



July 2025

## PRESIDENT'S LETTER — JOHN KNOWLTON

### Volunteers, Try a new ride, “Standing!”

Here in July Kal tour is a happy memory from June. We had a great day and I want to thank all of the volunteers who helped to plan and execute Kal tour. It takes a ton of work to put on a group ride for 200 people:

- Planning
- Setting up online registration
- Shopping for food
- Painting the directional arrows on roads
- Designing routes and printing maps
- Running sag stop (thanks Ambucs!)
- Leading pace groups
- Working registration the morning of the ride
- Serving food
- Cleaning up
- And many other tasks

We have a great group of volunteers to make it happen. Maybe you can plan to help next year!

Since we are about half way through the riding season, I have a suggestion: Try a new group ride. If you have a habit of riding the same route at the same pace with the same people, try something different. Maybe a faster pace, or a different start location. Please be bold and introduce yourself to the other people on the ride. They might do things a little differently, but you can learn from every new situation. In fact, that is the only way we learn!

And a quick safety reminder: sometimes we stand up when riding a bike. This might be to rest our back side, or to get up a hill, or start a sprint. As we move out of the saddle the bike tends to slow slightly for just a moment. If someone is drafting closely this micro change of pace can cause them to run into your back tire and potentially fall. To manage this risk we can loudly say, “Standing!” Then wait a couple of pedal strokes to let the follower slow slightly. This is good cycling etiquette. And more important than being polite, it can prevent crashes.

### For Ride Leaders

Ride leaders, Thank you! You help the club deliver on its core mission of providing the best group road rides in the area. I personally appreciate every member who steps up to lead a ride. You make a huge difference for the community.



### HIGHLIGHTS

President's letter .....	1
Club Updates.....	2
Membership.....	4
Photo Contest.....	4
KalTour.....	5
Triple Bypass.....	6
W-Ride.....	7
BFK Fall Bike.....	9
Event Calendar.....	10

### Please send stories and photos of your rides to:

editor@kalamazoobicycle  
club.org

Here are a couple of quick reminders about making rides safe a fun for everyone. The pre-ride briefing is key to setting expectations about how everyone will act on the ride. If we skip past the pre-ride briefing, people will bring their own expectations and they might not be the same as everyone else's! There are a few essential elements to this 2-3 minutes before wheels roll:

1. Introduce yourself and invite all other riders to offer their name. This sets an unspoken standard that we can talk to each other on the ride, and allows people to call each other by name.
2. Remind about the ride details: drop or no-drop; state the spots where you will re-group
3. Offer a couple of safety reminders: no more than two abreast, stop at stop signs, call "Standing!" before standing, etc.

**Thanks again, ride leaders!**

## KBC Business

The next KBC meeting will be **Tuesday, 14 October 2025 at 7:00 p.m. at Oshtemo Community Center (North Room), 6407 Parkview Ave, Kalamazoo MI .**

### Kalamazoo Bicycle Club Oshtemo Community Center 10 June Meeting

#### **2025 Meeting Schedule** (no longer monthly )

October 14<sup>th</sup>, 2025 – Nominations

November 11<sup>th</sup>, 2025 – Elections

#### **Current KBC Open Positions:**

Ride Captain

Social Director

Communications Director

#### **Near Future KBC Open Positions:**

President (November 2025)

Vice President (November 2025)

**\*\* Consider volunteering for one of these open positions and helping KBC pedal into the future**

In attendance were Pam Sutherland, Mike Kirschner, Paul Wells, Mike Boersma, Peter Coles, Bill Surna, Charlie Grdina, John Knowlton, Jacinda Roedel and Paul Guimond.

#### **KBC Member Meeting June 10<sup>th</sup>, 2025**

Registration –

As of June 24<sup>th</sup>, 2025, -Kaltour **Total Registrations: 94, Total New Registrations: 9**

Mike Kirshner will be sending out a KalTour reminder email to all members

**Volunteers –**

Volunteers needed to place signs at Scotts mill park late in the day, early evening, on Saturday June 28th and early Sunday morning.

Signs need to be placed around Schoolcraft

Sunday morning – last minute items at Wind +James

5 gallons ice cream and root beer provided by Charlie Grdina

3 big bags of ice needed

U-Haul with supplies driven to Scotts Mill by Charlie by 8:30am

Posting on Facebook for volunteers

Show up at 6:30-7:00am

Registration table – Pam Sotherland, John Knowlton, Sam Schnepf

Rick Whaley – Clean up volunteer

Everything done by 3:00pm

**Road Painting –**

Road painting is set

**Routes and Maps -**

Mike Kirshner is putting together maps of the routes. Routes are also available on Ride GPS with links on the KBC website. Cue sheets will be available at the registration table.

