

March 1, 2017

Dear Katy Trail Ride Participant:

Thank you for your registration and welcome to the 2017 Katy Trail Ride, brought to you by Missouri State Parks and the Missouri State Parks Foundation. We hope you will enjoy this bicycle excursion on the nation's longest rail trail. Please take a moment to look over the following information and let us know if you have any questions as soon as possible.

At 7 p.m. on Sunday, June 18, there will be a mandatory all-rider orientation at the Benson Convention Center in Clinton to introduce you to the *Katy Trail Ride* officials and to make announcements. The ride “officially” begins the following morning, Monday, June 19, with breakfast from 6 a.m. – 7:30 a.m.

If you have any questions or require any additional information after reading through this packet, please call 1-800-334-6946 (press “0” for the operator) or email katytrailride@gmail.com.

2017 Katy Trail Ride – Confirmation Information

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Preparing for the Ride

TRAINING: The 2017 Katy Trail Ride is geared toward the intermediate cyclist. Good physical conditioning will make the ride much more enjoyable. The ride will cover 233 miles in five days with daily mileage ranging from 37-68 miles and can be very strenuous. All riders will be expected to complete the ride each day except for true emergencies. Before the ride begins, ride as many miles as possible and ride as often as your schedule allows. Long rides of 40-50 miles are important, as are a series of back-to-back rides. You should experience cycling in all types of weather and on similar surface terrain as the Katy Trail. June weather in Missouri is unpredictable. It may be hot (in the 90s), humid, windy, rainy or cool at night. Weather conditions can make even the shortest days more challenging. Optimum physical condition will make the *Katy Trail Ride* a much more pleasurable event.

BICYCLE PREPARATION: Have your bicycle inspected by a bicycle mechanic and have any recommended repairs performed before participating in the *Katy Trail Ride*. The mechanical condition of your bicycle is your responsibility. Note to advance, return and round-trip shuttle riders: **To avoid damages, riders must remove all mirrors, packs, speedometers, etc. and your seat may be lowered before it will be loaded onto the advance, return or round-trip shuttle.** You will be charged a \$25 handling fee if items must be removed by ride officials at time of transport.

NEED HELP CHECKING YOUR BIKE? (See Page 12)

BICYCLE RULES AND SAFETY: Enclosed you will find a copy of Missouri State Statutes Regarding Bicycles (p. 14-15) for you to follow while participating in the *Katy Trail Ride*. Participants are expected to obey the rules of the road and the laws of the state of Missouri while participating in the *Katy Trail Ride*. Please review this information and be prepared to ride safely. Riders may be asked to leave the event for violations of laws and safety guidelines.

BICYCLE SHIPPING INFORMATION: If flying into Missouri for the ride, please contact email katytrailride@gmail.com to inquire about shipping your bicycle.

BAGGAGE: The baggage allowances for the *Katy Trail Ride* are no more than two standard sized duffel bags that are to contain all of your luggage, including your tent and sleeping bag. Please do not attach bags together or affix any items to the outside of the bags. Please do not use plastic totes to haul luggage, as these may become cracked or damaged. **There is a weight limit of 50 pounds per bag. A \$25 fee per bag will be charged for all bags exceeding 50 lbs.** (Lawn chairs are expressly prohibited and will not be transported. Camp stools or folding chairs must be placed inside a duffel bag.) See the **Recommended Gear List** (p.11) for information on what to bring. To ensure the safety of our staff and volunteers, all bags will be weighed and the weight limit will be enforced.

There are not always covered facilities to unload the baggage from the trucks, so it is advised that you pack everything that you don't want to get wet in plastic bags in case of rain. Every rider will be responsible for placing his/her luggage on the back of the truck. There will be baggage handlers that will make sure that your luggage is properly loaded inside the truck.

OVERNIGHT ACCOMMODATIONS (Before and After):

Clinton	Hampton Inn at 660-885-4488 or www.hamptoninn.com Parkfield Inn at 660-890-6188
Columbia	Columbia Convention and Visitors Bureau 800-652-0987 or http://www.visitcolumbiamo.com
St. Charles	Greater Saint Charles Convention & Visitors Bureau 800-366-2427 http://www.historicstcharles.com

Emergency Information

EMERGENCY NUMBERS: There is a list of **Emergency Numbers** (p. 10) in this packet to leave with family at home or your designated emergency contacts.

HOW TO CONTACT EMERGENCY HELP: Emergency numbers for local police or sheriff departments along the route will be printed in your map booklet. Please carry this with you at all times. SAG personnel may not always be nearby when an emergency situation occurs. The map booklet will be in your rider packet when you check in.

WEATHER CONDITIONS: In Missouri, severe thunderstorms and tornadoes can occur throughout the year; however, the more potent storms occur during the spring and summer months. Many of these storms can produce tornadoes, damaging wind gusts, large hail, and heavy rain that can produce flash flooding.

Severe Storms

Storm Shelters: There will be a designated storm shelter at each overnight stop. The location of the shelter will be announced at daily check-in and at the evening rider's meetings.

Watch vs. Warning: *Watch* – This means that severe thunderstorms or tornadoes are possible. Remain alert for approaching storms. Watch the sky and stay tuned to NOAA Weather Radio for information. *Warning* – Take shelter immediately. A severe thunderstorm or tornado has been sighted or indicated by weather radar.

Protective Measures:

If you are in a vehicle or tent:

Never try to outrun a tornado in a vehicle. Instead, leave the vehicle immediately for safe shelter. If time allows, go to the designated storm shelter.

If you are outside with no shelter:

Lie flat in a nearby ditch or depression and cover your head with your hands. Be aware of the potential for flooding. Do NOT get under an overpass or bridge. You are safer in a low, flat location. Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.

If you are in a forest:

Seek shelter in a low area under a thick growth of small trees.

If you are in an open area:

Seek shelter in a low place such as a ravine or valley; be alert for flash floods.

Flooding

Sections of the Katy Trail may experience both flash and slow-rising floods. These are generally spring occurrences and are centered about the Missouri River, various creeks near the trail, or other low lying areas around the trail. Typically, flooding from the Missouri River is a slow rising event, therefore ride staff will have ample time to warn trail users and/or close off the affected section. Other tributaries near the trail could experience flash flooding. Often times these events are localized and generally short in duration, depending on the rain fall.

