



## WELCOME!

On behalf of the organizers for the Capital City Century, the Springfield Bicycle Club Board and Members, welcome to the **53rd 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

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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.

### Gold Sponsors

Orthopedic Center of Illinois  
Peterman Financial Group  
Wheel Fast Bicycle Co., Chatham, IL

### Silver Sponsor

Scheels, Springfield, IL  
MSF&W  
Body Quest Store, Inc.

### Bronze Sponsors

Nexus Policy

### Friend Sponsor

Maddox Dentistry  
Dip-A-Dilly's  
New Leaf Coffee Shoppe



# Schedule of Events

## Friday, September 12, 2025

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



## Saturday, September 13, 2025

|                 |   |
|-----------------|---|
| 6:00 - 10:00 am | Packet pickup at Sherman Athletic Club for preregistered riders<br>"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  |
| 7:00 am         | <b>Rest Stop</b> – Richardson Clubhouse Opens   |
| 11:30 am        | Lunch is served at Sherman Athletic Club  |
| 4:00 pm         | <b>Rest Stop</b> - Richardson Clubhouse 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 2025, 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.**



## Packet Pickup

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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 t-shirts and Springfield Bicycle Club socks will be available for purchase.

**DATE/TIME: Friday**, September 12, 4:00 – 7:00 PM

**DATE/TIME: Saturday**, September 13, 6:00 AM – 10:00 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.** The first 250 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

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### **EVENT ARRIVAL AND PARKING:**

The 2025 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.

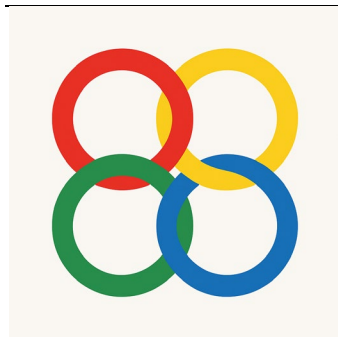
### **Lunch**

Lunch will be served inside the club starting at 11:30.



## The Course

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### **NEW FOR 2025 – LOOPS!**

If you've ridden in the Capital City Century, you might remember that we historically offer a completely separate course for each distance, as well as several rest stops. For 2025, we're utilizing a "loop" format with one central rest stop. You may ride any combination of the loops to get your mileage.

**View RidewithGPS Routes and download them at:**

[2025 CCC Routes on RidewithGPS](#)

## **START - BLUE - 10 Miles**

### ***ALL RIDERS WILL START WITH THIS LOOP***

This is the starting leg that begins at the Sherman Athletic Club. All riders will follow this route to the rest stop.

## LOOP 1 - GREEN - 22 Miles

This loop starts and finishes at the rest stop and goes through Buffalo. Terrain is pretty flat. Follow the green signs and pavement markings.

## LOOP 2 - YELLOW - 29 Miles

This loop starts and finishes at the rest stop and heads northeast, passing through the town of Lake Fork. The terrain is mostly flat with some rolling sections in the northern parts. Follow the yellow signage and pavement markings.

## LOOP 3 - RED - 25 Miles

This loop starts and finishes at the stop and heads north to Elkhart. There are some good hills on this loop, with a climb up to the historic Elkhart Cemetery. Follow the red signage and pavement markings.

## FINISH - BLUE - 13 Miles

***ALL RIDERS WILL RETURN TO THE SHERMAN ATHLETIC CLUB USING THIS LOOP***

When you've done as many loops as you want to get your mileage for the day, use this to return to the Sherman Athletic Club.

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## GRAVEL ROUTES

View Gravel Routes at:

[2025 CCC Gravel Routes](#)

Gravel routes are not marked, so riders should either have a GPS device with the routes or print out turn-by-turn directions.

### **CCCGravel Start - 15 miles**

Start with this loop at the Sherman Athletic Club and ride to the aid station.

### **CCCGravel Buffalo Loop - 33 miles**

Southeast loop that goes through the town of Buffalo

### **CCCGravel Cornland Loop - 36 Miles**

Northeast through the town of Cornland.

### **CCCGravel Finish - 15 miles**

This is the finishing leg that will take you from Richardson Clubhouse back to Sherman.

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

## 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 will be checked the day prior to the ride. “Caution” and other info may be painted on pavement, so stay alert.



### Route Pavement Marking Symbols

Route pavement marking symbols  
= straight      = left turn      = right turn

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

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



### Paper Maps

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



## 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  |





### **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**

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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 Stop**

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For 2025, we are using one main rest stop. The Richardson Clubhouse is a great place to stop, rest, eat and talk with other cyclists. There will be plenty of pre-packaged snack items as well as some heartier fare that our volunteers will be serving. Restrooms are available at this stop.



### **Hungry After Your Ride?**

Then stop by the Sherman Athletic Club after your ride and enjoy the lunch that is included with your registration. Lunch will be served from 11:30 AM to 3:00 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.
- 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 SAG number on your bracelet

## 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.

## IN CASE OF EMERGENCY

CAPITAL CITY CENTURY ORGANIZERS  
PHONE NUMBER

**217-622-1160**

## SAGs:

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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 13<sup>th</sup>!***

## QUESTIONS?

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