
Pedalin' Times



Official Journal
of the Columbia
Bicycle Club

July
2023

criterium at the Columns!

On Sunday, June 25, there will be a criterium (crit) bike race in Columbia. Bring a chair and hang out with friends. This full day event starts at 8:45 in the morning and ends about 5:30 pm. The racers are on a closed loop (see map below and pick your viewing sites – and identify places to avoid driving!). The racers go for a set amount of time and then a set number of laps after that. There will be different categories of racers and even a kids race. Medals (and some cash prizes) will be awarded in some categories.

If anyone is interested in volunteering, please fill out this short form which will be reviewed by Brian Kukla, co-owner of CycleX and the race director.

<https://forms.gle/fuu6mX3ojnz5qdhG9>

We'd love to see you all out there! It's going to be a fun day!



Source: CycleX Bike Shop

GRACE NOBLE/Missourian

Pedaler's Jamboree brings cyclists to town for music and biking

Emmet Jamieson; Columbia Missourian May 27, 2023

Pedaler's Jamboree brings cyclists to town for music and biking. The morning sun painted Flat Branch Park in streaks of gold Saturday as riders gathered for the start of the 14th annual Pedaler's Jamboree. The air smelled like sunscreen, and bike bells and beer cans cracking open punctuated conversations.

With pleasant temperatures in the 70s and no rain in the forecast, organizers said it was perfect weather, some of the best the event had ever seen.

Chris Duplechain of New Orleans said it was his seventh time at Pedaler's Jamboree. One thing he loves about the event is its camaraderie, which he said was just as strong in 2021 when it stormed the entire time.

"People just embraced the weather," Duplechain said. "... It didn't matter if it was raining or not. (For) the ones that rode, it was like it wasn't even raining. It brought everybody together a bit more just because we had that extra element that popped up on us." Pedaler's Jamboree, billed as a "bicycle and music festival," has brought cyclists to mid-Missouri since 2009. Participants ride a total of 65.4 miles from Columbia to Boonville and back again over the weekend. In Boonville and at stops along the Katy Trail in McBaine, Rocheport and Franklin, riders enjoy live music and refreshments.

Debuting as this year's headlining act were the New Respects, a pop soul trio from Nashville. Leah Arnold, an event organizer, said she was looking forward to hearing them and hoped the event would net them new fans. Other featured acts were Ha Ha Tonka, the Royal Furs and That1Guy.

Though live music was still waiting down the trail, participants' personal speakers brought Flat Branch Park to life with strains of rock, blues and other styles of music.

(continued on p3, right)

Pedalin' Times

Pedalin' Times is the official publication of the Columbia Bicycle Club, P.O.Box 110, Columbia, MO 65205-0110, a not-for-profit corporation for the promotion of biking.

Pedalin' Times is published monthly. Deadline for submissions is the second Tuesday of the month.

Pedalin' Times welcomes articles that would be of interest to the membership. We request submissions for publication be Emailed to the editor at:

brendap.home@gmail.com

Articles may be edited for grammar, clarity, and good taste. The editor reserves the right to refuse publication of any item.

Annual dues for the Columbia Bicycle Club are \$20.00 (US) per household.

If you move, please let us know by sending a notice to the address listed above or Email to Secretary Joe at the Email address below. We really do want you to get your copy of the newsletter.

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Meeting called to Order ~7:30-ish by The Benevolent Overlord
Treasurer's report : Balance as of May 1st \$722.07, Expenses, pizza: \$70.53; Income, pizza: \$69.00 😊 Balance May 31 : \$720.54
Ride Reports

- Joe Howell biked *Pedalers' Jamboree*, said it was a good experience: great weather, good crowd good bands.
- Ted Curtis and a crew arrived too late to bike the *Horsey hundred*, but met a few locals who shared the route maps of a few of the really spectacular routes – if you will be in that area and are interested, contact Ted, he has some of the routes on the Ride with GPS app
- *Rita Stookey biked her birthday* - way to go, esp give the hot weather that day !

