



September 2021 Ride Schedule

For updates, corrections and last-minute changes to the ride schedule, please check the SBC website (www.spfldcycling.org), or the group Facebook page (Springfield Bicycle Club, Springfield IL). All rides return to the starting point unless otherwise noted.

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 average speed.
	These rides are for competent cyclists with basic safety and bike handling skills. These social 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.
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.
NC	Non-Cycling events. No bikes required for these events.




Summer riding is winding down and the cooler days ahead are some of the best days to ride. Would you be willing to lead a ride? Contact vp@spfldcycling.org.



REGULAR REPEATING RIDES

MONDAYS 4:45 PM OR 5:00 PM	West end of Wabash Trail (3316 Robbins Rd) OR Sonic (3102 S Park Ave) Springfield, IL Ride Leader: David McDivitt	Wabash Trail Ride (B Ride). Start at 4:45 p.m. at Parkway Pointe Theater (Lindbergh Blvd & Robbins Rd) and ride east along the Wabash Trail. Cyclists will then meet up with those starting at Sonic at 5:00 p.m. This ride will get you 16 miles from Sonic or 21 miles from Parkway Pointe Theater. Average speed will be 16 mph. For more info call David McDivitt at (217) 725-1986.
TUESDAYS 5:30 PM	Variable start locations See Springfield "Slow C Riders" Facebook group details	Slow C Riders (Slow C). These are NO DROP rides. The location and route leader frequently changes. These rides will be approximately 20 miles ride at a 12.1-14.0 mph pace. See the Slow C Facebook page for updates. Lights are REQUIRED for safety. For more info call Bob Coady (217) 416-2181.
TUESDAYS SEPTEMBER 7 & 21 5:30 P.M.	Quaker Steak & Lube 1120 W Lincolnshire Blvd Springfield, IL Ride Leader: Show and Go	Tuesday C-Group (C Ride). Ride the "Lollipop Route" for 23 miles along the trail to Chatham and for a short distance in the country. This is a no-drop ride. Would you consider being a ride leader for this ride? Contact vp@spfldcycling.org if interested.
TUESDAYS SEPTEMBER 14 & 28 5:30 P.M.	Stuart Park Parking Lot 1800 Winch Lane Springfield, IL Ride Leader: Show and Go	Tuesday C-Group (C Ride). This C-group Ride travels 20 miles going north from Stuart Park along county roads, south on Old Covered Bridge Lane, then west onto Pec Road, east on Old Salem Lane then onto the Sangamon Valley Trail from Meadowbrook. This is a no-drop ride. Would you consider being a ride leader for this ride? Contact vp@spfldcycling.org if interested.

SPRINGFIELD BICYCLE CLUB | SEPTEMBER 2021 RIDE SCHEDULE

WEDNESDAYS 8:00 A.M.	Caribou Coffee 1025 Outer Park Drive Springfield, IL Ride Leader: Steve Casper	Coffee Ride (B Ride). This is a no-drop ride for 30 miles with an 17 mph average to start with while progress thru the season up to 18 -19 mph. There is a coffee stop after the ride at Caribou Coffee. For more info call Steve Casper (217) 414-9833.
WEDNESDAY 5:30 P.M.	Sangamon Valley Trailhead 5529 Bunker Hill Road Springfield, IL Ride Leader: Ted Sunder	 Ride the SVT (BCD Ride). Ride the Sangamon Valley Trail to Stuart Park for 12 miles round-trip or take the new extension north for up to 24 miles. Lights are recommended. For more info call Ted Sunder (217) 971-3193.
THURSDAY 5:30 P.M.	Stuart Park Parking Lot 1800 Winch Lane Springfield, IL Ride Leader: Alan Whitaker	Sangamon Valley Trail (D Ride). Leisurely 12-mile round trip ride on the Sangamon Valley Trail. Relaxed pace of 10-12 mph, extra 12 miles is optional. For more info call Alan Whitaker (217) 494-6807.
THURSDAY 5:45 P.M.	BikeTek 957 Clocktower Dr. Springfield, IL Ride Leader: Paul O'Connor	B-Tek Ride (BC Ride). This is a developmental ride for low-B, high-C riders at a 16mph average for 25-30 miles. Riders will learn how to improve their skills and speed. Ride west from Bike Tek to country roads and some hills. The goal of this ride is to get riders to achieve 18 mph by seasons end. For more info call Paul O'Connor at (618) 694-3446.
FRIDAYS 9:00 A.M.	Wabash Trail by Sonic 3102 S. Park Avenue Springfield, IL Ride Leader: Show and Go	Interurban Trail Ride (C Ride). Ride with Cindy on the Interurban Trail to Apple Barn in Chatham. 25 miles at a pace of 13-14 mph. For more info call Cindy Moreno (217) 341-3457.
SATURDAYS AND SUNDAYS 8:00 A.M.	Vrendenburgh Park 100 Crusaders Road Springfield, IL Ride Leader: Derek Ewing	V'Burgh 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! For more info check out the Facebook Page, "Springfield IL Area Cycling" or call Derek Ewing (217) 414-8803.
SATURDAYS AND SUNDAYS 8:00 A.M.	Vrendenburgh Park 100 Crusaders Road Springfield, IL Show and Go	V'Burgh Park (BC Ride). Rides will be 30-40 miles at 14-16 mph average. New riders are very welcome. This is a no drop ride. The goal would be to progress and have the opportunity to move up to the A ride with time.

