



BCO News

Edition #26, SPRING 2007

The Bicycle Coalition of the Ozarks is a 501(c)3 coalition of bicycle-friendly folks and organizations creating a unified voice for a more bicycle-friendly community. The BCO will achieve this goal through bicycle safety education, advocating for basic bicycle-friendly infrastructure and creating awareness of an often-overlooked, superior form of transportation and recreation

Report from the Road: The 71 Classic

By Eileen Jennings

Not even the butt-numbing cold could stave off the excitement exhibited by the fifty plus road warriors that turned out for the 2007 71 Classic. Riders congregated at the Mill District for ride registration and to stock up on HOT coffee, fruit and delicious home-baked goodies. After a prompt start, the riders headed south towards their first rest stop at Brentwood where they were met by the smiling faces of Mariah White & Melissa Fierke. Almost all of the riders opted for the longer, 75+ mile ride and continued on to Point Lookout where they were met with more goodies by Laura Kelly. For the return ride north, riders enjoyed slightly warmer weather and bright sunshine.



See "71 Classic" on page 3

Rodeo Instills Safety in Butterfielders

By Dan Dean

This year, we teamed up with the Butterfield Trail Elementary School PTA to put on our biggest Kid's Bicycle Safety Rodeo yet. Our dedicated Rodeo Team celebrated Earth Day by braving blustery winds to usher ninety kids through the safety drills course. The huge turnout is directly attributable to the efforts of the Butterfield Trail PTA. This portends successful collaboration with schools in the region as the BCO Grant Writing Committee works towards adding Bicycle Safety to the physical education curricula across Arkansas.

See "Butterfield Rodeo" on page 7

Thanks for your Support!

Don't see your logo here? You can put your message in print with a Sponsor or Business level membership. See membership info, back page.

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"Perfusion"

Perfusionists employ artificial blood pumps to propel open-heart surgery patients' blood through their body tissue, replacing the function of the heart while the cardiac surgeon operates.

Art Hobson says:

Plan ahead. Choose one day each week to be a personal Car Free Day.

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What's Happening?

Your source for the latest biking news.

New Trail Opens in South Fayetteville

This first section of Town Branch Creek Trail extends west of Razorback Road just south of the Crowne Apartments. This trail crosses Town Branch Creek with a 50' long steel bridge. In the future, Town Branch Creek Trail will continue west to I-540 and east along Town Branch Creek to the West Fork of the White River providing an important east / west alternative transportation route for south Fayetteville.

http://www.accessfayetteville.org/parks_recreation_trails_and_greenways/trail_and_greenways/town_branch_creek_trail.html

Where is this trail? 1753 S. BEECHWOOD AVENUE

Length of Trail: 0.4 MILES

MAY IS NATIONAL BIKE MONTH

The League of American Bicyclists is promoting Bike-to-Work Week from May 14-18 and Bike-to-Work Day on Friday, May 18. With gas prices expected to soar this summer, more and more folks are switching to human-powered transport to get them where they need to go. For many of us, this means riding our bikes to work every morning. In this issue of the BCO newsletter, we'll provide tips for bicycle commuting and answers to frequently asked questions (and answers to common excuses). The BCO, in conjunction with the Fayetteville police department, produced several Share the Road public service announcements for radio airplay during bike month. We will also air excellent bicycle safety videos for both adults and kids on Community Access Television. So keep your eyes and ears open. Find out more Bike Month details at the League of American Bicyclists website: www.bikemonth.com.

JUNE IS WORLD BIKE MONTH

The League of American Bicyclists is promoting Bike-to-Work Week from May 14-18 and Bike-to-Work Day on Friday, May 18. With gas prices expected to soar this summer, more and more folks are switching to human-powered transport to get them where they need to go. For many of us, this means riding our bikes to work every morning. In this issue of the BCO newsletter, we'll provide tips for bicycle commuting and answers to frequently asked questions (and answers to common excuses). The BCO, in conjunction with the Fayetteville police department, produced several Share the Road public service announcements for radio airplay during bike month. We will also air excellent bicycle safety videos for both adults and kids on Community Access Television. So keep your eyes and ears open. Find out more Bike Month details at the League of American Bicyclists website: www.bikemonth.com.

