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The Newsletter of the Falls Area Bicyclists

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Changes made to improve club communications

Facebook, Twitter help members stay informed, connected

FAB members now have additional ways to stay on top of club news, events and rides.

“There is work being done to add other venues of communication and interaction with the members of the Falls Area Bicyclists,” said Darren Weisz, Director of Communications for FAB.

This includes making certain the various forms of media are consistent and that these lines of communication don’t cause members to get their wires crossed.

“Even though there are more op-

tions this does not mean there are more places you have to go to find out information,” said Weisz. “Communications will be consolidated so if we have an official communication put in one place it will be posted in the other places.”

In order to accommodate these new options, changes will be made to the club’s website, www.clubfab.org. The website will continue as the main point of club communications; however, FAB is working to make the site simpler to update and more interactive. “Things like Twitter, Facebook and forum feeds may be showing up on the main page of the website in the near future.”

Keep tabs of FAB and join the conversation. Visit the following sites and feeds to learn more about FAB and how to keep involved and informed.

FAB website: www.clubfab.org/

Twitter name: @club_fab

Facebook: FAB 2.0 (FAB) at www.facebook.com/pages/Falls-Area-Bicyclists-20-FAB/172707851106?ref=ss

FAB Forum: www.clubfab.org/board/index.php

FAB Chat email listserve: http://mail.clubfab.org/mailman/listinfo/chat_clubfab.org

Track your mileage under Falls Area Bicyclists: www.bikejournal.com/home.asp

Meet the new FAB Board Members

A new FAB Board was unanimously elected during the October 3 FAB Annual Fall Meeting following the Apple Orchard Ride.

Turn to pages two and three to learn more about who they are, what they ride, what they do for FAB and their email addresses.

FAB Winter Meeting

January 30, 2010

Watch for future emails
and or check
www.clubfab.org

for details as information
becomes available.

FAB Board Spotlight

Nick Anderson, President,
president@clubfab.org

Hometown: Crooks, S.D.

I ride my bike for ... fun and exercise.

What kind, type or brand of bikes do you ride? A Cannondale F4 Mountain Bike, a Cannondale Synapse 6 road bike and a Cannondale Six Carbon 3 road bike (perhaps I should diversify?)

In 50 words or less tell us your favorite biking story.

My favorite biking story, so far, would have to be my ride up Mount Lemmon, just outside Tucson. It was my first attempt at riding up a mountain and even though I did it quite slowly it was still fun.

Tell us something people might not know about you.

When I was younger, I used to watch *American Flyers* every time it was on HBO, but I never really got into road riding until recently. I've only seen *Breaking Away* once, a long, long time ago.

Why did you join FAB?

I joined FAB because I've always wanted to be in a biker gang but couldn't afford a Harley. I also like to wear spandex shorts, but they won't let me wear them to work.

Greg Anderson, Vice President,
vpresident@clubfab.org

Hometown: Hooterville (Rowena, S.D.)

I ride my bike for ... fun and fellowship

What kind, type or brand of bikes do you ride?

A BACCHETTA recumbent road/touring, a GIANT Kronos road bike, a Rincon MTB, a TREK 7.5FX flatbar road/hybrid and a RALEIGH comfort.



Nick Anderson

In 50 words or less tell us your favorite biking story.

It was one of those perfect weekend days (or was it a Wandering Wednesday?) where we had the road nearly to ourselves. The sky was blue, the sun shining, and the wind was almost calm. The kind of day we will yearn for in a month or two.

I rode my bike with some FABulous friends!

Tell us something people might not know about you.

I was born in Valley Springs when there was a little hospital there, and grew up on a farm about two miles from where I now live.

Why did you join FAB?

To share my love of riding with like-minded people, and to share my time promoting bicycling and bicycle advocacy.



Greg Anderson

Gregg Drube, Secretary,
secretary@clubfab.org

Hometown: Born in Milbank, S.D.

I ride my bikes for ... transportation and enjoyment.

What kind, type or brand of bikes do you ride?

I have owned and ridden single speed bikes, fixed gear bikes, two-wheeled recumbents, a three-wheeled recumbent, and numerous geared bikes. Some of these have been folders, most non-folders. Some have had internal-geared hubs, most have had derailleurs. All have had pedals and chains.

