

BICYCLE & PEDESTRIAN DAY AT THE CAPITOL

APRIL 25TH, 2022



MoBIKEFed.ORG

SCHEDULE FOR BICYCLE DAY AT THE CAPITOL, APRIL 25TH, 2022

Home Base for the day is the 3rd Floor Rotunda

Under the dome. Info desk staffed from 11am on.

11:00 a.m. – Check-in – 3rd Floor Rotunda

Pickup packets, name tags, etc.

All Day – Visit legislators

Most legislators will be in town by early afternoon. House comes into session at 4pm, Senate also at 4pm. Most legislators will arrive 30-60 minutes before that (or COULD arrive at that time, if you have contacted them about an appointment!) When not visiting your own legislators, we will need your help to deliver packets to others. You will want to contact your legislators beforehand to be certain when they will be in the building that day.

11:00 a.m. – Information/registration/check-in desk opens – 3rd Floor Rotunda

12:00am-2:00pm - Displays & exhibits on Capitol South Steps & Lawn

12:30 p.m. – Katy Trail Ride with Legislators

South steps of the Capitol Building. Meet starting 12:00noon, speeches 12:30pm, ride 1pm-2pm. Ride will go rain or shine, unless weather is actually dangerous.

3:30 p.m. – 3:45 p.m. – Orientation and advocacy training – 3rd Floor Rotunda

Noon-4 p.m. – Committee meetings for some committees in House & Senate

4:00 p.m. – Session starts (House)

4:00 p.m. – Session starts (Senate)

Right before and after this time is often the best time to meet with your legislators. During session you can ‘pull them off the floor’, which is often a good time to talk. Ask your legislator’s staff member if they can help you pull your legislator off the floor to talk. Or you can go to the side doors of the House Chamber or Senate Chamber and ask the doorperson to pull the legislator off the floor to visit with you.

5:30-6:00 p.m. – Optional Dinner

Several of us will probably eat dinner together at a nearby restaurant before leaving, and you are welcome to join us. Arris Pizza, across from the Capitol.

Questions or problems?

Find a contact person at the display tables at the 3rd Floor Rotunda or call:

Brent Hugh: 816-695-6736

INFORMATION AND ISSUES FOR CAPITOL DAY

Please download and carefully read the information in the Legislator's Packet for this year, which can be downloaded at <http://MoBikeFed.org/CapitolDay>.

- Give a **brief summary** of major legislative issues & leave behind the folder with legislative issue details. **Main legislative issues:**
 - Support federal ARPA funding Rock Island Trail State Park
 - Also allocation of private funding in Rock Island Trail State Park Endowment Fund
 - Support distracted driving legislation

PREPARE FOR CAPITOL DAY

Call and make an appointment with your Representative AND Senator for Monday April 25h. You can find your legislators and their phone numbers online at Senate.mo.gov/LegisLookup. Refer to the schedule at the beginning of this document for available times. These meetings will likely be 15 minutes or less.

Staff may only give you an approximate time or tell you to just drop in during the day. However, it is still useful to make this initial contact and give them a heads up about your visit.

Even if you haven't called before, calling the morning of Capitol Day is still helpful.

On the first day of the week, legislative sessions generally begin at 4:00pm. Some legislators may arrive just in time for that start time. Just before and just after session start time is often a good time for legislators to meet. *Please be aware of this when setting your own schedule for Monday. If you plan to leave before 4:00pm, for example, you may be missing your best chance to meet your legislators in person.*

You may wish to visit other legislators from your city, town, or area. Even if you don't live directly in their district, someone from their hometown or part of the state carries weight. If you represent a group or organization, it is especially appropriate to contact all legislators representing the region your group overs.

Some legislators may not be in town or available for a meeting at Capitol Day. If so, please ask to schedule a visit in the home district as soon as possible. Legislators are home Thursday evening through Monday morning each week, and should be able to schedule a meeting the following Friday or weekend. You can have the same meeting—or even better—with the same materials and agenda in your home town.

Come to Jefferson City on Capitol Day

If possible we would like you to **arrive between 11:00 a.m. and 12:00 noon** to check in and pick up your packet and materials. Otherwise, feel free to show up for whatever part of the day you are able--we can use your help as long as you are able to be there on Capitol Day, because...

Think about local issues

Legislators often appreciate being briefed about local bike/ped developments, both the good and the bad. They can also be helpful if you are struggling with a particular challenge back at home. Also think about opportunities for inviting your legislator to participate in a bike/ped event at home. Perhaps a ribbon cutting for a new trail, walk to school with schoolchildren one morning, giving a speech at a Bike Week event, or being the guest of honor at a big ride.

Security check-points:

- The entrance under the carriageway/main front steps is always open. There is a long, winding pedestrian walkway through the construction zone to reach it.
- The second entrance is open at times—above the cafeteria on the NW side, 1st floor (cafeteria is in the basement)
- Plan extra time to find entrances and work your way through security/x-ray checkpoints

Dress

Formal business attire is the norm at the Capitol. The most appropriate attire is a suit and tie for men and comparable jacket/skirt/slacks for women. If that isn't possible just be sure to wear something neat, clean, and presentable.

