

"Springbike is a local cycling club..."



April,
2003

FROM OUR TEAM LEADER

Hello Springbike members. If you missed the March 10th meeting you missed a great special program. The pictures of the trip to Alaska of Pat Giles were great and the guide that came from Montana to narrate them was very interesting. He had lots of stories to tell. I don't think I could have made that trip. I think it would take a special desire.

With the warm weather coming I'm sure we are all anxious to get out, of course some ride all winter, but don't forget to ride carefully.

The evening rides will start the Monday after daylight savings time. There will be an optional starting place on Monday night. It will start at Turners and go to Strafford. There will be some optional markings for the other rides; just follow the arrows.

Before you fill your water bottle that has been sitting all winter, be sure and look in and see what has been growing in there.

When we ride to a stopping place please be courteous to them and the places we start our ride.

Have a safe ride.

Gary Day, President

Club Officers & Committees

President: Gary Day 581-6390
gary19402002@yahoo.com

Vice President Dale Deckard 833-0913

Secretary Deborah Peiffer

Treasurer Tony Miller

Program Dir. James Allen 833-1980

Special Event Route Organizer
Jim Freeman 724-2701

Membership Ann-Marie Shy 581-4757

Advocacy Committee
Bruce Adib-Yazdi 881-8510
badib@swbell.net

Tube Editor Kathy Hudgens
khudgens@sprynet.com

Webmaster Steve Hargis
www.springbike.org

Notice: At the March 10th meeting, there was a proposal to change the annual dues of members to be one year from the time they joined.

Article VII Dues will read:

Article VII Dues

1. The annual dues for active membership shall be as established by vote at any regular or special meeting. Membership

From Our Treasurer

Beginning Bal 2/1/03. \$2305.49
Income.....45.00
Total\$2350.49
Disbursements.....285.15
Total.....\$2065.34

For questions or clarifications, call Tony Miller 886-2348

shall be for one year from the time dues are paid.

From Gary Day

Deadlines for The Tube are the 20th of each month.

..whose purpose is to promote enjoyable safe cycling..

**By popular request:
Women's Seminar
for Bicycling II**

Thursday April 10, 7 PM
A&B Cycle 220 W. Walnut
Springfield, Mo

Everyone is welcome.

If you have questions you may call 864-0550. See you there!

Sheryl DeBoer
sheryldeboer@sbcglobal.net

Cycle For Life

Hi everyone, please mark your calendars for June 7 for Cycle For Life bike event to benefit Breast Cancer Foundation of The Ozarks. It was a great success last year with approximately 200 entries and we raised \$7000. The foundation has expended over \$65,000 to help breast cancer patients or their families. Thank you so much for helping to make this possible. I hope many more of

you can participate this year. Remember, all money stays in the Ozarks. Location and time to follow. Committee members are Jeff Del Vecchio, Charlie O'Reilly, Monty Montgomery, Jan Badget, Mac and Stella McClain, Kay Mason, Tim O'Reilly, Ellen Hammock and myself.

Carol Gough

For Sale: White Releigh R700, aluminum frame, carbon fork, all ultegra \$775.00
Joe Kosina 886-1523

..for the members and the community."

Club Happenings:

Membership is now at 259.

It was decided not to give away memberships to the club as a promotional in Bike to Work Week, out of financial concerns for the club. Increasing postal rates was noted in mailing the Tube.

Yellow ribbons are being handed out to wear in memory of Pat Giles.

Membership dues to be annual according to date of joining was discussed. Bylaws would need to be changed for this to take effect.

We reviewed progress towards the Dogwood Metric Ride. We are calling the 18 mile out and back to McCracken the Daffodil Dandy. Sunshine Bike Shop and Sports Xtreme will provide SAG support. We still need more SAG help. Jim Freeman says he still needs a few people to man rest areas. (His number is 742-2701)

We all enjoyed sharing in the wonderful cycling tour of the late Pat Giles as presented by his guide Guy Barel from the North Star Adventure Cycling Expedition.



Bruce from our Advocacy Committee reports need of volunteer help to work the Awareness Ride, and someone to organize a 'Family Day' on the Ozark Greenways.

Also, a reminder that there is a reception at Galloway Station (South Lone Pine) May 3rd 4-6 pm For Caryn Giratanno, our MoDot Bike State Ped Coordinator. Ozark Greenways is also invited. There will be a cash bar and light snacks.

...Kathy Hudgens

Next club meeting: April 14, Cartoons 6:00 Exec, 7:00 all members.

