



the Quick Release

www.spfldcycling.org

JANUARY
2024

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BRAGGIN' RIGHTS ROAD RACE



The long-standing tradition of a New Years Day ride continued and this year, SBC members had the choice of either a ride starting from the Rock N Roll Hardees on Stevenson Drive that went around the lake, or a ride on the Sangamon Valley Trail. Pictured above is the group that met for the ride on the trail. Rumor has it that there was a stop for libations on this ride.

Happy New Year!

Happy New Year to our club members! 2023 was a great year for the SBC with a full schedule of rides, events and socials. We hope that you had an opportunity to participate in a group ride, attend a social, or volunteer at one of the club events.

The 2024 board is in place with a couple of vacancies --- the position of Legislation and Education Director, formerly held by Mike Murphy, remains open. Ted Sunder will fill in until a candidate is found. A new Board slot is the Volunteer Coordinator, and we are seeking a club member to fill this very important slot. If you have any interest in either of these board positions, please reach out to Scott Sievers.

Stepping down from the board are Mike Murphy, Mike May, Nathan Schorfheide and Kathryn Hanlon. Thanks to these individuals for lending time and talent to the club!

Continuing Programs. 2024 is shaping up to be an exciting year for the club. Watch for updates on the Sangamon Cycling Series, the Capital City Century, the new Sangamon Gravel Series and the new program called the Capital City Connection.



2024 Board

PRESIDENT

Scott Sievers

VICE PRESIDENT

Anne Schroll

TREASURER

Larry Stone

SECRETARY

Jeanny Huber

MEMBERSHIP DIRECTOR

Ted Sunder

LEGISLATIVE & EDUCATION DIRECTOR

Vacant - Ted Sunder filling in

MARKETING DIRECTOR

Anne Schroll

SPECIAL EVENTS & PROJECTS DIRECTOR

Lori Dale

RIDE INCENTIVE DIRECTOR

Chris Scheufele

SOCIAL DIRECTOR

Roseanne Nance

VOLUNTEER COORDINATOR

Vacant

AT-LARGE DIRECTORS

Barb Manson
Keri Jo Fulscher
Marty Celnick
Casey Primm



What's Going on in the SBC?

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

CLUB INITIATIVES

2024 Board

The 2024 Board of Directors was voted in at the December meeting. Stepping down are Mike Murphy, Mike May, Nathan Schorfheide and Kathryn Hanlon. The by-laws were amended to remove the Records Director position and add Volunteer Coordinator. Bios of the board are presented in this newsletter.

Incentives Update

Incentive Director Chris Scheufele presented plans at the January board meeting for a new SBC ride incentives program. New SBC ride incentives coming in 2024. Details coming in the February newsletter.

Capital City Century

A planning session will be held mid-January to start the planning process for the 2024 CCC. Registration is tentatively slated to open in February, and the club will use RunSignUp for registration.

Sangamon Cycling Series / Sangamon Gravel Series

Preliminary dates are being established for these two series.

Capital City Connection

See Casey Primm's article in this newsletter with details about this new program.

SBC Socials

Our new Social Director, Roseanne Nance, is working on some new ideas for socials. Watch for announcements.

Newsletter Content

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

Meet the 2024 Board



PRESIDENT **SCOTT SIEVERS**

Scott Sievers returns as Club President for 2024. Scott became an avid cyclist at 12 years old when he began racing bicycle motocross in suburban Minneapolis. He continued racing BMX while attending

St. Cloud State University but also picked up road cycling along the way. He maxed out his first credit card on a celeste Bianchi road bike that he ultimately hauled from Minnesota to Illinois. Sievers was a Springfield Bicycle Club member while he attended the University of Illinois at Springfield Public Affairs Reporting program in 1995-96, where he met his wife, Stephanie. Sievers worked as a daily newspaper reporter in Minnesota and Illinois before graduating from the University of Illinois College of Law in 2001. He has practiced law ever since, mostly with an emphasis on litigation. However, Sievers' cycling life largely gathered dust until 2012, when he bought a new road bike and rejoined the Springfield Bicycle Club. He has since biked countless events in the Midwest, including numerous centuries such as the Capital City Century, and now dabbles haplessly in cyclocross. Every so often he talks his wife and teenage daughters, Madeline and Elizabeth, into cycling with him. Sievers presently works as an attorney for Brown, Hay & Stephens. Scott also runs and swims so he can struggle through the rare triathlon, and also serves as Member-At-Large on the board of the Springfield Road Runners Club.

