



# the Quick Release

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

SEPTEMBER  
2023

## In This Issue

PAGE 2

WHAT'S GOING ON?

PAGE 3

CONSTRUCTION UPDATES

PAGE 4

CYCLING FOR FITNESS

PAGE 6

OUT & ABOUT

PAGE 8

VOLUNTEER INCENTIVE  
UPDATE

PAGE 12

2023 CLUB CALENDAR

Summary of Club Events

PAGE 13

MEMBERSHIP UPDATE

Birthdays, New/Renewing  
Members and Donations  
Milestones

PAGE 15

RIDE SCHEDULE



**August 27 - Don Daniels Memorial Ride.** Don 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. Derek Ewing organized this ride to honor Don's memory and included a stop on the Bolivia Bridge, one of Don's favorite locations.

## September Updates

The dust is settling from the 51st **Capital City Century**, held on September 9. We'll include more information about the club's flagship event in the October newsletter.

2023 **Sangamon Cycling Series** wrapped up in August with the last of the four rides in Rochester, and a social at the Brickhouse on August 31st to celebrate the season. A total of 140 cyclists -- both members and non-members -- registered for this year's program. Plans are already underway for the 2024 edition of this popular program. Kudos to Event Director Lori Dale for her exemplary handling of this event -- coordinating four consecutive mini events is no small task!

Be sure to mark your calendar for Sunday, October 8th for the **45th annual Oktoberfest**. Each year, Roger Schnelten opens up his home and yard to this spectacular celebration of fall.

Plans are also in the works for a **Halloween social** on October 28th. Social Director Nathan Schorfheide will offer a ride, followed by a bonfire at his home in Chatham.



## 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



August 6 - Turbo Blender Ride. Ernie DeFrates and Linda Butler opened up their home for the annual TURBO BLENDER RIDE

## 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. Opportunities to accrue points for the 2023 program concluded with the Capital City Century.

#### **Borah Store Open Through 9-28**

By now you should have received an email announcing the opening of the Borah Team Store. There will be several new items available for purchase. The store will be open for orders until September 28th, with delivery date 4-6 weeks after the store is closed.

## 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



The Lick Creek trestle bridge, visible from Wesley Chapel Road near Mansion Road, will be part of the extension of the Sangamon Valley Trail south extension project.

## **EXTENSION OF THE SANGAMON VALLEY TRAIL SOUTH TO LOAMI ROAD.**

The Sangamon County Highway Department has indicated that they are nearing completion of the Phase 1 Engineering Study and the required environmental assessment. They expect to submit the study to IDOT next month. Once the study is approved by IDOT, the Sangamon County Highway Department will apply for funding of the design and construction of the trail extension. The 7-mile extension, from Centennial Park to Loami Road, will require improvements to six bridges, including the Lick Creek trestle bridge, built in 1883. No timetable has been established for completion until funding can be secured.



## **IRWIN BRIDGE IS NOW CLOSED!**

Irwin Bridge is now officially closed and demolition of the old structure is underway.

## **DO YOU HAVE AN IDEA FOR THE CLUB?**

Maybe you have an idea for a new program or a way to improve an existing program. Maybe we've overlooked something. Maybe you passed along an idea but haven't heard back and wonder what happened. The Board values your input and wants to hear from you!

The best method to pass along concerns, ideas and observations is to email a member of the Board and ask that the topic be discussed at the next Board meeting. If you have an idea you'd like to present, please request that the idea be added to the agenda and how much time you would need for a presentation (no Powerpoint necessary, just come and talk at a meeting!).

