

“Springbike is a local cycling club...”



March,
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@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.*

FROM OUR ADVOCACY COMMITTEE



Help Needed!

As we get closer to May, there will be a host of day to day tasks for which we will need helpers. We're trying to get a list started of those who are willing.

People are needed to:

1 - Plan and organize joint OGI and SB social to host Caryn Gerratano (State Bike-Ped Coordinator) on May 3rd. Evening social.

2 - Help with developing route and logistics for Awareness Ride (city bike routes) on May 3. I have some ideas on this already.

3 - Head up, plan and organize 'Family Day' on the Greenway trails. Involves getting bike shops to have mechanics at trail heads, getting 'The Word' out, and generally promoting the event. This is for families to bring their bike out of the garage, and have them checked for air, brakes, and general safety.

4 - Calling local organizations to make them aware of the events (colleges, hospitals, large employers, etc.) and seeking sponsorships.

Other club needs below

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

March 9: Advocacy Ride/Meeting

The committee meeting is at 1:30 in the afternoon at the Mudhouse Sunday afternoon. All are welcome! Please come on your bikes using the bike routes/greenways.

March 10: Our Club Meeting

At Cartoons. Come and see Pat Giles slide show!

March 13: Women's Seminar

A&B Cycle 6:00 PM

March 15: St. Pats Parade

Commercial & Benton --Noon

March 22: St Jude's Bike a Thon

Frisco Highline Trailhead, Willard 10:00AM

Help Needed!

The Dogwood Metric is also just around the corner. We will need volunteers with this also. Please let us know if you could help. General areas of help with the Dogwood Metric would include:

Registration
Rest areas
SAG support.

Please let Gary Day or any exec board member know of your interest. Jim Freeman will be in charge of the rest areas, so please let him know if you can help him in this area:

Jim Freeman
Freejabs@aol.com
724-2701

..for the members and the community.”

March 10th - North to Alaska: Pat Giles Slide Show



On June 8th 2001 Pat Giles and 9 other riders set out on an epic bicycle tour from Missoula,

Montana to Anchorage, Alaska. Cycling together they rode over 3200 miles for a 73 day period through Montana, Alberta, British Columbia, the Yukon Territory and ending in Alaska. Along the way the incredible sights of Glacier, Waterton Lakes, The Canadian Rockies, Banff and Jasper greeted and challenged them. Further north the trees grew shorter and the landscape more remote. Highways deteriorated into dirt and gravel roads, bears were more commonly seen than dogs and mosquitoes became the sworn enemy. Then the Top of The World Highway led these travelers from Dawson City up and into

Alaska. Fairbanks became the northern most point, before heading south to Denali. Denali was absolutely incredible and a great way to bring the journey to a close before finishing up in Anchorage.

Guy Barel was the guide for the 2001 North Star Adventure Cycling Expedition and will be sharing Pat's slides along with some stories and comments about the experience. What began as a bike tour with 10 complete strangers finished as an adventure and 10 close friends.

For a look at some other North Star 2001 photos feel free to visit: <http://photos.yahoo.com/whereisguy>

Club Happenings:

Springbike Club has 255 members
Financial Report was read: \$2100.00

* Discussed the goals of The Tube. The main goal is to get all of the information that is needed out to all the members. Encouraged everyone to turn in info to Kathy ASAP.

* Cory discussed "Street Safety". He has brochures available and discussed mailing them to members but the cost is prohibitive. They are also available in the bike

shops. On February 24 there is a Bike Routes Across America meeting.

* Dogwood ride is scheduled for May 4. The first 75 riders will receive t-shirts. Cost will be \$15 members and \$20 non-members. Last year we had 63 riders. Gary Summers of Cartoons is still supporting this ride and he will provide food afterward. We appreciate Gary and all that he does for the club. We are checking into having a neon band for each PAID rider so we can tell who has registered and who hasn't. Last year we bought all the food for the rest areas but would like to have more donated

this year. We spend \$188.62 on food for rest areas last year and \$181.44 on t-shirts.

* On the same week-end as the Dogwood ride there will be a joint "social" meeting on that Saturday night with Springbike and Ozark Greenways. Check with Bruce on time and place.

