



# the Quick Release

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

JUNE  
2023

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**2023 Ride of Silence.** Special thanks to Dave and Jeanny Huber for organizing the Ride of Silence on Wednesday, May 17th. This annual ride unites cyclists worldwide in a silent, slow paced ride to honor those who have been injured or killed while cycling on public roads. Read more in the Ride Report.

## Summertime is Upon Us!

The month of May provided some prime riding opportunities for club members and the June forecast looks balmy and perfect for those after-work rides and weekend adventures. Stay up to date by checking the Calendar on the club's home page ([spfldcycling.org](http://spfldcycling.org)). You can also learn a lot about upcoming rides on the SBC Members Facebook Group. If you have questions about a ride, you can post in the Facebook group. The website calendar also provides contact information for ride leaders if you'd prefer to call, text or email.

June 24 will be the date for the second event of the 2023 **Sangamon Cycling Series**. The ride will start at Chatham Community Park with a rest stop in Auburn at the park. T-Shirts just arrived and will be available at the start of the ride. We may also provide some opportunities to get your shirt prior to the ride. Watch for an email.

Have you signed up for the 2023 **Capital City Century** yet? If you're not riding on September 9, please consider volunteering!



## 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.

**Elkhart, IL - Kennedy Road ramp** over I-55 is closed for reconstruction.

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.

**Churchill Road** is closed for bridge replacement.

## 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 second ride will take place on **June 24 at Chatham 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](mailto:newsletter@spfldcycling.org)



# Member Survey

SUBMITTED BY **CHRIS SCHEUFELE**

The 2023 SBC Membership Survey was a great success. We had 101 responses, which gave the SBC Board great insight into what our membership is into riding, things the club is doing well, and activities the membership is interested in.

We have taken some of that feedback and already put it into action. Communication and non-FaceBook communication was mentioned in several survey responses. If you're signed up for it, you may have noticed more text messages from the club with updates about rides and events.

It was also requested that the club did more engagement of new riders. We have put that in action by emailing new members after they sign up with a follow-up letting them know about the services the club provides, how to connect with existing members, and how to find group rides. SBC Special Events and Projects Director also hosted a Bike Safety Clinic in May to help new riders navigate group rides and roads.

Another common theme was a variety of responses asking for different types of rides and destinations. The SCS kicked off in Sherman with brand-new routes to explore. The club also had a couple of pancake rides scheduled, but canceled after weather issues. Watch the SBC Ride Calendar for new and interesting rides this summer. And members are always welcome to host their own rides. Reach out and we can add to the calendar.

The survey provided great insight and the SBC board is using this information in the planning of future activities and rides.

## Out and About

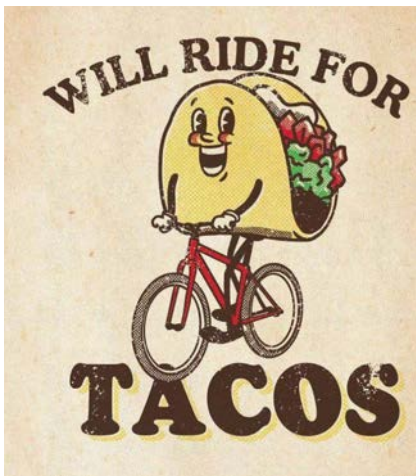


Nick Courtney's C ride on May 6th just barely beat the rain!



Libby Shawgo organized an Oakford Cruise on May 27th. The route conveniently passed the infamous Wallace's Trading Post, where libations and bison riding were popular pastimes.





Big turnout for the Sunday Da Mayo ride on May 7th! The event, organized by Jennifer Walker, started and finished at El Dorado Taqueria, followed by lunch (and probably some margaritas).

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Wow look at all those riders! A beautiful morning brought out record attendance for Jennifer Walker's ride to the Williamsville Maker's Market. Rumor is that the group cleaned out the food trucks!

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Sean Walker refuels with Tots and gravy at the Williamsville Maker's Market. The food truck ran out of eggs.

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Rural Cyclery hosted the second annual gravel ride on May 27th. Two distances were offered, followed by lunch at the shop.

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# Promoting Bicycle Safety: Protecting Lives on Two Wheels

SUBMITTED BY **BILL STOKES**

## INTRODUCTION

You hear there is safety in numbers but large groups can also be a road hazard for many reasons. The first step to being a safe group rider is to know everything you can about bicycle safety. According to the Center for Disease Control, bicycle trips make up only 1% of all trips in the United States. However, bicyclists account for over 2% of people who die in a crash involving a motor vehicle on our nation's roads. The National Highway Traffic Safety Administration (NHTSA) states that:

- Bicyclist deaths are highest during the summer months between June and September.
- Nearly three quarters of all bicyclist deaths occur in urban areas.
- Failing to yield the right of way is the highest factor in fatal bike crashes, followed by bicyclists not being visible.

