KBC PedalPress

The Newsletter of the Kalamazoo Bicycle Club November, 2016
www.kalamazoobicycleclub.org

THE NEXT KBC MONTHLY MEETING IS NOVEMBER 8, 2016 at 7:00 P.M. at the Kalamazoo YMCA on Maple Street, 1st floor conference room. All KBC members are welcome to attend.

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IF YOU HAVE AN ARTICLE, AD, ETC. to submit for the *Pedal Press*, e-mail it to editor@kalamazoobicycleclub.org by the 20th of the month before its intended publication.

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PRESIDENT'S LETTER: Voting Month

Happy Fall KBC! November is voting month not only for our country but also for KBC. At our October meeting, we accepted nominations for KBC's Executive Committee which is made up of the President, Vice-President, Secretary and Treasurer. Unlike our country's electrifying party nomination processes, KBC's nomination process, although essential, was uneventful. No riots, unrests, or outspoken citizens (well, maybe one).

All of KBC's existing Executive Committee members have agreed to return and serve a second year-long term with no other member competing for these positions. I'd like to thank **John Olbrot, Valerie Litznerski** and **Mike Boersma** for agreeing to serve on KBC's Executive Committee (EC) for another year. I look forward to working with them in the coming year evaluating and continuing our work on existing goals and setting new ones. I appreciate the gifts and talents each one brings to the EC and know 2017 will be a great year for KBC!
Plan to attend KBC's November Membership meeting on Election night, November 8th @ 7:00p at the Maple Street YMCA to cast your vote. I'm pretty sure there will be no lines to stand in, no candidate decisions to make and no ballots to punch, nice and simple! Come celebrate Election night and the end of the regular riding season with your cycling friends.

Two Vacant KBC Board Positions Filled

I'd like to welcome two new members to the KBC Board of Directors, **John Idema and Paul Wells. John Idema** has agreed to take on the role of KBC's new Social Director which 'develops and coordinates the Club's social activities'. **Paul Wells** has agreed to take on the role of KBC's Education Chair and Bike Camp Committee Chair which 'promotes bicycle education, including bike safety and related community outreach'. Both of these positions are voting members of KBC's Board of Directors. Thank you John and Paul for chairing these important KBC roles, we appreciate it!

Being Thankful

With Thanksgiving just around the corner, we tend to think of the many things in life we are thankful for. One thing I'm very thankful for is the progress our community and state is making in passing legislation that furthers the protection of cyclists. It's an exciting, long awaited progress and doesn't happen on its own. A number of KBC members have spent a tremendous amount of time in support of these efforts, meeting with representatives, writing letters, attending meetings, publically sharing comments and keeping KBC informed of the progress and how members can help. Many, many thanks to all the KBC members who have invested their time working to protect the rights of cyclists, in particular: **Terry Butcher, David Jones, Doug Kirk, and Paul Selden.**
Have a wonderful Thanksgiving, enjoy time with family and friends! Safe cycling!

--Renee Mitchell, KBC President 😊

KBC's New Website Coming Soon!

On behalf of KBC's Website Committee, I'd like to announce that KBC's new website will be launched in November. At last month's KBC Membership meeting we previewed the site and received some great comments and feedback. Our primary goal is to get the new site rolled out this month with as much content as possible. Once the site is launched, we will continue to add content, make improvements and add new features as time permits. Some features of the new site include:

- Calendar that shows KBC rides and events
- Drop down tab interface helps users find information quickly
- Better organized content pages
- Revolving Home Page photos and increased usage of photos throughout site
- Member login which can be used for member only content in the future
- Site pages easier to update and maintain

Thanks to David Jones, Kathleen Kroll, Cullen Stevenson, and Paul Sotherland for your assistance and guidance on this project. Our new Homepage is reproduced below!

--Renee Mitchell, KBC President 😊

A NOTE FROM OUR NEW CYCLING EDUCATION DIRECTOR

Hello, **Paul Wells** here, formerly of Breakaway Bicycles, now retired. I volunteered for the Education Chair position with KBC because I think KBC can do more to get the word out about bicycle law and safe riding to both motorists and cyclists. I've been riding through and around Kalamazoo for 44 years, on club rides, with friends, and commuting. I have been very lucky, but I also think I've developed knowledge and sense about how to ride competently and safely.

