



WELCOME!

On behalf of the organizers for the Capital City Century, the Springfield Bicycle Club Board and Members, welcome to the **52nd Annual Capital City Century (CCC)**. If you've ridden with us before and are a return rider, thank you! We're thrilled that you're back and are excited to unveil new event details to make your ride day special. If this is your first CCC, welcome! We hope that you find the event welcoming and the course enjoyable. This year, the ride starts and finishes at the Sherman Athletic

Club, just north of Springfield.

Sponsors

First of all, please join us in thanking our sponsors. Without the financial support and in-kind donations of these entities, 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.

Platinum Sponsors

Scheels, Springfield, IL

Gold Sponsors

Nelson's Catering

Orthopedic Center of Illinois

Wheel Fast Bicycle Co., Chatham, IL

Bronze Sponsors

BikeTek, Springfield, IL

MSF&W

Prairie State Bank & Trust

Friend Sponsor

Staab Funeral Homes



Schedule of Events

Friday, September 13, 2024

4:00-7:00 pm Packet Pickup
SHERMAN ATHLETIC CLUB
 300 s. First Street
 Sherman, IL



Saturday, September 14, 2024

6:00 - 10:00 am Packet pickup at Sherman Athletic Club for preregistered riders
 "Day of" Registration will be available until ride start

7:00 am 100-mile riders start

7:30 am 62-mile riders start

8:00 am 40-mile riders start

8:30 am 20-mile riders start

9:00 am 12-mile riders start

7:30 am **Rest Stop #1** – Williamsville Community Park – Opens

8:00 am **Rest Stop #3** - Elkhart Christian Church - Opens

8:30 am **Rest Stop #2** - Middletown Community Park - Opens

10:30 am **Rest Stop #1** - Williamsville Community Park - Closes

11:30 am Lunch is served

12:30+-pm **Rest Stop #2** - Middletown Community Park - Closes

4:00 pm **Rest Stop #3** - Elkhart Christian Church Closes

4:30 pm SAG makes one final sweep to bring in any riders in need of assistance.

5:00 pm Course is closed.

Ride Start Times

Please be mindful of start times and make every effort to start at the correct time for your distance.

The Capital City Century is not a race, but for 2024, we are utilizing chip timing as a way to tracking our riders to ensure that no one is left out on the course. If you decide to change distance, please let someone know and we'll make an adjustment.. **Please be aware that the course will be considered closed and SAG support will end at 4:30 PM.**

Rest Stop Times

7:30 AM - 10:30 PM

Williamsville Rest Stop is open (all routes pass this stop)

8:30AM - 12:30 PM

Middletown Rest Stop is open (62 and 100 milers)

8:00 AM – 4:00 PM

Elkhart Rest Stop is open (40, 63, 100 milers)



Packet Pickup

You may pick up your packet with ride information and Stuff We All Get (SWAG) the evening before the ride at Sherman Athletic Club, or in the morning before your ride. If you purchased a t-shirt, you will receive it at that time.

If you are unable to attend packet pickup, you may have someone else pick up for you.

A limited supply of event jerseys, t-shirts and Springfield Bicycle Club socks (Sock Guy) will be available for purchase.

DATE/TIME: Friday, September 13, 4:00 – 7:00 PM

DATE/TIME: Saturday, September 14, 6:00 AM – 9:00 AM

Sherman Athletic Club

300 South First Street

Sherman, IL

WHAT'S IN THE PACKET?

Capital City Century bib number. You will receive a bib with your number. This should be affixed to your bike (instructions will be provided). It contains the timing chip. It identifies you as a Capital City Century rider and will get you food at the rest stops and the post-ride meal and also assists SAG crews with identification if you are injured or otherwise unable to communicate.

Tyvek Bracelet. You will receive a Tyvek bracelet that can be worn or attached to your bike. The bracelet is printed with the SAG number in case you need mechanical support or are otherwise unable to complete your ride. There will be a tear-off coupon for a beverage (beer, wine or soda) from the bar at the Sherman Athletic Club.

Event T-shirt for those who purchased a shirt at registration. Please note that shirts will not be mailed to participants, so be sure to get it at packet. If you're unable to pick up, you may have someone pick up your packet for you.

Pint Glass. New for 2024, the first 300 registrants receive a custom pint glass.

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.



Ride Day

EVENT ARRIVAL AND PARKING:

The 2024 Capital City Century Headquarters will be at:

Sherman Athletic Club

300 South First

Sherman, IL

There is ample parking at the Sherman Athletic Club. Participants may arrive and park beginning at 6:00am. Registration and packet pickup will be from 6:00-9:00 inside the club.

Lunch

Lunch will be served inside the club starting at 11:30. For 2024, we are providing a baked potato bar with chili, catered by Nelsons Catering.