While biking offers numerous benefits, it is crucial to prioritize safety to ensure the well-being of riders and reduce the risk of accidents. This article will delve into essential bicycle safety tips and guidelines, backed by reliable sources, to promote safe and enjoyable cycling experiences. The group bike ride leader should promote safe riding habits.

## CONCLUSION:

Bicycle safety is a collective responsibility, shared by cyclists, motorists, and policymakers. By following these basic safety guidelines, cyclists can significantly reduce their risk of accidents and enjoy their rides with confidence. Remember to always wear a helmet, obey traffic laws, and enhance your visibility. Stay alert, ride predictably, and be mindful of road conditions. By prioritizing safety, we can create a culture that promotes the well-being of all individuals on the road, ensuring that cycling remains a safe and enjoyable activity for everyone.

## REFERENCES:

1. Centers for Disease Control and Prevention (CDC). (2021). Bicycle-Related Injuries.
2. NHTSA: <https://www.nhtsa.gov/road-safety/bicycle-safety>
3. CDC: [https://www.cdc.gov/headsup/pdfs/helmets/Head-sUp\\_HelmetFactSheet\\_Bike\\_508.pdf](https://www.cdc.gov/headsup/pdfs/helmets/Head-sUp_HelmetFactSheet_Bike_508.pdf)

### 1. WEAR A HELMET:

One of the most critical aspects of bicycle safety is wearing a helmet. According to the Centers for Disease Control and Prevention (CDC), helmets can reduce the risk of head injuries by up to 85 percent. Always wear a properly fitted helmet that meets safety standards, such as the U.S. Consumer Product Safety Commission's (CPSC) certification.

### 2. OBEY TRAFFIC LAWS:

Bicyclists must follow the same traffic laws as motorists. This includes stopping at red lights and stop signs, yielding to pedestrians, using hand signals to indicate turns, and riding in the same direction as traffic. Adhering to traffic laws enhances predictability, reduces confusion, and minimizes the chance of collisions.

### 3. BE VISIBLE:

Increasing visibility is crucial for cyclist safety, especially during low-light conditions. Equip your bicycle with a white front light, a red rear light, and reflectors to enhance visibility to motorists. Wearing bright and reflective clothing also helps ensure that drivers can see you from a distance, reducing the risk of accidents. The National Highway Traffic Safety Administration (NHTSA) provides guidelines on bicycle visibility and lighting requirements.

### 4. STAY ALERT AND AVOID DISTRACTIONS:

Maintaining focus and being aware of your surroundings is paramount while cycling. Avoid distractions such as texting, listening to music with earphones, or engaging in other activities that can divert your attention from the road. Staying alert allows you to anticipate potential hazards and react promptly.

### 5. RIDE PREDICTABLY:

Consistent and predictable cycling behavior is essential for ensuring safety on the road. Maintain a straight line, avoid sudden movements, and use hand signals to indicate your intentions to motorists. By signaling your turns and lane changes in advance, you help drivers anticipate your actions, reducing the chances of accidents.

### 6. BE MINDFUL OF ROAD CONDITIONS:

Varying road conditions can pose hazards to cyclists. Keep an eye out for potholes, debris, and uneven surfaces that may cause you to lose control. Wet or icy roads can significantly affect traction, so adjust your speed accordingly and allow for more braking distance.

### 7. TAKE EXTRA PRECAUTIONS AT INTERSECTIONS:

Intersections are particularly dangerous for cyclists. Exercise caution when approaching intersections, and make eye contact with drivers before proceeding. Be prepared for vehicles making turns without yielding or failing to notice your presence.

### 8. RIDE IN BIKE-FRIENDLY AREAS:

Whenever possible, opt for bike lanes, dedicated paths, or low-traffic routes to enhance your safety. Familiarize yourself with local cycling infrastructure and choose routes that prioritize the well-being of cyclists. Many cities and municipalities are investing in bike-friendly initiatives to promote safer cycling environments.

# 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 Membership Committee has not met since wrapping up the survey. Thanks to Chris Scheufele for pulling together results in an article in this newsletter.

### Incentive Committee

Details are being worked on for an updated Incentive Program. With the year nearly half over, it's possible that any new programs may be deferred to the 2024 season.

### New Vendor for SBC Team Kit

The new kits shipped the week of May 29. Anne Schroll ordered a few extra jerseys that will be available at Wheel Fast Bike Shop.

