

"Springbike is a local cycling club..."



February,
2003

Club Officers & Committees

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Secretary Deborah Peiffer

Treasurer Tony Miller

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

FROM OUR TEAM LEADER

Hello all members of the Spingbike Club. You that didn't make it to the meeting we had January 13th at Cartoons you missed a couple interesting speakers and of course there is always great food available.

Diane Hood gave some very interesting tips on conditioning and eating what and when to eat.

Mark Tharp told us on some of his three 750 mile Parris-Brest-Parris rides. He did say he usually did put on a few extra miles because he missed a turn. To ride 750 plus miles in 67 hours just sounds not my cup of tea, but it sure would be a challenge.

With Pat Giles death we have had to change our program for the February 10 at Cartoons at 7:0'clock James Allen will have a good program.

In memory of Pat I will have some yellow ribbon we could put around our bike seat stems. If you don't get to the meeting why don't you go buy a yellow ribbon to put on your bike.

I'm sure you are all as anxious for it to warm up so we can go do some riding. **DO BE CAREFUL AND CHECK WHO AND WHERE THE PEOPLE ARE AROUND YOU.**

Have a great Day.
Gary Day, President

Our Next Meeting --Cartoons: Our next meeting will 2nd Monday of the month and at Cartoons --February 10th.

Advocacy Ride/Meeting at the Mudhouse: The committee meeting is at 1:30 in the afternoon at the Mudhouse. All are welcome!

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

Excerpts from Advocacy Committee email:

...Our other goal [for bike month] is for the club to help other organizations and groups publicize their bicycle related events and to work to fill the calendar in the month of May. Here's what we have so far:

April 26-May 2 The Great Bike Challenge (Kids Across America)

May 1, 8, 15, 22 and 29 - Thursday Night Ride (Springbike)

May 3rd - 2nd Annual Awareness ride (Springbike - *tentative date*)

May 4th - Dogwood Metric Century (Springbike)

May 5, 12, 19, and 26 - Monday Night Ride (Springbike)

May 6, 13, 20, 27 and June 3 - Duathlon Series (Body Mechanix)

May 6, 13, 20, 27 - Tuesday Night Ride (Springbike)

May 10 - Gary Day Pancake Ride (Springbike - *tentative still being developed*)

May 11 - Promote 'Take your Mom for a Bike Ride on Mothers Day' (*idea still in the works*)

May 12-16 Bike to Work Week (Springbike / Ozark Greenways)

May 16 - Bike to Work Day (Springbike / Ozark Greenways)

May 17 - Bike Spree kids bike rodeo / safety education (Traffic Safety Alliance / Safety Council - *no definite info yet*)

May 18 - Family Day on the Greenway Trails (Springbike / Ozark Greenways)

May 24/25 - Open (idea to promote "Bike to Your Errands")

May 31 - Ozarks 100 (Kids Across America)

Editor's note: This is a big undertaking. Call Bruce A. or Gary Day if you'd like to help.

..for the members and the community."

FROM OUR TREASURER

Club Happenings:

Beg Bal	\$3344.35	Income	Disbursements
January		25.00	--
February		15.00	122.05
March		128.00	125.60
April		158.00	269.79
May		2695.00	1522.75
June		1154.00	1029.74
July		292.00	624.70
August		.00	245.08
September		270.00	158.50
October		--	--
November		15.00	630.09
December		73.00	983.33
Total		4825.00	5711.63
(\$180 earmarked for Advocacy use)			
		Beg Bal	3344.35
		Income	4825.00
Checkbook		Total	<u>8169.35</u>
2407.72			
Petty Cash		Disbursements	5711.63
50.00			
Total	2457.72	Total	2457.72

For those of you who were unable to attend our Springbike Club meeting this month, here's some of the things that were discussed...to the best of my recollection.

Present membership: 251

Bruce reported on current activities that the advocacy committee is involved in --See his wonderful report in this issue of the Tube for Springfield happenings.

