

## PRESIDENT'S LETTER—DOUG KIRK

At last, decent (if often rainy) weather! I've been riding 36 years and I cannot recall a more disappointing spring weather-wise. But now June is here, and as Motown legends Marvin Gaye wrote, and Martha and the Vandellas sang, Summer's Here and the Time is Right for Dancin' in the Streets. Well, maybe for our purposes the dancin' on the pedals on the street!

Which makes me wonder—what is a 'vandella' anyway? I didn't get too far Googling it until I tried the Urban Dictionary, where I learned vandellas are "a group of females here to disrupt the natural flow of life, trouble makers and despots". Yikes! Sounds like just who you want blocking everyone else when you're off the front of the pack on raceday!

Where was I? Oh, yeah, SUMMER'S HERE! Must have been 80 people at the Wednesday Night Ride last week. Yee-hah! Seriously, June means lots of great stuff coming up. Here are three that are definitely worth your time.

You've almost certainly heard about the **Dirty Donut Ride** coming up on June 9<sup>th</sup>. If not, read about it by clicking on <https://dirtydonutrace.com/>. KBC and Team Clark Logic member Dan Frazier came up with the idea of combining two truly fun activities: riding gravel roads and eating donuts. The more donuts you eat, the more time gets subtracted from your finish.

As far as we know, this is the first ever event of this type and Dan has all sorts of awards and prizes planned. It all starts and ends at the US-131 dragway just south of Exit 55—the Martin exit 5 miles north of Plainwell. Dan's put a huge effort into making this event a success. Any bike with tires more than skinny road tires will work, so sign up and come join dozens—maybe hundreds—of riders exploring extremely rural Allegan County back roads. Even if you don't want to actually ride the event, Dan would love to have you volunteer.

For a totally different experience, the 37<sup>th</sup> annual **National 24-hour Challenge** starts at 8:00 on Saturday, June 15 at the Middleville Schools campus. Even if (like me) your butt would declare nuclear war on your psyche way before the time's up, a trip to Middleville just to soak up the very cool and remarkably laid-back ambience of this world-class event is worth the trip. Don't bother to get there before mid-afternoon since the riders all do a 125 mile loop first thing. But from 2:00 on, you'll see riders looping through the start/finish like right up until Sunday morning. Seriously, it's a wonderful atmosphere—riders perfectly happy just to finish the big loop all the way to amazing athletes cranking out 400 or more miles. There will be hundreds of riders all over the roads, the community is totally behind the event, and you are welcome to ride your bike on the same roads as these total flahutes.

And don't forget **Kaltour on June 29<sup>th</sup>** at Schoolcraft High School. <https://www.kalamazooBicycleClub.org/event/kaltour-2019/> KBC's annual fundraiser. We also give half the proceeds to AMBUCS, <https://ambucs.org/> Kaltour features road rides up to full or metric centuries and, new this year, 31 and 62 mile gravel rides on extremely rural roads in northwest St. Joseph and northeast Cass counties. Full disclosure: gravel riding is the New Big Thing in bicycling, and adding these routes to Kaltour was MY idea. And in my humble opinion, these are great routes! Any cyclocross, gravel, fat-tire or mountain bike will work just fine, so come on out and support your club—whether on pavement or gravel. Enjoy! —Doug Kirk [President@kalamazooBicycleClub.org](mailto:President@kalamazooBicycleClub.org)



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### SPECIAL POINTS OF INTEREST

- Do you take pictures? Send some cycling pics for inclusion in future PedalPress issues!

editor@kalamazooBicycleClub.org

## ALL BIKE MEETING NOTES—MAY 14, 2019—BOATYARD BREWING

Introduction from Doug Kirk, president of Kalamazoo Bicycle Club. He thanked everyone for attending this event where we can drink beer and talk about bicycling. Thom Brennan introduced the speakers.

**Paul Selden**, of Bike Friendly Kalamazoo. Paul thanked the Warwicks for their service to Kalamazoo Bike Week and stated that he was honored to take over the event. Recently a 501(c)(3), BFK is expanding their service and organization in the community.