Board meetings are typically held on the first Monday of each month. Most meetings are conducted via Zoom. All members are invited to sit in on a meeting.



VICE PRESIDENT / **MARKETING DIRECTOR** **ANNE SCHROLL**

Like many others, I rode a bike as a kid but abandoned the hobby for years, picking it up again in my 40s. I participate in several organized gravel events each year. My 2024 calendar

includes the Tour de Scottsdale, a week-long tour in Michigan's Upper Peninsula, Colorado's Ride in Durango later in the summer, capping off the season with a gravel race in Moran, MI. Depending on the terrain, you will see me on a Diverge gravel bike, a Chisel hardtail or an Aethos road bike. Usually I am trying to keep up with my husband, Steve.

In 2019, I joined the board of the SBC to help with the website and social media. I also coordinate the online newsletter. As Vice President, I look forward to working with the Board to organize quality rides and events for cyclists of all levels.



TREASURER **LARRY STONE**

Larry is a retired Auditor / Accountant from the State of Illinois focusing primarily on Information Systems Auditing.

He was Adjunct Professor at UIS and Millikin University for 16 years teaching Information Systems Auditing and Accounting Information Systems.

When he's not volunteering at the Abraham Lincoln Presidential Museum or serving on the board of the Sangamon County Historical Society, Larry can be seen riding long distances on his road or gravel bike. Significant cycling accomplishments include riding Mt. Evans, Ride the Rockies and Steamboat Gravel in Colorado.

Larry lives with his wife Lisa and their two very cute pups in Sherman.



SECRETARY
JEANNY HUBER

Jeanny returns for 2024 as the club's Secretary. During the riding season, she's a regular on the Slow C rides and has been known to show up at gravel rides. Jeanny lives in Chatham with her husband Dave.



MEMBERSHIP DIRECTOR
TED SUNDER

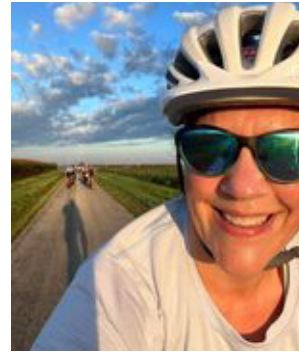
Like most kids growing up in the 50's, I had a bike; actually a succession of them. I biked everywhere, all the time. Then I became 16 and got a driver's license. The bikes were dropped. It was after med school, in training in North

Carolina, that I walked past a bike shop, recalled my enjoyment and bought a road bike. I enjoyed it, but time was always a problem. I kept the bike and took it with me as I moved, but it was neglected. During active duty in the Navy in Southern California and Washington, DC my passion was sailing and sailboat racing as well as running. I continued the running during my Active Reserves and my career in academic medicine; it was more time friendly. I came to Illinois in 1994 and began to ride again. I purchased a hybrid and upgraded my old road bike to a new one. The old interest grew and with more time in the saddle it grew into a passion, which only increased with my retirements from the Navy (2006), SIU (2012) and fully from practice in 2017.

I joined the club in 2010 and became Membership Director in 2015. I have a passion for education and encouragement, especially of new or younger riders. I have taken the League Safe Cycling Course and the Youth Instructor Course. I have participated in multiple events doing trainings, helmet fittings, rodeos and demonstrations. I regularly lead club rides and work support for the Century.

In 2015 I joined the Springfield Bicycle Advisory Council and served as chair from 2019-2021. I func-

tion as the Legislative Liaison for the club board and help to coordinate projects of mutual interest.



