

PRESIDENT’S LETTER — JOHN KNOWLTON

January 2022 President’s Letter

With another COVID-constrained year in the books, I am looking forward to 2022. At the December KBC member meeting I shared my hopes for the upcoming year and asked that members join me in pursuing a theme for the club. Two whole group riding seasons have been impacted and certainly limited by legitimate concerns over health and safety. We have sought to comply with public officials’ restrictions on gathering and many have imposed further self-restrictions due to a desire not to transmit or receive unwanted microbes. One big outcome of these measures has been an erosion of social connections amongst all kinds of people in all kinds of groups. Cycling and KBC have not been immune from disease, and so we have also experienced the social impact of distance and isolation. It seems true that you are socially close to those you are physically close to. And likewise, our social distance increases with physical distance.

So, the theme I propose for KBC in 2022 is **reconnection**. Yes, I know that COVID is still here and that we need to be careful and mindful. Fortunately, prevention *and* treatment options have blossomed since March of 2020. But within the parameters of safety, we can find ways to reconnect. And there are several dimensions of connection we ought to explore:

Connection within the club. It may have escaped notice that KBC was founded in 1971 which makes 2021 our 50th anniversary year. Well, we plan to celebrate that anniversary in 2022. Paul Sotherland is leading a small team to commemorate the history and celebrate the persistence of organized cycling in Kalamazoo. Paul is also serving as social director and the club has decided to move the recovery party from its traditional date in January to May. This will allow us to a) Conduct the party out of doors if COVID community spread remains high, b) Develop an appropriate presentation on the 50th anniversary, and c) Integrate Bike camp with the party so that graduates can be welcomed by existing members.

I am also interested in finding ways to incorporate the race team and non-race team KBC members. Maybe non-racers show up to a few key races with cowbells? Or racers help out at bike camp? We will find ways to do things together. (Continued page #4)



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Please send photos of your rides to:

editor@kalamazooBicycle
 Club.org

KBC Business

The next KBC meeting will be **Tuesday, January 18th (3rd Tuesday)** at 7:00 p.m. at Shakespeare's Pub, 241 E Kalamazoo Ave. Up the steps, to the back

Finance report— Pam Sotherland

KBC MONTHLY FINANCES as of 12/13/2021

(*Future reports will only be published quarterly—MAR/JUN/SEP/DEC)

PREVIOUS BALANCE CASH (PNC Checking + PayPal) ACCOUNTS: \$15,283

Monthly RECEIPTS (Cash In): \$300

Monthly EXPENSES: **\$53**

CURRENT BALANCE CASH ACCOUNTS: \$15,530

TOTAL DESIGNATED FUNDS: \$4,244

Discretionary Expenses: **\$500**

Education Fund: **\$2,699**

ROR21: **\$1,045**

ENCUMBERED EXPENSES: \$0

AVAILABLE BALANCE for REMAINING Budgeted Expenses: \$11,285

Current Cash minus Designated Funds minus Encumbered Expenses

CERTIFICATE OF DEPOSIT: \$6189

**Kalamazoo Bicycle Club
December 14, 2021 7:00 PM
Shakespeare's Pub**

ATTENDANCE

Teri Olbrot	Paul Guimond	Rick Whaley
Kathy Kirk	Paul Sotherland	Doug Kirk
Michael Krischer	Paul Seldon	Clark Bennett
Charlie Grdina	Paul Wells	Jillian Howland
Sue Bourget	Peter Coles	

EXECUTIVE COMMITTEE (EC) REPORTS:

President: John Knowlton

John stated that his goal for 2022 is to encourage connection between KBC and the larger cycling community. "I think it's great when people ride bikes because they'll be more aware of other people on bikes when they're driving their cars." Dealing with the pandemic reduced opportunities for connection with other cyclists and prevented us from celebrating the 50th Anniversary of Kalamazoo Bicycle Club. "My hope is that 2022 is going to be a year when we really connect with other members of the club and lower barriers of entry for people who ride bikes."

