



September 2025

PRESIDENT'S LETTER — JOHN KNOWLTON

KBC President Letter Sept 2025

Group Rides roll on! School is back in session and the weather feels like fall. This is many people's favorite season – crisp mornings, pretty trees, and pumpkin-spiced everything! Its also a GREAT time to ride bikes. KBC group rides continue through the end of October. Our start-time experiment continues this year: We simplified the schedule so that we start evening rides at either 5:30 or 6:00 p.m. The only months which vary from 6:00 starts are March and October. So, keep showing up to roll out at 6:00 throughout September and we'll remind you about the October 5:30 start near the end of this month.

Officer nominations are a staple of our October Member meeting. There are four elected positions in KBC: Treasurer, Secretary, Vice-President and President. You know that thing you wish the Club would do? Or stop doing? Well, that feeling you have is a sign. A sign that you should run for an officer position! Drop me a note for more details about the positions. I'll be stepping aside this year after serving as president for four terms. Also at the October meeting we expect to have an update on Portage's quest to become a Gold certified Bike-Friendly city. They might need a boost from KBC. And I'll share my experience with the Road Commission of Kalamazoo County's Service Request Form. We'll meet at the Oshtemo Community Center Tuesday, October 14 at 7:00 p.m.

Is it too early to use the W-word? Yes, I think it is too early. However, we can still talk about cross training. Cycling and running motions are both in the sagittal plane – think forward and back motion. There are two other planes in which we can move our bodies: a) Transverse motion is twisting or rotational. Think Russian twists, golf or baseball swings, and trunk rotations; B) Moving in the frontal plane involves motions like jumping jacks, lateral raises, and clamshells with your knees and thighs. Life isn't all in the sagittal plane, so w.... the off-season is a great time to mix up your motion. Consider taking classes, or personal training to keep yourself tuned up for whatever life throws at you.

See you on the road!

John Knowlton, president@kalamazoobicycleclub.org



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

editor@kalamazoobicycleclub.org

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

2025 Meeting Schedule (no longer monthly)

October 14th, 2025 – Nominations
November 11th, 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

September 2025 KBC Membership

Total Memberships: 239

Total Individuals: 371

New or Renewed Members: Peter Coles & Family; Caleb Collins; Nicole Colosky; Angela & David Erdman; Brian Germain; Mike Jones; Tim Krone; Robert Nemecek; Joseph Rowe & Family; Tom Stoner

September Expired Members: Jason Badders; Bob Klose; Mike Krischer; Daniel & Jeanette Marshall; Chris Mowell; Joshua Murphy; Jason Sparks

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 along with a description of the photo (who, what and where) by **Friday 04 October**. Subject line of <KBC Photo Contest >

Charlie Grdina, KBC Editor

The BEST KBC Time Trial of 2025

Let's have some fun ! The season is winding down and fall is in the air. A standing club ride in past years but this is the **ONLY** opportunity to get in 10 mile time trial this year with KBC . The course is flat as pancake (OK, a few small blueberries but still under 100 ft elevation gain).

We will have food, drinks, music, SWAG, awards and raffle prizes. New this year, a TEAM event - teams consist of 4 riders and the lowest combined time for the 4 riders wins. You can race individuals as well as on a team. Just let the organizers know your team when you sign-up at the event. We are running short on daylight so we will start the first rider at 5:45 PM. Feel free to show-up anytime before 7:00 PM. Event is coordinated with Team Clark Logic.

DO NOT MISS IT ! Call or text 269.744-0722 if any questions
Paul Guimond, KBC Vice President



Time Trial - 16 Sept 2025

- Time Trial starts at 5:45 PM (show up when you can)
- Course is 10 miles
- Start Location - Pavilion Township Hall (7510 E. Q ave Scotts)
- New this year, **team division** - Four riders fastest combined time wins
- Prizes for top 3 Males and Females
- Prizes for top 3 Female and 3 Male teams
- Raffle prizes
- Food and Beverages
- Challenge yourself and have some fun 🚴💪

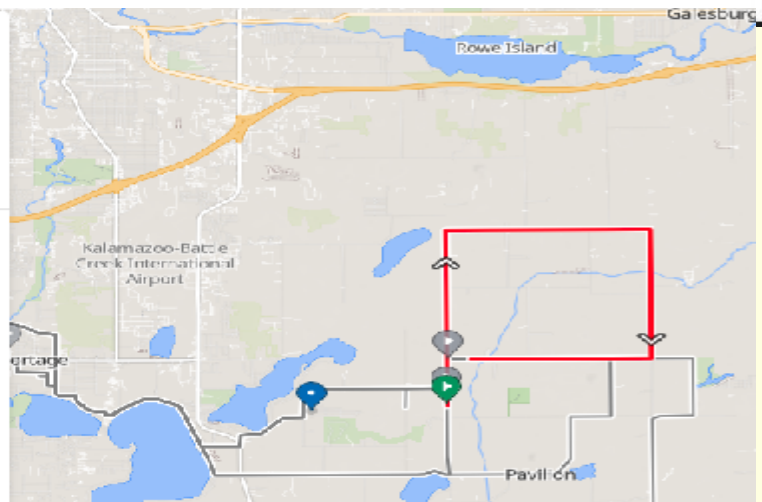


Tuesday Night Time Trial TT By Kalamazoo Bicycle Club

DETAILS REVIEWS (0)

