



March 2020

GROUP RIDES START MARCH 9!

Remember group rides? They start again the first Monday after Daylight Savings Time begins, or March 9 this year. Because the time of sunset changes, the Monday and Wednesday rides start earlier in spring and fall.

| March | April | May-Aug | September | October |
|-----------|-----------|-----------|-----------|---------|
| 5:30 p.m. | 6:00 p.m. | 6:15 p.m. | 5:45 p.m. | 5:30 |

Monday night rides gather at Texas Drive Park in Texas Township and Wednesday night rides start at the Kal Haven Trailhead parking lot on 10th St.

Ride Leaders — message from Gordy Vader, Ride Captain

Attention All 2020 KBC Ride Leaders! If you have not done so yet, please register online to be a sanctioned ride leader, and come to the March KBC meeting to be formally sanctioned. I can also formally sanction ride leaders at the Monday and Wednesday Night rides, on a limited basis as time allows. You must register online before you can be formally sanctioned. Thank you to all past ride leaders, and a big thank you to our future KBC 2020 season ride leaders! Ride leader responsibilities and the link to the sanctioning form are at [this link](#) (you may need to hold the ctrl button while clicking).

Routes

The KBC website has a cool library of routes that are commonly used by club rides. You can [click here](#) to start downloading routes. The page also includes information about the club's Ride with GPS account which offers thousands of routes and allows you to create your own routes which can be shared and sent to GPS computers.

Mixed surface route rumors

There have been rumors that the Pedal Press editor may periodically lead a mixed-surface route on Monday nights. Watch the Kalamazoo Bicycle Club Discussion Group on Facebook for details.



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SPECIAL POINTS OF INTEREST

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

editor@Kalamazoo BicycleClub.org

KBC MEETING NOTES—FEBRUARY 11, 2020

Treasurer: Pam Sotherland

KBC Financials as of 2/10/2020:

TOTAL LIQUID ASSETS: \$11,473

PNC Checking Account Balance: \$10,080

PayPal Account Balance: \$1,357

PNC Cert. of Deposit: \$6183

TOTAL DESIGNATED ASSETS: \$6769

Education Fund: \$6209

Jeremy Smith Fund: \$560

TOTAL ENCUMBERED EXPENSES: \$2890

KRVT Pledge - \$1000

Race Team - 2021 Pledge: \$1000

Repair/Air Station for Portage: \$890

(\$1450 less Jeremy Smith Fund)

ASSETS APPLIED TO 2020 BUDGET: \$1814

(\$11,473 less \$6769 less \$2890)

HAVE YOU VISITED A CLUB MEETING LATELY?

Free popcorn, huge piles of nachos, beer, wine, and fellow cyclists and KBC members!

Where will YOU be **March 10 at 7:00 pm?** Shakespeare's!

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,

KBC Treasurer

EXECUTIVE COMMITTEE (EC) REPORTS:

Vice President: Paul Sotherland

For those who completed the form to obtain a helmet nametag, John Hart had them at the meeting for pick up. Also, Paul updated the donations page on the KBC website.

Treasurer: Pam Sotherland

A Historical Overview/Proposed Budget was handed out in addition to a KBC Accounts Summary document developed by Pam. Discussions regarding what the club has spent money on in the past, how much the club has to spend each year, etc. were held before a vote by the Board of Directors.

DIRECTORS REPORTS:

Education: Paul Wells

The Portage YMCA has been reserved for the first two Saturdays of ***Bike Camp*** and the Pavilion in Texas Drive Park has been reserved for the last two Saturdays. The brochure for bike camp was recently updated and Paul approved the proof. He will be delivering to bike shops soon. Updates will be coming about registration.

League Cycling Instructor (LCI) Training is in progress. Paul Seldon, Paul Wells, and Renee Mitchell are working on this effort.

Stay tuned for an ***education committee meeting*** happening soon. The ***All Bike Meeting*** planning is underway and Shakespeare's has been proposed for the location during Kalamazoo Bike Week.

