

NEABC

NORTHEAST
ARKANSAS
BICYCLE
COALITION



Just a few of the pioneers of Women Can Ride!

And now a word from the president...

One bit of NEABC's mission is to "promote the use of bicycles"... I think Women Can Ride certainly fills that bill. Not only is it an important piece of advocacy, it's one of the most inspiring and fulfilling programs I've been a part of. Over 60 women and nearly 20 volunteers signed up to be a part of Women Can Ride and make cycling part of their lives. We're learning traffic skills, group etiquette, training tips, and even a bit of maintenance. But maybe more importantly we're all making a ton of new riding partners and having a great time doing something that's really good for us.

We're just half way through, which means we'll be riding during our regular meeting time - so again we'll postpone 'till next month.

With that in mind, I'd like to ask all of our members to consider what things you would like to see NEABC take on and what things might you be willing to help NEABC take on? This isn't a rhetorical question. NEABC's success is dependent on your participation and commitment.

July 19th is will be our next meeting - 6pm at The Spot (above Piero's). I hope you'll join us whether you're an official member or just interested. Join us for a conversation about how we can bring our unique

gifts and skills together, make connections where they need to be made, and do some more good work towards our mission.

~tailwinds,
Sally Broadway

Northeast Arkansas Bicycle
Coalition

June 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!!



Bike to Work Day

May 20th we celebrated Bike Month with National Bike to Work Day. Cyclists rode from Allen Park to Sookie's downtown deli where we were treated to an amazing breakfast with Mayor Perrin.



Preventing Drift

Do you tend to drift a bit when you chat on group rides? Many cyclists do! Here's a tip to keep you on the straight and narrow: ride to the inside and put your riding partner on your left. This will allow you to use the white line as a guide.

Hydrate!

We're well into summer heat now which means making extra sure you stay hydrated. Drink throughout the day and bring plenty of water on rides. Not comfortable getting your water bottle while riding? Practice in a parking lot or a low traffic road until you can get your bottle, take a drink, and put it back in the holder without swerving.



Example of a Complete Street - Image borrowed from <http://www.completestreets.org/>

Intro to Complete Streets

The term Complete Streets gets thrown around a lot by bike and pedestrian advocates, and I get asked quite a lot what exactly it means.

So what is a complete street?

The short answer is that a complete street is one that is designed with all users in mind - cyclists, pedestrians, motorists, transit users, everyone of all ages and abilities. Complete streets not only function, but welcome use. They provide connections between the places where we work, live, and play.

Some of the elements included in a complete street may be bike lanes, crosswalks, sidewalks, wide shoulders, roundabouts, landscaping, or transit shelters. Not every complete street looks the same. Community context is important.

Why are they important?

Everyone deserves to be able to travel and have transportation options, right? Design standards that only account for automobiles limit the transportation options for many of our community members. Our youth, elderly, and neighbors unable to drive are limited and somewhat isolated by car-centric design.

Benefits

- Safety! Complete streets by design are safer for all users.
- They encourage people to walk and bike more, which has its own benefits (increased health, reduced pollution, etc.).
- Increased access to jobs, shopping, schools, recreation by more people - more people can get to work and/or have access to our community's amenities.
- Decreased transportation costs. Families and individuals can save money by walking and biking more!

How do you get Complete Streets?

Generally, communities, MPOs, counties, or states will enact a complete streets ordinance. These take many different forms and take into account community needs and contexts, but generally state that new road construction and reconstructions will conform to complete streets standards.

Currently, North Little Rock is the only city in Arkansas to officially adopt a complete streets ordinance.

Where Can I Learn More?

<http://www.completestreets.org/>

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 .

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!

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Contact Us:

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