

"Springbike is a local cycling club ...

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

FROM THE EDITOR

Hello Springbike! Before you is a new format for our Tube and a new editor. I hope you find neither disagreeable! I look forward to presenting our members' thoughts as we share in promoting "enjoyable safe cycling" together at Springbike.

New headings you will see are: "From our Team Leader" for thoughts from our president; "For Tomorrow" with meeting notes, plans and agendas; "Heads Up"

send me a notice that month.

Those headings cover more business oriented topics. Now for our turn! "Around the Bend" is for a riding experience you've had. Many of us have never been on the organized, and not so organized, rides out there. Personally, I enjoyed my first RAGBRAI last year. It was truly an exceptional experience. If there is room at a later date, I'll share the fun! Perhaps you have pursued a self-made ride. I think many of us would appreciate hearing of your route and neat places you found along the way.

sells ice cream! For those direction blind, a map is also appreciated.

I'll see how we like "Didn't Know That". Tips always come in handy. Some things obvious to some aren't at all to others —just ask my husband!

All of these topics can vary as your own personal biking interest varies. Racers, mountain bikers, health and fitness riders —we are a diverse group! I hope everyone will share their joy of the bike.

Finally, we are a Club. We have gathered for a purpose that springs from a joy of cycling. This pa-



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

MARK YOUR CALENDAR

February 3

Super Sunday Bike Ride

Call for time

Turner's Station
Pick Up

February 12

Club Meeting 7:00
Cartoon's

May 5

Dogwood Metric
Century 7:00 AM

for late breaking news. An odd little character will man sales items. I will publish sales items as I receive them monthly. If you wish something to run another month, please

"On My Road" is where we share our own personal favorites to ride as we train or enjoy the outdoors. I hope good stops are included, like any place along the way that

per can also be a vital link for us as we pursue activities in the name of our Club. I look forward to supporting our efforts.

Kathy Hudgens,
Editor

Super Sunday Bike Ride

Springbike Club Super Sunday Bike Ride, February 3, 2002 Wilson Creek National Park, Departure time - 12:00 Noon. Loops to Billings, Republic, Brown Springs and Hurley for a

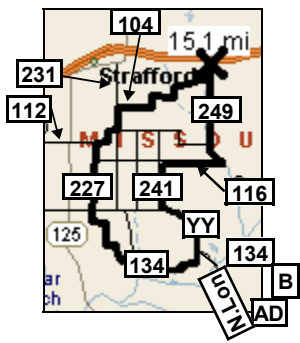
22, 35, or 55 mile ride. Cut off temperature is 35 degrees or inclement weather. Maps will be provided. Helmets required and ride is free for members. \$3 fee for non-members for one day permit. This should get you

back home in time for SS if this important to you. Nice rest stops at Billings and Republic, but nothing at Brown Springs or Hurley.

...From Ray Wageman

..for the members and the community.."

ON MY ROAD



I would love to hear us share favorite rides. This is one of mine. It's about 15 miles long, paved, hills and flats and beautiful. I meet very little traffic.

At the Strafford Softball Complex on Hwy OO go south on FR249. After a sharp right curve onto FR116 is a climb that leads to a stop sign at FR241 —go left. This then Ts into YY —go left. Follow YY until it ends at FR 134 in an odd T —go right down into the valley (left has a bridge). Stay on 134 as it winds around becoming FR227. This crosses back over YY to Strafford where it Ts into 112 —go right. The next crossing is 112 and 231 (Madison) —go left following 231 a short way to 104 taking off to the right. Follow 104 until it intersects 249 —turn left back to the Softball complex.

To add about 8 more miles to the ride, add this loop: When YY Ts into 134, go left (goes across a bridge) and follow until it forks again 134 to the left, 255 (N. Lon) to the right. Take 134 to Hwy B, then right to Hwy AD, then right to N. Lon Road (to FR 255) taking a right on it. About 1/2 mile of this is gravel. Follow until you come out at the 134-255 junction. Take a left back to the bridge and up the hill to YY where you go left to return to the ride.

Another good starting point could be at the gas station at YY (Division) and Hwy 125. FR227 runs just east of it.

..from Kathy Hudgens

DIDN'T

KNOW THAT

This section is for resolving ignorance! For instance, I learned from Ray Wageman that time trials are not necessarily races, but really good workouts in which you tried to improve your own time. The others around you helped to improve the workout. I'm glad to understand this. It makes me more apt to try them.

Thanks, Ray!

NOW I KNOW!

Check it out!

www.jrtwebdesign.com/flame

It's a photographic journal of January 8, 2002 and Robin Creemer. Many of us know her from the MS 150. She was selected to participate in carrying the Olympic Flame



for one small leg of the Olympic Flame's journey to Salt Lake City. For full pictures and a fantastic story, check out the website... (edited for brevity)

...from Steve Hargis, Webmaster

Turner's Station Pickup —let's help Jan!



Jan of Turner's Station has 2 miles of trash pickup along her road (see above). This is one big job for this little lady! Lets help her out and do our part to beautify the Ozarks. Join your riding buddies for trash pickup for Turner's Station. Bags are available. Call for the time.



January New Year's Day Ride out of Turner's Station.