

KBC PedalPress

The Newsletter of the Kalamazoo Bicycle Club for September, 2018

www.kalamazoobicycleclub.org

The next KBC monthly meeting is Tuesday September 11th, 2018 at 7:00 P.M.
at the Kalamazoo YMCA, 1001 Maple St. All KBC members are welcome to attend.

KBC's Annual Anniversary Ride & Party Set for September 22

Come help the Kalamazoo Bicycle Club celebrate its annual Anniversary Ride & Party Saturday, September 22, 2018, by joining us at the Kal-Haven Trailhead on N. 10th St. at 10:00 am. You will have four rides to choose from, varying in length from 12 to 35 miles. Ride maps will be available at the start for each route. Even a family ride is in the plan following lunch if the temperature climbs to at least 60 degrees.

The key is to have fun, but be back at the Trailhead by noon where an ample lunch consisting of pizza and side dishes awaits you. We'll do the pizza and beverages, but request your help in providing a side dish or dessert. Again, ride maps will be available at the start for each route. If you have any questions, e-mail me at bludom98@charter.net.

--John Idema, Social Director

KBC Time Trial Champions Crowned

32 KBC members turned out to contest the club's first Time Trial Championship. The event was held August 21, 2018 at the club's usual TT course. It was a lovely evening and the roads were in great shape although a moderately hard northwest wind blew into the riders' faces on the first leg of the rectangular course.

We awarded championships (and \$50) to the winner in each of five categories: Women up to age 49, women 50 and over, men up to age 49, and men 50 and over. Riders were also scored in a fifth category where times were adjusted by age and sex using a predetermined formula: All riders over age 40 got 6 seconds per year over age 40 subtracted from their time, and women also had an additional 3 minutes subtracted. We awarded prizes and money to the top 3 finishers in this category.

So, who won? Tory Cane is your women's under 50 champion, Pam Sotherland is the women's 50+ champion, Cricket Howard is the men's under 50 champion, and Tim Stewart is the men's 50+ champion. Tim was also the fastest overall.

In the Handicapped category, the four outright winners listed above were ineligible. First, second and third places went to Angie Kautzer, Jim Kindle and Kevin Oostema, who each won \$50, \$30, and \$20 respectively.

Afterwards, most of us adjourned to Latitude 42 Brewpub for beer, food and fun. All involved declared this event lots of fun and a big success. We hope to repeat this event next year. For complete results, point your browser to: <https://www.kalamazoobicycleclub.org/kbc-time-trial-championship-results/>

--Doug Kirk, TT Impresario

Want To Go For a Ride?*

“Want to go for a bike ride?” These words can elicit joy, fear, regret, or maybe all three at the same time! I think we need to figure out how to ask someone to go for a ride, and what we mean by the question.

If I call a friend and ask them to go for a ride, it seems their first thought is often, “I don’t want to get dropped.” And, in reality, if you ask me to go for a ride, that might well be my first thought, too. But I don’t invite people out just so I can make them suffer. And the reality is that as I rack up birthdays, more people can ride me into the ground than the other way around.

Why do we assume that when we are asked to go for a ride, the other person is proposing a race or a test of strength and will? Part of the issue may be that cycling isn’t one just one activity. Cycling is in the eye of the beholder. It can be: 1) a sport with grueling races, 2) a fitness activity, 3) a social event, 4) a fashion show, 5) a gear and tech exhibition, 6) a means of transportation, 7) a way to explore the countryside (touring). When we ask someone for a ride they might be trying to assess what we’re asking them to do. Is this a fitness ride? If so, how hard are we going? Intervals or long slow distance? Is it a chance to chat? Are we looking to explore a new road? Riding to breakfast or to grab a beer? How long is this going to take?

So, despite the innocence of the question, the person being asked is not sure what they might be getting into. And since humans have a very well developed sense of danger, we sniff out the potential threat included in the query. Defenses go up, excuses get made. And the one who extended the invitation experiences a little rejection, making the next ask that little bit less likely.

Consider this alternative. Since we know some people fear the unknown implications of an invitation to ride, try to remove any ambiguity. Make it clear right up front what you are asking. “I’m thinking of a 25 mile road ride to recover from the weekend. Probably 15 mph. Want to join me?” Or, “Want to shred the Maple Hill Trail Saturday morning? I’m thinking maybe 3 full circuits, then lunch at Erbelli’s.”

