



the Quick Release

www.spfldcycling.org

JULY
2023

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A scene from a flooded road on one of the recent Monday Night Gravel rides. Word on the street is that one of the cyclists attempted to ride through and did not quite make it.

July Updates

You might notice some new advertising in this month's issue of the Quick Release. Thanks to the sponsors for the 2023 Capital City Century! As part of their sponsorship, donors receive an ad in the newsletter.

Tour De Donut is July 8th -- while the SBC doesn't manage this sweet event, there is usually a large group of SBC members who make the trip to Staunton. Post up in the SBC Members' Facebook group if you are planning to attend, and maybe mention how many donuts you are planning to consume.

July 22 will be the date for the third event of the 2023 **Sangamon Cycling Series**. The ride will start at the east boat ramp in Lake Sangchris. T-Shirts are being distributed for those who registered prior to May 1.

Have you signed up for the 2023 **Capital City Century** yet? Details are provided in this month's newsletter! If you're not riding on September 9, please consider volunteering!



2023 Board

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Kids Triathlon - July 15, 2023

We Need Your Help!

The Springfield Bicycle Club is helping out the Springfield Triathlon Club with the Kids Triathlon, held in Lincoln Park on Saturday, July 15. This is a fun event for kids ages 5 through 13, and we're encouraging members with kids, grandkids, nieces, nephews to support this event.

The swim will be held in the Nelson Center outdoor pool. Springfield High School swim team members will be in the water with the kids to provide encouragement and to make sure all the kids get safely across the pool. Following the swim, the kids will ride their bikes on the loop around Lincoln Park, and then run in the grass fields nearby.

Volunteer Opportunity

If you have some availability to volunteer, please consider signing up to help out. Volunteers are mainly needed in the transition area (where the kids will switch from swimming to bike riding, and then from bike riding to running). As of this date, we could use about 4 more volunteers. Hours will count toward the new Volunteer Incentive.



More Information and Registration Link

<https://spitriclub.com>

Newsletter Content

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



Sangamon County Construction Update

Sangamon County Engineer Brian Davis provided the following construction update relative to the biking community in Springfield:

IRON BRIDGE ROAD AND WOODSIDE ROAD OVERPASS

Construction of a \$36M overpass and underpass at Iron Bridge Road and Woodside road will begin in September, and is expected to be completed in the summer of 2026. Ultimately, the Interurban bike trail will pass under the Union Pacific Railroad, and

over Woodside Road. Similarly, Iron Bridge Road will pass over the railroad, and Woodside Road will pass under the railroad. Upon completion, there will no longer be any intersections for cyclists, thereby enhancing safety for the cycling community. ***Expect temporary delays, re-routes, and short term closures while this project is being implemented.***

IRWIN BRIDGE ROAD

The Irwin Bridge near Salisbury is slated to be replaced. However, there have been delays in acquiring the steel. No timetable has been set for commencement, but will likely be this fall. Stay tuned for updates.

FUTURE ROAD AND BRIDGE PROJECTS

Other County projects in the works are the bridge replacement on Divernon Road east of Edgewood Golf Course, Bock Road bridge replacement east of Williamsville, Cascade bridge replacement northwest of Lake Sangchris, and Cardinal Hill Road resurfacing near New City. Stay tuned for updates on schedule.

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CAPITAL CITY CENTURY UPDATE

Background

The Capital City Century (CCC) is the Springfield Bicycle Club's flagship event. 2023 will mark the 51st year for this recreational bike ride. Plans are moving along nicely under Event Director Lori Dale's leadership.

Venue - Headed Back Indoors!

The CCC has been staged at a number of venues in the past, including the Lake Springfield Beach House, UIS, and the KC Hall on Meadowbrook. In 2021 and 2022, with concerns about the ongoing pandemic, the ride was moved outdoors to Centennial Park. For 2023, the decision was made to move the ride's starting location to the Sherman Athletic Club in Sherman, just north of Springfield. In addition to providing riders with an indoor dining area for the post-ride meal, this new location will allow us to offer some new routes and to utilize the Sherman/Williamsville Bike Trail.

