

NEABC

NORTHEAST
ARKANSAS
BICYCLE
COALITION



And now a word from the president...

Happy Bike Month!

May is National Bike Month, and we have a lot planned as always. Just about the only thing we don't have planned this month is our monthly meeting. Women Can Ride will be riding that night, so if missing a meeting will cause you distress, come volunteer to help out that night.

Of course, you won't want to miss Bike to Work Day! We'll be meeting at Allen Park like last year. But! This year, we'll take a spin down the greenway before heading up Highland. As always, breakfast will be served, and everyone is welcome to join us for the no cost event.

I know the weather's been rotten, but it's looking up, so encourage your friends, family, and neighbors to

get out and ride with you. Bike month is all about sharing the joys of bikes.

A few business notes:

At last month's meeting, we held board elections. First, I'd like to welcome Cathe Carnes to the board as our new treasurer. We're so happy to have Cathe join us! As you can see, I'm sticking around as president - and honored to do so as is the rest of the board. We're here to serve.

I am pleased to announce that we received a grant for Women Can Ride from the Arkansas Community Foundation in partnership with the Blue and You Foundation for a Healthier Arkansas.

Also, last May was a big month for memberships. Many of you will be

getting renewal reminders in the mail in the next day or so. If you attended Cyclefest or bought a bike in May, chances are your membership is up this month. We sure hope you'll renew. You can use the form below (or not if your info hasn't changed) or use paypal on our website. We couldn't do half the work we do if it wasn't for your support.

~tailwinds,
Sally Broadaway

Northeast Arkansas Bicycle
Coalition

May 2011

The Northeast Arkansas Bicycle Coalition is a 501(c)3 organization dedicated to:

-Promoting the use of bicycles as a means of transportation and recreation

-Making Northeast Arkansas A safer place for cyclists of all types through encouraging the development and utilization of facilities (bike paths, routes, lanes and trails)

-And providing education and information to motorists and cyclists about safety and

Bike to Work

Reasons to bike your drive:

1. Fight Pollution.

Driving contributes to air, noise, soil, and water, pollution. Bicycles are pretty darn clean transportation - and save a ton in fuel costs.

2. Stay Fit.

Commuting by bike allows you to include your workout into your daily schedule.

Riding instead of sitting in traffic is way less stressful.

Staying in shape leads to fewer sick days.

3. Avoid traffic delays.

Going by bike takes less time when you figure in parking and traffic - trust me on this one!

4. Enjoy your commute.

Get to work refreshed and full of energy.

Ride off stress after work!!



Earth Day Tree Planting

Well, it was a nice tree.....

This beautiful Dawn Redwood was planted on the banks of the Greenway's wetland area on Earth Day 2011 and will be remembered fondly. Sadly, its life was cut short by the quick moving floodwaters of Turtle Creek. The roots didn't have time to take hold and the tree was swept away sometime before the morning of May 1st.



The above is the latest in recycled/bicycle/elementary grade fashion. All the cool kids at Health Wellness and Environmental Studies are sporting these bracelets made from recycled inner tubes and fabric. The guys at Gearhead saved old tubes for us and we took materials to the HWES spring fair and we helped the kids make make bracelets while we talked to them about riding bikes.... Lots of fun!!

Practice Your Look-back

Some of the worst crashes happen because of the simplest of mistakes...especially in groups. Practice looking behind you or reaching for your water bottle without swerving when your riding on your own in low-traffic areas. You'll be much better at holding your line at the next group ride.

May Events

- May 7th - 9am - May Fest Bike Rodeo - Main St. Blytheville
- May 7th - 8am - Gearhead/Stearns Race Timing Sprint Tri - Craighead Forest Park
- May 13th - 4-6pm - Women Can Ride - PreRegistration - Gearhead Downtown
- May 14th - 10am - Women Can Ride - Orientation- SW Church of Christ
- May 19th - 6pm - Women Can Ride/Ladies Night @ Gearhead -
- May 20th - 7am - Bike to Work Day - Allen Park (Race St)
- May 21st - 10am - Loose Caboose - Paragould



The Plan: The only women's only cycling program of its kind in the state! Modeled after the ever-popular Women Can Run series, we will divide into groups based on fitness/comfort level on the bike and meet twice weekly for group rides. Participants will learn the basics of bicycle riding (shifting, breaking, etc), the rules of the road, group ride etiquette, maintenance, and more. Training goals and rides will be catered to meet the needs of each rider group.