Street names have been added to the maps

Laminated maps will be at Scotts Mill Park

Recommended route start time. No later than what is listed below:

8:00 am - 62 mile led by Gautier Debyser

8:30 am - 50 mile led by Ryan Howard

9:00 am - 31 mile led by Terry O'Connor and Bill Surna

10:00 am - 15 mile led by Paul Selden

The 82 and 50 leaders will determine pace based on their sense of the group. The 31 and 15 riders are usually "no-drop."

**Other –**

AMBUCS – Josh will call Donna regarding cost structure

Joanne Beverage is willing to stand for President in the fall.

Looking for a Vice President Candidate

Paul Guimond will reach out to Joanne regarding a VP candidate

Paul Guimond suggested a Time Trial experiment, possibly recurring once a year

Make it an event with prizes, team event, race individually

All are welcome regardless of ability

No date set at this time

Paul asked for a proposal for Time Trial funds of no more than \$1000

Paul added the W-ride on social media to garner more interest. It was to be held on Saturday June 14<sup>th</sup> with Rick Waley leading the ride.

Bill Surna brought up that the City of Portage has a goal to become a Gold Status League of Michigan Bicyclists city. To achieve that status it must hold a signature event in the city of Portage. There were many ideas tossed out - a Kids event, Bike Westnedge, more family friendly event etc.

John Knowlton took several hours to drive the 8<sup>th</sup> street, W Ave and 12<sup>th</sup> Street routes and document the road conditions. He will present the info to the Road Commission

**Jacinda Roedel, KCB Secretary**

## July 2025 Membership

Total Memberships: 249

Total Individuals: 397

**New or Renewed Members:** Jonathan Burke; Paul Bushnell; Randy Button & Linda Hampshire; R.G. Cox; Daniel Fuentes del Rio; Harold Gleaves; Garrett Gokey; Charlene & Steve Howland; Katie Johnson & Steve East; Tanya Jachimiak; Donald Juzwiak; Tom & Celine Keizer; Jeanine Michael; Tommy Nagle; Anthony Nelson; Jeff Newhouse; Jessica Opfer & Family; Steve Ostradick; Paul & Anne Pancella; Grace Purdue; Paul Rehkopf; Karla Reno; Trisha Slater; Libby Subers; Monica Tory & Jonathan Evans; Kitty Vader; Matt VanMiddlesworth; Dan Victor; Paul & Michele Wells; Scot Young

**July Expired Members:** Jake & Easton Biernacki; Jay Campbell; Chris Geiersbach; Matt & Kristy Gunderson; Sue Kovats-Bell; Joy & Roy Livingston; Rob McDougall & Ruta Green; Todd Prom; Natalie Rowe & Mike Limerick; Anderson Royer; Tom Stoner

**August Expired Members:** Kathy Braginton; Jeff Daniels; Andrew Florian; Erin Fouts; Brian Germain; Henrik Holm & Family; Mike Jones; Jack Metz; Mike Mock; John & Teri Olbrot; Amy Roberts & Family; Walter Smolenski

**Rick Whaley, Membership Director**

## KBC Photo Contest

It has been another beautiful summer of riding here in S/W Michigan. With everyone now traveling with a camera, folks have certainly captured some shots that will rival the front covers of National Geographic. I know there are many great photos sitting in your pockets just waiting to get out.

Contest Rules: The photos, 2 per person, should be cycling related and have at least a bike or riders in the frame somewhere. You must have taken the photo yourself and not used any editing software to enhance the shot.

We will vote on the winner at the KBC meeting in October with the first, second and third place winners will take home prizes (TBD, but you know they will be big and you may be able to retire early)

Please send photos to: [editor@kalamazoobicycleclub.org](mailto:editor@kalamazoobicycleclub.org) along with a description of the photo (who, what and where). Subject line of <KBC Photo Contest >

**Charlie Grdina, KBC Editor**

## 2025 KalTour in the Rearview Mirror

To some it was a warm day; others might have said it was hot, but the mid 80's temperature and the ever-present Michigan humidity did not deter an enthusiastic group of KalTour riders for the club's thirty-third annual summer tour known as KalTour. There were slightly fewer riders in 2025 than in 2025, but the post-covid rebound in participation continued. The total number of registered riders was 179, with 144 preregistered and 35 registering on the day of the ride.