**Tim Krone**, Pedal. Tim started off by sharing that Kalamazoo was just ranked 6th in the nation for the ability of its organizations to reach the cycling community. Tim established Pedal about 8 years ago and employs a passionate staff to serve the community. Together Tim and the staff love serving the community and thanks us for our support.

**Christine Augustine**, Just Move Fitness. Christine felt honored to by the invitation to speak as someone who focused on indoor cycling. Newly established, the studio is very inclusive for the attendees, from those with disabilities to elite athletes. She invited us to join anytime, and especially when the weather gets cold.

**Ryan Barber**, Kzoo Swift. Ryan established Kzoo Swift to serve customers that might have considered purchasing bikes at a department but would have missed out on the service that comes with purchasing a bike from a local bike shop. Ryan restores bikes, and through his experience, offers quality rebuilt bikes. He accepts trade-ins and also sells new bikes. He is thankful to be part of such a vibrant cycling community.

**Shaun Ballard**, Discover Kalamazoo. The organization is part of the convention of Visitors Bureau and serves as the marketing organization for the county. Part of that marketing includes outdoor recreation. About 4% of visitors to Kalamazoo visit for cycling. This is above the national average and is growing. They partner with local organizations to provide information to visitors.

**Chandler Garrison**, Village Cyclery. Established in 1974, and over the years, the shop has seen the growth of cycling in the community and the increasing diversity. Along with the other bicycle shops, he refers customers to other shops when necessary, as part of the mutual support that our bicycle shops give each other.

**Dan Warnaar**, SWMMBA. Announced that those in the room who have not ridden a mountain bike are on their way because of the condition of Michigan roads. He appreciated being in the presence of such a diverse group and shared some ways that SWMMBA develops and maintains trails in the community, including Maple Hill Trail. It took significant equipment and planning to develop the Maple Hill trail. Al Sabo may be developed next to improve the routes and signage. There is also a new trail that will be opened soon in Three Rivers. For those that are interested, there are local bike shops that put on clinics to help cyclists get more comfortable on the dirt.

**Donna Whitcomb**, Kalamazoo Valley AMBUCS. AMBUCS was established in the early 1900s as a service organization dedicated to helping individuals with disabilities. The organization has been associated with therapeutic tricycles since the mid 1990s. There are several local chapters that work directly with their communities. Along with the tricycles,

## ALL BIKE MEETING, MAY 14 2019

the organization provides scholarships to occupational therapists to teach them how to work with recipients of adaptive bikes. On a national level, the organization recently started working with a national company to produce the bicycles in the US, instead of overseas. KVAMBUCS supports KalTour and in return, KalTour supports KVAMBUCS

**Larry Stehouwer**, Friends of KRVT. Established in the early 1990s, the organization supports non-motorized roadways. They coordinated multiple entities and with the Parks Foundation taking the lead to design and construct the trail. They advocate for maintenance and promote the usage of the trails by community members. They also offer a tour of the trail to those who are unable to walk the trail themselves. They also organize the Trail Blazer event to raise funds for the organization. While the majority of trail users are cyclists, the trail is a multi-use trail. The trail cost about \$18.5M to construct.

**Rick Lee**, Zoo City. Rick established Zoo City in 2007. He grew up in a family that worked in sporting goods retail in the community since 1954. He saw many sports come and go over the years. Some sports have been less consistent in participation. Cycling has remained diverse and vibrant and has been supported by local organizations. Rick Lee asked us to stay involved with those community organization. Ryan Barber thanked Rick for the support that Rick gave him as he was establishing his shop and for helping him get his business off the ground. Paul Selden shared that Ministry of Community gives bikes to less privileged community members to help them commute to work. Zoo City works on the bikes. Other local shops are also involved in altruistic projects for the community. The bike program was developed to help when the organization ran out of funds to give community members bus tokens. Rick asked that we not forget those that are less privileged.

**Cara Smith**, TriKats. The organization serves the most “OCD, type A” cyclists in the community. Along with sponsors, the organization seeks to give back to the next generation. They have raised funds for local organizations with the help of Boatyard. Specifically, they give out helmets and locks to kids in the community. They have also supported Girls on the Run and the Boys Let Me Run programs. The organization also has group runs, rides and open water swim sessions for members.

