



June 2026

PRESIDENT'S LETTER

Hey y'all, this is Paul Guimond, filling in for our esteemed president Joanne for this Pedal Press. I have served as VP under the past 3 KBC presidents so I have had the unique position of helping shape the direction of KBC over the past 6 years.

I enjoy biking, a lot; but it is not just the bike, it is the social aspect of riding that really gives me joy. My physical activities and my social circles are pretty connected. From Monday and Wednesday KBC rides, Tuesday Taco Tuesday rides, Saturday Morning Gravel Grinders (SMGG) – each ride has a slightly different group of friends with some overlap across the rides. Some rides turn me inside out pushing my HR to just shy of 200 BPM to stay with the group, some rides have more conservation (vs. heavy breathing being the only communication I can muster).

I do a little racing (2-3x per year) do some bike packing and bike touring, I am taking the opportunity to ride in Spain and France this year during the tour. What I realize is that I really like to be active while enjoying the company of my friends. Lance Armstrong had this quote “Lately, I've doubled down on my health. My friends keep asking me what I'm training for. Here's my answer: I'm training so that I can be prepared to do whatever anybody wants to do on any given day... So, yeah, whatever you got — I'm ready.” We were doing a backcountry ski trip a few years ago and one of my good friends said “our only job is to show up in shape. I realize that is the case for most adventures that have a physical component.

As everyone knows, as our bodies age, we need to shift our expectations and adjust to the new normal. I find myself doing more yoga to keep the body flexible as well as work on balance, I work on finding time for strength training to try and keep muscle for disappearing. If I lose my health, to a point, I lose some of my social time with my friends. A friend told me “Our bodies like what our bodies are used to doing” – I put this quote with the phrase “just keep moving”. For sure some days are easier than others, but it is easier to stay in shape than to get into shape.



HIGHLIGHTS

President's letter	1
Club Updates.....	2
Membership.....	4
New local trail.....	4
Chain Gang Memorial....	5
KalTour.....	6
W-Ride.....	7
Kids Focus.....	8
Joys of Cycling.....	9
Kaltour Opportunity....	10
Event Calendar.....	11

**Please send stories
and photos of your
rides to:**

editor@kalamazoobicycle

Having events / adventures on the calendar help to keep me motivated. If you need an event, look at KalTour (Sunday, June 28) or some of the other rides in the area. There are too many adventures to try and list them here. Find one, sign up, bring a friend, try something new – life is not a spectator sport, get out and play. If there is something the bike club can do to help, please let me know, after all, this is your bike club. Enjoy the summer and let the adventures begin.

Paul Guimond, KBC VP

KBC Business

The next KBC meeting will be Thursday June 11, 2026 at 7:00 p.m. at Oshtemo Community Center (North Room), 6407 Parkview Ave, Kalamazoo MI

2026 Meeting Schedule

June 11th, 2026 (Thursday, due to Chain Gang Memorial Ride on 09 June)

October 13th, 2026 – Nominations

November 10th, 2026 – Elections

Current KBC Open Positions:

Social Director

Communications Director

KalTour Co-Director

Finance Director

May KBC Meeting Attendance: Doug Kirk, Rick Whaley, Paul Selden, Pam Sotherland, Jacinda Roedel, Charlie Grdina

Agenda

KALTOUR

- Jacinda volunteered to print 100 copies of the KBC flier created by Mike Krisher and

distro to the four Kalamazoo bike shops.

- Request to get a SignUp Genius for the volunteer efforts required for KalTour to be put into Pedal Press
- Bigger request is to find a new Director of KalTour and relieve Mike Krischer of this role he had done for many years . Doug indicated the rides are changing these days and many have closed or have much reduced attendance.

10 year Chain Gang Memorial Ride

- Article on the next page highlights the details.
- 11 June 19:00 proposed as alternative date for standing KBC meeting so people can attend this memorial ride. *Confirmed with Pres and VP to change to 11 June.*

Website Update

- New and updated website is close to being rolled out and will be a great improvement to previous website for updating and maintenance.

Bike Week

- Future request to Donate for Bike for Kids program in 2027.

New Business

- History Update - Charlie will consolidate the past 5 years of KBC history on the Web site.
- Thank You from Open Roads - \$1000 KBC Donation to Capital Campaign.
- W Ride, Went well & straight. Rick will submit article on the ride.

