



**Springbike Bicycle Club**  
PO Box 9823  
Springfield, MO 65801



# THE TUBE

March 2007  
www.springbike.org

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

## 2007 Club Officers & Committees

**President**  
Tim Weston 840-5687  
Westonbuilder@sbcglobal.net

**Vice President**  
Mia Phillips  
459-9571

**Secretary**  
Susan Lamphear  
582-0123

**Treasurer**  
Bill Compere 863-1617  
billcomp@sbcglobal.net

**Program Director**  
James Allen 833-1980

**Special Event Route Organizer**  
Bill Hill 725-1690

**Membership**  
Merrill Drummond  
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**Advocacy Committee**  
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badib-yazdi@swbell.net

**Tube Editor**  
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cynchp@peoplepc.com

**WebMaster**  
Dave Christiano

## Upcoming Events

March 3	Chili Ride
Mar. 11	Daylight Savings Begins - Yea!
Mar. 12	Springbike Meeting
May 5	Dogwood Ride
May 16	Ride of Silence
May 19	Red Ribbon Ride
June 9	BCFO Cycle for Life Ride
July 14	Pancake Ride
Sept. 8	Kevin Umlauf Celebrate Life Ride
Sept. 11-16	Tour of Missouri
Sept. 15	MS150

Lots of great events coming up, plan your calendar now.

### 3rd Annual Chili Ride

March 3

Starts at Wesley United Methodist Church (East Sanctuary) at 922 W Republic Rd (1 mile west of Campbell). Route with moderate hills to Republic, Billings and back. Rest stops are planned at 15 & 26 miles. Coffee and donuts at 10:00 am, ride starts at 11:00 am. Chili will be served between 2:00 and 4:00 pm. There is no cost.

### 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.

### Ride of Silence

A memorial ride to remember those killed or injured while riding their bicycles. Start at Boonville and Olive parking lot at 7:00 pm. A 12 mile ride at 12 mph maximum.

### Red Ribbon Ride

Sponsored by the Aids project of the Ozarks.

## 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,

Well we're coming upon my favorite day of the year...daylight savings starts, March 11th! This also happens to be my birthday which isn't important unless you want to buy me something. Getting back to daylight savings...the weekly rides will be starting on the 13th at about 5:00-5:15. I hate to be vague but I'm not sure how early it will get dark and how long it will take those winter legs to get us around the routes, so take into consideration what your fitness level is right now to determine your leaving time. The next big ride is our annual Chili ride on March 3rd being hosted this year by Randy Lacey. I hope our weather is a little better than it was for our last 2 scheduled events (don't let Ray predict the weather for this one). I also want to remind you of the Dogwood which is going to offer an excellent new route, so be sure and check the website for additional information.

The last two club meetings have been very well attended with our local bike clubs offering helpful information to improve your riding experience. During the last meeting an experienced biker friend even found out that she's suppose to replace the chain more than once every 12,000 miles. This month's will be presented by Sunshine Bike concerning tires and tire changing. I ride with a lot of people who also need this information.

Finally, it's that time of year that I have to start getting on some people about renewing their memberships (I hate having to do this). We have a new membership coordinator this year and she's mean (just ask her husband). She's told me that she's going to quit sending you The Tube if you don't pay up, which also means that you lose your shop discount, don't get your discount at the Dogwood, and other really bad things. Seriously, if you enjoy your club benefits, participate in free rides like the Chili ride, and have a desire to protect the bicycling we have, we must have paid memberships. I see to many \$2000 bikes to believe that \$20 a year for a Springbike membership is going to ruin you. I have been a member a lot of years in which I've made some great friendships, rode some memorable rides, and seen huge improvements in our bicycling community. If not for Springbike I wouldn't have made those friendships, or rode those rides, or even been exposed to a biking community. I'd say that's a pretty good investment for \$20.

See ya on the road,

Tim Weston

### Intervals

You may have heard me say this in the past: "If you want to go 30 miles per hour, you have to go 30 miles per hour." What it means is that if you want to go faster than you can now, you need to spend brief but intense periods of time fighting to go at those faster speeds, even if you can't keep them up for very long. This is what intervals are. The result is that your body starts getting closer to being able to do those faster speeds more easily. This applies to both hill climbing and flat riding. In talking to the best cyclists in the area one thing that is common amongst them and perhaps the thing that most separates their training from others is their adherence to interval training. Anybody who complains about being slow but doesn't do intervals needs to stop complaining.

Do we need a refresher on how to do intervals? Practically every book on training discusses various types of intervals, particularly in terms of cycles, heart rates, on/off times, etc. That's fine and I'm not going to bore you with more of this. But I will say that if you are not sure how to start getting into doing intervals or find the thought of them boring, try one of these techniques:

- Climb a 30 minute hill in 3-5 minute bursts with 2 minute super easy rests (still riding).
- Climb a 3 minute hill 5 times in a row as hard as you can staying seated in the biggest gear you can continuously turn.
- Go to the front of your local group ride and pull as hard as you can, regardless of the punishing outcome.

Intervals should only be done once a week, as any more would harm more than it would help them. You should easily see noticeable improvements within a month of doing this.

I sure hope Lycra isn't flammable. Because -- judging by a lot of what we roadies say -- our pants could catch on fire.

Add these gems to the vocabulary of sneaky things said (and what's really meant):

#### "It's not that hilly"

This climb lasts longer than a presidential campaign. Be careful on the steep sections or you'll fall over -- backward. You have a 39x23-tooth low gear? Here's the name of my knee surgeon.

#### "This energy bar tastes like real food"

This energy bar tastes like real dog food.

#### "You're doing great, honey"

Yo, lard-o, I'd like to get home before midnight. This is what you get for spending the winter watching football and gobbling Snausages. I shoulda married that cute Cat 1 when I had the chance.

#### "It's not that windy"

Yes, that was a mobile home cartwheeling by. No, they're not supposed to be that mobile.

#### "I was just riding along when it broke"

I rode down a flight of stairs on my 398-gram race wheels. I drove into the garage with my bike on the roof. I decided to save weight by filing the rails on my saddle.

#### "This is a no-drop ride"

I'll need an article of your clothing. It's for the search-and-rescue dogs.

#### "The proprietary Carbonium tubing yields a stiff yet compliant ride"

This bike feels exactly like the 14 gazillion others produced in a monster factory in Taiwan, but our marketing guy had to come up with something to justify the \$4,000 price tag.

#### "It's not that far"

Yes, it is.

### Distance

The twin brother of intervals is distance. Needless to say, this means doing long rides. For most this means rides of 50 miles or more and for those interested in competitive road racing this often means rides of 80 miles or more. These should be done roughly once a week during the primary season. Doing long rides builds your glycogen (energy) storage capacity, burns fat, promotes increased metabolic rate, and just plain allows you go to longer.

Here are some ways to get in these distance rides without getting bored:

- Do organized centuries. Ride them any way you like. Many top (category 1/2) racers do these to add fun to their training.
- Do longer group rides. There's almost always some long ride going on every week.
- Do a double ride. For example, do a 20 mile ride at 7 AM with your buddy before doing a group 50 mile ride at 9 AM.