On Saturday, February 8, 2020, the Kalamazoo Nature Center hosted ***Club Connection Day***. It was not attended by a large amount of people, but great conversations were had with others in the community about the Kalamazoo Bicycle Club. Other clubs that were in attendance consisted of the Kalamazoo Area Runners, Rock Club, Astronomers Club, the Kayak Club, Radio Control Car Club, etc. Thanks to Paul Well, Bill Surna, and Stacie Ballard for volunteering at the event.

Grants and Awards Committee Chair: Terry O'Connor. The Friend of Bicycling Award was given out to Larry Shaffer on January 27, 2020.

KBC MEETING NOTES CONTINUED — FEBRUARY 11, 2020

Fundraising: Mike Boersma. Mike asked if any club members work for any companies or organizations in which he could seek out grants from various communication foundations. He would appreciate more contacts. It was commented on that those who are unable to attend meetings may have great suggestions for Mike, and if that is the case, please reach out to him.

Social Director: John Idema

The KBC Annual Recovery Party was originally scheduled for January 11, 2020 was postponed to January 18, 2020 due to weather. There were approximately 80 attendees, the food and venue were excellent. John proposed a time change for upcoming years. Traditionally, the recovery party is from 7-10pm, it was voted on to move the party to 6-9pm next year. Thanks to Jim Kindle for the idea of having a swap table. Items were taken to Open Roads that were not swapped at the recovery party.

OLD BUSINESS

Fundraising Campaign for Kalamazoo River Valley Trail (KRVT)

The Executive Committee recommended \$1,000 to be donated to the final stretch of the KRVT. This was proposed after Chris Lampen-Crowell spoke to the club in December about the fundraising campaign. The club voted to pledge the \$1,000 when it is most fiscally responsible. Paul Sotherland stated he would get in contact with Chris to determine exact timing of the donation.

NEW BUSINESS

Do-Dah Parade: Bill Surna

Bill asked if the club had any interest in participating in the Do-Dah Parade. He stated this could promote the club, promote the 5 foot passing ordinance, and a time to have fun with other club members. The parade will take place on June 6 so he asked everyone to think about this as a possibility.

Approval of 2020 KBC Budget: Pam Sotherland

The Executive Committee recommends to approve the budget, during this meeting the Board of Directors voted to approve the 2020 budget. There was a large round of applause for all of Pam's hard work for developing and presenting the budget to all. Thanks, Pam!

Portage Road: Paul Seldon

Paul attended the meeting at Portage City Hall on February 10, 2020 about the possible adoption/creation of a road diet on Portage road between Austin and West Lakes. There will be another meeting in March and in April, others should consider attending. Paul stated you do not have to live in Portage to have input on this. Advocating for safe roads is important and anyone who can voice their support during these times (resident or not) is appreciated.

Ride Leader Sanctioning: Paul Sotherland

Anyone interested in being a Sanctioned Ride Leader for the 2020 season should fill out the form on the KBC website and attend a club meeting to be sanctioned. Paul sanctioned ride leaders who previously completed the form before the end of the meeting.

Don't forget club rides begin March 9th!

ATTENDEES:

Shaun Ballard
Stacie Ballard
Mike Boersma
Nikki Bradshaw
Thom Brennan
Paul Guimond
Barb Hart
John Hart
Ryan Howard
John Idema
Dan Kallewaard
John Knowlton
Julie Knowlton
Terry O'Connor
Ted Robinson
Paul Seldon
Pam Sotherland
Paul Sotherland
Bill Surna
Paul Wells
Rick Whaley
Mark Zettel

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

2019 KBC Member Mileage Almanac – Paul Selden

The idea behind KBC's Annual Mileage Almanac is to share the fun of bicycling that these numbers represent with others, regardless of the number of miles you ride. Thanks to all who submitted reports, and thanks for inspiring everyone to get out there and ride, no matter how much!