* Guest Speakers were: Monty Montgomery from Ozark Mtn. Ridgerunners

Mary Goss from Ridge Runner Sports

Representatives from Kids Across America bike ride

Deborah Peiffer, secretary

Missouri Bicycle Federation

Greetings,

If you are interested in being "in the know" regarding bicycle advocacy issues in Missouri, see below for an excellent source.

Caryn Giarratano
MoDOT Bicycle/Pedestrian
Coordinator
giarrc1@mail.modot.state.mo.us

MoBikeFed-Announce:

If you want to keep abreast of the most important cycling-related news, information, and advocacy

alerts throughout Missouri, please subscribe to MoBikeFed-Announce. This will be MoBikeFed's main method of communicating with Missouri Cyclists when, for instance, we need cyclists to show their support for important legislation during the upcoming Missouri legislative session.

MoBikeFed-Announce is a very low-traffic, announcements-only email list. You will receive on average 2 to 4 messages per month. Every message includes a simple, one-click way to un-subscribe from

the list. You can join MoBikeFed-Announce by sending a blank email message to MoBikeFed-Announce-subscribe@topica.com or visit <http://www.mobikefed.org/email.html#announce>

Please re-distribute this message widely to cyclists throughout Missouri.

Dr. Brent Hugh
bhugh@mWSC.edu
Webmaster, email administrator
Missouri Bicycle Federation:
<http://www.MoBikeFed.org>

A little about Sheryl:

In her 40's, Sheryl decided to do her first triathlon, even though she had never run a step in her life. She had enjoyed swimming as a child and had a good strength base from lifting weights, but riding a Lifecycle in the gym hours on end had been her only "cycling" experience. She struck a deal with a friend: "In return for teaching him to lift, he agreed to teach me to ride. Boy, did he ever get the hardest part of that deal!"

With that came a trip to the bike shop for a bike complete with the latest developments at that time:

Click shifting, clipless pedals, and aerobars! Her first ride was 20 miles at Wilson's Creek, a 5-mile loop with hills. I say quite a first ride!

Sheryl relates: "I was afraid of everything, clipping in, going down a hill, taking my hands off the handlebar to shift, anyone coming within 4 feet of me while I was riding, going around a curve, turning around in the road, getting my water bottle out of the cage, getting a drink. You name it, I was afraid of it." She discovered that she could,

however, make the bike fly on more level ground,

which is still her specialty. Being a power rider, she qualified for nationals in triathlon.

Time would reveal, however, that these competitions would not take place. Sheryl endured the heartbreaking disappointment of serious injury. Fracturing first one leg, recuperating, and then fracturing the other left her unable to compete in the running arena. She says, "I cried a million tears when I broke my other leg... one week be-

fore my event... I had worked so hard and it was all gone in the blink of an eye."

While many would be devastated by such a turn of events, Sheryl's spirit sought new ground. "I really have always tried to concentrate on what I can do, rather than what I cannot do... I even rode my bike while still on crutches."

Women's Seminar for Bicycling

March 13, 2003
6 p.m.

A&B Cycle
220 W. Walnut
Springfield, Mo

Everyone is welcome.

If you have questions you may call 864-0550.

See you there!

Sheryl DeBoer
sheryldeoer@sbcglobal.net

Even though her former reasons for riding had been destroyed, Sheryl found that she still liked to ride "for the pure joy of it." She also found that she had remarkable endurance on her bike. A dear friend encouraged her to try an ultra distance ride, which they did, St Louis to Kansas City, 283 miles. With the naiveté of a beginner, she wondered why she couldn't ride it all at once. And she had only been back on her bike 3 months!

The next spring, they decided to train for Paris-Brest-Paris, held

"I really have always tried to concentrate on what I can do, rather than what I cannot do..."

every 4 years, a distance of 750 miles. For Sheryl, the distance was 786 with the wrong turns! She shares of the PBP with well earned pride. "The time limit is 90 hours, including all stops, eating, drinking, sleeping, bike repairs, and any other reason you might stop. No excuses, you must finish in 90 hours to be considered a finisher... it is ridden day and night until you are done."