The Wind + James Event Center in Schoolcraft was the ride headquarters. This location allows riders immediate access to the open countryside to the east and south of Schoolcraft. Fortunately for those driving to the start, construction on US 131 in the village of Schoolcraft was completed last year. The modern kitchen facilities at W + J allow the club to offer root beer and ice cream along with sandwiches and watermelon at the end of the ride. Furthermore, the large indoor space is a welcome spot for post-ride conversation and relaxation.

The three longer routes 31 miles, 50 miles, and 62 miles, utilized the sag stop at Scotts Mill County Park, with the 50- and 62-mile routes stopping there twice. The sag stop offered both a pleasant backdrop and plenty to eat. The 15-mile route stopped at Prairie View County Park. All of the routes featured optional group rides led by KBC ride leaders.

Both of the food sites: the Scotts Mill sag stop and the Wind + James lunch site, were staffed by AMBUCS volunteers. The club donates a portion of the KalTour profits to AMBUCS in support of their mission of providing adaptive bicycles and tricycles to children and adults unable to ride conventional bicycles. This year's donation will be approximately \$900.

The list below is (I hope) a complete list of all of the people who contributed to KalTour 2025. To me the most impressive aspect is simply the total number of people on the list: 28 KBC members and 11 AMBUCS members. This list shows the variety of tasks that are required for putting on an event of this size. It also demonstrates that KalTour would simply not be possible without widespread support from the members of KBC and AMBUCS.

### KalTour Volunteers 2025

#### Road Painting

Mike Boersma  
Rick Whaley  
Kathy Kirk

Marc Irvin  
Dennis Derhammer  
John Hart

Sahly Penrod  
Doug Kirk  
Barb Hart



#### Shopping

JoAnne Beverage  
Charlie Grdina

Ann LaPoint

Paul Runnels

#### Day of Ride

Paul Sotherland  
Sam Schnepf  
Gautier Debyser  
Bill Surna  
Jacinda Roedel  
Paul Wells

Pam Sotherland  
John Knowlton  
Ryan Howard  
Paul Selden  
Jeanine Michael  
Mike Boersma

Scott Steurer  
Dan Goldberger  
Terry O'Connor  
Rick Whaley  
Austin Root



#### AMBUCS at Scotts Mill and Wind + James

Donna Whitcomb  
Brandy Lowrey  
Barb Rider  
Veronica Smith

Craig Ebetstein  
Lynn Durocher  
Sarah Rider  
Rick Remyse

Brenda Eberstein  
Fred Sammons  
Jack Bellware  
Denise Remyse

Teresa Post

Larry Jenkins



#### Local Business Supporters

Pedal Bicycles

Gordon Water

**Paul Kirscher, KalTour Director**





## Triple Bypass 2025 – One Hell of a Ride

It all started, as many crazy adventures do, over tacos.

During our regular *Taco Tuesday* ride—a noble tradition where a bunch of retired folks pedal the Kal-Haven Trail to Malia's Mexican Restaurant in Gobles—we somehow decided that riding 118 miles through the Rocky Mountains would be a fun thing to do. Nine of us said, "Sure, why not?" Two Colorado friends joined in (possibly out of concern for our sanity), bringing the total to 11 cyclists.

Now, here's the kicker—the person who proposed this whole wild idea? Yeah, he's rocking two hip replacements and an ACL repair. Basically, part titanium and all guts. So naturally, when a bionic rider suggests climbing three mountain passes in one day, you listen.

So, what is the Triple Bypass? Just a little ride in Colorado... with 118 miles and 10,000 feet of climbing.

We rolled into Colorado six days early to "acclimate" to the whole breathing-without-oxygen thing and shake out our legs. Luckily, those shakeout rides were fun—full of laughs, light climbing, and gorgeous views that made the whole idea seem a little less insane. The beautiful mountain scenery was almost distracting enough to forget we'd soon be hauling ourselves over three mountain passes.

The weather was weirdly predictable: it rained almost every day for 15–20 minutes like the skies were just messing with us. Those with waxed chains and disc brakes smugly patted themselves on the back. As for me, I had rim brakes and carbon wheels—great for dry descents, but when it rained? Let's just say I started mentally drafting my will at mile 7.

