

"Springbike is a local cycling club..."

Club Officers

President:

Ann-Marie Shy
581-4757

Vice President

Gary Day
581-6390

Secretary

Carol Gough

Treasurer

Tony Miller

Committees

Special Event

Route Organizer
Kevin Umlauf

Program Director

James Allen

Membership

Jim Freeman
724-2701

Webmaster

Steve Hargis
www.springbike.org

Tube Editor

Kathy Hudgens
khudgens@sprynet.com

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

Springbike is a member of the League of American Bicyclists and the Missouri Bicycle Federation.

MARK YOUR CALENDAR

March 2

Duathlon Sac River

March 12

Club meeting 7:00 at Fire station #1, 720 East Grand

March 16

St Pat's Ride 2:00*

March 18

St Pat's ride at Willard*

March 30

Turner's Sta. Pickup 10 a.m.

May 5

Dogwood Metric (volunteers needed)

May 20-26

Bike to Work Week

June 1

National Trail's Day Willard*

**indicates ride is not sponsored or insured by Springbike Club.*

SPRINGFIELD POLICE DEPARTMENT

FROM OUR TEAM LEADER

Hello, Springbike! Welcome to another exciting issue of "The Tube." I hope you're enjoying the new format. I want to think Kathy (our editor) for revamping the newsletter. This is often a thankless job (right, Mary?), but I know members look forward to the monthly issue. I also want to thank Bruce Adib-Yazdi for writing a great letter in support of bicycling and bike routes.

Like many of you, I'm eagerly awaiting warm weather (on a regular basis) so I can get out there and ride. In the mean-

time, I hope you're taking advantage of the days we do have to add some miles to the ol' odometer.

Just a tidbit of information from a newspaper article I read at Gary Day's house. In 1987, the MS ride (in SW MO) had 89 riders and raised \$25,000. Wow...I know Gary was one of those riders, but are there any other Springbike members that participated in 1989?

Please join your fellow club members on March 30 for the trash pickup at Turner's Station. Many of us use this route, so let's do some PR and show the residents that we care about this area, too.

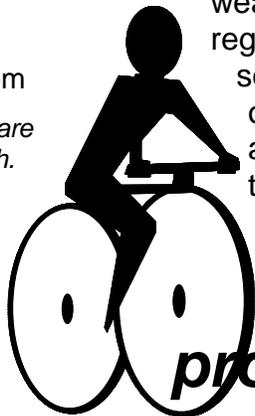
I hope to see many of



you at the next meeting on March 12. We have a great presentation planned – a Bike Patrol Officer with the Springfield Police Department will bring his bike and explain how he uses it for serving and protecting. Also, please note that the meeting is at a different location for the month of March.

Hope you have a great month. See you soon on the roads – weather permitting.

...from Ann-Marie Shy



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

Heads Up! We will be discussing membership changes at the next meeting to include participation in one service project a year. Bring your thoughts!

From Steve Hargis: Don't forget to visit the website where you'll find past issues of The Tube on-line. Also, the 4-sale section is a great way to look or buy bikes and components.
www.springbike.org

..for the members and the community."

Bike ride for Breast Cancer Foundation of the Ozarks

Come and join us for a fun bike ride to help raise money to help patients with breast cancer! There will be 3 levels of rides: 10 miles for those who want to leisurely ride and maybe take your family. A 25 mile ride for the next group and a 50 mile ride for more serious riders. There will be aid

stations, drawings for prizes and refreshments at the end of the ride. The tentative date is July 13, the exact date will be announced.

BCFO is an organization founded by Mary Beth O'reilly. We provide ancillary care and education to breast cancer patients. We provide money for many needs for those whose applications fit our criteria. We have 2 major fundraisers a year. In October we have an event called "Hooked on Dance" which is held at Bass Pro Shops. The event includes dinner, live

auctions, and live entertainment. In April of this year, we will have an event called "A Time to Share". This includes a luncheon, several mini seminars, silent auction and style show. We are very proud to say that all monies raised stays in the Ozarks. The organization has a board of directors and advisory board.

