

PRESIDENT'S LETTER — JOHN KNOWLTON

The Best Paceline!

By the time you read this, Kal Tour will have been an amazing success (and I will have eaten all the leftover root beer floats!) I hope you were able to ride, volunteer, or both!

On a recent Monday night ride, my group got into a really smooth paceline. For about 6 miles we had a real groove: The left line was going about 23 mph and the right line moved at 22 mph. While everyone was moving forward down the road, the sensation is moving “up” on the left line, and moving “back” on the right. There were nine people all working together to eat up miles in a hurry.

As we rode up 8th St. near the end of the ride one person said, “That was the best paceline!” I agreed, and was happy to have been a part of it. And it caused me to reflect on what makes for a good paceline. As the ride leader, I had provided just a little bit of guidance. I asked people to keep the right line at 22 mph (though it always creeps up as the ride goes on), and to say, “Clear” when the person on the left is clear to slide over to the right line.

In the absence of any instruction, pacelines can work, but they tend to be chaotic as people have different expectations. And I have also participated in group events where the instructions were too long, or complex or heavy-handed. These are a drag and nobody is happy.

KBC seeks to deliver great rides. Whether you have a paceline on your ride or not, we want to give just the right amount of guidance to make rides safe and fun for everyone. How are we doing? Let me know at President@KalamazooBicycleClub.org.



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

editor@kalamazoobicycleclub.org

KBC Business

The next KBC meeting will be **Tuesday, 13 AUGUST at 6:00 p.m. at Oshtemo Community Center (North Room), 6407 Parkview Ave, Kalamazoo MI .**

Kalamazoo Bicycle Club

June 11 2024

Erratum: In July's Pedal Press I mistakenly attributed the excellent article on "Michigan's Vulnerable Roadway User (VRU) Bill" to Paul Runnels. The article was submitted by **Jen Johnson** and we very much appreciate your time and efforts in doing so.

Attendance:

Paul Guimond	Jenna Marie Kovach	Paul Selden
Bruce Taylor	Teri Olbrot	Pam Sotherland
Rick Whaley	Matthew Van Middlesworth	Paul Sotherland
Michael Krischer	Sean Malone	Dan Goldberger
Charlie Grdina	Jim Kindle	Scott Stuer
John Olbrot		

Agenda:

Kal Tour: Mike Krischer is looking for help with painting road markings before our event on June 30th. Please see this and other volunteer opportunities at *Sign-Up Genius* on our website. Go to Club Events, scroll down to Kal Tour, then scroll to the bottom of the page to find Sign-Up Genius. Or follow this link: <https://www.kalamazoobicycleclub.org/events/kaltour/>

KBC Meetings: There will be **no meeting next month, July 2024**, and the EC is considering reducing the frequency of our regular business meetings as well as our *Cycling Shorts* speaker series. We are weighing the pros and cons of continuing with a monthly meeting, or possibly meeting quarterly or bi-monthly. Please share your feedback with John Knowlton if you have any questions.

E-Bike Donation: Priority Bicycles donated an e-bike to the Club, which we are offering at a discounted price to a limited number of members, based on their level of volunteerism with the Club. If no one from this group is interested in the bike, it will be offered for sale, or perhaps raffled off, at Kal-Tour on June 30th.

Monday Night Ride: Ride Leaders are reporting a lack of cooperation and road etiquette on some of the Monday Night rides, such as: refusing to break into smaller groups when asked to by a ride leader; pulling the ride into a faster pace than indicated by the Ride Leader at the onset of the ride; riding two or more abreast in the presence of car congestion (noted in particular on 8th Street) and riding in an erratic and unorganized manner. **If you participate in our MNR, please review the information on our website under Rides, so that you can comply with KBC Club expectations. Please support our ride leaders by reiterating their instructions to other riders. Here is a link:** <https://www.kalamazoobicycleclub.org/rides/ride-safety/>

Teri Olbrot, KBC Secretary

The Kalamazoo Commuter Challenge was one sweet ride!



Nearly 200 people across the county, including 19 KBC members, took part in the Kalamazoo Commuter Challenge during the last two weeks of May. Together we pedaled a little over 15,000 miles and made a noteworthy reduction in our carbon footprint. Every day of the Commuter Challenge 30-70 people, who had registered for the event and used Love to Ride to log their rides, rode their bikes in Kalamazoo County. Given that about 60% of these trips were for transport, one can easily imagine that this practical cycling resulted in fewer motor vehicles on our streets and roads. That's wonderful.

What's at least as important is that many participants in the Kalamazoo Commuter Challenge discovered, through first-hand experience, that they can get around town - to work, shop, dine, or just to enjoy the ride - on two wheels. With a little luck, encouragement, better weather, and improving bicycling infrastructure in our cities, villages, and outlying areas those discoveries will develop into long-lasting habits of riding bicycles for a variety of trips.

