

# The Tube

May,  
2004



## Club Officers & Committees

**President:** Sheryl Galvin 743-3138  
galvin@hbhengineers.com

**Vice President** Kevin Umlauf  
883-1113 (work) 753-2969 (home)  
kevin@sunshinebike.com

**Secretary** Mary Worm 417- 848-4382  
mworm@farrismortgage.com

**Treasurer** Bill Compere 863-1617  
billcomp@sbcglobal.net

**Program Dir.** James Allen 833-1980

**Special Event Route Organizer**  
Jim Freeman 724-2701

**Membership** Niki Pilger 417-766-3133  
niki@sunshinebike.com

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

**Tube Editor** Kathy Hudgens  
khudgens@sprynet.com

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

**Webmaster** Steve Hargis  
www.springbike.org

**See our website for classifieds  
and late-breaking news!**

**[www.springbike.org](http://www.springbike.org)**

**Next Club meeting May 10  
6:00 Exec / 7:00 Regular  
Fox & Hound 2035 E. Independence**

## PRESIDENT'S LETTER

**H**ello again,  
By the

time you receive this we will be looking forward to the Annual Dogwood Metric Century and the kick-off for Bike Month. For further activities related to "May is Bike Month", visit our website [www.springbike.org](http://www.springbike.org)

At our April meeting, we heard from Scott at Springfield Bicycle Company (formerly Sports Extreme), and Ken Hood of Body Mechanix. Check to TUBE for information on the Duathlon series sponsored by Body Mechanix. We also had a nice surprise by the presence of a representative from Wilson's Creek Battlefield National Park. At our next Club meeting on May 10, the Wilson's Creek Superintendent will be our speaker. The new administration there is open to communication between the bicyclists in the area, as to how we all can enjoy the park together. This would be a great opportunity to address your concerns. We will also be voting on the Club jersey design at the May meeting. If you have not mailed your design entry yet, you may bring it to the meeting.

There will not be a meeting in June or July. Look for ice cream and watermelon on one of the Thursday night rides in each of these months.

The Club's next big fund raiser will be the 1<sup>st</sup> Annual 2-day Camp Ride. Look for more information in the TUBE and your local bike shop.

I apologize for any confusion about the weekly rides. Monday we will be able to start from Hickory Hills School. Tim Weston found a way out of the parking lot to the South, and back behind the school, which will keep us off of Division and the bad part of Eastgate. Follow the red-orange markings. Tuesday has been a real problem trying to find a starting point that's not too far out. Cliff Jacobs recommended starting at the Fellowship Bible Church at 60 Hwy. And FR 205. We rode the route and I have obtained permission from the church to park in their lot on Tuesday nights. Take Hwy. 60 east (towards Rogersville) approximately 2 ½-3 miles east of 65 Hwy. To FR 205. Turn back north (left) and it is just down on the left. Many thanks to Tim and Cliff for their help.

See you on the road,  
Sheryl

## Please remember--

**Our Annual Bike Springfield  
May 1**

**Our first Camp Ride  
registration deadline May 2**

**Our Annual Dogwood Metric and  
Daffodil Dandy May 2**

**Bike to Work Week May 24-30**



**"Springbike is a local cycling club whose purpose is to promote enjoyable safe cycling for the members and the community."**

# 1<sup>st</sup> Annual 2-Day Camp Ride June 5-6, 2004

Parking and start point is the Republic High School, located in Republic, MO, on Hines Road off 60 Highway.



## Registration deadline May 2

Ride fee: **\$65.00 members**    **\$75.00 non-members**  
Check in June 5th is 7:30 am    Start time: 8:00 am

Evening meal June 5th to be served around 4:00-4:30 pm. Take your time and enjoy the day!

This is our first year offering a 2-day ride. We will start in Republic and ride through the countryside over to Jolly Mill for lunch and then another 4 miles to our destination camp site. (Approximately 55 miles each day). You will need to bring your tent and overnight gear and cycling clothes for day two. All your gear will be loaded that morning and transported to the camp site and ready for you when you arrive. We will provide me-

chanical and SAG support, as well as, fully supported rest stops along the route and lunch at Jolly Mill on day one. An evening meal will be provided at the camp site along with great company and a time to relax. Bathrooms and showers available at the site. Day two we will provide breakfast, support with rest stops and SAG, as we head back to Republic. Registration deadline for this event is May 2, 2004. This is necessary so that we will be able to provide the right

amount of food and support. The fee for this ride will be all-inclusive (tent space rental, food, showers).

