

"Springbike is a local cycling club..."



November
2002

Club Officers & Committees

President: Ann-Marie Shy 581-4757	Program Director James Allen
Vice President Gary Day 581-6390	Special Event Route Organizer Kevin Umlauf
Secretary Carol Gough	Membership Jim Freeman 724-2701
Treasurer Tony Miller	

Advocacy Committee

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

Tube Editor Kathy Hudgens
khudgens@sprynet.com

Webmaster Steve Hargis
www.springbike.org

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

And the Nominees are...

You fill in the blanks! We are taking nominees for new officers for the Executive Board. Nominees are to be club members and can be submitted up until the time of the vote December 7th, at the Christmas party. Please mail nominations to Springbike Bicycle Club, PO Box 9823, Springfield, MO 65801.

Our Next Meeting

Our next meeting will be Tuesday, November 12, 7:00 (Exec 6:00) at **Classic Sports** which is in the Clarion Hotel 3333 S. Glenstone.

Daytime Riders Meet

Members who want to ride during the day are meeting Tuesdays 12:00 noon at Turner's Station. Pat Giles says to join the fun as several riders are participating. For more info, call him at 882-4720.

If you are interested in forming another day ride, please contact a board member and we will advertise it here in our Tube!

Christmas Party

Saturday, December 7, 6:30 pm. More info next month.

Christmas Light Ride

Tuesday, Dec 10 (17 for bad weather) 6:15 PM. Route and meeting place to be announced.

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

MARK YOUR CALENDAR

Club Meeting
Nov 12, 7:00 pm
(6:00 exec board) at
Classic Sports
3333 S Glenstone.

Nov 16 Saturday
Nov 29 Friday
Show & Go Rides
Start at Turners
1:00 PM

Dec 8th
Toys for Tots
Motorcycle Ride
benefit

New Year's Day Ride
Depart 12:00 noon
Route TBA
35⁰ (cut off temp)

Super Bowl Ride
Super Bowl Sunday
departing at 12 noon

From the Club Meeting:

Treasurer's Report

Beg. Balance\$3871.64
Income	<u>.270.00</u>
Total.....	.\$4141.64
Disbursements	<u>158.50</u>
Total	\$3983.14

Editor's note: For notes from our secretary on our meeting, please contact Carol Gough 881-8094 (home), or 269-5538 (work), or Carol.gough@coxhealth.com

For more info or questions, contact Tony Miller 886-2348.

..for the members and the community."

FROM OUR TEAM LEADER

Have you ever noticed that our club is a member of the League of American Bicyclists (LAB)?

Who and what is the LAB?

LAB, founded in 1880 as the League of American Wheelmen, promotes bicycling for fun, fitness and transportation, and works through advocacy and education for a bicycle-friendly America. The League represents the interest of the nation's 42.5 million bicyclists. With a current membership of 300,000 affiliated cyclists, including 40,000 individuals and 600

organizations, the League works to bring better bicycling to every community.

Benefits of membership:

- Quarterly magazine
- Bicycling magazine subscription
- Discounts on travel (including hotels, car rentals and bike shipping) and tours

ADVOCACY!

When your Bicycling magazine subscription comes due, consider joining the LAB for only \$30 and get your subscription included in the cost.

From Ann-Marie

Strafford Route --Info Requested

Has anyone been harassed in the Strafford area regarding bicyclists causing the death of a 17 year old? Or harassed for no reason? If so, please get as much information on the vehicle and occupant as you can. Its very important that you can identify the offender. Report this information to the Strafford Police Department or the Greene County Sheriff's Department and to the bike club.

This memory device may help:



From Ann-Marie

- C** -color
- Y** -year
- M** -make
- B** -body style
- A** and
- L** -license

<http://www.pedbikeinfo.org/>

Welcome to the Pedestrian and Bicycle information Center.

The PBIC is a clearinghouse for information about health and safety, engineering, advocacy, education, enforcement and access and mobility. The PBIC serves anyone

interested in pedestrian and bicycle issues, including planners, engineers, private citizens, advocates, educators, police enforcement and the health community.

...From Terry Whaley

Turner's Station Trash Pickup --A Success!