For more information, call Carol Gough at 881-8094. Please leave a message.

...from Carol Gough



For Sale: 2001 Giant Cypress hybrid. Men's large frame, low miles. Excellent condition. Added clips/straps to pedals and basic computer. Switched to road bike. \$200 Call Anthony Mundell at 732-8093, or email: almundell@cs.com

Wanted: 54 cm hybrid bike, Ginger 742-5118.

Wanted: 58 cm hybrid. Call 866-8366

Off-Road Duathlon



Sat. March 2, 2002
Sac River Trails
1mile run 3.5mile bike 1mile run
10:30am start time

Pre-register at Sunshine Bike Shop or 10am at race site. Fees: \$20 individual, \$40 team. For info, contact :

BodyMechanixAthletics.com
or e-mail info@BodyMechanixAthletics.com
or phone at (417)886-0924 or Sunshine Bike Shop 883-1113 or sunshinebikeshop.com

... Diane Hood

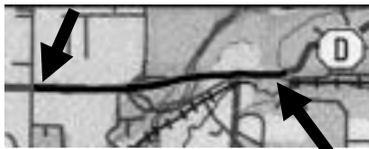


St. Pat's Day is March 16th at 2:00 p.m. Our gathering place will be right at the iron bridge on east Commercial at the bike shop. Lots of space there for all the bicycles. Also there is a beer joint and a cafe close by!

...from Ray Wageman

Let's Help Jan!

Pick up from Pleasant Valley



to just past Turner's Station

March 30
10:00 a.m.



Treasurer's Report 2/11/02

Income

Membership Dues 15.00
Petty Cash account.... 25.00
Total 40.00

Disbursements

AAA Mailing for Tube. 88.45
Set up Petty Cash..... 25.00
Petty Cash Stamps & envelopes 8.60
Total \$122.05

Beginning balance \$3344.35
Ending balance \$3262.30

...from Tony Miller



Super Bowl Sunday Ride Well Attended!

About 40 riders participated in Wilson's Battlefield Ride, a beautiful day in February.

Thanks to Ray for the pictures!

AROUND THE BEND

Surviving the Oklahoma Freewheel

by
Karen Donaldson

If you think we have some hills here in the Ozarks, try the ones in Eastern Oklahoma. Every other year the Oklahoma Freewheel ride takes place in Eastern Oklahoma. In 2001, I participated as a rider and my husband, Dennis, was an official SAG.



The ride began at Hugo and ended at Siloam Springs, AR. We rambled through the Ouachita, Kiamichi, and Tenkiller mountains for seven days, averaging 72 miles each day. Most of the time we lived in "tent city." However, two nights we got lucky and found a motel. One of those nights saved us from a traditional Oklahoma thunderstorm, including torrential downpour and multiple lightning strikes.

The cost was \$70.00 which included fruit stops (the early bird does get the worm), emergency health care, and SAG. The super sag, a greyhound bus, followed up the ride each day to pick up those last stragglers that just couldn't finish the days route. Food provided by local groups was available in camp, but most days they ran out in the afternoon. Some towns where we camped were so small they only



had one restaurant, usually a hamburger joint, and they frequently ran out of the less greasy foods.

There were twelve hundred riders and another twelve hundred support and tag a-longs. Sometimes our population exceeded the towns. All communities welcomed us with open arms. But there were some facilities that were less than desirable. The first day out we stayed at a church camp that had filthy facilities, ran out of food (they prepared for 800), and expected us to give donations to the cause.

The second day's ride began with a climb 3.5 miles long with no flat spots to rest your legs. The down side was wild, 7.5 miles with sharp curves winding back and forth and no guard rails. It was 92 at 8:00 a.m. that day and topped out at 98 with a heat index of 107.

I thought I was ready for this ride since I had trained on the hills around my home in Ozark, but I was mistaken. It was a humbling experience to have a 78-year-old woman on a recumbent pass me up on the big hills and singing hymns as she rambled by, barely breaking a sweat.

