

"Springbike is a local cycling club..."



February,
2004

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*Deadlines for
The Tube are
the 20th of
each month.*

**See our website for classifieds
and late-breaking news!**

Super Bowl Sunday Ride February 1

Meet Hillcrest H.S. at 10:30 a.m.
Departure time 11:00 a.m. Bike to
Wimpies Restaurant, (Cotner's
Corner) which is about two miles
north of Willard. Have lunch and
return to Hillcrest H.S. Wimpies is
noted for delicious bar-b-que. Maps
will be available. Cut off is 35
degrees or wet weather. Those with
wider tire bikes might wish to ride

FROM OUR TEAM LEADER

Greetings Cyclist,

The weather outside sure is frightful today. However, that shouldn't stop you from checking out the winter fitness options that Springfield has to offer. We are blessed to have several fitness clubs and personal trainers here in town, and many of them will allow you to sample their services. Club rides will be starting before you know it, (only 66 days). It was decided by the board members, that a membership rate increase go into effect starting January 2004. All new members and those that need to renew will be \$20.00 for 1-year, \$38.00 for 2-years, and \$58.00 for 3-years. If your not sure when your membership expires, look at your mailing label on your Tube above your name. In order to continue to receive a 10% discount at the local bicycle shops, you will be required to show your Springbike membership card at the time of your purchase. Our local bike

shops show their support to the club by offering this discount to us, and we certainly don't want to abuse it. Mark your calendars and continue to watch the Tube and the website for upcoming Springbike events. The annual Dogwood Metric Century is May 2, followed by an overnight camp ride the weekend of June 5-6. A date for the fall century has not been chosen yet.

I'd like to thank our speakers that attended the January club meeting. Ashley Birchfield, with Cycles Unlimited and Sgt. Dan Bracker, of the Highway Patrol Dept.

Make a note that the February meeting will be held on February 9, 7:00 p.m. at the Fox and Hound on Independence St. The scheduled program speakers will include, Greg Pettis of Ozark Cycling Club, Craig Erickson of Down Hill Bikes, and Larry Williams from Willard Bike Shop.

See you on the road,
Sheryl

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

the railway trail to Willard. Great! Route will go over McDaniel Lake and return a shorter route. Those wishing a longer ride could bike on to Ash Grove where there are two nice places to eat. Great! Always eat on Super Bowl Sunday. Please do a dance of sorts for a nice day. Ray

Feb 9 --club meeting (see pg 3)

April 5, daylight savings time, will begin our weekly club rides. There is talk of a Wednesday night ride.

Thanks to the Ozark Greenways

folks, all bike riders have had opportunities every week to ride from the Jordan Valley Park to Willard, Strafford, Republic, or Turner's Station. If you haven't had a chance, give it a whirl. Great riding, and a wonderful way to become accustomed to Springfield's bike routes. Topica.com has more info. The JVP rides dovetail with the AC's meeting: "Because the Springbike Advocacy Committee meeting starts at 2:00 PM on the first Sunday of the

(Continued on page 2)

..for the members and the community."

Next Club Meeting February 9, 2004 at the Fox and the Hound 2035 E. Independence (across from Colton's Steakhouse)

Dan Bracker of the Missouri Highway Patrol was the featured speaker of the January Springbike Club meeting. Sgt. Bracker was very informed about bicycling rules of the road and understood the plight of cyclists as he himself enjoys riding a bike. He shared ways the club could

promote safe cycling and improved relatedness with motorists, especially through public announcements.

The program for our February meeting will include OCC's Greg Pettis. Featured bike shops will be Craig Erickson's Down Hill Bikes and Accessories, and Larry William's Willard Bike Shop.

New Road Markers

Jim Freeman has come up with new and improved road markers! At right is an example. Each different route will have its own marker color. The center mileage number will be white. Hopefully, this will help us distinguish our markers from the multitude of markers that appear in some areas. Jim says he could use some help marking the routes. Please give him a call if you would like to do that. 724-2701

Monday rides: RED
Tuesday Rides: GREEN



Thursday rides: BLUE
Wednesday (?) rides: YELLOW

From Topica.com: Gearing up for Bike Month!