**Dave Brown/Erin Denay**, Open Roads. Their mission is to engage and empower you to help them develop skills for the future. They teach soft skills (social) and hard skills (mechanical skills). They focus on at-risk, lower income kids. They recognize that access is a significant barrier to cycling and lack of transportation is a barrier to involvement in after-school programs. Participants in the program receive scholarships and financial assistance with transportation if needed. The donations from the community have supported and sustained the organization over the years. The organization has a youth board of directors to guide the programs and keep them relevant. There are unmet needs for the organization and increasing donations will help the organization serve those needs.

**Paul Guthrie**, Bronson - Bike to Work. Paul has been with Bronson for over 30 years. He started commuting to work in one nice days 2010 with other cyclists from his area that were commuting to work as work. Later he got a fat bike and better gear for riding in cold and rainy weather. The Bike to Work program was started in 2012 to promote sustainability. As a bike friendly business, the organization encourages cycling. Once at work, cyclists are able to securely lock their bikes and shower. In 2017, the organization attained gold level status from American League of Bicycists. He reminded everyone that Friday is National Ride Your Bike to Work day.

Thom thanked the speakers for their time and reminded us of the many ways that cycling is growing in the community.

### ATTENDEES:

Scores of people from many different organizations across the community!



## KAL-TOUR IS ALMOST HERE! (JUNE 29)

It will be KalTour time before you know it! There are actually two dates to remember. The first is KalTour itself on **Saturday June 29th**. This is the first time we are holding KalTour on a Saturday, so let us know what you think. The second important date is **Tuesday June 18** when we will paint the colored arrows on the KalTour routes (details below).

When we moved the start/finish location to Schoolcraft last year we unveiled a new set of routes which were well received. The only major change to the routes this year is a new lunch stop for the Century Route at Richland Township Park which will improve the spacing between stops.

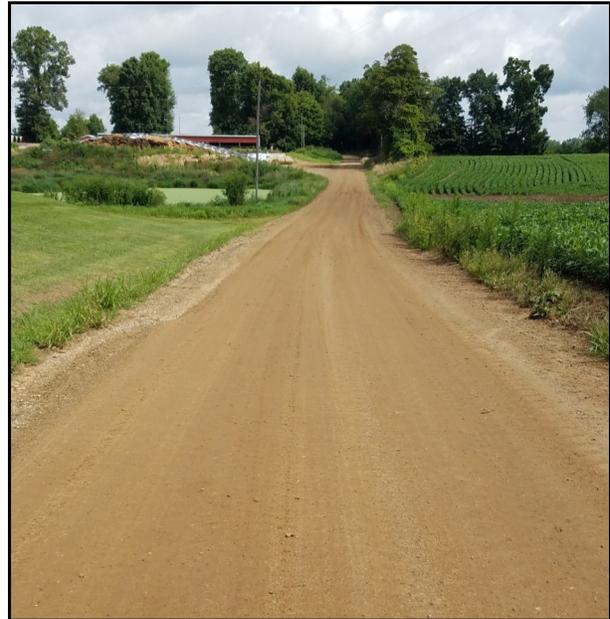
Also new this year is **gravel**: gravel routes (30 or 60 miles) will head south and west all the way to Cass County. There will be a sag stop covering both routes and lunch at the finish. Please indicate if you will be doing a gravel route when registering and join the **8 am mass** start.

This year we have not decided the time and pace for ride groups in advance of the ride. Instead we are leaving it to the riders to post their intentions as we get closer to the ride using the KBC Facebook group. Another option is to email through the KBC website.

Volunteers are what makes KalTour function. Many people have already said they will help. **The greatest need right now is for volunteers at the sag stops**. In particular we need one or two people to open the Scotts Mill Sag at 8 am for the early riders and another one or two people to staff the Fish Hatchery Sag at the end of the Century route starting at 11 am. Both stops are scenic and interesting places to spend a few hours.

**Road painting details:** Tuesday June 18th at 6 pm -- Meet at Schoolcraft High School on Lyons (VW Ave) The school is one half mile east of 131; turn at the McDonald's. Wear old clothes. Terry Butcher will handle the assignments. If you are coming, email him ahead of time if possible at [BikerTerry@mail.com](mailto:BikerTerry@mail.com). In case of storms, road painting will take place on Thursday June 20.

