
Pedalin' Times



Official Journal
of the Columbia
Bicycle Club

August
2026

Summer is here and the ridin is steamy!

Whether on the road or the trail, be sure to keep hydrated and take breaks (in the shade!)

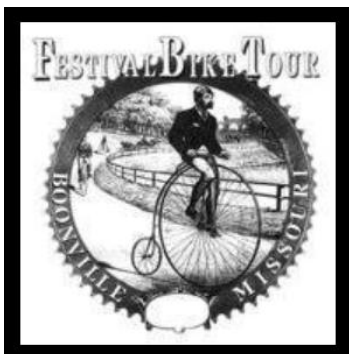
Upcoming RIDES :

[34th Annual Missouri River Festival of the Arts Bike Tour](#)

Aug. 22, 2026, Boonville, MO
3 distances, 22, 42 and 52
miles (loop to Lupus)

Check in begins at 6 am Ride
leaves Thespian Hall at 7:30
am

For those who may be riding
with us for the 1st time; the
Festival Ride is held in
conjunction with the Missouri
River Festival of the Arts and
is sponsored by the Friends of
Historic Boonville, a group
dedicated to the arts and the
preservation of our historic
structures. **Register [HERE](#)**



July 15 Bicycle and Pedestrian Commission Meeting By Frank Schmidt

[Updating the Complete Streets Policy](#)

(<https://beheard.como.gov/complete-streets>).

Complete Streets are:

1. Safe and Accessible for all users, including bicycles and pedestrians.
2. Reduce stress on users
3. Networked with an integrated design
4. Allow users to switch modes when getting around (e.g., bike then switch to public transport)

The policy was adopted in 2004 so it needs updating with new design providing specific guidance to

1. Address infrastructure gaps
2. Promote safer conditions and better health outcomes.
3. Promote community engagement to advise City officials.

What the consultants did:

1. Audited conditions (1 walk, 2 bike, 1 bus)
2. Surveyed 251 people (50 in person, 201 online)
3. Conducted workshops for City staff

What they recommended:

1. Update the design standards for all street types
2. Emphasize network mobility with Pedways
3. Eliminate gaps in sidewalk and Pedway network
4. Special considerations for older streets (e.g., W. Ash) that address emergency access and existing users

In their comments, Commission members stressed the necessity for an Ordinance with measurable outcomes and not just vague statements of intent. The draft hasn't been acted on yet.

In further comments, Commission members raised the safety issues associated with E-moto cycles on streets, sidewalks, and trails.

Specifically:

1. These vehicles aren't licensed, yet they can travel at unsafe speeds.
2. Riders are often young and don't have the skills to safely operate them.
3. Riders often don't wear helmets.

There was no resolution of these issues, but we can expect further discussion in the coming months. **(cont on p3)**

Pedalin' Times

Pedalin' Times is the official publication of the Columbia Bicycle Club, 2502 Spanish Bay Dr. Columbia, MO 65202. This is 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 the address below

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, on a calendar basis.

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

CBC Officers 2025- 2026

President - Brenda Peculis
[brendap.home\(at\)gmail.com](mailto:brendap.home(at)gmail.com)

Secretary -Treasurer –
Benevolent Overlord :Joe Howell
[joecycleguy\(at\)gmail.com](mailto:joecycleguy(at)gmail.com)

Pedalin' Times editor & staff
Brenda Peculis
[Brendap.home\(at\)gmail.com](mailto:Brendap.home(at)gmail.com)

Minutes from Aug 3rd Meeting

Meeting called to Order at 7:32 pm

12 members present

Treasurer's Report : The Overlord is back!

July 31, 2026: Opening balance 6/1/2026 : \$2024.89; Expenses : Pizza (6/3) \$40. Income: Memberships \$40; Pizza Donations \$23, closing balance 7/31/2026 \$2047.89: Anticipated expenses; Registration with MO Secretary of State due in Aug.

Old Business:

Coopers Landing is reported to be 'mostly done' – the bathrooms are completed, porta-potties have been removed. Upstairs showers still in progress, but up-coming events are planned – see p 6 or something

Overpass of I70 at St Charles should be opening by the time you receive the Newsletter!

New Business:

Local Motion has a few up-coming fun / fundraising events: (see below for more info) Local Motion Trivia Night at Café Berlin, Wed Sept 2 at 7 pm; see p3 for the complete list and info

Ride Reports

- In June, Jan rode the 6-day: Tour de Wyoming – the hardest day was the 76 mile day in 105 degree temps up to Red Lodge – down the next day was much easier.
- 4th of July Ride: Karen and Joe rode Rocheport to McBaine and back, just to be different.
- Joe rode the New River Trail – TWICE in the past few months! Ride reports see p4-6

- Tim M rides nearly every Tues and Thurs mornings, 9-ish – contact him if you want to ride, you can even pick the route so he can learn more places to go (or avoid!) [click here](#) for his Email!