SPECIAL EVENTS & PROJECTS DIRECTOR
LORI DALE

Originally from the St. Louis area, I've lived in Springfield with my husband and three kids for nearly 30 years. Primarily a runner, I begrudgingly started biking in 2018 -

my husband had been nudging me for months. After that, I was hooked. I have several centuries under my belt - my first being an epic tale that is way too long to tell in this short bio! One of the things that draws me to biking is that it brings people of all ages and fitness levels together. No matter where you are on the biking "spectrum" you are sure to find friends.



SOCIAL DIRECTOR
ROSEANNE NANCE

I was born and raised in Springfield, and moved to the Petersburg area in the late 80's. I have enjoyed leisure biking most of my life. My first real organized bike ride was Lance

Armstrong's "Ride for the Roses" in Austin, Texas. I enjoyed doing the Tour de Corn and other club events for a few years. I then had to put a lot of things on hold to be able to take care of parents, while still raising kids and working fulltime. As those responsibilities lessened, and with the encouragement from my kids, I started training and participating in various races/events. I have truly enjoyed doing numerous biking, running, and triathlon events and have recently started rucking. I look forward to serving on the Board and meeting new friends/members.



RIDE INCENTIVE DIRECTOR
CHRIS SCHEUEFELE

My motivations for riding are gravel, ice cream, sketchy routes, and the occasional KOM. As a work-from-home worker, I like daydreaming about the next ride that will get me out of the basement and away from screens, but of course, documenting everything on Strava so I can overanalyze and plan for the next ride.

This year I will be stepping into the role of the Incentives Director. Looking forward to encouraging others to get into riding, biking longer distances, sharing their stories, and maybe even dipping their toes into the gravel scene.



AT-LARGE DIRECTOR
KERI JO FULSCHER

As a kid I spent many afternoons in a Burley bike trailer as my dad towed me along everywhere he rode. I'd sit back there for hours eating fruit snacks, popsicles, and sipping Capri Suns. It was great then and it would probably still be great now. I also spent countless hours on the back seat of a tandem while

my dad steered the way. Cycling was always his passion and it has inevitably become mine.

I enjoy most things on two wheels... mountain biking, road and gravel, long centuries, short joyrides, and leisurely rides gawking at cows. My main passion over the last few years has been mountain biking. I may not be as fast as the boys, but I absolutely love hitting the trails and experiencing all that nature has to offer. I have met many great friends through the biking community and look forward to fostering new friendships in the coming years.



AT-LARGE DIRECTOR
CASEY PRIMM

I was born here and raised in Athens, then moved up to Chicago for college. My cycling hobby started up there around 2010, and I spent a few years of riding for leisure and commuting. Pretty much all of my riding was solo, commute with friends, or the occasional Crit-

ical Mass ride. I did my first solo century in 2013 and felt pretty proud about riding 1000 miles that year. I petered out after moving out of the city to the suburbs, then more or less stopped completely after moving back to Athens. You'd think after years of cycling in the big city nothing could bother me, but I just didn't trust rural drivers to respect cyclists. I didn't ride at all for something like six or eight years total, but was optimistic about getting back into it after moving into Springfield.

In 2022, I decided to get myself in shape and be a good role model for our foster daughter. I lost 70 lbs that year, and rode about 600 miles. In November of that year, I did my first ever gravel ride at the Dirty Petersburg, and that was a life changing experience. That's also where I learned about the SBC. I signed up on January 1 of 2023, got on Zwift for a 3 month fitness program, and started riding as soon as the weather was nice. Once I got a taste of group riding I was completely drawn in, riding 4-5 days a week with every group I could keep up with. I rode over 6,500 miles that year, likely more than the rest of my

life combined. Even better than all of that, my wife has started to enjoy riding with me!

I have participated in events like the Vino Fondo, Tour de Donut, Core4, No Baloney Ride, Yellow Chip Road, and pretty much every local organized event like the SCS and CCC. I've ridden some beautiful roads in northern Italy, set a top 10 lap time at Vittoria Park, and got to ride in a VIP car at Il Lombardia 2023.

