



# bicycle coalition of the ozarks

PO Box 4173 Fayetteville AR 72702-4173  
newsletter #37 Winter / Fall, 2011

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 achieves this goal through education, advocacy for bicycle-friendly infrastructure and promotion of a superlative form of transportation and recreation.

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## Back in the Saddle Again A Story of Martin & Cookie Redfern

I first met Martin Redfern on route from Dickson St, to Lake Fayetteville for the Walton Arts Center's Trail Mix Bike Ride last May. At that time, I believe Martin said he had



been back into cycling (after a 53-year hiatus) for a total of 8 days. I was so impressed to meet somebody willing to attempt cycling a ten-mile route with five decades of no cycling behind him. I've heard so many stories

of unfounded fear, car-habits and inability to change, that it's refreshing to hear a tale of someone willing to try a new behavior for health and happiness.

Martin's sense of adventure can be an inspiration for others who are looking at trying two wheels after spending the middle years solely dependent on sedentary transport. Here are Martin's words:

*"The last time I rode a bike regularly was when I biked to my school in the suburbs of London, England. That was 53 years ago! Two months ago, I took up biking on the Fayetteville Biking/Walking Trail. I'm 71 years old, have a torn meniscus in my knee, but find that biking is a sport I can do comfortably and it is terrific exercise! When I started, I was very out of shape but it has been a pretty quick turn-around to get in good biking condition.*

*"My wife and I try to ride five times a week and while we have ventured out to some of the area parks, we mostly ride on the Fayetteville Trail. We drive from our house to some point on the trail and go from there, choosing different points of entry for variety. A good friend joins us when he can and we meet other friends on the trail unexpectedly. It's sort of its own little community.*

*"The Fayetteville Trail can be a little tricky. Without doubt, some people ride too fast and too recklessly. You must ride defensively, and wearing a helmet is a MUST! There are blind spots, particularly in the tunnels and underpasses where on-coming bikes can squeeze you by running too wide.*

## The Morning School Commute— Car, Bus or Train??

Some Washington Elementary students, parents and volunteers are exploring community Bicycle Trains as an option for getting children to school in a pleasurable, energizing and healthful manner. The Bicycle Coalition of the Ozarks (BCO), with support from a General Mills Community Grant, helps the parents organize Bike Trains in which the children bicycle to school accompanied by cycling adults.



CommunityAction  
.....  
GENERAL MILLS

Regular Bike Train Routes allow students to join the train as it passes. So far, two trains regularly operate once a



Ruby, Gage and Ana in a Bike Train to Washington Elementary

week on Tuesday mornings, and more trains are organizing. There are many different ways a Bike Train can operate, and many different ways you can participate. The BCO hopes that the Washington Elementary Bike Train project can serve as an example for other schools in our region. We are excited about bringing this program to NW Arkansas middle schools as well.

Research has shown that students who exercise before school will arrive more able to focus and therefore more able to learn. The student participants look forward to the Bike

## You can post Bicycle Events online

BCO Event Calendar at [bconwa.com/events](http://bconwa.com/events)

### January 30, 2012, Sunday Annual BCO Member Meeting

**TIME:** 3:00-4:30pm

**WHERE:** Fayetteville Public Library Walker Meeting Room

**MORE INFO:** [bco@bconwa.com](mailto:bco@bconwa.com) or call us at 521-4619

Our annual showcase of Bicycling in NW AR.

### March 20-22, 2012 National Bike Summit

**TIMING:** This annual event will occur just as the National Transportation Bill extension expires, and bicycle funding is on the chopping block yet again! A huge crowd of bicycle activists at this Summit will make a lasting impression on lawmakers who will be under pressure to pass a new 6-year transportation bill.

**WHERE:** Grand Hyatt located near the Metro Center at 1000 H Street Northwest Washington, DC 20001

**MORE INFORMATION, please check out this short video:**  
[http://www.youtube.com/watch?v=likinty\\_d\\_g&feature=youtu.be](http://www.youtube.com/watch?v=likinty_d_g&feature=youtu.be)

### October 30, 2011 Sunday Cyclocross @ Lake Fayetteville

The folks who meet here form the heart of the Razorback Greenway and all regional active transportation planning, funding and creation.

**TIME:** Start times vary from 11:30am to 1:00pm.

**COST:** Youth (5-11) and Junior (12-14) *NO ENTRY FEE!*

**MORE INFO:** [allsportsproductionsinc.com](http://allsportsproductionsinc.com)

### December 8th Regional Active Transportation Committee Meeting

The folks who meet here form the heart of the Razorback Greenway and all regional active transportation planning, funding and creation.