Distances - the Long and Short

We're offering the standard distances --- 20 miles, 40 miles, 62 miles, 100- and 100-mile courses. There will be a 40-50 mile "groad" ride for the gravel set. And we're bringing back the Family Ride, which will consist of a 12-mile out-and-back ride on the Sherman/Williamsville Bike Trail. Up to four riders (1 or 2 adults and 1 or 2 kids) may register for the Family Ride at a reduced fee.

Routes are being developed and these distances may fluctuate slightly, depending on road conditions.

Aid Stations

For 2023, the CCC will offer two aid stations. Williamsville Community Park will serve as the primary station, and all routes will pass by this stop. The second aid station will be Athens Community Park, which will be a stop along the 62-, 100- and 125-mile courses.



Fuel for your Ride

In addition to the standard aid station fare, plans are in the works to offer bacon and pancakes at the Williamsville Aid Station in the morning, transitioning to hotdogs in the afternoon. The Athens aid station will also offer hotdogs, as well as other protein and carb sources to fuel those tackling the longer distances. There will be plenty of ice cold water, Gatorade and canned soft drinks at both stations.



Shirts

This year's CCC shirt will be a Next Level short sleeve tee in Midnight Navy. Youth-sized shirts will be offered in Cardinal red. One shirt is included with each registration, but online registration offers the chance to purchase an additional shirt for \$15.00. The deadline to order a shirt will be August 18th. We'll order a quantity of additional shirts, but cannot guarantee that you'll get the correct size after the cutoff.

Post-Ride

Plans are in the works to offer a catered taco bar as a post-ride meal. Each registration includes a meal and one beverage (choose from beer, wine or soft drink). Additional beverages can be purchased from the cash bar at the Sherman Athletic Club.

Sponsors

We are so very fortunate to have so many wonderful sponsors for the 2023 Capital City Century! Without the generosity of these firms, the CCC would not be possible. Sponsors include:

Platinum - Scheels Sporting Goods
 Gold - Orthopedic Center of Illinois
 Gold - Wheel Fast Bicycle Company
 Silver - Staab Family Funeral Homes
 Silver - Bank of Springfield
 Silver - M.J.Kellner Food Service
 Bronze - Prairie State Bank & Trust
 Bronze - Biketek
 Friend - County Market, Sherman

Volunteer

If you are not planning to ride the CCC but have some time to volunteer, please consider signing up for a slot on the club's website. There are numerous duties, ranging from marking routes to cooking pancakes at the aid station! Hours go toward the SBC's new Volunteer Incentive program.

Volunteering is also a great way for high school students to earn service hours.

Lauren Staab ♦ Mark Staab ♦ Paul Staab III ♦ Suanne Staab Palazzolo ♦ PJ Staab II ♦ Parker Staab



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What's Going on in the SBC?

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

CLUB INITIATIVES

Incentive Committee

The new Volunteer Incentive program launches this month. See details in this newsletter. An email went out to all club members as well.

New Vendor for SBC Team Kit

The new kits are hitting the streets and pair well with the club-branded day-glo yellow socks that are available at Wheel Fast Bike Co. Anne Schroll ordered a few extra jerseys and those are available at Wheel Fast Bike Shop.

CLUB EVENTS

Sangamon Cycling Series (SCS) Updates

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

CCC Updates

Registrations are rolling in. See the article in this newsletter with details about the 2023 CCC.



SBC Gear Now Available at Wheel Fast Bicycle Co.

Next time you are in the Chatham area, be sure to stop by Wheel Fast Bicycle Co. and check out the "SBC boutique". Hats, t-shirts, socks and a limited supply of the new jerseys are available for purchase. Cash or check payable to Springfield Bicycle Club.



Wheel Fast Bicycle Co. is located at:

17 Cottonwood Drive
Chatham, IL
217-483-7807



New Volunteer Incentive Program Kicks Off

The Springfield Bicycle Club relies heavily on volunteerism. Without the generous support of our members who donate time and talent, we would not be able to offer events like the Sangamon Cycling Series or the Capital City Century.

In an effort to recognize those who support the club by volunteering, the Incentive Committee is offering the Volunteer Incentive Program. Any club member who volunteers 10 or more hours receives recognition on the website and social media, as well as a special long-sleeve t-shirt.

You can read about the program and sign up to volunteer on the website. Look for the menu item "Incentives".

The program will run through December 31. Those who have already volunteered during 2023 will receive credit retroactive to January 1.



