



BIKE MS: OZARKS RIDE 2009 TRAINING OPPORTUNITIES



All MS Society training rides are run by volunteers and are free (with the exception of the Pancake Ride). Organized training rides help you get ready for the big ride in September and meet fellow cyclists. Experienced riders are on hand to share riding techniques.

Below are the training rides affiliated with the National Multiple Sclerosis Society as well as other bicycling opportunities throughout the Ozarks. We tried to schedule the MS training rides around other summer events and holidays. **PLEASE NOTE:** Training rides not affiliated with the MS Society usually have fees involved. Call the contact person for more information.

LENGTH: April & May, 20-40; June & July, 30-50 miles; August & September, 40-60 miles

TIMES: Times vary depending on month, location and length. Consult the schedule for the specified starting time.

BRING: Your bike, spare change, at least TWO full water bottles, helmet, spare tube, identification, emergency information and a friend!

Official Bike Shops and area bike clubs also offer a menu of training opportunities throughout the summer. See info below at the end of this document!

<i>DATE</i>	<i>RIDE</i>	<i>COST (fees vary based on date of registration - check with contact)</i>	<i>TIME</i>	<i>ROUTE MILEAGE</i>	<i>STARTING LOCATION</i>	<i>ADDRESS</i>	<i>CITY</i>	<i>CONTACT</i>	<i>PHONE NUMBER</i>
April 18 (Saturday)	MS Society Training Ride	Free	10:00 a.m.	20 miles	Mentor Church	6105 S. Farm Road 193	Springfield	MS Society—882-8128 / 800-344-4867 (press 2)	John at 417-882-2259 /Tiffany at 417-833-0393
April 18 (Saturday)	Tour de Tick	\$30	8:00 a.m.	26.5 or 62 mile	Freeman Southwest Family YMCA	4701 Chouteau Avenue	Neosho	Freeman Southwest Family YMCA	417-455-9999
April 25 (Saturday)	Osage Prairie Bicycle Tour	\$25	8:00 a.m.	14, 42 or 70 mile	Forest Park	Heacock & Grand	Parsons, KS	Parsons Police Officers Assoc./Sgt. Jason Sharp	620-421-7060
April 25 (Saturday)	Bike Springfield (Urban ride visiting historic sites in Spi)	Free	10:00 a.m.	6.3 miles	Springfield City Utilities Training Center	301 E Central St	Springfield	Valerie Griffin	417-841-0333
April 25 (Saturday)	Tour de Hills	\$30	10:00 a.m.	15, 26 or 58 miles	First National Bank Soccer Complex	325 N. Industrial Park Rd	Harrison, AR	Harrison Parks and Recreation	870-741-2346
April 25 (Saturday)	Christian Support Center Ride (www.bearsforchrist.com)	\$10	9:00 a.m.	20 or 35 miles, or family ride on trail	Willard Trail Head - Frisco Highland Trail	Frisco Highland Trail	Willard	Rob Daniel	417-862-1339

DATE	RIDE	COST (fees vary based on date of registration - check with contact)	TIME	ROUTE MILEAGE	STARTING LOCATION	ADDRESS	CITY	CONTACT	PHONE NUMBER
May 2 (Saturday)	Dogwood Ride	\$25	Various	62-mile at 8 am, 20-mile at 9:30 am	Republic High School	1 Tiger Drive	Republic	Springbike Club	Bill at 417-569-5366
May 9 (Saturday)	MS Society Training Ride	Free	9:00 a.m.	20 & 30 miles	Mentor Church	6105 S. Farm Road 193	Springfield	MS Society—882-8128 / 800-344-4867 (press 2)	John at 417-882-2259 /Tiffany at 417-833-0393
May 16 (Saturday)	Red Ribbon Ride	\$25	8:30 a.m.	30 & 50 miles	Galloway Station Bar & Grill	4211 S Lone Pine Ave	Springfield	AIDS Project of the Ozarks	417-881-1900
May 16 (Saturday)	Ozarks Greenways Adventure Race (8-14 hour coed 4-person team)	\$105	7:00 a.m.	Multi-sport endurance race	Gasconade Hills Resort	28425 Spring Road	Richland	Ozark Greenways	417-864-2015
May 20 (Wednesday)	Ride of Silence (In honor of those injured or killed while cycling)	Free	7:00 p.m.	12	Parking Lot	Boonville & Olive	Springfield	Valerie Griffin	417-841-0333
May 23 (Saturday)	Memorial Day Weekend - NO RIDE								
May 30 (Saturday)	St. John's Nixa Bike Event	Free	Various	70-mile at 7 am, 40-mile at 8 am, 6-mile at 9 am	St. John's Clinic - Nixa	940 W Mount Vernon	Nixa	Jennifer Mais	417-820-3630
June 6 (Saturday)	No Ride								
June 13 (Saturday)	BCFO Cycle for Life Ride (Breast Cancer)	\$15	Various	50-mile at 7 am, 25-mile at 8 am, 10-mile at 9 am	James River Assembly of God Church	6100 N 19 th Street	Ozark	Breast Cancer Foundation of the Ozarks	417-862-3838
June 20 (Saturday)	Tour de Monett (flattiregang.googlepages.com)	\$25	Various	100-mile at 7 am, 62 & 30-mile at 8:30 am	Monett South Park	Hwy 37 & 60 Intersection	Monett	EFCO / Flat Tire Gang	flattiregang@gmail.com
June 27 (Saturday)	Queen City Century	\$20	Various	100 & 67-mile at 7 am, 40-mile at 9:00 am	Springfield City Utilities Training Center	301 E Central St	Springfield	Springbike Club	Bill at 417-569-5366

