

PRESIDENT’S LETTER — JOHN KNOWLTON

Anticipating Spring: Group Rides, Ride Leaders and Bike Camp

Re-connecting is KBC’s theme for 2022. KBC is by and for people who want to ride bikes with other people. KBC also serves other purposes such as supporting commuting, tours, education and collaborating with government and other cycling groups. But group rides are the main draw for most club members. KBC group rides start March 14!

Group rides don’t come from thin air. Someone needs to pick a time, location, pace, route and other details. Leading a group is an important service. The club has standing rides on Monday, Tuesday, Wednesday, and Friday. There are also annual rides such as W Ave, Ride to South Haven, Kalamazoo Century, Anniversary Ride, Fall Foliage in the Forest, etc. Virtually all these rides have groups riding at different paces. And each of those groups needs a ride leader.

Please share your leadership skill by becoming a sanctioned ride leader. Help your club and your friends by leading at least four scheduled club rides this season. Here are some options:

Commit to leading a scheduled club ride. For rides on M, T, W and F, we will form groups to lead each pace and they can work together to ensure that there is a leader available each week during the season. For example, I lead a Monday night 18 mph ride to Lawton. I’ll gather another two or three leaders committed to that ride and start a group text to communicate who will be there each week.

Commit to helping at Bike Camp or Kal Tour. These are club events which utilize many volunteers to guide and lead safe, fun group rides. See the last paragraph for more information.

The ride leader sanctioning process has been updated to capture ride leaders’ commitments for 2022. You can apply to be a ride leader at <https://www.kalamazooBicycleClub.org/rides/club-rides/ride-leader-responsibilities/>. Please note that we will require ride leaders to attend a zoom overview for 2022 group rides on **March 22 at 7:00 p.m.** or to watch a recording if you can’t attend in person.



HIGHLIGHTS

President’s letter1
 Meeting Minutes.....2
 KALTOUR Meeting.....4
 KBC Stats.....4
 2021 KBC Mileage.....5
 Eating Healthy6
 History is a Lesson.....7
 Calendar of Events.....8

Please send stories and photos of your rides to:

editor@kalamazooBicycleClub.org

(Presidents Letter—continued from page #1)

Many of you know that KBC purchases insurance. This insurance provides up to \$10,000 of supplemental medical insurance if someone is injured on a club ride. This is a great benefit of being a KBC member and several of our members have had claims paid on this policy. We want this insurance to cover as many people as possible. The presence of a sanctioned ride leader is key to extending insurance to rides. Please see the Insurance page of the KBC website for more details.

One of the best ways to connect with new and renewed riders is to help out at Bike Camp. KBC has a great tradition of helping adults learn to safely ride and enjoy their bikes. We are trying a new format this year where bike campers will join the Monday Night Ride for two of their sessions. Because the City of Portage is co-hosting, we need volunteers to register in advance. Please help the club and the community by committing to leading a ride or two at bike camp. Paul Wells has all the details in another article in this edition of Pedal Press. I'll see you there!

KBC Business

The next KBC meeting will be **Tuesday, 08 MAR** at 7:00 p.m. at Shakespeare's Pub, 241 E Kalamazoo Ave. Up the steps, to the back and left.

Finance report— Pam Sotherland

(Finance reports will be published quarterly—MAR/JUN/SEP/DEC)

Kalamazoo Bicycle Club

February 8, 2022 7:00PM

Shakespeare's Pub

ATTENDANCE

Pam Sotherland	Paul Guimond	John Knowlton
Teri Olbrot	Paul Selden	Clark Bennett
Leah Peterson	Marc Irwin	Paul Sotherland
Paul Wells	Michael Krischer	Mark Johnson
Charlie Grdina	Rick Whaley	Gordy Vader

PRESIDENT'S MESSAGE

John Knowlton: John welcomes members and guests and reviews agenda. The theme for 2022 is renewing connections and building new connections with cyclists and the larger community. Our 50th Anniversary celebrations will offer many opportunities to engage with our theme.

OLD BUSINESS:

The Executive Committee proposes an update to the Club's mission as follows:

Current mission (from KBC website):

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.

Proposed Revision:

The Club's mission is to promote bicycling as a preferred means of combining a healthy lifestyle with transportation. We encourage and facilitate group riding, touring, racing, commuting by cycling, and other cycling activities; defend and protect rights of cyclists; foster development and maintenance of safe cycling infrastructure; educate cyclists about safe riding practices and skills; encourage creation of cycling facilities on public lands; cooperate with public authorities in observing and upholding all traffic regulations; provide opportunities for members to socialize with others who have an interest in cycling; help everyone recognize bicycles as vehicles used for pleasure, fitness, and transportation; and cooperate with other organizations having similar goals and purposes.

