

# "Springbike is a local cycling club..."



May,  
2003

## FROM STEVE

The Springbike Club site is now parked on the JRT Web Design hosting plan. For now

I will leave it there as it has the room. Two good things that are a result of that:

1. It's free
2. It has a brand new classified program so members can place their own ads for bike related stuff.

Here is the new logo for that

section of the site:



See the website to learn how it works - then pass the word around so people will begin to use it. It's very simple to use and I believe will generate a ton of new traffic to the website. I've posted a sample on the bike for sale section.

Steve Hargis, Web Master

## 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

## May's Meeting:

**May's club meeting to be held at Turner's Station 6 PM**

We are having a club-wide **swap meet at Turner's Station** and then go for a ride!

A reminder: There will be no club meetings the month of June, July or August --we are all too busy riding our bikes! Tube mailings will depend on the info available to share with members. May gives us

## From Our Treasurer

Beginning Bal 3/1/03	.\$2065.34
Income .....	268.00
Total .....	<u>\$2333.34</u>
Disbursements .....	365.07
Total .....	<u>\$1968.27</u>

For questions or clarifications, call Tony Miller 886-2348

many opportunities to gear up for a great summer. Enjoy those bikes!  
Kathy, editor

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

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

## "Get outside!" in May's National Bicycle Month!

**H**elp us kick off a weekend of festivities! Springbike Club and Ozark Greenways present Caryn Giarratano our MO Department of Transportation bicycle/pedestrian coordinator. Please help us welcome Caryn as she joins us in a campaign to urge everyone to "Get Outside" to enjoy the fresh air, sunshine, and the benefits of exercise.

You are invited to a reception for **Caryn Giarratano** May 3, 4 to 6 P.M. **Galloway Station, 4211 S. Lone Pine Ave.** This is right alongside one of our recreation trails.

Complete the weekend with these activities:

**Saturday**  
The 2<sup>nd</sup> Annual Bicycle Route Awareness Ride

**Saturday / Sunday**  
Visit the Ozark Greenways booth at Walnut Street Artsfest.

**Sunday**  
The Annual Dogwood Metric Century and Daffodil Dandy

# ..for the members and the community."

# Turner's Station

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Jill Elsey, owner of Turner's Station, has her bi-annual trash pick up set for May, 10, 9:00 AM. We would like to invite our good riders to volunteer their services for a couple of hours to help her clean this two miles of highway. Let's help Jill at Turner's!

Help is also needed for the Ozark Mountain Ridge Runner pickup east of Mentor church, May 3, 9:00 AM. Many cyclists also enjoy this stretch of road. Here is our change to help others pick it up!

From Ray Wageman

## Weekly Club Rides

**Monday** : Hickory Hill school or Turners Station to Stafford.  
**Tuesday** : Turner's Station to Rogersville.  
**Thursday**: Evans Road Church to Rogersville.

For more information call Gary Day at 581-6390 or Dale Deckard 833-0913

These are public roads.  
 Ride at your own risk.  
 Wear your helmets.

**Have fun!**

## Get in some hills!

Meet 7:00 AM Branson each Saturday. Directions from Springfield: Take the 2nd Branson exit marked Hwy 76. Turn Left (west) on 76 and go 3/4 mile. We are at the top of the hill, left side of the highway. Look for our sign. 417-335-4455 Hope to see you!

Craig at Downhill Bikes

## Duathlon Series

**6 PM Fellow's Lake N. Marina:**

**May 6:** 2mi. run - 11mi. bike  
**May 13:** 11mi. bike - 2mi. run  
**May 20:** 1mi. Run-11mi. bike-1mi. run  
**May 27:** 11mi. bike-2mi. run-11mi. bike  
**June 3:** 2mi. run-11mi. bike- 2mi. run.  
 Series Finale and awards presentations after this event. info@ Body-MechanixAthletics.com. ...Diane Hood

## Calendar Events from

[www.ozarkgreenways.org](http://www.ozarkgreenways.org)

### Ride the Frisco Highline Trail

Every Monday evening (6pm) Meet at the Willard Trailhead on Jackson Street next to Willard High School. Casual riding - all abilities welcome! Please bring your helmet. From Springfield, take West Bypass/160 north to Jackson Street.

### Bike Month & Bike-to-Work

**Week** Join Ozark Greenways, Springbike and City Utilities by celebrating bike activities through the month, including Bike-to Work Week (May 12-16). Those who bike, bus (or both) to work or school three or more times that week will receive a **FREE** one-year membership to Ozark Greenways!

**Artsfest Sat.-Sun., May 3-4** (10am-6pm) Walnut Street at the Greenways booth! Stop by and say 'hi'.

### Mark Twain Forest Adventure

**Race Sat., May 31 7am** at Twin Bridges Canoe Rental. Coed teams of four compete together in an 8-14 hour race including running, mountain biking, orienteering, canoeing and mystery tests. All distances and order are secret until race morning! Registration cut off May 23 or until max of 85 teams.

