



# the Quick Release

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

AUGUST  
2023

## In This Issue

PAGE 2  
WHAT'S GOING ON?

PAGE 4  
CCC UPDATE

PAGE 5  
NEW SOCKS!  
Preview the new sock design

PAGE 6  
OUT & ABOUT

PAGE 7  
VOLUNTEER INCENTIVE  
UPDATE

PAGE 11  
2023 CLUB CALENDAR  
Summary of Club Events

PAGE 12  
RIDE/EVENT REPORTS  
Sunday Breakfast &  
Beautiful Flowers  
Scenes from Event #3  
of the SCS  
Dust Bowl 100  
Tour de France Social  
Light Up Your Night Ride

PAGE 17  
FROM THE ARCHIVES  
Snippets from past newsletters

PAGE 18  
MEMBERSHIP UPDATE  
Birthdays, New/Renewing  
Members and Donations  
Milestones

PAGE 20  
RIDE SCHEDULE



A scene from the very successful "Light Up Your Bike" Ride that was held Friday, July 29th.

## August Updates

July was a scorcher with soaring temperatures and a number of canceled rides, but our club members are a tough bunch and managed to log some impressive rides. Check out the pics and ride reports from July activities in this month's newsletter.

The **Capital City Century** is a little over a month away! Have you signed up yet? The deadline to register and be guaranteed a t-shirt in your size is August 18th. If you don't plan to ride, please consider signing up for one or more of the volunteer slots.

August 12th is the fourth and final ride of the 2023 **Sangamon Cycling Series**. The ride will be staged at Rochester Community Park with a rest stop in Mechanicsburg.

August brings some unique and memorable rides -- be sure to make some time to stop by the **Turbo Blender Ride** hosted by Ernie Defrates and Linda Butler on Sunday, August 6th. August 27th is the date for the second annual Don Daniels Memorial Ride, organized by Derek Ewing. Details on these and other rides can be found in the Ride Schedule.



## 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



**SBC Members Dominate at Tour de Donut!** Congratulations to Sean Walker, Megan Thornberry and Jennifer Walker, who podiumed in their respective age groups at the popular race in Staunton, IL.

## What's Going on in the SBC?

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

### **CLUB INITIATIVES**

#### **Incentive Committee**

There are already a number of club members who have completed their 10 volunteer hours. See stats in this newsletter.

#### **New Socks Coming!!!!**

Our DeFeet socks have proven quite popular and are nearly sold out at the Wheel Fast store. An order has been placed and we should see the new socks hit the store the week of August 7th.

### **CLUB EVENTS**

#### **Sangamon Cycling Series (SCS) Updates**

Event #3 for the 2023 SCS went well and plans are being made for the fourth and final event of the season.

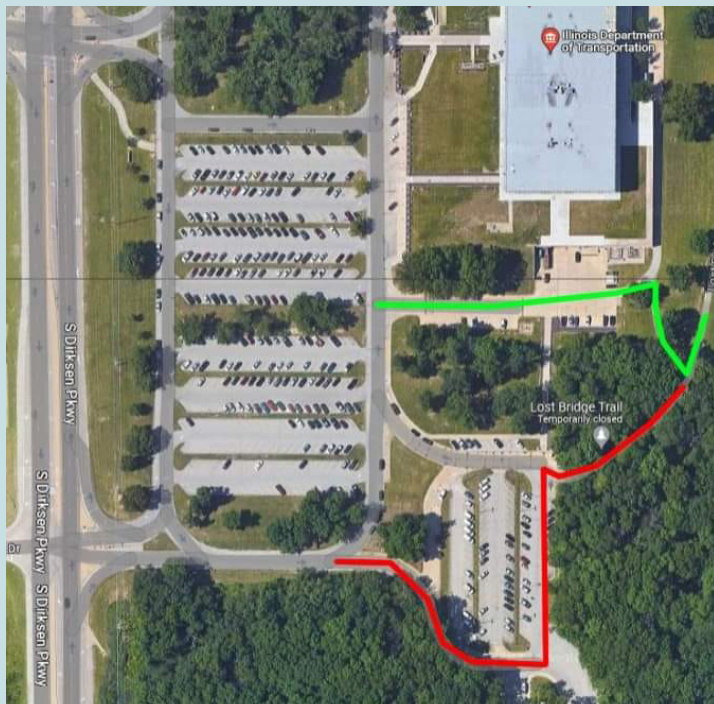
#### **CCC Updates**

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

## Newsletter Content

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





## Sangamon County Construction Updates

**LOST BRIDGE TRAIL.** If you ride the Lost Bridge Trail, you may have noticed that the entrance to the trail at IDOT has been closed for several weeks due to nearby construction. The trail is open and you can use the IDOT parking lot or other access points to get on the trail (see the green line on the photo).