**Please send to one of the following emails:**

[president@spfldcycling.org](mailto:president@spfldcycling.org)    [vp@spfldcycling.org](mailto:vp@spfldcycling.org)    [info@spfldcycling.org](mailto:info@spfldcycling.org)

# Cycling For Fitness

BY BILL STOKES

Publisher of Springfield Scene Magazine

Bicycling is one of the most efficient and eco-friendly modes of transportation. But, what if you want to use cycling to lose weight or amp up your fitness level? What are the things you can do? Here are some research based options:

1. **Increase Your Intensity:** Instead of a leisurely ride, challenge yourself with interval training. Cycle at a high intensity for a minute and then slow down for another minute or two, then repeat. This high-intensity interval training (HIIT) can burn more calories than a steady-paced ride.  
*Ref. National Center for Biotechnology Information, Gibala et al. (2012)*
2. **Tackle the Hills:** Flat terrains are great for a consistent speed, but adding some elevation will demand more from your muscles. Seek out routes with hills or use the incline feature on stationary bikes. There aren't any specific research studies for this option and due to the intervals in hill cycling, it would fall under the Gibala study for HIIT training.
3. **Go for Longer Rides:** While high intensity is effective, longer, moderate-paced rides also have their place. They can help you burn more calories due to their extended duration and will help you lose weight provided you don't go overboard with post ride food consumption. *Garber et al. (2011) Resistance Training (PubMed - NCBI- Numerous Studies)*
4. **Ride Against the Wind:** It might sound odd, but riding into the wind can make your workout more challenging, forcing you to expend more energy.
5. **Add Weight:** While a lighter bike is more efficient, intentionally adding weight, like a backpack with some essentials, or choosing a heavier bike for your longer rides can make you work harder. I love the comfort of my heavy hybrid bike with a pannier. I know it improves my fitness because when I do get on my carbon fiber bike I easily cruise 20% faster without drafting.
6. **Use Proper Gear:** Not in terms of clothing, but in terms of your bicycle's mechanical gears. Find a gear that allows you to pedal smoothly, but still

feels challenging. I call it the feel-the-burn gear. Learn to use your gears to improve your energy output for additional calorie burn and fitness.

## MORE TIPS

7. **Group Rides:** Joining a cycling group like those in the Springfield Bicycle Club can motivate you to ride faster and longer than you would on your own. The social aspect also makes the workout more enjoyable. There is no research needed for this option. We have long known that humans are socially driven to seek out the safety & camaradiere found in groups.
8. **Maintain Good Form:** Ensure that your bike is the right size and that it's adjusted to fit you properly. A proper fitting bike allows you to pedal more efficiently and powerfully. Also, remember to maintain a proper posture: keep your back straight, grip the handlebars firmly but not tensely, and use your core muscles to stabilize yourself.
9. **Stay Consistent:** The more you ride, the better you'll get, and the more calories you'll burn over time. Set a routine and stick to it.
10. **Track Your Progress:** Use fitness apps or wearables to track your rides. Monitoring your speed, distance, and estimated caloric burn can motivate you to push harder in subsequent rides.

Remember, the goal is to challenge yourself but also to enjoy the ride. By making small changes to your cycling routine and incorporating these tips, you can burn more calories and reap greater health benefits. Always prioritize safety, stay hydrated, and supplement with electrolytes on those long rides



  
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# ROGER'S 45<sup>TH</sup> ANNUAL



3 pm

Sunday, October 8, 2023

Come as early as 3 for beer & games.

Stay late for the bonfire.



## MUSIC BY:

CURT SMITH ≈ 3 - 6

ANTONE & WICK ≈ 6 - ??



## MEAT OFF THE GRILL ≈ 4:00

Burgers • Brats • Fish

*Side dishes welcomed!*

## OKTOBERFEST • STYLE BEERS

Plus Special Guest Beers

## PRE-FEST BIKING

45 mile ride 1pm

20 mile option ≈ 2:30pm

Led by Casey Primm

*Everyone gets back in time to eat!*

## GAMES

Bean Bag Toss • Bocce Ball

Hillbilly Golf • Hammerschlagen

## ROGER SCHNELTEN

245 CIRCLE DRIVE  
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217-529-0780

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ruralcyclery@gmail.com fb: ruralcyclery





Huge turnout at Jen Walker's B Ride from El Dorado on August 29.

## Out and About

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



Riders hurrying to beat sunset at Monday Night Gravel.

Huge turnout at Jen Walker's B Ride from El Dorado on August 29.







### **FUN ON THE BOLIVIA BRIDGE**

The Bolivia Bridge was the place to be during August. The bridge was built in 1901 and was open to vehicular traffic until the spring of 2015, when a single-car accident prompted county officials to permanently close the bridge.

