



EDITOR'S LETTER

Group Riding Reminders

Summer has haltingly, grudgingly arrived, and cyclists rejoice! This has been a very wet spring and the first Monday night ride after the solstice was nearly rained out, too. However, after waiting under a pavilion for 15 minutes, several groups did ride out. So, group riding season is in full swing. President Kirk has ceded this space for the month of July, so here are some basic reminders about group riding safety and etiquette, along with a couple more advanced tips.

1. Be predictable. Your movements shouldn't surprise other cyclists or motorists. Use your arms to signal where you are going. Stick your left arm out to signal a left turn and your right arm to signal a right turn. To indicate slowing or stopping, place your hand down with the palm toward the rider behind you and it certainly helps to call out "Slowing." It is better to hit a pothole than to swerve when riding in a group.

2. Call out hazards. "Pothole" is good, but "hole left" is better, so that other riders know which way to avoid. If riding in a single line, indicate if the hazard is left or right. If riding in a double line, call left, middle or right.

3. "Car back" means move over! Look, I know we have the right to use the lane and to ride two abreast. I have read the relevant sections of the motor vehicle code. But the laws of physics will ALWAYS trump the laws of Michigan. We don't want any more cyclists' funerals, so please scoot toward the right side of the lane when someone calls out a car approaching.

Advanced tips:

A. "Standing." When you stand to climb a hill, the motion of moving your body forward causes the bike to slow slightly. When riding in a close formation, your bike moves backward relative to the wheel behind you. Suddenly standing without giving notice can cause your rear wheel to bonk into the front wheel of the rider behind you. A pedal stroke or two before standing, call out "Standing" and that will give the rider behind you a chance to ease up enough to avoid getting punted!

B. "On your wheel." This has probably never happened to you, but once in a while the pace might be a bit more than I can hang with. A friendly club member might drop back to give me a wheel to follow back to the group. I try to be as gracious as possible by letting him or her know when I am in the draft by saying, "On your wheel." This lets the rider in front know that they can start to pick up the pace a bit to haul my sorry behind home. If they start to pull away, I will call out "gap" so they know to drop it back a bit.

C. "Clear." Riding in a paceline is tricky. The thing that causes most pacelines to fail is the overtaking riders go too fast. In my observation,



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SPECIAL POINTS OF INTEREST

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

editor@kalamazooBicycle Club.org

KBC MEETING NOTES—JUNE 11, 2019

Treasurer's Report, Mike Boersema:

PNC Checking account \$8,069.72

\$560 Jeremy Smith. The Portage City Manager is working with Terry Butcher, Jeremy Smith's former teacher. The club is providing funds for a memorial along a new bike path that will be installed where

Jeremy was killed. The city will also put in a fix-it station. The bench and fix-it station should be finished this fall.

\$1,925.43 in Education Funds

\$6,179.79 in CD

\$2,990.20 in PayPal

KBC MEETING MINUTES

HAVE YOU ATTENDED A CLUB MEETING LATELY?

KBC's regular meeting takes place at 7 p.m. on the second Tuesday of each month. Our venue is Shakespeare's pub at 241 E. Kalamazoo. There is free parking west of the building and 44 beers on tap!

The Kalamazoo Bicycle Club is a 501(c)(3) charitable organization and donations are tax deductible. You may donate by holding Ctrl and clicking [here](#).

You may also designate how you wish your donation be used: general KBC activities, 5 foot passing education, or the Tuesday Night Time Trial series. You may also donate by check by sending your donation to Kalamazoo Bicycle Club, P.O. Box 50527, Kalamazoo, MI 49005.

Please write "Donation" in the memo line.

Thank you, Mike Boersma
KBC Treasurer

Welcome and Introductions

President **Doug Kirk** mentioned that several attendees of the meeting were at the Dirty Donut race on Sunday. At the race, every donut you ate took 5 minutes off of your time. **Kevin Oostema** ate 15 donuts placing him 40 minutes ahead of the fastest rider. It was a rainy, but fun race. Everyone was covered in mud, you couldn't tell what kits the rider were wearing and they were all smiling.

Executive Committee reports

Valerie Litznerski, Secretary, reminded everyone to reach out to her if they want help with Google Drive. Doug reminded everyone that Val is riding the National 24 Hour race this weekend and said that it was a fun event.