Still wanting to ride while deployed, **Tommy Dale** found an abandoned bike he fixed up and named Ghost Bike! He rides several times a week while sporting his Springfield Bicycle Club shirt!

*Thank you for your service, Tommy!*

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## CAPITAL CITY CENTURY UPDATE

*The July issue of the Quick Release contains information about the 2023 Capital City Century. This article will include updates since that article was published.*

### Route Updates

Routes for all distances are close to being finalized and GPS files will be released the week of August 7. The 12-mile Family route will be an out-and-back on the Sherman/Williamsville Bike Trail. All other routes will start on the trail initially and then head east on low-traffic roads before passing through the Williamsville aid station.

### Rider Safety

We're working with the Sherman police to provide safe passage from the Sherman Athletic Club to the trailhead.

### Aid Stations

There are three aid stations planned, and distance between each station will be no more than 25 miles for each route.

**#1 - Williamsville Community Park.** All routes will pass through this aid station. This will be the only stop for the 12-mile Family ride and the 20-mile route.

**#2 - Middletown Park.** The 62-, 100- and 125-mile routes will pass through this aid station.

**#3 - Athens Community Park.** The 40-, 62-, 100- and 125-mile routes will stop in Athens before turning back toward Sherman.

### Post-Ride Meal

Nelson's Catering will be serving up a taco bar starting at 11:30 am. 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 companies, the CCC would not be possible. Sponsors include:

- Platinum - Scheels Sporting Goods
- Gold - Orthopedic Center of Illinois
- Gold - Nelson's Catering
- 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





**DeFeet**  
5" Aireator

ZONE 1 - cuff --royal  
ZONE 2 - heel/toe --neon yellow  
ZONE 3 - foot bottom --royal  
ZONE 4 - foot top --royal

☒ royal  
☒ neon yellow  
☐ white  
☐  
☐

☐  
☐  
☐  
☐  
☐

Artist: *JC*

5DE

4 Sizing

Left  
0 1" 2" 3"

Right

Back

Front



**Coming soon! New Socks!!!**

**WATCH FOR AN ANNOUNCEMENT ABOUT SBC SOCKS IN A NEW COLOR SCHEME!**



## 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





**SEND IT!** Keri Jo Fulscher makes it look easy at the Lick Creek mountain bike trails!



Diane Nevitt, Julie Boots and Donna Brayfield are all smiles at the Franklin Burgoo festival.



## Out and About

SBC members get around! Here are selected photos from some of the rides and events that took place during July.

We love to see where our members have been riding. If you have photos that you'd like to share, please send to Anne Schroll at [info@spfldcycling.org](mailto:info@spfldcycling.org)

SBC Social Director Nathan Schorfheide is all smiles at the Mississippi River on the final day of RAGBRAI



Great turnout for Jennifer Walker's "Lemonade and Pie" ride



Jordan Litvak celebrates his last day at RAGBRAI



# Volunteer Incentive Program

A new incentive program for those who volunteer their time and talent for the Springfield Bicycle Club was launched in July. Any club member who volunteers 10 or more hours at an organized club event receives recognition on the website and social media, as well as a special long-sleeve t-shirt. There are already several members who have met or exceeded the 10-hour goal!

We are using a module in ClubExpress to track hours. On the following pages are reports of club events with volunteer opportunities.

Learn about volunteer opportunities with the club through the Volunteer Module. You can access this module as shown below.

**Important - Please review the reports for accuracy and let us know asap if you did not receive credit for volunteer hours.** You can send an email to [info@spfldcycling.org](mailto:info@spfldcycling.org) to let us know of any discrepancies.



Please note that serving as a Ride Leader does not count towards volunteer hours unless affiliated with an organized club event, such as the Sangamon Cycling Series. Ride Leaders who plan and organize rides will be recognized under a separate program.

## Volunteer Attendance

### 2023 Event 1 - Sangamon Cycling Series - Sherman Community Park

#### Rest Stop Volunteer

5/13/2023 9:00 AM - 2:00 PM

Name		Hours
Lori	Dale	6.00
Deane	Kinsel	4.00
Elizabeth	Sievers	4.00
Stephanie	Sievers	4.00

#### Ride Leader

Name		Hours
Doug	Barringer	4.00
Casey	Primm	4.00
Nathan	Schorfheide	4.00
Adam	Stearns	4.00
John	Stearns	4.00
Ron	Summers	4.00