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July 4 (Saturday)	Tour de Loco	\$20	Various	100 & 67-mile at 7 am, 37 & 28-mile at 8 am	Spirit of 76 Park	North of the Mt. Vernon Square on Bus. 39 North	Mount Vernon	Locozoomos	tiger@locozoomos.com
July 11 (Saturday)	Tornado Alley 110 (www.ta110bike.com)	\$30	7:12 a.m.	30, 50, 77 & 110	Schifferdecker Park	506 Schifferdecker	Joplin	Spokes and Spandex	417-206-7765
July 18 (Saturday)	MS Society Training Ride	Free	7:00 a.m.	50-60 mile - TBA	Monett South Park	Hwy 30 & 60 Intersection	Monett	MS Society—882-8128 / 800-344-4867 (press 2)	Gregory.Johnson@coxhealth.com
July 25 (Saturday)	MS Training Ride - Pancake Ride	10	7:00 a.m.	20, 30 & 50	Wilson's Creek 5/6 School	4035 W. Weaver Road	Battlefield	MS Society—882-8128 / 800-344-4867 (press 2)	MS Society—882-8128 / 800-344-4867 (press 2)
August 1 (Saturday)	MS Training Ride	Free	7:00 a.m.	38 & 50	Elwood Church	1440 N. State Highway AB	Springfield	MS Society—882-8128 / 800-344-4867 (press 2)	John at 417-882-2259 / Tiffany at 417-833-0393
August 8 (Saturday)	Tour de Cox	\$10	7:00 a.m.	26 or 62	The Meyer Center	3545 S. National	Springfield	Sheryl DeBoer at Meyer Center/CoxHealth	417-269-3282
August 15 (Saturday)	No Ride								
August 22 (Saturday)	Svitak Memorial Bike Ride www.svitakfreedomride.com	\$30	7:00 a.m.	10, 25 & 62.5	MSSU Stadium Parking Lot	Duquesne Rd. just south of Newman Rd.	Joplin	Rufus Racing Event Production	rufusracing@hotmail.com
August 22 (Saturday)	Bike to Battle Cancer	\$25	Various	100-km starts at 7 am, 50 & 25-km starts at 8:30 am	Finley River Park	205 North First Street	Ozark	American Cancer Society (Allison Kraft)	417-447-1474
August 22 (Saturday)	Moonlight Ride (Discovery Center)	\$20	9:30 PM	7 & 14	Discovery Center	438 E. St. Louis St.	Springfield	Discovery Center	417-862-9910
August 29 (Saturday)	MS Training Ride	Free	7:00 a.m.	38 & 50	Elwood Church	1440 N. State Highway AB	Springfield	A&B Cycle & Fitness	417-866-6621