## CLUB EVENTS

### Sangamon Cycling Series (SCS) Updates

The first event for the 2023 SCS went well. See Lori Dale's article in this newsletter. T-shirts are in and will be distributed.

### CCC Updates

Registration for the 2023 Capital City Century is now open and we have had a good response rate. Confirmed sponsors include Scheels, Staab Funeral Homes, Prairie State Bank & Trust, and the Orthopedic Center of Illinois. We are still seeking sponsorships and donations.



## Get Involved!

Volunteerism is what keeps clubs like the SBC running. While the board has decision-making authority for the direction of the club, there are many opportunities throughout

the year for members to make a difference.

Whether it's as simple as helping out for a few hours at a rest stop or serving on a committee, all donations of time and talent are very much appreciated. **Keep up-to-date on ways to help out through this newsletter, Facebook, or emails from the club.**



## SBC Volunteer Portal

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

## 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 15 - Lincoln Park**

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

### Capital City Century

Numerous volunteers are needed for this event. There are positions available for everything from route marking to bacon chef, so please check the volunteer website.



# 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





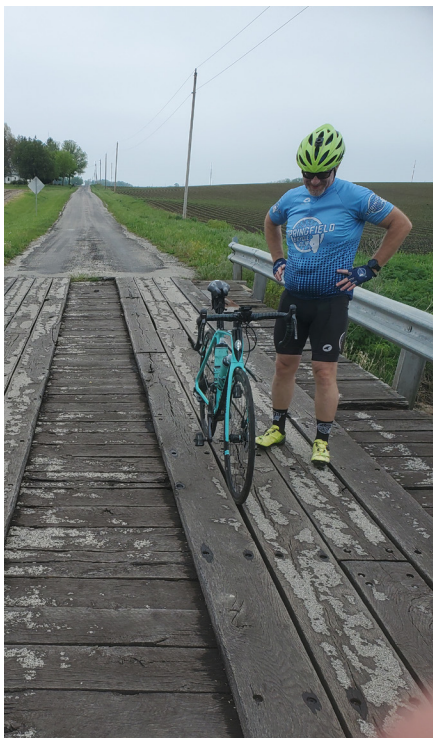
## MAY 4 & 11 Bike Safety Clinic

SUBMITTED BY **LORI DALE**

The bike safety clinic held on May 4th and May 11th for new riders (and some not so new) to equip them with necessary skills to gain confidence to ride in groups. May 4th covered group riding etiquette, what kind of items might be needed in the bike bag, what hand signals look like and why they are needed. They also learned what a shout out is, when they are needed as well as keeping an eye out for hazards in the road, and learning situational awareness. That night the group stuck to the trail to give them a feel of riding with others around them.

May 11th after a brief recap, the group headed out on the trail to ride to Athens. Most hadn't ridden off the bike trails before so this was a new experience for them! All the riders did really well at remembering what they learned – all of them could be heard giving shout outs for traffic and hazards in the road. Big thanks to some of our seasoned riders who showed up to offer their tips and tricks as well as Tommy Dale and Bob Coady for riding sweep and keeping those in the back safe!





## MAY 13 Sangamon Cycling Series #1

SUBMITTED BY **LORI DALE**

Our first Sangamon Cycling Series event was held on May 13, 2023. The event kicked off at a new location for the series – Sherman Park! Bike club President, Scott Sievers set the riders off at 8am where they made their way to the Sherman Trail which took them to the rest stop at Williamsville Park. From there, participants headed out to the country side – most routes included the beautiful (and somewhat challenging) Elkhart hill!

HUGE Thanks to John and Deane Kinsel, Stephanie and Libby Sievers, for making sure the riders has plenty of drinks and snacks available and Anne Schroll for creating the routes. Our next event will be starting from Chatham Park on June 24th. There will be an opportunity to pick up your event shirts prior to the next cycling event. Look for more information soon!



## MAY 17 Ride of Silence

### About the Ride of Silence

The Ride of Silence exists to honor those who have been injured or killed, to raise awareness that cyclists are on the roadways, and to ask that we all share the road. On the evening of May 17, the Ride of Silence traversed and united the globe as nothing before it. The Ride of Silence took place in 226 different locations across the world.

In 2003, Chris Phelan organized the first Ride of Silence in Dallas after endurance cyclist Larry Schwartz was hit by the mirror of a passing bus and was killed. The Ride of Silence asks its cyclists to ride no faster than 12 mph, wear helmets, follow the rules of the road and remain silent during the ride. There are no registration fees and the ride is completely free. Held during National Bike Month, it aims to raise the awareness of motorists, police and city officials that cyclists have a legal right to the public roadways. The ride is also a chance to show respect for and honor the lives of those who have been killed or injured cycling.

