



the Quick Release

www.spfldcycling.org

MAY
2023

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RIDE SCHEDULE



Rural Cyclery in Winchester, IL hosted a road ride on Saturday, April 29. A good group of SBC members made the short drive and participated in the ride, with lunch afterwards. Thanks to shop owner Colin Kuchy for organizing the ride!

May is Bike Month!

May is **National Bike Month**, promoted by the League of American Bicyclists and celebrated in communities from coast to coast. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling — and encourage more folks to giving biking a try.

At the local level, you can help promote National Bike Month by participating in the Springfield-Sangamon County Regional Planning Commission's **Curb Your Car Challenge**, running from May 14-20. Check out the flyer in the Ride Schedule section of this newsletter for more information.

May 13 is the first ride for the 2023 **Sangamon Cycling Series**. The event will start at Sherman Community Park with a rest stop set up at a park in Williamsville. Routes are currently being finalized and will be sent out to all registered riders later this week.

Registration for the 2023 **Capital City Century** is set to open the week of May 1.

Stay current on the busy ride schedule by checking the club's calendar. Weather cancellations and other changes are communicated here, as well as on the SBC Members' Facebook group.



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

LOCAL ROAD/BRIDGE CLOSURES



The following road/bridge closures may have an impact on popular riding routes.

The **steel bridge over Richland Creek on Irwin Bridge Road**, east of Salisbury, is scheduled to be replaced. The schedule for closure TBD but should be sometime in late spring.

The Office of Public Works announced that effective March 21, **Churchill Road** is closed for tree removal. The removals are related to the bridge replacement work that is forthcoming. Once the trees are removed, crews will begin structure replacement on the Churchill Road Bridge. Since this work will begin once the trees are removed, Churchill Road will remain closed until the first week of September, 2023.

LATE REGISTRATION STILL OPEN!!!



SANGAMON CYCLING SERIES

FOUR SUPPORTED RIDES MAY - AUGUST

The 2023 Sangamon Cycling Series is still open for registration! The reduced fee of \$10 for members and \$15 for non-members does not include a t-shirt, but you will still receive four supported rides with rest stops and a chance to win a gift certificate to a local bike shop.



The first ride takes place on May 13 at Sherman Community Park. Each ride 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.

Newsletter Content

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

Third Street Rail Relocation Project

SUBMITTED BY **MIKE MURPHY**

Springfield has a wonderful opportunity to create a linear park that will not only provide a place for recreational activities but also be an economic tool for the community. The rail relocation project that is scheduled to be completed by the end of 2025 will relocate the railroad tracks that currently run through the middle of downtown Springfield near 3rd Street to the 10th Street area. This will give us the space to create something very special throughout Springfield.

A group has been studying the possibilities that could transform the vacant 3rd Street rail location into not only a pedestrian/ bicycle trail but something much more. I encourage you to visit the website at the following link. <http://springfieldrailroad.com/newsite/index.php/3rd-street-tab> This plan will connect the current Wabash/Inter-urban Trail and run all the way through Springfield ending at Gate 2 of the Illinois State Fairgrounds.

They have a link to the “Third Street Redevelopment Feasibility Report” along with a link to a drone flyover of the area on their website as well.

The group is currently exploring financing opportunities for not only the preliminary planning costs but also funds that will be needed to start construction once the tracks are removed in 2026.

I will keep the club updated on the progress and any changes to the plan.



**Stay up-to-date
on the Third Street
Rail Relocation
Project at [http://
springfieldrailroad.com/
newsite/index.php/3rd-
street-tab](http://springfieldrailroad.com/newsite/index.php/3rd-street-tab)**

Out and About



Great turnout for the first D ride on the season. Thanks to Ride Leader Libby Shawgo for keeping this ride going! This ride meets at 5:30 and the start location alternates between Stuart Park and Centennial Park.