There were six or eight bike club members at the Turner's Station Trash Pickup. Several neighbors also helped out which was ample to get the job done in about an hour and half. The job was much easier than last spring when there was so much trash to pickup.

I'd like to give **Rebecca Baker** special mention as she did the Sunshine run Saturday morning in a time of 42:58:00 for an average speed of 6:54:1 miles per hour. This gained her second place in her age group (35 - 39). **Great!** When she finished her great run, she came on out to Turner's and helped pick up trash. I thought that this was a great effort on her part

From Ray Wageman



Rebecca Baker, Gere Masters and Jill from Turner's Station.

It is time for bicyclists to unite!!!

Please join us on Sunday, November 3, 2002, and encourage all other bicycle enthusiasts to also join us (bike shop personnel, racers, bike club members, bike facility planners, mountain bike riders, legislators, etc.)

Where: Viewpoint Conference Room (by cafeteria) at Capital Region Medical Center, Southwest Boulevard, Jefferson City, MO.

Directions: From Jefferson City, take Hwy 54 west (towards Eldon) to the Ellis/Southwest Blvd exit. Go north (right) on Southwest Blvd for ten blocks. Turn left into the hospital parking lot and keep going the same direction to the last lot. Go in the double doors by the circle drive.

Fun first!!!

10 am - Bicycle ride sponsored by Caryn Giarratano. Meet in the hospital parking lot to ride the 20-mile loop called the JC Loop. Drawn to scale route maps will be available. Lunch will be on your own, but carpooling to restaurants will be available.

Business later...

MO Bicycle Federation Annual Meeting Agenda 11/03/02, 1-4 pm

Introductions and Welcome –

New Business:

Mike Brady Bill - Elaine Brady
Elaine's husband, Mike Brady, was killed in 2000 while racing in Bicycle Across MO (BAM) by a motorist who ran off the road and hit Mike from behind. Elaine is seeking assistance in changing our current law to allow a person's past driving history to be entered as evidence during any current violation proceedings.

Share the Road - Larry Welty

Larry is a licensed professional engineer who has been employed by MoDOT for 18 years as a construction inspector, a highway designer and a planner. An avid bicyclist, he has pushed for consideration of pedestrians and bicyclists in MoDOT projects and operations. He is an original member of East-West Gateway Coordinating Council's Bicycle and Pedestrian Advisory Committee and served as MoDOT's Interim Bicycle and Pe-

destrian Coordinator from August 2001 to June 2002. As part of his current responsibilities, he reviews federally funded, local bicycle projects in District 6.

Storm Grates and Rumble Strips - Caryn Giarratano
Caryn is an avid cyclist and bicycle advocate. She was a co-founder of the MO Bicycle Federation in 1993, was its first Chair and helped to lead the push to repeal the state mandatory sidepath law in 1995. She was hired by MoDOT on July 1 as the State Bicycle/Pedestrian Coordinator.

Bicycle Facilities - Paul Wojciechowski

TEA-3 - Hope Visconti

Hope is a professional urban planner who is new to the world of bicycling advocacy. Her current position as an intermediate transportation planner with MoDOT allows her ongoing contact with several policy makers in the Kansas City, MO Region. She currently serves on the Mid-America Regional Council's Bicycle and Pedestrian Advisory Committee and several steering committees for individual on-street and off-street bicycle projects. Her current responsibilities include reviewing plans and programs for several federally funded local projects; including, aesthetic enhancements, historic restoration, air quality improvement and bicycle and pedestrian projects.

America Bikes - Bob Foster
Bob has been commuting to work by bike for nine years. He is an avid long distance cyclist-including a 26-hour crossing of MO in the 1999 BAM and a 23-hour triple century in 2000. He is the founder and current Chair of the St. Louis Regional Bicycle Federation.

Bicycle Level of Service and National Bike Routes across MO

Election of Officers to assume duties on January 1, 2003: Chair, Vice-Chair, Secretary, Treasurer with the appointment by the new board of three more who usually serve as Legislative Liaison, MoDOT Liaison and

Editor. Caryn is not allowed to assume a leadership role with MBF due to a conflict with her new job.

