

# "Springbike is a local cycling club..."

May,  
2002



## Club Officers & Committees

|   |  |
|---|--|
| <b>President:</b><br>Ann-Marie Shy<br>581-4757              | <b>Route Organizer</b><br>Kevin Umlauf                 |
| <b>Vice President</b><br>Gary Day<br>581-6390               | <b>Program Director</b><br>James Allen                 |
| <b>Secretary</b><br>Carol Gough                             | <b>Membership</b><br>Jim Freeman<br>724-2701           |
| <b>Treasurer</b><br>Tony Miller                             | <b>Webmaster</b><br>Steve Hargis<br>www.springbike.org |
| <b>Tube Editor</b><br>Kathy Hudgens<br>khudgens@sprynet.com |  |
| <b>Special Event</b>  |  |

*Deadlines for The Tube are the 20th of each month. Springbike is a member of the League of American Bicyclists.*

To everyone who helped- Thank you so much for your help and great effort in picking up trash at Turner's Station. It has always been a pleasure to have you here on Tuesdays. You are a great bunch of people.



I wanted to pass along not only my thanks, but also a

compliment from MoDot. Our stretch of highway was the cleanest trash pick up they'd seen.

**Congratulations on a job well done!**

See you soon,  
Jill Eisey - Stoner  
Turners Station

**THANK YOU!**

Super group of bikers who showed for the Turner's Station trash pickup. Here is a list of those who signed the sheet. There may have been others. Ann Marie found the Sacagawea Dollar. If you notice a wisp in her speech, it is because she busted a part of a tooth off trying to get the dollar out of the beer can!! Coy Hart saved all the aluminum cans to take home, hoping  
*(Continued on page 5)*

|               |                |
|---------------|----------------|
| C. L. Hart    | Greg Swick     |
| Tony Miller   | Nathan Swick   |
| Gary Day      | Mike Gaines    |
| Mike Penprase | Ann Marie Shy  |
| Dave Pruiett  | Doris Cantrell |
| Dick Harris   | Ray Wageman    |
| Gale Clitherd | Joe Kosianna   |
| L. Davis, ESQ | Cecil Davis    |

Evelyn Wageman  
Gere Wageman Masters

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

**MARK YOUR CALENDAR**

**Weekly club rides\***  
--see page 3

**NO CLUB MEETING**

**May 5**  
Dogwood Metric\*

**May 18th**  
Miracle Bike Tour

**May 19th Sun. 2:00 PM**  
Springfield's Awareness Ride\*

**May 20-26**  
Bike to Work Week\*

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.

**June 1**  
National Trail's Day Willard (see March issue for details or ozarkgreenways.org)

**July 13**  
BCSO ride

*\*ride is sponsored and insured by Springbike Club.*

### Duathlon Series Dates:

**May 7:** 11mile bike-2mile run  
**May 14:** 2mile run-11mile bike  
**May 21:** 1mile Run-11mile bike-1mile run  
**May 28:** 11mile bike-2mile run-11mile bike  
**June 4:** 2mile run-11mile bike- 2mile run. Series Finale and awards presentations after this event.

For info contact info@ Body-MechanixAthletics.com.

...From Diane Hood

## ..for the members and the community."

## FROM THE MEMBERSHIP DUDE

the Tuesday and Thursday night

**W**e now have a membership of 300 paid households. Now the challenge is to retain those households as members. According to Springbike Club Bylaws, membership is renewable in April of each year. At this time less than 100 of those households have renewed their membership. I know we are all busy, so to give everyone an adequate opportunity to renew, I will not delete any households from the membership roles until the end of May. Remember, your membership dues must be current if you wish to ride in the Dogwood. To make it as easy as possible, renewing your membership can be accomplished by mailing your dues to the club's post office box; by seeing me at the pre-Dogwood registration (6:00 pm. to 8:30 p.m. on May 4th at Cartoons); and at the Dogwood Ride registration table on May 5th. I will also be available to renew memberships at club rides. I usually ride

rides. If you don't recognize me, I'm the old guy on the Giant OCR One.

