

“Springbike is a local cycling club...



January,
2003

FROM OUR TEAM LEADER

Hi, members of the Springfield Bike Club. I had to beat a lot of competition to get to be the Springfield Bike Club President, but I'm going to do my best to have a good year.

I have lots of ideas and I would love to hear of your ideas.

First, the meetings will be on the 2nd Monday of the month and at Cartoons. The business meeting will be at 6:PM and the program will follow. You all are certainly welcome to the business meeting and bring your ideas. We have programs lined up thru April, and on the May meeting we are planning on having a swap meet.

We have an alternative ride for the Monday night ride and some different routes for the other evening rides.

Do plan on coming to the January meeting and listen and see pictures of Pat Giles ride from Mont. to Alaska.

Have a safe and fun ride.

Gary Day

Club Meetings



**2nd Monday
Of the Month
at
Cartoons**

6:00 PM Business
Program to follow

Jan. 13, 2003

Club Officers & Committees

President: Gary Day 581-6390
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Vice President Dale Deckard 833-0913

Secretary Deborah Peiffer

Treasurer Tony Miller

Program Director James Allen

Special Event Route Organizer
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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
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*Deadlines for The Tube are the
20th of each month.*

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

MARK YOUR CALENDAR

Our Next Meeting --Jan 13 Cartoons

Our next meeting will 2nd Monday of the month and at Cartoons. Pat Giles will share pictures of his ride from Montana through Alaska!

Jan 12 Advocacy Ride/Meeting

Sunday the 12th at 1:30 pm, The Mudhouse - just south of the square on South Street. The monthly 'Townie' ride meeting location is at The Mudhouse, 2:30 pm, Sunday the 12th. Show up on a bicycle, and use bicycle routes and/or greenway trails to the maximum extent practical. (Bring some money for coffee and a lock for your bike)

Jan 23-25 John Howard Clinic --info within

December's Sunday Advocacy Ride

Cliff Jacobs	Hugh Harris	Mike Adams
Mike Schilling	Jim Freeman	Terry Walden
Coy Hart	Kathy Hudgens	Bruce
Dick Harris	Terry Whaley	Adib-Yazdi

We had 11 people participate. We plan to do this as a monthly ride - and combine it with the Advocacy meeting. We'll do it the Sunday before the club meetings. So, next ride will be January 12th. Arrive by bicycle using bike routes and greenways as much as possible. Meet at 2:00 pm. At 2:30 we will begin the Advocacy Meeting.

Summary of email from the Advoc Committee --KMH

..for the members and the community."

Fall Century 2002



By Cliff Jacobs

Coy Hart put together a century route that even I could not beat. Traffic, hills, and wind were minimal as we were able to sail with ease from Hickory Hills School north and then west to Willard. Many of the group chose a shorter route up and around Fellows Lake and back. Myself and another brave soul chose the full 100 miles.

Coy and Shelley Rice kept in touch with both groups providing support. I am very appreciative of their efforts. However, I am disappointed in the turnout of less than 20 riders. This event has drawn

over 100 riders in past years.

What's the deal?

Well, I won't go into a lot of detail but we four shared the road and a quick bite at McDonald's in Republic. Pumpkin Days was in full swing, but we managed to get through. As you can imagine, a little testosterone was flowing and we set a good pace. Myself and Gary, a Monett area chicken rancher, went the distance. Our two friends easily optioned to go up Fremont over to the Galloway Trail and on to Hickory Hills.

Hey --- it was a great ride and if you missed it you lost out!

From Toys for Tots...

I just finished the Toys for Tots run on my Bianchi Axis, starting and finishing ahead of a whole passel of throbbing Harleys. My '97 Triumph didn't want to start this 17 degree morning, but I had already bought the toy and had made up my mind to ride anyway.

I met some of the people from my motorcycle club for lunch and they were encouraging..."It's always a slow run, you can keep up" Slow on a motorcycle and slow on a bicycle are not the same. I got a lot of good natured kidding from the Harley crowd:

"How many horse power?"

"No horses just one old Jackass."

"What kind of mileage do you get?"

"About 10 miles to a pint of coffee"

I left early, to get head start but decided that if I was going to do this I was going to do the whole thing. They had already started when I got back but I picked the ride up at Battlefield, one block from the start and rode with them to Northtown mall. I got a lot of waves and "thumbs up" from the bikers and spectators, especially the women (ya' know there's just something about a 56 year old man in spandex that drives women

crazy) .

I had a great time and I'm glad I did it, in fact next year I think I'll... .. make sure that the battery is charged up on my Triumph.

