

# *KBC PedalPress*

The Newsletter of the Kalamazoo Bicycle Club for October, 2018

[www.kalamazoobicycleclub.org](http://www.kalamazoobicycleclub.org)

The next KBC monthly meeting is Tuesday October 9th, 2018 at 7:00 P.M.  
at the Kalamazoo YMCA, 1001 Maple St. All KBC members are welcome to attend.

## Headline Story

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### President's Letter:

#### Happy Fall KBC!

Fall in Michigan is a wonderful time to ride, savoring the changing colors and cooler temperatures. Be sure to make time in your schedules, grab a cycling buddy and enjoy this great season exploring the beautiful state of Michigan on your bike!

#### Great Anniversary Ride & Picnic!

Thank you, John and Sandi Idema, for a wonderful Anniversary Ride & Picnic! Close to 60 members showed up on a beautiful, sunny morning and enjoyed rides on the road and trail. Following the rides, members enjoyed tasty pizza from Bilbos, many yummy side dishes and desserts, and apple cider to top it off! A great time was had by all!

#### KBC Elections are Just Around the Corner

Elections of KBC's Executive Committee (President, Vice-President, Secretary and Treasurer) are held annually at KBC's November membership meeting. To be placed on the ballot, nominations for these positions are accepted at the October membership meeting and published in the November PedalPress. To inform KBC members who will be on the November ballot, all nominees will have the opportunity to submit position statements for print in the November PedalPress. Since there are a great number of KBC members that do not use FaceBook, we are discouraging the use of FaceBook for election platform purposes and will eliminate posts to this effect. Descriptions of these positions can be found in KBC's Constitution by [clicking here](#). If you'd like to run for any of these positions or are just interested in the process, be sure to attend our next membership meeting on Tuesday, October 9<sup>th</sup>, at 7:00pm at the YMCA on Maple Street. If you have questions or would like more information on these positions, feel free to email the Executive Committee members ([link to email addresses](#)).

#### Ride Start Time changes in October

Just a reminder that in October weekday rides start at 5:30p. With less daylight each day through October and cooling temperatures, it's important to be prepared as you head out for a ride. Remember to dress in layers, wear bright cloths, and use strong headlights and taillights with fresh batteries. The sun can blind motorists at sunrise and sunset so be aware of your surroundings while cycling east or west during those times. Be on the lookout for potholes, fallen limbs, slippery leaves and other road hazards. Most important, remember to follow the rules of the road, carry/wear personal identification and be safe cycling out there!

#### In Closing...

The KBC Board of Directors would like to encourage all members to get involved with the activities that KBC oversees and sponsors. Just because the riding season is winding down for most, is no indication of KBC slowing down. Committees work diligently over the winter months to complete as much planning as possible so

when spring rolls around, we can spend more time riding instead of in meetings coordinating spring and summer events. All our committees invite new ideas and appreciate new member involvement. Please consider joining us at our monthly meetings to find out how you can become more involved with KBC and fulfilling [our mission](#), which simply put is to ‘... promote bicycling...’  
Thank you and safe cycling!

--Renee Mitchell, [President@kalamazoobicycleclub.org](mailto:President@kalamazoobicycleclub.org)

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### Stringers Wanted!

What’s a stringer? I am SO glad you asked! A stringer is someone who isn’t a regular employee of a newspaper or magazine but writes an article or submits a piece from time to time. As guest editor, I am inviting you to help your club by adding to the collective knowledge about cycling and cycle culture in the Kalamazoo area. Here are some ideas I have but don’t have time to write. If one of them strikes your fancy, please drop me a note and I will be happy to give you some pointers!

- Interview a local bike shop owner
- Profile a favorite bike route
- Profile a member of KBC
- Share a memory of how you got involved in cycling
- Let us know tips about commuting or gravel riding or staying warm in the winter on the bike
- Interview an adult who is learning to ride again after decades off the bike
- Tell the story of your biggest or scariest or worst or best or muddiest or mostest funnest ride

(Remember the definition of stringer? This isn’t a paid gig, but you will earn the undying appreciation of your fellow members.) Note that all submissions will be subject to editing and the overall discretion of the editor.

--John Knowlton, guest editor, [johnrom719@gmail.com](mailto:johnrom719@gmail.com)

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### The 2018 Ride to South Haven Recap

This year’s delayed, but not to be denied, Ride to South Haven began at 8:13 AM on Saturday, September 15 from the usual location at KVCC in Texas Township. A dozen riders began the ride, including Randy Putt, a former Ride to South Haven Ride Leader and longtime stalwart KBC member, who came up from Indiana for the event. Ten riders planned to ride the entire Century, while Dan M. and Steve planned to ride to Lawrence and back. This year’s Ride Leader was actually a Ride Driver, as he decided very wisely that he wasn’t ready to ride 100 miles.