The Thursday evening C group gathers for a group pic at the soon-to-be-demolished bridge over Richland Creek on Irwin Bridge road.

What's Going on in the SBC?

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

CLUB INITIATIVES

Membership Committee

The Member Survey revealed a clear need for more rides targeted toward the "EZ" and "D" categories. There is also great interest in the club offering education opportunities in bike maintenance, CPR, use of mapping software, etc. The Membership Committee is working on addressing these needs.

Incentive Committee

Watch for an email announcement of the updated Incentive Program.

New Vendor for SBC Team Kit

There was a good response to the first Borah Team Store. Orders are now in production and we would expect shipment in late May to early June. There will be a small quantity of extra Team Club Cut jerseys available for those who missed the order or would prefer to try on a jersey prior to purchasing.

CLUB EVENTS

Sangamon Cycling Series (SCS) Updates

Early registration for the 2023 SCS closed on May 1st. You can still sign up but will not be able to order a t-shirt. We are ordering a limited quantity of extra t-shirts and will make those available for purchase.

CCC Updates

Registration for the 2023 Capital City Century will open the week of May 1st.

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.

B Riders

Thanks to Jennifer Walker for organizing and leading Tuesday evening and weekend B rides this season!

BIKE SAFETY CLINIC

MAY 4TH & 11TH
STUART PARK



**INTERESTED IN JOINING
A GROUP BIKE RIDE BUT
NOT SURE YOU'RE READY?
YOU ARE NOT ALONE!** This
two-session mini-clinic will
get you up to speed!

Session 1 - May 4th

Session 2 - May 11th

Stuart Park | 1800 Winch Lane

Session 1 - May 4th

5:45 PM

- Introduction to group riding
- Bike etiquette
- When to use hand signals, shout outs and why

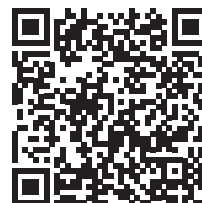
The group will then go for a short ride up the Sangamon Valley Trail to practice and reinforce what we've learned.

Session 2 - May 11th

5:45 PM

- Review of prior week's lesson followed by group ride.

Learn more and RSVP at:





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

Current Volunteer Opportunities

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.



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](https://www.facebook.com/ruralcyclery)



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

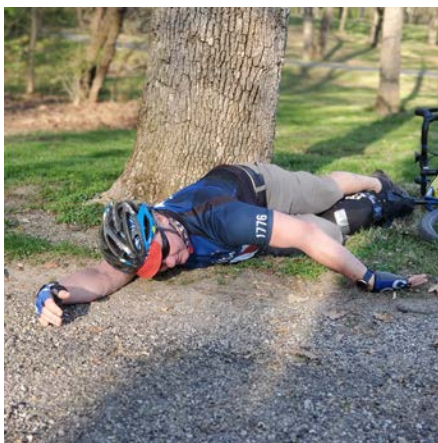
- 6** Board Meeting – Annual Meeting/Election
- TBD** **AREA EVENT** Dirty Petersburg Gravel Ride

DECEMBER

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



Above: A hardy group pioneered the first Bike Camp Weekend of 2023. L-R Joel Johnson, Jordan Litvak, Dave Huber, Michael Phelon, Andrew Asher, Scott Bell, David Kaleskie



APRIL 14-16 Bike Camp Weekend

SUBMITTED BY **SCOTT BELL**

Bicycle Camp Weekend was a huge success! It was a beautiful day on Friday and Saturday. Most of us pedaled 30-40 miles on each day with gear. Some of us had more gear than others. Dave Kalaskie pulled a bob trailer and it was loaded. In fact, he almost got pulled over for hitting the load limit on the Sangamon Valley Trail bridge. Dave Huber, on the other hand, gets the award for lightest traveler. He showed up with a hammock and some very interesting pajamas.