#### SAG Driver

Name		Hours
John	Kinsel	5.00
Scott	Sievers	3.00

#### Sign-in Volunteer

Name		Hours
Barbara	Manson	1.00



## Volunteer Attendance

### **2023 Event 2 - Sangamon Cycling Series - Chatham Comm. Park**

#### **Ride Leader**

6/24/2023 8:00 AM - 1:00 PM

Name		Hours
Casey	Primm	5.00
Anne	Schroll	4.00
Adam	Stearns	4.00
John	Stearns	4.00

#### **SAG Driver**

Name		Hours
John	Kinsel	5.00
Scott	Sievers	5.00

#### **Sign-in Volunteer**

Name		Hours
Jeanny	Huber	1.00

#### **Rest Stop Volunteer**

Name		Hours
Lori	Dale	5.50
Deane	Kinsel	5.50
Ted	Sunder	3
Nick	Sunder	3

## Volunteer Attendance

### **2023 Event 3 - Sangamon Cycling Series Sangchris**

#### **Rest Stop Volunteer**

7/22/2023 8:30 AM - 2:00 PM

Name		Hours
Lori	Dale	6.00
Nick	Sunder	4.00
Ted	Sunder	4.00

#### **Ride Leader**

Name		Hours
Bob	Coady	5.00
Casey	Primm	5.00
Jennifer	Rockwell	5.00
Libby	Shawgo	5.00

#### **SAG Driver**

Name		Hours
Nick	Courtney	5.00
Scott	Sievers	5.00



## Kids Triathlon - July 15, 2023

### Transition Volunteers / Bike Course Assistance 7/15/2023 7:00 AM - 11:00 AM

Name		Hours
Keri	Fulscher	4.00
Jeanny	Huber	4.00
Mike	Murphy	4.00
Casey	Primm	4.00
Brenda	Reiling	4.00
Amanda	Rose	4.00
Anne	Schroll	4.00
Larry	Stone	4.00
John	Williams	4.00



### 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)

#### **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.

July 31, 2023

## Active Member Volunteer Hours Summary

Volunteer Name		Total Hours
Doug	Barringer	4.00
Bob	Coady	5.00
Nick	Courtney	5.00
Lori	Dale	17.50
Jeanny	Huber	5.00
Deane	Kinsel	9.50
John	Kinsel	10.00
Barbara	Manson	1.00
Mike	Murphy	4.00
Casey	Primm	13.00
Brenda	Reiling	4.00
Jennifer	Rockwell	5.00
Nathan	Schorfheide	4.00
Anne	Schroll	9.00
Libby	Shawgo	5.00
Elizabeth	Sievers	4.00
Scott	Sievers	13.00
Stephanie	Sievers	4.00
Adam	Stearns	8.00
John	Stearns	8.00
Larry	Stone	4.00
Ron	Summers	4.00
Nick	Sunder	7.00
Ted	Sunder	9.50
John	Williams	4.00



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# 2023 Club Calendar

Below is a listing of events that club members may have an interest in. In addition to SBC events, also included are cycling events in the Springfield area that have proven popular with our members. This calendar is preliminary and subject to change.

## FEBRUARY

- 6** Board Meeting
- 8** Second Annual SBC Trivia Night at Harvest Market (see flyer)
- 27** Membership Committee Meeting
- 27** Kids Triathlon Committee Meeting

## MARCH

- 4** **SBC TRAVELS** Dirty South Roubaix
- 6** Board Meeting
- 12** **AREA EVENT** Dirty Assumption Gravel Ride
- 13** Monday Nite Gravel kicks off
- 18** Weekend Road and Gravel Rides Start (weather permitting)
- 26** Sangamon Cycling Series – Registration Opens
- 28** Music Bingo at Dublin Pub
- TBD** Kids Triathlon Committee Meeting
- TBD** CCC Planning Committee Meeting

## APRIL

- 3** Board Meeting
- 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 – 7:30 AM Sangchris

## AUGUST

- 7** Board Meeting
- 12** SCS Event 4 – 7:30 AM Rochester
- 26** **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

