



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

Upcoming Events

March 11 10:00 AM Chili Ride Wesley Methodist Church
 28 and 40 mile options
 March 13 7:00 PM Springbike Meeting
 April 4 6:00 PM Weekly rides begin
 April 17 6:00 PM Monday beginner ride starts
 April 23 Fundraiser for Team Dynamic Earth
 April 25 6:00 PM Duathlon Series begins
 May 7 7:30 AM Dogwood Ride
 Registration at 7:00 am
 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.

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
 881-1718/576-3865
merrillcdrummond@mchsi.com

Treasurer

Bill Compere 863-1617
billcomp@sbcglobal.net

Program Director

James Allen 833-1980

Special Event Route Organizer

Jim & Betty Freeman 724-2701

Membership

Randy Lacey 846-7352
myelement@swbell.net

Advocacy Committee

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

Tube Editor

Cynthia Petty 863-9132
cynchp@peoplepc.com

WebMaster

Dave Christiano

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

Hello,

What's happened to our great biking weather? The good thing is that Spring is almost here. If you've been having a hard time coming up with a reason to ride, I've found one. It's our Second Annual Chili Ride on March 11! We'll be taking off from Wesley United Methodist Church on Republic Road with 2 different distance options (28 or 48 miles) followed up with some of the best chili found in this area. Last year's ride attracted a good group and perfect weather, and I'm sure this year will be the same. Also plan on attending our next Springbike Meeting on March 13 at Q'doba's at the corning of Republic Rd. and Kansas Expressway. The featured speaker will be Angela Jenkins, a Registered and Licensed Dietitian, who will discuss some basics of nutrition for pre, post and during an event as well as the importance of nutrition during training. She will also discuss how and why nutrition is the foundation of any fitness program.

Unfortunately it's that time of year that I have to start bothering some of you about getting your membership dues paid. The only way that Springbike can keep running is with your membership dues. We have events coming up (Chili ride, Dogwood metric century, Camp ride,...) that will either require that your membership be paid or you will pay more to participate in those events. You must also be paid up to keep receiving your Tube and sponsoring bike store discount. To find out when your membership expires just look above your mailing address on your Tube. If for some reason you can't find it feel free to either e-mail or call me and I'll find out for you.

Once again, be sure and check the website for updated information concerning upcoming rides and events. Dave Christiano is doing a great job with the website and will do more if we supply him with the information.

See ya on the road,

Tim Weston

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.

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.

St. Patrick's Day PARADE AND CELEBRATION The peoples Parade

26th Annual St. Patrick's Day Parade & Irish Festival Saturday, March 18, 2006 Springfield, Missouri

The Commercial Club of Springfield & The Irish Festival Association invites you to join us in the 26th annual St. Patrick's Day Parade and Celebration, on Saturday, March 18, 2006 Whether you're an individual or part of a group, organization, business, school, band or clan, we want you to be in our (YOUR) parade! This is definitely a parade to march in.... not just watch. Everyone is encouraged to join in the "wearin' o' the Green" and welcoming of spring. You may walk, ride, cycle, skate, or join in any way you wish. There is no entry fee to join the fun, but a "good time attitude" is essential!

The parade will form on Benton between Commercial and Division Streets. The parade starts promptly at 2:00 p.m., so be at the staging area by at least NOON to assure the parade gets off on time. Prizes will be awarded for the best Irish Family, Individual Costume, Best Irish Pet, Best Float, Best Musical Entry, best Youth Entry and more!!!! The Committee Trophy will be awarded to the entry that best embodies the spirit of the day. Again this year, the trophies will be hand-blown glass from our friends at the Springfield Hot Glass Studio. The awards ceremony will be held at Patton Alley Pub with musical guests TBA. Please have someone from your group there for the awarding of the prizes and trophies.

Cash prizes will be awarded to the 1st (500.00), and 2nd (\$250), and 3rd (\$100.00) place winners in the Float Division. PLAN YOUR FLOAT NOW

Grand Marshall for the Parade will be Ken Knauer from the Community Free Press

If you have any questions about the Parade, please call 417-689-0321