



WELCOME!

On behalf of the Springfield Bicycle Club Board and Members, welcome to the **49th Annual Capital City Century (CCC)**. If you've ridden the CCC in past years, you may notice some changes to the ride. Planning during the pandemic presented a set of new challenges, but we believe this this year's event will offer our ridership a great day of riding!



SPONSORS

Thank you to our Platinum Sponsor, Scheels and our Gold Sponsor, Wheelfast. There are also Silver, Bronze, and Friends who have contributed to this event. Without the financial support and in-kind donations of these entities and individuals, this ride would not have been possible. Visit the website for a list of all event sponsors. Please support these businesses in any way you can.



THE COURSE

One large loop into the countryside is the main feature to this year's routes. You will pass through small All-American towns in four central Illinois counties: Sangamon, Cass, Mason, and Menard. There are restaurants, bars, and coffee shops where you can purchase food or drink and support locally owned establishments hit hard by COVID-19. Rest stops with bottled water, Gatorade, and pre-packaged snacks are staged along the way. Towns along the longest (125-mile) route include Berlin, Pleasant Plains, Chandlerville, Kilbourne, Oakford, Petersburg, and Athens. Shorter routes also travel through a few of the previously mentioned towns. The road routes pass through Ashland.

Visit www.capcitycentury.com for up-to-date information regarding the routes, what snacks are available at the rest stops, and other important information.

PACKET PICKUP

DATE/TIME: **Friday**, September 10, 4:00 – 6:30 PM

LOCATION: **SHEELS**
3801 S. MacArthur Blvd.
Springfield, IL 62711

(Conference Room Area – Go to 2nd floor via elevators and make a right-hand turn)

You may pick up your packet with ride information and Stuff We All get (SWAG) the evening before the ride at Scheels, or in the morning before your ride.

If you registered prior to August 23, you will receive your event t-shirt.

Limited Springfield Bicycle Club t-shirts and Springfield Bicycle Club (DeFeet) socks will be available for purchase. Past event t-shirts, for a very low price, will be on sale.

Following packet pickup there will be a very casual ride that leaves from the Scheels parking lot at 7:00pm and will go on some of the local trails. Bring lights as it will be dark upon return.

DATE/TIME: **Saturday**, September 11 6:00AM – 10:00

LOCATION: **Centennial Park**
5529 Bunker Hill Road
Springfield, IL 62711



WHAT'S IN THE PACKET?

Capital City Century bib number. This must be worn on your backside while on the bike route. It will get you food at the rest stops and the post-ride meal. It will also qualify you for select ½ price appetizers at Home Plate after the ride.

Limited printed route maps will be available for pickup. If you have a cycling computer that allows the use of Ride With GPS routes, it is recommended you load and review your desired course before Saturday.

Various cycling-related items, including samples of AMP PR Lotion and Chamois Butt'r.

If you registered early enough for the t-shirt cut-off, you may pick that up, too. Please note that shirts will not be mailed to participants, so be sure to get it at packet pickup at Scheels on Friday, or at Centennial Park on Saturday morning.

There will also be availability to purchase Springfield Bicycle Club t-shirts or DeFeet socks.

RIDE DAY INFORMATION

EVENT ARRIVAL AND PARKING:

The 2021 Capital City Century Headquarters will be at:

Centennial Park
5529 Bunker Hill Rd
Springfield, IL 62711

Participants may arrive and park in designated parking spots on the Park property Saturday, September 11 beginning at 6:00am. Registration and packet pickup will be from 6:00-10:00am.

When approaching the Park, watch for signage and follow directions. *There are a limited number of parking spaces in Centennial Park. If parking is full, please proceed to the main event parking at Bunn (see below).*

**DO NOT PARK ON THE GRASS OR ALONG ROADWAYS. YOU WILL BE TOWED.
DO NOT PARK AT HOPE CHURCH.**

Main event parking is at:

 **BUNN**
5020 Ash Grove Dr
Springfield, IL 62711

There are more than 300 parking spaces, and it is less than ¼ mile ride to Centennial Park.

REGISTRATION:

After parking, proceed to Centennial Park. If you have already picked up your packet, please be sure your bib number is attached to your back so sag drivers can easily identify you if needed.