Overall, this ride was fun, a big challenge, an adventure, and I want to do it again to improve

my ability to overcome those Oklahoma hills. But, this year the ride is in Western Oklahoma, all flats.

Remember if you don't have a companion along driving a Sag or personal vehicle your camping gear will be transported on the truck, so pack light. It was a life saver having my husband along to carry my extra gear and just knowing he was there if I got in trouble was nice. As an official SAG, he went through 48 bags of ice with gallons and gallons of water; provided repair kits for flats; carried injured riders to the

medical RV; and helped find lost family members.

If you need more information about this ride, okfreewheel.com, has everything you need to decide if this ride should be on your calendar. This year's dates are June 9-15.

At the ride's end I purchased a shirt with the Survivor logo on it that read:

"I survived the Oklahoma Freewheel,"

a much earned souvenir.



CELEBRATE NATIONAL TRAILS DAY 2002

Springbike members are invited to celebrate National Trails Day with Ozark Greenways and the City of Willard. Ozark Greenways is planning a dedication ceremony for the new Frisco Highline Trailhead in Willard on Saturday June 1.

While plans are still in the development stage, this date coincides with the Willard Chamber of Commerce annual citywide garage sale, which attracts many people to the community. Presently the Willard Park Department is working to have a fun run on the trail and the Willard Lions are planning to have B-B-Q available on that date as well.

Ozark Greenways has invited Springbike to participate in the event. Some suggestions were that we might have a display and sing up table promoting Springbike and club memberships, safe cycling, bike inspections, and even lead a ride or two on the trail. This would be a great opportunity to present our club to new folks entering the world of bicycling.

Springbike members interested representing the club at this event should contact Ann-Marie Shy, or Terry Whaley with Ozark Greenways.

Trail Safety Campaign

Ozark Greenways is currently working on a campaign to promote trail safety, etiquette, and "rules of the trail". The present numbers of people using the trails present a crowding situation at times and the mixed use of runners, walkers, and cyclists can create conflicts that are easily avoided if all trail users were aware of and practiced a few common rules of curiosity. OG



Trails Springfield's Vision 20/20 Plan for Parks, Greenways and Openspace identifies 130 miles of potential greenway trails interconnecting throughout all areas of the community. Greenway trails provide access to people of all ages and abilities, whether they walk, run, bike, skate or wheelchair.

has formed committee to develop and plan some type of campaign. Noble & Associates has offered to help structure a campaign and additional underwriters are also being sought.

Again Ozark Greenways is looking for input from Springbike members who might have thoughts on the subject or wish to get involved with this campaign. Ozark Greenways is targeting the month of May for the campaign as that is **National Bicycle Safety Month** and **Bike to Work Week** is the week of May 20-26. Interested members contact Terry at 864-2014 or terry@ozarkgreenways.org

Bike To Work Week

Bike to Work Week is the week of May 20-26 and Ozark Greenways is once again presenting the bike to work week challenge for Springfield. If you bike or bus to work four of the seven days that week you can score a free one-year membership to Ozark Greenways. Keep the membership for yourself or present it to a friend as a way of building support for trails, greenways, and better cycling opportunities in Springfield. It is very simple use your bike, a City Utilities bus or a combination of the two just four days that week, and submit a letter signed by your employer to Ozark Greenways as documentation. They will handle the rest! Last years wining Corporation was Clariant Pharmaceuticals of Missouri. Their team logged the most miles biked to work and the most car miles saved. Can they be beat in 2002?

...from Terry Whaley

Ozark Greenways announced its successful acquisition of six additional miles of Burlington Northern Santa Fe railroad corridor to extend the Frisco Highline Trail from Willard to Springfield. This new section will be part of a 36-mile trail from Springfield to Bolivar, creating the second longest Rail-to-Trail project in Missouri next to the Katy Trail. This pedestrian and bicycling trail will provide a diverse population with safe, healthy, family-oriented recreation opportunities and alternative transportation possibilities.

The corridor acquisition agreement was reached with Burlington Northern Sante Fe Railroad. ... The total cost to Ozark Greenways is \$9,089, funded through the Greenways for the Future Capital Campaign conducted in 2000.

