
Pedalin' Times



Official Journal
of the Columbia
Bicycle Club
July/August
2024

criterium race returns to Columbia!

CycleX is thrilled to announce that this year's version of the *Criterium At the Columns* will also be the Missouri State Championship Criterium race. Please follow their [Facebook Event Page](#) for the latest race information.

Sunday, June 30th, shifts range from 7:15 AM thru 5:30 pm, with various jobs including set-up, registration, Course Marshalls, wheel pit mechanics and tear-down.

Volunteer Sign Up: [Form](#)



Please sign up to volunteer and help put on this event !

Wear your CBC T-shirt to demonstrate the CBC supports our shops, as they support us!

In speaking to Brian at CycleX, he needs reliable Course Marshalls - if we can get a critical mass of people willing to cover the various shifts, he would like to assign us ONE CORNER to cover for the day. He ALSO said IF we want a tent/booth at a corner we are monitoring, he can help make sure we get a spot on Elm/the main drag with the Registration table. ...but we need confirmed volunteers to make that sweet deal happen! It would make life easy for our course marshalls!

NEW this year: between races, people will be invited to try riding the course!

Sign up AND [let Brenda know](#) if you have/will volunteer to make arrangements to ensure we are accommodated and have the resources we need. THANKS!

REMINDERS:

There is **NO bike club meeting in July** at Shakespeares. See you at Shakespeare's West on August 6th at 7:30 pm

There are no formal plans for a 4th of July ride that *I* have heard about but you all have your connections and each other. Share info if you hear. The Benevolent Overlord is out of town – as are we. Ride if you can. Be safe and stay hydrated.

Local Motion Event – Volunteer to help!

As we prepare for one of Columbia's Juneteenth celebrations, [Break the Chains](#), on Saturday, June 15th, we are excited to announce that we will be featuring Blender Bikes as part of the festivities.

To make this event a success, we are looking for enthusiastic volunteers to help with the Blender Bikes. If you're available and would like to be part of this fun and meaningful event, please sign up for a shift using the Google Sheet linked [here](#).

The event runs from 11am - 5pm at Douglass Park and we are asking folks to sign up for 2 hours shifts starting at 10am.

Your participation will help ensure a fantastic experience for everyone celebrating with us. Thank you in advance for your support!



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.

CBC Officers 2024-2025

President - Brenda Peculis

573-864 6830

brendap.home@gmail.com

Secretary -Treasurer –

Benevolent Overlord :Joe Howell

joecycleguy@gmail.com

Pedalin' Times editor & staff

Brenda Peculis

Brendap.home@gmail.com

The Columbia Bicycle Club met on Tuesday, June 4th. The meeting was called to order by the President at 7:37 pm.

10 members were present

NEW people :

- **Cathy Rides** both trail and road, both E-bike and regular version, occasionally rides with Alvin Joe Sislby and/or Ted Curtis. Is a co-organizer of the MeetUp CoMo Social Biking group – They ride Tuesdays at 6pm.
- **Ray H** is back and re-joined as a member! He does not really ride locally but runs a lot. When he does bike he does various multi-day tours

Treasurer's report

Opening Balance 5/1/24 \$ 1494.19 closing balance 5/31/24 \$1417.94 Expenses included Pizza, T-shirt purchase and BWWW reimbursements; Income included T-shirt sales and Pizza donations

- Please note, since there will be no meeting in July, there will be no Treasurer's report that month – the August meeting will report 2 months.

Old Business:

- Thanks to everyone who came out to support the BWWW Breakfast station event, especially those who helped staff the CBC table – Feedback from many people was that the CBC Table had the BEST food of any at the event. Many thanks to the pastry chef at Beet Box for teaming up with us!!
- Club T-shirts – there *were* 2 left before the meeting, one Large and one XL – if you are interested in either, please contact the Benevolent Overlord (email to the left)

New Business :

- The Crit at the columns is back! Help CycleX (one of our sponsors!) put on this event! See page 1 and if you attend – WEAR YOUR CBC T-SHIRT!

