

PRESIDENT'S LETTER — DOUG KIRK

One perk of being President is naming a Volunteer of the Year at the January Recovery Party each year. But no party this year, no schwag, no camaraderie, and no bully pulpit to sing the praises of folks who put in the time and effort to make KBC work.

So I'm using this space to honor Pam and Paul Sotherland as Co-Volunteers of the Year. It is also true that Pam and Paul are two of Kathy's and my very best bike-buddies and that they both served along side me on KBC's Executive Committee as Treasurer and Vice-President. Sounds a bit like nepotism, I admit. Allow me to explain my reasoning.

Pam has done a simply terrific job of organizing and cleaning up KBC's financial records. She has thorough and complete written financial statements prepared at KBC meetings with line items for various forms of income and expenses. In addition, she's used past financial information as well as current income and expenses to project the club's financial picture in the following year. I've been involved with KBC for 30 years and Pam's efforts to get the club's finances in order are unprecedented. Oh, and she leads club rides too.

Paul's efforts are a bit more behind the scenes, but are every bit as Herculean. Besides leading rides himself, Paul has served as Webmaster in the past and this past year worked with KBC's new Webmaster, Renee Mitchell. He is also the brains behind the creation of the [Map of Popular Bike Routes in the Kalamazoo Area](#) (note you may need to hold Ctrl while clicking the link).

You should take a good long look at this site one of these dark, cold winter days. But I truly doff my helmet and bow to Paul's willingness to get involved with various local road agencies such as the Road Commission of Kalamazoo County, the Kalamazoo Area Transportation Study Group, and the City of Kalamazoo on behalf of bicyclists. This is hard work, very time consuming and the rewards are few and far between.

So Pam & Paul, congratulations from me--on behalf of the club. Each of you deserve this award individually, but it's been a strange year all around, so to stick with that theme I hope the two of you will accept my gratitude on behalf of all of us for all you do.

In closing, hope springs eternal, and never have I been so anxious to welcome a new year! Good riddance to 2020.

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)

Club Meeting and Recovery Party Updates

The year of No!: No January club meeting. No Recovery party. No outdoor group rides.

The year of But: But, you can ride on Zwift indoors or tough it out outdoors. See Editor's letter for why this might be a good idea.

February Club meeting: February 9 a 7:00 p.m. Watch for a zoom invitation.

KBC Membership Stats – Look for your name here

Total Memberships: 260 | Total Individuals: 471

New or Renewed Members: David Anderson; Albert Banner; Michael Barnett; Tory Cane; Pat Gipper & Family; Jim Heath; Jacqueline Killmer; Jim Kindle; Jeanine Michael; Elmon Oliver Jr & Family; Robyn Richardson & Family; Jan Utter; Mike Vandever; Matt Wells

December Expiring Members: Linda Bonzo; Larry Kissinger; Paul Marquardt; Todd Mora; Jeff Robertson

The MORE Ride Summary:

The MORE is a 560+ mile bike route from the Indiana Border to the Mackinaw Bridge via dirt roads, two track, pavement and single track trail in the lower peninsula of Michigan. This route was created by Matt Acker and takes in much of the backroad beauty of the lower peninsula.

Not ones to waste a good pandemic a Kalamazoo centric, Pedal Bike shop aficionado and Team Clark Logic group of riders, Jim Kindle, Tom Noverr, Mike VanderMeulen, Paul Guimond and Charlie Grdina embarked on this ride in mid-September. Jim planned on 10 days of riding to reach the bridge with milage ranging between 50-100 miles per day depending on terrain. The 5 day return trip back to Kalamazoo would be on the paved roads down the western shoreline of Lake Michigan for those in the group who still required more after MORE.

The timing of our trip was great as it was never too cold to ride and enabled us to see the onset of fall colors as we travelled north - a real highlight. Also, bicycle touring never fails to bring out the best in most of those we encountered.

For a more detailed story that highlights the color and comedy of this ride please see the MORE Ride Supplement to the Pedal Press.