New Business/Upcoming rides/misc. info

- The Columbia Crit is and all-day event on June 25th, organized by Brian at CycleX please sign up to volunteer to help host this event! Complete the form at <https://forms.gle/fuu6mX3ojnz5qdhG9> with your availability and preferences, and we will see you there!
- The CMC is NOT officially hosting a July4th ride this year for insurance/liability reasons. However, there may be a few people doing an unsupported show-and-go ride. Watch the CMC web site for more info, if they choose to post it.
- The League of American Bicyclists has renewed Columbia at the SILVER level of Bicycle Friendly Communities– Columbia is one of only 2 SILVER level cities in Missouri – the other being St Louis. Many thanks to the City Bike and Pedestrian Commission, especially to Carol Elliot for all her work on assembling the application!
- John Johnson was recognized by the City of Columbia as the Volunteer of the Month – thanks for all you do, John!

REMEMBER: There will be NO Bike Club meeting in July - see you at Shakespeares at 7:30pm on August 1st !



Meet our May Featured Volunteer - John Johnson

John began volunteering with the City of Columbia in 2016 as a Park Patrol volunteer. Quickly he became a volunteer that could be counted on with any last minute need or special project. You will often see him mixing paint at Household Hazardous Waste, directing runners at a Parks and Recreation 7K, or out in the community picking up litter.

After working for the City of Columbia for 26 years in Information Technology, John wanted to give back to his community by volunteering. He finds great joy in interacting with others and is appreciative of the recognition provided to volunteers. When John is not volunteering you can find him enjoying retirement on his bike.

When talking with John about being our featured volunteer he said numerous times how he thought there were others more deserving, which just goes to show the heart John has. Say hello and a big thank you to John Johnson!



Ride when you can

In order to be more responsive to changing preferences for riding, we are changing the format for how we post rides. Instead of fixed days, times and routes, we are asking our riding friends to post a ride they plan to do as an invitation for others to join them.

You can post a planned ride on any of 4 places! Either the Columbia Bicycle Club Facebook Page : “**Columbia Bike Club**” ; the Easy Riders Facebook Page : “**Columbia Easy Riders**” or send your planned ride to “clubmembers@columbiabikeclub.com” to forward to all current bike club members or to Newsletter Editor Brenda brendap.home@gmail.com and we will post those regularly scheduled rides here!.

From Bike Ped Commission and Local Motion:

Consultants selected by the City of Columbia presented landscaping designs for new I-70/US63 interchange at a meeting on May 17 at the Columbia Chamber of Commerce building.

The concept for the interchange features two long “flyover” ramps allowing Eastbound I-70 traffic to turn Southward onto US63 and Northbound US63 traffic to turn Westward onto I-70.

Traffic in the other two directions would use a “Double-Diamond” exchange like at the intersection of I-70 and Stadium Blvd.

No provision for safe, accessible bicycle or pedestrian traffic was included.

There will be efforts by Local Motion and the City’s Bicycle and Pedestrian Commission to address this omission in the bidding process. Keep an eye out for developments in the coming months.

Your Committee Representatives: Frank Schmidt and Carol Elliot

Pedalers’...continued from p1)

The electric Delta blues of John Lee Hooker’s “One Bourbon, One Scotch, One Beer” rattled and rolled out of Mike O’Rourke’s speaker. Though this was his first time at Pedaler’s Jamboree, O’Rourke is a seasoned cyclist who has ridden in a state-crossing event in Iowa and a 100-mile ride in 100-degree heat in Texas. He said he was hoping to meet new people.

Steve Reed of Carl Junction came to Pedaler’s with lots of friends. He and the other members of the Neosho-based Beers & Gears, “a drinking club with a bike problem,” wore matching green shirts with a yellow brain in a glass jar.

Reed said he was excited to hear Ha Ha Tonka and That1Guy. He rides his bike every day, and he said Pedaler’s Jamboree is a great chance for bike lovers to do what they love together.