Volunteer of the Year Award – This awesome piece of art was mounted on a beautiful base crafted by Zolton Cohen and was presented by Pam Sotherland to both Paul Guimond and Charlie Grdina. Opportunities abound in the club for the next recipients.



Jacinda Roedel, KBC Secretary & Webmaster.

June/July 2026 KBC Membership

Total Memberships: 243

Total Individuals: [289](#)

New or Renewed Members: Keegan Adriance; Jeff Belknap; Mike Boersma; Joe Buysse; Gene Decker; Neil Feliska; Michael Foley & Monica Elfring; Andrea & Don Fore; Matt & Kristy Gunderson; Jim Hemeway; Steven Hendricks; John Howson; Pedro Ibarra; Don Juzwiak; Susan Juzwiak; Matt Kangas; Dean Kindler; Jeff Kirschensteiner; Mike Kluz; Sue Kovats-Bell; Ann LaPoint & Family; Andrew Larkin; Doug Lepisto & Family; Nicholas Loucanides; Richard Morse; John & Teri Olbrot; Will Overton; Rishi Poludasu; Gail Secord; Ben Shields; Adam Standiford; Ferris Standiford; Libby Subers; Jeremiah Todd; Angie Veneklase; Dan Victor; Mitch Wilson; Laurel Yoder & David Goodsell; Eric Zahrai; Jana Zollinger

May Expired Members: Jay Berkow; Keith Boneburg; Cindy Gippert; Kris Green; William Keene; Nadean Knight & Family; Molly Lacy; Samantha Lindsey & Family; Mostyn Lumbard; Kim Tabor

June Expired Members: Paul Bushnell; Lue Cervone & Terry Brown; R.G. Cox; Harold Gleaves; Jeanine Michael; Autumn Monaweck; Tommy Nagle; Anthony Nelson; Grace Purdue; Don Reeves; Paul Refkopf; Karla Reno; Mary Schmidt; Robin Sides; Trisha Slater; Monica Tory & Jonathan Evans; Kitty Vader; Doug Wales

July Expired Members: Jonathan Burke; Deborah Bauer; Daniel Fuentes del Rio; Dan & Jane Goldberger; Gary Greenop; Rick Hysell; Tanya Jachimiak; Jessica Opfer & Family; Steve Ostradick

Rick Whaley, Membership Director

Local Walking and Cycling Trail

Though likely more conducive for a saunter on two feet than a ride on two wheels, the Fruit Belt Trail in Oshtemo, primarily between 9th St and 6th St, is nearly completed. Here's a link <https://www.oshtemo.org/Departments/Parks-Recreation-Department/Fruit-Belt-Rail-Trail-Development>



There is a parking lot at Flesher Field, on 9th St, at the northeast end of the linear park, and another where the trail crosses 6th St, near the trail's southwest terminus close to the intersection of 6th and N Ave. Setting aside the time for a short walk on the new trail is certainly worthwhile.

Submitted by Paul Sotherland, KBC Grants and Awards Chair.





Ten-Year Anniversary 'Finish The Ride' Memorial Event Hosted by The Chain Gang Cycling Group Commemorates Victims Lost on June 7, 2016.

KALAMAZOO, MI – The Chain Gang, a local cycling club, invites the community to join the ten-year anniversary of the 'Finish The Ride' Memorial Event, honoring the lives lost on June 7, 2016. The event takes place on Tuesday, June 9, 2026, at 6:00 pm at 5300 N Westnedge Ave, adjacent to Markin Glen Park in Kalamazoo. The memorial will pay tribute to Debbie Bradley, Melissa Fevig-Hughes, Fred (Tony) Nelson, Lorenz (Larry) Paulik, and Suzanne Sippel, whose memories continue to inspire The Chain Gang and the greater cycling community.

The evening will begin at 6:00 pm with a Memorial Address, including updates on legislative achievements and safety initiatives inspired by the legacy of those remembered. At 6:30 pm, participants will complete the 28-mile 'Finish The Ride' journey, retracing the route to honor those we lost and to promote safer roads for all.

Limited parking is available at the Memorial Site. Cyclists are encouraged to park their cars at the south lot of the Beacon Health and Fitness at Nazareth and be ready by 5:15 pm to ride together from there to the Memorial Site, fostering unity and remembrance.

For more information, please contact Paul Runnels at runnelspl@gmail.com or (269) 277-9376.

KalTour - Ride & Volunteer

KalTour is fast approaching. Join us on Sunday June 28 for the 34th annual KBC summer tour..