Should you need to register or pickup your packet, visit Springfield Bicycle Club (SBC) volunteers in yellow shirts under the tent.

WHAT TO WEAR:

- Cycling attire is always acceptable. Dress in layers and be prepared for hot, cold, wet, or, what we all long for, a perfect day for riding.
- Bicycling Helmets are REQUIRED.
- No headphones, ear buds, or iPods
- Carry personal I.D.

REGISTRATION REFUNDS:

No refunds are available.

QUESTIONS:

If you have additional questions, consult the website at www.capcitycentury.com or email president@spfldcycling.org

GUIDELINES FOR SAFE CYCLING:

- The #1 cause of bicycle crashes is momentary inattention, so ride smart.
- Stay alert - Watch for cars, other riders, and road hazards.
- Communicate with hand signals and voice alerts.
- Move off the road when stopping - let cars and riders pass safely.
- Do not block driveways or intersections.
- Act like a car - obey all traffic laws and stop at stop signs.
- Retain space between yourself and other riders - leave enough room to dodge obstacles or stop suddenly.
- Tell others when passing - pass on left when safe.
- Ride single file or no more than two abreast. Do not cross the center line! It is the law.
- Be predictable. Sudden, unexpected moves confuse other cyclists, drivers, and pedestrians.
- Look before you make a move. Make your own decisions about intersections, turns, and negotiating bridges. Do not just “follow the leader.”
- Use hand and verbal turn signals.
- Announce road hazards verbally and with hand gestures.
- Watch out for traffic in all directions: call out, “car up/back/left/right/car passing.”
- Change positions correctly: look, signal, and call out, “on your left or dropping back.”
- Ride in a manner appropriate to road, weather, and traffic conditions.
- Do not stand in the roadway. Move off the roadway when you stop to fix a flat, make repairs or adjustments, use a cell phone, re-group, or rest at the top of a hill. Steer to the right before dismounting.
- Being courteous and friendly enhances everyone’s event experience.

THINGS TO KNOW ON THE ROAD:

- The Capital City Century is NOT a race, so leave your race attitude at home.
- Share the road and enjoy the ride.

START TIMES

Registration procedures were implemented during COVID-19 restrictions. When you registered for the Capital City Century, you were asked to select a time for starting your ride. Between 6:30-10:30am riders have been staggered for start time to help avoid congestion on the road and at the rest stops.

Please use the following guidelines for departure times, regardless of what time you initially signed up for.

6:30- 7:00 am	125-mile riders head out
6:45- 8:15am	100-mile riders head out
7:30 - 8:45am	69- and 52-mile road riders head out
8:00-10:00am	62-mile road head out
8:45-10:00am	40-mile riders head out
10:00-10:30am	23-mile riders head out

Please plan to leave early enough to finish on time. Food at Centennial Park will not be served past 4:30pm. All riders should plan to be off the course by 5:00pm.

RIDER SAFETY

Safety is our primary concern. We depend on ALL participants to be alert and considerate when riding or driving on the route and surrounding areas. The community views you as a Springfield Bicycle Club and the Capital City Century. Your cooperation is greatly appreciated.

- Roads, except for the GROAD routes, are paved, but there are rough spots. This is, after all, the end of summer in Central Illinois. Be alert for possible sand or gravel, especially at corners and curves. Be alert for changing road or weather conditions.
- Downhills and bridges require caution, especially if roads are damp. Leaves on the roadway can make the surface especially hazardous. Safety is everyone's responsibility. Be careful.
- Ride within your ability – portions of these routes are hilly! Slow down and enjoy the scenery. You will see beautiful vistas, forests, streams/rivers, wildlife, farm fields, and livestock. Be alert for fast moving deer or squirrels.
- Illinois law permits no more than two bicyclists riding abreast. Cyclists are required to ride on the right side of the road, right of the center line. All vehicle laws apply to bicyclists, including STOPPING at stop signs and SIGNALING for stops and turns.
- Early September means some farmers are getting out and harvesting their crops. The Capital City Century puts additional pressure on the patience of residents and farmers. Please ride courteously and let tractors or cars pass. Be cautious when coming to a 4-way intersection with tall corn. Your courtesy will help ensure we are welcomed back in these areas in future years.
- County emergency management systems have been notified about our rides in these four counties: Sangamon, Mason, Cass, and Menard.
- Other rest areas will have minor first aid kits. SAG drivers will have first aid kits and should be able to conduct minor repairs to your bicycle, should you need it.
- For a MEDICAL EMERGENCY, dial 911 on your cell phone FIRST. If cell phone signal strength is insufficient, go to the nearest house to call. You then should call the **Capital City Century organizers at 217-720-1568. Enter this phone number into your phone, now, under "CCC Emergency" for quick reference.**