Protective Measures

1. Prior to the start of the event, the event coordinator or designee will advise event participants of flood procedures.
2. Should flood conditions present themselves before a segment of the ride, the event coordinator will advise event participants of a route change due to flooding conditions. Alternate route directions will be given to event participants during the daily riders' meeting and participants can write them in their map books.
3. Should flash flooding conditions exist while the event is underway, event staff, along with the state park rangers, will perform the following:
 - a. Close the trail near the point of the reported flash flooding. A staff member will be posted at the closure point to assist event participants with pre-designated alternate routes.
 - b. Notify event participants of the current conditions and direct them to pre-designated alternate routes.
4. Event staff will make note of the participants contacted.
5. Event staff will formally account for event participants by the daily check-in at the information booth.

Excessive Heat

Excessive heat can occur in Missouri in June, when heat indices reach an excess of 105°F (41°C). When an Excessive Heat Outlook or Heat Watch is issued by the National Weather Service, the event coordinator or designee will notify event staff and participants at nightly rider meetings as well as post this information on the board at the information booth.

When a Heat Advisory or Heat Warning is issued by the National Weather Service, the event coordinator will then determine a suitable location (preferably a trailhead or SAG stop) to halt the participants. Participants will be instructed to stop riding and directed to a cooling location, and will then be shuttled to the overnight location. Riders who choose to continue will be required to sign a waiver form that states the participant clearly understands and is willing to assume the risk of continuing to ride. Event staff will make note of the participants contacted. Event staff will formally account for event participants by the daily check-in at the information booth.

Rules and Regulations

Helmets: All riders are REQUIRED to wear helmets that meet or exceed Consumer Product Safety Commission standards.

Minors: An adult (preferably a parent or legal guardian) must accompany participants under the age of 18. No bicycle trailers hauling children will be allowed unless accompanied by private SAG support.

Overnight Camping: Campsite locations in Clinton, Sedalia, Boonville, Jefferson City and Marthasville have been predetermined. Participants must obey all of the rules of these facilities.

Checkpoints: Checkpoints will be located at the information booth at each overnight stop. Each rider is required to sign in at the end of each day's ride. Volunteers will be stationed at each checkpoint to assist riders throughout the evening.

Pre-Ride Check-In and Packet Pick-up

Weeklong Parking: Free weeklong parking arrangements have been made in St. Charles, Columbia and Clinton. (See enclosed maps on pages 16-17 for locations). ***If you did not indicate that you needed weeklong parking on your registration form, e-mail katytrailride@gmail.com to reserve a space for your vehicle.*** (Please provide the location, make/model, state and license plate number of the vehicle you will be parking.) You will receive a parking tag for your vehicle at check-in.

Advance/Round-Trip Shuttle Riders: Check-in for advance shuttle riders will take place in St. Charles from 8:30 - 9:30 a.m. at Frontier Park and in Columbia at the Home Depot (southeast section of the parking lot – look for sign) from 11:30 a.m. to 12:30 p.m. on Sunday, June 18. If you will be leaving a vehicle for the week, you will be given a parking tag for your vehicle when you check in. The buses will leave promptly at 10 a.m. from St. Charles and 1 p.m. from Columbia so please arrive early enough to check-in, park and get your bicycle and gear loaded.

Riders Parking in Clinton: Check-in will be at the ride information booth at the Benson Convention Center from 3 p.m. to 9 p.m. on Sunday, June 18. Ride staff will show you where to park and direct you to a location where you can unload your baggage and bicycle. You will be given a parking tag for your vehicle when you check in.

Packet Pickup: Packet Pickup will be at the ride information booth at the Benson Convention Center between 3 p.m. and 9 p.m. on Sunday, June 18 and between 6:30 a.m. and 7:30 a.m. on Monday, June 19. The packet will contain your official rider tag, map booklet, t-shirt, water bottle, etc.

Daily Ride Information

BICYCLE REPAIR: Minor bicycle repair service provided by local bike shops will be available during the ride each day and at each overnight campground for a fee.

BICYCLE ROUTE: The majority of the route will be on the Katy Trail, but will include a few miles of road riding. Sections of the route that are not on the Katy Trail will be marked by arrows painted on the roads and will be patrolled by official Missouri State Parks vehicles; sections of the route that use trail spurs will be marked by signs. All official vehicles will be easily identifiable. Local law enforcement officials have also been notified of the event and will be patrolling sections of the route. Katy Trail State Park staff and/or volunteers will staff SAGs and ride a sweep of the trail each day. Please remember to ride at a pace that allows sufficient time for you to make each SAG before it closes and to finish the day's mileage by 5 p.m. Hours for each SAG are posted in the ride map book. All cyclists should be through the last SAG by its closing time each day. On longer mileage days, all cyclists should be to the last SAG by 4 p.m. Each day, support staff will be on the route from 7:00 a.m. until the last rider is in. A SAG vehicle will pick up any rider still on the trail by 5 p.m. each day.

DAILY CHECK-IN: Check-in will be at the information booth located near the designated camping area. The information booth will be open daily from noon to 9 p.m. You **MUST** check-in upon arrival each day. You will receive wrist bands that will be used for meal tickets when you check-in. An information and message board will be set up near the information booth. Remember that the ride ends at 5 p.m. on each day, so plan your ride accordingly.

HOTEL SHUTTLE: The hotel shuttle will provide service to *paid* participants to and from the pre-approved lodging locations (listed below) and will run daily as follows:

Shuttle Schedule*

5:30-6 a.m.	Hotel to campsite
2 p.m.	Campsite to hotel
5:30 p.m.	Hotel to campsite (for dinner)
7:30 p.m.	Campsite to hotel (after rider's meeting)

*Some variation to the schedule may be needed due to the distance between hotel and overnight camping locations. Schedule changes will be discussed with shuttle riders daily.

If you do not make it to the campsite by 2 p.m. and are registered for the hotel shuttle, you may make special arrangements with the *Katy Trail Ride* staff when you arrive to be shuttled to the hotel.

****We do not provide hotel shuttle service to hotels not on our list****

INFORMATION BOOTH: The information booth has daily check-in, drink and snack sales, electricity for charging cell phones, first aid supplies, volunteers to answer questions and an information board with maps of the local area, weather forecasts, etc. The booth will be located near the designated camping area and will be open 6:30 to 7:30 a.m. and from noon until 9 p.m. daily.