Vice President: Paul Guimond

Paul would like to coordinate with the EC and Insurance Coordinator Doug Kirk in the near future about clarifying the definition of a “club ride”.

Treasurer: In Pam’s absence, Paul Sotherland submitted the Treasurer’s Report. There was discussion about including the Treasurer’s report quarterly in the newsletter instead of monthly.

DIRECTORS REPORTS:

Communications: Jillian Howland

Jillian asked that club members send in their pictures of people having fun on bikes, so that she can post them on various social media. “Sharing your photos will help show the diversity in KBC.” Her contact information is on the website.

Pedal Press Editor: Charlie Grdina

Charlie is looking for any sort of feedback regarding the newsletter and seeking ways to encourage readership, i.e., posting about cycling events, including a classified advertisement section, or other relevant news that would entice readership.

KalTour Chair: Mike Krischer

Mike will be putting together a committee for KalTour which is projected to be held on June 26, 2022.

Webmaster: Kathy Kirk

Kathy noted that the website maintains a calendar that posts events of interest to the cycling community. She is working with a committee on a t-shirt for the club’s 50th anniversary and hopes to get them printed in January so they will be available for pick-up at the February meeting. Paul Sotherland notes that t-shirts for the Ride Our Routes program will also be available. Ordering will be done directly between the printer and the consumer and information about placing orders will be on the website.

Insurance Coordinator: Doug Kirk

Doug will meet soon with outgoing insurance coordinator Thom Brennan regarding the transfer of all insurance coordination duties.

Education Chair: Paul Wells

Bike Camp will happen in 2022, with a few changes. Orientation is tentatively scheduled for Thursday May 5th at the Greater Kalamazoo Association of Realtors, with Bike Camp being held the following two Saturdays, May 7th and 14th, at the Portage Senior Center. The City of Portage is offering the use of the current Portage Senior Center in exchange for promoting Bike Camp as a community event. Portage Parks will cordon off the parking lot for our use. We will connect bike campers with KBC at the Monday Night Ride the next few weeks after bike camp. They will also be included in the re-scheduled Recovery Party and proposed 50th Anniversary bike ride. Paul will be looking for help on the 7th and 14th from Clark Logic as well as the following two Mondays at the Monday Night Ride. Brochures will be delivered to bike shops, MLive, and the Gazette. Maximum bike camp participants is 60 individuals. Paul Seldon notes that the whole community will know that Bike Camp is the featured educational event of the year and that it fits in nicely with Bike Week.

Social Director: Paul Sotherland

The Recovery Party has been postponed due to COVID until the 21st of May and is penciled in to be held again at Wind + James. The date and location will be confirmed early in the new year. There is an indoor-outdoor feature at Wind +James, which makes the location perfect for our use in the spring. The party will be part of our fiftieth anniversary celebration and the timing is great for including Bike Campers and welcoming them as new members of the club. More details about our 50th Anniversary celebration will be coming soon.

ANNOUNCEMENT:

Since our traditional January Recovery Party has been postponed until the spring, **we will hold a club meeting in January**. There is a special event scheduled at Pedal on January 11th, the second Tuesday of the month, so **our next meeting will be held on Tuesday January 18, 2022 at Shakespeare's Pub.**

Meeting adjourned at 8:01 PM

(presidents letter—continued from page 1)

And another opportunity for connection within the club is to be more intentional about social events before and after group rides. We hope to identify and publish a schedule of rides + opportunities to hang out so that can plan for these events.

Connection with new and renewed cyclists is the second aspect of the reconnection theme. You may have noticed bike shops with no bikes and limited parts. There has been a real surge in people buying bikes, fixing up their old bikes and generally being excited about cycling and outdoor recreation. Bike camp will happen this year, as will KalTour. These are great opportunities for experienced cyclists to interact with new and renewed riders and share our love for cycling with them.

