



The NewsPedaler

QUARTERLY NEWLETTER

Volume 2014, Issue 2

April 2014

President's Message

Spring has come and summer will be here soon enough. Hope you all are enjoying the good weather when you can and getting some ride time in. This is also the season that all the bike rides begin. So check our website often, check your e-mails and post any rides you want to do or know of on our Forums. We will be kicking off the spring season with the Health and Wellness Expo on April 12th and 13th and the bike ride on that Sunday. Also our club has its litter pickup on Saturday April 12th at 9:00 so it

will be a busy weekend and volunteers are needed. I will be sending another e-mail to members to volunteer for these events as we need your help to promote our club and grow our membership. I also hope to see you on our 2014 Signature Events this year as the sub-committee has been working hard to put together some great rides. Spring has sprung so let's all get out there and ride!

Special points of interest:

- PRESIDENT'S MESSAGE
- SIGNATURE RIDES
- TRAIL NEWS
- ADVOCACY
- BRAN
- UPCOMING EVENTS

OPBC Treasurer Report

As of 2/28/14 (Last statement received)

Checking	\$ 6,267.50
Saving	\$ 2,007.59
	<hr/>
	\$ 8,275.09

Expenses Submitted as of 3/19/2014 \$ 1,013.69

Deposits- as of 3/22/2014	
Checks / Cash	\$3,291.00
Club Express (3/31/14)	\$1,805.96
	<hr/>
	\$5,096.96

Balance \$4,083.27

Omaha Pedalers Begins 2014 with Two Big Events

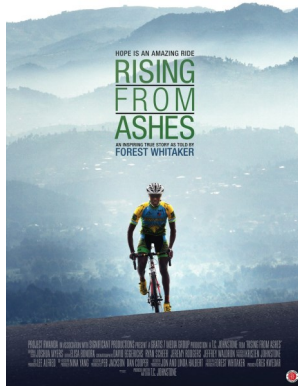
OPBC sponsored two major events; a film screening and a Bicycle Expo and Swap Meet to kick off the 2014 cycling season. Proceeds from the admission fees from both events will go toward purchase of Fixit™ bicycle repair stations in the community.

Rising from Ashes

Held in the depth of winter on a January evening, the screening at the Aksarben Cinema began with a social hour drawing all segments of the area's cycling community: bike stores, organizations sponsoring charity rides, trails organizations and an audience comprising a cross section of cyclists and cycling interests in the community.

Rising from Ashes is the award-winning feature-length documentary about cycling Team Rwanda. The movie is a joyous and uplifting film about the development of a national cycling team in Rwanda, a country still affected deeply by the genocide that tore the East African nation apart in 1994. Members of the fledgling team all were children left orphaned by the genocide a decade earlier. As they set out against impossible odds, the team finds new purpose as they rise from the ashes of their pasts through remarkable achievements.

The screening drew an audience of over 300 and nearly filled the largest theatre in the Aksarben Theater complex. After the screening, distributor Garry Harrington noted that this was among the largest audiences in his distribution network. He said that the two previous cycling themed screenings he had brought to Omaha and sponsored by OPBC, *Bicycle Dreams* and *Reveal the Path* also brought theatre-filling audiences. Garry remarked that the festive atmosphere



created by our social hour was unique to our screening and really added to the audience's experience.



Omaha Bicycle Expo and Swap Meet

Our second event of 2014 was the Omaha Bicycle Expo and Swap Meet. Having outgrown the space at the Bancroft Market, this year the Expo was held at the College of St. Mary's Lied Fitness Center. With almost 10,000 square feet of at our new location we were able to accommodate larger crowds and expand our theme from just a swap meet to a bicycle expo and festival. Amenities this year included two food trucks—Mexican and pizza as well as coffee vendors.

Thirty-six exhibitors representing bike shops, benefit cycle rides, group rides, and numerous cycling related vendors saw more than 400 bargain hunters and information seekers and their families. Shoppers could find everything from BMX and mountain bikes to vintage road and track racing



equipment. The DIY crowd saw enough parts and accessories to update or completely

rebuild just about any bike. In addition the great shopping experience, the expo provided a face to face opportunities to visit with representatives of charity rides, trails and specialty organizations that represented BMX , single-track mountain bike, and provided the opportunity to learn about organized and sagged cross-state rides and self-contained rides.

