

KBC

PedalPress

The Newsletter of the Kalamazoo Bicycle Club June, 2016
www.kalamazoobicycleclub.org

THE NEXT KBC MONTHLY MEETING IS JUNE 14th at 7:00 P.M. at the Kalamazoo YMCA on Maple Street, 1st floor conference room. All KBC members are welcome to attend.

IF YOU HAVE AN ARTICLE, AD, ETC. you want in the *Pedal Press*, e-mail it to editor@kalamazoobicycleclub.org by the 20th of the month before its intended publication.

PRESIDENT'S MESSAGE:

Summer is upon southwest Michigan and it's a great thing! KBC weekly rides are in full swing with more cyclists coming out every week. I wanted to extend a special 'Thank You!' to John Olbrot and Terry Butcher for their work forming a KBC Ride Committee to enhance to the organization of KBC's weekly rides. It's great to have a team of members passionate about cycling come together to share ideas for improving what many of us enjoy most about KBC, the rides. Implementing new ideas typically takes time and patience but I trust that KBC members will be supportive of the Ride Committee's efforts. Thanks again John & Terry and to your team!

BTR Park Race Registration Voucher Give-away

Are you a current KBC member feeling the need for speed and a little competition? Would you like to participate in the BTR Park Race on July 9th and have your registration fee covered by KBC? If you answered yes to both questions you need to act FAST and be one of the first 4 cyclists to email president@kalamazoobicycleclub.org to request a voucher that covers your BTR Park Race Registration fee. Information on the BTR Park Race can be found at <http://www.wmich.edu/btrrace>. This year's race is once again the state criterium championship for women, masters and juniors. It's great to have this event held locally, and I look forward to seeing you there!

Welcome Bike Campers

Through Bike Camp this year, KBC's membership grew by 43 members. A warm KBC welcome to all the Bike Campers and we can only hope that through Bike Camp we rubbed a little bit of our passion for cycling off on you. Also, thank you to all the wonderful KBC members and bike shops who volunteered or donated items for Bike Camp. This event is only made possible with your support and KBC greatly appreciates it!

Kalamazoo Bike Week

I hope everyone had an opportunity to enjoy one of the many events that were held during Kalamazoo Bike Week in May. Many thanks to David Warwick for once again organizing this wonderful event. I was able to attend the Kalamazoo Bicycle Film Festival and thoroughly enjoyed it. The collection of 'Bike Shorts' were films originating locally, nationally and from around the world and celebrated bicycles and the culture that surrounds them. The films were inspiring, motivating, and educational. It was amazing to see the passion and ingenuity so many people have when it comes to this simple human powered machine on two wheels. Gotta love bikes!

--Renee Mitchell J President, KBC president@kalamazoobicycleclub.org

SHOULD KBC REQUEST A 5-FOOT BIKE-PASSING LAW?

Grand Rapids enacted an ordinance last year requiring motor vehicles to give bicycles five feet of clearance when passing. Your *PedalPress* editor brought copies of the new law to the May KBC meeting and asked that KBC vote to request our local governments (Kalamazoo, Portage, Kalamazoo Township) to enact the same law. It reads:

The driver of a motor vehicle overtaking a bicyclist proceeding in the same direction shall allow the bicyclist at least a five-foot separation between the right side of the driver's vehicle, including all mirrors or other projections, and the left side of the bicycles at all times.

KBC President Renee Mitchell suggested we table the idea for a month in order to allow as many club members as possible to offer opinions. We plan to revisit this subject at the June 14 KBC meeting, so feel free to offer your opinion.

-Doug Kirk, editor@kalamazoobicycleclub.org

COMING SOON: THE MAPLE HILL TRAIL

Trees flowering, birds singing, morel hunters in the forest – all very welcome signs of spring! We all think of riding when spring approaches, but another activity is ramps up too: Mountain Bike Trail Work.

