



Springbike Bicycle Club
 PO Box 9823
 Springfield, MO 65801



THE TUBE

January 2007
www.springbike.org

Next Springbike Meeting
Monday January 8
Q'Doba
4127 S Kansas Expressway

2007 Club Officers & Committees

President
 Tim Weston 840-5687
Westonbuilder@sbcglobal.net

Vice President
 Mia Phillips

Secretary
 Susan Lampier

Treasurer
 Bill Compere 863-1617
billcomp@sbcglobal.net

Program Director
 James Allen 833-1980

Special Event Route Organizer
 Bill Hill

Membership
 Merrill Drummond
 881-1718/576-3865
merrillcdrummond@mchsi.com

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

Tube Editor
 Cynthia Petty 863-9132
cynchp@peoplepc.com

WebMaster
 Dave Christiano

Upcoming Events

Jan. 1	New Years Ride
Jan. 20	Poker Ride/Run
Feb. 4	Superbowl Ride
March	Chili Ride
May 6	Dogwood Ride

New Years Ride

Start at Turner's Station. We have permission to park at the store for this ride. Jill will be opening her store at 10:30 am for purchases and the use of the bathroom. A prize will be given to whoever guesses the destination set up by Ray Wageman. He hopes to have cider and cookies at the destination. Cut off for the ride is 40 degrees, rain., sleet or snow. The ride is @35 miles. 11:00 am

Super Bowl Ride

The ride will be from Billings to Hurley and back which is 31 miles. For those who want longer, they can proceed to the McCall Bridge. For mountain bikers, they could take a route via Hurley and Brown Springs by following the Brown Spring road as most of it is fine gravel. Ray Wageman is heading up the ride and says there is a great little cafe in Hurley with wonderful pie for anyone who is interested. As in the New Years Ride, cut off is 40 degrees, rain, sleet or snow. 11:00 am

Chili Ride

The chili ride will be coming up again in March. Stay tuned for further details on this fun and free ride .

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,

I hope you all had a Merry Christmas and Happy New Year! Now comes the hard part...losing all those extra pounds you gained. Well if you're needing some encouragement come on out to the New Year's ride for fun, friendship, and mystery. Ray Wageman is sending us out to a mystery destination with a prize being given to the rider who can figure out that destination... and lets hope for beautiful weather. Talking about fun, food, and prizes we had the Annual Christmas party with about 65 in attendance. We had Buckingham's BBQ, homemade deserts, and some great gifts provided by our sponsor bike shops and Meyers Health Center. Whenever you in the shops please take time to thank them for their generosity. The thing I personally enjoy the most about our Christmas Party is the opportunity to get to visit with friends that I ride with several days a week for months, and then don't see again for months.

There were a couple of things that were discussed at the party...first was the new officers (who were voted on and accepted), and second was the Dogwood Metric Century route. Concerning the officers, please take time to thank Randy Lacey and Jim Freeman for the time and effort that they gave the club, and also check out the website to see who the new board members are. The Dogwood is one of our big annual events, both numerically and financially. The last few years the drivers have appeared to be getting more aggressive during the ride which has brought up the discussion of starting a new route. I've not pursued it because I don't want to be known as the president that changed our beloved route, so I'm putting it in your hands. Please take just a minute and e-mail me your ideas concerning the current route and alternate routes.

See ya on the road,

Southwest Missouri Senior Games Include Bicycling

With an increased interest in bicycle racing the Southwest Missouri Senior Games are working to include a 10-K and 20-K race in the 2007 games to be held in Springfield May 30-June 2, 2007. If you know of a business that would like to promote bicycling or become a sponsor to the games contact Sheri Davis, Community Recreation Coordinator for the Springfield Greene County Park Board at 417-837-5908.

The senior games are targeted to participant's age 50 and older. This year will be the first year to offer bicycling in the games for our region. Help spread the word to race participants and interested volunteers alike. While specific race locations are currently being discussed it is hoped that Southwest Missouri can produce some strong competition to go to the state level and participate.

Poker Run/Ride

Ozark Multi Sport Club will be putting on a Poker/Ride Run at Little Sac on January 20. Entry fee is only \$5 per person. Registration is from 9-9:45 am and the race will start at 10:00 am. The laps are 3 miles and at least one lap must be on foot while all the others can be on foot or on bike. There will be a 100% payout with cash and prizes 5 deep. The best hands at the end of 2 hours will win. Race will not be canceled in the event of snow but may be in the event of extreme cold or heavy rain. Contact Cynthia at 417-830-5715 or cynchp@peoplepc.com

Ashley from Cycles Unlimited will be the guest speaker at the January club meeting. He will be giving us a talk on bike fit so be sure to show up for this meeting and learn some great information.

The First Annual Greene County, MO Golden Derailleur Award!

The Golden Derailleur award is earned by individual(s) who have in some way contributed significantly toward the promotion of bicycling in Greene County. It can be for contributions relative to volunteer efforts, dedicated advocacy, education, policy making, or simply a passion cyclist who spreads the word by getting more people out and riding. Please make your nomination through this website. <http://www.surveymonkey.com/s.asp?u=494452839305>

Representative members from Springbike, Ozark Cycling Club, Ozark Multi-Sport Club, and Ozark Greenways will review all entries and select award recipient(s). Deadline for entry is December 31, 2006. Winners will be announced in early 2007 at the Ozark Greenways Annual Meeting – date to be announced.

Winter Cycling

To get started in winter cycling the best advice is to never stop riding in the fall. Simply extend your riding season one day at a time into the fall, and then into the winter. Daily riding is best. Commuting is an excellent way to get into winter cycling

Each day, simply look at the weather forecast and remember yesterday's ride. Were you too warm? Did you get wet? Were your ears cold? Is it going to be colder today? Will it rain?

With the answers to these questions, make minor adjustments to your cycling wear. Add a scull cap, stocking hat, or helmet liner. Ski gloves work just fine. Winter cycling gloves are hard to find, but "lobster claw" type mittens by several companies are available and quite warm.

Clothing

Winter tights are an excellent choice, because you will find that regular pants are difficult to ride in and once wet they are very cold. Good winter tights are hard to find, but they are becoming more available as the popularity of winter cycling grows. Long johns made of Capilene (tm) are great at extending the comfort range of tights another 10 degrees colder.

Breathable fabrics are key here. The newer Polartec (and similar) fabrics are really great for high-exercise activities like winter cycling. You can work hard, but still vent most of the moisture. It's not unusual to be out on a cold crisp day working hard while riding and see frost forming on your jacket from all the vented moisture.

Shoes are the single biggest problem area. There are only a couple brands of cycling shoes that are warm enough for real winter use. These are very expensive, about \$200.

Therefore many winter cyclists switch to toe clips and straps even if their summer bike is equipped with Clipless pedals. There are all sorts of other combinations of overbooties, neoprene underbooties, plastic bags and what not that cyclists try in order to compensate for the miserable suitability of summer cycling shoes for winter use. My advice is to either spend the money and get the expensive "Lake" brand winter cycling boots which are compatible with Clipless pedals or just switch to clips and straps and use winter or hiking boots. The rest of the paraphernalia of booties just does not work for anything but an occasional weekend ride.