Those who participate in the Legislators Ride at 12:30 often bring a change of clothes for their legislator meetings earlier or later in the day.

Finally, wear comfortable shoes. We will be on our feet all day, and the Capitol's marble floors can get uncomfortable.

HOTELS, RESTAURANTS, AND PARKING

Hotels

Hotels within walking distance include Doubletree, De Ville, and Capitol Plaza. Average prices are \$80-\$100/night. Several budget motels are located on Jefferson Street about two miles away. Average prices are \$50-70 and they are within easy bicycling distance of the Capitol.

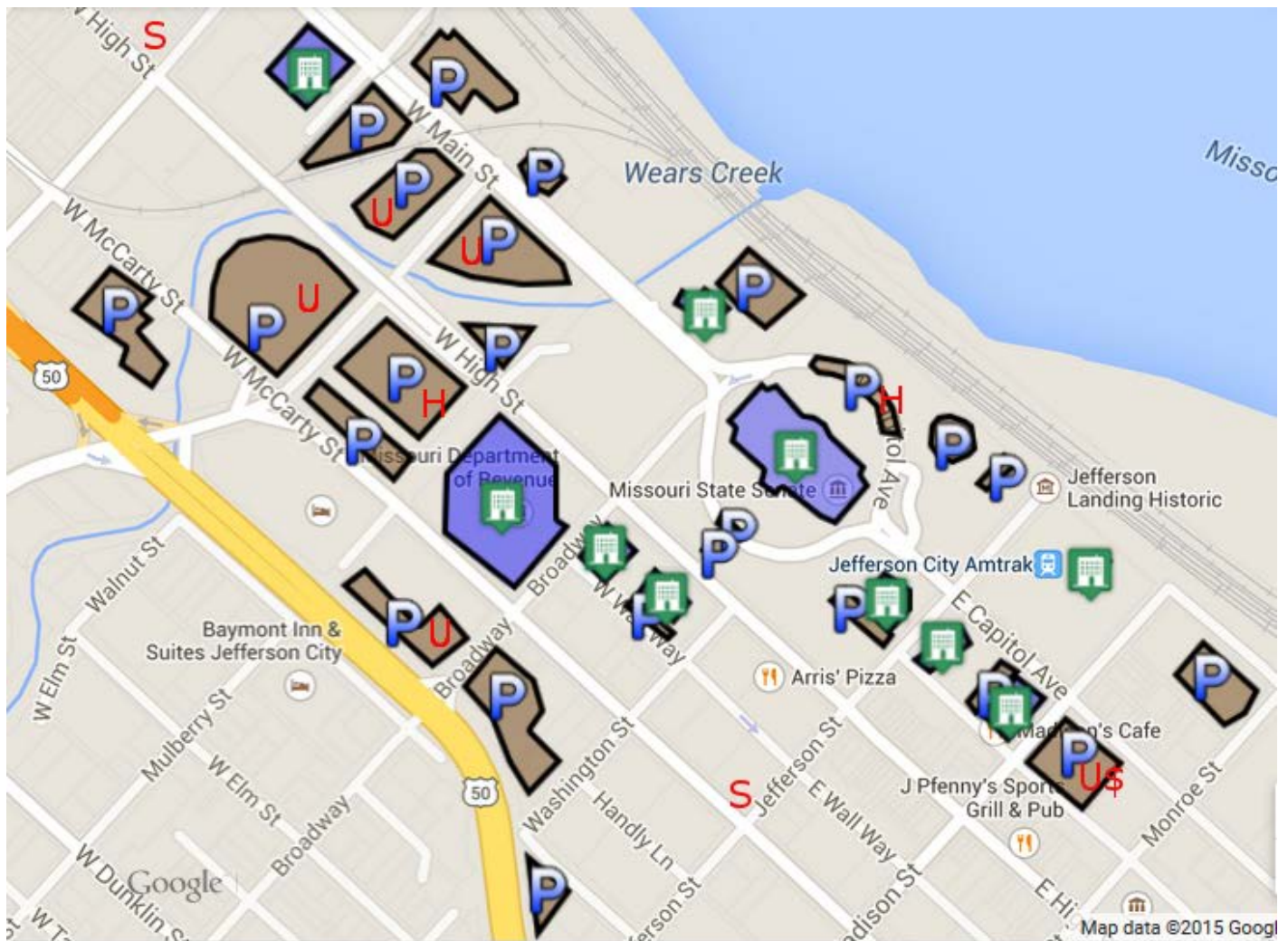
Automobile parking

If you arrive early, there are several parking lots just west of the Capitol, around West High Street and Missouri Blvd. Garages are located about two blocks east of the Capitol. On-street parking is also available, but the closer spaces have time limits. **If you are bringing display materials**, try to arrive early so you can find curbside parking for unloading.

A current parking map is online: <https://oa.mo.gov/facilities/facilities-operations/capitol-complex/capitol-complex-parking-map>

Jefferson City has a public parking garage at Capitol Ave and Madison St, about two blocks SE of the Capitol.

If all else fails you can often find on-street parking near the corner of Bolivar St and High St Clay St & Main St, and other on-street locations near downtown.