Pizza arrived, *meeting adjourned 8-ish pm.*

Conversation and fellowship continued

July 15 Bicycle and Pedestrian Commission Meeting (cont. from Page 1)

Parks and Recreation

- MKT Trail Bridge #9 replacement went to Council on July 23. Repairs will begin in late Fall and should take until early Spring. Contrary to previous reports, there **will NOT** be a way around the repair site; riders will have to detour onto the adjacent street.
- Perche Creek Trail Phase II (North from Gillespie Bridge Rd to Smith Rd) is authorized; the cost may have risen to be greater than the available funding.
- An Interested Parties meeting was held July 14 regarding the Grindstone Creek Trail Connector between the trail and Bluff Creek Boulevard. The proposed connector features a number of switchbacks in order to meet elevation standards on the available land.
- Flooding earlier washed out the trail in numerous places. This has largely been fixed; however, this is a VERY rainy year. Trails may have suffered damage from recent (and future) rains. Some of the signs warning of damage on the MKT trail washed out in subsequent rains.

Next Meeting, Wednesday, August 19th

News from Local Motion.

1. Local Motion organized a successful weeklong I Can Bike camp for about 34 young people with disabilities June 29-July 3, at the Event Center (aka the old Boone County Fairgrounds). About 2/3 of the campers were riding on two wheels by the end of the week. Local Motion staff and volunteers spotted the riders as they learned the basics of biking, maneuverability and safety. There will be another camp in 2027 – **Volunteers will be needed in 2027. Watch for the request.**
2. Local Motion will sponsor a **Trivia Night fundraiser**: September 2nd at 7:00 pm at Café Berlin, 220 N. 10th Street. There is a \$5.00 per person, suggested donation. Door Prizes will be awarded! Who knows what Swag they will have! Will there be a Bicycling Trivia category? Come and find out!
3. The **Giving Rides** ebike is finally here and functional. It features a two-passenger seat and a wheelchair-compatible platform ahead of the cyclist. If you know someone who would like a bike ride, especially someone who can't get out much, give a call to Local Motion and schedule a ride. Thanks to Brightspeed for support.
4. LM will again offer the annual **Vélo Vino Vici bike/walking tour** celebrating women on bikes. This event is a fun, easy, and social wine crawl for women and gender non-binary folks. The ride will take place on **Sunday, October 11, 2-5 pm** starting from Walt's Bike Shop. Rain date the following week.
5. LM will challenge Columbians to celebrate a **Week Without Driving**, encouraging folks to contemplate what it means to have to use a bike, bus, someone else's car or your own two feet to get around. Not everyone has the option. Challenge yourself and see how well you can do without a car for even just one week! Visit www.weekwithoutdriving.org.



■■■■■■■■■■
**WEEK
WITHOUT
DRIVING**

Ride Reports from Joe

Riding in June 2026

I recently was in Charlotte, NC, to care for a relative who was recovering from surgery. While I was there, I took the opportunity to ride my bicycle on one of the city's greenway trails, to get some exercise and to enjoy the outdoors during the cooler hours of the day. I was able to ride to the McAlpine Park Greenway trail, which is partly paved and also connects to a gravel trail. The gravel portion is part of a runners' trail, used by local track teams and to host meets. The paved section of the trail is about five miles long and follows McAlpine Creek through wooded and meadow sections. I frequently



saw deer and other animals, especially early in the mornings. The gravel part of the trail splits off from the track and crosses the creek, going another mile to a road crossing. As it was usually morning rush hour, I did not cross the road to continue on the trail, but turned around and headed back to the parking lot. By using the sidewalk to access the park, I was able to get in a ten-mile out-and-back ride in the mornings. There are a number of greenway trails in Charlotte, and if you're ever in the area they are a great way to get a walk or ride in.

On my way home, I took the opportunity to drive up Interstate 77 into Virginia to visit the New River Trail State Park. This is a 47-mile-long trail that goes from Fries, VA, to Pulaski, VA, and follows an old rail line along the New River. As I was trying

to get a long days' drive in, I was limited in the amount of time I could spend at the park, so I was only able to ride for about two hours. But I



thoroughly enjoyed myself. I parked at the Foster Falls trailhead, which part of a historical property including an inn and a number of outbuildings. The trail is mostly crushed rock and is very well maintained. There are a number of interesting sites along the trail, including the Shot Tower State Park,



where shot for rifles was created by dropping molten metal from the top of a tower into a water reservoir.

I rode from Foster Falls north, toward Pulaski. The trail is above the river and is heavily wooded. The summer foliage prevents clear views of the river, although there are several places where you can easily walk down and access the water. The day was very pleasant and there was a nice breeze. Riding through the trees and along rocky bluffs, I passed an old family burial plot from the mid-1800's and several fishing cabins. I passed several other cyclists who were also enjoying the day. After riding along for about an hour, I was forced to turn

around and head back so that I could continue my journey home.