Connection with the community is a third element of reconnection. KalTour is an event that we sponsor as a service to the cycling community. And it seems likely that our recovery party and 50th anniversary celebration may align with the broader Kalamazoo Bike Week in 2022. There are lots of options for synergy here.

I am really excited about riding, celebrating and serving with you in '22 (sorry, it just rhymed!!)

Finally, a correction: In December's President's letter I thanked many of the volunteers who make KBC run. I inadvertently failed to mention Teri Olbrot who is serving as Secretary. THANK YOU, Teri! The error was all mine.

Call for Your 2021 Bike Mileage

How many miles did you ride in 2021?

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 **"2021 KBC Member's Annual Mileage Almanac."**

Paul Selden



KBC Bike Camp is back for 2022!

We are pleased to announce that we will be holding Bike Camp again after a two-year absence. We have confirmed a great new venue, the Portage Senior Center for all the sessions. We start with orientation on Thursday, May 5th, from 7-9 pm, then two Saturdays,

May 7th and 14th, from 8:30-12:00, with bike fitting, riding skills, group rides, and mechanical information. We will incorporate the Monday Night Rides on May 9th and 16th into Bike Camp to connect our new members to KBC's regular group rides. On Saturday, May 21st we will invite the Bike Camp graduates to our 50th Anniversary Celebration and show them how we really have a great time...More riding! Then we party!

Bike Camp, invented about 17 years ago by Zolton Cohen, has been an important program for KBC to educate new or newer riders about safe road riding, bicycle law, group riding skills, and introductory bike mechanics. Bike Camp also has been an important source of new members, and new volunteers to keep all our KBC rides and programs rolling.

Registration for Bike Camp will be open in the not-too-distant future, so start spreading the word.

We are always in need of volunteer Ride Leaders, and Ride Guides, experienced KBC members who can accompany Bike Campers on the group rides. We invite our KBC Team Clark Logic members to join us for group rides too. Your expertise is valuable. Each year from Bike Camp we groom a few future avid bike nuts who will become friends and great contributors to KBC.

The Education Committee has more Give Them 5' To Keep Them Alive yard signs for you to spread the word around the area. Pedal Bicycles North and South, Zoo City Cycles, and Kzoo Swift have signs for anyone to grab, and please toss some cash in the donation jars at the bike shops!

Thanks for your support!

Paul Wells

Education & Bike Camp
Chair

KBC Statistics (Thanks to Rick Whaley for managing these details!)

Total Memberships: 298

Total Individuals: 519

New or Renewed Members: David Anderson; Kathy & Doug Kirk; Aaron Marx & Family; Jason Nicolai & Family; Mark Zettel

January Expired Members: Jake Biernacki; Herb Boven; Dan Martz; Richard Morse; Dianna Nance; Gabe Rice; Paul Selden; Steve Stapleton; Mike Vandever

Winter Riding in Michigan

Editor's Letter, Charlie Grdina

Not yet ready to fire up a Zwift routine on a stationary trainer or get the rollers out and contemplate the dynamics of instant traction, acceleration and collision with the wall across the room? Can't blame ya one bit! Nothing compares to being out in the great outdoors and seeing the world fly by even if the scenery is a bit monochromatic this time of year on the 42nd parallel.

"There's no such thing as bad weather, only bad clothes" hails from Scandinavia, where it's a common mantra repeated by parents who insist their children spend time outdoors every day. Even the high-tech clothing of today has its limits but it certainly cut down the bulkiness of clothing from back in the day.