*Photo caption: Dan Martz, Jason Sparks, Steve Stapleton, Marty Knop, Greg Strader, Val Litznerski, Andrea Fore, Ryan Heidenfeld, Dan Kalwaard, Terry Butcher, Randy Putt, and Eli Jones.*

The riders remained in a group through Mattawan and Lawton to Lawrence, guided at key intersections by the RD (and direction pointer). Between Lawton and Lawrence, Randy touched a wheel and fell; fortunately, he was okay, although he then found himself riding with a damaged derailleur and only two gears. So, he decided to ride back to KVCC from Lawrence along with Dan K., accompanied by Dan M. and Steve. Eight riders continued their journey from Lawrence to South Haven.

Beautiful lake scenery and tasty subs were the order of the day in South Haven, which included a Gordy Vader sighting, who was test riding a vintage bicycle that was for sale in South Haven. He bought the bike, but it should be noted that he did not ride back to KVCC with the other riders. Refreshed from their meal, including the RD who found that driving 50 miles really worked up an appetite, the riders began the next leg of their journey back to Lawrence.

A highlight of the ride from South Haven to Lawrence was the portion of the ride that took place on Butcher Road. Unfortunately, the RD did not include a Sparks Road, Strader Road, Jones Road, Knop Road, Litznerski Road, Fore Road, or Heidenfeld Road as part of the Ride to South Haven route and he apologizes for this oversight.



*Photo Caption: Jason, Greg, Eli, Terry, Marty, Val, Andrea, and Ryan*

After a break for refreshments in Lawrence, the riders began their ride back to KVCC. The distance and the sneaky heat began to take its toll as the riders began splitting into groups. Ryan and Val (unsurprisingly) reached Mattawan first, followed by Eli and Marty, Terry and Greg, and Andrea and Jason. After a brief informal

break, Marty, Eli, Terry, Greg, and Andrea began the final few miles of the ride. Jason decided that he needed a longer break and Ryan and Val kept him company.

Marty and Eli arrived at KVCC at 3:53 PM and were joined by Terry and Greg and then by Andrea a couple minutes later. They drank the fruits of their labor (orange, grape, cherry, or punch) and ate pretzels. They were joined by Ryan, Val, and Jason about 15 minutes later. An impressive 25% of these riders completed their first Century; Greg, whose previous distance personal record was 85 miles, and Jason, whose previous distance PR was 60 miles. We celebrated these achievements with, of course, Gatorade and pretzels. The riders then left KVCC via car or bike (Ryan and Val) to celebrate their daylong cycling accomplishment, probably without Gatorade or pretzels. The RD celebrated his driving accomplishment with pizza.

**--Rick Whaley, Ride to South Haven Ride Driver**

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## **Guest Editor Letter**

### *Our First Tandem Season*

Poor Julie didn't know what was about to overtake her. She went from unmarried and non-cyclist to being married to a bike nut over night! In our first year of marriage I bought her a bike at a shop in Battle Creek. We had allocated a certain dollar amount. For the bike. What she didn't realize (and I accidentally on purpose forgot to tell her) is that we needed to buy pedals, and shoes and shorts and a jersey and gloves. . . well, you probably know how that goes. After the initial sticker shock of buying her first bike, we started riding together. And then came the Burley trailer for her 3 year old daughter. Which lead to a tag along, then a \$300 kids' bike.

Anyway, she got the bug along with me! I am so happy that we share this interest in exercise and being outdoors and being healthy together. She goes on rides by herself, leads a ride on Monday nights with the club, and goes on weekend cycling trips with friends. When we travel we often rent bikes to ride in new places. There is something really special about discovering new territory at bike speed instead of car speed. You smell the food, meet the mail carriers, visit the art fair and can stop for an ice cream. There are two problems for us, though: 1) The rental bikes never fit right, and 2) We ride at different speeds.

Some of you have ridden with me. You know I'm not slow and I'm not fast. I'm half-fast. (Go ahead and say those last two words together quickly. It's true!) But my wife and I have different comfortable paces. When we ride single bikes together, it is hard for us to actually stay together. So last year we borrowed a tandem from Tim Krone

at Pedal Bikes. Conveniently for Tim, he and I are the same size, so he can loan me all of his bikes to fall in love with and subsequently buy a version for myself! In January this year we ordered a custom Co-motion Speedster tandem bike. The orange beauty arrived in early May. We did a few 20-30 mile rides and then our first overnight trip to Grand Rapids in June. Over Labor Day weekend we joined about 300 tandem teams at the Midwest Tandem Rally in Grand Rapids. Pure tandemonium! We have spent the past few months getting the fit dialed in and enjoying rides together. And together is the operative word. Yep, it was expensive, but we really like each other and riding together. There is a common expression among tandemists: Wherever your relationship is going, you get there faster on a tandem! So far, so good for us.



--John Knowlton, guest editor [johnrom719@gmail.com](mailto:johnrom719@gmail.com)

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## A letter to the Editor of Pedal Press

18 September 2018

### Thanks, you made me grateful

Gratitude can arrive at unexpected times and for unusual reasons. We have all experienced gratitude for an event, or a gesture, or state of being (like peace, happiness, or security). But, the gratitude I felt toward the end of last night's Monday Night Ride was odd. I was grateful for not being fast enough.

