



the Quick Release

www.spfldcycling.org

OCTOBER
2023

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RIDE SCHEDULE



Going, going...gone? Not quite! The Monday Night Gravel crew races to beat sunset. While the long days of summer are behind us, there's still plenty of good riding weather. Check the Ride Schedule!

October Updates

The 51st **Capital City Century** was held on September 9. Check out Lori Dale's recap in this newsletter! While there may have been a few small hiccups, we're calling the ride a huge success and plans are already in the works for an even bigger 2024 CCC!.

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.



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SAG, anyone? The Wheel Fast van cruised the roads of the 2023 Capital City Century, changing flats, offering nutrition and hydration, as well as rides back to the Sherman Athletic Club. A fleet of SAG drivers were kept busy all day looking after the cyclists.

What's Going on in the SBC?

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

CLUB INITIATIVES

Incentive Committee

The total volunteer hours for 2023 have been tabulated and there are quite a few club members who accrued more than 10 hours, thus qualifying for the "volunteer shirt". We will be contacting these members for sizing in the next few weeks and getting shirts ordered. Great job!!

Gravel Series Being Planned

Casey Primm is coordinating a series of gravel rides for the 2024 season, to include several local non-club rides and a potential "race" to cap the year off.

Do You Remember the D-Railers?

If you've been in an SBC member for more than 7 years, chances are you can remember a program called the "D-Railers", which helped newer riders find fellow riders. A meeting is planned for later in October to reinstate this program.

Newsletter Content

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



Did you find the Chaise?

Special thanks to Chris Scheufele for his efforts in locating and coordinating a photo opportunity at the Capital City Century. Chris spent hours on Facebook marketplace and other sites searching for a chaise lounge that could be set up at an undisclosed location. With the help of his son, Grayson, Chris captured some light moments at this year's CCC. The chaise now resides in Chris's basement until next year.

ROGER'S 45TH 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
SPRINGFIELD, IL 62703
217-529-0780

CARPPOOLING, UBER, & LAWNCHAIRS
RECOMMENDED!



Capital City Century Recap

SUBMITTED BY **LORI DALE**



Above: Event Director Lori Dale makes one of many trips to the SBC storage unit to organize supplies for the CCC.

Below: Lori Dale and Anne Schroll raise a toast at the end of the day.



The weather could not have been more perfect for the Capital City Century that was held on Saturday, September 9, 2023. We had an astounding 309 registrants this year! The start was located at the Sherman Athletic Club in Sherman, IL – not far from the Heritage Route 66 bike trail.

All participants jumped on the bike trail and headed towards Williams-ville. In total there were 3 rest stops available, Williamsville, Athens and Middletown. Depending on distance, some cyclists hit all three! The rest stops featured the traditional snacks and drinks along with each one providing something a little extra! The Williamsville stop had bacon and pancakes. the Athens stop had hotdogs, however the riders doing 63 or more miles were treated to a feast in Middletown! Mike and Tonya Siltman provided pulled pork, grilled cheese, quesadillas and much more! If anyone returned to Sherman starving, they were met with a fully loaded taco bar.

This event could not have happened with out our incredible volunteers. The route makers and route markers, the packet stuffing and packet pick up crew, the volunteers at each rest stop, our SAG drivers and those who stuck around and helped clean up and put away supplies or anyone who took time to help - THANK YOU and See you next year!







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@spfld-cycling.org

SEPTEMBER 2

GREEN DIAMOND RAIL TRAIL RIDE

Another great ride organized by Jennifer Walker -- five cyclists explored new roads along with the Green Diamond Rail Trail from Farmersville to Waggoner. Everyone loved the trail! For future reference, a given a choice between a road or gravel bike, the gravel bike may be the better choice for this trail.

SEPTEMBER 4

MNG - SPECIALTON RIVERTON EDITION

Monday Night Gravel typically takes place in the evening, but the Columbus Day holiday provided an opportunity for an earlier ride for those who had the day off. Casey Primm organized a gravel ride that started at Krone Farms in Riverton. Two distances were offered, both of them challenging, and after the ride, it was fun to shop for produce at the farm stand.





SEPTEMBER 12

"B" CYCLING GROUP RIDE TO BOMKE'S PUMPKIN PATCH

The Tuesday night B group, organized by Jennifer Walker, checked out the scene at Bomke's Pumpkin Patch west of Springfield.



SEPTEMBER 16

(NOT SO) DIRTY PETERSBURG - ROAD VERSION

While some cyclists opted for Menard County gravel, another group brought their road bikes and headed over to the town of Oakford for coffee at the Farmhouse Restaurant. Word on the street is that Doug Barringer made an attempt to have one of the locals pick up the tab and a chicken crossed the road.