**TIME:** 1pm, public welcome.

**WHERE:** Regional Planning, 1311 Clayton St, Springdale, 72762

**MORE INFO:** <http://nwarpc.org/> or Phone: (479) 751-7125

### Continued from Page 1.....Bike Train

Train days because the commute by bicycle is a highlight of their week. The fact that regular physical exercise also contributes to health and well-being is an added bonus.

Perhaps most importantly, the Bike Train offers students a chance to practice the Rules of the Road. Students who learn to drive responsibly will be more experienced at handling traffic when they are old enough to drive a car.

All students and parents are welcome to join an existing Bike Train or ask for help to begin one of their own at your school. The BCO can provide instructional leadership. We can work with existing trains to modify a route to connect to your home, or we can help you work with neighboring parents to create your own neighborhood train.

Although frosty winter mornings may slow Train activity somewhat, the train will operate as weather permits.

Please contact the BCO for more information:  
[bco@bconwa.com](mailto:bco@bconwa.com). Hop on board!

(L-R) Silas, Chris, Oden and Kristina on the South Side Bike Train to Washington Elementary



## ACTION ALERT ! OCT 31 Deadline

Though it seems difficult to fathom, Sen. Rand Paul (R-KY) is pursuing a plan to redirect the recently approved Transportation Enhancement funding through the appropriations process.

See this excellent summary and link to TAKE ACTION:  
<http://capwiz.com/lab/utr/1/HQAAQRQHVG/MIHWQRQMMH/7506501991>

### Continued from Page 1.....Back In The Saddle Again

*"My wife has a bell on her bike, which she rings madly before entering any of these "hazards." For us, the tunnel under I-540 seems long, poorly lit, and always has water on the floor. We try to avoid it, but the alternative route requires you to cross two busy streets. With time, I'm sure we will become more proficient and comfortable with these environments.*

*"To me, biking is a wonderful way to get outside, get in shape, and get off that couch! It is something I can do with my wife and my friends or by myself if I want. It's a win-win situation all around."* Martin Redfern, Ph.D.

Thank you, Martin for sharing your story.

## Retrospective: The NW Arkansas Bushmen

by Stan Johnson



Front Row L-R: Scott Carroll, Pat Zimmerman, Barry Hailey  
Back Row L-R: Brian Irish, Stan Johnson, Marvin Light, Steve McBee, ?, Michael Davis  
In the Tree: ?

The Northwest Arkansas Bushmen as a club was started back in late 1988 or 1989; the early days of mountain biking. The purpose was to compete in local and regional mountain bike races. Since there were few races the Bushmen became race promoters by necessity.

Some of the races promoted by the Bushmen were:

- Gut Buster (in Madison County Wildlife Management Area)
- Roadies Revenge (start and finish at Trigger Gap on the Kings River)
- Mount Magazine
- 2 dogs (at my place)
- Frame Breaker (Madison County WMA)

Money made promoting races was used to buy uniforms, pay entry fees for members and fund occasional trips to major regional races.

## YOU Make a Difference!

Most importantly, you make a difference every time you make the sometimes challenging choice to pedal your bicycle for transport. You buck the trend.

The BCO aims to create **the counter-balance of cultural pressure** to help cycling become a more attractive choice for YOU. And it's your energy and money that fuel our work. **Support our sponsors listed below**, and support the BCO with your time or money. A tax-deductible donation of \$50 or more puts your name in print. Our newsletters bring enlightening info to over 400 readers each quarter. Make your name a part of grassroots bicycle advocacy!

### Remember to thank our fantastic BCO sponsors

#### Wattle Hollow Retreat Center

Vipassana meditation \* Yoga \* Private weekend retreats near Devil's Den State Park  
More info: [wattlehollow.com](http://wattlehollow.com)  
or call Joy at 479.225.2381

#### Art Hobson, Professor Emeritus, Ph.D

For info on why the bicycle is the most efficient form of transportation yet known, see:  
<http://physics.uark.edu/hobson/>

Jerry Bailey

Jim Norys

Cyrus Young

Chuck Maxwell

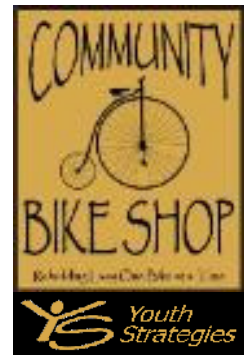
Jeff & Gisela Erf

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Chris Kaiser & Andrew McQuie

Paul LeBlanc

Daniel Dean



102 HPER Building  
Fayetteville, AR 72701  
<http://imrs.uark.edu>  
479.575.CAMP



**Stan Johnson of Johnson Mechanical** bestowed a generous \$2500 gift on both the Bicycle Coalition of the Ozarks (BCO) and the Ozark Offroad Cyclists (OORC) to further the cause of bicycling in NW Arkansas.