The Proposed Revision was approved by the Board by unanimous verbal affirmation and will be brought up for a vote of the membership at large at our next regularly scheduled meeting on March 8, 2022.

BOARD REPORTS:

MEMBERSHIP

Rick Whaley: Rick reports that KBC membership is a slight overestimate due to family memberships that are renewed by individuals. Rick will edit the list manually until a more permanent solution is found.

PEDAL PRESS EDITOR

Charlie Grdina: Thank you for the stories submitted for last month's Pedal Press. An article on communications is in the works, and contributions are welcome. All Pedal Press submissions are **due to the Editor NLT the 21st of each month**, late submissions will be posted in the following months newsletter.

RIDE CAPTAIN

Gordy Vader: Ride Leader applications are being updated, with a focus on having adequate Leaders for our regularly scheduled weekly rides. More information will be forthcoming.

KAL TOUR

Michael Krischer: Confirming that KalTour is moving along for June 26th. Schoolcraft is only willing to rent the outdoor space, but we will have canopies. Also working with the County to reserve Scots Mill Park. Will plan to have a meeting in March and get other people involved. Gordy asks if a fifty mile ride can be considered, and Mike thinks that would be fairly easy to do. Paul G. suggests that we build an email list to contact past participants with an invitation to the ride.

EDUCATION COMMITTEE

Paul Wells: Regarding Bike Camp, we will need a list of all volunteers so they can sign a waiver for workers comp insurance for the City of Portage. Will coordinate with Gordy for ride leaders and Paul G for Clark Logic volunteers.

GRANTS AND AWARDS

This position is currently open. A \$500.00 award was recently granted to the National 24-Hour Challenge bike ride.

SOCIAL DIRECTOR/50TH ANNIVERSARY

Paul Sotherland: The 50th Anniversary celebration is coming together. We will have a potluck, gear swap table, slide show running on a loop, and the usual awards. Bike rides will be coordinated for earlier in the day and people will reconvene at Wind + James around 5:00 o'clock PM.

TREASURER

Pam Sotherland: See separate report

MEMBER/GUEST COMMENTS: Paul Selden reminds Club members to submit your annual mileage by February 21st.

Meeting Adjourned at 7:50 o'clock PM

Teri Olbrot
Secretary



KALTOUR COMMITTEE MEETING -- TUESDAY MARCH 8

All interested KBC members are welcome to join us on Tuesday March 8 at 6 pm in the back of Shakespeare's pub. This is one hour before the general KBC meeting at 7 pm in the same location.

The overall theme of the meeting will be "Are we back to (almost) normal?" We will review what we did last year to accommodate the pandemic and to what degree we can go back to our normal routines.

The two most important elements of this discussion will be food and ride groups. Will we need to rely on pre-packaged snacks as much as last year? How can we divide up the purchasing and pre-ride preparation of food items? How far in advance should we shop for nonperishable items given possible shortages?

Ride groups on the 62 mile and 31 routes were popular when we last offered them in 2019. With the return of Bike Camp and a full season of club rides, we have the opportunity to attract riders already used to group rides and to expand KalTour's group ride offerings. The club website, Facebook group, and the KalTour FB event page all provide venues to publicize routes, departure times, and pacing leading up to KalTour day.

KalTour takes place on Sunday June 26 starting from Schoolcraft High School. We need the involvement of as many KBC members as possible both before and during the event to make it a successful event for the participants and the club treasury.

Michael Krischer—KALTOUR

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

Total Memberships: 297

Total Individuals: 471

New or Renewed Members: Rick Bauer; Paul Clift; Joe & Julie Dill; Jennifer Johnson & Family; Bruce Justin; Ed Maring & Family; Rob Nicey; Leah Peterson; Gabe Rice

March Expired Members: Mark Atkinson; Chris Bol; Michael Brus; Molly Cartwright; Janet & Herman Evenboer; Harold Gleaves; Linda Kozacki & Family; Joe Kucharski & Family; Dave Mitchell; Stephen Sutherland; Bill & Susan Surna; Rick Whaley(! - what is he doing on this list !)