SEPTEMBER 17

HILLSBORO COFFEE LOOP

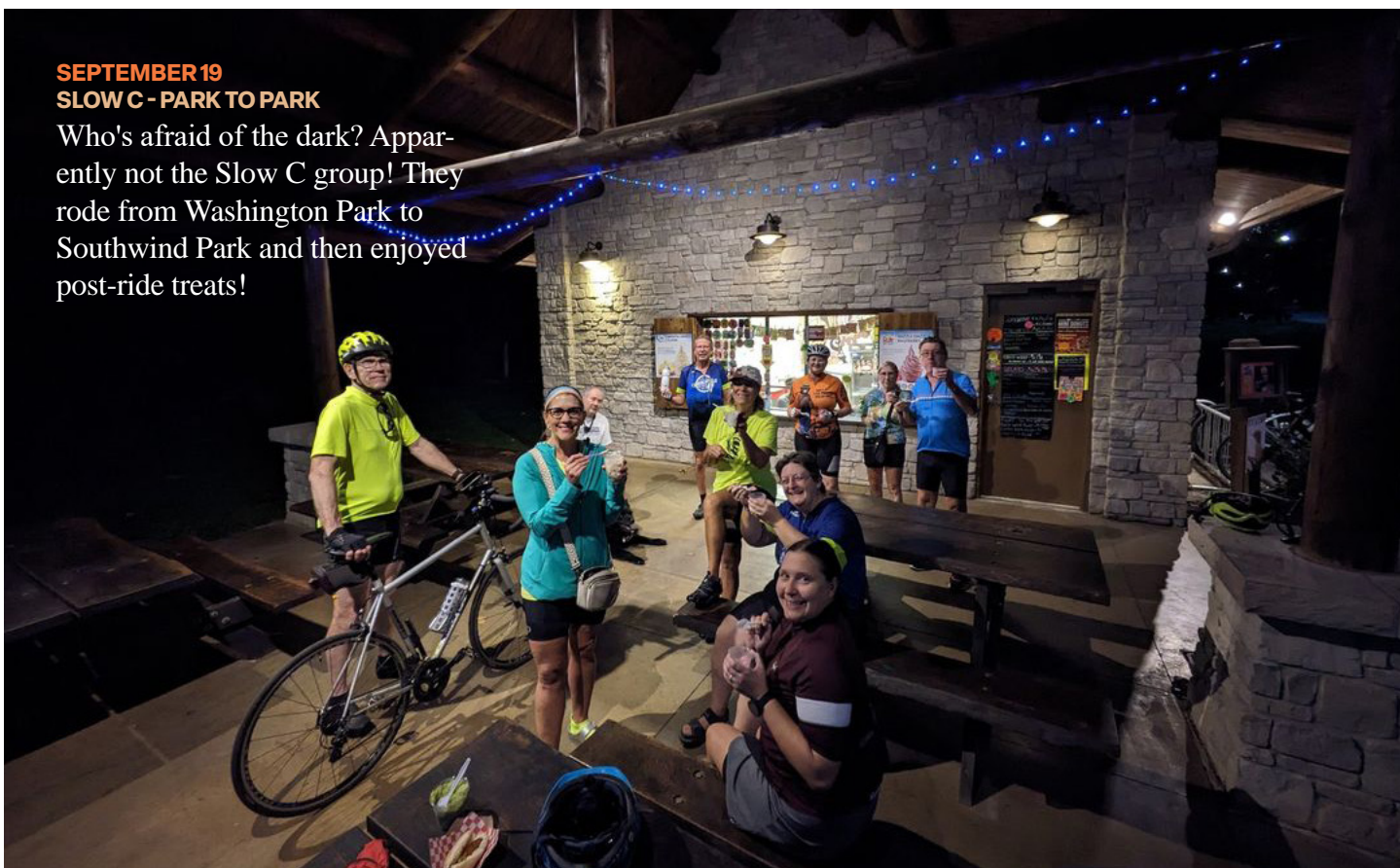
Jessi Springer organized a very successful 30-mile ride that started at Lake Lou Yaeger in Litchfield. The group explored country roads with a few hills and made a stop at Black Rabbit Coffee.



SEPTEMBER 19

SLOW C - PARK TO PARK

Who's afraid of the dark? Apparently not the Slow C group! They rode from Washington Park to Southwind Park and then enjoyed post-ride treats!





SEPTEMBER 24

APPLE CIDER CENTURY, THREE OAKS, MI

SBC members have been making the trip north to ride in the Apple Cider Century for many years. 2023 was special in that it marked the 50th anniversary of this popular ride that explores the country along Lake Michigan. Some club members pitched in on renting a big house, others stayed in various hotels in the area. The weekend kicked off with an ice cream social held in conjunction with packet pickup, a pancake breakfast at the local fire department on ride morning, and culminated in a post-ride spaghetti dinner. Several distance options were available, with well-marked routes and plenty of aid stations. And yes, there was apple cider served at each aid station!



SEPTEMBER 26

SLOW C GROUP RIDE - KREKEL'S KUISE

Stormy weather changed plans for the Slow C group's ride from Krekel's. The group decided to get in a quick neighborhood ride and made it to the fairgrounds before the sprinkles started and back to Krekel's before the heavy rain. 8.6 miles should be plenty to burn off more than two French fries, right?

AUGUST 17 Core4

SUBMITTED BY CASEY PRIMM

No surface left untouched. That's the tagline, and I'll admit this event touched pretty much all of my surfaces. But the four surfaces they're talking about are pavement, gravel, b-road, and singletrack. And boy, oh boy, did they deliver. We started out of Wilson's Orchard outside of Iowa City, on a beautiful 65 degree morning. Heat climbed throughout the day, and we had a 10-15mph southerly wind to work with.

Out of the gates, we had a neutral start led by an antique truck out of the orchard, and immediately onto gravel roads. As soon as the truck let us loose, I did what every level-headed, smart person does in a race--go full gas immediately. I know I have no hope of winning the race, and realistically even being in the top quarter is not realistic. But the longer I can stick with the lead packs, the better. I managed to stick in with that lead group for the first 5 miles, before trickling down to some slower groups who were still punching above my weight. At this point in time though, I wasn't even thinking about doing well, I was thinking about how awesome this route was--so far we haven't so much as touched pavement. We started out on dusty limestone, hit some dirt road, went between fields on an access route that clearly hasn't been accessed in a long time, and back onto more gravel. In this first act of the race, I'd ballpark 25-30 miles of unpaved surface out of the 35. It was beautiful. And full of hills, where I was able to unleash my secret weapon--the dropper post. Blasting down descents at 30mph in a super low tuck stole me a lot of positions that I didn't earn. The fastest gravel section of the event had me capping out at 40mph downhill, which is a wild experience. For this first act, I managed to average around 17.8mph and over 200 watts for two hours. Probably the best I've ever performed. At this point, I'm fairly certain I'm in the top 50 of the ~300 person event, which is beyond anything I had hoped for.