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Sept 5 (Saturday)	Gorilla Century	\$30	8:00 a.m.	35, 62 & 100	Pittsburg High School	1978 E 4th St	Pittsburg, KS	Tailwind Cyclists	620-231-2212
Sept 12 (Saturday)	Celebrate Life Ride (to honor the memory of Kevin Umlauf)	\$25	7:00 a.m.	25, 50 & 70	First Baptist Church	Corner of FF & Weaver	Battlefield	Sunshine Bike Shop	417-883-1113
Sept 19 - 20 (Sat - Sun)	Bike MS: Ozarks Ride		7:00 a.m.	150 Miles	Clever - Joplin - Clever	XXXXXX	XXXXXX	MS Society	417-882-8128 or 800-344-4867 (press 2)
Sept 26 (Saturday)	Bike MS: Eastern Kansas Ride & Bike MS: KC Ride		7:00 a.m.					MS Society	msmidamerica.org
October 3 (Saturday)	Springbike Fall Metric Century	\$20	8:00 a.m.	62 & 30	Bois D'Arc Elementary School	10315 W Mo-T	Bois D'Arc	Springbike Club	Bill at 417-569- 5366
October 10 (Saturday)	Maple Leaf Bike Ride	\$35	8:30 a.m.	15, 30, 50, 70 & 100	Kellogg Lake Pavilion	One mile east of Carthage on Highway 96	Carthage	Joplin Trails Coalition	contact@joplintra ilscoalition.org
October 24 (Saturday)	St. John's Tour de Bass	\$30	7:00 a.m.	62 & 100	Bass Pro Shops Outdoor World	1935 S. Campbell	Springfield	Valerie Griffin	417-841-0333

Weekly Rides—Bike Clubs and Official Bike Shops

Be sure to check with the bike shop or bike club prior to attending rides! Rides are subject to change.

Weeknight Beginner Local Rides with Springbike Bicycle Club -

Slower-paced rides start at 6:00 pm from April through September. All rides will have a designated ride leader who will insure that no one gets left behind! They will show you many tips for riding effectively and safely. Look for them at the start. For more information go to www.springbike.org.

- Monday - Fellowship Bible Church (just north of Hwy 60 on FR 205) - Ride Leader is Tim Weston - 11 miles
- Tuesday - Pleasant View School - Ride Leader is Gary Reed - 11 miles
- Wednesday - Republic High School - Ride Leaders are John & Jean White - 11 miles
- Thursday - Fellowship Bible Church (just north of Hwy 60 on FR 205)- Ride Leader is Valerie Griffin - 12-16 miles

The Pedal Group Show & Go Rides

The Pedal Group is a community cycling group that encourages beginner and advanced riders to come together in the sun, the rain and the wind. When you strengthen yourself, you can strengthen others. Show and Go rides are advertised as a riding opportunity. They are not official Bike MS rides. They do not include route maps (unless downloaded), ride leaders, rest stops or sweep vehicles. You just show up and go! All participants are expected to ride safely and responsibly when sharing the road with motor vehicles. All riders must wear a helmet.

All rides start at Water Mill Church of Christ, 3020 N Barnes, Springfield, MO 65803. Saturday rides begin at 8:30 a.m. and Sunday rides begin at 1:30 p.m. Please note that there are some Saturdays & Sundays that these rides do not take place. For more information on the Pedal Group Show & Go rides, contact:

- Ryan Faust: rfaust@jbapc.com
- Buck VanHooser: buck@prestressedcasting.com or buck323@mchsi.com
- Pedal Group Email: thepedalgroup@yahoogroups.com

Leisure Bicycling Club (in cooperation with Ozark Greenways, Springbike Club & St. John's)

This is an activity for the new or general riders who want to learn more about cycling and experience the trails and urban riding in Springfield while socializing with other leisure riders. Helmets are required. Bring water bottle. No one is left behind. Call 417-841-0333 for further ride information.

- Fridays – 9:00 a.m. (start locations vary)
 - April 10 — Meet at Sunset & National at South Creek Trail Head, 2405 S. National
 - April 17 — Meet at Sequiota Park, 3500 S. Lone Pine
 - April 24 — Meet at Phelps Grove Park, 950 E. Bennett Street
 - May 1 — Meet at Close Memorial Park, 2400 S. Scenic
 - May 8 — Meet at Frisco Highland Trail Head (Kearney & I-44)
 - May 15 — Meet at Sunset & National at South Creek Trail Head, 2405 S. National
 - May 22 — Meet at Sequiota Park, 3500 S. Lone Pine
 - May 29 — Meet at Phelps Grove Park, 950 E. Bennett Street
 - June 5 — Meet at Close Memorial Park, 2400 S. Scenic
 - June 12 — Meet at Pershing School & Galloway Creek Trail Head, 2120 S. Ventura
 - June 19 — Meet at Sunset & National at South Creek Trail Head, 2405 S. National
 - June 26 — Meet at Phelps Grove Park, 950 E. Bennett Street
 - July 3 — Meet at Sunset and National and South Creek Trail Head
 - July 10 — Meet at Frisco Highland Trail Head (Kearney & I-44)
 - July 17 — Meet at Close Memorial Park, 2400 S. Scenic
 - July 24 — Meet at Pershing School & Galloway Creek Trail Head, 2120 S. Ventura
 - July 31 — Meet at Sunset & National at South Creek Trail Head, 2405 S. National
 - August 7 — Meet at Phelps Grove Park, 950 E. Bennett Street
 - August 14 — Meet at Pershing School & Galloway Creek Trail Head, 2120 S. Ventura
 - August 21 — Meet at Close Memorial Park, 2400 S. Scenic
 - August 28 — Meet at Pershing School & Galloway Creek Trail Head, 2120 S. Ventura