As mentioned in the [April Pedal Press](#), the [Southwest Michigan Mountain Biking Association](#) (SWMMBA) is preparing for construction of [The Maple Hill Trail](#), a new, natural surface mountain bike trail at Markin Glen Park. This location is synergistic with the KRVT and the bicycle lane network that KBC helped establish. Through the use of a professional trail design & build, the trail will offer something for everyone (all ages; beginner to advanced level rider). With a feel similar to The Merrell Trail in Rockford (MI), The Maple Hill Trail is a recreation asset that Kalamazoo area residents & visitors will enjoy for decades to come.

With the excitement about this new trail, many questions are coming in, including...

Why isn't anything happening? Actually, A LOT of things are happening...

- (1) Fundraising - Since September, we have raised \$130,000 through corporate & individual sponsorship contributions, grant awards, and events revenue. While we still have another 30% to raise, we're grateful to the many [community supporters](#), including KBC, who have helped us get this far!
- (2) Legal agreements, proposals, communications, planning, and scheduling – by Tony Callaway (The Maple Hill Trail 'Trail Boss') in anticipation of a June construction start date.
- (3) Materials sourcing – Lumber, flagstone, gravel, sand, concrete, equipment, and more.

When can I ride the Maple Hill Trail? For safety reasons, not until construction is finished.

When will construction happen? Soon! The timing for construction start & finish is contingent on funding, weather, the schedule of the professional trail builder, and other factors. At present, the project is on track for a June construction start date, IF the contingencies cooperate.

How can I help? Do you need my help? Yes! There are several opportunities to help with The Maple Hill Trail, as well as with other trails!

Funding –You can help us raise that last 30% by **donating** or **asking your employer or other businesses** to sponsor the trail. Any amount is welcome; recognition tiers begin at \$100 (details [here](#); SWMMBA is a 501(c)(3)), which means your donation is tax-deductible.

Contact **Monica Tory** (email at end of article—Ed.) with sponsorship questions or for more information.

Join SWMMBA – if you ride trails or think you might like to, consider supporting local trail development by becoming a member of [SWMMBA](#) (a chapter of the [IMBA](#)).

Participate – Volunteer or attend a meeting, ride, or event ([SWMMBA calendar link](#))

Dig in the dirt – Our trails are maintained by volunteers! Trail build & maintenance days are announced at [maplehilltrail.com](#), [swmmba.com](#), and [facebook.com/SWMMBA](#).



We look forward to riding with you!

PLEASE feel free to contact us to help, donate, or join SWMMBA!

-- **Monica Tory**
(Fundraising@SWMMBA.com),

Tony Callaway
(MapleHillTrailBoss@SWMMBA.com),

Megan Zapalowski
(President@SWMMBA.com)

KAL TOUR UPDATE—It's June 26th at Bronson Athletic Club, S. 9th St.

Sunday June 26th will soon be here. There's still time to sign up on the KBC website for KalTour at the "early bird" price. For KBC members the cost is only \$15 or \$30 for families. Nonmembers pay \$5 more. The above prices are good only until June 10. After that date, day-of-ride prices apply.

A word about starting times: Don't start too early or too late! 100 mile riders should start between 7 & 8 am; only the fastest & fittest should wait until the 8:30 cut off. 62 milers can start a little later; most will start between 8:00 & 9:30 with a 10:00 cut off. 31 milers should not start before 8:30 because the lunch stop will open at 10:00. The 17 mile riders should start after 9:00. The family-ride group starts at 10:00. Last starting time for the shorter rides is 11:00. If you want to join a ride group, watch the KBC website and Facebook pages for starting times.

Of course, KalTour won't run by itself. We need people to help with early morning set-up (starting at 6 am) and registration as well as afternoon watermelon cutters and cleanup. SAG driving can be fun too. (At least it's fun to see the riders on the road and at SAG stops). KBC will reimburse SAG drivers for their gasoline. Non-riding relatives and friends are welcome to help out as well.

I am in the process of contacting last year's volunteers and those who attended the KalTour committee meeting in March. New volunteers are always welcome. Please contact me at kaltour@kalamazoobicycleclub.org if you can help out for all or part of the day.