And then act two came for me. 10 miles in Sugar Bottom's singletrack. I prepared for this. Not a lot, but put in several days of singletrack training on my gravel bike. I'm an amateur here at best, and certainly no mountain biker. But I knew what I was getting into and felt good. That was wrong. Through



the first half of the singletrack, I bled out ten places to just not being fast on the trails. I had done the first act of the race above my level, thinking I'd get to take it easy here with a low speed and plenty of coasting downhill. I did not account for the fact that taking it easy meant constantly pulling off to allow people to pass, and just standing still. So, I kept pushing. And like the big brain person I am, I didn't stop at the rest stop coming into the single-track because I was feeling great--I could have kept up that 17-18 pace the entire distance, so why stop now? Here I am bumping and jostling, in no position to take down food or water for an hour. That's when my left leg starts to protest. Cramps in every muscle in my upper leg--quads, adductor, flexor, hamstring. All taking turns to remind me that I am not, in fact, that smart. I finally started taking it easy, but the damage is done now. I'm exhausted with 6 miles of technical riding ahead of me, leg cramping everywhere, and I take a crash. Nothing bad--7mph around a corner that I cut too hard, slid the rear tire down the grass to the inside of the rut, and tip over. I take this as an opportunity to let a few people pass and get back to it. And it's hard. I'm hurting, not just in my legs but in my back and arms from the never-ending jostling of the roots and rocks. I'm having to put a foot down fairly often, sometimes even dismounting for climbs--again, magnanimously thinking of them as breaks to let other people pass. And now my right leg has joined in on the boycott. Same thing--every muscle, all at once, no mercy. Best I can figure, my legs are used to sustained even efforts, and not any of this off/on/climb/descend/hover/drop, and they just don't know how to handle

it. I keep limping along and manage to crash again. This time, I'm just unable to make it around a corner up a hill and fall straight into the brush, but again no harm to me or the bike. I keep hemorrhaging positions as I drag myself along, occasionally walk, and just focus on getting out. And I did. Singletrack is done. Well, except for the immediate 10% gravel climb to make sure you're properly punished. By the end, I've lost 20-25 positions over these ten miles and I'm hurting more than I've ever hurt on a bike. Getting exhausted here was genuinely dangerous.

Intermission - learning a lesson and taking a rest stop. I lay the bike down and slam some water. Suck down some gel. Give myself a luxurious two-minute rest. Notice that my average speed is down to 13.5mph. Jump on, and I'm off.

Act three is where I just have to accept that it's pretty much over for me. Immediately out of the rest stop it's another climb that I know should be easy but feels like infinity. Maintaining the 13.5mph I've ended up at is all I can hope for, because I've got nothing left in the tank. I've been absolutely pummeled across my whole body for over an hour, I'm cramping in both legs off and on for the rest of the race, and am beyond thankful that we've got 5 or so miles of pavement after the singletrack to "recover" on. There are more climbs than I could count, because my brain just can't count now, and I start getting passed by people that managed to stay fresher. I get a tiny bit of pep in my step as we hit the closing gravel segments and roll into the orchard on my last shred of gump-tion. My left middle toe has decided it identifies as a leg muscle and threatens to cramp, so I'm literally

yelling at my foot threatening it to keep it together. The last mile isn't even road anymore--it's just classic CX style grass with stakes around it. And of course, it's all uphill, because race directors love us all. I finally summit the last climb, and have nothing left. I coast down the chute without a single pedal stroke and cross the line in a shambles.

I entered the day with a goal of being in the top half of the pack, and if I could get into the top third I'd be ecstatic. This is my second race ever. I haven't even ridden gravel for a year. This is the first year of my life that you could even describe me as fit. So a top half finish will make me happy, and a top third would blow my mind. I take my time, change, get some food in me, post to Strava. And it's time to check results. 85th. Out of 281. 31st of 93 in my classification. Top third, by the skin of my teeth.

Would I do it again? Maybe. Not without a lot more time on singletrack, that's for sure. A lot more. And there's no way I'm doing the 100mi version anytime soon. Coming out of mile 40 beaten and battered, knowing I only had 10 or so left to go was all I had going for me. If I still had 60+ and another single-track section, I'd have given up. Should you try it? If you want a beautiful race with an ass-kicker segment in the middle, this is for you. The gravel/road/b-road segments are beautiful, but that singletrack takes no prisoners. If you are comfortable with that, or up for the challenge, it's certainly worth looking at.



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AUGUST 20 Steamboat Gravel

SUBMITTED BY **TROY GILMORE**

Earlier this year I received a guaranteed entry into SBT-GRVL (Steamboat Gravel Cycling Race) that would be held on Sunday, August 20. I planned to go to Colorado, heading to Steamboat, then spending a few days at my parents in Longmont before heading back to Illinois with a stop in Lincoln, Nebraska at Gravel Worlds / Pirate Cycling League (Gravel Worlds gravel cycling race).

Maisie Gilmore called her grandma and asked if she could spend the time at their house while I was with Joel Gilmore at Steamboat. Of course grandma said "yes!"