On behalf of all cyclists, the BCO extends a heartfelt THANK YOU to Stan and Johnson Mechanical, Prairie Street, Fayetteville, AR.

←Here is Stan at the 1996 Fat Tire Festival.

# Razorback Greenway Progress Report

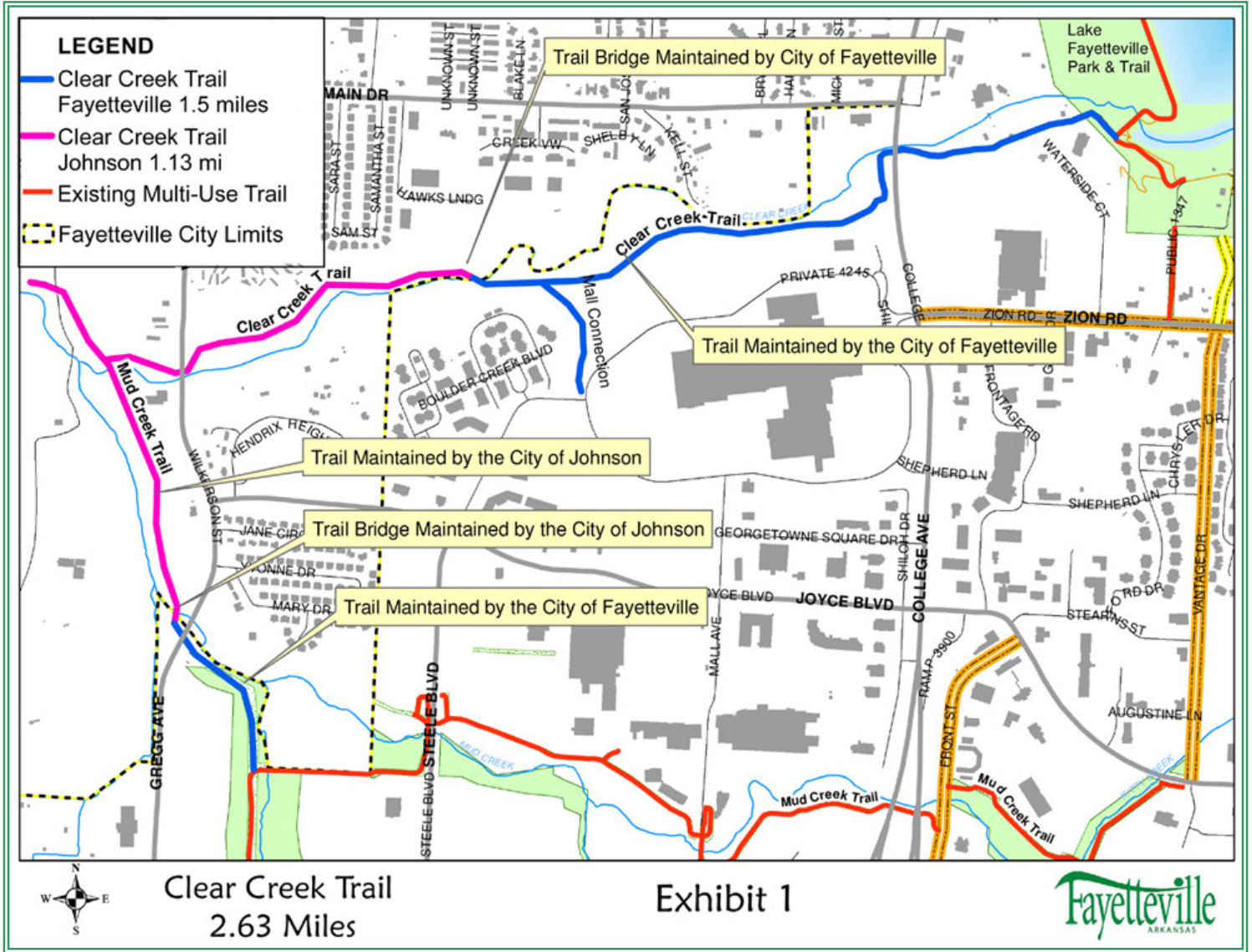
by Matt Mihalevich

The *Razorback Regional Greenway* progresses. *Alta Planning* is overseeing the design work of CEI, USI, Crafton Tull and McClelland Engineering. The design of the entire 16-mile TIGER II funded portion of the trail is 60% complete. Phased construction begins with two segments in Rogers going first (Bid in November 2011), then the Lake Fayetteville to downtown Springdale section, followed by another section in Rogers to Lowell.

