



## PRESIDENT'S LETTER — DOUG KIRK

I truly hope KBC can return to some semblance of normal next year! I'm sure every one of you has missed out on all sorts of activities—bicycling and otherwise—you'd planned to do this year. If you are like me, you didn't realize how good you had it.

In case you haven't heard it already, barring a miracle cure/vaccination, our annual Recovery Party is cancelled. It's been a hard year for KBC, and not just because we had to cancel parties and rides. Club meetings were cancelled, held outside, or (this past month) held via Zoom. No getting together after rides for beers and conversation. No hanging around the parking lots telling stories. No epic bike tours. So much of what KBC offers is the camaraderie of getting together with people who love the simple pleasure of riding their bikes.

Our membership has declined a good bit this year, and it's easy to understand why—no Bike Camp, no Kaltour, no group rides to encourage folks to re-up. KBC has so much to offer to the cycling community, but it's hard to notice when Covid has everything shut down.

And yet the bike shops sold out of virtually every kind of bike months ago and are still having trouble restocking. There are a lot of new riders out there. Many of them would really benefit from all that KBC offers: group rides for every skill level, insurance, help with bike fit, safe riding skills instruction, group support, maps—all in addition to club rides, parties and events.

Do you know people like this? People trying to get back to bike riding after years away? Or people who ride but aren't members of KBC? Maybe mountain bikers, or triathletes, or students. Please talk to them about joining KBC. It's a symbiotic relationship. We need them and they need us—they just don't realize it!

My fingers are crossed that we are riding together—like the good old days—next spring. And if you are like me, you won't take those rides for granted anymore either.

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



### 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)

## December 8, 7:00 p.m. KBC Meeting via Zoom

The main topic will be organizing KBC Zwift rides. If there are any additional topics for the December meeting agenda, please email Doug Kirk at [president@kalamazoobicycleclub.org](mailto:president@kalamazoobicycleclub.org). Additionally, a reminder to all, please send photos you would like featured on the Kalamazoo Bicycle Club Instagram to Jillian Howland at [communications@kalamazoobicycleclub.org](mailto:communications@kalamazoobicycleclub.org) and the deadline to email John Knowlton, [editor@kalamazoobicycleclub.org](mailto:editor@kalamazoobicycleclub.org), content for the Pedal Press is always the 23<sup>rd</sup> of each month.

Join us at [www.zoom.us](http://www.zoom.us). Meeting ID: 871 667 9299; Passcode: 3xMsn4

### KBC Membership Stats – Look for your name here

Total Memberships: 257 | Total Individuals: 464

**New or Renewed Members:** Russell Bertch; Dave Karnes; Stephanie Kennedy & Family; Tim & Liz Popp; Cheryl Sherwood & Cricket Howard; Steve Stapleton; Scott Steurer & Family; Mark Zettel

**December Expiring Members:** Adam Bradley; Thomas Flemming; Rob McDougall; Darius Moradinezhad & Alayna Metty; Richard Morse; Jessica Parise; John & Maureen Shubnell; Cathi VanDyk & Family; Matt Wells; Eric Zahrai

### Winter reading ideas for cyclists –Ed.

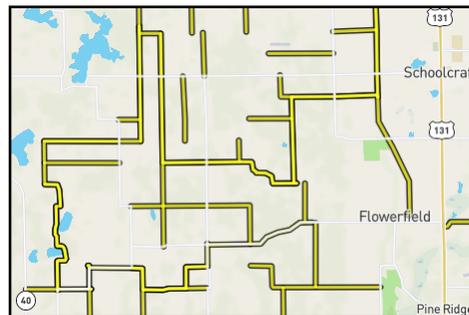
While I enjoy riding outdoors all year long, there are some days when you just want to stay inside! Here are a few sources for reading about cycling, which might be the next best thing to actually riding your bike.

**The Cycling Independent** is a website set up as a community newspaper. Founded by veteran bike industry journalists, it claims to be the only cycling publication with no commercial interests. In other words, they are entirely funded by readers' contributions and accept no paid advertising. I enjoy the writing immensely and hope you will, too. [www.cyclingindependent.com](http://www.cyclingindependent.com)



**Adventure Cyclist** is the magazine published by the Adventure Cycling Association. This group was founded originally as BikeCentennial in 1976 during the last “bike boom” and at the time of the country's bicentennial. There are several long-form bike tour stories in each issue. [www.adventurecycling.org](http://www.adventurecycling.org).