We (Maisie's dog Annie came along, too) departed Springfield on Thursday Aug 17 around 5:20am. We traveled I-70 across Missouri and Kansas. 14-hours later we arrived in Longmont. I was up the next morning on the road at 5:00am to get to Steamboat for a shake-out ride before Matt Mauceri and Kate Mauceri met us for a pack-et-stuffing volunteer shift. After our volunteer shift, we headed to our Airbnb. When trying to figure out if we were in a guest parking spot, or not, the neighbors said, "Ya, you'll be ok if you park there." Then she said, "Troy? Is that you!?" Slightly taken back, I said, "Ya, how do I know you?" "It's your cousin, Jo!" What a shock to see Jolyn M Lenz sitting on her porch watching the afternoon rain! We've not seen each other for about 6-years, but would spend many summers hanging out on "the ranch" at the Brown's close to Maywood, Nebraska. Jo & Bruce came up to check on their place in Steamboat infrequently, but with the hot weather in the Midwest Steamboat seemed like a perfect trip. It was awesome to see them, if only briefly.

I had a great weekend of bike riding with my brother and his best friends. Then I headed back to Longmont for a few days with the folks. Wednesday Joel and I rode our bikes

up Old Fall River Road and down Trail Ridge Road in Rocky Mountain National Park. We then took Dad & Mom up the same route, ending our day with a burger or pizza in Estes Park.

AUGUST 26 Gravel Worlds

This race made the trifecta of cycling events for me this past week. As I planned to go to Colorado SBT GRVL, ride Trail Ridge Road and then race at Gravel Worlds in Lincoln, Nebraska.

Maisie and I left Longmont at 9:00am, making it to Lincoln about 5:20pm. We went straight to the Expo as it closes at 6:00pm. I bought a couple of items at the event merchandise tent and went to registration. In the registration line was a box of "mud sticks." The gal in front of me said, "I don't need that. It's not going to rain." Hah! Well, guess what mother nature decides about midnight? Maisie told me the next day she heard it raining and saw lightning over night. I was oblivious and apparently slept right through the storms. It rained nearly 2 1/2 inches.

I had plans to get up early, ride the 3-miles from our hotel to the event and see off the 150-mile riders at 6:00am, stick around to cheer on my friends from doing the 75-mile race at 7:00am, then prepare for my departure of 30-mi at 8:00am. As I rolled my bike out to the hotel lobby, I encountered another cyclist in full rain gear -- jacket, slick pants, shoe covers, helmet cover. As the doors to the hotel opened, I knew why he was dressed like that--it was pouring! I turned around and wheeled my bike back to my room. I texted my friends and said, "Good luck, but I won't be seeing you off."

I got another hour of sleep on the couch before preparing to depart. By the time I left the hotel, around 7:20, it was barely sprinkling and stopped just before race time.

Knowing that Maisie and Annie, her dog, would be at the hotel while I raced, I elected to do the shortest distance, 50 km. This is how Gravel Worlds describes this distance (by the way, all their routes are pirate themed using the tagline, "sailing the gravel seas" -- ironically appropriate for this event, today.) "The Buccaneer is a 50 km event for those that want to get their feet



wet in the world of gravel. This is a non-competitive event. "

"Non-competitive." Ya, right! I tied a number on my bike, so of course it's a race! As we departed the pavement in about 1/2-mile turned to gravel. Keep in mind, this is the same route that nearly 1,000 cyclists have started out over the past two hours in the rain. The road conditions were so soft that everyone went down to one single, extremely sloppy, long line. This is where I picked up most of the mud-splatter. Passing on the downhills where I could, I jumped ahead of countless cyclists. Unlike SBT, where Joel said to, "Manage the uphill and race the downhill," I pushed a bit harder up most uphill to use the downhill as recovery, as the downhill were really too short to race down them. Only a few times could I get any additional speed pedaling downhill.

Around mile 10 we took a hard left and headed east. I asked another cyclist who was passing me if this was the re-route (that was issued at 4:30am). He said, "No. That is about 5-miles from the end." I noted that there were hardly any tire tracks, making it more difficult to find a good line. The sand was super wet and soft and it felt like I was riding on flat tires. He said, "This is where the 50k turns off from the 75 & 100-mi courses, and we're just that far ahead of everyone that we were making our own tracks." By that time I was pretty much solo. At the checkpoint -- which was at a ranch that had a horrible graveled driveway where I had to dismount and walk my bike through -- I downed a coke and opted for no fuel as I had enough nutrition onboard. Leaving the checkpoint, I had an awful time getting clipped in due to the amount of mud, sand, rocks, and now grass from the pasture we rode through to get back to the gravel roads.

It was over the next 3-miles where the 50k overlapped with the 75-mile route. I was passed by a handful of those riders. At an oasis stop 8-mi from the end I filled up a water bottle. Here, the roads flattened out and I dropped into the TT bars, a welcome relief for sore shoulders. Around 5-mi to go, the roads became very muddy on the shoulders, with only a good line down the middle. The longer distances had hike-a-bike sections, and I was glad this wasn't like that. But the worst was yet to come. Less than 1-mile to the finish, the gravel ended and the route went through a field to get back to the paved roads. I tried taking a line a jeep had created earlier in the morning. But that was too soft, so I opted for the grass. That wasn't good either, and I had to dismount. I was able to get back on the bike and ride to the pavement, flinging mud everywhere as I raced the pavement to the finish line.

Crossing the line, announcers called out each rider's name and hometown. A volunteer offered to take a finisher-line pic, I was given a choice of beverage & sweet/salty snack, and a finisher towel.

