

## OCTOBER 2020 Ride Schedule

For updates, corrections and last-minute changes to the ride schedule, please check the SBC website ([www.spfldcycling.org](http://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**      **18.1-19.0+ 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**      **16.0-18.0 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**      **12.0-15.9 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.
- D**      **10.0-12.9 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.

***All rides will be the "Show-n-Go" format. Riders should be self-sufficient and able to maintain the average speed in the description. All riders meet at the designated starting point and agree on a destination and determine a route at the time of the ride. Some rides may have a primary point person, but do not anticipate a leader at every ride. If you are a Club member and wish to get credit for the ride, you can either log the miles yourself or contact the Records Keeper.***

Every month the SBC needs rides of various levels and lengths. Would you be willing to suggest a route or be a contact for a ride? Contact [vp@spfldcycling.org](mailto:vp@spfldcycling.org).

### REPEATING RIDES IN THE SPRINGFIELD COMMUNITY

Mondays 5:00 p.m.	Wabash Trail at Sonic 3102 S Park Ave Springfield, IL	<b>B Ride.</b> Start at Sonic and ride along the Wabash Trail. This ride will get you 16 miles and average speed will be 17 mph. For more info call David McDivitt at (217) 725-1986.
Wednesdays and (maybe Fridays) 8:00 a.m.	Vrendenburg Park Caribou Coffee 1025 Outer Park Dr Springfield, IL	<b>A Ride.</b> This is a no-drop ride, but cyclists should be able to maintain speeds of 18+ mph for 20-40 miles between stops. There is usually a stop mid-way followed by a coffee stop after the ride at Caribou Coffee. For more info call Steve Casper at (217) 414-9833.
Tuesdays October 13 & 27 (every other week) 5:00 p.m.	Quaker Steak & Lube 1120 W Lincolnshire Blvd Springfield, IL	<b>C Ride (Tuesday C Ride).</b> Ride the "lollipop Route" for 23 miles along the trail to Chatham and for a short distance into the country at 13 to 14 mph average. This is a no-drop ride. Watch the Facebook group page <b>Tuesday C-group Bike Ride</b> for more details. To join that FB Group go here: <a href="https://www.facebook.com/groups/681675231905178/">https://www.facebook.com/groups/681675231905178/</a> . There currently no contact for this ride.
Tuesdays October 6 & 20 (every other week) 5:00 p.m.	Stuart Park Parking Lot 1800 Winch Lane Springfield, IL	<b>C Ride (Tuesday C Ride).</b> This ride travels 18 miles going north from Stuart Park along country roads, south on Old Covered Bridge Ln, then onto the SVT from Iles. Starting & ending at Stuart Park and will average 13 to 14 mph. This is a no-drop ride. Watch the Facebook group page <b>Tuesday C-group Bike Ride</b> for more details. To join that FB Group, go here: <a href="https://www.facebook.com/groups/681675231905178/">https://www.facebook.com/groups/681675231905178/</a> . There currently is no contact for this ride.
Tuesdays and Thursdays 5:45 p.m.	Bike Tek 957 Clocktower Dr Springfield, IL	<b>AB Ride (Team MACK Race Training).</b> For newer riders looking to race, this 32-mile ride offers a great opportunity to improve your top-end speed and race skills. Riders reach speeds of 35 mph, average 20+ mph. and ride in pacelines. Road bike preferred. Cyclists will sprint five times on the Tuesday night rides. For more info email Gary Doering at <a href="mailto:teammack@comcast.net">teammack@comcast.net</a> .
Wednesdays 5:00 p.m.	Sangamon Valley Trailhead 5529 Bunker Hill Road Springfield, IL	<b>C Ride.</b> Ride the Sangamon Valley Trail to Stuart Park for 12 miles round-trip or take the new extension up north for up to 24 miles. Speed will average 12 to 14 mph. Lights are recommended. For more info call Ted Sunder at (217) 971-3193.
Wednesdays 5:30 p.m.	Post Office 111 E Walnut St Chatham, IL	<b>AB Ride (Chatham Country Loop).</b> This is an intermediate training road ride with a fast sprint at the end. Meet at the post office and plan on 18-24 miles at an 18-mph average. There is not a contact for this ride but will routinely be on Wednesdays unless severe weather is forecast. Bring lights!

Thursdays 5:15 p.m. changing to 5:00 as move later into Oct	Stuart Park Parking Lot 1800 Winch Lane Springfield, IL	<b>D Ride.</b> We might go south, or we might go north, depending on the whims of the group. Either way it will be a leisurely 12-mile-round trip on the Sangamon Valley Trail. This ride is specifically designed for riders who think other group rides might be a little fast for them. Come out and enjoy the SVT at a relaxed 11-12 mph pace. For more info call Jennifer Rockwell (217) 622-2699 or to confirm starting time.
Saturdays and Sundays 9:00 a.m.	Vrendenburg Park 100 Crusaders Road Springfield, IL	<b>A Ride.</b> Rides will be 30-40 miles. New riders are very welcome. Cyclists should be self-sufficient and able to maintain speeds of 18+ mph for extended distances. There is no contact for this ride. Check out the Facebook Page, "Springfield IL Area Cycling" for more info.