For those of you interested in helping out with May is Bike Month, the first meeting will be on January 28, 2004. 5:00 - 6:00 pm at the offices of Butler, Rosenbury & Partners Inc., 300 S. Jefferson Suite 400 (4th floor), in the conference room next to the ping pong table.

Please RSVP to me via email (badib-yazdi@swbell.net) so I know who to count on. If you would like to help, but are unable to make this first meeting, let me know. After that we'll meet in February, March, and 3 times in April. January 28, February 25, March 24, April 7, April 21, and April 28.

Bruce Adib-Yazdi

MS 150 cyclists: Early registration now available \$20 online at www.ms150america.org. This will be the 20th Anniversary of the MS 150 Bike Tour scheduled for Sept 18 and 19, '04. We have some incredible things in store for you. For questions 417-882-8128 or 800-745-4148.

Duathlon Series 2004

The Series consists of 5 races, all held Tues. eves at 6pm, at the park west of the Marina on the north side of Fellows lake, located just north of Springfield, MO. Series points awarded for Participation, Placing and Volunteering. Overall Series Awards will be presented at the Series Finale Tues. night.

Event #1	2mile Run-11mile Bike	Tues. May 4, 6pm
Event #2	11mile bike-2mile run	Tues. May 11, 6pm
Event #3	1mile Run-11mile Bike-1mile Run	Tues. May 18, 6pm
Event #4	11mile Bike-2mile Run-11mile Bike	Tues. May 25, 6pm
Event #5	2mile Run-11mile Bike-2mile Run	Tues. June 1, 6pm

More info: www.BodyMechanixAthletics.com or 886-0924. In the event of inclement weather: check website or call by 4:00pm to confirm race or reschedule date. Register online at www.Active.com or pre-register by day before event: mail entries to: Body Mechanix Athletics 2202 E. Barataria Springfield, MO 65804. Register day of event from 4:30pm-5:30pm. Make checks to Body Mechanix. Entry fee: Individual: \$10 per race Team: \$20 per race

Springfield's First Multisport Club Meeting

For triathletes, duathletes, and adventure racers. Please come to this charter meeting to discuss the formation of the first multi-sport club in Springfield. Please plan to attend with ideas. The meeting will be informal. Everyone is welcome, from first-timers to veterans endurance athletes!

The meeting will take place
Sunday, Feb. 8th 4pm
at Panera Bread
500 S National
(S. National and Elm)

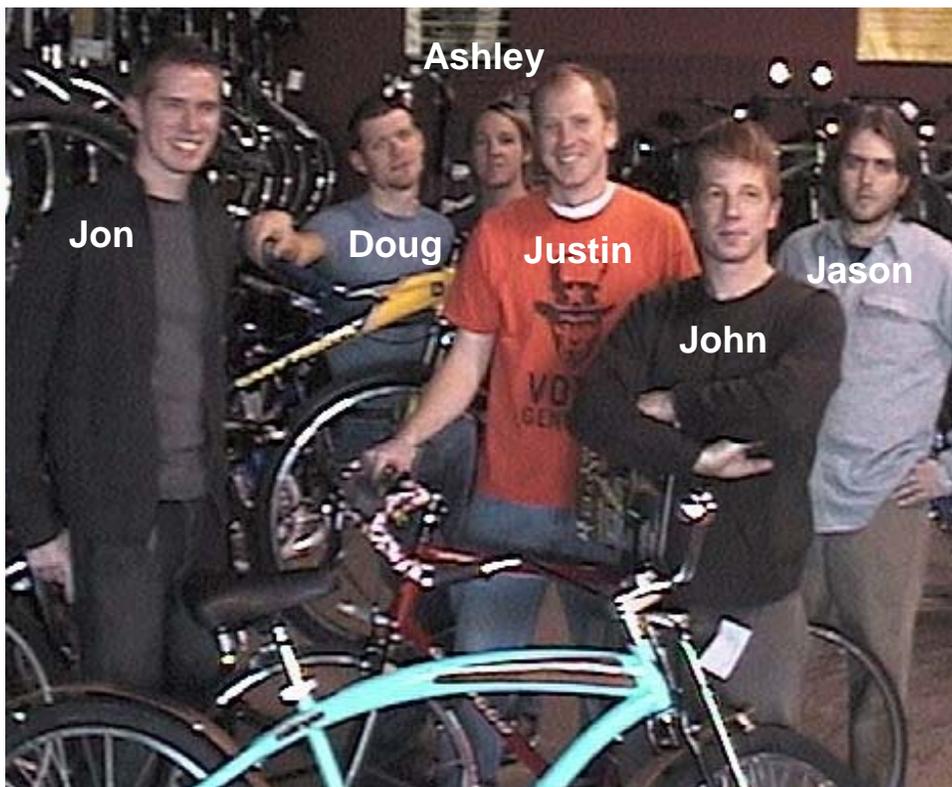
Any questions contact
Eric Johnson, 831-9759.



