



**Springbike Bicycle Club**  
 PO Box 9823  
 Springfield, MO 65801



# THE TUBE

December 2006  
 www.springbike.org

**Next Springbike Meeting**  
**Friday December 8**  
**Fire Station # 6**  
**Community Center**  
**On Battlefield across from Dayco**  
**6:30 RSVP by December 6**

## 2005 Club Officers & Committees

**President**  
 Tim Weston 840-5687  
 Westonbuilder@sbcglobal.net

**Vice President**  
 Kevin Umlauf

**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 & Betty Freeman 724-2701

**Membership**  
 Randy Lacey 846-7352  
 myelement@sbcglobal.net

**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

Dec. 5	Christmas Lights Ride
Dec. 8	Christmas Party
Jan. 1	New Years Ride
Jan. 20	Poker Ride/Run
Feb	Superbowl Ride

## Christmas Lights Ride

Churchills on Republic Road 6:30 pm. on December 5.  
 All riders must have a headlamp.

## Christmas Party

December 8 at 6:30 pm. RSVP to Tim by December 6.  
 The party is free and being catered by Buckingham's.  
 The location is the community room at Fire Station # 6  
 on West Battlefield. We will also be voting on officers  
 for the upcoming year.

## New Years Ride

Start at Turner's Station. We have permission to park at  
 the store for this ride. A prize will be given to whoever  
 guesses the destination set up by Ray Wageman. Cut off  
 for the ride is 40 degrees, rain., sleet or snow. The ride  
 is @50 mile but could be shorter needed. 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

## 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 had a great Thanksgiving and didn't eat too much. For some reason the older I get the harder it is to lose those holiday pounds. Well we're not going to worry about that because I'm sure you're still getting out and riding. Right? If not here's your chance because we will be having the Annual Christmas Lights ride on Dec. 5, leaving at 6:30 from Churchills on East Republic Road. We'll be riding through some south side neighborhoods and then go back to Churchills for coffee, tea, and treats. This is always a lot of fun but remember to dress warmly, bring lights, and we will have a 40 degree cutoff. The other big riding event will be the New Years Ride which Ray Wageman has promised will be different than any that we've ever put on. I hope that the weather will be as nice as last year when it was in the 50's. Be sure to always check the website for any new developments.

The big final event of the year will be the Springbike Christmas party at 6:30 on Dec. 8. It will be at the same location as last year, which is the community room at fire station #6 on west Battlefield. A meal will be provided and door prizes given out all for the low price of FREE. The only catch is that your membership must be paid up and I will need to know how many to plan for so I will need you to RSVP by Dec. 5 by calling me at 840-5687.

See ya on the road,

Tim Weston

#### Wilson's Creek National Battlefield

Once again Wilson's Creek Battlefield will be lighting candles along the paved road. This occurs on December 9 and many volunteers are needed to help light these candles. This will begin at 9:30 am and you may contact Ted at [t\\_johnhillmer@nps.gov](mailto:t_johnhillmer@nps.gov) for more information. on helping with this.

#### 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.

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.

#### Biking Tips

**A Fast Warm-up, 3 tips** - If you don't have time for a proper warm-up before a race or hard ride, try these three quick fixes: take a hot shower just before jumping on your bike, do a few jumping jacks or similar calisthenics to get your blood pumping, and rub on a quality massage oil such as Record Pre-Gara or Qoleum Pre-Sports.

**Sleep more when you train** - "1/3rd of Americans get 6 hours of sleep a night or less when they really need at least 8 1/2," says James Mass, Ph.D. If you are training, says Maas, shoot for 9 hours. Between the 7th and 8th hour, you go into your last phase of REM sleep. "That's when your mind really restores and repairs itself," he says. Miss that phase and your reaction time and concentration suffer. The best way to work up to the right amount of sleep is to add 15 minutes a night until you start waking up feeling alert and energized all day. *Bicycling Magazine, Nov 2001*

**Clean your water bottle** - To clean a drink-stained water bottle, fill it with hot water and drop a denture cleansing tablet 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.

**Vitamin C and Vitamin E** - Sports medicine studies have found that both vitamin C and vitamin E can help toasted muscles repair and recover faster. And, vitamin E speeds recovery from abrasions if you happen to fall. Ask your doctor or a nutritionist for more 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.

#### 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](mailto:cynchp@peoplepc.com)

#### Nominations for Club Officers

President	Tim Weston
Vice President	Mia Phillips
Secretary	Susan Lampier
Treasurer	Bill Compere
The following have agreed to take the following positions:	
Membership Coordinator	Merrill Drummond
Tube Editor	Cynthia Petty
Ride Coordinator	Bill Hill
Webmaster	Dave Christiano
Program Director	James Allen