To our delight, the **bikes** performed flawlessly—not a single mechanical hiccup the entire ride.

The event allowed riders to start anytime between 4:30 and 9:00 AM. Our gang decided on a 6:00 AM launch, which required a 4:00 AM wake-up call. Nothing says "adventure" like putting on your cycling kit at zero dark thirty. There were four rest stops along the way with snacks, water, and Tailwind hydration.

Flat roads? Not on this ride. You're either climbing or descending—no in between. And with 4,500 cyclists on the course, you were never alone. Ever. Which was fun when chatting with fellow riders, but less fun when passing people on a narrow bike path and suddenly facing a random cyclist heading straight at you like it's a game of chicken.

One of the most inspiring parts of the ride was the range of ages out there—young riders, older riders, and everyone in between. This wasn't just an event for the elite mountain goats; it was for anyone determined enough to take it on. We had a father and son riding together in our group, sharing the suffering and the scenery, which made the whole thing feel extra special. Moments like that remind you why we do these rides in the first place.

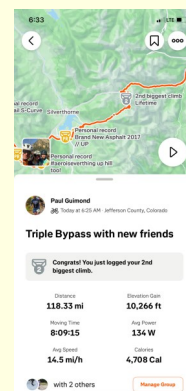
The weather at the start was just under 60°F—basically perfect. Cool enough to start, warm enough to ride with just arm warmers / jersey. Our group splintered into smaller bands of suffering and reunited at rest stops. The climbs weren't terribly steep, but they were long enough to make you question your life choices. I mostly listened during climbs—I needed to save every molecule of oxygen for my legs. The descents? Glorious. Fast, smooth, and full of adrenaline. But descending on a crowded bike path? That's a Darwin Award waiting to happen. Toward the end, the rain made another guest appearance, and once again, disc brake folks were all much more confident in their braking than those of us with rim brakes, we clutched our handlebars like rosary beads.

In the end, we all made it. Tired, sore, slightly dehydrated—but victorious. Because nothing bonds people like mutual suffering, beautiful mountains, great friends, and adventurers made over tacos - especially when they're proposed by a guy built like a high-end orthopedic showroom.

As Amy Poehler wisely said: *"Find a group of people who inspire you, spend a lot of time with them, and it will change your life."*

We did. And it did.

**Paul Guimond, KBC Vice President**

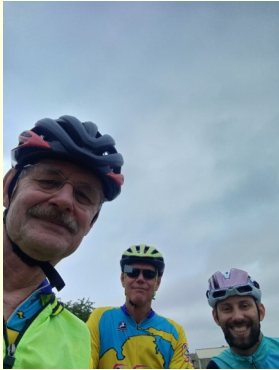


## The 25<sup>th</sup> W Ride Report

It was June, but the weather was closer to the typical late April/early May W Ride weather; cloudy, a temperature in the upper 50s, and a cold breeze from the east, when the Ride Leader arrived at the east parking lot of Vicksburg High School on the morning of June 14. The high school entrances from W Avenue were semi-inexplicably blocked off with cones and yellow tape, perhaps due to the Old Car Festival that was taking place that day, but the RL didn't have to smash his way into the parking lot, as the entrance from S. Wilson Avenue was open.

Nor were the other two W Ride participants, W Ride veteran Tom Keizer and W Ride rookie Mike Kluz, denied the opportunity to park in the high school parking lot.

Yes, it was a low turnout for the W Ride, but that just made this event even more exclusive. A photo of these VIPs is shown below.



Left to Right: The RL, Tom Keizer, Mike Kluz, the RL and Tom looking sharp in their matching jerseys.



Van Buren County calls (with the Shell station calling first).

The riders were provided with a Tootsie Roll Pop (eat the treat, and voilà, a W Ride Map!) and began their journey at 9:05 AM into a mild, but persistent headwind. As a result, the RL found himself drafting off the other two riders who were alternating pulls of about 10 minutes, dropping slightly behind on the hills just west of Fulton, but always able to claw his way back, not to be too dramatic about it. The crossed the Calhoun County line averaging 14.7 mph.

Buoyed by a tailwind on the way back, the riders picked up the pace and the RL actually pulled for a short while as they approached the high school, where they stopped to shed clothing (the RL removing his arm warmers and vest, while replacing his glasses with sunglasses) and fuel up (with a banana for Tom, as show above ). At this point, they were averaging a cumulative 15.4 mph.

