



March 2024

PRESIDENT’S LETTER — JOHN KNOWLTON

March 2024 President’s Letter: What we do best

Daylight Savings Time starts March 10. That means group riding season starts March 11! KBC does several cool things: we put on a tour in June, offer grants to support cycling projects, connect with community through cycling shorts, advocate for cycling access and infrastructure. But maybe what we do best is organize group rides on the road. In fact, I think **KBC offers the best group rides** in the area. This is our main deliverable as an organization.

Group rides should be **Safe and Fun for Everyone**. That means welcoming new riders with a friendly face and help finding the right ride for them. It means sharing a pre-ride briefing so we have common expectations before we start. And it means communicating: not just social stuff, but being clear about what we’re doing, identifying hazards, and checking on each other.

Everyone on a ride is responsible for keeping it safe and fun. But we charge ride leaders with the special duty to complete the pre-ride briefing and mid-ride reminders. Ride leaders are unsung heroes in our efforts to offer the best group rides in the area. To offer a small thank you to ride leaders, this year we are offering a 1-year extension of KBC membership for those who lead at least 6 rides this season. If you are interested in serving the cycling community, please consider leading or sweeping rides. You can apply [HERE](#) (<— **Click me**). We ask that all ride leaders watch the 30 minute ride leader summit video. A link will be sent to all who apply and thank you !

We are also experimenting with an additional communication tool this year. KBC has a Discord server which allows you to sign up for notifications on just the rides you ride. Our goal is that we can communicate quickly and specifically, without giving you information you don’t need. Next newsletter will have more info about how to access Discord. See you on the road!



HIGHLIGHTS

- President’s letter1
- Meeting Minutes.....2
- Membership3
- Omnivorous.....4
- 2024 Milage Report.....5
- Cycling Shorts.....6

Please send stories and photos of your rides to:

editor@kalamazoobicycleclub.org

KBC Business

The next KBC meeting will be **Tuesday, March 12 2024 at 6:00 p.m. at Oshtemo Community Center (North Room), 6407 Parkview Ave, Kalamazoo MI.**

Kalamazoo Bicycle Club February 13, 2024 Oshtemo Community Center

ATTENDANCE

Paul Sotherland	Paul Wells	Clark Bennett
Pam Sotherland	John Knowlton	Jenna Kovach
Paul Rehkopf	Paul Guimond	

League of Michigan Bicyclist (LMB)

It is now offering a LIFETIME memberships lifetime membership of \$1,200 for KBC members. Yearly dues are approx. \$120 (annual), and currently 6 KBC members are LMB individual members. A motion was made to table the decision on lifetime membership until September.

Thundercat's

KBC supported this youth cycling organization in 2023 and has agreed to support them in 2024. John invited them to ride in KalTour this year and has asked the group if they would help us in supporting KALTOUR by manning a SAG stop. The High School members of the team are also excited about riding on Monday night rides.

Ride Leaders and Sanctioned Rides

Gordy Vader, after many years of being the Lead Ride Captain, has retired from his post. Thank you Gordy for all your years of leadership for the club!. It goes with saying we are now looking for a new Lead Ride Captain for the Club. A turnover with Gordy can be arranged in the coming month or two. Paul Guimond will solicit Team Clark Logic if anyone is interested in this important role. Great opportunity to step up and give back!

With spring riding season short at hand (flowers already popping, and I have seen some early bees buzzin' in late Feb), ride season will be here soon. KBC will need to sanction new ride leaders, and communication is being discussed to send out via Facebook, MailChimp, and Discord.

Pam Sotherland will be updating the questionnaire and will look to add the questions if members are interested in becoming a Ride Leader, Apprentice Ride Leader or Sweeper.

A proposal was made to grant a free year extension to Ride Leaders who lead more than 6 rides per year. Ride leaders could self-report via a Google form for the end-of-season submission.

John will announce pertinent KBC business at Monday night rides where we have the largest number of club members present. Will also announce membership benefits, for attending non-members, encouraging others to join KBC.

Finance

Pam Sotherland reviewed KBC Finances. KBC offers scholarships grants for KBC members to attend LCI ([League of Cycling Instructors](#)) – take advantage of it !

Open Roads. KBC approved the donation of \$1,000 to OpenRoads and the club will get its KBC logo on the Open Roads website.

KALTour

Insurance will be \$12 per individual for non-member riders.

We need to do an analysis to understand the impact of changing costs to KalTour. Propose making an EXCEL spreadsheet and run the numbers of members and non-members and see how different costs impact the bottom line. Three year breakdown would show solid statistics.

Kalamazoo Bike Show (Volunteers Requested)

KBC is signed up to be at the Bike Show on May 11 (Saturday) 10:00 – 2:00 PM. Requesting volunteers to man the station. The experience is a good interface to the bike community and a lot of fun.

KBC Photo Contest.

KBC President John Knowlton present Paul Rehkopf the coveted KBC hat an award for Paul's outstanding photographic skills winning both first and second place in last years photography contest.

He is smiling as brightly as if he won a Mercedes C Class sedan I tell ya !