While closed to traffic, it's possible to climb over the barricades and cross the Sangamon River on foot. Riders participating in the final Sangamon Cycling Series and the Don Daniels Memorial Ride crossed the old bridge.

If you decide to explore the bridge, please note that the planks are sometimes slick and several boards are now missing. And be sure to take your bug spray!!

### **How do I find this bridge?**

1899 Bolivia Road  
Mechanicsburg, IL





## Volunteer Incentive Program

The Capital City Century was the last opportunity to accrue volunteer hours for 2023. Thanks to all who came out to help support the ride, and please review the report on the following pages for accuracy.

Final volunteer hours are also included. Any club member who volunteered for 10 or more hours will receive 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 will be reaching out to these individuals in October for shirt sizing.

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

***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.

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# Capital City Century

## Volunteer Attendance

### Bacon/Pancake Chef - Williamsville Rest Stop

Chuck Caudill	4.00
Scott Parker	4.00

### Food Server @ Sherman Athletic Center / Trash

Ernest DeFrates	2.00
Jennifer Gass	2.00
Judy Shipp	2.00
Megan Thornberry	2.00

### Food Server @ Sherman Athletic Center / Trash

Jennifer Gass	2.00
Curt Wilhold	2.00
Kathleen Winhold	2.00

### HotDog Chef at Athens Rest Stop

Jeanny Huber	7.00
Jennifer Rockwell	7.00

### Large Sign Placement

John Kinsel	4.00
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### On-Site Registration / Packet pickup

Karin Bell	2.50
Scott Bell	2.50
Travis Booth	2.50
Troy Gilmore	2.50
Marc Jacobs	2.50

### Packet Stuffing at Scheels

Donna Brayfield	1.50
Bob Coady	1.50
Jeanny Huber	1.50
John Kinsel	1.50
Kristi Lear	1.50
Libby Shawgo	1.50

### Rest Stop Volunteer - Athens Rest Stop Morning

Jessi Springer	2.00
Jennifer Walker	2.00

### Rest Stop Volunteer - Middletown Morning

Susie Risser	4.00
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### Rest Stop Volunteer - Williamsville

SRRC Group	4.00
Randi Kuhn	4.00
Bronwyn Leach	4.00
Kristina Mucinskis	4.00

### Route Checking - 12 Mile and 20-Mile

Diana Nevitt	5.00
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### Route Checking - 125/100 Mile

John Kinsel	5.00
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### Route Checking - 40 Mile and 60 Mile

Martin Celnick	5.00
Jon Edwards	5.00

### Route Checking - Groad Route

Casey Primm	5.00
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### Route Marking - 100 and 125 Mile Routes

John Kinsel
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### Route Marking - 12-Mile Family Route