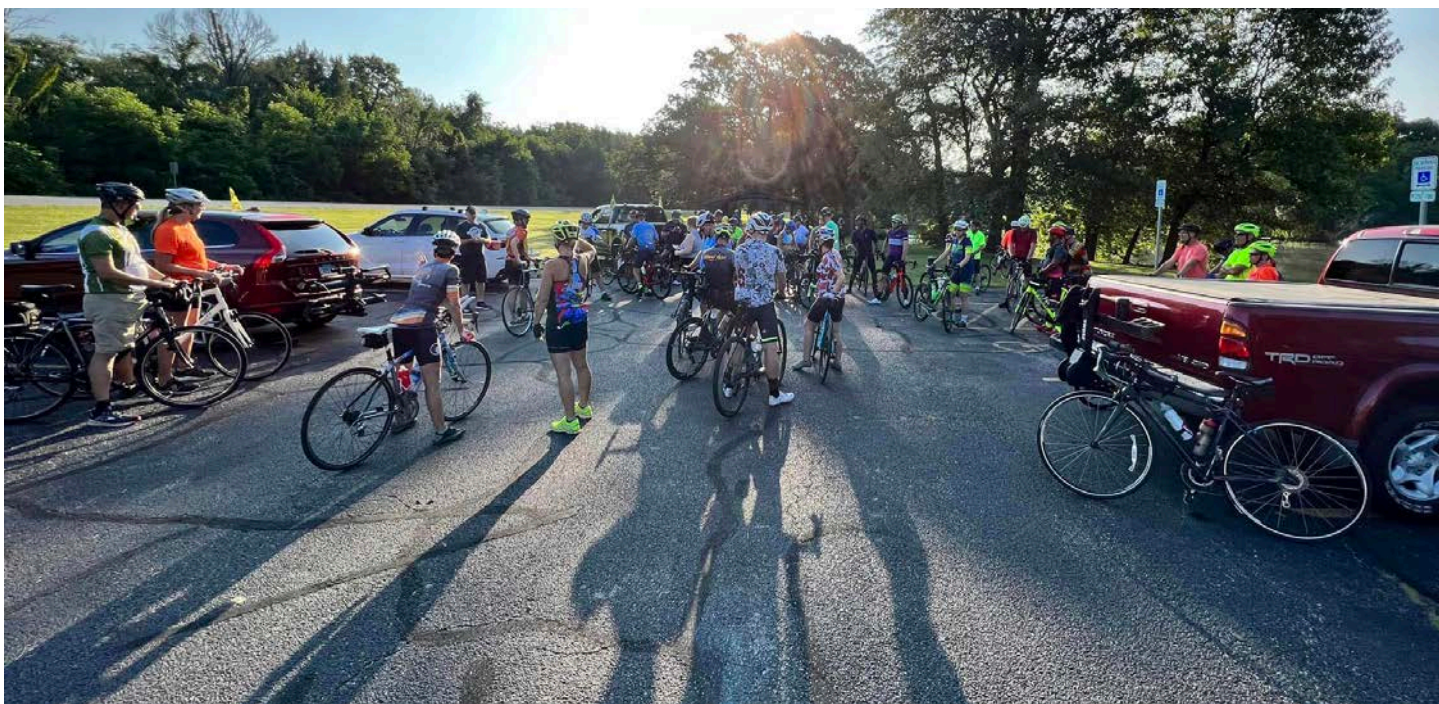


## JULY 16 Sunday Breakfast, Bikes and Beautiful Flowers

Jennifer Walker and Mollie Langley put together a great 30-mile ride that included a stop at a field of beautiful sunflowers, followed by brunch at El Dorado.







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

## JULY 22 Sangamon Cycling Series #3

The third event of the 2023 SCS was staged at Lake Sangchris. Thanks for Event Director Lori Dale for organizing and staffing the rest stop, to SAG drivers Scott Sievers and Nick Courtney, and rest stop volunteers Ted and Nick Sunder.

Rumor has it that Lance Garrison rode his first metric distance today. Congrats to Lance, that is a huge accomplishment!

Sadly, Deane Kinsel took a spill and sustained injuries to her knee. SAG driver Nick Courtney assisted with first aid. We wish Deane a speedy recovery and hope to see her out on the bike again soon.







Left: Michael Phelon and Chris Scheufele are two very clean riders before the race.

Above: Chris's bike AFTER the race

## JULY 22 Dust Bowl 100

SUBMITTED BY **CHRIS SCHEUEFELE**

*Cue John Mellencamp's song, "Jack and Diane" as the soundtrack for the Dust Bowl 100. The perfect back drop for the song to take place in America's Heartland. Beautiful rolling fields, crushed limestone roads, race cars going in ovals, and farm folk sitting at the end of driveway waving to riders and counting bicycles.*

*The only thing that was missing was chili dogs. However, pickle juice was a close second.*

This was my third gravel race, second different one, and my longest at 100 miles. As a mid-pack rider, my goal was to get it done as efficiently and fast as possible. I was glad the heat was only supposed to get into the mid to high 80s. I rode it mostly solo but met a couple people along the way and stayed with them until they turned off.

Doing my homework before the race I understood that this race was in fact very 'dusty', so I invested in a USWE hydro pack this summer. It came in clutch as the bottles I had on my bike were covered with a thick layer of limestone dust.

