

# *KBC PedalPress*

The Newsletter of the Kalamazoo Bicycle Club October, 2016

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

**THE NEXT KBC MONTHLY MEETING IS OCTOBER 11, 2016, 7:00 P.M.** at the Kalamazoo YMCA on Maple Street, 1<sup>st</sup> floor conference room. All KBC members are welcome.

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**IF YOU HAVE AN ARTICLE, AD, ETC. to submit for the *Pedal Press*, e-mail it to [editor@kalamazoobicycleclub.org](mailto:editor@kalamazoobicycleclub.org) by the 20<sup>th</sup> of the month before its intended publication.**

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## **PRESIDENT'S LETTER**

Elections of KBC's Executive Committee (President, Vice-President, Secretary and Treasurer) are held annually at KBC's November membership meeting. To be placed on the ballot, nominations for these positions are accepted at the October membership meeting and published in the November *PedalPress*. If you'd like to run for any of these positions or are just interested in the process, please be sure to attend our next meeting on Tuesday, October 11<sup>th</sup>, at 7:00pm at the YMCA on Maple Street. Look forward to seeing you there!

Thank you Kathleen Kroll for organizing a great Anniversary Ride & Picnic! The weather was beautiful, a number of ride groups ventured on the roads and some on the trail, and there was a wonderful assortment of food and pizza. Thanks to all KBC members who came out to enjoy the event.

Kathleen will be stepping down as Social Director and I want to give her a big THANK YOU for doing a tremendous job over the past few years throwing great Recovery Parties, Anniversary Ride & Picnics, and all her help serving on KBC's Board of Directors. Kathleen was always so organized and made the job seem effortless. Best wishes to her and Reed as they enjoy parenthood with their beautiful daughter!

Just a reminder that in October weekday rides start at 5:30p. With less daylight each day through October and cooling temperatures, it's important to be prepared as you head out for a ride. Remember to dress in layers, wear bright cloths, and use strong headlights and taillights with fresh batteries. The sun can blind motorists at sunrise and sunset so be aware of your surroundings while cycling east or west during those times. Be on the lookout for potholes, fallen limbs, slippery leaves and other road hazards. Most important, remember to follow the rules of the road, carry/wear personal identification, and be safe cycling out there!

In closing, as you'll read below, the City of Kalamazoo adopted a 5ft. minimum bicycle passing ordinance on September 6<sup>th</sup>, making Kalamazoo the second Michigan community to do so. On behalf of KBC, I would like to thank Doug Kirk, KBC's *PedalPress* Editor, for leading the charge on this. His leadership and hard work, along with the support of many KBC members, is paving a way right to the State level where we are hopeful similar bills will be passed this fall that will protect cyclists and all vulnerable roadway users throughout our Michigan.

**--Renee Mitchell, KBC President**

## CITY OF KALAMAZOO ADOPTS 5-FOOT PASSING ORDINANCE

We are very pleased and grateful to report the Kalamazoo City Commission unanimously passed a 5-foot bicycle-passing ordinance at its September 6<sup>th</sup> meeting. The ordinance, which the Commission amended to 5 feet (from only 3 feet as suggested by the City's attorney), has already taken effect. KBC was the driving force behind the request to the City Commission and our members turned out in force at the Commission meeting to support the ordinance. Thanks to you all!

The ordinance has three sections. The first section applies when there are two or more lanes of traffic moving in the same direction and requires motor vehicles to give the bicycle(s) use of the entire right lane. The second section applies when there is only one lane in the direction of travel and requires motor vehicles to give bicycles 5-feet of clearance from any part of the vehicle—including projections like mirrors. The third section allows motor vehicles to move to the left of the centerline when passing in order to give the bicyclist(s) 5 feet—assuming conditions allow doing so safely. We plan an article about the practical considerations involved in implementing this in next month's *PedalPress*.

In addition, we are working with the City of Portage for the same ordinance. The Portage City Manager has indicated that he will put the language of the Kalamazoo ordinance before the Portage Commission and is optimistic it will pass. Obviously, it would be MUCH better if the Michigan Legislature would enact a similar law statewide. In fact, progress is occurring in this regard, as outlined below by David Jones, our League of Michigan Bicyclists representative. PLEASE take a few minutes to help by contacting the lawmakers below. You should only have to click on the email addresses to write them and urge them to act to protect bicyclists.