MEALS: Breakfast will be served between 6 and 7:30 a.m. each day. Dinner will be served between 6 p.m. and 7 p.m. Lunch is on your own in towns along the route. Non-meat alternatives are available at each meal for those who selected this option on their registration form, but other dietary restrictions may not be accommodated.

OVERNIGHT ACCOMMODATIONS (during the ride):

Overnight camping accommodations will be provided in Clinton, Sedalia, Boonville, Jefferson City, and Marthasville. (See pages 18-20 for maps to each location.) If you choose not to camp, you must make your own reservations for lodging. The following hotels will have a limited number of rooms available at a special low rate for *Katy Trail Bike Ride* participants and their families:

Day	Camping Location	Hotel	Phone #
Sunday, June 18	Clinton - Benson Convention Center	Hampton Inn 900 Kansas Ave.	660-885-4488
		Parkfield Inn 506 Kansas Ave.	660-890-6188
Monday, June 19	Sedalia – Liberty Park	Comfort Inn Sedalia Station 3600 West Broadway	660-829-5050
		Best Western State Fair Inn 3120 South Limit Ave	877-826-6101
Tuesday, June 20	Boonville – Kemper Park	Boonville Comfort Inn 2427 Mid-America Industrial Drive	660-882-5317
		Holiday Inn Express 2419 Mid-America Industrial Drive	660-882-6882
Wednesday, June 21	North Jefferson Recreation Area	Baymont Inn & Suites 319 W. Miller St. Jefferson City	573-636-5231
Thursday, June 22	Marthasville – Community Club Park	Best Western Plus Washington Hotel 2621 E. 5 th St. Washington, Mo.	636-390-8877

We will only shuttle to hotels listed above

PERSONAL SAG VEHICLES: Personal SAG vehicles are welcome. Personal SAGs must be registered at check-in and will receive driving directions for a road route that runs near the trail. Any persons following along in SAG vehicles must pay for meals/activities at the info booth before being allowed to eat or participate.

QUIET HOURS: Quiet hours in camp are from 10 p.m. until 5 a.m.

SHOWERS: Showers are available at all overnight locations. Shower accommodations in Clinton will be available starting Sunday, June 18, from 5 p.m. to 9 p.m.

STAFF/VOLUNTEERS: Missouri State Parks staff and volunteers will be assisting you throughout the week. Ride staff and most volunteers will be wearing neon yellow shirts for easy identification.

WITHDRAWAL FROM THE RIDE: In the event that a rider must withdraw during the event, he or she **MUST** notify ride officials as soon as practical and in all cases before 5 p.m. The rider must notify officials in person or by calling the contact numbers printed in the map booklet.

Katy Trail State Park

SURFACE: The surface of the Katy Trail is packed crushed limestone. Mountain bicycle and hybrid bicycle tires are best suited for the trail.

TRAIL CONDITIONS: In the event of flooding, sections of the trail may have to be closed temporarily and will require a detour on county or state roads. See Weather Conditions – Flooding in the Emergency Information section (p. 4) for more details.

SAFETY GUIDELINES AND TRAIL ETIQUETTE

PARK HOURS. Katy Trail State Park is open from sunrise to sunset.

STAY ON THE TRAIL. Trail users should respect private property. Leaving park boundaries constitutes illegal trespassing subject to prosecution.

DO NOT CLIMB BLUFFS. All bluffs are outside trail boundaries. Many are comprised of loose rock that could cause a slip or fall, resulting in injury.

STAY AWAY FROM THE RIVER. The Missouri River is outside trail boundaries. Steep and slippery banks and very strong river currents make the area extremely dangerous.

BE AWARE OF YOUR SURROUNDINGS. The trail passes through some remote areas and adjoins private property. Adjoining property may be used for commercial or business opportunities, quarrying, farming operations or hunting. Animals or structures located on adjoining private property may impact your use of the trail.

REMAIN SEATED WHEN CROSSING BRIDGES. The height of bridge railings are not designed to protect standing bicyclists.

WATCH FOR OBSTACLES ON THE TRAIL. Natural obstacles such as fallen rocks, wildlife, tree limbs, washouts and water over the trail may occasionally exist. Also watch for maintenance equipment and other vehicles on the trail.

BEWARE OF SOFT SHOULDERS. Use caution when riding on the outer edges of the trail because of possible soft shoulders.

RIGHT-OF-WAY. When approaching oncoming users, always move to the right of the trail. Always pass on the left side, and make your intentions known by announcing your approach. Bicyclists should yield to pedestrians. Everyone should yield to horseback riders.

STOP OR YIELD AT ALL ROAD CROSSINGS. Trail users must yield at all farm crossings and private drives.

EQUESTRIAN USE. Equestrian use is permitted on the trail from Portland to Tebbetts and from the State Fairgrounds in Sedalia to Clinton. Bicyclists and pedestrians should yield to horseback riders.

PLEASE REFER TO THE ENCLOSED SCHEDULES AND MAPS FOR FURTHER INFORMATION.

2017 KATY TRAIL RIDE SCHEDULE

Please leave this at home with your family or emergency contact, so that they know when to call to reach you.

Sunday, June 18

8:30 to 9:30 a.m.	Check-in at Frontier Park in St. Charles, Mo.
10 a.m.	Advance shuttle departs St. Charles
11:30 a.m. to 12:30 p.m.	Check-in at the Home Depot in Columbia (round trip passengers)
Noon	Advance shuttle arrives in Columbia (several restaurants in the area for lunch)
1 p.m.	Advance shuttle departs Columbia
3 to 3:30 p.m.	Advance shuttle arrives in Clinton
3 p.m. to 9 p.m.	Packet Pick-up - pick up rider's packets at the information booth at the Benson Convention Center in Clinton.
5 p.m. to 9 p.m.	Showers available in the Benson Convention Center
7 p.m.	Riders' meeting/orientation

FIRST DAY SCHEDULE - Monday, June 19

6 a.m. to 7:30 a.m.	Breakfast
6:30 a.m. to 7:30 a.m.	Packet Pick-up - pick up rider's packets at the information booth

DAILY SCHEDULE

6:30 a.m. to 7:30 a.m.	Information booth open
6 a.m. to 7:30 a.m.	Breakfast
Noon to 9 p.m.	Information booth open
6 p.m. to 7 p.m.	Dinner
7 p.m. to 7:30 p.m.	Riders' Meeting

LAST DAY SCHEDULE - Friday, June 23

6 a.m. to 7:30 a.m.	Breakfast
6:30 a.m. to 7:30 a.m.	Information booth open
10 a.m. to 1:30 p.m.	Check-in at St. Charles
10 a.m. to 1 p.m.	Lunch served
2 p.m.	Return shuttle departs St. Charles
4 p.m.	Return shuttle arrives in Columbia (unload Columbia riders and restroom stop)
4:30 p.m.	Return shuttle departs Columbia
6:30 p.m.	Return shuttle arrives in Clinton

Daily Diary

We'll be posting pictures and information from each day's ride on the Katy Trail State Park Facebook page throughout the week. Be sure to tell your family and friends to check it out.