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 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

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, 8:00 AM

JULY

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

AUGUST

- 7 Board Meeting
- 12 SCS Event 4 – 8:00 AM Rochester
- 26th **AREA EVENT** Illinois Valley Wheelmen No Baloney Ride
- 27 Don Daniels Memorial Ride to Bolivia Bridge

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: Steve Schroll (red helmet), Steve Casper (blue SBC kit) and Debbie Miller (pink jacket) on Day 1 of Ride the Rockies



JUNE 10-16 Ride the Rockies

SUBMITTED BY **STEVE SCHROLL**

A number of Springfield area riders participated in the 36th edition of this 6 day tour of the Colorado Rocky Mountains. The event was started by the Denver Post in 1986, and is now owned and operated by Venture Endurance Events . This year's route began in Fort Collins. From there, the route toured through Estes Park (2 nights), Grand Lake, Winter Park, Central City, and back to Fort Collins. Total planned mileage for the week this year was 308 miles, with 27,000 feet of climbing. Riders can choose to camp (self sufficient) elevated camp (tents provided and set up by others), or stay in hotels. Riders can also bring their own support crew to provide luggage transport and personal sag, or utilize Ride the Rockies for sag and for Ride the Rockies for luggage transport (for campers) or their logistics partner Summit Cycle Solutions for luggage transport (for those in hotels).

While the weather is typically fairly predictable in Colorado in June, consisting of cool nights, sunny days, and cold mountain tops, as has been the case in the previous three events that I participated in. This year's weather, however, was quite unpredictable. Considerable rain and a wintry mix at the pass through Rocky Mountain National Park made for some challenging logistics for riders and for the organizers. Day 3 through Rocky Mountain National Park was altered, since the pass was not safe to ride. With the cancellation of the ride over Milner Pass, a 12,200' pass in Rocky Mountain National Park, the highlight of the ride was the climb up Berthoud Pass, an 11,300 ft pass between Winter Park and Central City.



Steve is all smiles, even at 11,000'



Stopping in front of Lake Estes. L-R Anne Schroll, Steve Schroll, Ron Cawley, Ken Miller, Debbie Miller

There are typically 1,000 to 2,000 participants in this event. This year's event participant count is not yet been published but was most likely closer to 1,000, as the weather certainly influenced participation, Participants from the Springfield area included:

Steve and Anne Schroll
Ken and Debbie Miller
Ron Cawley
Steve Casper
Eric and Nicole Sommer
Briigitte Cutler

While the weather had a major impact on the ride schedule and mileage for the week, Colorado scenery and wildlife did not disappoint. There were sightings of moose, elk, mountain goats, turkey, marmots, and even some white pelicans at Grand Lake. Estes Park is a haven for elk, as they hang out in very public places throughout the town. Rocky Mountain National Park is a beautiful national park, and a fantastic opportunity to hike and observe wildlife. We were told by a park ranger that it is the third most visited national park in the US.



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Scenes from the Sangamon Cycling Series

Event 2 of the 2023 SCS launched from Chatham Community Park with a stop in Auburn. The weather was very warm and shade was at a premium. Ice cold washcloths were a hit at the rest stop.



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 - JULY 2008

The Rolling Meadows Brewery (RMB) is now accessible from the new Sangamon Valley Trail (SVT) extension! Although the county put fences up where the SVT crosses Central Point Road (where we ride through the square viaduct), Rolling Meadows has secured permission for everyone to exit the trail there to ride the 1.1 miles west to their brewery. Both the county and RMB have put special gates at the top to use to get onto Central Point Road. RMB now has signs mounted above and on the trail pointing the way to the brewery, which will be open for cyclists on Saturdays from 12-5. RMB has also generously agreed to fund a bicycle repair station on the trail at the exit to their road.

The League of American Bicyclists named Springfield as a Bronze Bicycle Friendly Community (BFC) during National Bike Month in May. The designation recognizes the many ways the city and local organizations have worked together to improve conditions for bicycling in the community through investments in bike facilities, programs and events.

