

KBC PedalPress

The Newsletter of the Kalamazoo Bicycle Club January, 2017

www.kalamazoobicycleclub.org

THE NEXT KBC MONTHLY MEETING IS FEBRUARY 14, 2017 at 7:00 P.M. at the Kalamazoo YMCA on Maple Street, 1st floor. All KBC members are welcome to attend.

KBC'S Annual Winter Recovery Party has been RESCHEDULED to JANUARY 28

Again this year we'll be at the offices of Eckert & Wordell, on the second floor of the Haymarket Building, 161 E. Michigan Ave., smack in the middle of downtown Kalamazoo (the same as the last 3 years). The fun starts at 7:00. As in the past, please enter the building through the BACK door—where it's easy to park in the City parking lot off Water St., then come upstairs one flight.

Come party with your favorite biking buddies, win schwag from local bike shops, drink your favorite beverages, and eat fantastic food. It's a **POTLUCK!** So please bring some tasty morsels to share. KBC provides small sandwiches, beer, wine, and soda, as well as cups, plates, napkins, etc. We look forward to seeing you there!

Kalamazoo City Commission wins KBC's Annual "Friend of Bicycling" Award

Each year, KBC members who attend the club's December meeting vote to determine the winner of KBC's annual "Friend of Bicycling" award from a list of nominees. The Kalamazoo City Commission won the award this year on the basis of having been the first southwest Michigan government to adopt a 5-foot bicycle-passing ordinance. **President Renee Mitchell** and other KBC members will present the award—hopefully to the entire City Commission since the vote to adopt the ordinance was unanimous—in January.

--Doug Kirk editor@kalamazoobicycleclub.org

President's Letter:

Happy New Year Everyone! And congratulations to the Kalamazoo City Commission on being the recipient of KBC's Friend of Bicycling Award for 2017. Mayor Bobby Hopewell and the City Commission have clearly demonstrated their commitment to advancing the interests of bicycle safety, along with other non-motorized use of Kalamazoo streets, through their recent actions propelling the approval of a complete streets policy and approving the "five-foot" passing ordinance. Many thanks to Paul Selden and the Awards Committee for gathering nominees and managing the voting process.

I'd also like to welcome Paul Sotherland to KBC's Board as he has graciously agreed to join the team as a 2nd Webmaster webmaster, joining Cullen Stevenson. Paul was instrumental in the launch of KBC's new website and spent countless hours learning the new platform and making site modifications. Thank you Paul, we greatly appreciate all your hard work!

As a new year begins, we all look for new adventures to seek, goals to accomplish and resolutions to fulfill. As you envision your year ahead, I encourage you to try something you've never done before, meet someone you've always wanted to meet, get involved with something you're passionate about, and ride somewhere you've never ridden! Happy 2017, make it a great year!

Just a reminder, there will be no KBC Monthly Meeting in January. See you at the Recovery Party on January 28th! Safe cycling (brrrr)!

--Renee Mitchell, KBC President 😊

Kalamazoo Strong/KBC Jerseys STILL Available to Order Online

20% Of Your Purchase Price Goes to Kalamazoo Strong

93 of these jerseys have been sold through December 30, netting an additional \$1,267.56 for Kalamazoo Strong



Kalamazoo Strong inspired KBC jerseys are 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/>

KBC Monthly Meeting Minutes for December 13, 2016

In Attendance: Doug Kirk, John Idema, John Olbrot, Kathy Kirk, Marc Irwin, Mike Boersma, Mike Krischer, Pam Sotherland, Paul Selden, Paul Sotherland, Paul Wells, Renee Mitchell, Rick Whaley, Robin Sides, Terry Butcher, Terry O'Connor, Valerie Litznerski

Executive Committee Reports:

President Renee Mitchell: Thanked **Paul Sotherland** for his help getting the website launched. There is still some work to do but it's close to finalized.

Treasurer Mike Boersma: \$3,201.06 in checking, \$11,164.45 in the CD, \$558.13 in PayPal Account

Other Reports:

Public Relations Director Marc Irwin: The thank you letter for the passing of the 5' foot rule was sent to the newspaper and is posted on the website.

Road Safety Director Paul Selden: Spoke with the head detective at Silent Observer about publicizing any hit & run car/bike accidents. We plan to publically announcing our strategy to do so at the beginning of next years' bike season, possibly sooner. We could publicize rewards for information, but Silent Observer would handle any tips and rewards. The KBC website will include a link to Silent Observer.