If I have been a little slow in answering my correspondence, it is because Betty and I have been gone for the last two weeks. We took a vacation to Austin and San Antonio Texas. The highlight of our trip being the annual Ride for the Roses Weekend. We were able to visit the Expo as soon as it opened and, this year, I got my Ride for the Roses Jersey. Last year they all sold out except for small and medium. For those of you who know me, you know small or medium would not fit me too well. the ride itself was great. After the National anthem, Lance, Robin Williams, and all the other celebrities took off, and then we had the long wait as riders were staged out. Finally on the road, I found the ride to be a well supported ride with breath taking scenery. The wildflowers of Texas are really lovely this time of the

year, and I enjoyed riding along among the buttercups, blue bonnets, and others whose names I do not remember. If you have never participated in this ride, Betty and I highly recommend it.

JIM FREEMAN



**B**efore he was diagnosed with cancer, Lance Armstrong and his local Austin cycling buddies had a tradition. Each spring

they gathered to race along a course through the Texas Hill Country. The winner was awarded a dozen red roses (which was usually a prize for the winner's girlfriend.) After Lance was diagnosed with testicular cancer in 1996, he felt compelled to help others fight the disease. With the support of his friends and family, Lance founded the Lance Armstrong Foundation in 1997. Desiring to show their support, Lance's cycling buddies created the first "Ride for the Roses" that same year. The public was invited to help fight cancer by joining them on their annual ride through the Austin countryside. Their ride soon became one of the most popular and significant events in the world of cycling.

challenging phases of diagnosis and treatment, encouraging each to adopt the same positive attitude that Lance Armstrong adopted in his own battle with cancer.

The Lance Armstrong Foundation is a registered 501(c)(3) non-profit organization located in Austin, Texas. For more information, please visit our website at [www.laf.org](http://www.laf.org).



### About the Lance Armstrong Foundation

The Lance Armstrong Foundation (LAF) exists to enhance the quality of life for those living with, through, and beyond cancer. We want to continue to define, refine, and improve cancer survivor services and facilitate the delivery of those services - and a large dose of hope - to the patients, their families, and other loved ones touched by the disease. It's a tall order, but an organization that bears the name of the man who came back from cancer to win three consecutive Tour de France victories can aim for nothing less.

Founded in 1997 by cancer survivor and champion cyclist Lance Armstrong, the LAF's mission is to enhance the quality of survival of those diagnosed with cancer. We seek to promote the optimal physical, psychological, and social re-

covery and care of cancer survivors and their loved ones.

The Foundation focuses its activities in the following areas: survivor services and support, groundbreaking survivorship programs, and medical and scientific research grants. Through survivor services and support, we help those diagnosed with cancer, and their loved ones, adopt an attitude of hope and positive action on their road to recovery. Through partnerships with leading health institutions and organizations, we aid in the development of after-treatment services and support for survivors. Through medical and scientific research grants, we support research for a better understanding of cancer and cancer survivorship.

Providing information, services, and support, the LAF strives to help all cancer patients through the

# Springfield's 1<sup>st</sup> Annual Awareness Ride

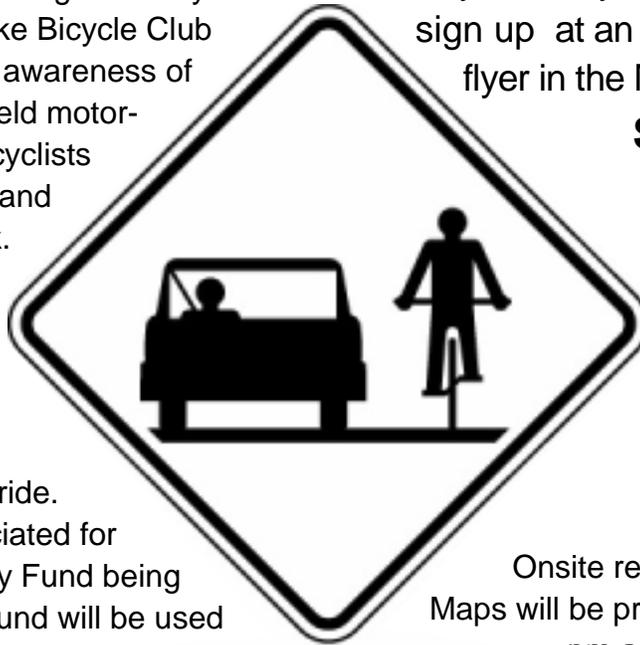
Sunday May 19<sup>th</sup>, 2002 2:00 pm --Helmets Required



This ride is organized by Springbike Bicycle Club to raise awareness of Springfield motorists and cyclists

regarding sharing the road, and to kick off Bike to Work Week. For more info, go to our website [www.springbike.org](http://www.springbike.org) and click on Advocacy.