KalTour departs from the Wind + James Event Center on East Eliza Street (W Avenue) in Schoolcraft. This comfortable indoor event facility will also be the site of the post-ride lunch.

The course opens at 7:00 am for the 62 mile route. Riders on the 50, 31 and 15 mile routes should start later in order to arrive back in Schoolcraft after the 11:00 am start of lunch service. All riders must start by 11:00 am and the course closes at 3:00 pm.

There will be plenty to eat: All routes except the 15 mile route will stop at least once at the Scotts Mill County Park sag stop for cookies, fruit, bars, and peanut butter.

Lunch back at W + J will include sandwiches and root beer floats. Advance registration for KalTour (including the KBC member discount) is available until June 25 on ***BikeReg*** through the following link:

[Kalamazoo Bicycle Club - KalTour 2026 Online Registration](https://www.bikereg.com/kbc-kaltour)

<https://www.bikereg.com/kbc-kaltour>

Day-of-ride registration is also available.

Of course, there is plenty of work to do before and during KalTour. One of the most important tasks is painting the routes with colored arrows that show the different routes. This will happen on Tuesday June 16. (Rain date: Thursday June 18) We will meet at 6 pm at Wind + James, Maps and spray paint will be provided. Wearing old clothes is suggested. To sign up for this and other tasks please visit the KalTour page on the SignUpGenius website: The tasks that need to be done before the ride -- shopping and posting signs will not get in the way of your KalTour ride, and most of the work that need to be done during the ride still allows time for riding.

[Kalamazoo Bicycle Club: 2026 KalTour Volunteer Schedule](https://www.signupgenius.com/go/10C0944AFAB2BA5FFC61-63061482-2026#/)

<https://www.signupgenius.com/go/10C0944AFAB2BA5FFC61-63061482-2026#/>

Again this year, KalTour will donate a portion of the profits to the Amtryke program of the Kazoo Valley AMBUCS club. Amtrkes are customized tricycles designed to meet the needs of children and adults who cannot ride regular bicycles. See what they look like at [Kalamazoo Valley AMBUCS](https://kvambucs.org/amtrykes/)

<https://kvambucs.org/amtrykes/>

Members of AMBUCS will be serving the refreshments and lunch at KalTour. We need KBC members at KalTour as both riders and volunteers.

Mike Krischer, KBC KalTour Director

The 26th W Ride Report



Advertising for the W Ride on the Calhoun County line

The temperature was hovering just above 32 degrees when the Ride Leader pulled into the east parking lot of Vicksburg High School on the morning of May 2. “How many people will be willing to brave this fearsome spring chill?” the RL wondered, as he sat in his car, waiting, waiting, and waiting. Alas, the answer appeared to be zero until Paul Guthrie showed up at 8:55 AM, having ridden his new bike 6 miles from his home. While waiting a few more minutes to see if any other intrepid riders would show up, Paul took a picture of the RL with the 2026 W Ride maps. After concluding that intrepidness was in short supply on this day, the two riders began their journey at 9:04 AM.



The RL, shown with folded W Ride maps

As the riders headed for the Van Buren County line into a slight, but noticeable headwind/crosswind, Paul graciously slowed down so that the RL could keep up with him. At the infamously angled railroad crossing just east of Portage Road, the warning lights started flashing as Paul entered the tracks and the gates began to close as the RL did so, and he viewed a train that was a little closer than he would have liked. Fortunately (spoiler alert), he survived. When they reached Portage Road, Paul decided to pick up the pace, and by the time the RL got to Schoolcraft, Paul was well out of sight.



The next time the two riders crossed paths was about 1.5 miles from the Van Buren County line, both riders noting, as they rode towards each other, that the day was warming, implicitly shaming the other 338 million or so people in the United States who did not show up for the W Ride. At the Van Buren County line, the RL noted that he had ridden 12.40 miles, averaging a not-so-torrid, but expected, 13.35 mph.

Paul's New Bike, hanging out at the edge of Van Buren County

Taking advantage of the tailwind/crosswind on the way back to Vicksburg, the RL upped his pace and averaged 13.94 mph for the 12.41 miles back to his car. There, he took a 10 minute break and ate a Clif Bar (white chocolate macadamia nut for those of you who just can't get enough minutia about this ride), removed his skullcap, and replaced his full fingered gloves with open fingered gloves. So, nutritionally fortified and temperature regulated, he began to ride to Calhoun County.



