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# FAB NEWS

The newsletter of the Falls Area Bicyclists

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## City looks to improve, promote area cycling

By **Sam Trebilcock**

As bicyclists we all know that bicycling is an important mode of transportation in the Sioux Falls area.

Sioux Falls has strengths in bicycling including over 20 miles of bicycle trails which have become one of the most popular recreational amenities the city has to offer. The bicycle trail is particularly safe with no public street crossing along the trail and only a few railroad or driveway crossings. The plan calls for expanding and improving the trails including connections to Brandon, Harrisburg and Tea.

However, additional work is required in Sioux Falls to raise awareness of bicycling as a mode of transportation. The Sioux Falls Bicycle Plan is a blueprint to help make that happen. But it won't happen by itself. All the policies within the Bicycle Plan can only happen with hard work from many different people.

The latest update of the Sioux Falls Bicycle Plan includes policies to enhance bicycling conditions, improve safety and increase bicycling levels. A bicycle committee of approximately 20 citizens met over the course of a year and identified guidelines for planning, designing

and maintaining bicycle facilities.

The Plan acknowledges that not all people have the same bicycle-riding capabilities. Therefore, the plan has recommends that bicycle facilities should be designed by the capability of the bicycle rider.

"Designing for the Rider" includes options for three types of riders: advanced, basic and child.

The plan also identifies desirable bicycle routes and educates citizens and policy makers on bicycle transportation and the needs of bicyclists. Some of the highest priorities of the Bicycle Plan are listed below.

- Promote greater driver awareness of bicyclists.
- Educate the public to the importance of wearing bicycle helmets.
- Bicyclists should be treated as vehicles.
- Create a network of bicycle trails and routes that connect



**Sam Trebilcock**

residences with work, school, play, entertainment and shopping areas.

- Encourage a "complete streets" philosophy.
- There is needed support for the provision of bicycle advocacy.
- Proactively inform the public regarding bike trail construction activities.
- Encourage usage of the bicycle racks on the front of all transit busses.

The Sioux Falls Bicycle Plan is a continuing effort on the part of the City of Sioux Falls and the Bicycle Committee and area bicyclists to encourage bicycling as a mode of

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**FAB WINTER  
MEETING  
January 24**

**1:30 p.m.**

**at**

**Pizza Ranch**

**3809 E. 10th Street**

**Located on the West End of  
Sunshine Foods**

**[www.clubfab.org](http://www.clubfab.org)**

# FAB Member Spotlight

**Name:** Gene Noble

**Age:** 55

**Your hometown:** Salix, Iowa – you pass it on I-29 just south of Sioux City on your way to Omaha, Neb.

**How long have you been a FAB member?** Two years

**How many bikes do you have?** Two, a Tomasin Sintesi and what was once a Trek 660.

**Do you prefer a road bike, mountain bike, comfort bike, fixie, single speed, trike, recumbent, tandem?** Roadie all the way.

**Why did you start riding bicycles?** I went for a ride with a running buddy of mine in Houston, Texas and I was hooked. My knees were giving out from running so it was a good time to switch to cycling.

**What has been your longest ride?** Single day: Houston, Texas to La Grange, Texas; about 105 miles. It was the first day of the Houston MS 150. Multi-day: 2008 Tour de Kota, about 450 miles.

**Your most memorable bike adventure?** Probably the TdK this year. It was the first time I spent a whole week riding. I had a great time and met a lot of fun and interesting folks. And I will probably never forget the ride into Chamberlain, that was quite a day.

**How many miles do you ride in a week?** During the season, anywhere from 75 to 125.

**Are you a recreational biker, commuter, long distance rider or racer?** Recreational would be the most accurate. My racing days are over.

**What is your favorite drink / food while riding?** I was using a product I got from Eric Kutscher, Advocare Rehydrate, this summer. I think it got me through the TdK and it

tastes pretty good. I'm not too particular about what I eat. I usually have some kind of granola bar along in case I get hungry.