BICYCLE MAINTENANCE & REPAIRS:

Check over your bicycle in advance of riding the 49th Annual Capital City Century.

Be sure it is in good working order and safe to ride.

Make sure your brakes work properly.

BIKE REPAIRS

A repair area is available on Centennial Park grounds before the ride begins and at Pleasant Plains High School Rest Stop (Stop #2). Professional bike mechanics from local shops will assist you in checking your bike for safety and correcting minor mechanical issues. They may charge for any necessary parts. Do not expect to get a complete overhaul at the event. Tires, tubes, and other equipment can be purchased before the Capital City Century at six area bike shops.

IN CASE OF EMERGENCY

**CAPITAL CITY CENTURY ORGANIZERS
PHONE NUMBER
217-720-1568**

RACE JOY APP:

This year's registration has been provided by ItsRaceTime. There is an app that will allow organizers to safely track participants while out on course. Other to whom you give permission, can also monitor your progress.



Download RaceJoy for free live participant tracking, cheer sending, and virtual results. Carry your phone and use RaceJoy on your personal race day to add to your experience!

Some key features include:

Live Phone Tracking

- Supporting remote spectators can track your position in a map view. You can also track up to 50 participants.

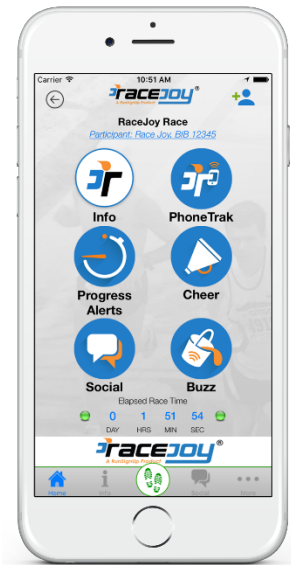
GPS Progress Alerts

- Receive continual progress updates as you complete your goal. Audio updates are typically sent at every mile.

Send-a-Cheer

- Receive supportive audio cheers from remote friends & family.

Capital City Century organizers are bringing you RaceJoy as part of this official ride experience. Please see the how-to instructions below.



Track Me How-To

Set Up

1. Download **RaceJoy** from the App Store or Google Play.
2. **Find Race:** Click Featured Races to access the event you are doing or search by name in the search field.
3. **Set Up Tracking:** Click **I Want to Be Tracked** and follow the prompts carefully. Select the course(s) you plan to complete.
4. **Enter Your Bib Number for Results:** For events offering virtual scored results, enter your bib number provided to you by the race. RaceJoy will then automatically submit your finish data.
5. **Ensure Proper Settings:** Follow RaceJoy's prompts and adjust settings as needed.

Race Day

1. **Click TRACK ME:** Make sure to click the green blinking TrackMe button on race day to start the tracking of your phone. This gets activated 30 minutes before the official race time.
2. **Select the course** you are about to do.
3. **Click START MY RACE** as you begin to start your personal clock. For on-site courses: Click this as you cross the **START LINE**. This is optional for on-site courses. Clicking this at the start line will provide a more accurate finish time and performance data.

RaceJoy auto detects when you complete the course distance. No need to click Finish.

You must access RaceJoy on race day to activate GPS tracking. Participants completing a Race Anywhere event must click the Start My Race button to begin their personal race clock.

Start My Race

Click When Crossing the Start Line

Important for your friends and family: Make sure you tell your friends and family to login as themselves and not you or RaceJoy will track them instead of you.

Note: GPS tracking and progress alerts may be disrupted if there is an issue with connecting to the person's phone (weak-to-no cell service in the region, use of Wi-Fi, improper setup, battery depletion, etc.).