All of us in KBC are ambassadors for cycling, every time we ride the roads, especially when we wear our KBC jerseys. Like it or not, we each have a responsibility to follow the rules, and present a positive image. Yelling, cursing, or middle fingering isn't productive, as gratifying as I know it can be. I think driving behavior is the rudest aspect of our impolite society, and we can use our high visibility as cyclists to set a higher bar. So let's ride predictably, assertively, defensively, and courteously, using all the rights and rules of the law.

I have some ideas about how to work at all this, and am asking you to give me your ideas too. Please email me at breakawaypwyahoo.com with your ideas. I love working with others as a team, so I invite you to join me in getting the word out. Here is my outline as a starting point: KBC Education Chair oversees:

1) KBC internal education
Code of safe practices
Protecting and improving cycling's image

2) KBC external education
Bike Camp, Billboards – Doug Kirk's idea, Yard signs, like the "Watch for Motorcycles" you may have seen, Schools – students, teachers, parents, Secretary of state brochures, bike shop brochures, Radio public service spots, TV public service spots, Social media outreach

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KALAMAZOO STRONG/KBC JERSEYS STILL AVAILABLE TO ORDER ONLINE

20% Of Your Purchase Price Goes to Kalamazoo Strong

82 of these jerseys have been sold through October 31, netting an additional $1,115 for Kalamazoo Strong

Kalamazoo Strong inspired KBC jerseys are now 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/

OCTOBER KBC MONTHLY MEETING MINUTES

<u>In Attendance</u>: David Jones, David Riggs, Doug Kirk, John Hart, John Olbrot, Pam Sotherland, Paul Sotherland, Paul Wells, Scott Baron, Terry O'Connor Mike Boersma, Mike Krischer, Paul Selden, Renee Mitchell, Valerie Litznerski

<u>Officer Reports:</u>
President Renee Mitchell: reported **John Idema** replace of Kathleen Kroll as Social Director and **Paul Wells** will step in as Education Chair / Bike Camp Committee Chair, as it has been vacant since **Renee** became president.

John Olbrot, Vice President: We need to start collecting information for ride leaders. **Terry O'Connor** added that we will reach out to them to send them the forms that they will need in the case of an accident.

Mike Boersma, Treasurer: Checking Account: $6,246 the check to Ambucs for $1,300 has not yet been cashed. KBC's Certificate of Deposit: $11,163; KBC's PayPal account: $1,083

Valerie Litznerski, **Secretary**: We are planting a tree in honor at Markin Glen Park in memory of the victims of the June 7th tragedy. It is a tulip tree that will bloom around the same time of the crash. We will contact Steve Johnson and let him reach out to the families.

<u>Committee & Board Reports:</u>

Friend of Bicycling Award: November 8th is the deadline for submitting nominations (See story below) .

Grant Committee: We will follow up with the **Grant Committee** and work out a final decision, the discussion so far has been favorable. The $50,000 goal for the trail needs to be matched in order to have the donations doubled. We will also email the current grant members and see if they would like to continue as grant members.

Terry O'Connor, **Insurance Coordinator**: We find out next year's rates in either late January or early February. We need to clarify if the rates are per membership unit or per census of number of individuals in the club.

Dave Jones, **Database Manager**: Thanked us for the support and hard work from everyone for the 5-foot legislation. **Doug Kirk** let us know that the Senate meets on 10/16, and **Margaret O'Brien** is optimistic about the passage of the bills. Other representatives have expressed support.

Margaret O'Brien's staff, **Dave** and **Doug** have all worked together extensively to promote the passage of the bills before the **Michigan State Senate**. The passage of the **5' Passing Rule** in **Portage** is also looking favorable.

Renee asked if anyone would like to run for any of the executive committee positions. **Renee**, **John**, **Mike**, and **Valerie** all volunteered to continue on in their current positions. Official voting will be in November. **John** mentioned that we were not able to achieve all of the goals that we set forth when we all assumed our position. **Paul Selden** stated that he thought that we all did a great job as the executive committee. **John** specifically mentioned that he wanted to see organization in the rides. **Scott Baron** that he thought that there has not been enough initiative and too much of a wait-and-see attitude. He felt that there has not been enough action and that it hasn't been quick enough. **John** expressed that he agrees with Scott and also is frustrated, but asked that **Scott** be patient with the fact that this is a volunteer organization, as previously mentioned by **Doug**. **Paul** invited **Scott** to consider taking on greater responsibility in the club. **Renee** asked **Scott** to reach out to her and also bring her into the conversation when he has frustrations about the club leadership.