U-Public parking \$-fee H-Handicap/disability parking S-On-street parking

Bicycle Parking

You can park your bicycle in a secure indoor location by bringing your bicycle into the 3rd floor rotunda area and making your bicycle part of our floor display (depending on space available). Elevators are available, but many find it easier to just carry their bike up the main staircase to the 3rd floor rotunda. Enter through the main entrance on the south side of the building.

Amtrak

The Amtrak station is two blocks from the Capitol and within walking distance of the Downtown hotels. Bicycles can be rolled on board fully assembled. Reserve a bike space when you purchase tickets online (www.amtrak.com). Morning trains from St. Louis and Kansas City arrive around 11:30 a.m. and depart about 6:00pm, which is good timing for our Capitol Day events. Amtrak is now very reliable on this route and trains are usually on time.

2022 AMTRAK NOTE: *Amtrak has been reduced to one train per day. Check online for schedule details.*

Restaurants

The Hawthorne Room cafeteria is located in the basement of the Capitol building. Cafe Via Roma, and Arri's Pizza are on High Street directly across the street from the Capitol. There are more restaurants along High Street to the east.

Accessible Access to the Capitol

With the exception of a few legislative offices that require stairs to access, most of the Capitol is accessible to those using wheelchairs or with mobility issues.

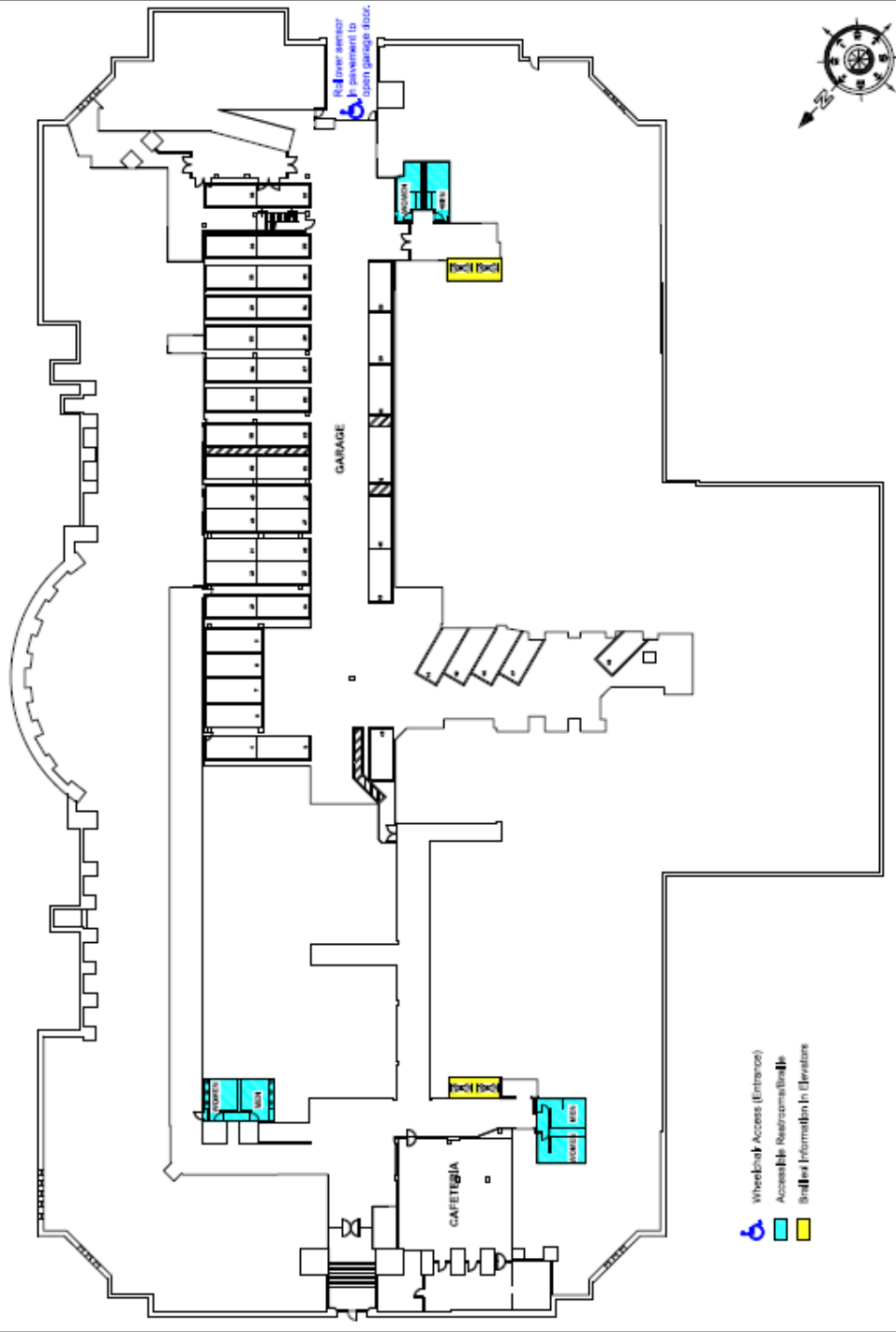
This web page has maps and diagrams showing accessible entrances, elevators, and other access features of the Capitol:

<http://disability.mo.gov/capitol-access.htm>

Basement diagram of the Capitol is below. The garage entrance shown at the top of the figure is easily accessible from the Amtrak station (two blocks).