## SW Mo Cycle Collectors Swap Meet May 16 & 17

A club for motor scooters, motor bikes, antique/classic bicycles and vintage cycles will host its 18th annual swap meet at the I-44 Swap Meet Grounds. Gates open 4:00 pm the 15th. \$1 per car. Everyone welcome! Call Jim Allen for information. 833-1980

## Children's Miracle Network Ride Saturday, May 17th

6:30 AM Registration, 8:00 am ride, Precious Moments Chapel. \$30 Registration. 10, 25, 45, 62.5 and 100 mile options. 417-347-6639

## Family Day on the Greenways May 18th

Join Ozark Greenways and Springbike out on one of the greenway trails for an enjoyable day of biking with your family and friends. Time: 1 p.m. to 4 p.m. at the Sequiota Park Pavillion on the South Creek Greenway Bring your bicycle for a **FREE** safety check from local bike shop mechanics. Please note: tune-ups and repair will not be provided. Questions? Call Mike Shilling 864-4869 **Have fun!**

## The Ozarks 100 Saturday, May 31st

Finley River Park, Ozark, Mo. Choice of Ride routes start 8:30 \$40. Citizen Race \$60 starts 8:15. Tricia Nichols, Kids Across America 417-266-3125 kidsacrossamerica.org May register online [www.active.com](http://www.active.com)

**1998 5200 Trek Postal** (red, white and blue), ultegra components, 56 cm, carbon frame, Rolf vector wheels, cycle computer, 2 water bottle holders, hand pump, clip on pedals, under seat bag. \$1,695 Dan Compas 848-7803 [comprose@sbcglobal.net](mailto:comprose@sbcglobal.net)

**1998 R800 Cannondale** Shimano components, 56 cm, cycle computer, black and yellow, under seat bag, 2 water bottle holders. \$899 Dan Compas 848-7803 [comprose@sbcglobal.net](mailto:comprose@sbcglobal.net)



# 2nd Annual Springbike Awareness Ride Saturday May 3rd 10:00 AM



Meet at parking lots

1 block north of the Square in Springfield

This ride is designed to promote on-street cycling routes in the City of Springfield.

There will be 3 routes to choose from: approx. 5, 10 and 20 miles. Maps will be provided. Minimum age 16 years.

On Site Registration will start at 9:00 am

\$15 - Proceeds go to Bike Route Improvements

T-Shirt Size for Pre-Registered - First Come First Serve After That

Please mail pre-registration to:

Bruce Adib-Yazdi  
1946 S. Holland  
Springfield, MO 65807

Contact: Bruce Adib-Yazdi badib-yazdi@swbell.net or  
417-881-8510

## Registration and Release Form

(one per rider)

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Emergency Number: \_\_\_\_\_  
Contact Person: \_\_\_\_\_  
Fee \$15.00

## Springbike's Awareness Ride Release Form

PLEASE READ CAREFULLY, SIGN AND RETURN COPY WITH REGISTRATION FORM

In consideration of the acceptance of this application, I hereby, for myself, my heirs, executors, administrators and assigns, and anyone entitled to act on my behalf, release and discharge the sponsors, directors, officials, employees, and volunteers, from any kind of illness or damages suffered by me as a result of my participation in, or traveling to or from Springbike's Awareness Ride.

I know and understand that bicycling is potentially hazardous. I should not enter the Awareness Ride unless I am medically able and properly trained. I assume all risks associated with riding the Awareness Ride including, but not limited to: falls, contact with other participants, the effect of weather, traffic, and conditions of the roads; all such risks being known and appreciated by me. I realize that bicycling is a strenuous activity which requires proper physical conditioning. I do hereby certify that I am in such physical condition and in good health. I agree to wear all appropriate equipment, including a helmet at all times while riding the Awareness Ride.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Signature of Parent or Legal Guardian (if under 18; minimum age 16): \_\_\_\_\_  
Child's name: \_\_\_\_\_ Date: \_\_\_\_\_

**Signature is required to ride.**

**Thank you for joining the Awareness Ride. We look forward to improving Springfield's cycling safety.**

# Springbike's Dogwood Metric (100K - 62 miles) And Daffodil Dandy (18 miles) Sunday May 4, 2003 from Sparta, MO

Parking and start point is the Sparta High School parking lot located just north and east of the junction of Hwy 125 and Hwy 14.

This year we are offering participants 2 options in rides: The Dogwood Metric and the Daffodil Dandy. **The Dogwood Metric** is our traditional ride, a beautiful and very challenging excursion through the hilly and scenic Mark Twain National Forest. **The Daffodil Dandy** is a more leisurely and gently rolling spin to McCracken, returning in an "out and back". There will be full support for both rides including mechanical, SAG, and rest stops provided by the club. The first 75 riders will receive T-shirts.

**Start times: Dogwood Metric-7:00 AM; Daffodil Dandy - 9:00 AM**

As on all club rides, **helmets are required.**

Lunch will be served after the rides at the starting point.

Our thanks to Cartoons for providing this wonderful end to a great ride!