10mi	91ft	0.4%
Length	Elev Gain	Max Grade
0:00hr	100% Paved	
Est Time		

TT for KBC members



Fast Fitty Gravel Road Bike Race Report

*Ooh-wah, ooh-wah, cool, cool Ricky
Tell us 'bout the race that's called Fast Fitty
Ooh-wah, ooh-wah, c'mon Ricky
Tell us 'bout the race that's called Fast Fitty
(should be played prior to reading)*

Yes, modifying the lyrics of a 1964 song by a somewhat obscure group called the Ad Libs to introduce an article is a sure way to attract the attention of that younger KBC readership demographic. But, as a septuagenarian, I am a product of my time. A slow time.

For the past several years, I've done two or three gravel road races a year on my 32 pound fat tire bike, some combination of Melting Mann, Barry-Roubaix, and The Dirty Donut. I don't take these races too seriously. I enjoy the atmosphere and the opportunity to see what fast riders are capable of doing. This year, however, I missed doing Melting Mann and Barry-Roubaix. In 2024, I had my left knee replaced at the end of July, and in early November, I had my right knee replaced. (Similar to eating potato chips, you can't replace just one.) So, I was essentially off the bike for about 7 months, and I started to ride regularly again in early March of 2025.

I was able to race The Dirty Donut, but I wanted to do another gravel road race before the year was over. So, I decided to register for the Fast Fitty in Charlotte. It was reasonably close to Portage and I would be riding in Eaton County for the first time. There were 3 races that I could choose from, the 54 mile "Fitty," the 36 mile "Speedy," and the 19 mile "Shorty." Taking advantage of a 24 hour 30% discount, I signed up for the "Speedy." (My inner voice snickers as I type this.) The morning of race day, August 16, was hot. It was hot in the parking lot of the high school where I parked my car. And when the "Speedy" race began at 10:10 AM, it was hot.

The race started on a stretch of gravel road, but after about 100 yards, we made a right turn onto pavement. I had positioned myself close to the back, and I had hoped to be able to do just a little bit of drafting, but no such luck, as the field quickly rode away from me. I was riding about 15 mph, which is a fast pace for me on a fat tire bike, but apparently, it wasn't fast enough. Those few riders who started behind me also started passing me and by the time we made a left turn onto a gravel road about a mile after the start, I looked behind me and discovered that I was in last place. Very soon after, I passed 3 riders who were stopped by the side of the road, but they were just starting to get back on their bikes. It didn't take much time for them to pass me, and soon they were out of sight, along with the rest of the field. For the next couple of miles, I rode in isolation and eased the pace to a more reasonable level. Then about 15 riders came flying by. These were the leaders of the 19 mile race that started 5 minutes after my race. For the few miles, I watched a parade of people in various stages of faster-than-me speediness pass by. Men. Women. Older men. Older women. A tandem. Fellow fat tire racers. A 12 year old. A guy on a pogo stick. Someone turning cartwheels. And so on. At 8 miles, the 19 mile racers turned right, while I continued to ride straight ahead and I was alone again. I found myself engaging in short conversations with the traffic monitors, thanking them, and letting them know that there was no one behind me. After about 12 miles, I made a right turn on a paved road with almost a half mile of visibility ahead of me. There were no signs of life in sight. Had there been some sort of a nuclear holocaust? Or was I that slow? I wasn't sure which answer I preferred. Miraculously, however, I did pass someone a couple of miles later. She was on a riding mower, mowing her front lawn.

Finally, at about 16 miles, just after I turned to ride north for the next 7 miles, I passed a man and a woman who had stopped by the side of the road. Since I now had an average passing rate of one rider every 8 miles and estimating that there were 200 riders in the race, I calculated that in another 1576 miles that I was actually going to win. Unfortunately, the race wasn't quite that long. And they passed me back a couple miles later. However, during that time when I was basking in my third-from-last glory, I spotted another rider in front of me and I was determined to track him down. And at about 16 miles, I did indeed pass that lone rider, and I remained out of last place the remainder of the race. Here's a picture taken shortly after that dramatic moment.



A truth in jersey advertising. (Andy Cleary photo.)