“It’s just great to see a lot of like-minded people who want to get out and ride bikes and enjoy the outdoors,” Reed said. “I think it’s just a great opportunity to celebrate biking culture.”

He said he hadn’t touched his bike since last year and was there for the barbecue, the grand finale fireworks, the music and the beer. Durham and Livingston said Ethel would be riding alongside them, harnessed into a sidecar.

“It’s just a great event,” Durham said. “Great family event, too. You can bring kids and your dogs to this, and it’s just great to be around.”

Brothers Chris and John Kalogeris also were bringing someone with them down the trail: John Kalogeris’ daughter Aubrey, who looked up from her sidecar to say she was excited for the ride. John Kalogeris lives in Columbia now, but he said heard about the event only after moving away from Columbia.

“When I came back, I’m like, ‘Man, we got to do this.’ ... I like biking, and I like beer and music,” John Kalogeris said. “Can’t lose, right?”

Bicycling Health Benefits: 10 Things That Can Happen Inside Your Body When You Cycle Everyday

Satata Karmakar | Healthsite.com

You have a beautiful body with a wonderful organ to support carrying out all daily activities, yes you got it right, the heart. It continues to beat constantly to meet the requirements of the various organs and to do so, one should work hard to keep it fit and healthy. Aerobic exercises like brisk walking, running, dancing and cycling are great activities to strengthen the heart. It is important to do this regularly to derive maximum benefit. We spoke to Dr Maj Gen Susheel Kumar Malani, Head of the Department of Cardiology DPU Private Super Speciality Hospital, Pune, to understand what happens to the body of the person who cycles every single day (consistently).

Bicycling Health Benefits

Cycling is an enjoyable way to stay healthy and derive other benefits like weight loss, muscle strength, lowering cholesterol, improving mental health and reducing cardiovascular risk. It can be done as low-impact exercise or moderate intensity as well as long-distance high-intensity workouts. Group exercise helps make new friends and gives a sense of belonging and purpose to remain motivated.

Exercise stimulates the growth of new connections between brain cells and reduces the risk of Alzheimer's disease. It's a great stress buster for overall health benefits including less risk of heart attack, stroke and cancer.

Cardiovascular Risk Markers

In addition to standard risk factors such as obesity, hypertension, smoking, high cholesterol and a sedentary lifestyle, various blood tests can indicate a higher risk of heart disease. A healthy lifestyle should be pursued vigorously on a long-term basis to derive maximum benefit for cardiovascular health and good quality of life.

10 Benefits of Cycling

Cycling is an enjoyable way to stay healthy, including helping you lose weight, lowering your cholesterol levels and strengthening your legs, in addition to the other benefits listed here:

1. Promotes weight loss
2. Strengthens your legs
3. Is a great way to start an exercise routine
4. Helps in lowering cholesterol
5. Boosts mental health and brain power
6. Helps reduce chance of developing cancer
7. Can offer a positive start to your morning (or evening!)
8. Helps prevent and manage medical conditions
9. Improves balance, posture, and coordination
10. Cycling daily can also help in reducing the risk of cardiovascular disease

Up-coming local rides :

[BikeMO](#), Saturday, August 26th, 2023 at Les Bourgeois Vineyards & Winery in Rocheport 10-90 mile paved road options OR enjoy the 10-53 mile Katy Trail options. Great Afterparty at Les Bourgeois Winery

And .they're looking for volunteers for the ride. There is a nice package of benefits for volunteers - and for some volunteer positions you can both volunteer AND ride. [Sign up to volunteer for BikeMO here.](#)

The ALL NEW [Urich Bike Fest](#), Fri-Sun, Sept 15-17, 2023 - food, live music (8 bands), camping (or RVing, glamping, hotel stays...), beer garden, nearby winery, fishing, volleyball, fun family activities, on-site showers, and more .

33, 66, or 100 mile pave OR gravel route options Food, live music (8 bands), camping (or RVing, glamping, hotel stays...), beer garden, nearby winery, fishing, volleyball, fun family activities, on-site showers, and more . .