There was discussion on how to get "new" people involved in Bicycle Month in May. You know, the people who have bikes in their garage but haven't ridden them in years. We talked about neighborhood rides to enjoy the Spring flowers. Or perhaps, Greenways rides for the family at designated times.

Our Dogwood Trail Ride is scheduled for Sunday, May 4. There will be the normal ride that is done as well as a shorter distance of 18 miles for those who don't want to ride so far, so early in the Spring. Regular ride would start at 7:00 a.m. and the shorter ride would start at 9:00 a.m. Jim will be working on the t-shirts again this year.

The New Years Day ride had a turnout of 41 brave souls who started the New Year out being very cold.

Our guest speakers were: Dianne Hood from Body Mechanix. She spoke on nutrition and fielded questions from the group. We also had Mark Tharpe report on the Paris-Brise-Paris. It's a 750 mile ride to be completed in 90 hours. WHEW! Both speakers were very interesting.

Springbike's Secretary,
Deborah Peiffer

For questions or clarifications, call Tony Miller 886-2348



We Will Miss Pat

On January 14th we lost one of our Springfield Bike Members. Pat Giles was in a bike wreck with another bike on January 1st and died of complications of a shoulder injury.

If you had the opportunity to meet Pat you know he was the kind of guy you enjoyed being around and riding with.

Pat had a wife Paula and two sons Paul and Matthew and daughter-in-law Heidi.

I attended the visitation and funeral services and Paula always said she wanted all the bike people to keep biking and when you are going up that hill and really working at it just think Pat is with you and enjoy riding like Pat did.

Gary Day

Advocacy Committee Monthly Report

January 12, 2003

To: Springbike Exec. Committee

Here is a brief report on current activities of the committee. If you want to help plan or participate in any of the events/actions listed below, (especially with bicycle month) contact Bruce or the other members listed.

Bruce K. Adib-Yazdi: badib-yazdi@swbell.net 417-521-6164 (work phone) 417-881-8510 (home phone)

Mike Schilling: mikecyclor@aol.com 417-864-4869 (home phone)

Terry Whaley: terry@ozarkgreenways.org 417-864-2015 (work phone)

Christian Lentz: christian_lentz@ci.springfield.mo.us 417-864-1036 (work phone)

Coy Hart: TenSpeedRoadie@aol.com (not sure of phone)

Frank Zanaboni: fzanaboni@brpae.com 417-521-6118 (work phone)

David Hutchison: David_Hutchison@ci.springfield.mo.us 417-864-1971 (work phone)

MoDot

We are working with MoDot to identify routes in District 8 that will become part of a series of cross-state cycling routes. No commitment from MoDot has been made for funding improvements, but identifying routes is a step in that direction. Several of the committee members met with MoDot representative Dawn Gardner on December 17, 2002 to make some recommendations. Dawn was going to contact adjacent Districts on connecting the routes. Coy is trying to organize a group to drive the routes and check them out.

(Editor's note: Contact a member of the Committee if you would like to help.)

We are also working with Terry Whaley at Ozark Greenways to get Caryn Giarratano (MoDot Bike / Ped Coordinator) to Springfield to help us kick off Bicycle Month and talk to us about State level issues.

Missouri Bike Federation

Mike Schilling has been appointed to the MBF Board to work with them on legislative issues. We are unsure that our club has joined this organization. There is currently a piece of legislation they would like to see passed that takes into account a drivers past records when looking into a negligent accident.

City of Springfield

We have met with David Hutchison (traffic engineer) and have developed a list of bicycle route / lane projects that could dovetail into road improvement projects. Those recommendations were attached to the Capital Improvements Program document (5 year improvement plan) that is reviewed by Planning Commission and adopted by City Council. We made public statements to the Planning Commission and City Council at the meetings where they reviewed and approved the documents regarding our desire to make Springfield bicycle friendly, and our availability to that end. David will be looking for recommendations for the next section(s) of bike route to add / extend.

Lone Pine Recycling Center

Terry Whaley reported that he has had conversations with Public Works, who indicated they would consider leaving the gate next to the Galloway Trail unlocked during open hours so you can 'bike your recycling'.