*Thanks to Dave and Jeanny Huber for organizing our local ride, along with Wheel Fast Bicycle Company. Approximately 15-20 cyclists met and rode 8-12 miles through Chatham. Thanks also to the Chatham Police Department for providing traffic control during this event.*





## MAY 21 Vino Fondo Grand Fondo

SUBMITTED BY **TROY GILMORE**



Two years ago a few of us from Springfield rode an overcast & misting Vino Fondo Grand Fondo. I said that has been the hardest ride to-date. Yesterday Paul O'Connor @oconnor2803 and I went back to raise the bar. A few other cyclists from Springfield rode the gravel routes and some did the shorter (75-mi) road ride. But I was able to convince Paul that we should suffer and take on the Mondo Fondo (104-miles and, according to Ride With GPS, 4,950' elevation gain - grossly underestimated).

The conditions were beautiful with temps in the mid-50s at the start and sunny skies, and temps only climbing to the low-70s. There seemed to be lots of new asphalt which allowed us to focus on climbing (6,545' actual) and descending (6,650' actual) without watching which potholes we should dodge.

Two years ago our group finished 94, 95, 96, 97th out of 99 riders on the 104-mi route. This year Paul and I crossed the line in 46th & 47th position out of 61 riders riding the same 104-mi route. This year we increased our overall chip-time speed by 2-mph from 2021! For me, on-the-bike time was decreased by an hour!

This ride was still a super challenge for a couple of guys from Central Illinois, where our idea of a "hilly ride" gains around 900' in 26-miles.

When I got up today, Michelle asked, "How are you feeling today?" I'm a bit sore, but everything works as it should and nothing hurts beyond normal aches for a 100-mi ride. So, race summary: beat my personal time, had an awesome day riding bikes, saw some beautiful Missouri scenery (and rode past Daniel Boone's home), no mechanical issues, no physical issues, kept rubber side down, had a great night's sleep. I'd say: Mission accomplished! Now I'm ready for a big breakfast.





Libby Shawgo's Tour of Menard County on May 21 had a great turnout. This no-drop ride met in Petersburg and ventured to Athens, Sweet Water and Greenview. After the ride, the group rehydrated at Hand of Fate.

## MAY 21 Tour of Menard County

SUBMITTED BY **LIBBY SHAWGO**

Another successful Menard County ride took place May 21. The ride left from the Menard County Courthouse (also known as Hand of Fate) and went through Athens, Sweetwater, and Greenview with obligatory stops at two Casey's. The route followed some low-traveled country roads that were previously only known to ride leader and Petersburg native Doug VanNattan. The residents of Sweetwater were probably surprised to see a group of bikers that equaled their population of approximately 12. The ride was advertised as Slow C with encouragement for faster riders to download the route and enjoy the hills at a faster pace. Doug didn't realize he could let the faster riders go on ahead. One of the riders out front was visiting from Missouri and is training for a triathlon. She was unimpressed by the Menard County hills. Doug kept up until the end with the help of some of Kathryn Hanlon's pickle juice at mile 30. The ride was organized by Petersburg implant Libby Shawgo, who happily served as sweep and made no attempt to keep up with the faster group. The ride ended with lunch at Hand of Fate. Doug and Libby are on the board of Menard County Trails & Greenways. MCTG is working towards getting bike route signs for three routes in Menard County and Doug has gotten permission from three county road commissioners to put up signs. The group will do some fundraising to pay for the signs. Stay tuned.



# 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.

## 15 YEARS - JUNE 2008

Tom Clark provided an update on planning for the 2008 Capital City Century. Club volunteers bundled 3,000 event brochures into packets, which were mailed to bike shops across the state by the League of Illinois Bicyclists. Another 2,000 brochures will be delivered to local shops for distribution to the public.

A call was put out by Ken Anderson for someone to take charge of the Senior Olympics.

## 20 YEARS - JUNE 2003

Garland Stevens put out the call for photos to be included in the Power Point presentation for the 2003 Holiday Party.

## 25 YEARS - JUNE 1998

A Phone-A-Thon was held at SIU School of Medicine to recruit volunteers for the Ironhorse Triathlon. 50-55 volunteers were needed for this event.

A recap for the TGI Spring ride stated that the cost of the ride was \$5.00 for an individual and \$12.00 for a family. The cost included drinks, fruit, some baked goods and a chance to purchase more substantial food at a low cost lunch stop.