The College of St. Mary was a wonderful host. The Lied Fitness Center provided the perfect venue with a central city location and proximity to the Keystone Trail that drew many riders to our event. The assistance provided by Assistant Athletic Director Emilie Kluth and her staff made our experience pleasant and worry-free.

Thank you volunteers! This event was an order of magnitude more complex than last year's swap meet at Bancroft Market. Without your help, we couldn't have pulled this off.

One final note. The camaraderie and social interaction of the crowd was apparent at both events, particularly at the College St. Mary's where people had more time to visit. People were renewing friendships and planning activities for the coming season.

(from Bob Mancuso: special thanks again to Pete Lieben for all of his hard work and great work on the tremendously successful Rising from the Ashes Movie and the OPBC Swap Meet! Way to go Pete!!)

TENT SERVICE ON BRAN... SHOWERS INCLUDED!



\$400

includes tent rental and all labor of set-up, take-down, moving your bags to/from tent daily, PLUS your weeklong pass to a hot private shower.

(Anytime Showers are regularly \$6 plus \$1 for towel, or \$40 for the weeklong shower pass.)



Contact Dave Kennedy, dave.kennedy@cox.net, 402-578-4250 c

Pete Phillips, petephillips@cox.net, 402-681-2613 c

Tammy Pavich, tammypav@cox.net, 808-375-8921 c

Email us for details and application or visit pkbelly.com/bran.pdf.

OPBC Club Rides

Third Friday's April – October

The club will host a dutch treat dinner at a restaurant close to area trails and bike routes at 6:00 PM sharp! Some restaurants include Jim & Jennies, Mo Fish (CB), Stella's, Papa Chris' Chicago Originals, El Basha, and Catfish Charlies. Check the website for each month's restaurant.

May 10

Great American Pie Ride – Meet at Missouri Valley Park at 8:30 AM for rides of 22 to 67 miles (3-5 pie stops). Fully supported. Bring money for pie. Vote for best pie purveyor

May 24-25

Little Sioux Overnighter – Meets at Crescent Elementary School at 8:30 AM for 44 mile ride to Little Sioux Boy Scout Ranch. Lunch, steak fry and breakfast provided. Fish, hike or relax at the ranch (\$20 Adults, \$10 Children)

June 8-14

BRAN – See the great state of Nebraska up close and personal. Register on BRAN-Inc.org (Fee)

June 21

Wabash Ride & Family Picnic – Members Only. Ride from Council Bluffs or Mineola to Silver City for a Gourmet Hot Dog Roast with all the fix'ns.

July 21?

***Omaha Historical Tour / Picnic** – Urban ride to some of Omaha's Historical landmarks finishing up at the Blue Line in NoDo.

July 26

Pedaler's Pasta Pig Out – (P3) Meet at Metro Community College at Hwy 133 and State Street at 3:00 PM for leisurely ride to Elk City (24 miles). Return to Mangia's in Irvington for authentic Italian pasta and pizza.

Other Rides

Omaha Health Expo Bike Ride – 4/13/14 (<http://bit.ly/1gQojLk>)

Bike for Sight – 4/26/14 (http://www.bikeforsight.org/Bike_for_Sight/Home.html)

Cyclofemme – 5/11/14 (<https://www.facebook.com/CyclofemmeOmaha>)

Wear Yellow Ride – 5/17/14 (<http://www.wearyellownebraska.org/>)

Tour for Hope – 5/18/14 (<http://on.fb.me/1pEyYVW>)

Ride of Silence – 5/21/14 (<https://www.facebook.com/events/231717110366949/?ref=22>)

Nebraska Tour de Cure – 5/31/14 (<http://bit.ly/1hoFq5N>)

BRAN – 6/8 to 6/12/2014 (<http://www.bran-inc.org>)

Loup d' Loup – 6/14/14 (<http://www.loupdloup.com/>)

OWL Ride – 7/12/14 (<http://owlride.org/>)

*Note: Bitly.com was used to shorten the length of some of the websites. These links all worked at publication time.

Other Upcoming events

Omaha Health Expo -- April 12-13, 2014 at the Centurylink Center Omaha --- OPBC has a booth area! Contact Kim to volunteer to work the booth and also come out and say hello! Free Admission!! See www.OmahaHealthExpo for featured Speakers and details!

