



the Quick Release

www.spfldcycling.org

APRIL
2023

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RIDE SCHEDULE



Who's that masked rider in the St. Patrick's Day Parade? It's our own Nick Courtney representing Friends of Sangamon County Animal Control.



Ride Season is Here!

Winter is in the rear view mirror and it's time to get outside! Are you ready to ride? Is your bike ready? This is a good time of year to get your bike tuned up and in good working order so you don't miss any events or ride due to poor maintenance. If you don't do your own maintenance, give your local bike shop a call to schedule a tuneup.

If you haven't applied for your Road ID, please consider it for the upcoming year, it's one thing that really can make a difference in an emergency. SBC members receive a 20% discount. Check the website under SBC Members > Discount Codes or email info@spfldcycling.org for details on how to use the discount.



2023 Board

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VICE PRESIDENT

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SOCIAL DIRECTOR

Nathan Schorfheide

AT-LARGE DIRECTORS

Kathryn Hanlon

Barb Manson

Mike May

Chris Scheufele

Ride Season is Here! Cont'd

Thanks to everyone who took the time to respond to the **SBC Member Survey!** Results from this will be used to develop targeted riding opportunities and programs for our members. Some of the results are featured in this newsletter. We received some great comments about what is working and areas for improvement.

Mark your calendar for the April social - **Celebrate Trails Day / Spring Metric** to be held April 22 at Rochester Community Park. This is a family-friendly event starting with a ride on the Lost Bridge Trail followed by lunch at the large pavilion (west side of the park on Wild Rose Lane).

Stay tuned for an email announcing a new **SBC Incentive Program** that rewards volunteerism, ride leadership and participation in SBC events!

REGISTRATION NOW OPEN!!!



SANGAMON CYCLING SERIES

FOUR SUPPORTED RIDES MAY - AUGUST

The 2023 Sangamon Cycling Series is now open for registration! This series of four separate cycling events starts in mid-May and runs through August. Each event offers different distances ranging from 20 miles up to 100 miles. It's a great way to build fitness over the summer in preparation for the Capital City Century and meet other cyclists at your level.

Register before May 1 to be guaranteed a t-shirt. Details on the SBC Website or follow the QR code below.



Newsletter Content

Articles for the Quick Release are welcome! Please send ideas, articles, etc. to newsletter@spfldcycling.org



Hosted on the fourth Saturday of April, **Celebrate Trails Day** is an annual spring celebration of America's trails.

Started by Rails-to-Trails Conservancy in 2013, the celebration encourages people across the country to get outside and enjoy the nation's exceptional trails and trail systems.

For 2023, the Springfield Bicycle Club will combine Celebrate Trails Day with our Spring Metric. This family-friendly event is free for all SBC members. We'll start off with a ride from Rochester Community Park on the Lost Bridge Trail. Routes will be announced, but you can pick your distance and keep it close to home with a short ride out and back on the trail, or select one of the longer routes from 20 to 62 miles.

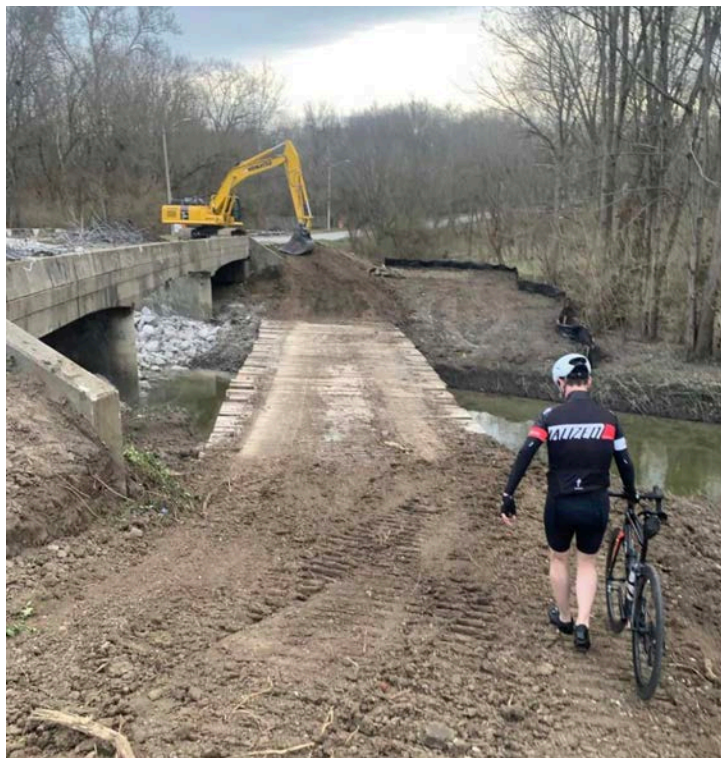
After your ride, please join us for lunch and socializing at the large pavilion. A playground is located next to the pavilion, so bring your kids and grandkids!