You can pre-register online at our website: [www.springbike.org](http://www.springbike.org) or at Sunshine Bike Shop, or by returning this form along with appropriate fee to: Springbike Club, P.O. Box 9823, Springfield, Mo 65801

Questions can be directed to Sheryl Galvin: 743-3138 or [Galvin@hbhengineers.com](mailto:Galvin@hbhengineers.com)

## REGISTRATION FORM AND WAIVER

## RELEASE FORM

Please read carefully and sign

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
e-mail: \_\_\_\_\_  
City: \_\_\_\_\_  
Emergency # \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Contact Person \_\_\_\_\_  
Fee \$65.00 member \_\_\_\_\_  
Fee \$75.00 non-member \_\_\_\_\_

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 Springbike Camp Ride.

I know and understand that bicycling is potentially hazardous. I should not enter the Springbike Camp Ride unless I am medically able and properly trained. I assume all risks associated with riding the Springbike Camp 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 Springbike Camp Ride.

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

**Signature is required to ride. Children must be accompanied by an adult on the ride itself.  
Helmets are required.**

## The Team of Springbike

As you can see from the many activities already in progress, Springbike has a lot it is trying to accomplish. How well we succeed has a lot to do with how many of us join in on projects and how well we are able to work together. Like anything done as group, this involves the enthusiasm of the members and the ability of the organization. Good minutes and good reports keep us all informed on Springbike activities. When a need arises that you would enjoy fulfilling, be sure to give the organizers a call! We have much we can be proud of at Springbike. My thanks to all who work both in the organization and on the fringes to keep enjoyable safe cycling available for us and for our community.

Kathy Hudgens

**Bike Month Events:** **May 1** - Bike Springfield! [www.springbike.org](http://www.springbike.org)  
**May 2** - Dogwood Metric Century [www.springbike.org](http://www.springbike.org)  
**Every Tuesday in May** - Duathlon Series (ride/run) <http://www.bodymechanixathletics.com>.  
**May 8** - Ozark Cycling Club Road Race <http://www.ozarkcyclingclub.org/>  
**May 24-30 Bike to Work Week** [www.ozarkgreenways.org](http://www.ozarkgreenways.org) and [www.springbike.org](http://www.springbike.org)  
**Weekly evening rides every Monday, Tuesday, Wednesday and Thursday** [www.springbike.org](http://www.springbike.org)

### Duathlon Series 2004

The Series consists of 5 races, all held Tues. eves at 6pm, at the park west of the Marina on the north side of Fellows lake, located just north of Springfield, MO. Series points awarded for Participation, Placing and Volunteering. Overall Series Awards will be presented at the Series Finale Tues. night.

Event #1	2mile Run-11mile Bike	Tues. May 4, 6pm
Event #2	11mile bike-2mile run	Tues. May 11, 6pm
Event #3	1mile Run-11mile Bike-1mile Run	Tues. May 18, 6pm
Event #4	11mile Bike-2mile Run-11mile Bike	Tues. May 25, 6pm
Event #5	2mile Run-11mile Bike-2mile Run	Tues. June 1, 6pm

More info: [www.BodyMechanixAthletics.com](http://www.BodyMechanixAthletics.com) or 886-0924. In the event of inclement weather: check website or call by 4:00pm to confirm race or reschedule date. Register online at [www.Active.com](http://www.Active.com) or pre-register by day before event: mail entries to: Body Mechanix Athletics 2202 E. Barataria Springfield, MO 65804. Register day of event from 4:30pm-5:30pm. Make checks to Body Mechanix. Entry fee: Individual: \$10 per race Team: \$20 per race



### Ken Hood

of Body Mechanix spoke at our April meeting of the upcoming Duathlon Series at

Fellows lake. Comments from members included how well organized these events were and how they were a great place to establish a personal record.

Thanks Ken and Diane!

**Establish your personal record!**

### Please notice the alterations to Monday and Tuesday rides.

### Weekly Club Rides



**Monday** Hickory Hill school to Stafford. **New start** avoids Division --follow the arrows. Same route, 24 miles.

**Tuesday Fellowship Bible Church** (823-8338) on Hwy 60 and FR 205 to Rogersville. (same route)

**Wednesday** Starts at Republic HS. Route will be marked.

**Thursday** Evans road Church to Rogersville. 24 miles

For more information call Sheryl, Kevin or Jim Freeman.

Remember, we can join the Ozark Greenways bunch on Saturday mornings. From Topica.com, Ralph Rognstad faithfully announces the route, weather and any other pertinent info. The rides begin 9:00AM on Saturday. The start location is the Boonville and Olive parking lot. The route rotates on a weekly basis throughout the month.

