



Welcome to your club

Let's begin this inaugural FAB newsletter with a "Thank You!"

I have found that the members of the Falls Area Bicyclists form a great group of people to ride and socialize with. It is amazing that an organization started a little over a year ago could be so successful and have so many people involved today.

We are showing Sioux Falls that we are more than just a group of people riding on the bike trail.

I find myself telling people that "cycling in Sioux Falls is more than the bike trail." Whenever I say I am going for a ride, most people assume that I am going on the bike trail.



**KIRK
WURSCHER
FAB PRESIDENT**

Sometimes, this is true. Other times I like to go for a ride on the city streets or out on the county roads.

This is a common perception that the Falls Area Bicyclists is working to change. Get on your bike, and join us for the weekly rides. (You can find the schedule inside.)

We also need to stay active in the community through education programs, for drivers and cyclists.

There needs to be some education on how to drive around cyclists on the roads. But the same education is needed for cyclists on the proper way to ride around vehicle traffic.

We need both of sides of this issue covered if we are to make cycling

safer and more enjoyable in this area. This is one of the many issues that FAB can work on.

The money collected from FAB memberships is used to help us take on advocacy issues and organize some great events. It shows that you want to be involved in the cycling community in Sioux Falls.

For the latest events and news go to the club Web site at www.clubfab.org. And look for new editions of the FAB News.

We hope to get it to you quarterly to start and then we'll see where it takes us.

In the meantime, feel free to e-mail any of the board members with questions, comments, or concerns.

Thanks again for joining FAB and supporting cycling in Sioux Falls.

– Kirk



What to do on July 5?

Go for a ride and
then eat food.

Details inside

What's inside

MEMBER SPOTLIGHT: FAB member Ellen Grimlie talks about her perfect riding day.

CITY UPDATE: There's a pilot program for bike lanes and work on the trail system.

RIDE SCHEDULE: Pick from any of the many chances to ride with FAB.

TOUR DE KOTA: FAB folks out on the recent Tour de Kota.

CONTACT FAB: More information about the group, how to join and get involved.

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 Wursher
president@clubfab.org

Vice President

Matt Helling
vpresident@clubfab.org

Secretary

DyAnn Wentler
secretary@clubfab.org

Treasurer

Michael Christensen
treasurer@clubfab.org

Communications Director

Darren Weisz
communications@clubfab.org

Development Director

Cassie Soeffing
development@clubfab.org

Ride Director

Brian Beilke
rides@clubfab.org

Member at Large

Ross Sailor
ross@clubfab.org

Member at Large

Ben Blomberg
ben@clubfab.org

Webmaster

Mark Emry
webmaster@clubfab.org

FAB member spotlight

Each issue of FAB News will feature one of our members to highlight the diversity of biking interests in the club.

Name: Ellen Grimlie

Age: 54

Hometown: Toronto, S.D.

How long have you been a FAB member: Two years.

How many bikes do you have: One.

Do you prefer a road bike, mountain bike, comfort bike, fixie, single speed, trike, recumbent, tandem: I have the most awesome road bike you can imagine.

Why did you start riding bicycles:

My husband Terry enjoyed riding and talked me into riding with him. I enjoy it so much and it is so much fun to ride together.

What has been your longest ride:

100 miles at one time. When we rode RAGBRI 3 years ago we had ridden 1,000 miles before that ride and then added another 500 at RAGBRI.

Your most memorable bike adventure:

I rode two days of Tour de Kota three months after my last chemo treatment for breast cancer. It made me feel normal and strong again.

How many miles do you ride in a week:

During the summer I average about 120 miles when other activities do not get in the way.

Are you a recreational biker, commuter, long distance rider or racer: Recreational and long distance.

What is your favorite drink / food

while riding: A sectioned orange that has ridden in the back of my bike shirt for about three hours and a whole wheat peanut butter and honey sandwich.



What is your favorite recovery drink / food: A beer

What kind of music do you enjoy: Jazz and old rock and roll.

Do you prefer lycra, baggy touring or normal (jean, kaki, nylon, mesh) shorts when biking: lycra

Describe the ultimate bicycling day for you: I start my day with a bowl of oatmeal and blueberries and several cups of strong coffee. The sun is shining and the winds are calm.

Terry and I get on our bikes and ride the paved back roads around Sioux Falls and Canton.

We ride about 60 miles, stop and have our oranges and peanut butter and honey sandwiches and lots of water and Gatorade.

When we get home, we take a shower and sit on our patio and enjoy a beer and some great music.

Life just doesn't get any better than that!

Why did you join FAB: We believe that it is important to support a local organization that promotes activities that we enjoy and feel are worthwhile.

There's a FAB bike ride for everyone

These are the regular FAB rides. For more information go to the FAB Web site at www.clubfab.org.

Starlight Ride: Around the bike trail; 3rd Friday of every month; 8 p.m.; Lincoln High School.

Coffee & Donut Ride: Urban ride with a stop half way; 2nd and 4th Saturday; 8 a.m.; O'Gorman High School.

More Urban Single Track:

Mountain bike ride in town; 1st and 3rd Saturday; 8 a.m.; Hy-Vee 37th and Minnesota.

Wandering Wednesdays: No drop road rides in the area, pace for everyone; every Wednesday; 6 p.m.; check www.clubfab.org for starting point and route.