I love riding with other people, sharing the joy of nice descents, the pain of climbing, and the beauty of a forest, field or pond. I will do my best to be clear when I ask someone to go for a ride next time. It would be a shame for my lack of clarity to rob us both of a great time. Give it a shot next time you invite someone for a ride.

*This column was inspired by Patrick Brady of <http://www.RedKitePrayer.com>

--John Knowlton

Education Committee Update

Kalamazoo Public Schools Bus Drivers Receive Bicycle Awareness Training

KBC received a request from David Rank, the Transportation Supervisor for Kalamazoo Public Schools, to provide a bicycle educational presentation to his staff of 130 KPS bus drivers. **Paul Wells** and **Thom Brennan** conducted the training with assistance from several KBC members for the outside demos. The training occurred on August 28, 9-11 am and 2-4 pm, and August 29, 2-4 pm at Kalamazoo Valley Community College. Each training session included about 40 drivers and included both a classroom session and a parking lot demonstration.

The Power Point used in the training was created by Renee Mitchell, and Zolton Cohen did a video of the entire activity. The following KBC members provided assistance for the parking lot demo: **Doug** and **Kathy Kirk**, **Terry O’Connor**, and **Tim Verdries** helped with the bus/bicycle driving demonstrations. **Paul Wells** and **Thom Brennan** led the training program. The classroom presentation covered the following subject areas:

- What is the Kalamazoo Bicycle Club?
- The Kalamazoo Bicycling Culture and Infrastructure
 - The various organizations
 - Bicycle Friendly Communities
 - Concerns Bicyclists face
- The League of American Bicyclists' 5 rules of the road
 - Obey laws, signals and signs, ride with traffic, maximum of two abreast, use rightmost lane
 - Lane positioning at intersections, bike lane usage at intersections, flow through traffic circles
 - Be predictable, use proper signaling
 - Be conspicuous, use right clothing, lighting, etc.
 - Think ahead: anticipate actions of others: door zones, road hazards
 - Ride ready: wear a helmet, ABC check

The bus demonstration included: 5 foot passing demonstration, correct turn positions at intersections, avoiding getting "Doored", and most importantly, putting bus drivers on bikes and having busses drive past them so they could see and feel for themselves what we experience regularly.

The training was very well received by the drivers and we had some interesting exchanges about various rules of the road. Kalamazoo Public Schools intends to submit an article about this training to the national Bus Driver Magazine.

--Thom Brennan, KBC Community Liaison and
 --Paul Wells, educationchair@kalamazoobicycleclub.org.

RESCHEDULED 2018 Ride to South Haven

KBC's annual Ride to South Haven will now be held on Saturday, September 15, 2018 with the same start time and location as before, at 8:00 A.M. from the southwest corner of the KVCC parking lot on O Avenue. There will be stops in Lawrence on the way to and from South Haven and, of course, at South Haven. A map of the course is located in the KBC website Route Library and is labeled "Copy of SoHaven Century."

And your illustrious Ride Leader may be riding by then, but the probability that he will be riding 100 miles is small. Still, the allure of South Haven subs is a strong one...

--Rick Whaley, Ride to South Haven Ride Leader

Tour for Teens Ride

Ride Captain Terry Butcher asks that we make you aware of Tour for Teens, a bike tour taking place September 8, 2018 at Gull Meadow Farms, 8544 Gull Road. Your choice of 15, 31, & 62-mile routes. Registration is \$30 (\$35 on the day of the event), and includes a T-shirt and lunch. Proceeds go to Kalamazoo Youth for Christ. For more information, go to <http://www.kalamazooyfc.org/tourforteens>

Win a Kids' Bike from the Road Commission of Kalamazoo County

The Road Commission of Kalamazoo County (RCKC) participates in Toward Zero Deaths, a statewide safety campaign based on the national strategy on highway safety intended to influence driver behavior and improve

safety for all users. With over 37,000 fatalities occurring on US highways each year, roadway safety remains one of the most challenging issues facing Michigan, and the nation. As of July 1, 2018 Kalamazoo County has had 2 fatalities and 29 serious injuries.