Missouri State Capitol

Basement



VISITING WITH LEGISLATORS

Legislators are very happy to receive constituents from their districts, and appreciate the opportunity to talk with you about the issues you care about. If you do not have a scheduled meeting, just drop into the office and ask the assistant if the legislator has a few minutes to meet with you. They are often in and out of the office all day, so you might need to **try a few times** before you can catch them.

If the House or Senate is in session, their aide may tell you to "**pull them off of the floor.**" You can do this by asking the Sergeant-At-Arms stationed at the entrance to each chamber. Tell them who you are and who you want to see, and you might be able to get a very brief introduction and chat.

Legislators will often have **committee meetings** in between sessions. If you find out from the staff member when and where the committee meeting is, you may be able to catch the legislator in the hall on the way to or from a committee meeting, or during a break. Or offer to walk with a legislator to a meeting or back to their office.

If you cannot meet personally with the legislator, **chat with a staff member**, briefly explain your main issues, and leave the staff member with the information packet. Representatives typically have one aide, but Senators generally have more than one and you might ask to speak with the staff member who deals with transportation issues.

Here are some common talking points:

Economic impact – Bicycling, walking, and trails are a multi-billion dollar part of Missouri's economy every year. People want to live where they can bicycle, walk, run, and hike. Businesses want to locate where their employees are healthy and happy because of outdoor recreation opportunities of every type. Adding bicycling and walking is one of the most cost effective ways to add value to a community or a road.

Transportation – Improving bicycling and walking is a low-cost way to provide affordable transportation options, which is especially important in times of high gas prices and the economic recession.

Sustainability - Automobile emissions are one of the biggest sources of air pollution, so getting more people bicycling instead of driving helps improve air quality.

Recreation - Missouri is blessed with a variety of natural beauty, and bicycling is an excellent to enjoy our scenic rural areas, small towns, and historic city neighborhoods.

Health - Missouri ranks high for chronic diseases like obesity, diabetes, heart disease, etc. - especially our children. Physical activity like bicycling and walking helps people stay healthy and lowers health care costs for everyone.

Big cities - Bicycling helps extend the range of transit systems, gets people to their jobs, and lessens congestion on roads and highways.

Small towns - Small towns are ideal for bicycling. Many trips to work, the store, or school can easily be made on a bicycle.

Rural areas – Simply adding a shoulder to a country road is often all it takes to accommodate bicycles, and it makes the road safer for cars, too!

Safe Routes to School - Far fewer kids walk or bike to school than in the past. Providing safe and well-

maintained streets and sidewalks allows kids to get some exercise on the way to school, and it cuts down on transportation costs for schools and families.

EFFECTIVE ADVOCACY 101

Remember that advocacy is, above all, about ***building relationships***. Far more important than any particular piece of information you share, is simply getting to know the legislators and their staff members on a personal basis and letting them know that you are a real person who cares about these issues.

STEP ONE: FIGURING OUT WHAT YOU WANT

Before deciding to call, write, or visit an elected official to share your views, you should know what you want from your elected representatives. In fact, asking for something specific is sometimes the only way to get an elected official's attention. Your goal is to force someone in the office to think about you and your issues for longer than 5 minutes – making the “ask” helps you achieve that goal.

STEP TWO: WHOM SHOULD YOU ASK?

Communicating effectively depends on your ability to communicate your message to the right person. You have set up meetings with your own elected officials, so be sure to identify yourself as a constituent at the beginning of the meeting.

Be a resource for your legislator

Legislators can't know everything about every topic, so you can be a resource for them on bicycling and walking issues. And if they ask question that you can't answer, let them know you will get the answer for them ASAP. Make a note of the question on your meeting report form and either you or MBPF can follow up.

Staff Contact Can Have Advantages over Legislative Contact

All legislators have assistants who help with schedule and clerical support, and many have staff members who do deep policy work. You can often get more time with a legislative assistant and have a more in depth conversation.

In Missouri, Senators more often have office staff who are hands-on with legislation and knowledgeable about details. Representatives more often have scheduler/secretarial type staff. Conversations with either type of staff can be productive.

STEP THREE: DELIVERING YOUR MESSAGE

The five minute rule: Keep your message to five minutes, whether it's a five-minute presentation in a meeting or five minutes worth of text that a staff person must read. Chances are you'll only have five minutes to make your point. Be prepared to do so!

In many cases, especially if you meet a legislator in the hall or between meetings, you may only have 30 seconds. Shake hands, smile, tell the legislator who you are, where you are from, and that you are here for Bicycle & Pedestrian Day at the Capitol. Through your attitude and your very presence at the Capitol you are communicating that this is an important issue to you--and that is our most important message.

The importance of personal messages

Remember that you are important to your elected officials because you are a constituent, not because you're part of a statewide network or involved in a campaign. Your message should be focused on a personal level – why you find fulfillment in what you do and the real people you help. Statistics are useful, but only if they relate directly to what you or your program is doing in the community. Think of a brief, positive story telling how these issues have personally touched your life.