This acquisition is consistent with the Vision 20/20 Parks, Greenways and Openspace plan which was adopted by Springfield and Greene County. Eventually the trail in envisioned to connect with the Wilson's Creek Greenway and the Wilson Rutledge Farm that the Springfield-Greene County Park Board is working to purchase with the new Parks 1/4-cent sales tax approved on Nov. 6. It is also envisioned that this trail will eventually connect to Jordan Valley Park in central Springfield.

The preservation of this land is made possible by federal rail-banking legislation that allowed this agreement with BNSF. Ozark Greenways would like to express its appreciation to BNSF for their support and role as a strong corporate community citizen.

...from the Greenways website
ozarkgreenways.org

The 30th Register's Annual Great Bicycle Ride Across Iowa (RAGBRAI) July 21 thru July 27, 2002



RAGBRAI

Register's Annual Great Bicycle Ride Across Iowa

Bicycling Magazine calls it "The kookiest, friendliest multi-day tour in the U.S." This is the oldest, biggest, longest bike tour in the world. The ride starts in the west (Sioux Center), then proceeds indirectly across the "not as flat as you think" state to the Mississippi River. This is a 460 mile, 7 day, camping ride. The shortest day is 54 miles, the longest 77. There is an optional "Century Loop" on Tuesday to make a 100+ mile day. Each day there is a "meet up town" about half way into the day's ride. This gives you an opportunity to meet your team's support group, and begin or end your riding day at that point. You are cautioned not to come if you and your equipment are not prepared to go the distance.

There will possibly be 10,000 or more riders each day. All kinds of people, all kinds of bikes. Good group riding skills and manners are a must! Profits from the ride are distributed to charity, with prefer-

ences given to communities along the bike route. The locals treat you like royalty. It's not uncommon to be cheered into a town or up a hill by locals lining the road. And, we've received freebies including bananas, meals, beer, and all manner of trinkets. There is wonderful food and lots of it.

Last year there were at least two or three teams from our area on this ride. We currently have 6 or 7 people on our team, all have done it before. We would like to provide the opportunity for other area folks and teams to register as one team. If you or your team are going, we invite you to contact our duly elected Team Leader: Brenda Michaels. Probably the best way to contact her is to call her at work: 417-895-7162 or Email her @ bmichael@otc.edu. We plan to have our registrations ready to sub-

mit by about March 19, as they must be in before April 1. Participants are selected by lottery from the entrants. The fee is \$100 for riders, \$35 for non-riders. You will need money for meals and other incidentals. This is THE "Best Buy" in charity rides.

Test on Training for RAGBRAI:

- A) Ride a lot, building mileage.
- B) Do some group riding.
- C) Camp out in your back yard 3 nights a week.
- D) Drink a quart of beer every night.
- E) All of the above.

You can find out more about RAGBRAI online @ <http://www.ragbrai.com> or link from the SpringBike web site thru "Rides Lots Of Rides".

...from Coy Hart

Remembering George H. Nienhueser III

George passed away November 29, at the age of 47, after a five year battle with a brain tumor. My favorite memory of George was from a road race. I think this was in '93, north of town, consisting of two twelve and a half mile laps. About a fourth of the way into the first lap, George pulled up on my left and said, "Coy! I don't feel strong enough to do anything in my class today,

jump on and I'll pull you!" I accepted George's offer, and it took all I had to stay hooked up, let alone giving George a brief spell or two. Thanks to him, I took second in the crotchety old men's class, my best finish ever. Won five dollars cash! I tore the bill in two and offered half to George, which he declined. All the time I was making a big deal of the efforts of my domestique.

If I ever did anything approaching George's good deed, it was some time later. After what we all hoped was a recovery from

his health problems, I ran into him the night before an Ozark Greenway's "Pedal for Paths" ride. We agreed to ride it. This was like ten slow miles around town. He was so grateful that I rode with him, he must have thanked me six or eight times. I wish I had done more.

God bless you and yours, George. Our lives are better for having known you.

....from Coy Hart