Old Business

- Bike Camp report. **Paul Wells**: Bike Camp was great. There were 51 registrants of which 45 attended. There are now 51 new KBC members. Some campers will become regular contributing KBC members in the future. The survey results showed many positive comments. Paul Wells recognized several club members.

Zolton Cohen and Thom Brennan: helped in a variety of ways

Gordy Vader: provided routes

Pam Sotherland: help with organization

Paul Sotherland: designed the power point presentation for orientation

Renee Mitchell: helped with bike safety/law information

Barb Hart: presented nutrition/hydration/training information

Tim Verdries: was at every session and helped with flat fixing presentation

Dale Abbott: helped with promotion

Doug Kirk: helped with the bike fitting.

Several more club members came out to lead rides. Paul feels that the program improves every year and will meet with the instrumental club members soon to talk about ways to improve the program even more in future years. Paul felt that nothing needs to be fixed, but there are opportunities for improvement. The bike shops were very generous with swag and gave the club great pricing for the give-aways. **Paul Guimond** asked what prevents the club from

KBC MEETING NOTES CONTINUED –APRIL 9, 2019

hosting more attendees. Paul responded that the YMCA facility limits the size of the event. Doug also mentioned we would accommodate larger groups if registrations increase .

Gordy Vader, Ride Captain: had planned on a slower paced ride on Wednesday. Due to lack of interest, he will not pursue this any more. There are still large turn-outs on Monday and Wednesday nights. There are 80-90 riders on Mondays and about 60 riders on Wednesdays. The women's PWR ride has also started for the season.

- **KalTour 2019** update. KalTour is now on a Saturday and registration is open until just a few days before the tour. Route painting will take place on June 18th. Please reach out to **Mike or Terry** if you are planning on coming. Mike recommends old cloths and rags for line painting. Mike has also prided themselves on the route marking, including straight arrows and advance notice for turns. There will be ride groups posted on Facebook and the club website as they form. Mike or Terry will post leaders and expected paces as we know the details. Gravel will be marked using spray paint on the gravel roads just a few days before the rides. The routes are available to current club members on Ride with GPS. **Paul Guimond** mentioned that TCL might still lead a ride and asked what's needed from the team. Mike K mentioned that the club would want a fast 60 or a fast 100. There is a mass start for the gravel rides at 8:00 am with stragglers starting no later than 9:00 am. The gravel route is split so that you can cut off 15 miles at the end and can make that decision mid-ride. Gordy offered to solicit ride leaders. Different groups will start at different times for different distances. Volunteers are also needed for registration. Many club members will spend all day working at the ride. Doug also reminded everyone that this is the club's primary fund raiser every year and Doug is hoping that the gravel ride grows. Paul Wells thanked **Mike Krischer** for all that he's done for the event.

Terry thanked everyone for coming out to blind camp. He especially appreciated the help from TCL. The kids had a great time, especially on Friday night. Many of the riders could get in more laps than originally planned.

The **Tot Tour** has been averaging over 10 kids every Thursday. Terry announces the location changes every week and on Facebook. Once school is out, more kids, including older siblings might join. The rides take place at 1:30 on Thursdays. Terry sends the kids out on paved bike paths and runs alongside them. The kids come on Striders, tricycles and in strollers. The idea is to get kids cycling at a young age. Many of the kids are part of the club through family memberships. The kids often get to play on the playground after the event. Terry also followed up on comments about the Ride of Silence. He mentioned that the attendance was low, but many commented that they were not aware that it was going on. Terry suggested that the clubs (KBC, TriKats, etc) support Tim in organizing and promoting the ride so that the attendance improve. Paul Guimond thanked Terry for all that he does to promote the Blind Camp.

There will be 30 cyclists from New Hampshire riding East to West across the country who will come through Kalamazoo on July 4th as a part of a fundraiser. They will stay at the First United Methodist church on the NW corner of Bronson Park. They will leave at 9:00 am on July 5th. They are raising funds for affordable

ATTENDEES:

Doug Kirk,
Kathy Kirk,
Paul Sotherland,
Paul Runnels,
Bill Surna,
Pam Sotherland,
Lynn Morrison,
Maureen Corts,
Keith Corts,
Shaun Ballard,
Ted Robinson,
Terry O'Connor,
Rick Whaley,
Gordy Vader,
Thom Brennen,
Terry Butcher,
Mike Krischer,
Val Litznerski,
Paul Wells,
Paul Guimond,
Charlie Grdina

Your name could be here, too, if you attended the KBC monthly meeting!