Traffic Advisory Board

Bruce Adib-Yazdi has been appointed by the Mayor to be on the Traffic Advisory Board – a group of citizens who provide input and feedback on the city's transportation system, and upcoming improvements.

Bicycle Parking

Christian Lentz has drafted an amendment to City Code that will

add a requirement for bicycle parking facilities for any new buildings that are constructed, or that will require P&Z approvals for improvements. This has not been formally presented to the Planning Commission yet.

Ozark Greenways

Bruce Adib-Yazdi has been slated to serve on the Board of OGI. Elections are at the end of January.

Chamber of Commerce

We have had correspondence with the Chamber of Commerce Transportation Committee to confirm their interest in applying for becoming a Bicycle Friendly Community. See the website www.bicyclefriendlycommunity.org/ Bruce Adib-Yazdi has volunteered to be on this Chamber committee.

Bicycle Safety / Education –

Coy Hart has been pursuing what it will take to get a few people trained to become bicycle safety instructors. He is talking with people at League of American Bicyclists and Missouri Bike Federation. We need volunteers.

Helmet Education

We have had correspondence with Safety Council of the Ozarks regarding child helmet safety. We need volunteers to organize.

Monthly Townie Rides

We have established a Sunday afternoon 'townie' ride that gathers at a designated location. They arrive via bicycle using Bike Routes. (Editor's note: Watch the Tube for the meeting place.)

Bicycle Month

We are beginning planning of Bicycle Month in May. We plan to continue the Awareness Ride, as well as other opportunities. We need volunteers.

Bruce Adib-Yazdi and Joyce Eiken

There are two must-see events in France, the 24 Heure du Mans, and Le Tour de France. These two sports events represent the *ne plus ultra* in endurance, and winning either is considered to be the greatest achievement in sports car and bicycle racing respectively. Both events are also now a part of my life, both in personal interests and as a spectator. Now is the time to be planning your trip to France!

My wife Mary and I love to travel. Our usual philosophy is to plan a vacation around a big event and go from there. In the fall of 2001, after destroying the front of a Mercedes with my Trek, a vacation the next summer seemed remote, especially since a fun part of the trip is, at least for me, in the planning. My enthusiasm was missing.

For our (twin) sons' high school graduation gift, we decided to all go to Europe for two weeks during the summer. Since my planning was delayed, our choices for air travel had become limited by late winter and we took the best deal we could. A few weeks later I realized that we would be in Paris during the Tour. For once, luck was more useful than planning. (Actually, good luck usually is, but I don't like to depend on it.)

Those fortunate enough to have the Outdoor Life Network on cable or satellite can, at least, enjoy the highlights of each stage. The coverage is quite good and in many cases is far better than being there. That said, there is absolutely no substitute for being there! The Tour is a classic *stage race*. A stage race is a series of individual stages, one per day, in which the overall winner is the rider with the lowest total time for all the stages. In general, there are three types of stages:

- Flat (or relatively so) - usually culminating in a sprinter's finish

Tour de France – In Person



This was the last team to go, CSC Tiscali.

(10, 160-230 km or 100-140 miles)

- Time Trial (2 individual, 50-70 km or 30-45 miles)
- Mountain (160-210 km or 100-130 miles) with killer climbs.

This year's Tour has 10 flat stages, three time trials (one of which is the team event) and seven mountain stages (but only three mountain-top finishes). The 2003 event has two rest (and travel) days and a total distance of 3,350 km or 2,077 miles. There are also races within the race for the coveted colored jerseys:

- Yellow Jersey for the General Time Classification (the GC, i.e. overall winner).
- Green Jersey for the General Points Classification (points for stage wins and intermediate sprints within each stage).
- White and Red Polka-Dotted Jersey for the Best Climber (the King of the Mountains)
- White Jersey for the Best Young Rider, for riders no more than 25 years old in the year of the race.