Coal Plants & GLOBAL WARMING

Coal plants are probably the world's most pressing problem right now. Over 1000 new electricity-generating coal plants are planned worldwide within the next 20 years, 150 of them in the U.S. If they are built, and if they release their carbon dioxide to the atmosphere, it will probably tip the balance toward catastrophic global warming. The U.S. can show the way with legislation requiring all new coal plants to capture and store their carbon dioxide. The technology for this is proven, and safe. This will increase the price of coal-generated electricity by maybe 50%, making the price of coal more equitable by incorporating carbon dioxide cleanup within the price of coal. This will make energy efficiency more attractive and renewable sources of electricity more competitive and thus eliminate many of these plants because of declining economic support. Coal companies are already hurrying to get their new plants started before this legislation is passed. We must not let them sneak in "under the wire." Ask congress to pass "carbon capture and storage" legislation immediately, and to make it retroactive to at least the beginning of 2006.

- Art Hobson

QUIET TIME

The fifth annual Ride of Silence will take place May 16 "at hundreds of locations worldwide," according to the organizers' website. The ride is held in honor of those who have been killed or injured while cycling on public roadways, as well as to raise awareness of cyclists' desires and efforts to share the roads. You can track down the locations of rides at the following link; if there's not one happening near you, you'll also find the option of organizing your own ride and adding it to the site's listings: <http://www.rideofsilence.org>

WWW.NWACYCLING.ORG

There's a new site in town, one that aims to act as a clearing house for NWA biking resources.

Their mission reads: *NWA Cycling was started with a single goal in mind: to provide a central location for bicycle enthusiasts in Northwest Arkansas to communicate and interact with one another. We wish to provide a sounding board and meeting place for discussion of our passions of cycling and our community.*

Check it out. There's a great forum with posts on upcoming local events, maintenance know-how, trail info, & lots more.



"71 Classic" *Continued from page 1*

The 71 Classic was a huge success and enjoyed by all. Due to the event, BCO raised close to \$600, collected half a dozen helmets for Seven Hills and picked up 43 new members. As always the success of the event was greatly attributed to the cheerful attitudes of the many volunteers and generous support of the sponsors.

It was suggested that next year the Artist Point station should move to Mountainberg and the Brentwood rest area should stay open until everyone makes it back by. We will have a sign-out sheet at the end of the ride with space for comments and more suggestions. In the meantime, please send any other comments or suggestions to bco@bconwa.com

BCO would like to thank the following sponsors:

- * Ozark Natural Foods *
- * Arsagas *
- * Highroller Cyclery *
- * Fayetteville Bicycle Company *

DID YOU KNOW?

- * The average American spends 4 of their 16 waking hours either in their car or working to pay for it
- * In a 2-car household, bike commuting allows you to give up the second vehicle. New or old, this car usually drains about \$4000 per year.
- * 100 bicycles can be manufactured for the energy and materials it takes to build a medium sized car.
- * A ten-mile commute by bicycle requires 350 calories of energy, the amount in one bowl of rice. The same trip in the average American car uses 18,600 calories, or more than half a gallon of gasoline.
- * Parking lots are empty 80% of the time. Between parking at home, work, and on errands, the average car uses three times the space of the average home.



BCO & SPRINGFEST 2007

The sunniest Springfest in recent memory filled Dickson Street with vendors, people, music and rides on Saturday, April 21st. The OMNI Center for Peace Justice and Ecology hosted the Peace Garden in the Walton Arts Center Rose Garden. The garden contained educational displays relating to how we humans can help reduce the effects of Climate Change. The bco's booth fit right into that category with our display of safe cycling videos, brochures and local trails maps. Volunteers answered questions from the hundreds of interested visitors, and folks signed up in record numbers to be added to our e-mail list serve.

Thank you to Lori Yazwinski and Julian Santa-Rita for helping staff the booth.