10 YEARS - JULY 2008

Ingredient list for the Franklin Burgoo was posted as: 1,900 lbs of chicken, 120 gallons tomato puree, 1,800 lbs. beef, 120 gallons of corn, 10 lbs. rice, 650 lbs. cabbage, 15 lbs. navy beans, 700 lbs. onions, 35 lbs. salt, 500 lbs. carrots, 10 lbs. pepper, 120 gallons canned tomatoes, 30 lbs. suet

20 YEARS - JULY 2003

The 9AM Geezer Ride had evolved into an almost daily stop at the Apple Barn where major calories were consumed.

The SBC hosted a summer picnic that include a Bike Decoration Contest.

25 YEARS - JULY 1998

A ride listed in the Ride Schedule was the annual traditional Independence Day Burgoo Ride of 60 miles. Riders met at Cub Foods (now Harvest Market) on

Veterans Parkway. Other ride starting locations at now defunct Springfield locations include Scampy's, TCBY, Custard Castle, the Olive Tree, and Big Apple Bagels.

30 YEARS - JULY 1993

In an article describing the various ride levels, the following was noted: "Thursday Animal 'A' rides are designed to strengthen the rider and are anything but social."

35 YEARS - JULY 1988

After serving a few years as Quick Release Editor, John Werthwein threw down a challenge to the SBC Board "find another editor, I'm quitting tonight."

A Ride Scheduling meeting was held at the Barrel Head.

40 YEARS - JULY 1983

23 riders went to Franklin on the Fourth of July to taste the Burgoo.

SBC members started a campaign to allow riders on Veteran's Parkway.

50 YEARS - JULY 1973

The SBC newsletter noted that on July 28, the Club held a ride called the Tour of Sangamon County Fair. This event ended in 1993.

Pedal Pushers on Peoria Road was the first bicycle shop to sign up for club membership. Capital Cycle on Fourth Street was the second club to sign up.



Above: Embroidered patches were all the rage in the 1970s. Thanks to Byron Nesbitt for sharing this pic of a vintage SBC Members patch.



JULY BIRTHDAYS

Happy Birthday to the following club members!

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.

Deb Cooper

July 3

Cheryl J Biesiada

July 6

Judy Sunder

July 9

Lynn Kerber

July 10

Kenneth Connell

Byron Nesbitt

Connie Radford

July 13

Dee Wise

July 15

David R Banks

Jeanny Huber

July 17

Kathleen Winhold

July 19

Anita McDivitt

July 21

Bill Schultz

July 23

Larry Stone

July 24

Libby Shawgo

July 25

Rob Kalb

July 26

Brian J Beneke

July 30

Chris Basso

July 30

Steve Randle

July 31



Membership Update

TOTAL ACTIVE MEMBERS: 383

JUNE RENEWALS AND NEW MEMBERS

WELCOME TO OUR NEW MEMBERS:

Individual Memberships

Richard Gosch

Beth Ribarsky

Donations

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

Alicia Bibb

Richard Gosch

Susan Collins-Hood

Linda Kelly

Andrew Kochman

Dan Loyd

David McDivitt

Michael May

Chris Mehuys

Dee Wise

WELCOME BACK TO OUR RENEWING MEMBERS:

Family Memberships

Derek and Brigetta Ewing

David Hood and

Susan Collins-Hood and Family

Mike and Glenda Long

David and Anita McDivitt

Jennifer and Alison Rockwell

Individual Memberships

Sarah Anderson

Doug Barringer

Alicia Bibb

Donna Brayfield

James Clifton

Gary Hinkle

Gerry Hume

Linda Kelly

Andrew Kochman

Robert LaBonte

Dan Loyd

Michael May

Chris and Kathy Mehuys

Vincent Moore

Diana Nevitt

Paul O'Connor

Steve Patzia

Jeremy Tackett

James Walsh

Dee Wise

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)*

July Milestones

Name	Join Date	Years with SBC
Deb Cooper	7/16/1997	26
Mary Thomas	7/7/1999	21
Robert LaBonte	7/24/2003	20
Art Meyer	7/13/2008	15
Libby Shawgo	7/31/2015	8
Michelle Gilmore	7/28/2017	6
Ernest DeFrates and Linda Butler	7/2/2018	5
Brigetta Ewing	7/16/2018	5
Debbie Fortman	7/7/2019	4
Rachel Reents	7/8/2019	4
David and Emily Drennan	7/14/2019	4
Michael May	7/18/2019	4
Bryan and Sarah Fairchild Albracht	7/19/2019	4
Nick and Amanda Fogleman	7/30/2019	4
Lori and Tommy Dale	7/30/2019	4
Sally McDaniel-Smith	7/30/2019	4
James, Eileen and Ben Norris	7/1/2020	3
Diana Nevitt	7/8/2020	3
Gary Skaggs	7/6/2021	2
Sarah Anderson	7/7/2021	2
Brigitte Cutler and Geoff Bland	7/11/2021	2
Betsy Toepfer	7/12/2021	2
Vincent Moore	7/13/2021	2
Daniel Coultas	7/14/2021	2
Brian, Lynn and Presley Kerber	7/19/2021	2
Chris Scheufele	7/22/2021	2
David Malenfant	7/26/2021	2
Gary Hinkle	7/28/2021	2
Carla Covington	7/31/2021	2
Joe Gurski	7/8/2022	1
Kasey Dale	7/8/2022	1
Scott Wineberg	7/15/2022	1
David Manson	7/23/2022	1



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		<p>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</p>
MONDAY	<p>9:00 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</p>	<p>5:30 PM GR Monday Night Gravel. WEATHER PERMITTING, meet at either Loami Park or Centennial Park for a 15-20 mile ride. Lights recommended early in season.</p> <div>  <p>Stay up-to-date on this group by following the SBC Members Facebook Group. Details about ride start, route, etc. are usually posted the day before the ride.</p> </div>
TUESDAY	<p>9:00 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</p>	<p>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</p> <p>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</p> <p>5:45 PM B B Rides (14-18 mph). Join Jennifer Walker for approx. 20 miles. Starting location varies. Stay up-to-date by following the Springfield B Cycling Facebook group .</p> <div>  </div>

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.
	9:00 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: Stuart Park Questions? Contact Ride Leader Libby Shawgo at 217-416-1104
THURSDAY	9:00 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	9:00 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 or the SBC Members Facebook Group	

Scheduled SBC Rides/Events

This section lists "one-time" club rides and special events. It's a good practice to check the club's Facebook page and/or the SBC Members Facebook group, as often rides are scheduled at the last minute before the weekend and don't appear on this schedule.

BC AMERICAN PIE BICYCLE RIDE

SUNDAY, JULY 2 | 8:30 AM

Location: Divernon Square

We will start this 29 mile ride at the Divernon square, ride to Waggoner, then utilize the Farmersville bike path to head back. A young lady and her 5 year old daughter have a home at the end of the trail (314 South Cleveland St) and will have a lemonade and pie stand setup. They will be making large lemonades from scratch (no country time mix here!), along with homemade fresh pie! They will be charging \$5 for each.

Please wear your most patriotic attire for this ride!

Ride Leader: Jennifer Walker



ABCD FRANKLIN BURGOO RIDE

TUESDAY, JULY 4 | 8:00 AM

Location: Chatham County Market

parking lot, or Loami Park
Independence Day means it's time for the traditional ride to the Village of Franklin where the Lions Club is hosting their annual Burgoo Festival. There are various starting locations and times but a large group will leave the parking lot of the Chatham County Market at 8:00 AM. Start in Springfield and ride the Interurban Trail for more miles. There are different route options.

Check the club's Facebook Event for information about routes, pace, etc.

D/EZ INTERURBAN TRAIL

FRIDAY, JULY 7 | 9:00 AM

Location: Meet on the InterUrban Trail behind Sonic | 1312 Wabash Avenue

Take an 8-mile ride on the Inter-urban Trail. We'll ride past the Mexican Sunflower Garden under I-72 and on to the Chatham Cafe Restaurant. Rain date - June 26

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

C/SLOW-C LOLLIPOP BACKWARDS

TUESDAY, JULY 11 | 5:45 PM

Location: Casa Real (next to Scheels)

23 miles, 10-16 mph

This NO DROP ride is about 23 miles. We will go south down the Interurban Trail through Chatham to the end of Main Street, then ride 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.

BC EL DORADO RIDE

SUNDAY, JULY 16 | 8 AM

Location: El Dorado

Let's meet at El Dorado off Toronto Road and go for a ride! Route TBD!
Ride Leader: Jennifer Walker
Check out the Springfield B Cycling Facebook group for more info.