If you're thinking of going, now would be a great time because as Americans we now have the greatest American rider and one of the best of all time, Lance Armstrong. Lance is the only American to have won the Tour four times, and he's

done that in four straight years. Three other riders, Jacques Anquetil, Eddy Merckx, and Bernard Hinault have four Tour Victories). Only one man, Miguel Indurain has won the Tour five times, and they were all in a row!

This year is also very special as it marks the 100th Anniversary of the TdF. The start is on Saturday, July 5 in Paris with a short time trial of 8 km called the Prologue.

The finish is on Sunday, July 27 also in Paris and features a criterium type multi-lap finish on the Champs-Élysées. The excellent web site (English version) is at www.letour.fr/indexus.html.

The fanaticism of the French cycling fans is amazing. In a flat stage where the entire field on 300 riders is mired in a peloton, they line the town streets for hours in advance of the start which is usually at about 1:00 p.m. Early in the morning the team trucks, vans, and cars begin to arrive for the equipment and rider preparation. The course is generally fenced off although one can pass across the route until about an hour before. The French Television Network will also be setting up for their non-stop, no commercial coverage. And like a US Super Bowl, the coverage starts hours before the race with

the "pre-game" show and ends hours after the race with the "post-game" show, wrap-up, interviews, and commentary.

22 teams of 9 riders will be invited to take part in the 2003 Tour de France. These teams will be selected in three rounds in accordance with the International Cyclist Union new rules which apply to the three Major Tours: 14 teams automatically selected at the end of October, 2002 according to the UCI classification drawn up at the end of the season; the organizers will attribute 4 wild cards at the end of January 2003, after the registration of new sporting groups; finally, 4 more wild cards will be attributed in mid May 2003 which will take into account the sporting results obtained by the potential teams.

OK, so you're sold! Now which stage do I go and see? How do I get there?

Fortunately, France has one of the best, if not the best rail system in the world. The TGV (le Train à Grande Vitesse, literally train of high speed) network will take you across France at speeds of 300 kph or 185 mph! Even the older network is efficient and fast enabling you to get from Paris to anywhere in France in 3-6 hours. Mary and I are seasoned Eur-rail travelers and would be happy to help anyone make arrangements. With Paris as your likely air arrival, the French rail network generally surrounds Paris like spokes on a wheel and getting anywhere is easy and fast.

Actually watching a stage is great fun. If you pick a departure town, the setup begins the day be-



fore or so with the arrival of the team trailers and cars and the swarm of media. Each town has lobbied hard and put up considerable money to host the tour and they know how to make the most of it. Several hours before the start, fans begin to stake out the best places along the route. Be aware that occasionally the start (Pre-start) is a short distance from the actual start in locations where it is impractical to

have the mass of riders all together. These starts are typically casual, on long flat stages or in very small towns with narrow roads.

For watching, we prefer a spot on the outside of a curve where you can see a long distance in both directions. About an hour before the start the "Caravane" begins. This is a parade of the many and varied Tour sponsors. They begin at the start and run the entire length of the stage route passing our cycling trinkets, food, bottled water, and all else. This passage takes about a half-hour, helps pass the time, and supplies you with souvenirs. Finally (if you're at the start) you begin to see some of the riders coming by, warming up. And (after a long wait if you've found a choice location) the race begins.

For the *most* spectator action,

the best types of stages are the time trials. Here, the riders, or team, leave at predetermined intervals. The individual time trial interval is three minutes, meaning you can see one rider every three minutes for hours. The team time trial interval is five minutes so you would see one team go by every five minutes for an hour and a half. Of course these timings are only at the start. Closer to the end the faster riders will often catch the rider ahead. Perhaps no stage is more exciting than a classic mountain stage where the fans go simply berserk as the leaders go by for just a brief instant. Although all the riders eventually go by, once the leaders are gone, so is much of the enthusiasm. Many fans also ride the various stages before the routes are closed to the public and on the famous mountain stages also garner the cheers of the spectators.

If you need an excuse to visit Europe you have it! This is the perfect year to go and watch Lance defend his crown and go for the fifth Tour win in five years. He says it's not about the bike, but watching these guys fly by with the crowds cheering sure is exciting.

Dave Christiano