<https://www.facebook.com/KatyTrailStatePark>

2017 KATY TRAIL RIDE EMERGENCY PHONE NUMBERS

Please record your rider number on this sheet and leave it with family/friends that may need to contact you in case of emergency. This information will be listed in your map booklet for your reference during the ride.

Sunday – Friday

Melanie Smith, Katy Trail Coordinator	660-888-1474
Tyler Schwartz, Special Events Coordinator	573-690-4693
Connie Schmidt, Ride Coordinator	573-298-1203
Park Ranger Sergeant	573-522-6391

Monday - Friday, 8 a.m. to 4:30 p.m.

Missouri State Parks 800-334-6946 (press "0" for the operator)

After hours

Clinton Police Dept.	660-885-2679	June 18-19
Henry County Sheriff	660-885-7021	June 18-19
Pettis County Sheriff	660-827-0052	June 19-20
Sedalia Police Dept.	660 826-8100	June 19-20
Cooper County Sheriff	660-882-2771	June 20-21
Boonville Police Dept.	660-882-2727	June 20-21
Howard County Sheriff	660-248-2477	June 21
Boone County Sheriff	573-875-1111	June 21
Callaway County Sheriff	573-642-7291	June 21-22
Jefferson City Police Dept.	573-634-6400	June 21-22
Montgomery County Sheriff	573-564-3378	June 22
Warren County Sheriff	636-456-4332	June 22-23
St. Charles County Sheriff	636-949-3000	June 23
St. Charles Parks & Rec. Ranger	636-949-3377	June 23
St. Charles Police Dept.	636-949-3300	June 23

Please list your rider name and number to expedite emergency contacts getting in touch with you.

Your rider number will be emailed to you after May 23.

Rider Name _____ Rider No. _____

Recommended Gear List for the 2017 Katy Trail Ride

- Bicycle Helmet (**Required**) meeting or exceeding Consumer Product Safety Commission standards.
- Extra tubes, patch kit, frame pump (don't bring a floor pump, these will be available on the SAG vehicles)
- Sleeping bag, pad, pillow
- Tent and ground cloth
- Chain wash and lubricant
- Bike lock
- Swim suit, towel
- Insect repellent
- Sunscreen / Aloe
- Sunglasses
- Personal first aid items - Desitin ointment, Neosporin ointment, Vaseline, chamois cream, aspirin
- Bicycle shorts, shirts and shoes
- Bicycle gloves
- Money, ATM card, Traveler's Cheques for lunch and snacks each day, optional side trips, etc.
- Toiletries, soap
- Bath towel and wash cloth
- Flash light
- Rain jacket
- Clothes line and clothes pins
- Shower shoes
- Clothes for wearing in camp in evenings
- Camera, film and/or memory card
- Plastic trash bags
- Cell phone & Charger

Note: There are not always covered facilities to unload the baggage from the trucks, so it is wise to **pack everything in plastic bags** you don't want to get wet in case of rain.

Need Help Checking Your Bike?

How to check Headset

1. Lift the front wheel off the ground; rotate the handlebars from side to side. The handlebars should move easily, without binding or tightness. If you sense tightness, have your bearings checked for readjustment!
2. Straddle the bike with both feet on the ground and grip the front brake lever hard. Rock the bike back and forth. If you hear metallic clicking sounds or feel looseness in the fork as you rock your bike, it means your headset bearings are loose. ***Loose headset bearings can cause your wheel to shimmy, which can be very dangerous on a downhill - it can make it impossible to control your bike and cause you to wreck!***

How to check Brakes

1. Pull each brake lever in turn as hard as you can. The brake levers should not come closer than 1 (one) inch to the handlebars. Less than this can render your brakes useless as your cables stretch as they always do with use.
2. Straddle bike with both feet on floor. Squeeze the front brake lever hard and hold it. Rock or push the bike back and forth. Watch the brake arms and brake shoes to see if they move a lot. ***If they do, you may not have enough "emergency" braking power!*** The binder bolt or brake shoes may be loose.

How to check Wheels

1. Spin each wheel in turn, with the wheel off the ground. Watch as the wheel passes the brake pads to see if you detect a wobble. If so, your wheel needs truing.
2. Squeeze each pair of spokes to check for loose or broken ones. Your wheels will not stay true if spokes are loose.
3. Check each wheel for bearing adjustment by holding the bike off the ground and wiggling each wheel to check for side movement or looseness. ***Loose wheel bearings can lead to shimmy and cause you to lose control on a downhill!*** Have a qualified person adjust your hubs.

How to check Derailleur

1. Put the bike on a workstand (or find another way to get wheels off the ground) and then shift through all the gears as you turn the cranks by hand.
2. Check the rear derailleur -- shift from the smallest freewheel cog up to the largest cog. The chain should shift **smoothly** and **accurately** through all the gears. The most important thing to check for is that the chain does not override the large cog where it could get jammed between that cog and the spokes. The chain should not travel too far past the smallest cog where it could fall off and jam between that cog and chainstay. ***Either one of these problems could cause you to have an accident!*** Adjusting of detailers is too involved to explain here. Have a qualified person do this (called setting the limits) or teach you how to do this.
3. Check front derailleur -- shift through all chainrings checking for smooth and accurate movement. The chain should not fall off the outer or the inner chainrings. ***Falling off either side could cause loss of balance and control.*** Have adjustment done.