### Local ride to help kids go to summer camp!

**May 8th**

**Start:** Fellowship Bible Church Farm Rd 205 off Hwy 60 toward Rogersville.

Registration forms are at Sunshine Bike Pre-register by May 1st -- \$15 or \$20 the day of the ride.

Registration begins at 7:30am  
 38 mile route begins at 8am  
 25 mile route at 9am  
 10 mile route at 9:30 am.

SAG support will be available and maps.

First 100 riders registered get T-shirts.

For more info, call 224-4174.

## First Annual Red Ribbon Ride

for AIDS Project of the Ozarks

**Saturday, May 22**

**8 AM start time** for the 25-30

or 50 mile route.

**10 AM start time** for the 10 mile Family Fun Ride route that is on the trail. It begins at the Greenways Trail at Galloway Station.

Rest stops are provided. The cost is **\$15** for an individual and **\$25** for a family (two in a household). All are tax-deductible. If a person gathers \$100+ then they are entered in a drawing for prizes.

Galloway Station and Fat Tire are sponsoring the ride, so the celebration party is afterwards will have food and drinks provided.

Many freebies are involved (t-shirts, hats, etc).

Please call Andi White for more information:  
awt130f@smsu.edu  
cell #849-0504

Andi White MS, RD, LD  
SMSU Biomed Sciences Dept  
417-836-8884



## From Our Treasurer

Advocacy Balance .....	\$458.93
Operating Balance .....	<u>\$1483.26</u>
Total .....	\$1942.19

### Profit & Loss March 2004

<b>Income</b> .....	\$475.00
<b>Expense</b> .....	<u>\$384.48</u>
Net Income .....	\$90.52

For questions or clarifications call Bill Compere 863-1617

## From Our Program Director

**G**ary Sullivan the Chief of Resource Magement at Wilson's Creek Barttlefield will speak at our May meeting, also Terry Whaley of Ozark Greenways.

Please call James Allen 833-1980 for more information.

## What's new at MoBikeFed.org

**T**he "bicycle bill" is still percolating through the Missouri General Assembly. Your support is still needed, especially to help persuade House leadership. See the details under the 4 APR 2004 Advocacy Alert.

What else is new at <http://mobikefed.org>?

In Advocacy Alerts (<http://mobikefed.org/advocacyalerts.html>)...

- \* 20 APR 2004: Cyclist support needed for improving Lone Elm Interchange (Olathe, KS)
- \* 4 APR 2004: Bike/Ped Safety Bill FINALLY in the FULL Missouri House

### In News

(<http://mobikefed.org/news.html>)...

- \* Kansas City riverfront trail--problems and progress
- \* St. Louis Regional Bicycle Federation partners with Better World Club to offer Bicycle Roadside Assistance
- \* TrailNet gets \$2.5 million in tax credits
- \* Blue Springs mayor who supported a bike-friendlier city leaves office
- \* Bike-on-Bus use in St. Louis skyrocketing
- \* Florida hit-and-run emphasizes bike/ped unfriendly

streets

- \* Katy Trails' economic impact
- \* How many Missourians bicycle? A lot...

### In Cycling Tips

(<http://mobikefed.org/cyclingtips.html>)...

- \* 4th Annual 2004 Ozarks 100, August 14
- \* Arkansas governor loses pounds, saves money cycling: Obesity costs states about as much as tobacco-related diseases
- \* 2nd annual Kansas City Bicycle Commuter Challenge May 17-21, 2004
- \* UMKC med student and triathlete
- \* East Coast Greenway
- \* Exercise helps in reduce risk of and recovery from cancer
- \* St. Louis Mountain Biking Club launches web site (<http://stlmtb.com/>)
- \* Virginia adopts "Complete Streets" policy--when will Missouri do the same?

From Brent Hugh  
bhugh@mWSC.org  
Missouri Bicycle Federation  
<http://www.MoBikeFed.org>



**For Sale** - 1993 Trek 1420 road bike, triple crank, 21 speed, aluminum frame, Shimano 105s, bar con shifters - good tires, cyclometer. About 8,000 fun miles. \$450/OBO

Anne Brown - 866-2314  
417.269.6124 - phone  
417.269.3104 - fax  
anne.brown@coxhealth.com

# Springbike's Dogwood Metric (100K - 62 miles) And Daffodil Dandy (18 miles) Sunday May 2, 2004 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.