I look forward to seeing all of you on the 26th!
Kaltour Director

--**Mike Krischer,**

KBC TUESDAY TIME TRIAL RESULTS FOR MAY

May 3, 2016

(64 degrees, 14 mph SW wind, 10.1 miles)

Jamie Clark: 23:42 (25.39 mph)
Matt Deighton: 25:01 (24.22 mph)
Alec Schau: 25:58 (23.33 mph)
Sandy Reid: 26:14 (23.1 mph)
Terry Butcher: 26:28 (22.89 mph)
Paul Raynes: 27:06 (22.36 mph)
Paul Guthrie: 27:20 (22.17 mph)
Adam Cefai: 28:01 (21.62 mph)
Terry Hutchins: 28:54 (20.96 mph)
Meg Zapalowski: 29:19 (20.67 mph)
Stephen Penix: 39:02 (15.52 mph)

May 17, 2016

(56 degrees Wind: 8 mph NW, 10.1 miles)

Jamie Clark: 23:44 (25.53 mph)
Douglas Kirk: 25:45 (23.53 mph)
Terry Butcher: 26:15 (23.08 mph)
Sandy Reid: 26:19 (23.02 mph)
Jim Henderson: 26:45 (22.65 mph)
Ed Maring: 26:48 (22.61 mph)
Paul Raynes: 27:00 (22.44 mph)
Jim Kindle: 27:26 (22.0 mph)
Kevin Olstema (sp) 27:38 (21.93 mph)
Valerie Litznerski: 27:44 (21.85 mph)
Tyler Kindle: 27:58 (21.66 mph)
Terry Hutchins: 28:16 (21.43 mph)
Herman Evenboer: 29:30 (20.54 mph)
Stephen Penix: 39:41 (15.27 mph)



(Above): KBC member & Team Clark Logic racer Sandy Reid gives the crowd one of her patented “Yee-Haas” while UCI officials check her bike for a hidden motor just before she begins to tear up the road.

CLARK LOGIC/KBC RACE TEAM RESULTS

Team Clark Logic has had a busy May of racing. Not only has the team been training hard for the spring season, but we've been increasing our volunteering and community service in Southwest Michigan. 2016 is about giving back to our community and being good advocates for the cycling life style! We hope to make Kazoo proud.

Many of us volunteered several hours at the Fort Custer Stampede. We continue to officiate the KBC Tuesday Night Time Trial. During Kalamazoo Bike Week, several of the Team Clark Logic members were leading rides, helping out at events, raising money for the new Maple Hill Trail, and captaining tandem bikes for visually impaired kids. We've extended ourselves beyond the bike community and into the running world with the Kazoo Marathon as well.

We've had several races in May that we've also participated in: **Fort Custer Stampede, Arcadia Grit and Gravel, Yankee Springs Time Trial, Mud, Sweat Beers, Calvin's Challenge, Willow Time Trial, and the Sodus River Time Trial.** Team Clark Logic racers have reported the following:

Fort Custer Stampede

1st in Age: Tory Cane (podium)
2nd in Age: Ray Fulkerson (podium)
3rd in Age: Nicole Obrieht (podium)
8th in Age: Chris Gottwald
12th in Age: Brad Zapalowski

Arcadia Grit and Gravel

3rd in Age: Nicole Obrieht (podium)

Yankee Springs Time Trail

5th in Age: Andy Louwaert
7th in Age: Nicole Obrieht

Mud Sweat and Beers

3rd in Age: Tyson Gilmore (podium)
3rd Overall: Ray Fulkerson (podium)
8th in Age: Nicole Obrieht

Calvin's Challenge

1st Place: Val Litznerski (podium)
2nd Place Ryan Heidenfeld (podium)

Willow Time Trial

2nd in Pro Category: Chris Gottwald (podium)

Sodus River Time Trial

1st in Eddie: Tory Cane (podium)
2nd in Eddie: Meg Zapalowski (podium)
3rd in Eddie: Brittany Robbins (podium)
1st in Eddie: Tim Stewart (podium)
2nd in Eddie: Tyson Gilmore (podium)
3rd in Eddie: Gabe Rice (podium)
8th in Eddie: Ben Clark
1st in Cat 3: Sandy Reid (podium)
3rd in Cat 4: Jamie Clark (podium)
1st in PRO, 1 & 2: Chris Gottwald (podium)