Michael Krischer Kal-Tour Director  
Follow this link for more information  
and to register:  
[www.kalamazoobicycleclub.org/  
events/kaltour/](http://www.kalamazoobicycleclub.org/events/kaltour/)



## CHAIN GANG MEMORIAL RIDE

Tuesday June 4th will be our annual memorial ride to remember our friends lost in the June 2016 tragedy. In the past years, we have done big rides with lots of media attention in order to fund raise for our physical memorial near the crash site. Our fundraising campaign is complete, and the finishing touches (benches, bike parking and repair station) are under way right now on the memorial. So this year will be a much lower key ride, beginning at our normal 6pm from the Nazareth complex on Gull Rd. We will ride the memorial route (28.5mi North to Plainwell), and stop at the memorial on North Westnedge for about 15 minutes of remembering our friends. Then, we will finish the ride once again (at a low key pace) and hopefully head to a pub afterwards for some fellowship.



Hope to see you all there!! — Steve Johnson

## W. AVENUE RIDE PHOTO AND CORRECTION

I enjoyed reading the Pedal Press for this month - thank you for putting it together! I just noticed a misprint in the article about the W Ride. I was on that ride, and my last name is Cartwright, not Yoshikawa. That must be the name of another Molly in KBC!

I feel bad because I did take a photo on the ride...but only a selfie in front of the gas station of all places (I blame my Millennial status). However, you can just make out a couple of riders in my sunglasses! Here it is attached if it's any help.

Thanks for all your work,  
Molly Cartwright



## THANKS FOR SUBMITTING CYCLING PICS!



Left: KBC members preparing to lead out runners at the Kalamazoo Marathon. Submitted by John Olbrot.

Right: Spring ride with Rick, Hank, Marshall, Larry, Gordy, Katie, Steve. Submitted by Gordy Vader.



## NON-MOTORIZED TRANSPORTATION PLANNING

The remaining county input meetings are scheduled for updating MDOT's SW Region Non-Motorized Transportation Plan. Please feel free to attend any of these upcoming events and also **please spread the word** to anyone that you think might be interested. We had about 120 people attend the Berrien County meeting back in February, so hopefully we can get similar turn-outs in the other counties. All of these events are free and open to the public. Light refreshments will be available.

**Cass County Non-Motorized Summit** - Wednesday, June 5, 2019 – 7:00-9:00pm - Southwestern Michigan College, Fred L. Mathews Library Conference Room, 58900 Cherry Grove Rd, Dowagiac, MI 49047

**Van Buren County Non-Motorized Summit** - Tuesday, June 11, 2019 – 7:00-9:00pm - Van Buren Conference Center, 490 S Paw Paw St, Lawrence, MI 49064

**Calhoun County Non-Motorized Summit** - Monday, June 17, 2019 – 7:00-9:00pm - Marshall City Public Services Building, 900 South Marshall Avenue, Marshall, MI 49068

**St. Joseph County Non-Motorized Summit** - Tuesday, June 18, 2019 – 7:00-9:00pm - St. Joseph ISD Conference Center, 62445 Shimmel Rd, Centreville, MI 49032

**Branch County Non-Motorized Summit** - Thursday, June 20, 2019 – 7:00-9:00pm - Coldwater City Hall, 2nd Floor, Council Chambers, 1 Grand Street, Coldwater, MI 49036

**Kalamazoo County Non-Motorized Summit** - Monday, June 24, 2019 – 7:00-9:00pm – Kalamazoo Expo Center, Room A, 2900 Lake Street, Kalamazoo, MI 49048

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## SCHOOL PROGRAMS & BIKE RODEOS NEED RIDE LEADERS

Calling all KBC members who have the time and inclination to help lead or sweep bicycle rides during Portage Central Middle School's gym classes -- please contact Paul Wells ([educationchair@kalamazobicycleclub.org](mailto:educationchair@kalamazobicycleclub.org)). The classes are being put on by KBC's Friend of Bicycling award recipient John Dunlop. You can volunteer on an "as available" basis.