We all managed to devour wings, curds, pizza and chicken fingers at the Parkside after Friday's ride. If you are ever in the area, the Parkside is a good place to stop. We washed down our appetizers with a cold beverage or three, then headed to the campfire. The next morning, camp was taken down and we headed home.

Another trip is in the works, stay tuned...



LETTERS, FAXES & E-MAIL

PICTURING THE PAST



Back in 1971, you didn't need a high-tech bike or lycra shorts to be part of the Springfield Bicycle Club. Today's photo shows the first official bike ride of the SBC, which is celebrating its 35th anniversary this year. Byron Nesbitt, who was on the inaugural ride and is still a club member, says, "The ride left the steps of the Capitol going out of town to the north, around the airport and on to New Salem. There were many Chicago riders who came down on the train for the ride also. The location is at the home of a Mr. Edwards west of the

airport. He invited the riders to take a break in his yard and provided fresh water from a garden hose for any who wanted to refill their bottles." The ride took place June 27, 1971. The riders included Patti Bird, Rich Doering, Karen Doering, Byron Nesbitt, Sharon Doering, Grant Mueller, John Danser, Larry Doering, Mr. Edwards and Dave Wyness.

If you have an old photograph — you decide what constitutes old — that you think others would enjoy seeing in the newspaper, please call editorial page editor Mike Matulis at 788-1508.

Special thanks to Byron Nesbitt for sharing this image.

From the Archives

The Quick Release newsletter has been around for nearly as long as the SBC. Many issues are in digital form and are available for viewing on the club's website under the tab "SBC News". Following are some random snippets from over the years.

5 YEARS - MAY 2018

The SBC partnered with the Springfield-Sangamon County Regional Planning Commission on the sixth annual Curb Your Car Challenge.

15 YEARS - MAY 2008

President Robert LaBonte describes some bad behavior on the part of a cyclist in Washington Park and discusses the importance of setting a good example.

20 YEARS - MAY 2003

From the Board minutes: Reporting on their meeting with Menard County Trails Coalition representatives, Linda Butler and Lynn Miller said the Trails Coalition saw the TGISpring as a fundraiser for improved trails. They recommended that we give the Trails Coalition all the profits from this year's ride. After discussion, it was agreed that the Trails Coalition should keep all of this year's profits, with the understanding that they would provide SAG and food stop support throughout the ride.

Jonathan distributed drafts of the TGISpring and CCC brochures. Slightly higher fees for the lower-mileage CCC routes were proposed.

Marty Celnick expressed interest in organizing the Iron-horse Triathlon, with possible help from Jon Edwards.

From the Ride Schedule: Chuck Orwig and Curt Evoy are organizing a trivia night to raise money for the Lance Armstrong Foundation and Cystic Fibrosis. Come ride with us, have dinner at Casey's Pub, and/or join us for night of gaming for a \$10 fee

Dave Lucas led a D ride starting and finishing at Baskin Robbins in Fairhills Mall.

25 YEARS - May 1998

Theresa DeLeon, Chair, reported on the TGI: Spring Metric, held May 2. The ride was co-sponsored with the Petersburg Chamber of Commerce. Menard County volunteers did most of the work, enabling SBC members to ride the course which wound through the back roads of rural Menard County between Petersburg, Athens, Sweetwater and Greenville.

30 YEARS - MAY 1993

BikeTek had the following Road Bike specials in their QR ad:

- 1990 Bianchi Alfano, Shimano 105, Clipless pedals, 58cm, was \$849 Now \$636.75
- 1992 Bridgestone RB2 - Shimano 400EX, 53 and 56cm, was \$599, Now \$509.15
- 1992 Bianchi Europa - Shimano 300LX, 55cm, was \$519, now \$441.15

35 YEARS - MAY 1988

SBC President Larry Small announced the SBC 20% cycling helmet rebate program. The discounts were available at local bike shops.

