

PRESIDENT'S LETTER — DOUG KIRK

Well, the strangest riding season ever is starting to wind down. Riders seem to practice all sorts and degrees of social distancing on the bike, just like everywhere else. Did you realize how good you had it in years past? Me neither! Here's hoping riding—and socializing in general—are somewhere near normal next March. Will we have a recovery party in January? Who knows? Stay tuned!

Whenever I see someone riding a bike while wearing a mask, I'm just amazed. I have enough trouble getting enough air walking around the grocery store in a mask, much less when trying to push a few watts through the pedals.

I think I'm far from alone when I admit that I've experienced a fair amount of anxiety and depression from the pandemic, particularly early on. Never in my 35+ years of bicycling have I found the bicycle a more valuable ally to my psychological well-being—specially with sleep. Never have I been more aware of this great truth: Physical fitness and mental fitness do indeed go hand in hand.



Note that nominations for next year's KBC Executive Committee (President, Vice-President, Secretary & Treasurer) will be received at the October KBC meeting—the location of which is probably going to be outside, under the shelter at Texas Drive Park. Under the Constitution, the current Executive Committee is to submit a list of candidates, and any club member can also nominate any other club member for these positions.

Our annual election takes place the following month at the November club meeting. Obviously we will have to take steps to maintain social distancing, and it's likely that November weather (and lack of daylight) will preclude meeting outside. At least we ought to have fewer problems than in the folks handling the general election! So far we have no plans for absentee ballots—something KBC's Constitution simply does not address. Further information about this will be forthcoming.

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APPEAL FOR STORIES, PHOTOS, AND CYCLING DISPATCHES

As the stay home orders continue to be extended, more and more cycling events are cancelled. However, I still see many cyclists at the trails and riding on roads. Since we aren't meeting in groups we are missing each other more often than not. Please take a picture or send a report of a ride for others to enjoy. You can send them along to:

[editor@kalamazooBicycle
Club.org](mailto:editor@kalamazooBicycleClub.org)

President's letter Cont.

One of the Executive Committee's duties is to appoint our Board of Directors (Ride Captain, Education Director, Insurance Coordinator, etc. (See <https://www.kalamazoobicycleclub.org/about/club-officers/>

for a full list) Nearly all the current Directors have agreed to serve another year, other than the Communications Director, where we are happy to welcome Jillian Howland, who replaces Charlie Eaton. Also, John Idema has also resigned from the Social Director position. Please consider helping your club by taking on this position.

president@kalamazoobicycleclub.org

KBC Membership Stats — Look for your name here

Total Memberships: 266

Total Individuals: 476

New or Renewed Members: Mark Allen & Family; Cathy Cheron; George Granger III; Paul Guthrie; Sara Miller; Joan Orman; Gerald Stewart; Molly Yoshikawa

October Expiring Members: Jon Ballema & Family; Paul Bonar; Scott Baron; Cyndee Clemann; Ray Fulkerson; Nick Hampton & Family; Dan Kannegieter; Dan Martz; Ben Miron; Dan Murrin; Gabe Rice; Jacinda Roedel

This new Fixit bike repair station has been recently installed at Texas Township's Texas Drive Park. In the photo at far right you can see the brass plaque indicating that the equipment was donated by the Kalamazoo Bicycle Club! Thanks to Paul Sotherland for the photos. Nice work, KBC! -Ed.



KBC Meeting Notes—August 8, 2020

Finance report, Pam Sotherland as of 9/7/2020:

PREVIOUS BALANCE CASH (PNC Checking + PayPal) AC-COUNTS: \$14,947

Monthly RECEIPTS (Cash In): \$430

Monthly EXPENSES: \$404

CURRENT BALANCE CASH ACCOUNTS: \$14,973

TOTAL DESIGNATED FUNDS: \$6,868

Education Fund: \$6,308

Jeremy Smith Fund: \$560

TOTAL ENCUMBERED EXPENSES: \$1,000

KRVT Pledge: \$1000

CERTIFICATE OF DEPOSIT: \$6187

Due to COVID-19 safety protocols, the September meeting was held outdoors at Texas Drive Park.

EXECUTIVE COMMITTEE REPORTS & BUSINESS

President: Doug Kirk

The September *Anniversary Ride and Picnic* has been canceled. *Meeting locations* for October and November are being looked into and will be sent out to the club as the Board will put forward *executive committee nominations* at October's meeting with *elections* happening at the November meeting. Any member is able to nominate another member for a position, and needs to be present at the October meeting. It is still too early to determine the status of the *End of Year Recovery Party* in January, stay tuned for more information on that.