Not every KBC ride leader can lead our regular KBC rides - some of you may have schedules that conflict, but might be available to help lead or sweep rides organized by schools, Blind Camp and community bike rodeos. So, if you're a KBC sanctioned ride leader please consider counting rides such as these toward your commitment to lead at least two rides during the year on behalf of KBC.

Volunteering to do what you love to do anyway could help KBC build an even stronger reputation in the community. This kind of volunteering checks the boxes on many personal and community needs at once - so if you can pitch in, please let Paul Wells know:

[Educationchair@kalamazobicycleclub.org](mailto:Educationchair@kalamazobicycleclub.org).

By Paul Wells, Gordy Vader, Paul Sotherland and Paul Selden (3 Pauls and a Gordy—Ed.)

## Bike Camp 2019 is Rolling Along!

KBC's Bike Camp is rolling along very nicely, thanks to our great volunteers, who have put in many hours of time in meetings, preparation of presentations, and then conducting the five sessions of Bike Camp. Heartfelt thanks to Pam and Paul Sotherland, Renee Mitchell, Zolton Cohen, Thom Brennan, Gordy Vader, Tim Verdries, Barb Hart, and many other KBCers that came to accompany campers on the rides. We have **47 campers** who are also new KBC members too. Our Bike Camp crew has also led rides at the KBC Monday night rides. We have two more sessions remaining as I write this, and we are hoping for favorable weather. If you haven't been involved in this program, I can tell you it is a wonderful experience to meet, mentor, and ride with these new riders. Their enthusiasm is contagious, and reminds us of how great this sport is, and why we keep loving it after all these years. (Photos below courtesy Zolton Cohen—Ed.)

Paul Wells, Bike Camp Chair

[bikecamp@kalamazoobicycleclub.org](mailto:bikecamp@kalamazoobicycleclub.org)



### KBC Club Statistics — Check for your name here!

Total Memberships: 335 | Total Individuals: 555

**June Expiring Members:** Dale Abbott & Tomme Maile; Mark Allen & Family; John Austin & Family; Christopher Baker; Julia Bates; Deborah Bauer; Brian Begeman & Family; Marie Billen & Family; Keith Boneburg; Tania Brammer; Randy Button; Fawn & Rudy Callen; Peter Coles & Family; Jeff Daniels; Douglas DeKuiper; Tim Dirkse; Marty Flatland; Brandie Fridley & Family; Tim George & Family; Andrew Graham; Gear Granger III; Charlie & Linda Grdina; Jim Hartwell & Family; Jeremy Howard; Susan Hubert; Katie Johnson & Steve East; Matt Kangas & Family; Shelley Klotz; Dale & Ruth Krueger; Val Litznerski; ; John Lopez & Family; Angela Marek; Bobbie Martin; Laura McCally; Ben Miron; Laura Mrozinski; Tommie Rediess; Robyn Richardson & Family; Rollin Richman; Erin Rogers; Camille Rucker; Richard Schau; Andrea Skidmore; Rick Tomas; Gordy Vader; Elizabeth VanderSloot; Tyler Weston; Kevin Wheeler; Chuck Zahnow; Jana Zollinger

**New or Renewed Members:** David Anderson; Paul Banner; Michael Barnett; Tom Boomer; Brian Bremiller; Angel Campbell & Family; Paul Clift; Zolton Cohen; Carol Collins; Joe & Julie Dill; Kitty Flatland; Kim Foghino; Steven Gilmer; Pat Gipper & Family; Shirley Gordon; Ryan & Andrea Howard; Rick & Faith Huyser; Marc Irwin; Tana Jackson & Family; Jane Johnson; Jennifer Johnson & Family; Jacqueline Kilmer; Ann LaPoint & Family; Sabrina Luke; Daniel Marshall & Family; David Mulnix; Rob Nicey; Doug Peot; Sharon & Tom Powell; Elizabeth Rigoni; Janet Stensland; William Suna; Jerry Traxler; Janice Utter; Peggy Warlick; Joe Williams; Janice Yelton

## **Dirty Donut Race June 9 – KBC 10% Discount!**

### **Kalamazoo Bicycle Club Members get 10% OFF**

When registering, use the coupon code 19KBC (all caps)

Avoid the price increase and get registered before June 1<sup>st</sup>. The Dirty Donut is part of the National Donut Day celebration weekend. The race starts and finishes at the US 131 Motorsports Park in Martin, Michigan. It is a dirt road race that offers three different distances: 18, 40, and 64 miles. Everyone from the serious racer to those that just want a fun riding experience have a place at this event. Each race distance will have “donut stops” positioned along the race route, where riders can nosh on donuts. For each donut you eat, 5 minutes gets ‘eaten’ from your finish time! Not into donuts, but into speed? Our Sprint race is for you, and has its own awards!