2021 KBC Member Mileage Almanac

The idea behind KBC's Annual Mileage Almanac is to share the joy of bicycling that the numbers represent -- with others -- regardless of the number of miles you ride or how and where you ride them. 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>				
1,008	Hank Apotheker	3,433	Randy Button	6,329	Jamie Clark
4,904	Terry Florian	3,100	Daniel Goldberger	5,617	Charlie Grdina
11,366	Paul Guimond	9,790	Paul Guthrie	4,815	Barb Hart
10,326	John Hart	2,400	Jeanette Holm	6,098	Jillian Howland
4,702	Terry Hutchins	2,869	Rick Huyser	3,900	John Idema
9,103	Jim Kindle	8,200	Doug Kirk	6,001	Martin Knop
3,100	John Knowlton	1,229	Julie Knowlton	3,739	Mike Krischer
2,012	Kerri Langdon	3,351	Katie Little	10,001	*Tom Noverr
4,100	Terry O'Connor	10,890	Kevin Oostema	1,658	Adam Rafels
8,032	Don Reeves	3,042	Kathy Rubino	586	Paul Selden
7,435	Tim (Eddie) Stewart	6,145	Greg Strader	4,900	Bill Surna
1,112	Sharon Surna	3,112	Gordy Vader	2,300	Kitty Vader
1,847	Valerie Vuk	224	Doug Wales	4,594	Paul Wells
5,336	Rick Whaley	10,145	Dave Karnes		

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. * Florida miles, mostly flat (KBC editors comment)

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

Paul Selden



Healthy Eating in 2022

Good cycling and sports nutrition starts with general healthy eating habits and skills. I am a believer in the 80/20 rule, eating healthy and clean at least 80% of the time. Read an interesting study published recently regarding life expectancy. The headline, want to live longer, stop eating like an American.

Easy concept to understand but when we are only a few minutes from Nonla burger, Sweetwater's donuts, Bell's brewery and Martini's pizza, it is harder to execute. The current dietary guidelines for Americans created by the Center for Nutrition Policy and Promotion are a whopping 425 pages. I prefer the simple and effective Brazilian nutrition

guidelines which consist of the following four main pillars:

- Limit processed foods.
- Develop exercise and cooking skills.
- Eat as many fruits, vegetables, legumes and beans as possible and toss in some whole grains and a few nuts.
- Teach children to be critical of food marketing.

The Kalamazoo Bicycle Club 2022 ride season begins in March so let's cover a few healthy eating and hydration tips. I think most of us can agree it would be nice to take off the extra 5# of Winter and pandemic weight. Let's start with hydration. It has been estimated that 50-75% of the US population is chronically dehydrated. Check your urine, it should look more like miller lite vs best brown ale. First step, bring your hydration status up to level so you are not starting a workout in a deficit.

Second step, complete an hour fluid loss test. Simply weigh yourself in your kit without shoes and write it down. Then complete a one hour hard workout, you could chase Ryan around Watopia in the Pedal Monday night madness indoor Winter training session. After your workout, take your shoes off and weigh yourself. For every pound lost, assuming you didn't drink anything during the workout, 16 ounces of fluid needs to be consumed per hour.

As you are increasing the amount of fruits, vegetables, legumes and beans, focus on the simple Golden rule: Diversity of Plants. Eating a diet with as many colors, flavors and nutrients is the most simple and effective method I have discovered.

So to recap, drink more water until your urine is clear to lightly colored, eat more colorful fruits and vegetables, add in some beans and legumes,

Stop Eating Like an American and whatever you do, avoid the new Shamrock Shake Mcflurry that my 10 year old keeps asking for. We are still working on the fourth Brazilian rule of teaching kids to be critical of food marketing.

History is a lesson, not a template.

Hard work and persistent actions by leaders and members of KBC over the past 50 years have helped make measurable improvements toward safer cycling in the Kalamazoo area by providing educational programs, raising public awareness, and facilitating city planning. As bikeways in Portage continue to expand, streets in Kalamazoo become more bike and pedestrian friendly, and the RCKC makes plans for non-motorized routes on roads across the county members of KBC can continue to promote bicycling as a way of life by learning from history and leading by example.

How might this be accomplished? At the February KBC meeting a change to the club's constitution was proposed to make commuting by bicycle an explicit focus of our club. KBC President, John Knowlton, led this charge; Paul Sotherland wrote an excellent piece in the February Pedal Press on "Commuting by Cycling" that noted "crowd-sourced" initiatives in which we can all participate to effect a change in how frequently bicycles are used for transportation. A look to the past can help us see a path to the future.

In his book *Bike Boom*, bicyclist and author Carlton Reid profiles two communities, Columbia Maryland and Stevenage in the UK as case studies of how we got to where we are – cities with little to no bike infrastructure. Both towns were developed post WW-II and built dedicated bike infrastructure modeled on cycling networks in the Netherlands. Dedicated shared bike & pedestrian paths were designed to keep foot and bike traffic separate from cars.

