

Changing Gears

Senior Bicycle Group

Did you know that “The Nation’s Largest Paved Trail Network” runs through the center of Springfield? Each year Changing Gears Senior Bicycle Group rides nearly 100 miles of this 350+ mile trail system. Changing Gears began 17 years ago when Joanne and Terry Harris partnered with the then Elderly United, now United Senior Services, to begin a senior bicycling group here in Springfield, Ohio.

Just in Springfield we ride by or near historic and cultural sites such as a nearby lake and state park, a water park, an ice rink, multiple green park spaces, a skateboard park, a minor league baseball stadium, 4 whitewater features in the local waterway, a children’s splash pad, a free concert in the park series, Disc Golf, a large auditorium with art performances, an art museum, an internationally famous architect’s house, a fabled Rock Garden, a stage coach House/Inn that at one time ended a national trail to the west, a beautiful Arboretum and an amazing Heritage Center.

In a new age Springfield is being reinvented as a city where cyclists can stay fit, explore this city’s culture and heritage sites, attend sporting and art performances, plus commute to work from the seat of their bicycle. We ride the Simon Kenton Trail (Urbana to Springfield), the Little Miami Scenic Trail (Springfield to Loveland), the Buck Creek Trail (Buck Creek State Park to Snyder Park), the Prairie Grass Trail (Xenia to London), the Great Miami River Trail and Stillwater River Recreation Trail (Piqua and Wegerzyn Gardens Metro Park to Miamisburg) and the Xenia-Jamestown Connector (Xenia to Jamestown). This year we have 29 rides and 23 of these are separate and distinct rides. We have had as many as 56 riders on a ride. We ride at a leisure pace (10 MPH) and stop at a restaurant half way out or at the end of each ride. We also do picnic lunches on some rides.

We pride ourselves as being a social group with a bicycling problem. In addition to United Senior Services in Springfield we are affiliated with the Ambassadors of the Clark County Trails, Bike Springfield and Bike Miami Valley. Please join United Senior Services and join us for a social, cultural, and fitness experience geared towards seniors that is unique in Springfield, Clark County and the greater Miami Valley.