



Springbike Bicycle Club
 PO Box 9823
 Springfield, MO 65801



THE TUBE

February 2006
www.springbike.org

Next Springbike Meeting
March 13
Q'Doba Republic Rd & Kansas Expwy
 Ken and Diane Hood will be this month's program.

Upcoming Events

March 11 10:00 AM Chili Ride
 March 13 7:00 PM Springbike Meeting
 April 4 6:00 PM Weekly rides begin
 April 23 Fundraiser for Team Dynamic Earth
 April 25 6:00 PM Duathlon Series begins
 May 7 7:30 AM Dogwood Ride
 June 24-25 Camp Ride

Mark your calendars now for a special fund raising event for Team Dynamic Earth as they raise money to compete in Primal Quest 2006. Sunday, April 23 at Millie's there will be a silent/live auction with many great items to bid on such as 5 nights in Keystone, CO, dinner for 2 at Gilardi's, 2 nights on the Plaza in K.C., a bicycle, roundtrip ticket anywhere Northwest flies and much more. Three of the four person team are locals that ride all the time, Anna Assenmacher, John Bradley and Scott Davis. This will raise money for the Boys and Girls Town of Missouri and the Greenways as well. Stay tuned for more information.

Fuel for the Long Haul

Getting itchy for the first long training rides of the season? It's nearly that time. In fact, one RBR staffer has logged rides of 107, 111 and 113 miles in the last month. (Yes, it's been a mild winter so far -- knock, knock -- in the northeast.) Nutrition is a key to success on any long ride, and we recommend an eating pattern adapted from the teachings of legendary road coach Eddie B. Early in the ride, eat items high in fat and protein, such as sandwiches made with peanut butter, cream cheese or turkey with cheese. These foods digest and release energy gradually. In mid ride, nibble complex-carbohydrate foods such as fruit, energy bars or cookies. These foods supply energy faster. In the last 75 minutes or so, switch to energy gel. Solid food at this point probably won't digest quickly enough to help you in the final miles. Gel gets into your system right away. Sip sports drink and water throughout the ride to aid digestion and stay hydrated.

Support your local bike shops!

2005 Club Officers & Committees

President
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Westonbuilder@sbcglobal.net

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 Kevin Umlauf 883-1113/753-2969
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 James Allen 833-1980

Special Event Route Organizer
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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: _____

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

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Try This on Your Next Ride o^o o^o o^o o^o o^o

Master clipless pedals.

Don't smirk, all you veterans. Using clipless pedals may now seem as easy as turning a door knob, but lots of us can probably admit to an Artie Johnson "Laugh In" topple (or two) when we first went clipless and forgot how to get a foot out. Timber!

If you're still nervous about riding with clipless pedals or even apprehensive about switching to them, you're not abnormal. But take it from us -- you'll really like clipless once you learn the "twist out" style of release and it becomes a reflex. Then you'll be able to get out quickly and cleanly, even in emergencies.

These six tips will help flatten your learning curve.

---**Lighten the release tension.** Your feet should be able to twist out easily but not suffer unintentional releases.

---**Think twist, not lift.** The release motion is in a flat plane. Keep your heel level and pivot it smartly away from your bike.

---**Practice on an indoor trainer.** Clip in, pedal for a few seconds, and clip out. Practice clipping out while the pedal is any place in its 360-degree rotation. Do this for a few minutes on several days to ingrain the movement. Become adept with each foot.

---**Move to the real world.** Go to a quiet street or parking lot. Repeat the pattern of clipping in and out. A couple of short practice rides should do it.

---**Stay away from heavy traffic.** Take your first rides on lightly traveled roads without busy intersections, but make sure there are a few stop signs or lights that make you clip out and in.

---**Don't wait till the last second.** Anticipate stop signs, traffic lights or pulling up to the coffee shop. Twist one foot out but keep it on the pedal about 10 seconds before coasting to a stop. In this position, you can put your foot on the ground to stop or, in the case of a light changing to green, snap back in and pedal away.

Duathlon Series 2006

www.BodyMechanixAthletics.Com 886-0924

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. All Events Chip Timed!

Event #12mile Run-11mile Bike	Tues. April 25, 6pm
Event #211mile bike-2mile run	Tues. May 2, 6pm
Event #31mile Run-11mile Bike-1mile Run	Tues. May 9, 6pm
Event #411mile Bike-2mile Run-11mile Bike	Tues. May 16, 6pm
Event #52mile Run-11mile Bike-2mile Run	Tues. May 23, 6pm

Register online at 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 . Proceeds to benefit Bridges for Youth, an after-school program for at-risk kids.

SuperBowl Ride by Ray Wageman

Fifteen or more of the brave hard core showed for the ride this cold Super Bowl Sunday morning. Temp was in the mid 30's w/ light wind. All were dressed appropriately. Jill at the turner's store (a great and quaint place for lunch) was gracious and had a great pork sandwich for me.

I drove sag, by the time we reached Strafford I was sad that I wasn't on my trusty Cannondale. All of the riders except one continued on from Strafford for the 50 mile loop. What a great day it turned out to be and I was greeted w/smiles and thanks for the support and that made up for not getting to do the ride.

Winter time can be a super time to ride. All of the foliage is void from the trees. The pastures are slick and clean. Every day is different depending upon the brightness of angle of the sun. Every day is a different day. I love the four seasons.

Half way into the loop, somewhere in Webster County, I was parked waiting for bikers to catch up and I noticed seven lamas in a pasture at a cross roads junction. While setting there and enjoying the beautiful scenery on a quite Sunday afternoon it struck my imagination that I have never heard of lama milk being for sale as there is for goat milk. Goat milk is rather expensive. A lama is much like a goat and I don't know what else a lama is good for. So I goes to the farm house and knocks on the door and asked the gentleman if he should happen to have lama milk for sale. The nice gentleman sez, "No, I don't have any lama milk for sale and I never heard of anyone selling lama milk. And he asked, "Why would anyone have any use for lama milk?" So, I explained to him that there is a very good market for goat milk. It is recommended by doctors for many reasons and various ailments, and it fetches a very good price if you can find it readily available. Also, I explained to him that men like to feed goat milk to their wife for it is rumored that it will make her butt better. W/that, he sez, "BY GOLLY, I'm milking lamas starting tomorrow.

I continued the ride on back to Turner's. Jill was having a family reunion and her parking lot was full. Daughter and I always time our bike rides to be at Turner's around lunch time. Daughter calls Evelyn on her cell phone and she will meet us there for lunch for the highlight of my day. What a relaxing place to have lunch. National Geographic should do a skit on Jill and her beautiful valley. I have suggested this to NG but no action so far.