### **This race has two ways to help Charity!!!!**

#### **“Taylor G’s Dirty Dozen Club”**

You have to eat your way into this club! If you eat 12 or more donuts during the Dirty Donut race, you join the club! At the same time, you’ll be helping Make-A-Wish of Michigan.

How does it work? Together, the club’s sponsors have committed to donate \$100 dollars per rider for those that eat a dozen donuts in the race. It will take 30 participants to reach our goal of a \$3,000 donation to Make-A-Wish of Michigan.

#### **Make-A-Wish of Michigan Raffle!!!**

Our inaugural raffle will be awesome!!!! Pedal has provided a 2019 Trek Checkpoint ALR 5 gravel bike valued at over \$2,000. Velocity has donated a pair of Aileron wheels, and Sport-Crafters has donated 2 of their Rollers. Each registered racer will get one raffle ticket for these prizes. Additional raffle tickets will be available on race day for \$5 each or 5 tickets for \$20. Since all the prizes have been donated, all the proceeds will benefit Make-A-Wish of Michigan.

#### **You want Awards!!!!**

We can’t think of a race in the Midwest that has more awards than this one! Not just that, but we have an awards stage that will rival even those of the top levels in cycling. A beautiful medal will be presented to everyone who finishes the race. We will be awarding custom winners cycling jerseys, trophies, and custom medals in several different divisions and age categories. We have even more hardware for our divisional and age division winners as well! Visit our web page at [www.dirtydonutrace.com](http://www.dirtydonutrace.com) for all the details, and keep checking our “Dirty Donut Race” Facebook page for up to the minute news on what is happening.

## Impromptu Memorial Day Ride

Eleven bicycles and twelve cyclists met on Memorial Day for a spontaneous ride. Remember to check the [Kalamazoo Bicycle Club Discussion Group](#) page on Facebook for Ad Hoc announcements.

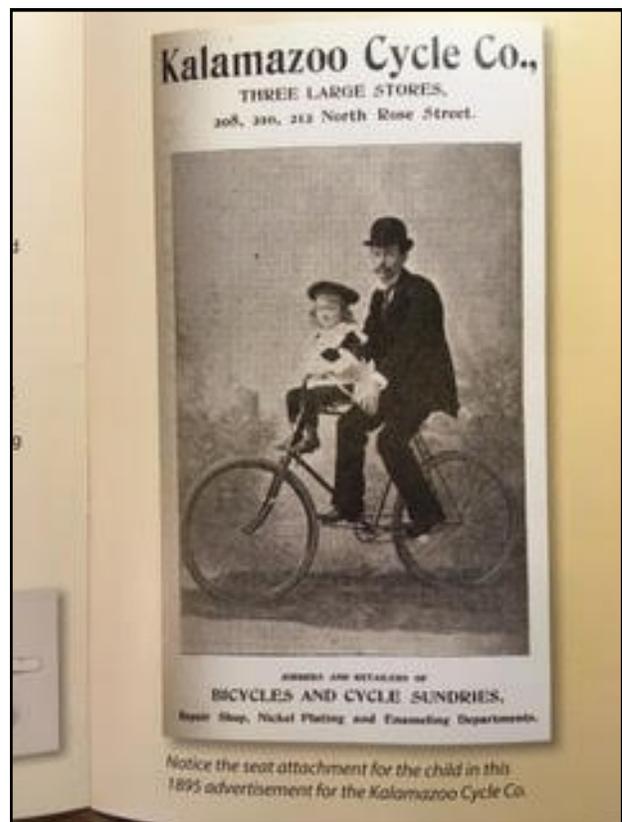
Due to elevated ground water levels, we had three route changes but were able to find our way back to the start eventually! This was IRL's (Impromptu Ride Leader) Half-hills, half-flat Mattawan route and the group opted to have the hills in the third half of the ride. Since that seemed mathematically impossible, the hills came first. Hills are our friends, and we all need more friends, right?