**Gravel Map** doesn't have much reading material, but is a cool website showing gravel roads all over the country. According to Nick Legan's beautiful book [Gravel Cycling](#), the US has about 4 million miles of road, of which about 1.5 million are unpaved. [www.gravelmap.com](http://www.gravelmap.com) is a user-sourced map. Roads and paths reported as being unpaved appear in bright yellow. Pop in an address and see what you find!



# KBC Meeting Notes—November 19, 2020

**Finance report, Pam Sotherland as of 11/08/2020:**

**PREVIOUS BALANCE CASH (PNC Checking + PayPal) AC-COUNTS: \$15,229**

Monthly RECEIPTS (Cash In): \$2,370

Monthly EXPENSES: \$2,187

**CURRENT BALANCE CASH ACCOUNTS: \$15,412**

**TOTAL DESIGNATED FUNDS: \$6,262**

Education Fund: \$6,180

Jeremy Smith Fund: \$82

**TOTAL ENCUMBERED EXPENSES: \$1,000**

KRVT Pledge: \$1000

**CERTIFICATE OF DEPOSIT: \$6187**

Due to COVID-19 safety protocols, the November meeting was held via Zoom.

## EXECUTIVE COMMITTEE REPORTS & BUSINESS

**President:** Doug Kirk

The main reason we are having this meeting is for elections of the executive committee. Per the constitution, the club should meet every November and elections should take place for the upcoming year. The following individuals are running for the Kalamazoo Bicycle Club Executive Committee:

Doug Kirk – President

Paul Guimond – Vice President

Stacie Ballard – Secretary

Pam Sotherland – Treasurer

Paul Sotherland made a motion to vote by voice for the 2021 executive committee voting, Bill Price seconded the motion. When the club was asked to unmute their microphones and state yea or nay to vote in the new executive committee, 16 members in attendance stated yea and 0 stated nay. Doug congratulated the new incoming executive committee while also expressing thanks and gratitude to the outgoing Vice President, Paul Sotherland.

The executive committee originally voted to cancel the December membership meeting for KBC. After discussion in this general membership meeting, it was decided the club will meet on Zoom Tuesday, December 8 at 7PM. Jillian Howland will communicate out to all club members with the Zoom link. John Knowlton discussed the club could potentially host virtual group rides on Zwift. Pedal Bicycle Shop hosts several of these already and Paul Guimond is going to reach out to Pedal and ask about an opportunity to collaborate. Doug will communicate with other bicycle shops in Kalamazoo to offer collaboration for any interest in virtual group rides. Jillian Howland discussed how multiple KBC members are on Zwift and it would likely not be an issue to set up dates/times with various club leaders. During the December meeting, the general membership will discuss virtual group rides on Zwift.

## ATTENDANCE

Stacie Ballard

Mike Boersma

Thom Brennan

Paul Guimond

Jillian Howland

David Jones

Doug Kirk

Kathy Kirk

John Knowlton

John Olbrot

Bill Price

Paul Selden

Pam Sotherland

Paul Sotherland

Bill Surna

Rick Whaley

# RECORD SETTING RIDES! -JILLIAN HOWLAND

On October 10<sup>th</sup>, the three members of the Isoceletes Quarenteam started a ride that would not only strengthen their friendship, but would also help shed light on the strength and determination of the female cyclist. The entirely female crew included Valerie Litznerski, the ultra queen, Carolyn Douglass, the super mom, Jillian Howland, the new kid, and Erin Fouts, the official. By completing this ride, the Isoceletes were able to set three sate records: first team of female riders to cross the state W-E, and E-W, as well as the first team of cyclists ever to cross W-E-W in one record attempt, under 24 hr.

For 425 miles, the riders relayed 30-35mi sections of the state. One riding, one driving, one resting; stopping only long enough for a rider swap or a driver swap. Check out their comically accurate record report here: <https://ultracycling.com/Isoceletes-quarenteam-team-of-jillian-howland-valerie-litznerski-carolyn-douglass-michigan-w-e-w-record-oct-10-11-2020/>



Photos L-R: A Nasty Flat; The whole crew (Jillian Howland, Valerie Litznerski, Erin Fouts, Carolyn Douglass); At the Finish.