Ride Reports:

- Joe Biked one day of the Peddler's Jamboree and managed to bail before the rain (remember that stuff?) Saturday was a lovely day, peaceful ride, good music and good food. Ted Curtis and Clink were seen.
- Cathy rode the Horsey 100. The ride this year started at a hotel – not at the College. They had well worked trails with GPS as well as color-coded arrows on the ground for each route and cue sheets (something for everyone!). The event drew about 2500 people from across the country. Good ride and great weather!
- The *Crit at the Columns* is back! We were encouraged to help CycleX put on the event again this year : see p 1

Meeting ended at 8:10 for pizza



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Upcoming (local-ish) Rides

The [Queen City Century](#) is coming up this Saturday, June 15th in Springfield. Hope you can join us!



[Register for the 2024 QCC here.](#)

New for 2024 - we have reserved the entire patio area at **Mother's Brewery** for our ride send-off and afterparty.

QCC 2024 details:

The [Queen City Century](#) is Saturday, June 15th, 2023, starting at Mother's Brewery in Springfield, Missouri

10-100 mile paved routes - or try the 24-mile Guided Tour of Springfield

See the old **Frisco Highline and Leaky Roof railroad beds**, Phenix Quarry - which produced marble for the Chicago Stock Exchange and Missouri Capitol, Walnut Grove - location of Laura Ingalls Wilder's *On the Banks of Plum Creek*, and more historical farms, barns, schools, and homes than you can shake a stick at.

Afterparty, music, and fun at Mother's Brewery

Find out about this year's host hotel, route details, and more at [QueenCityCentury.org](#)
[Register for the Queen City Century here.](#)

We're still looking for a few more 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 the QCC here.](#)

See you June 15th in Springfield!

--Brent

director@MoBikeFed.org - 816-695-6736

OTHER up-coming Bike Mo Events

[Missouri Active Transportation Summit WITH BikeMO](#), Boonville, Aug 23, 2024 -[Exhibit/Sponsor the Summit](#)

[BikeMO](#), NEW LOCATION! Boonville, August 24, 2024

[Urich Bike Fest](#) - full weekend + bands + amazing location, Urich, Sept 13-15, 2024

[Tour de Wildwood](#), Oct 6, 2024

*** **NEW: Every 2024 ride registration includes LUNCH and an amazing ride Tshirt** - a full \$35 value for each ride.

*** **NEW for 2024: Exhibit Space and Advertising Space for Summit Sponsors!** Visit the [Summit Sponsor Page](#) for details.

*** **NEW for 2024: BikeMO & the Active Transportation Summit TOGETHER the same weekend** at the Isle of Capri Casino Hotel in Boonville. You can do one or both!

5 Signs of Dehydration and How Much Water You Should Drink in Hot Weather

By : Ashley Mateau, Bicycling

Bringing a water bottle on a ride might seem like all you need to do to avoid dehydration, but sometimes, that can be too little, too late. "Most people are one to two percent dehydrated just walking around," Doug Casa, Ph.D., chief executive officer of The Korey Stringer Institute which provides research on heat stroke prevention, tells Bicycling.

When it's hot and humid, it's especially important to understand how to hydrate before, during, and after a ride: "When we work out in warmer weather, our blood isn't just shared between the heart and the muscles, it also has to be shared with the skin for the process of sweating," Casa explains. "So you have less blood to carry oxygen and nutrients to your muscles, to get rid of waste products in your heart, and to maintain your cardiac output (cont on next page)

and keep your heart rate down, because a huge amount of that blood is now dedicated to helping you cool yourself.”

The reason thirst isn't the best sign of dehydration is because it kicks in when you're about two percent dehydrated; dehydration decreases cycling performance independent of thirst. While wind resistance can keep you from feeling less sweaty, it may also trick you into thinking you're not losing as much water (via sweat) as you really are, further preventing you from noting your dehydration.

