

# The Tube

April,  
2004



## Club Officers & Committees

**President:** Sheryl Galvin 743-3138  
galvin@hbhengineers.com

**Vice President** Kevin Umlauf  
883-1113 (work) 753-2969 (home)  
kevin@sunshinebike.com

**Secretary** Mary Worm 417- 848-4382  
mworm@farrismortgage.com

**Treasurer** Bill Compere 863-1617  
billcomp@sbcglobal.net

**Program Dir.** James Allen 833-1980

**Special Event Route Organizer**  
Jim Freeman 724-2701

**Membership** Niki Pilger 417-766-3133  
niki@sunshinebike.com

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

**Tube Editor** Kathy Hudgens  
khudgens@sprynet.com

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

**Webmaster** Steve Hargis  
www.springbike.org

**See our website for classifieds  
and late-breaking news!**

**[www.springbike.org](http://www.springbike.org)**

**Next Club meeting April 12  
6:00 Exec / 7:00 Regular  
Fox & Hound 2035 E. Independence**

## PRESIDENT'S LETTER

Hello Fellow  
Cyclist,

This newsletter finds us fast-approaching our weekly club rides. We now offer Monday, Tuesday, Wednesday and Thursday night routes. PLEASE NOTE, that the Tuesday night route starting point has changed. It will now start at Rogersville High School, off of Highway 125 and FR-174. Under No Circumstances, at any time, are we to park on the Railroad right-of-way at Turner's. And, our agreement with Jill at Turner's Station has always been, that we would not park in her lot during business hours, (in other words, not until after 6:00 pm on weekdays and never on Saturday).

A new Wednesday night ride has been added this season, and it will start from Republic High School, at 688 E. Hines, in Republic. There is a 20 mile and 27 mile option, very pretty ride. Hope to see you there. We are also working on an alternate Monday night route-details will follow in next month's TUBE.

Remember to check your renewal date for membership. You can renew (or have a friend join), by several different options; get on-line at [www.springbike.org](http://www.springbike.org), or you can renew at Sunshine Bike Shop, Cycles Unlimited, A & B Cycles, or Downhill Bikes in Branson. Or, you can see me at the rides, I will usually have membership forms with me. Again, this year on the Thursday night ride, we will be passing the money jar. It's our way to show our appreciation to the Church of Christ for allowing us to park in their lot. When the jar comes around, please empty your change tray or

throw in a buck or two. It won't break your bank and by the end of summer it really adds up. Club members use this lot, not just on Thursday night, but other nights and weekends as well. Eventually, the Church will need to re-pave their parking lot and this small gesture on our part will hopefully ensure our continued permission to utilize their facilities. Also, NO PARKING ON THE GRASS and DO NOT BLOCK THE ROAD. There is ample parking in the overflow up on the hill by the Stone Company. We don't want to do anything to jeopardize our relationship with the Church. I now have the routes marked, excluding the Monday night route from Hickory Hills. The Board is concerned with the aggressive motorists on that route. As I mentioned earlier, we are attempting to find another Monday option. I'm sure several of you will still ride this route, but the Board feels it no longer wants to sponsor it as a Club ride.

Time is now to register for the Dogwood Metric Century on May 2, and the Camp Ride on June 5<sup>th</sup> & 6<sup>th</sup>. Please note in the TUBE, the deadline for registration for the Camp Ride. If you pre-register for either ride, remember to come to the registration table the morning of the ride to get you maps, t-shirts and get checked in.

See you at the April meeting.

Sheryl

*Editor's note: Decisions for the June Camp ride have been made by the Board of Directors. Please contact them with questions or concerns.*

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

## Minutes of the Springbike Bicycle Club

7 pm, March 8, 2004  
Fox and Hound

### Dogwood ride - May 2<sup>nd</sup>

Registration will begin at 7 a.m. with the ride set to start at 7:30.

Cost will be \$20 for members and \$25 for non-members

### Camp Ride - June 5<sup>th</sup> & 6<sup>th</sup>

Check in will begin at 7:30 a.m. with the ride set to start at 8:00.

Registration deadline is May 2<sup>nd</sup>

Fully supported ride with rest stops

Dinner will be provided at campsite and breakfast will also be provided the next morning

There will also be transportation available for all your camp gear

It was noted that our nonprofit status has lapsed.

Coy Hart made mention of a Road 1 course being held Saturday the 13<sup>th</sup> with emphasis on "Effective Cycling and riding in traffic". Coy was also present for the dedication of the bike lockers located by the downtown bus transfer.