--Doug Kirk, *PedalPress* Editor

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## KBC FINALIZES \$11,290 DONATION TO KALAMAZOO STRONG



Left to right: Treasurer Mike Boersma, Vice-President John Olbrot, Kalamazoo Strong's Rachel Kaiser, President Renee Mitchell, KalTour Czar Mike Krischer & Secretary Val Litznerski all pose as the Club's check is delivered to Ms. Kaiser.

All proceeds from this year's Kaltour—and related activities including donations and a raffle—resulted in KBC being able to donate \$11,290 to the Kalamazoo Strong Organization for the benefit of the victims and their families of the cycling tragedy this past June.

The donation was formally completed at KBC's September meeting with the presentation of a check to Rachel Kaiser, who attended the meeting and accepted the check on behalf of the Kalamazoo Strong Organization.

## ACTION IN LANSING ON 5-FOOT AND VULNERABLE ROADWAY USER LEGISLATION

The Senate Judiciary Committee has approved the statewide 5-foot passing legislation co-sponsored by one of our local senators, Margaret O'Brien. I personally attended the hearing and the testimony was deeply moving. Senator O'Brien hopes to have this legislation before the full Senate when they are next in session in mid-October.

As outlined in my previous article, a bill has to pass both the House and the Senate (and be signed by the governor) to become law. Luckily, companion bills have been introduced in the House. House Bill 5003 is the House version of the 5-foot passing legislation and House Bill 5002 is the House's Vulnerable Roadway User legislation. These Bills are before the House Transportation Committee and MUST be approved by the committee in order to go before the entire House.

**These bills are closer to passage than ever before. We've never gotten a hearing on these bills before, yet now we've actually moved one out of committee. It's hard to express just how big deal this is. We NEED the support of the entire bicycling community to urge our representatives to take action. If we don't get the law passed yet this year, we'd have to start the entire process over again next year. PLEASE contact the Committee members below and urge them to schedule a hearing and pass the 5-foot and Vulnerable Roadway Users out to the full House.**

These three are the committee leadership:

Ben Glardon (R) Committee Chair, 85th District, [BenGlardon@house.mi.gov](mailto:BenGlardon@house.mi.gov)

Jeff Farrington (R) Majority Vice-Chair, 30th District, [JeffFarrington@house.mi.gov](mailto:JeffFarrington@house.mi.gov)

Marilyn Lane (D) Minority Vice-Chair, 31st District, [marilynlane@house.mi.gov](mailto:marilynlane@house.mi.gov)

Representatives Maturen, Yonker, and LaGrand all represent areas where KBC members might live. If you live in one of these Districts please ask them to support HB 5002 and HB 5003. A constituent's request carries much more weight, so please write them if you are a constituent:

David Maturen (R) 63rd District, [DavidMaturen@house.mi.gov](mailto:DavidMaturen@house.mi.gov) His district is the eastern half of Kalamazoo County (Galesburg, Vicksburg area) and the southern half of Calhoun County

Ken Yonker (R) 72nd District, [KenYonker@house.mi.gov](mailto:KenYonker@house.mi.gov) He represents the 72nd District, which includes Dorr Township, Leighton Township, Wayland City and Wayland Township in Allegan County as well as Gaines Township and Kentwood City in Kent County.

David LaGrand (D) 75th District, [DavidLaGrand@house.mi.gov](mailto:DavidLaGrand@house.mi.gov) , Grand Rapids, MI

The representatives below make up the rest of the Committee:

Ken Goike (R) 33rd District, [KenGoike@house.mi.gov](mailto:KenGoike@house.mi.gov)

Bradford Jacobsen (R) 46th District, [BradJacobsen@house.mi.gov](mailto:BradJacobsen@house.mi.gov)

Dan Lauwers (R) 81st District, [DanLauwers@house.mi.gov](mailto:DanLauwers@house.mi.gov)

Michael McCready (R) 40th District, [MikeMcCready@house.mi.gov](mailto:MikeMcCready@house.mi.gov)

Triston Cole (R) 105th District, [TristonCole@house.mi.gov](mailto:TristonCole@house.mi.gov)

Gary Howell (R) 82nd District, [GaryHowell@house.mi.gov](mailto:GaryHowell@house.mi.gov)

**--David Jones, LMB Representative**

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## KBC'S ANNUAL FALL FOLIAGE RIDE SET FOR OCTOBER 15

KBC's **FREE** Forest and Foliage in the Fall Ride this year will be held on October 15th at 9:30 AM. This year we most certainly will have some beautiful color in the Yankee Springs State forest. Like last year, we will meet at Gun Lake Park (corner of 124th & Patterson) on Gun Lake.