VOLUNTEERS NEEDED for 11th annual BTR Criterium

Once again, help is needed at the annual BTR Criterium at WMU's Engineering and Applied Sciences campus. We've been planning all season to make this event spectacular but literally cannot put it on without the help of our wonderful volunteers, particularly course marshals. Once again this race is the Michigan State Championship criterium for Women, Masters and Juniors? And did I also mention course marshalling is a total piece of cake?!?!? Job responsibilities include lounging, working on your tan, watching the areas top talent speed (literally) through the BTR Park, enjoying some of the best BBQ in the area from Scott's Pig roast, and supporting local racing! Seriously though, our greatest need is for course marshals who are really just there to watch the race and report any crashes or maybe this sort of [thing](#) (just joking)! A link to sign up for a time slot is [here](#)!

JUNE KBC MONTHLY MEETING MINUTES

In Attendance: (“*” denotes members who were sworn in as Ride Leaders): Valerie Litznerski
Becky Argue*, Bill Price*, Tom Keizcs*, Dale Abbott, David Jones, Doug Kirk, Ed Miccalazzi, Gordy Vader,
John Olbrot, Jon Ballema, Larry Kissinger, Marc Irwin, Michael Krischer, Mike Boersma, Mike Connelly, Pam
Sotherland, Paul Sotherland, Paul Pancella, Paul Selden, Paul Wells, Renee Mitchell, Rick Whaley, Scott Baron,
Scott Powers*, Terry Butcher, Tom Keizer, Tomme Maike, Zolton Cohen

Up Front Information: WMU Faculty has reached out to the KBC Yahoo group, to let us know that the survey for their study is available to those that would like to contribute. Paul Selden added that they are developing an app that will allow for real-time reporting of hazards for running and cycling.

President Renee Mitchell shared the thank you letter from the BTR Race Committee for the club’s sponsorship and added that if anyone is interested in being a part of the race planning committee, they could reach out to **Jon Ballema**.

Doug Kirk was also introduced as the new *PedaPress* Editor.

Officer & Committee Reports

Vice President, John Olbrot: was looking for volunteers this week for the Blind Athletes camp mentioned in last month’s *PedalPress*

Treasurer Mike Boersma: reported the Club now has a credit card reader. This can be used on site at events for registration, and will likely be used at KalTour. We also just renewed our membership in Adventure Cycling, which creates maps for cycling tours and offers a discount to members through the club’s membership.
Club finances: Checking account: \$4,022.38 CD: \$11,158.82 PayPal Account: \$2281.56

Director of Road Safety Paul Selden: announced that the KATS Long Term Non-Motorized Plan passed. Support for cycling will be needed at township meetings to represent interests and to support implementation of the plan over the next several years. Important: report potholes
email Pothole@KalamazooBicycleClub.org

Public Relations Director, Marc Irwin: sent out press release for bike camp. Also, on Saturday, May 21st, there will be a Summer Boredom Busters program for kids, Marc is interested in knowing if there is any interest with the program and with Open Roads to start a semi-regular ride with for kids.

Ride Captain, Terry Butcher reported: Wednesday and Monday night rides are becoming more organized with pace groups and routes. There is a need for ride leaders for the mid-pace groups. **Dale Krueger’s** 12-ish mph Comfort Ride is growing and is attracting new riders to the club. **Terri Olbrot’s** women’s ride is also growing in popularity among newer cyclists. We will work to promote these rides more on Facebook to increase visibility.

Bike Camp Honcho, Zolton Cohen: reported 36 individuals are signed up for the camp. **Paul Sotherland** has picked up schwag for giveaways from Pedal, A.E. Bike, Kalamazoo Swift and Village Cyclery, so we thank them for their support. Volunteers will be needed for Saturdays to help with the educational sessions and rides for bike camp. All sessions start at 8:30 am at the Portage YMCA.