SCHEDULED RIDES AND EVENTS

TUESDAY SEPTEMBER 7 5:30 P.M.	Krekel's Custard & Hamburgers 2121 N. Grand Ave. E. Springfield, IL Ride Leader: Jennifer Rockwell		12.1-14.0 mph NO DROP ride - Begins and ends at Krekel's. About 16 miles, a new twist on the previous Krekel's ride. We have shortened it and headed in a new direction to keep things fresh with the shortened daylight. Custard, burgers, snacks! Bring your burger and treat money and let's enjoy life on two wheels! Lights are REQUIRED for safety. For more info call Jennifer Rockwell (217) 622-2699.
SATURDAY SEPTEMBER 11 CALL OR TEXT ALAN FOR UP- TO-DATE START TIME	Centennial Park (large parking lot) Bunker Hill Road Springfield, IL Ride Leader: Alan Wittaker		Capital City Century (C Ride). 12-13 mph ride - A 62-mile road ride following the Capital City Century route. Come join us and enjoy the support and camaraderie of the group. For more information call Alan Wittaker (217)494-6807.
MONDAY SEPTEMBER 13 5:30 P.M.	Centennial Park (large parking lot) Bunker Hill Road Springfield, IL Ride Leader: Anne Schroll		Gravel Ride. This ride will get you approximately 20 miles. Expect to maintain speeds between 10-14 mph depending on the road surface. Miles will vary depending on weather and daylight. For more info call Anne Schroll (217) 414-4101.
TUESDAY SEPTEMBER 14 5:30 P.M.	Stuart Park 1800 Winch Lane Springfield, IL Ride Leader: Bob Coady		Bomke Loop Backwards (Slow C Ride). 12.1-14.0 mph NO DROP ride - A 20-mile ride on the traditional route utilizing the Sangamon Valley Trail and country roads past Bomke's Patch. So that we keep things fresh, we will go clockwise to experience the hills in an exciting new way. Come join us and live life on two wheels! Lights are REQUIRED for safety. For more information call Bob Coady (217) 416-2181
SATURDAY SEPTEMBER 18 9:00 A.M.	Rotary Park 4501 W Iles Ave Springfield, IL Ride Leader: Ernie DeFrates		Morning Star Cafe Brunch Ride (C and Slow C Ride). 12.1-15.5 mph NO DROP ride - A 32-mile ride to Salisbury with a stop at Morning Star Cafe with some hills. Come join us and enjoy a social ride with brunch! For more information call Ernie DeFrates (217) 971-1246
SUNDAY SEPTEMBER 19 9:00 A.M.	Rotary Park 4501 W Iles Ave Springfield, IL Ride Leader: Marty Celnick		Auburn or Athens? (Slow C to C Ride). Cyclists will meet up and decide upon a route depending on wind conditions an average speed of 12-14 mph. Possible routes 20-30 miles going to one of the following locations depending on the wind: Chatham, Auburn, Athens or Loami. For more information call Marty Celnick (217) 494-9967.