Omaha Health Expo Bike Ride, Omaha Biathlon, and Midwest Gran Fondo -- Sunday April 13, 2014 at the Centurylink Center Omaha ----- wear your OPBC jerseys and sign up for the Kick off event of the year for bicycling and running! Can still register on line and also the day of the event!

Earth Day -- Saturday - April 19, 2014 at Elmwood Park. We will be present with a non-profit booth. To volunteer and help work our booth area, contact Kim Scherlie. w - 402-346-8003.

Advocacy News

BikeOmaha

Many of you may know of OmahaBikes, an advocacy group that was started in 2010 to promote safe cycling and cycling infrastructure in the metro area. Unfortunately, for various reasons that group became somewhat stagnant over the last couple of years. Now, an effort is being made to renew and revitalize that brand.

In late January, LiveWellOmaha sponsored a Dialogue on Bicycle Advocacy in Omaha. That meeting was well attended by the community, and Omaha Pedalers was represented by several members. Out of that meeting, a decision was made to bring back OmahaBikes. A steering committee of volunteers agreed to meet to lay the foundation.

Since February, the steering committee has met a total of six times to work on the direction and form the new organization should take. We have drafted articles of incorporation and bylaws, and have started work on a business plan. The name of the organization will be changed from OmahaBikes to BikeOmaha; this was done because the Secretary of State's office felt that the name was too close to Omaha Bicycle Company. The website is also

being updated and refreshed.

Stuart will keep everyone informed as this moves forward.

Nebraska Bicycle Alliance

Like BikeOmaha, the Nebraska Bicycle Alliance is moving forward and slightly ahead. Their goal is to give a unified voice for cyclists at the state level. At their last meeting, the Alliance Board reviewed their corporate documents, their logo, and their website design. The plan is for the website to be ready for May launch as part of Bicycle Month.

In the first quarter, members of the Alliance did testify before State Senate committees on a couple of bills that would affect cycling. At this time, neither of the two bills have been brought to the floor.

The Alliance was also asked by the League of American Bicyclists to review the survey submitted by NDOR on the state of cycling in Nebraska.

Again, as this organization moves forward, Stuart will keep you in the loop.

Ride Reports from Members

Club member, **Sandi Weinberg** was able to enjoy some nice weather and get in a 39 mile bike ride in the Clearwater / Largo FL area, the second week in March. While Sandi's friend Sue isn't a bike rider, her sister Dorothy (pictured with Sandi on the Clearwater Bridge) is a member of the Ann Arbor Bicycling Club who also winters in FL. About 11 members of their club started out with jackets and tights but by early afternoon were able to shed the extra clothing. The only "hills" we encountered were on the trail over major intersections and the rivers. It was a great opportunity to talk about OPBC and BRAN



From Steven Schnitker, Club Secretary:

When we can escape from work, out we go into the countryside on our bikes, creating memories. I've gotten to know the countryside between Council Bluffs and Onawa, Iowa pretty well. The fourth Saturday in August, Onawa sponsors a one day tour of the loess hills called Onabike. Making it a three-day affair riding up on Friday, riding the ride on Saturday and riding back to Council Bluffs on Sunday, creates a lot of memories. If the wind isn't blowing between Onawa in Council Bluffs it's just changing directions. In 2009 I fought a stiff headwind all day Friday. Onabike is a big loop that brought us out of the loess hills and back into that same headwind on Saturday for another hour of suffering. Luckily, I met John and Donna Walters, riding their tandem, providing a great draft into town. I thought about taking advantage of the North wind Saturday night, but I was

beat, just too tired, and too sore. "It'll wait till tomorrow morning", I thought. Noooo, Sunday brought eight hours against that same twenty mile-per-hour wind now backing up....Better memories. In 2010 the ride north took four hours, averaging 17 mph passing a field of blooming giant sunflowers north of Mondamin waving in the wind blowing at my back on a beautiful cool, clear day. On my arrival and Onawa, I celebrated with chow mien at the Bamboo Village Restaurant. There are lots of great places to eat and Onawa. Go to Fort Onawa, if you like a cigarette with your meal. The pizza is good, but as the only smoking-allowed bar in town, the smoke gets thick. You don't need to light up, just breathe it in. The last time I was there, the atmosphere was pretty "blue" too, memories. Onabike on Saturday, takes you through Turin with its cheerleaders, Soldier with its karaoke, Morehead with its lunch specials, where I usually run into someone I know; Steve Sayers, Tim O'Grady, Greg