It's not just your brain that suffers from dehydration, either—although that should be a concern as we need our wits about us while navigating roads, traffic, and obstacles. You may also see your endurance, speed, and balance take a downturn.

Here are five signs of dehydration to watch out for—and how to deal with them.

1. Your Heart Is Racing

What's going on: If you're dehydrated on a ride, you might notice your heart rate spiking. “Dehydration causes a decrease in blood volume, which results in the thickening of the blood and a decrease in the heart's ability to supply fuel to our muscles; thus your heart has to work harder to pump the same amount of fuel to your muscles.”

What to do about it: Rehydrating as soon as possible is key. “Oral rehydration involves more than simply drinking water,” he says. “Since we lose water and electrolytes, it's optimal to replace both of these when managing clinical symptoms.”

2. You're Suddenly Lightheaded or Dizzy

What's going on: Your brain is 80 percent water, says Jennifer Williams, the in-house research scientist for Abbott, so even small changes in your hydration level can cause symptoms of dizziness. “The loss of key electrolytes like sodium, potassium, and chloride can affect the messaging between the brain and muscle and nerve cells throughout the body, which keeps your brain from working optimally”.

What to do about it: If you're feeling dizzy or lightheaded while riding, the first thing to do is a no-brainer: “Stop immediately, as you risk crashing and doing serious damage to yourself”

Then, prioritize your electrolytes. “When your body has an electrolyte imbalance, it doesn't absorb fluids like it should,” says Williams. A solution with a

balance of sugar and sodium can help you replenish fluids and electrolytes effectively. Once you replace what's been lost you should feel better, she says.

3. You Get a Pounding Headache

What's going on: There are a lot of things that can cause headaches, but if you started your ride feeling good, didn't drink much, and are now suffering from a headache, chances are dehydration is to blame. “Dehydration causes the brain to shrink and pull away from the cranium which causes the pain receptors in the membranes around your brain to become irritated,” says Shayne.

What to do about it: Surprise: Drink more. “The best way to alleviate a headache due to dehydration during a ride would be to rehydrate properly, and/or take an over-the-counter pain reliever.

4. Your Skin Looks Dry and Stiff

What's going on: Your skin is about two-thirds water content. Since sweat production decreases during dehydration in an effort to retain fluid, body temperature rises. That can cause your skin to appear dry or less elastic (i.e. if you pinch yourself, the skin won't snap back into place)

What to do about it: If your body is at the point where it's redirecting fluids away from the skin, then you need to start immediately and frequently rehydrating. In fact, this is also a sign that you really need to pay attention to pre-hydration. “Topping off the tank before endurance activities is probably the single most important variable that an athlete can control,”

5. Your Pee is an Alarming Color (or Smell)

What's going on: Your kidneys are really in charge of your hydration state—they can excrete water when you've had enough or hang on to it in times of early dehydration. “The color and smell of urine come from the filtered waste products of the kidneys. As the body becomes dehydrated, and there's less water to dilute the waste products, the urine excreted gradually becomes more concentrated and thus darker.”

What to do about it: This is something you can try to monitor during your ride, especially over the course of very long rides. “The color of your urine should be clear or a very light straw color. If you notice your urine is anything darker than clear or a very light straw color, you aren't drinking enough or you're exercising too hard for the climate you're in.

Karen Bataille
Realtor®



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Tuesday - Friday 11:00 AM - 8:00 PM
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Down South: 3911 Peachtree Drive, 573-447-7435

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)

Name:

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,
Columbia, MO 65203
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 Aug 6th 2024

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!

Need a Bike Box for Travel? Remember the club
owns two. Contact either
Dan Clinkinbeard (442-8932) or the folks at
CycleX (573) 874-7044 to reserve one.

Support our Sponsors !
Let them know that they are appreciated.

Pedalin' Times
c/o Columbia Bicycle Club
P.O.Box 110
Columbia, MO 65205-0110

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