Soon afterwards, I passed another person mowing his lawn. Whaley 2, Riding Lawn Mowers 0. Then, at 20 miles, the couple who had passed me stopped at the water stop and I rode on. At 23 miles, I started heading east and about a half mile later, 54 mile racers started flying by. For the remainder of the race, I was kept company (briefly) by 54 mile racers, either individually or in small groups. At 24 miles, I checked my cyclometer and saw that I had ridden for 2 hours and 29 seconds. I knew that I was slowing down, so my target time of 3 hours was likely out of reach, but I still figured that I could finish in about 3:05.

A couple miles later however, the heat (93 degrees according to my cyclometer) started to get to me. If a carwash had been on the course, I'd have ridden through it. I found myself obsessively checking the distance that I had ridden. ("What?! I've only ridden another 0.3 miles?") And I started to see single digits more often on my cyclometer. The rest of the race was not pleasant. At about 34 miles, I started cramping in my inner left thigh, but I managed to fight it off. And with less than a quarter mile to go, another 54 mile racer passed me, a "fittyng" (yuk, yuk) end to the race. I finished in 3:15:44, averaging a blistering 11.2 mph over 36.5 miles according to my cyclometer. No one will be singing songs about my racing prowess on that day.

After I finished, I spent about 15 minutes sitting in the air-conditioned fitness center whose parking lot was being used as the race headquarters, filling and drinking a water bottle. Then, after filling up the water bottle again and dropping an Endurolytes Fizz pill into it, I slowly rode over to the post-race party to see if I had any sort of appetite. I did not. About a half hour later, I rode the half mile back to my car, just as the race organizers were beginning to pack up. Then I headed home while sipping on water and nibbling on a Clif Bar. After I got home, I celebrated by drinking more water, more Endurolytes Fizz, a can of Mountain Dew, a bottle of Gatorade, and more water. I also picked up a pizza. (Five toppings. I know how to reward myself.)

Looking at the results that evening, I saw that I had just missed being on the podium in the Male Fat Tire division, because there were only 4 male fat tire riders who raced the Speedy. I also just missed being on the imaginary Lanterne Rouge podium, finishing 184th out of 187 riders.

So, it wasn't my favorite ride, but I did get to see new scenery, some of it quite nice. The race was well organized and the volunteers were great. But if I race the Fast Fitty again, I strongly suspect that I'll be doing the Shorty. I'll let someone else enjoy the view from the back.

Rick Whaley, KCB Membership Director

7th 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.



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. 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."

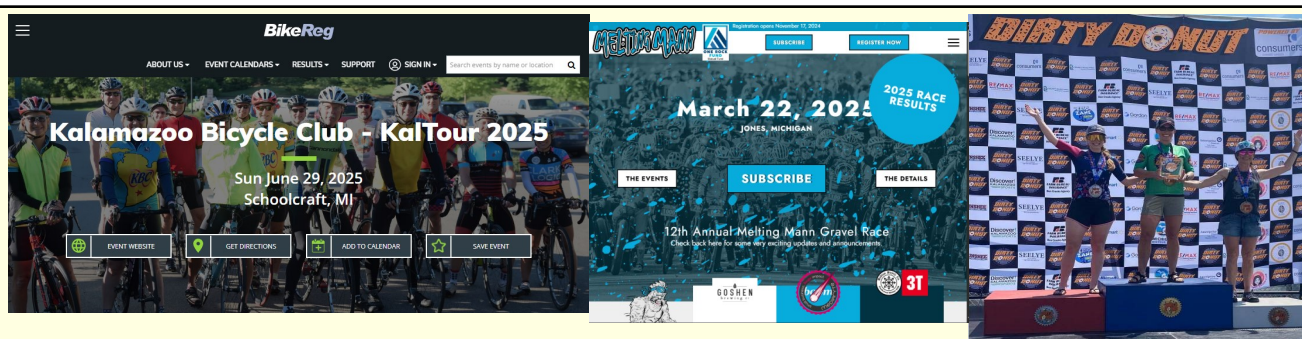
The "FBC" is organized by civic leaders, local charities and KBC members, packing the weekend with many fun reasons to ride, showcasing local amenities, providing ways to support bicycling, while building awareness of the need for safety on the roads. Some activities are free, some require waivers and 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 Distant 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.



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 \(michigangravelraceseries.com\)](#) - 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>
Pumpkin Vine Classic	06 September 2025	Pumpkin Vine
BFK Fall Ride	19-21 September 2025	BFK
Paw Paw Vineyard Tour	07 September	https:// www.wineandharvestfestival.co m/
Apple Cider Century	28 September	Apple Cider Century
Lowell Classic Gravel Race	25 October 2025	LOWELL CLASSIC GRAVEL ROAD RACE - Home (thelowell50.com)