

"Springbike is a local cycling club..."



July,
2003

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-yazdi@swbell.net

Tube Editor Kathy Hudgens
khudgens@sprynet.com

Webmaster Steve Hargis
www.springbike.org

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

Missouri Bicycle Map

www.mobikefed.org/
mobikemap/

Many of you know that work and discussion about a Missouri Bicycle Map has been going on for some time now. The Missouri Bicycle Federation, MoDOT's BPAC members, and MoDOT Bike/Ped Coordinator Caryn Giarratano have been working to develop a bicycle map of Missouri. The map is designed to do two things:

- * Show a grid of useful bike routes across the state and between major population centers and points of interest
- * Show the relative bicycle suitability of all (rural) MoDOT - administered roads across the state

The Missouri bicycle mapping project is a huge undertaking. MoDOT administers 32,000 miles of roads across the state. Rating so many miles of roads for bicycle usage creates a large number of practical problems. Difficulty has

been encountered in finding a set of bicycle suitability criteria that are appropriate for Missouri's rural highway system. And liability issues have prevented a number of states from publishing bicycle maps at all. At times these difficulties have seemed insurmountable, but today Giarratano announced two major steps forward in creating a Missouri bicycle map:

* Approval has been given for the hiring of a consultant to develop a bicycle suitability index that will be appropriate for Missouri's rural highways. The consultant will then use MoDOT's computerized database of roadway data to apply the suitability index to all 32,000 miles of MoDOT roads. This will form the basis for the state-wide bicycle map.

* A proposed set of cross-state bicycle routes will be posted soon on the Missouri Bicycle Federation web site for consideration, comment, and suggestion by cyclists across the state.

(Continued on page 2)

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

Hello members! Please remember to pay your dues! There are several that seem to have forgotten and we all enjoy the rides so lets remind everybody we need everybody to make things happen to enjoy riding and promote safety for all. There will be an **ice cream ride** on one of the Tuesday evening of July.

Keep on riding and safely. Gary

Weekly Club Rides

Monday: Hickory Hill school or
Turners Station to Stafford.

Tuesday: Turner's Station to
Rogersville.

Thursday: Evans Road Church to
Rogersville.

Frisco Highline Trail

Every Monday evening (6pm)
Willard Trailhead Hwy Z & O.

MS 150 Training Rides 7:30 a.m. www.msmidamerica.org

July 19	Praise Assembly 3535 N. Glenstone	Springfield
July 26	Pancake Ride TBA	Springfield
Aug 2	Elwood 1440 N. State Hwy. AB	Springfield
Aug 9	White Park - Tennis Courts West Business 60	Aurora
Aug 9	TBA	Springfield
Aug 16	Cartoons Oyster Bar & Grill 1614 S. Glenstone	Springfield
Aug 30	Elwood 1440 N. State Hwy. AB	Springfield
Sept 6	Elwood 1440 N. State Hwy. AB	Springfield
Sept 13-14	Ozark MS 150 Bike Tour	Republic High School

..for the members and the community."

SAFE GROUP RIDING By Ken Norton

The increase in the number of bike riders in this area is wonderful to see. But it has brought on a problem that becomes apparent when one rides in a Springbike or a MS training ride. A lot of riders aren't experienced at riding in a large group. Riding in a large group can be a lot of fun, but there are some guidelines one needs to follow to do this safely. Check out these guidelines for safe group riding:

1. Stay relaxed. The more tense one is the more likely one is to lose control. Keep the elbows and shoulders relaxed. This helps to absorb shock and helps one to maintain control.

2. No over lapping wheels. If your front wheel is even with another rider's rear wheel and he suddenly moves to the side his wheel might collide with your front wheel and cause you to crash.

The safest position is to either ride directly behind another rider's rear wheel or side-by-side.

3. Eat and drink at the back of the pack-not the front. Dropping water bottles or mishandling items is dangerous to everyone behind you.

4. Focus a few feet up the road instead of on the wheel in front of you. This allows you to see the road and notice what riders at the front are doing and gives you time to react.

5. Sudden moves to the side are very dangerous. Before moving to the side, take a quick slight glance back.

6. Hold your line on turns. That means that if you start on the outside stay to the outside. If you start to the inside, stay to the inside until the turn is complete.

Each rider is responsible for the safety of everyone in the pack,

and it is your responsibility to learn and execute safe riding techniques. Thoughtless moves are not just inconvenient they can injure people.

"Each rider is responsible for the safety of everyone in the pack..."

Remember that just because you ride a lot with someone else it doesn't necessarily mean you are prepared to ride in a large group. Be realistic, if you are inexperienced your goal is to hold your line and not make sudden moves. If you begin to fatigue or feel uncomfortable just slow down, drop back, and form a new group. It might be wise for riders of like ability and fitness to form a group and start together. As you gain experience, you will feel more comfortable and have more fun riding in a large group.