Valerie Litznerski spoke on behalf of **Meg Zapalowski, Race Team Delegate.** **Meg** is moving to Washington so there is a need for a Race Team Delegate who can attend meetings. **Doug** mentioned that the race team delegate should attend MBRA meetings and club meetings and should also be at the BTR meetings.

Paul Wells, Education Chair: he would like to focus on both internal and external education. Internal education includes safe riding, protecting and improving the image of the sport. External education includes informational billboards educating the public about the **5' Passing Rule**. There is debate as to when signing should be put up and when the public education initiative should start. Yard signs, reaching out to educators, bike shop brochures, Secretary Of State Office (LMB currently has a brochure), Dr.'s offices, businesses that we frequent, etc. We need to determine what funds we have to allocate to these goals. You can contact**breakawaypw@yahoo.com** if you have suggestions or if you can help. **Valerie** mentioned that she wants to help where she can. **Renee** stated, "let's work hard on this over the winter" and be ready for spring.

Terry O'Connor, **Doug & Kathy Kirk** and **Paul Selden** were thanked specifically for their contributions to the **KRVT** Downtown Connector.

Paul Selden expressed concern that parts of the proposed county-wide road signage policy are biased against non-motorized traffic and towards automobiles. **Doug Kirk** mentioned that some Kalamazoo City commissioners are unaware of the fact that their initiatives in support of non-motorized traffic are being undercut by the signing initiatives. The signing policy doesn't include a mention of complete streets, many signs will not be maintained anymore, including many that would have brought awareness to non-motorized traffic. There is an email address on the front that we can send comments to. It is unclear who is responsible to the road sign policies. **Chris Barnes** is on the committee for the signage. **John Hart** mentioned that cost and liability might be an issue.

Renee gave us a video preview of the new KBC website, which will be easier to manage and update. There will be a ride calendar that can be updated by ride leaders, who can add notes about individual rides. Mike pointed out that there is a link to **Team Clark Logic**. Members will be able to submit stories, pictures and experiences. It will be mobile friendly as well.

Victor VanFleet passed away this past month. The club sent flowers to his wife. He will be missed. He was an inspiration to the club.

Tim Meyer, from **Rock'n'Road** is running for representative at the State House. **Valerie** helped him campaign earlier this month.

Doug Kirk stated we need to reach out again to the KCRC about W. AB Ave to get that fixed, as that section of the road is very dangerous. There has been some debate as to who is responsible for this section of road. Residents have been complaining about this for years. The road is very low priority. Can the club submit a request to have this section of road repaved? **Doug** suggested that we need to send them a "notice of condition" of the road, which precedes holding the KRCR liable for the road.

Mike stated that we should pass a resolution to write a letter, signed by the **secretary**, stating that the road is hazardous. A copy should also be sent to Alamo Township as well, as they may need to pay for some of it. The **township** and **road commission** should be copied on the letter. There have been accidents on this section of road. Paul is requesting that we are friendly and respectful in the letter. **Mike** is going to work on this. **John** will take some pictures. It will sent via email and registered mail.

John motioned that we adjourned. **Renee** seconded. No one objected!

--Val Litznerski, Secretary@kalamazoobicycleclub.org

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CLARK LOGIC/KBC RACE TEAM RESULTS

Michigan Mountain Mayhem Fall Dirt Road Race
1st place, 60 mile event: **Jamie Clark**
2nd place, 60 mile event: **Steve Pendergast**

Peak to Peak Fat Tire Race
1st Place, Women: **Tory Cane**
2nd Place, Women: **Meg Zapalowski**
1st in Age Group: **Tyson Gilmore**
6th in Age Group: **Tim Stewart**
5th in 18 – 29 Expert: **Alec Schau**

Ramona Park Cyclocross
B Race, 1st Place Women: **Tory Cane**
A Race, Men, 10th Overall: **Tim Stewart**
A Race, Men, 11th Overall: **Alec Schau**
B Race, Men, 1st overall, **Alec Schau**

Markin Glen Cyclocross
B Race, 1st Place Women: Tory Cane
A Race, Men, 3rd place: Alec Schau

Ore-to-Shore Mountain Bike Race
2nd Place Overall, Singlespeed: **Jake Grevenstuk**