-Submitted by Charlie Grdina and Paul Guimond



KBC Meeting Notes—December 8, 2020

Finance report, Pam Sotherland as of 12/08/2020:

PREVIOUS BALANCE CASH (PNC Checking + PayPal) AC-COUNTS: \$15,400

Monthly RECEIPTS (Cash In): \$450

Monthly EXPENSES: \$126

CURRENT BALANCE CASH ACCOUNTS: \$15,724

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 December meeting was held via Zoom.

EXECUTIVE COMMITTEE REPORTS & BUSINESS

President: Doug Kirk

It has been requested for the Executive Committee and Board of Directors to submit a brief outline of the duties/functions to Doug via email at president@kalamazoobicycleclub.org showcasing what their job entails. This should be submitted before December 25, 2020.

Additionally, if anyone is interested in stepping into the role of Social Director or Grants and Awards Committee Chair, please let Doug know.

Treasurer: Pam Sotherland

The treasurer's report was shared and stated KBC hadn't received an invoice from Team Clark Logic. Paul Guimond shared the Executive Committee of Team Clark Logic met recently and the invoice will be coming. Pam will be putting together a 2021 budget for KBC's next club meeting.

Education Chair: Paul Wells

Please submit any ideas for "*Did you Know*" in Pedal Press to John Knowlton via email at editor@kalamazoobicycleclub.org. Additionally, the planning committee for *Kalamazoo Bicycle Club Bike Camp* has been discussing what bike camp could look like in 2021. The committee is thinking creatively (dates, time frame, all events outside, etc.).

KalTour Director: Mike Krischer

The printed calendar for the League of Michigan Bicyclists (LBM) is due this month. Since KalTour 2021 has not been decided, it might be best to let the LMB calendar deadline pass and discuss publicizing after the event details have been determined. Mike is going to plan a meeting this month to discuss options and brainstorm with the KalTour committee. This group will also work with those planning bike camp as Kal Tour registration has always been included in bike camp. A question was posed regarding if bike campers could participate in the Fall Bike Celebration instead of KalTour. Paul Selden mentioned he could bring this up with the Bike Friendly Kalamazoo Board to see if it would be an option.

ATTENDANCE

Shaun Ballard
Stacie Ballard
Terry Barnes
Clark Bennett
Mike Boersma
Thom Brennan

Andrea Fore
Paul Guimond
Barb Hart
Jillian Howland
David Jones
Doug Kirk
Kathy Kirk
Jim Kindle

Mike Krischer
Joe Kucharski
John Knowlton
Val Litznerski
Terry O'Connor
John Olbrot
Bill Price
Paul Selden

Pam Sotherland
Paul Sotherland
Bill Surna
Valerie Vuk
Paul Wells
Rick Whaley

KBC Meeting Notes—Continued

Terry Barnes suggested KBC getting in contact with LMB to share access of the LMB preliminary ride google calendar which is primarily for ride planners to avoid all rides and events being planned on the same date at the end of summer/early fall.

Insurance Coordinator: Thom Brennan

Most signatures for insurance purposes are gathered during the winter party. Since the winter party is canceled, Thom is thinking creatively about how to get signatures for insurance purposes. More to come!

Fundraising Director: Mike Boersma

If anyone is making end of the year donations, consider donating to the KBC. KBC is a 501c3 entity and donations are tax deductible. To donate, visit <https://www.kalamazoobicycleclub.org/donate-to-kbc/>

Friend of Bicycling Award: Valerie Litznerski

The committee decided to forgo a vote of the Friend of Bicycling Award and move this to next year. This committee will also be revamping the guidelines for 2021. If anyone is interested in serving on the Friend of Bicycling Award committee, please reach out to Valerie.

Communications Director: Jillian Howland

Yahoo Groups is expiring this month. The club could transition to Google Groups if there is a need. Discussions were had regarding the use of Mailchimp (primary means for the club to get information out to members) as well as social media platforms. It was decided to let Yahoo groups expire and there would be no need for a new platform.