In 50 words or less tell us your favorite biking story.

Pedaling south on West Avenue between 29th and 32nd. No oncoming traffic. A southbound car passes me – yes, a person was driving it – almost clipping me with the right side mirror. One hundred feet after passing me, the same car, and driver, moves to the left giving a parked car at least 10 feet of clearance. (Note to editors: I think that's just over 50 words, trim away.)

Tell us something people might not know about you.



Gregg Drube

I own at least two dozen bow ties (the kind you tie, not clip-on). I wore a bow tie with a white shirt and black pants every day of the last six years (of the 10) that I taught at T.F. Riggs High School in Pierre, SD.

Why did you join FAB?

A local club that promotes bicycling in and around the community is worth supporting.

Bill Soeffing, Treasurer,
treasurer@clubfab.org

Hometown: Sioux Falls, S.D.

I ride my bike for ... me; cycling is an inimitably personal experience.

What kind, type or brand of bikes do you ride?

My bicycle stable is very tight line-bred in the Cannondale line Capo (fixie), Synapse (road) and Adventure (comfort). But, some out-breeding occurred early in the herd with the introduction of genes from a Schwinn Speedster (35-plus years old) and Specialized Rock Hopper (20-plus years old) – both are still functioning superbly with a little help from my LBS.

In 50 words or less tell us your favorite biking story.

My favorite "biking story" can be summarized in two words – "Falling Squirrel." (See my August 14, 2008 blog entry – "Disinclined Riding Partner at thechainringchronicles.blogspot.com.")

Tell us something people might not know about you.

The last bicycle race I entered was the 1974 SDSU Big Bike Race – a relay race. My teammates and I took first place, but the bicycle didn't survive.

Do you have any other hobbies besides biking? Why yes I do; I'm glad you asked!

Why did you join FAB? I joined FAB for the riding comradeship and cycling advocacy.

The organization has a great potential to make a significant contribution to the local and regional cycling community; and the organization fulfills its mission.

Darren Weisz, Communications Director,
communications@clubfab.org

Hometown: Parkston, S.D.



Bill Soeffing



MISSION STATEMENT:

The mission of the Falls Area Bicyclists is to promote bicycling in all of its forms and skill levels including transportation, recreation, fitness, sport, and social interaction.

I ride my bike for ... my stress relief and all-around sanity.

What kind, type or brand of bikes do you ride?

Trek hardtail MB – Used for commuting, bike path, light off road and snow biking.

Raleigh Sojourn touring – For riding heavy and slow 80's Raleigh road bike – Commuter and all purpose

Giant OCR C2 road bike. The bike is faster than my capabilities.

In 50 words or less tell us your favorite biking story.

A few years back after returning from a cycling trip to Parkston, I was taking a break at a gas station in Bridgewater. An old farmer in overalls walked up to me, looked me over and asked me if I was a gypsy.

Tell us something people might not know about you.

I do not like heights – such as riding over bridges – since I jumped out of a perfectly good airplane about seven years ago.

Why did you join FAB?

It is a club for all people with all levels of abilities. I like the local advocacy aspect.

Cassie Soeffing, Development Director, development@clubfab.org

Hometown: Sioux Falls, S.D.

I ride my bike for ... Fun. If it's not fun, (insert your own thoughts here) I usually say "why isn't it?"

What kind, type or brand of bikes do you ride?

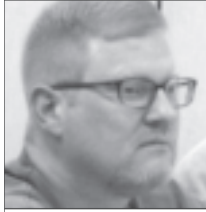
Cannondale - (BlackPearl) the SuperSix2 (don't tell Pell and Kyle I named my bike). I have a Cannondale Optimo which was my first nice road bike and the last into the rack is the Surly CrossCheck.

In 50 words or less tell us your favorite biking story.

Every bike ride is my favorite, honest. I love riding with friends, new routes and the food at the end.

Tell us something people might not know about you.

As the wise goldfish man (Joe Stiller) says, "it's like peeling an onion" you learn a lot from folks by



Darren Weisz

listening. I love listening to folks and the stories they tell. This is how I plan my next biking trip. I love working at SnS-I meet the nicest folks there.