KBC MEETING NOTES CONTINUED

housing. Terry suggested showing them around town, including the 8 breweries within walking distance.

Mike Boersma, Treasurer: there was an announcement on WMUK. WMUK aired the announcement 38 times during bike week. Several of our club members and members of the community at large heard about the 5' passing law, the weekly rides and KalTour.

Paul Runnels: Thanked KBC for their support of the 3rd Chain Gang memorial ride. This was the first year that it was not a fundraiser since the funding for the memorial was met. There are benches and a fix-it station that will be installed soon. He mentioned sharing the memorial with the riders coming from New Hampshire.

Paul Selden thanked the club for everything that they did for Bike Week. The members' support helped to make it a wonderful event. He mentioned Doug's interview on the radio and the additional exposure brought to cycling throughout the week. The May meeting was a great success and Bike Camp was featured by Bike Week. Paul Wells mentioned that the Ride of Silence was promoted through Kalamazoo Bike Week and the club events will be promoted next year. Bike Friendly Kalamazoo recently got its 501(c)(3) and hopes to raise funds to distribute to area cycling clubs.

From 7:00 pm - 9:00 pm on June 24, there is a non-motorized summit through MDOT. Maps and routes are being updated and input from cyclists is being sought. Please attend and give input. Refreshments will be provided. BFK budgeting is an open public process. June 26th, there will be another public meeting at KRESA's public office to announce the process. Paul is looking for input on how to fund the club's efforts, as will be done for other area organizers.

Ride Leader Sanctioning

Maureen Courts was here to be sanctioned.

Doug motioned to adjourn. There was unanimous agreement.

**NEXT KBC CLUB MEETING IS JULY 9, 7:00 P.M.
AT SHAKESPEARE'S PUB**

KAL-TOUR INITIAL REPORT

A full report will arrive in the August Pedal Press, but here are some initial photos of the June 29, 2019 Edition of Kal Tour!



Credits: Top row—Dale Abbott; Second row—Paul Selden; Third row—Zolton Cohen via Facebook; Bottom left — Michael Frey via Facebook

THE 2019 RIDE TO SOUTH HAVEN IS COMING

This year's Ride to South Haven will be held on **Saturday, August 17**. The August edition of the Pedal Press will have more details about this ride.

Rick Whaley, Ride to South Haven Ride Leader

(I ride for Clementine's onion rings—Ed.)



KBC STATISTICS (CHECK FOR YOUR NAME HERE!)

Total Memberships: 315

Total Individuals: 517

July Expiring Members: Paul Bonar; Karen Christensen; Kerie Crawford; David Hapman & Family; Phillip & Jamie Lear; Stephen & Elaine Louisell; Bill & Pat McKinney; Kyle P. O'Donohue; Rick Rumsey; John Ryder; Benjamin Shields

New or Renewed Members: Dale Abbott & Tomme Maile; John Austin & Family; Keith Boneberg; Randy Button & Linda Hampshire; Rudy & Fawn Callen; Michael Conway & Family; Tom George; Tyson Gilmore; George Granger III; Jillian Howland; Susan Hubert; Pete Huver; Linda & Jeff Kozacki; Kerri Langdon; Diane Laliberte; Valarie Litznerski; Chris Mowell; Tracy & Amy Reilly; Richard Schau; Jeremy Sikkema; Lindsay South and Jim McKim; Mike St. Clair; Darci Stevens; Timothy A. Stewart; Annie Swier; Alan Sylvester; Gordy Vader; Richard Voorman and Mary Lagerway; Dave & Mary Jo Warwick; Cindy Workman; Nancy Wyman

LETTER TO THE EDITOR—ELITIST OR ELITE?

In January of this year the PedalPress published a letter from an individual who claimed that the Kalamazoo Bicycle Club is an ‘elitist’ organization.

I’ve pondered that quite a bit since that issue of the PedalPress came out, re-reading the letter, turning it over in my mind and examining it from different perspectives to determine if the charge had credibility. How could anyone prove that an entire club is elitist – however you define it? Calling something ‘elitist’ seems a subjective accusation, based on someone’s perceptions.

But I dutifully dredged my memory for incidents or initiatives that, during my 23 or so years of working with KBC as a ride leader, newsletter editor, Vice-President and President, had the club “giving special treatment and advantages to wealthy and powerful people,” or “regarding other people as inferior because they lack power, wealth or status,” - as Merriam-Webster defines ‘elitism.’

