



Improving Bicycling in Arizona through Advocacy and Education

CAZB
Coalition of Arizona Bicyclists

Sprocketeer Newsletter
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New Coalition President Introduces Agenda

Bob Beane, President
excerpted from www.cazbike.org

I live in the Ahwatukee-Foothills area of Phoenix. I have been a recreational cyclist for 20 years, riding mostly on the road and occasionally on a mountain bike.

The current CAzB leadership is embarking on a planning and objective-setting process. We will be seeking your input on those goals and objectives.

Among the top-level goals being discussed are:

- Review of officers' skills and experiences. Gaps will be filled with capable people from throughout the bicycling community.
- Develop clear, concise, measurable, assignable and actionable goals, and task them.
- Increase our membership and alliances to achieve statewide coverage of advocacy issues and representation of all constituencies.



Credit: Randy Victory

Randy Victory of Cottonwood photographed this billboard earlier this summer. He investigated but could not find out who was responsible for it.

- Develop and/or improve marketing and communications in support of our other goals and objectives.
- Develop alternate funding sources besides membership fees. This will include grants and corporate and/or philanthropic donors.
- Increase involvement in

highway/street planning processes throughout the state.

- Increase and promote educational programs, including programs for schools, law enforcement agencies and other appropriate venues.
 - Achieve improved public awareness and enforcement of the three foot safe passing
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Board of Directors (left to right) Alison Van Uum, Gene Holmerud, Dennis Dempsey, Bob Beane, Bob Jenson, Peter Mather Not pictured: Sheila Foraker.

Coalition of Arizona Bicyclists CAzBike is a proud member of LAB and IMBA
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Subscriptions / Renewals

Either on line or by mail

www.cazbike.org/renew	or	Send your check to CAzB :
Membership Rates:		P.O. Box 54488, Phoenix, AZ
\$25 Individual		85078-4488

\$30 Family

\$150 Organization

\$200 Business Sponsor

Membership expiration date is located on your address label.

Left of your name is a date in the format of YYYYMMDD indicating the year, month and day.


CAzB President's Agenda

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distance law, Safe Routes to Schools and the concept of Sharing the Road.

- Pursue legislative initiatives to create a safer climate for bicycling in Arizona.

- Defend bicycle-related policies and funding which may come under pressure in today's economic situation.

We will be fine-tuning goals, adding to the list and defining tasks. In January, we will agree on as many items as we think achievable during 2010. We welcome your input and participation. When many people take on just a small part of our mission, the mountain will move. 

CAzB in Motion

Meet the VP of Membership and Development

Dennis Dempsey, Vice President of Membership & Development

I started mountain biking in college and enjoyed the challenge of climbing long and technical climbs as well as racing down a windy singletrack.

After visiting Amsterdam, where just about everyone seems to be riding a bike for transportation and/or recreation, I moved to Colorado and I started to see the bike as more than a recreational activity option, and began seeing it as a part

of my everyday life. I began commuting to the office and loved it! After moving back to the east coast, I purchased a decent road bike on which I spent most of that summer and completed my first century. I then capped off the season with

a ride through Provence and a climb up Mt. Ventoux in France. I never had a more satisfying or enjoyable vacation. Once back in the states, I started volunteering for the Bicycle Coalition of Philadelphia as I wanted to help promote bicycling and help make it easier for everyone to enjoy the simplicity of riding a bike. Since then, I have moved to Phoenix, where the sun and warm climate help make riding a part of my everyday life. I recently became League Certified to teach Bike Education

and I am looking forward to helping the Coalition of Arizona Bicyclists improve and promote cycling in this great state.

In November, while visiting family, I was able to sit down with Alex Doty, the Executive Director of the Bicycle Coalition of Greater Philadelphia (BCGP) and speak



Andy Clarke, (l) President of League of Americans Bicyclists with Dennis Dempsey (r)

with him about how we can **grow the Coalition of Arizona Bicyclists and increase membership to make more of an impact.**

The BCGP has had a banner year with the kicking off of the Bicycle Ambassador program which helps promote education throughout the city, the continued success of “no cars allowed” Bike Philly, and a new ordinance that will allow for

the conversion of old parking meters into bike parking. An increase in membership in recent years has helped the coalition hire on a full-time staff that has been able to implement new programs and make more of an impact city wide. **I feel there are some great ideas we can use in Arizona to make the state more bicycle friendly.** Such as:

- Focus on increasing membership through new email/mail reminders to current members and to past CAzB members. Members and possible members would receive monthly reminders 5-6 months before expiration.
- Increase public bike education by promoting our classes and supporting the education with new LCIs.