Kaltour Director Mike Krischer: reported the route and sag stops are planned out. Help is needed with road painting, set-up, and support for the event. Please get in touch with Mike if you are available to help.

BTR Race Committee Guru Jon Ballema: thanked the club for the years of support for volunteering and the financial support for the race. It is a state championship crit, and planning is coming along well for the event. KBC & Team Clark Logic are looking for someone to take on being Race Director for next year's BTR race. There is also a race clinic the Friday night before the race as in previous years. The format will be changing. There will be a race specific clinic for men & women, and a second clinic, for women only, which will be a ride skills / pack skills clinic. The clinic is free if you pre-register. Contact with **Jon Ballema** if you are able to help volunteer.

KBC Website Committee reported through **Renee Mitchell**, they have met with web designers and are working on transferring our current webpage content over to the new website and new format.

New Business

Pedalpress Editor Doug Kirk urged that we petition our local governments to pass a 5-foot ordinance for motorized vehicles overtaking bicyclists. He requested the club pass a resolution in favor of such an ordinance as a first step. This has been passed in Portage. **Ed Miccalizzi** suggested that we go further and request that cars be required to change lanes. Mike Boersma suggested a 5-foot law would allow police to cite drivers in the event of an accident, and tips the balance more in favor of cyclists. There is some question about whether or not this is enforceable. **David Jones**, our League of Michigan Bicyclists representative, supports the 5 feet as this could be consistent state-wide and could help educate the public. Doug and Zolton discussed that this could help after the fact with accidents and would be included in driver curriculum for new riders. Renee requested that we put an article in the pedal press and to put it on the agenda for next month. (See article elsewhere in this issue.—Ed.)

The Club's accident response was brought up as a topic for future meetings, and the responsibility of the ride leaders in the event of an accident was reviewed. General guidelines: use cell phones to call emergence response, carry ID in the event of an accident, make sure someone stays with the injured person and get contact information for the injured party. The Club should be contacted to report the event, even if the accident seems minor and the rider requests that the accident not be reported. The Club would like to know of accidents, even if the details are incomplete, so that we can see patterns and identify risk. The ride committee will investigate this topic further. **Jon Ballema** suggested that while we don't have many accidents, it is important that we measure this and keep track of patterns, and also to keep things simple in order to support and effect change.

--Val Litznerski, KBC Secretary

MDOT WANTS YOUR INPUT

On April 20, 2016 the Michigan Department of Transportation hosted a public meeting to gather input on potential improvements to the Stadium Drive/Oakland Drive/Michigan Ave. corridor. \Several KBC members attended. I would like KBC members to be aware of MDOT's process.

First, at this point, this is only a POTENTIAL project, one of many proposed projects all over the state. AS you might guess, funds are limited. Second, based on the initial positive reaction, MDOT is now beginning a more formal project to get public input over the next 18 months or so. This project goes by a somewhat bureaucratic name, "Planning and Environmental Linkage (PEL)" project. Do not let this ponderous title put you off from participating in providing your input! The word "environmental" in its title does indeed refer to aspects of classic environmental concern, but in this context it has far more to do with assessing the transportation environment, including crash analysis, bottlenecks, civic concerns, economic impact, traffic volumes, and many other variables.

KBC members Paul Sotherland, Marc Irwin and I have been invited to participate in the more regular smaller MDOT "PEL" meetings that will take place over the coming year and a half. We'll keep you posted from time to time. The planning/design/construction sequence will be a long-term effort, with construction 5-7 years away even if everything gets the green light -- and funding -- along the way.

Please stay tuned as any one of us may ask for your input at critical public meetings. And if you have ideas about how this very congested and unsafe area can be improved, either contact me, or contact MDOT directly at their office on E. Kilgore.