NEW BUSINESS & ANNOUNCEMENTS

Smart Cycling Class on October 3, 2020 9:00AM to 3:00PM: Renee Mitchell

Anyone who is interested in becoming a League Certified Instructor (LCI) should consider taking this course in Portage, MI as it is a pre-requisite to the other courses. This Smart Cycling Program course will include an online self-guided component that needs to be completed prior to the class on October 3. Registration is at mypark.portagemi.gov, click on the purple, "Recreation Activities & Facility Rentals" button. The cost is \$50 and the class is limited to 8 participants.

"Bikes May Use Full Lane" signs: Doug Kirk

Doug has asked anyone to email him regarding where it makes sense for these signs to appear. Suggestions have entailed every traffic circle, Oakland Drive. Paul Selden suggested in places that have signs that say, Share the Road or Narrow Street. Other suggestions were on Parkview heading west near D&W, Centre Ave crossing over 131, and various places downtown (similar to where Burdick near Crosstown where the bike lane ends).

KBC Membership Expiration: Rick Whaley

Conversations were had regarding what happens when membership expires. Rick explained a notice is emailed when member-

ATTENDANCE

Shaun Ballard
Stacie Ballard
Clark Bennett
Mike Boersma
Sue Bourget

Thom Brennan
Peter Coles
Paul Guimond
Jillian Howland
Doug Kirk
Kathy Kirk

John Knowlton
Mike Krischer
Renee Mitchell
Terry O'Connor
Paul Selden
Pam Sotherland

Paul Sotherland
Gordy Vader
Paul Wells
Rick Whaley

KBC MEETING NOTES CONTINUED – AUGUST 8, 2020

ship is about to expire, after a couple months, another email is sent stating you membership has expired with instructions how to rejoin. Paul Guimond asked if Rick would share the list with others and everyone could divide up based on people they know to send individual personalized emails. Jillian Howland suggested a pop up message when the individual logs into the KBC website, Shaun Ballard offered another suggestion regarding sending postcards to all members who had their membership expire. It was also asked if a line could be added in the Pedal Press email, before anyone opens the Pedal Press, where it states, “Your membership expires on...”

BFK Fall Bike Celebration: Paul Selden

Events are happening Friday, September 19 (Effective Safe Passing Laws webinar), Saturday, September 20 (Bikes and Bluegrass Concert) with the ride happening Sunday, September 21. There are many route options (16, 25, 38, 62, 82, and 103). The ride is open from 8am to 5pm and will likely be capped around 100 people. If you say you are a KBC member when you register, \$1 per rider will go to the club.

Non-motorized Transportation Improvement Progress: Paul Sotherland

Paul shared with help of Kalamazoo Area Transportation Study (KATS) and the Road Commission, an online/mobile friendly map has been created that shows frequently used bike routes and signed bike routes in the area. This is a great way to show people who are not familiar with the area, where good roads are to ride. This can continue to be edited as roads change or more is added. Check it out here-> <https://www.kalamazoobicycleclub.org/mobile-map-of-kalamazoo-area-bike-routes/>

MISC Announcements:

- Time Trials will run through end of September – come out to Pavilion Township Hall on Tuesdays to ride!
- Friend of Bicycling Award – don’t forget to submit nominations online for an individual or organization who has done a lot to advance bicycling in our community.
- Pam brought up the friend of bicycling award – for Valerie – need to have nominations for individual or organization who has done a lot to advance bicycling in our community. Submit nominations online. The nomination form can be found here -> <https://www.kalamazoobicycleclub.org/about/grantsawards/>
- If anyone ever wants to submit requests for various road conditions in the area, the links are listed below:

City of Portage requests should be entered here -> <https://www.portagemi.gov/278/Public-Works>

City of Kalamazoo requests should be entered here -> <https://www.kalamazoocity.org/reportstreets>

The Road Commission of Kalamazoo County service request is located here -> <https://www.kalamazoocountyroads.com/contact.php>

- Kudos to a number of KBC members who attended the Diversity and Bicycling – Leaders Meet and Greet on August 27, 2020!

The Next KBC Meeting will be held October 13 at 7:00 p.m. The location will probably be the picnic shelter at Texas Drive Park. Please watch your e-mail and the KBC Discussion group on Facebook for details.