Now...I enjoy riding fast, especially when in a group of like-minded and competent riders who enjoy each other's company, keep a good pace, and share the pulls. Though "rich" or "frisky" rides in groups like those can be challenging, they almost invariably leave me with a big grin and looking forward to the next ride. While my experience at the end of last night's ride made me grateful for my limitations, I was also grateful for the group of folks with whom I had shared a ride just prior to it.

So, why feel gratitude for my limitations? Had I been able to keep up with the "fast" Lawton group for the entire ride, I would have (more than likely) become part of the behavior I endured while trying to hang onto the pack that passed our group on Monday. Riding more than three abreast, not riding as far to the right as practicable, not calling out road hazards, and crossing the center line are part of a pack mentality and not consistent with KBC guidelines for club rides (<https://www.kalamazoobicycleclub.org/rides/ride-safety/>). Initially, I was discouraged by not being able to keep up. But, the more I reflected on what I saw, the more I was glad about getting dropped. I really did not want to be part of a group that rides like that. And, I felt bad about trying to hang on to it instead of staying with the folks with whom I had enjoyed riding.

Being grateful for one's limitations might seem like acquiescence. But, trying to change behavior of others, especially when the behavior seems part of a tradition, can be a fool's errand at best. Instead, I choose to ride with cyclists who follow the KBC guidelines for group rides, who challenge me to become a better rider, and who treat each other as they would like to be treated. I always look forward to rides like those, and I always feel grateful for all of the expected and usual reasons when the ride ends.

--Cheers – Paul Sotherland

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## Friend of Bicycling Award Nominations Deadline

The Kalamazoo Bicycle Club's [Friend of Bicycling Award](#) is presented annually to an individual or other entity who "significantly advanced the interests of bicycling." There has been a lot of good work done this year to support bicycling. Please consider submitting a nomination!

Nominations for the upcoming FOB award close at **8:00 p.m. on Tuesday, November, 13, 2018**. The Awards Committee will review the nominations and include the names/descriptions of the nominees in the December Pedal Press. Voting for the award will take place at the December meeting of the Kalamazoo Bicycle Club.

Past Recipients of the Friend of Bicycling Award include:

2018 - Pedal

2017 - City of Kalamazoo

2016 - Kalamazoo Charter Township

2015 - Kalamazoo Area Transportation Study

2014 - Open Roads Bike Program

2013 - Breakaway Bicycle and Fitness of Portage

2012 - Department of Streets and Equipment, City of Portage

2011 - Friends of the Kalamazoo River Valley Trail

--Thanks very much! Pam Sotherland

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### **Bike Carrier Needed By Local Non-Profit**

The non-profit Ministry With Community needs a (donated) bike carrier to help them take donated bicycles in for inspection and service. Ministry With Community gives its members bicycles to use for work-related transportation. Please call Don Jones, Program Director, at (269) 598-5820 or email [djones@ministrywithcommunity.org](mailto:djones@ministrywithcommunity.org).

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### ***Pedal Press Exclusive Interview with Val Litznerski!***

*Editors note: Valerie Litznerski recently completed a 364 mile transit of Michigan from South to North in a single ride! The ride was undertaken as a way to raise awareness of cycling safety and to fund the KBC Education Fund. Interview conducted September 12, 2018 by guest editor John Knowlton.*

#### **How did you get into cycling?**

Because I was previously a runner and I had some knee pain, I was running inside on a treadmill. I had a bike and I decided riding outside was better than running inside. I became interested in ultra cycling because I started riding in my late 20's and realized that my peak sprinting years were behind me.

#### **You ride a lot! Over 8,000 miles YTD! How does it fit into your life? Do you see it as a sport, a discipline, a competition or something else?**

A little bit of everything. It is a way to explore my limits. I like to set big goals and try to achieve them. Longer rides and races are my vacations. I enjoy exploring new places and meeting new people. I am very passionate about it and it is a big part of my social life. I also volunteer because I want to make sure everyone has as good of an experience as possible.

#### **You recently rode from Sturgis to Sault St. Marie. What inspired you to do that ride?**

I currently hold the West to East women's record (Muskegon to Port Sanilac) which I completed about a year after being hit by a car in 2011. I always wanted to do the South to North route. When other KBC Members Andrea Fore, Matt and Robin Sides were hit by a car in 2016 on a ride I was doing with them, it made me want to get the South to North ride done.

#### **What were the best and worst parts?**

The worst part was the cold. I was unprepared for the temperature to drop into the 30's. I had a sustained north headwind with no break for more than 12 hours. When you ride into the wind you can usually count on a hill now and then to break the wind, but I didn't have that. I was surprised by how challenging this was. I had a lot of wants: a record, publicity for safety, to raise funds for the KBC, etc. And the challenge of the ride made me feel like I really earned it. I did set the record. I completed 364 miles in about 27 hours of ride time. To cross the bridge I had to put my bike in a car as bikes are not allowed on the bridge. The car transit was not counted against me. I didn't take any sleeping breaks but I did stop to warm up twice. The clock kept running during the breaks which totaled at least 3 hours.



