



Springbike Bicycle Club
 PO Box 9823
 Springfield, MO 65801



THE TUBE

April 2005

Next monthly meeting April 11
Summers At The River @ 7:00 pm.

Upcoming Events

April 30 - Bike Springfield 11:00 Jordan Valley Ice Park, East Plaza
 May 1 - Dogwood Metric Century
 May 16-20 Bike to Work Week - Ozark Greenways co-sponsor.
 May 18 7 pm Ride of Silence - A National event to honor those who have been killed or injured on a bicycle. **
 May 20 - Bike to Work Day
 May 21 - 8-5 LAB Road 1 Course *
 June 25-26 Camp ride
 * \$35 fee Contact Coy Hart hillbillyoncrank@wmconnect.com 417-894-2905/ David Hutchinson David_Hutchison@ci.springfield.mo.us
 417-894-2905
 ** Contact Ralph Rognstad Jr. oakhill00@earthlink.net/Sandi West sisterdipa@yahoo.com. Start in parking lot at NE corner of Boonville and Olive. 12 miles, maximum speed 12 mph. No talking.

Umpteenth Annual Dogwood Metric Century

May 1, 2005
 Pre-registration at Summer's on the River
 6:00-9:00 pm 4/30/2005
 Registration day of ride:
 6:00 am
 Ride starts at 7:30 from Sparta High School
 Members cost: \$20 Non-members: \$25

For any questions: Contact TimWeston 840-5687, Kevin Umlauf 883-1113, Jim or Berry Freeman 724-2701

Have you ever wondered how some people seem to perform consistently in the top five at some of the local races? Or how some people perform better under pressure and others seem to succumb?

The Ozark Multi-Sport Club (OMC) will be addressing some these issues and much more at their monthly meeting in May. The OMC welcomes Marv Fremerman, a sports performance enhancement specialist based out of Springfield, Missouri. Mr. Fremerman has worked with many nationally and internationally recognized athletes and coaches.

Come prepared to learn how to improve your sports performance! Marv's new book, entitled Mind Over Sports, comes out at the end of March. Books will be available for purchase at the meeting. Learn more about Marv on his website www.mindoversports.com. This can't-miss event takes place May 22nd from 4-5 PM at the Library Center in Springfield.

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
 merrillcdrummond@mchsi.com

Treasurer

Bill Compere 863-1617
 billcomp@sbcglobal.net

Program Director

James Allen 833-1980

Special Event Route Organizer

Jim Freeman 724-2701

Membership

Randy Lacey 846-7352
 RLacey98@aol.com

Advocacy Committee

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

Tube Editor/WebMaster

Cynthia Petty 863-9132
 cynchp@peoplepc.com

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

Support your local bike shops!

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
 325 S Patton
 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,
 Well the bicycling season is starting to heat up! It's staying light later, the weather's warmer and the weeknight rides have started. The original weeknight rides all start at 6:00 from their usual locations. We've also started the new 12 mile easy ride which also starts at 6:00 Monday, Fellowship Bible Church. The 17 who attended our first ride had a great time with about a 13 mph average. We made some new friends, shared some helpful road rules and as promised no one got dropped. What surprised me was how good the riders were, with their only weakness being a lack of experience with group riding. The most encouraging comment I heard was from a 2 year rider who said that he wished that this ride would have existed when he first started.

The next big event coming up is the Dogwood metric century with rest stops, lunch, and t-shirts for the first 75 registrants. Many thanks to Jim and Betty Freeman who are putting together a first class ride, Gary Summers for lunch and a multitude of volunteers.

Next is the 2nd Annual camp ride on June 25-26. The ride will be limited to 50 riders at a reduced rate of \$50 for members. The ride will be about 65 miles each day with rest stops, meals and snack and your gear delivered to the campground. This ride was a blast last year and I expect the same this year. Don't procrastinate, I already have 4 reserved. Finally, May is bike month and will be kicked off with Bike Springfield Day on April 30. Please help our advocacy board by volunteering to help with this event.

Thanks to Scott Davis(Springfield Bicycle CO) for a great presentation on mountain biking at April's meeting. Next month Kevin Umlauf(Sunshine Bike) and someone from the MS Society will be discussing MS and the MS150. This will be our last meeting till next fall.

