



**Springbike Bicycle Club**  
PO Box 9823  
Springfield, MO 65801



# THE TUBE

July 2005

**No meeting until Fall**  
**Enjoy your rides**

## Upcoming Events

Sept. 17& 18 - MS150

The 5<sup>th</sup> Annual Ozarks 100

- § Date: August 13, 2005
- § Location: Finley River Park Ozark, MO
- § Registration day of ride starts at 6 a.m.
- § Century, 62, 25 and 10 mile routes
- § Also a Children's Bike Rodeo
- § Entry
  - Individual \$40
  - Spring Bike Club Members \$30
  - Married Couple \$50
  - Family \$60
- § Cyclist Goodies Include:
  - Entry into Prize Drawing
  - Breakfast & Lunch at the Park (century cyclist will receive lunch on route)
  - Loaded RestStops
  - Event Medals for all children
  - Volunteers will receive T-Shirt & Meals
- § 1st 250 Cyclist who register get an Event T-Shirt
- § For more information look at our website [kidsacrossamerica.org](http://kidsacrossamerica.org) or contact Adriane at 417-266-3120

## 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!**

We're new members of Springbike and we're planning a trip to Italy this summer. The airlines require a hard case (not cardboard) in order to transport our tandem. We're wondering if the club or someone in the club has such a tandem case that we could rent for our trip and if you could help us get in touch? We leave in late July (which isn't too far off) so we'll need to hear quickly.

Thanks

Ron and Marion Miller

[themillers7103@sbcglobal.net](mailto:themillers7103@sbcglobal.net)

## 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

**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

RIDERS AND VOLUNTEERS NEEDED!  
ONE State, ONE Ride, ONE Cause

CONTACT: Gabrielle Duda  
417-882-5213 or 1-800-FIGHT-MS  
gduda@nmsskc.org

NATIONAL MS SOCIETY NOW REGISTERING RIDERS FOR THE  
2005 OZARK FEDEX FREIGHT MS 150 BIKE TOUR

WHAT: The Ozark Branch, Mid America Chapter of the National Multiple Sclerosis Society will unite over a thousand people in the fight against multiple sclerosis. The pledges raised at the MS 150 BIKE TOUR will be a vital part of the funding needed for MS research and local service programs.

WHEN: Saturday and Sunday, September 17-18, 2005. Rain or Shine.

WHERE: - Start at Glendale High School, Springfield, MO  
- Overnight at Lebanon High School, Lebanon, MO  
- End at Glendale High School, Springfield, MO

WHY: The mission of the MS Society is to end the devastating effects of MS. MS is a chronic, often disabling neurological disease that randomly attacks the central nervous system. Symptoms may range from minor numbness and blurred eyesight to total paralysis and blindness. Two hundred people, typically between the ages of 20 and 40, are diagnosed with MS each week. More than 400,000 Americans currently have MS—approximately 5,000 in eastern Kansas and Western Missouri alone. To date, there is no cure.

FOR MORE INFORMATION ON PARTICIPATING OR VOLUNTEERING for  
the 2005 MS 150 Bike Tour, PLEASE CALL 417-882-8128 OR  
1-800-FIGHT-MS (press "2" at the prompt).

CONTACT: Gabrielle Duda  
417-882-5213 or 1-800-FIGHT-MS  
gduda@nmsskc.org

Springfield – The National Multiple Sclerosis Society is now registering cyclists for the 2005 FedEx Freight MS 150 Bike Tour taking place Saturday and Sunday, September 17<sup>th</sup> and 18<sup>th</sup>. The 21<sup>st</sup> annual Bike Tour will take riders through 150 miles of scenic Missouri countryside while raising money for a great cause.

Participating cyclists enjoy two fun-filled days of cycling with catered meals, constant support during the ride and food and drink along the route. On Saturday, the MS 150 route will begin at Glendale High School, ending in Lebanon for an overnight stay. On Sunday, the event returns to Glendale High School in Springfield where many cheering volunteers will greet cyclists. Riding the MS 150 provides great exercise and camaraderie while making a difference in the lives of people with MS.

The registration fee for the MS 150 Bike Tour is \$35 and cyclists are required to raise a minimum of \$200 in pledges, which provides valuable funding for research and programs for the 25,000 people whose lives are affected by MS in eastern Kansas and western Missouri.

The National Multiple Sclerosis Society would like your help in combating this disease. The MS 150 BIKE TOUR is the perfect opportunity for you to make a difference while making friends, getting in shape, and enjoying the outdoors. For information about participating or volunteering in the MS 150, please contact the MS Society at 417-882-5213 or 800-FIGHT-MS. You can also register online at [www.msmidamerica.org](http://www.msmidamerica.org).

**The cure might be hanging in your garage!**

Hello,  
Bicycling season is finally in full swing! The weather has been great and the number of riders at the weeknight rides is growing. There is also some sort of ride going on very Saturday with the MS training rides, Breast Cancer ride, Springbike camp ride and lots of other rides in the surrounding area. Check with the local shops for information concerning upcoming rides.

The "easy" Monday night ride has had amazing success with as many as 40 riding. The great thing about this ride is having people come out who are either intimidated by "serious bikers" or who might not have been on a bike for several years. We've had many who've never ridden anything more than around the block and they come out and get comfortable with riding in groups and the next thing you know they've bought a road bike and they're doing the 50 mile route on the Breast Cancer ride. They've been converted to Bicyclism! The other really pleasing thing is how some Springbike veterans have stepped up to help these less experienced bikers. They keep the riders on the correct route, help with minor repairs and give out friendly advice when needed.

If you've seen the Springbike jerseys at the rides and might like one we still have a few in select sizes (\$68.50). We also have the new Springbike t-shirts which you can view at Sunshine Bike (\$12). And finally we have the Springbike window stickers available for FREE at any of the weeknight rides. Just come and ask me for one or feel free to call me and I'll get you one.

I hope to see you at the rides and remember to ride responsible to preserve the rights that we have.

See ya on the road,  
Tim