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FAB NEWS

The Newsletter of the Falls Area Bicyclists

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Volunteers are key to FAB's success

By **Darren Weisz**

Members of the Falls Area Bicyclists may not be everywhere but we are active in many aspects of our community and state working to create a friendlier bicycle community for all.

There are FAB members that volunteer their time by participating on boards and committees such as The Sioux Falls City Bicycle Planning committee. The Sioux Falls MPO bicycling planning committee, The Sioux Falls Bike to Work day committee. Falls Area Single Track, Central Plains Cycling, South Dakota Safe Routes to School, South Dakota Bicycle Coalition.

I am sure that I have forgotten some, but the point is FAB members are committed to making Sioux Falls and South Dakota a better place for bicyclists, cyclists, or whatever you want to call yourself.

FAB members also make FAB possible by volunteering their valuable time through FAB sponsored events. Donating your time is just as important as donating your money.

FAB members have volunteered on projects and events such as fixing bikes at the Center of Hope, Oprah's Big Give, Sioux Falls Bicycle Rodeos, Sioux Falls Criterium, Biking for Breast Cancer, sub-committees of FAB such as the FABRAD sub-committee, FAB time trials.

FAB members have also been the voices for bicyclists by attending city council meetings, meeting about the proposed 41st Street construction.

FAB members have sent letters to the Sioux Falls City Council, Park and Recreation Department and the South Dakota legislature to let it be known that bicycling safety and education improvements are

needed. FAB members have participated in legislative coffees and brought up questions related to bicycle safety.

The moral of this long, drawn-



Darren Weisz

out story is this: our community is a better place because of the time you donate to bicycle related things.

Feel good about your past volunteerism.

I hope you feel good enough about your past volunteer experiences that when the need arises in the future, you will again answer the call.

Thank you so much for your time, membership and fellowship.

Peace and bike love.



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.

President

Nick Anderson, president@clubfab.org

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FAB Member Spotlight

Names: Glen, Dora, Hannah, Buddy, Colin and Kirk Houts.

Age: 42, 42, 16, 15, 7, and 5

Your hometown: Sioux City.

How long have you been a FAB member? 6 months.

How many bikes do you have?

We currently have about a dozen between the six of us that are ridden regularly.

Do you prefer a road bike, mountain bike, comfort bike, fixie, single speed, trike, recumbent, tandem?

Glen: The last couple years had been all road until I went to the 50/50 cross – only ridden the roadie once since. I'm guessing I'll be 50/50 road and mountain this year. Dora: road. Hannah: Road. Buddy: Road and mountain. Colin and Kirk: BMX and the tag-a-long.

Why did you start riding bicycles? Glen: I raced BMX as a kid and have ridden, sometimes intermittently, ever since. Dora: For the fun of it. Hannah and Buddy: Started riding seriously to do RAGBRAI. Colin and Kirk: It's all about the fun when you're this age.

What has been your longest ride?

Glen and Buddy: 113 miles from Sioux City to Council Bluffs for RAGBRAI last year. Dora and Hannah: 80-plus miles on RAGBRAI. Colin and Kirk: 15 miles.

Your most memorable bike adventure? Glen: Probably riding a couple of nice in Colorado – Deer Creek Canyon and the road up Squaw Mountain from Bergen Park. Dora: Anytime you ride it is an adventure. Hannah: OnaBike a few years ago. We had planned on doing the short route, but ended up doing the 60 mile day. I was with my dad and had a lot of fun. Buddy: Tour de Fish Road Race in Spearfish last summer.

How many miles do you ride in a week? Glen: 50 to 100 miles, depending on how many days I com-



The Houts Family Riders: Glen and Dora Houts, of Sioux City, Iowa, with their cycling children: Hannah, Buddy, Colin and Kirk.

mute. Dora: Varies greatly. Hannah: varies. Buddy: 100-plus during racing season.

Are you a recreational biker, commuter, long distance rider or racer? Glen: Relatively hardcore commuter/recreational. Dora: Recreational. Hannah: Recreational. Buddy: Racer/long distance. Colin and Kirk: Whatever is fun!

What is your favorite drink/food while riding? Glen: Water and a Palmer Power Bar (a.k.a.: Twin Bing). Dora: Water and something with peanut butter. Hannah: Water and Snickers. Buddy: Powerade and Twin Bings. Colin and Kirk: Whatever mom and dad buy.