Lowell 50 Gravel Road Race
8th place. 50 – 54 age group: **Paul Guimond**
6th in Age Group; 31st Overall: **Tim Stewart**
4th in 18-29 Age Group, 24th Overall: **Alec Schau**

Fall Fury Cyclocross
2nd Overall, Women CX, day 2: Women's Cat. 3-4: **Tory Cane**

Man versus Machine
(A race against a steam locomotive in Arizona)
1st in Age Group, 7th overall female: Brittany Fisk

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REMINDER - NOMINATIONS FOR FRIEND OF BICYCLING AWARD

Nominations for KBC's next Friend of Bicycling Award close at 8:00pm on November 8, 2016. The award is for an individual or other entity who "significantly advanced the interests of bicycling" (but is not a KBC member). If you have a nomination in mind, please go to http://www.kalamazoobicycleclub.org/club/community.php for more information.

--Paul Selden

Just the Facts!

(Ed. Note: This is the last of 3 KBC members' stories about their ride across the Unites States last summer. Previously, Tom Noverr focused on how to remain friends under grueling conditions when together 24/7, and Jim Heath highlighted the difference between touring with friends versus riding solo. Fittingly, Jim Kindle, who is also a mechanic at Pedal, writes this month about the nuts and bolts of making it all work.)

When talking with folks about our Ride Across America, it seems that most have the same basic questions first but everyone asks a few unique questions. I'm going to give some of the facts from the ride that will answer those questions asked most often.

Basic Facts

Total Miles Ridden – 4,286
Total Elevation Gained – 129,809 feet
Total Calories Burned – Estimated by Garmin – 157,425.

We departed Kalamazoo on June 6th and began riding in Seaside, Oregon on June 8th after spending the afternoon of June 7th tooling around Portland waiting for our transportation to Seaside. Portland is an extremely "Bike Friendly" city with some streets having dedicated, protected bike lanes, and drivers were very courteous in other situations. We completed our ride on August 10th in North Reading, MA (Boston).

We planned a rest day each week but we only took three of those. We also had an extended rest period in mid-July (7 days) during which my son got married, and we had three days off in Traverse City prior to the Make-a-Wish Ride, even though we rode two of those three days. 50 total days on the bike making progress toward the East Coast, making 85.7 our average daily mileage. Our shortest day was 51.5 miles on July 4th, which was a scheduled rest day, but July 5th was scheduled at 105 miles and it was very warm so we decided to split it up. Our longest day was Stage 41, Brooklyn, MI to Freemont, OH, 117.6 miles.

Though we never actually weighed our bikes with all the gear, we estimated that we each were pushing around 100 pounds down the road. I weighed my bike and all the gear on one of our earlier shakedown tours and came up with just under 90 pounds. On this trip we had more of everything including clothing for more varied temperatures, more food and fluids as the distances between services at times approached 100 miles. I was carrying 4 water battles, which when full weigh 6.5 pounds, plus a large bottle of a sports drink. Since we were unsupported and camping we also had tents, sleeping bags, air mattresses, etc. These were all ultra-light versions, but it all adds up.

A number of people have asked me about tires, as one of the stats I posted daily on FaceBook was the flats I had. That number, 2, was for myself only. As a group we had a total of 6 flats, two of which were not punctures. One was a bad tube and one was an over-inflation issue. So in almost 13,000 miles we had 4 tire punctures, and I believe all cases were sharp shards from blown steel belted auto/truck tires. In some places out west the only route was the freeway so we were forced to ride the shoulder of roads such as I-90 and I-94. There was a lot of debris in some places on these roads. Tom, Jim and myself were riding on Schwalbe Mondial touring tires, size 700 x 35. These tires have flat protection and a fairly aggressive tread for a road tire. Bob French, our fourth rider, was also on a Schwalbe touring tire, size 29 x 2.0.
Motel? Camp? Yes! For the most part our schedule was 2 nights of camping and then a motel on the third night. This would allow us to carry 3 kits, doing the laundry at the motel so we would always have a clean one to wear. We stuck to this schedule pretty well making adjustments when we needed to. An extremely tough day or the threat of severe weather pushed us to a motel a couple of times.