Down the road...

- Generate enough members and a operating income that will support a full-time Executive Director that will be able to concentrate on growing the Coalition to add additional programs like the Bicycle Ambassador in Chicago and Philadelphia.
- Organize a yearly Bike Phoenix ride to help promote advocacy and allow our members to possibly bike a portion of Phoenix car free.



Education

What People are Saying about Coalition Classes

"I would like to thank you for the awesome Mountain Bike program you put together for Boy Scout Troop 30.

Adults and youth alike were totally engaged by your dynamic training interleaved with practical application on the course.

You covered an amazing breadth of material – mountain bike mechanics, climbing approaches and techniques, downhill strategies, sand navigation, bicycling history, safety and etiquette – without ever losing anyone's attention.

A lot of the guys said they want to come back and do it again!"

Annette Heinemeyer
BSA Troop 30
Grand Canyon Council



"Spent the day yesterday in a REALLY good bike safety class. Kudos to the certified instructors, Gene and Kathy. It totally wore me out, but we learned a lot and have more things to practice to be safe in difficult situations. I recommend this free class to anyone who owns a bike!"

-CC

"One of the most astounding things I learned is that you are EIGHT TIMES more likely to have an accident riding on the sidewalk, rather than in the street... assuming reasonably visible clothing."

-BA



Take a Traffic Skills Class- the nation's premiere street bicycling program taught by League of American Bicyclists certified instructors

This class is designed to be of value to new and veteran cyclists.

Description:

Learn the basics of bicycle and helmet fit. Learn state bicycle laws. Learn how to predict and prevent crashes, and how to bail out as a last resort! Learn how to operate your bicycle in a skillful and confident manner, in any traffic -- any time!

Dates:	Time:	Location:	Price:
Jan 23, 2010 Feb 20, 2010	7am to 5pm	AmeriSchools Academy, 1333 W Camelback Rd. Phoenix, AZ 85013	Free

Primer for those Getting Back into Bicycling

By Randy Victory, League of American Bicyclists Certified Cycling Instructor #1197

With the weather cooling down (finally!) and school commencing, it's only natural that a lot of kids will be riding their bikes. In fact, adults and entire families will be hitting the roads and trails as Arizona's beautiful fall weather starts. Here are some things to think about and take care of before you pull those bikes out of the garage.

First things first. It's a bad idea to ride a bike that doesn't work well. You wouldn't go rock climbing with a frayed rope - bicycling is no different. Having worked at several bike rodeos, I can testify as to the appalling condition of many of the bikes. Children show up on bicycles with loose handlebars, shaky hubs, and inoperative brakes. I wonder how many parents would get into a car with a loose

steering wheel, wheels that were about to come off, and brakes that did nothing. A proper tune-up by a qualified bicycle mechanic is worth the money.

Second, make sure you have the proper equipment. By now, most folks have heard the "always wear a helmet" message ad nauseam. However, it's amazing how many people I see with helmets that are fitted so poorly that the rider might as well be wearing nothing. First, if you haven't already thrown them away, take a look at the instructions that came with the helmet. You might be surprised. Helmets should be worn level on the head with only one finger width of space between the edge of the helmet and the eyebrows. Most crashes result in the rider falling forward or headfirst. The helmet can't do its job if the forehead is exposed.

Make sure the straps are fastened and tight enough that the helmet stays in place when the head is shaken intensely. A couple of years ago I witnessed a crash and the rider's head actually bounced! If the helmet had moved or come off, the woman would have been severely injured, or worse. If possible, get a helmet that will stay on the head even when the rider bends all the way over with the straps unfastened.

Since most riders stick their hands out when they crash (I know I do), a pair of gloves is a wise investment. Many are padded on the palm to absorb impact in the event of a crash. Full-fingered gloves are preferred by serious trail riders, and have the advantage of keeping your hands warm as the weather cools down.