Miller, Mike Schneider, Pisgah with the Old Home Fill'er up and Keep on Truckin' Café; CW McCall, Mavis, Little Sioux with the Old-Time Settlers Reunion that weekend; '56 T-Bird, '29 Terra Plane,'57 Chevy...car show, and Blencoe with a friendly town bar and grill. More memories include camping in a grain bin near Blencoe to avoid a Saturday night storm, repeated hospitality and Mondamin, where the convenience store manager invited me to camp in the city park, Pizza Ranch in Mo Valley, Henry's Diner in Crescent. The Pedalers will host a self-contained ride August 22, 23 and 24. Go to the website and sign up if you'd like to share in creating some more memories.

Have a favorite ride you'd like to share? Send it to scnottin@gmail.com with Ride Report in the subject line.

BRAN 34

June 8-14

It's all good. Rushville, Cody, Spring view, Atkinson, Verdigre, Laurel, Lyons, and Waterloo. Brand 34 starts out in the sand hills and avoids most of the most populated areas until the very end of the ride. As usual, it will all go too quickly. Highway 20 in western Nebraska is a bicyclists dream although I remember wiping a lot of sand off of my bike in Valentine. For those willing to make a side trip, the Cowboy Trail east of Valentine offers an interesting perspective on the other bridges crossing the Niobrara Valley. Regardless, the Niobrara Valley will add some real drama to Monday's ride. Some of my best experiences on BRAN have come from little side trips. This will be my first chance to see Smith Falls and this part of the Niobrara on BRAN. Bassett is just a pass through town this year, but I have fond memories of sleeping under the whispering pines

there in previous years. Maybe a short nap after lunch will be in order. The passage from a cow country to Czech heritage in Verdigre is pretty dramatic, cow pies to kolaches. It's amazing how far you can go a bike, and how great the variety. Hills are our friends, the wind is the enemy. Thursday is always a bittersweet day for me, too close to the end. Hills may add a bit of the bitter. The last time we came through Laurel and Lyons, the wind was very favorable. I hope the wind will be the same, I know the hills will. I still have my painted light bulb "egg" from Wakefield on BRAN 22. I hope the area is as charming as it was a dozen years ago. Lyons should do a great job hosting the awards ceremony.

—Steven Schnitker

Trail Information and Closures

(from the city parks dept.)

- The Public Works Department started a storm sewer project in March 2014 that will run to June 2014 that will affect the Big Papio Trail between Blondo Street and North Mill Road. Sections of the trail will be closed for only a few hours a day when needed. Trail will remain open to users at all other times.
- The section of the Levee-Riverfront Trail from Leavenworth Street south to Missouri Avenue is closing February 24, 2014 for the installation of a new sewer force main along the existing levee.
- The Nebraska Department of Roads (NDOR) is starting the widening of the I-680 bridge over the Big Papio and Lamp Park Trails this week. Both trails will be CLOSED TO ALL recreation uses from just north of the I-680 bridge south to Pacific Street. This project is to begin Thursday, January 9 and continue until approximately March 15, 2014. Trail users heading south on the Big Papio Trail from Blondo Street should be aware that there are no public access points to the trail south of Blondo Street.

Welcome Home to Pork Belly Ventures:

Rider Support on BRAN

For decades, Iowa riders have enjoyed the comfortable and convenient home base provided by Pork Belly Ventures. This year, BRAN riders can choose among three support services from PBV: 1) hot, private showers, 2) the tent service, and 3) air-conditioned hotel rooms on wheels.

Cool and Clean with Anytime Showers



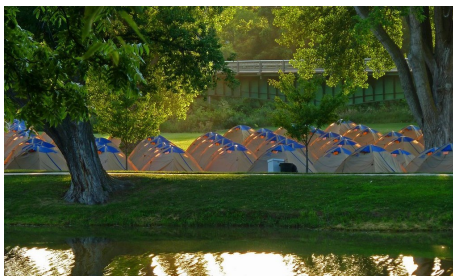
Hot water on demand, private dressing areas, soap and shampoo dispensers, towel included, and air-conditioned shower trailers: this is the Anytime Showers experience. The

weeklong pass is \$40, or purchase a single shower for \$7, \$6 if you bring your own towel. No need to reserve this service in advance; passes will be available during BRAN.