**What is your favorite recovery drink / food?**

Water is good after a ride, but I've found that a well made gin and tonic can have remarkable recuperative abilities. I like to have a sandwich from Jimmy John's when I can. I've also been known to do some damage to a pizza buffet after a long ride.

**What kind of music do**

**you enjoy?** I enjoy just about any kind of music from Beethoven to Stevie Ray Vaughn.

**Do you prefer lycra, baggy touring or normal (jean, kaki, nylon, mesh) shorts when biking?** Definitely lycra.

**Describe the ultimate bicycling day for you:** It would have good friends, lots of descents, plenty of tailwind and a fine meal at the end. Kind of like FABRAD only with a gin and tonic or two.

**Why did you join FAB?** I was looking for a group to ride with. One of the guys at the bike shop suggested FAB. So I showed up at a Wandering Wednesday ride at Rowena not knowing what to expect.

What I found were people who were welcoming and friendly. I could also tell right away that they were sharing a passion for cycling.

Joining FAB was no-brainer from there.



Gene Noble

## ABOUT THE FALLS AREA BICYCLISTS

### 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.

### BOARD OF DIRECTORS:

Here are the FAB board members and their email addresses. Contact any of the board with questions or suggestions.

#### President

Kirk Wurscher, [president@clubfab.org](mailto:president@clubfab.org)

#### Vice President,

Greg Anderson, [vpresident@clubfab.org](mailto:vpresident@clubfab.org)

#### Secretary

DyAnn Wentler, [secretary@clubfab.org](mailto:secretary@clubfab.org)

#### Treasurer

Michael Christensen,  
[treasurer@clubfab.org](mailto:treasurer@clubfab.org)

#### Communications Director

Craig Lien, [communications@clubfab.org](mailto:communications@clubfab.org)

#### Development Director

Cassie Soeffing, [development@clubfab.org](mailto:development@clubfab.org)

#### Ride Director

Brian Beilke, [rides@clubfab.org](mailto:rides@clubfab.org)

#### Member at Large

Nancy Tesdall, [Nancy@clubfab.org](mailto:Nancy@clubfab.org)

#### Member at Large

Tammy Wolf, [Tammy@clubfab.org](mailto:Tammy@clubfab.org)

#### Webmaster

Mark Emry,  
[webmaster@clubfab.org](mailto:webmaster@clubfab.org)

# Start planning rides for 2009

## Mountain Bike Events and Races

By Ross Sailor

It's that time of year again, time to put the bike in storage for some of us and pull out the skis and snowboards.


As we sit and enjoy memories of another great riding season our thoughts turn to planning out next year's goals. Whether it be entering in your first mountain bike race or completing the Leadville 100, there are many options local mountain bikers have to choose from.

Mount Kato in Mankato, MN has some great races that are within a couple hour drive that include XC races to a 12 hour challenge in August. For more information, check out [www.spokebikes.com](http://www.spokebikes.com).

Nebraska also has a great race series that include several races within a three hour drive from Sioux Falls. The races range from easier XC races to 4 hour marathons. Check out [www.nebraskacyclingnews.com](http://www.nebraskacyclingnews.com) for more on the series.

Last but not least, the Black Hills region has some of the best races in the area, including downhill, marathon, and the famous Dakota five-0. For more, log onto [www.dakota50.com](http://www.dakota50.com) for more info.

If your plans include entering any of the events listed, our Thursday night mountain bike ride next year is a great way to train for them.

And I hope to see you on the trail when the snow melts! 