As board member, my goals will be to expand the club's gravel calendar to include some sort of big monthly ride. I'll also be working on helping club members find their niche, with events and riders at similar levels. But mostly, I'll just be out there having fun and being enthusiastic.



**AT-LARGE DIRECTOR
MARTY CELNICK**

I am a native of New York City, and have lived in Central Illinois for 27 years. I also spent five years, during the 1990s in Topeka, Kansas. I've been a member of the Springfield Bicycle Club since 1991.

During that time, I have gone on club rides and led them. I have also spent a lot of time riding on my own. During the pandemic I did not attend a lot of club rides, but I did put on many miles riding solo. I also commute to work by bicycle. It's about 8 miles round trip, so I ride during my lunch hour to get an hour of exercise.

I generally ride at a C pace on club rides. I am not here to race, or to prove anything. I'm just looking to have fun and get some exercise. Nearly all of my riding is with a road bike.



**AT-LARGE DIRECTOR
BARBARA MANSON**

I have always enjoyed cycling. However, until a couple years ago my main focus was running. My husband I have been members off and on of the SBC, but it wasn't until a couple years ago that I started riding regularly when I began riding with the Slow C group. I ride a road bike and look forward to many more miles with the SBC.

Out and About

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



DECEMBER 11 HOLIDAY SOCIAL AT HARVEST MARKET

The final social of the year took place at Harvest Market on December 11th. This happened to coincide with karaoke night at this venue, and some of the attendees represented the club with a rousing rendition of Queen's Bicycle Race.



DECEMBER 20

BIKE THE LIGHTS AT CHATHAM COMMUNITY PARK

Light Up the Park is an annual event that transforms the Chatham Community Park into a dazzling spectacle of holiday lights. For a small donation, visitors can drive their cars through the park and enjoy the festive atmosphere.

But what if you could experience the lights on a bike instead? That's what Jennifer Walker made possible with her excellent planning skills. She arranged a special night for cyclists to ride through the park, with their bikes decorated with various kinds of holiday lights. The weather was perfect and the turnout was huge. Cyclists gathered at the Chatham Library and then rode together through the park, creating a stunning sight. Among them were Steve Schien and his weekly mountain bike group, who came all the way from Springfield to join the fun. And to top it off, Santa Claus himself made an appearance, although he did bear a striking resemblance to Nick Courtney.



Capital City Connection

SUBMITTED BY CASEY PRIMM

The Springfield Bicycle Club is starting a new program this year, called the Capital City Connection (CaCiCo). The program will be aimed at getting riders more comfortable with group rides, finding groups that match their capabilities, and encouraging riders to try bigger events like the Sangamon Cycling series and Capital City Century.

The tentative structure for this program is:

Late April/Early May

First CaCiCo meeting. Education session on group riding, followed by a "speed selection" ride to help filter everyone out into speed groups.

June

Second meeting. Education session on basic bike fitting. Speed selection ride.

July

Third meeting. Education session on roadside fixes-- tires, chains, etc. Speed selection ride.

August

Education session on bike cleaning and chain maintenance. Speed selection ride.

Monthly meetings will take place on different days of the week to help ensure that as many riders as possible have a chance to join, learn, and find a speed group that fits them. After the first event, we will use the speed groups (D, slow C, C, A/B) to form riding teams. Leaders will work with team members to do at least one ride per week together. Create your own rides, join an existing weekly ride, or whatever works for your team.

We will encourage CaCiCo teams to ride together during the SCS events. Special ride leaders will be incentivized to lead during the events--both for their team as well as other riders that want to join at that speed/distance. CaCiCo leaders will receive free registration for SCS and CCC, and team members will receive a discount on registration.

The Capitol City Century will serve as the capstone for this event, and we would love everyone to participate and push themselves to do the best ride they can. Some will want to do a full 100 miles. Other groups will do less. With the weekly group rides to build up your fitness throughout the year, you might just be surprised how far you can go!