Think about WHO should ask, based on what you know about the audience

There may be someone involved in your issue that has a good relationship with a member or staff. Or, there may be someone who is just generally better suited to deliver your message, for example a business person may be well-suited to speak to a more conservative member, while an activist might be better suited to a more liberal member. A constituent who lives in the legislator's district is almost always more effective than a non-constituent.

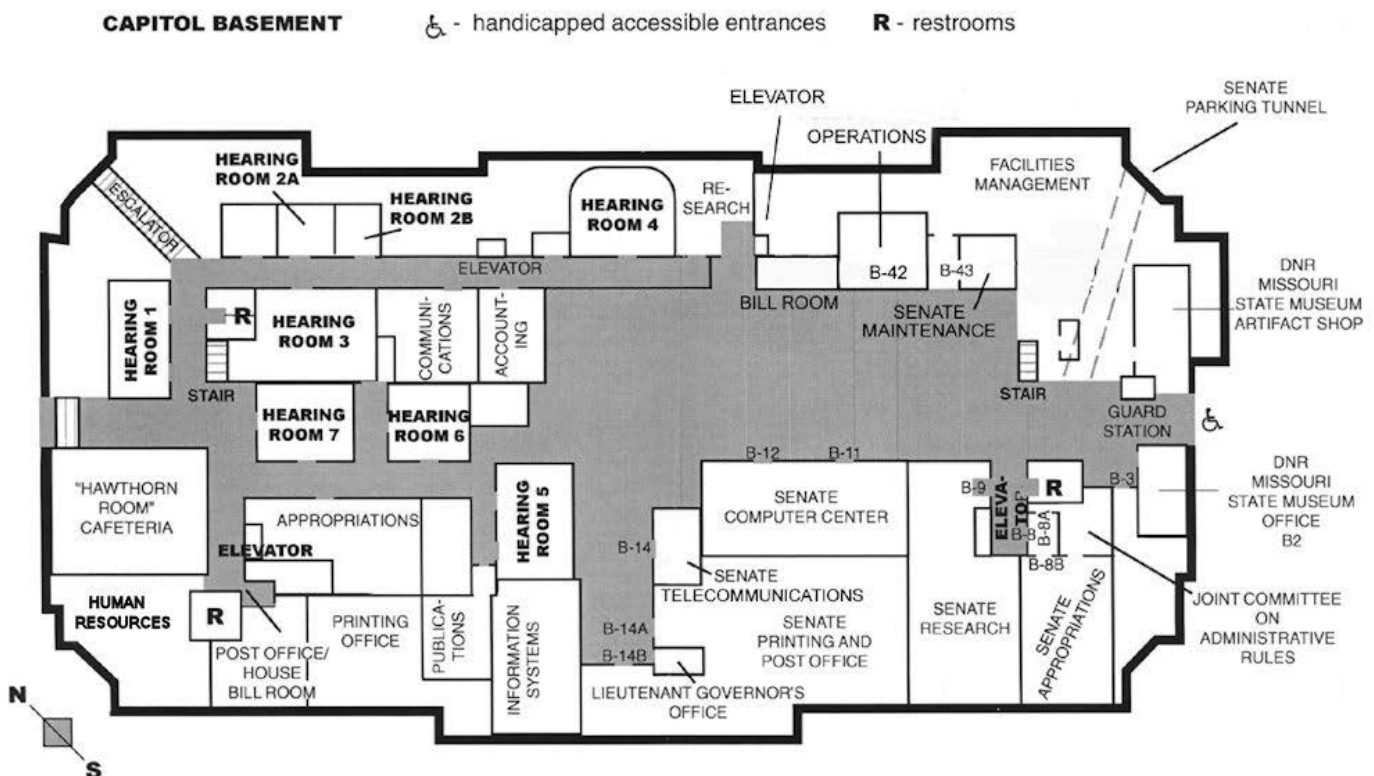
Know when to change course

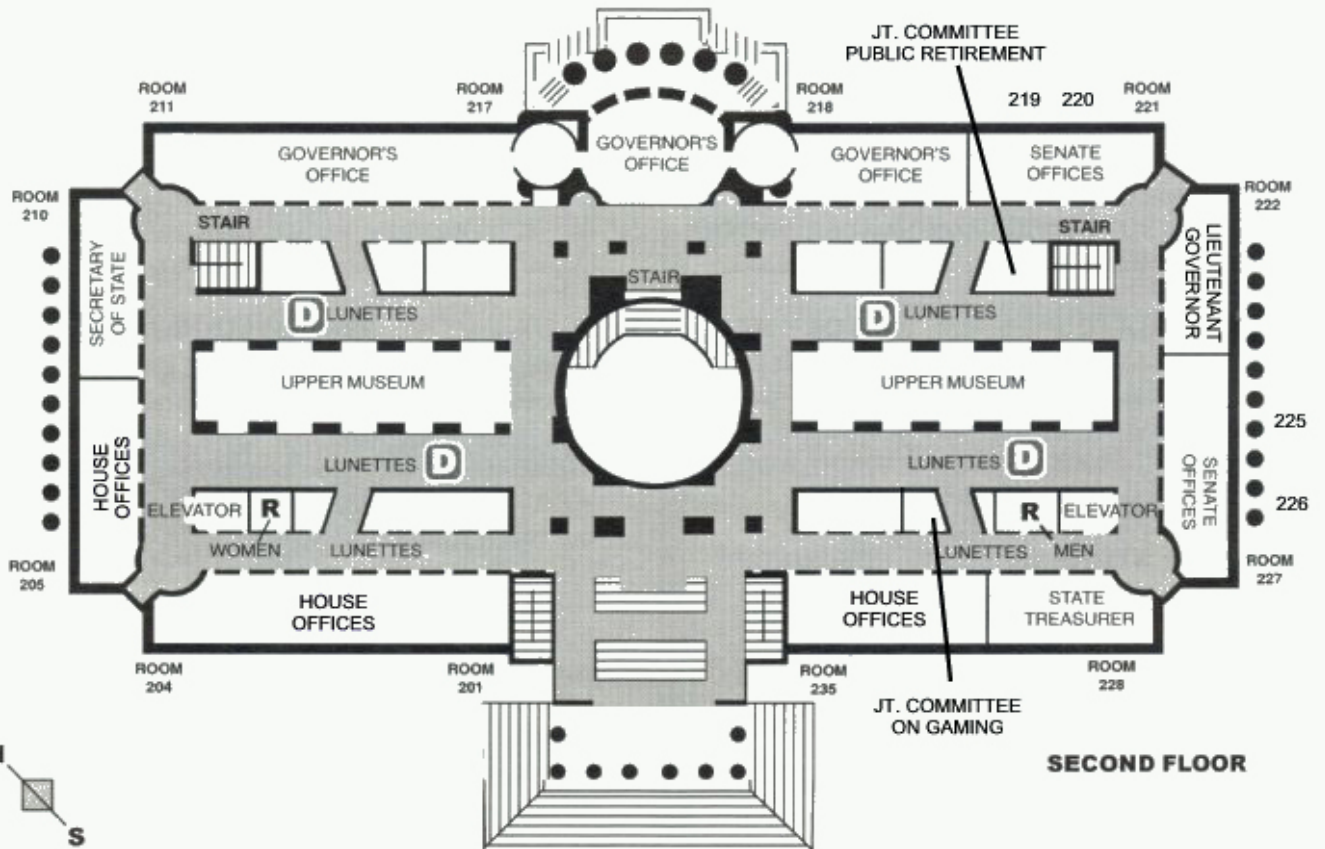
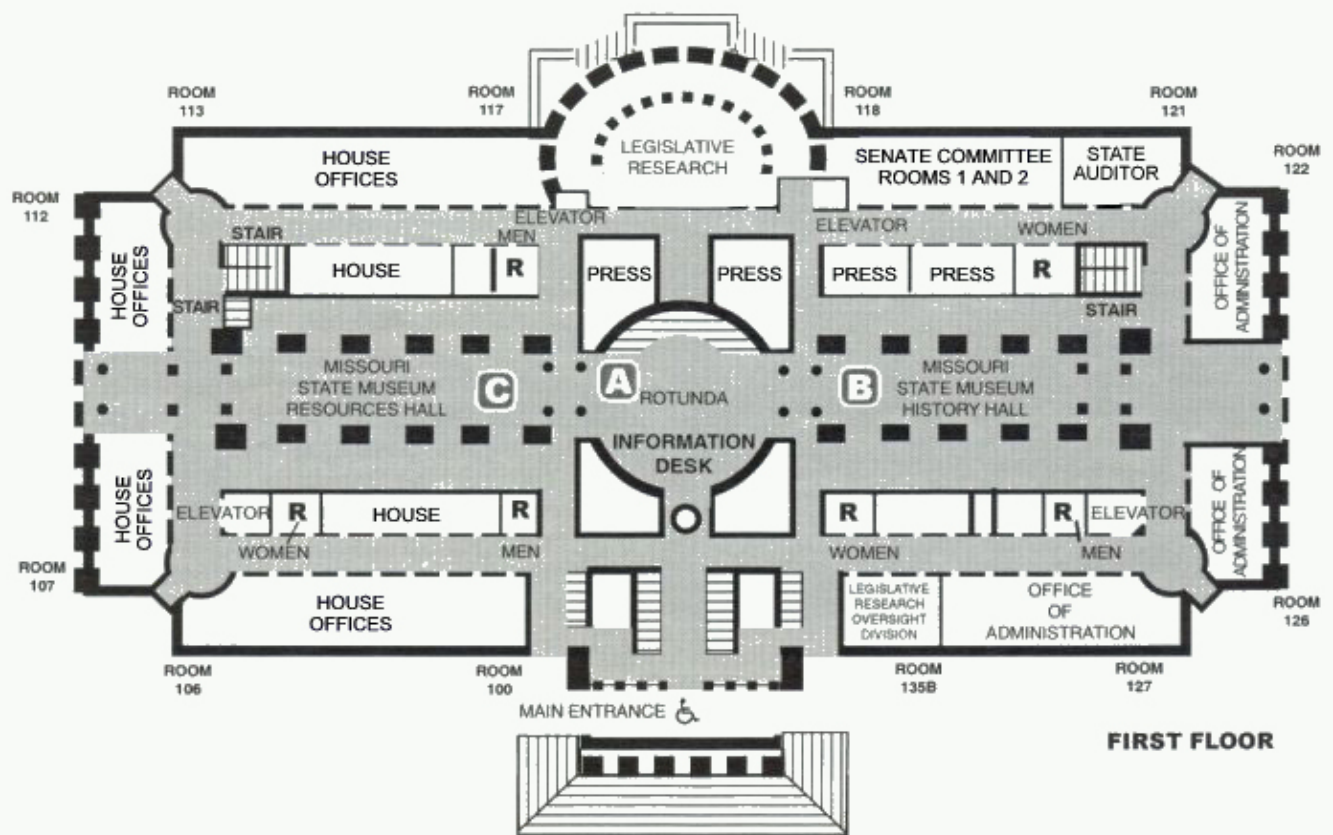
There's being specific and then there's being stubborn. Be prepared to change course and ask for something else –like attending an event or putting an article in your newsletter. You may just find that getting the office involved on a smaller level yields more interest and engagement in the future.