What is your favorite recovery drink/food? Glen: Anything cold, dark, and served in glass that you might find at say ... Monk's. Dora: Propel or a beer. Buddy: Protein drink.

What kind of music do you enjoy? Glen: pretty much anything. Dora: 80s pop and classic rock are favorites. Hannah: Anything, but especially the Beatles. Buddy: Pink Floyd, Red Hot Chili Peppers, etc...

Do you prefer lycra, baggy touring or normal (jean, khaki, nylon,

mesh) shorts when biking? Glen: I'm actively moving from lycra to baggy and/or normal shorts for utilitarian reasons. Dora: Lycra. Hannah: Lycra. Buddy: Lycra. Colin and Kirk: Depends on our mood.

Describe the ultimate bicycling day for you: Glen: A commute to and from work followed by a nice evening ride in about 70 degree weather – might even stay out after dark with the headlight and blinky. Dora: An early summer day with no wind and little traffic where time is no issue and interesting stops abound. Hannah: Getting up fairly early and going out with a few other people for the day. Then come home and eat a nice dinner.

Why did you join FAB? I (Glen) met several club members at a USA Cycling official's clinic in Feb 2009. I had lunch with them, and it was clear the club's philosophy and mine were a good match. Have since been to a few events (Bike-a-palooza, Snakebite's 50/50 cross, and the Falls Christmas lighting) and my initial impressions have been confirmed: FAB is a great bunch of folks!

Bicycle commuting: Fitness, sanity and Merino

By Patrick Lalley

I don't mind when people give me that "why do you do that?" look.

Whenever I stop along my route to work in the depths of winter, or during a driving rainstorm for a cup of coffee or a bite to eat, there's always somebody who has to ask.

I just smile and say it's not so bad, which is lie because sometimes it is.

Sometimes it is pretty bad.

Sometimes it's downright miserable.

But that's part of the fun of bike commuting, the uncompromising nature of doing it every day.

There are folks who ride their bikes to work – and I love you

people, I really do – and then there are bike commuters.

The former ride when they can, when it works out and when it comes down to it, there just aren't that many days when all the moons align.

The latter are people who ride no matter what, who linger over waterproof gear in the hardware store and deeply appreciate the properties of high-quality merino wool. Seriously appreciate. Like sort of unnaturally worshipping the magical New Zealand sheep that produce the stuff.

That is not to say that all you folks who ride your bikes, whether it's to work or around the block, aren't worthy of high envy. Of

course you are. You're good people I've been with you since the beginning.

But you won't get that look from the convenience store clerk.

Fact is, if I don't ride, I feel as though I've failed some test of the day.

It's just like completing a century ride or some other once-seemingly impossible task. This one is just played out over days, months and

years. It never stops.

And oh, by the way, it saves gas, reduces traffic and keeps me fit.

Why wouldn't you want to do that?



Patrick Lalley

NEWS

Get Your  On



Look FAB-ulous while supporting your cycling club.

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FREE
PANCAKES

May 21st, 2010

6:00 - 9:00 am

Museum of Visual Materials
500 N. Main Ave., Sioux Falls

Celebrate National Bike to Work Day by riding your bicycle to the Museum of Visual Materials, then onto your workplace for the day.

www.sfbw.org

fan page on
Facebook



BIKE TO
WORK

FAB Spring Kickoff Ride is May 8

Are you ready to get out there and ride with your fellow FAB members?

Our annual kickoff ride will be May 8 starting at 11 a.m.

We will start at the Pizza Ranch in Tea. And just like last year, there will be two non-supported rides of 15 and 22 miles followed by food, bike fellowship and our spring meeting.

If you can't make the ride but still want to join us for lunch or the meeting, that is fine. Just plan to be at the Pizza Ranch around 12:50-ish.

Hope to see you there!



2010 Yellow Jersey Members

FAB would like to thank the following members who have given financial support of \$500 or more representing a commitment to bicycling and the mission of FAB.

This membership includes one voting membership and one FAB cycling jersey.



Sanford Health



Two Wheeler Dealer



Gregg Drube

If you want to keep receiving the newsletter, it is important to renew your 2010 membership.



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