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March 2024 Membership

Total Memberships: 305

Total Individuals: 479

New or Renewed Members: Dennis Derhammer; Marc Irwin; Jim Kindle; Dan Leitow & Family; Frank Machnik; Barry Roelofs; Katie Seifert & Family; Paul Stevens; Bill & Sharon Surna; Monica Tory & Jonathan Evans

March Expired Members: Carol Anderson; Joyce Beebe & Mike Cutler; Julie Bradfield; Anthony Callaway; Bruce Caple; Gary Hammock; Heather Haydo & Family; Susan Hubert; Mike Jones; Michelle Karpinski; Richard Meyer; Dave Mitchell; Carolyn Molhoek; Elmon Oliver Jr & Family; Vincent A Patrizi; Aaron Pearce; Kate Rizor; Ben Shields; Amber Warren & William Eichstaedt; Matt Wells

Omnivorous with Preferences

When people learn that I'm a cyclist they often ask one or two questions: 1) Isn't that dangerous? And/or 2) What kind of riding do you do? As we approach Daylight Savings Time and group riding season, let's think through their questions together.

Isn't that dangerous?

The most curious thing about this question is that people tend to ask it about the things they don't do and can't imagine doing. In other words, no one asks me, "Isn't that dangerous?" when they see me get out of a car. Or when I order a pulled pork barbecue sandwich. And they don't ask themselves, "Isn't this dangerous?" when they go sit in a movie theater with a large, buttered popcorn. (Note: I love popcorn, too!)

We seem to be pretty poor at assessing risk. One pulled pork sandwich probably won't kill you. But a lifetime diet of fatty sweetened red meat might make that life shorter than it could be. And one bike ride probably won't kill you. But a lifetime of physical activity can keep you living longer and healthier than it might be otherwise. I eat popcorn and barbecue, but also salads and grilled chicken. Over time I am working to change my preferences for leaner and greener food. And to change my activity preferences for longer and higher heart rate rather than passive and sedentary.

What kind of riding do you do?

When it comes to bikes, I like 'em all! I have skinny road bikes and fat mountain bikes. Gravel, tandem and race. Plus a pedal-assist e-bike. So, like my diet, I guess I am an omnivorous cyclist. But I do have preferences. And there is nothing on earth like the feeling of a fast group ride on smooth pavement. One where you finish tired but not shredded. Where the group seems to move as one body. Everyone smoothly pulling through the front of the paceline, keeping a steady speed, and catching their breath as they fall back. The feeling of flying as you descend and swoop through a turn. Oh, don't you love it?!

I am stoked to ride with you again this season! Let's make it a great year on the bike. Please be friendly to visitors and polite with motorists. Our goal with KBC rides is that they are safe and fun for everyone. See you soon!

John Knowlton, President

2023 KBC Member Mileage Almanac – Paul Selden



The idea behind KBC's Annual Mileage Almanac is to share the joy of bicycling that the numbers represent -- with others -- regardless of the number of miles you ride or how and where you ride them. Thanks to all who submitted reports, and thanks for inspiring everyone to get out there and ride -- no matter how much!

<u>Miles</u>	<u>Member</u>
466	Dane Austin
4,247	Randy Button
5,001	Jamie Clark
1,870	Terry Florian
3,100	Daniel Goldberger
3,800	Charlie Grdina
9,140	Paul Guthrie
7,223	Barb Hart
4,398	Terry Hutchins
1,700	Rick Huyser
2,017	Rick Hysell
3,100	John Idema
5,128	Mark Johnson
2,050	Tom Keizer
8,471	Jim Kindle
9,140	Doug Kirk
1,853	Jenna Marie Kovach
2,500	John Knowlton
3,200	Jeff Kozacki
3,858	Mike Krischer
3,033	Katie Little
5,000	Chris Mowell
3,500	Terry O'Connor
10,412	Kevin Oostema (! WINNER WINNER—CHICKEN DINNER !)
2,291	Leah Peterson
7,000	Donald Reeves
348	Paul Selden
6,863	Tim (Eddie) Stewart
673	Libby Subers
3,439	Gordy Vader
1,612	Valerie Vuk
4,011	Paul Wells
5,024	Rick Whaley
4,711	Gregory Worsnop
753	Clark Bennett
1900	Paul Wells

Based on member reports received in time to submit for the March Pedal Press; may be approximate or a best guess. Not responsible for errors/omissions, etc. Please send any corrections/updates to the Pedal Press Editor at editor@kalamazobicycleclub.org. Stay safe in your 2024 riding seasons and watching the miles add-up on your cyclometers.

Cycling Shorts - 12 March 2024



Pedaling in Portage

Please join us on 12 March at 7:00pm where Pat McGinnis, City Manager, will provide an overview of the non-motorized infrastructure planning for the city of Portage.



KBC Kalamazoo
Bicycle Club



PAT MCGINNIS
Manager
City of Portage

“Pedaling in Portage”

CYCLING SHORTS

TUESDAY, MARCH 12
7:00pm
Oshtemo Community Center