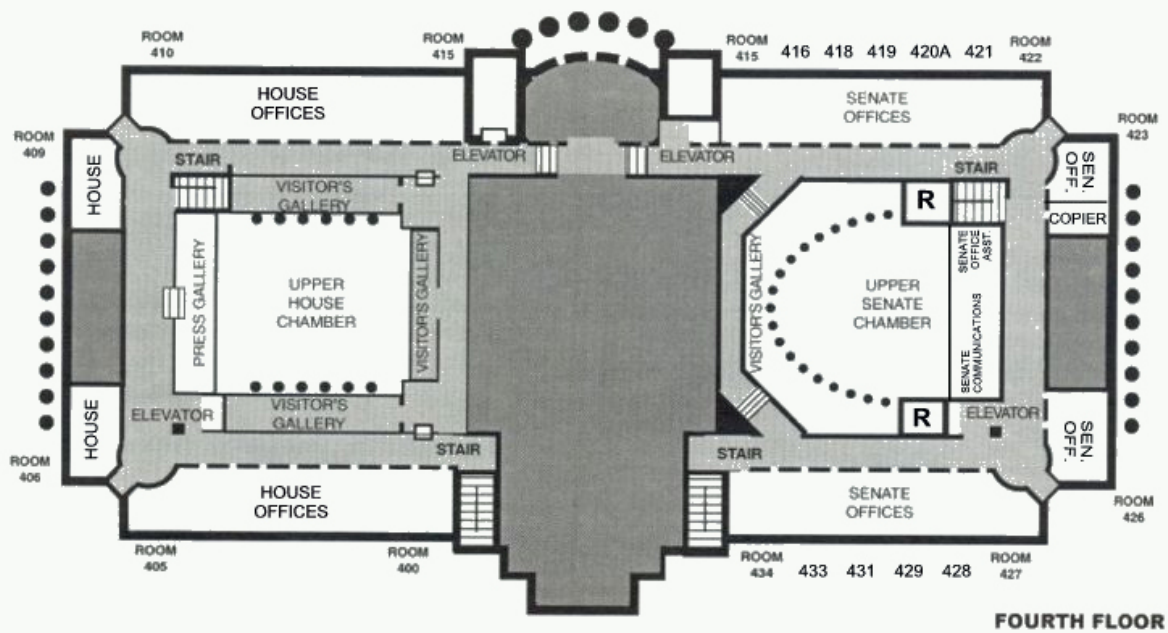
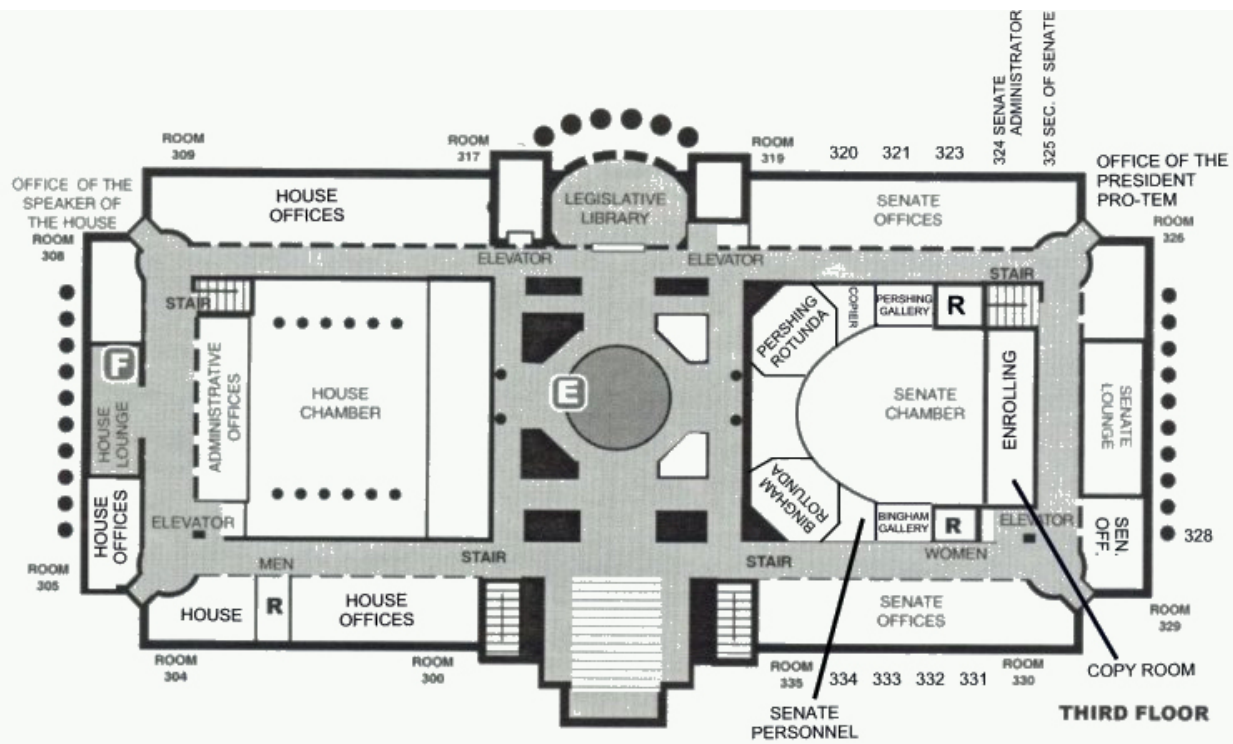
STEP FOUR: FOLLOWING UP