Why did you join FAB? Bill and I were interested in joining a community of like-minded people. We both enjoyed biking and have greatly enjoyed being involved with FAB and bike advocacy.

Eric Kutscher, Ride Director, rides@clubfab.org

Hometown: Originally from Hammond, Indiana. I lived in Iowa during high school and college. I then lived in Kansas City prior to moving to Sioux Falls in 2002.

I ride my bike for ... exercise and pleasure.

What kind, type or brand of bikes do you ride?

Cannondale System Six (ultegra and Dura Ace Groupo mixture) with Hed Jet 4 Wheels

In 50 words or less, tell us your favorite biking story.

Participating in RAGBRAI only three months after I started riding. I was riding a mountain bike then. I joined the LIVEstrong team and got to meet and ride with Lance Armstrong. From this I have developed many great lifelong friends.

Tell us something people might not know about you.

In college I was a power lifter and bodybuilder. My lifting partner is now a professional bodybuilder.

Why did you join FAB?

I was looking for a group of bike riders that were not 100 percent into racing that could mentor me to become a better cyclist and also to develop friendships.

Nancy Tesdall, Member at Large, Nancy@clubfab.org

Hometown: Yankton, S.D.**I ride my bike for ...** fun, fellowship, causes (MS) and commuting (during the nicer weather!).

What kind, type or brand of bikes do you ride?

Gary Fisher Mountain bike, Hookoo HK-II, (yes, it is old but is a GREAT commuter bike!), two Cannondale road bikes from the 80s. Yes, they are old also, but not as old as the owner!



Eric Kutscher

In 50 words or less tell us your favorite biking story.

While biking on a road east of Yankton, I crossed a bridge and heard almost like a waterfall. Sure enough after closer inspection there was a small one under the bridge. Now, I had been over that bridge hundreds of

times before in a car and never knew it was there. It just shows you what a person really misses along the road when we are in our cars. Nothing like Mother Nature to put things into perspective!

Tell us something people might not know about you.

I threw shot put in the Junior Olympics in the early 80s. I also raced motor cross when I was a teenager!

Why did you join FAB?

I have always liked bicycling. I wanted to join a club that is active in the community and is interested in growing cycling in every way. FAB is truly for everyone, no matter what, where or way you ride.

Tammy Schnaible, Member At-Large, Tammy@clubfab.org

Hometown: Hills, Minn.

I ride my bike for ... Hours and hours and hours!

What kind, type or brand of bikes do you ride?

Scott Contessa CR1 road bike

Bianchi Boardwalk hybrid

Gary Fisher Tass Genesis mountain bike

In 50 words or less tell us your favorite biking story.

While out on a frigid mid-winter, studded-tire bike trail ride with fellow FAB members a few of us decided we would ride on the river ice itself. At the pump station we saw a dozen four-wheelers on the river and headed down the slope to join them. As I started down and they saw my blue and black jacket they must have thought I was the police because they all sped off like scared rabbits.

Tell us something people might not know about you.

How proud I am of my two daughters, Jada, age 28, who is an R.N. in Alexandria, Minn., and Shanna, age 24, who is in graduate school in Texas and will graduate in May from Physical Therapy school.



Nancy Tesdall



Tammy Schnaible

W The Cyclist's Wish List

ith the Holiday Season upon us, we at FAB News once again put together a list of great gift ideas for bicyclists. That is to say, for other people to give to us, the cyclists.

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|---|-----------------------------------|
| FAB Membership—Still Only \$25 | Training or Spinning DVDs |
| Donation to a Cause or Charity Ride | Garmin 705 |
| Merino Wool Jersey | Studded Tires |
| Gabardine Wool Knickers | Pedals |
| FAB Club Jersey | Multi-tool |
| Bicycle Magazine Subscription | Camelbak Podium Bottle |
| Money for Trip to the Tour de France | Trigger Point Massage Ball |
| Panniers | Brave Soldier Crash Pack |
| Merino Wool Hat | Bike Helmet |
| Gift Card to Local Bike Shops | Nike Jawbone Sunglasses |



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