Terry O'Connor found this cool ad in a document at the Kalamazoo Valley Museum. Check out the child seat attachment. And look at how high the bottom bracket sits – essentially in line with the wheel axles. That combined with the slack head tube angle would likely make this bike feel VERY different from a bike built with modern geometry.

While those elements seem pretty antiquated, large volume tires like those shown in the picture are making a comeback. I am riding 32mm tires on my road bike, set up tubeless at about 60 pounds. When people ask, “What do you do if you get a flat?” my response is, “I don’t know, I have never had a flat with this set up!” Joking aside (you just put a tube in!), virtually any current tire/tube/rim combo will likely yield far fewer flat tires than the gentleman in the bowler hat experienced.

It is fascinating to see, however, that despite many small improvements over time, the bicycle shape remains basically the same. The child on the handlebars, if he was still alive, would surely recognize any of our current rides as a bicycle. Would Alexander Graham Bell be able to guess the function of an iPhone? -Editor



**Roger Pozeznic, long-standing KBC member, offers cycling-specific sports massage and strength training. Contact Roger at 269.377.1663 or [Rpozeznic@gmail.com](mailto:Rpozeznic@gmail.com)**

## ABOUT KBC

Recognizing that Southwestern Michigan offers a rare combination of good bicycling roads and great scenery, several cycling enthusiasts got together in 1971 to form the Kalamazoo Bicycle Club.

They wanted to support and encourage other riders in the area, to promote the sport of bicycling, and to have fun. As shown in the Club Mission, that tradition continues today in the Kalamazoo Bicycle Club.

### Club Mission

The purpose of the Club shall be to promote bicycling; to encourage and facilitate touring, races, bicycle outings, and all forms of recreational bicycling activities; to defend and protect the rights of bicyclists; to secure a better understanding and recognition of the need for safer riding conditions; to encourage the allocation of facilities for bicycling on public lands; to cooperate with the public authorities in the observance of all traffic regulations; to provide an opportunity for members to socialize with others who have an interest in bicycling; and to recognize bicycles as vehicles used for pleasure, fitness and transportation. The Club will cooperate with other organizations with a similar goal and purpose. Hold Ctrl and click [here](#) to view the constitution.

## Clicking In or Clipping In to Clipless Pedals?

After baseball's infield fly rule and everything about cricket, cycling pedal nomenclature may be the most confusing sports terminology. We click in or clip in to "clipless" pedals. Then we unclick or unclip to avoid falling over at a stop sign. Usually. But everyone has forgotten to get their foot free at least once. So what gives with these names and words?

The first pedals were flat platforms. You can still buy them and I have a few pairs in my tool box. They make sense for riding with regular shoes, kids bikes, townies and cruisers. Regular shoes, however, may get too hot and the soles are often pretty soft. When you ride a bike while wearing a soft sole, you spend quite a bit of energy compressing the sole as you push down. Much of that energy does not end up in the drivetrain and is therefore inefficient. Also with a flat pedal it is easy for your foot to slip off.



Equipment manufacturers started making shoes with stiffer soles (some were wooden) for more efficient power transfer. To avoid slipping they started attaching a slotted cleat to the bottom of the shoe which would engage with the pedal and prevent the shoe from sliding forward or back off the pedal. The cleat would release, however, if you lifted your foot up. Toe clips with straps were invented to keep the shoe and foot connected while pulling the foot up.



In the late 80's and early 90's manufacturers introduced pedals and cleats that are similar to what you may have on your bike now. 1990 saw the Shimano SPD (Shimano Pedaling Dynamics) hit the market. The cleats on the shoe are shaped like an upside down "T" in profile. The top of the "T" is held in place by springs and the cleat is released by twisting sideways. This system keeps the foot in place on the pedal without the need for clips and straps. When you push the cleat into the pedal there is often a distinctive clicking sound. Thus, we "click in" to the pedal. But, because the older pedals had toe clips, some people use the similar sounding predicate "clip in." Personally, I don't care what you say, as long as you ride (and give me a pull once in a while)!



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