D/EZ D & J CAFE

MONDAY, JULY 17 | 9:00 AM

Location: D & J Cafe | 915 West Laurel Street | Springfield, IL

Ride through Hawthorne Place historic neighborhood on shaded streets, past interurban routes to view early Springfield residential and church architecture with summer blooming foliage.

Rain Date - July 24

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

C/SLOW-C PARK TO PARK

TUESDAY, JULY 18 | 5:45 PM

Location: Washington Park

19 miles, 10-16 mph

This NO DROP ride is about 19 miles. Meet in Washington Park and cruise through town to Southwind Park and back.

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

ABCD SANGAMON CYCLING SERIES

SATURDAY, JULY 22 | 8:00 AM

Location: Lake Sangchris - East Boat Dock

Event 3 of the Sangamon Cycling Series. Registration online at spfld-cycling.org under Events

C/SLOW-C ATHENS OASIS

TUESDAY, JULY 25 | 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

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



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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, 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

Check out the article in this newsletter for details about our club's flagship ride.

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 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>



ABCD 34TH TOUR DE DONUT

SATURDAY, JULY 8, 2023

Location: Staunton, IL
The "Tour de Donut" bicycle race is a spoof on the "Tour de France." From the mass start, the approximately 32-34 mile route follows lightly traveled roads over rolling terrain. Riders can stop at two checkpoint stations (donut stops). While donut consumption is not mandatory, the rider is awarded a five (5) minute time credit for EACH donut eaten. Yum!!! A shorter ride is also available which is not timed and includes only 1 donut stop.

ABC TOUR DE CASEYS

SUNDAY, AUGUST 20, 2023 | 7:00 AM

Location: Fairview Park, Decatur
Ride bikes, eat pizza, drink fluids, make friends.

For more info, check out the Facebook Event
<https://www.facebook.com/events/3260755550802965>

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

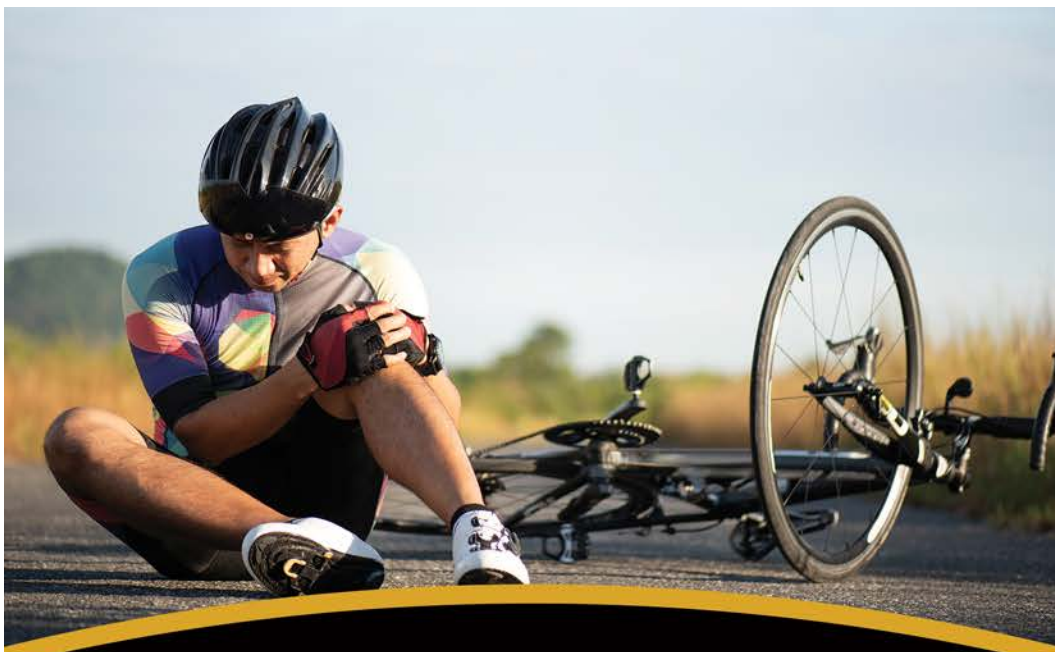
SUNDAY, OCTOBER 1

Starting Location: Jim Edgar Panther Creek State Park, Chandler, 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



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

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>



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



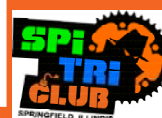
100 m swim



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: _____