The 3-State 3-Mountain Challenge May 3, 2003

One of the southeast's most scenic and challenging centuries. The rigorous 100-mile option will take you through 3 states; Tennessee, Alabama and Georgia; and over 3 mountains; Suck Creek, Sand and Lookout. For more information, see www.chattbike.com or DaisyBRider@cs.com or 706/820-1157

Children's Miracle Network Ride Saturday May 17th

6:30 AM Registration, 8:00 am ride, Precious Moments Chapel. \$30 Registration, \$20 if before April 21. Riders are encouraged to raise money. 10, 25, 45, 62.5 and 100 mile options. Call Jerri Sargent 417-347-6639

Ozarks 100: KAA

Register online for The Ozarks 100 through www.active.com

The Ozarks 100: Finley River Park, Ozark, Mo. - May 31, 2003
Tricia Nichols, Bike Events Coordinator, Kids Across America
417-266-3125

www.kidsacrossamerica.org

For great info on biking in May see: http://www.ozarkgreenways.org/bike_month/index.html

Training Rides:

Weekly Club Rides

Monday : Hickory Hill school to Stafford.

Tuesday : Turner's Station to Rogersville.

Thursday: Evans Road Church to Rogersville.

For more information call Gary Day at 581-6390 or Dale Deckard 833-0913

These are public roads. Ride at your own risk. Wear your helmets.

Have fun!



Get in some hills!

Meet 7:00 AM each Saturday. Doing 29 miles in April. Directions from Springfield: Take the 2nd Branson exit marked Hwy 76. Turn Left (west) on 76 and go 3/4 mile. We are at the top of the hill on the left side of the highway. Look for our sign. 417-335-4455

Hope to see you!

Craig at Downhill Bikes

Attention Ozark Fitness Members:

Any cyclists that are also members of Ozark Fitness; start your week off right! 6:00 am every Monday meet 'Bad Boy' Bruce for a heart pumpin' 45 minute, 600+ Calorie RPM (spin) Class.

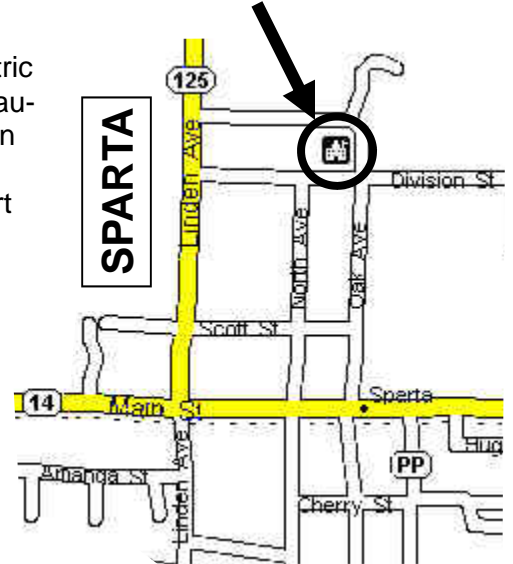
There are other classes as well: 9:00 pm Tuesday / Thursday, 6:00 am Friday, 6:30 pm Friday, Noon on Saturday and 2:00 pm Sunday.

Bruce A.

Springbike's Dogwood Metric (100K - 62 miles) And Daffodil Dandy (18 miles) Sunday May 4, 2003 from Sparta, MO

Parking and start point is the Sparta High School parking lot located just north and east of the junction of Hwy 125 and Hwy 14. **Mass start 7:00 AM**

This year we are offering participants 2 options in rides: The Dogwood Metric and the Daffodil Dandy. **The Dogwood Metric** is our traditional ride, a beautiful and very challenging excursion through the hilly and scenic Mark Twain National Forest. **The Daffodil Dandy** is a more leisurely and gently rolling spin to McCracken, returning in an "out and back". There will be full support for both rides including mechanical, SAG, and rest stops provided by the club. The first 75 riders will receive T-shirts.



All riding starts at 7:00 AM.

As on all club rides, **helmets are required.**

Registration & Fees

\$15.00 per member,
\$20.00 per non-member.

Registration online, mail or on arrival.

Springbike Bicycle Club
PO Box 9823
Springfield, MO 65801

Registration Form and Waiver

(one per rider)

Name: _____
Address: _____
City: _____
State: _____ Zip: _____

Phone: _____
Email: _____
Emergency Number: _____
Contact Person: _____
Fee (\$15.00 member).....
(\$20.00 non-member) \$ _____

Springbike's Dogwood Metric and Daffodil Dandy Release Form

PLEASE READ CAREFULLY, SIGN AND RETURN COPY WITH REGISTRATION FORM

In consideration of the acceptance of this application, I hereby, for myself, my heirs, executors, administrators and assigns, and anyone entitled to act on my behalf, release and discharge the sponsors, directors, officials, employees, and volunteers, from any kind of illness or damages suffered by me as a result of my participation in, or traveling to or from the Dogwood Metric and/or Daffodil Dandy.

