disc Jockey Service, for generously donating his emcee services. Alison Rockwell, daughter of Jennifer Rockwell, did a great job handing out all those door prizes! Missy Block kindly agreed to take photos with some encouragement from Bob.







Zak Kennedy, nephew of SBC member Michelle Woods, was a pilot in the U.S. Navy who tragically lost his life on January 1, 2023 in an accident involving a drunk driver.

## FEBRUARY 25 BADD, BICYCLISTS AGAINST DRUNK DRIVING RIDE

SUBMITTED BY **NICK COURTNEY**

Zak Kennedy was a pilot in the United States Navy. His life was ended on January 1, 2023, when he and his fiancée were headed home from visiting family during the holidays and were involved in an accident with a drunk driver. Zak's aunt and SBC member Michelle Woods reached out to me to put a ride together and do some fundraising for MADD. The ride was planned for February 25, which would have been Zak's 26th birthday.

The day was cloudy and cool. We had 12 cyclists start with two of them being small children. The ride started off with a prayer from the local priest of the St. Joseph Catholic church here in Chatham. Then the National anthem was played before our 26-mile journey. The route started at Chatham South Community Park and headed north on Park Avenue to Goldenrod, where three of the adults and both children opted to end their ride. The remaining group of six cyclists headed west into very cool temps and a slight headwind.

Our route had us go to South Oak Grove Road. As we traveled south, the wind was still out of the west. We were determined to make all 26 miles in honor of Zak's 26th birthday. Once we turned to the east, we had the wind behind us but it was still cold. When we arrived at our crossing on Route 4, there was a train stopped on the tracks, keeping us from the planned route. We decided to ride on Route 4 for a short time, staying on the shoulder. Once we reached Ostermeier Road, we continued our route but lost a few miles due to the detour.

As of today, at least \$500 was collected in Zak's memory. We all made it back and had a great time and hope to make this an annual event to honor not only Zak but anyone who has lost their life due to a drunk driver. In attendance for today's ride was Alicia Bibb, Kerri Fulscher, Michelle Woods, Taylor Somerfield, Chris MacGibbon and me.





## FEBRUARY 25 Site M Gravel Ride

SUBMITTED BY **ANNE SCHROLL**

Thanks to Troy Gilmore and Chris Scheufele for organizing a gravel ride that started at Prairie Lake Campground at Jim Edgar Panther Creek State Park (otherwise known as Site M). The forecast was originally for temps in the 40s and low winds, but as we were driving through Ashland, it became apparent that this was not to be. Little pockets of ice were sitting on the farm fields and there was quite a bit of water on the roads, indicating that Cass County had received some rain during the night.

So in spite of, or maybe because of the bad weather, a great crowd bundled up and came out for this ride that meandered northwest toward Oakford and then made a loop on some of the roads featured in the familiar Dirty Menard course before returning to the park. Some of us who shall remain nameless chose to cut the 45-mile route down to 30 miles.

### Want to Check Out this Route?



Check out the route and download for your own use at the link below.



<https://ridewithgps.com/routes/42067191>





## March Birthdays

*Happy Birthday to  
the following club  
members!*

### **March 3**

Eileen Norris

### **March 5**

Tom Clark  
Vitali Beneke

### **March 7**

Annette Chinuge

### **March 9**

Adam Stearns

### **March 10**

Judy Shipp

### **March 13**

John Kinsel

### **March 14**

Peggy Randle

### **March 15**

Nick Courtney

### **March 16**

David McDivitt

### **March 21**

Brenda Cawley

### **March 22**

Elaine Schmidt

### **March 30**

Christa McLaren-Morris

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: 359**

### **FEBRUARY RENEWALS AND NEW MEMBERS**

#### **WELCOME TO OUR NEW MEMBERS:**

##### **Individual Memberships**

Cassandra Claman  
Nick Courtney  
Judy Shipp  
Michelle Woods

#### **WELCOME BACK TO OUR RENEWING MEMBERS:**

##### **Family Memberships**

Mark & Nancy Ferguson  
Mark & Linda Flotow  
Naomi Greene  
John & Ruth Ann Hamilton  
Sherry Knight & Vaughn Morrison  
Dawn & John Stearns,  
Adam Stearns  
Curt & Kathleen Winhold

