

417 Cycling

Compiled by Toby Dogwiler (tdogwiler@missouristate.edu) and Bob Mayanovic (RobertMayanovic@MissouriState.edu)

Local Bike Shops

A&B Cycle

3620 S. National Ave, Springfield, MO
Trek, Ritchey, Norco, Haro, All-City dealer
<https://www.abcycle.com/>
<https://www.facebook.com/ab.cycle.7/>

Adventure Bicycle Company

3250 E. Battlefield Rd. H, Springfield, MO
Specialized, Ritchey, All-City, Strider, Surly, Burley, Radio dealer
<https://www.adventurebicycleco.com/>
<https://www.facebook.com/AdventureBicycleCompany>

Bicycle Outlet

4121 S. Fremont Avenue #120, Springfield, MO
Cannondale, Orbea, Quintana Roo, Scott dealer.
<https://www.facebook.com/bicycleoutletstore>
<http://bicycleoutletstore.com>

Sunshine Bike Shop

1926 E. Sunshine Ave, Springfield, MO
Giant, Salsa, Santa Cruz, Liv, Juliana, All-City
<https://www.facebook.com/sunshinebikeshop>
<https://sunshinebike.com/>

Reds BMX

3201 S Campbell Ave, Springfield, MO
<https://www.facebook.com/redsbmx/>

Queen City Cycles

615 S. Pickwick, Springfield, MO
Kona, Rocky Mountain, Pivot, Bianchi, and Felt Dealer.
<https://www.facebook.com/queencitycycles.springfield>
<https://queencitycycles.com/>

Where to Ride

Ozark Greenways

The Greenways are located throughout Springfield and the surrounding communities and are constantly expanded and becoming more interconnected. Visit their website for detailed information and to view or download a trail and bicycle route map. The Greenways are suitable for recreational riding, commuting, or light exercise.
<https://ozarkgreenways.org/>

The Greenways include a network of On-Street Bicycle Routes including The Link. The on-street routes attempt to connect the Greenway paths with low volume, slow speed, on-street routes. The network includes twelve different Bicycle Aid Stations which are listed and mapped on the following web site. If you are interested in bike commuting check out their maps at
<https://ozarkgreenways.org/explore/on-street-bicycle-network/>.

Frisco Highline Trail

The Frisco is part of the Ozark Greenways. This 35-mile “rails to trails” trail winds from Willard on the northeast side of Springfield to Bolivar, Missouri. The southern portion of the trail is paved and then switches to hard-packed gravel as you go north toward Bolivar. This is an excellent option for longer rides where you can stay on a trail the whole time. The first few miles at the south end of the trail in and near Willard can be moderately busy but north of Willard the trail is very lightly used and it’s possible to safely ride at faster paces.
<https://ozarkgreenways.org/explore/greenway-trails/frisco-highline-trail/>

Road Cycling

There is great road riding outside of Springfield’s city limits. As you get a few miles out of town there are many country roads that are lower traffic and safe to ride. As you head south, southeast, or southwest the terrain gets hillier. North of Springfield the roads are a bit flatter and can be fairly described as “rolling”. Check out Strava or Ride With GPS for ideas of routes. Better yet, join one of the local cycling groups to find new friends to show you around.

Time Trialing / Triathlon-type Rides

There is a small but dedicated community of time trialists in Springfield as well as a number of triathletes and duathletes. There is a Tuesday Night Time Trial (TuTT) that runs most weeks from March to October. Toby Dogwiler co-coordinates this series. The TuTT is semi-competitive, but our purpose is to welcome beginners through advanced riders who want to try out the sport and improve their skills. If you are interested in trying out Time Trialing talk to Toby.

<https://www.facebook.com/groups/233752768320862>

Gravel Biking

The gravel community in Springfield is large and growing! Greene County does not have many gravel roads but there is excellent gravel close by in all directions. There are many informal gravel rides and good routes east and southeast of town. Contact Toby if you want more information.

Mountain Biking

Two Rivers Bike Park

Two Rivers Bike Park is a purpose-built, multi-use trail system, boasting over 14 miles of professionally built and maintained singletrack twisting through pristine Ozarks terrain for mountain bikers, runners, and hikers to enjoy year round, free of charge. The nearly 400-acre park sits just off the scenic Finley and James River confluence. Its professionally designed trails feature mostly natural surfaces and offer the thrills of climbing, drop sections, rock features, built-in wall rides, wooden ladders and other optional stunts.

<https://trailspring.org/two-rivers/>

Little Sac

This 300-acre Springfield-Greene County city park offers over 14 miles of interconnecting single-track trail through the woods in northwest Springfield. Built by volunteers in 1996, it's popular with mountain bikers from beginner to advanced, and for trail running and hiking too. The perimeter trail is about 2 miles, and a cell phone tower marks the northeast corner of the perimeter.