David Kalaskie	5.00
Libby Shawgo	5.00



# 2023 Total Volunteer Hours

## Active Member Volunteer Hours Detail

			Hrs. worked
<b>Doug</b>	<b>Barringer</b>		
Ride Leader	5/13/2023: 9:00 AM - 1:00 PM		4.00
<b>Total Hours</b>			<b>4.00</b>
<b>Karin</b>	<b>Bell</b>		
On-Site Registration / Packet pickup	9/9/2023: 6:30 AM - 9:00 AM		2.50
<b>Total Hours</b>			<b>2.50</b>
<b>Scott</b>	<b>Bell</b>		
On-Site Registration / Packet pickup	9/9/2023: 6:30 AM - 9:00 AM		2.50
<b>Total Hours</b>			<b>2.50</b>
<b>Travis</b>	<b>Booth</b>		
On-Site Registration / Packet pickup	9/9/2023: 6:30 AM - 9:00 AM		2.50
<b>Total Hours</b>			<b>2.50</b>
<b>Martin</b>	<b>Celnick</b>		
Route Checking - 40 Mile and 60 Mile	9/8/2023: 8:00 AM - 1:00 PM		5.00
<b>Total Hours</b>			<b>5.00</b>
<b>Bob</b>	<b>Coady</b>		
Ride Leader - Sangamon Cycling Series	7/22/2023: 8:00 AM - 1:00 PM		5.00
Ride Leader - Sangamon Cycling Series	8/12/2023: 8:00 AM - 1:00 PM		5.00
Route Marking - 40 Mile Route	9/6/2023: 8:00 AM - 1:00 PM		5.00
Packet Stuffing at Scheels	9/7/2023: 5:30 PM - 7:00 PM		1.50
<b>Total Hours</b>			<b>16.50</b>
<b>Nick</b>	<b>Courtney</b>		
SAG Driver	7/22/2023: 8:00 AM - 1:00 PM		5.00
Ride Leader	8/12/2023: 8:00 AM - 1:00 PM		5.00
<b>Total Hours</b>			<b>10.00</b>
<b>Lori</b>	<b>Dale</b>		
Rest Stop Volunteer	5/13/2023: 9:00 AM - 2:00 PM		6.00
Rest Stop Volunteer	6/24/2023: 8:30 AM - 2:00 PM		5.50
Rest Stop Volunteer	7/22/2023: 8:30 AM - 2:00 PM		6.00
<b>Total Hours</b>			<b>17.50</b>
<b>Jon</b>	<b>Edwards</b>		
Route Marking - 60 Mile Route	9/6/2023: 8:00 AM - 1:00 PM		5.00
Route Checking - 40 Mile and 60 Mile	9/8/2023: 8:00 AM - 1:00 PM		5.00
<b>Total Hours</b>			<b>10.00</b>
<b>Troy</b>	<b>Gilmore</b>		
On-Site Registration / Packet pickup	9/9/2023: 6:30 AM - 9:00 AM		2.50
<b>Total Hours</b>			<b>2.50</b>
<b>Jeanny</b>	<b>Huber</b>		
Sign-in Volunteer	6/24/2023: 7:00 AM - 8:00 AM		1.00
Transition Volunteers / Bike Course Assistance	7/15/2023: 7:00 AM - 11:00 AM		4.00
Packet Stuffing at Scheels	9/7/2023: 5:30 PM - 7:00 PM		1.50
Scheels Packet Pickup - Distribute packets	9/8/2023: 4:30 PM - 7:00 PM		2.50
Hotdog Chef - Athens Rest Stop	9/9/2023: 10:30 AM - 3:00 PM		7.00
<b>Total Hours</b>			<b>16.00</b>
<b>Marc</b>	<b>Jacobs</b>		
On-Site Registration / Packet pickup	9/9/2023: 6:30 AM - 9:00 AM		2.50
<b>Total Hours</b>			<b>2.50</b>



<b>David</b>	<b>Kalaskie</b>		
Route Marking - 12-Mile and 20 Mile CCC		9/6/2023: 8:00 AM - 1:00 PM	5.00
<b>Total Hours</b>			<b>5.00</b>
<b>Deane</b>	<b>Kinsel</b>		
Rest Stop Volunteer		5/13/2023: 9:00 AM - 2:00 PM	4.00
Rest Stop Volunteer		6/24/2023: 8:30 AM - 2:00 PM	5.50
Sign-in Volunteer		8/12/2023: 7:00 AM - 8:00 AM	1.00
<b>Total Hours</b>			<b>10.50</b>
<b>John</b>	<b>Kinsel</b>		
SAG Driver		5/13/2023: 10:00 AM - 1:00 PM	5.00
SAG Driver		6/24/2023: 8:00 AM - 1:00 PM	5.00
SAG Driver		8/12/2023: 8:00 AM - 1:00 PM	5.00
Route Marking and Checking - 100/125 Mile Routes			15.00
<b>Total Hours</b>			<b>30.00</b>
<b>Randi</b>	<b>Kuhn</b>		
Rest Stop Volunteer - Williamsville		9/9/2023: 6:30 AM - 10:30 AM	4.00
<b>Total Hours</b>			<b>4.00</b>
<b>Kristi</b>	<b>Lear</b>		
Packet Stuffing at Scheels		9/7/2023: 5:30 PM - 7:00 PM	1.50
<b>Total Hours</b>			<b>1.50</b>
<b>Barbara</b>	<b>Manson</b>		
Sign-in Volunteer		5/13/2023: 7:00 AM - 8:00 AM	1.00
<b>Total Hours</b>			<b>1.00</b>
<b>Kristina</b>	<b>Mucinskas</b>		
Rest Stop Volunteer - Williamsville		9/9/2023: 6:30 AM - 10:30 AM	4.00
<b>Total Hours</b>			<b>4.00</b>
<b>Mike</b>	<b>Murphy</b>		
Transition Volunteers / Bike Course Assistance		7/15/2023: 7:00 AM - 11:00 AM	4.00
<b>Total Hours</b>			<b>4.00</b>
<b>Stephen</b>	<b>Paca</b>		
Deliver supplies to rest stops		9/9/2023: 6:00 AM - 9:00 AM	3.00
SAG Drivers - various shifts		9/9/2023: 7:00 AM - 5:00 PM	10.00