##### **Individual Memberships**

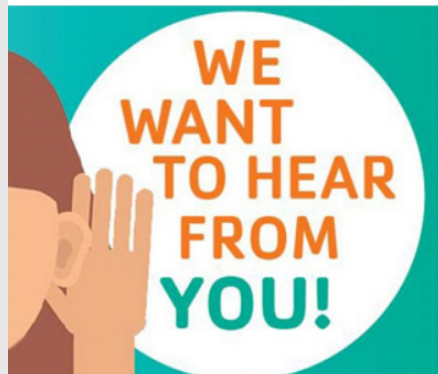
Julie Boots  
Dan Dungan

Kevin Greene  
Rick Haberkorn  
Cassandra Maillet  
Blaine Redemer  
Patty Shafer  
Vince Smith  
Charlene Vollmer  
Melissa Wiseman

#### **Donations**

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

Cassandra Claman  
Dan Dungan  
John & Ruth Ann Hamilton  
Cassandra Maillet  
Vaughn Morrison  
Blaine Redemer  
Connie Roberts  
Vince Smith  
Michelle Woods



**WATCH YOUR EMAIL FOR A LINK  
TO A SURVEY REQUESTING YOUR  
FEEDBACK ON YOUR EXPERIENCE  
BEING A MEMBER OF THE SPRING-  
FIELD BICYCLE CLUB!**

# Club Benefits

Group Rides  
Discount on Capital City  
Century Registration  
Discount on Sangamon  
Cycling Series 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)*

## March Milestones

Name	Join Date	Years with SBC
Ben Fox	3/10/2000	23
Jan Cimarossa	3/2/2002	21
Kristina Mucinskas & Stephen Paca	2/15/2010	13
Jordan Litvak	3/1/2013	10
Nina Rossini	3/29/2018	5
Vince Smith	3/22/2019	4
Melissa Wiseman	3/11/2020	3
Diane Mounce	3/6/2021	2
John & Dawn Stearns Adam Stearns	3/11/2021	2
Derrick Stevens & Lori Young	3/1/2022	1
Jeff Stearns	3/3/2022	1
Keri Fulscher	3/16/2022	1
Cassandra Maillet	3/17/2022	1
Ken Miner	3/20/2022	1
Mark & Nancy Ferguson	3/21/2022	1
Lisa Geary	3/23/2022	1
Steve Patzia	3/24/2022	1
Randall Soland	3/30/2022	1
Julie Boots	2/11/2022	1
Bette Chesser	2/13/2022	1



