

# OMAHA PEDALERS NEWSLETTER



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*Another year has passed and I am looking forward to another exciting year for the OPBC. We have a lot of exciting things coming up in 2018. Election of officers was held and I am pleased to announce that all of the officers will continue on the board for 2018. They are: Bob Mancuso; Public Relations, Stephen Schnitker; Secretary, Linda Grundman; Treasurer, Rick Stein; Web Master/Signature Ride Coordinator, Rhonda Hall; Newsletter and Kim Matney; Membership Director. I would like to thank these people for all the hard work and dedication they have given to this club and look forward to another great year with them again.*

*We encourage you all to attend our monthly meetings which are held the 3<sup>rd</sup> Monday of the month at Godfathers and Aksarben Village.*

*We would like to get your ideas and need new faces and volunteers to help the club with our Signature Rides, Health Fairs, BRAN (Bicycle Ride Across Nebraska) and other events. There is always something we could use your help with and these opportunities are always fun to do and ways to meet other cyclists.*

*Remember to check the website often to see what is coming up. We also send e-mails to let you know of upcoming events so please make sure that your information is up to date including your email. If you know of any member(s) who is not getting emails have them go to our website and go to "Contact Us" so we can get them updated. I am again encouraging everyone to come to at least one of our signature rides or social rides/events this year and I encourage you to bring a friend. Get them involved and let them experience the fun times and camaraderie of cycling and wear your club jersey to show our presence in the community and on rides.*

*Looking forward to another great year with the Omaha Pedalers Bicycle Club!*

*Kim Scherlie*



When Dr. Marcus Sommers (Kevin Costner) realizes that he and his troubled, estranged brother David (David Grant) may be prone to a fatal brain disease that runs in their family, he decides to make peace with his sibling, and invites him on a trip to the Rockies. There, the brothers bond over their shared enthusiasm for cycling and decide to enter a grueling bike race through the mountains. However, Marcus' health soon begins to fail, and David must compete without his brother at his side.

Movie Night is Back!

**You are invited to Movie Night  
on Thursday, Feb 22  
at Aksarben Cinema!**

Join the Omaha Pedalers Bicycle  
Club and  
fellow cyclists;  
Social from 6-7 pm  
Movie at 7 pm.

Many vendors at the event for the social

**- - Please plan to attend our  
February Movie Event:  
American Flyers  
on Thursday - Feb 22, 2018**

Aksarben Cinema 2110 S 67th Street  
Omaha, NE 68106 402-502-1914

Tickets are now available at the  
box office and online

<http://aksarbencinema.com/showtimes.html>

You just need to change the  
drop down menu  
to February 22nd and  
then click on the showtime.  
\$12 Advanced Tickets, \$15 at the  
door. For additional information,  
contact: Bob Mancuso at  
402-346-8003 or  
Bmancuso7@gmail.com

# **Swap Meet Opens Omaha Cycling Season**

**A Festival of the Bicycling Community**

**Sunday, March 11, 2018**

**At College of St Mary**



**11AM – 4PM**

**College of St. Mary's, Lied Fitness Center**

**7000 Mercy Road**

**Admission: \$5 or \$3 with a can of food to be donated to the Heartland Hope Ministry Food Pantry.**

**Kids under 12, free.**



**EARTH DAY**  
**April 22,2018**



**Highway Cleanup**

The Omaha Pedalers is cleaning up. Please help out the community as we give back by cleaning up a stretch of highway.

Watch for details in the next Newsletter.



**The Great American Pie Ride**



**Coming Soon!**  
**Watch for details.**

**The Little Sioux Overnighter**  
**Coming Soon!**

**45 miles each day**

**Terrain: Mostly flat**

**Support: Fully sagged**

**Food: Lunch, Dinner, Breakfast**

**Bring a tent, sleeping bag, fishing & camping gear, cooking, showers, and shelter facilities provided.**

Link to some interesting rides around the Nebraska area.  
<http://www.nebraskasandhillsrandonneurs.com/>

*In preparation for #BRAN38, we are re-running a story from the Aug. 2016 Newsletter. If you have a BRAN story, please write to me, [rhalltulip@centurylink.net](mailto:rhalltulip@centurylink.net) or [rhalltulip@msn.com](mailto:rhalltulip@msn.com). I will include it in an upcoming newsletter.*

### **BRAN, you are not alone.**

You have always wanted to do it but couldn't talk any of your friends or family into riding that far. So, you stayed home. You want to be challenged but can't quite make the leap.

I've heard it said, "Why would anyone come if they are alone."

Let me assure you, you are not alone. Oh, sure, you might come by yourself, but that doesn't mean you'll be lonely.