## 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

- 9** Capital City Century
- 16** **AREA EVENT** Logan County Cyclists – Oasis Center / Railsplitter Festival Metric and 27 mile
- 23** 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

- 28** Fall Social - Bonfire at the Schorfheides' House

### NOVEMBER

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

### DECEMBER

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



## SEPTEMBER 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.

**9/1**

Don Caspary

**9/5**

Scott Wineberg

**9/7**

Scott B Sievers

**9/9**

Nick Sunder

**9/10**

Bob Thompson  
Chris Oldenburg

**9/12**

David Wild  
Kevin Greene

**9/15**

Sam Jackson  
Susan Collins-Hood

**9/18**

Travis Booth

**9/19**

Ben Norris  
Bill J Stokes

**9/20**

Bill Conner  
Joe Gurski

**9/21**

Ted Sunder

**9/22**

Gary W Skaggs  
Michelle Gilmore

**9/24**

Robert LaBonte

**9/25**

Sarah Fairchild Albracht

**9/27**

Frank Aguirre

**9/28**

Thomas Wood

**9/29**

Jon T Rounds



## Membership Update

TOTAL ACTIVE MEMBERS: **378**

### AUGUST RENEWALS AND NEW MEMBERS

#### WELCOME TO OUR NEW MEMBERS:

##### Individual Memberships

Sam Jackson

Marc Jacobs

Raj Sinha

Gracie Tierney

##### Family Memberships

Kevin and Carolyn Clark

Vicki Stone (Ben Stone family)