I couldn’t come up with anything.

In fact, that diversion down memory lane unearthed countless episodes that exhibit the exact opposite traits. KBC is and has been a club that expends voluminous resources, both monetary and human. to advance the cause of cycling for everyone, to get more people involved in the sport, and to create lasting cycling-specific infrastructure. Those benefits do not just fall to the wealthy and powerful (if the wealthy and powerful even ride bikes). They make our community a better place to live, for people of all social status and means, and a safer place to ride.

Working shoulder-to-shoulder for hundreds – maybe thousands – of hours with people of earnest good will on endeavors like KalTour and Bike Camp, who also lead weekly and special weekend rides, has revealed their true character, and also the character of the club. No one has to volunteer to work on these projects and events that do not directly enrich them. Yet they do, year after year. People step up and do for others.

And that, to me, does not sound anything like an *elitist* bike club. Rather, it scales out as more of an *elite* one.

Zolton Cohen

Bike Camp 2019 Recap

The 15th edition of KBC Bike Camp is complete and a success. We had 51 folks sign up, and 45 who participated. They were an enthusiastic and positive group. They learned how to safely ride on the road, how to ride in a group, bike maintenance, fixing a flat, training, nutrition, and hydration. Many of them are now joining us on KBC group rides, and will be riding KalTour. We can count them as new friends. Bike Camp has been bringing new members into KBC for 15 years, and creating some new contributing volunteer members each year as well. Our survey results are overwhelmingly positive, with comments such as, "the leaders were knowledgeable, friendly, and humorous." How about that!

Kudos to our Bike Camp Team of Zolton Cohen, Pam Sotherland, Paul Sotherland, Renee Mitchell, Thom Brennan, Gordy Vader, Barb Hart, and Tim Verdries. Thanks also to Rick Whaley and Mike Boersma for their assistance. These folks spent the month of May, every Saturday, as well as hours of preparation, to make Bike Camp a success. On top of that, we had 20 additional KBC volunteers who joined in on the group rides to ensure safety, and answer questions from campers. I want to thank **Pedal Bicycles, Village Cyclery, Zoo City Cycles, and Kzoo Swift** for their support for all these years. Bike Camp is a great group effort and I would encourage others from KBC to get involved with Bike Camp. It is a rewarding experience.

Paul Wells, Bike Camp Chair bikecamp@kalamazoobicycleclub.org



Dirty Donut 2019 Post Race

Dirty Donut 2019 Post Race

The inaugural Dirty Donut Race sure lived up to its name. Everyone got plenty dirty ate well over 1,200 donuts. We had 251 registered riders from 9 different states. Of those registered, 234 of them braved the rain and started the race.

25 people ate at least 12 donuts and were inducted into Taylor G's Dirty Dozen Club. Our Taylor G's Dirty Dozen Club sponsors, Ameriprise Financial – Nick Yetter, Northpointe Bank,, Ron's Beans, Armor Physical Therapy, and Wester Dental Care are donating \$120 each to Make-A-Wish of Michigan for their accomplishment for a total donation of \$3,000. The record number of donuts eaten is 18. This was accomplished by two different people. It will stand as a lofty goal to try and beat next year.

Our raffle was great as well. Deirdre Failon, of Breckenridge, Colorado raced on a very heavy borrowed bike. When she won the 2019 Trek Checkpoint ALR 5 provided by Pedal Bike Shop in Kalamazoo and Portage, Michigan, she was overjoyed and said how much she had wanted a gravel bike. Jake Biernacki, an avid gravel and cyclocross racer won the set of Aileron wheels provided by Velocity USA in Grand Rapids. Chuck Opalewski won one of the Sportcraft training rollers, while the other was won by a lovely lady whose name escapes me now. We will be donating all the money from the raffle to Make-A-Wish of Michigan.

We received many great emails, texts, and social media messages about how much people enjoyed the race. We learned many things and are already working to make next years event bigger and better for everyone. Big thanks go out to our many volunteers and all the others that made this event a big hit.