# Did You Know? Safe Riding on Sidepaths

Bicyclists should be careful everywhere we ride. However, some unique factors should be part of our safety awareness when riding on sidepaths. But first...What the heck is a sidepath?

A sidepath is a route adjacent to a roadway, usually with two-way traffic, that accommodates both bicyclists and pedestrians. They are typically paved surfaces adjacent to city, county, or state roadways. A sidewalk, on the other hand, is usually designed to serve only pedestrians and an on-road bike lane is intended for bicyclist's use. There are many local examples of sidepaths in the Kalamazoo area. Some of them were designed and constructed with safety in mind. Others, not so much.

The Michigan Department of Transportation (MDOT) being aware of Michigander's desire and need for safe sidepaths authorized and published a study of the safety and design of sidepaths. That document can be found at: [https://www.michigan.gov/documents/mdot/SPR-1675\\_Sidepath\\_Application\\_Criteria\\_Development\\_for\\_Bicycle\\_Use\\_Final\\_Report\\_2018-07-09\\_628346\\_7.pdf](https://www.michigan.gov/documents/mdot/SPR-1675_Sidepath_Application_Criteria_Development_for_Bicycle_Use_Final_Report_2018-07-09_628346_7.pdf) The document includes: data concerning bicycle motor vehicle crashes on: sidepaths, bike lanes, and roadways. Because of the limited amount of statewide data, the MDOT report takes a closer look at crash data for Oakland and Kent counties from 2010 to 2015. It also includes the results of a citizen's survey regarding their perceptions and usage of all types of bicycle facilities. The cited key takeaways concerning bicycle crashes on sidepaths and sidewalks from the report include:

- Bicyclists riding against traffic are at higher risk than those riding with traffic.
- Bicyclists riding against traffic have a higher risk of crashes with right-turning vehicles.
- Bicyclists riding against traffic have a higher crash risk at commercial driveways and signalized intersections.
- Bicyclists riding through signalized intersections have a higher risk than at intersections with other types of traffic control which may be due in part to higher vehicle volumes at those intersections.
- At signalized and unsignalized intersections, sidepath/sidewalk bicycle crashes tend to occur with left-or right-turning vehicles.



Many bicyclists prefer riding on a sidepath versus on the roadway. Above all when using a sidepath always **Be Safe, Be Courteous, and Have Fun!**

**See the next page for safe side-path riding recommendations**

-Submitted by Bill Surna, KBC Education Committee member

# Safe Riding Sidepath Recommendations

The appendix of the MDOT report includes excellent educational materials concerning safety tips for sidepath users, motorized vehicle drivers, and designers of bicycle facilities. The presented safety tips for sidepath bicyclists include:

**USE CAUTION AT INTERSECTIONS** - Watch for turning vehicles, which are involved in many of the bicycle crashes on sidepaths. Look for street signs indicating who has the right of way.

**USE CAUTION AT DRIVEWAYS** - Control your speed and be alert for cars and trucks at driveways. Drivers are often looking for gaps in traffic rather than bicyclists. Make eye contact to confirm that the driver can see you before asserting your right of way.

**BE ALERT WHEN RIDING AGAINST THE DIRECTION OF TRAFFIC** - On a two-way sidepath, bicyclists may ride in either direction. However, be especially alert when riding against the direction of traffic on the adjacent road. Drivers may not expect you to come from the opposite direction of motor vehicle traffic. Pay special attention when encountering: commercial driveways, signalized intersections, and right-turning vehicles.

No, I didn't have an Instagram account either. Until about a month ago. And neither did the KBC. But now we do, and you can follow and contribute cool pics! Search for Kalamazoo Bicycle Club. And, send your cycling photos to: [communications@kalamazoo bicycleclub.org](mailto:communications@kalamazoo bicycleclub.org).