Protecting Your Brain – on the Road or on the Trail – has never felt, fit or looked so good.

Dan Chabanov Bicycling

The first step in buying a helmet is determining how you will use it. If you like rowdy trails and big air, consider either a trail or enduro model, which will have greater protection for the back of your head than a road-style helmet, which tends to prioritize ventilation and weight over the added side and back protection.

Downhill helmets have chin bars—some of which are removable—for even more protection. Road and cross-country (XC) mountain bike helmets are light and extremely well-ventilated but may lack the added protection of trail helmets. They typically do not have a visor or are designed to accommodate goggles.

Some helmets are designed with commuters in mind. They tend to be a little tougher, to stand up to the rough and tumble abuse that typifies urban use, and often have features like light clips, or even built-in lighting. They usually have slightly less ventilation than road helmets and, of course, a more casual aesthetic.

Helmet Ventilation Road and XC are the lightest and most-ventilated helmets out there, and in some cases not only vent well but actually enhance cooling over wearing no helmet at all by directing airflow through the helmet and over your head. Other helmets that prioritize impact protection, like downhill and some mountain bike helmets, often have fewer vents (more holes = less protection against rocks and sticks). Don't be fooled by the "more vents are better" mantra. You can't judge a helmet's cooling ability simply by how many vents it has.

How to Ensure a Proper Fit "A helmet will protect you only if it fits correctly," says John Thompson, Scott's helmet product manager. Sizes vary by brand, and most companies offer a fit guide to help you determine which size is best for your head. Measure the circumference of your head to determine the best size; if you fall between sizes, go by comfort.

Helmet Safety Technologies Explained

- **MIPS** (Multi-Directional Impact Protection System) comes in several versions. The most common uses a liner inside the helmet that allows your head and helmet to move relative to each other in the event of a crash. Upon impact, the helmet can move a little without pulling on your head, which is claimed to reduce brain trauma. MIPS Spherical, shown here in the Giro Aether helmet, is another variant, as are the MIPS SL pads in the Specialized Prevail II helmet.
- **Specialized ANGi** A small electronic sensor will automatically signal your phone to send out a call for help—along with your GPS coordinates—to selected contacts if you crash and can't do so on your own.
- **Smith Koroyd** Miniature tubes are thermo-welded together to create what looks like drinking straws if you were to look straight down on them. Smith claims that by including Aerocore, the EPS foam used throughout the rest of the helmet is able to absorb more energy upon impact.
- **Bontrager Wavecel** Wavecel is a 15mm-thick grid of layered polyester that can crumple, flex, and glide on impact, reducing forces.

Safety and Standards

All helmets sold in the U.S. must meet a Consumer Product Safety Commission (CPSC) standard. However, the standard is old (adopted in 1998), and does not, for example, contain any language about mitigating rotational forces on the brain, nor does it lay down any standards for a full-face helmet's chin bar. Given all we've learned about brain injuries in the past 20+ years, the CPSC test is in desperate need of an update.

There are voluntary and third-party tests outside of the CPSC test. Of them, we like Virginia Tech's STAR tests which were developed with a more modern understanding of head injuries than the CPSC's test. VT's protocols evaluate a helmet's ability to mitigate linear acceleration and rotational velocity, then assigns a ranking of zero to five stars. (continued on p6, left)

A helmet gets more stars if the testing indicates it does a better job of reducing injury. Virginia Tech only recommends helmets that receive four or five stars.

Outside of CPSC and VT's STAR, most reputable helmet makers have their own in-house test protocols. The specifics of those tests and the results are often proprietary and not shared with the public. However, no controlled test can replicate every possible real-world crash. But wearing a helmet is always better than not wearing a helmet, and our understanding of what makes an effective helmet, and the associated testing, improves every day. And that means helmets are always becoming better and safer.

Is There an E-Bike Specific Helmet?