The weather was awful, but it made for a memorable first Gravel Worlds experience. Although this distance was technically non-competitive, my competition results were: 25th out of 378 riders; 23rd out of 232 males; time 2:32:25 full-course-time. Pretty awesome!!



SEP 16 (Not So) Dirty Petersburg Gravel Ride

SUBMITTED BY **TROY GILMORE**

Well, it was [dirty] in the end. This route is usually ridden in November when the weather is crappy--windy, wet & cold. But not today! Thanks so much to Casey Primm for putting this Springfield Bicycle Club ride together.

There was a big group--riders doing three distances (2 groups of gravel--short & long, 1 group of road riders). We all stayed together for a nice casual roll-out for the first 2-miles. Then the gravel riders broke off. The front of the group was faster, but steady. Everyone held it together for 5-miles, or so. Then around mile-10 Michael May and I chased the front group down on the pavement, but lost them on the next gravel section. I was over-inflated, so I let out some air & for the next 7-miles I was putting CO2 back in as it seemed air was leaking somewhere...at the valve core (?) or maybe along the rim (?). During the time I was letting OUT air we waited for three riders - Chris Scheufele, Nick Fogleman & Warren Rixon behind us. We finished the rest of the ride nearly together, even seeing Anne Schroll along the way. With 3-miles to go, Mike decides to ride a 22-mph pace line. That bump-up on flat pavement & some motor pacing by Sean Walker - SLF Motion, I finished above a 15-mph average--a personal PR for this course. But I think the extra watts really came from the SBT GRVL kit (that race was nearly 4 weeks ago!)



The date for the 2024 Gold Star Mission is September 24-28. Learn more at the link below.



SEP 19-23 Gold Star 500

SUBMITTED BY **BARRY TOBIAS**

The Gold Star Mission held its 7th annual Gold Star 500-mile bike ride from September 19-23, 2023. This 5-day 100+ mile ride per day left Springfield on September 19th and made stops in Litchfield, Sparta, Harrisburg, Effingham and back to Springfield on September 23rd. This ride honors all our fallen hero's post 911 so that their names are Always Remembered and Never Forgotten. During the ride stops are made in many of the cities to honor the fallen in that area.

Several Springfield Bicycle Club members rode or volunteered for the ride. These members included Barry Tobias, Mark Rabin, Larry Stone, and Jeremy Tackett. The Gold Star Mission gives out scholarships in honor of these fallen heroes so that their names will not be forgotten. To date, the Gold Star Mission has given out \$249,000 in scholarships. The individual receiving the scholarship writes a paper on the fallen hero so that their memory of the fallen hero will go on. The stories we hear from the Gold Star families on the ride and throughout the year are stories on how the fallen hero lived their lives. Many of the stories are told by family members, coaches, neighbors, or others that they served with. The idea is to have their names live on forever on how they lived their lives and helped make a difference in others. It is said that a fallen hero dies twice. Once when they are taken and once when we no longer remember

their name. The idea of the scholarships is to honor these heroes by making sure that their names are never forgotten.

During this 500-mile ride we have stops at small towns, schools, VFW, and American Legion Halls. We see people lined up and down the streets of the small towns and kids come out to greet us and cheer the riders on. The riders have a choice of riding 1, 3 or all 5 days. Many of the Gold Star families greet us along the way and this year 3 Gold Star families traveled with us all week to talk about their fallen heroes and to also greet other Gold Star families and those who come out to greet us. This is truly one of the most memorable rides you could ever do as a cyclist or volunteer.

If you have interest in riding with the Gold Star Mission, please let us know. We would love to see you join us next year to Always Remember and Never Forget.

Top Right: Gold Star riders prepare to depart from Scheels in Springfield on Day 1 of their 5-day ride.

Bottom Right: Schedule for the 2023 Gold Star 500 ride.



2023 ~ Gold Star 500
Total: 5 Days, 510+ Miles

Day 1 – Tuesday 19 September 2023 (Springfield to Litchfield)

7:00 am	Depart - Scheels (Springfield)	
8:11 am	New Berlin North Park	
09:42 am	Jacksonville Central Park / AMVETS Post #100	
11:21 pm	Waverly American Legion Post #262	Lunch (45 minute stop)
1:18 pm	PrairieLand Ambulance (Virden)	
2:55 pm	Carlville American Legion Post #554	
4:28 pm	Litchfield High School	

Day 2 – Wednesday 20 September 2023 (Litchfield to Sparta)

7:00 am	Depart - Litchfield High School	
8:04 am	Staunton VFW Post #1241	
9:43 am	Marine City Park	
11:13 am	Lebanon Fire Department	
12:19 pm	Scott Air Force Base VFW Post #4183	Lunch (45 minute stop)
2:19 pm	St Libory American Legion Post #683	
3:47 pm	Sparta National Guard Readiness Center	

Day 3 – Thursday 21 September 2023 (Sparta to Harrisburg)

7:00 am	Depart - Sparta National Guard Readiness Center	
7:48 am	Steeleville American Legion Post #480	
9:12 am	Buck Bower Park/Ava Community Center	
10:38 am	Murphysboro Elks Lodge #572	Lunch (45 minute stop)
12:33 pm	Logan Fitness Center (John A. Logan Community College – Carterville)	
2:02 pm	Crab Orchard High School	
3:25 pm	Harrisburg High School	

Day 4 – Friday 22 September 2023 (Harrisburg to Effingham)

