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# Pedalin' Times

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Official Journal  
of the Columbia  
Bicycle Club  
**September  
2024**

## Upcoming Local Rides :

[32<sup>nd</sup> Annual Missouri River Festival of the Arts Bike Tour](#) (sponsored by the Friends of Historic Boonville)

Saturday, August 17<sup>th</sup> Check in starts at 6:15 am. We roll at 7:30 am  
Boonville, Missouri – Thespian Hall - 522 Main Street

Routes: Choose from 20-, 42- and 52-mile routes

<https://www.bikereg.com/missouri-river-festival-of-the-arts-bike-tour>.

Bring your cycling friends and let's ride!  
*"There will be hills and Ice Cream"*

## 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

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## criterium At the Columns

On Sunday, June 30<sup>th</sup>, CycleX sponsored the Criterium at the Columns. There were several hundred riders across 7 different



routes. New this year: an opportunity for the Community to ride the closed 1 mile circuit! Clink was spied doing a few laps during the Community Ride.

Special thanks for John Johnson who did a double shift at 9<sup>th</sup> and University, and to Frank Schmidt who did a half-shift at Conley and Tiger and Missouri Aves. Brenda did set up and break down of the registration site, and double corner shifts, keeping John company for a bit then moved to Conley Ave where she assisted

Frank. It got busy during the afternoon when during the Cat 1, both Summer Welcome Students and 'Elders' attending a concert at Jesse Hall needed to cross Conley!



Luckily the Cat1 bikers were making the 1 mile laps approximately every 2 min and 15 seconds so we could predict the bikes and assist the pedestrians.

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## 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](mailto: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

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The Columbia Bike Club met on Tuesday, Aug 6<sup>th</sup>, The meeting was called to order by the President at 7:33  
11 members were present

### **Treasurer's Report:**

We have Money! Opening Balance 6/1/2024 \$1,417.94 Expenses: Shakespeare's pizza \$43.56 Income: Pizza Donations: \$40.

Tshirts: \$30 Closing Balance 7/31/2004 \$1474.38

Other actions: The columbiabikeclub.org domain was renewed, the annual report with MO Secretary of State office was filed

### **Old Business:**

- We received a Thank You note from Local Motion thanking us for our hosting of a Breakfast Station for BWWW
- Criterium at the Columns: thanks again to John Johnson, Frank Schmidt and Brenda Peculis for their assistance at the Crit, your help was appreciated by the folks at CycleX (see P1)
- There is ONE CBC T-shirt left, size Large – if interested, get \$15 to the Benevolent Overlord (contact info, left)

### **New Business:**

- Carol presented the highlights of the recent Bike Ped Commission meeting, BOTH Frank and Carol were reappointed to the Commission – we have a voice at the table! See Page 3 for highlights of the meeting.
- The City/Parks and Rec has done a nice job repairing various parts of the trail after the recent flooding around the 4<sup>th</sup> of July. Within a few days of the rains stopping, the trails were completely rideable! Send a Thank-you to Janet Godin
- We are considering OPTIONS for our November meeting site – we will NOT have the meeting room at Shakespeare's on Tuesday Nov 5<sup>th</sup> because of a Watch Party in that space. Let us know your preference: Meet on Tuesday the 5<sup>th</sup> at 7:30 OUTSIDE Shakespeares; meet on Monday the 4<sup>th</sup> at 7:30 in the Meeting Room, Meet on Wed the 6<sup>th</sup> at 7:30 in the meeting room?

### **Ride Reports**

- Joe biked from McBain to Pilot Grove: the leg past Booneville is all uphill! He camped at City Park, PilotGrove and was serenaded by dogs and coyotes howling all night. Due to lack of sleep ho got coffee at Isle of Carpi
- Ted biked in Montreal ad Quebec on both trail and city roads. He found both cities to be extremely bike friendly and to offer great resources... he was biked in Toronto which he found to be "less-so", on all fronts.

### **Up coming Rides**

See page 3

Meeting ended at 8:00 for pizza and open conversation!

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## News from the Bicycle and Pedestrian Commission

Submitted by Frank Schmidt

1. Columbia City Council *reappointed CBC members Carol Elliott and Frank Schmidt* to three-year terms on the Commission. We continue to have a voice at the table! Share your concerns with them!

In other news:

### 2. Vision Zero:

- a. As of mid-July, there were 5 fatalities in traffic crashes in Columbia, the same number (to date) as in 2023. There were 23 serious injuries, 5 involving pedestrians and 3 involving cyclists.
- b. The FY 2023 agreement for Safe Streets for All was considered by Council on 7/22.
- c. The Livable Streets project has selected a consultant.