The Arkansas Highway and Transportation Department

(AHTD) is requiring 100% design plans on the trail before the consultants can begin right of way acquisition so the goal is to get the plans ready for AHTD to review as soon as possible in hopes to be released to start contacting the property owners.

The entire Razorback Regional Greenway will be 36 miles. 16 miles of federally funded through TIGER II, 15 miles completed in Fayetteville and Bentonville and 5 miles to be funded by the Walton Family Foundation - This includes the 2.63 mile Clear Creek Trail connecting Scull Creek Trail to Lake Fayetteville (see image below) and the 0.6 mile Frisco Trail extension to Walker Park. The remaining 1.7 miles of privately funded trail is in Bentonville.



## Fayetteville: Garland Avenue Tunnel

To find out the latest news on the Garland Avenue Tunnel, and how the new trail across the U of A Farm will connect Scull Creek to the west side of I-540, see:  
[http://www.accessfayetteville.org/government/parks\\_and\\_recreation/trails\\_and\\_greenways/trail\\_master\\_plan.cfm](http://www.accessfayetteville.org/government/parks_and_recreation/trails_and_greenways/trail_master_plan.cfm)

## Bentonville & Rogers Trail Maps

Bentonville's Trail system maps & info at:  
[http://www.bentonvillear.com/parks\\_trails\\_pathways.html](http://www.bentonvillear.com/parks_trails_pathways.html)

Rogers Trail System maps & info at:  
<http://rogersarkansas.com/parks/trails/trails.asp>

## Bicycle Friendly Traffic Enforcement

A critical Link to Creating a Bicycle Friendly Community

As you may remember, in our Summer 2011 issue of the BCO newsletter, we addressed the poor bicycle-friendly ranking of the State of Arkansas by the League of American Bicyclists (LAB). Arkansas ranked 48<sup>th</sup> out of 50 states. One of the areas where both cities and states are graded in bicycle friendliness is Enforcement.

So, last newsletter, we said we would delve further into the League's suggestions for Enforcement this issue. Most bicyclists agree that the more we follow the Rules of



Dan Dean using the left turn lane at S School & MLK Blvd

the Road, the more respect we receive from other roadway users. Increasing traffic enforcement of bicyclists can

actually help make our life easier and safer on the roadway. When we all follow the same rules, we increase predictability and reduce chances for a collision.

**STATE Bicycle-Friendly Ranking:** More bicycle-focused traffic enforcement will not only increase respect of the growing population of bicyclists, but it will also help Arkansas receive a more bicycle-friendly ranking from the LAB. A more bicycle friendly Arkansas would include information on how to apply traffic law to bicyclists as part of the Arkansas Police Training curriculum, which is mandated by state law. The twelve-week basic training course provides instruction and practical application of all topics necessary for new law enforcement officers, including traffic law. Integrating bicycle-specific instruction in this presentation will require coordination with the Commission on Law Enforcement Standards & Training, located in Camden, AR.

To be a more bicycle friendly state, Arkansas would also provide this bicycle-specific information to all traffic court judges.

**YOUR PART:** If you are willing to pursue a connection with the Commission on Law Enforcement Standards & Training to add bicycle-specific traffic enforcement information to the Arkansas Police Training curriculum, the Bicycle Coalition of the Ozarks can provide you with precedent materials from other State Training Academies where bicycle-specific traffic enforcement has been successfully addressed.

With your help, all new traffic officers in Arkansas communities will have a thorough understanding of how traffic law affects cyclists. They will know that lane-sharing is indeed legal for bicyclists in Arkansas, and that when no dedicated left turn lane exists, left-turning bicyclists are safer occupying the left third of a travel lane while they yield to oncoming traffic.

If you can be a part of this project, contact us at [bco@bconwa.com](mailto:bco@bconwa.com)

**LOCAL Bicycle-Friendly Ranking:** Locally, a bicycle-friendly community will use the same enforcement information as will be used in the training academies to help educate all existing officers on the practical effects of the Vehicle Code on bicyclists. A succinct PowerPoint presentation could be an effective tool to update an existing police force as to the Rights and Needs of bicyclists on the roadway.