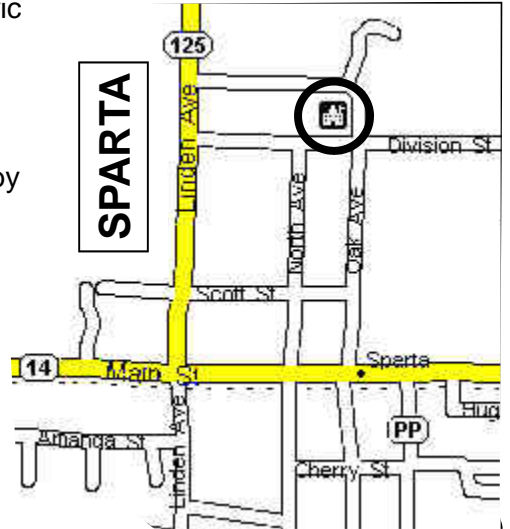
## Registration & Fees

\$15.00 per member,

\$20.00 per non-member.

Registration online, mail or on arrival.

Springbike Bicycle Club  
PO Box 9823  
Springfield, MO 65801



## Registration Form and Waiver

(one per rider)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Number: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Fee (\$15.00 member).....

(\$20.00 non-member) ..... \$ \_\_\_\_\_

## Springbike's Dogwood Metric and Daffodil Dandy Release Form

PLEASE READ CAREFULLY, SIGN AND RETURN COPY WITH REGISTRATION FORM

In consideration of the acceptance of this application, I hereby, for myself, my heirs, executors, administrators and assigns, and anyone entitled to act on my behalf, release and discharge the sponsors, directors, officials, employees, and volunteers, from any kind of illness or damages suffered by me as a result of my participation in, or traveling to or from the Dogwood Metric and/or Daffodil Dandy.

I know and understand that bicycling is potentially hazardous. I should not enter the Dogwood Metric and/or Daffodil Dandy unless I am medically able and properly trained. I assume all risks associated with riding the Dogwood Metric and/or Daffodil Dandy including, but not limited to: falls, contact with other participants, the effect of weather, traffic, and conditions of the roads; all such risks being known and appreciated by me. I realize that bicycling is a strenuous activity which requires proper physical conditioning. I do hereby certify that I am in such physical condition and in good health. I agree to wear all appropriate equipment, including a helmet at all times while riding the Dogwood Metric and/or Daffodil Dandy.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Legal Guardian (if under18): \_\_\_\_\_

Child's name: \_\_\_\_\_ Date: \_\_\_\_\_

**Signature is required to ride.**

**Thank you for entering the Dogwood Metric. We look forward to welcoming you on our ride.**

Sunday	Monday	Tuesday	Wed	Thursday	Fri	Saturday
<p><b>May: Bicycle Month</b></p> <p>For great info on biking in May including commuting tips see:  <a href="http://www.ozarkgreenways.org/bike_month/index.html">http://www.ozarkgreenways.org/bike_month/index.html</a>  <a href="http://www.bikeleague.org/educenter/factsheets.htm">http://www.bikeleague.org/educenter/factsheets.htm</a></p>						
4 Springbike's Dogwood Metric and Daffodil Dandy	5 Springbike's weekly ride 6-8 at Turners or Hickory Hills school Frisco Highline 6:00 pm Willard	6 Springbike's weekly ride 6-8 at Turner's Duathlon Fellow's Lake 6PM	7	8 Springbike's weekly ride 6-8 at Evan's Road church	9	10 Downhill bikes 7 am Branson Turner's Station Trash Pickup 10:00 am
11 Take Mom for a bike ride.	12 Springbike's weekly ride 6-8 at Turners or Hickory Hills school Frisco Highline 6:00 pm Club meeting --swap meet at Turners 6 pm	13 Springbike's weekly ride 6-8 at Turner's Duathlon Fellow's Lake 6PM	14	15 Springbike's weekly ride 6-8 at Evan's Road church	16 <b>Bike to work day</b>	17 Downhill bikes 7 am Branson Children's Miracle Network Ride Precious Moments Chapel.
<b>Bike to Work Week --win a free membership to Ozark Greenways!</b>						
18 Family Day on Greenway Trails	19 Springbike's weekly ride 6-8 at Turners or Hickory Hills school Frisco Highline 6:00 pm Willard	20 Springbike's weekly ride 6-8 at Turner's Duathlon Fellow's Lake 6PM	21	22 Springbike's weekly ride 6-8 at Evan's Road church	23	24 Downhill bikes 7 am Branson
25 Go to church by bike	26 Springbike's weekly ride 6-8 at Turners or Hickory Hills school Frisco Highline 6:00 pm	27 Springbike's weekly ride 6-8 at Turner's Duathlon Fellow's Lake 6PM	28	29 Springbike's weekly ride 6-8 at Evan's Road church	30	31 The Ozarks 100: Finley River Park, Ozark, Mo. 8:30 am

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

PRSRRT STD  
U.S. POSTAGE  
PAID  
SPRINGFIELD,  
MO  
PERMIT NO. 616

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