Motorists and roadway users throughout the nation are asked to join a day-long effort on Wednesday, October 10, 2018 designed to increase awareness about safe driving behaviors and keep the State's roadways fatality free for one-day. Known as Put the Brakes on Fatalities Day, the national initiative was designed to unite the country in moving toward zero fatalities for one full day by encouraging all users to obey all traffic laws, including buckling up, every ride; driving the posted speed limit; avoiding distractions while driving; bicycle safety; and always being safe and sober behind the wheel.

To support this effort, the Road Commission of Kalamazoo County will have a poster art contest. Kalamazoo County kids ages 4 through 12 are invited to enter artwork representing their thought on "Put the Brakes on Fatalities" by September 28th. There will be winners in three age categories, 4 through 6, 7 through 9 and 10 through 12. Top winners in each age group will receive a bicycle and helmet on Wednesday, October 10, 2018 at 5:00 pm at the Road Commission of Kalamazoo County. For more information see our publications page on our website at www.kalamazoocountyroads.com.

--Thom Brennan, KBC Community Liaison

KBC Monthly Meeting Notes for August 14th, 2018

Attendees: Timothy Stewart, Valerie Vuk, Stacie Ballard, Shawn Ballard, Thom Brennan, Paul Wells, Paul Selden, Terry O'Connor, Connor Cracium, Doug Kirk, Kathy, Kirk, Terry Butcher, Dale Abbott, Jon Olbrot, Renee Mitchell, Mike Boersma. Of special note: **Rick Whaley** attended and is recovering from his accident. He hopes to be riding in early September.

Renee Mitchell, President: Thanked everyone who took the time to attend the meeting on a beautiful day and noted KBC received a nice "Thank You" from LMB for our dollar per rider donations from Kaltour.

John Olbrot, Vice President: Noted that KBC members can be sanctioned as ride leaders other than at KBC meetings by making other arrangements with him. The city of Portage has a bicycle advisory meeting and would like to raise their rating with the League of American Bicyclists to either silver or gold level.

Mike Boersma, Treasurer: The club has the following financial assets:

\$12,551.82 in the checking account
\$2,921.34 in 5-foot legislation education money
\$560 in the Jeremy Smith memorial fund
\$9,078.48 unrestricted
PNC CD has \$6,174.58
Paypal \$2,224.39

Gross receipts for KalTour was \$8,830.27, of which \$4,724.69 was paid for insurance and other expenses. Net revenue from KalTour was \$4,105.31, of which half of that will be given to AMBUCS, our highest donation to AMBUCS ever. The check will likely be given in September. Mike hopes that we can get a picture of a bike being donated. **Terry O'Connor** submitted Pastor **Dale Krueger's** name as a potential recipient. **Thom Brennan** would like to see some of the photos posted on our website.

Valerie Litznerski, Secretary: I will be Crossing the State for Safety in September, attempting to set the record for the fastest south-to-north bike ride.

Committee Reports:

Terry Butcher, Jeremy Smith Fund. A section of trail to be installed on Portage Road between Bishop and Center Street will have a bench and a fix-it stand in memory of **Jeremy Smith**. The cost for the bench will be mostly covered by the Jeremy Smith fund and the Fix-It stand will be covered by Portage if the club can not contribute towards that. **Thom Brennan** asked if there is a plan for the club to make a matching donation. Mike responded that there is not a specific plan to match the family's donation. Fix-It repair stands typically run about \$1,200 without shipping or a pump. Terry said we need more ride leaders at 17-mph paces, as those groups are getting very large. **John Olbrot** said perhaps we should send a message to the general membership and to offer mentorship to those that are interested but that doesn't feel they have the needed experience to lead rides. **Dale Abbott** asked if certain personality traits lead to reluctance to make a commitment and wondered if that makes it difficult to find ride leaders, and added the ride leader commitment doesn't have to be a weekly obligation. **Tim Stewart** and Mike discussed opportunities to utilize the mountain bike insurance at regular mountain bike rides in the community. We are allowed to host/insure 50 mountain bike rides a year. **Thom Brennan** will help coordinate the insurance from the rides.