Local traffic enforcement could also benefit from a program whereby police officers could consistently provide corrective bicycling information to even young bicyclists. Illustrated educational pamphlets available in several languages could be issued similar to a traffic infraction warning. Often, a young cyclist who bicycles the wrong way in the road, or drives a bicycle without a headlamp after dark does not understand that those behaviors can substantially increase the chance of collision. Until informed otherwise, this cyclists may continue these dangerous bicycling habits for years, endangering the lives of all roadway users. When the idea of a standard Bicycle Driver Education Pamphlet was shared with Corporal Robert McKinney, a Fayetteville officer who has volunteered many hours with the Bike ED program in public schools, he felt that this sort of tool could empower the law officers to help prevent traffic accidents.

**YOUR PART:** The development of a quick and easy-to-understand Bicycle Driving Brochure can lean heavily on similar brochures developed in many other communities and available on-line. The BCO can oversee the content for an interested graphic designer. A grant researcher could dramatically increase the effectiveness of this project. With a small grant, we could reimburse a percentage of design fees as well as continually make printed copies of this brochure available to any community upon request. The brochure will be updated annually, and postage and printing costs will be ongoing. Calling all grant researchers and graphic designers: please contact us at [bco@bconwa.com](mailto:bco@bconwa.com), and you too, can become an "Energy Member" of the BCO.

In addition, if you are interested in adapting a PowerPoint presentation for use in existing community police departments as a way to disseminate current bicycle traffic law and enforcement information, please take a look at a similar project developed in North Carolina. The presentation is available at this URL: [http://humantransport.org/ncbikeed/?page\\_id=57](http://humantransport.org/ncbikeed/?page_id=57)

Write us with your interest at [bco@bconwa.com](mailto:bco@bconwa.com), and thanks for doing your part. Energy is better than Gold!

## University of Arkansas & Bicycling

What U of A Officials Think About Bicycling on Campus

The University of Arkansas is working to create a more comprehensive bicycle game plan that could include:

- a bicycling for transport orientation for new students
- a "bicycle.uark.edu" website with complete student bicyclist information
- a bicycle parking supply and demand analysis.

If you'd like to help the University of Arkansas become more bicycle friendly, contact Carlos Ochoa at [cochoajr@uark.edu](mailto:cochoajr@uark.edu)

*Have you ever noticed how invisible a nighttime bicyclist can be without a headlight? Have you heard of a ticket for this infraction?*

**EDUCATION of unlawful bicyclists can save lives and also increase respect for cyclists. No ticket required.**

The BCO posts our newsletters online. When a new newsletter is published, we send a link to the PDF in a listserve email. This way, when an article interests you, the links are “clickable”, and the newsletter can open many doors to additional information.

**If you are receiving a hard copy of this newsletter in the mail**, you have either expressed a preference for the non-digital version of our news, or **you may have been targeted for an appeal to renew** your membership due to recent expiration.

Member support funds almost all of the BCO’s bicycle advocacy efforts. We are very low overhead, and all contributions are tax-deductible.

To Sign up for the BCO email list, please visit <http://bconwa.com> and click the “*Subscribe to Email List*” link half-way down in the left sidebar. We’ll keep you informed with short, monthly posts.

**For membership renewals** use PayPal at [bconwa.com](http://bconwa.com), or send this form with your check to:

**BCO** P.O. Box 4173 Fayetteville, AR 72702-4173

Would you like to know your donation history? Do you need a receipt for tax purposes? Just email us: [bco@bconwa.com](mailto:bco@bconwa.com)

**Organic Cotton BCO T-shirts available.**



**SUPPORT THE BCO with your membership.**  
**It’s good for one year from date received.**

**Energy members** are also **Contributing** members. Your energy is as good as gold. Have you helped with Bike ED? Or served on our board? Six hours a year earns a supporting-level membership. We’d love to add you to our member roster.

**Supporting** members will receive a coupon for a 100% organic, cotton T-shirt with logos front and back as shown. The coupons are redeemable at the Highroller Cyclery at 322 Spring St. in Fayetteville.

**Sponsor** members will receive a t-shirt coupon as well as a listing in a bco newsletter.

**Business** members will receive a year’s logo or message listing in the quarterly newsletters.  
 (Please send a logo *or* a website address with your check.)

**Lifetime** members receive any or all of the above, and unparalleled gratitude.

Name \_\_\_\_\_

Street \_\_\_\_\_

City, State, Zip \_\_\_\_\_

e-mail \_\_\_\_\_

**\$0 Energy** Choose this box if you have completed 8 hours of volunteer time with the BCO this year (Bike ED, Community Outreach, BCO Board, etc.)

**\$15 Contributing**

**\$30 Supporting** (T-shirt coupon will be mailed to you)

**\$50 Sponsor** (T-shirt coupon will be mailed to you)

**\$100 Business** (Please include Logo or website)

**\$500 Lifetime** (T-shirt coupon will be mailed to you)