Rich Howell from A&B Cycle was our first speaker of the night. Rich has always been an ardent fan of cycling beginning when he was 10 years old and racing BMX. In 1991 Rich began working at the shop for Jesse Tate who had been a fixture there since 1945; a year later he purchased the shop. You can reach Rich at [www.abcycle.com](http://www.abcycle.com). Store hours are from 10-8, M-S and 11-5 on Sunday.

Our next speaker was Debra Mellentine with the MS Society. In 1985 the MS 150 had 63 riders who raised \$15,000. Last year there were 670 riders who raised \$481,000! This year you can register on-line, set up your own personal website to receive pledges, and also utilize E-bay to raise money. Email Debra at [debra@mnskc.org](mailto:debra@mnskc.org) with any questions. There will also be a 20<sup>th</sup> anniversary jersey available. The key point for the MS Society is to raise

public awareness.

Next months speakers will be Diane Hood - Duathlon series, Terry Whaley - Ozarks Greenways and the featured bike shop will be Sports Extreme.

From Mary Worm

Coy Hart brought "The Hub" to the meeting and encouraged us all to join the MBF. It seems this would be a good thing to do consideration of the activity of the MBF for us all. The following is from "The Hub", the newsletter for the Missouri Bicycle Federation [www.mobikefed.org](http://www.mobikefed.org):

### "Volume 12, Number 1 MBF Proposed Legislation in Summary

The following is a summary of the currently proposed legislation submitted by the Missouri Bicycle Federation for this year's legislative session. This is a short summary of the major points of the bill. If passed this bill will benefit all who travel Missouri roads regardless of mode of travel. Hopefully it will get the audience it needs for passage.

- \* Creates new provisions within Missouri's assault and manslaughter laws that allow serious charges to be brought against drivers whose careless driving injures or kills.

- \* Creates the specific misdemeanor offences of operation of a vehicle leading to injury, serious injury, and death, which can be used when more serious charges are not possible or appropriate.

- \* Specifically requires drivers to exercise the highest degree of care to avoid colliding with pedestrians, bicyclists, and motorcyclists.

Specifically requires motorists to pass bicyclists at a safe distance; deliberately passing closer constitutes assault.

- \* Adds additional driver license points in cases where traffic violations lead to injury or death. Adds a point for any traffic violation in a

school zone.

- \* Establishes a state-wide uniform school zone speed limit of 20 MPH and increases penalties for traffic violations in school zones.

- \* Clarifies the definition of bicycle; clarifies legality of bicyclists riding on road shoulders.

- \* Establishes rules for motorists crossing bicycle lanes; establishes that motorists crossing a bicycle lane must yield to bicycles in the lane; prohibits blocking bicycle lanes.

- \* Allows bicyclists to carefully roll through stop signs when safe.

Currently the federation's highway safety bill in the Senate has been assigned to the Transportation Committee, but no hearing for it had been scheduled as of this writing. The bill in the House had not been assigned to a committee. You can track the progress of the bill for yourself at [www.moga.ssafe.mo.us](http://www.moga.ssafe.mo.us).

Also in this issue was the following article. Notice a familiar name as the Legislative Liaison? Mike works diligently in our Advocacy Committee. Now is a good time to get involved with our Advocacy Committee as it works in Springfield and reaches into our state.

### "Note from the Editor (of MFB)

I went to my first annual meeting last November looking forward to meeting many of you there. Those that made it -- know it was a great meeting with many legislative issues in process and bicycling leadership and community planning opportunities just around the corner. Those of you that couldn't make it to the last meeting I hope to meet you the next time around and I look forward to working with you on future projects.

It has been an exciting 6 months for legislative efforts both nationally and locally. There are a lot of ways that each of us can be involved. From supporting the TEA-21 national legislation to the MBF state proposed legislation and our own

(Continued on page 3)

# 1<sup>st</sup> Annual 2-Day Camp Ride June 5-6, 2004

Parking and start point is the Republic High School, located in Republic, MO, on Hines Road off 60 Highway.



## Registration deadline May 2

Ride fee: **\$65.00 members**    **\$75.00 non-members**

Check in June 5th is 7:30 am    Start time: 8:00 am

Evening meal June 5th to be served around 4:00-4:30 pm. Take your time and enjoy the day!

This is our first year offering a 2-day ride. We will start in Republic and ride through the countryside over to Jolly Mill for lunch and then another 4 miles to our destination camp site. (Approximately 55 miles each day). You will need to bring your tent and overnight gear and cycling clothes for day two. All your gear will be loaded that morning and transported to the camp site and ready for you when you arrive. We will provide me-

chanical and SAG support, as well as, fully supported rest stops along the route and lunch at Jolly Mill on day one. An evening meal will be provided at the camp site along with great company and a time to relax. Bathrooms and showers available at the site. Day two we will provide breakfast, support with rest stops and SAG, as we head back to Republic. Registration deadline for this event is May 2, 2004. This is necessary so that we will be able to provide the right

amount of food and support. The fee for this ride will be all-inclusive (tent space rental, food, showers).