I was overpacked with nutrition and liquids as there were SAG stops at 29, 44, 62, 77, and 88 miles. Each stop was loaded with water, Gatorade, soda, chips,

granola bars, fruit, a bike mechanic, and pickle juice. During the race I consumed over 4 dixie cups of pickle juice. Talk about a puckered face!

The course was 80% gravel for the 100-mile distance. A lot of rock and definitely some fast roll. There were State Troopers stopping traffic at the main highway crossings. I had the course loaded on my Garmin, but all of the turns were marked with signs.

There were only a couple of really steep descents and one headed down to a covered bridge. When I made my way down a young girl had wiped out on the descent that turned to the bridge. I stopped and helped her get her foot released from her pedal and then put her chain back on. She had just a minor scrap and was able to ride on. At the end of the race her mom came up to me and told me thank you. She was only 18 and had done the 100 miles solo. We got a photo together and she showed off her race wounds in the picture.

As I crossed the finish line a volunteer handed me a water bottle wrapped in a cold wet souvenir towel. The heat had really turned up in the afternoon, so the towel was the perfect souvenir. Showers, a bike wash, and a full meal were available at the end too.

On the way back home, we didn't find the Tastee Freez, but we did stop at the Bainbridge Dari-Ette. That doesn't rhyme enough for a song.

Jack and Diane doing the best they can, and so did I. It was a terrifically ran event that I plan on riding again.





## JULY 23 Tour de France Social

On Sunday, July 23, club members met at Stuart Park and took a quick spin up the Sangamon Valley Trail. Their destination was a private clubhouse owned by Casey Primm's uncle. Socializing and snacking was followed by viewing the final stage of the Tour de France.

*Special thanks to Casey and Amanda for sharing their family's beautiful clubhouse!*



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



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## JULY 29 Light Up Your Night

On Friday evening, a huge group of cyclists met at Washington Park and took a leisurely ride through town to the Illinois State Fairgrounds to see the new neon park. Special thanks to Jennifer Walker for planning and organizing this fun and unique event!





# 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 - AUGUST 2018

The club held a picnic and swap meet at Tom Ma-donia Park.

## 15 YEARS - AUGUST 2008

The Board decided to form a committee to help recruit ride leaders. The Board also approved a proposal to eliminate show-and-go rides on the weekends. If a ride leader cannot be found for a Saturday or Sunday ride, no ride will be scheduled for that day.

## 20 YEARS - AUGUST 2003

Chuck Orwig led a well-route ride to Punkie's Palace from Rotary Park. A few riders toured the palace.

The 31st Capital City Century started and finished at the Lake Springfield Beach House, with a single rest stop in Auburn.

## 25 YEARS - AUGUST 1998

The SBC participated in Adopt-a-Highway, cleaning up a section of Old Jacksonville Road.

A discussion was held at the Board meeting about the nomination of club officers for the following year. Many positions were open including president, vice president, treasurer (maybe), special events chair, incentive chair and newsletter editor.

## 30 YEARS - AUGUST 1993

The annual Membership Meeting was held in the basement of Security Federal Savings and Loan, 510 E. Monroe.

From Karl Kohlrus's President's Column "I also received some good news from Rich Berning, Springfield City Traffic Engineer. The new Stanford overpass to replace Iles Junction is being designed to accommodate bicyclists. Also, the 11th Street extension from Stevenson Drive south to Sangamon State and Lincoln Land is also being designed to accommodate bicyclists. Mike Ulm of the local Rails-to-Trails office has also informed me that Central Illinois Light Company (CILCO), which owns

the right-of-way for the proposed Chatham-Springfield Bikeway, is willing to cooperate with efforts to construct the trail."

## 35 YEARS - AUGUST 1988

Member Paul Sweet organized the "Sangamon County Metric". "The route was very good. There wasn't one stretch of oily soft road on it. The ride drew approximately 170 riders...All seemed to go well and the worst disaster I saw all day was a smashed banana on the road."

## 40 YEARS - AUGUST 1983

The cost to enter the Capital City Century was \$5.50 and the event started at Lincoln Land Community College.

## 45 YEARS - AUGUST 1978

The following officers were elected at the meeting, to be installed at the September meeting: Ron Habegger, President; Louis Spinner, Vice President; Vaughn Morrison, Secretary; and Dean Wisleder, Treasurer.

## 50 YEARS - AUGUST 1973

SBC sponsored a criterium road race held at the State Fairgrounds and 133 racers turned out.

The SBC held a car wash fundraiser and raised \$130.



Above: 1979 "100 Miles" patch.