Timothy Stewart, Team Clark Logic Delegate: It's been an active month of racing. The Big M MTB and Detroit Cycling Championship and Corktown Crits were well attended. One member also did the very famous Leadville 100 in Colorado. The Gaslight Crit is coming up and after that, there will be more cyclocross and gravel races. The results will be posted separately in the newsletter. The team has also provided ride leaders for the Pedal Rides and **Kevin Oostma** and **Kathy Kirk** have been running the Time Trial.

Dale Abbott, Communications Director: Please keep me in the loop when you are working on any club communications. Dale and **Tommie Maille** organized the community garden tour ride that Kathy Kirk attended along with quite a few others. Please work with Dale if you want any official messages sent out to the general membership.

KBC Time Trial Championship, Doug Kirk: There will be awards in 5 categories, including a division with riders' times being adjusted/handicapped. There will be age-based time adjustments and also gender time adjustments to equalize the results. There will be cash prizes to the unadjusted winners and the winners after the handicapped scoring. There are no aero bars or aero wheels allowed. The date for this is August 21st and it will be at 29th and Q. We will meet for drinks at Latitude 42 afterward. Please show up by 6:30 to register. The executive committee is ineligible to receive prizes. Renee thanked Kathy and Doug for organizing.

KBC Anniversary Picnic: John Idema will host this and is tentatively planning on September 22 at the Kal-Haven Trailhead on N. 10th St.. Renee mentioned that this ride-then-picnic-lunch for KBC members starts at 10 am. Different groups/paces form depending on who is there. The club will provide pizza and members will bring dishes to pass.

Education Committee Report, Paul Wells.: A mailer was sent out by LMB with a 3-foot sticker that was designed based on the design for KBC yard signs. The president of the Tri-County Bike Club would like some of our yard signs, but they will be using 3' yard signs because there are no local ordinances there. **Mike at Team Active** might distribute signs in Battle Creek. Billy's Bike Shop has not been helpful in distributing signs. Paul has collected the money donated for the signs from the local bike shops.

KBC was contacted by the Kalamazoo School Bus Transportation Supervisor, would like the club to do a presentation to bus drivers about how to drive a bus near cyclists. The club agreed and **Thom Brennan** volunteered to present with Paul Wells. There will be an outside demonstration with bus drivers on bikes and bus drivers operating busses around the bikes. They will focus on intersections and how to drive safely in intersections with bikes. There will be 3 two-hour presentations. There will also be presentations from state law enforcement and a WMU professor who has done traffic safety studies. Paul wouldn't mind volunteers from the club to assist

the bus driver riders and a photographer. This will take place on 8/28 and 8/29 at the Groves KVCC training facility. **Terry O'Connor** offered to help and **Paul Selden** offered to help spread the word about this. Paul said he will invite bus drivers to attend a club meeting to give feedback. Paul mentioned that there are concerns that he will need to address with the bus drivers about bike riders that don't follow rules.

Bike Week 2019 Update: **Thom Brennan** and **Paul Sotherland** are working with the Bike Week 2019 committee. There are monthly meetings and they will work under the Bike Week organization for planning and promotion. They are looking at possible events for next year, including regular rides and an open meeting similar to what was done last year. Thom is looking for suggestions for events to include and would like to focus on diversity. The bike film shorts were enjoyed in the past, and that was mentioned as something that might be brought back. **Brian Moon**, the former organizer of the film festival would be willing to help another person to bring back and host the film festival. **Paul Selden** commented that he has sent out some emails to the yahoo group about Bike Week.

Other Events: **Terry Butcher** mentioned the Ride for Teens on Saturday, September 8th to support at-risk youth. The event needs ride leaders if you are willing to help. Attendees and guests will get free admission to the start at Gull Meadow Farms on Gull Road for the day, t-shirts, water bottles and lunch. The routes will go through Kalamazoo, Barry and Calhoun County. There is ice cream along the routes.

The Ride to South Haven was postponed due to the Ride Leader being injured. It has now been rescheduled. See article in this newsletter

Ride Leader Sanctioning. **Stacie Ballard** and **Sean Ballard** were sanctioned.