You can pre-register online at our website: [www.springbike.org](http://www.springbike.org) or at Sunshine Bike Shop, or by returning this form along with appropriate fee to: Springbike Club, P.O. Box 9823, Springfield, Mo 65801

Questions can be directed to Sheryl Galvin: 743-3138 or [Galvin@hbhengineers.com](mailto:Galvin@hbhengineers.com)

## REGISTRATION FORM AND WAIVER

## RELEASE FORM

Please read carefully and sign

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
e-mail: \_\_\_\_\_  
City: \_\_\_\_\_  
Emergency # \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Contact Person \_\_\_\_\_  
Fee \$65.00 member \_\_\_\_\_  
Fee \$75.00 non-member \_\_\_\_\_

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 Springbike Camp Ride.

I know and understand that bicycling is potentially hazardous. I should not enter the Springbike Camp Ride unless I am medically able and properly trained. I assume all risks associated with riding the Springbike Camp 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 Springbike Camp Ride.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Legal Guardian (if under 18) \_\_\_\_\_

Child's name: \_\_\_\_\_ Date: \_\_\_\_\_

**Signature is required to ride. Children must be accompanied by an adult on the ride itself. Helmets are required.**

(Continued from page 2)

local issues we are all encouraged to be active in the process.

In addition to the usual business new officers were elected. These are dedicated people you can contact about any bicycling issues that are important to you.

bhugh@mwsc.edu

chris@bikeped.net

leevie@aol.com

wojo@pbworld.com

mikecyclor@sbcglobal.net

Chair - Brent Hugh

Vice Chair - Chris Dunn

Secretary/Editor - Laura Vie

Treasurer - Paul Wojciechowski

**Legislative Liaison - Mike Schilling**

MoDOT Liaison - Caryn Giarratano

cgcyclist@earthlink.net

Motorist Contact - Morgan Bearden

morgan@thedef.org

Past Chair - Bob Foster

bob.foster@stlbikefed.org

If you have any question, concerns or issues that should be attended to please contact one of these individuals."

**Note: Mike Schilling is active in our Advocacy Committee ---KMH**



**Dan Forant, Freedom Rider, riding west near I-44**

**D**ear bikies, etal,  
 The Freedom Rider Crew spent the night in Springfield at the Rail Haven Motel (now a Best Western) and right on the old Route 66 route (Glenstone & St. Louis). Shelley Rice drove in from Rogersville to see them, and along with myself, that was pretty much the entire cheering section. Not all of it though, as Monty Montgomery emailed me that he cheered them on from a location on Chestnut Expressway. I was trying to stay about a half a block ahead

## Freedom Rider passes through Springfield

to guide them through town and missed Monty's smiling face.

Saw no media this morning, but the crew did do two radio interviews last night. Yesterday was a hassle for me, when I learned they didn't have a place to stay. I was on the phone and computer, trying to find a place for them. And, I was cleaning up around here in my spare time, just in case they came here to stay. Kathy Hudgens jumped in to help, trying to find a place in Marshfield for them. The (Boy Scout) Camp Arrowhead did offer to let them stay, but by then they were pretty much set on making the radio interviews in Springfield.

The Cedar's Restaurant treated the crew to a hearty breakfast, after which they were off heading into the sunset that wasn't there yet. All both of us in the Springfield contingent were presented with "Treats For Troops" T-shirts, in any size we wanted as long as it was XL.

I was pretty disappointed in the

showing in Springfield. The crew said that most of their experience has pretty much been, the smaller the community, the bigger the fuss people make over them.

Their websites:  
[www.freedombicycleride.com](http://www.freedombicycleride.com)

Coy



This group picture with the full stomachs are (left to right): The Main Rider Dan Forant, Jim Cross, some handsome dude (Coy), Shelley Rice, and Simon Patterson (substitute rider). That photo was taken by Sally Patterson ).

## Weekly Club Rides



- Monday** Hickory Hill school to Stafford. 24miles
- Tuesday** Hillbilly Bills on Hwy 125 to Rogersville (same route)
- Wednesday** Starts at Republic HS. Route will be marked.
- Thursday** Evans road Church to Rogersville. 24 miles

For more information call Sheryl, Kevin or Jim Freeman.