This event is free to all SBC members and their guests, but we do request that you RSVP so that we can get a head count for lunch.

Details on spfldcycling.org or scan the QR code below



Out and About



Rick Haberkorn navigates a temporary bridge on Churchill Road. Per the Office of Public Works, the bridge replacement project will continue through September 2023.



Riders head into the sunset on Monday Night Gravel. This ride meets at 5:45 PM in Loami on Monday evenings.

What's Going on in the SBC?

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

CLUB INITIATIVES

501(c)(3) Designation

The SBC is now officially a nonprofit with tax-exempt status under Section 501(c)(3) of the Internal Revenue Code. As such, the club is now listed as an official charity with the IRS. Sponsorships and member donations may now qualify as deductible. Past President Troy Gilmore, Treasurer Larry Stone and member Mark Rabin collaborated for over a year on the application to the IRS. Special thanks goes out to these individuals for their work in seeing this project through to success.

Membership Committee

The Member Survey is now closed and results are in. We had a good response with over 100 members providing input on their experiences with being a member of the SBC. Charts are provided on the following page that show results of some of the questions. Responses about individual experiences are being reviewed by the committee and will help in developing future programs and rides.

An email was sent out to all who responded to the survey with a Discount Code for \$5.00 off any SBC event or membership cost. **Several emails that bounced back as undeliverable. If you completed the survey and have not received your code, please email Anne Schroll at info@spfldcycling.org.**

Incentive Committee

An updated Incentive Program is nearly ready to roll out. Volunteerism will be rewarded, and the Ride Leader program will move to a points system versus the random drawing. A new Series program will encourage participation in both the Sangamon Cycling Series and the Capital City Century. Details to follow.

New Vendor for SBC Team Kit

Anne Schroll is working with a potential new vendor for SBC-branded jerseys, shorts and other cycling attire. An announcement will follow once details have been worked out.

CLUB EVENTS

Celebrate Trails Day / Spring Metric

The April social will take place on the 22nd at Rochester Community Park. See details in this newsletter.

Sangamon Cycling Series (SCS) Updates-

Registration for the 2023 SCS is open! This program, now in its third year, is available to both SBC members and non-members. We're looking for volunteers to help staff rest stops, serve as SAG drivers and Ride Leaders for this event. If you can help out in any capacity, please sign up on the Volunteer Portal on the website, or send an email to info@spfldcycling.org.

CCC Updates

Sponsors are being sought for the 2023 Capital City Century, which will start and finish at the Sherman Athletic Club on September 9. Routes are being developed and will incorporate the new Sherman-Williamsville Bike Trail.

Kids Triathlon Updates

Patty Shafer is serving as the primary organizer for the 2023 Kids Triathlon, with help from members of the Springfield Triathlon Club, and Scott Sievers. Registration is open. This event will take place at Lincoln Park on July 15.

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

Keep up-to-date with the V-Park and BikeTek 2023 rides by following the Springfield II Area Cycling Facebook Group.



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

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.

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. We could use ride leaders for Saturday and Sunday rides!

C /SLOW C / D RIDERS

The **C/Slow C rides** start up April 4th with a Season Opener at Springfield Beer. This promises to be a popular ride, and this group is very welcoming to new riders. Check out the Facebook Event for more info.

Another C Ride option this season will be a ride starting from Stuart Park on Thursday evenings at 5:30. Ride Leader Anne Schroll will lead a 14-16 mph road ride that includes a few hills around the Sangamon River near Salisbury. This ride starts April 13.



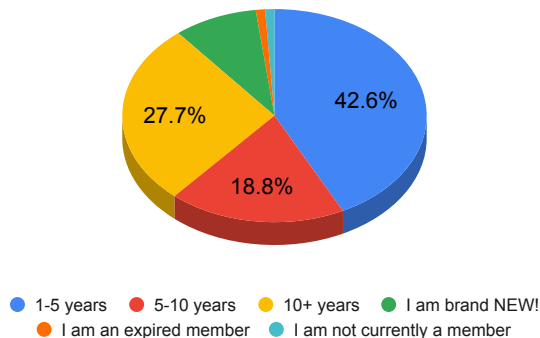
Thanks to Libby Shawgo for offering to continue the tradition of **D rides** on the Sangamon Valley Trail. These low-key, slower paced rides are great to meet other club members. Please note that this ride, traditionally held on Thursday evening, will now be Wednesday evenings at 5:30. Location will alternate between Stuart Park and Centennial Park.

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.