CYCLING...Who, Me?

by Laura Kelly

Your
favorite
excuses
disspelled

“The number of bicycle commuters in this country has been increasing steadily to a total of about 4 million bicycle commuters.”

You’ve thought about joining the growing number of people who make their way to work or school using the most efficient means of individual commuting available, but you’ve always come up with a good excuse. Besides, bicycle commuting won’t make that much of a difference in your life or in the world, will it?

TOP TEN Excuses Answered

1. **“Traffic is dangerous.”** You’re likely overestimating the danger. If you obey traffic laws and ride visibly and predictably, you are at no greater risk cycling than driving a car. See our “top ten tips for a safe commute” and “Perceptions of Bicycle Safety” Page ___.
2. **“What if it rains?”** It’s easiest to start as a fair-weather bike commuter. Later, you may want to experiment with various types of rain gear.
3. **“I’m out of shape.”** Choose an easy pace and you’ll find cycling no more strenuous than walking. Ease your way into better shape
4. **“It takes too long.”** The average bike commuter travels 10 M.P.H. in traffic. In urban areas, cycling generally takes less time than driving for trips of three miles or less and about the same time for three-to-five mile trips.
5. **“It’s too far.”** If you live too far from work for a practical bike commute, consider driving partway and cycling the rest.
6. **“My clothes will wrinkle.”** Some bicycle commuters ride in business attire and still look good when they get to work. Most ride casual clothes and change when they arrive. You can prevent wrinkles by rolling (instead of folding) clothes in a backpack.
7. **“There’s no shower.”** Most commuters don’t shower at work. Commuting is different from fitness cycling and generally isn’t a sweaty affair.
8. **“The ride home is too dark.”** To ensure safety, get a good headlight and a flasher for your rear.
9. **“My bike is a clunker.”** If the bike is mechanically sound and fits correctly, you have a commuter bike. If you can’t maintain it yourself, take it to a bike shop.
10. **“There’s no parking.”** With a little research, you can always find a bike parking solution.

TOP TEN Reasons to BIKE to WORK:

1. **Bicycle commuting is fun.** You’ll enjoy the fresh air and arrive at work invigorated and full of energy.
2. **You’ll get exercise.** Save yourself the hassle of climbing a treadmill at the gym and turn your commuting time into exercise time. Bicycling is one of the best ways to lose weight.
3. **You’ll save money.** Bicycle commuting is free (once you have the basic equipment) so you’ll save on car insurance, gas, parking, etc.) A new bicycle and cycling gear will pay for itself in a few months.
4. **Avoid parking hassles.** Bicycle parking is easy, free, and often plentiful. You might even be able to take your bike into your office with you.
5. **Bicycles are reliable.** If you keep your bike in good shape it’ll be more reliable than your car and you can do most repairs yourself.
6. **Bicycling is good for our environment.** Autos are the single largest source of U.S. air pollution. Short trips (those that are most bikeable) are up to three times more polluting per mile than long trips. An average four-mile round-trip bike commute prevents nearly fifteen pounds of auto pollution in your air.
7. **Bicycle commuting is fast.** For short to medium distances, bicycle commuting is often faster than driving to work. In the annual Vancouver Car-Bus-Bike challenge, the cyclist invariably arrives first.
8. **Mobility:** Even the most powerful sports car crawls in congested traffic while bicyclists ride by. Parking a car can be a time consuming hassle, but you can park a bike quickly and close to your destination.
9. **Help the nation’s economy.** Our taxes cover the costs of road building, maintenance, parking space, and losses from accidents, pollution, and congestion. If more commuters bicycled, these costs would go down. Bicycling also benefits the U.S. trade balance since half of our gasoline comes from foreign oil.
10. **Bicycle commuting is easy.** At first, it may seem like there’s a lot to figure out but there are simple solutions for all the challenges you will face and you’ll find many answers in the next section.

This is your last paper edition of BCO News.

The electronic version will be sent to you via email and can also be found online at: www.bconwa.com

Our new system not only reduces our use of fossil fuels through decreased mailing transportation, but also leaves the shade trees standing for summer riding.