Directions: Take 131 north to exit 59 and follow 124th east until it ends at the park (about 7 miles). The parking lot is behind the bank at the corner. We have 30, 50 and metric century (62 mile) routes, and maps will be available. We'll have cider and donuts at the finish. The link to the metric century on Map My Ride is: <http://www.mapmyride.com/us/wayland-mi/the-longer-one-route-135563813> The 30 miler cuts off at Keller road and turns back to the park, the 50 cuts off Pine Lake Rd at Lindsey to head back.

--Marc Irwin

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### REPORTING DANGEROUS/ILLEGAL DRIVING: THE BASICS

**(Ed note: A Club member suggested we publish an article covering the basics of reporting dangerous/illegal driving. We turned to long time Club member and Deputy Sheriff Mike Jones, who sent the following:)**

I often get asked about reporting bad driving or asked if I can do something if, for example, someone got a plate number. It's pretty much decided on a case-by-case but here are the variables in my traffic-cop opinion.

1) Is it a simple traffic law violation (that is, a civil infraction for improper passing or other non-criminal offense like speeding)?

If this is the case, the person reporting the offense **MUST** be able to physically identify the driver if they want the person cited. Even then an officer cannot issue a civil infraction for something he did not witness so the complaint has to go through the prosecutor's office with the person reporting the offense as the complainant/witness. It is up to the prosecutor's office whether to pursue a citation in court.

2) Is it a more serious driving violation (a crime such as reckless driving, hit and run, felonious assault with a vehicle, or other assault)? Then the officer would only need a plate number and/or good description of the vehicle and last known direction.

How to report it: If it is the first category, remember any friends/witnesses that were present, finish the ride then call the business number of the jurisdiction police for where the violation occurred. You might have to make a couple calls to get the right one. This also gives an angry cyclist time to cool down and decide if it was bad enough to have to go in and testify against the driver!

If it was the second category then the ride should stop where it is and someone should call 911 immediately to ensure early detection if the vehicle fled the area. Riders should stay at the scene if safe, but dispatcher would probably give instructions. Attempt to secure any witness contact information if there are those that wish to leave before police arrive.

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### SEPTEMBER KBC MONTHLY MEETING MINUTES

**In Attendance: Terry O'Connor, David Jones, Doug Kirk, John Olbrot, Marc Irwin, Mike Boersma, Mike Krischer, Paul Selden, Renee Mitchell, Rick Whaley, Valerie Litznerski, Rachel Kaiser, John Hart, Barb Hart, Bill Price, David Riggs, Melody Daacon, Mike Mock, Pam Sotherland, Paul Sotherland, Terry Butcher**

**After Renee's welcome and introductions, we had two special visitors:**

**1) Kalamazoo Strong Organization Donation Presentation to Rachel Kaiser**

Ms. Kaiser attended the meeting to accept the Club's check for \$11,290.00 donation to the Kalamazoo Strong Organization and thank the KBC for its donation. She stated that Kalamazoo Strong focuses on crisis philanthropy and partners with non-profits to help people in crisis with their ongoing expenses. The organization also works with the Sheriff's department to support families impacted by crisis events such as house fires. It is an all-volunteer organization that strictly serves Kalamazoo County. Kalamazoo Strong is working with the Sheriff's department to do a Road ID program and looks forward to working with the cycling community in the future.

**2) Donation request from club member Melody Daacon on behalf of the Kalamazoo River Valley Trail Campaign.** The **KRVT** has been the main project for the Kalamazoo County Parks Department for the past 10 years. It has 22 miles of trails and sees about 250,000 uses per year, a 10-fold increase since 2010. However, there is a gap downtown between the KVRT and the Kal-Haven trail where users currently must use city streets. Construction to complete the connector began recently and should be complete before the end of the year.