6:00 am	Depart - Harrisburg High School	
6:38 am	Eldorado VFW Post #S3479	
8:07 am	Norris City American Legion Post #109	
9:43 am	Steps Coffee Shop (Mill Shoals)	
10:41 am	Fairfield VFW Post #4535	Lunch (45 minute stop)
12:20 pm	Cisne High School	
1:23 pm	Flora American Legion Post #14	
2:31 pm	North Clay School District (Elementary & High School)	
4:02 pm	Percival Springs Airport & RV (Watson)	
4:56 pm	Effingham National Guard Armory	

Day 5 – Saturday 23 September 2023 (Effingham to Springfield)

7:00 am	Depart - Effingham National Guard Armory	
8:10 am	Strasburg Community Center / Village Hall	
9:26 am	Shelbyville VFW Post #4829	
10:48 am	Pana American Legion Post #168	
12:20 pm	Taylorville Bob Ridings	Lunch (45 minute stop)
1:40 pm	Edinburg Veterans Memorial Park / Old American Legion Building	
2:36 pm	Rochester Fire Department	
3:36 pm	EOR – Springfield VFW Post 10302 (Stockyard Road)	

Note: Times above are approximate, and can shift +/- 15 minutes, based on factors outside our control, including weather, traffic, etc.

8-23-2023

"ALWAYS REMEMBER ~ NEVER FORGET"



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
- 22** Rural Cyclery Gravel Ride

OCTOBER

- 1** **AREA EVENT** Illinois Senior Olympics
- 9** Board Meeting
- 6-8** **AREA EVENT** Pumpkin Hop CX, Beardstown (tentative)
- 6-8** **SBC TRAVELS** Hilly 100, Ellettsville, IN
- 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
- 12** **AREA EVENT** Dirty Petersburg Gravel Ride

DECEMBER

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



OCTOBER 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.

10/3

Kevin McClain

10/4

Connie Roberts
Lori A Dale

10/6

Brian Poulter
Debbie Miller

10/7

Doug Barringer

10/9

Madeline Sievers
Ron Summers

10/11

Karl E Kohlrus
Sherry Knight

10/12

Vanessa Willmore

10/14

Amy Engelmeyer
Margaret Kelly
Paul Schmidt

10/15

Sandy Kennedy

10/16

Anne Schroll
Dan Loyd
David L Ryan

10/18

Cindy Kvamme
Kristi Lear
Thomas R Swift

10/20

James Hall
Julie Donelson

10/20

Tommy Dale

10/22

Donna Brayfield
Kim Schwanke

10/23

Jan M Cimarossa

10/24

Mike Murphy

10/25

Jason Shrum
Paul Sullivan

10/27

Jack Hurley

10/30

Nancy Thompson

10/31

Curt Winhold



Membership Update

TOTAL ACTIVE MEMBERS: **385**

SEPTEMBER RENEWALS AND NEW MEMBERS

WELCOME TO OUR NEW MEMBERS:

Individual Memberships

Dale Bastean
Don Casson
Gary Rapaport
Thomas Wood

Family Memberships

Karen Broquet & Gary Krutsinger

Donations

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

Teresa Moody
Karen Broquet
Dan Casson
Margaret Kelly
Gary Rapaport
Andrew Asher
Thomas Wood
Randall S Germeraad

WELCOME BACK TO OUR RENEWING MEMBERS:

Family Memberships

Andrew Asher and Carol Dyson
Troy and Michelle Gilmore
Paul and Elaine Schmidt
Garland and Lesley Stevens

Individual Memberships

Jan Cimarossa
Kenneth Connell
Brian Dees
Keri Fulscher
Tracy and Casey Garrison
Randy Germeraad
Margaret Kelly
John and Deane Kinsel
Teresa Moody
Todd Parks
Mary Thomas

October Milestones

Name	Join Date	Years with SBC
Clark, Tom	10/1/1999	24
Steimel, Sandy	10/14/2007	16
Steimel, Bob	10/14/2007	16
Redemer, Blaine	10/18/2009	14
Kalaskie, David	10/3/2013	10
Ross, David	10/20/2017	6
Essenburg, Sheryl	10/20/2017	6
Moody, Teresa	10/23/2019	4
Davis, Tatiana	10/1/2022	1
Parks, Todd	10/9/2022	1
Sanford, John	10/17/2022	1
Dees, Brian	10/18/2022	1
Conner, Bill	11/10/2022	1

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)*

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 - OCTOBER 2018

The Capital City Century started at the Illinois State Fairgrounds, with a stop in Chatham. Torrential rains washed away much of the route markings. Volunteers quickly rushed out and placed above-ground signage.

15 YEARS - OCTOBER 2008

Alan and Harriet Josephson help make the Midwest Tandem Rally (MTR) a Springfield success. Months of hard work paid off as the world's largest tandem event came to Springfield. As Springfield MTR coordinator, Alan recruited and coordinated volunteers, and met with local tourism officials, hotels, caterers, police and sheriff's departments, and traffic control staff to plan for the arrival of 400 teams of tandem riders.

20 YEARS - OCTOBER 2003

This marked the first year that the SBC was involved in the Illinois Senior Olympics. The club sponsored the time trial and road cycling event.

35 YEARS - OCTOBER 1988

The club held a blood drive with the Central Illinois Community Blood Bank. Members who donated received "activity points".

The club's Incentive Program consisted of a points system that allowed members to win prizes such as refrigerator magnets, name badges and gift certificates.

45 YEARS - OCTOBER 1978

Dan Fry showed slides of RAGBRAI, then six years old and still in its infancy with only 3,000 to 5,000 bicyclists. He attempted to explain any anyone would take a week to ride across Iowa. Maybe the name says it all --- the Register's Annual Great Beer Run Across Iowa!

