



Springbike Bicycle Club
 PO Box 9823
 Springfield, MO 65801



THE TUBE

September 2005

**No meeting until Fall
 Enjoy your rides**

Upcoming Events

Sept. 17& 18 - MS150
 Oct. 8 - Fall Century

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
 merrilldrummond@mchsi.com

Treasurer

Bill Compere 863-1617
 billcomp@sbcglobal.net

Program Director

James Allen 833-1980

Special Event Route Organizer

Jim 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

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

Support your local bike shops!

Hello,

I can't believe we're heading into September which means that schools starting, it's going to start cooling off (ya!), and the busiest part of the riding season is coming to an end. It's kind of depressing isn't it. But it's not over yet with things like the MS 150 and the Springbike Fall century yet to come.

If your not yet signed up for the MS 150 I would strongly encourage doing so. Besides that fact that it's a very challenging event and that it's a great time to be out riding with friends, it's also going to a very good cause. In the last few years I've had several friends come down with MS, so I've decided that this is an event that I'm going to make a priority. We have no problem coming out to their MS training rides, so please thank them by doing the MS 150.

We are also in the process of planning the Fall Century. We're currently discussing possible routes and have tentatively planned it for October 8. This is always one of the highlights of Springbike's bicycling season! I would also like to have some special rides in November and December, and your ideas would be greatly appreciated. I'm one of those types who believes in riding year round (as long as it's above 32 degrees) and I'm telling you...Don't hang your bike up the day after the MS 150, because you are truly missing out on some of the best riding of the whole year.

The longer I'm involved with biking the more interesting it is to me. This year I did my first race, was amazed by the skill of the riders at the Queen City Crits, was really amazed at the fitness of the athletes at the Concreteman Triathlon...but, I was most impressed by some of the riders at our "beginners" ride. The first night they might show up on a 15 year old mountain bike and struggle to do the 12 mile loop. But they continue to come back, maybe with a new road bike and finally do the 22 mile loop with ease. Bicycling covers a huge range of interests and abilities, but no matter what your level it can change your life forever.

See ya on the road,

Tim Weston

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
 325 S Patton
 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

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: _____

RIDERS AND VOLUNTEERS NEEDED!
ONE State, ONE Ride, ONE Cause

WHAT: The Ozark Branch, Mid America Chapter of the National Multiple Sclerosis Society will unite over a thousand people in the fight against multiple sclerosis. The pledges raised at the MS 150 BIKE TOUR will be a vital part of the funding needed for MS research and local service programs.

WHEN: Saturday and Sunday, September 17-18, 2005. Rain or Shine.

WHERE: - Start at Glendale High School, Springfield, MO
- Overnight at Lebanon High School, Lebanon, MO
- End at Glendale High School, Springfield, MO

WHY: The mission of the MS Society is to end the devastating effects of MS. MS is a chronic, often disabling neurological disease that randomly attacks the central nervous system. Symptoms may range from minor numbness and blurred eyesight to total paralysis and blindness. Two hundred people, typically between the ages of 20 and 40, are diagnosed with MS each week. More than 400,000 Americans currently have MS—approximately 5,000 in eastern Kansas and Western Missouri alone. To date, there is no cure.

FOR MORE INFORMATION ON PARTICIPATING OR VOLUNTEERING for the 2005 MS 150 Bike Tour, PLEASE
CALL 417-882-8128 OR
1-800-FIGHT-MS (press "2" at the prompt).
CONTACT: Gabrielle Duda
417-882-5213 or 1-800-FIGHT-MS
gduda@nmsskc.org

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NATIONAL MS SOCIETY NOW REGISTERING RIDERS FOR THE
2005 OZARK FEDEX FREIGHT MS 150 BIKE TOUR

Springfield – The National Multiple Sclerosis Society is now registering cyclists for the 2005 FedEx Freight MS 150 Bike Tour taking place Saturday and Sunday, September 17th and 18th. The 21st annual Bike Tour will take riders through 150 miles of scenic Missouri countryside while raising money for a great cause.