About \$750,000 has been raised for this construction, but more funding is needed. The completion of the trails will make the downtown more accessible to non-motorized traffic and pedestrians. **Melody** thanked us for the leadership that the club has provided to the community throughout the years and let us know that any donations during this 60-day campaign would be matched by the Michigan Economic Development Corporation (up to \$50,000). Curbs, barricades, and new lanes will be constructed. The new section will pick up on Harrison St. by People's Food Co-op, pass by Bells, go through the festival site and follow Arcadia creek before it connects to the current end of the Kal-Haven Trail near Westnedge and Michigan Ave. The Trail is requesting \$1,500 from the club, which will be considered by the KBC Grant Committee. The club requested that we be included in a physical list of sponsors displayed at the trail, should a donation be approved. Individual members can donate as well (**See Article Below**).

**Officer reports:**

**President, Renee Mitchell:** Graphic Packaging is doing a health fair from 11:00 am – 3:00 pm and 5:00 pm - 8:00 pm on October 4<sup>th</sup> and 6<sup>th</sup> and would like someone from the club to be there. Terry Butcher & John Hart might attend.

Due to Kathleen Kroll's resignation, we are also looking for a new Social Director. This position coordinates KBC's social activities, primarily the Anniversary Ride & Picnic and the Recovery Party. Kathleen has detailed notes as to how to coordinate and plan the events. Please consider who might fill this position.

Nominations for the executive board (President, Vice-president, Secretary & Treasurer) will be received at the October KBC Meeting, with elections at the November meeting. You can nominate yourself or another club member for any of these positions.

Open Roads will be having their Tweed Ride on October 1<sup>st</sup>, which will be a "slow roll" throughout Kalamazoo. Check the Open Roads website for details.

**Vice President, John Olbrot:** We are considering using Google Calendar to post club ride dates, times & locations. Ride leaders can add detail to rides and can share other rides, outside of the regular club rides.

**Treasurer, Mike Boersma:** Checking account \$17,601.25, but this amount will shrink to \$6,311.25 after the check to Kalamazoo Strong is cashed. Paypal account: \$934.72. KBC's C.D. is now valued at \$11,161.63

**Committee reports:**

**Val Litznerski**, on behalf of **Meg Zapalowski, Race Team Delegate**, reported the following race results:

**Tory Cane:** 1<sup>st</sup> Women's Masters in KissCross

**Nicole Obrieht:** 1<sup>st</sup> in her age group for women in Ore to Shore

**Meg Zapalowski, Jamie Clark, and Paul Selden** represented the team at Pedal to Your Mat to benefit Open Roads, presented by Intentional Yoga

**Brittany Robbins** will do the Man v. Machine 53-mile Race from Tusayan, AZ to the Grand Canyon Railway Depot in Williams, AZ, with a 25 mile climb to the finish. Riders are challenged to beat a No. 29 train with no Diesel helper as it makes the round trip. *The secretary doesn't know what this means, but thinks it's AWESOME.*

**Ryan Heidenfeld** rode 155 miles in the Mid-Atlantic 12 hour race, and finished 2<sup>nd</sup> in his age group.

**Valerie Litznerski** rode 388 miles in the Mid-Atlantic 24 hour TT and got 1<sup>st</sup> overall for women, setting a new women's course record. *(Your Editor DOES know what this means—an average of 16.2 mph non-stop for 24 hours in a no-drafting event—and KNOWS it's AWESOME).*

**Paul Selden, Awards Committee:** Nominations needs to be in by November for this year's Friend of Bicycling Award. The award guidelines have been updated and clarified.

**Paul Selden, Road Safety:** On September 20<sup>th</sup>, there will be a hearing in Lansing to discuss the 5' passing law. Paul and David Jones asked that KBC members send emails to the Michigan Senate Judiciary Committee to express support of the rule. Paul is asking that we let the committee know about close calls that we have experienced.

**Paul** is asking that we include a safety message in the Pedal Press. **Rick Whaley** thinks that it is not needed for every issue and that it should be fairly brief.

**Terry Butch, Ride Captain:** Terry supports the Google Calendar, and hopes that the Ride Around Kalamazoo County now set for September 17th will have better weather since the last two dates have been scrubbed due to rain. **Marc Irwin's** Forests, Foliage and Fall ride with 31, 50 or 62 mile routes will be at 9:30 am on October 15<sup>th</sup> at Gun Lake County Park.