Official Bike Shops

- A&B Cycle** 3620 S. National, Springfield, MO 65807 (417) 866-6621 www.abcycle.com
- No weekly rides at this time – refer to Springbike Club for weekly rides.
 - Will be hosting a ride sometime this summer – more information to come
- Bicycle Specialists** 300 N Hodgdon Rd, Joplin, MO 64801 (417) 781-1664 www.bicyclespecialists.com
- Sunday afternoons – 1:30 p.m. – Rides begin at North Morris Park.
 - Monday evenings - 6:15 p.m. - Beginner ride. Rides begin at the Frisco Greenway Trail.
- Cycles Unlimited** 1254 E Republic Rd., Springfield, MO 65804 (417) 887-3560 www.cyclesunlimited.net
- Saturday mornings – 8:00 a.m. – Rides begin at store parking lot.
- Downhill Bikes & Accessories Inc.** 116 Flynn Road, Branson, MO 65616 (417) 335-4455 www.downhillbikes.biz
- Saturday mornings – 8:00 a.m. – Rides begin at the ballpark behind Hollister High School (Road bikes only).
 - Tuesday evenings – 6:00 p.m. – Rides begin at the ballpark behind Hollister High School (Road bikes only).
 - Thursday evenings – 6:00 p.m. – Rides begin at the commuter lot on the east side of Hwy 65 & F. (Road bikes only).
- Queen City Cycles** 301 W Walnut St., Springfield, MO 65806 (417) 831-0800 www.queencitycycles.com
- No weekly rides at this time – refer to Springbike Club for weekly rides.
- Spokes & Spandex** 531 S Main St, Joplin, MO 64801 (417) 206-7765 www.spokesandspandex.com
- Tuesday nights – 6:30 p.m. – Rides begin at store parking lot (500 block of Virginia).
 - Sunday afternoons – 2:00 p.m. – Rides begin at MSSU stadium parking lot.
- Springfield Bicycle Co.** 3201 S Campbell Ave., Springfield, MO 65807 (417) 883-8100 www.springfieldbicycle.com
- No weekly rides at this time – refer to Springbike Club for weekly rides.
 - Will be hosting a ride sometime this summer – more information to come
- Sunshine Bike Shop** 1926 E. Sunshine, Springfield, MO 65804 (417) 883-1113 www.sunshinebike.com
- No weekly rides at this time – refer to Springbike Club for weekly rides.
- Tailwind Cyclists** 1511 N Broadway, Pittsburg, KS 66762 (620) 231-2212 www.tailwindcyclists.com
- Tuesday and Wednesday evenings—6:30 p.m.—Rides begin at store
 - Sunday afternoons—1:00 p.m.—Rides begin at store
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Official Bike Clubs

Branson Bicycling Club

Contact: For questions contact: Clark Gallagher (417-337-3342) or Craig Erickson (417-335-4455)

Buffalo River Cyclists

www.buffalorivercyclists.org

Contact: webmaster@buffalorivercyclists.org

- Weekly rides available. Check out their website for a complete listing.

Locozoomos Bike Club

www.locozoomos.com

Contact: tiger@locozoomos.com

- Weekly rides available. Check out their website for a complete listing.

Polk County Bike Club

www.polkcountybikeclub.com

Pres: Joel Schroeder – jschroe1@alltel.net

- Weekly rides available. Check out their website for a complete listing.

Springbike Bicycle Club

PO Box 9823, Springfield, Missouri 65801

www.springbike.org

Pres: Dave Ritchey – 417-209-7316 / Ride Coordinator: Bill Hill – 417-569-5366

- Springbike Club also offers weekly rides on Monday, Tuesday, Wednesday and Thursday. You must be a member of Springbike Bicycle Club to participate in these rides. More info can be found on their website at www.springbike.org.

If you know of other community rides, bike shops or clubs that are not listed, let us know. We want to be able to bring you a comprehensive listing of bicycling opportunities throughout the summer. Email us at eventsOZ@nmsskc.org or call our office at 882-8128 / 800-344-4867 (press option 2).