Derek Ewing led a 20-mile training ride from City Cycle in Fairhills Mall.

Garland Stevens noted that he received mail from "America by Bicycle". The group would arrive in Springfield on Friday, 7/10 and depart the following day.

The Board discussed the possibility of abolishing Show and Go rides.

Ken Anderson announced a search for someone to take charge of the Senior Olympics.

## 30 YEARS - MAY 1993

The SBC is becoming more active in asking local officials to improve bicycle facilities. The club requested IDOT to remove signs prohibiting bicycle access on Veterans Parkway (Route 4). The club also asked the Springfield School District #186 to improve the bicycle path at Franklin Middle School which connects Outer Park Drive with Iles Avenue.

## 45 YEARS - JUNE 1978

The SBC co-sponsored a bike-a-thon with the American Cancer Society, raising more than \$800. This was the Club's first involvement with fund raising, other than to promote cycling.

A New Salem overnight ride drew 26 riders and some non-cycling folk. Although it rained heavily, a good time was had by all.

The SBC treasury contained \$240.78.

## 50 YEARS - JUNE 1973

One of the early events for the Springfield Bicycle Club was the annual Lincoln Bike Trail Tour to New Salem. This year was its third staging, taking it origins back to SBC's first year.



## JUNE BIRTHDAYS

*Happy Birthday to the following club members!*

### June 1

Ruth Ann Hamilton

### June 2

Nancy Ferguson  
Chuck Zalar  
Steven Simpson-Black

### June 5

Elizabeth Sievers

### June 6

Bryan Albracht

### June 8

Brigitte J Cutler

### June 12

Nancy Hall  
Andrew Kochman

### June 13

Linda Castor

### June 14

Stephen Selvaggio  
Don Schwanke

### June 15

Gary L Hinkle

### June 18

Cindy Moreno

### June 19

Chuck Grubb

### June 20

John E Williams

### June 21

Jon Edwards

### June 23

John Hamilton

### June 29

Janelle L Snyder

### June 30

Matthew Selvaggio

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: **383**

### MAY RENEWALS AND NEW MEMBERS

#### WELCOME TO OUR NEW MEMBERS:

##### Individual Memberships

Michelle Byers  
Lance Garrison  
William Hunt  
Kristi Lear  
Kimberly Schriber  
Erin Weller

##### Family Membership

Lane and Justin Fowler  
Brandon and Connie Radford

#### Donations

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

Kim Schriber  
William Hunt  
Lance Garrison  
Michelle Byers  
Stephen Paca  
Ken Miller  
Ernie DeFrates  
Brigitte Cutler  
Bryan Albracht

#### WELCOME BACK TO OUR RENEWING MEMBERS:

##### Family Memberships

Barb and David Manson  
Ken and Debbie Miller  
Bryan and Sarah Albracht  
The Norris Family - James, Eileen and Ben  
Jason Beeler, Campbell, Hogan  
Stephen Paca and Kristina Mucinskas  
Ernest Defrates and Linda Butler  
Dave and Emily Drennan, Eli, Eloise  
Geoffrey Bland and Brigitte Cutler

##### Individual Memberships

Cheryl Biesiada  
Jon Edwards  
Joe Gurski  
Tim Kinkelaar  
Gary Skaggs  
Kenny Vennell  
Scott Winberg



## 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)*

## June Milestones

Name	Join Date	Years with SBC
David Lucas	6/1/1971	52
Mark Rabin	6/19/2007	16
Magdalena Rosol	6/14/2009	14
Loren Easter	6/14/2009	14
Brad Clearwater	6/1/2013	10
Karin Bell	6/26/2014	9
Scott Bell	6/26/2014	9
Mike Long	6/26/2014	9
Linda Kelly	6/4/2015	8
Matt Daniels	6/24/2015	8
Dan Loyd	6/13/2018	5
Lilly Starr-Fleming	6/15/2018	5
Angela Starr	6/15/2018	5
Geoff Pettys	6/12/2019	4
Megan Freeman	6/12/2019	4
Brenda Vail	6/14/2019	4
Cindy Tuthill	6/19/2019	4
Cheryl Biesiada	6/15/2020	3
Carmela Ribauda	6/15/2020	3
Brenda Reiling	6/26/2020	3
Donna Brayfield	6/28/2020	3
Maisie Gilmore	6/30/2020	3
James Walsh	6/5/2021	2
Jeremy Tackett	6/17/2022	1
Kenny Vennell	6/18/2022	1
Glenda Long	6/18/2022	1



