



Springbike Bicycle Club
 PO Box 9823
 Springfield, MO 65801



THE TUBE

October 2005

Next Springbike Meeting
October 10 7:00
Churchhills on Republic Road

Upcoming Events

- Oct. 1 Urban Adventure Race
- Oct. 8 Fall Century
- Oct. 10 Springbike meeting
- Oct. 17 Moonlight Ride
- Nov. 12 Frisco-Highland Trail Ride

Boss's Day/Moonlight Ride
 October 17 7:30 pm
 Fellowship Bible Church
 Lights required.

Why Cycle?

Bicycling has several advantages over other exercises:

- Cycling exercises the heart better than walking without the pounding of jogging.
- One can ride a bicycle almost anywhere, at any time of the year, and at low cost.
- Little or no time has to be lost, as bike travel can be used to get to work, perform errands, or enjoy the outdoors.
- Commuting by bike reduces pollution that causes asthma and bronchitis. A commuting cyclist is also less exposed to air pollution than a commuting motorist.

Thanks to all those who participated, donated or gave their time to the MS150. Don't put those bikes up yet, there are still several rides coming through the fall.

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 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
 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

Hello,

The weeknight rides will soon be coming to an end, the MS 150 is over, and it getting dark earlier and earlier...but that doesn't mean that riding season is over! As I stated last month some of the best riding is coming up!

Coming up on October 8 will be our annual Fall Century with the route being the same as last year. The ride will be starting at Bois D'arc School (elementary?), 8 am, with both a 50 and 100 mile route. Rest stops and sag support will be provided along with lunch at the end. The cost will be \$20 for Springbike members and \$25 for non-Springbike riders. I'm still needing volunteers to help out with both rest stops and lunch, so please call me if you can help.

We will also be starting our monthly club meetings on October 10 (always the second Monday of each month). We will be meeting at the Churchhills on Republic Road (just west of the YMCA) at 7:00, at least for October and November and longer if all goes well.

I would like to have a club ride every month with the November ride being held on the 12th at the new Frisco-Highland Trail. This will be an easy ride in which we'll eat somewhere along the trail and everyone will go whatever distance that they're comfortable with. If someone is hardcore they can go all the way to Boliver and back, while the less hardcore can head back anytime they please. The December ride will be our annual Christmas lights ride at a yet to be determined time and place. Check with our sponsor bike shops for more information concerning all the upcoming rides...or better yet, check back with our New and Improved website. I realize that the website had gotten stale and dated, and finally gone. For a long time Steve Hargis has done a great job running our website but unfortunately had to resign due to other obligations. As with any volunteer organization it can be very difficult to find someone who can and will take over a position but thankfully we've had someone who's willing and excited to do it. The website will hopefully become our main source for spreading information concerning rides, meetings, opportunities, and last minute changes. Hopefully by the first of next month the new website will be up and running.

As was stated earlier this is a volunteer organization run by people with families and jobs who do the best they can. We love the sport of bicycling and do the best we can to promote it both as a sport and a lifestyle... but we need your help. To make this the best club it can be we need help from the members whether that in manning a rest stop on one of our rides, helping to mark a route, writing an article for the Tube, putting together a route for one of our monthly rides, or staying with a beginner on the Monday night ride. We are truly blessed to have a club of this quality in Springfield (check out the clubs in other towns) but it can be even better, but only with your help. If you would be interested in helping to make it better give me a call, we'd love to have you.

See ya on the road,

Tim Weston

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!

"Are You An Incurable Bikeaholic?"

Take This Test!

"You don't love me anymore!" "I always come second place to your @#\$% bicycles!" Sound familiar? You're definitely in trouble. You may be going overboard on the fresh air and exercise bit. You've gone too far! You've probably fallen victim to the insidious malady known as BIKAHOLISM! What are the symptoms, you ask? Well based on personal experience, I offer the following self-analysis.

You know you're an incurable bikeaholic when . . .

- You have an uncontrollable urge to bring your bike into the house - preferably in the living room or the bedroom.
- You find it amazingly easy to justify the purchase of a third bike - this one just for special rides.
- You plan, and actually look forward to, a two-week bicycling vacation trekking across mountainous terrain and setting a goal of 75 - 100 miles a day, rain or shine!
- Your spouse begins to automatically assume that you'll be on a club ride every weekend, or worse yet your non-riding spouse begins to learn bike jargon.
- You view Christmas, birthdays, and anniversaries as times to exchange gifts of bicycling components and accessories.
- You hang around bike shops without really needing anything.
- You're so naive that you think a "wheel-watcher" is a bike racing fan.
- You easily rationalize replacing perfectly good components, just because something slightly better or trendier just came out.
- Your eating habits have changed. Things like "gorp," "Gookinade," and "carbohydrates" creep into your diet.
- You begin to regard your job or school as a troublesome nuisance, interfering with your quality biking time.
- You divide your friendships into two groups - those that bike and those that don't bike.
- Your all-time favorite movies are "Breaking Away" and "American Flyers."
- You'll ride all day in the numbing cold and soaking rain, and then complain at home if a draft from an open window blows on you.
- Your family photo album is becoming filled with bike photos and scenery views shot through the spokes. On the other hand, you have not taken a candid photo of you spouse or kids for two years.
- You faithfully log every mile ridden. You're beginning to actually enjoy drinking warm water out of a water bottle (especially at sag stops, sitting on the cold ground and pigging out on bananas.)