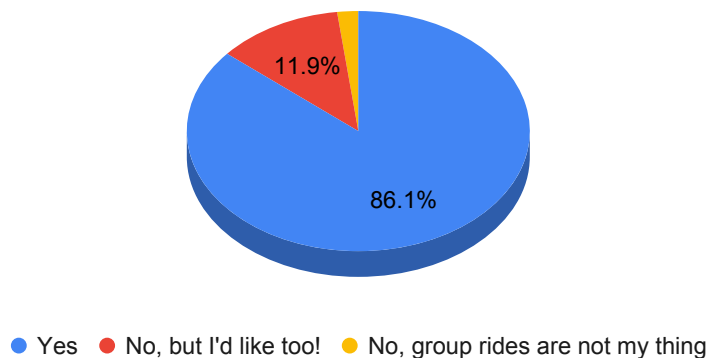
Anne Schroll is coordinating a new EZ / D level ride starting Sunday, April 6th. We'll call it the **Pancake Ride**. The plan is to meet in the parking lot of the Interurban Trail in Chatham (across the street from the post office), ride a short distance on the trail, and then grab breakfast at the Chatham Cafe afterwards.

SBC Member Survey

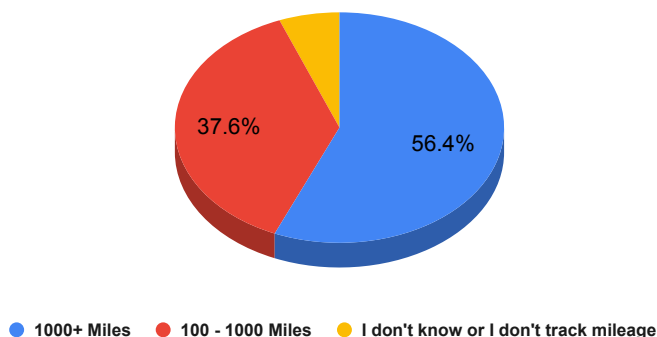
How long have you been a member?



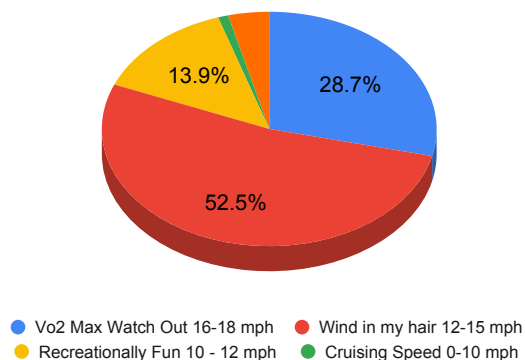
Have you ridden on a SBC group ride?



How many miles a year do you ride?



On an average ride, how slow or fast do you ride?



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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)
- 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)
- 26** Sangamon Cycling Series – Registration Opens
- 28** Music Bingo at Dublin Pub
- TBD** Kids Triathlon Committee Meeting
- TBD** CCC Planning Committee Meeting

APRIL

- 3** Board Meeting
- 22** Trails Awareness Day / Spring Metric and Cookout
- 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

- 1** **AREA EVENT** Illinois Senior Olympics
- 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
- 21** **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 Kinsel



This month's Member Profile is John Kinsel. A member since 2017, John and his wife, Deane, are frequent riders on club events. John, age 67 and retired, has made significant contributions to the club in terms of volunteer hours. If you have ridden the Capital City Century and seen the numerous arrows and signs used to mark the route, then you'll understand how much John has helped out the club --- he is a veteran route marker for the Capital City Century and also steps forward to help out with rest stops at the Sangamon Cycling Series. In his own words:

"My name is John Kinsel and I am the slowest rider in the club. I am 67 and retired. I am quite happy to be a D level rider, maybe good for 50 miles late in the season."

I get the impression many club members would be runners if not riding. I am a lot more comfortable walking long distances. Deane and I get close to 1,000 miles a year. We do the Challenge Rides, CCC, and the Thursday night D ride. We also travel for weekend rides other clubs host (Prairie Pedal, Amish Ride, Tour de Witt....). For the last 5 years I have volunteered to do route marking and checking for the CCC. I think I have done 7 CCC's, and Deane did 2 or 3 by herself before I started riding."



Wet Shoes? Well, that's one way to do it... Steve Schroll demonstrates his technique for drying out cycling shoes after the Dirty South Roubaix (this works better if you remove the insoles first.)



Loren Easter shows how it's done on one of the big climbs



L-R: Todd Parks, Andrew Asher, Scott Parker, Michael May, Chris Scheufele, Troy Gilmore, Steve Schroll, Dave Huber and Scott Bell

MARCH 4 Dirty South Roubaix

SUBMITTED BY **ANNE SCHROLL**

It seems strange to write a race report for an event that I did not attend, but I'm going to do just that for the 2023 Dirty South Roubaix. This gravel race is held annually in the small southern Illinois town of Alto Pass and has become a springtime rite of passage for gravel riders in Illinois and Missouri. It's also an SBC Travels Ride, so if you sign up, you're pretty much guaranteed to rub elbows with fellow club members.