At 33rd Street, the two riders cross paths again. A quick calculation by the RL determined that Paul had now ridden 15 miles farther than he had. The RL attributed this to his break at Vicksburg. Although, let the record state that Paul did stop long enough to take a selfie at the Calhoun County Line.

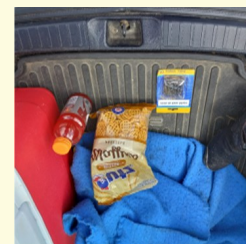
Paul Guthrie, the other, faster rider at this year's W Ride

A few miles later, at the 4-way stop in Fulton, the RL got into a traffic jam, with a car to his right, a car to his left, and a car behind him. So, it's only a matter of time until Fulton gets a traffic light, a McDonalds, and, perhaps, a Holiday Inn Express.

(continued on next page)

(arrived, next page)

The wind had picked up and became more of a crosswind between Vicksburg and Calhoun County, at least that's what the RL told himself, as his pace dropped to 13.37 mph for the 12.00 miles to the Calhoun County Line. After taking another shorter break to eat a Clif Blok (flavor divulged upon request), the RL began the final leg of his journey. Despite the fact that he was riding into a slight headwind, he averaged 13.48 mph for the last 11.97 miles, finishing the ride at 12:54 PM, averaging 13.53 mph over 48.78 miles. And by the time he had finished, the temperature had risen to almost 50 degrees. The RL calculated that the mph that Paul had averaged was somewhere between 19 and infinity.



After finishing the ride, the RL treated himself to a Fruit Punch Gatorade, the color matching his cycling jacket, because, while the RL might not be very fast, he is incredibly stylish. He also ate some butter flavored waffle pretzels, something he had never had before, and they were quite tasty.

(A post-ride still life. And a picture to rider ratio of 2.5 to 1!)

Then, the RL headed home, another adventure that 338 million people minus 2 will be unable to share with family, friends, and strangers at supermarket checkout lines.

Rick Whaley, Ride Leader, W Ride

RIDE IT OUT: HOW CYCLING HELPS KIDS FOCUS

After Mike Sinyard, who has attention-deficit/hyperactivity disorder (ADHD), noticed that bike riding helped him focus, he founded the Specialized Bike Foundation, now Outride, whose "Riding for Focus" (R4F) program now is in 400 middle schools in the US and Canada. And it has had some astonishing results. P.E. teacher Ryan McKinney at Spooner Elementary School in Wisconsin, who began an R4F class as part of Outride's R4F program and then started an after-school Bike Club, suggested studying the impact of cycling and other outdoor sports as part of a daily intervention class for students who need extra help called "What I Need". He asked teachers to recommend fifth and sixth grade students who struggled with attention, focus or behavior. Half went to McKinney's daily early morning 45 minute WIN class, then to their core classes; half were a control group. The students took a standardized test called FastBridge three times over the year to evaluate their comprehension in reading and math. In math, the kids in the cycling intervention group improved, on average, twice as much as kids in the control group; in reading, they improved nearly twice as much. On average, the cycling group required much less office discipline.

[READ FULL STORY](#)

Submitted by: Linda Grdina, KBC member

New “Joys of Bicycling” Mural to Transform Major Downtown Kalamazoo Gateway

KALAMAZOO, MI – Bike Friendly Kalamazoo (BFK) and Clark Logic have finalized a Public Mural Site Agreement to bring a large-scale art installation to 436 West Willard Street. The mural will span the west-facing wall bordering the North Westnedge Avenue corridor (Business Loop US-131), a primary artery for city commuters and cyclists.

The site is positioned for maximum community impact. Located directly adjacent to a dedicated bike lane, the mural will welcome thousands of new visitors to the district upon the completion of the highly anticipated Kalamazoo Event Center. A call for muralists will go out in April. This project is made possible through a collaborative partnership between the Jim Gilmore Jr. Foundation, Clark Logic and Bike Friendly Kalamazoo.

“A major goal of our Joys of Bicycling murals is to put a smile in the hearts of those passing by,” said Tom Hohm, President of Bike Friendly Kalamazoo. “Seeing joyful images of bicyclists—who could be our own family members, friends, and neighbors—reminds us all to share the road and drive more carefully. It’s about improving the quality of life for everyone in our community.”