(Continued from page 1)

Members of MoDOT's Bicycle/Pedestrian Advisory Committee (BPAC) have developed this set of proposed bicycle routes. The proposed routes include 3 or 4 main cross-state routes ("bicycle free-ways") in each direction and a large number of alternative routes. The routes have been developed using traffic volume data, shoulder width data, and elevation data, as well as common sense "cyclist intuition" about destinations and availability of facilities.

But most of the routes have not yet been "ground tested"--considering the amount of mileage in the routes, that would be not only difficult but actually impossible for any small group to do alone. That is where MoBikeFed members and other cyclists across the state come in. MoBikeFed will be soliciting your comments, suggestions, and input about the proposed

routes, then working with MoDOT to make sure that YOUR ideas and input are included in the final product.

We really want this to be a map BY and FOR all Missouri cyclists.

....

Missouri Bicycle Federation:
<http://www.MoBikeFed.org>

Edited for brevity --KMH

"MoBikeFed invites cyclists from around the state to give feedback on proposed cross-state bicycle routes."

From MoBikeFed Email News: The Missouri Bicycle Map is moving forward! The map, as planned, will show suggested cross-state routes and a large number of alternate routes. In addition, it will give a bicycle suitability rating for every (rural) MoDOT road, so that cyclists can plan their own routes. The Pro-

posed Statewide Bicycle Route Map is now available at www.mobikefed.org/mobikemap/. (The Mississippi River Trail is also available).

What we need now is cyclist feedback. The suggested routes were chosen based on topography and daily traffic counts. But they do not have the benefit of cyclist experience and intimate acquaintance with local routes. That is where you come in! You can submit comment via email or our online feedback form. For those without internet access, visit a friend or library with internet access to download and print the PDF file. The entire map prints on 15 sheets of paper. Or, we can send a hard copy printout of the PDF file. Write or call Brent Hugh, 816-356-1740, 5916 Arlington Ave, Raytown, MO 64133.

From **Street Smarts Bicycling's Traffic Survival Guide**
by John S. Allen, 1988 Rodale Press, Inc., Emmaus, PA 18098
This booklet is available free of charge at your local bike shop.

Excerpts from chapter two:
Where to Ride on the Road

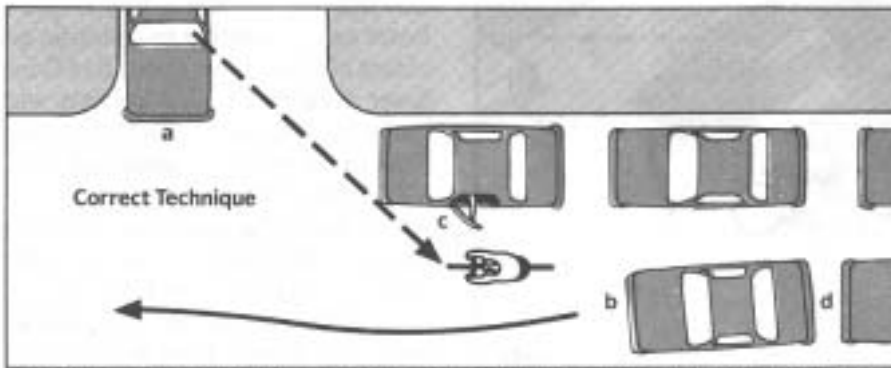
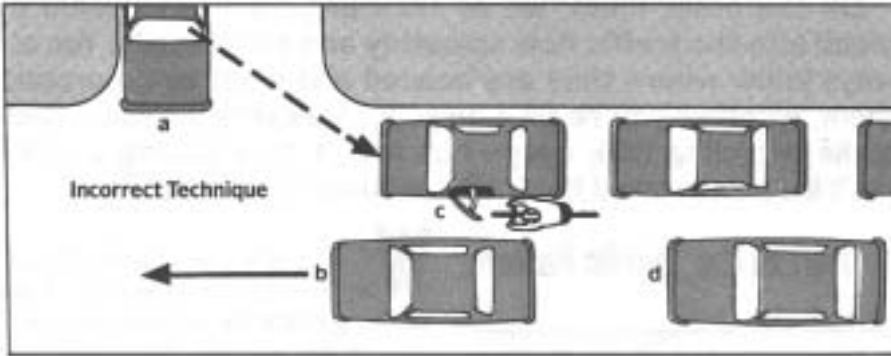
"With very few exceptions, the safest way to ride is as part of the traffic, going with the flow of the normal traffic pattern... the rules of the road protect you by making it clear what you're going to do next..."

"Riding right begins with riding on the right.... Riding on the left is actually one of the biggest causes of car-bike accidents."