The race is held on a Saturday morning. Husband Steve and I had planned to head south in the early afternoon and spend the night in Carbondale, but heavy rains which turned into heavy, wet snow changed my mind about interstate travel and inspired visions of a muddy, flooded course. Ever the optimist, Steve got up early Saturday and was on the road to Alto Pass by 4:30 AM.

A few other club members opted out, but the majority chose to make the trip and I regretted my decision to skip the race after hearing that conditions were nearly perfect. The FOMO was only intensified when Dave Huber sent me a Facebook message questioning my dedication to gravel riding.

Following are some stories about the event.



Above - Michael Phelon



Bacon and Bourbon stop

Experiences you say....."it came down to the wire between Scott Bell and myself and he dug down deep then POWERED ahead to defeat me at the finish line!" He's a beast on a bike! No mercy.

DAVE HUBER

TROY GILMORE

This was the 2nd year I've ridden this race. I had a bar I wanted to climb over this year & I'd say I did it!

There was 4" of rain here yesterday. 1/2" of rain at home turns the roads to peanut butter, but here the roads were great. There was only one part before LaRue-Pine Hills that was muddy enough I got splattered because of sucking a wheel too closely.

The Levee, after the rest stop, wasn't nearly as bad as last year. Tire pressure was better & rain made it softer, not as lumpy-bumpy as years past.

CHRIS SCHEUFELE

Last year on a whim and encouragement from my cycling buddies I signed up for Dirty South. I quickly did the N+1 purchase (formula for how many bikes you should own where N is the current number of bikes). We rode through winter and did some 'hills' and 'gravel.'

What I learned last year was that training was not enough so this year I made an effort to do more miles, training, and harder rides before DSR. In February, we rode the Dirty Petersburg Route with 24-30mph head winds, did a metric heading out to Ashland and back, and did hill training in Oak Ridge Cemetery, tackled some dirt roads at Site M.

In the perfect world, I would have done even more training but life happens as husband, dad, and someone with a normal work schedule. However, it did help! I felt stronger this year and knocked off 37 minutes from last year's time.

I was also aware of what the course had in store and was efficient at rest stops.

The day before the race, Central Illinois got hit with rain, wind, and snow. And in Southern Illinois they received almost 4 inches of rain. Course conditions were questionable before the race, but the weather passed, the ground dried out, and the sun came out.

We had trained in winter gear, but the day of the race I wore short bibs, with a regular jersey and a long sleeved thermal jersey and thin gloves. The temp

started in the 40s and was in the mid 60s by the time I finished.

Making a comeback to my wife's dismay was the "racing mustache." Although it can't be accurately measured, I think it gave me an extra 20-50 watts of power climbing those hills! And just like my racing season, it's only an exhibition, so it will be disappearing till the next race.

We had a great group of riders show up from the Springfield Bicycle Club. A lot of the same riders suffered with me on those February training rides.

DSR is a hard race especially being in the beginning of March when there's not ideal conditions to train. However, that last-last hill you have to climb into Alto Pass as you're questioning why you like gravel cycling goes away as you crest your way into town and cross the finish line.



Chris Scheufele and his "racing mustache"

MARCH 28
Music Bingo at
Dublin Pub



April Birthdays

*Happy Birthday to
the following club
members!*

APRIL 2

Derek Ewing

APRIL 3

Mary Thomas

APRIL 4

Joel Johnson

APRIL 7

Barbara Manson
Kathryn Hanlon
Linda Kelly

APRIL 8

Sheri Schorfheide

APRIL 9

Kathy Mehuys

April 10

Michelle L Woods

April 11

Steve Casper

April 12

Brooke Morgan

April 13

Dave Hood

April 15

Tim Kinkelaar

April 18

John Engelmeyer
Neal Beneke

April 19

Brigetta Ewing
Deb Stahl

April 20

Holling Kniffin

April 22

Scott Clark

April 26

Tracey Hurley

April 28

Cindy Murphy

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: 368

MARCH RENEWALS AND NEW MEMBERS

WELCOME TO OUR NEW MEMBERS:

Individual Memberships

Sandy Kennedy
Bronwyn Leach
Shelly Nielsen
Michael Patterson
Jon Rounds

Family Membership

Don & Kim Schwanke

Donations

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

James Brown
William Castor
Julie Donelson
Don Gwinn
Jim Hunter
Brooke Morgan
Bronwyn Leach
Michelle Woods

WELCOME BACK TO OUR RENEWING MEMBERS:

Family Memberships

Travis Booth & Brooke Morgan
Don & Melanie Caspary
Bill & Linda Castor
William & Kim Chestnut
Joe & Julie Donelson
Sheryl Essenburg
Don & Melissa Gwinn, Sean Gwinn
Kevin & Dianne Hamblin
John & Mollie Langley
Scott & Tracy Parker
David Ross
Nathan & Sheri Schorfheide
Bill & Lisa Schultz
Jim & Deb Stahl
Mark & Ann Vassmer
Chuck & Annette Zalar,
Allie Nichols