See ya on the road,
 Tim

Colors and Arrows

While riding the many bike routes you will notice as the year goes by a proliferation of colors and arrows. So many it is very confusing. Also so many that the county road departments are complaining. I have spoken to the various county officials and have their blessing to mark our weekly club routes with a dinner plate sized circle from which a directional arrow protrudes. In some cases you will find two of these circles together with arrows pointing in conflicting directions. That will happen only when two different rides converge and split up or when options are offered. In those instances there will be a stencil inside the circle that will provide an explanation. Circles will also be color coded for each night's ride. If, while on a club ride you follow anything other than these markings, there is no telling where you may end up. Colors are as follows:

Monday Night	Red
Tuesday Night	Green
Wednesday Night	Orange
Thursday Night	Blue

If it ever quits raining or the wind quits blowing so hard I would paint myself instead of the road, I will bring all road markings up to date.

Jim Freeman

2nd Annual Red Ribbon Ride

May 21, 2005 8:30 am for 30 & 50 mile ride. 10:30 am for the family fun ride.
 Individual rider \$15 pre-registration before May 14, \$20 after May 14. Family, \$25 pre-registration, \$30 after May 14.
 Starts at Galloway Station Bar & Grill.

Bike Springfield - Jordan Valley Ice Park, East Plaza

9:00 AM Registration begins, bike check up
 9:30-10:45 Safety Clinics/Helmet give away.
 10:45 Proclamations (State and City)
 11:00 Ride Begins
 Cost of attendance: FREE
 Cost for Riders \$4.00 per person or \$10.00 per family of up to 4.
 Safety Clinics/Helmet Clinic: FREE but donations are accepted. T-Shirts: \$15.00 (Proceeds benefit bike safety program)
 For more information, contact: Bruce Adib-Yazdi - 414-881-8510, badibyazdi@swbell.net

**Cycle for Life
 Benefits Breast Cancer Foundation of the Ozarks**

- The 4th Annual Cycle for Life ride will be June 11.
- It begins in the parking lot of Mentor Baptist Church, 6105 S FR 193, Rogersville, MO
- Registration begins at 6:15 am
- The 50 mile ride begins at 7 am followed by the 25 mile ride at 8 am and the 10 mile ride at 9 am.
- This is a supported ride.
- All ages are welcome.
- Refreshments will be provided at the church as well as the rest stops.
- Designated MS training ride.
- \$15 pre-registration on \$20 the day of the ride.
- To register, call BCFO office at 862-3838 or www.active.com (http://www.active.com/event_detail.cfm?event_id=1212205).

Good Bye My Friend

To say I have lost a friend pales in the enormity of what Earl meant in my life. I first met Earl July 12, 1997 on a ride in Ava. That began a friendship that developed in thousands of miles we traveled together on our bicycles in the U.S. and abroad. Nothing compares to seeing the country from the seat of a bicycle. Earl was there to encourage me and anyone else he met just to get out and ride for the fun of it. We met many new friends along the way. In his memory I have gathered a list of all the rides we shared together.

7/12/97 38 miles training for MS150
 8/23/97 training ride for MS150 to Willard and back to Ava
 9/6/97 MS150 ride in Springfield
 6/98 Oklahoma state ride
 9/98 Tandem Rally-Omaha, NE
 9/98 MS150 ride in Springfield
 9/99 MS150 ride in Springfield
 10/99 Tennessee State Ride
 5/2000 57 mile day ride in Tulsa
 7/2000 Tour de Wyoming State Ride
 9/2000 MS 150 ride in Springfield
 7/2001 Light House Tour in Nova Scotia
 7/2001 Moosa Tour in Maine & Quebec
 9/2002 Tri-Ri Ride in Indiana
 8/2003 Trip to Ohio to see Pete & Nancy and ride with them
 10/2003 Hilly Hundred in Indiana
 11/2003 Tour with VBT to New Zealand and Sydney Australia
 6/2004 Springbike Camp Ride
 6/2004 BRAG state ride Georgia
 8/2004 VBT Outer banks Tour N. Carolina
 9/2004 MS 150 ride in Springfield
 3/2005 Cycle Zydeco LA

This list does not contain all the trips Earl had done in his life only since I met him. Some other major rides Earl did in between ours was the cross county ride (self contained) with Bill Heath from San Diego to St Augustine in 1999.

6/2002 Earl and grandson, Josha, rode from Seattle to Cayucos, CA self contained.

7/2004 Earl and grandson, Josha, rode Ragbrai in Iowa.

And that doesn't count the many thousands of miles of training rides getting ready to do the above rides. You see, Earl loved cycling.

Susan Klepac, Earl's riding buddy.