NEW BUSINESS AND ANNOUNCEMENTS

Zwift Rides

Pedal Bicycle Shop is advertising 4 group rides during the week. To participate, you can view the days and times at <https://www.pedalbicycle.com/articles/winter-group-rides-pg164.htm> (you may need to hold Ctrl while clicking this link). It was suggested users could add “(KBC)” after their name in Zwift. KBC members can create meetups at any time.

Member Involvement: Paul Selden

Paul posed questions to the group regarding what could be done when riding may not be possible. Some ideas were distributing 5-foot passing signs out to everyone to help distribute, a Strava Art competition, or creating and sending out a survey to see what ideas/interests members have to get involved.

Zoom Meetings: Mike Boersma

If any committees through KBC are looking to set up Zoom meetings, Mike is happy to facilitate this and host these meetings.

Membership Renewal: Pam Sotherland

The Executive Committee (EC) recently divided up 150 people whose membership expired in the past 6-9 months and renewals are starting to come in to KBC. Often times, the group emails have gone to promotions or spam folders which is what prompted the EC to reach out personally.

Meeting adjourned 8:06PM.

Did You Know? Be Seen!

Being old and set in my ways, I have been riding my bike in the cold and occasionally, dark. I have not yet tried Zwift. I'm told by folks I have learned to believe that it is engaging and fun, just what we want from our riding. But much of what keeps me heading outside on my bike is the sound and feel of getting out there immersed in the natural world. My daughter Molly has become an avid mountain biker, and has pulled me into that again, after many years of neglect. I'm having a blast on the trails!

But to get out in the cold and dark on the road requires dressing for it and making yourself visible. Here's my version of the visibility part of being safe any time of the year, but especially when we have more darkness and low-visibility situations.

There are two ways to be really visible on your bike, clothing and lights. During the day, I think bright gaudy jerseys, jackets, and vests are more visible from a longer distance than flashing lights. Most of the flashers we use are not bright enough to really attract attention in daylight, especially bright sunny days. Neon/safety orange, ugly though it is, is very visible from a long distance. Bright visibility hot pink and neon "screaming" yellow are good too. Like I said, I'm old, and as you older folks can testify, we feel more vulnerable as we age. I don't mind being gaudy on the bike, if that means I can attract the attention of the distracted drivers out there.

The other method to be visible is to use daytime-visibility lights. The regular flashing front and rear lights are not bright enough for daytime use. At your local bike shop you will find brighter, and more expensive daytime-visibility light. I have been using one of these on the back of my helmet when I ride solo for a few years now. I put it on the seatpost on group rides so I don't blind other riders. Consider that the best-selling vehicle in Michigan is the Ford F-150 double cab, four-wheel-drive pickup, followed by the same configuration Chevy/GMC version. These monsters are tall, like most vehicles these days, so the higher I get my light, the more noticeable I am. Someone suggested to me that I will become a target for angry, aggressive drivers, but I have not experienced that in the five years I've used these lights. I'd guesstimate I've been passed by at least 200,000 vehicles in those five years, and I've had only a couple that were aggressively close. 99.9% give me extra room because I'm more noticeable.



So go forth on the bike, and be bright!

-Submitted by Paul Wells, KBC Education Committee chair

Call for 2020 Bike Mileage

How many miles did you ride in 2020?

I know a lot of you keep track of the miles you ride. This is an early call to submit yours, in time to print in the March edition of Pedal Press. Your report may inspire others to get out there and ride, too -- regardless of the distance!

If you are a current KBC member and want to give others a sense of what you are doing mileage-wise, mail your first and last name and miles logged to pselden@aol.com. Estimates ("about 750"), reasonable rounding (if you say, "under 1000" that is close enough for me), and exact numbers ("1234") are all equally okay. In other words, this is for fun and it's very informal.

To make March's Pedal Press, reports submitted on or by February 20 will be printed. After that, I'll close the request for our "2020 KBC Member's Mileage Almanac."