The Course

For 2024, all courses start and finish at the Sherman Athletic Club. After turning onto Andrew Road and crossing the interstate bridge, you will turn left onto the Heritage Route 66 Multiuse Trail. The 12-mile family route is an out-and-back on this trail, while the other routes exit the bike trail at approximately mile 3 and head out onto country roads. All routes pass through the Village of Williamsville. The 12-Mile and 20-mile riders then get back on the trail and return to Sherman, while the other distances will cross the interstate again and head north.

Please use extreme caution when turning left off Andrew Road on your return.

There are five distances to choose from. If you would like to change your distance on ride day, you are free to do so. Just be sure to let a volunteer know.

Distances

Road Rides (smooth roads)

100 Miles

63 Miles

40 Miles

20 Miles

12-Mile Family Ride (bike path only)



Every year our route marking crews try to remove loose gravel and debris that tend to accumulate in intersections. **There is one short (approx. 30 foot) section of packed gravel road that connects the bike trail to Farrand Road just before Mile 3.** See image at right. Depending on your comfort level, you may wish to dismount and walk through this short section. Please use extreme caution on this short section.

Course Marking

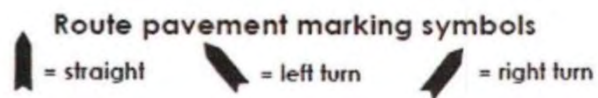
Our crews will be out several days prior to the ride marking each turn with painted or tape arrows and above-ground signs. These markings are color-coded depending on the route distance. These markings will be checked the day prior to the ride. Color coded marks and signs correspond to the colored distances. “Caution” and other info may be painted on pavement, so stay alert.



CAUTION! Short connector from bike path to Farrand Road just before mile 3. Please use extreme caution. We encourage dismounting and walking this section.



Route Pavement Marking Symbols




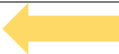



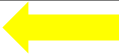
Other info may be written out on pavement—stay alert!!

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



Route Marking

Information about color coding, rest stops and convenience stores is included below:

Color of Arrows	Distance	Number of Rest Stops	Williamsville Rest Stop	Middletown Rest Stop	Elkhart Rest Stop
 PINK	ALL ROUTES				
We will use pink arrows in Sherman at the start and finish of the ride. You will also see pink arrows on your back along the bike trail.					
 GOLD	12-Mile Family Ride	1	Mile 6	n/a	n/a
 BLUE	20-Mile	1	Mile 14	n/a	n/a
 RED/ORANGE	40-Mile	2	Mile 14	n/a	Mile 24
 GREEN	63-Mile	3	Mile 14	Mile 29	Mile 44
 YELLOW	100 Mile	3	Mile 24	Mile 38 Mile 62	Mile 82

GPS Files

GPS files for all routes are posted on RidewithGPS. Check the website for links to the routes.

Paper Maps

A limited supply of paper maps will be available at packet pickup for those wishing to navigate without using a GPS device.

Visit <https://capcitycentury.com> for up-to-date information regarding the routes.



Start Times

Start times have been staggered to help avoid congestion on the road and at the rest stops. Please use the following guidelines for departure times.

7:00 AM	100-mile
7:30 AM	62-mile
8:00 AM	40-mile
8:30 AM	20-mile
9:00 AM	12-mile



Don't Miss the Pink Chaise!!!!

The pink chaise returns for 2024! This year, the chaise will be situated at Interurban Merchant coffee shop in Williamsville and all routes will pass by. There will be a tripod set up for those who wish to get a selfie, or you can enlist the help from bystanders to get a photo.



Inclement Weather

The Capital City Century will take place rain or shine on Saturday, September 14th. No refunds will be given in the event of inclement weather.



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 as well as some heartier fare that our volunteers will be serving. All rest stops will have restrooms available.



Hungry After Your Ride?

Then stop by the Sherman Athletic Club after your ride and enjoy the taco lunch catered by Nelson's Catering. Lunch will be served from 11:30 AM to 4:00 PM.

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 representative of the Springfield Bicycle Club and the Capital City Century. Your cooperation is greatly appreciated.

- Bicycling helmets are **REQUIRED**.
- No headphones, ear buds or iPods
- Carry personal I.D.
- Roads are paved, but there can be 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! 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 Sangamon and Logan counties.
- 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.

BICYCLE MAINTENANCE & REPAIRS:

Check over your bicycle in advance of riding the 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 at Sherman Athletic before the ride. 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

IN CASE OF EMERGENCY
CAPITAL CITY CENTURY ORGANIZERS
PHONE NUMBER
217-415-4893

- 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 SAG number on your bracelet

SAGs:

Roving SAGs (Support and Gear) are identified by distinctive flags and flashing amber lights 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.

SAG Number
217-622-1160

See you on September 14th!

QUESTIONS?

If you have additional questions, consult the website at <https://capcitycentury.com> or email info@spfldcycling.org