# SBC Online

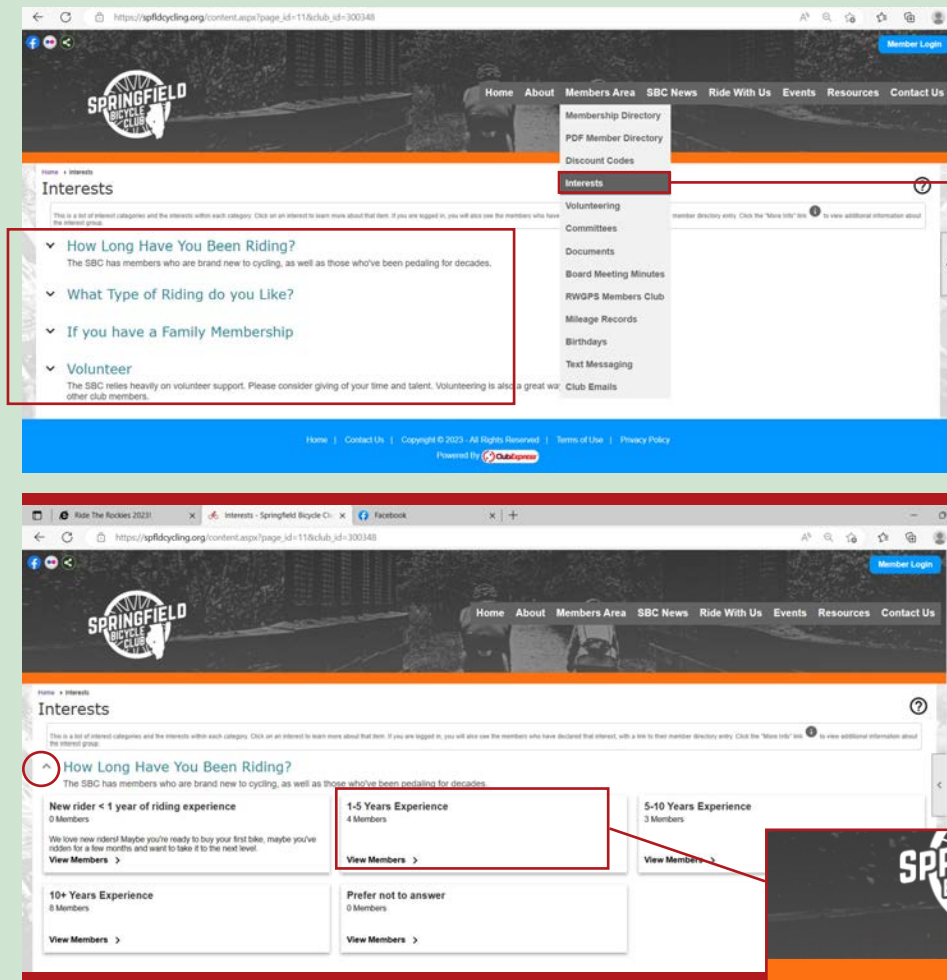
## Interests Module

If you have recently joined the club or renewed your membership, you may have answered some questions about your riding experience and interests when filling out the online membership form. These questions are intended to help learn more about the riding habits of our members and will help the club develop rides that are inclusive and provide riding opportunities for all levels. This is also a useful way for members to find other members to ride with.

*Example: You like to ride on bike trails. Clicking on the Type of Riding question will show a list of other members who prefer riding on the trails.*

The questions are stored in a module on our website called "Interests" and are accessible by any club member. You must be logged into ClubExpress to view the list of members in each category.

But you don't have to wait to renew your membership to provide input. The Interests Module is available to all club members and we are encouraging everyone to take a look and answer the questions.



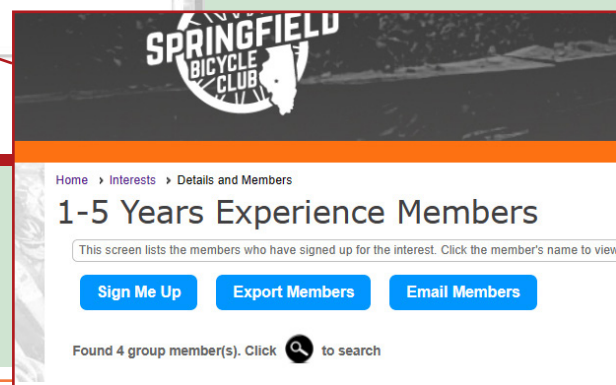
To take a look at the Interests, click on the **MEMBERS AREA** tab, then select **INTERESTS**.

You will see a list of the questions.

**Please note: You must be logged into ClubExpress. The information contained in the Interests Module is only available to club members, not the general public.**

Click on the dropdown symbol to the left of a question to see a list of members who have indicated interest in this category.

If you would like to be added to this category, select the button **SIGN ME UP**. Your name will be added to this category.





## 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	<b>9:00 AM</b> <b>A</b> <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. <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	
	<b>9:00 AM</b> <b>D</b> <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. <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	
	<b>8:00 AM</b> <b>BC</b> <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. <b>This ride will start in APRIL weather permitting</b>	
MONDAY	<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 MARCH, weather permitting</b> <b>For more info,</b> contact Dave Ross at (217) 416-1682	<b>5:30 PM</b> <b>GR</b> <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. <b>The first ride will be Monday, March 13</b> <b>Start Location:</b> Varies, check the Ride Schedule for more information

## 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>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 MARCH, weather permitting</b> <b>For more info,</b> contact Dave Ross at (217) 416-1682	<b>5:30 PM</b> <b>C/SLOW-C</b> <b>12-16 mph. C/Slow C</b> These are <b>NO DROP beginner-friendly</b> rides for March. There will not be a designated ride leader for March. The location changes weekly. These rides will be approximately 20 miles at a 12.1 - 14.0 mph or 14.1-16.0 mph pace depending which group (C or Slow C) you join. All routes will be uploaded to the Slow C Collection in the RidewithGPS SBC club section. <b>Questions?</b> Contact 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 MARCH, weather permitting</b> <b>For more info,</b> contact Dave Ross at (217) 416-1682	
THURSDAY	<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)