Remember, we can join the Ozark Greenways bunch on Saturday mornings starting in April. From our Topica site, Ralph Rognstad has these plans for April: "In April, I would like to switch to Saturday mornings starting at 9:00 and begin riding increasingly longer routes to prepare for the Springbike Dogwood metric century (63 miles) on May 2. The last Saturday, we will probably ride to Marshfield to get in about a 60-mile ride before the Dogwood.

**Road 1 Update** The students who completed the class were: Terry Whaley, Debbie Casey, Sandi West, Gary Day, Jill Duncan, & Greg Roeder. More on this later!  
 Coy Hart

## Ozarks Multi-Sport Club

Are you interested in completing a triathlon, duathlon, or adventure race this year?

- Find out how, or meet some other cool people with like interests, through the brand new Ozarks Multi-Sport Club! This club is for beginner and veteran athletes!
- Contact Eric Johnson at 831-9759 or [ejohnson@ci.springfield.mo.us](mailto:ejohnson@ci.springfield.mo.us) for more info!
- Attend a FREE seminar this spring: 4/25-Adventure Racing 101, Library Center, Storybook Room

**to begin after Daylight Savings Time**

# Springbike's Dogwood Metric (100K - 62 miles) And Daffodil Dandy (18 miles) Sunday May 2, 2004 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.

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.



**Dogwood Metric registration 7:00; start time 7:30**  
**Daffodil Dandy registration 8:30; start time 9:00**

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

Lunch will be served after the rides at the starting point.

## Registration & Fees

\$20.00 per member,  
 \$25.00 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 (\$20.00 member).....  
 (\$25.00 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 under 18): \_\_\_\_\_

Child's name: \_\_\_\_\_ Date: \_\_\_\_\_

**Signature is required to ride. Children must be accompanied by an adult on the ride itself.**

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

## Springbike Jersey Contest

We are having a contest for the most popular design for a Springbike jersey. Deadline for entries is April 30th. Please mail entries to Sheryl Galvin at our club address, Springbike Bicycle Club, PO Box 9823, Springfield, MO 65801 postmarked by April 30th. Entries may also be emailed to her at galvin@hbhengineers.com by the same date. 3 colors may be used. White may also be used, and does not count as a color. Be sure to include your name and phone number on the entry. We will vote at the May meeting for the most popular choice for the design for Springbike's new jersey!



## From Our Treasurer

Advocacy Balance .....	\$458.93
Operating Balance .....	\$1392.74
<b>Total .....</b>	<b>\$1851.67</b>

### Profit & Loss Feb 2004

<b>Income .....</b>	<b>\$176.00</b>
<b>Expense .....</b>	<b>\$224.65</b>
<b>Net (loss).....</b>	<b>-\$48.65</b>

For questions or clarifications call Bill Compere 863-1617

## From Our Program Director

Our featured bike shop in April will be Sports Extreme. We can also look forward to Diane Hood who will speak of upcoming events and the Duathlon series. Terry Whaley will also come to tell us about upcoming Greenways events and program.

Please call James Allen 833-1980 for more information.

## Cox Fitness Centers Bike Maintenance Workshop and Fun Bike Ride

### Bike Maintenance Workshop

Thursday, April 1st, 6:30-8:30 pm at the Willard Recreation Center. Larry Williams of the Willard bike shop will show how to do minor repairs and preventative maintenance.

### Cox Fitness Centers Fun Bike Ride

Meet Saturday, April 10th, 9 am at the Frisco Highline Trailhead for a leisurely ride for road and mountain bikers. Road bikers will be led by

Sheryl Deboer (licensed USA Cycling Coach) along the scenic Willard roads. Mountain bikers will be led by Mark Millsay along the Frisco Highline Trail. Helmets are required to participate. Minimum age 16. Snacks and refreshments provided.

Registration is required. This is free and open to the community. For more info call Member Services at 269-3282

Free tire patch kit to the first 100 registered participants!

### Breaking News

About A&B Cycle

Articles

Bikes We Carry

Browse Our Catalog

Where to Ride

EnCYCLEpedia

Cycling Links

BikeSpeak Forum

Bicycle Advocacy

Free Classifieds

About Our Media Room

# A&B CYCLE

3620 S National, Springfield, MO 65807. Telephone 417-866-6621. Hours: Mon-Sat 10:00-8:00, Sunday 11:00-1:00



**A**s you can see from the rich browsing opportunities available at A&B's website, A & B Cycle is eager to serve. Many bikes and accessories are available at the shop, as well as friendly staff ready