Database Manager David Jones: The Michigan house was in session until 8:00 pm on Tuesday, December 13th, and the bill may be up for a vote. Please call your legal representatives to let them know about your support. We are requesting that the house vote on this before the end of this year's session. **(Ed note: The House adjourned for the year without taking any action on the bicycle safety bills. We believe they will be re-introduced in 2017.)**

Education Chair Paul Wells: Met with **Larry Schaffer**, Portage City Manager, Portage's parks manager, and **Chris Barnes** to talk about promoting the 5' rule. Mr. Schaffer is very supportive of cycling in the community. KBC is able to contribute articles to the *Portager* monthly newsletter. The city is also interested in organized events to promote cycling. Paul also met with **Rebekah Kik**, Kalamazoo City Planner. She suggested putting info on the Imagine Kalamazoo Stories website and posting a video demonstrating the 5' passing rule. Paul is in the process of drafting a grant request to the Kalamazoo Community Foundation, with the funds to be used to publicize the 5-foot law. There are many ways that we can post information at no charge. Paul has a list of media outlets that he can reach out to for public service announcements. **Marc Irwin** mentioned a public service package that is being created to send out to municipalities to help manage interactions between cyclists and drivers. Doug suggested reaching out to Fast Signs to see if they are willing to help. LMB has a graphic that is designed to promote the 5' passing rule.

Ride Captain Terry Butcher: The ride calendar should be up and running on the new KBC website when the 2017 ride season starts in March. The pace of each ride and leaders planning to attend rides will be included. At weekly group rides, there will be a designated individual who will do announcements at the rides.

Scott Baron will do pace-line training rides and **Gordy Vader** will lead novice training rides. Sweepers will be added to as many rides as possible to stay with anyone that falls off and help keep rides together. **John Olbrot** wanted to know what everyone feels about moving the announcements up to 10-minutes before the rides. Some people will miss the announcements because they come so close to the beginning of the rides. Kathy suggested pushing the start time back. Renee suggested adding to the ride calendar that attendees of the rides should plan on arriving earlier. Nothing firm was decided about this.

David Riggs asked about pace, adding that some rides end up going faster than announced. **John Olbrot** mentioned they will try to standardize paces. **Robin Sides** asked about a gravel group ride. Val mentioned that there have been a few in the past. Renee suggested that we should put a summary of the new developments in the *PedalPress* shortly before the ride season starts. A pre-season meeting to discuss ride safety was also mentioned, similar to what was done a few years ago.

Old Business: A Budget. **Marc Irwin:** proposed that we adopt a budget plan to spend a specific amount toward promoting cycling and to retain a specific amount to increase the club's capital. This would allow the club's reserves to grow in the long term. **Mike Boersma** mentioned that we are going to have to access the club's reserves in order to cover upcoming expenses. **Paul Wells** strongly favors adopting a budget. Renee added this is a very high priority for the club. **Rick Whaley** said the budget should cap spending, not require spending.

Website: Renee said that currently only Marc's phone number will be posted on the website. As public relations officer, he will filter the calls and will direct them to others as appropriate. We are posting links to a number of organizations that we help and that have helped us.

New Business: **Paul Selden** reported that the 20th of December the Kalamazoo County Commission will consider names for two open positions on the Road Commission. Paul does not know who has applied, but stressed that we need to have bicycle friendly commissioners. The public may have the opportunity to speak about the appointees.

The president of TriKats, who is also General Manager of the Kalamazoo Wings hockey team asked if the Bike Club would like to be involved in the We Are Kalamazoo K-Wings game. **John Olbrot** doesn't see where the club fits in and doesn't think the club should formally be involved, but Val suggested that we could extend the offer to individual members of the club for them to reach out to attend. **Terry Butcher** suggested that this might be an opportunity for the club to promote the 5' passing rule. **Kathy Kirk** thinks that it would be a good fit as well. The meeting was adjourned.