1254 East Republic Road
Springfield, MO 65804
417-887-3564
or 800-834-0565

From his website, services include: bike repair, rentals, fittings, custom bikes and bike shipping. Used bikes are also available. Bike lines include: Dianmonback, Serotta, Lemond, Gary Fisher, Felt, Nirve, GT, and Raleigh

Ashley Burchfield at Cycles Unlimited was the featured Bike Shop for the January meeting:



The Team at Cycles Unlimited. Not pictured is Kelsey and Brad

Ashley Burchfield purchased Cycles Unlimited in August of 1994. He says....

I was a fresh SMSU graduate with the desire to continue with my history as a bicycle shop worker. I started working at Cape Bicycle (Cape Girardeau, MO.) in 1984. I moved to Springfield in 1987 and worked for Mr. Earl Holmer (Past president of Springbike, Ozark Greenways and a mentor in Bicycle Mechanics.) I worked for Earl until I purchased Cycles Unlimited. In the last 9 years, we have grown into a pretty slick operation. Laid back, yet serious about bikes and the way they ride and the people that ride them. Our staff is as good as it gets with 40+ years experience with 7 employees counting me. We are located on the southeast corner of National and Republic in the Twin Oaks Marketplace. Our website is www.cyclesunlimited.net. We are a strong supporter for Ozark Greenways and IMBA (international Mountain Bicycling Association).

ROAD I Bicycle Course

Coy Hart and David Hutchison will provide a League of American Bicyclists ROAD I bicycle course for Springbike members one of the first two Saturdays in March. The course will consist of three hours of indoor training, two hours of parking lot training, and three hours of in-town street riding. We can accommodate 12 persons in the course. Each person will be charged approximately \$20 for supplies and materials for the course. Please contact Coy (tenspeedroadie@aol.com) or David (David_Hutchison@ci.springfield.mo.us) to reserve your place in the course by February 14. A specific date, time and location will be set by February 1.



From the LAB website: Road I This basic 9 hour course is perfect as a primer for those cyclists who wish to gain a full understanding of how to safely operate a bicycle in a variety of situations. The 9 hour class includes learning how to perform a bicycle safety check, fixing a flat, interactive discussion, on-bike skills practice and student manual. Students will gain confidence knowing that they are riding legally and safely. Crash avoidance techniques and crash types will be discussed. Recommended for adults and children above 14.

The New Year's Day Ride -- a Ride of Character



Springbike Riders welcomed the New Year with a beautiful ride!

These riders and a few late-comers enjoyed a beautiful New Year's Day Ride. Two of us engaged the "mountain bike" portion of the ride, a spin through the Hurley back roads. The top pix and the one below right are from that portion of the ride. Wonderful! About 5 miles of it was dirt, smooth with the smell of moist leaves and mosses. I call it a Ride of Character. You can feel different characteristics as you move through the area: the air moist and cool in the bottoms, the road with a trackless springiness at times, at others just as rough and unforgiving as the sharp outcroppings jutting through the steep climbs. A bit of rain followed most of us in not at all feeling like something in January. I heard no ill reports from those who rode to McCall's bridge. Great ride either way!

Kathy Hudgens



Some friends we met along the way



Shiloh Church Road