Terry Wacasey

From the New Year's Day Ride

Forty-one brave and hardy souls showed for the cold and damp bike ride at 12:00 noon today. The vast majority opt for the long ride from Glendale High School to North and back. However, a few, who were unable to follow the map and got lost and ended up in Ozark. So I had reports. Some reported sleet and a little heavy mist at times. All reported a good time and were happy to be able to enjoy the great outdoors. Some of the hard core were involved in a bicycle mix up and a few went down early out. David Lee already had a new tube in his front wheel by the time that I came by...

I'm hoping for good weather for the next rides.

Ray Wageman

From Bruce--

Armstrong Named AP Male Athlete of Year



By JIM VERTUNO
Associated Press
Writer

AUSTIN, Texas (AP) -- Lance Armstrong knows there's more to

winning the Tour de France than just his muscular legs and amazing stamina. It takes some luck, too.

A crash, an ill-timed tire puncture and even sickness can doom a rider in the sport's most grueling event.

"Anytime you have three weeks of open road, you need some luck," said Armstrong, selected The Associated Press Male Athlete of the Year of Thursday.

"One night you get some bad food, you can't do anything the next day and you lose half an hour," he said. "Knock on wood."

If luck is the product of hard

work, Armstrong should have plenty. Armstrong has conquered everything in his path - including the cancer that spread from his testicles to his lungs and brain in 1996 - to four consecutive Tour de France titles.

He was given just a 50-percent chance to live and his amazing recovery and victories have earned him worldwide praise from sports fans and other cancer fighters.

Armstrong and Barry Bonds were the top two vote-getters for the AP award for a second straight year, only this time the San Francisco Giants' slugger finished second.

Armstrong received 45 first-place votes and 292 points from writers and broadcasters. Bonds had 31 first-place votes and 233 points.

"Uh oh, hopefully he's not mad," Armstrong said. "It's nice to be recognized."

Tiger Woods, the winner in 1999 and 2000, finished third for the second year in a row. He received seven first-place votes and 110 points.

Armstrong takes advantage of the platform his comeback has given him to drive cancer-fighting campaigns. He started the Lance Armstrong Foundation, which funds cancer research and fills his rare free time with hospital visits and speaking at fund-raisers.

While he has no stump speech, his message is the same: Cancer made him the person he is today.

"When I came back, I said if I ever get a chance to do this, I'm going to give it everything. I'm going to train correctly, eat right. I'm not going to mess up," he said. "That's why I say all the time that the illness is the best thing that ever happened to me.

"I would never have won one Tour de France if I hadn't had it. No doubt."

Winning one Tour de France would have secured his place in cycling history. Capturing four in row put him among the greatest riders ever.

A victory in 2003 would tie the record of five. Spain's Miguel Indurain (1991-95) is the only champion of five in a row. Armstrong raced in three of Indurain's victories and holds the Spaniard in high regard.

"He was an incredible time triathlete, the best that ever lived," Armstrong said. "I can win a time trial today, but I would do it by seconds. He could win by a couple of minutes."

Armstrong was a time-trial specialist himself before the cancer. It was during his recovery that he amazingly turned himself into a dominator in the punishing mountain stages, where his breakaways up steep climbs separate him from the rest of the pack.

Tour officials already have mapped out the course for the 2003 race, which will be the event's 100-year anniversary, with additional mountain stages but fewer really steep climbs. That still bodes well for the 31-year-old Armstrong winning No. 5.

While he's already eyeing a possible sixth title in '04, Armstrong won't be caught daydreaming.

"As you approach the mid 30s, it's difficult to maintain a high level," he said. "But I don't feel weaker, I don't feel less motivated, and the team is strong.

"I know what I'm doing in 2003, and I think I know what I'm doing in 2004. But after that, I don't think about it."

Away from his bike and his cancer-related work, Armstrong is a proud family man.

He met wife Kristin while still taking chemotherapy. Son Luke was born in 1999, when Armstrong won his first Tour de France. Twin girls Isabelle and

Grace came along last year.

It's his family, and the realization that he almost never had one, that drives Armstrong.

"Seeing your kids tomorrow isn't guaranteed," Armstrong said. "Look at this life like it's a gift. That's the way I try to view my life, my family - as a gift."

A downside to his riding dominance is that it raised suspicions among French media and officials that Armstrong and the U.S. Postal Service team were doping.

Heckled by fans during last year's race, Armstrong has repeatedly denied taking banned substances and has never failed a doping test. French authorities in September closed a two-year investigation because of a lack of evidence.

Cancer, however, ultimately gave Armstrong the thing he's maybe most proud of: the label of survivor.

"Sports will come and go and I will be forgotten," he said. "But something like the illness will never go. I'll always have that tag."

From the Greenway News:

Hello All,

Save the evening of Thursday January 30, 2003 for the Ozark Greenways annual membership meeting. In addition to a few awards, an update on current projects, and your voting on our slate of directors, we have confirmed what we hope will be an interesting speaker for you. William Least Heatmoon the author of Blue Highway, River Horse, and several other books will be our guest speaker.