How to Check Bottom Bracket

With bike on ground, grasp each pedal or crank with your hands. To do this, reach through the frame with one hand. Briskly move them from side to side to feel for any looseness. If you feel looseness -- the bottom bracket needs adjusting (or replacing if a cartridge bottom bracket.) This requires special tools.

Safe and Courteous Group Riding

Based on the principles taught in the League of American Bicyclists Bike Ed program.

Cycling with friends, traveling rapidly and safely with confidence in your companions, is a joy. However, there is a certain cycling etiquette, or Rules of the Road, of which you should be aware whenever cycling in a group.

Getting along with other bicyclists

1. Be Predictable - Group riding requires even more attention to predictability than riding alone. Other riders expect you to continue straight ahead at a constant speed unless you indicate differently. Being predictable will make motorists happier and keep you safer.

2. Use Signals - Use hand and verbal signals to communicate with members of the group and with other traffic. Use hand signals for turning and stopping. Extend left arm for left turn and right arm for right turn. Put left hand down at the side with fingers slightly spread for STOP. When moving left to avoid an obstacle such as a parked car or debris signal by extending your arm to the left to tell cars and cyclists behind you that are moving left.

3. Give Warnings - Warn cyclists behind you well in advance of changes in your direction or speed. To notify the group of change in path, the lead rider should call out "left turn" or "right turn" in addition to hand signals.

4. Change Positions Correctly - Generally, slower traffic stays right, so as a rule pass other cyclists on their left. Say "on your left" to warn the cyclist ahead that you are passing. If you are approaching someone on the right or need to pass someone on the right, say "on your right" clearly since this is an unusual maneuver.

5. Announce Hazards - When riding in a group, most of the cyclists do not have a good view of the road surface ahead, so it is important to announce holes, glass, gravel, grates, and other hazards. The leader (or rider in front of a group) should indicate road hazards by pointing down to the left or right and call by "hole", "bump", "road kill", etc. where required for safety.

Getting along with motorists

1. Watch For Traffic Coming From The Rear - Since those in front cannot see traffic approaching from the rear, it is the responsibility the riders in the back to inform the others by calling out "car back". Around curves, on narrow roads, or when riding double (side-by-side) it is helpful if those up front call out "car up" to those in the back. When you hear "car back" move right to become a single file line. Be courteous to motorists.

2. Watch Out At Intersections - When approaching intersections that require vehicles to yield or stop, the lead rider will say "slowing" or "stopping" to those behind of the change in speed. Do NOT say "clear" to indicate no crossing traffic. This is a dangerous practice that should be abandoned. Each cyclist is responsible for verifying that the way is indeed clear.

3. Leave A Gap For Cars - When riding up hills or on narrow roads where you are impeding faster traffic, leave a gap for cars between every three to four bicycles. That way a motorist can take advantage of shorter passing intervals and eventually move piecemeal around the entire group

4. Move Off The Road When You Stop - Whether you are stopping because of mechanical problems or to regroup with your companions, or just shooting the breeze with someone you haven't seen in a while, move well off the road so you don't interfere with traffic (both cars AND other cyclists). When you start up again, each cyclist should look for and yield to traffic.

5. Ride One or Two Across - Ride single file or double file as appropriate to the roadway and traffic conditions and where allowed by law. Most state vehicle codes permit narrow vehicles such as bicycles to ride double file within the lane. Even where riding double is legal, courtesy dictates that you single up when cars are trying to pass you.

Ride Leaders—Please take the initiative to educate your riders about and continually remind them of the rules of the road. It takes only a minute or two to emphasize one or two of these points at each ride. Educated riders are safer and have fewer conflicts among themselves and with motorists.



P.O. Box 104871 Jefferson City MO 65110-4871
MoBikeFed.org

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Welcome to Bicycling!

Riding a bike is a fun, healthy activity that is enjoyed by many people. Learning the traffic and trail rules will allow riding to be as safe as possible. Experienced bicyclists who follow the rules are up to 20 times safer than novice bicyclists.

Missouri Bicycle Requirements

- In Missouri, bicycles and motorized bicycles may ride on any street except travel lanes of interstate highways or where prevented by a local law. (Motorized bicycles must be licensed as mopeds.)
- Bicyclists have the same rules, rights and responsibilities as other drivers. For example, bicyclists must stop at stop signs and drive on the right-hand side of the road. Anyone riding slower than the speed limit shall stay as far to the right-hand side as safe.
- Anyone riding between sunset and sunrise must have a headlight on the front, a red reflector or tail light on the back, reflective material or a light on the moving parts of the bicyclist or bike and reflective material or lights on the sides of the bike.
- All bikes must have brakes that work.
- Bicycles may be ridden on sidewalks except in busy downtown areas and where prevented by local law. Pedestrians have the right of way and bicyclists must alert walkers by voice, horn or bell. Motorized bicycles may not be ridden on sidewalks.
- No bicyclist may hold onto another vehicle.
- Use turn and stop hand signals (see Sections 304.019 and 307.192, RSMo) at all times when operating a bicycle or motorized bicycle on Missouri streets and highways.
- Traffic signals often fail to detect bicyclists--meaning that the signal won't cycle and give you the green. Bicyclists can sometimes proceed through a red light, but only under very specific conditions: 1) You come to a complete stop. 2) The traffic signal shows a red light for an unreasonable amount of time and appears to be malfunctioning. 3) You wait for a safe break in cross traffic--both vehicles and pedestrians.

On-Road Safety Suggestions

Wear safety gear. Always wear a helmet. Wearing sunglasses, gloves and bike shorts are a good idea, too.

Obey the law. Not stopping at a stop sign is dangerous and makes motorists feel that a bicyclist isn't being fair.

People in cars have someplace to go ... don't hold them up without a good reason.

Night-time reduces visibility. Night-time bicyclists should have bright lights and wear reflective clothing.

Ride single file in traffic. State law allows bicyclists to ride side-by-side, but only when they are not impeding (blocking or slowing down) other vehicles. Otherwise, you must ride single file to the right as far as safe.

Off-Road Trail Rules

Plan ahead. Know your equipment, your ability and where you are riding. Always wear a helmet and appropriate safety gear.

Ride on open trails only. Don't trespass on private land (including Federal and state wilderness areas).

Leave no trace. Do not ride on wet and muddy trails. Stay on existing trails (don't create new ones).