Kudos: noun—Praise and honor received for an achievement or accomplishment

Submitted by Paul Selden

Kudos to the Village of Vicksburg for its support of bicycling. On numerous occasions their president, Bill Adams has been heard to state publicly that the village has a goal of being recognized as being bike friendly and has raised funds that will enable other jurisdictions and non-profits to implement their stated bike educational, safety and infrastructure projects. In 2020 it extended its Recreational Trail to the jurisdictional border of the City of Portage to enable Portage to eventually connect to. The Village not only encouraged use of the Vicksburg Historic Village as the hub of Bike Friendly Kalamazoo's Fall Bike Celebration Ride, and its leadership supported planning efforts for the entire Fall Bike Celebration Weekend in 2020.



Kudos to WMU's Transportation Research Center for Livable Communities for supplying research that supports a fact-based investigation into the causes of bicyclist-motorist crashes in our greater community. Drs. Jun-Seok Oh and Valerian Kwigizile are its delegates participating in the area's first cross-jurisdictional Bike Program Steering Committee. The Center is supplying the data and presenting research needed to direct public service educational messaging to address those specific behavioral causes and improve the legislative climate protecting vulnerable roadway uses and improve bike related infrastructure.

Kudos to Bronson Hospital's ongoing support for bike commuting, as seen in their popular Bike2Work program and sponsorship of Paul Guthrie's recent webinar entitled, "Bike Commuting Tips & Bronson Hospital's Bike2Work Program." Bronson also encourages Paul Guthrie's guest appearances to discuss bike commuting on WKZO Radio.

Kudos to WKZO Radio for its continuing interest in promoting bicycle and motorist education and awareness-building during Ken Lanphear's Morning Show. WKZO's broadcasts during the start of the traditional fair-weather bicycling season during Kalamazoo Bike Week and leading up to and after the Fall Bike Celebration reach 100s of 1000s of listeners. During each segment veteran broadcast interviewer makes a point of relaying at least one educational message for motorists and one for bicyclists.

Diversity in Cycling Leaders' Forum

Leaders from the Kalamazoo area shared ideas and opportunities to increase diversity in cycling on August 27, 2020. Nearly 40 leaders from city and county governments, churches, bike groups and shops, schools and other organizations gathered on a video call. They talked about efforts to expand infrastructure for cycling as well as break down barriers to cycling based on economics, geography, age, race, etc.

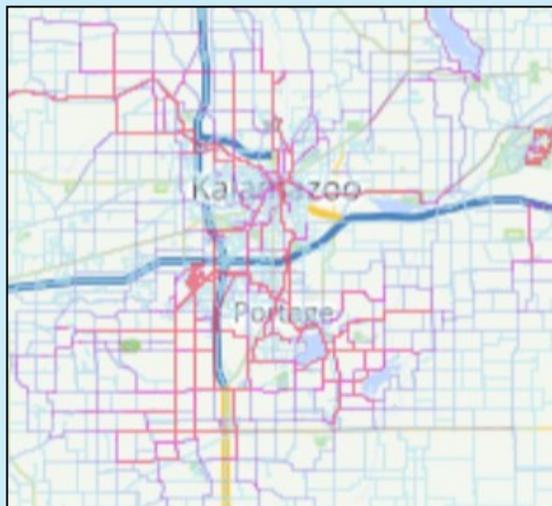
The KBC was represented by Thom Brennan and several other members attended. Thom informed the group about bike camp as well as group rides and Kal Tour. I spoke about the efforts of Stones church to involve more African Americans in the sport. One result of the event was a list of community leaders who are committed to expanding cycling in the area, as well as a greater awareness of lots of good work throughout the region. The event was organized by Bike Friendly Kalamazoo's Paul Selden.

Ride Information

Ride with GPS NEW Heatmap feature — feedback requested

As a member of KBC you have access to our club-level subscription to Ride With GPS. From the editor's perspective, this is one of the coolest benefits of KBC Membership. Ride with GPS allows you to access the KBC route library, create your own routes and even send them to your GPS device (Garmin, Wahoo, etc.) wirelessly with the "Pin Route" feature.

Within the past week RWGPS released a new feature called "Heatmap." The heatmap color codes routes and roads with actual RWGPS user data. Roads that get little or no recorded trips remain grey. Low usage roads are blue, more trips turn a road dark blue. Then red, and finally roads and trails with the most RWGPS recordings are dark, thick red in color. You might recognize Fort Custer MTB trails near the far right of the screenshot, and some of your favorite Monday or Wednesday night routes on the top left or bottom left.



When creating routes from the Club library section, you can overlay the heatmap on your route map. This allows you to identify roads that other cyclists use a lot, essentially crowd sourcing your route development. Pretty cool, eh?