There is a \$10.00 fee for the ride. Donations will also be appreciated for support of a Bicycle Advocacy Fund being created by Springbike. The fund will be used to make direct improvements to city bike routes, and be used to solicit matching grants for the same purpose. Contact: Bruce Adib-Yazdi [badib@swbell.net](mailto:badib@swbell.net) 417.881.8510 (evenings), 417.521.6164 (daytime).



Anyone 16 years of age or older may sign up at an area Bike Shop or use the flyer in the May issue of The Tube.

**Sign Up:** A&B Cycle  
Cycles Unlimited  
Sunshine Bike Shop  
Sports Xtreme  
Willard Bike Shop  
Springbike's Tube  
On Site

Onsite registration will start at 1:00 pm. Maps will be provided. The ride starts at 2:00 pm and will make its way around to several 'destination' points using city streets and some of the city bike routes. Riders will ride single file along the right side of the road, and if split by traffic or stop lights, will regroup at each destination point as indicated on the map.

**Start & End:** At the parking lots north of the square on Booneville

**Route:** Approx. 2 hours of stop and go riding  
Ride will go **rain or shine** --be prepared.

**Snacks/water:** Bring your own.

**Bicycle:** All bikes are welcome.

**Attire:** Cycling 'Casual'.

**Fee:** \$10 --remember to RSVP for T-shirt.

**T-shirt:** To reserve a T-shirt, RSVP to Bruce Adib-Yazdi [badib@swbell.net](mailto:badib@swbell.net) or call 417-881-8510 by May 8. T-shirts will be distributed with your signed release form starting May 15<sup>th</sup> and onsite right before the ride. Watch our website for details, or call Bruce.

**In Summary:** Pick up registration forms at Bike Shops or in The Tube. RSVP to Bruce if you plan to ride. Tell him how many T-shirts you need and sizes so he can get them ordered. Bring your signed registration form and check to the ride. Then,

***Ride Springfield for Cycling Advocacy and Awareness!***

# Registration Form

Please, one registration form and one release form per rider.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Emergency Number: \_\_\_\_\_  
Contact Person: \_\_\_\_\_

For T-Shirt, RSVP to Bruce Adib-Yazdi [badib@swbell.net](mailto:badib@swbell.net) or 417-881-8510.  
T-shirts will be distributed just before the ride.

## Springbike's Awareness Ride Release Form

PLEASE READ CAREFULLY, SIGN AND RETURN COPY WITH REGISTRATION FORM

In consideration of the acceptance of this application, I hereby, for myself, my heirs, executors, administrators and assigns, and anyone entitled to act on my behalf, release and discharge the sponsors, directors, officials, employees, and volunteers, from any kind of illness or damages suffered by me as a result of my participation in, or traveling to or from the Awareness Ride.

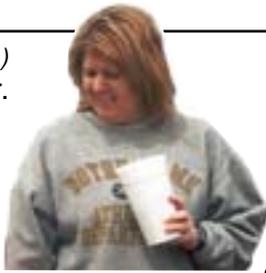
I know and understand that bicycling is potentially hazardous. I should not enter the Awareness Ride unless I am medically able and properly trained. I assume all risks associated with riding the Awareness Ride including, but not limited to: falls, contact with other participants, the effect of weather, traffic, and conditions of the roads: all such risks being known and appreciated by me. I realize that bicycling is a strenuous activity which requires proper physical conditioning. I do hereby certify that I am in such physical condition and in good health. I agree to wear all appropriate equipment, including a helmet at all times while riding Springbike's Awareness Ride.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Signature of Parent or Legal Guardian (if under 18): \_\_\_\_\_  
Child's name: \_\_\_\_\_ Date: \_\_\_\_\_

***Signature is required to ride.***

Thank you for joining the Awareness Ride.  
We look forward to improving Springfield's cycling safety.

(Continued from page 1)  
to fine another dollar.  
(Only one was  
planted)



This was just super support from the bike club. Jill, the operator of Turner's Station expressed her deep appreciation. And said that she couldn't done this without our help. Also said, "it will make me want to choke the next person that I see throwing out thrash. I agreed. This stretch of road looks better now. Amazing how much junk was picked up, along with many many car tires.