Control your bicycle. Watch where you are going and obey all bicycle speed limits.

Always yield the trail. Call a friendly greeting or use a bell, but don't startle other users. Stop if necessary to allow others to pass.

Never scare animals. Be quiet and follow directions from equestrians you see. Never chase animals. Leave gates as you found them or as signs say.

Pre-ride check. Inflate tires, check brakes, carry a repair kit and make sure your tire pump works.

Carry tools. Include a tire repair kit, spare inner tube or inner tube repair kit, bike multi-tool, chain tool, tire pump and lubrication oil.

For more information, see the Revised Statutes of Missouri Sections 300.347, 300.350, 304.019, 304.285, 307.183, 307.185, 307.188, 307.190, 307.191, 307.192, 307.193, 307.195. See also city and county traffic ordinances.



Missouri State Statutes Regarding Bicycles

300.347. Riding bicycle on sidewalks, limitations - motorized bicycles prohibited.

- (1) No person shall ride a bicycle upon a sidewalk within a business district;
- (2) Whenever any person is riding a bicycle upon a sidewalk, such person shall yield the right-of-way to any pedestrian and shall give audible signal before overtaking and passing such pedestrian;
- (3) No person shall ride a motorized bicycle upon a sidewalk.

300.350. Riding bicycles, sleds, roller skates, by attaching to another vehicle, prohibited.

No person riding upon any bicycle, motorized bicycle, coaster, roller skates, sled or toy vehicle shall attach the same or himself to any vehicle upon a roadway.

300.330. Bicycle lane regulations

The driver of a motor vehicle shall not drive within any sidewalk area except as a permanent or temporary driveway. A designated bicycle lane shall not be obstructed by a parked or standing motor vehicle or other stationary object. A motor vehicle may be driven in a designated bicycle lane only for the purpose of a lawful maneuver to cross the lane or to provide for safe travel. In making an otherwise lawful maneuver that requires traveling in or crossing a designated bicycle lane, the driver of a motor vehicle shall yield to any bicycle in the lane. As used in this section, the term "designated bicycle lane" shall mean a portion of the roadway or highway that has been designated by the governing body having jurisdiction over such roadway or highway by striping with signing or striping with pavement markings for the preferential or exclusive use of bicycles.

300.411 and 304.678 Overtake bicycles at a safe distance

- (1) The operator of a motor vehicle overtaking a bicycle proceeding in the same direction on the roadway, as defined in section 300.010, RSMo, shall leave a safe distance, when passing the bicycle, and shall maintain clearance until safely past the overtaken bicycle.
- (2) Any person who violates the provisions of this section is guilty of an infraction unless an accident is involved in which case it shall be a class C misdemeanor.

304.285. Red light violations

Any person operating a motorcycle or bicycle who violates the provisions of section 304.281 or section 304.301 by entering or crossing an intersection controlled by a traffic control signal against a red light shall have an affirmative defense to that charge if the person establishes all of the following conditions:

- (1) The motorcycle or bicycle has been brought to a complete stop;
- (2) The traffic control signal continues to show a red light for an unreasonable time;
- (3) The traffic control is apparently malfunctioning or, if programmed or engineered to change to a green light only after detecting the approach of a motor vehicle, the signal has apparently failed to detect the arrival of the motorcycle; and
- (4) No motor vehicle or person is approaching on the street or highway to be crossed or entered or is so far away from the intersection that it does not constitute an immediate hazard.

The affirmative defense of this section applies only to a violation for entering or crossing an intersection controlled by a traffic control signal against a red light and does not provide a defense to any other civil or criminal action.

307.180. Bicycle and motorized bicycle, defined. As used in sections 307.180 to 307.193:

- (1) The word bicycle shall mean every vehicle propelled solely by human power upon which any person may ride, having two tandem wheels, or two parallel wheels and one or two forward or rear wheels, all of which are more than fourteen inches in diameter, except scooters and similar devices;
- (2) The term motorized bicycle shall mean any two or three-wheeled device having an automatic transmission and a motor with a cylinder capacity of not more than fifty cubic centimeters, which produces less than three gross brake horsepower, and is capable of propelling the device at a maximum speed of not more than thirty miles per hour on level ground. A motorized bicycle shall be considered a motor vehicle for purposes of any homeowners- or renters-insurance policy.

307.183. Brakes required.

Every bicycle and motorized bicycle shall be equipped with a brake or brakes which will enable its driver to stop the bicycle or motorized bicycle within twenty-five feet from a speed of ten miles per hour on dry, level, clean pavement.

307.185 Lights and reflectors, when required - standards to be met.

Every bicycle and motorized bicycle when in use on a street or highway during the period from one-half hour after sunset to one-half hour before sunrise shall be equipped with the following:

- (1) A front-facing lamp on the front or carried by the rider which shall emit a white light visible at night under normal atmospheric conditions on a straight, level, unlighted roadway at five hundred feet;
- (2) A rear-facing red reflector, at least two square inches in reflective surface area, or a rear-facing red lamp, on the rear which shall be visible at night under normal atmospheric conditions on a straight, level, unlighted roadway when viewed by a vehicle driver under the lower beams of vehicle head-lights at six hundred feet;
- (3) Reflective material and/or lights visible from the front and the rear on any moving part of the bicyclists, pedals, crank arms, shoes or lower leg, visible from the front and the rear at night under normal atmospheric conditions on a straight, level, unlighted roadway when viewed by a vehicle driver under the lawful lower beams of vehicle headlights at two hundred feet; and
- (4) Reflective material and/or lights visible on each side of the bicycle or bicyclist visible at night under normal atmospheric conditions on a straight, level, unlighted roadway when viewed by a vehicle driver under the lawful lower beams of vehicle headlights at three hundred feet.

The provisions of this subdivision shall not apply to motorized bicycles which comply with National Highway Traffic and Safety Administration regulations relating to reflectors on motorized bicycles.

307.188. Rights and duties of bicycle and motorized bicycle riders.

Every person riding a bicycle or motorized bicycle upon a street or highway shall be granted all of the rights and shall be subject to all of the duties applicable to the driver of a vehicle as provided by chapter 304, RSMo, except as to special regulations in sections 307.180 to 307.193 and except as to those provisions of chapter 304, RSMo, which by their nature can have no application.