I know and understand that bicycling is potentially hazardous. I should not enter the Dogwood Metric and/or Daffodil Dandy unless I am medically able and properly trained. I assume all risks associated with riding the Dogwood Metric and/or Daffodil Dandy including, but not limited to: falls, contact with other participants, the effect of weather, traffic, and conditions of the roads; all such risks being known and appreciated by me. I realize that bicycling is a strenuous activity which requires proper physical conditioning. I do hereby certify that I am in such physical condition and in good health. I agree to wear all appropriate equipment, including a helmet at all times while riding the Dogwood Metric and/or Daffodil Dandy.

Signature: _____ Date: _____
Signature of Parent or Legal Guardian (if under18): _____
Child's name: _____ Date: _____

Signature is required to ride.

Thank you for entering the Dogwood Metric. We look forward to welcoming you on our ride.

2nd Annual Springbike Awareness Ride Saturday May 3rd 10:00 AM



**Meet at parking lots
1 block north of the Square in Springfield**

This ride is designed to promote on-street cycling routes in the City of Springfield.

On Site Registration will start at 9:00 am

\$15 - Proceeds go to Bike Route Improvements

T-Shirt Size for Pre-Registered - First Come First Serve After That

Please mail pre-registration to:

Bruce Adib-Yazdi
1946 S. Holland
Springfield, MO 65807

Contact: Bruce Adib-Yazdi badib-yazdi@swbell.net or
417-881-8510

Registration and Release Form

(one per rider)

Name: _____
Address: _____
City: _____
State: _____ Zip: _____

Phone: _____
Email: _____
Emergency Number: _____
Contact Person: _____
Fee \$15.00

Springbike's Awareness Ride Release Form

PLEASE READ CAREFULLY, SIGN AND RETURN COPY WITH REGISTRATION FORM

In consideration of the acceptance of this application, I hereby, for myself, my heirs, executors, administrators and assigns, and anyone entitled to act on my behalf, release and discharge the sponsors, directors, officials, employees, and volunteers, from any kind of illness or damages suffered by me as a result of my participation in, or traveling to or from Springbike's Awareness Ride.

I know and understand that bicycling is potentially hazardous. I should not enter the Awareness Ride unless I am medically able and properly trained. I assume all risks associated with riding the Awareness Ride including, but not limited to: falls, contact with other participants, the effect of weather, traffic, and conditions of the roads; all such risks being known and appreciated by me. I realize that bicycling is a strenuous activity which requires proper physical conditioning. I do hereby certify that I am in such physical condition and in good health. I agree to wear all appropriate equipment, including a helmet at all times while riding the Awareness Ride.

Signature: _____ Date: _____

Signature of Parent or Legal Guardian (if under 18): _____

Child's name: _____ Date: _____

Signature is required to ride.

Thank you for joining the Awareness Ride. We look forward to improving Springfield's cycling safety.



www.63xc.com

**The Adventures of a
Fixed Gear Bicyclist
#1: 1957--1991
My First Fixed Gear Cycles**
by James Allen

Most modern cyclists can't relate to fixed gears, but they aren't so hard to understand. Just cast your mind back to early childhood...

In 1957, when I was seven years old, my father brought home a used tricycle. I was the last of seven children and the first in our family to have a tricycle. The tricycle had a 20 inch front wheel with pedals that connected right onto the axle. I thought it

April 14, 2003 Meeting Program

Scott Davis of Sports X-Treme will discuss mountain bike sports and BMX bike sports in the area. Scott will also discuss the activities and events of r 2003. Scott will be assisted with personnel from the Track and the Skate Park.

Debbie Mellentine of the MS Society will discuss the MS-150

was really fast.

For some kids, a tricycle was just a toy to be ridden on the sidewalk or in the backyard. But for me, the tricycle was freedom. It was a workout appliance and a tool for exploration. It was a way to the little country store, an oasis for a country boy, where a bottle of coke was 10 cents and a candy bar was 5.

I remember my first big ride. It was an August afternoon and my parents had gone to town. They'd left me in the care of my three older sisters. I knew they were no problem. I could sneak out anytime. They'd never miss me.