60 YEARS AGO - OCTOBER 1963

On October 7, 1963, the first Bob Myers' Century Ride, with John Danser as Chair, was held. This ride is now known as the Capital City Century.



Ride Schedule

Ride Classifications

A 18.1-20.0+ MPH AVERAGE SPEED.

These rides are for extremely strong and competitive cyclists with expert bike handling skills. Expect cyclists to be self-sufficient, and able to maintain speeds of 19+ mph for extended distances using pace-lines and other faster riding skills.

B 16.1-18.0 MPH AVERAGE SPEED. These rides are for strong, experienced cyclists with considerable group riding experience. Expect the emphasis to be on improving individual stamina and riding skills. Cyclists will not feel obligated to wait for slower riders. Many times, pace-lines are common in group riding. Cyclists should be able to handle their own flats and other minor mechanical repairs and should be comfortable navigating by map or GPS computer if separated from the group.

C 14.1-16.0 MPH AVERAGE SPEED. These rides are for competent cyclists with basic safety and bike handling skills. These rides combine social riding with improving fitness and riding ability. Expect that most cyclists will ride in groups. There may be rest stops on the route, but they

will be limited. Cyclists should be comfortable navigating by map if separated from the group and should be able to handle their own flats and other minor mechanical problems

SLOW C 12.1-14.0 MPH AVG

SPEED. These rides are for competent cyclists with basic safety and bike handling skills. These rides combine social riding with improving fitness and riding ability. Expect that most cyclists will ride in groups. There may be rest stops on the route, but they will be limited. Cyclists should be comfortable navigating by map if separated from the group and should be able to handle their own flats and other minor mechanical problems

D 10.0-12.0 MPH AVERAGE SPEED. These rides are for novice or recreational cyclists. These rides will have rest stops as needed. Expect the ride leader or another club member to sweep (stay with) the slowest cyclist. Assistance from the ride leader will be provided for flats and other minor mechanical problems.

EZ UNDER 10 MPH AVERAGE SPEED.

These rides are purely social. Expect shorter routes either in town or on

a trail and expect to ride together as a single group. No one will be dropped out of the back of the group. Assistance from the ride leader will be provided for flats and other minor mechanical problems.

GR GRAVEL. Route will be gravel, dirt or rough roads that are unsuitable for traditional road bikes.


MTB MOUNTAIN BIKE. Route will be on mountain bike trail system, typically singletrack.

NC NON-CYCLING EVENTS. No bikes required for these events.

For updates, corrections and last-minute changes to the ride schedule, please check the SBC Club Calender at spfldcycling.org

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>9:00 AM A V-Park A Ride. Rides will be 30-40 miles and new riders are very welcome. Cyclists should be self sufficient and able to maintain speeds of 18+ mph for extended distances. This is a NO DROP RIDE! Please check the Facebook group page, as start times and locations may vary depending on weather. Weather permitting, this is a year-round ride. Start Location: Meet at Vredenburg Park. For more info, Facebook page Springfield IL Area Cycling</p>
MONDAY	<p>10:00 AM BCD Show-n-Go Geezer Ride. Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 AM for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing. For more info, contact Dave Ross at (217) 416-1682</p>	<p>5:30 PM GR Monday Night Gravel. WEATHER PERMITTING, meet at either Loami Park or Centennial Park for a 15-20 mile ride. Lights recommended early in season.</p> <div>  <p>Stay up-to-date on this group by following the SBC Members Facebook Group. Details about ride start, route, etc. are usually posted the day before the ride.</p> </div>
TUESDAY	<p>10:00 AM BCD Show-n-Go Geezer Ride. Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 AM for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing. For more info, contact Dave Ross at (217) 416-1682</p>	<p>5:30 PM C/SLOW-C (SHOW N GO) 12-16 mph. C/Slow C These are NO DROP beginner-friendly rides. The location changes weekly. These rides will be approximately 20 miles at a 12.1 - 14.0 mph or 14.1-16.0 mph pace depending which group (C or Slow C) you join. All routes will be uploaded to the Slow C Collection in the RidewithGPS SBC club section. Questions? Contact Bob Coady at (217) 416-2181</p> <p>5:30 PM AB Team Mack Race Training (AB Ride) For newer riders looking to race, this 32-mile ride offers a great opportunity to improve your top-end speed and race skills. Riders average 19 mph and ride in pace lines. Road bikes preferred. Cyclists will sprint 5 times on the Tuesday night rides. Start Location: Biketek, 967 Clocktower Drive Questions? Contact Gary Doering teammack@comcast.net</p>