### 3. Parks and Recreation:

- a. Construction of the Perche Creek Trail from the MKT trail North to Gillespie Bridge Road is scheduled to begin in August.
- b. Bridge repair on the MKT trail will start this Fall on Bridge 2. Reconstruction of Bridges 9 and 10 will be updated later, perhaps in a year.
- c. Parks and Rec staff have been repairing flood damage. The order of priority is first, tunnels, then parts that require bigger rocks and finally, crushed rock. Repair of the Bear Creek Trail will require multiple vendors.
- d. The expansion of the Hinkson Trail to I-70 will depend on MODoT's plans for "Improve I-70" with nothing planned until 2027.

### 4. City Planning:

- a. Speaking of MODoT, negotiations to ensure connectivity across US63 and I-70 as part of the "Improve I-70" project are not progressing well, due to MODoT trying to save money by foisting expenses on to the City. At the same time, there is pressure in Jeff City for \$4 billion to "Widen I-44" since I-70 is being "improved." Expect public meetings to continue about the project. Discussions to fund sidewalks and bike lanes are continuing.
  - b. The proposal to convert the Colt corridor to a greenway is in the early stages. Some people are reluctant to give up a "city asset" (even though the tracks aren't usable because there are no safe bridges). The solution may be to construct a "Rails With Trails" instead of a Rails To Trails. Stay tuned...
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## Upcoming (local-ish) Rides

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Bring your cycling friends and let's ride! We are looking forward to another cycling adventure on the great roads of Cooper and Moniteau County offering beautiful views and challenging yet rewarding terrain

*"There will be hills and Ice Cream"*

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**Tour de Wildwood**, Oct 6, 2024

**\*\*\* NEW: Every BikeMo 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!

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## **The Case for a Crappier Commuter** **Adam Schram, Bicycling**

A few weeks ago, I was walking around South Philadelphia with a friend when I saw a bike easily worth a few thousand dollars locked up outside a bar on a dark street. It was a carbon gravel racer with flat pedals, all kinds of frame bags, a fancy front rack, and a far-too-flimsy lock for Philly standards. Though it wasn't my bike, I stressed about its well-being long after it was out of my sight, thinking about how much attention it was likely grabbing while sitting unattended on the sidewalk.

I was up all night because I've seen the worst-case scenario for leaving a nice bike somewhere: Someone stole a several-thousand-dollar bike from me four years ago, and I wouldn't wish the experience on anyone. I've never felt more violated than when I saw the empty spot on the rack where I had locked my bike just a few minutes prior. My family qualified for food stamps just a few years prior, and to lose the one possession I had granted myself the indulgence of buying was a devastating step backward. Not only was I grappling with my bike's disappearance, but I also couldn't shake the thought that someone else was romping around on a steed I had spent hundreds of dollars and dozens of hours upgrading. This thief had some gall stealing something so special to me!

In hindsight, I was the one with gall. I was parading around town on a visibly valuable bike, and I mindlessly stored it outside. As much as I loved how that bike rode, I know now that ride quality shouldn't have been the priority for my commuter. I don't believe it should be anyone else's, either.

When I worked as a mechanic, I serviced plenty of midrange bikes that customers were unnervingly stubborn about turning into a daily workhorse—carbon-frame hybrids, gravel bikes with flashy suspension, tech e-mountain bikes, you name it. I didn't understand the draw toward these high-dollar rides that would spend the majority of their life in the elements, but I especially don't understand it after losing my own bike. Are these riders really making their commute that much more pleasant by opting for tires with low rolling resistance? Supple suspension? A stiffer frame? All while rocking stuffy work pants and a backpack in the rain? How decked out does a bike need to be to cover one's needs on a commute?

As an experiment, I designed one of my most recent commuters to be the antithesis of performance. I built

it with a rusty frame from the curb, components from the scrap bin, and a handful of nice-enough parts that kept it rideable to anyone accustomed to its quirks. But to those unfamiliar with the mechanical shortcomings, the bike was unusable. The chain dropped frequently, the handlebar was a few degrees off-center, and the brakes relied on prayer to work adequately. It was fun as hell to ride, albeit in a novel way that I wouldn't call straightforward or safe.

My findings were fascinating: Though I seldom locked that bike or made any effort to hide it, almost nobody touched it. The one stranger who tried to ride away on it quickly gave up and put it right back—the reason I know they tried was it was replaced in a different spot on the rack. Simply put, after months of testing, I found that it had no value to anyone but me. And I loved that.

I no longer ride my crappy commuter—the flimsy drivetrain wore out, and I was too lazy to fix it—but I ponder it often when we get a swanky test bike in the office that someone uses to ride to work. There's surely a functional midpoint between those high-end machines and the one I cobbled together with hopes, dreams, and J-B Weld. Something that's safe and functional but doesn't cost a downpayment on a car.