## AUGUST 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.

Garland Stevens  
Charlene Vollmer

**August 2**

Ernest L  
DeFrates

**August 3**

David L Kalaskie  
Amanda Rose

**August 4**

Martin Kaufmann

**August 5**

Sarah Anderson  
Tim Febus

**August 6**

Casey Primm

**August 9**

Trevor Hebert  
Erin L Weller

**August 11**

Jim Hajek

**August 12**

Ken M Miller

**August 16**

Jim Stahl

**August 17**

Ron Cawley

**August 20**

Linda Butler  
Shaun Tobias

**August 21**

Karin Bell

**August 24**

Michelle Byers  
Matt Daniels

**August 26**

Kevin Brown  
Glenda Long

**August 28**

Tracey Hurley

**August 30**

Melissa Wiseman

**August 31**



## Membership Update

TOTAL ACTIVE MEMBERS: **378**

### JULY RENEWALS AND NEW MEMBERS

#### WELCOME TO OUR NEW MEMBERS:

##### Individual Memberships

Angela Blunk  
William Callan  
Christopher Kimball  
Michael Klemens  
Chris Oldenberg  
Brian Poulter  
Smitha Rhodes  
Mike Rigoni

#### Donations

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

Amanda Blunk  
Nick and Amanda Fogleman  
James Hall  
Jack and Tracey Hurley  
Jim and Gladys Hajek  
Daniel McCormack  
Chris Oldenburg  
Roger Schnelten  
Ted and Judy Sunder, Nick S.  
Tim Tyrrell  
David Wild

#### WELCOME BACK TO OUR RENEWING MEMBERS:

##### Family Memberships

Scott and Karin Bell  
Ron and Brenda Cawley  
Jim and Carla Covington  
Loren Easter and Magdalena Roso  
Nick and Amanda Fogleman  
James and Nancy Hall  
Jim and Gladys Hajek  
Jack and Tracey Hurley  
Chris and Sarah Scheufele, Grayson Scheufele  
Scott and Stephanie Sievers, Madeline and Elizabeth Sievers  
Ted and Judy Sunder, Nick

##### Individual Memberships

Deb Cooper  
Tommy and Lori Dale  
Matthew Duff  
Daniel McCormack  
Gina Pecori  
Anne Sagins  
Roger Schnelten  
Tim Tyrrell  
Charlene Vollmer  
David Wild  
Cathy Yeaman

# 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
Nesbitt, Byron	8/1/1971	52
Scott and Stephanie Sievers, Madeline and Elizabeth Sievers	8/30/2001	22
David and Anita McDivitt	8/3/2004	19
James and Nancy Hall	8/1/2006	17
Ted and Judy Sunder, Nick Sunder	8/1/2010	13
Any Engelmeyer	8/1/2011	12
Gerald Aldrich	8/1/2012	13
Ben Stone	8/1/2012	13
John Williams	8/1/2012	13
Kenneth Connell	8/1/2013	12
Marc Bell	8/17/2015	8
Daniel McCormack	8/6/2017	6
Gerry Hume	8/6/2017	6
Tracy and Casey Garrison	8/14/2017	6
David Wild	8/15/2017	6
Matthew Scrivano	8/18/2017	6
Randall Germeraad	8/24/2017	6
Sean and Jennifer Walker	8/24/2017	6
Beverly Sneath	8/23/2018	5
Randi Kuhn	8/1/2019	4
Don Gwinn, Melissa and Sean	8/3/2019	4
Agnes Wood	8/10/2019	4
Darryl Caldwell	8/21/2019	4
Gina Pecori	8/5/2021	2
James Clifton	8/8/2021	2
Lisa Applegate	8/22/2021	2
Jeanny Huber	8/22/2021	2
Jill Roth	8/3/2022	1
Keith and Linda Hopper	8/15/2022	1
Anne Sagins	8/18/2022	1
Kann and Nasar Nallamotheu	8/21/2022	1
Ron and Brenda Cawley	8/29/2022	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](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>9:00 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 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><b>9:00 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 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	<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>9:00 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> Stuart Park <b>Questions?</b> Contact Ride Leader Libby Shawgo at 217-416-1104
THURSDAY	<b>9:00 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
		<b>6:00 PM</b> <b>BC</b> <b>Salisbury Ride from Biketek.</b> Join Scott Sievers for a great evening ride on the "traditional hill route" to Salisbury and back. <b>Start Location:</b> Biketek, 967 Clocktower Drive <b>Questions?</b> Contact Scott at 217-801-2873
FRIDAY	<b>9:00 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 or the SBC Members Facebook Group	

# Nelson's<sup>TM</sup>

## CATERING

### 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.

#### **C/SLOW-C SALISBURY FROM STUART PARK**

**TUESDAY, AUGUST 1 | 5:45 PM**

**Location:** Stuart Park

**23 miles, 10-16 mph**

Get your hill legs on! We'll ride about 23 miles, up and down a few hills through Salisbury, a loop through the country and back to Stuart Park. See the "Slow C Collection" in the SBC RidewithGPS Club for the route.