I started to write this article on 21 Dec, the winter solstice following a brisk but enjoyable ride down the Kalhaven Trail with friends. There was a light snow on the ground and the weather tipped a few degrees above freezing. Wearing insulated bike boots and some light insulated windproof gloves the two major sources of freezing discomfort addressed. A polypropylene balaclava kept the grape (head) & neck warm and a light windproof jacket with a single thermal layer kept the upper body well insulated. A set of insulated leg warmers would keep the legs toasty warm as long as they were spinning. We stopped to exchange greetings with one of the consistently friendly walkers we see all year near Mentha, the cold N/W wind let us know when the conversation was over and time to get warm again. On the return trip from Gobles we encountered other riders braving the chilly weather and all wearing similar attire to keep the cold at bay, quite remarkable as to how well the current fabrics and clothing technology work in wind resistance and thermal capture. The concept of dressing in layers with the ability to ventilate perspiration and remain dry is the secret sauce of staying warm in winter.

The article below was one of the first published by the KBC in 1971. Reading this list one becomes quickly aware of the development of cycling centric clothing over the past

50 years. You may even be driven to make a fashion statement and bring the cape or angora scarf back into style.

Regardless of the winter fashion statement you choose to make, it may be debatable if we are warmer now. One thing is for certain, the feeling of the cold wind on your face and the joy of riding your bike on a sunny winter's day has remained as glorious now as it was back then.

editor@kalamazoobikeclub.org

Winter bicycling is fun, providing that you keep warm. Here are a few practical suggestions from the Kalamazoo Bicycle Club.

1. Wear insulated waterproof cap with a peak and ear flaps. The peak keeps snow or rain out of your eyes.
2. For low wind chill temperatures consider using a chamois leather ski mask. Alternatively, use a double knitted ski cap with ski goggles for full face protection.
3. Wear a woolen scarf. One of angora wool is ideal.
4. Wear a woolen vest next to the skin, or wear thermal underwear.
5. Wear a ski type insulated jacket or hunting jacket, with zippered fronts for regulating body heat.
6. Wear cotton or heat reflecting glove liners inside oversize insulated gloves or snowmobile mittens.
7. Corduroy slacks are hard wearing, warm, wind resistant, & relatively inexpensive. Or ski slacks are ideal.
8. Use wrist sweatbands for trouser leg clips. They keep your slack out of the chain and keep your ankles warm.
9. Wear a size larger shoes with insulated socks or fleece lined boots, heat reflecting inner socks, or battery operated socks.
10. Use highly visible colors for your winter clothing. Hunting orange is very visible to car drivers even on dull days.
11. Use fenders to avoid spraying yourself or companions on wet roads. By keeping dry you will stay warm. Light weight plastic fenders can be purchased locally.
12. Carry a bicycle cape and be prepared for wet weather.
13. Carry an extra wool sweater.
14. Carry an extra pair of socks. you may want to double up if it gets cold, or change them if you get wet.
15. Use a saddle bag or touring bag to carry spare clothing, tools, cape, and perhaps a hot beverage.

2022 Cycling Events.

Not all inclusive and a work in progress but looking to capture the main cycling events in the immediate (50 mile or so) area. Provided for informational content, only **KalTour**, **Bike Camp** and **KBC Recovery Party** are KBC sponsored events.



the tour de france 1920

<u>Event</u>	<u>Date</u>	<u>Link</u>
Barry Roubaix Gravel Race	26 March 2022	Barry-Roubaix
Melting Mann Gravel Race	19 March 2022	Home - Melting Mann
Lowell Gravel Race	9 April 2022	LOWELL CLASSIC GRAVEL ROAD RACE - Home (thelowell50.com)
Bike Camp	May 5th, from 7-9 pm May 7th & 14th, from 8:30-12:00	Kalamazoo Bicycle Club - Life is better on a bike!
KBC Recovery Party	21 May 2022 (Tentative)	Kalamazoo Bicycle Club - Life is better on a bike!
KalTour	26 June 2022 (Tentative)	Kalamazoo Bicycle Club - Life is better on a bike!
Dirty Donut	4 June 2022	Dirty Donut Powered by Consumers Credit Union Saturday June 4, 2022 – Martin, Michigan (dirtydonutrace.com)
Holland 100	16 July 2022	Holland 100