- Paul Selden, Road Safety Director

KATS ADOPTS LONG TERM NON-MOTORIZED TRANSPORTATION PLAN

Congratulations (and even celebration) are in order. On April 27 the Kalamazoo Area Transportation Study (KATS) Policy Committee overwhelmingly voted to adopt the 2045 Metropolitan Transportation Plan, a plan that was years and years in the making. The bad news is that the "2045" in this plan's title means it projects its vision out for 30 years. But the really good news is many elements in the plan begin to unfold almost immediately. The plan goes far beyond major trails (such as the Kalamazoo River Valley Trail and city-centric bike lanes). For the first time (and perhaps for the first time anywhere in Michigan) our MPO has adopted plans for marked bike routes that will connect every major township, village and city to each other across the entire MPO.

Several KBC members provided input to KATS over the past few years concerning bicycling facilities in our Metropolitan Planning Organization (MPO), which includes all of Kalamazoo County and the four townships in eastern Van Buren County. It's been a long, long road and we should be both happy and proud to have this document completed.

However, just because something is in the long-term plan doesn't mean it will actually happen. Implementation will require action from each governmental unit so the necessary planning, design and construction are completed. As bicyclists, your involvement will be extremely important at the local level, as each township, village, and city decides how to push forward. PLEASE contact me to talk about what you can do in the area where you live and ride. And PLEASE take it upon yourself to do your part when, as your Director of Road Safety, I reach out for your input, especially if you are a resident a particularly sensitive jurisdiction.

In the meantime, go to www.katsmpo.org/2045-plan for more information about the Non-Motorized Plan. Click on the link to the Non-Motorized Element and scroll down to Maps 6 and 7 to see a visual display of the many bicycling related components. 2016 and beyond has great potential for bicycling infrastructure improvements. Thanks to everyone who has given their time to support this effort to date!

- Paul Selden, Road Safety Director

RACE REPORT: CALVIN'S CHALLENGE 2016

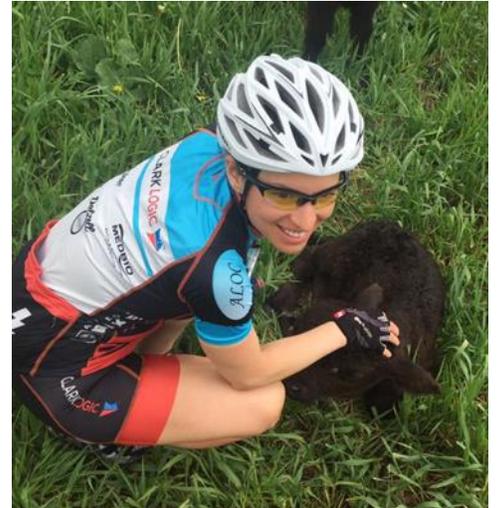
The Calvin's Challenge endurance race in Springfield, OH has produced lots of firsts for me: my first race ever, first race after an injury (and surgery and months of PT), first race in which I disappointed myself after not getting the results I felt capable of. I've learned a lot of lessons there, and always look forward to more, but this year may have been the last race as it needs a new promoter. I want the opportunity to return again, and make another attempt to achieve my goals for that race.

The race was Saturday. Of course the weather was great Friday & Sunday. Saturday—not too wonderful. It started out cold, then it rained and the temperature slowly crept up towards 50. Ryan Heidenfeld & I decided at the last minute to switch from the 12-hour race to the 6-hour race. It was smart, but it felt like giving up. *(If you know Ryan & Val, you know it must have been pretty awful if those two cut it short.—Ed.)*

I've never held on to the lead group for such a short period of time during the first lap of an event. The start was pretty aggressive, with everyone working about as hard as they could—except for Ryan, who was just out having fun and out-riding everyone. By mile 17, the lead group was down to 5, and by mile 18, it was down to 4.

I never have good thoughts in the first few minutes after I fall off. After 10 miles alone I was able to work with a few others. Ryan joined us after completing the first lap and we rode together for a few miles, but the group fell apart on the first short loop. I was by myself until the lead rider lapped me so I hopped on his wheel. He was on a single-speed bike, which worked out well. About an hour before the end of the race, I decided that I should ride by myself. I too had joined the world of no-shifting—my hands were too cold to push the levers. I ended up with 112.5 miles in 6 hours. I was 5th overall and 1st place for women. Ryan won his age group.