MONDAY SEPTEMBER 20 5:30 P.M.	Centennial Park (large parking lot) Bunker Hill Road Springfield, IL Ride Leader: Anne Schroll	Gravel Ride. This ride will get you approximately 20 miles. Expect to maintain speeds between 10-14 mph depending on the road surface. Miles will vary depending on weather and daylight. For more info call Anne Schroll (217) 414-4101.
TUESDAY SEPTEMBER 21 5:30 P.M.	Quaker Steak & Lube 1120 W Lincolnshire Blvd Springfield, IL Ride Leader: Bob Coady	Lollipop Route Backwards (Slow C Ride). 12.1-14.0 mph NO DROP ride - We are going to experience this route again in an exciting new way...backwards! Check out your route and you will see a 23 mile lollipop down the Interurban through Chatham and back. If everyone agrees, we might stop at Sabores (new mexican popsicle place in Chatham)! Bring your treat money just in case! Lights are REQUIRED for safety. For more info call Bob Coady (217) 416-2181.
TUESDAY SEPTEMBER 28 5:30 P.M.	Tacology 201 3266 W. Iles Springfield IL Ride Leader: Jennifer Rockwell	End of Season Celebration (Slow C Ride). 12.1-14.0 mph NO DROP ride - Beginning and ending at Tacology 201, this 22 mile ride goes through the countryside, returning through Chatham using the InterUrban and Wabash Trails. This will be the last "official" led Tuesday night ride for the season, so let's finish with a celebration at Tacology 201 after the ride. Lights are REQUIRED for safety. For more info call Jennifer Rockwell (217) 622-2699. Note: October Tuesday night rides may still be held in a "Show and Go" status.



CAPITAL CITY CENTURY

SATURDAY SEPTEMBER 11	Centennial Park (large parking lot) Bunker Hill Road Springfield, IL		This is the Springfield Bicycle Club's largest annual ride. For all the information and registration go to www.capcitycentury.com
----------------------------------	---	---	---



SBC TRAVELS and AREA EVENTS -- register individually

Do you have a recommendation for an SBC Travels Event? Did you find an interesting event on Facebook that others might like? Then email vp@spfldcycling.org and let us know.

In 2018 the Springfield Bicycle Club launched SBC Travels to encourage club members to travel and bike together when riding in events outside of the region. The Club's first event in 2018 was the Hilly Hundred, a two-day event in Ellettsville, Indiana in October. While a couple of riders carpooled, others drove separately. Their lodging varied as well, with some staying in hotels, another using Airbnb, and others tent-camping at the ride headquarters. Both mornings, though, the group met to begin the day's 50-mile ride and often regrouped at rest stops. And despite the hills' best efforts, everyone finished the ride. With each SBC Travels events, members are responsible for registering themselves for each event and for arranging for travel and lodging to the rides.

<p>SEPTEMBER 2021</p>	<p>Organizer: Nick Courtney (217) 341-9934</p>	<div data-bbox="709 164 919 438">  <p>A poster for the Sangamon County Virtual Cycle Challenge. It features two cyclists on a road and a mountain bike. Text on the poster includes: 'SANGAMON COUNTY VIRTUAL CYCLE CHALLENGE', 'How far can you ride for a rescue?', 'September 2021', 'Cycle anytime or anywhere in the month of September and raise money for homeless pets in Sangamon County.', 'Any funds not spent on a bike will go to the rescue of homeless pets in Sangamon County.', 'All the money from the month goes to the rescue of homeless pets in Sangamon County.', 'Sponsored by: Friends of the Sangamon County Animal Control', 'All proceeds will be donated to Friends of SCAC.' There is also a small logo for 'Friends of SCAC'.</p> </div> <p>Sangamon County Virtual Cycle Challenge – How Far Can You Ride for a Rescue? Cycle anytime and anywhere in Sangamon County during the month of September and raise money for homeless pets. All proceeds go to benefit Friends of the Sangamon County Animal Control.</p> <p>Learn more at the Facebook Event page</p>
<p>SUNDAY SEPTEMBER 5 8:00 A.M.</p>	<p>Tour De Turner 203 W 3rd South Mt. Olive, IL</p>	<p>This is a cycling event for families and individual riders who simply enjoy the camaraderie of an organized ride. Multiple route lengths are available for riders of all experience levels. All routes will begin and end at the JC Niemann Park in Mt. Olive, IL. Rides will have staggered, rolling start times, based on length, to minimize congestion in the park. Rest stops will be provided along the routes. Also, SAG services and a repair tent will be provided by our sponsor, the Bike Surgeon. Online registration will be open until the start time of the ride, and you will not be able to register in person.</p> <p>See Facebook page and register at runsignup.com</p>
<p>SUNDAY SEPTEMBER 26</p>	<p>Apple Cider Century Three Oaks Elementary School Three Oaks, MI</p>	<p>This annual one day 15, 25, 37, 50, 62, 75 or 100 mile bicycling tour of the orchards, forests, and wine country in and around Three Oaks, Michigan on the last Sunday in September. It is a recreational and social tour for bicyclists. It is neither a race or a test of stamina. It is intended that all participants ride the tour in a safe and intelligent manner following COVID guidelines. Lodging is available at area hotels or at camping sites.</p> <p>Go to https://www.applecidercentury.com for more information and links to accommodations.</p>
<p>SUNDAY SEPTEMBER 26</p>	<p>Prairie Pedal Rock Springs Conservation Area 3939 Nearing Lane Decatur, IL</p>	<div data-bbox="709 927 1010 1122">  <p>A logo for 'Prairie Pedal' featuring a green silhouette of a cyclist on a road bike. The text 'prairie pedal' is in a stylized font, with 'prairie' in green and 'pedal' in yellow. Below it, in smaller text, is 'Supporting Natural Areas & Wildlife'.</p> </div> <p>This annual one day 20, 40 or 62 mile bicycling tour of quiet Macon County country roads. All routes begin and end at Rock Springs Conservation Area. It is a recreational and social tour for bicyclists. Well stocked rest stops will be provided along the routes and support vehicles will be monitoring the riders. After the ride, enjoy live music and a tasty chili lunch (with vegetarian option) and an assortment of refreshments.</p> <p>Go to https://www.maconcountyconservationfoundation.org for more</p>
<p>SATURDAY, OCTOBER 9 AND SUNDAY, OCTOBER 10</p>	<p>Hilly Hundred Edgewood High School 601 E Edgewood Drive Ellettsville, IN</p>	<p>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.</p> <p>For more info go to https://www.hillyhundred.org.</p>