### **What do you do to keep your mind and body in good shape for that many miles and hours?**

I do pretty well mentally. That is one of the reasons I am successful – I keep a positive mind set. Physically there is deterioration over time. You can see it in my speed and heart rate data. It is important to continue to move and pedal; even if it feels like nothing is coming out, keep moving. My back and neck hurt. My saddle is awesome, though, so that was great! My family (accompanying in a support car) said that sometimes my facial expressions showed fatigue and pain. I try not to let that show too much. I practice smiling even through the pain and that makes me feel a little better.

### **Are you hungry all the time?**

No. Sometimes I have a really hard time eating. The blood gets diverted from the stomach to the legs, so sometimes even when I need to eat my stomach can't handle it. Off the bike I eat constantly, but small things. I try to eat nut butter and fruit. Healthy things, not junk!

### **What do you learn about yourself when you try to accomplish such a big goal?**

The first big lesson that I learned is that I am ok to hang out with myself. My first 500 mile race in 2014 I was up 50 hours straight. I realized that I was content with myself. But on the flip side I do miss people when I am riding alone, especially at night when I can only see the small area illuminated in my headlight. I also realize who is really important to me because I think about them a lot when I am riding. My mom once announced that she knows why I ride so much, but she hasn't told me! Riding is such a big part of my life, but I don't have the big answer as to why!

### **Many people can't imagine riding several centuries in a day. What would you say to them about their own goals?**

Every goal is commendable. People tend to dismiss what they are doing when they talk with me when they compare my accomplishments to their own. I hope to encourage others and sure hope they don't get discouraged by comparison. Sometimes people are jealous of others' accomplishments but they didn't put in the work to achieve that goal. You have to accept the work that you have done and the achievements it will bring and be thankful for those achievements because that is what you have worked for.

### **Many people have turned to mountain biking or gravel riding to reduce their interaction with cars. How do you think about safety when riding on the road?**

I am surprisingly comfortable in traffic, which is surprising especially considering my history. I understand there are risks but I try to ride confidently and predictably. I don't play chicken or ride sketchy.

### **Your goal was to raise funds for KBC education committee.**

We have raised \$820 so far and I hope to get to \$1,000. This fund helps to support the KBC's safety education efforts. To donate, visit [kalamazoobicycleclub.org](http://kalamazoobicycleclub.org) and click the donate button. Enter a comment that you are donating to the education committee and mention Val's name.

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## KBC Monthly Meeting Notes for September 11th, 2018

**Attendees:** Mark Jensen, Paul Runnels, Gregory A Worsnop (TCL), Andrea Melchiori, Renee Mitchell, John Olbrot, Mike Boersma, Valerie Litznerski, Rick Whaley, Paul Sotherland, Pam Sotherland, Paul Guimond (TCL), Jim Kindle (TCL), Terry Butcher, David Riggs, Thom Brennan, Terry Florian, John Idema, Michael Krischer, Gordy Vader

**Crisscrossing the State for Safety - Let's Celebrate!** Valerie thanked everyone who supported her, followed her, donated and shared her story along the way. It was a long, challenging ride, but in the end, the achievements in spreading the message about making cycling safer is something that can be shared by every who helped along the way. Dale brought a vegan cake with a picture of the route.

**Renee Mitchell, President:** Welcomed everyone to the meeting and brought a vegan cake for Valerie to celebrate her cross state ride. Thank you, everyone, for all of your support! KBC is sponsoring a golf outing to benefit the KRVT. Please consider attending and supporting the event "It's A Scramble for the Kalamazoo Valley River Trail!" on September 21st at noon. The event will be posted on the Kalamazoo Parks website. Renee reminded us that the submission deadline for the 2019 LMB events calendar is coming up in October. Renee also reminded attendees that the **nominations for the 2019 executive committee will take place in the October meeting.** Nominees can write articles for the PedalPress to discuss their candidacy.

John Olbrot, Vice President: John mentioned the Bikes & Beers event last month. Several members of the club attended the event as ride leaders. **John Idema, Jim Kindle, Julie Knowlton, John Knowlton, Terry O'Conner and Terry Butcher** helped out. AMBUCs was the benefited charity at this event. Our club members gave input to the event organizers regarding the routes that were chosen. John also mentioned that he attended DALMAC and that it's one of his favorite events, and he enjoys attending year after year.

**Mike Boersma, Treasurer:**

PayPal: \$3,203.75

PNC Checking Account: \$10,295.83

Jeremy Smith Fund: \$560.00

Education Funds: \$1,945.94

CD: \$6,175.10

The Kalamazoo Bicycle Club Website now has a "donate" button and a number of people have donated recently. A total of \$820 donations were received for the cross-state ride over the weekend.

**Committee Reports:**

**Pam Sotherland, Awards Committee:** The deadlines for the nomination is the November meeting. See separate article in this issue of Pedal Press for more detail about the selection criteria.

**Terry Butcher, Ride Committee:** There was a good turnout at the Maple Leaf Ride, Tour for Teens, and the Vineyard Classic. Club members came together and formed groups at the rides and enjoyed each other's company. The ride to South Haven is coming up on 9/15, the route is available on Ride with GPS. Rick will drive the route to make sure there's no construction. Rick will be there to support the ride but does not think that he'll be ready to ride on Saturday. The Colorburst Tour is coming up soon, and there is also a ride on 10/21 for disabled veterans that will start at 8:00 am from Texas Drive Park. Terry is helping the event organizers develop their routes and we'll follow up with more details soon. The Leelanau Harvest Tour and the Apple Cider Century are also coming up soon as well. **Gordy** also noted that new riders are joining the group rides, even though it is last in the season.