You can find race photos at the following links – (ctrl + click)

<https://www.jhkunnenphoto.com/dirtydonut2019>

<https://www.kristopherouvy.com/f207271235>

Michiana Spoken did a great podcast on the race – (ctrl + click)

https://michianaspoken.podbean.com/?fbclid=IwAR19QEZcT2_zRg2BvgN_WqybaPunH_oOB03AK0a5F0hR0M6o1tAnCfwdDnE

Please frequent and thank our sponsors that helped make this race possible –

Zeigler Motorsports, Consumers Credit Union, Plainwell Walmart, Pedal Bike Shop, VIE13 Cycling Apparel, Bike Law Michigan, Discover Kalamazoo, Velocity USA, SportCrafters, Ameriprize Financial – Nick Yetter, KalBlue, Gordon Water, Ron's Beans, and Delta Hotels by Marriott.



Tour for Teens July 13, 2019!

2nd Annual Tour for Teens – A Beautiful Ride for a Great Cause!

Last September, Kalamazoo Youth For Christ (YFC) hosted the Tour for Teens, benefiting the organization's programs which reaches at-risk youth in Kalamazoo and other local communities with hope and purpose for their lives.

After a successful first year, Kalamazoo YFC is thrilled to host the tour again, this year on Saturday, July 13. The tour begins and ends at Gull Meadow Farms and offers three routes, including a Metric Century, which take riders around Gull Lake and the surrounding areas.

"[The Tour for Teens was a] very well-organized, fun bike tour. Well done for first annual event. I'm looking forward to attending many more in the future," said a 2018 participant.

The success of the first event was due, in large part, to the input by the experienced riders who made up the Planning Committee, and continue to serve on the committee for this year's event. KBC member Terry Butcher is one of the members serving on the committee.

"It is great working on the Tour for Teens committee and see this develop from just an idea to a full fledged event that we can do help the youth of the greater Kalamazoo area," said Butcher.

Kalamazoo YFC hopes to see returning riders at this year's event, as well as many new faces. The event is hosted by Kalamazoo YFC staff and volunteers and includes three SAG vehicles and stops, as well as lunch after the ride. The first 150 riders to register will receive a free t-shirt.

Registration is open for the 2019 Tour for Teens. Riders can find more information and register online at <http://kalamazooyfc.org/tourforteens/>.

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.

Editor's Letter Continued

one reason they overshoot is that they can't tell when they have cleared the front wheel of the rider they are passing. Therefore, they keep going and that drives the speed up to the point where the rotation gets gaps and then disintegrates. As the overtaking rider passes your front wheel, you can say "clear" and let them know it is ok to pull in front of you.

D. Be seen. This recommendation isn't specific to group riding, but applies anytime you are on the bike. Back to the laws of physics discussion, I know that we aren't required to run lights on our bikes by the state. However, motorists sure can see a flashing light more easily than they can see a dark colored jersey and black shorts. Bontrager has published their ABC's of visibility. Admittedly, they have an interest in selling us more stuff such as lights and clothing. At the same time, they need us to be alive to buy this stuff, so I think their interests and ours are somewhat aligned.

A stands for "always on," meaning always turn your lights on. I used to have a rear red blinky light on when I rode. Then Julie added a front flashing white light, which I thought was overkill. One day we took a ride together and I finished a climb ahead of her. When I looked back she was riding in dappled shade while I was in bright sunshine. My eyes had adjusted to the strong light, so I couldn't see her or her bike in the shade. However, the flashing light was amazingly noticeable! At that moment I realized that drivers traveling along the same road would experience exactly what I had: their pupils would close in the bright sunshine, leaving them less able to see objects (cyclists) in the shadows of the trees. Front and rear lights help overcome this issue.



B is for bio-motion. This is a fancy term for drawing attention to the pedaling motion of your knees and ankles. Apparently the human brain can instantly recognize the oscillating motion of our knees and ankles as being made by a person. Highlighting our moving parts with reflective or bright colors can help us avoid hearing the disturbing admission, "I just didn't see her on that bike" or, "He just came out of nowhere." For less than \$10 I bought reflective ankle bands from the Road ID company.



C stands for contrasting colors. Many cycling kits are good about making us look bright or garish or obnoxious, depending on your tastes. That's a good thing, from the perspective of being seen.

I realize that some people think it doesn't look cool to run lights or fluorescent ankle bands. But have you seen what we look like anyways? Give me a break! We look like dorks regardless of lights or reflective bits on our legs. Your family wants you to come home, so please do whatever you can to help that happen.

John Knowlton, Editor - editor@kalamazoobicycleclub.org