NON-SBC REPEATING RIDES

(EVERY OTHER WEDNESDAY) SEPTEMBER 1 SEPTEMBER 15 SEPTEMBER 29 5:45PM	New City Community Church parking lot New City Rd & Cardinal Hill Rd Pawnee, IL	New City Time Trials (ABC Ride). This is a non-affiliated 10.85 mile time trial on Pawnee New City Road. Most riders are seeking to improve their cycling ability and personal time-trial speed. All are welcome to participate. Check in immediately after arriving. The goal is to send off the first rider at 6:00 p.m. Riders are started in 15-second intervals with the slower riders first. Bring \$2 for the timer. Call or text Steve Schien (217) 741-8388 to be added to the email group for updates.
TUESDAYS AND THURSDAYS 5:30 P.M.	BikeTek 957 Clocktower Dr Springfield, IL Show-N-Go	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 23-28 mph and ride in pace lines. Road bikes preferred. Cyclists will sprint five times on the Tuesday night rides. Contact Gary Doering (teammack@comcast.net) with questions.
WEDNESDAYS & FRIDAYS 10:00 A.M.	State Capitol Visitor Center 425 S. College St. Springfield, IL	Historic Ride (D Ride). Ride your own bicycle following a guide on a casual and easy-paced bicycle tour of historic sites in the capital city. This neighborhood-style ride will go past historic sites, including the Dana-Thomas House, First Black Fire House, Lincoln Home, Old State Capitol, Lincoln Tomb, and others. Information will be provided at nine stops along the route. The eight-mile round trip ride will take about two hours. Helmets are required and a water bottle is recommended. For more info call (217) 785-7960. Reservations required at http://historicspringfield.dnr.illinois.gov
WEDNESDAYS & FRIDAYS 1:00 P.M.	State Capitol Visitor Center 425 S. College St. Springfield, IL	Five Houses Tour (D Ride). Ride your own bicycle following a guide on a casual and easy-paced bicycle tour of historic sites in the capital city. This neighborhood-style ride will go past historic sites, including the Dana-Thomas House, Lincoln Colored Home, First Black Fire House, Judge John Taylor House, and the Old State Capitol. Information will be provided at five stops along the route. The five-mile round trip ride will take about two hours. Helmets are required and a water bottle is recommended. For more info call (217) 785-7960. Reservations required at http://historicspringfield.dnr.illinois.gov
WEDNESDAYS 6:00 P.M.	Wheel Fast Bicycle Co., 17 Cottonwood Dr, Chatham, IL Ride Leader: Matt Saner	 ABC Ride (WheelFast Ride). Wheel Fast intermediate training road ride. Meet at the bike shop and plan on 16-20 miles. NOTE TIME CHANGE FOR JULY & AUGUST! For more info call Matt Saner at (217) 483-7807.
THURSDAY 5:45 P.M.	Scheels 3801 S MacArthur Blvd Springfield, IL Ride Leader: Jim Storm	 ABCD Ride (Trail and Road Ride) This ride is intended for all levels of riders. Some riders stay on the trails for 10-12 miles while others add a road ride for 20-30 miles. A designated ride leader stays with the participants of each riding group. This is a no-drop ride. Follow us on Facebook at springfieldscheels . Helmets required. Call Jim Storm for more info (217) 726-6330.