



Hi,

I hope that you're getting out and riding because unfortunately the prime riding season is nearing an end. Remember that the completion of the MS 150 does not mean the end of the riding season because we will continue the weeknight club rides till the end of daylight savings and we still have the Fall Century. I also hope that you would consider becoming a year-round rider by getting some winter riding gear or doing some mountain biking (no wind chill). Enough small talk, time to think about more serious things...

This last month has been a bad month for myself and the Springfield bicycling community because we both lost a good friend, Kevin Umlauf. Like many of you Kevin is someone that I'd known for a lot of years both through the bike shop and Springbike responsibilities. Kevin was always a very selfless person with his time whether he was sagging a MS training ride, killing an entire weekend assisting us on a camp ride, or just taking time from a busy schedule to visit. As a business man he was a very hard worker always placing a priority on customer service and standing behind the products that he sold. Most importantly he was a great father and family man. Never in all the years that I knew him did I ever hear him say an unkind word to either his mother or daughters. What I did hear him say was "I love you" to the twins when he was saying bye on the phone. There is a lot more that could be said but I think the best way to communicate your feelings is by participating in the Celebrate Life Ride on September 9th in which the proceeds will go towards purchasing bikes helmets for Boys and Girls Town of Missouri. I'll miss Kevin.

See ya on the road,

Tim Weston

**Subject: Cyclists Phrase Guide**

Cyclists are the biggest sandbaggers and secret trainers around. They'll say anything to soften you up for the kill. Don't let this happen to you. Study this handy rider's phrasebook to find out what they really mean when they say:

**"I'm out of shape"**

Translation: I ride 600 kilometers a week and haven't missed a day since Clinton was President. I replace my 11-tooth cog more often than you wash your shorts. My body fat percentage is lower than your mortgage rate.

**"I'm not into competition. I'm just riding to stay in shape"**

Translation: I will attack until you collapse in the gutter, babbling and whimpering like a baby. I will win the line sprint even if I have to force you into oncoming traffic. I will crest this hill first if I have to grab your seat post, and spray energy drink in your eyes.

**"I'm on my better bike"**

Translation: I had this baby custom-made in Tuscany using titanium blessed by the Pope. I took it to a wind tunnel and it disappeared. It weighs less than a fart and costs more than a divorce.

**"It's not that hilly"**

Translation: This climb lasts longer than coalition negotiations. Be careful on the steep sections or you'll fall over -- backward. You have a 39x23 low gear? Here's the name of my knee surgeon.

**"You're doing great, honey"**

Translation: Yo, lard butt, I'd like to get home before midnight. This is what you get for spending the winter decorating and eating chocolate. I shoulda married that cute Cat 1 racer when I had the chance.

**"This is a no-drop ride"**

Translation: I'll need an article of your clothing for the search-and-rescue dogs.