Terry Whaley

Body Mechanix Athletics Presents: John Howard Clinic

"John Howard showed me and the rest of the triathlon community how important it is to understand our bikes...the sport was never the same after his arrival." -Scott Tinley, Pro triathlete"

JOHN HOWARD SCHOOL WILL BE IN SPRINGFIELD, MO January 23- 25, 2003

Native Springfieldian John Howard, is coming to Springfield, MO Jan. 23-25, 2003! John is a MO Sports Hall of Fame Inductee, US Cycling Hall of Fame Inductee, an IronMan World Champion and 16 time National Champion including the 2002 Road and Mountain Bike Cross Country titles!

John Howard will personally make you a better rider. John will conduct a ramp test using the Compu-Trainer spin scan system that will measure your speed, power in watts, RPMs and heart rate before your 2 hour session and then after. You will be astonished at the gains you see in your power, speed and efficiency.

The John Howard System examines every aspect of your position on the bicycle. Using biomechanical analysis it measures and quantifies your muscle mass and adjusts your position so that more of your strength is applied to the pedals. Range of motion and flexibility is also built into the program with a series of stretching exercises and individualized strength-training regimens for each participant to follow. This program has led to over 130 national titles and 10 gold medals in international competition. The John Howard School is indeed a School of Champions.

"John's techniques and training helped me win thirteen U.S. National Championship titles and two World Champion medals." -Denise Mueller, USCF Road and Track Champion, NORBA Cross-Country and Downhill Champ

This clinic is limited to 20 riders. It will be held in the Fireside Room by the Gym at Second Baptist Church 3111 E. Battlefield Rd. in Springfield. The fee per rider is **\$325** payable in full by check (no credit cards) at the time of sign up to Body Mechanix Athletics. **Due by Jan. 6, 2003. Make checks payable to Body Mechanix Athletics and mail to:**

Body Mechanix Athletics 2202 E. Baratavia Springfield, MO 65804.

"If you're serious about your bike riding and want to become a better, faster rider virtually overnight John Howard is the man." Susan Cooper —World Champion

Here's how to sign up: Fill out info. on reverse and mail in. Also, go online and Log on to www.johnhowardschool.com and fill out the questionnaire under coaching and return it to John. Select three different times under the section "time available". It will require a minimum of 4 hours of your time for the program with the computrainer-spin scan analysis requiring a 2hour block that needs to be scheduled during the first 3 days of the clinic. The remaining day will be spent in a classroom setting learning the secrets of race day performance including stretching exercises critical to your best performance.

Attend this clinic and you will be a much better rider next season. Information detailing the venue of the clinic and confirmation of your registration will be sent to you by email. Sign up now!

Club Meetings: 2nd Monday at Cartoons

Yes! Sign me up for the John Howard Clinic!

Name: _____ Gender M F Age _____

Address: _____ City _____ Zip _____

E-Mail: _____ Phone: _____

Sport emphasis: _____ Years cycling: _____ Previous Bike fit? Yes No
 Type of bike: Road Mountain Triathlon Type of Pedals _____

 Mail completed information along with \$325 Registration Fee to:
 Body Mechanix Athletics 2202 E. Baratavia Springfield, MO 65804
 For more information: info@BodyMechanixAthletics.com or call (417)886-0924

Body Mechanix Calendar of Events 2003

Jan. 13th Winter Training Session Begins. 12 week session. Focus on base-building, strength and flexibility, nutrition, and technique for cycling, running and swimming.

March 31st Spring Training Session Begins. 10 weeks. Focus on Racing! Duathlon Series training, 5ks, 10ks, Half-Marathon and Marathon groups. Early season Tri's.

April 26- May 2: Great Bike Challenge. Bike Ride Branson-Memphis, TN- Branson

May 6, 13, 20, 27, June 3: Duathlon Series Tues. nights Fellows Lake

June 14: Open Water Swim Clinic

June 24: Summer Training Session. Focus on Triathlon training/Racing.

Aug: begin Fall 5k/10k training

Sept. Begin Fall Marathon training. Focus on Springfield Marathon, Half-Marathon and 10k Sat. Dec. 6, 2003.

Group practices Tues. -Running, Thurs- Cycling, Sat- run/bike M-F= Swim

Check the website for more details and changes in calendar www.BodyMechanixAthletics.com

Gift Certificates are Available for any of the BMA events! Great Gifts

Next Meeting: January 13

Everyone come to Cartoons

The Tube



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."



Springbike Bicycle Club
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Springfield, MO 65801

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_____ 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 is a member of the League of American Bicyclists.

Club Meetings



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