Only the Netherlands has an e-bike-specific helmet standard (which was adopted there in 2017). NTA 8776 is a standard designed around protecting against higher impact speeds and covers a slightly larger part of the head. In the U.S., there are currently no helmet requirements specific to e-bike use. But several manufacturers, including Specialized and Smith, sell commuter helmets built to the NTA 8776 standard.

Do Drivers Even Know the Laws That Protect Cyclists? Do You?

Micah Ling, Bicycling

Did you know that many drivers think the "Share the Road" signs are aimed at cyclists? Of course the intended purpose is the opposite, to remind drivers to be vigilant and considerate of more vulnerable, slower-moving modes of transportation on the road.

And what about "taking the lane," when a cyclist moves to the middle of the traffic lane because there's no shoulder or it feels too dangerous to have a car pass? Perfectly legal and the smartest course of action in some situations.

Generally, people riding bikes are treated by the law the same as people driving vehicles—they have similar rights and responsibilities. But a 20-pound bike is a lot different from a 5,000-pound

vehicle, so several laws have been passed recently to keep cyclists and other more vulnerable road users safe.

For instance, most states (but sadly, NOT Missouri) now adhere to the 3-foot law, which says that the drivers of vehicles must give cyclists 3-feet when passing. And six states require vehicles to completely change lanes when passing a cyclist, if more than one lane is present.

Former World Tour cyclist Phil Gaimon, who spends an exceptional number of hours biking the roads around Los Angeles (a place with a lot of people driving cars), has become an advocate for cyclists and their rights on the road. He's created several informative YouTube videos on the matter, including one from earlier this year, about an encounter he had with a driver in Newport Beach. He worked with BikeLegal to clearly explain how to navigate scary interactions with drivers.

"Most people [driving cars] don't think cyclists are even allowed on the road," Gaimon told Bicycling. "They think we're supposed to be on sidewalks and not in their way."

But no matter how many new laws are passed, people still react incredibly emotionally out on the roads. People are upset about sitting in traffic (another reason to get out on a bike instead of a car) or are amped up from some other situation. Gaimon goes into all encounters with drivers assuming they're already "at an eight" on the scale of anger. Generally, Gaimon says that as a cyclist, it's best not to engage someone who is angry and behind the wheel of an automobile. Cars can pretty easily become weapons.

His advice, if you're comfortable having a conversation with someone who likely just threatened your life: do it calmly. "If you have a chance to patiently explain it and not get yourself shot, keep it simple. I try to come at it from a purely vulnerable and scared point of view." Gaimon suggests saying something like, "Just so you know, that was super scary for me, and here's what the law says..."

For Missouri Laws – see [here](#)



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Make: \$20.00 check payable to the Columbia Bicycle Club. Send check and form(s) to P.O. Box 110, Columbia, MO 65205. Complete one form for each household.

+++++ All Memberships expire in December
Membership Application Form (Please print)

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Address: _____

City: _____

State: _____ Zip: _____

Home phone: _____

E-mail: _____

Please check all that apply:

- recreation rider mountain biker
- racer road rider trail rider

Liability Waiver: Please read waiver and sign. I certify that I am (or that my child is) in sufficient condition to participate in the activities sponsored by this club, and that I will wear an approved bicycle helmet on all rides. I understand that there are risks inherent in bicycling. I here by hold harmless the Columbia Bicycle Club, its officers, and any event organizers or sponsors in the occurrence of my (or of my child's) personal injury.

Signature(parent or guardian if under 18) _____

Date _____



203 N Providence Rd,
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Phone: (573) 874-7044

Mon: 10:00am - 7:00pm
Tue - Fri: 10:00am - 6:00pm
Sat: 9:00am - 5:00pm
Sun: 12:00pm - 4:00pm

The next meeting of the Columbia
Bicycle Club will be at 7:30 p.m.,
Tuesday August 1st, 2023

We will meet at Shakespeare's West
Enjoy great camaraderie and the good
feeling you get from spending time
with fellow bicyclists.

Hope To See Ya!

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