## 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	<p><b>10:00 AM</b> <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 MARCH, weather permitting</b> <b>For more info,</b> contact Dave Ross at (217) 416-1682</p>	
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>	

## Scheduled SBC Rides/Events

### D WABASH TRAIL RIDE

**FRIDAY, MARCH 3 AT 1 P.M.**

**Location:** Meet at Parking lot behind Sonic Drive-In, 1312 West Wabash Avenue

Ride the Wabash Trail 4 miles from parking lot behind Sonic Drive In Restaurant to Peases at Bunn Gourmet Restaurant. Rain date Friday, March 10.

**More information:** John Sanford 217-416-7156

### BC SPRING FORWARD RIDE

**SUNDAY, MARCH 12, 2023 | 5:00 PM**

**Location:** Centennial Park

Celebrate the extra hour of sunlight with an 18 mile +/- ride starting from Centennial Park. Troy Gilmore will lead the B group and Anne Schroll will lead the C group. There may be a Slow C group if we can find a leader. Route TBA. Check the SBC Facebook Events section for info on routes.

**For more information,** contact Troy Gilmore or Anne Schroll 217-414-4101

### C/SLOW-C CULVERS CRAWL

**(SHOW N GO)**

**TUESDAY, MARCH 14 | 5:30 PM**

**Location:** Stuart Park, 1800 Winch Lane, Springfield

About 14 miles down the Sangamon Valley Trail with a little jog on city streets to Culver's Ice Cream and Butterburgers -- a great way to start the riding season! Bring your treat money! See the SBC Facebook page for event details. Lights are REQUIRED for safety.

**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 groad 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

### D LOST BRIDGE-STANFORD CONNECTOR TRAIL RIDE

**MONDAY, MARCH 20 | 1 PM**

**Location:** Meet at IDOT Trailhead, 2300 South Dirksen Parkway  
Ride Lost Bridge-Stanford Connector Trail 5 miles from IDOT to Dreamland and Lake Victoria Parks with nearby Greek and American restaurants. Rain date Monday March 27

**More information:** John Sanford 217-416-7156

### C/SLOW-C ATHENS OASIS

**TUESDAY, MARCH 21 | 5:30 PM**

**Location:** Stuart Park, 1800 Winch Lane, Springfield

About 23 miles down the Sangamon Valley Trail and country roads to Casey's in Athens for quick treats and back. Bring your treat money! See the SBC Facebook page for details. Lights are REQUIRED for safety.

**More information:** Contact Bob Coady at 217-416-2181



### NC MUSIC BINGO AT DUBLIN PUD

**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.



**D WASHINGTON PARK -  
NEIGHBORHOOD RIDE**  
**FRIDAY, MARCH 31 | 1PM**

**Location:** Meet at Washington Park Carillon, 1740 West Fayette Avenue, Springfield

Ride residential neighborhood streets 4 miles from Washington Park Carillon. After viewing Botanical Garden Spring Holiday Floral Show, ride to Incredibly Delicious Bakery and Restaurant. Rain date Friday April 7

**More information:** John Sanford 217-416 -7156

**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



**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.

### 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](#)

### 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>

### TRI PIONEER SPRINT AND MINI TRI

**MAY 6, 2023**

**Location:** PORTA High School, Petersburg, IL

Come out to Petersburg, IL on May 6, 2023 for the Pioneer Spirit Sprint and Mini tri-series which enables seasoned or beginning triathletes to test out their abilities in a short-distance, heated indoor pool, triathlon. Triathletes also have the option to take on the Tri-Challenge which allows participants to test their stamina and talent for the triathlon by competing in both the mini and sprint distances. This event supports the PORTA high school pool program by providing a portion of the profits and 100% of donations received.

**For more information,** email InPlay Productions at [inplaypro23@gmail.com](mailto:inplaypro23@gmail.com)



**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#>.

### ABC TOUR DE CASEYS

**SUNDAY, AUGUST 20, 2023 | 7:00 AM**

**Location:** Fairview Park, Decatur

Ride bikes, eat pizza, drink fluids, make friends.

**For more info,** check out the Facebook Event

<https://www.facebook.com/events/3260755550802965>



**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)





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