They made a second stop at the Shell station, where peanut butter crackers were the fuel of choice for the RL. About a half mile after they began their ride to Van Buren County, the RL realized that in preparation for the Dirty Donut race a week later that he should have stuffed himself with some packaged mini donuts, but, alas, it was too late. He also began being plagued by an earworm, which was some sort of pop music fluff that he heard while in the convenience store, sung by a woman who could have a side hustle singing harmony with Alvin and the Chipmunks (look them up, you young whippersnappers).

Fortunately, the song was forgettable and the earworm soon died, probably by its own hand. With the help of the tailwind, they arrived at the Van Buren County line averaging a cumulative 15.7 mph.

But now the headwind awaited. As they started to ride back to the high school, the RL courageously seized the moment and began to pull, a mighty pull, that might have lasted for, oh, about a half mile. Then Tom and Mike took over from there. The ride back to the high school was uneventful until they reached the railroad tracks just east of Portage Road.

There, for the first time in the RL's memory, the W Riders were stopped by a train. The riders timed it perfectly, as the gates went down when they were about 50 yards from the tracks and they took an unscheduled 4 minute break less than 2 miles from the finish. After the train had passed, they were treated to a procession of cars that passed them for the next mile. But they got back to the high school unscathed at 12:33 PM, for an average of 15.7 mph for 48.94 miles, according to the RL's cyclometer. This was the RL's longest ride since July 2024, when he began his transformation into a cycling cyborg, via bionic knees.

Tom, Mike, and the RL celebrated with the traditional Gatorade (fruit punch for Mike, grape for Tom, and orange for the RL) and pretzels. They congratulated each other for another successful W Ride and drove home. And as for everyone else in the world, maybe next year.



The W Ride – One Picture Per Participant!

Rick Whaley, Ride Leader, W Ride



## 7<sup>th</sup> Fall Bike Celebration Weekend Coming Sept. 19-21

Scenic Rides-- Kids Bike Rodeo -- Farmers Market Cycle-In! -- Guided Tours -- & More

**The FBC is coming!** The Fall Bike Celebration Weekend offers a 7+ route **Bike Tour** (including mixed surface/gravel rides), a kid's **Bike Rodeo**, a **Farmers Market Cycle-In!** event, guided tours of the **Vicksburg Historic Village**, all during the third weekend in September from September 19-21. The weekend also highlights attractions in and around the charming village of Vicksburg, MI and raises awareness of the need to drive bike safely as the hours of darkness increase during the fall, with the help of many KBC members. Organized by Bike Friendly Kalamazoo, the "FBC" has consistently been followed by a donation to KBC -- so the more KBC riders, the better! To register for Sunday's (Sept. 21) Bike Tour go to [BikeReg.com](https://www.bikereg.com) or copy & paste <https://www.bikereg.com/bfk-fall-bike-celebration> into your favorite browser. For full event details, see [www.fallbikecelebration.org](http://www.fallbikecelebration.org).



Two main events are scheduled for Friday Sept. 19. **The first 30 bicyclists to bike to the Vicksburg Farmers Market can receive a \$5 coupon good for purchases at the Farmers' Market.** Another offering allows the public to schedule **Guided Tours of the Vicksburg Historic Village.**

A free **Bike Rodeo** for children from the entire area is planned for the morning of Saturday Sept 20, courtesy of supported by the Bronson Health Foundation and Vicksburg Community Schools. Bike Rodeos like this teach and encourage kids to ride bikes safely on a closed course set up with fun and realistic educational challenges. KBC members who would like to volunteer to help run the course should contact [youngse@bronsonhg.org](mailto:youngse@bronsonhg.org). Members who have kids who'd like to bike in a live-action "traffic garden" should check the website for details. The Rodeo will include a helmet check, a bike mechanical check, and a chance to have fun and exercise while learning the rules of the road. Saturday also features guided tours of the Vicksburg Historic Village and an **Ice Cream Social at Apple Knockers Ice Cream Parlor with a free cone for pre-registered riders.**

On Sunday Sept. 21 the **Fall Bike Celebration Bike Tour** offers routes created by Barb Hart that take cyclists back in time, starting and ending at the lovingly restored Vicksburg Historic Village while featuring views of Vicksburg Quilt Trail paintings. Scenic destinations include **Shipshewana**, Michigan's longest **covered wooden bridge**, **Scotts Mill Park**, **Rawson's King Mill Park**, through the **Village of Climax**, and shorter family-friendly routes. The gravel/mixed surface routes were inspired and organized by John Knowlton and Steve Cox.