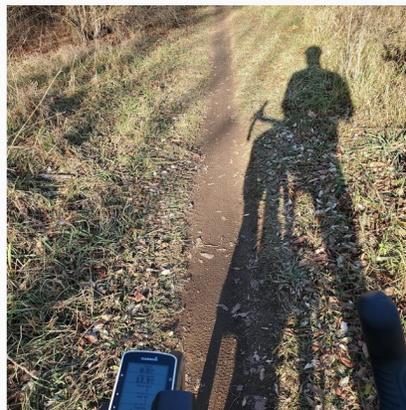
[Note: the results will be organized alphabetically. It is up to you to decide to include or exclude indoor mileage. –Ed.]

Paul Selden

KBC's Instagram page. You can follow and contribute cool pics! Search for Kalamazoo Bicycle Club. And, send your cycling photos to: communications@kalamazobicycleclub.org.

Instagram

Search



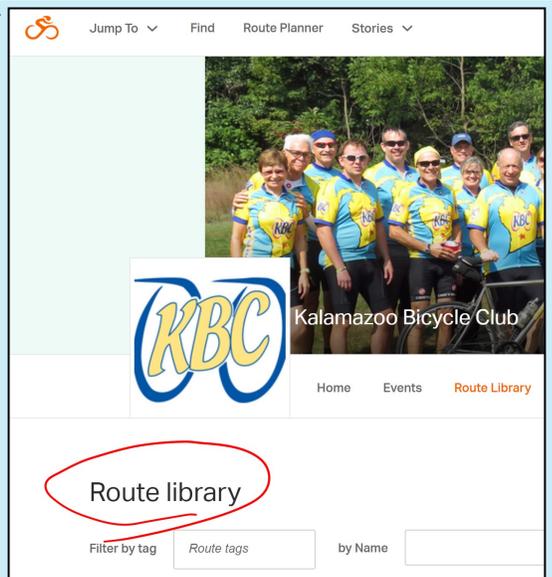
Ride with GPS

Any old anybody can join a club ride without being a member of KBC. Yep, that is part of our service to the community. But one of the very best reasons to join is access to the Club's version of Ride with GPS. RwGPS is a very cool mapping, route-building and navigation tool. As a member of KBC, you get to view and download routes from a vast library of courses designed by fellow members. And, you can submit your routes to be added as well.

Once you have a route added to your smart phone or bike computer, you can get turn-by-turn navigation to follow the route. The RwGPS page on the KBC website has been updated with great information and links about how to use this powerful tool. One of my favorites is the heatmap!

Thanks to Stacie Ballard, Jillian Howland and Paul Sotherland for making this update a December project.

Just visit the Members section of KalamazooBicycleClub.org (you may need to hold Ctrl while clicking) to learn more! -Ed.



Guess who? Paul Sotherland found this photo from a 2005 Pedal Press. If you can identify yourself or others in the photo, please send a note to editor@kalamazoobicycleclub.org. Thanks!



Editor's Letter: Ride Past the Sting

It turns out that your face is expendable. Or at least mine is. That is the assessment of my autonomic system. Face, as well as feet and hands. My brain, and probably yours, thinks that heart, lungs, liver and brain are more important than extremities (surprise, surprise-consider the source!). So, when faced with a crisis or shock, your brain can turn off the flow of nourishing blood to these second-tier parts of the body. I get to experience this phenomenon every time I exercise when the temperature is below about 35 degrees. My hands get really cold and my face hurts like the dickens. My fingers and toes turn into ice phalanges. If I pay close attention, I can feel the effect of the valves turning off. Cheeks go first. If I leave the garage into a stiff wind, they sting like fire ants. Then the pinkies. Both pinkies will go numb while the rest of the fingers are merely cold. But the ring, middle and pointer follow along next. Thumbs never really bother me. This all happens in the first few minutes of cold exposure. I guess my brain says something like, "This knucklehead is going on a bike ride and its 23 degrees out. Initiate emergency blood flow protocol: Keep the important parts warm. Fingers and face may not survive!"