An avid cyclist and prominent regional leader, Clark Logic President and Owner Jamie Clark has been a pioneer in local public art. His company was the first to host a “Joys of Bicycling” mural at its 7809 Lovers Lane location in Portage; this new agreement extends that legacy into the heart of Kalamazoo’s downtown business loop.

"This agreement is a win for visibility and regional pride," said Clark, who also serves as a Board Member of Southwest Michigan First. "Placing world-class art at this intersection highlights Kalamazoo as a vibrant, active destination for residents and visitors alike."



“When The Streetlights Come On,” by Ellen VanderMyde, the 2022 inaugural “Joys of Bicycling” themed mural at Clark Logic’s 7809 Lovers Lane facility in Portage, MI. The new Willard Street installation will continue to explore this theme of exuberant personal freedom. Photo credit: Paul Selden

About Clark Logic

Based in Portage, Michigan, Clark Logic is a diversified industrial services leader specializing in real estate development, logistics, and transportation. With over 7 million square feet of industrial real estate, Clark Logic is one of the region’s most recognized industrial developers and landlords, dedicated to the economic and cultural growth of Southwest Michigan.

About Bike Friendly Kalamazoo (BFK)

Bike Friendly Kalamazoo is a non-profit organization whose mission is to make the greater community even more bicycle-friendly. BFK organizes the annual Kalamazoo Area Bike Week and the Fall Bike Celebration Weekend, working to make Southwest Michigan a premier place to live, work, and play. Learn more at www.bikefriendlykalamazoo.org.

Submitted by Paul Selden, KBC Member

WANTED: KALTOUR 2026 CO-DIRECTOR

The club is seeking someone to join Mike Krischer as the Co-director of KalTour 2026. There are three essential qualifications for this position: You must be a member of the Kalamazoo Bicycle Club (or be willing to join); you must be available to help load supplies on the day before KalTour (Saturday June 27); and the next day (Sunday June 28) you must help unload supplies in the morning and help load leftover supplies at the conclusion of the ride. Note that it will be possible to ride KalTour after the completion of the initial setup. No prior experience is necessary.

The primary responsibility of the co director will be managing supplies needed for KalTour, primarily non-food items which can be purchased and stored in advance of KalTour. It would be desirable for the co-director to have space to store the plastic bins in which the supplies are packed, but this is not essential.



KalTour serves as the major fund raiser for the club, and the proceeds support grants to many organizations including the adaptive bicycles provided by Kazoo Valley AMBUCS, our longtime partners. As with all other KBC positions, this is a volunteer opportunity. However, there are a few benefits: the co-director will not need to pay to ride KalTour, and helping with cleanup means access to the leftover food.

Mike Krischer, KalTour Director

KalTour

34th Annual Summer Tour

Sunday, June 28, 2026

sponsored by the

Kalamazoo Bicycle Club

start location:

Wind + James Event Center

555 E. Eliza St in Schoolcraft

.3/10 mile east of US 131

Road Routes: 62, 50, 31 & 15 miles

Route maps on Ride with GPS

Sag stops and lunch included

Low-traffic scenic country roads



Naumann Register at

bikereg.com/kbc-kaltour

\$45 individual or \$90 family until May 31

\$50 individual or \$95 family June 1 to June 25

\$55 individual or \$100 family day of ride

\$10 KBC member discount

\$20 KBC family member discount



2026 Cycling Events.

Not all inclusive but looking to capture the main cycling events in the immediate (50 mile or so) area. Opportunities to volunteer for the club abound.

[League of Michigan Cyclist](#)—Link to most major bicycle events in Michigan

[RACE SCHEDULE — MGRS \(michigan gravel races series.com\)](#) - Link to MI gravel races

[Michigan Bike Events | Bicycle Races in Michigan - Michigan Bicycle Law](#) - Link to MI Road & Gravel

[Events – Bike Friendly Kalamazoo](#) - Link to many local cycling events

[Report a Pothole—Kalamazoo County](#) [Report a Pothole-VanBuren County](#)

<u>Event</u>	<u>Date</u>	<u>Link</u>
Chain Gang Memorial Ride	9 June, 6:00	Above article has details
Dirty Donut	20 June	Dirty Donut
KalTour	28 June	Kalamazoo Bicycle Club
Holland 100	18 July	Holland 100
Midwest Tandem Ride	4-7 September	https://www.midwesttandemrally.org/
BFK's Fall Bike Celebration Tour	20 September	https://fallbikecelebration.org