## 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



## 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 Calender at [spfldcycling.org](http://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		<p><b>12:00 PM</b> <b>A</b> <b>V-Park A Ride.</b> Rides will be 30-40 miles and new riders are very welcome. Cyclists should be self sufficient and able to maintain speeds of 18+ mph for extended distances. This is a NO DROP RIDE! Please check the Facebook group page, as start times and locations may vary depending on weather. <b>Weather permitting, this is a year-round ride.</b> <b>Start Location:</b> Meet at Vredenburg Park. <b>For more info,</b> Facebook page Springfield IL Area Cycling</p>
MONDAY	<p><b>10:00 AM</b> <b>BCD</b> <b>Show-n-Go Geezer Ride.</b> Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 AM for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing.  <b>For more info,</b> contact Dave Ross at (217) 416-1682</p>	<p><b>5:30 PM</b> <b>GR</b> <b>Monday Night Gravel.</b> WEATHER PERMITTING, meet at either Loami Park for a 15-20 mile ride. Lights recommended early in season.</p>
TUESDAY	<p><b>10:00 AM</b> <b>BCD</b> <b>Show-n-Go Geezer Ride.</b> Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 AM for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing.  <b>For more info,</b> contact Dave Ross at (217) 416-1682</p>	<p><b>5:30 PM</b> <b>C/SLOW-C</b> <b>12-16 mph. C/Slow C</b> These are <b>NO DROP beginner-friendly</b> rides. The location changes weekly. These rides will be approximately 20 miles at a 12.1 - 14.0 mph or 14.1-16.0 mph pace depending which group (C or Slow C) you join. All routes will be uploaded to the Slow C Collection in the RidewithGPS SBC club section. <b>Questions?</b> Contact Bob Coady at (217) 416-2181</p> <p><b>5:30 PM</b> <b>AB</b> <b>Team Mack Race Training (AB Ride)</b> For newer riders looking to race, this 32-mile ride offers a great opportunity to improve your top-end speed and race skills. Riders average 19 mph and ride in pace lines. Road bikes preferred. Cyclists will sprint 5 times on the Tuesday night rides. <b>Start Location:</b> Biketek, 967 Clocktower Drive <b>Questions?</b> Contact Gary Doering teammack@comcast.net</p> <p><b>5:45 PM</b> <b>B</b> <b>B Rides (14-18 mph).</b> Join Jennifer Walker for approx. 20 miles. Starting location will vary and details will be announced in the Club Calendar on the website.</p>

## 2023 Weekly Ride Schedule - cont'd

DAY OF WEEK	MORNING	AFTERNOON/EVENING
WEDNESDAY	<b>9:00 AM</b> <b>B</b> <b>Coffee Ride.</b> This is a no-drop ride that starts with a 17 mph average at the start of the season, progressing to 18-19 mph. There is a coffee stop after the ride at Caribou Coffee.  <b>Start Location:</b> Vpark <b>For More Information,</b> call or text Steve Casper at (217) 414-9833	<b>6:00 PM</b> <b>ABC</b> <b>Wheel Fast Bike Shop Intermediate Training Ride.</b> Meet at Wheelfast Bike Shop in Chatham and plan on 16-20 miles. The first Wednesday of every month will be a "First Ride/ New Rider" night. On these evenings, we encourage everyone to buddy up, bring a friend, spouse, sibling -- whoever is new or newer to riding. Let's get them out and get a feeling of what it's like to ride with a group. The first Wednesday of the month ride will have a set route(s) so everyone knows where they are going. And there will be options to shorten or always do a shorter route based on fitness or skill level.
	<b>10:00 AM</b> <b>BCD</b> <b>Show-n-Go Geezer Ride.</b> Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 AM for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing.  <b>For more info,</b> contact Dave Ross at (217) 416-1682	<b>5:30 PM</b> <b>D</b> <b>Stuart Park Social Ride).</b> This beginner-friendly ride takes a leisurely 12-mile round trip on the Sangamon Valley Trail. The pace is relaxed at 10-12 mph.  <b>Start Location:</b> Alternates between Stuart Park and Centennial Park.
THURSDAY	<b>10:00 AM</b> <b>BCD</b> <b>Show-n-Go Geezer Ride.</b> Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 AM for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing.  <b>For more info,</b> contact Dave Ross at (217) 416-1682	<b>5:30 PM</b> <b>AB</b> <b>Team Mack Race Training (AB Ride)</b> For newer riders looking to race, this 32-mile ride offers a 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. <b>Start Location:</b> Biketek, 967 Clocktower Drive <b>Questions?</b> Contact Gary Doering teammack@comcast.net
FRIDAY	<b>10:00 AM</b> <b>BCD</b> <b>Show-n-Go Geezer Ride.</b> Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 AM for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing.  <b>For more info,</b> contact Dave Ross at (217) 416-1682	
SATURDAY	Various - Check the Club Calendar	



## Scheduled SBC Rides/Events

### D/EZ LOST BRIDGE TRAIL RIDE

**FRIDAY, JUNE 2 | 9:00 AM**

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

Ride 6 miles on the Lost Bridge Trail to Rochester, enjoy lunch at the Lighthouse Restaurant, and ride back.