If you take the bus, it starts there. Due to space you have to sit next to someone. You strike up a conversation. How many BRAN's have you done? Two, twenty or this is your first? You share expectations. You share anxieties. Let me assure you, everyone says they aren't ready. They didn't get in enough miles, they didn't have time. It was raining a lot, it was cold a lot. Calm down, grasshopper. I've met people who have told me they barely got their bike out of the garage and still they did fine. Maybe, they weren't the first one into camp. Maybe, they were the last into camp, and yet they are still doing okay.

Maybe, you didn't take the bus. A spouse or loved one dropped you off. You clung to them like a baby gorilla to his mama. Finally, you suck it up. "Better give this thing a try."

On the first day, you make it up a tough hill and there at the SAG stop over a banana you remark about that impossible climb. That wind, that lack of wind, that tail wind, that beautiful sky, that cloudy sky. You start talking. Suddenly, you realize you have something in common or you have nothing in common except bikes, and hey, what more do you need for a conversation starter?

What about breakfast, lunch, or dinner? Who will I dine with? How about that person you met on the bus? Okay, so that guy slept on the way up. How about that guy/gal you climbed that hill with?

How about you just show up at a restaurant and someone says, "Want to share a table?" Guess what? You have a great time talking about that hill, your family, your bike.

What happens if you get tired and "shudder" can't complete the ride? Again, you are not alone. There are SAG stops positioned about every ten miles or so. If you can make it there, you can sit and wait for a SAG truck. If you can't make it, again, calm down, grasshopper. They have roving trucks. And guess what? No one and I mean no one will begrudge you or judge you. Okay, they might judge you, but they won't say it.

One year, I was cycling along, and I saw a girl stopped by the side of the road. I asked if she was okay. She was a nervous wreck, muttering to herself. "I'm not used to being by myself."

I asked where her family and friends were. She said some were ahead of her and some were behind her. She told me she was scared. I told her I'd ride with her to the next sag stop. Still she muttered to herself that she was alone. I told her. "You are not alone. I will not leave you."

"I'm doing eighteen," she said.

"That's fine. I can do eighteen." I was doing twenty, but I could adjust. She didn't have any gear with her.

I asked her what she would do if she had a flat tire. She said she just waits for the truck. I muttered to myself. "We ain't waiting for no truck."

I'd fix her tire and even donate a tube, but I didn't want to stand around and wait.

She looked nineteen. She was thirteen. Her mom had had an accident on the ride and had to leave. Her aunt and friends were supposed to watch her. This kid whined a lot. She wanted to SAG but didn't. She was sore. She was tired. I offered some butt butter, and or Bag Balm but both grossed her out. I told her, look, everybody is in the exact same position. No one cares.

If I was thirteen and alone, I'd probably be whining too. I have met adults who whine more than she did.

I made sure she got to the next Sag station where another couple and I tag teamed her into town. The point of this story is not to make myself look good, the point is, that IS the atmosphere of BRAN and biking in general.

After you decide to come, by the end of the ride you'll have exchanged email addresses and social media accounts.

If you are reading this, you are probably not a young waif abandoned on the side of the road, but never fear, even if you are, you are not alone.

*Disclaimer: We do not encourage the abandonment of children. **You** are responsible for your own kids on any ride.*



2ND ANNUAL!

**MARCH 2-3**  
**KEARNEY, NE**

Time to roll up our sleeves.  
The journey from 50th begins now.

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



## **BRAN ROUTE 2018**

**BRAN'S tentative theme *this year* is  
"A Southern State of Mind"**

Start: Ogallala

Sunday: Imperial

Monday: McCook

Tuesday: Alma

Wednesday: Red Cloud

Thursday: Fairbury

Friday: Seward

Saturday: We end in Ashland

**For more information:** <http://bran-inc.org/wp/?p=3155>

Our theme is "A Southern State of Mind" and we will be traveling the **southernmost roads** in the state of Nebraska. The route is half flat and half rolling hills, but it is all beautiful and scenic. Along the way, you will be able to visit celebrated attractions such as Front Street, the Champion Mill, the home of George Norris, a home designed by Frank Lloyd Wright, the family home of Willa Cather and the locations she wrote of in "My Antonia", Rock Creek Station (where Wild Bill Hickok allegedly shot his first person), and the Strategic Air Museum.

