



Springbike Bicycle Club
PO Box 9823
Springfield, MO 65801



THE TUBE

March 2005
www.springbike.org

Next monthly meeting **March 14**
Summers At The River @ 7:00 pm.

Upcoming Events

March 5 - Chili Ride Wesley United Methodist Church, 922 W Republic Rd 30-50 miles(rain date March 12)
Mar. 14 - Springbike Meeting - Tour De France
April 11 - Springbike Meeting - Scott Davis will be speaking on Mountain Biking.
May 1 - Dogwood Metric Century
June 25-26 Camp ride (more details to follow)
Weekly rides will begin after daylight savings time.

All of these rides are for club members only and anyone under the age of 18 must be accompanied by an adult Club member.

2005 Club Officers & Committees

President

Tim Weston 840-5687
Westonbuilder@sbcglobal.net

Vice President

Kevin Umlauf 883-1113/753-2969
kevin@sunshinebike.com

Secretary

Merrill Drummond
merrillcdrummond@mchsi.com

Treasurer

Bill Compere 863-1617
billcomp@sbcglobal.net

Program Director

James Allen 833-1980

Special Event Route Organizer

Jim Freeman 724-2701

Membership

Randy Lacey 846-7352
RLacey98@aol.com

Advocacy Committee

Bruce Adib-Yazdi 881-8510
badib-yazdi@swbell.net

Tube Editor

Cynthia Petty 882-8565
cynchp@peoplepc.com

WebMaster

Steve Hargis
www.springbike.org

YOU KNOW YOU ARE ADDICTED TO CYCLING IF...

- You hear someone had a crash and your first question is "How's the bike?"
- You have more money invested in your bike clothes than in the rest of your combined wardrobe.
- You're on the Board of Directors for a bike club.
- You spend weeks in the summer spraying arrows on the sides of roads.
- Despite all the winter weight you put on, you'll take off weight by buying titanium components.
- Your bike has more miles on it's computer than your car's odometer. (Dave Julian)
- Your bikes are worth more than your car.
- You view crashes as an opportunity to upgrade components.
- Your surgeon tells you that you need a heart valve replacement and you ask if you have your choice between Presta and Schrader.
- You take your bike along when you shop for a car - just to make sure the bike will fit inside.
- You can tell your other half, with a straight face that it's too hot to mow the yard and then bike off for a century.

Bike Links to Check Out:

Pittsburg KS bike club: www.tailwindcyclist.com
Year Rounder Century Challenge: www.ultracycling.com/training/century.html
Cheaha Challenge Century "Toughest Ride in the South" www.neabc.org/cheaha
Endurance Cycling www.ultracycling.com

Springbike BICYCLE CLUB MEMBERSHIP FORM

Springbike Bicycle Club cannot be held responsible for any accident that may occur during, or as a result of, our activities. Participants ride at their own risk. For the safety of Participants, Springbike Bicycle Club requires that approved helmets be worn on all club-sponsored rides.

Signed: _____
Dated: _____

___New Membership _____Renewal

1 year membership.....\$20 per household

2 year membership.....\$38 per household

Mail to: Springbike Bicycle Club
PO Box 9823
Springfield, MO 65801

Name: _____

Address: _____

City, State, Zip: _____

Tel ephone: _____

E-Mail Address: _____

A&B Cycle Inc
3620 S National
864-0550

Cycles Unlimited
1254 E Republic Rd
887-3560

Downhill Bikes
1116 West Hwy 76
Branson, MO
417-335-4455

Springfield Bicycle Company
3201 S Campbell
883-8100

Sunshine Bike Shop
1926 E Sunshine
883-1113

Willard Bike Shop
106 E Jackson
Willard, MO
742-4465

FROM THE PRESIDENT

Hello,

Like the song says, "Times are a changin'!" There's more warm days, it's staying light longer and I'm seeing more people riding. Just think, spring is only 3 weeks away and daylight savings time is only 5 weeks...and that means the start of the weekly rides. In addition to our traditional rides we will also be starting a new Monday ride for bicyclists new to organized rides. This ride will be 12 rolling miles long, ridden at a leisurely pace and no one will get dropped.

The board has also finalized some of the dates for this year with the chili ride (March 5), Dogwood Metric Century (May 1) and the overnight campout (June 25-26).

Unfortunately, this month's meeting fell on Valentine's day, but those who made it were treated to a very interesting presentation by Doug Greek. Next month's meeting is also going to be excellent with Rich Howell (and possibly some friends) discussing and sharing pictures (Rich says he has 2000) from the Tour De France. Adriana Giraldo will also be discussing the OTO Bicycle Survey.

Now for the more serious stuff, everybody on the board is working hard to give you the best club possible but the fact is that we all have jobs and families and can only do so much. What I would like you to do is consider helping us out. I'm not asking you to take on a fulltime job, but maybe do something like send us interesting things to put in the Tube, or maybe write an interesting story about another club member or ride or help us to put together a ride. If everyone is willing to contribute just 2 hours this summer, this could be the best summer ever for Springbike.