Area Reports from attendees

Contact Information: MO Bicycle Federation, Inc., POB 104871, Jefferson City, MO 65110-4871

Background: MBF is a statewide, not-for-profit, membership organization that advocates advancement of bicycling access, safety and education in MO. It was founded by Caryn Giarratano (the first Chair) and Mike Hoferkamp (the first Treasurer) in 1993, and incorporated in the state of MO on November 17, 1994. The annual business meeting and election of officers is the first Sunday in November.

Mission: The mission of the MO Bicycle Federation is to provide an advocacy platform to protect the rights and interests of bicyclists and to make MO a better place to ride a bicycle through the advancement of bicycle access, safety and education.

Goals: Obtain funding to meet goals; Coordinate efforts among constituents; Communicate with other state groups; Educate the public on benefits of our sport in the areas of health, social and environment; Lobby for legislative issues on behalf of bicyclists; Promote safety regarding sharing the road, wearing helmets and following the rules of the road; Establish bicycling as a recognized form of transportation, as well as recreation; Facilitate the use of state and federal funds to meet our goals; and Disseminate information about constituents' major events in the state.

Accomplishments: Wrote and passed legislation that repealed the mandatory sidepath law and defeated its reinstatement in 1998; Defeated a bill that would have required all bicyclists to ride on the left side of the road, facing traffic; Defeated legislation that would have required bicyclists to ride single file; Worked with the MoDOT to change its policy on

(Continued on page 4)

(Continued from page 3)

shoulder rumble strips to allow bicyclists some smooth shoulder; and Worked with Amtrak in 1997 to allow unboxed bicycles to be rolled aboard.

Membership Application (send the following information to MBF): Name, Address, City, State, Zip, Home #, Work #, Email address, Name of organization, Organization website, email and address. Minimum donations for dues: \$15 for individual membership; \$30 for club affiliation; \$50 for business membership.

Membership Benefits: Framework to provide a united voice on issues of interest to bicyclists in the state; Quarterly newsletter, email newsletter and/or legislative updates; Liason with MoDOT and the Legislature; Motorist Contact Program (upon contacting MBF to report the license tag number of a unsafe motorist, a letter including the law regarding bikes will be sent to the motorist); and Provision of names of contact people on various issues.

From our statebike/ped coordinator.

giarrc1@mail.modot.state.mo.us

Sent: October 17, 2002 1:23 PM

To: CGcyclist@aol.com

Subject: wheels and heels news
Wheels and Heels - October 2002

Email news from MoDOT Bicycle/
Pedestrian Coordinator Caryn Giarratano

Greetings Windbenders!

The first week of September, I spent in St. Paul, MN, at the ProBike/ProWalk conference to learn more about bike/ped access, issues, facilities and ADA guidelines. I left Minnesota with my self-confidence renewed, my focus broadened and my resolve to make my state a better place to walk and ride bolstered.

It has become apparent that some of the MoDOT policies are vague and need to be rewritten. I am working with MoDOT staff to rewrite the grate policy in the Standard Plans and the Project Development Manual to allow only bike-safe curved-vane grates on roadways and shoulders. It's looking good for bike-friendly changes in six months!

The MoDOT rumblestrip policy needs to be rewritten also. I am collecting other states' policies and working with a research team at UMR towards this pursuit. What I think would work best is a narrow rumblestrip outside or on the edge line to provide a barrier between the motorists and bicyclists. This would allow smooth, wind-swept pavement two feet to the right of the edgeline for experienced cyclists, and the rest of the shoulder towards the ditch for those not comfortable riding close to traffic.

Our Share the Road policy needs attention and is waiting for me to have time to address it. I have begun the process of identifying six bicycle transportation corridors in our state. We already have three national routes identified by Adventure Cyclists: Mississippi River Trail (along the eastern edge of the state that connects Minnesota with Louisiana), TransAmerica Trail (along the southern part of the state that connects the west coast to the east coast) and the Lewis and Clark Trail that follows the MO River from St. Louis to Oregon. I would like to identify three more corridors to form three east-west and three north-south routes upon which we may build to create an efficient infrastructure.

My first task in the area of safety is to sort the many flyers I have collected. I plan to work with other state agencies to create a bike-safety packet and a pedestrian-safety packet. Speaking of pedestrian safety, I am working with the Department of Health to help expand the Safe Routes to School program.