There are plenty of upgrades one can give a commuter that don't have the same diminishing returns as a lighter frame or more drivetrain speeds. I missed having wraparound fenders and a sturdy rack on my dumpster bike. But I struggle to imagine myself riding a bike like the one I saw unattended in Philly without losing sleep over its security. After all, more than any other bike in a cyclist's fleet, a commuter is a tool. Just like the tools hanging up at a bench, it's most useful when you know where it is, regardless of how it looks.

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## **Can Bicycling Help You Become a SuperAger?**

**By Donna Raskin, Bicycling**

You likely know the Rolling Stones, still on tour in 2024, are on the higher end of the age range for rock musicians—their ages range from 76 to 86 years old. Not only do the musicians spend hours on their feet during concerts, they remember the lyrics to their songs (sometimes with a nudge from teleprompters), and how to play their instruments live. The Stones can be considered examples of “SuperAgers.”

(cont. next page, left.)

The term SuperAger refers to an adult 80 or older who exhibits memory and cognitive abilities usually found in people in their 50s and 60s. It's a purely cognitive descriptor, unrelated to other aspects of physical health.

### ***The Benefits of Biking for Seniors***

“The reason we especially focus on memory function is because the other end of the spectrum is Alzheimer’s disease, and the cardinal symptom is rapid memory loss,” Amanda Maher, a clinical assistant professor in the department of psychiatry at the University of Michigan, tells Bicycling. While the research hasn’t yet determined the key difference between the brains of SuperAgers and those of other older adults, it appears to involve the white matter in the brain.

White matter is part of the brain’s structure and, according to the University of North Carolina Gillings School of Global Public Health, “plays a critical role in helping the body process information.” The brain’s white matter connects the parts of the brain that send and receive signals, which, in turn, affects a person’s ability to focus, learn, solve problems, and balance.

A 2024 study published in the Journal of Neuroscience found that SuperAgers had better white matter microstructure than typical older adults. This quality seems to underpin the “remarkable” memory capacity of SuperAgers.

Both Maher and Garo-Pacual say that while SuperAgers do share certain characteristics, such as better mobility and agility, better mental health, and fewer health problems related to blood glucose disorder and hypertension, there is no current cause and effect relationship so far that proves any one thing can protect memory as you age.

Nevertheless, SuperAgers and experts offer strategies that may help you stay on your bike even in old age.

### ***Focus on Friendship When You Ride***

Spence Halper, 89, from Freehold, New Jersey, took up cycling in his 70s and almost always goes out with a group. “I ride once or twice a week,” he tells Bicycling. “On my 85th birthday, I rode 85 miles. Since then I’ve celebrated my birthday by riding kilometers.

Friendship may be indispensable to living a long life. According to a 2020 study published in the American Journal of Psychiatry, older adults who have close

friends are not only less likely to be depressed, but are also less likely to die from all causes, including heart disease and cancer.

### ***Practice Balance, Mobility, and Agility Moves***

Studies have shown SuperAgers have a bigger motor thalamus, a brain region involved in motor control, explains Garo-Pascual. While this doesn’t explain the connection with memory, a hypothesis researchers may test in the future is whether participants with better mobility are more capable and more motivated to explore the environment, and whether that drives better memory consolidation.

In other words, if you are more able to safely navigate the world independently, you are more likely to be adventurous and active. While this is only speculation right now, studies have shown that maintaining mobility is key to independence.

### ***Consider Yourself Lucky***

While a positive attitude may seem more superficial than meaningful, all the cyclists and experts agree that your outlook on life is key to good mental health. That, in turn, is associated with SuperAging. “One of the things about our SuperAgers is that they do tend to have a positive outlook on life,” says Maher. They have a high degree of psychological well-being and report having higher quality and warm relationships with other people.

In fact, Maher was struck by the fact that all of the cyclists interviewed for this story considered themselves “lucky” in comparison to friends and relatives who have suffered from illnesses. “Most SuperAgers have a high level of empathy and resilience,” Maher says. They all kept going in the face of physical and emotional challenges, such as losing a spouse.

### ***Keep Going***

All four older cyclists took part in other sports when they were younger and, as they got older, they adapted to the changing needs of their bodies. Halper first took up cycling in his 70s; Rayner quit running for a bike.

Rather than fighting age-related changes, accept them and adapt. “As I get older, my balance isn’t quite as good as it used to be. I’ve had a couple of falls,” says Halper. “When I eventually feel unsafe on my bicycle, I will get a recumbent three-wheeler. I love to be outdoors, in the sun and look at the sky and scenery. I love to walk but you can’t cover as much ground.

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Karen Bataille  
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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)

Name:

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State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone:

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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 Sept 3<sup>rd</sup> 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  
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