2023 Weekly Ride Schedule - cont'd

DAY OF WEEK	MORNING	AFTERNOON/EVENING
WEDNESDAY	9:00 AM B Coffee Ride. This is a no-drop ride that starts with a 17 mph average at the start of the season, progressing to 18-19 mph. There is a coffee stop after the ride at Caribou Coffee. Start Location: Vpark For More Information, call or text Steve Casper at (217) 414-9833	
	10:00 AM BCD Show-n-Go Geezer Ride. Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 AM for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing. For more info, contact Dave Ross at (217) 416-1682	5:30 PM D Stuart Park Social Ride). This beginner-friendly ride takes a leisurely 12-mile round trip on the Sangamon Valley Trail. The pace is relaxed at 10-12 mph. Start Location: Stuart Park Questions? Contact Ride Leader Libby Shawgo at 217-416-1104
THURSDAY	10:00 AM BCD Show-n-Go Geezer Ride. Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 AM for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing. For more info, contact Dave Ross at (217) 416-1682	5:30 PM AB Team Mack Race Training (AB Ride) For newer riders looking to race, this 32-mile ride offers a great opportunity to improve your top-end speed and race skills. Riders average 19 mph and ride in pace lines. Road bikes preferred. Cyclists will sprint 5 times on the Tuesday night rides. Start Location: Biketek, 967 Clocktower Drive Questions? Contact Gary Doering teammack@comcast.net
FRIDAY	10:00 AM BCD Show-n-Go Geezer Ride. Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 AM for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing. For more info, contact Dave Ross at (217) 416-1682	
SATURDAY	Various - Check the Club Calendar or the SBC Members Facebook Group	9:00 AM A V-Park A Ride. Rides will be 30-40 miles and new riders are very welcome. Cyclists should be self sufficient and able to maintain speeds of 18+ mph for extended distances. This is a NO DROP RIDE! Please check the Facebook group page, as start times and locations may vary depending on weather. Weather permitting, this is a year-round ride. Start Location: Meet at Vredenburg Park. For more info, Facebook page Springfield IL Area Cycling

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. Weather may influence start times and cancellation as well.

What is a Show & Go Ride? Many rides convert to "Show & Go" status during the fall. This means that there is not a designated leader for these rides.

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

ABCD DOUG'S BIRTHDAY RIDE ON THE ROCK ISLAND TRAIL

MONDAY, OCTOBER 9 | 9:30 AM

Location: Alta Road Trailhead, 2918 W. Alta Rd, Peoria

It's Doug Barringer's birthday and he'd like to celebrate with a ride up the Rock Island Trail. This is a crushed limestone trail, so leave the skinny road tires at home. Distance is flexible, as this is an out-and-back, but plan for 40-50 miles with potential lunch stop either in the town of Wyoming or at the end of the trail in Toulon.

C/SLOW-C BOMKE NO LOOP - SHOW & GO

TUESDAY, OCTOBER 10 | 5:30 PM

16 Miles, 10-16 mph

Ride Start: Stuart Park, 1800 Winch Lane, Spfld

Meet at Stuart Park and ride about 16 miles down the Sangamon Valley Trail, through the country for a few miles and then back to Stuart Park via the Sangamon Valley Trail. See the "Slow C" Facebook page for details about routes and updates. Lights are REQUIRED for safety.

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

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

C/SLOW-C SANGAMO BREWING

TUESDAY, OCTOBER 17 | 5:30 PM

16 Miles, 10-16 mph

Ride Start: Sangamo Brewing, 109 E. Mulberry St, Chatham

Meet at Sangamo Brewing and ride north on the InterUrban Trail to Sonic, turn around and come back. Lights are REQUIRED for safety.

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

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



GR PIKE COUNTY GRAVEL

SATURDAY, OCTOBER 21 | 9 AM

Location: Meet on square at Pike County Courthouse, Pittsfield, IL. Let's head west and ride some of Pike County's beautiful gravel roads! Route is being developed but will likely be around 45 miles with a stop at a c-store.

For more info, call or text Anne Schroll at 217-414-4101 or Steve Schroll at 217-741-8066.

ABCD HARV AND MIKE'S RIDE TO THE STL OYSTER BAR

SATURDAY, OCTOBER 21 | 9:30 AM

Location: Meet at Springfield Cracker Barrel at 8 AM to carpool, or go straight to Global Brew Tap House, 2329 Plum Street, Edwardsville for a 9:30 AM start.

Harv Koplo and Mike Hungerford are teaming up to organize a ride on the Madison County Trails and across the McKinley Bridge. There will be a stop at the Broadway Oyster Bar near the St. Louis Arch before returning to Edwardsville.

For more info, contact Harv Koplo at (217) 899-9175.

C/SLOW-C CULVER'S CRAWL

TUESDAY, OCTOBER 24 | 5:30 PM

14 Miles, 10-16 mph

Ride Start: Stuart Park, 1800 Winch Lane, Spfld

Meet at Stuart Park and ride about 14 miles down the Sangamon Valley Trail with a little jog on city streets to Culver's Ice Cream and Butter Burgers. 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

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.

C/SLOW-C HALLOWEEN @ SPFLD BEER

TUESDAY, OCTOBER 31 | 5:30 PM

12 miles, 10-16 mph

Location: Springfield Beer, 3788 Wabash Avenue, Spfld. Celebrate the end of the season with a short ride starting from Springfield Beer. The route will go down the Sangamon Valley Trail, make a short jog on city streets, then turn around just before Stuart Park. There will be a brief end-of-season celebration afterwards. You

can bring food over from Freddy's! Lights are REQUIRED for safety. **For more info,** call Bob Coady (217) 416-2181

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 | 1 PM

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 | 1 PM

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

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>



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

CYCLOCROSS PUMPKIN HOP CROSS

OCTOBER 6, 7 AND 8, 2023

Pumpkin Hop Cross runs Octo-

ber 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>



GR DIRTY PETERSBURG GRAVEL RIDE

SUNDAY, NOV. 12 | 9:00 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 9:00 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



**ABC APPLE CIDER CENTURY
SUNDAY, SEPTEMBER 29
2024**

THREE OAKS, MI

The Apple Cider Century (ACC) is an annual one-day 15, 25, 50, 75 or 100 mile bicycle tour of the orchards, forests and wine country in and around Three Oaks, Michigan on the last Sunday in September.

Since 1974, it has become one of the Midwest's largest one-day century events with over 4,500 cyclists participating last year.

For more information, check the website applecidercentury.com



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: _____