Rain date - June 9

**For more info,** call John Sanford (217)

416-7156

### C/SLOW-C SPRINGFIELD BEER / SEASON OPENER CELEBRATION RAIN DATE AGAIN!

**TUESDAY, JUNE 6 | 5:45 PM**

**Location:** Springfield Beer Co., 3788 Wabash Avenue, Springfield IL

**23 miles, 10-16 mph**

Let's try this again! Weather has forced us to cancel the season opener but perhaps the third time is the charm! Meet at Springfield Beer Company and ride about 18 miles down the Sangamon Valley Trail to the river bridge and back (all the way to the end if we're feeling frisky). We'll belatedly kick off the season with a celebration at ride's end at Springfield Beer.

Food can be brought over from Freddy's next door.

**For more info** call Bob Coady (217)

416-2181.

### D RIDE ON SANGAMON VALLEY TRAIL

**WEDNESDAY, JUNE 7 | 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 ATHENS OASIS

**TUESDAY, JUNE 13 | 5:45 PM**

**Location:** Stuart Park, Winch Lane

**23 miles, 10-16 mph**

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, JUNE 14 | 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!

### D/EZ SOUTHWIND PARK TRAILS

**MONDAY, JUNE 19 | 9:00 AM**

**Location:** Erin's Pavillion, Southwind Park, 4965 S. Second Street, Spfld  
Meet at Erin's Pavillion in the southeast corner of Southwind Park and ride the paved trails to view seven sensory gardens and flowers. Eat at nearby restaurants afterwards.

Rain date - June 26

**For more info,** call John Sanford (217)

416-7156

### C/SLOW-C LOLLIPOP

**TUESDAY, JUNE 20 | 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.

### D RIDE ON SANGAMON VALLEY TRAIL

**WEDNESDAY, JUNE 21 | 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, JUNE 22 | 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.

### ABCD SANGAMON CYCLING SERIES

**SATURDAY, JUNE 24 | 8:00 AM**

**Location:** Chatham Community Park  
**Event 2** of the Sangamon Cycling Series. Registration online at [spfld-cycling.org](http://spfld-cycling.org) under Events

### C/SLOW-C LOST ON THE TRAIL

**TUESDAY, JUNE 27 | 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, JUNE 28 | 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!

## **EZ HSHS KIDS' TRIATHLON**

**SATURDAY, JULY 15, 2023**

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

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

Two categories:

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

**For more information,** contact Scott Sievers at (217) 801-2873 or Patty .Shafer at (217) 414-3773

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

## **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](http://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](http://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 week-end 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 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 designated "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>

### 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>



ABC

**BIKE THROUGH BEAUTIFUL  
CENTRAL IL COUNTRYSIDE**

**FOOD  
BANK  
FLYER**

**JUNE 17, 2023**

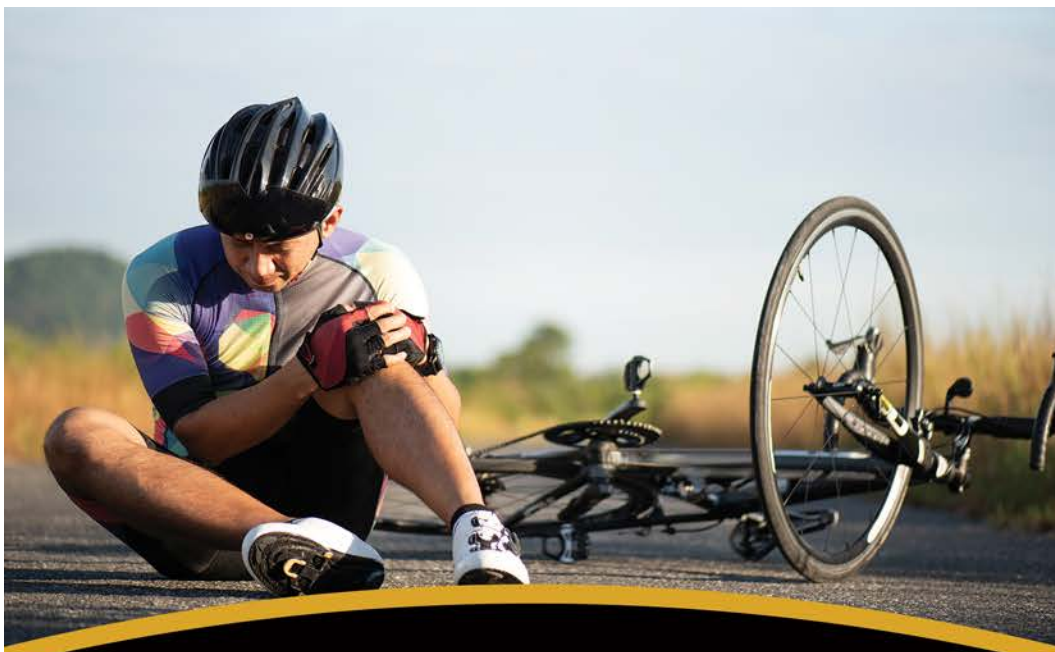
- Views around two lakes
- Open fields
- Small Towns
- Rolling hills
- Timber Areas
- Lovely scenery