Participating cyclists enjoy two fun-filled days of cycling with catered meals, constant support during the ride and food and drink along the route. On Saturday, the MS 150 route will begin at Glendale High School, ending in Lebanon for an overnight stay. On Sunday, the event returns to Glendale High School in Springfield where many cheering volunteers will greet cyclists. Riding the MS 150 provides great exercise and camaraderie while making a difference in the lives of people with MS.

The registration fee for the MS 150 Bike Tour is \$35 and cyclists are required to raise a minimum of \$200 in pledges, which provides valuable funding for research and programs for the 25,000 people whose lives are affected by MS in eastern Kansas and western Missouri.

The National Multiple Sclerosis Society would like your help in combating this disease. The MS 150 BIKE TOUR is the perfect opportunity for you to make a difference while making friends, getting in shape, and enjoying the outdoors. For information about participating or volunteering in the MS 150, please contact the MS Society at 417-882-5213 or 800-FIGHT-MS. You can also register online at www.msmdamerica.org.

The cure might be hanging in your garage!

Paceline Etiquette for a Group Ride
August 5, 2005

Have you ever gone down in a paceline? Here are a few suggestions for a group ride; of course, a race is a totally different thing.

Pacelines during bicycle rides are a really fun way to ride at a faster pace.

They are also dangerous!!! There are a few rules to follow. These rules are sometimes unknown, and even if they are known some riders have a hard time adhering to them.

Pacelines require training and it is always best, when riding in a paceline to ride with people you know and trust. If you choose to jump onto a paceline, make it known that you are there. If someone is innocently riding a pace that you would like to go, but you can't do without help, then **ask permission** to ride on their wheel. If you are unknown to the person in front of you don't place blame if they suddenly slow down or stop without warning.

So, now you are riding in the pace line. The main thing to remember is **HOLD YOUR LINE**. Don't make any sudden movements, and if you have to slow down, move out slightly to let the wind catch your body, rather than applying your brakes. Remember, if you suddenly have to use your brakes, let this be known, *if you apply your brakes without warning, the riders behind you are the ones who suffer the consequences.*

The front rider should always point out dangers in the road such as pot holes, rocks, etc. by riding well away from them and signaling. The front rider should be the one to call words such as **slowing, stopping, hole, and of course the dreaded DOG!** If you are on a group ride and you are not trying to drop the riders behind you then keep in communication and make sure you are keeping a pace that everyone can hold.

If other riders are capable of pulling, **your time at the front should be 30 seconds to 2 minutes** long. If any of you have ever ridden with me, you know I have never heard of this rule. When it is time to come off of the front, don't stop pedaling or slow down until you have moved over, signal that you are coming off, and let the paceline come through. It is the responsibility of the rider taking the front not to speed up, and make sure the one who has just pulled is on the back. Remember, **the rider in the front is using 20 to 35% more energy**, so after a hard pull that rider may need recovery time.

If you are not strong enough to pull let the rider who has just come off of the front in ahead of you. If you can't hold on to the line then that person will have to ride hard to bridge the gap as you fall off.

Even though the front rider is trying their best to call out road hazards, and pace changes, you still must **stay alert** for any changes that might occur.

It is important to focus on what is going on several riders ahead so you can be aware of what is coming up, a corner, a sharp curve, as well as being aware of your position directly behind a rider. If you do have to overlap a wheel, try to come back behind with as little radical movement as possible.

As above, try to slow down by sitting tall, moving to the side slightly. Sudden use of your brakes can cause unwanted results, such as a rider or riders going down behind you. I know. I already said this once.

If you need to eat or drink, try to do it when you are at the back, so if your wheel does stray it won't cause a problem.

If you have **aero bars** on your bike, under no circumstances are they appropriate for use in a paceline. **You must have control of your bike at all times.**

Riding in a paceline is a learned skill and all of us had to learn how to do it. I have spent a lot of happy hours in fast pacelines, and have to say I will continue to do it, but I do follow the rule of knowing who I ride with.

Almost always, your average speed will be faster if you are riding in a well organized paceline. Just remember these simple rules. **There is no guarantee** there will never be a mishap, but we can all do our best to keep rides a safe as possible.

Happy Riding!
Sheryl DeBoer
Certified USA Cycling Coach
coachsheryl@sbcglobal.net