The #MakeEveryRideCount movement doesn't stop at the end of May and the completion of this year's Kalamazoo Commuter Challenge. You can use the Love to Ride app (or website) to continue logging rides, tracking your progress toward goals you set, and contribute to our crowd-sourced (and anonymous!) heat map of where we ride in everywhere in the County. We have access to Love to Ride Kalamazoo County for the rest of this year, and we can all contribute to the greater good by using it to log our rides.

Wait...there's more! ;-) With the brand-new "Rate My Routes" feature on the Love to Ride app you can rate routes you ride by "painting" with your finger along the route shown on your route map to provide feedback on how safe and comfortable you felt while riding. Your two-wheeled perspective could very well help shape where routes across Kalamazoo County are maintained, improved, or created.

There are many ways you can help sustain what we started during the two-week Kalamazoo Commuter Challenge, and we have many months of great riding to accomplish that. If you're already registered with Love to Ride, you already know that it's FREE and it's darn easy to use. So, keep using it to log rides and rate the routes you can. And, encourage others to follow your lead. If you haven't already downloaded the Love to Ride app to your phone - it's FREE! - here's a link to get you started.

<https://www.lovetoride.net/kalamazoo/pages/ltr-app?locale=en-US>

Join in the fun and #MakeEveryRideCount!

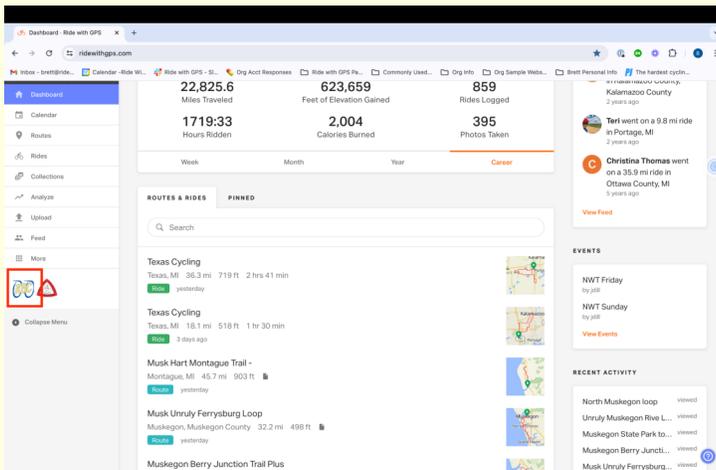
Paul Sotherland, KBC Grants & Awards



Since we just had a Cycling Shorts presentation from Brett, Skraban, our Ride with GPS account Manager I wanted to remind everyone how to join our club account.

Access to the account and the cycling routes in it are included in your membership with the Kalamazoo Bicycle Club. To join the club please click this [link](#).

If you already have a Ride with GPS account you'll be automatically added to the club, if not you'll be asked to set up a Starter (Free) RWGPS account. To do this you'll just need to enter your name, email address, and set a password. After joining the club account you'll be able to access the club account from your homepage on the web by clicking on the icon highlighted in red below:



By becoming a member of the KBC RWGPS account you will unlock [features](#) that are typically reserved for cyclists with paid accounts. Namely, the option to [download](#) any of the club's routes for offline use and the ability to use turn-by-turn voice navigation while [navigating](#) any routes in our route library.

Our route library is constantly growing and being updated so I would encourage you to utilize the benefits of our Ride with GPS account by becoming a member today,

Thanks!

John Olbrot, KBC Routes and Rides Coordinator

routesandrides@kalamazoobicycleclub.org

July 2024 Membership

Total Memberships: 272

Total Individuals: 430

New or Renewed Members: Chuck Bell; Chris Chopp & Family; R.G. Cox; Brent Hepp & Family; Dawn Hinz; Mark Johnson; Don Juzwaik; Neil Larson; Autumn Monaweck; Grace Purdue; Austin Root; Daniel Schwartz; Robin Sides; Emily Smith; Libby Subers; Gordy Vader; Kitty Vader; Ryan Wielenga; Mitch Wilson; Wilson Xu & Family

July Expired Members: Dane Austin & Family; Jeff Bell; Joshua Kling; Mostyn Lumbard; Kathy Rubino & Dave Dunlap; Holly VanLuke & Tim DeLaRonde; Julie & Dave Weighman

Rick Whaley, Membership Director

Kalamazoo gets \$25M federal grant for two-way street conversion project

By Audrey Whitaker | awhitaker@mlive.com

KALAMAZOO, MI -- The city of Kalamazoo is getting \$25 million from the U.S. Department of Transportation for its two-way street conversion project. By redesigning major Kalamazoo roads to accommodate two-way traffic for the first time in 50 years, city traffic engineers hope to make streets safer and reduce greenhouse gas emissions.