My daughter, Gere and I, ride this area frequently. Evelyn meets us at Turner's for lunch. This is the highlight of our day. Can you find a more relaxing and peaceful place to have lunch with two persons who mean so much to you? I so enjoy when the train comes by and Jill's dog will sit on his behind and howl. I cringe of a "super-store" being constructed here and all of this setting being destroyed, replaced by bright lights, parking lots and all of the modern day rubble that goes with it. Enjoy Turner's Station while you can.

I dream of being able to bicycle Montana, Idaho and into Washington State, with the Lewis & Clark Trail and back roads, away from the interstate where every scene is the same. I think that staying over in the small towns and eating

in the mom and pop stores would be something akin to Turner's. '03 or '04 might just be the year as I hear this is the 200th Centennial and there are many plans being laid for some super supported rides along this route. I don't think I want to attempt the complete trip from Wood River, Il to Cape Disappointment, Washington.  
Ray W.

## REMEMBER JULY 13!!!! Ride For Life

We are well underway with planning the Ride For Life bike event. We are also considering a 3 or 4 mile family ride. Remember this is for a great cause. Breast Cancer Foundation of The Ozarks began making distributions in February 2000 and to date has assisted 24 families and expended over \$22,000. We are a non-profit organization. Please help us con-

**For sale:**  
**HALO HEADBAND**  
Endorsed by **Bicycling Magazine March 2002**  
2 styles, 3 colors, dryline material.

These have a rubbery strip to stop sweat from dripping in your eyes. They retail for \$13, but can be purchased for \$10 if we have a confirmed order for 10 or more. Tommy has tried these and is happy to report **they work!**

Tommy Freeman  
742-4368 home  
848-5705 cell

tinue to make a difference in the community by bringing a friend or family and Ride For Life. All monies raised stays in the Ozarks. There will be food at the finish, drawing prizes to include Fitness Club memberships. Where, when and the entry fee will be in the next TUBE.

Carol Gough, TUBE secretary and member of Breast Cancer Foundation of The Ozarks  
Questions? --Carol Gough  
Work 269-5538 Home 881-8094

## Treasurer's Report 3/13/02

### Income

Membership Dues..... \$158.00  
Petty Cash account......00  
Totals..... \$158.00

### Disbursements

US Postal for stamps for membership card mailing..... \$34.00  
First Impressions for printing of the Tube ..... 138.78  
AAA Mailing (Tube)..... 1.64  
Total ..... \$264.42

### Petty Cash

Wal-Mart Envelopes ..... 1.00  
Reliable rubber stamp..... 4.37  
Total.....\$5.37  
Totals..... \$269.79

Check Book ..... \$3139.88  
Petty Cash..... 13.03  
**\$3152.91**

Beginning balance .... \$ 3264.70  
Income..... 158.00  
\$3422.70  
Disbursements..... 269.79  
Ending balance ..... **\$3152.91**

...from Tony Miller



[www.tourdecorn.com](http://www.tourdecorn.com)



**We're invited: Tour de Corn  
East Prairie, MO June 29  
15, 30, 60 Miles \$15.00**



# The Tube



www.springbike.org

## Springbike Bicycle Club's Newsletter

"Springbike is a local cycling club whose purpose is to promote enjoyable safe cycling for the members and the community."

### MEMBERSHIP FORM

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
 State: \_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_ New membership  
 \_\_\_\_ Renewal (Due each April 1)

One year membership  
 ...\$15.00 per household  
 Two year membership  
 ...\$28.00 per household  
 Three year membership  
 ...\$40.00 per household

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: \_\_\_\_\_  
 Date: \_\_\_\_\_



Springbike Bicycle Club  
 PO Box 9823  
 Springfield, MO 65801

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 MO  
 PERMIT NO. 616

These Springfield area bike shops support the Springbike Club with member discounts, and donations of time and merchandise for special events. Return the favor and support these shops with your business. Shop your local bike shops first!



**Willard Bike Shop**  
 106 E Jackson  
 742-4465

**Sunshine Bike Shop**  
 1926 E Sunshine  
 883-1113

**SportsXtreme**  
 3433-E S Campbell  
 883-8100

**Cycles Unlimited**  
 1254 E Republic Rd  
 887-3560

**A&B Cycle Inc.**  
 220 W Walnut  
 866-6621