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

#### **BC TURBO BLENDER RIDE**

**SUNDAY, AUGUST 6 | 8:00 AM**

**Location:** Ernie and Linda's Home, 3917 Surry Place Lane, Spfld

#### **TURBO BLENDER RIDE!!!**

Come out for the famous Turbo Blender ride hosted at the home of Ernie DeFrates and Linda Butler. This is a BC, no-drop ride of 30 miles +/- . Enjoy Turbo Blender drinks and snacks after the ride.

**For more info,** Ernie DeFrates 217-971-1246 or eld3bik77 @comcast.net for questions.

#### **C/SLOW-C LINCOLN PARK RIDE**

**TUESDAY, AUGUST 8 | 5:45 PM**

**Location:** Lincoln Park parking lot (north of the pavilion)

This ride begins and ends in Lincoln Park. Let's roll through some beautiful residential areas of Springfield out toward the airport and back. See the "Slow C Collection" in the SBC RidewithGPS Club for the route.

**For more info,** call Jennifer Rockwell 217-622-2699

#### **ABCD SANGAMON CYCLING SERIES**

**SATURDAY, AUGUST 12 | 8:00 AM**

**Location:** Rochester Community Park  
**Event 4** of the Sangamon Cycling Series. Those who have registered for this program will receive an email with information about start time, routes, etc. the week prior to the ride.

#### **C/SLOW-C CRAZY FOR CORNDOGS**

**TUESDAY, AUGUST 15 | 5:45 PM**

**Location:** Centennial Park, large parking lot

**20 Miles, 10-16 mph**

Let's celebrate the Illinois State Fair with a loop through the Wabash

and Interurban Trails and Southern View. We will stop at the Cozy Dog before returning to Centennial Park. Bring your treat money and enjoy 20 miles of pure pleasure on two wheels! See the "Slow C Collection in the SBC RidewithGPS Club" for the route.

**For more info,** call Jennifer Rockwell at 217-622-2699.

#### **C/SLOW-C KREKEL'S KUISE**

**TUESDAY, AUGUST 22 | 5:45 PM**

**Location:** Krekel's Custard & Hamburgers, 2121 N. Grand Ave East, Spfld  
20 miles, 10-16 mph

Begins and ends at Krekels. Let's kruise to the Riverton Fast Stop and back for about 20 miles. Bring your treat money and enjoy custard, burgers, snacks at the end!

**For more info,** call Bob Coady 217-416-2181

#### **C/SLOW-C (REALLY) LOST ON THE TRAIL**

**TUESDAY, AUGUST 29 | 5:45 PM**

**Location:** Madonia Park

**16.5 miles, 10-16 mph**

IDOT closed the Lost Bridge Trailhead but that doesn't mean we





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can't ride the trail. We'll start by the lake at Tom Madonia Park and loop through the country via Hill-top Road and Lost Bridge Trail. There may be a stop at the Sno Shak in Rochester Park so bring treat money!

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



## **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**

Details TBA



## **ABCD ROGER SCHNELTEN'S 45TH ANNUAL OKTOBERFEST PARTY**

**SUNDAY, OCTOBER 8 | 1:00 PM**

**Location:** 245 Circle Drive, Spfld  
Don't miss the 45th Oktoberfest Party & Bike Ride. Live music, food, drinks, games, bonfire and bikes.

A bike ride is being planned. This is a combined party between the Springfield Ski & Travel Club and the Springfield Bicycle Club.

**For more info** call Roger Schnelten at (217) 529-0780

### 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>

### ABC TOUR DE CASEYS

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

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

**For more info,** check out the Facebook Event  
<https://www.facebook.com/events/326075550802965>

### ABCD PRAIRIE PEDAL

#### SUNDAY, SEPTEMBER 24 | 7:00 AM

**Location:** Rock Springs Nature Center, 3939 Nearing Lane, Decatur, IL  
Prairie Pedal is an annual fall fundraising event for the Macon County Conservation Foundation. All proceeds support natural areas and wildlife in Macon County, Illinois.

Enjoy a 20 mile, 40 mile, or 62 mile ride through quiet country roads and have a chance to discover the vibrant prairie grasses, wildflowers, and diverse wildlife as we ride to support local natural areas and wildlife!

After the ride, enjoy a delicious chili lunch (with vegetarian option) and an assortment of refreshments.