Bridge access is a burning issue for bicyclists. I have been granted permission and given the funding to make the northbound bridge over the MO River at Jefferson City bike-accessible by restriping the lanes to provide a seven-foot wide outside shoulder and by replacing the grates with bike-safe ones. My next pursuit is to gain bike/ped access on the southbound bridge to allow those who ride over the bridge to ride back!

Last month, I began receiving requests from bicycle clubs, city govern-

ment groups and civic organizations to speak to their groups regarding bicycle and pedestrian issues. I have been traveling all over the state! I love the idea of creating a communications network, so we may reach consensus of what we want, and then go for it!

Do your local candidates for Congress support bicycling and walking? Find out at www.americabikes.org. Click on Elections 2002 to read survey responses from candidates across the country.

It would be my recommendation for all bicyclists in the state to attend the MO Bicycle Federation annual business meeting and election of officers Sunday, November 11, from 1-4 pm in the Viewpoint Conference Room at the Capital Region Medical Center in Jefferson City. I have been lining up some high-powered speakers to discuss bicycle facilities, share the road policy, national bike routes that cross MO, a MO Bike Map, rumblestrips, grates, funding and bridge access.

My plan is to create a communications network in MO to advance bicycle and pedestrian safe access.

Please help to make MO a better place to walk and ride!

Please forward this newsletter to anyone you feel may be interested. If you are not on the mailing list and would like to be added, please email me your wish.

Tailwinds, Caryn
Caryn Giarratano, PhD
MoDOT Bicycle/Pedestrian Coordinator
573-522-9297
giarrc1@mail.modot.state.mo.us

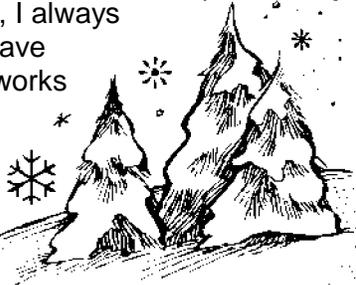
A Tip on Winter Riding

I learned this trick while being stationed in England, WWII.

It was cold all the time that I was over there and I shivered and shook for a full year. I noticed that all of the Land Army always wore a sleeveless vest while working out in the cold. I asked one of them why and he explained that if you keep the core of your body warm, the rest of your body would remain warm. So, I always wear a vest, of which I have several, and by golly, it works

--
Try it!

Ray Wageman



Toys for Tots

Toys for Tots Ride: Good for the Tots and good for the riders. Its a good rush to hear the roar of 4 to 5 hundred Harley Davidson motorcycles take off, too! What a thrill and well worth the ride. Should anyone

decide to do the ride they should be alert for the grids on Glenstone. Those grids would sink a "Fat Boy."

Keep in mind for December!

Ray Wageman

For Sale --Two bikes

GT Performer -freestyle Bike
Foot pegs, gyro headset, spoke wheels, navy blue, mint condition. \$150.00 OBO

Specialized Rockhopper
Red 13-inch steel frame
Shimano STX component group, grip shifts. Full MTB size wheels, frame fits children or small adult. New condition. \$200 OBO

Contact: Bill Lindsey
Work 886-9200
Home: 886-1258
blindsey@mecpc.com

Two more bikes--

1. Bianci Brava,
52cm, steel frame,
Shimano 105 components, arrow bars, computer: \$450

2. Cannondale R700 52cm, aluminum frame, Shimano 105 components, 650c wheels, triathlon bike: \$450

Andi White
889-8443/ 849-0504

Thank you from the Ride For Life--

Ride For Life to benefit The Breast Cancer Foundation of The Ozarks was a huge success. We had 200 entries and raised almost \$7000. The turn out was beyond my wildest dreams. Thanks to all you who participated. We are already thinking about next year's event. It will be called Cycle For Life. The American Cancer Society has an event called Ride For Life thus the name change. Also a Thank You to Springbike Bike Club for their donation to BCFO. Look for future notices regarding next year's Cycle For Life. It will be in the TUBE.
Carol Gough

A Tip from Coy

Especially that the days are shorter and we may be caught in a dark or dusky time of day, Coy reminds us to--



Ride with a Blinkie!

He reports that the #1 cause of cyclists being hit at night are from riding without a reflector or light! We don't want anyone in those statistics! Be sure your are visible as you enjoy our fall and winter seasons.
Coy