--Val Litznerski, Secretary@kalamazoobicycleclub.org

A Really Interesting Map

Do you wonder what bike routes, bike paths or other improvements our local governments have in mind for us over the next 10 or 20 or 30 years? Would you like to make your opinions known about what those plans are—maybe let them know about a road that really needs bike lanes that they've missed, or even let them know what you believe a good bike route should look like? You can do all that and more without leaving the chair you're sitting in right now. Point your computer at <http://www.communityremarks.com/KATS/index.php>

You'll find a very interesting, interactive map created by KATS (the Kalamazoo Area Transportation Authority) working with local governments, MDOT, local citizens—and a few KBC members—that shows current bike routes, bike paths, and shoulders as well as what's envisioned for the future for Kalamazoo County and eastern VanBuren County. Current routes and proposed routes are layered on the map in various colors and you can look at any combination of current bikes lanes shoulders and multi-use paths (KRVT, etc.), as well as proposed shared use pathways, bike boulevards, bike lanes and shoulders. And you have the opportunity to email your ideas, comments & opinions to the people who actually plan this stuff right there on the same page.

If you care about bicycling in the Kalamazoo area, this is an extremely valuable resource. PLEASE increase its value by taking some time to look it over and send in your own valuable comments. The fact is that not all that many non-cyclists will take the time to do so because it doesn't matter much to them—if they even know KATS exists! We have an opportunity here to really make our bicyclists voices heard, and make the roads we ride better and safer for us all.

--Doug Kirk Editor@kalamazoobicycleclub.org

KATS Moves: An Opportunity to Improve Bicycling Infrastructure

The map described in the previous article is part of the KATS Moves (<http://katsmoves.org/>) program, which is a plan to help improve non-motorized infrastructure in the Kalamazoo area. KATS Moves aims to develop a Pedestrian, Greenway, and Transit Plan that will identify connections between new and existing non-motorized facilities and the Kalamazoo Metro Transit network and is looking for citizen input.

Go to the link above or to the KBC website's Resources page (<http://www.kalamazoobicycleclub.org/resources/>) where you will also find the KATS Moves link—along with many other useful bicycling related links.

Why get involved? Because the Kalamazoo region wants to become a better place to walk, bike, and ride transit...and you can help. So, in addition to working with local government officials to make our area more bike friendly, KATS Moves offers another way to get involved in the process of helping make the Kalamazoo area an even better place to live and ride bicycles.

--Paul Sotherland

Team Clark Logic Iceman Race Results

(Ed. Note: We at the PedalPress are aware that many, many KBC members raced the Iceman this year. But we are way, way too lazy to cull through the results for the roughly 4,000 Iceman participants and cross-reference them with KBC's membership database. But Val Litznerski is KBC's liaison to the TCL race team and sent these very impressive results for race team members.)

Tory Cane: 5th of 32 Fat Bike Women

Alec Schau: Men 19-24: 4th of 100

Tyson Gilmore: Men age 39: 33rd of 96

Nicole Obrieht: Women 30-34: 6th of 47

Andy Louwaert: Men 37: 6th of 77

Tim Stewart: Men Clydesdales 40+: 3rd of 175

Kudos

Kudos to Kalamazoo Township for installing 67 new Bike Route signs, through the Eastwood and Westwood neighborhoods. Signs along the "Westwood Wiggle" direct bicyclists from Berkley St. in the West Main Hill neighborhood through Westwood, north of West Main, zig-zagging on several streets to Canterbury St. near Drake Road, where another, previously marked leg connects with the Kalamazoo River Valley Trail (the old Kal-Haven Trail Extension) near Ravine Road. When signs are placed along bike routes in the City of Kalamazoo, bicyclists will have clearly marked paths along quiet streets between downtown and the surrounding countryside.

—Paul Sotherland

Kudos to the Kalamazoo County Commission for unanimously approving a resolution by Commissioners Julie Rogers and Dale Shugars to adopt a non-motorized plan for Kalamazoo County on December 20, 2016. The Resolution incorporates the non-motorized plan approved last April by the Kalamazoo Area Transportation Study (KATS).

The Resolution also encourages other local governmental agencies to support and implement the KATS plan, which includes bicycling facilities and a network of bike routes connecting every jurisdiction that KATS oversees in Kalamazoo and eastern Van Buren counties. Over the next several years, we hope to see these plans come to fruition (that is, be constructed). Hopefully other government agencies will follow suit and build on the investment already made here in Kalamazoo and its surrounding communities by KATS staff, citizens, and committee members.

--Paul Selden

Editor's Letter: Free Speed!

As I write this shortly before New Year's, we've already had a big blast of winter—single digit temperatures and well over a foot of snow. Definitely not very good riding weather, even for those hard-core fat tire nuts. We've also had the usual, if brief, January thaw—50 degrees!—unusually early. We just got another 6 inches of beautiful, heavy snow, but two days of 50 degrees and rain are apparently just around the corner.