You may choose from a 3, 4 or 7 day experience, with riders changing in Alma when doing the shortened versions. The ride is fully supported with SAG stops approximately every 10 miles with water and treats (included in your entrance fee), roving SAGs driving the route to help/pick you up in situations where riders cannot continue due to mechanical or personal reasons, free showers, bicycle mechanic support, contracted sleeping service (tents and shuttle service), free coffee, medical staff, weather monitoring and evacuation assistance, campground director for rider services, and host communities who compete to provide the best experiences for our riders by feeding and providing experiences not found in any other ride in the state.

BRAN is a bicycle ride, and is designed for recreational riders who want a family atmosphere of camaraderie and community. We limit our numbers to no more than 600 and you will know most other participants by the end of the week, if not by name, at least by face and/or bike.

Our ride is run by completely on-the-route volunteers and is a non-profit providing scholarships to the towns who host us. Each community will receive \$3000 for a high school senior to attend a Nebraska trade school, college or university. No other ride can boast of contributing so much to others. Give back, and pay it forward by choosing to ride the state in BRAN 38!



**To: Bike Shops & those interested in bicycling!**

## **Mark your calendar – Upcoming Events in 2018**

- Feb 22**                      **Thursday - Movie Night – “American Flyers” with Kevin Costner at Aksarben Cinema at 6:00 pm Social and then 7:00 pm Movie**  
**Free Booth – Call to RSVP for booth**
- March 11**                      **Sunday – OPBC Swap Meet – at College of St Mary**  
**Call to RSVP for booth area**
- April 14-15**                      **Omaha Health Wellness & Fitness Expo – Bicycle Expo back at the NEW UNO Baxter Arena! Showcase your Bike Shop! Call to RSVP for booth area**
- June 3**                      **Omaha Bike t3 – Bike to the Taste –4 routes- bike event**  
**Omaha Biathlon – bike-run event**  
**Omaha Run – 5K run event**  
**Midwest Gran Fondo – Timed bike event**  
**\*\* Pick your event!**  
**\*\* All 4 events start and finish at the Taste of Omaha**
- June 3-9<sup>th</sup>**                      **BRAN – Bike Ride Across Nebraska**
- Aug 19**                      **Sunday - Corporate Cycling Challenge**

 ***Join us*** 

See opbc web site - <http://opbc.clubexpress.com/> or details contact - Bob Mancuso [bmancuso7@gmail.com](mailto:bmancuso7@gmail.com) – 402-346-8003.

## **Top Ways to Stay Visible on a Bicycle**

If you commute via bicycle, you already know the countless benefits of not using a car: it's healthier, it's better for the environment, and it's even faster than driving when there's heavy traffic. Unfortunately, a bicycle leaves little protection if there's ever a collision with a motorist, so a key to cycling safely is staying seen. Here are some top visibility tips you could incorporate into your next ride:

### **Don't Pass on the Right**

Passing on the right-hand side of the road is a bad idea for many reasons. First off, you'll set yourself up for the right hook, which is a common crash scenario. It happens when a motorist makes a right-hand turn directly into a bicyclist. If you're going straight through an intersection, or turning right, stay in the middle of the lane directly between other vehicles.

Passing on the right also makes it harder for oncoming traffic to see you approaching from across the street. Because a bicycle is so much smaller than a car, you may be completely hidden by a vehicle to your left.

### **Signal When You're Making a Turn**

Signaling ensures that drivers know where you're turning. Consider skipping the "traditional" cyclist hand signals of making a fist when you're stopping or raising your left hand while making a left turn—most motorists have no idea what those hand signals mean. It's often most effective to simply point in the direction where you're about to turn to get the message across.

### **Dress For the Time of Day**

While we're not saying you should bend over backwards to make yourself and your bicycle as visible as possible, just one bright garment of clothing can make a big difference no matter what time of day you're riding.

If you're commuting in daylight, you'll want to wear something that's fluorescent. Bright yellows and greens are most easily visible during the day. At night, it's not particularly important what color clothing you're wearing because it's nearly impossible to see anyway. You should opt for something that's reflective, not fluorescent. Reflective clothing will make a cyclist easy to spot at nighttime for any motorist using headlights. You can purchase a reflective and fluorescent vest to knock out two birds with one stone.

### **Add Extra Lights**

Most states require that a bicycle is equipped with a white headlight, a rear red reflector, and some side reflectors. But why stop there? Adding additional lights can dramatically improve your visibility, particularly if your commute has been cast into darkness after daylight saving time.

Some inexpensive add-ons include light clips for your bicycle's spokes, or flashing red lights for your seat or a backpack if you wear one when you commute. Studies have shown that flashing lights can improve your visibility during the day, so flashing lights are a good idea regardless of when your commute takes place.

Ensuring your bicycle is easily visible is one of the best ways to ensure your commute is uneventful, safe, and fun!

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