



# Seat Post

St. Joseph Bicycle Club

[www.stjoebikeclub.org](http://www.stjoebikeclub.org)



September 2007

600 Miles  
120 World-Class  
Riders  
6 Days. One State  
**The Tour of  
Missouri**  
**Sept. 11 – 16<sup>th</sup>**

<http://www.tourofmissouri.com/>

## Meetings

Bike Club meetings are held the third Tuesday of the month at 7 pm. Meetings will be held at the Rolling Hills Library, 1904 North Belt Hwy, next to Papa John's.

Our meeting is open to the public; you do not have to be a member to attend.

**Our next meeting is  
Tues. September 18th**

Bikes for Kids at Christmas  
information – Coming Soon!

**Ride Start Time  
Changes**  
**Mon. & Wed Rides will  
start at 5:45 pm**

## Parkway Blast Recap

**Total Number of  
Participants:** 44, including 8  
volunteers  
**Weather:** Hot and humid

The volunteers deserve an extra thank-you for all their hard work. Deb Pankau for helping me set up the starting/finish line. Annette Bertelsen and Joann Floyd for running the rest stop at Hyde Park. Ray & Alyce Daws for transporting most of the supplies to the park, getting the ice and doing the parkway SAG. Cindy & Bob Neidinger for marking the route, helping with registration and route V/116 rest stop/SAG. Shawn Force of Forces of Nature Bike Store provided mechanical support.

We had a last minute change to the route due to the road around Lake Contrary getting a fresh chip seal. No riders were lost and the route was well marked. Included below are two notes that the club received after the ride.

A couple of comments about

this year's BLAST.

"I enjoyed the ride today, and I just wanted to let you know that I heard nothing but positive comments from the 3 friends that came with me. It was the first time the 2 men had done the ride. Roxanne had been trying to get Craig up there for several years, and he loved it! The roads and scenery on the out-of-town loop were fantastic!!! They kept commenting on how much nicer everyone is over "city" people. Once again, you made a very favorable impression. Thanks. Cindy"

"I wanted to say thanks for all the effort organizing the PB! I complete the 60 mile ride with no problems. Again Thanks! Lewis Madden"

### VOLUNTEERS

I need volunteers for the Night Ride, October 27. So, if you don't think you will be riding in these events or if your significant other would like to be included, please let me know as soon as possible before the next event. Without volunteers there would be no events.

*Continued on next page*

## 2007 Odometer Readings

Tom Schoeneck		
July: 823	YTD:	6,544
Charlie Clisbee		
July: 862g	YTD:	4,881
Spencer Klaassen		
July: 1,535	YTD:	7,063
Jack Romans		
July: 793	YTD:	3,968
LD Perry		
July 401	YTD:	2,103
Bob Fitz		
July: 863	YTD:	3,535

g = guess

## Mark your calendars

**Sept.** 3rd – Labor Day Rides  
 Sept. 8th & 9th – MS Bike Ride  
 Sept. 22nd – Hill Challenge



October 6<sup>th</sup> – Take a kid Biking Day

**October** 27th - Night Ride

Check out the SJBC web site for up-to-date ride listings and ride details.

If you know of an upcoming ride and would like us to post it, please email all information to:

[bob@stjoebikeclub.org](mailto:bob@stjoebikeclub.org)

## MO Bike Fed

### REALLY IMPORTANT

### THINGS THIS MONTH!

1. Summer Membership Drive--we're looking for 500 new/renewing members by September 16th. So far we have 130. You can become member #131 by visiting:

<http://MoBikeFed.org/join>

2. Upcoming Missouri Advocacy Events--please support these events that support bicycle advocacy in Missouri:

**Sat-Sun Aug 25-26:** STL & Columbia: Tour de Vine

**Sun Sep 9:** KC: Tour of Missouri Route of Champions ride

**Sat Sep 22:** Rolla: Tour of the Ozarks

**Sat Oct 6:** KC: AIDS Bicycle Challenge

**Sat Oct 13:** BikeMO 2007, MoBikeFed's Fall Foliage Extravaganza

**Details for all these events:**

<http://MoBikeFed.org/mo-advocacy-events.php>

## FOR SALE



Lake Ladies Mountain Biking Shoes. Slightly used (5 times).

\$20

Contact Joyce Reynolds @ 816-261-2383 or email [rjoyce471@aol.com](mailto:rjoyce471@aol.com).

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Volunteers get price breaks on shirts and all the homemade cookies they can eat.

Next year, if I get enough volunteers to give me a commitment early enough, like in May, I would like to stretch the route to 100 miles. So, if you know any boy scouts, girl scouts, or just a group of people who would like to run a rest stop start working on them and give me their names. We would need a rest stop every 15-20 miles, closer if I get the volunteers.

Joyce R.

SJBC Events Coordinator

## MERIL Brain Awareness Day

Sept. 8<sup>th</sup> at the Bode Sports Complex, 10 – 2.