Would you like to volunteer as a ride leader?

Please stay tuned for news on this event. We're soliciting volunteers as team leaders for the CaCiCo for the following speed groups:

| | |
|--------|-------------|
| D | Bob Coady |
| Slow C | |
| C | |
| B | |
| A | Casey Primm |

Team leaders will receive free registration for SCS/ CCC events where they act as ride leader. Plans are also in the works to design a ride leader jersey that will be available to ride leaders who volunteer for this program. All that we ask of you is to work with your team to ride once a week, and encourage and mentor your team as they grow throughout the year.

Please reach out to Casey Primm if you'd like to be involved as a team leader for this event.

Email Casey: caseyprimm@gmail.com



SBC POLAR PLUNGE TEAM MARCH 2, 2024



The 2024 Law Enforcement Torch Run Polar Plunge for Special Olympics will take place on March 2, 2024 at the KC Lake Club, 141 N. Lakewood Drive, Chatham, IL. Your donation helps support the Special Olympics Illinois athletes in Region H, helping to provide them with life-changing programming. This includes year-round training and competition, as well as leadership, personal development and health education opportunities.

NEW FOR 2024!!!

SBC Board Member Keri Jo Fulscher has created a team for SBC members! There is a fundraising goal of \$100 for each participant/plunger. Fundraising efforts support the Special Olympic Illinois athletes in our region. When a participant/plunger registers for our team, they will be sent an individual fundraising link specific to them. Raising \$100 gets you a great hoodie!!



JOIN THE TEAM!!!

<https://support.soill.org/team/548326>

HAVE FUN PLUNGING!!!

Teams typically dress up and have a lot of fun with it. Team members are encouraged to plunge in SBC attire. Don't have any SBC attire? Just plunge in your typical bike riding attire



2024 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.

JANUARY

- 8** Board Meeting
TBD Event Planning Meetings (Capital City Century, Kids' Triathlon, Capital City Connection, Gravel Series, Sangamon Cycling Series)

FEBRUARY

- 5** Board Meeting
25 **AREA EVENT** Dirty Assumption Gravel Ride

MARCH

- 2** **SBC TRAVELS** Dirty South Roubaix
4 Board Meeting
TBD Monday Nite Gravel kicks off
TBD Sangamon Cycling Series – Registration Opens
TBD Event Planning Meetings (Capital City Century, Kids' Triathlon, Capital City Connection, Gravel Series, Sangamon Cycling Series)
TBD CCC - Registration opens

APRIL

- 1** Board Meeting
TBD Gravel Series - Rural Cyclery Ride
TBD CaCiCo - First session
TBD Event Planning Meetings (Capital City Century, Kids' Triathlon, Capital City Connection, Gravel Series, Sangamon Cycling Series)

MAY

- Various** National Bike Month
6 Board Meeting
TBD Capital City Connection Kickoff
TBD Sangamon Cycling Series Event 1

- TBD** Sangamon Gravel Series - Event 1

JUNE

- TBD** **AREA EVENT** Wheelfast Monster Metric
3 Board Meeting
9-10 Ridellinois Grand Illinois Tour comes to Springfield
TBD SCS Event 2
TBD Sangamon Gravel Series - Event 2
TBD CaCiCo - Second session

JULY

- 1** Board Meeting
4 Franklin Burgoo Ride
13 Kids Triathlon, Lincoln Park
TBD SCS Event 3 – 7:30 AM Sangchris
TBD Sangamon Gravel Series - Event 3
TBD CaCiCo - Third session
TBD **SBC TRAVELS** Tour de Donut

AUGUST

- 5** Board Meeting
TBD SCS Event 4
TBD Sangamon Gravel Series - Event 4
TBD SCS End of Season Celebration
TBD CaCiCo - Final session
TBD Don Daniels Memorial Ride to Bolivia Bridge

SEPTEMBER

- 14** 52nd Capital City Century
TBD Sangamon Gravel Series - Rural Cyclery Pike County Gravel Ride