The last subject I want to cover is food. Did we carry it, or eat out. Yup! The greatest challenges occurred out west as you can imagine. There were a couple of instances where there were no services for 60-80 miles. Though we all carried food of some sort, Tom Noverr took it upon himself to be the team grocery store. He carried flour tortillas,

peanut butter, and squeeze strawberry jam, along with several bags of dehydrated meals. We also carried instant oatmeal that we would purchase in C-Stores along the way. Bob brought along an ingenious little camp stove that uses solid fuel pellets. The little stove would boil water in about 13 minutes so we had a hot meal on some cool evenings and cold mornings. We'd rehydrate the meals then wrap the contents in a tortilla for added calories/volume.

Once we got further east and there was more civilization, we developed a routine of having a light breakfast consisting of pop tarts, fruit pies, muffins, etc. that we would purchase at C-Stores the day before. CENEX which is a co-op farm store out west became a familiar stop and joking point due to the one day we had bean and cheese burritos for breakfast. They were the bomb! Back to the routine. After the light breakfast, we would ride 30-40 miles and find a café where we would have a large breakfast. Each of us would order some form of eggs, potatoes and meat, and we'd order a stack of pancakes for the table to share. Once back on the bike the day was broken up and the 80-90 miles seemed to go pretty fast.

Of course if we were in a motel we would take advantage of the free breakfast. We generally stayed at Super 8s and almost all of them had packaged cinnamon rolls, many of which found their way into our pockets for a snack later in the day. They were actually quite tasty!

As the day progressed into the afternoon we would start planning for our dinner and the next day's breakfast. Is there a place to eat around the campground or do we need to eat before going to the campground? If there was nothing near the campground it would often mean an early dinner, after which, we would have to consider if we wanted something to eat later on in the campground. We would look for a c-store as we neared the campground and purchase something to snack on later on and whatever we wanted for the light breakfast in the morning. If we were in a motel, dinner was usually not a problem because where there's a motel, there's usually somewhere to eat. As we progressed east it became mid-summer, and as the temps got warmer we would look for some form of ice cream in the afternoon to cool us down. Too many calories were not a concern.

As I'm sure many of you may have experienced, when you ride regularly, your metabolism ramps up and you require more food to fuel your efforts and a ride of this type really magnifies this. The problem is when the journey is over and the need for all the calories ends, your hunger doesn't subside instantly. For at least a week I was VERY hungry every couple of hours. After a few weeks I regained the 10 pounds I had lost on the ride!

A last thought about the ride. People have asked if I would do it again or if I'm planning any more trips. Definitely, is always my answer. We are planning a loop of Florida in February 2017 and hope to do another cross-country trip in the next year or two, doing a southern route. It is a great way to travel and see the country. You see so much more on the back roads of America, not traveling at 70 miles per hour.

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EDITOR'S LETTER: Go Long, Real Long

Are you aware that we at KBC & Team Clark Logic have a World #1 Rider in our midst? Valerie Litznerski, who also holds down a full-time job and moonlights KBC's Secretary, is currently the number one ranked long-distance woman bicyclist in the world according to the Ultra-Marathon Cycling Association, the premier sanctioning body for ultra-distance cycling events.

What sort of events do ultra-marathon cyclists ride? Besides the Race Across America, the best-known event around here is the National 24-Hour Challenge, held each June in Middleville, MI, just north of Yankee Springs. Val rode 415 miles this year, averaging 17.3 miles per hour <u>including</u> stops (and she admits she was off the bike almost two hours). This set a new course record for women in her 30 – 34 age group. But drafting other riders is

legal at that event, so the 388 miles she rode in 24 hours at the mid-Atlantic 24-hour in North Carolina, where no drafting is allowed, might be even more impressive. (It was also a new course record for women.)

Val is 33 years old and hails from St. Joseph, MI, though she moved to Kalamazoo a few years back. A pianist growing up, she took up running at 14. After graduating high school in 2001, she took her time working and taking college classes, graduating in 2011. About the same time, she got bored with running and grabbed an old mountain bike hanging in her parents' garage. Before too long she discovered this was not an ideal choice when trying to chase down a group of road riders, so she bought a used Trek 1000 road bike. Nowadays she's graduated to high end carbon-fiber.

But her cycling—and her life—both were nearly cut short in 2011 when a car turned left in front of her. She sustained torn medial collateral and anterior cruciate ligaments, a torn meniscus, and a dented femur, all to her right knee.