Apple Phone Settings

1. **Notifications:** Your device's notifications must be **ON** for RaceJoy, including Sounds, to receive progress alerts and cheers. Ensure your volume is turned up.
2. **Location Services:** The device you wish to have tracked must have Location Services **ALWAYS ON** for live phone tracking. Go to Privacy/Location Services to verify.
3. **Background App Refresh:** General phone setting Background App Refresh must be **ON** for GPS tracking to stay enabled.
4. **Do NOT use Wi-Fi:** You may receive a prompt from Apple saying Wi-Fi will improve your location services. Disregard this prompt, and make sure to use your cellular service provider when you turn your tracking on.

Apple does not allow RaceJoy to override your settings. Please ensure these are enabled so that you can experience RaceJoy's mobile features.

SAGs:

- Roving SAGs (Support and Gear) are identified by distinctive flags and will be on the course. The SAG will pick you up if you have a significant physical or mechanical problem.
- SAG drivers are not mechanics and do not carry all equipment needed to make every repair. Carry your own spare tire, tubes, air-pump, and necessary tools for minor repairs.

Rest Stops



Rest stops are great places to stop, rest, eat, and talk with other friendly cyclists from other areas. There will be plenty of pre-packaged snack items. Some rest stops will have port-a-potties.

Here's a list of the stops, the opening & closing times for each stop, and what food might be served:

<p>#1 – Berlin Community Park Open 6:30-11:00am Bacon Honey Buns Cinnamon Streusel Cakes Mini Muffins Mini Clif Bars Twizzlers Water Gatorade</p>	<p>#2 – Pleasant Plains High School Open 7:00am-1:00pm Mini Clif Bars Bananas Clementines Welch's Fruit Snacks Oatmeal Cream Pies Uncrustables (PB&J) Slim Jims Corn Chips Sun Chips Sea Salt Potato Chips Oreos Nutrigrain Bars Nature Valley Bars Water Gatorade</p>
<p>#3 – Jim Edgar Panther Creek State Fish & Wildlife Area Open 8:00am-noon Twizzlers Payday Bars Nutrigrain Bars Sweet & Salty Snack Packs Gu gels Clif Blocks Clif Duos Clif Bars Water Gatorade</p>	<p>#4 – Antique Village, Kilbourne 10:00am-3:00pm Mini Clif Bars Bananas Clementines Goldfish Crackers Oatmeal Cream Pies Uncrustables Corn Chips Sun Chips Potato Chips Nature Valley Bars Water Gatorade</p>
<p>#5 – New Salem Circle, Petersburg Open 9:00am-3:00pm Mini Clif Bars Bananas Twizzlers Goldfish Crackers Payday Bars Welch's Fruit Snacks Uncrustables Slim Jims Oreos Nutrigrain Bars Nature Valley Bars Water Gatorade</p>	<p>#6 – Northern Terminus of the Sangamon Valley Trail Open 10:30am-3:00pm Clementines Popsicles Oreos Nutrigrain Bars Water Gatorade</p>

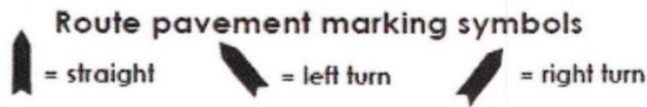
(un-numbered) – Wallace’s Trading Post, Oakford

This stop will have water and fruit. Other food can be purchased inside the bar.

ROAD MARKINGS:

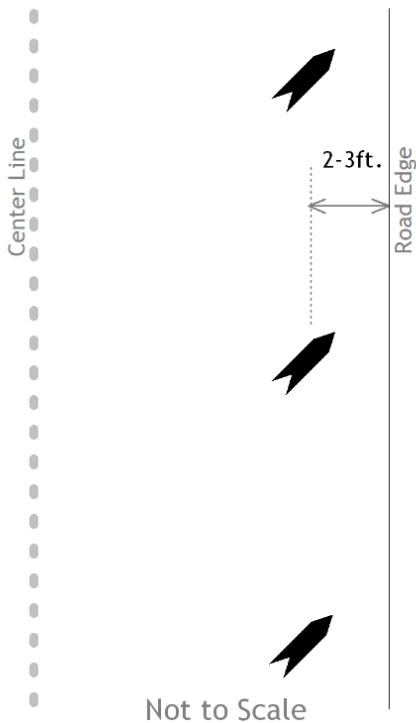
Roads will be marked with painted arrows and above-ground signage. Color coded marks and signs correspond to the colored distances. Marks will be placed at approximately 150-feet, 75-feet, and 25-feet before a turn and 25-feet after the turn for confirmation. "Caution" and other info may be painted on pavement, so stay alert.