You may recall that we had great weather this fall. Many of us kept up our outdoor riding well into October or later. The first really cold ride I did was in early December. It was the time of year when you go to work in the dark and the sun sets during your drive home. This particular day I snuck home in time for an hour-long ride before dusk. While I love riding in the glory of summer sunshine, there is quiet splendor in a solitary crepuscular spin. The sky was close to the earth and the landscape was drawn in graphite: soft hatching in the fields, tree lines in #2, and ponds the nearly black of 8B. Turning west became an assault by a deity. Greeks had a keeper of the winds, Aeolus. They also ascribed a god and assigned a name to each of the cardinal wind directions: Eurus of the east, Zephyrus of the west, Boreas was god of the north wind and Notus of the south. During this December ride, Zephyrus was flexing. The clement fall had delayed my acclimatization and the occidental Olympian had his way with me. The sting made my eyes cry and I nearly turned back home. But I couldn't bring myself to waste a good hour of hooky, so out of stubbornness I kept going.

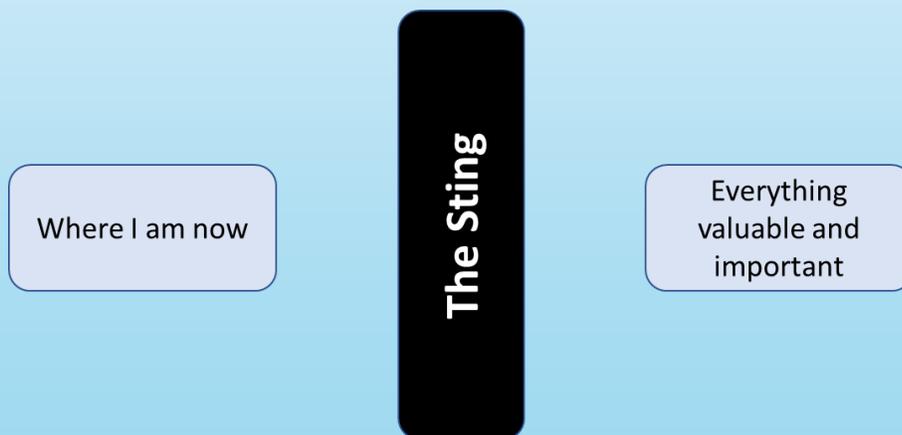
Despite its touchiness and hair trigger reactions, our autonomic system is able to adapt. Given enough evidence over time, it will admit that death may not be imminent. The best way to get some blood back into the "non-essential worker" parts of the body is to get the core nice and warm. For me, this means 75 to 80 percent of maximum heart rate for about 15 minutes. That burns enough calories that the core is willing to send some heat out to be cooled in the fingers, toes and face. Today my Garmin said it was 18 degrees and yes, my fingers froze for the first few miles. But by mile 8 I stopped to take off my glove liners. The first quarter hour was painful. Persistence pays, however, and my hands never felt cold again throughout a 2 1/2 hour ride on Boxing Day. Garmin also said I burned 1,250

Ride Past the Sting, cont.

calories and they kept me warm. By the way, a pound of fat contains about 3,500 calories. Based on my estimated percentage of body fat, I carry around at least 100,000 spare calories. My autonomic system doesn't care, though, and demands proof every time I go out in the cold!

As I said, on that first cold ride of December my extremities really hurt, especially my face. However, I stayed on the bike and pushed through for a little over an hour. The usual flow of blood back to my cheeks, hands and feet started up around twenty minutes into the ride and I unclenched my fingers, and my emotions. Near the end of the ride something magnificent happened: When the sun was about to fall off the edge of the western horizon, it suddenly was low enough to sneak its rays under the cloud ceiling. Rose light shone directly on my formerly frozen cheeks. The grey fields and trees were outlined with a pink highlighter. It was like when Dorothy stepped out of the sepia Kansan shadows into the technicolor land of Oz. I gasped out loud.

Which led this reflection. Everything worth having is on the other side of the sting. Had I stayed home and kept my face warm I never would have looked west at the moment when full color hit Texas Township that day. If I had turned around when that cold wind bit my cheeks, I would have been on the couch instead of on 8th Street at the instant of illumination. No, the wonder comes when we ride through the sting – not when we avoid it. Whether it is success in business, relationships, career or fitness, we need to push through the pain to get to the good stuff. Everything we really want comes when we ride through the sting.



John Knowlton, Editor@kalamazoobicycleclub.org