**Dale Abbot, Communications:** Renee suggested renaming the Facebook Pages. The public page will simply be named Kalamazoo Bicycle Club and the discussion group will be the KBC-Hosted Discussion Group. Jim and

Gordy agreed that sale posts on the page crowd out the more relevant discussions about bicycling. We will not create a separate page, but recommend that individuals utilize established pages outside managed by other groups.

**KBC Time Trial Championship Follow-up:** Renee thanked **Doug and Kathy Kirk** for hosting the TNTT and coordinating a fun and well-organized event. Jim mentioned that there was a great turn-out and that the event was a lot of fun. Jim mentioned that we should seek out sponsorship for the event, perhaps a different sponsor every week. John Olbrot attended the event and enjoyed his first experience at the TNTT. He is looking forward to improving his time in future events and heard lots of positive feedback from other participants. Dale mentioned that her husband earned the lanterne rouge award but that he had a lot of fun.

**Education Committee Report [KPS recap]:** on the 28th and 29th of August, **Thom and Paul** hosted training for Kalamazoo Public School Bus Drivers. There was a classroom session and a demonstration in the parking lot. Michigan laws were covered, addressing the responsibilities of both cyclists and drivers. The drivers experienced being passed as pedestrians by busses traveling at 10 mph and at 40 mph. They also had on-bike training and examined the blind spots they must manage as bus drivers when encountering pedestrians and cyclists. This was very well received by the participants and they found the presentation and demonstration to be very effective and informative. Paul and Thom would be willing to present to other school and city transportation departments. Thom mentioned that this is the first they've heard about training like this, and the KPS will submit an article to be published nationally about this event. Signs and magnets were also distributed at the event. Jim Kindle mentioned that he's noticing that bus drivers are giving him more space now. Thom thanked everyone who contributed to the presentation that was given to the bus drivers. Thom and Paul will attend the Kalamazoo Valley Wellness Fair on 10/10 at KVCC next.

**KBC Anniversary Picnic:** This will take place on 9/22 at the 10th Street KalHaven Trail Head. We will get a discount on the pizzas that will be ordered from Bilbo's for the event, and we appreciate their support. John Idema is verifying that the routes are posted on Ride with GPS and are correct. Gordy also offered that he has maps printed from last year. Jim Kindle added that it's easy to copy routes from other accounts to the Facebook page. Gordy mentioned that we hope to arrive together at the same time at the end of the ride.

**TCL Sponsorship Request:** **Paul Guimond** shared that **Tim Stewart** stepped up as president of TCL. **Alec Schau** will be the Vice President. They are reexamining the team's identity, as an exclusive race team or a group of talented racers and ambassadors. The team views the other local entities (Pedal, KBC, etc) are groups that mutually support cycling. The team wants to provide support to all aspects of cycling and get more involved in the community and increase their volunteerism, through ride leaders and administrative support. Renee mentioned that the bike camp attendees really appreciate having team members at Bike Camp. Renee let the club know that we are being offered B-Class sponsorship for a discounted rate, due to the closeness of the team and the club over the years. Logo placement on the jersey and social media was included in the sponsorship package. Paul Sotherland motioned and Thom Brennan seconded the motion to support the team at level B for two years for \$1,000 each year for two years. The commitment would be for 2019 and 2020. John mentioned that we would not be asked to support BTR. John wanted some clarity about that. Paul asked how we could verify membership of the team members. Jim Kindle responded to Gordy that he didn't think that club affiliation was necessary for teams to race in USAC. Greg stated that he's been very impressed by the team and the organization. Gordy stated that he enjoys seeing Facebook posts from the Team. Valerie asked that results be emailed to her after the meeting. Paul Selden mentioned the Kalamazoo Cycling Club at the Kalamazoo Valley Museum. Paul mentioned that there's a cultural element to the team and sportsmanship. Paul hoped to deepen the relationship with the team and to support competitive athletes. The motion passed. Paul Guimond asked that we communicate with the team directly and ahead of time about volunteer opportunities. Mike mentioned that we have not taken care of the 2018 donation.

**Ride Leader Sanctioning:** no members requested ride leader sanctioning

**New business:**

**Paul Runnels:** Open Roads Bike Program is hosting the 4th annual Tweed Ride on 10/13. There will be a 25-mile ride. There will be a Classical Tweed Ride that will be a 4-mile slow roll through downtown Kalamazoo that will end at Old Dog Tavern. Awards will be given to the best dressed and there will be other awards as well. Tweed is not required for attendees. Renee asked Paul to submit an article to the PedalPress. Andrea mentioned that the upcoming exhibit at the Museum and brought a copy of the latest magazine to share with the club. Paul Selden brought an example of the Southwest Michigan Bikeway signs. Paul S. mentioned that this extensive network can be found throughout the surrounding counties. Paul thanked the club for their involvement. Paul S. also stressed that the bikeway is continuous and unlike like Bike Route signs, the Bikeway signs show a continuous route. Paul G. mentioned that there's a lot of vegetation and obstruction in the bike lanes and that they are not well maintained. John mentioned that Paul could reach out to the city of Kalamazoo for maintenance. Mike also mentioned that Paul could reach out to Streets and Sanitation. Mike also mentioned that Paul could reach out to Jack Irvin, a city commissioner. If Paul is unsuccessful, the bike club would be willing to write a letter.