Individual Memberships

James Brown
Ben Fox
Dylan Grady
Jim Hunter
David Kalaskie
Ken Miner
James Ray
Nina Rossini
Patty Shafer
Ron Summers

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
Supplemental Accident and
Liability Insurance on Group
Rides

*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)*

April Milestones

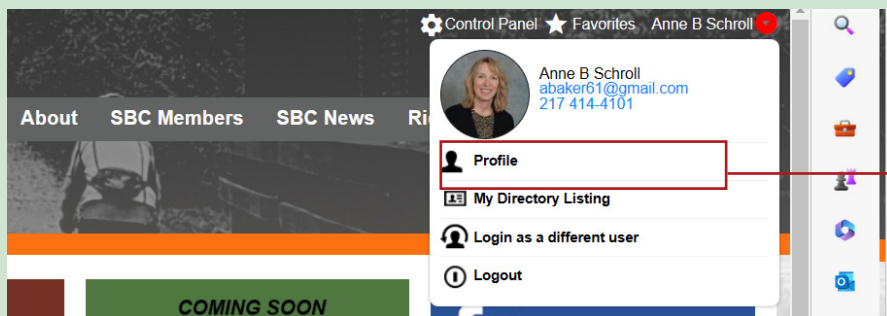
Name	Join Date	Years with SBC
Jack and Tracey Hurley	4/13/2006	17
Kathryn Hanlon	4/8/2007	16
Ted Harvatin	4/15/2007	16
Mark Wagner	4/15/2009	14
Sandy Elliott	4/1/2013	10
Bob Coady	4/15/2016	7
Jack Morris	4/26/2016	7
Gene Rupnik	4/3/2017	6
John and Deane Kinsel	4/8/2017	6
Barb Manson	4/10/2017	6
Linda McClain	4/18/2017	7
Tony Kolbeck	4/20/2017	6
Steve Casper	4/21/2017	6
Kevin and Dianna Hamblin	4/21/2017	6
Greg and Colleen Pinto	4/17/2018	5
Tabithah Marcacci	4/29/2018	5
Bill and Lisa Schultz	4/14/2019	4
Bill and Linda Castor	4/14/2019	4
Kellie Williams	4/2/2021	2
Dan Dungan	4/5/2021	2
Patty Shafer	4/5/2021	2
Jeff Jarrard	4/5/2021	2
Brooke Morgan	4/7/2021	2
Travis Booth	4/7/2021	2
William and Kim Chestnut	4/13/2021	2
Rosemary Tuetken	4/15/2021	2
Stephen McCormick	4/15/2021	2
Marilyn Silver	4/20/2021	2
Brad Walkenhorst	4/22/2021	2
Nichols, Allie	4/22/2021	2
Joe and Julie Donelson, Julie	4/24/2021	2
Matthew Crain	4/29/2021	2
John Wilker	4/2/2022	1
John Wilkinson	4/2/2022	1
Bryen Johnson	4/11/2022	1
Zachary Bright	4/12/2022	1
David Ringland	4/13/2022	1
James Brown	4/19/2022	1
Mollie and John Langley	4/24/2022	1