**Dogwood Metric registration 7:00; start time 7:30**  
**Daffodil Dandy registration 8:30; start time 9:00**

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

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

## Registration & Fees

\$20.00 per member,

\$25.00 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 (\$20.00 member).....  
( \$25.00 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. Children must be accompanied by an adult on the ride itself.**

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





# Bike Springfield!

## Celebrate "May is Bicycle Month"

with the

### Third Annual Tour of Springfield Bicycle Routes

#### May 1st, 2004

Boonville & Olive

1 block north of the Square in Springfield

**9:00 am** Onsite Registration Begins  
(no pre-registration)

**10:00 am** Safety Clinics, Bicycle Check-Ups, and information from other organizations.

**11:00 am** Mayoral Proclamation of Bike Month.

## 11:05 Ride begins!



Co-sponsored by Springbike Bicycle Club and the City of Springfield, MO.



### We can help!

Our Advocacy committee especially needs 'herders' to keep people on track, and to sweep the route for problems on our Tour of Springfield May 1st. We also need people to stand by at various locations along the route to point out specific downtown attractions and developments. Would you like to help? Call Dick Harris 823-0485.

## Wheels and Heels

**March 2004** from MoDOT Bicycle/Pedestrian Coordinator  
Caryn Giarratano

Greetings Windbenders,

**Update on the state bicycle map:** Missouri is a crossroads for three national bicycle trails: Mississippi River Trail, Lewis and Clark Trail and the TransAmerica Trail. On-road cross-state bicycle corridors have been identified (to see a draft, go to [www.mobikefed.org](http://www.mobikefed.org) under maps and cross-state

routes). I have asked local government representatives to send me digitized data in a GIS format of local paved trails to be included in a MoDOT database. I hope to combine both the on-road and off-road trails on a single map. ...

**Rumble Strips:** MoDOT has reviewed and made changes to the rumble strip policy. We will no longer have rolled or formed rumble strips. MoDOT will now have continuous, milled, 5 x 16 x 7/16 inch rectangles with a 7-inch gap four inches outside the edge line on every shoulder that is two feet or wider. See standard plans

Cost is \$2 for Individuals, \$5 for Family.

T-Shirts will be available for \$12 - Proceeds go toward Bicycle Advocacy Fund to help fund grants. Last year's ride funded bicycle lockers at the CU Bus Transfer Station.

**18 Mile Bike Springfield Route**  
(approximately 2 -3 hours with shorter option)

**2 Mile Family Fun Ride Tour of Downtown**  
(approximately 45 minutes with longer option)



Terry Whaley and Coy Hart at the new bicycle locker

Call Bruce Adib-Yazdi 417.881.8510 or email [badib-yazdi@swbell.net](mailto:badib-yazdi@swbell.net) with questions.

626.00 at <http://www.modot.org/design/specbook/perfiles.htm>.

**Grates:** The grate policy change to require bike-friendly grates on newly constructed roads and shoulders may go into effect as early as July 1, 2004. Policy revisions will be made in the Project Development Manual, Standard Plans and Pay Items.

**Publications:** To keep up on breaking bicycling or walking news, subscribe to CenterLines, National Center for Bicycling & Walking, <http://www.bikewalk.org> and BikeLeague News, League of American Bicyclists, <http://www.bikeleague.org>.

Please forward this newsletter to anyone you feel may be interested. If you are not on the mailing list and would like to be added, please email me your address information.

Tailwinds, Caryn  
[giarrc1@mail.modot.state.mo.us](mailto:giarrc1@mail.modot.state.mo.us),  
573-522-9297, POB 270, Jefferson City, MO 65102-0270

# 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 community."

### MEMBERSHIP FORM

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

\_\_\_\_ New membership  
\_\_\_\_ Renewal (Due each April 1)

One year membership  
...\$20.00 per household  
Two year membership  
...\$38.00 per household  
Three year membership  
...\$58.00 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: \_\_\_\_\_



Springfield, MO 65801

PAID  
SPRINGFIELD,  
MO  
PERMIT NO. 616

## Bike To Work Week May 24-30, 2004

Join hosts Ozark Greenways and Springbike by celebrating bike activities throughout May, including Bike-To-Work Week.

Bike, bus or walk 3X or more to work or school that week and receive a free Ozark Greenways membership! Shower facilities available that week at both YMCAs.

Is your business interested in taking the challenge? The business with the most employee participation will win the Bike-to-Work Week traveling trophy!

To participate in the Challenge, mail your name, address, phone number, days ridden and mileage to:

**Ozark Greenways Bike-to-Work  
P.O. Box 50733  
Springfield 65805**

We'll even plan your route!  
[www.ozarkgreenways.org](http://www.ozarkgreenways.org)

(417)864-2015