Register on Active.com

### GR YELLOW CHIP ROAD 2023 (FORMERLY ILLINOIS KANZA)

#### SATURDAY, OCTOBER 14 | 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>

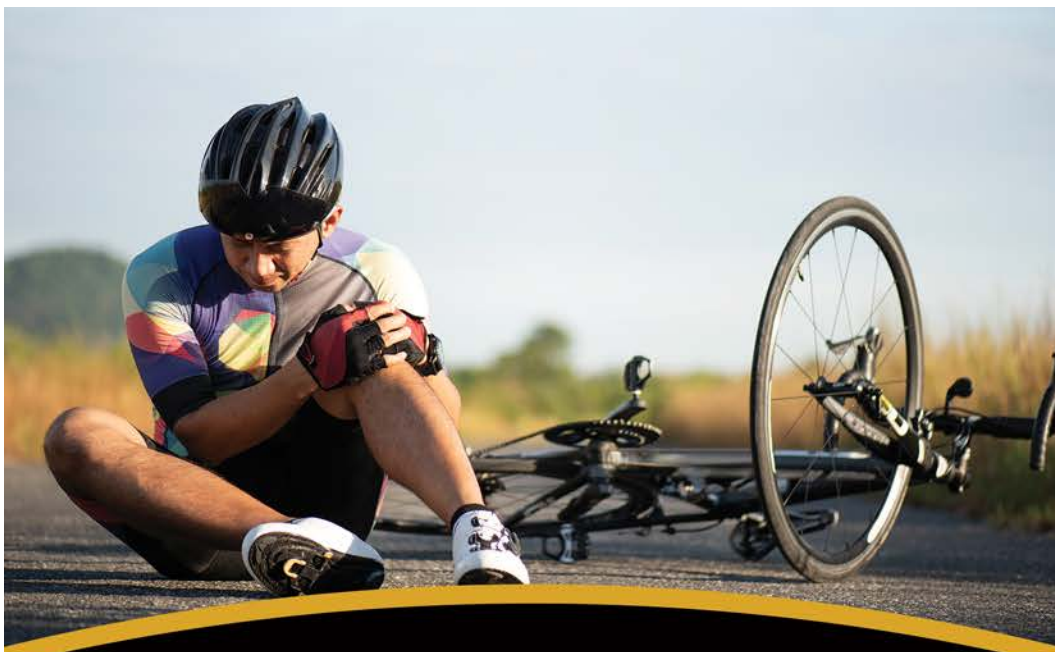
### ABCD ILLINOIS SENIOR OLYMPICS

#### SUNDAY, OCTOBER 1

**Starting Location:** Jim Edgar Panther







# 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

Creek State Park, Chandlerville, IL  
The Illinois Senior Olympics returns to Park Headquarters at Jim Edgar Panther Creek State Park. *This is not an SBC event but the club provides support.*

Registration opening soon.



**OCTOBER 6, 7 AND 8**

**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>





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# 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	<input type="checkbox"/> 125 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, 125, 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

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**20 Cottonwood Drive | Chatham, IL 62629 | 217.483.7807**





# Membership Application

- ☐ New Member
- ☐ Renewing Member
- ☐ Change of Address

## Primary Member Information

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Birth Date (optional) \_\_\_\_\_

## Type of Membership

- ☐ Individual: **\$25** per year
- ☐ Family: **\$40** per year  
*May include up to 4 additional members who must all reside at the same address*
- ☐ Corporate: **\$100** per year

## Additional Donation

- ☐ \$10
- ☐ \$25
- ☐ \$50
- ☐ \$100
- ☐ Other \_\_\_\_\_

## Secondary Members (Family Membership only)

Name \_\_\_\_\_ Birth Date: \_\_\_\_\_

Name \_\_\_\_\_ Birth Date: \_\_\_\_\_

Name \_\_\_\_\_ Birth Date: \_\_\_\_\_

Name \_\_\_\_\_ Birth Date: \_\_\_\_\_

## Additional Information

- ☐ I would like to opt out of Club e-mail announcements

I would like to help with the following SBC activities:

- ☐ Lead bike rides
- ☐ Help with social activities
- ☐ Help with bicycle advocacy
- ☐ Help with Capital City Century
- ☐ Serve on the SBC Board
- ☐ Other \_\_\_\_\_



## Mail to:

Springfield Bicycle Club  
P.O. Box 13035  
Springfield, IL 62791-3035

## Legal Waiver

I (and my parent or guardian in case of a person under 18 years of age) hereby release the Springfield Bicycle Club and any other party or parties involved in any Springfield Bicycle Club activity of any liability whatsoever for any loss or damage to property or for personal injury sustained or occurring on any Springfield Bicycle Club event.

Signature: \_\_\_\_\_ Date Signed: \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Date Signed: \_\_\_\_\_