Finally, serious stuff part II...as was mentioned last month, according to our records several members have let their memberships expire. Please look at the date by your mailing address to see if you're paid up. If you think that you're paid up and this expiration date is incorrect please call Randy Lacey so that we can correct it. If your membership has expired, you'll stop receiving The Tube, shop discounts and the member discounts on the rides and campouts. We treasure your membership and we hope that you'll take the time to renew it. I'm sorry to end my letter on a serious tone, but for Springbike to be strong, we need help physically and financially.

See ya on the road,
Tim

League of American Bicyclists Bike Ed

Road I - Enjoy classroom discussion and view the "Effective Cycling" video, parking lot practice of emergency maneuvers, a street ride with a diversity of conditions, and it's fun! You will gain a better understanding of how to safely operate a bicycle in a variety of situations, how to avoid crashes and traffic conflict, and how to perform a bicycle safety check. Beneficial to all skill levels and a prerequisite to LAB's League Cycling Instructors Seminar. **Pre-registration required, so act now for Mar 26, Apr 23, or May 21, 2005.** We want you to have the manual in time to study before class, so you can score 85% or better on both your written and your road test! \$35 fee, **now includes new, one year membership to Missouri Bicycle Federation for you or a friend, a \$20 value!**

League Cycling Instructor Seminar - Becoming League Cycling Instructor (LCI) certified to teach BikeEd is a great way to help cyclists and make bicycling better in their communities. LCIs can teach BikeEd classes to children as well as adults. Help bring the joy of safe cycling to others. Must have completed the League's "Road I" course, call for other requirements. **Jun 10 - 12, 2005, - register before Apr 29.** \$175 fee.

For details contact: Coy Hart at hillbillyoncrank@wmconnect.com 417-894-2905 or David Hutchinson at dhutchinson@ci.springfield.mo.us 417-883-2950.

Endurance Cycling: Mistakes to Avoid

MISTAKE #1: NOT USING SPEEDWORK

One common endurance training mistake is just "putting in the miles." The mentality is that if you put enough miles in the bank in your training, you can withdraw them later as endurance, maybe even miraculously fast endurance. But this approach is boring, a waste of time, and you won't get substantially faster!

Many cyclists overlook the fact that the majority of the top RAAM racers over the past twenty years were, or are, also competitive cyclists in the traditional sense (i.e., USCF racing). Pete Penseyres, Michael Secrest, Rob Templin, Danny Chew, George Thomas, and Franz Spilauer are just some of the top RAAMers who raced at a national level (and were competitive there, too). Others, like Michael Shermer and Seana Hogan, train with a racing club at least once a week. High intensity training is an important, or even critical, part of endurance training.

You only get faster by riding faster! In practical terms, you need one or two days a week focused on high intensity speed training. Though hill repeats, interval training against the clock, or even a spinning class can be effective speed training, the best way to increase your speed is to ride with those who are much faster than you are. Joining a weekly racer club workout or weekly crit series is the ticket here. Get out and hammer with the big boys and girls in the pacelines, sprint for the city limit signs, and do your best not to get dropped. Be forewarned, though: it can be humbling for a while, if not for a long while. But you'll get faster for the long haul.

Another bonus is that, on event day, you won't get dropped right from the get-go when the lead pack of riders takes off like they're doing a 40km road race, as they inevitably do. You want to hang with them in the first hours so that

OZARKS TRANSPORTATION ORGANIZATION

Regional Bicycle Plan

In the first meeting of the Ozarks Transportation Organization (OTO) Bicycle Advisory Committee Tuesday, February 8th, it was decided that the public workshops will be cancelled. Instead, we will target individuals and groups interested in participating in the Regional Bicycle Plan through a survey. The purpose of this survey is to determine bicycle usage in the region, and origin and destination of the bicycle trips (demand).

The survey will be available as follows:

- At the annual meeting of Ozark Greenways, Thursday, Feb 24, 6pm at Hammons Heart Institute on Cherokee west of Fremont
- At the Logan-Rogersville Health and Safety Fair at the new Logan-Rogersville High School, Feb. 26, 10am to 2pm.
- At the meeting of Springbike Bicycle Club on Monday, March 14, 2005 about 7pm and on various SpringBike rides.
- OTO Website: www.ozarkstransportation.org or by email. OTO offers the availability of Bicycle Program staff to speak to any interested group on an individual basis by request.
- The survey will also be available in Bicycle Shops.

Public input period for the regional bicycle plan : Feb 24 - March 29, 2005.

For more information, please contact OTO Acting Executive director Sara Edwards at (417)864-1453 or OTO Planning Intern Adriana Giraldo at (417)864-1032, email: agiraldo@ci.springfield.mo.us, 840 Boonville Ave, Springfield, MO 65801.

Springbike is a local cycling club whose purpose is to promote enjoyable safe cycling for the members and the community.

Support your local bike shops!