Greg Lakebrink was organizing volunteers to help staff the bicycle course for the sixth annual Bud Light Iron-horse Triathlon. Dean Wisleder was organizing the S.H.I.F.T. and recruiting students for his Lawrence Adult Center bicycling course. Dave Stjern was signing up riders for the Pedal Across Wisconsin, a Springfield Tandem Rally, and the SBC Siloam Springs backpacking weekend.

40 YEARS - MAY 1983

The first Southern Hilly Illinois Family Tour (S.H.I.F.T.) was a tremendous success thanks to Dean Wisleder, who put it all together. Sixteen members took part, experiencing good weather and good food (causing the Giant City Lodge a financial loss on its all-you-can-eat chicken dinner) and mostly good roads.

45 YEARS - MAY 1978

The Spring Metric Century in 1978 was dedicated to the memory of Ken Alrutz, making this the first annual Alrutz Memorial Metric Century.

50 YEARS - MAY 1973

May 11, 1973 - Articles of Incorporation for the Springfield Bicycle Club were filed with the Illinois Secretary of State.

The SBC helped with the Mummert's City-Wide Bicycle Clinic in cooperation with the Springfield Police Department and the Springfield Park District. The program involved bike safety, road testing, maintenance and equipment safety checks.



MAY BIRTHDAYS

*Happy Birthday to
the following club
members!*

May 1

David Ross

May 2

Dianna Hamblin

May 5

Patty Shafer

May 7

Nick Fogleman
Mike Long

May 13

Emily Drennan

May 15

Pamela Hart

May 20

Tracy Parker

May 24

Bob Steimel

May 28

Sandy Elliott

May 30

Ann Vassmer
Jim Storm
Tricia Owsley

May 31

Rich Saal

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: 378

APRIL RENEWALS AND NEW MEMBERS

WELCOME TO OUR NEW MEMBERS:

Individual Memberships

Tim Febus

James Lewis

Naomi Lopez (converted family membership to individual)

Tricia Owsley

Rich Saal

Rick Schmudde

Bill Stokes

Doug VanNattan

Family Membership

Chris Basso (Secondary member - Casey Primm Family)

Chuck Grubb and Margie Buyze

Trevor and Megan Hebert

The Kaufmann Family - Martin, Amy, Laura, Katie

Adam Stearns (Secondary member - Dawn Stearns Family)

Donations

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

Rick Schmudde

Rich Saal

Greg Pinto

Byron Nesbitt

Mike Murphy

Jack Morris

Rob Kalb

Joel Johnson

Matthew Crain

Linda Capranica

WELCOME BACK TO OUR RENEWING MEMBERS:

Family Memberships

Ed and Gina Canny, Sara Canny

Mike and Cindy Murphy

Greg and Colleen Pinto

Steve and Peggy Randle

Jeffrey and Marilyn Regan

Bob and Sandy Steimel

Thomas and Billie Swift

Individual Memberships

Frank Aguirre

Linda Capranica

Bob Coady

Matthew Crain

Mike Eymann

Kathryn Hanlon

Ted Harvatin

Joel Johnson

Rob Kalb

Tony Kolbeck

Jack Morris

Roseanne Nance

Byron Nesbitt

Michelle Pitts

Janelle Snyder

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
Craig and Holling Kniffin	5/1/1960	63
Mike Eymann	5/1/1997	26
Jeffrey and Marilyn Regan	5/1/2012	11
Bob and Nancy Thompson	5/1/2012	11
Kurt Curry	5/31/2014	9
Scott and Tracy Parker	5/1/2016	7
Chuck and Annette Zalar	5/1/2016	7
Steve and Peggy Randle	5/31/2016	7
David Hood	5/28/2017	6
Lance Cull	5/26/2019	4
Roseanne Nance	5/26/2019	4
Michele Pitts	5/28/2019	4
Thomas and Billie Swift	5/4/2020	3
Dylan Grady	5/11/2020	3
Nathan Schorfheide	5/1/2021	2
Linda Capranica	5/3/2021	2
Frank Aguirre	5/22/2021	2
Jim Hunter	5/1/2022	1
Ed and Gina Canny, Sara Canny	5/4/2022	1
Janelle Snyder	5/8/2022	1
Fuhrmann Engineering	5/13/2022	1
Don Seacrist	5/18/2022	1
Matthew Quick	5/25/2022	1
Tyler Orton	5/29/2022	
Rob Kalb	5/30/2022	1