OCTOBER

- 7** Board Meeting
6-8 **SBC TRAVELS** Hilly 100, Ellettsville, IN
13 Roger Schnelten's 46th Annual Oktoberfest
TBD Sangamon Gravel Series - Site M Race
TBD **AREA EVENT** Illinois Senior Games

NOVEMBER

- 4** Board Meeting – Annual Meeting/Election
TBD **AREA EVENT** Dirty Petersburg Gravel Ride

DECEMBER

- 4** Board Meeting



JANUARY 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.

| | |
|--|-------------------------------|
| 1/1 James Kuhn | 1/20 Mollie Langley |
| 1/2 Campbell Beeler Casey Garrison David Hood Hagan Beeler Jennifer Walker Sheryl Essenburg | 1/25 John L Sanford |
| 1/3 Jason Beeler Kimberly D Schriber | 1/28 Ted Harvatin |
| 1/5 Alison Rockwell | 1/29 Ben Fox |
| 1/6 James A Ray | 1/29 Gerald Aldrich |
| 1/6 Mark Rabin | 1/30 Steve Schroll |
| 1/7 Jon Popovitch Kevin Clark | 1/31 Billie Swift |
| 1/10 Cassandra Claman | |
| 1/11 Sandy Steimel | |
| 1/13 William F Chestnut | |
| 1/14 Dale Bastean | |
| 1/16 Scott Bell | |
| 1/18 John D Stearns Dawn R Stearns | |



Membership Update

TOTAL ACTIVE MEMBERS: **373**

DECEMBER RENEWALS AND NEW MEMBERS

WELCOME TO OUR NEW MEMBERS:

Family Memberships

Jim Wendling and Nate Wendling

WELCOME BACK TO OUR RENEWING MEMBERS:

Corporate

Colin Kuchy / Rural Cyclery

Family

Casey Primm & Amanda Rose
Steve & Anne Schroll
Bob & Sandy Steimel
Larry & Vanessa Willmore

Individual

Gerald Aldrich
Karl Kohlrus
James Kuhn
Jordan Litvak
Bill Peterman
Blane Redemer

DONATIONS

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

Gerald Aldrich
Karl Kohlrus
James Kuhn
Bill Peterman
Casey Primm
Blaine Redemer
Anne Schroll
Larry Wilmore

JANUARY MILESTONES

| Name | Join Date | Years with SBC |
|-----------------------------------|-----------|----------------|
| Hood, Dave and Susan Collins-Hood | 1/1/2014 | 10 |
| Willmore, Larry and Vanessa | 1/17/2014 | 10 |
| Chinuge, Annette | 1/4/2017 | 7 |
| Beeler, Jason | 1/16/2017 | 7 |
| Vollmer, Charlene | 1/23/2020 | 4 |
| Hart, Pamela | 1/28/2020 | 4 |
| Ray, James | 1/11/2022 | 2 |
| Kuchy, Colin | 1/13/2022 | 2 |
| Bibb, Alicia | 1/20/2022 | 2 |
| Peterman, Bill | 1/22/2022 | 2 |
| Clark, Scott and Kim | 1/30/2022 | 2 |
| Primm, Casey and Amanda Rose | 1/2/2023 | 1 |
| Beneke, Brian and Lena | 1/7/2023 | 1 |
| Storm, Jim | 1/7/2023 | 1 |
| Simpson-Black, Steven | 1/21/2023 | 1 |

Club Benefits

Group Rides

Discount on Capital City
Century Registration
Discount on Sangamon
Cycling Series Registration
Socials
Membership Directory
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.

15 YEARS - JANUARY 2009

The Springfield City Council approved an ordinance establishing the Bicycle Advisory Committee, giving bicyclists an official voice at City Hall. David Sykuta spearheaded this effort.

last two years and supplied cookies at the meetings singlehandedly for a similar length of time. It was proposed that the club buy her a high-quality cookie sheet, have it engraved, and present it to her at the January meeting as a token of our thanks.