There is a gift shop with bathrooms at the Foster Falls trailhead; the shop sells souvenirs, snacks, and drinks. Parking at the State Park trailheads is generally \$7 and can be paid either by cash or card. While the trail is very rideable and well-cared-for, it is important to remember that it is heavily wooded and bordered by bluffs, so it is important to keep an eye out for branches and rocks in the trail. Along with the Virginia Creeper Trail, this is a trail that I've wanted to ride for years and I was very happy to get the opportunity to enjoy it. I definitely want to go back and ride the entire trail someday.



Joe & Carol return to New River Trail, July 2026

On the way back from a trip to visit my family, Carol and I took detour to Virginia's New River Trail State Park to spend two days riding on the trail. Although we had to deal with some rain and other difficulties, it was an enjoyable ride on a jewel of a trail.

The New River Trail is a 57-mile-long rail-trail that goes between Pulaski, VA, on the north and Fries, VA, on the south, with a spur that goes to Galax, VA. The trail is roughly bisected by Interstate 77



and there are two state parks near the highway that provide convenient starting points to go in either direction. We planned to go to the Foster Falls

trailhead, as there is a nice park store with toilets there. Parking at any trailhead along the state park is \$7 per day.

The original plan was to ride the first day from Foster Falls down to Fries and back, then up to Pulaski and back the next day. Since the first day started out drizzly, we hunted down some cheap rain gear and ended up starting on the spur in Galax, and rode up toward the highway crossing. The spur features a short tunnel before joining the main trail. Although the tunnel curves and is unlit, once you get into it you can see light and so I didn't feel that having a light was an absolute requirement. Beyond that we saw a couple of dams on the river and lots of pretty (although wet) scenery. The trail was in good condition however. There was a second,



shorter, tunnel along the way as well. My biggest complaint would be that the spur into Galax is somewhat rocky in places; I was wanting some suspension forks from time to time.

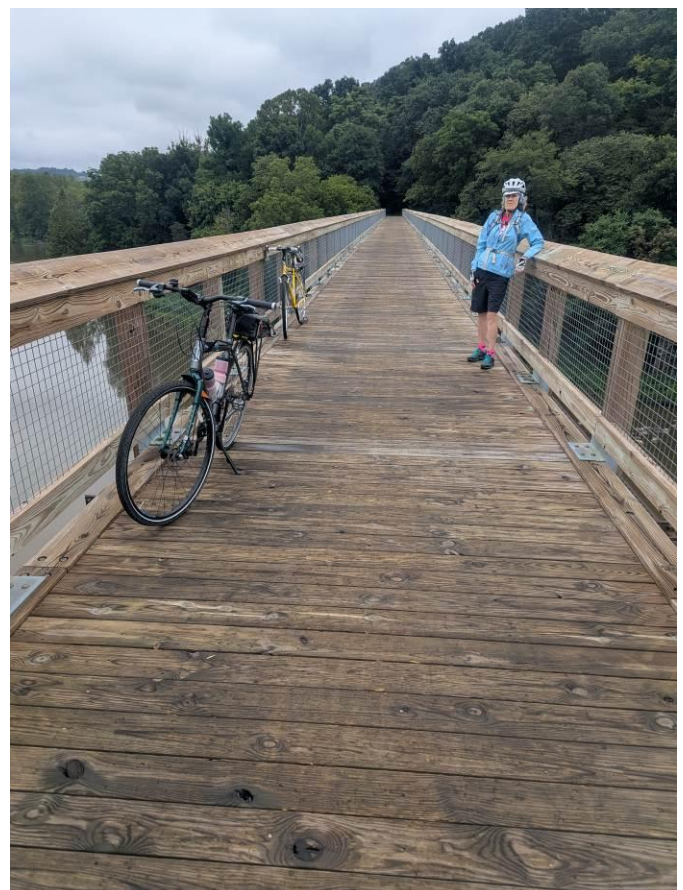
The second day was much nicer, and we were able to start from Foster Falls this time. We headed north toward Pulaski, passing several fishing camps and an old family cemetery along the way. We crossed a very long trestle and after passing the Hiwassee trailhead found that the trail began to climb up the bluff on the way to the town of Draper. Although the climb was not steep it did go on for a while. After nearing the top of the climb we decided to turn back and so never made it all the way to Pulaski. The trail in this direction is well-

maintained and very scenic.



Horses are allowed on the trail, and we saw a couple of riders at a trailhead, although we never encountered any riders on the trail itself. Interestingly, there are signs at each bridge asking riders to dismount; we spent a while coming up with different reasons why that might be so but haven't heard a definitive answer.

Thoroughly recommended. If you're camping, there is a campground near Fancy Gap, about 20 minutes



south of Foster Falls, along US 52 and just north of the Blue Ridge Parkway. Nearby is a great BBQ/ice

cream spot that hosts a bluegrass jam every Thursday night.



The next meeting of the Columbia
Bicycle Club will be at 7:30 p.m.,

Tuesday September 1st!

We 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
CycleX OR TEXT the Club Pres
at 573 864 6830
to reserve one.

Pedalin' Times
c/o Columbia Bicycle Club

A Non-profit Organization