SBC Online

Database Cleanup - How You Can Help

An area of database management that you, as a club member, can help us with is to verify your **emergency contact information**. The individual listed here needs to be a relative or friend that the club can contact if you are injured on a club-organized ride. Your emergency contact does not need to be local.

You can update this information on the club website.

- Go to spfldcycling.org
- Log in (if you don't know your login name, contact Ted Sunder at membership@spfldcycling.org)
- Click on the drop down arrow to the right of your name in the upper right-hand corner.
- Select "Profile"
- Click on "Basic Member Information"
- Scroll down to the bottom of the page
- Enter your Emergency Contact Information.
- Click "Save"



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 Club
Calendar at
spfldcycling.org

2023 Weekly Ride Schedule

These are "standing" rides that take place each week. Be sure to check the club calendar on the website or the SBC Facebook page for weather-related cancellations. If in doubt, contact the Ride Leader.

DAY OF WEEK	MORNING	AFTERNOON/EVENING
SUNDAY		12:00 PM 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
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 Loami Park for a 15-20 mile ride. Lights recommended early in season.
TUESDAY	9:00 AM BC Show-n-Go Ride from LLCC. Meet at LincolnLand Community College, Lot 2 in the parking lot and go for a spin with the Tuesday morning group. Distance will vary but will generally be in the 30-mile range at a 14-16 mph pace. For more info, contact Patty Shafer at (217) 414-3773 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. 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
		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 5 times on the Tuesday night rides. Start Location: Biketek, 967 Clocktower Drive Questions? Contact Gary Doering teammack@comcast.net
		5:45 PM B B Rides (14-18 mph). Join Jennifer Walker for approx. 20 miles. Starting location will vary and details will be announced in the Club Calendar on the website.

2023 Weekly Ride Schedule - cont'd

DAY OF WEEK	MORNING	AFTERNOON/EVENING
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. 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.
	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. Start Location: Alternates between Stuart Park and Centennial Park.
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 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 5 times on the Tuesday night rides. Start Location: Biketek, 967 Clocktower Drive Questions? Contact Gary Doering teammack@comcast.net
FRIDAY	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	
SATURDAY	Various - Check the Club Calendar	

Scheduled SBC Rides/Events

D RIDE ON SANGAMON VALLEY TRAIL

WEDNESDAY, MAY 3 | 5:45 PM

10-12 miles, (10-12 mph)

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, MAY 4 | 5:30 PM

Location: Stuart Park

22 miles, 14-16 mph

Join Ride Leader Casey Primm for a 20+- ride on country roads to Salisbury, where we'll ride a loop around the Sangamon River hills and then back.

EZ BIKE SAFETY CLINIC - SESSION 1

THURSDAY, MAY 4 | 5:45 PM

Location: Stuart Park

Lori Dale will lead a two-session Bike Safety Clinic at Stuart Park. The first session will include Introduction to group riding, Bike etiquette, When to use hand signals, shout outs and why. The group will then go for a short ride up the Sangamon Valley Trail to practice and reinforce what we've learned.

This is a free session but we do ask that you RSVP (check the club website calendar).