40 YEARS - JANUARY 1984

From the Board minutes: Club Recognition to Theresa Parth: Theresa has handled the Christmas party the



FULL-SERVICE BICYCLE SHOP
Serving coffee and locally-sourced craft beer
LOCATED IN DOWNTOWN WINCHESTER, ILLINOIS
CORPORATE SPONSOR of the Springfield Bicycle Club
21 SOUTH MAIN STREET | WINCHESTER IL
(217) 742 4025
ruralcyclery@gmail.com fb: ruralcyclery



Ride Schedule

Ride Classifications

A 18.1-20.0+ MPH AVERAGE SPEED.

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

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

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

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

SLOW C 12.1-14.0 MPH AVG

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

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

EZ UNDER 10 MPH AVERAGE SPEED.

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

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

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

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

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

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

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.



POLAR PLUNGE FOR SPECIAL OLYMPICS

SATURDAY, MARCH 2, 2024

Location: KC Lake Club

The 2024 Law Enforcement Torch Run Polar Plunge for Special Olympics will take place on March 2, 2024 at the KC Lake Club, 141 N. Lakewood Drive, Chatham, IL. Your donation helps support the Special Olympics Illinois athletes in Region H, helping to provide them with life-changing programming.

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ABCD 52ND CAPITAL CITY CENTURY

SATURDAY, SEPTEMBER 14, 2024

LOCATION: Sherman Athletic Club

Mark the date for the club's annual century ride! Distances will include the 12-mile Family Ride, 20-, 40, 62- and 100-mile road rides.



ABCD ROGER SCHNELTEN'S 46TH

ANNUAL OKTOBERFEST PARTY

SUNDAY, OCTOBER 13 | 1:00 PM

Location: 245 Circle Drive, Spfld

Don't miss the 46th 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



**GR DIRTY
ASS-UMPTION
GRAVEL RIDE**
SUNDAY, FEB 25
| 9:00 AM

LOCATION: Cy-

press Grove Brewing, Assumption, IL
From our Decatur friends comes this
no-frills early season gravel ride.
42-mile route, with beer and food
afterwards.



**RIDE ILLINOIS GRAND
ILLINOIS BIKE TOUR**
JUNE 9-10, 2024

Join us June 9-14,
2024 for the 21st
annual Grand

Illinois Bike Tour (GIBT)! This
year's Central Illinois route resem-
bles a figure eight beginning and
ending in Maroa, with overnights

in Springfield, Forsyth, and Cham-
paign. Registration is open.

Register at [https://rideillinois.org/
events/2024-grand-illinois-bike-
tour/](https://rideillinois.org/events/2024-grand-illinois-bike-tour/)



ABCD 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 or-
chards, 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 cen-
tury events with over 4,500 cyclists
participating last year.

For more information, check the
website applecidercentury.com

AMISH COUNTRY BICYCLE TOUR

SATURDAY, SEPTEMBER 21, 2024

Arthur, IL

For more information:

[https://decaturbicycleclub.org/
amish-country-tour/](https://decaturbicycleclub.org/amish-country-tour/)



Interested in racing? Check
out this new series organized
by Springfield cyclist Sly Hardy.
While not a bike club event, this
series may be of interest to club
members.

Join the Facebook Group to stay
informed



BRAGGIN' RIGHTS ROAD RACE

SUBMITTED BY CASEY PRIMM

Local powerhouse Sly Hardy has been hard at work organizing a local race series, which kicked off this winter on Zwift. Competition has been stiff, and everyone has absolutely killed it on their efforts so far. Come warmer weather, we will head outside with road and gravel races throughout the year. Prizes will be awarded throughout the season based on points, as well as random drawings for all participants regardless of performance—water bottles, gift cards to WheelFast/Rapha/Competitive Cyclist, and more. To top it all off, the grand prize for the three points leaders at the end of the season will be significant credit towards SLF Motion hardware!

The winter season is non-categorized, with everyone racing together on Zwift. We intend to have different categories for the outdoor races to ensure everyone has a group they can compete with.



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: _____