**SJBC members are needed to help fit helmets. Please be there at 9:30.**

## NIGHT RIDE AND POKER RUN – WE NEED YOUR HELP!

**We are in need of PRIZES for this year's event. If you or your companies have items you can donate please contact:**

Joyce Reynolds @ 816-261-2383 or email [rjoyce471@aol.com](mailto:rjoyce471@aol.com).

## SJBC Sponsors

### Forces of Nature Cycling and Outdoors

(10% off parts and accessories)  
 1116 Frederick Ave.  
 St. Joseph, MO 64501  
 816-279-1500

### Image Body and Beauty

( Massage & Day Spa)  
 (10% off)  
 1504 N 36th Street  
 Saint Joseph, MO 64506  
 816-232-9443

### Pixels Photography

Receive 15% off services  
 All digital photography for all your needs.  
 Please visit my web gallery  
[www.pbase.com/tom\\_b/pixel\\_gallery](http://www.pbase.com/tom_b/pixel_gallery)  
 or call: 816-294-5059

# September 2007 Ride Calendar

Sun	Mon	Tues	Wed	Thu	Fri	Sat
<b>SJBC Labor Day Rides</b> <b>SJBC Labor Day Century Ride - 7:00A Start from Bode Middle School</b> or <b>SJBC Atchison Ride - 8:00A Start from YMCA</b>						1 8:00A - Breakfast Ride – meet at the YMCA.
2 2 pm - meet on the Bike/Hike trail at the intersection of Picket Rd, 28th St, and SW Parkway.	3 <b>Labor Day</b> <b>SJBC Labor Day</b> <b>Rides</b> (See above for details)	4 5:30A leave Bode Middle School, ride till 6:45 am.	5 5:45P leave Bode Middle School route TBA at time of ride.	6 5:30A leave Bode Middle School, ride till 6:45A.	7	8 <b>KC MS 150</b> MERIL Brain Awareness Day Bode Sports Complex 10:00 - 2:00 pm
9 <b>KC MS 150</b> 2 pm - meet on the Bike/Hike trail at the intersection of Picket Rd, 28th St, and SW Parkway. <b>Route of</b> <b>Champs</b>	10 5:45P - YMCA to Sunset Grill. Meet in YMCA parking lot.	11 5:30A leave Bode Middle School, ride till 6:45 am.  <b>Tour of Missouri</b> <b>KC Circuit</b>	12 5:45P leave Bode Middle School route TBA at time of ride.  <b>Tour of Missouri</b> <b>Clinton to</b> <b>Springfield</b>	13 5:30A leave Bode Middle School, ride till 6:45A.  <b>Tour of Missouri</b> <b>Branson Time</b> <b>Trial</b>	14  <b>Tour of Missouri</b> <b>Lebanon to</b> <b>Columbia</b>	15 8:00A - Savannah via Amazonia, leave from the YMCA. <b>Tour of Missouri</b> <b>Jeff City to St.</b> <b>Charles</b>
16 <b>Lance Armstrong's</b> <b>Birthday</b> 2 pm - meet on the Bike/Hike trail at the intersection of Picket Rd, 28th St, and SW Parkway. <b>Tour of Missouri</b> <b>St. Louis Circuit</b>	17 5:45P - Beginner Ride start at the River Front Park and ride to the SunSet Grill.	18 5:30A leave Bode Middle School, ride till 6:45 am.  <b>Bike Club</b> <b>meeting 7 pm -</b> <b>Rolling Hills</b> <b>Library</b>	19 5:45P leave Bode Middle School route TBA at time of ride.	20 5:30A leave Bode Middle School, ride till 6:45A.	21	22  <b>SJBC</b> <b>Hill</b> <b>Challenge</b>  <b>see insert</b> <b>for details</b>
23 <b>Autumn</b> <b>Begins</b> 2 pm - meet on the Bike/Hike trail at the intersection of Picket Rd, 28th St, and SW Parkway.	24 5:45P - Ice Cream Ride to Wathena. Meet at the YMCA Parking. Alt. start: the Fort in Elwood 6:15P	25 5:30A leave Bode Middle School, ride till 6:45 am.	26 5:45P leave Bode Middle School route TBA at time of ride. There will be two different paced groups.	27 5:30A leave Bode Middle School, ride till 6:45A.	28	29 8:00A - Parkway pick-up meet at the statues by Corby Pond. After pu, off to breakfast. Bring gloves to pu trash.
30 2 pm - meet on the Bike/Hike trail at the intersection of Picket Rd, 28th St, and SW Parkway.	<b>Sept. 9<sup>th</sup> – Ride the Route of Champs.</b> A ride in conjunction with the Tour of Missouri where you get a chance to ride the route that the pro racers will be doing two days later on stage one of the Tour of Missouri.  Three distance options: 14 miles (Plaza to downtown loop), 36 miles (Plaza to Parkville loop), 70 miles (Full Stage 1 loop) All proceeds will be donated to Eldon Roush, a local Kansas City Cat 3 racer who was seriously injured in a bike race on April 28, 2007.					