

BikeMO



**Springfield Neurological
and Spine Institute**

"Let me just say that if you're even thinking about doing this ride... then you have to do it. Last year's ride was absolutely beautiful. The weather was perfect, there was still plenty of colorful foliage left and the route was great. I did the 62 mile route and there were no killer hills and traffic wasn't a problem at all. I joined a very friendly group of riders from Jeff City along the route and couldn't have had a better time. Hope to see you there!"— Chuong Doan

Title Sponsor

Springfield Neurological
and Spine Institute, LLC
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You can become a BikeMO sponsor—details at
bikemo.org

BikeMO

A Celebration Ride for MoBikeFed's Successes

9 a.m. Saturday, October 14, 2006

Holt's Summit, MO in scenic Callaway County

33, 62 & 100 mile routes

Celebrate MoBikeFed's recent successes with us on BikeMO, a ride featuring the fall foliage and beautiful roads of central Missouri. BikeMO starts at Holt's Summit Plaza, Holt's Summit, MO, north of Jefferson City.

Pre-registration is only \$20/individual, \$15/student, \$40/family. Ride day fee is \$25/individual. Support MoBikeFed the fun way—by participating in BikeMO!

BikeMO partners with Springfield Neurological and Spine Institute to promote bicycling safety and prevention of neck and spine injuries

The Springfield Neurological and Spine Institute supports education of bicyclists and motorists, social change to make bicycling safer and more attractive, bicycle safety, and prevention of neck and spine injuries.

Some of MoBikeFed's successes in 2006

- MoBikeFed supported Clutch's Law, which calls for stronger penalties for drivers who run stop signs and speed.
- Supported Missouri's Safe Routes to School program
- Supported Missouri's first strategic bicycle and pedestrian plan—now officially adopted.
- Supported policy requiring bicyclist accommodation on Kansas City area river bridges.
- Got MoDOT commitment for Kansas City's first safe bicycle/pedestrian Missouri River crossing.
- Built strong support for "Complete Katy Trail" including the connection to Kansas City and St. Louis.

At bikemo.org you can

- register online
- get travel directions to Holt's Summit, MO
- find lodging and camping information
- get a map and learn about amenities and scenery along the BikeMO route
- learn how to support our great sponsors
- find out how to volunteer



**MISSOURI BICYCLE
FEDERATION, INC.**



Fill in the information below to register for BikeMO 2006.

Name _____

Address _____

City, State, Zip _____

Phone _____

E-mail _____

Cut out registration coupon and mail with check for

\$20/individual, \$15/student, or \$40/family to:

Missouri Bicycle Federation

P.O. Box 104871, Jefferson City, MO 65110-4871