**Mike Krischer, Kaltour Director** is considering the 3-tier price structure for next year. There may be a discount for the family ride. The member discount will be online. Individuals' prices will be \$25, \$30 and \$35. He doesn't want to have an extra service charge.

**New KBC Website update:** Renee stated that the new website should be done by the next meeting.

**David Jones, LMB Representative:** **The Michigan Senate Committee Hearing on 5-Foot Passing law is set for on Sept. 20th at 3:00 pm.** There is a finite amount of time for this hearing, and once the time is up, the committee may or may not vote, based on the amount of comments that are received. If you are interested in speaking, **David** will put you in contact with the coordinator of the speakers. Also, please email your state senator to request their support of this bill. **Senator O'Brien** has been far more supportive of non-motorized initiatives than **Senator Schuitmaker**. It is important to point out that pedestrian, Amish travelers, runners and others will be impacted by this law, along friends and families of those using the roadways. There are several advocacy groups working with **League of Michigan Bicyclists** to support the bill, including the **Ride of Silence** organization. The rationale for the 5' recommendation was discussed. It has been found that 3' doesn't work, and also, if we ask for 5', there is room to compromise to 3'. MDOT recommends 3' - 5'. **(Ed. Note: The bill was passed unanimously by the committee. See David's article above.)**

**Old Business & New Business:**

In regards to funding for the **KRVT**, **Mike Boersma** directed **Melody Daacon** to the KBC website to Grant Committee Application to make a formal request for a grant.

**John Olbrot** added that **Doug Kirk** and **Terry Butcher's** efforts with City of Kalamazoo and City of Portage to request a 5' passing rule are very appreciated. Portage and Kalamazoo will vote on these laws soon, each of which will only apply within each city's limits. Thank you for all of your hard work.

--**Val Litznerski**, [Secretary@kalamazoobicycleclub.org](mailto:Secretary@kalamazoobicycleclub.org)

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## STILL TIME TO ORDER KBC/KALAMAZOO STRONG JERSEYS

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### 20% Of Purchase Price Goes to Kalamazoo Strong



Kalamazoo Strong inspired KBC jerseys are still available to order direct from Voler, the jersey company that produced KBC's 2010 jerseys. The design is the club's most recent jersey design with the red Kalamazoo Strong bicycle chain heart replacing the star where Kalamazoo is located on the jersey.

Cost is \$70 plus shipping (or order with a bike buddy and save shipping costs, orders over \$75 ship for free). 20% of the cost of each jersey will be donated to Kalamazoo Strong to benefit families of the June 7, 2016 cycling tragedy.

Jerseys are custom made and ship about 7 days after your order is placed and payment is verified. Here's a link to the online store where you can order the jersey:

<http://www.voler.com/browse/collections/details/li/KalamazooStrong/>

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## DOUBLE YOUR MONEY!

Melody Daacon, representing the Kalamazoo Parks Foundation, attended the September KBC meeting to announce a crowdfunding campaign to raise the final funds needed to finish the infrastructure (signage, etc.) for the downtown section of the Kalamazoo River Valley Trail, which will go right through downtown Kalamazoo and connect the KRVT (which currently ends on Harrison St. by People's Food Co-op) and the Kal-Haven Trail (which ends a bit north and west of the corner of Kalamazoo Ave. and Westnedge Ave).

If the \$50,000 finding goal is met, the Michigan Economic Development Council will MATCH the entire \$50,000, thereby meeting the fundraising goal of \$100,000. KBC's Grant Committee will be reviewing a grant request from the Parks Foundation seeking funds from the Club, but the Club's finances have been seriously stressed by other donations earlier this year (Kalamazoo Strong and the Markin Glen Trail), so please consider making your own donation. To learn more or donate, point your browser to: [www.patronicity.com/DowntownKRVT](http://www.patronicity.com/DowntownKRVT)

--**Doug Kirk**, Editor

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## SOLO SHOT

**(Ed. Note: Last month KBC member Tom Noverr wrote about maintaining friendships when biking across America this summer and being together 24/7. Another member of the quartet, Jim Heath, ended up doing the last third alone. Here's his story.)**

I was part of the foursome that rode cross the country this summer. It was an incredible experience in so many ways. A trip like this is hard to imagine until you actually get on the bike and ride. I've ridden multi-day centuries like many KBC members, but these rides were fully supported with anywhere from 10-1000 riders. I guess this is my way of saying that I didn't know what I was in for.