New business: **Paul Selden** brought cut tubes to use to keep cards together to share with club members. He also mentioned that the Bike Friendly Kalamazoo website is listing more bike events and the Kalamazoo Museum will host an exhibit soon. Paul believes that Kalamazoo Bike Week 2019 will be the best yet and thinks that the club's profile will be boosted during bike week, and he thanked the club for their participation in the bike week event.

Mike Boersma said that he's been seeing "Southwest Michigan Bikeway" signs posted, and the route network is getting signed. **Terry Butcher** motioned to adjourn, too many seconded simultaneously for the secretary to record.

--Val Litznerski, Secretary@kalamazoobicycleclub.org

Editor's Letter:

The year was 1971. Richard Nixon was President. A lot of heavy stuff went down that year. We'd sent hundreds of thousands of young men to the war in Viet Nam, and kids I knew from high school were coming home in pine boxes. Gearhead and dirty hippie that I was I bought a motorcycle. I thought the odds were pretty good I'd be dead before too long one way or another, and if I died popping motorized wheelies, well that looked like lots more fun than dying in the jungle.

Fate had other plans. I escaped the draft courtesy of a high lottery number and I've been riding motorized two-wheelers ever since—46 years. I've no idea how I escaped the first couple of years unscathed—there's a lot to learn about riding a powerful two-wheeled vehicle, especially in traffic—stuff they don't teach in drivers' education.

It took me another 10 years before I rediscovered the joy of self-propelled riding. Pretty soon I figured out that a lot of what I learned motorcycling is just as applicable to riding a bike.

The most important lesson, one that every two-wheeled traveler should practice, practice, practice until it becomes second nature is to **assume you are invisible**. Do not assume the driver of any motor vehicle—or even a pedestrian—sees you. In fact, assume they don't, even if they appear to be looking right at you, until you see good evidence to the contrary. There are two corollaries to the assumption of invisibility.

First, ride your bike knowing to yourself—and only yourself—that if you hit anything in front of you, it's your fault. Yes, that driver cut you off or turned left in front of you. And yes, those riders in front of you should have pointed out that road crater. But if you trust your safety to anyone or anything in front of you, you are placing your own personal safety in someone else's hands and you have to accept that fact. I admit there are quite a few bicyclists I know well enough that I'm willing to rely on their judgment (and draft them shamelessly) on group rides, but if they screw up and I get hurt, it was my choice to ride behind them. So pick your riding partners carefully and make sure they know you're back there. And do not trust any driver until you know they see you and are giving you the room you need.

Second, know your escape route at all times. If something happens in front of you requiring evasive action on your part, what is your path to safety? Practice thinking about where you could go if you had to avoid trouble when you ride. Should you hit the brakes, or is a car (or bicycle) right behind you that might not stop in time? Should you head for the shoulder, hopefully avoiding mailboxes and parked cars? This is often the best choice but is also why I don't like riding on roads with curbs and narrow lanes—hopping that curb and staying upright ain't easy.

What if you are in the left lane or the side of a double paceline? What would you do? Yes, there are times when for one reason or another there's no escape route, but do your best to recognize and minimize them.

So much to think about! But with practice it becomes second nature, because **with practice you become an active participant with all that is going on around you when you ride**. You routinely anticipate what others may do that puts you at risk and have a plan. When you relax and let your mind wander, or when you are tired is when you are most at risk. Sure there are times when letting your mind wander on the bike is a wonderful thing, but not when there's traffic around. And whether you're in a race, a club ride, or noodling around yourself, remember that you are most at risk when you aren't paying attention.

--Doug Kirk, editor@kalamazoobicycleclub.org

SEPTEMBER KBC STATISTICS

Active subscriptions: 361 Active Members: (Includes family members): 580

New and/or Renewed Memberships:

Stephen & Elaine Louisell • John Hayward • Matthew VanMiddlesworth • Paul Guimond • Kyle Douglass •
Kristopher Ouvry

August Expiring Memberships

Adam Rafels & Becky Visser • Emily Terhofter • Jason Sparks • Terry O'Connor • Tyson Gilmore

YOUR LOCAL BIKE SHOPS:

They support us so please support them

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.
Pop into Gazelle Sports soon to check out ALL that's new for fall!**

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.