

"Springbike is a local cycling club..."



August,
2003

Club Officers & Committees

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Secretary Deborah Peiffer

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

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

From Bruce regarding his
Adventure Race Experience
--way to go Bruce and team!

Here are the details.

My overall analysis of the race is that we ran our own race, and did not let any outside forces - like being in the top 10, or seeing other teams actions - sway our pace, or decision making. That combined with our fitness levels, and balance of personalities, we were able to keep on track to a strong finish. We were very deliberate about reading the directions, following them and sticking together. All that made for very few mistakes, which cost some teams a lot of time.

We started Friday by selecting a

campsite away from the race area, along with some other secluded sites. Set up camp, and hung out all afternoon. It was in the 80's and muggy. About 6:00, the adjacent campsites filled up with beer drinkin' loud music loudmouths, so knowing we had to be up at 3:45am, we packed up and moved camp to the general race campsite area, which ended up not being as quite as we would have liked - racers coming at all hours setting up their camps...

We got up to a muggy, foggy morning. Went and got our race maps at 4:00am, and studied them. We realized that the orienteering was in the middle of the bike, and that was all after the canoe - so first decisions were regarding what to leave at the Transition area, and deciding whether

www.BodyMechanixAthletics.com Cycling Time Trials

Thursday evenings in July and August. 6:00pm Fellows Lake (same course as Duathlon Series) Entry fee: \$10 per event Non-Draft legal races! Helmets required! Course open to traffic so keep your head up and eyes and ears open! No age catego-

ries- just you against the clock (maybe a friendly rivalry or two!) Register day of event from 5:00pm-5:45pm.
Event #5 Thurs. July 31, 6pm
Event #6 Thurs. Aug. 7 6pm
Event #7 Thurs. Aug. 14 6pm
Event #8 Thurs. Aug. 21 6pm

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

Weekly Club Rides

Monday: Hickory Hill school or
Turners Station to Stafford.

Tuesday: Turner's Station to
Rogersville.

Thursday: Evans Road Church to
Rogersville.

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

Aug 2 Elwood 1440 N. State Hwy. AB Springfield

Aug 9 White Park - Tennis Courts West Business 60 Aurora

Aug 9 TBA Springfield

Aug16 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

Frisco Highline Trail

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

My apologies to any of you who turned in information for the Tube after noon July 17th. I had to turn in the Tube early this month and failed to get notice in June's issue. I'm sorry for any inconvenience! Kathy Hudgens, editor

..for the members and the community."



(Continued from page 1)

to carry running shoes on the bike, or do orienteering in bike shoes. And if so, they would be wet from the canoe section, as I only took one pair. Next time: two pairs of shoes. I opted to carry shoes, for which I am thankful.

The course was: Shuttle from TA to the start at 5:30 am. 6:30 am race formalities and National Anthem. It was amazing, as soon as the national anthem was being sung, a fresh DRY breeze came out of nowhere, and cleared the fog, and dried the air. I had goose bumps. The events were: 6.5 mile run, 9 mile canoe, Mystery Test, 8.1 mile bike, 2.9 mile single track, Orienteering, 6.75 Bike. About 10 miles shorter than last year. With a bang, we were off at 7:00 am.

6.5 mile run on hilly gravel roads. (Still waiting on official splits for times.) At one point about 3 miles into the run, we saw 2 or 3 other teams heading back on the same road we were going out on - we stopped, checked our maps, and figured they were a decoy planted by race officials to throw people off. Come to find out, they thought they were the top teams, and thought they had missed a turn, but they had not. We saw several other lead teams miss a turn about 5 miles into the run. Gotta read the directions. I think we ran it in just under

an hour. Lots of steep hills that we walked some of.

We then loaded up into canoes for a 9 mile paddle. Larry Vernon and I took the plastic one, Lynee Fender (Paulk) and Frank Zanaboni took the aluminum boat. We were required to take one of each, and our strategy was to have the two heavier team members in a boat that can slide over rocks better, and the two lighter ones be in a boat that is stiffer and faster, but snags on every rock. We did not count on their boat leaking, which it did, and slowed them by about 10 minutes. This gap gave Larry and I a chance to not work so hard in the canoe, and conserve energy - we knew that Lynee and Frank were stronger cyclists than us. Better weight to muscle ratio.

Then was a mystery event - There were two 'golden moments' in the race, and this was one of them. The mystery event was 'shoot a balloon tied to a hay bail with a bow and arrow.' We each got two shot, in a rotating fashion, until one of us hits the balloon. We ran up to the event, and Larry went first, shot the balloon on his first shot. 15 seconds and we were done. Some teams spent 20 minutes here...