So we're pretty screwed as far as outdoor exercise goes, unless your body can tolerate running. Enough snow for snowshoeing or cross-country skiing is on again, off again, and it's too cold and miserable for enjoyable biking unless you're truly hardcore (and I admit: 1. I know a few people around here who really are that hardcore, and 2.

I am not one of them). For the rest of us, I offer a couple of worthwhile indoor bike activities—one on the bike, the other off the bike, that will pay you back this spring.

On the bike: Want to get faster without having to work harder? It's actually possible. Think about your legs when you pedal. One is pushing down while the other is coming up. Notice I wrote that the other leg is **coming** up, not **pulling** up. That's because, unless you are a truly gifted pedaler, the leg coming up is actually subtracting from your total power output. The same is true at the top and bottom of the pedal stroke. One leg pulls across the bottom exerting force on the pedal while the other swings across the top exerting nearly no force at all.

Want proof? You've got a trainer, right? One that works off the back wheel of your trusty velocipede and lets you work up a sweat while you go nowhere fast? Suit up, climb on, and clip in. Warm up for a bit, then shift into a relatively easy gear and pedal around the cadence you normally do. Now, unclip one foot and **pedal one-legged**. (Put the other foot on top of the trainer, or just let it hang, or place a stool nearby). Try to keep the same cadence—or at least close to it. More importantly, try to pedal nice and smooth. See if you can last a full minute before your pedaling gets all clunky and awful. One lousy minute! Bet you can't do it. And if you can last a minute, try shifting up a gear or two, raising your cadence a bit, or going for two minutes.

Now you see what I'm talking about. When you pedal normally again, you'll realize that part of your push is wasted because it's helping to lift your other leg up and over the top—subtracting from the force available to put into the pedals. That, my friend is wasted power, power you put into the pedals. How much does one of your legs weigh? A lot! Your pushing leg is wasting energy lifting all that weight up (and over). And if you're that bad at lifting up after only a minute or two, think how much energy you're wasting on a 25 mile ride. Your feet make at least 200 revolutions per mile (maybe more, depending on your cadence). That's 400 multiplied by 25 = 10,000 downstrokes that you are using to help get that other leg over 10,000 upstrokes. That's an awful lot of wasted energy.

You'll never eliminate this problem entirely, but you sure can improve it. So practice your one legged pedaling—at the cadence you normally ride. Do it regularly for a hundred revolutions each leg and do two or three sets every time. And when you think you're getting good at it, put your hands on lower part of the handlebar or on your aerobars and see how much harder it gets. Practice! And do it once or twice a week outdoors once the weather warms up. By then you'll be good enough at it that you won't look like a dork. Free power awaits you. Go get it!

Off the bike: Go lift some weights. Weight machines are great. Free weights are great. But take some time to learn what the heck you're doing before you get injured. And if you're too lazy, undisciplined or cash-poor to join a gym, you can do lots of weight work using nothing but your own body weight—forward lunges, side lunges, explosive vertical leaps, forward planks, side planks, push-ups, etc. Again, read up on how to do these correctly (or watch a YouTube video). Then be religious about getting it done. Decide a good time of day (when you normally feel energetic), pick 2 or 3 days a week and make it a habit. Sure it's work, but so is riding your bike. Winter is the best possible time for cyclists to work on building strength.

Spend some quality time getting stronger by doing weights and smoother by practicing one-legged pedaling and I guarantee you'll be rewarded come spring.

--Doug Kirk Editor@kalamazoobicycleclub.org

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.

JANUARY KBC STATISTICS

Active subscriptions: 389

Active members: 662 (Includes family members)

New members:

Daniel Kannegieter • Dan & Mary Duncan

January Expiring memberships:

Christopher Barnes Family • Jake Biernacki • Susan Carter • Mark Jensen • Dan Kallewaard • Tim Krone • Paul Marquardt • Brian Orwat • Gordon Vader

Renewed memberships:

Renee Mitchell Family • John & Maureen Shubnell Family

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. Sadly, Billy's no longer has a website

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.

Gazelle Sports' End of the Year Sale is going on NOW! Enjoy 25-50% off fall apparel and take advantage of LOTS of shoes on sale!

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.

Trek Bicycle Store, Battle Creek 22 West Michigan, Battle Creek, 1-800-841-9494,

www.trekstorebattlecreek.com (Team Active has changed names but not owners).

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.