Apparently the surgery and extended rehabilitation somehow made her tougher. How tough? She's won the aforementioned Mid-Atlantic 24-hour twice. She's won the Tejas 500 mile event outside Dallas TX twice (this year beating all but 9 of the men). She's broken the women's record twice at the Jay's Fat Ass 12-hour in Illinois (and won the event 4 times), she holds the record for solo racing across Michigan (Muskegon to Port Sanilac, 206 miles in 11 hours and 19 minutes, and she also holds the age group record at Calvin's Challenge, a 12-hour event in Ohio.

So, what's her secret? Of course, a lot of really long rides, some high intensity intervals and paying attention to stressing her body and letting it recover are all important. So is being completely comfortable on the bike. But Val says an awful lot of it is mental—learning to dealing with pain, fatigue, remembering to eat and drink properly, and riding her own race rather than letting what other riders are doing affect her plan. Her mom and sister helped at her most recent race in Texas, helping her to stay awake, focused, and well hydrated.

Myself, I can hardly imagine what it's like to ride that long. Besides tired legs, sore butt, and generally wanting a nap, I figure once it got dark and I really got tired—maybe 200 miles in, I'd either start hallucinating or fall asleep on the bike and crash shortly thereafter. Over the years, I've come to see some temper my riding via something erstwhile KBC member Dan Ferrara once deadpanned, "After a hundred miles or so, I start wondering what the h*** I'm doing out there!" Apparently Val just shuts off thoughts like that and keeps on riding.

What hurts the most on those long rides? Val says her feet, her neck, and her butt. She always packs spare shoes and shorts, and Bio-freeze. Those of us who know Val have gotten used to her soft voice and generally understated, quiet personality. It's a cliché, I know, but Val's legs talk plenty loud enough.

—Doug Kirk

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MICHIGAN SENATE PASSES 5-FOOT BICYCLE PASSING BILL

On October 16th the full Michigan Senate passed 3 bills all related to bicycle safety, the most important being a bill requiring motorists to give bicyclists 5 feet of clearance when passing. This means the bill moves on to the Michigan House, which doesn't meet again until about November 9th. (The others have to do with education requirements for new drivers concerning time spent in class on bicycle and motorcycle safety.)

This is wonderful news! If the House passes the same bill, it would require only the governor's signature to become law. Please contact your representative and ask for his or her support (I know that Rep. John Hoadley, who represents parts of the KBC area including the City of Kalamazoo, supports the bill). And PLEASE ask your cycling friends around the State do to the same.

--Doug Kirk

CLASSIFIED AD: Bike for sale!

2013 Civilian Corduroy Rebel, 57 cm. frame (fits taller rider). It has the Gates belt-drive (50T) and has Alfine 8-hub. Disc brakes, 135MM rear-spacing. Rack mounts front and rear—just put the front basket on. It is brand new I rode it around the block when I got it. Thought I'd ride it more, but I just don't. Looking to get $700.00 for it. I can provide more info and pics if someone wants more information. Jeff Robertson, phone number is 269-274-8079, email-ibisfool44@gmail.com.

NOVEMBER KBC STATISTICS

Active Members: 661 **Active subscriptions: 386**

New members: Becky Klien • Emma Klien • Ethan Klien • Brooklyn Megyesi • Michael Megyesi
November Expiring memberships: Larry Kissinger
Renewed memberships: James Heath • David & Diane Riggs • Cara Smith

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YOUR LOCAL BIKE SHOPS:

They support us so please support them

Alfred E. Bike, 320 East Michigan, Kalamazoo, (269) 349-9423, www.aebike.com.

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

Custer Cyclery, 104 North Augusta, Augusta, (269) 731-3492, www.custercyclery.com.

Gazelle Sports, 214 South Kalamazoo Mall, Kalamazoo, (269) 342-5996, www.Gazellesports.com.
Enjoy Gazelle Sports' annual SOCK SALE! Now through November 27, buy three pairs, get a fourth pair **FREE!** Choose from your favorite brands like Smartwool, Balega, Feetures and Wrightsock. *(Sale not valid online. All socks must be from same manufacturer. Not valid on compression, soccer or Nike socks.)*

Kzoo Swift, 445 Forest St, Kalamazoo, (269) 929-8053,
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 and www.pedalbicycle.com.

Team Active, 22 West Michigan, Battle Creek, 1-800-841-494, www.teamactive.com.

Village Cyclery, US 131 in Schoolcraft, (269) 679-4242, www.villagecyclery.com.

Zoo City Cycle, 4328 South Westnedge, Kalamazoo, (269) 552-3000, www.zoocitycycle.com.