Unlike the "If you build it they will come" plot in the movie *Field of Dreams*, the result in these cities had a significantly different outcome. Designers and engineers of the bikeways expected at least 40% of population would ride bicycles and only 15% would drive each day. When the exact opposite happened, 40% drove and 15% cycled, the designers were puzzled, particularly when most residents chose to drive cars for short trips of under 2 miles. By the 1970's use of the dedicated bicycling infrastructure dropped further, to 7%. With decades of limited use, no further investment was made and the infrastructure deteriorated.

This phenomenon begs the obvious question "What went wrong?" In 1950s cars became heavily marketed and affordable to a majority of the population. Owning and driving a car emerged as a status symbol while riding a bicycle became associated with the less affluent in society as well as with hard times during the Depression and WWII. Development of suburbs and urban sprawl contributed to the need for driving a car; a neighborhood grocery store, pharmacy, or restaurant that had been within a bicycle ride now required a trip in the family sedan or station wagon. Increased car traffic made even local streets, on which children used to ride bikes to school, unsafe for commuters. Bicycles became viewed as toys for those not old enough to drive and as a mode of transportation for those adults who could not drive. You get the picture.

In contrast, the Dutch have been the world's leading bicycle nation since 1906 and have efficiently designed several of their cities with limited access to the central city via cars and more direct routes for cyclists. Now, 40% of the population rides bicycles on trips under 3 miles. Culturally more cohesive than most countries, when a ban on driving cars on Sundays arose during the OPEC oil crisis in the 1970s there was minimal public outcry and even more people took up cycling and bike sales doubled. Cycling is a fundamental part of Dutch culture; it's a way of life. Riding a bike is egalitarian rather than being apportioned to children and lycra-clad elite cyclists.

Closer to home...over the past 50 years... Portland, Oregon, has become a model city for bicycling in the U.S. Capitalizing on the initial infrastructure funding dollars from the 1970s it now claims:

385 miles of dedicated bikeway

6% of the population commutes by bike (national average is 0.5%).

Working closely with the [Portland Bureau of Transportation](#) (click the link – it's worth the read)

There are good lessons to be learned by studying what didn't work in many cities and what has worked in a few for enhancing and sustaining a cycling commuter environment. A common element of success in the cities that have improved commuting by cycling is a sustained and coordinated effort over a long period of time. Solid foundational work has been done in the Kalamazoo region; we need to do our part to support it by encouraging those creating the infrastructure and then using what's built. As noted by E.M. Kelly, "A boss says 'Go!' A leader says 'Let's Go!'" Riding our bikes instead of driving our cars, whenever practicable, will not make our streets and roads car-free, but we can certainly help make them car-lite.

A greater percentage of citizens in the Kalamazoo region will choose to get around by bicycle if doing so is convenient, safe and cost effective. The transportation of choice will also be affected by people seeing bicyclists using the available bikeways – routes, lanes, trails, etc. So, let's roll up our pantlegs and help make that happen.

2022 Cycling Events.

Riding season is close at hand and time to look rides & races that keep us all going in this sport. Not an all inclusive list of all rides in the area but certainly the major ones in driving proximity to Kalamazoo. KBC Events, in RED, are the only club sponsored events.



the tour de france 1920

<u>Event</u>	<u>Date</u>	<u>Link</u>
Melting Mann Gravel Race	19 March 2022	Home - Melting Mann
Barry Roubaix Gravel Race	26 March 2022	Barry-Roubaix
Lowell Gravel Race	9 April 2022	LOWELL CLASSIC GRAVEL ROAD RACE - Home (thelowell50.com)
Willow Time Trial	23 April 2022	Willow Time Trial Registration via BikeReg
Bike Camp 2022	May 5th, from 7-9 pm May 7th & 14th, from 8:30-12:00	Kalamazoo Bicycle Club - Life is better on a bike!
Kalamazoo Bike Week	7-14 May 2022	Kalamazoo Bicycle Club - Life is better on a bike!
KBC Recovery Party	21 May 2022	Kalamazoo Bicycle Club - Life is better on a bike!
KalTour	26 June 2022	Kalamazoo Bicycle Club - Life is better on a bike!
Dirty Donut	4 June 2022	Dirty Donut
Holland 100	16 July 2022	Holland 100
BFK's Fall Bike Celebration	18 September 2022	https://fallbikecelebration.org/registration/
Gilmore Gravel	08 October 2022	Gilmore Gravel Grand Prix