<https://ozarkgreenways.org/explore/greenway-trails/sac-river-mountain-bike-trails/>

Fellows Lake

This 800-acre City Utilities property currently offers over 10 miles of interconnecting natural surface trail through the woods with views of the lake that are open to hikers, runners, and mountain bikers. The first trail segment, Uncle Frank's, opened in 2020. The new mountain bike trails are beginner-friendly and purpose built.

<https://ozarkgreenways.org/explore/greenway-trails/dirt-66-fellows-lake-trails/>

Clubs

SBC Athletics

SBCA is a large endurance sport team based in Springfield, Missouri, made up from cyclists, triathletes and runners. Membership is free and open to anyone. The goal of the group is "Celebrating athletic achievements that better ourselves, our teammates, and our community." Members range from serious, competitive athletes that compete and win at the international level to casual, recreational runners, cyclists, and triathletes who want to meet people with similar interests in training and recreating together. SBCA includes several hundred members from the 417 Area (and beyond). SBCA organizes both weekly group rides (see below) and one-time events that are open to anyone. See their Facebook page for information about the group, how to join, and a list of events. SBCA events also including running, swimming, and other multisport group workouts and training events.

<https://www.facebook.com/SBCAthletics>

2Frys.bike

2Frys is a very informal, casual, and large group of cyclists. This group is centered around non-competitive, recreational cycling focused on exercise and socializing. 2Frys events are a great way to meet casual cyclists and make new friends. If you are new to cycling and want to get started with non-intimidating and friendly events then check out 2Frys. The group is run by a local couple who own a real estate agency with the same name. So their FB page is a mix of real estate and cycling. Check out their events page for weekly and "one-off" rides.

<https://www.facebook.com/2Frys.bike>

Springbike

Springbike is a local cycling club. My impression is that their activity waxes and wanes. It seems that currently there is a lot of overlap between Springbike and 2Frys in terms of events and participants. They have a list of "Springbike Maintained Maps" on their website that are some good starting points if you are interested in road cycling either on your own or with a group.

<https://springbike.org/>

Ozark Multisport Club

This is a local Triathlon and Duathlon club that includes athletes of “all levels of experience from bucket-listers to elites & everyone in between.” This is a great group if you want to get into multisport or meet other multisport athletes. OMC hosts a duathlon (run – bike – run) series every spring at Fellows Lake, which is a great opportunity to try out multisport right here in Springfield.

<https://www.facebook.com/OzarksMultisportClub>

Regular Group Rides

Most weekly or regular group rides run from the start to end of Daylight Savings Time each year (~March through October). The following list is not exhaustive. Also, there are many other group ride events that occur throughout the year and are advertised through the Facebook pages of the clubs listed above.

Monday

Bicycle Outlet Monday Night Ride – 6:30 PM Weekly – 1 hour – “No drop”, 10 mi, slow and social pace.

Bicycle Outlet, 4121 S. Fremont Avenue #120

Details are announced in the Bicycle Outlet Facebook page feed and posted as events on the 2Frys.bike page (<https://www.facebook.com/2Frys.bike/>). Departure time may change as day length shortens. Check the FB event each week for details.

Tuesday

Taco Tuesday Ride – 6:30 PM – 1 hour, 15 minutes – “No Drop”, 15 mi, 12-14 mph pace

Typically, the 2nd, 4th, and 5th Tuesday - May thru August

Taco Habitat, 3225 S Glenstone, Springfield, MO

Most of the group eat tacos at Taco Habitat after the ride. Details are posted as events on the 2Frys.bike page (<https://www.facebook.com/2Frys.bike/>). Departure time may change as day length shortens. Check the FB event each week for details.

Thursday

SBC Athletics TNR (Thursday Night Ride), 6:00 PM – 1 hour – “No mercy”, 22 mi, 19-22 mph pace

Directions: Church parking lot, 5925 S Woodcliffe Dr Springfield, MO 65804

Details are posted as events at <https://www.facebook.com/SBCAthletics/>. The number of participants in this ride varies. There is always a core group of fast cyclists who will work together and push the pace as fast as possible. If you are fast or want to get fast this is a great ride for you. You can also practice peline and drafting skills. You will be dropped if you can't keep up. However, some weeks there is a slower more casual group who will stick together. The course is a simple rectangular loop. So, if you get dropped you can finish at your own pace.

Friday

Fryday Nyght Ryde, 6:40 PM – 1 hour - “No drop”, 10 mi flat route, 11-12 mph slow and social pace.

Battlefield First Baptist Church parking lot, 5010 S State Highway FF, Battlefield, MO

The “chillest, easiest, and friendliest social ride that we know of in the area.” Details are posted as events on the 2Frys.bike page (<https://www.facebook.com/2Frys.bike/>). Departure time may change as day length shortens. Check the FB event each week for details.

Saturday

Springfield Brewing Company, 305 S. Market Ave (downtown SGF), park in the parking ramp at McDaniel St. and Campbell Ave.

SBC Athletics does an informal 50 mile ride most Saturday mornings. Some Saturdays SBCA also hosts a women-only ride. Follow SBCA on Facebook or join SBCA (for free) to get in the loop on the details.