<b>Cycling Tips</b>	
<b>Frequently Asked Questions</b>	
<b>Repair and technical Guide</b>	<b>How To Adjust Your Rear Derailleur</b>
<b>Clothing &amp; Accessories Tips</b>	<b>Our Handy Dandy Bike Maintenance Chart</b>
<b>Racing &amp; Training</b>	<b>Got a Flat?</b>
<b>Nutrition EnCYCLEpedia</b>	<b>How To Fix A Flat Tire</b>
<b>Basic Training</b>	<b>Be Safe! Use Quick Releases Correctly!</b>
<b>Getting Into Bicycle Racing Competing</b>	<b>How To Patch A Tube</b>
<b>Getting Into Bicycle Racing Preparation</b>	<b>How To Inflate A Tire</b>
<b>Media Room</b>	<b>Removing Rear Wheels Is Easy!</b>



**Rich Howell**

to help new and old cyclists. Bikes available at A&B include Cannondale, Klein, Specialized, Trek, and Merlin. Their new shop on National is beautiful and full of ways to make bike dreams reality!

*Stop by and visit!*

# Bike Springfield!

Celebrate "May  
is Bicycle Month"  
with the

## Third Annual Tour of Springfield Bicycle Routes

May 1st, 2004

Boonville & Olive  
1 block north of the Square in  
Springfield



## 18 Mile Bike Springfield Route

(approximately 2 -3 hours with shorter option)

## 2 Mile Family Fun Ride Tour of Downtown

(approximately 45 minutes with longer option)

Cost is \$2 for Individuals,  
\$5 for Family.

T-Shirts will be available for \$12 - Proceeds go toward Bicycle Advocacy Fund to help fund grants. Last year's ride funded bicycle lockers at the CU Bus Transfer Station.

Call Bruce Adib-Yazdi 417.881.8510 or email  
badib-yazdi@swbell.net with questions.

9:00 am Onsite Registration Begins  
(no pre-registration)

10:00 am Safety Clinics, Bicycle Check-Ups,  
and information from other organizations.

11:00 am Mayoral Proclamation of Bike Month

## 11:05 Ride begins

## 500 Mile Club

**J**oin the exclusive 500 Mile Club by "moving" yourself 500 miles. Benefits include a great shirt to brag about your achievement, listing on the 500 Mile Club website, and more!

Only human-powered activities allowed. This can include, but is not limited to, walking, running, bicycling, rollerblading, ice skating, and swimming. Combine activities! It's up to you.

Record your mileage on a form or online. If you choose to use the provided form and run out of space, just attach additional pages recording your miles.

To record your miles online, go to [www.omrr.org/500mileclub](http://www.omrr.org/500mileclub).

When you reach 500 miles, follow the directions on the website for submitting your information and payment.

There is NO time limit.

Work as an individual or as a team:  
Individual fee is \$10

Cost for teams is \$10 for first person and \$5 for each additional person. All teammates receive a shirt!

When you complete 500 miles, send or bring in **entry fee** and **this form** to receive your 500 Mile Club T-shirt. Mail or bring form and fees to:  
500 Mile Club c/o Doling  
Family Center  
301 E. Talmage  
Springfield, MO 65803



Terry Whaley  
and Coy Hart at  
the new bicycle  
locker

Please do not mail cash. Make checks out to: Springfield-Greene County Health Dept. We'll mail your shirt if you like.

For tips, hints, and places to exercise, go to  
[www.omrr.org/500mileclub](http://www.omrr.org/500mileclub).

Questions? Call  
837-5902.

From Eric Johnson

**Are you  
ready for the  
challenge?**



# 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 community."

### MEMBERSHIP FORM

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
State: \_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_ New membership  
\_\_\_\_ Renewal (Due each April 1)

One year membership  
...\$20.00 per household  
Two year membership  
...\$38.00 per household  
Three year membership  
...\$58.00 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: \_\_\_\_\_



Springfield, MO 65801

PAID  
SPRINGFIELD,  
MO  
PERMIT NO. 616

## Bike To Work Week May 24-30, 2004

Join hosts Ozark Greenways and Springbike by celebrating bike activities throughout May, including Bike-To-Work Week.

Bike, bus or walk 3X or more to work or school that week and receive a free Ozark Greenways membership! Shower facilities available that week at both YMCAs.

Is your business interested in taking the challenge? The business with the most employee participation will win the Bike-to-Work Week traveling trophy!

To participate in the Challenge, mail your name, address, phone number, days ridden and mileage to:

**Ozark Greenways Bike-to-Work  
P.O. Box 50733  
Springfield 65805**

We'll even plan your route!  
[www.ozarkgreenways.org](http://www.ozarkgreenways.org)

(417)864-2015