Jim Kindle asked me whether I was interested in riding coast-to-coast last summer. What seemed like a great idea last August was rapidly turning into a nightmare as the ride approached in June. The good news was that I was riding with three great guys. We supported one another physically, mentally, emotionally and (Thank God!) mechanically with Jim Kindle. Cross country riding with Jim, Tom and Bob kept me on course (literally), gave me a break when I needed it, showed me how to camp (another new adventure), and made it fun.

The original plan called for us to pause in Minneapolis in mid-July and head back to Kalamazoo to attend Tyler Kindle's wedding, then return to Minneapolis and continue riding to Portsmouth, NH. I had planned to spend the week in Kalamazoo and trying to recharge the batteries for another month of riding. But my wife was walking the Camino de Santiago and I had friends staying in our house. Ultimately, I decided to continue the ride solo on July 3<sup>rd</sup> in Bismarck, North Dakota.

Riding solo the rest of the way was not an easy decision. Fortunately, Jim Kindle planned the route all the way to the Atlantic Ocean. When I split from the group I decided to stay in a motel or with friends the rest of the way. And sent my camping equipment home when I reached Minneapolis. The weight difference was not great given today's lighter equipment, however, the ability to sleep in a bed and get a hot shower every night was a relief. The motel decision also meant I had to be in a designated town every night, regardless of weather and distance.

I found riding solo also required more discipline and routine. I had a planned route, but I had to make sure that it was paved (often it wasn't), made sense (Garmin takes you down alleys, into parking lots, etc.), and relatively flat (difficult). Every stop I tried to wash clothes, not knowing when the next laundromat might emerge.

I attempted to eat healthy, but I spent most nights belly up to a bar in some remote town eating a hamburger and drinking Coors. If possible I tried to stay at places that had some kind of breakfast. Fruit Loops, oatmeal, Super 8 cinnamon rolls, hard-boiled eggs and coffee became staples if they were available, otherwise it was peanut butter and jelly on a tortilla.

Launch time was always around 6:30-6:45. I spent the first couple hours trying to stay on the route and enjoying the surroundings (sometimes impossible). Around three hours in I would stop for a coffee break. After the break I would generally listen to a podcast, book or music for a bit of motivation. Of course I was mindful of the conditions, the area and the road to ensure safety, which requires greater vigilance when alone. Mixing it up every day kept me sane and driving to my destination of Portland, ME. Fortunately, I was able to stay with some friends in Minnesota, Michigan and Ohio, which was both fun and relaxing.

Overall, I'd say riding with a team cross-country is preferable, but I learned you can do something like this solo with a bit of planning and occasional human interaction. Any of us would be happy to speak with you should you decide to do something adventurous (crazy) like riding across the country. Good riding this Fall.

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## KUDOS

Kudos to the leaders and staff of the City of Kalamazoo for unanimously approving a Complete Streets Resolution at its Sept. 6, 2016 City Commission meeting. The City's Resolution follows the adoption of a similar resolution by Kalamazoo County Commissioners earlier this summer. The City's resolution means the Kalamazoo will use Complete Streets best practices in the time between now and the completion of a more detailed and formal policy, which is scheduled for early next year. If you have a Kudos item, send it to:

[awardscommittee@kalamazoobicycleclub.org](mailto:awardscommittee@kalamazoobicycleclub.org)

--Paul Selden

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## NOMINATIONS FOR ANNUAL FRIEND OF BICYCLING AWARD

Nominations for candidates to receive KBC's annual Friend of Bicycling Award ballot will be closed at 8:00 pm on November 8, 2016. The award is for an individual or other entity who "significantly advanced the interests of bicycling," and will be voted on at the club's December meeting. If you have a nomination in mind, please go to <http://www.kalamazoobicycleclub.org/club/community.php> for more information.

--Paul Selden

## Editor's Letter: IN DEFENSE OF MORNINGS

The great American author John Steinbeck wrote in Travels With Charlie, a tale of his journey through 1960 Americana, "Our morning eyes describe a different world than do our afternoon eyes, and surely our wearied evening eyes can report only a weary evening world." Steinbeck drove a camper around the country with his dog, but his observation is spot on when it comes to bicycling.