307.190. Riding to right, required for bicycles and motorized bicycles.

Every person operating a bicycle or motorized bicycle at less than the posted speed or slower than the flow of traffic upon a street or highway shall ride as near to the right side of the roadway as safe, exercising due care when passing a standing vehicle or one proceeding in the same direction, except when making a left turn, when avoiding hazardous conditions, when the lane is too narrow to share with another vehicle or when on a one-way street. Bicyclists may ride abreast when not impeding other vehicles.

307.191. Shoulder riding, allowed but not required for bicyclist operators

- (1) A person operating a bicycle at less than the posted speed or slower than the flow of traffic upon a street or highway may operate as described in section 307.190, or may operate on the shoulder adjacent to the roadway.
- (2) A bicycle operated on a roadway, or the shoulder adjacent to a roadway, shall be operated in the same direction as vehicles are required to be driven upon the roadway.
- (3) For purposes of this section and section 307.190, "roadway", means that portion of a street or highway ordinarily used for vehicular travel, exclusive of the berm or shoulder.

307.192. Bicyclists may signal right turn with right arm

The operator of a bicycle shall signal as required in section 304.019, RSMo, except that a signal by the hand and arm need not be given continuously if the hand is needed to control or operate the bicycle. An operator of a bicycle intending to turn the bicycle to the right shall signal as indicated in section 304.019, RSMo, or by extending such operator's right arm in a horizontal position so that the same may be seen in front and in rear of the vehicle.

307.193. Penalty for violation.

Any person seventeen years of age or older who violates any provision of sections 307.180 to 307.193 is guilty of an infraction and, upon conviction thereof, shall be punished by a fine of not less than five dollars nor more than twenty-five dollars. Such an infraction does not constitute a crime and conviction shall not give rise to any disability or legal disadvantage based on conviction of a criminal offense. If any person under seventeen years of age violates any provision of sections 307.180 to 307.193 in the presence of a peace officer possessing the duty and power of arrest for violation of the general criminal laws of the state or for violation of ordinances of counties or municipalities of the state, said officer may impound the bicycle or motorized bicycle involved for a period not to exceed five days upon issuance of a receipt to the child riding it or to its owner.



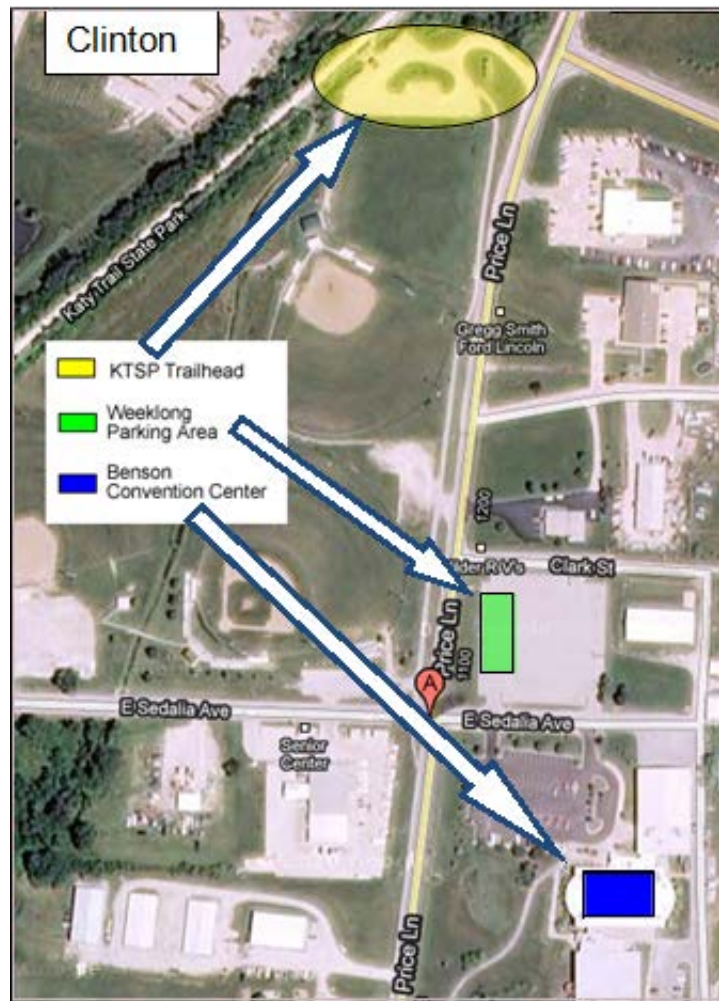
2017 Week-long Parking Locations



Parking at St. Charles will be at the Katy Trail State Park trailhead.

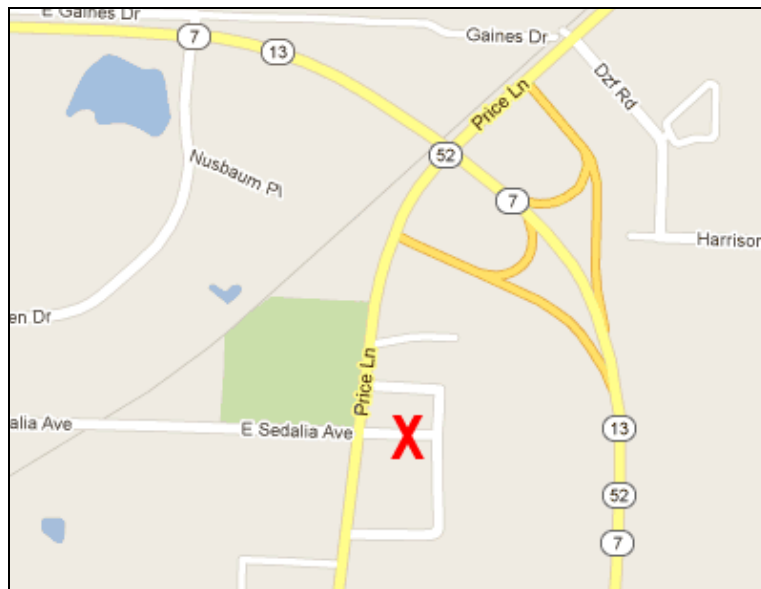


Parking in Columbia will be at the Home Depot on Clark Lane (State Hwy. PP).