The training for this event is intense. You must do 2 years of qualifiers riding a Brevet series of 200, 300, 400 and 600 kilometers. Each ride is 2 weeks apart and must be ridden within a certain timeframe. She says, "The training for ultra distance is incredible. I rode off into the sunset never to be seen by my friends again until after the event."

Conquering a whole new set of fears, Sheryl experienced the Paris Brest Paris: "The year I rode, there were 176 women participating, and 121 of the 176 finished. At the time I finished PBP, only 81 women from the US had ever finished it in the 104-year history of the event... It leaves Paris at 10 PM at night. I wish I had a picture of 3000 tail-lights of bicycles from all over the world leaving Paris on a warm August night.

This is who will be providing the March 13th seminar.

Having surmounted the PBP, Sheryl finds her interests turned to helping others. I have enjoyed her leadership in spin classes, witnessing that remarkable power and stamina. Yet another amazing person on a bike!

Kathy Hudgens

"...I rode off into the sunset never to be seen by my friends again until after the event."

Learn to "Dance with Traffic"

Tired of thinking of yourself as the underdog in traffic. Here's a chance to adjust your attitude and gain traffic riding skills. Topics include: Equipment, Bike Handling, Road Surface Safety, Traffic Safety, Bikeways & Bikepaths, Riding in the Rain, Riding at Night, Riding Hills, & Group Riding. It will help you gain confidence in both riding in traffic and on group rides. This is the League of American Bicyclists (LAB) "ROAD 1" course. Several of us are going to St. Louis to take this one day course on March 22nd at 9:00 am, at Holy Trinity Church located at I 55 & Reavis Barracks Road. The total cost of the course is \$30. \$20 is for the instruction and \$10 for the book. You will need your bike and normal riding gear as parts of the course are on the bike, both on & off public streets. You do NOT need to be a member of LAB to take this course.

The Advocacy committees long term goal is to have instructors

trained to teach this course and several others, right here in the Springfield area. After passing the ROAD 1 course and joining LAB (\$30), you can be eligible to take the instructors course (\$175 & takes a week). There is a possibility of the instructor's course being offered in St. Louis this year. The Advocacy Committee has been pushing to have SpringBike help pay the costs of anyone willing to make the commitment to become & remain an instructor in this area for three years. Understand, the club has NOT yet agreed to do this.

We are trying to make camping and / or sleeping bag space available to a small group. If you gotta' stay at the Hilton, you're on your own. If you are interested, please contact me, Coy Hart at my VOICE pager: 874-1010 or email me at tenspeedroadie@aol.com.

This has been a long time coming.

Will you join the dance?

Check out the great website by Lori Tack (Thank you Lori!)
http://www.ozarkgreenways.org/bike_month/index.html



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Expiration date: 4/27/03

FROM OUR TREASURER

Beginning Bal	\$2457.72
Income	<u>131.00</u>
Total	<u>2588.72</u>
Disbursements	<u>283.23</u>
Total	\$2305.49

For questions or clarifications, call
 Tony Miller 886-2348

Tulsa Bicycle Club

will host the

Southwest Tandem Rally

April 25-27, 2003.

A post-tour is available April 28-May 2. You will find the details and registration form at

www.tulsabicycleclub.com or,

SASE to :

Bob & Jo Carol Williams
 7721 S. 28 W. Ave
 Tulsa, OK 74132
 918-446-3255

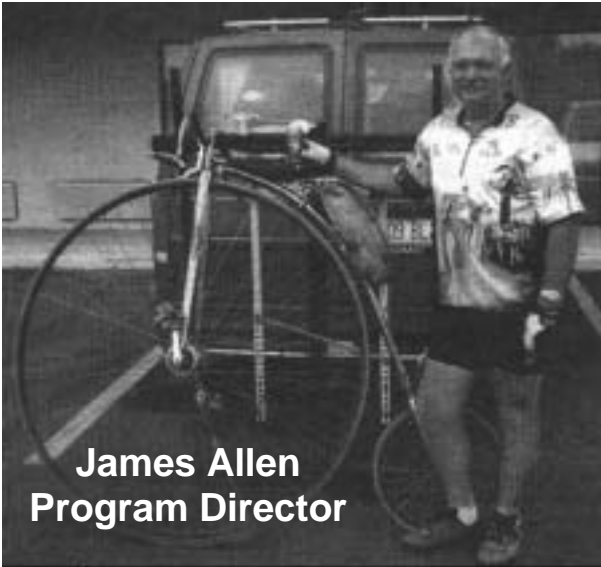
Email:

wetandem2@webtv.net

St Jude's Bike-A-Thon

The Ozark Mountain Freeriders "Wheels for Life" Bike-A-Thon to be held on March 22, 2003, has been announced by St. Jude Children's Research Hospital. The event starts at the Willard Trailhead - Frisco Highline Trail at 10:00 A.M. It's a 22-mile loop on a gravel trail, Frisco Highline Trailhead, Willard, MO to the Walnut Grove Trailhead. Sponsors can help by pledging \$5 or more for the riders' participation in the event. Check your bike for safety,

dress for the weather conditions and be sure to wear your helmet. Coordinators for this year's event are Mr. Bill Wilson and Willard Bicycle Shop. All residents and businesses are encouraged to support this community effort. Start signing up sponsors today. All riders collecting \$35 or more will receive a participation certificate and a prize. For more info, contact Bill Wilson, Willard Bike Shop, 417-744-2458; 417-742-4465



James Allen
Program Director

Springbike Bicycle Club Monthly Meeting Program Meeting Program for March 10

John Beida from Cycles Unlimited

Topic: 2002-2003 Cyclo-Cross Event

John Beida from Cycles Unlimited will discuss the results of the 2002 Cyclo-Cross event and the upcoming Cyclo Cross event in the Fall of 2003.

Terry Whaley from Ozark Greenways will discuss the accomplishments of Ozark Greenways and the goals for 2003. Terry will also discuss the upcoming events and activities in the area for 2003.

James Allen 833-1980



Links to cycling information:

Paris Brest Paris

<http://www.rusa.org>

Antique bicycles

<http://www.thewheelmen.org>

Fixed Gear Cycles

<http://www.63XC.com>

St Patrick's Day Parade 2003

The 23rd Annual St. Patrick's Day Parade will be held Saturday, March 15, 2003 at 2:00 PM. Line up for the parade will be at the intersection of Commercial and Benton at 12:00 noon.

The Missouri Wheelmen and S.W. Missouri Cycle Collectors have registered to be in the parade and will meet in the parking lot of Bicycles and More on the north side of Commercial at Benton Street between 12:00 noon and 1:00 PM. All bicyclists are invited to ride with the group. James Allen

Wear your St. Pat's green and come to have fun!



Cyclocross race

UMR Cycling Club March 9

Rolla Lions Club
Park, Hwy 63
South

James Nelson
jhnrh7@umr.edu
UMR Cycling Club
Cyclocross Jam
Chair



[kids across america](http://www.kidsacrossamerica.org)
SPORTS CAMPS FOR URBAN YOUTH

Get in Gear for the 3rd Annual Ozarks 100!!!

The Ozarks 100 is a cycling adventure that is suited for: The strong, avid cyclist who wants an early season challenge The casual, leisure cyclist who wants to have fun AND everyone in between who wants to support a great cause! Choose from 10 miles, 40K, 100K and a Century. PLUS, new citizen race on 40 mile route!

All cyclists will receive breakfast, lunch, fully loaded rest stops, well-marked routes, SAG support and an opportunity to win quality prizes! All participants will not only personally benefit, but hundreds of precious kids will too.

We look forward to seeing you at

**Finley River Park in Ozark, MO
May 31 , 2003!!!**

RIDE Routes: Beginner 10 mile, 40 K, 100 K, 100 mile
Start Time: 8:30 a.m.

All riders receive a t-shirt, water bottle, breakfast and lunch, along with a chance to win prizes in a drawing.

Entry Fees: \$40 Kids 12 and under free

RACE: Citizen race Route: 40 Mile **Start time: 8:15am**

All racers receive a cycling jersey, breakfast, lunch and a chance to win prizes in a drawing. Medals awarded to top finishes.

Entry Fees: \$60



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

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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