After that we started the first mountain bike leg of 8.1 miles, which started with a long 2 mile

climb out of the river bottom - I started out slow, but picked up once we got to the top - the rest was gravel roads with steep hills. Then, there was a 2.9 section of sweet single track through the woods, back down to a river bottom FULL of stinging nettles. We passed a couple of teams in this section. (We have a STRONG female mountain biker - a weakness of many teams) There was about a mile discrepancy on the map here, which caused us to stop and double check some things, but we kept moving, and found the marks we were looking for. Then we had a long 1 or 2 mile climb to the top of a mountain. When we arrived, we were in approximately 4th place.

From there we began the orienteering section. From the mountain top, we got our bearings and started out by going down a trail back to the river bottom, and followed a dry creek bed FULL of poison ivy. Come to find out there were some trails not on the map that we could have taken instead of the creek bottom. When we got to Point #1 on the map, we found out that the race officials decided to consolidate the three points to just one, so we got all three of our token beads at one stop. This was the second golden moment. SWEET!

As we started back, there was a steady stream of racers making their way to Point #1. We knew they were all pretty hot on our heels. As we ran back to the start of the orienteering, we started to follow a team up a trail that was not on the map, but we decided to turn back, and go the way we knew. This ultimately cost us several positions in the race. The team felt like we ought to be conservative and go with what we know, while inside, I knew we were losing those positions.

When we arrived back on top of the mountain, it was a zoo. Literal-

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ly50-100 people all trying to figure out how to start the orienteering section. Glad not to be in that mess. By this point, we were pumped - only thing left was a 6.75 mile bike - DOWN - to the river. As we got back on the bikes, my calves started locking up every time I'd try to hop a log - I think from a long climb to the mountain top on foot, then hopping on the

bike. I stretched them on the bike a few times and coasted downhill. It was a fast section, and we passed two teams in this section. We were with 10 seconds passing of another.

The end was very nice - we were told we were in 6th place overall, and were 28 seconds off of 3rd place. We are two years short of a masters team - total age 160. If we had been in masters, we would have had 1st place in masters. Regardless, we all knew what mattered was that we finished strong, and were all there together

- the fact that we were in the top 10 was just icing on the cake.

What I think our strength was related to what we all know about adventure racing - you have to race your race, your pace, and don't get caught up in the hype of being in the lead, or working harder than you can try to make up time, or pass another team. Minimize mistakes. Take calculated risks. Stay together.

Bruce Adib-Yazdi

2:00 AM Bike Ride in Springfield!

Come join us for a 2 a.m. ramble through the streets of Springfield, Sunday, August 10, 2003. We will meet at the parking lot of Smitty's, Battlefield and Highway 65. **Bike lights and helmet required.** Will ride approximately 15-20 miles finishing up at the Country Kitchen across the street from the starting point. Bring money for bacon! If you have any questions, email me (maryrsturdevant@yahoo.com) or call Gary Day our president.

4TH ANNUAL L.J.FUND RIDE SAT., AUG.2, 2003

(Rain Date of Aug 3rd)

62.1 Miles of HILLS, CHILLS, & THRILLS
(Shorter Routes of 10 & 20 miles)

Location: Historical Old Mill Lot in Fair Grove, MO

Time: Ride will start at 8:00am **Registration:** 6:30 - 7:45 am

NO ONE under 16 unless accompanied by Parent or Guardian

Cost: \$20.00 per person

BBQ & DOOR PRIZES after the ride

REST STOPS, SAG SUPPORT, E.M.T.'S

Camping Spots with restrooms & showers. For More Information call or e-mail Glenda or Larry Nichols (417) 759-7462
l.nichols@att.net; or Christy or Larry Grisham (417) 881-4905
cgrisham@computechmailing.com



Lake Freebird Triathlon and Duathlon

September 7,
2003
Mountain
Grove, MO

Great competition in a beautiful setting. After the events, there will be a water ski show with bare-footing, trick skiing and slalom. Your entry fee includes a pass for a Bar-B-Q Dinner after the awards ceremony and a quality T-shirt.

For more info see our website www.springbike.org or Ridge Runner Sports, Inc 3057 S. Fremont, Springfield, MO

Directions: 12 miles North of Springfield on 65 highway. Turn right at 125 (Fair Grove) Right on Main St (2nd right)

2003 Tour de Smile Transamerica Bike Relay

A fundraising event to raise awareness about dental disease, and to support the PRASAD Children's Dental Health Program, a U.S.-based charity. July 11th - September 14th 2003 **Start:** San Jose, California **End:** Sullivan County, New York. The tour will be passing through our area August 14th-17th. The event organizers are looking for riders to join them along their route to ride one or more legs as the relay crosses the state of Missouri. Those close to us: 8/14 Girard, KS to Everton, MO - 75 miles
8/15 Everton to Marshfield - 51 miles
8/16 Marshfield to Houston - 68 miles
For more information, see <http://tourdesmile.org> or call 888.840.6679.



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
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 Springfield, MO 65801

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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