### **Old business:**

Mike reminded everyone that mileage for club events can be written off and is considered to be a donation to the Kalamazoo Bicycle Club. Information about our charitable activities will be reported to the state by Mike and it may include some of the information about our member's activities.

John Olbrot motioned to adjourn and Thom Brennan seconded.

--Val Litznerski, KBC Secretary, [Secretary@kalamazoobicycleclub.org](mailto:Secretary@kalamazoobicycleclub.org)

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## **TEAM Clark Logic Race Reports**

Apologies in advance for this wall of text. I have never written a race report before so bear with me here. Green Mountain Stage Race (GMSR) definitely warrants mentioning. Be warned, this is not a tale of success, but rather learning.

As the name suggests, the GMSR takes place over four days in the lovely state of Vermont. For those who have not been, it is a historic state with towns dating back to the late 1700's nestled deep in the mountains. Taking place over Labor Day, the lush wilderness is in full color and the wildlife is abundant. Going on 18 years strong, this is by far the most well-run race I have **ever** encountered. How the organizers manage 10 separate fields complete with police escort and race convoy with neutral bikes and wheel support is beyond me. Completing this grueling stage race is perhaps one of my greatest personal physical achievements of all time.

A journey of 12 hours by car through four states is always grueling. However, once in east Ohio the terrain quickly begins to change from flat (BORING!) interstate to rolling country roads, and eventually, mountain passes navigating the Adirondack Mountains of New York. As dusk turns to night, rolling through pitch-black forests on shaky gravel roads with 15% pitches becomes a bit nerve-racking, especially as one attempts to dodge deer and foxes. Eventually arriving at our Air B&B on the Mad River, Sarah and I met the others staying with us. Two older couples, two Cat 2 racers, and 2 Cat 1 racers shared a kitchen and living area with us for the weekend. Sharing stories and notes about the course each night helps to put an anxious mind at ease (barely).

Stage 1 consisted of a hilly 5.6 mile ITT. Starting at the "World Famous" (?) Warren store in Warren VT, it climbs 500 feet for 2.75 miles. From the sound of the buzzer, I was out of the saddle climbing. Feeling great, I quickly caught my 30-second man. Not being allowed to draft and being closely watched, I gave him plenty of room. Cresting the climb, I had definitely gone into the red. A steep downhill gave me a chance to recover. Glancing over my shoulder, however, I saw my victim laying down the hammer. So much for recovering. Trying not to rubberneck at the glorious mountains and fields around me, I pushed forward to the final dip and climb. Ouch. This 100 foot, 10% grade bump comes out of nowhere and is only 400 meters from the finish. Finishing in 15:50 and 17th in my field, I felt great. With one stage down and only 1:20 off of the leader, I had some momentum against the Vermont boys.

Stage 2 was about an hour and 2 mountain passes away from the race HQ in Randolph. For the cat 2 and above it was a two-lap circuit race. For my field, we only had one 37-mile loop. I had not fully appreciated how amazing it is to ride on rolling, freshly paved Vermont roads in a fully supported race caravan. The Peloton was

fairly well behaved with only a couple of breakaway attempts. Being teammate-less, I sat about 10 wheels back and soaked in the views while everyone else chased down the attacks. As the sprinters took off for the intermediate sprint, I sat in and prepared for the only KOM sprint of the day. Reeling in the sprinters, we began our approach to the KOM. By now the pace was really picking up. With each increase in grade, our pace seemed to speed up. A group of 20 of us were hammering. With 5k left in the race, it was a madhouse, unlike anything I had experienced. I went with 400 meters left. I could almost taste the KOM jersey before it was too late. I had accidentally lead out 7 of the strongest climbers I have ever seen. No matter, it was time to descend. The peloton regrouped at about 40 mph winding down the side of a mountain. Suddenly it sounded like glass shattering as two riders in front of me went flying into the trees. I came to a screeching halt. Thankfully, I blindly navigated the debacle. The peloton waited up for about 5 of us before continuing on. Shaking, I hung on for a bunch sprint and 17<sup>th</sup> (again). No GC movement and that was just fine. I made sure my velo insurance was current that night.