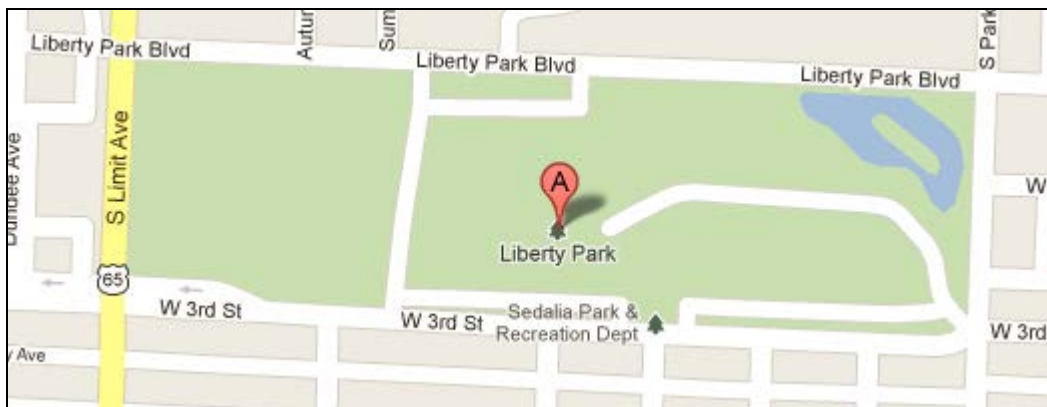


Overnight and Information Booth location maps

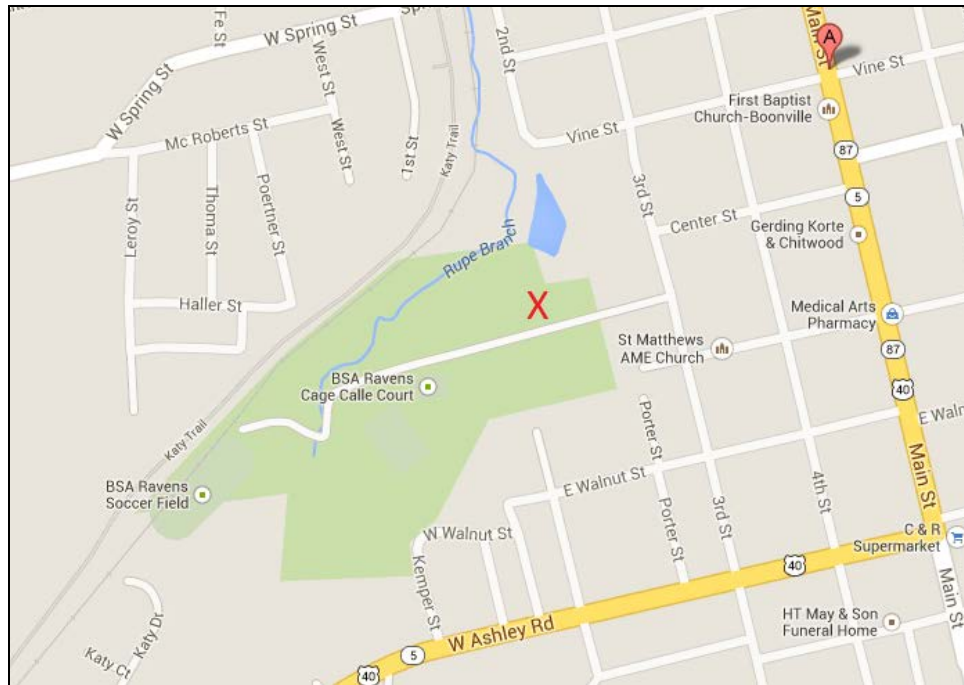
Benson Convention Center – Price Lane, Clinton



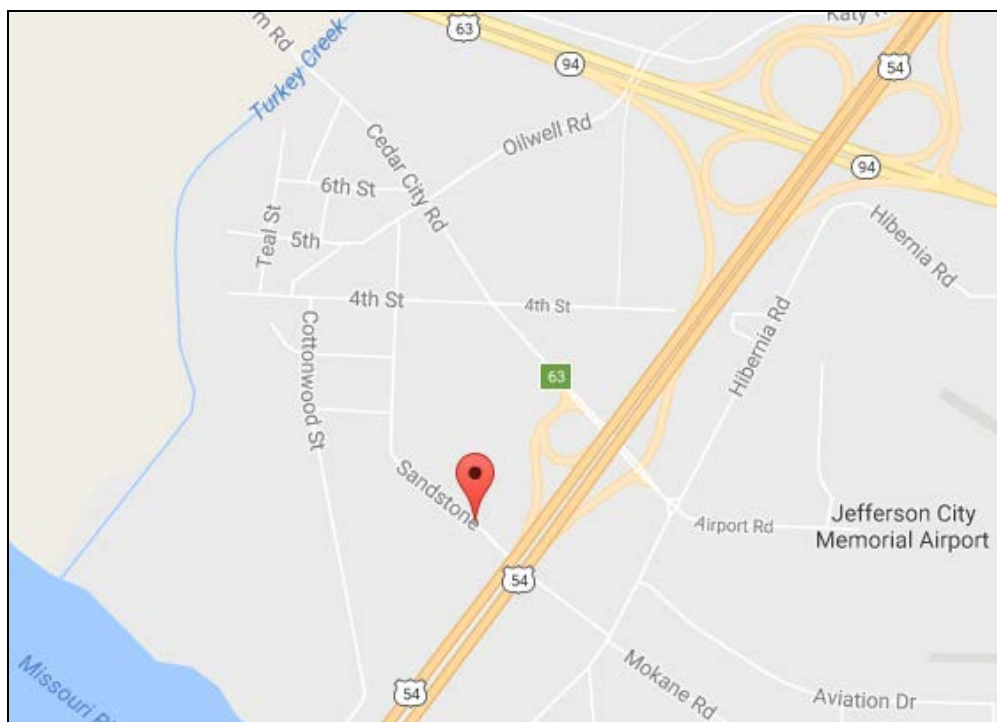
Liberty Park, Sedalia - West 3rd St.



Kemper Park, Boonville – 757 3rd Street



North Jefferson Recreation Area, Jefferson City – 710 Sandstone



Community Club Park, Marthasville- 601 One St.



Frontier Park, St. Charles – 500 S. Riverside Dr.