Yes, yes, I know mornings mean peaceful dreams interrupted by jolting alarm clocks. And yes, I realize a lot of mornings are filled with dull, repetitive chores like getting ready for work, dealing with the kids, commuting and—God forbid!—actually working. But mornings are absolutely, positively the best time to ride your bike. A nice spin first thing puts an unmistakable glow on the rest of the day.

The world's a more peaceful place in the morning, an obvious boon to cycling on streets soon to be full of cars. Even if you ride during the morning rush, it's not nearly as dreadful as afternoon traffic. People just aren't in as big a hurry to get to work as they are to get home. Less likely to be on their phones too. Plus, if you head away from town in the morning, you'll find nearly all the traffic is going the other way!

The weather's calmer in the morning. Usually there's hardly any wind until the sun's been up a couple of hours, exactly the opposite of what you find mid- to late- afternoon, when the wind's almost always the greatest. Morning rides are often wind free—or if you check the forecast first, you might arrange your route to pick up a lovely bit of tailwind on the way home.

Skies tend to cloud up as the day progresses, so early rides are often sunnier than afternoon or evening rides. Plus, the air's fresher in the morning. I don't know why, it just is.

Sure, it's likely to be colder first thing, but calmness offsets the cold, and most days the temperature rises as the sun does, a far superior arrangement to the sun—and the mercury—dropping as you run out of energy at the end of the day.

If you're doing any serious training, the morning is definitely the best time to schedule your workout. By making your ride your priority, you'll have the best energy. Your heart's rested from a good night's sleep and you're showing your head, your heart and your legs the importance of your workout.

Put riding at the top of your days' priorities. Instead of the delayed gratification of rewarding yourself for making it through the challenges of the day, try gifting yourself the reward first and see if maybe the day's challenges—and indeed the whole day—are't a lot better.

--Doug Kirk, [Editor@kalamazoobicycleclub.org](mailto:Editor@kalamazoobicycleclub.org)

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## OCTOBER KBC STATISTICS

Active subscriptions: 384

Active Members: 655

New members: \_\_\_ Jeff Bell • Michael Brus • John Letts •

October Expiring memberships: Pamela Blodgett • John Idema • Larry Kissinger • Renee Mitchell Family • John Murphy • David & Diane Riggs • John & Maureen Shubnell Family • Mike St. Clair •

Renewed memberships: \_\_\_ Michael Krischer • Tyson Gilmore • Terry Butcher •

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## YOUR LOCAL BIKE SHOPS:

They support us so please support them—seriously, what goes around comes around

Alfred E. Bike, 320 East Michigan, Kalamazoo, (269) 349-9423, [www.aebike.com](http://www.aebike.com).

Billy's Bike Shop, 63 East Battle Creek Street, Galesburg, (269) 665-5202, [www.billysbikeshop.com](http://www.billysbikeshop.com).

Custer Cyclery, 104 North Augusta, Augusta, (269) 731-3492, [www.custercyclery.com](http://www.custercyclery.com).

Gazelle Sports, 214 South Kalamazoo Mall, Kalamazoo, (269) 342-5996, [www.Gazellesports.com](http://www.Gazellesports.com).

Visit Gazelle Sports October 27-30 for New Balance Weekend!

Spend \$100 or more on New Balance apparel, get a \$20 Gazelle Sports gift card!

Kzoo Swift, 445 Forest St, Kalamazoo, (269) 929-8053,

[www.kzooswift.com](http://www.kzooswift.com).

Pedal Downtown, 611 W Michigan Avenue, Kalamazoo, (269) 567-3325,

Pedal South, 185 Romence Road, Portage (269) 324-5555,

[info@pedalbicycle.com](mailto:info@pedalbicycle.com) and [www.pedalbicycle.com](http://www.pedalbicycle.com).

Team Active, 22 West Michigan, Battle Creek, 1-800-841-494, [www.teamactive.com](http://www.teamactive.com).

Village Cyclery, US 131 in Schoolcraft, (269) 679-4242, [www.villagecyclery.com](http://www.villagecyclery.com).

Zoo City Cycle, 4328 South Westnedge, Kalamazoo, (269) 552-3000, [www.zoocitycycle.com](http://www.zoocitycycle.com).