**REGISTER TODAY AT TEAM224.ORG**

### 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.



# Sprains, strains, breaks, and pains?

## Skip the ER and bring them to us.

*No appointment needed.*

*Most insurance plans accepted.*

**Monday - Friday: 7:30am to 5pm**

**Saturday: 8am to Noon**



ORTHOPEDIC  
CENTER **WALK-IN CLINIC**

1301 S. Koke Mill Road, Springfield

(217) 547-9100 • [OrthoCenterIllinois.com](http://OrthoCenterIllinois.com)



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

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

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

For more info [www.hillyhundred.org](http://www.hillyhundred.org)

### 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>





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



# CAPITAL CITY CENTURY - September 9, 2023

## REGISTRATION FORM

(mail-in registrations)

**Register by August 18, 2023 to be guaranteed a t-shirt!**

## ROUTE OPTIONS

Please indicate what distance you plan to ride. You may change this distance.

Road ride options	<input type="checkbox"/> 20 miles	<input type="checkbox"/> 40 miles	<input type="checkbox"/> 62 miles	<input type="checkbox"/> 100 miles
Family Ride	<input type="checkbox"/> 12 Miles			
Gravel/groad options	<input type="checkbox"/> TBD (40-50 miles)			

## RIDER INFORMATION

First Name:	Last Name:	<input type="checkbox"/> M <input type="checkbox"/> F	DOB	/	/
Street Address:					
City:		State:		Zip:	
Primary Phone # ( )		Email:			
Cell Phone # ( )		Are you a member of the Springfield Bicycle Club? <input type="checkbox"/> Yes <input type="checkbox"/> No			
Emergency Contact:			Emergency Contact Phone: ( )		
2023 CCC T-Shirt (free with your registration) <input type="checkbox"/> XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL					

## REGISTRATION FEE

	Through September 8		Day of Event	
	SBC Member	Non-Member	SBC Member	Non-Member
Family Ride	\$20	\$25	\$30	\$35
20 Mile Ride	\$20	\$25	\$30	\$35
40, 62, 100, Groad	\$45	\$50	\$55	\$60

## PAYMENT INFO

Please make checks payable to  
**Springfield Bicycle Club**

Mail to:  
CCC  
c/o Anne Schroll  
400 Eagle Ridge Drive  
Chatham, IL 62629

## ACCIDENT WAIVER AND RELEASE OF LIABILITY

I acknowledge that this athletic event "Capital City Century" is a test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people, including but not limited to participants, volunteers, spectators, coaches, event officials, and event monitors and/or producers of the event and lack of hydration. I realize that liability may arise from negligence or carelessness of the persons or entities being released from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault. Further, I certify that I am physically fit, have sufficiently trained for participation in the event, and have not been advised otherwise by a qualified medical person.

I acknowledge that this ACCIDENT WAIVER AND RELEASE OF LIABILITY for will be used by event holder, sponsors, and organizers of the event in which I may participate that it will govern my actions and responsibilities at said event.

In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft, or actions of any kind which may here after occur to me including my traveling to and from the event, The following entities or persons: Springfield Bicycle Club, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event volunteers; B) Indemnify and hold harmless the entities or person mentions in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether caused by the negligence of the releases or otherwise.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during this event.

The ACCIDENT WAIVER & RELEASE OF LIABILITY shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

\*Helmets are strongly recommended\*

Print Participants Name

Age

Participant Signature





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