We lived on a gravel road three-fourths of a mile from the state asphalt highway. One-half mile east on the highway was the store.

I fetched twenty-five cents from my bank, got on my tricycle and headed out. The trip was a breeze. I arrived at the store, to find my dream come true--a coke, a candy bar and 10 cents left over. But the older couple who ran the store asked a lot of questions. They wanted to know all about what I was doing and whether anyone knew where I was. I tried to stall them, but with every word I must have made it clear that I had no permission to be there.

Then a neighbor came in and offered to see that I got to the gravel road safely. He tied one end of a rope to my tricycle and the other to his tractor, then pulled me slowly back so I wouldn't get run

bike ride for 2003. Debbie will also have information about training rides to prepare for the 2003 MS 150 along with information about other MS activities and events.

John Beida from Cycles Unlimited will discuss the results of the 2002 Cyclo-Cross event and the upcoming Cyclo Cross event in the Fall of 2003. From James Allen
Program Director

over on the highway.

I was in big trouble. That was my first and last tricycle trip to the store.

Thirty years later, in 1987 to be precise, I purchased my first direct drive bicycle. It was a 48 inch reproduction highwheel bicycle, built by M-Z Engineering of St. Louis, MO. I learned to ride highwheel and gradually progressed up to continuous thirteen mile training rides. Word gets around when you ride a highwheeler, and I started hearing stories of an organization called the Wheelmen.



The Wheelmen were dedicated to pre-1918 bicycles. They held an annual meet at which they raced the old bikes--sometimes over a full century!

Even better, some Wheelmen were riding reproduction bikes like mine. A century on a highwheel bicycle sounded like fun, even though twenty miles was my all-time record.

In 1991 we joined the Wheelmen and our family headed to Findlay, Ohio to our first annual Wheelmen Meet. I was dreaming of completing a century ride on my highwheeler. I felt just like I did when I was seven years old, riding my tricycle to the country store.

From <http://www.63xc.com>
The Offroad Fixed Gear Site under the "Spatter" column, "High Wheeling #1" written by James Allen

The Tube



www.springbike.org

Springbike Bicycle Club's Newsletter

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

MEMBERSHIP FORM

Name: _____
Address: _____
City: _____ Zip: _____ Phone: _____
State: _____ Email: _____

____ New membership
____ Renewal (Due each April 1)

One year membership ...\$15.00 per household
Two year membership ...\$28.00 per household
Three year membership ...\$40.00 per household

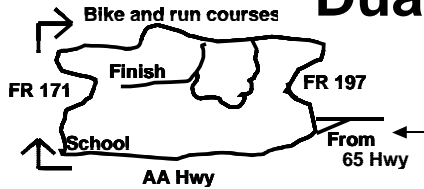
Springbike Bicycle Club cannot be held responsible for any accident that may occur during, or as a result of, our activities. Participants ride at their own risk. For the safety of participants, Springbike Bicycle Club requires that approved helmets be worn on all club-sponsored rides.

Signed: _____
Date: _____



Springbike Bicycle Club
PO Box 9823
Springfield, MO 65801

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Duathlon Series 2003

The Series consists of 5 races, all held Tues. eves at 6 pm, at the park west of the Marina on the north side of Fellows lake, located just north of Springfield, MO. Series points awarded for Participation, Placing and Volunteering. Overall Series Awards will be presented at the Series Finale Tues. night.

Event #1

2mile Run-11mile Bike
Tues. May 6, 6pm

Event #2

11mile bike-2mile run
Tues. May 13, 6pm

Event #3

1mile Run-11mile Bike-1mile Run
Tues. May 20, 6pm

Event #4

11mile Bike-2mile Run-11mile Bike
Tues. May 27, 6pm

Event #5

2mile Run-11mile Bike-2mile Run
Tues. June 3, 6pm

More info:

www.BodyMechanixAthletics.com or 886-0924. In the event of inclement weather, check website or call by 4:00 pm to confirm race or reschedule date.

Register online at www.Active.com or pre-register by day before event: Mail entries to: Body Mechanix Athletics 2202 E. Barataria Springfield, MO 65804. Register day of event from 4:30pm-5:30pm. Make checks to Body Mechanix.

Entry fee: Individual: \$10 per race
Team: \$20 per race

Diane Hood

Thanks to our Sponsors:

Rick's Automotive
Andrew Garrett
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A&B Cycle
Cycles Unlimited
Ridge Runner Sports

Runner's World
Second Baptist Church
City Utilities
and all of the wonderful Volunteers!