



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



# THE TUBE

April 2006  
 www.springbike.org

**Next Springbike Meeting**  
**April 10**  
**Q'Doba Republic Rd & Kansas Expwy**

## 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  
 881-1718/576-3865  
 merrillcdrummond@mchsi.com

### Treasurer

Bill Compere 863-1617  
 billcomp@sbcglobal.net

### Program Director

James Allen 833-1980

### Special Event Route Organizer

Jim & Betty Freeman 724-2701

### Membership

Randy Lacey 846-7352  
 myelement@swbell.net

### Advocacy Committee

Bruce Adib-Yazdi 881-8510  
 badib-yazdi@swbell.net

### Tube Editor

Cynthia Petty 863-9132  
 cynchp@peoplepc.com

### WebMaster

Dave Christiano

## Upcoming Events

April 2	10:45 AM OMBA CARAMBA
April 4	6:00 PM Weekly rides begin
April 8	8:30 AM Harrison Tour De Hills
April 17	6:00 PM Monday beginner ride starts
April 23	1:00 PM Fundraiser for Team Dynamic Earth
April 25	6:00 PM Duathlon Series begins
May 7	7:30 AM Dogwood Ride
May 20	8:30 AM Red Ribbon Ride
June 17	7:00 AM Tour De Cure
June 24-25	Camp Ride
July 22	Ozarks 100
Aug 5	Pancake Ride
Sept 16-17	MS150

Top Ten Justifications For Buying That \$4,000.00 Bike

- 10) I don't mind living on Macaroni and Cheese for the next two years.
- 9) That Pell grant for college doesn't have to be repaid.
- 8) It came with free valve stem dust caps.
- 7) This one was half the price of my last bike!
- 6) It was the only one that matched the color of my helmet.
- 5) It was marked down from \$4,029.00.
- 4) I wanted people to know that I'm single.
- 3) The salesman assured me I could ride twice as fast as people on \$2,000.00 bikes.
- 2) If I throw it on my roof rack, it increases my car's blue book value to \$4,500.00!

And the Number One Justification for Buying That \$4,000.00 Bike is...

- 1) They were fresh out of \$5,000.00 bikes!

All Springbike members are eligible to use the Missouri Bike Federation's (MoBikeFed) Motorist Contact Letter Service if they feel they have had an unsafe interaction with a motorist. In an effort to make Missouri a safer place to ride a bicycle, the MoBikeFed has established a program in which the details of the incident are reported to them and they send a letter to the offending motorist. This program is a great way to educate motorists about Sharing The Road with Bicyclists.

**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**  
 301 W Walnut  
 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

## 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: \_\_\_\_\_

Hello,

By the time you're receiving this newsletter we will just be getting ready to have our first weeknight ride of the season. As far as I know the locations will all be the same as in years past but if you're new to the club or might have forgotten, just go to the website and look under rides/events. If you forgot about the Chili Ride, you messed up! The forty who showed up enjoyed beautiful weather, awesome chili (and pizza), and a great ride. If you forgot about the March Springbike meeting, you really messed up! Angela Jenkins, a licensed nutritionist, shared a lot of great information concerning nutrition for bikers of all level of interest. Cliff Jacobs, a NON-license nutritionist, shared his ideas concerning beer, yoo-hoo, and pork chops as nutritional supplements. I'm personally wondering about ding-dongs and donuts. Seriously, Angela has generously offered to do a nutritional analysis for any Springbike member at a discounted rate (e-mail: [foodlady9525@sbcglobal.net](mailto:foodlady9525@sbcglobal.net)) The April meeting will be the last meeting of the season for a very important reason...we'd rather ride. (FYI: this was voted on and approved unanimously by the board)

Once again, please check the website for all the updated information concerning rides, events, and biking news. Mark on your calendar...May 7...Dogwood Metric Century.

Unfortunately it's that time of year that I have to remind some of you about renewing your memberships. In order to receive The Tube, your Springbike discount at the sponsoring bikeshops, your Springbike discounts to our events (Chili Ride, Dogwood, Camp Ride, Fall Century), and attend the Springbike Christmas Party, your membership must be paid up. Just look on your membership card for your expiration date.