This grant will fund the construction of new sidewalks, lighting, bicycle lanes and other traffic-calming measures. Five segments of streets are set to be rebuilt. The segments include West Michigan from Douglas to Michigan, South from Stadium to South Pitcher, Lovell from Stadium to Portage, Stadium from Lovell to Michigan, and Douglas from Kalamazoo to West Michigan.

The \$25 million will be combined with other federal grants to fund engineering and construction on Michigan Avenue and Kalamazoo Avenue, said Traffic Engineer Dennis Randolph. The city has secured six grants for a total of more than \$82 million. Design and construction work on Kalamazoo Avenue, Michigan Avenue, Lovell Street, Main Street and South Street is expected to cost about \$30 million alone. In total, about 3.5 miles of road will see enhancements, according to the DOT. The conversion of Kalamazoo Avenue between Douglas and Harrison Street will come first in 2025, followed by Michigan Avenue between West Main Street, Michikal Street and Harrison Street in 2026, according to city documents.

Securing funding is a competitive process, Randolph said. The city's success shows how important the project is.

"There are hundreds of communities that applied for the money, and just getting one is a pretty good deal. We got six," Randolph said. "We've done very well because these are needed projects that will help bring equity to the community, serve underserved areas and protect the environment."

Submitted by Paul Sotherland, KBC Grants & Awards Director

Bill Walton's - Pure Joy perspective on a two-wheeled life

“My favorite places to ride are wherever and whenever I’m on my bike. I love my bike, I live to ride, and ride to live.

Riding my bike is good for me, and it's also good for you; it's very much like solar energy, it's good for my health, heart and soul, and yours too; it's empowering and enabling; it helps build confidence and self-esteem; it's everything that I believe in, stand for, and try to live; it's also good for our earth; it's good for everything that I can think of.



Please remember that when you're riding your bike, it's always about tomorrow's ride, and the ability to get back out there, and exalt to the heavens that "I'm the luckiest person in the world, I get to ride my bike today."

Be careful, stay safe, enjoy the ride, and roll on forever.”

(Adapted from <https://www.sandiego.gov/better-by-bike/rider-spotlight/bill-walton>)

Submitted by Paul Sotherland

ThunderCats Update

The ThunderCats is a great local youth mountain biking organization that KBC supports. Probably the next KBC president somewhere in that crowd of happy faces.

I thought you all might be curious what the fabulous ThunderCats are up to in the first month of practice. We are already rocking it in our 3rd season with over 80 kids learning skills, developing confidence and having fun.

The groups are now settling in and we are turning up the heat for summer riding. We are hitting all the favorites, Maple Hill Trail, Fort Custer State Park, Warnaar Broadway trail and even Yankee Springs State park. Our returning group of trail ready speedsters and 20 or more beginners are developing skills, making friendships and in general tearing it up.



Our littlest shredders have been laying the foundation with focus on level pedals, ready position and body bike separation. Thanks to the hard work and tutorials by head skills coach Angela they are quickly getting it together. By the way, did you know our motto is Ready for Shreddy? It is and they are ready.

The older more experienced kids are steadily increasing endurance and working a training plan developed by head rider coach Shane. This includes a workout plan during practice and optional long rides on Saturday mornings on the Kalhaven trail. Coach Angela will be rotating the older kids into the skills rotation for more advanced technique now that we are feeling good with the progress of the "littles" and they spend more time on the trail.

We thank each of you for helping to make this program possible.

Don - ThunderCats Team Coordinator

(More information on the ThunderCats can be found at [Southwest Michigan ThunderCats | Facebook](#))

2024 Cycling Events.

Not all inclusive but looking to capture the main cycling events in the immediate (50 mile or so) area. Provided for informational content only – **KalTour, W-Ride Bike Camp and KBC Recovery Party** are KBC sponsored events. Opportunities to volunteer for the club abound.

[RACE SCHEDULE – MGRS \(michigan gravel races series.com\)](https://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

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



<u>Event</u>	<u>Date</u>	<u>Link</u>
KBC Time Trials	1st & 3rd Tuesday June-Aug @6:00pm	Kalamazoo Bicycle Club - Life is better on a bike!
100 Grand	TBD	Rapid Wheelmen Bicycle Club
Holland 100	20 July 2024	Holland 100
Fall Bike Celebration Bike Tour	September 22, 2024	https://fallbikecelebration.org
KBC Recovery Party (Wind & James 5:30-8:00)	19 October 2024	Kalamazoo Bicycle Club - Life is better on a bike!
Lowell Classic	20 October 2024	LOWELL CLASSIC GRAVEL ROAD RACE - Home (thelowell50.com)