Women Only: No drop rides; first Wednesday at 6 p.m. from Brandon Valley High School; third Saturday at 8 a.m. from Orion

Food cul de sac near Ramkota.

thE kErnEl's ReCoVeRy RiDe: Take it easy and socialize to rest the muscles; first and third Monday; 6 p.m.; Washington High School.

Something for Everyone: Road ride of varying distance in the countryside geared to train for Tour de Kota, MS150; RAGBRAI or just for fun; Saturdays; 8 a.m.; Harmodon Park.

MTB at Newton Hills: 10 to 12 miles on dirt trails; Thursdays; 6 p.m.; horse camp parking lot at Newton Hills.

Family Ride: From Pasley Park to the Falls with a break at the Overlook Cafe; first Sunday; 2 p.m.; No spandex, easy pace.

Sunday Morning: Quick ride to Canton for breakfast; Sunday mornings; time changes with season; day spa at 69th, east of Cliff.

Join the FABRAD on July 5

2nd annual "Ride and Dine" features options for all riders

The second annual Falls Area Bicyclists Ride And Dine (FABRAD) will be Saturday, July 5 starting and ending in Cherry Rock Park in Sioux Falls.

It is shaping up to be bigger and better than ever.

FABRAD is the signature ride of the Falls Area Bicyclists and offers cyclists of all levels the chance to socialize and cycle around Sioux Falls. Three route options are available: 20 miles or shorter, 31 miles and 63 miles.

The 63 mile ride includes some hills as the route takes riders toward Inwood, Iowa. The day also includes a catered meal and live entertainment.

The road rides will be supported with a SAG vehicle, and there are a couple convenience stores located along the route.

Cherry Rock Park is located at the intersection of Southeastern Avenue and 18th Street along the Sioux Falls Recreational Trail, making it convenient starting point for rides of any length.

Cyclists can enjoy the scenery of the trail and return as they wish, or they can take the whole loop which totals nearly 20 miles.

Whatever the route, riders are asked



Cyclists relax after the ride during the 2007 FABRAD at Falls Park. This year's FABRAD is scheduled for July 5 beginning and ending at Cherry Rock Park.

to be back at the park between noon and 2 p.m. for a picnic lunch provided by Bob's Carryout and Delivery featuring broasted chicken, pulled pork sandwiches and an assortment of side dishes.

As if this weren't enough, the whole deal will be rounded out with live music from a terrific local band, Oxford Comma.

MORE INFO

To get more information including maps and registration go the Web page at www.clubfab.org/FABRAD.

Registration will also be available the morning of the event.

For more information on Bob's Carryout and Delivery check out www.bobscarryout.com.

City putting in new bike lanes and a bike trail update

The City of Sioux Falls has started a pilot project to test a few different forms of bike lanes, and they want our feedback.

Here are the details:

■ Shared Parking Bike Lanes are already painted on Bahnsen Avenue from 33rd to 49th; West 32nd Streets from Marion Road to Sertoma Avenue; and Ralph Rogers Road from Minnesota Avenue

to 69th Street.

These are areas in which bikes share the lane with auto parking.

■ Sharrows will be painted on Dakota Avenue in the downtown area; Main Avenue downtown; and 22nd Street from Phillips to Kiwanis Avenues.

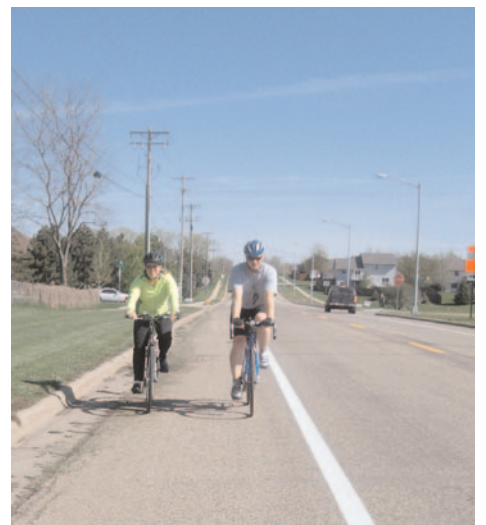
Sharrows are actual travel lanes of streets that are shared between

bikes and autos.

■ Next year, there are plans for pure bike lanes in which parking is restricted.

E-mail feedback: strebilcock@siouxfalls.org.

BIKE TRAIL: The stretch from 41st to 49th should be finished by late summer. The spur to Legacy Park on the west side should be done this fall.



FAB members Jody Harkness and Darren Weisz on the new bike lane on Bahnsen Avenue, part of a city pilot program.

Tour de Kota 2008 – wind, rain and fun

The Falls Area Bicyclists were well represented on the 2008 Argus Leader Tour De Kota. Many club members rode the tour in whole or in part.

The final day from Brookings to Sioux Falls was the official Club FAB jersey day and the stretch from Huron to Highmore was the official Ride With thEkErnEl Day.

Sure it was a little windy, and a little rainy, and there was a thunderstorm but we all survived the ride and now can look back fondly on the good times and camaraderie that comes with cycling.

Here are a few photos from our own Mayor of Hooterville from his tour experience. Next year's TdK starts in Harrisburg and ends in Gettysburg.



Falls Area Bicyclists
PO Box 88831
Sioux Falls, SD 57109-88831