Request: Please use the new heatmap feature over the next few weeks. Try it out and see how you like it. Write down any tips or tricks you find as you explore the tool. Then send your impressions along for inclusion in the next Pedal Press so all the members can benefit. Submissions should go to editor@kalamazoobicycleclub.org. Thanks! -Ed.

Forests and Foliage in the Fall By Marc Irwin

People have asked about our annual color ride. Of course the club cannot endorse any group rides but the maps for this annual ride are available through the club website on Ride w/GPS. It looks like the third week will be the best bet to enjoy the scenery at Yankee Springs. So Saturday the 17th would be a good day to ride with whatever partner or group you feel comfortable with. Large, close groups are, of course, discouraged and social distancing a necessity. We've had great weather and cold, wet weather this late in October so you just have to use your own judgement. I'll have the course marked and be at the parking lot for Gun Lake Park at 10:30 AM and be playing sweeper. Take 131 to exit 59, head east until the road ends at Patterson, the parking lot is on the left past the grocery.

Michigan Trails—submitted by Terry O'Connor

Great information about trails in Michigan can be found at <http://www.trailsmichigan.com/>.

Editor's Letter: Expressing Wellness — John Knowlton

Doctor Dave retired. He had been my primary care doctor for about 15 years and had a wonderful bedside manner. He was my doc when I started to experience age-related complaints. For example, when I tore a muscle in my calf he carefully examined and then said, “We tend to treat these fairly conservatively.” In my far less gentle interpretation, “Suck it up, buttercup.” And when I had a small outbreak of shingles he prescribed a course of medication and told me not to worry, that these things start to happen as we age. He always checked my BMI, but as I got close to and then older than 50, he softened the conversation with comparisons to NFL running backs whose BMI is much higher than mine, and it’s just a number anyway. I will miss his wise, calming guidance.



So, I interviewed a new doc recently. Before I choose to partner with someone on something as trivial as tax preparation or as weighty as health care, I want to understand their philosophy. What are the guiding principles by which we will make decisions together? They should be cousins to my own, but not identical twins. Someone with a little distance so we can have a meaningful conversation about the differences. I wouldn't choose a tax advisor who opposed paying all taxes as our difference would be too great (and the responsibility for non-compliance would rest largely on my shoulders!), but I do need someone with a perspective offset from mine by a few degrees.

My new doctor has a philosophy about health: “When it comes to your health, your goal is to maximize the expression of wellness.” Administratively my new doctor is part of a large health care system and as a new patient I was sent a loooooong questionnaire about my health. There was a list of about 150 ailments whose manifestation in my body I needed to affirm or deny. There was also a big space to list my current medications and history of surgeries, procedures and chronic illnesses. There were no spaces to list my dietary habits, miles ridden per week or recent personal records on Strava segments. After spending 20 minutes filling out the ghoulish “health” questionnaire it wasn't obvious that my doctor's philosophy would include maximizing the expression of wellness.

The philosophy has another layer: Wellness, according to my doc, is largely a result of the quality of our connections: connections to ourselves, to other people, to the environment, etc. In his estimation connections make up 80% of our wellness. 10% comes from choices including diet and exercise and 10% from genetic factors. While I might quibble with his percentages, I deeply respect the emphasis

Expressing Wellness (cont.)

on connection. As far as I can tell, there isn't a pill or procedure which creates or repairs connections. That's why there were no questions on the corporate intake form about meaningful conversations, walks in the woods, meditation, numinous interactions, or selfless conduct. No billing code for these. Such actions and experiences lie more in the realm of religion, relationships, psychology or even democracy, at least in its purest form.

And I think these connections to self, environment and others are profoundly enabled by cycling. It is exercise for the body, no doubt. According to my doctor that accounts for a *portion* of the 10% of wellness attributable to behavioral choices. But cycling can also be a big part of connections which make the largest contribution to wellness.

After a long conversation and a brief physical exam, new doc said, "If all my patients were like you, I would be out of business." My response was that we could find something more productive for him to do than refill high blood pressure prescriptions. Like prescribe walks in Al Sabo. Or invite people to talk about their lives as they smell the Concord grapes on R Avenue. Or celebrate the expression of wellness in a stop-ahead sprint; share a laugh at a club meeting; give a wheel to someone dropping off the back of a group ride; feel the burn in the legs near the top of 6th St. hill but don't stop and walk; savor the views from Jefferson Street hill – both east and west; try a new sub-discipline of the sport such as gravel or road or single track or doubletrack or bike packing; experience riding anew by teaching an adult how to ride.

Thank-you, cycling. And thank you, cyclists, for enabling and expressing wellness. Be well.

editor@kalamazoobicycleclub.org