Bring as much water as you can

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Legislation

Recommended Projects for Funding

Bob Beane, CAzB President

The Bicycle and Pedestrian Committee of MAG forwarded the following list of recommended projects for funding, based on the combined ranking of projects using a combination of Bike/Pedestrian Committee scoring and CMAQ (air quality impact) ranking.

Phoenix	Grand Canal Multi-Use Path improvements, Thomas Road and 22nd Street, \$342K.
Chandler	Galveston Street Bicycle & Pedestrian Bridge (over Hwy 101), \$2,057K.
Gilbert	Bicycle Crossing Improvement & Safety Project – Phase III, \$497K.
Avondale	Central Avenue Bicycle Facility Project, \$1,077K.
Youngtown	FFY 2014 Bike Path Project, \$293K.
Scottsdale	Arizona Canal Shared-Use Path, 64th Street to Goldwater Blvd, \$1,824K.
El Mirage	Rancho El Mirage Multi-Use Path, \$793K.
Tempe	El Paso Gas Easement Multi-Use Path, Rural Road to Kiwanis Park, \$1,323K.






The committee is asking that the remaining \$531K of available funds go to support a City of Phoenix project, the Grand Canal Multi-Use Path Connection at Indian School Road and 16th Street, which was the next highest ranking project. The full cost of that project is estimated at \$1,397K.

The Coalition of Arizona Bicyclists has a seat on the MAG Bicycle and Pedestrian Committee, and both evaluates and votes on these projects each year.

Goals for New Session

Gene Holmerud, Vice President for Education and Director for Rail Safety & Access

In this new session, it has been suggested that we support what we prepared last spring. That included:

-  Strengthening the 3-ft passing law penalties (28-735)
-  Clarifying what “yield” means and including bicyclists in what must be yielded to
-  Allow use of a 2-way left turn lane to provide the 3-ft clearance for passing a cyclist
-  Criminalize harassment of a cyclist (throwing objects, unwanted touching, etc.)
-  Include cyclists in the vulnerable class, hence breaking certain laws become felonies

We will work with other advocacy organizations around the state to achieve this.



Take Action

Public Comment Sought by Federal Transit Authority (FTA)

The Alliance for Biking & Walking

The FTA is seeking comments on a recently proposed policy to expand funding for biking and walking facilities that link to transit. The policy would recognize that bike and pedestrian facilities have

a “functional relationship” to public transportation stops and stations. The “catchment area” around transit is 3 miles for bicycling.

Deadline for your comments is Jan 12, 2010.

<http://tinyurl.com/bikefund>

Tell the Coalition What You Think

Express your concerns or interests, as questions or comments using the feedback form on the website.

www.cazbike.org/feedback



Are You The New Face of Bicycling in Arizona?

Primer continued

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carry and dress appropriately.

A good rule of thumb is to dress as though the temperature is 5-10 degrees warmer than it actually is.

A jacket that you don't have to take off as you heat up will keep you warmer than a sweatshirt that needs to be removed. Bike shops sell some great clothing with vents and longer hems in the back to give good coverage and ventilation.

If you're riding on pavement, you should know some basics of safe cycling. First, always ride in the same direction as traffic. If you have to cross the street to do so, then do it. Cyclists are seldom hit from behind in car/bike crashes. Most crashes occur when the cyclist comes from an unexpected location

at an intersection (this includes driveways). Even if you feel more comfortable on the sidewalk, which is statistically more dangerous than riding on the road, never ride against traffic. If you do, you're “just asking for it.” And when the sidewalk ends, you'll be riding the wrong way, which is illegal (ARS § 28-812).

Adults set a terrible example for kids when they violate the law. **Kids go on to become motorists, so it's a bad idea to start them out by turning them into scofflaws.** Nothing angers motorists more than cyclists blowing lights or stop signs. If you want to be



Lisa Cozzetti, Newsletter Editor
Indoor bicycle parking in Tempe at the Boulders on Broadway. The restaurant's slogan is “Ride, Eat, Climb.”

treated with respect, then you have to respect others. This is an excellent principle to teach your kids, since it works throughout their life, not just when they're riding their bikes.