Who Can Participate: Women ages 16 and up (under 18 must have parent's permission).

When: Saturday, May 14th, 10am: Orientation - Packet Pick-up, Road Skills 101

Sundays, May 15th - July 3rd, 2pm: Group Rides

Tuesdays, May 17th - July 5th, 5:30pm: Group Rides

Thursday May 19th 6:30-8pm Ladies' Night at Gearhead

Saturday, July 9th: Ride the Ridge Poker Run - Celebration Event

Additional clinics may be scheduled throughout at times and locations to be determined.

Where: SW Church of Christ Parking Lot, 1601 James Street, Jonesboro, AR

Registration Fees: \$15 for NEABC Members / \$20 for non-members (Fee includes a women's vneck tech tee with the Women Can Ride logo.) Additional shirts may be ordered for \$20/shirt. Registration and liability waivers can be downloaded here: <http://www.neabicyclecoalition.org/womencanride>.

On Feb. 22, an amazing group of ladies gathered to begin organizing this event. Let me tell you, with these women at the helm, we are going to have one fantastic time. We encourage women of all abilities to join us, even if you were seven years old for your last bike ride!

Thank you to the Blue and You Foundation and Arkansas Community Foundation, Sylvan Learning Centers, Dacus Fence, Curtis Chiropractic, Body Indulgence Spa, ZenSpin, Badger Balm, and LARABAR for supporting Women Can Ride!

Did you know?

Some of the ways NEABC is working for you:

A Voice in Regional Planning

NEABC is represented with a seat on Jonesboro's Transportation Management Board. There is an NEABC board member at every Metropolitan Planning Organization meeting and very often at Jonesboro City Council meetings and other community planning meetings.

Share the Road Signage

Thanks to generous donors, there are now 65 Share the Road signs throughout Jonesboro and Craighead County

Infrastructure

Through a grant from New Belgium Brewery, we were able to create a pump track/mt. bike training park inside of Craighead Forest Park. We also partnered with Jonesboro Parks and Recreation to provide a grant worth \$5k to assist in funding the Greenway. With the students of the NEA Technical Center, we provided 21 bicycle racks for downtown Jonesboro.

Partnerships

NEABC partners with national organizations such as the League of American Bicyclists, the Alliance for Biking and Walking, and Safe Routes to School. We are also a part of the Arkansas Safe Routes to School State Network.

Community Outreach

NEABC provides safety and encouragement information during community events and as requested from other organizations .

Board of Directors

Sally Broadway - President
Dr. Jeffery Graham - Vice President
Cathe Carnes -Treasurer
Jason Broadway - Secretary
Jim Gann - Ridge Rider Rep.
Jeff Owens - Jonesboro Parks Dept.
Cecil McDonald
Jeff Herren
Dr. David Matthews

Join NEABC Today!

Individual Membership: \$30

Family Membership: \$50

Corporate Sponsor: \$150

Membership Benefits Include:

- 10% Discount -Gearhead Outfitters Bikeshop
- Monthly newsletter packed with information
- A voice in local and regional planning
- Updates and alerts about important issues and events locally and nationally
- Discounts to NEABC events
- Having a hand in creating a healthy, bike friendly NEA!!

NEABC Membership

Contact Information

Name: _____

Address: _____

Address Line 2: _____

City/State/Zip: _____

Email: _____

Phone: _____

I do not wish to receive occasional email

Referred by: _____

Membership Type

Family - \$50

Individual - \$30

I'd also like to sponsor a Share the

Road sign - \$50

Corporate Sponsor - \$150

Additional Donation - \$_____

Total contribution - \$_____

Checks Payable to: Northeast Arkansas Bicycle Coalition
PO Box 892
Jonesboro, AR 72403

Kid's Corner

If your kid is struggling with riding without training wheels, try taking off the pedals, lowering their seat and letting them "walk" their bike. This helps them learn balance. Then, put the pedals back on once they learn to balance and send them on their way!

Contact Us:

On the Web

<http://neabicyclecoalition.org>

Email

info@neabicyclecoalition.org

Find us on Facebook and Twitter!
(NEABC)

NEABC
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