#### Donations

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

Marc Jacobs

Paul Sullivan

Bradley Smith

Jon Roth

Steven Casper

#### WELCOME BACK TO OUR RENEWING MEMBERS:

##### Family Memberships

Rachel Doctors

Dave & Jeanny Huber

Roger McCredie

Jon & Jill Roth

Ben & Vicki Stone

Larry & Lisa Stone

Megan, Tim & Oliver Thornberry

Barry & Shaun Tobias, Alec

Sean & Jennifer Walker

Alan & Kathy Whitaker

##### Individual Memberships

Darryl Caldwell

Stephen Casper

Lance Cull

Matt Daniels

Eileen Grace

Marilyn Kirchgessner

Craig & Holling Kniffin

David Malenfant

Jeff Meyerhoff

Cindy Moreno

Nasar & Kann Nallamothu

Bradley Smith

Paul Sullivan



# 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)*

# September Milestones

Name	Join Date	Years with SBC
McLaren-Morris, Christa	9/10/2000	23
Murphy, Cindy	9/11/2007	16
Murphy, Mike	9/11/2007	16
Stahl, Jim	9/1/2012	11
Tobias, Shaun	9/1/2012	11
Stahl, Deb	9/1/2012	11
Tobias, Barry	9/1/2012	11
Kinkelaar, Tim	9/1/2013	10
Barringer, Doug	9/1/2013	10
Covington, Jim	9/1/2013	10
McGuire, Regina	9/1/2013	10
Roth, Jon	9/1/2016	7
Asher, Andrew	9/26/2017	6
Engelmeyer, John	9/26/2017	6
Vassmer, Mark	9/28/2017	6
Vassmer, Ann	9/28/2017	6
Mayfield, Chad	9/17/2018	5
Cation, David	9/5/2019	4
Dyson, Carol	9/7/2019	4
Prince, Eric	9/9/2019	4
Grace, Eileen	9/10/2019	4
Schmidt, Paul	9/23/2019	4
Tyrrell, Tim	9/3/2020	3
Meyerhoff, Jeff	9/4/2020	3
Huber, Dave	9/4/2020	3
Duff, Matthew	9/4/2020	3
Kuhn, James	9/4/2020	3
O'Connor, Paul	9/4/2020	3
Ryan, David	9/16/2020	3
Dennis, Steven	9/23/2020	3
Schmidt, Elaine	9/2/2021	2
Kent, Kate	9/22/2021	2
McClain, Kevin	9/2/2022	1
McBride, Jane	9/20/2022	1
Mayer, John	9/20/2022	1
Burgner, Robert	9/27/2022	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>10:00 AM</b> <b>BCD</b> <b>Show-n-Go Geezer Ride.</b> Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 AM for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing.  <b>For more info,</b> contact Dave Ross at (217) 416-1682</p>	<p><b>5:30 PM</b> <b>GR</b> <b>Monday Night Gravel.</b> WEATHER PERMITTING, meet at either Loami Park 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>10:00 AM</b> <b>BCD</b> <b>Show-n-Go Geezer Ride.</b> Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 AM for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing.  <b>For more info,</b> contact Dave Ross at (217) 416-1682</p>	<p><b>5:30 PM</b> <b>C/SLOW-C</b> <b>12-16 mph. C/Slow C</b> These are <b>NO DROP beginner-friendly</b> rides. The location changes weekly. These rides will be approximately 20 miles at a 12.1 - 14.0 mph or 14.1-16.0 mph pace depending which group (C or Slow C) you join. All routes will be uploaded to the Slow C Collection in the RidewithGPS SBC club section. <b>Questions?</b> Contact Bob Coady at (217) 416-2181</p> <p><b>5:30 PM</b> <b>AB</b> <b>Team Mack Race Training (AB Ride)</b> For newer riders looking to race, this 32-mile ride offers a great opportunity to improve your top-end speed and race skills. Riders average 19 mph and ride in pace lines. Road bikes preferred. Cyclists will sprint 5 times on the Tuesday night rides. <b>Start Location:</b> Biketek, 967 Clocktower Drive <b>Questions?</b> Contact Gary Doering teammack@comcast.net</p> <p><b>5:45 PM</b> <b>B</b> <b>B Rides (14-18 mph).</b> Join Jennifer Walker for approx. 20 miles. Starting location 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>10:00 AM</b> <b>BCD</b> <b>Show-n-Go Geezer Ride.</b> Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 AM for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing.  <b>For more info,</b> contact Dave Ross at (217) 416-1682	<b>5:30 PM</b> <b>D</b> <b>Stuart Park Social Ride).</b> This beginner-friendly ride takes a leisurely 12-mile round trip on the Sangamon Valley Trail. The pace is relaxed at 10-12 mph.  <b>Start Location:</b> Stuart Park <b>Questions?</b> Contact Ride Leader Libby Shawgo at 217-416-1104
THURSDAY	<b>10:00 AM</b> <b>BCD</b> <b>Show-n-Go Geezer Ride.</b> Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 AM for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing.  <b>For more info,</b> contact Dave Ross at (217) 416-1682	<b>5:30 PM</b> <b>AB</b> <b>Team Mack Race Training (AB Ride)</b> For newer riders looking to race, this 32-mile ride offers a great opportunity to improve your top-end speed and race skills. Riders average 19 mph and ride in pace lines. Road bikes preferred. Cyclists will sprint 5 times on the Tuesday night rides. <b>Start Location:</b> Biketek, 967 Clocktower Drive <b>Questions?</b> Contact Gary Doering teammack@comcast.net
FRIDAY	<b>10:00 AM</b> <b>BCD</b> <b>Show-n-Go Geezer Ride.</b> Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 AM for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing.  <b>For more info,</b> contact Dave Ross at (217) 416-1682	
SATURDAY	Various - Check the Club Calendar 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.