SBC Online

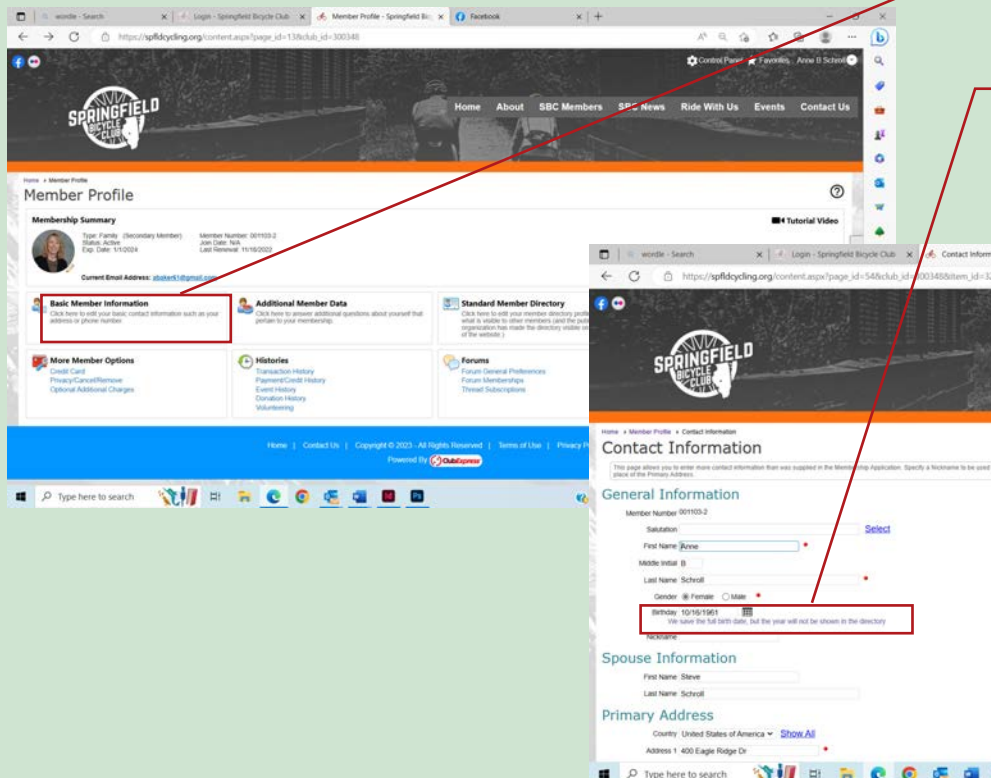
Birthdays

A common question is "**why doesn't my birthday appear under the Birthdays list on the website and/or in the newsletter?**" This info is pulled from the Member Profile in ClubExpress. When joining the club, your date of birth is optional.

Check to see if your date of birth is included in your Member Profile by following the steps below. While you are at it, this is a good opportunity to verify any other information such as email, phone number, address, etc.



Be sure that you are logged into ClubExpress. From the home page on spfldcycling.org, click on your name in the upper right-hand corner and then select **PROFILE**.



The Member Profile screen opens. Select **BASIC MEMBER INFORMATION**.

The Contact Information screen opens. Check the birthday field under General Information and fill it in if empty.

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



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	9:00 AM A V-Park A Ride. 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. Weather permitting, this is a year-round ride. Start Location: Meet at Vredenburg Park. For more info, Facebook page Springfield IL Area Cycling	
	8:00 AM EZ Pancake Ride on the Interurban Trail Social Ride (Less than 10 mph). 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. This ride will start on April 16 Start Location: Meet at the trail parking lot for the Interurban on Walnut Street in Chatham For more info, call or text Anne Schroll at (217) 414-4101	
	8:00 AM BC Show-n-Go Sunday Ride (14-18 mph). 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. This ride will start in APRIL weather permitting	
MONDAY	10:00 AM BCD Show-n-Go Geezer Ride. 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. For more info, contact Dave Ross at (217) 416-1682	5:30 PM GR Monday Night Gravel. WEATHER PERMITTING, meet at either Centennial Park or Loami Park for a 15-20 mile ride. Lights recommended early in season. Start Location: Varies, check the Ride Schedule for more information

2023 Weekly Ride Schedule - cont'd

DAY OF WEEK	MORNING	AFTERNOON/EVENING
TUESDAY		5:30 PM AB Team MACK Race Training (AB Ride). 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. Weather permitting, this is a year-round ride. Start Location: BikeTek, 957 Clocktower Drive For More Info, contact Gary Doering (teammack@comcast.net) with questions.
	10:00 AM BCD Show-n-Go Geezer Ride. 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. For more info, contact Dave Ross at (217) 416-1682	5:30 PM C/SLOW-C 12-16 mph. C/Slow C These are NO DROP beginner-friendly 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. Questions? Contact Bob Coady at (217) 416-2181
WEDNESDAY	9:00 AM B Coffee Ride. 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. This ride will start in MAY. Start Location: Vpark For More Information, call or text Steve Casper at (217) 414-9833	6:00 PM ABC Wheel Fast Bike Shop Intermediate Training Ride. 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. This ride will start on April 5
	10:00 AM BCD Show-n-Go Geezer Ride. 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. For more info, contact Dave Ross at (217) 416-1682	5:30 PM D Stuart Park Social Ride). This beginner-friendly ride takes a leisurely 12-mile round trip on the Sangamon Valley Trail. The pace is relaxed at 10-12 mph. This ride will start in APRIL, weather permitting. Start Location: Stuart Park For more info, call or text Libby Shawgo 217-
THURSDAY	10:00 AM BCD Show-n-Go Geezer Ride. 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. For more info, contact Dave Ross at (217) 416-1682	5:30 PM AB Team MACK Race Training (AB Ride). 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. Weather permitting, this is a year-round ride. Start Location: BikeTek, 957 Clocktower Drive For More Info, contact Gary Doering (teammack@comcast.net)

2023 Weekly Ride Schedule - cont'd

DAY OF WEEK	MORNING	AFTERNOON/EVENING
FRIDAY	<p>10:00 AM BCD</p> <p>Show-n-Go Geezer Ride. 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>For more info, contact Dave Ross at (217) 416-1682</p>	
	<p>9:00 AM A</p> <p>V-Park A Ride. 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>This is a YEAR-ROUND ride, weather permitting. Meet at Vredenburg Park. For more info, check out the FB page Springfield IL Area Cycling</p>	
SATURDAY	<p>8:00 AM BC</p> <p>Saturday Spin Ride (14-18 mph). 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>This ride will start in APRIL, weather permitting.</p>	
	<p>9:00 AM GR</p> <p>Gravel Training Rides. 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>This ride will start in APRIL, weather permitting.</p>	

Scheduled SBC Rides/Events

ABCD SANGAMON CYCLING SERIES

REGISTRATION NOW OPEN

Location: Various

The third year of the SBC's popular series is in the planning stages, with registration slated to open in early April. See the club website for details.

