



Springbike Bicycle Club
PO Box 9823
Springfield, MO 65801



THE TUBE

April 2005

Next monthly meeting April 11

Upcoming Events

April 11 - Springbike Meeting - Scott Davis will be speaking on Mountain Biking.
April 23 - 8-5 LAB Road 1 Course *
April 30 - Bike Springfield 10:00
May 1 - Dogwood Metric Century***
May 16-20 Bike to Work Week - Ozark Greenways co-sponsor.
May 18 - 7 pm Ride of Silence - A National event to honor those who have been killed or injured on a bicycle. **
May 20 - Bike to Work Day
May 21 - 8-5 LAB Road 1 Course *
June 25-26 Camp ride (more details to follow)

* \$35 fee Contact Coy Hart, hillbillyoncrank@wmconnect.com 417-894-2905/ David Hutchinson David_Hutchison@ci.springfield.mo.us 417-894-2905.

** Contact Ralph Rognstad Jr. oakhill100@earthlink.net / Sandi West sisterdipa@yahoo.com. Start in parking lot at NE corner of Boonville and Olive. 12 miles, maximum speed 12 mph. No talking, no registration, no fee, no t-shirt, just remembrance.

***To kick off Bicycle Month, the 4th Annual Bike Springfield event is scheduled for Saturday, April 30, 2005, at the Jordan Valley Ice Park East Plaza. Events will begin at 9:00 a.m. with a bike fair including a helmet distribution for children, a bike shop mechanic to check bicycle operation, and information regarding bicycle facilities, bicycle safety, and health maintenance. More details to follow.

Cycling Tips

Clean Your Water Bottle - To clean a drink-stained water bottle, fill it with hot water and drop a denture cleansing table into it. Let it soak overnight; in the morning it's as clean as new.

Clean your helmet - To make a stinky helmet fresh again wear it in the shower! Get a good shampoo lather going on your head, put your helmet on and massage your scalp with the helmet for a few minutes. Then, give it a good rinse.

Get back up - When you fall, get back up before your friends run you over.

Helmet - Always replace your helmet after a crash.

Reload Quickly - After a long ride be sure to reload your energy stores in a hurry. Otherwise, you will be sluggish and hungry for the rest of the day. So, within twenty minutes of finishing your hard ride, drink a full glass of a good carbo and protein reload drink like Metabolol. You will feel the difference in a hurry.

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
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
RLacey98@aol.com

Advocacy Committee

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

Tube Editor

Cynthia Petty 882-8565
cynchp@peoplepc.com

WebMaster

Steve Hargis
www.springbike.org

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

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,

I don't know about you but I'm getting pretty excited because it's almost time for daylight savings time and you know what that means, the weekly rides start! We'll be starting our traditional weeknight rides along with our new Monday night ride for the less experienced biker.

It's been an exciting last few weeks. First we had the 1st Annual Chili Ride, featuring 25 riders who rode 28-42 miles and then sat down to some great homemade chili and super company. The riders were even treated to a viewing of a 2 car collision on the way out of town. Second, we had an excellent Springbike meeting which featured a presentation by Rich Howell (from A&B Cycle) concerning his trip to see the Tour De France. The 25 attendees were treated to some great photos and interesting stories. Third, Springbike and the biking community have been getting some great publicity in both the paper and television. If you've read the articles and the letters to the editor you can see that the county and some of the public do not exactly embrace our sport. These article have shown me how important responsible riding and bicycle advocacy really are if we want to keep the same riding privileges that we currently enjoy.

Our next event (besides the weekly rides) will be our Springbike meeting with Scott Davis (of Springfield Bicycle Company) talking about mountain biking trails, racing, volunteering and much more. The next major riding even will be our annual Dogwood Metric Century on May 1 featuring the traditional Sparta loop. The ride will take off from the school at 7:30 with rest stops, t-shirts (while they last) and lunch at the end. This will also be a great chance to get your new Springbike window sticker which is free for all paid up Springbike members.

See ya on the road,
Tim

Endurance Cycling: Mistakes to Avoid(Part 2)

Mistake #2: Doing Long Slow Miles

Don't confuse "steady" and "slow" and just put in the long miles at an easy intensity. This is a waste of time because the only thing accomplished on physiologically by riding slowly is learning how to ride slowly. "LSD" doesn't stand for "Long Slow Distance." In fact, it stands for "Long Steady Distance." Some endurance riding is necessary to train for endurance events, but while you're putting in those miles, do so at a good, steady intensity and keep these additional goals and benefits in mind:

- "Keep it steady and keep it moving" should be the mantra while riding LSD: Don't dilly-dally while refueling, fixing a flat, or reading the route sheet. Don't bog down while riding, either, whether on the hills or flats. Use your bike computer to push yourself to maintain an average speed; use your heart rate monitor to see how low you can keep your heart rate while maintaining a challenging average speed. When quicker riders pass you, pick up the pace; riding steadily doesn't mean you shouldn't push it sometimes, too.
- Equipment Testing: If you're not comfortable on your bike, you won't ride far. Use your LSD rides, not events, to test saddles, shoes, pedals, aerobars, and such, plus variations on their position. What seems comfortable for 30-50 miles will not necessarily be so after 100 or 200 miles.
- Nutrition Testing: Food and drink choices also won't reveal their effectiveness until you get way out there. Use your long rides to see which fuel and hydration systems work for you. Whatever you eat and drink, it should be portable, go down well, provide consistent energy (no highs and lows), and keep you hydrated. If you don't want to carry 200 miles' worth of food and drink during your events, find out what the event promoters will serve and train on that. Then when you do the event you won't need to carry all your own fuel. (But if the event is going to serve Danishes and hot dogs, as some do, you'll want to carry your own fuel.) By the way, essentially all top distance cyclists use a primarily, or exclusively, liquid-based (or liquid-, pill- and gel-based) fueling system.

Tips for Happy Riding

Learn right away that the front brake is the most effective one, and to never lock the front wheel in dirt. Learn how far you can lean over without scraping a pedal. Learn to keep the inside pedal UP when you corner, and learn to ride safely in all conditions. Signal your approach to pedestrians, especially if they're old, and a bell is better than "On your left!" If no bell, try clacking your brake levers. If all you got is "On your let!" that's fine. At least one ride in 10, go without your sunglasses and gloves. Sometime next month, put some double-sided cheap-style pedals on a good bike and ride in non-cycling garb. Carry and extra tube you can donate to somebody with a flat tire and just a repair kit. If you're a guy don't try to be a mentor to every female cyclist you meet.

Don't ride in shoes you can't walk through an antique shop in. Don't wear clothing that makes your sweat stink even more. Don't think you'll go faster n a significant way if you and your bike become more aerodynamic. Put a \$20 bill inside your seat post or handlebar and hold it there, somehow. Don't ride until you're confident you can fix a flat. If you ride more than one bike, have a set of bring-along tools for each one. Learn how to remove your rear wheel (put the chain on the the small cog, etc). If you ride in a group, bring food for you and somebody who forgot to. Go for a one-hour ride underdressed sometime, because it's good to be really cold on a bike every now and then. Never blame your bike or your health or anything else if you're the last one up the hill or in to the rest stop. If your bike hoods are black, wrap your bars with a different color tape.

Never let your chain squeak. If you pass another rider going up a hill, say more than "Hi." If you see another rider approaching you from the rear, trying to catch you, let it happen. Fun is more important than fast. Don't put any cyclist up on a pedestal, except Lon and Freddie. Sometimes, bring normal food on your ride. Shoot photos on your rides and give them away. Feel comfortable mixing high tech and low tech, old and new parts and technologies, and don't apologize to anybody for it. Compliment other peoples bikes, especially if they're new. Buy the cheapest helmet that fits well. Try seersucker shirts for hot weather riding, and long-sleeved ones are best. Don't underestimate fig bars. If you get a new widget and like it, don't "swear by it." Don't always shop by price and never ask for discounts at your local bike shop. Every time you go into a bike shop, spend at least \$2, and if you ask a question and get good advice, spend \$5 (get a cable). If you buy a rack, don't ask for free installation. Don't assume your bike shop is making money. Ride only when you feel like it. If you know a fast new rider, don't say, "You really ought to race..." If you see a stocky woman rider, don't suggest she race track.

Have at least one bike you feel comfortable riding in a downpour. Ride in weather that keeps other cyclists indoors. Never keep track of your pedaling cadence. If you have a normal loop or ride, count the number of times you shift on it; then the next time you ride it, cut that in half and see if it makes any difference. Learn to ride no-hands and to hop over obstacles, but not simultaneously. Never hit a pedestrian. In traffic, be visible and predictable.

If you have several bikes, set them up with different equipment... but always ride the saddle you like best. Don't try to keep up with faster descenders if you're not comfortable descending. Never apologize for buying something that's not quite pro quality by saying, "I'm not going to race or anything." If you buy a stock bike, do something to it that makes it the only one exactly like it in the world. Don't think it's important to match front and rear hubs or rims. If you borrow somebody else's bike, for a short test, or a long ride, say something nice about it. Always bring a pump. Build at least one wheel. Wear out something. Don't ever describe any bike, no matter how inexpensive, or dilapidated, as "a piece of crap." If you get a fancy bike assembled by somebody else, allow them a scrape or two, especially if the bike is really expensive.

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!