### **D/EZ WASHINGTON PARK CARILLON RIDE** **FRIDAY, SEPTEMBER 22 | 9 AM**

**Location:** Washington Park Carillon, 1740 West Fayette Ave, Spfld 62704  
Meet at the Washington Park Carillon and enjoy the Botanical Garden plant and floral displays before a neighborhood D-ride to Incredibly Delicious Bakery & Restaurant for brunch.

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

### **GR RURAL CYCLERY GRAVEL RIDE** **SATURDAY, SEPTEMBER 23**

Details TBA. Check the Facebook page.

### **C/SLOW-C KREKEL'S KUISE** **TUESDAY, SEPTEMBER 26 | 5:30 PM**

20 Miles, 10-16 mph

**Ride Start:** Krekel's Custard & Hamburgers, 2121 N. Grand Ave E, Spfld  
Begins and ends at Krekel's. Let's kuise to the Riverton Fast Stop and back, then enjoy custard, hamburgers and other snacks! Bring your treat money! See the "Slow C" Collection in the Club's RidewithGPS Club section for route details. Lights are REQUIRED for safety.

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

### **D/EZ WABASH TRAIL RIDE TO PANERA** **FRIDAY, OCTOBER 6 | 9 AM**

**Location:** Meet at trail parking lot behind Sonic Drive-in Restaurant, 1312 Wabash Avenue, Spfld 62704

Let's go for a D-ride on the Wabash Trail and have brunch at Panera!-

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



### **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. More information is available on the flyer in this newsletter.

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

### **C/D 4TH ANNUAL BOOS CRUISE** **SUNDAY, OCTOBER 15 | 9:30 AM**

**Location:** DeStihl Brewery, 1200 Greenbriar Drive, Normal, IL  
It's time for the annual Boos Cruise, the October tour of Bloomington/Normal breweries. This year is a little different. Starting a little later and in a different location. Instead of making it our first stop, we'll start at DeStihl Brewery, take a 22-mile ride through town and countryside to arrive at Lil' Beaver Brewery. Another 10 scenic miles through the Evergreen Memorial Cemetery where Adlai Stevenson and the niece of Frank L. Baum, namesake for Dorothy from the Oz

books, are buried, and we arrive at Keg Grove Brewery located right along the Constitution Trail. Finally, we'll head back to DeStihl Brewery for lunch and a total of 37 miles of riding.

**For more info,** call or text Jen Rockwell at (217) 622-2699

### **D/EZ ART ASSOCIATION / TERRAIN BIENNIAL RIDE**

**MONDAY, OCTOBER 16 | 9 AM**

**Location:** Springfield Art Association / Edwards Place Historic Home, 700 North Seventh Street, Spfld 62702  
Meet at the Springfield Art Association and cruise the Enos Park neighborhood to view homes decorated for Terrain Biennial 2023, a grassroots worldwide public art festival (terrainexhibitions.org). Brunch afterwards at Yellowbird Coffee House and Bakery

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

### **NC NATHAN'S BC RIDE & BONFIRE** **SATURDAY, OCTOBER 28 | 4:30 PM**

**Location:** 837 Oxford Drive, Chatham  
Thanks to our Social Director, Nathan Schorfheide, for once again hosting a Halloween-esque celebration at his home in Chatham. An optional 24-mile ride will start at 4:30, followed by bonfire, chili and hotdogs at 6:30. Bring your favorite drinks, a lawn chair, and a snack item if you like.

### **D/EZ STANFORD CONNECTOR TRAIL RIDE TO VICTORIA / DREAMLAND PARKS** **FRIDAY, NOVEMBER 3 | 1 PM**

**Location:** IDOT Hanley Bldg, 2300



South Dirksen, Spfld 62764

Meet at the southeast parking lot at the Lost Bridge Trail and ride west on the Springfield Park District Stanford Connector Trail to Dreamland and Lake Victoria Parks for refreshments at Yannis Gyros Restaurant. **For more info**, call John Sanford at (217) 416-7156

#### D/EZ UIS SHAKESPEARE GARDEN

**MONDAY, NOVEMBER 20 1PM**

**Location:** LincolnLand College Trutter Center

Meet at LincolnLand College Trutter Center for a ride to Lake Springfield and the paved trail to UIS Shakespeare Garden with refreshments at the UIS Student Union. **For more info**, call John Sanford at (217) 416-7156