C/SLOW-C KREKEL'S KRUISE

TUESDAY, APRIL 11 | 5:45 PM

Location: Krekel's Hamburgers & Custard, North Grand Ave

Let's kruiise to the Riverton Fast Stop and back, about 20 miles. Custard, burgers, snacks! Bring your treat money! See the "Slow C Collection in the Ride with GPS SBC Club section" for route details.

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

D RIDE ON SANGAMON VALLEY TRAIL

WEDNESDAY, APRIL 12 | 5:30 PM

Location: Centennial Park

Join Ride Leader Libby Shawgo for a 10-12 mile ride on the Sangamon Valley Trail. Pace will be 10-12 mph, and novice/beginner cyclists are most welcome to join!

C RIDE TO SALISBURY

THURSDAY, APRIL 13 | 5:30 PM

Location: Stuart Park

Join Ride Leader Anne Schroll for a 20+- ride on country roads to Salisbury, where we'll ride a loop around the Sangamon River hills and then back. Pace will be 14-16 mph

For more info, call or text Anne at 217-414-4101

EZ PANCAKE RIDE ON THE INTERURBAN

SUNDAY, APRIL 16 | 8:00 AM

Location: Meet at Trail Parking lot in Chatham on Walnut (across from the Post Office)

BEGINNER FRIENDLY!

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.

For more info, call or text Anne at 217-414-4101

D RIDE ON INTERURBAN TO APPLE BARN

MONDAY, APRIL 17 | 1:00 PM

Location: Meet at parking lot on Interurban Trail behind Sonic

Let's go for an EZ ride on the Interurban Trail for about 8 miles, starting at the parking lot behind Sonic Restaurant, 1312 West Wabash Avenue 62704, to Apple Barn Bakery and Store in Chatham. Rain Date Monday April 24. Please wear Helmut, hi-visibility clothing and bring water in bottle.

For more info, Contact Ride Leader John Sanford, Cell Phone 217/416-7156.

C/SLOW-C ATHENS OASIS

TUESDAY, APRIL 18 | 5:45 PM

This NO DROP ride will be 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 "Slow C Collection in the Ride with GPS SBC Club section" for route details.

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

D RIDE ON SANGAMON VALLEY TRAIL

WEDNESDAY, APRIL 19 | 5:30 PM

Location: Stuart Park

Join Ride Leader Libby Shawgo for a 10-12 mile ride on the Sangamon Valley Trail. Pace will be 10-12 mph, and novice/beginner cyclists are most welcome to join!

C RIDE TO SALISBURY

THURSDAY, APRIL 20 | 5:30 PM

Location: Stuart Park

Join Ride Leader Anne Schroll for a 20+- ride on country roads to Salisbury, where we'll ride a loop around the Sangamon River hills and then back. Pace will be 14-16 mph

For more info, call or text Anne at 217-414-4101

BCD RURAL CYCLERY ROAD RIDE

APRIL 29, 2023

Location: Rural Cyclery, Winchester

Our friend and corporate sponsor, Rural Cyclery, is hosting a road ride for all levels starting at their shop. There will be 2 distance offerings (20 and 45) with a ride leader for each length. Pace for each will be between 10-15mph avg and the routes will be country roads with light traffic. Food and beverages at the shop afterwards.

EZ PANCAKE RIDE ON THE INTERURBAN

SUNDAY, APRIL 23 | 8:00 AM

Location: Meet at Trail Parking lot in Chatham on Walnut (across from the Post Office)

BEGINNER FRIENDLY!

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.

For more info, call or text Anne at 217-414-4101

C/SLOW-C LOLLIPOP

TUESDAY, APRIL 25 | 5:45 PM

Location: Scheels Parking Lot, next to Casa Real

A fan favorite, about 23 miles, we will go south down the InterUrban Trail through Chatham to the end of Main Street, a loop through the country and back. See the "Slow C Collection in the Ride with GPS SBC Club section" for route details.

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

D RIDE ON SANGAMON VALLEY TRAIL

WEDNESDAY, APRIL 26 | 5:30 PM

Location: Centennial Park

Join Ride Leader Libby Shawgo for a 10-12 mile ride on the Sangamon Valley Trail. Pace will be 10-12 mph, and novice/beginner cyclists are most welcome to join!

C RIDE TO SALISBURY

THURSDAY, APRIL 27 | 5:30 PM

Location: Stuart Park

Join Ride Leader Anne Schroll for a 20+- ride on country roads to Salisbury, where we'll ride a loop around the Sangamon River hills and then back. Pace will be 14-16 mph. **For more info**, call or text Anne at 217-414-4101

C/SLOW-C SEASON OPENER - SPRINGFIELD BEER CO.