EZ/D RIDE TO MORNING STAR RESTAURANT IN SALISBURY

FRIDAY, MAY 5 | 9 AM

Location: Stuart Park

22 miles, 8-10 mph

Meet at Stuart Park and ride up the Sangamon Valley Trail to Morning Star Restaurant in Salisbury. Rain date: May 12

For more info, call John Sanford, 217-416-7156

C NICK C'S C RIDE

SATURDAY, MAY 6 | 9:00 AM

Location: Chatham Community Park

26.9 Miles, 13-15 mph., **NO DROP**

Ride Leader Nick Courtney will take riders on a loop on the country roads southwest of Chatham.

More Info, contact Nick Courtney at 217-341-9934



B SUNDAY DE MAYO RIDE

SUNDAY, MAY 7 | 9:00 AM

Location: El Dorado Taquero Restaurant, Toronto Road

Go for a spin with Ride Leader Jennifer Walker and then enjoy Mexican lunch afterwards! Route to be announced.

For more info, follow the Facebook Group "Springfield B Cycling Group" or contact Jen Walker.

C/SLOW-C BOMKE LOOP BACKWARDS

TUESDAY, MAY 9 | 5:45 PM

Location: Stuart Park

20 miles, 10-12 mph

This ride will be about 20 miles down the Sangamon Valley Trail, through the country for a few miles past Bomke's Patch, then back to Stuart Park. As part of planning for 2023, it was decided to reverse the ride direction to increase safety on a particularly steep hill.

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

EZ BIKE SAFETY CLINIC - SESSION 2

THURSDAY, MAY 11 | 5:45 PM

Location: Stuart Park

Lori Dale will lead a two-session Bike Safety Clinic at Stuart Park. This second session will consist of a review of prior week's lessons, followed by a ride up the Sangamon Valley Trail. No one gets left behind and we'll plan to ride at an EZ pace of 10-12 mph, depending on the group.

This is a free session but we do ask that you RSVP (check the club website calendar).

D/EZ APPLE BARN TO COVERED BRIDGE

MONDAY, MAY 15 | 9:00 AM

Location: Apple Barn, 2290 West Walnut, Chatham

8 miles, 8-10 mph

Join Ride Leader John Sanford for a 4-mile ride to Sugar Creek Covered Bridge in Pioneer Park, near Glenarm. Rain date, May 22. J

For more info, John Sanford, 217/416-7156

C/SLOW-C ROLLED GELATO JOINT

TUESDAY, MAY 16 | 5:45 PM

Location: Maribis Parking Lot Near Del's Popcorn

23 miles, 10-16 mph

We will ride south via the InterUrban Trail through Chatham, returning to Taki Taco for delicious ice cream treats. See the "Slow C Collection" in the RidewithGPS Club Section for route information.

D RIDE ON SANGAMON VALLEY TRAIL
WEDNESDAY, MAY 17 | 5:30 PM

10-12 miles, (10-12 mph)

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!

For more info, call or text Libby at 217-416-1104

C RIDE TO SALISBURY

THURSDAY, MAY 18 | 5:30 PM

Location: Stuart Park

22 miles, 14-16 mph

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.

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

EZ TOUR OF MENARD COUNTY

SUNDAY, MAY 21 | 9:00 AM

Location: Menard County Courthouse, Petersburg, IL

40 Miles, 10-14 mph

Join Ride Leaders Libby Shawgo and Doug VanNattan for a 40+- mile tour of several historic sites in Menard County. **For more info,** call or text Libby at 217-416-1104

C/SLOW-C LOST ON THE TRAIL

TUESDAY, MAY 23 | 5:45 PM

Location: Lost Bridge Trailhead, IDOT Parking Lot, 2300 S. Dirksen Parkway, Spfld

17 miles, 10-16 mph

We will ride on the Lost Bridge Trail through Rochester with a loop through the country and back, returning via the Lost Bridge Trail. See the C/Slow C Collection on the Club's RWGPS Club page for route information.

For more info, call or text Bob Coady at 217-416-2181.

D RIDE ON SANGAMON VALLEY TRAIL
WEDNESDAY, MAY 24 | 5:30 PM

10-12 miles, (10-12 mph)

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, MAY 25 | 5:30 PM

Location: Stuart Park

22 miles, 14-16 mph

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.