Feeling a trifle short of our weekend mileage goals, the next day Ryan and I rode the main loop again. We did 101 miles at the same average speed as the previous day, but it's amazing how much more fun it was with blue skies and warm temperatures. We were relaxed, the roads seemed smoother and the scenery was more enjoyable. We stopped in front of a pen of cows to take pictures. The owner came outside and encouraged us to go in and play with the calves. I couldn't have asked for a more enjoyable experience of the course, but I hope it's not the last time I get to push my limits at this fine event.



- Val Litznerski, KBC Secretary

AWARD COMMITTEE MEMBERS WANTED

This is an invitation to join our Awards Committee, which decides KBC's Friend of Bicycling Award, and any other awards as the Club sees fit. Committee members swing into action the last few months of the year—usually via email—to screen nominations (KBC members are not personally eligible). This usually takes less than an hour. The Chair prepares the ballot accordingly. That's it!

Information about the club's Friend of Bicycling Award can be found by scrolling down KBC's Community page, at: <http://www.kalamazoobicycleclub.org/club/community.php> All KBC members may submit nominations for KBC's FOB Award to any Committee member (And any KBC member may submit "Kudos" items to the *PedalPress* Editor.

If you'd like to join Terry, Paul and me on the Awards Committee, contact me at awardscommittee@kalamazoobicycleclub.org

--Paul Selden

EDITOR'S LETTER: A Modest (Vacation) Suggestion

Those precious few really warm Michigan summer weekends fill up fast. That's why Mr. Editor is making this suggestion at the beginning of June, before it's too late. Quick, set aside a weekend—sometime between the first day of summer and Labor Day—for a quick bicycling vacation. Don't delay! Get that calendar out NOW! One night away is okay but two nights is lots better and 3 nights will seem like a whole week of ordinary vacation.

You don't need panniers, a touring bike or a tent. Any road bike will work just fine. What you do need (if you don't have a rear rack or handlebar pack) is a credit card, a medium-sized fanny pack (try the bike shops or go to <http://www.jandd.com> if the bike shops can't help you out). And unless you want the time all to yourself, another important thing to bring is one or more fun riding companions.

What to bring? No worries! Here's your packing list:

- 1) The stuff you'd take on any other ride (tube, pump/CO2, bike food, maybe a phone)
- 2) Light weight shorts, t-shirt, undies
- 3) Toothbrush and maybe a comb
- 4) Wallet/credit card/ID
- 5) The lightest sandals you own.

Seriously, that's all you need to be on the road for a couple of days if you're staying in motels or hotels. Items 2, 3 & 4 all fit in your fanny pack. The sandals go in one of your bottle cages or on the belt of the fanny pack (looks dorky but Kathy & I have each done hundreds of miles this way).

Believe it or not, you'll forget that fanny pack is hanging off your butt before you get two miles down the road. And you still have room in your jersey pockets for a vest and arm warmers if you're super cold-blooded.

You might want to reserve your room in advance—maybe at a place with a continental breakfast. At check in, ask for an extra towel or two. Take your shorts and jersey in the shower with you and use the motel's complimentary soap to wash 'em. Wring 'em out, then roll 'em up in that spare towel and wring them again. Put them in the sun or over the HVAC unit. We've even hung them on a slowly turning ceiling fan!

Now, go have some fun! Go for a walk—or a beer. Jump in the pool, look at the stars, make friends with other folks. Eat all you want—you earned it!

Where should you go? That's up to you—the important thing is GO! If you've only got one night, try Saugatuck. It's 55 or 60 miles depending on which side of Kalamazoo you start from. Lots of empty Van Buren and Allegan County roads along the way. Try to cross the Kalamazoo River north of Fennville on the very beautiful bridge at New Richmond, then take Allegan Dam Road to Saugatuck. If you can, reserve a room at the Ship 'n Shore Motel right on the Kalamazoo River. This 1950's art deco place has a great ambience, a pool and a hot tub. Wander down to the handy convenience store, grab your favorite post-ride beverage, sip it on their king-sized patio, and gawk at the yachts passing by a few yards away.