Instagram

Search



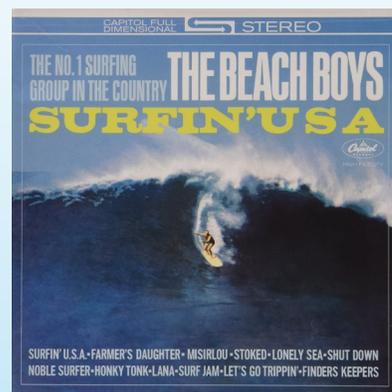
## Editor's Letter: Inside, Outside KBC

Trigger warning: This column contains a reference to 60's pop culture.

What's the point of a bike club during a pandemic? That was the unspoken subtext of a recent virtual KBC membership meeting. Our core function is to promote cycling in the Kalamazoo area and we can't responsibly gather dozens or more people for bike camp, group rides or tours. As Doug mentioned in the president's letter, there are scores or hundreds of new (or renewed) cyclists nearby, but our usual means of connecting aren't available.

During the November web-based club meeting we planned to cancel the traditional January recovery party. Because why? Because of COVID, of course. And since there won't be a recovery party to plan for, and since there aren't any group rides because of December weather and the dearth of daylight, there seemed no reason for a December club meeting. However, Paul Selden reminded us that we need to vote on the friend of bicycling award in December. And then, someone made a suggestion that changed our paradigm about group rides.

In 1963 the radio dial was about to be taken over by British Invasion rock: Donovan, Hemans hermits, Rolling Stones and of course the Beatles. But in 1963 there was something homegrown. Californian, in fact. The Beach Boys had re-released their amazing Surfin' USA album. The title song distilled the freedom and expansiveness of the American west: "If everybody had an ocean across the USA. . ." Everybody have their own ocean? No long-haired Brits were singing about THAT! Inexplicably the later choruses of Surfin' USA include a guitar vamp over which the boys of the beach sing, "inside, outside, USA" again and again. In America everyone can have their own ocean and surf – outside OR inside!



Which brings us back to group bike rides in December. As a year-round cyclist I have noticed that fewer of my biker buddies ride when the temperature falls below 50 degrees. Even fewer below 40, and just a few of us nuts when the weather is truly freezing. But there is an option for riding which is both pandemic-safe and weather agnostic: group rides on virtual platforms. The most popular of these is Zwift.

Zwift and other virtual ride options allow you to connect your bike or a proprietary stationary bike to a smart (internet-connected) trainer. The bike or trainer measures your cadence, power output and other data and combines this information with other metrics like your height, weight and age. The result is that your computer generated avatar can ride with other people's virtual representa-



## Inside Outside, cont.

tions in real time. Maybe this sounds weird to you. So does beer until you try it. (“We put grain in water, see, until it ferments and releases a bunch of gas. Then we add some really bitter flowers to it and drink up!”)

Zwift and its peers (competitors) offer training programs, power tests and other aids to increase your fitness. There are even races and professional leagues with UCI oversight! However, while KBC isn’t contemplating a virtual race league at this time, we can offer group rides all winter long in this environment. Group rides can be all out free for alls. If one rider produces 300 watts and another is at 150, the 300 watt rider will finish a lot sooner than her 150 watt friend. However, rides can also be “banded.” This makes them no-drop rides. Think of a giant rubber band surrounding your group ride. If there is a really fast rider in front, he or she will be pulling against the rubber band, stretching it forward against their chest. Slower riders near the back of the group will find the rubber band giving them an extra boost in their back.

The following article is pretty long, but gives a great introduction to the features included in Zwift: <https://www.bikeradar.com/features/zwift-your-complete-guide/#:~:text=There%20are%20a%20number%20of,for%20an%20account%20so%20far.>

KBC is considering the best way to offer group rides all winter and an online platform like Zwift might be the ticket. Please join our December membership meeting to learn more and add your ideas or ask questions that others haven’t thought of yet. We’re really looking forward to riding with you again!

**Join us Tuesday December 8 at 7:00 p.m. at [www.zoom.us](http://www.zoom.us). Meeting ID: 871 667 9299; Passcode: 3xMsn4**

John Knowlton, [Editor@kalamazoobicycleclub.org](mailto:Editor@kalamazoobicycleclub.org)



Top: Julie’s setup showing Zwift on her laptop. Bottom: A Zwift screenshot.