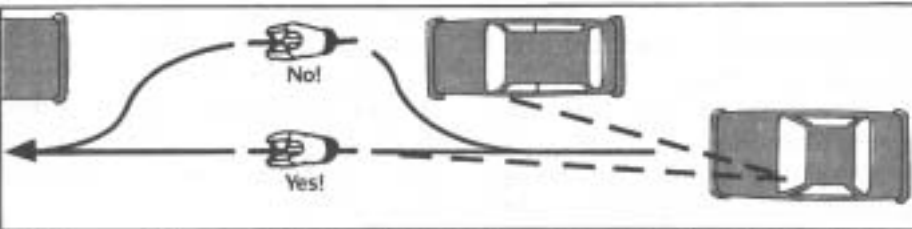
"Most bicycle accidents are simple falls or are caused by hazards in front of you. Train your eyes to scan the scene ahead, and look for blindspots. Keep your eyes moving --you have to look up at the traffic and also look down at the road for potholes and cracks."

"Ride far enough into the lane to avoid the risk from blindspots..."

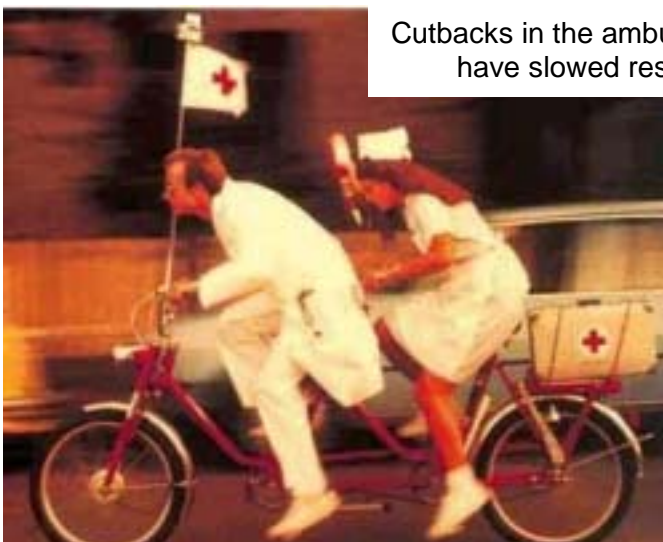
Concerning parked cars:
"Don't weave in and out between parked cars. If you weave to the right after passing a parked car, it will hide you from drivers approaching from behind you... ..It's much safer to ride in a predictable, straight line, where everyone can see you. Motorists don't mind slowing down for a predictable, visible bicyclist..."



By riding a safe distance from roadside hazards, you increase your safety. At a), the motorist in the driveway sees you; at b), the motorist overtaking you will not take the easy way out and skim by your elbow; at c), the car door is no threat; and at d), the motorist behind can see you.



Don't weave between parked cars, where you become invisible to overtaking drivers.



Cutbacks in the ambulance department have slowed response times.



Carbon fiber, handmade in Germany.



AROUND THE BEND more than \$6,000,000 for the ride, and since the roads are in the mountains, I cannot begin to describe the beauty of the mountains and lake in combination. The elevation of the ride is 6,000 ft to over 7,000 feet. Even though altitude can be a factor, the group from Springfield found it only a minor annoyance. Over 3,000 people participated in this ride that has a choice of distance from 40 miles to 100 miles. Around half of the 3,000 riders were in Team in Training, an endurance training program for Leukemia and Lymphoma society. The ride was an all expenses paid reward for the people that raised

Leukemia and Lymphoma. The group from southwest Missouri raised a portion of this sum. For most, on the Team in Training it was their first century, and their hard work paid off, everyone who followed the training program finished with no problem. Congrats to the group from our area.

On Sunday, June 1, 2003, I had the privilege of riding America's Most Beautiful Ride with an incredible group of people, all from Springfield and southwest Missouri. Not only was this a beautiful century ride, but also an incredibly fast course, in spite of 2 mountain passes. Lake Tahoe is on your right, throughout a large portion of

If you are interested in Team in Training you may contact Dee Gavin at deegavin@classicnet.net. Her phone number is 417 724 2313.

Of course anyone can enter this ride. The Internet site for America's Most Beautiful Ride is BiketetheWest.com.

Happy Riding!!!

From Sheryl DeBoer

Bob's "Five Rules" Bob Foster of Webster Groves, Mo., is an expert on how bicycle riders and motorists can get along. Foster, 43, is chairman of the St. Louis Bicycle Federation and of the Missouri Bicycle Federation. He has bicycled to work almost every day for nine years, nine miles each way on city streets, and has never been hit by a car. He has never even been brushed by a car. Here are his rules, five for bicyclists and five for motorists.