As a member of BCO, we want to ensure that you receive your copy of BCO News. If you must have a paper copy, please let us know. We're glad to provide that for you.

PS - Do we have your email address? If you do not currently receive emails from bco@bconwa.com, send a note to this address with "add me to the list" in the subject line. Thanks!

The following was printed in The Morning News as a Letter to the Editor on March 19th, 2007, followed by a response that was printed on March 31st. Thanks Nan for paying attention and doing your part to add safety for cyclists on the road.

New Laws Are Needed

Seeing more and more bicycles on our busiest streets, I did a little research on the way things were in the U.S. at the time that bicycles most likely got the same privileges as automobiles on our streets and roads, by law.

In 1907 there were a total of 8,000 motorized vehicles in our entire country, 144 miles of paved roads nationwide. These numbers are approximate, but realistic. So, I figure somewhere around that time bikes were made equal to cars on the road. Not too unreasonable.

Today, things are very different. In my opinion it is absurd that an unlicensed bike and rider be considered by our present laws to be equal to today's automobiles as far as right of way, etc. New laws need to be passed in this regard, it only make sense.

Ken Roberts, Springdale

Bicyclists Need Room To Ride

Regarding the letter, "New Laws Are Needed," by Ken Roberts in Monday's Morning News -- actually, bicycles came first. It was bicyclists who first (in the 1800s) campaigned for good, all-weather roads. Cars had not yet been invented.

So in a manner of speaking, it's the bicyclists who are permitting you to drive on their roads.

By "new laws are needed," what do you mean? Banning bicycles from roads? Then what about people who use bicycles for daily transportation? Should they ride on the sidewalk? This is legal in Fayetteville, but not a good idea. It is dangerous not only for pedestrians, but for the bicyclists themselves. Everyone is safest when bicyclists ride on the road, obeying the rules of the road.

So what are you suggesting?

(No, I don't ride a bicycle. But I figure I have a vested interest in encouraging bicycling because it means fewer cars on the road and more room for me!)

Nan Lawler, Fayetteville

State of Arkansas's Drivers' Manual:

What About Bicycle Rights?

By: Dan Dean

Last year about this time, we heard that the AR State Police were planning some changes to the AR State Driver's Manual including an entire page addressing the following subjects:

- (1) Sharing the Road with Bicycles
- (2) Six Safety Tips for drivers to look for and to expect when approaching a bicycle
- (3) Passing room when overtaking cyclists.

Our contact at the Highway Patrol is Monty Pride, who is the Drivers License and Commercial Driver's License Coordinator.

When we heard this news last year, we again sent our extensive and specific suggested changes that adapt the entire manual to effectively serve all drivers using the roadway. (Arkansas State Vehicle Code defines a bicyclist as a driver.)

We made the point that our proposed changes include several clarifications important for consistency such as clarifying the 'no driving on the shoulder' rule and the responsibilities of cyclists as drivers on AR State roadways, including the graphics for hand signaling and an explanation that cyclists on the sidewalk forfeit vehicular rights, and must yield to all cross-traffic.

We had no response to this detailed request.

Then, this year, when we again requested an update, Monty Pride responded with even less information than last year saying only:

"We are working on several new revisions for the Arkansas Driver's Manual Version 4 that were the result of the Legislative Session of 2007. We hope to have the revisions complete so we can start printing version 4 at the beginning of the new fiscal year that begins July 1, 2007."

His reference to the legislative session apparently refers to the new law requiring an overtaking motorist to leave three feet between when passing a cyclist.

We had already heard, last year, that this passing distance was to be addressed. I will call Monty Pride and see if personal contact may garner additional information. If you have read to this point and would like a copy of our suggested changes, please e-mail Laura or Dan at bicycle@riseup.net. If you would like to suggest that these changes be implemented, please give Monty a call or e-mail. He can be reached at (501) 618-8810, or by e-mail at monty.pride@asp.arkansas.gov

Butterfield Rodeo (continued from p.1)

As in the past, the Fayetteville Bicycle Police instructed the kids in the Rules of the Road and BCO volunteers tuned bikes and fit new Bell helmets, which were generously donated by the Arkansas Safe Kids Coalition. Our BCO Rodeo Team served as instructors and evaluators for the drills, while volunteers from the PTA and the Fayetteville Police Department filled in the other volunteer positions.