The sad truth is that many offices will ignore your first request for a specific action. Frankly, they have so many people asking for so many things that they want to know that you're serious about your request before spending resources. The way to demonstrate that you are serious is to ask again. By asking again, you demonstrate that you really are serious, and you'll keep asking until you get an answer!

After any meeting, extended phone call, or any other interaction where the office staff or member went out of their way to help you out, be sure to send a thank you note. Even a quick email message the following day can make a real impression. Not many people take this simple step –you'll stand out positively if you do so!







ABOUT THE MISSOURI BICYCLE AND PEDESTRIAN FEDERATION, INC.

The Missouri Bicycle and Pedestrian Federation is a statewide, not-for-profit, membership organization that advocates advancement of bicycling access, safety and education in Missouri. The mission is to provide an advocacy platform to protect the rights and interests of bicyclists and pedestrians, and to make Missouri a better place to ride a bicycle and walk through the advancement of access, safety and education.

Legislative Accomplishments

- Wrote and passed legislation that repealed the mandatory sidepath law and defeated its reinstatement in 1998.
- Worked with legislators to improve wording and intent of bike-specific laws. Thanks to this, Missouri traffic laws rate better for bicycle friendliness than those in most other states (though work remains to be done in Missouri and in all other states).
- Defeated a bill that would have required all bicyclists to ride on the left side of the road, facing traffic.
- Defeated legislation that would have required bicyclists to ride single file.
- Worked with the MoDOT to change its policy on shoulder rumble strips to allow bicyclists some smooth shoulder.
- Worked with Amtrak in 1997 to allow unboxed bicycles to be rolled aboard.
- Worked with legislators to pass as "Safe Passing Law", bicycle-friendly bicycle lane provisions, and numerous other improvements to the state bicycle legislation in 2005.
- Worked with legislators to pass a Complete Streets Resolution in 2011.
- Supported more than 56 legislative proposals and resolutions that have passed the legislature and become law—or been defeated, for those items we opposed—since 1995. See MoBikeFed.org/LegislativePlatform.

Contact Information

Missouri Bicycle and Pedestrian Federation, Inc.
2208 Missouri Blvd Ste 102 #200
Jefferson City, MO 65109
director@mobikefed.org
816-336-2550



Executive Director: Brent Hugh, Raytown

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Sam Swearngin, Cycling Kansas City
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Yellow Jersey Club

The Yellow Jersey Club is Missouri's most exclusive bicycle club - and includes the strongest supporters of bicycling, walking, and trails across the state.

Yellow Jersey Club members donate at least \$1000 annually to help use accomplish our vision and mission for better, safer bicycling, walking, and trails across Missouri.

A huge thank you goes to all of our Yellow Jersey Club members--your support is helping make Missouri a better, safer place to bicycle and walk.

If you would like to become a member of the exclusive Yellow Jersey Club, please [contact us](#) or visit the Yellow Jersey Club Membership Page at <http://mobikefed.org/YellowJerseyClub>

Current Yellow Jersey Club members:

- Horner & Shifrin, Inc.
- Ms. Elizabeth Heller, Patty Heller Charitable Gift Find of the St. Louis Community Foundation, Edwardsville, IL
- Brian Bettis, St Joseph, MO
- Chrysa & Rich Niewald, Owensville, MO
- Daniel Bauer family Chesterfield, MO
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- Jim A & Anne M Jesse family, St Louis, MO
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- Thomas Reinbold, Springfield, MO
- Wayne Goode, St Louis, MO
- Andrew Clements family, St Joseph, MO

Our members and supporters

Many thanks to our more than 5000 members and donors from all across Missouri—your ongoing support and membership makes Capitol Day possible. Visit MoBikeFed.org for the full list of supporters and donors—many thanks goes to each and every one of them.

Your ongoing membership and generous financial support helps make Missouri a better, safer place to walk and bicycle.