TUESDAY, MAY 4 | 5:45 PM

Location: Springfield Beer Co.
3788 Wabash Ave., Springfield, IL

This ride will be about 18 miles down the Sangamon Valley Trail to the river bridge and back (or all the way if we're feeling frisky). After the ride, let's kick off the riding season with a celebration at Springfield Beer! Food can be brought over from Freddy's next door. See the "Slow C Collection in the Ride with GPS SBC Club

section" for route details.

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

ABCD SANGAMON CYCLING SERIES

SATURDAY, MAY 13 | 8:00 AM

Location: Sherman Community Park

Event 1 of the Sangamon Cycling Series kicks off at Sherman Community Park, small pavilion. Registration online at spfldcycling.org under Events

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.

ABCD SANGAMON CYCLING SERIES

SATURDAY, JUNE 24 | 8:00 AM

Location: Chatham Community Park

Event 2 of the Sangamon Cycling Series. Registration online at spfldcycling.org under Events

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

ABCD SANGAMON CYCLING SERIES

SATURDAY, JULY 22 | 8:00 AM

Location: TBD

Event 3 of the Sangamon Cycling Series. Registration online at spfldcycling.org under Events

ABCD SANGAMON CYCLING SERIES

SATURDAY, AUGUST 12 | 8:00 AM

Location: TBD

Event 4 of the Sangamon Cycling Series.

Registration online at spfldcycling.org under Events



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.

Area Rides / Events / SBC Travels

ABC WHEEL FAST BIKE SHOP

TRAINING RIDE

WEDNESDAY, APRIL 5 | 6:00 PM

Location: Meet at Wheelfast Bike Shop in Chatham and plan on 16-20 miles.

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. Pace will be 14-16 mph. There will be options to shorten the route based on fitness or skill level.

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



SBC TRAVELS VINO FONDO
SATURDAY, MAY 20, 2023

Location: Defiance, MO

Big Shark Bicycle Company and Sugar Creek Winery are bringing the Europe-

an 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#>.



ABCD THIRD ANNUAL WHEEL FAST

MONSTER METRIC CENTURY

SUNDAY, JUNE 4 | 8:00 AM

Location: Ball Elementary School, 1015 New City Road, Chatham, IL

Registration will be open from 7:00-9:00 a.m. the day of the ride. Details on flyer.

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>

ABCD ILLINOIS SENIOR OLYMPICS

SUNDAY, OCTOBER 1

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

The Illinois Senior Olympics returns to Park Headquarters at Jim Edgar Panther Creek State Park.

This is not an SBC event but the club provides support.

Registration opening soon.



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



Children's Hospital

HSHS St. John's



12th annual

Kids Triathlon

Saturday, July 15, 2023

Nelson Center in Lincoln Park



For more information
and registration
SpiTriClub.com

Event Details

Mini-Tri

5-6 years old

- 50 m swim
- .6 mile bike
- 1/4 mile run

Triathlon

6-13 years old

- 100 m swim
- 1.25 mile bike
- 1/2 mile run



SCHEELS

\$30.00 entrance fee
(\$35.00 after June 15)

Includes event t-shirt,
goodie bag, finisher medal,
awards, festivities and
refreshments

SCHEELS

AlignLife
CHIROPRACTIC & NATURAL HEALTH CENTER



Take a more active approach to getting around.
Leave the car at home and take the
Curb Your Car Active Transportation Challenge
May 14-20, 2023

Prize drawings for all participants

Compete as a team with your co-workers

Get your Active Transportation Passport stamped for prizes from Café Moxo

Free bus rides all week for anyone who brings their bike

Free bus rides for everybody on Transit Tuesday, May 16

Downtown bike commute on Wednesday, May 17, 2023 at 7:30 am

**Register Your
Team Here**



ILLINOIS.GOV



Springfield Bicycle Club
Springfield, Illinois



Malones
Restaurant



**Register Yourself
Here**





Presents

The 3rd Annual Monster Metric Century

at Ball Elementary School

1015 New City Road, Chatham, IL

Sunday June 4th, 2023 at 8:00 a.m.

Registration will be open from 7:00-9:00 a.m. the day of the ride

Pre-register online or at Wheel Fast, 17 Cottonwood Dr.

in Chatham through Saturday 6-3-2023 at 2:00 p.m.

Group mass start at 8:00 a.m.

There will be three approximate distance options: 62, 40, & 20 miles

Donation cost is \$30.00

Free Wheel Fast cycling socks to the first 150 riders!!!

SAG service until 1:00 p.m.

Rest stops for all routes with food and drink

Lunch Served from 11:00-2:00 following the ride

All Proceeds benefit Titan Fuel & Charity TBD

Call Wheel Fast with any questions 217-483-7807



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: _____