If you have time for another night, try heading east about 70 miles to Hastings, a completely different atmosphere and one of the 50 nicest small towns in the U.S.A. You'll ride through Yankee Springs Recreation Area and past Gun Lake along the way. The Waldorf is a top-notch brewpub, there's a great Mexican joint, and some really nice outdoor art downtown. But there're only one or two motels and bed & breakfasts, so plan ahead.

Seriously, like those Nike ads say, just do it... You can thank me later!

--Doug Kirk, editor@kalamazoobicycleclub.org

BICYCLING SAFETY ADVICE

You can get seriously injured riding your bike! The same is true driving your car, but bikes don't have seatbelts or airbags. So ride like your life—and your body's structural integrity—depend on it! Pavement is really hard! So are trees and rocks. Trust me, I know!

KBC STATISTICS

New Members: Terry Baker • Dotty Barr • Russ Barr • Aimee Beehler • Cheryl Butler • Don Butler • Sheri Carpenter • Danny Fielding • Tim Fielding • Tucker Fielding • Wyatt Fielding • Erin Fouts • Susan Hill • Holly Machosek-Mowell • Chris Mowell • Kymberly Mulhern • Samuel Peters • Barbara Roan • Alexander & Amanda Schau • Kelsey Socha • Greg Socha • Paula Solomon • Alina Springer • Dave Timmer • Michelle Whales • Brian Williams • Tracy Williams • Tracy Wilson • David Wochaski • Margaret Wochaski • Nancy Wyman • Wilson Xu

June Expiring Memberships: Michael Boersma • Keith Boneburg • Lee & Jamie Bunker • Thomas Dewhirst • Tim Dirkse • Marty Flatland • Matt Fleury • Tristan Greathouse • Jim Hainen • Dale & Ruth Krueger • Mark Lemons • Tomme Maile • Barbara Overlander-Afton • Rollin Richman • Kate Rizer • Katie Seifert • Gary Straub • Luivi Valero • Liz VanderSloot • Mark Wright • Carolyn Wyllie •

Renewed memberships: Paul Banner • Zolton Cohen Family • Jeff Robertson Family • Terry O'Connor • Rob Nicey • Marc Irwin • Becky Argue • Daryl & Amber Hutson • Phillip Kline • Gabriel Rice • Michelle Karpinski • Robert Miller • Scott Hickey • Derek Dalzell • Shelly Woertint • Matthew Deighton • Blaire Latulippe • Tim & Liz Popp • Lindsay South Family •

YOUR LOCAL BIKE SHOPS:

They support us so please support them—seriously, what goes around comes around

Alfred E. Bike, 320 East Michigan, Kalamazoo, (269) 349-9423, www.aebike.com.

Billy's Bike Shop, 63 East Battle Creek Street, Galesburg, (269) 665-5202, www.billysbikeshop.com.

Custer Cyclery, 104 North Augusta, Augusta, (269) 731-3492, www.custercyclery.com.

Gazelle Sports, 214 South Kalamazoo Mall, Kalamazoo, (269) 342-5996, www.Gazellesports.com.
Save up to 30% at Gazelle Sports' Early June Shoe Sale! Shop NOW for best selection in-store or online at <http://www.gazellesports.com>.

Kzoo Swift, 445 Forest St, Kalamazoo, (269) 929-8053,
www.kzooswift.com.

Pedal Downtown, 611 W Michigan Avenue, Kalamazoo, (269) 567-3325,
Pedal South, 185 Romence Road, Portage (269) 324-5555,
info@pedalbicycle.com and www.pedalbicycle.com.

Team Active, 22 West Michigan, Battle Creek, 1-800-841-494, www.teamactive.com.

Village Cyclery, US 131 in Schoolcraft, (269) 679-4242, www.villagecyclery.com.

Zoo City Cycle & Sports, 4328 South Westnedge, Kalamazoo, (269) 552-3000,
www.zoocitycycle.com.