Route Pavement Marking Symbols



Other info may be written out on pavement—stay alert!!

Forward, Left & Right
 "Arrows" painted on road.
 "CCC" Above Ground Signage



WHY ARE THE ROAD MARKINGS DIFFERENT COLORS?

You will notice that the arrows and signs are different colors. The markings will be color coded to denote the different distances as follows:

23 Mile – This will not be marked, as riders stay on the Sangamon Valley Trail

40 mile – **blue**

63 mile – **green**

100 mile – **yellow**

125 mile – **orange**

Groad (both routes) – **pink**



Figure 1 Example of Directional Arrows

HOW FAR IS IT FROM _____?**125-mile route:**

Centennial Park to Berlin Community Park	= 9.0 miles
Berlin Community Park to Pleasant Plains High School	= 9.6 miles
Pleasant Plains High School to Jim Edgar Panther Creek	= 18.3 miles
Jim Edgar Panther Creek to Kilbourne Antique Village	= 19.9 miles
Kilbourne Antique Village to Wallace’s Trading Post	= 29.4 miles
Wallace’s Trading Post to New Salem Cr, Petersburg	= 11.8 miles
Petersburg to North Terminus of Sangamon Valley Trail	= 15.2 miles
Sangamon Valley Trail to Centennial Park	= 11.6 miles

100-mile route:

Centennial Park to Berlin Community Park	= 9.0 miles
Berlin Community Park to Pleasant Plains High School	= 9.6 miles
Pleasant Plains High School to Jim Edgar Panther Creek	= 18.3 miles
Jim Edgar Panther Creek to Kilbourne Antique Village	= 19.9 miles
Kilbourne Antique Village to Wallace’s Trading Post	= 5.3 miles
Wallace’s Trading Post to New Salem Cr, Petersburg	= 11.8 miles
Petersburg to North Terminus of Sangamon Valley Trail	= 15.2 miles
Sangamon Valley Trail to Centennial Park	= 11.6 miles

63-mile route:

Centennial Park to Berlin Community Park	= 9.0 miles
Berlin Community Park to Pleasant Plains High School	= 9.6 miles
Pleasant Plains High School New Salem Cr, Petersburg	= 16.9 miles
Petersburg to North Terminus of Sangamon Valley Trail	= 15.2 miles
Sangamon Valley Trail to Centennial Park	= 11.6 miles

40-mile route:

Centennial Park to Berlin Community Park	= 9.0 miles
Berlin Community Park to Pleasant Plains High School	= 9.6 miles
Pleasant Plains High School to Sangamon Valley Trail	= 16.8 miles
(note there is no rest stop at this point on the SVT)	
Sangamon Valley Trail to Centennial Park	= 7 miles

69-mile “groad”:

Centennial Park to Berlin Community Park	= 12.0 miles
Berlin Community Park to Ashland Casey’s	= 16.9 miles
Ashland Casey’s to Pleasant Plains High School	= 21.5 miles
Pleasant Plains High School to Centennial Park	= 18.9 miles

52-mile “groad”:

Centennial Park to Berlin Community Park	= 12.0 miles
Berlin Community Park to Ashland Casey’s	= 16.9 miles
Ashland Casey’s to Pleasant Plains High School	= 5.1 miles
Pleasant Plains High School to Centennial Park	= 18.9 miles

After Your Ride



Finish Line Pics

Be sure to get your picture taken at the finish!



Hungry?

Then stop by the tent and enjoy a BBQ lunch catered by Simple Taste Catering (vegetarian option will be available).



Post-ride Massage

If your legs are tired, the crew at the Pure Synergy tent can set you up with an on-site massage.



Move the Party!

Head on down to Home Plate Bar & Grill (2571 Koke Mill Rd, Springfield, IL) where you can get half price appetizers for showing your bib.