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

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 RIDE ON SANGAMON VALLEY TRAIL

WEDNESDAY, MAY 31 | 5:30 PM

10-12 miles, (10-12 mph)

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/SLOW-C LOLLIPOP BACKWARDS

TUESDAY, MAY 30 | 5:45 PM

Location: Scheels Parking Lot, next to Casa Real

23 miles, 10-16 mph

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. Just to keep it interesting, we will ride the "pop" in reverse. Different scenery, different profile, keep life exciting! 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, 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: Lake Sangchris East Boat Ramp

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: Rochester Community Park

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.

ABC WHEEL FAST BIKE SHOP

TRAINING RIDE

WEDNESDAY EVENINGS

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

MTB MOUNTAIN BIKE WITH SIMBA

WEDNESDAY EVENINGS | 5:30 PM

Group trail rides are on for 2023! The plan is to alternate weekly between Lewis trails and the lake, weather/conditions permitting. Each ride will consist loosely of 2 groups:

A/ Group: This is fast and full gas.
B/ Group: More of a chill and social pace and is essentially no drop

We all meet up at 5:30 then head out in groups for about an hour to an hour and a half of riding. Feel free to join whichever group you want.. SIMBA isn't about rules and regiments, and I think this will benefit everyone... the overall vibe is fun and inclusive. The main reason for these rides is to promote and grow the community and Mtb culture in Springfield... Also nobody cares if your bike costs 8 grand or 8 bucks; it's about fun, and Dirt Life... pull up!

One more note; there is no des-

ignated "leader" for these rides/groups.

Springfield Bicycle Club members are welcome to join in! Here's the link to SIMBA's Facebook page --- just request to join and stay in the loop on their organized rides!
<https://www.facebook.com/groups/SpringfieldILMountainBiking>

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 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#>.



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/326075550802965>

GR YELLOW CHIP ROAD 2023 (FORMERLY ILLINOIS KANZA)

SATURDAY, SEPT 30, 2023 | 8:00 AM

Location: Kansas, Illinois
Eighth running of the Yellow Chip Road (formerly Ill Kanza) gravel grinder starting and ending in Kansas, Illinois. This year we're returning to the extra gnarly routes from 2021! Come on out and explore some of the best, toughest, most remote gravel roads in Central Illinois! All routes will be timed, with prizes for the top three men and women in the 3 longest routes. As anyone who's

ridden here before knows, these roads can be very rough and challenging so come prepared! For more information, follow the Facebook page <https://www.facebook.com/events/1856205214761546>

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

CYCLOCROSS PUMPKIN HOP CROSS

OCTOBER 6, 7 AND 8, 2023

Pumpkin Hop Cross runs October 6th through the 8th this year! The cyclocross event in its ninth showing brings back Friday night racing for 2023, and builds on 2021's two-day affair to make it a whole weekend of great CX racing in Beardstown. Multiple courses of grass, sand, mud, woods, stairs, and flyovers will be on offer, at

least one kids-specific race, and all kinds of series points! Keep watch of the Pumpkin Hop Cross Facebook page for new and ongoing details as the summer wears on. Cyclocross season is really just four months away now! And if you've never tried cyclocross before, Pumpkin Hop Cross in

Beardstown is a stellar place to start.

For more information, <https://www.facebook.com/pumpkinhop>



Children's Hospital

HSHS St. John's



SPRINGFIELD, ILLINOIS



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



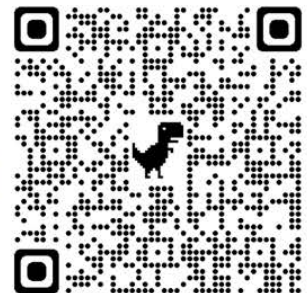
Springfield Bicycle Club
Springfield, Illinois



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: _____