Rules for bicyclists

1. Obey the law. Blowing by a stop sign is dangerous and generates a feeling of "It's not fair" in motorists.
2. People in cars have someplace to go. Don't hold them up unnecessarily.
3. Take a traffic lane when you have to. It's safer than being squeezed to the side of a narrow lane or playing dodge. As a matter of fact, the street is safer than the sidewalk.
4. Nighttime is six times more dangerous than daytime. People who ride at night should have bright lights and wear reflective clothing.
5. Ride single file in traffic. State law allows cyclists to ride side by side, but holding up traffic while you have a conversation can make motorists angry.

Rules for motorists

1. Please be patient. Cyclists are not trying to slow you down. They have somewhere to go, too.
2. Minimize your distractions. If you are talking on a cell phone or yelling at your children or eating, you may not see the cyclist ahead.
3. Don't squeeze cyclists. Wait until you have room to pass, giving the cyclist at least three feet of clearance.
4. Bicyclists pay taxes, too. They have a right to the road.
5. Remember, cyclists are taking up one less parking space. And one less place in line at the gas station.

8th Lenexa Midnight Bike Ride
July 12th, 2003

13420 Oak Street, Lenexa, KS 66215
jan@sopershosta.com 913-492-5522 (evenings)

For sale: Cannondale road bike 56cm - Black. New continental tires & chain. Good condition. \$300.00. David Pruiett 831-2206



Clariant Pharmaceuticals Wins the 2003 Ozark Greenways/Springbike Bike-to-Work Week Challenge!

Clariant Pharmaceuticals endured close competition to win the 3rd Annual Ozark Greenways/Springbike Bike-to-Work Week Challenge! This year's champion proved that every rider, every ride, and every mile makes the difference. Clariant warded off stiff competition by less than one commute to claim the traveling Bike-to-Work Week (BTWW) Challenge trophy. Despite foul weather, this was the most competitive challenge to date - and trends indicate that 2004 will be even more competitive than ever before. Just look at the comparison between 2002 and 2003 totals:



Christian Lentz, Bruce Adib-Yazi (representing Springbike) and Terry Whaley (representing Ozark Greenways) presenting the 2003 Bike-to-Work Week Challenge traveling trophy to Tim Sterling and other participants from Clariant Pharmaceuticals.

	<u>2002</u>	<u>2003</u>
Total Riders/Walkers:	51	83
Total Free Bus Fares:	315	515
Total Round Trips:	152	273
Total Miles Saved:	1613	2017

Special thanks are extended to City Utilities for the free bus rides to BTWW participants and to the Hearts N' Parks Coalition for participant t-shirts. In addition, Ozark Greenways is providing free memberships to those who biked, bused or walked at least three commutes for the week.

Clariant Pharmaceuticals was presented with the Ozark Greenways/Springbike Bike-to-Work Week Challenge Traveling Trophy. The trophy was deliv-

ered to Tim Sterling and the rest of the Clariant Bike-to-Work Week Challenge team by Lori Tack, Ozark Greenways Program Coordinator; Bruce Adib-Yazdi, Springbike Bicycle Club Advocacy Committee Chair; and Christian Lentz, Bike-to-Work Week Challenge Coordinator. Lori, Bruce and Christian departed by bicycle from City Hall, 830 Boonville, at 8:00AM to deliver the trophy to the champions of the 3rd Annual Bike-to-Work Week Challenge.

From Christian Lentz

Springbike and National Public Radio 91.1 KSMU

In the month of May, NPR 91.1 KSMU featured Springbike as part of Lance Feyh's series on non-profit organizations. There was an interview with Bruce Adib-Yazdi regarding National Bicycle Month and the efforts of Springbike, Ozarks Greenways and City Utilities to promote the events planned for the month.

In addition to the interview, which was several minutes of air time, NPR also plugged Springbike in seven 20 second spots as an organization that is making a difference in the Ozarks. The value for this effort to Springbike was \$800 of air time.

Next time you are tired of listening to the same old babble on the other stations, tune your radio to 91.1 and listen to some non-biased news and real world news articles.

Thank you NPR!



The photo shows the bike rack at the Busch Municipal Building (City of Springfield) on the first day of the BTWW Challenge, May 12. Normally you might only find one or two bikes attached to it. Not on the 12th.

Christian Lentz

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

PRSRST STD
 U.S. POSTAGE
 PAID
 SPRINGFIELD,
 MO
 PERMIT NO. 616

These Springfield area bike shops support the Springbike Club with member discounts, and donations of time and merchandise for special events. Return the favor and support these shops with your business. Shop your local bike shops first!



Willard Bike Shop

106 E Jackson
 742-4465

Sunshine Bike Shop

1926 E Sunshine
 883-1113

SportsXtreme

3433-E S Campbell
 883-8100

Cycles Unlimited

1254 E Republic Rd
 887-3560

A&B Cycle Inc.

220 W Walnut
 866-6621