The drills course addresses the four most common accident causing mistakes kids make on their bikes. The course starts with "Demon Driveway," where the kids learn to stop and look both ways for traffic before exiting their driveway. They then proceeded through "Crazy Crossroads," where they learn proper lane positioning, and navigate a left turn onto a "major thoroughfare", again checking both ways for our cardboard car props and pedestrians before proceeding. "Who's There" teaches them to check over their shoulder for overtaking traffic without swerving, and the "Rock Dodge" teaches them to deftly avoid roadway debris without entering the path of traffic. The Butterfield Trail PTA set up a series of races for the kids after they completed the drills and rewarded them with popsicles.

Thanks to dedicated BCO members Mariah and Ira White, Brian Kelly, Brad, Melissa, and Kaylee Fierke, Annee Littell, Walter and Eileen Jennings, Laura Kelly, and Dan Dean for devoting their time and energy. It was a big day!



Laura Kelly starts the kids off. New Bell helmets, donated by the Arkansas Safe Kids Coalition, were given to each participant who did not have a helmet. Due to the large number of participants and time constraints, some helmets were fitted once they were on the course.

Man (or woman) on a bicycle can go three or four times faster than the pedestrian, but uses five times less energy in the process. He (or she) carries one gram of his weight over a kilometer of flat road at an expense of only 0.15 calories. The bicycle is the perfect transducer to match man's (or woman's) metabolic energy to the impedance of locomotion. Equipped with this tool, man (or woman) outstrips the efficiency of not only all machines but all other animals as well.

-- Ivan Illich,
Energy and Equity, 1973

FYI: Americans took 10.1 billion trips on local public transport in 2006, the highest since 1957 www.emagazine.com.



71 Classic

Thanks to all who participated this year. And thanks to Dan and Walter for all your pix.

Bicycle Coalition of the Ozarks officers:

Chairperson:	Mariah White	mariahwhite19@yahoo.com
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Secretary:	Dan Dean	exequals@hotmail.com
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Newsletter editor:	Fran B. Free	franbfree@usa.net

Upcoming Mtgs



BCO memberships are annual and expire one year from date of purchase; renewals may be sent to:

PO Box 4173
Fayetteville, AR 72702

Name _____

Address _____

Email _____ Phone _____

- \$5 Youth (16 and under)
- \$12 Contributing * includes gift of BCO mug or water bottle
- \$24 Supporting * includes gift of organic cotton BCO tee
- \$50 Sponsor * includes either gift above & ad listing in one quarterly BCO News
- \$100 Business * includes four BCO water bottle & continual logo or message in quarterly BCO News
- \$500 Lifetime * includes all of the above

BCO
PO Box 4173
Fayetteville, AR 72702

BCO Monthly Meetings

Every 2nd Tuesday evening, 6pm, at roving locations.

Upcoming dates include:

Tuesday, May 8

Tuesday, June 12

Tuesday, July 10

All members are welcome to share your thoughts, and ideas. For the latest info, check the website: www.bconwa.com

Ozark Off-Road Cyclists (OORC) Mtgs

Every 2nd Tuesday, 7pm, Tim's Pizza on the Fayetteville Square. Check out the website for more information: ozarkoffroadcyclists.com

Upcoming dates include:

May 8 June 12 July 10

Fayetteville Sidewalks & Trails Task Force Meetings

Every 2nd Wednesday, 5:30pm, Rm 326 @ Fayetteville City Hall. Here is where citizens give input to the City Government on any pedestrian or bicycle issue. Come hear the latest updates on Trail and Sidewalk development. Questions welcome.

Upcoming dates include:

May 9 June 13 July 11