Finally I'm asking some of you to step up and show your commitment to Springbike by serving as an officer in 2007. Every officer on the board will have served at least two years at years end, and several will be stepping down. You may wonder why I'm mentioning this so early, but for a smooth transition the new officers will new to get a feel of things before they take office. I personally have enjoyed being president but I have new responsibilities that are taking priority. When Sheryl Galvin asked me to take the position two years ago I told her that I had enjoyed the club for approximately 13 years and it was time for me to give back to the club. Please consider feel free to e-mail or call me.

See ya on the road,

Tim Weston

### Dynamic Earth fundraiser for Primal Quest

April 23 at Millies Downtown

1-2:30 Silent Auction 3:00 Live Auction

\$10 Entry includes entry into raffle for a bike, appetizers, drinks, Silent and LIVE auction and much more! Auction items include: 5 nights in Keystone, Television, 2 nights on the Plaza in KC, \$200 gift certificate for dinner on the Plaza in KC, 1 round trip ticket anywhere Northwest flies, dinner for 2 at Gilardi's, dinner for 2 at Maria's and Springfield Cardinal tickets, massages and more. Proceeds will also benefit Boys and Girls Town of Missouri and the Ozark Greenways!

### Harrison Tour de Hills

**Date:** Saturday April 8, 2006 8:30 AM

**Location:** Harrison, AR <http://www.harrisonparks.org/tour%20de%20hills.htm>

This is our first annual tour event. We will have a kid ride with bike safety class, 10 mile fun ride, 25 mile ride and a metric century, 62 mile rider referred to as the Jasper Disaster. Registration fee is \$25 for 16 years and older, \$10 for 15 years and under. All participants 18 and under must have parental consent to participate in any race.

Fee includes t-shirt, pit stops, post-ride meal and activities.

Raffles, entertainment and proceeds will benefit youth charities.

Ride will proceed rain or shine and is limited to bikes only, no inline- skates or pets allowed, please.

**Contact Email:** [parks@cityofharrison.com](mailto:parks@cityofharrison.com) **Contact Phone:** 870-741-2346

**2006 OMBA CARAMBA** is back in the Springtime.

Sunday April 2. Location: Sac river trails just north of Springfield on Highway 13, just north of the Carpet Barn.

On April 2 at Sac River - Springfield's oldest and best mountain bike race is on. There will be prizes, cash awards, free food and always a great time. Come test your skills against many local and non local riders. Many classes to choose from. Start time 11:00 AM (**remember daylight savings time**) Riders meeting 10:45 AM Course length will be about 4 miles per loop.

Beginner: 2 loops Sport: 4 loops Expert: 6 loops Single Speed: 4 Loops

Fees: Beginner, Sport Single Speed \$20 Expert: \$25 (100% pay out)

Info: Springfield Bicycle Company

### JUNIOR CYCLING CLINIC

The Ozark Cycling Club will be holding a series of cycling clinics for boys and girls ages 10-18. The clinics are designed to introduce junior riders to competitive cycling. The first clinic will be April 17, 5-7p.m. at the Ducks Baseball Stadium in Ozark. Rain date for the first clinic is April 18. The second clinic will be May 1, 5:00 p.m. The clinics will cover the skills and information that riders will need to get started in competitive cycling. Riders will need a helmet and a bicycle. Cost for the program is \$10 each clinic. Scholarships available.

All riders will need to have a permission/waiver form signed by their parent. To get more information on the clinic and the waiver form go to [ozarkcyclingclub.org](http://ozarkcyclingclub.org) and click on Junior Clinic.

To get to the Ducks Stadium go south on hwy 65 and take the cc and j exit. Go to the stoplight and turn left. Go about a quarter of a mile and take a right on 17th and follow the road to the stadium.

The waiver form isn't available at this time. We should have it available by April 10th. We hope to post it on this website so you can copy it and bring it with you to the clinic. Forms will be available at the clinic. These forms must be signed by a rider's parent.

The clinic director is Ken Norton, USA Cycling certified coach, 864-9891 or [kwn220@aol.com](mailto:kwn220@aol.com).

Please be aware that cycling, as all sports, has a certain amount of risk involved.