I could barely sleep before stage 3, the Queen's Stage. I laid there mulling over the stories and advice of the more experienced housemates. 64 miles and over 6k of climbing. I felt for the pro/cat1 and cat 2 riders that required an extra 38 miles and 3k feet of climbing. Mad River point to point road race is Vermont's shining claim to cycling fame. Starting on Mt. Ellen, you get a glorious view of the valley and a glimpse of the final climb: Appalachian Gap. With a 3.1-mile rollout downhill, the scent of burning brake pads on carbon wheels really wakes you up. As soon as the lead car pulled away, teams moved to the front to test the legs. Once again I maneuvered to the 10<sup>th</sup> wheel. Today it took some fighting, but I was able to maintain excellent peloton positioning. The first 20 miles are rolling along scenic Vermont 100 alongside the Mad River. Right as we passed the Air B&B Sarah and I were staying at a group of 9 shot off the front. Without thinking I jumped in. The largest team in the field was left off and pulled us in after about two full rotations. No use trying to burn out 20 miles into a leg-sapping day anyway. As we descended to the base of our first climb, the sprinters took off again for the lone intermediate sprint of the day. Pulling them in at the base they looked exhausted having fought each other and a headwind for points. Then Middlebury Gap began. The peloton shattered and would not regroup again for the rest of the day. For 23 grueling minutes, we raced to the top of Middlebury. At the steepest point, a rider brushed wheels and collapsed, taking me out. Jerk. Quickly, I got on my bike, shared my choice words with this guy (of course he is from Jersey) and raced back to the group. Shattered from the climb, I was ready for my bottle hand up from Sarah. She had just traversed the Lincoln Gap by car, which is honestly more treacherous. I had raced over 60 miles in hotter conditions and not needed a bottle hand up. That day I learned just how water-intensive mountain summits are.

This is where the race began to turn for me. I could not descend with the 15 race leaders. 48 mph through turns is something I have never experienced in the mountains. Multiple times I brushed just over the yellow line. I decided that finishing the race was more important than a head-on collision with a car. Two chasers scooped me up and we continued on. After 20 minutes of descending, 10 of us were pushing on in the chase. The paceline held strong. Middlebury had taken its toll on me. At mile 42, I skipped a turn. We climbed a nasty 300-foot hill at 12% grade on to a gravel descent. By mile 44, they were out of reach. Riders came and went, and the neutral support for the chase left me behind. I was able to make up a little time on Baby Gap, a mountain before App Gap. As three of us began up App Gap, I knew it was going to be a monster. I was definitely over geared. In my smallest ring, I was screaming over my red line with 6km of climbing left. Almost a kilometer and a half were at 10% grade. As you near the top, the trees break and you hear the crowds. People start running alongside chalked roads yelling at the top of their lungs, yet the adrenaline is so strong it is almost silent. The final 500 meters kicks up to 20% grade and you get the whole road. The air is so thin every breath comes up short. There is too much adrenaline to feel any pain. I pulled away from my 3 climbing comrades in the last ditch effort to minimize GC damage. As you finish EMS helps you to the corral where they offer PB&J, coke, and a chance to find your lungs. You can tell by the brutal scene of racers around you at the top that App Gap gets the last at-bat. I recovered in time to go and cheer on Nate Brown (Team Education First, world tour rider) as he took the Pro/1 race before descending back to the parking lot behind the shuttle bus full of spectators with Sarah on board.

As much fun as stage 3 was, I lost time. 20 minutes on the GC leader in fact. And I placed 29<sup>th</sup> on the day. The GC was shattered, and I quickly learned my place as a first-year racer. The final stage was a criterium in downtown Burlington Vermont with a stunning view of Lake Champlain. It started with a sharp left-hander on to cobblestones, another quick set of turns in to a blazing downhill into a row of storm grates. Just beyond the grates of death is a steep hill (of course there's a hill...) leading up to the start/finish. I lasted 5 laps before I was pulled.

My entire body could not recover from App Gap. Overall I finished 27<sup>th</sup>. The winner of the 4/5 men's open is an Olympic rower. In fact, the top 8 riders are destined for cat 2 by next year.

In addition to the spectacular racing it worth mentioning that the surrounding area is full of swimming holes, waterfalls, and great places to eat. The people in the surrounding towns are friendly and big supporters of the race.

Finishing at 27/56 in the GC leaves A LOT to be desired. As I said, I learned more during this race than I have in my entire first year of racing. Representing TCL colors in the men's 4/5 open field gave me a sense of pride for Michigan. I will absolutely be racing this event again next year. I invite anyone and everyone to join me. I could tell having team support, even if it was just emotional, was huge for the racers. Plus, ripping your own legs off and smacking yourself in the face on App Gap is an experience everyone should have. I hope that this report will convince some of you to join me.

**-Elliott Parcels, Team Clark Logic**

## **Lord of the Springs 2018**

First race back on dirt since Iceman 2017 and man did I miss it. I knew that the first sandy climb that precedes the first set of single-track was going to be crucial. I did not know or expect that it was before the climb that was going to be the last time I saw the main group. I crested the climb and went into the single-track with one other and another bridged up to us. I then crashed but managed to chase them back just before getting onto the gravel. I did not expect us to stay away from a chasing group but knew that "a group out of sight is out of mind" and that if we worked together then we may have a chance. I was with Daniel Yankus and Tyler Weston.