Bill Adams, former Vicksburg Village President observes, "Vicksburg welcomes bicyclists and encourages everyone from the region to enjoy the Fall Bike Celebration. We are grateful for the support of the generous sponsors and wonderful in-kind supporters who make this fantastic fall bicycle festival possible."

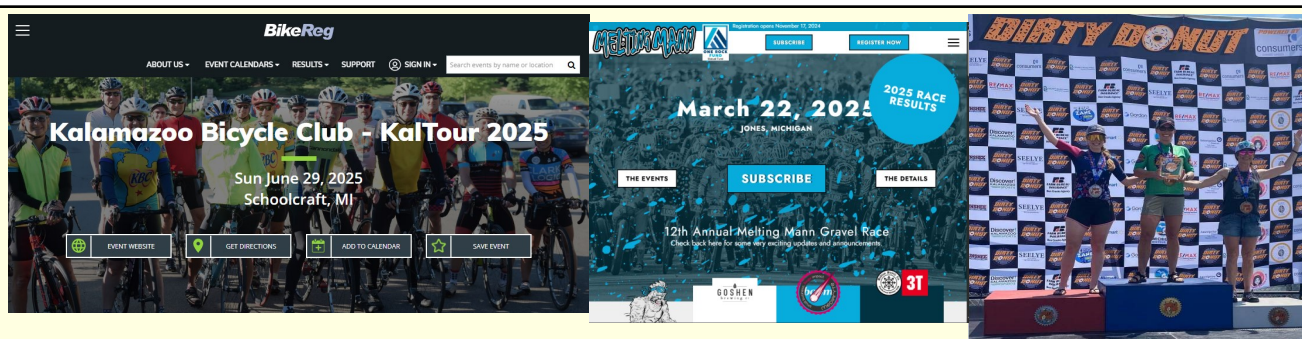
The "FBC" is organized by civic leaders, local charities and KBC members, packing the weekend with many fun reasons to ride, showcasing local amenities, providing ways to support bicycling, while building awareness of the need for safety on the roads. Some activities are free, some require waivers and some may require children to be accompanied by an adult. KBC has donated 5 Foot Safe Passing yard signs. Registration for Sunday's Bike Tour is at [BikeReg.com](https://www.bikereg.com). Riders who register online through September 14 receive coupons good for Apple Knockers ice cream and discounted refreshments at the Dis-tant Whistle Brew Pub in Vicksburg.

"The welcome mat will be out!" says KBC Member and Fall Bike Celebration Chair Paul Selden.

Bike Friendly Kalamazoo (BFK) is a Michigan non-profit organization whose mission is to help make our greater community even more bicycle friendly. Its programs include funding the All Kids Bike Kindergarten PE program, public murals, grants and scholarships to support bicycle/motorist safety, education and infrastructure, all while fostering collaboration among local leaders and organizations to improve the quality of life. For more information and downloads of our fantastic, artist-designed posters, please see [www.bikefriendlykalamazoo.org](http://www.bikefriendlykalamazoo.org).



Paul Selden, KBC Member



## 2025 Cycling Events.

Not all inclusive but looking to capture the main cycling events in the immediate (50 mile or so) area. Opportunities to volunteer for the club abound.

[League of Michigan Cyclist](#)—Link to most major bicycle events in Michigan

[RACE SCHEDULE — MGRS \(michigan gravel races series.com\)](#) - Link to MI gravel races

[Michigan Bike Events | Bicycle Races in Michigan - Michigan Bicycle Law](#) - Link to MI Road & Gravel

[Events – Bike Friendly Kalamazoo](#) - Link to many local cycling events

<u>Event</u>	<u>Date</u>	<u>Link</u>
DALMAC	27-31 August 2025	<a href="#">DALMAC</a>
BFK Fall Ride	21 September 2025	<a href="#">BFK</a>
Paw Paw Vineyard Tour	07 September	<a href="https://www.wineandharvestfestival.com/">https:// www.wineandharvestfestival.co m/</a>
Lowell Classic Gravel Race	25 October 2025	<a href="#">LOWELL CLASSIC GRAVEL ROAD RACE - Home (thelowell50.com)</a>