



Springbike Bicycle Club
 PO Box 9823
 Springfield, MO 65801



THE TUBE

June 2005

No meeting until Fall
 Enjoy your rides

Upcoming Events

June 11 - Cycle for Life
 June 18 - Miracle Bike Tour
 June 25-26 Camp ride
 Sept. 17& 18 - MS150

MIRACLE BIKE TOUR 2005

Saturday, June 18
 Rain or shine
 Precious Moments, Carthage, MO

Registration 6:30 - 7:30 a.m.
 Bike Tour Begins at 8 a.m.
 3-mile Family Ride begins at 8 a.m.
 Register online at www.cmmiracles.org or
 417.FHS.6639

Net Proceeds benefit Children's Miracle Network

New Local Website for Cycling Events

Here's the link to a new website expressly for the sole purpose of providing a single source of cycling event information. Feel free to pass this around <http://www.cycling.nucom.us>

Panting and sweating, two men on a tandem bicycle finally made it to the top of a steep hill.

"That was a tough climb," said the front rider.

"Sure was," replied the second. "And if I hadn't kept the brake on, we would have slid down backward."

Crash Types

Motorist at Fault:	
Motorist turn/merge into cyclists path	34%
Motorist driving out from a stop sign	16%
Motorist exiting driveway/alley	10%
Adult Cyclist at Fault:	
Cyclist turn/merge into motorist path	6%
Cyclist overtaking motorist	6%
Cyclist ride out at traffic signal	5%

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 881-1718/848-1288
 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 863-9132
 cynchp@peoplepc.com

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!

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

Queen City Cycles
 325 S Patton
 831-0800

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

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: _____

Hello,
 Well I hope everybody is taking advantage of this great weather and getting out to ride. The weekly rides have been very well attended and some of the riders look like they're already in mid-season form. The new beginners ride continues to be a big hit thanks to the help from several veteran Springbike members. If you have a friend or family member you'd like to introduce to group riding, please tell them about this ride or better yet bring them out. On May 1 we had our annual Dogwood Metric Century. We had 76 riders, which was fantastic considering it was 37 degrees at start time. Please be sure to thank Gary Summers(provided lunch), Brad and Kelly Kauble(registration), Tony Miller(registration), Kevin Umlauf(mechanical), Merrill Drummond(sag) Mary Weston (serving lunch), and Tom and Gail Gourley (provided snacks, bread and helped serve some lunch). A special thanks goes to Jim and Betty Freeman who obtained and collected food, received approval from the local authorities, marked the route, contacted and organized the volunteers, and much more. I'm really sorry if I've forgotten anyone. Unfortunately, we had a little problem with a motorist who didn't think we should be riding their roads. After dealing with idiots like this couple, it once again showed the importance in being responsible, law abiding riders, because most motorists are friendly and patient but that small minority can be very dangerous. The camp ride is coming up fast! It's been posted at all the bike shops, people are starting to sign up and remember that it's limited to the first 50 PAID registrants. This is basically a mini MS150 for on \$50! We had a great time last year and I'm expecting the same this year. Special Springbike rides and parties are being planned for the summer so check the website periodically for more information.

See ya on the road,
 Tim

Cycle for Life

Benefits Breast Cancer Foundation of the Ozarks

- The 4th Annual Cycle for Life ride will be June 11.
- It begins in the parking lot of Mentor Baptist Church, 6105 S FR 193, Rogersville, MO
- Registration begins at 6:15 am
- The 50 mile ride begins at 7 am followed by the 25 mile ride at 8 am and the 10 mile ride at 9 am.
- This is a supported ride.
- All ages are welcome.
- Refreshments will be provided at the church as well as the rest stops.
- Designated MS training ride.
- \$15 pre-registration on \$20 the day of the ride.
- To register, call BCFO office at 862-3838 or www.active.com (http://www.active.com/event_detail.cfm?event_id=1212205).
- <http://www.bcfo.org/cycle.htm> is the link to the cycle page on the BCFO website.

Citizen Bike Rides on the Ozark Greenway Trails

Beginning June 1, Wednesday 10:00 am
 Conversational Pace with and emphasis on fun! Bring lunch.
 Beginners Welcome
 Questions? Call 837-5902 or 890-1624
 Monthly Ride Schedule:
 1st Wednesday: Frisco Highline Trail, Springfield Trailhead
 2nd Wednesday: Galloway Creek Trail, Sequiota Park Trailhead
 3rd Wednesday: South Creek Trail, McDaniel Park Trailhead
 4th Wednesday: Frisco Highline Trail, Springfield Trailhead

SPRINGBIKE CLUB

June 25 & 26, 2005

2nd Annual 2-day

CAMP RIDE

Registration will begin at 7:30 a.m.

The Ride will start at 8:00 a.m.

Come join us for the 2nd Annual 2-day Camp Ride which will leave from Glendale High School on June 25. We will wind through the beautiful Ozarks countryside for about 60-65 miles, camp outside Lebanon, and return to Springfield on June 26. The ride itself will include lunch, fully stocked rest stops and mechanical/sag support. Your camp gear will be transported to the campground where you will be provided a delicious evening meal and breakfast the next morning. We had a great time last year and expect the same this year, but unfortunately the ride must be limited to the first 50 paid registrants. In order to have the proper food quantities, we will need to have a pre-registration deadline of June 12. The fee for this ride will be \$50.00 per person (for Springbike members) and \$60.00 for non-members. This will include all food provided and the fee for your tent spot. Registration forms available at Sunshine Bike Shop.

If you have any questions contact: Tim Weston 840-5687 or e-mail westonbuilder@sbcglobal.net

HELMETS ARE REQUIRED

Bike Tips

---Shift to remedy a derailed chain. What do you do when your chain falls off the chainrings? That can happen every now and then. Lots of riders immediately stop and get their hands filthy setting the chain back in place. Instead, keep pedaling and shift the errant chain onto a chainring. This works whether it has landed on the frame or fallen toward the crankarm. Turn the crank easily and shift the chain in the required direction. Don't force it if it jams. That's when you need to climb off.

Tip! Instead of soiling your fingers, use a tire lever to lift the chain onto the teeth.

Tip! If the chain drops off when you shift on a hill, U-turn and head back down (traffic permitting) so you can shift it on again. Then do another U-turn and resume climbing.

--Tote boots. Boots are pieces of tough material for covering gashes in tires caused by glass, rocks or other sharp nasties. If you don't have a boot for lining the inside of the tire, the new tube will expand through the hole and explode. So pack several 1x2-inch pieces of denim, nylon, Tyvek, sail cloth or something similarly strong. When you install the new tube, slip the boot between it and the gash. Though the tire may roll lumpily, it should get you home.

Tip! For a hole that's not too large, apply a tube patch to the inside of the tire.

--Tear your tubes. Many punctures are so small they're hard to find when applying glue. If you don't have a way to mark the hole, make it more apparent by tearing it bigger. About 1/4 inch will do. You won't lose the larger hole, and a patch will seal it just as well as it would seal a pinhole.

--Don't slip your grip. Particularly on rough roads, always keep at least one thumb wrapped under the handlebar. If you're sitting up with both thumbs resting on top, a jolt could easily make your hands slip off. Then you go boom. Even on smooth roads it's smart to keep a thumb under, because you never know.