At around 25 miles in, 11 to go, Yankus put in an attack going up a hill and both Tyler and I didn't respond. I think we were both pretty gassed at this point and wanted to try and conserve energy to try to ensure attaining 2nd or 3rd place. We came out of the 2nd single-track section together with around 5 miles left, and at this point still didn't see a chasing group. With 3 miles left I went to pull through and Tyler stood up and just locked up. I looked back and he stood in that position for quite some time. I knew then I just had to manage my remaining effort and avoid major cramping. I had fought minor cramping for the last 5 miles of the race but avoiding anything major. I ended up staying away from Tyler and finished 2nd Overall. I was pretty happy with this result knowing it was my first race on dirt in 2018. I hope to build on this and finish the year out strong and hope to continue the success I had last year at Iceman.

**Alec Schau, Team Clark Logic**

**Race Results – Team Clark Logic:**

**Leadville 100**

Greg Worsnop – 43 place (4<sup>th</sup> time finishing this race)

**Addison Oaks Fall Classic**

Greg Worsnop – 3<sup>rd</sup> place  
 This race clinched Overall Championship for 60-69 age group Championship Point Series

**Chequamegon Fat Tire 40**

Greg Worsnop – 15<sup>th</sup> place

**Senior Olympics**

Jimmy Kindle – 6<sup>th</sup> Time Trial  
 Jimmy Kindle – 3<sup>rd</sup> Road Race

**Uncle John's Dirty Ride (Gravel race)**

24 Mile Race (Overall)  
 Tory Cane – 1<sup>st</sup> place  
 Matt Gunderson – 10<sup>th</sup> place  
 Ray Fulkerson – 19<sup>th</sup> place  
 Jamie Clark – 1<sup>st</sup> (fattie)

**56 Mile Race (Age Group)**

Jimmy Kindle – 8<sup>th</sup> place  
 Timmy Stewart – 1<sup>st</sup> place  
 Paul Guimond – 1<sup>st</sup> place  
 Chris Mowell – 4<sup>th</sup> place  
 Kevin Oostema – 5<sup>th</sup> place

**Lord of the Springs**

Jessica Sackett – 6<sup>th</sup> place  
 Paul Bonnar – 14<sup>th</sup> place  
 Tory Cane – 3<sup>rd</sup> place

Chris Mowell – 7<sup>th</sup> place  
 Ray Fulkerson – 5<sup>th</sup> place  
 Danny Kannegieter – 1<sup>st</sup> place  
 Alec Schau – 2<sup>nd</sup> place  
 Dan Frazier – 20<sup>th</sup>

**Tour de Donut 36 mile**

Team Event – 1<sup>st</sup> Place  
 Jamie Clark, Dan Frazier, Kevin Oostema, Jake Bee, Albi Banner, Paul Guimond

**Individual**

Angie Kautzer – 1<sup>st</sup> place  
 Tory Cane – 3<sup>rd</sup> place  
 Jamie Clark – 3<sup>rd</sup> place

**The Divide**

Kevin Oostema – 1<sup>st</sup>

**Alma Cross race**

Tory Cane – 6<sup>th</sup> place (elite division)

**Markin Glen Cyclo-Cross race**

Tory Cane – 1<sup>st</sup> place  
 Chris Mowell – 10<sup>th</sup> place (A-race)  
 Kevin Oostema – 15<sup>th</sup> (A-race)  
 Dan Frazier – 5<sup>th</sup> (B-race)

**Michigan State Crit Championship**

Timmy Stewart – 3<sup>rd</sup> place (Cat 4)

**Grattan B Race Series**

Kevin Oostema – 39<sup>th</sup>  
 Dan Frazier – 7<sup>th</sup>

**OCTOBER KBC STATISTICS**

Active subscriptions: 362 Active Members: (Includes family members): 582

**New and/or Renewed Memberships:**

**Joseph Stoltz • Jeanine Michael • Dawn Gross Family**

**October Expiring Memberships**

**Michael Megyesi & Becky Klien Family • Jacinda Roedel • Lisa Brink-Hansen • Matt Burtis**

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## **YOUR LOCAL BIKE SHOPS:**

**They support us so please support them**

**Billy's Bike Shop, 63 East Battle Creek Street, Galesburg, (269) 665-5202. Sadly, Billy's no longer has a website**

**Custer Cyclery, 104 North Augusta, Augusta, (269) 731-3492, [www.custercyclery.com](http://www.custercyclery.com).**

**Gazelle Sports, 214 South Kalamazoo Mall, Kalamazoo, (269) 342-5996, [www.Gazellesports.com](http://www.Gazellesports.com).**

**Kzoo Swift, 445 Forest St, Kalamazoo, (269) 929-8053, [www.kzooswift.com](http://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](mailto:info@pedalbicycle.com) and [www.pedalbicycle.com](http://www.pedalbicycle.com).**

**Trek Bicycle Store, Battle Creek 22 West Michigan, Battle Creek, 1-800-841-9494,  
[www.trekstorebattlecreek.com](http://www.trekstorebattlecreek.com) (Team Active has changed names but not owners).**

**Village Cyclery, US 131 in Schoolcraft, (269) 679-4242, [www.villagecyclery.com](http://www.villagecyclery.com).**

**Zoo City Cycle, 4328 South Westnedge, Kalamazoo, (269) 552-3000, [www.zoocitycycle.com](http://www.zoocitycycle.com).**