Good-bye Chores, Hello PBV Tent Service

Tent-renters simply pack their bags in the morning, leave them inside the tent, and pedal away. Enjoy your ride, and in the next overnight town you'll find your chores are already done--tent up with bags inside--so you can chill out under the shade canopy or head off to the shower. The tent is 63 square feet (8.5' X 7.5'), and it will comfortably accommodate one or two people with duffels inside. PBV will arrange

tents so that friends are next door to each other. For tent-renters, PBV provides a way to securely charge phones,



plus a social area with shade canopy and chairs. Your weeklong shower pass with Anytime Showers is included in the price of \$400 per rental tent. (PBV includes the daily shower for one or both tent occupants, a \$40 or \$80 value.)

Sleep PHAT in Your Mobile Hotel Room

There's nothing like sleeping cool and dry on a stormy or humid summer night, especially when you have a long road

ahead of you tomorrow. These mobile hotel trailers, aka PHAT trailers, are Pretty Hot and Tempting. Those who sleep PHAT on BRAN will stay cool in their 80-square-foot air-conditioned guestroom on board a semi-trailer. The trailer will be set up in each overnight town of the ride. Each room has three twin bunks, a sofa bed, and a twin-sized trundle on the floor; mattresses, sheets, pillows, and blankets; air-conditioning and fans to circulate cool air; knotty pine walls, carpeting and sound-muffling insulation between rooms; electrical outlets, switched lights at the ceiling and the head of each bed; shelving and wall hooks for convenient duffel and clothing storage; an outdoor deck with chairs; and locking storm doors and windows. Rooms can accommodate one to five sleepers in their own beds, and a weeklong shower pass is included for each occupant (up to five). PHAT folks will sleep in comfort without leaving the ride, and when five people share a room and use the showers, the per-person cost is not much more than that of a rental tent.

Claim a PHAT room now or learn more by contacting Pete at petephillips@cox.net or 402-681-2613.



(The new PHAT rooms for BRAN are similar to this photo of an older PHAT room. Rather than bunked queens, the new trailer features twin berths, and can sleep five to a room. Expect nicer finishes and details in the new trailer, too.)

FixIt Stations in Omaha

As most of you know, the primary use of the funds for this year's movie and swap meet events is the purchase and installation of Fixit bike repair stations in the metro area. So far, the board has approved a location near the Charles Drew Health Center.

During discussions of the stations, I wondered where the existing repair stations were in the city. It turns out that no one person had a list of all of them, but from several sources I was able to determine the locations of ten.

On the UNO campus, there are four. The first is at the parking garage of the Health, Physical Education, and Recreation center. The second is on the South Campus across the lot from the Scott Conference Center next to the bus stop. The last two are located in the Student Housing areas of the main campus.

Thanks to Pete Lieben for this list.

Pete also provided contact information for Peter Pellerito at UNMC, who provided information on two stations on that campus: one at the southeast corner of the Student Life Center (off 39th St.) and the second on the west side of the Durham Center (Emile St, east of 45th).

Omaha Bike/Ped Coordinator Carlos Morales noted a station on Burt Street just west of the US75/1480

underpass.

Metropolitan Community College has two stations. The first is located on the Fort Omaha Campus, in front of Building 10. The second is on the South Omaha Campus at the MAT station.

Finally, the last station I've been able to locate is at the Community Bike Project on 33rd Street.

In addition to these, there are plans to put a station at the Benson Community Center on Maple Street.

For convenience, I've created a Google Map at <http://bit.ly/1fCrsJn>. I make no claim that the map is 100% accurate, but it should get you close. I'll add the new station once it's installed. If you're aware of any FixIt station in the area that I've missed, please let me know at scnottin@gmail.com with FixIt Location in the subject line.



****Book Review****

Hey Mom, Can I Ride My Bike Across America?: Five Kids Meet Their Country

by John S. Boettner

So what happens when two teachers take five of their pupils on an extended bike ride? Boettner and his wife did just that. This story follows the group as they ride across the US. Along the way, the kids experience touring life in a way that few of us are able. They learn from the people they meet, the places they visit, and from each on the road incident. As they pedal, they mature from kids to young men and women accepting responsibility for themselves and each other.

This book is sure to entertain and make you appreciate the power of two wheels as a way to learn of life.

—Stuart Nottingham