There's a lot more to cycling. For information on road cycling, go to www.bikeleague.org.

For mountain biking and the rules of the trail, check out www.imba.com.



Bicycle Friendly Communities

Platinum

Boulder, CO Davis, CA Portland, OR

Gold

Corvallis, OR Madison, WI **Tucson/**
 Eugene, OR Palo Alto, CA **Pima Eastern**
 Fort Collins, CO San Francisco, CA **Region, AZ**

Silver

Ann Arbor MI Missoula, MT
 Arlington VA Olympia, WA
 Austin, TX Presidio of San
 Bellingham, WA Francisco CA
 Bend, OR San Luis Obispo, CA
 Breckenridge, CO Santa Barbara, CA
 Chicago, IL Santa Cruz, CA
 Columbia MO **Scottsdale, AZ**
 Colorado Springs CO Steamboat Springs, CO
 Folsom, CA **Tempe, AZ**
 Gainesville, FL Wood River Valley, ID
 Minneapolis, MN

Bronze

Ada County ID Charlottesville VA Long Beach CA Santa Clarita CA
 Albuquerque NM Chattanooga TN Longmont CO Santa Monica CA
 Alexandria VA Chico CA Louisville KY Schaumburg IL
 Anchorage AK Claremont CA **Mesa AZ** Shawnee KS
 Arcata CA Coeur d'Alene ID Milwaukee WI Sioux Falls SD
 Arvada CO Columbia SC Mountain View CA Sitka AK
 Ashland OR Columbus OH Naperville IL Sonoma CA
 Auburn AL Denver CO New York NY South Lake Tahoe
 Bainbridge Island WA **Flagstaff AZ** North Little Rock CA
 Gilbert AZ AR South Sioux City
 Baton Rouge LA Grand Rapids Oceanside CA NE
 Beaverton OR Metropolitan Area MI Orlando FL Spartanburg SC
 Billings MT Greensboro NC Oxford MS St. Louis MO
 Bloomington IN Greenville SC Park City UT St. Petersburg FL
 Brentwood CA Indianapolis/Marion Philadelphia PA Sunnyvale CA
 Brunswick ME County IN Port Townsend WA Tallahassee FL
 Burlington VT Iowa City IA Redmond WA Thousand Oaks CA
 Calistoga CA Irvine CA Riverside CA Traverse City MI
 Carmel IN La Crosse WI Roseville CA Tulsa OK
 Carrboro NC Lakewood CO Roswell GA Vail CO
 Cary NC Lawrence KS Sacramento CA Vancouver WA
 Cedar Falls IA Lexington-Fayette Salem OR Washington DC
Chandler AZ County KY Salt Lake City UT
 Charlotte NC Liberty Lake WA San Jose CA



Road Riders meet at Jerona Java Cafe & Gifts open before & after the ride for coffee & food
 677 East Mingus Avenue, Cottonwood AZ 86326
 928-639-1234 (across from the Post Office)
 Friday, January 1st, 2010 at 10:00 am.
 Contact Al Abbott at 928-649-0406 or visit www.vvcc.us



Mountain Riders meet at Red Rock Coffee, Village of Oak Creek - Cortez roundabout on Friday, January 1st, 2010 at 10:00 am. Call Daniel at 928-301-1134 for directions, ride info or visit www.vvcc.us



Tourism benefits from 3,000 mile system of bicycle-friendly roads and multi-use pathways along the Mississippi River

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Teri Eastin, Executive Director, Mississippi River Trail, Inc.

Coursing along America's second longest river, the Mississippi River Trail (MRT) winds its way from the headwaters near Itasca, Minnesota to the Gulf of Mexico connecting the wilds of Minnesota to the depths of the emerald green Gulf of Mexico. A 3,000 mile system of bicycle-friendly roads and multi-use pathways, the Mississippi River Trail is a "string of pearls" connecting ten states, the cities of Minneapolis, St. Louis, Memphis, New Orleans, and hundreds of smaller towns. The MRT is a unique way to experience the Mississippi River's natural wonders, transportation system, recreational facilities, and cultural heritage.



Cyclists along the route of the Mississippi River Trail in northern Minnesota

More at: www.mississippirivertrail.org