



Springbike Bicycle Club
 PO Box 9823
 Springfield, MO 65801



THE TUBE

February 2007
www.springbike.org

Next Springbike Meeting
Monday February 12
Q'Doba
4127 S Kansas Expressway

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 459-9571

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Upcoming Events

Feb. 4	Superbowl Ride
Feb. 12	Springbike Meeting
March 3	Chili Ride
May 5	Dogwood Ride

Super Bowl Ride

The ride will be from Billings to Hurley and back which is 31 miles. For those who want longer, they can proceed to the McCall Bridge. For mountain bikers, they could take a route via Hurley and Brown Springs by following the Brown Spring road as most of it is fine gravel. Ray Wageman is heading up the ride and says there is a great little cafe in Hurley with wonderful pie for anyone who is interested. They stop serving at 2:00. The route will be straight south to A and then east on A to Hurley. Meet at Billings High School on the south parking lot. As in the New Years Ride, cut off is 40 degrees, rain, sleet or snow. 1:00 pm.

3rd Annual Chili Ride

March 3 11 am No Cost!
 Wesley United Methodist Church
 East Sanctuary(smaller Chapel)
 922 W Republic Rd(1 mile west of Campbell)

Ride: 40miles, moderate hills The route will be simple as possible and hopefully we can get the map on line at Springbike.org before the ride. Basically, it will follow familiar roads from Springfield to Republic and Billings and back. Rest stops planned at 15 & 26 miles.

Food: We are planning coffee and donuts/cookies at 10am, ride starts at 11am. Chili will be served from around 2 to 4 or until it is gone.

Dogwood Ride

Due to safety concerns there will be a new route this year and the ride will be on Saturday, May 5. Stay tuned for details.

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
4250 Gretna Rd
Branson, MO 65616
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

Hi,

I ask my wife the same question every day, "Have I told you I hate winter?". This has been one terrible month for bicycling but the good thing is that daylight savings is just a few weeks away. It even falls on my birthday! Until that time we do have some great things coming up, starting with the Super Bowl ride, continuing with the monthly Springbike meeting, and wrapping up with the Chili ride. Be sure to check the website for any last minute changes concerning the rides. The meeting will be a continuation of our informational series being put on by our local bike shops (Thanks to Cycles Unlimited for a great presentation in January). When you miss the meetings you miss out on some great information concerning things like new possible ride ideas, The Missouri Tour, pointers to improve you riding...or maybe just spending time with fellow bikers.

Last month I asked for some input on what we should do with the Dogwood route and you came through in a big way. I want to do whatever the club members desire and by a overwhelming majority you've said that we should change the route. I totally understand those who don't agree because I also feel that having the same traditional route adds a certain desirable flavor. While we all may feel that way I think that we're also in agreement that safety is our top priority, and the majority feels that the old route is no longer safe. This means our next step is to come up with a route that is safe, challenging, and interesting. Our new ride coordinator Bill Hill has come up with some new, exciting ideas for this year's rides, but I'm once again going to ask for your input. Please take the time to let us know what your ideas for a new route are.

One last thing I want you to consider is doing a ride this year that you've never done. Last year I did Ragbrai and the Tour de Corn for the first time while some fellow Springbikers did the Tour de Tough in Oklahoma, and I can tell you now that we will all be going back this next year. These all offer different challenges than what we're use to in the Ozarks and add excitement to your cycling season. If you have some rides you'd like to share go to the website and tell us about them in the blog area.

See ya on the road,

Tim Weston

Answers to quiz

- #1 - small planes: 15.6 fatalities per million hours
#2 - on-road motorcycling: 8.8 per million hours
#3 - swimming: 1.07 per million hours
#4 - walking near traffic; 0.8 per million hours
#5 - bicycling: 0.26 to .41 fatalities per million hours
- #1 - basketball : 690,000 ER visits per year
#2 - bicycling: 590,000
#3 - beds: 400,000
#4 - chairs & sofas: 390,000
#5 - carpets and rugs: 125,000

So the bad new is: yes, your bike is more dangerous than your house.

3. E) less 1%

4. D) roughly ever 30000 miles

- #1 - 37% minor leg injuries - road rash , bruises, scratches
#2 - 28% minor arm injuries - road rash
#3 - 18% minor head injuries
#4 - 14% minor face injuries
#5 - 13% for minor shoulder injuries
#6 - 9% for moderate or worse injuries to the arm
#7 - 8% for minor other injuries
#8 - 6% for moderate or worse injuries to the head.
#9 - 6% for moderate or worse to the legs
#10 - 5% for moderate or worse shoulder injuries

Sunshine Bike Shop will be presenting proper tire maintenance on your bike for the February meeting.

Bicycle Safety Quiz

1. Rank these activities from MOST dangerous (#1) to LEAST dangerous (#5). Here, we're talking about the number of fatalities per million hours of people doing these activities.

- bicycling ____
- swimming ____
- on-road motorcycling ____
- flying in small planes ____
- walking near traffic ____

2. Rank these in order, giving #1 to the item causing the most ER visits per year in the USA; Give #5 to the activity or device causing the fewest ER visits per year.

- bicycling ____
- basketball ____
- beds ____
- carpets & rugs ____
- chairs & sofas ____

3. Of all the people who die of head injuries in the US, what percentage are killed while riding bicycles?

- 30% b) 20% c) 10% d) 5% e) less than 1%

4. On average, how often do enthusiastic cyclists (that is, bike club members) crash badly enough to damage equipment or require medical treatment?

Roughly every: a) 1500 miles b) 5000 miles c) 10000 miles d) 30000 miles e) 100000 miles

5. For a cyclist being treated in an ER, rank the most common injury being treated #1, and rank the least common injury #5:

- minor injuries to legs (like skinned knees) _____
- minor injuries to arms (like skinned elbows) _____
- minor injuries to shoulders _____
- moderate or worse injuries to arms _____
- moderate or worse head injuries _____

Winter Cycling Equipment

If winter in your locale is simply cold rain, fenders and rain gear is probably all you will need.

On the other hand, if snow and ice are to be expected, you may want to look into some studded tires. While expensive, these do last 3 to 6 winters. These make a big difference on icy roads, or hard packed snow.

Lights are another key item because darkness comes early. You will find both your morning and evening commute are in darkness in late December and January. Even day outings can run into evening hours, especially when the sun sets, and "evening" begins at 5:00. Long running lights front and back are a must.

A second bike is another good choice. Having one bike equipped with studded tires and another equipped for wet weather is very useful in my area, as our winter weather is unpredictable. I don't like to run my studded tires on bare pavement, and switch to the rain bike when it gets above freezing.