#### D/EZ WASHINGTON PARK BOTANICAL GARDEN DOME

**FRIDAY, DECEMBER 8 | 1PM**

**Location:** Washington Park Botanical Garden Dome, 1740 West Fayette Ave, Spfld 62704

Meet at the Washington Park Botanical Garden Dome to view the Winter Floral Show with 500 poinsettias, decorated evergreens, tropical flora and fauna, followed by a bike ride to Incredibly Delicious Restaurant and Bakery. **For more info**, call John Sanford at (217) 416-7156

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



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### ABC WHEEL FAST BIKE SHOP

#### TRAINING RIDE

##### WEDNESDAY EVENINGS

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

### 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 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 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

**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.

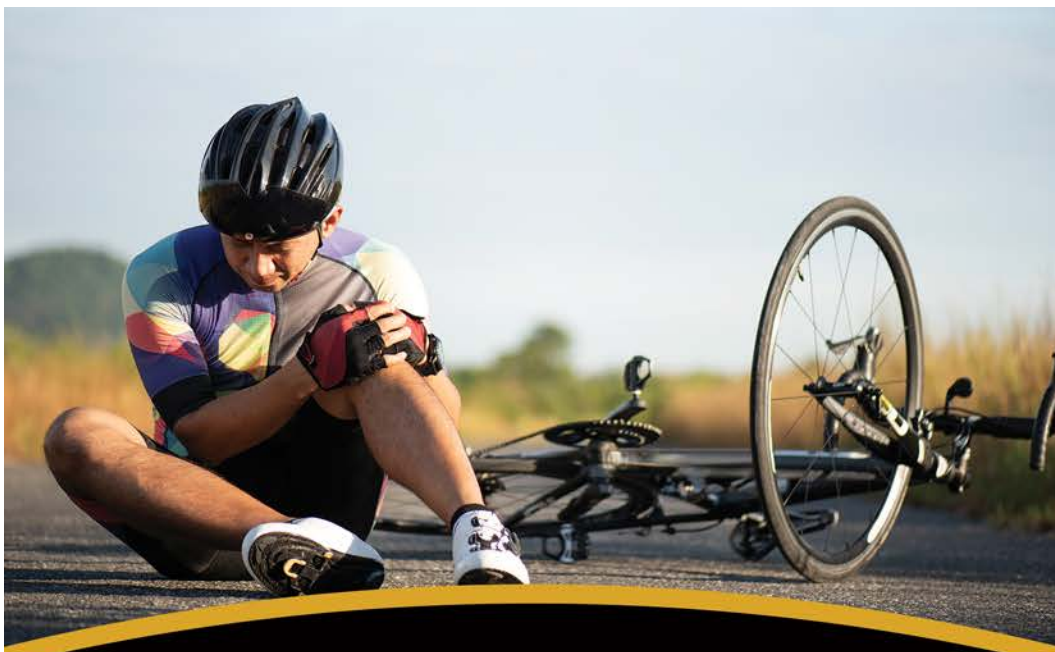
For more info [www.hillyhundred.org](http://www.hillyhundred.org)

### 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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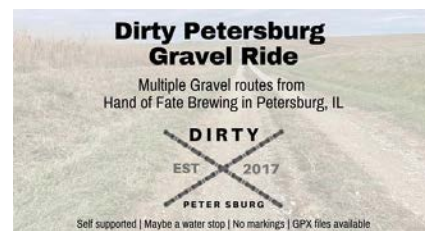
*No appointment needed.  
Most insurance plans accepted.*

**Monday - Friday: 7:30am to 5pm  
Saturday: 8am to Noon**



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### **DIRTY PETERSBURG GRAVEL RIDE**

**SUNDAY, NOV. 12 | 10:00 AM**

**Starting Location:** Hand of Fate Brewing, Petersburg, IL

Gravel Riding and Beer! We are combining two things we enjoy. Let's meet at Hand of Fate Brewing in Petersburg at 10:00 for either a 30, 40 or 50+ gravel ride. After the ride, meet back at the brewery for drinks, food and fellowship. *This is not an SBC event but the club provides support.*

**Ride Organizer:** Kyle May





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