| <u>Miles</u> | <u>Member</u> |
|--------------|--------------------|
| 1,800 | Shaun Ballard |
| 3,142 | Stacie Ballard |
| 25 | Marie Billen |
| 1,000 | Mike Boersma* |
| 1,475 | Thom Brennan |
| 1,584 | Randy Button |
| 5,011 | Jamie Clark |
| 1,282 | Chris Dahl |
| 4,716 | Charlie Eaton |
| 4,132 | Terry Florian |
| 3,000 | Daniel Goldberger |
| 9,608 | Paul Guthrie |
| 10,523 | Barb Hart |
| 10,740 | John Hart |
| 4,114 | Kevin High |
| 1,400 | Jeanette Hohm |
| 4,100 | John Idema |
| 743 | Michelle Karpinski |
| 7,161 | Jim Kindle |
| 7,400 | Doug Kirk |

| | |
|--------|-------------------------|
| 3,400 | John Knowlton |
| 1,929 | Julie Knowlton |
| 1,519 | Shawn Kloha |
| 3,666 | Mike Krischer |
| 1,010 | Kerri Langdon |
| 10,850 | Tom Noverr |
| 3,000 | Terry O'Connor |
| 3,773 | Bill Price |
| 1,106 | Paul Selden |
| 800* | John Shubnell |
| 6,793 | Timothy A. Stewart, Jr. |
| 5,772 | Greg Strader |
| 2,800 | Bill Surna |
| 4,265 | Gordon Vader |
| 4,532 | Paul Wells |
| 5,204 | Rick Whaley |

*Noted by rider as approximate. Based on member reports received in time for submission to the March Pedal Press; may be approximate or based on an estimate. Not responsible for errors/omissions, etc. Please send any corrections/updates to the Pedal Press Editor at editor@kalamazoobicycleclub.org.

Keep track of your mileage for next year's KBC Member Mileage Almanac!

Throughout 2020 please submit reports of rides that may be of interest to others to editor@kalamazoobicycleclub.org. Trips, adventures, long rides, race results, an experience on a trail, a pleasant outing with the family...in short, share anything you think may help our members hear about the many bicycling experiences out there.

KBC Stats – Rick Whaley

Total Memberships: 345 Total Individuals: 564

March Expiring Members: Rafael Alcaraz; Tom Cross; Jerry Dahl; Dave Deback & Family; Brett Dodds; Terry Florian; Shirley Gordon; Matt & Kristy Gunderson; Kevin High; Dan Jekic; Yvonne Johnson; Dave Mitchell; Jim Murray; Kurt Sherwood; Mike & Sharon VanderMeullen; Daniel Witham

New or Renewed Members: David Dilno; Chris Gottwald & Family; Kevin Hains; Dan Kallewaard; David Keyte; Sandra Rapp; Jessica Sackett; Monica Tory & Jonathan Evans; Lisa Vormwald

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: Staying Warm

Last month I shared my big hairy audacious goal: riding my bike up the Dolomite mountains in Italy this coming July. Because I made this commitment, I never really stopped riding this winter. I don't care to ride in the dark, so on work days my riding was on a trainer or in a spin class. But the weekends saw me riding outside. I have had a few people ask how I stay warm. One trick I learned from Paul Gaimond is that when your feet get cold, get off and run alongside for a while. In my experience, a quarter to a half mile does the trick!

The picture below shows what I wore on a 2 hour ride with the temps between 28 and 32 degrees and the sky filled with clouds. Sunny weather would make a difference, but hey, it was winter in Michigan! There is nothing like riding in the crisp winter air while other people are inside eating pie to make you feel smug!

Starting at the feet and going up, here is what I wore:

Defeete aireator wool socks, black and pink (they come in cool patterns!) topped with grey Wigwam socks. I stick my feet into Bontrager Old Man Winter boots which are nearly waterproof.

My legs and center section were covered with specialized shorts, REI mid-weight tights (brushed fleece inside), and Gore windstopper bibs.

Torso was protected with a Rapha long sleeve base layer and a Nike mid-weight heat gear mock turtleneck. I also wore a Pearl Izumi mid weight winter jacket (not shown).

Head and hands: a lightweight balaclava with a Pearl Izumi skull cap. I found that Specialized Element 1.5 gloves provide great wind protection. In fact, they are almost too warm, so I often carry a thin pair of glove liners in case I need to switch out during a ride.



Now that club rides are starting again, I hope you won't need any of this gear until late fall! See you Monday night,

John Knowlton, editor (ctrl+click) editor@kalamazooobicycleclub.org