<b>January 1</b> <b>Spoke-N-Sport's New Years Day Ride</b> Sioux Falls, S.D. <a href="http://www.spoke-n-sport.com/page.cfm?pageID=65">www.spoke-n-sport.com/page.cfm?pageID=65</a>	<b>July 11</b> <b>FABRAD</b> Sioux Falls <a href="http://www.clubfab.org">www.clubfab.org</a>
<b>May 15</b> <b>Bike to Work Day</b> Sioux Falls <a href="http://www.clubfab.org">www.clubfab.org</a>	<b>July 19-25</b> <b>RAGBRAI</b> Iowa <a href="http://www.ragbrai.org">www.ragbrai.org</a>
<b>May 20</b> <b>Ride of Silence</b> Sioux Falls <a href="http://www.clubfab.org">www.clubfab.org</a>	<b>August 1-2</b> <b>South Dakota MS150-Pedal the Plains</b> Sioux Falls <a href="http://bikenth.nationalmssociety.org">bikenth.nationalmssociety.org</a>
<b>May 23-26</b> <b>Black Hills Fat Tire Festival</b> Black Hills of South Dakota <a href="http://www.bhflattirefestival.com">www.bhflattirefestival.com</a>	<b>August 7-9</b> <b>Gut Check</b> South Dakota <a href="http://www.gutcheck212.com">www.gutcheck212.com</a>
<b>May 30</b> <b>Bunyan's to Bob's</b> Vermillion, S.D. to Martinsburg, Neb. <a href="http://www.clubfab.org">www.clubfab.org</a> or <a href="http://www.lanehogs.com">www.lanehogs.com</a>	<b>August 22</b> <b>Tour De Corn</b> Mitchell, S.D. <a href="http://sdtourdecom.com">sdtourdecom.com</a>
<b>June 6</b> <b>Brandon Lions Club Ride</b> Brandon, S.D.	<b>September 12</b> <b>Margarita Ride</b> Vermillion, S.D. <a href="http://www.lanehogs.org">www.lanehogs.org</a>
<b>June 7-12</b> <b>Tour de Kota</b> Eastern South Dakota <a href="http://www.tourdekota.com">www.tourdekota.com</a>	<b>September 18-20</b> <b>Mickelson Trail Trek</b> Black Hills of South Dakota <a href="http://www.sdgfp.info/parks/regions/northernhills/mickelsontrail/index.htm">www.sdgfp.info/parks/regions/northernhills/mickelsontrail/index.htm</a>
<b>June 20</b> <b>Big Mick</b> Black Hills of South Dakota <a href="http://www.mickelsontrailaffiliates.com">www.mickelsontrailaffiliates.com</a>	<b>September 19</b> <b>Sanford Breast Cancer Ride</b> Sioux Falls

## Continued: City plans trails, streets

transportation. The City will continue to work on implementing the plan recommendations including new on-street facilities, new and improved bike trails, and new complete streets. However, it will take the support of the bicycling community to help provide an understanding to the entire Sioux Falls community about the importance of bicycling. This will then help make implementation of the Bicycle Plan more feasible and more of a priority. Certainly that was

one of the reasons that the Bicycle Committee made one of its priorities the need for more support for bicycle advocacy.

For more information on the Bicycle Plan and the On-Street Bicycle Facility Pilot Project, please visit the City of Sioux Falls webpage at [www.sioxfalls.org/Planning/transportation/bicycle\\_planning.aspx](http://www.sioxfalls.org/Planning/transportation/bicycle_planning.aspx).

*Sam Trebilcock is a Transportation Planner with the City of Sioux Falls.* 

# Bicyclist's Holiday Wish List

Attention FAB members: This list isn't necessarily for you . . . we put this list together for your loved ones don't exactly know what to get you.

So, here's a tip: leave this list in a conspicuous place where you know your family or friends will be sure to find it.

Feel free to make copies.

## 2009 FAB Membership

**Bicycling Magazine Subscriptions**

**Energy Bars, Gels, Shots or Beans**

**Inner Tubes**

**Headlight**

**Multi-tool**

**Road ID Tag or Card [www.roadid.com](http://www.roadid.com)**

**Blinky Lite**

## Bike Socks

**Dry Chain Lube**

**Camelbak Bottle**

**Chamois Butt'r**

**Small First Aid Kit**

**Gift Certificate or Card to Local Bike**

**Shops**

**Co2 Cartridges**



Falls Area Bicyclists

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