

PRESIDENT’S LETTER — JOHN KNOWLTON

More than commuting: Replacing cars with Bikes

At the August KBC member meeting I received a challenge: How many car trips can I replace with bike trips? Five members of the club shared their experiences and strategies for riding bikes in places and times when most people reach for their car keys. I was reminded that when I moved to Chicago for grad school, I didn’t take a car. My bike was my means of transport for school, work, and shopping. For some reason in recent years, I have put the bike into a mental “training/exercise” box. I’m breaking the box. Friday, I did 22 miles of errands, saving a gallon of gas. Today I am picking up a package on my bike instead of driving 12 miles. Thanks to **Paul Guthrie, Katie Little, Marc Irwin, Leah Peterson and Mark Johnson** for the re-awakening!

On the same theme, the community needs to make riding an easier choice. To that end KBC has been intentional about deepening our relationships with governmental organizations which construct and maintain infrastructure. At the July KBC member meeting we were joined by Ryan Minkus of the Road Commission of Kalamazoo County. He shared the Commission’s non-motorized transportation plan.

In September our guest will be from the City of Kalamazoo. You may have noticed the city experimenting with wave barriers and temporary bike lanes (marked off with orange cones). In addition, the city has a plan to return Kalamazoo Avenue to two-way traffic. In 1963 the State of Michigan converted Kalamazoo and Michigan Avenues to one way and a short time later the average vehicle speed had increased 11 miles per hour. The conversion back to two-way traffic presents an opportunity to re-think how vehicles, cyclists and pedestrians move through downtown.

The City of Portage will send a representative to the October member meeting to share that city’s infrastructure plans. These member meetings are a great time for you to hear and provide feedback. Decisions made now may affect transportation for decades and in a small setting like a KBC meeting your voice can be heard. Please take advantage of these opportunities to enter the conversation.



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Please send stories and photos of your rides to:

editor@kalamazooBicycle Club.org

Several of our members have been instrumental in developing these relationships including **Thom Brennan** and **Mike Boersema** (both Road Commissioners) as well as **Doug Kirk** and **Paul Selden**.

One other note along these lines: Texas Township is considering an ordinance update to allow e-bikes on some of their trails and pathways. I was pleased that the deputy Superintendent sought out the club's input on this issue.

Finally, Bike Friendly Kalamazoo sponsors a Fall Bike Celebration. Several of the BFK leaders are member of KBC and I encourage KBC members to check out the long list of events and to attend some. One of the options is an ice cream social! Sunday there are a number of routes and distances available to ride at the FBC Bike Tour. Let's stay connected to the community and each other. There's nothing like the bike.

KBC Business(* New Time & Location*)

The next KBC meeting will be **Tuesday, 13 September at 7:00 p.m.** at the [Arcus Center](#) (Kalamazoo College) 205 Monroe Street, Kalamazoo MI 49006

Kalamazoo Bicycle Club

Aug 09 , 2022

Shakespeare's Pub

ATTENDANCE

John Knowlton	Rick Whaley	Terry O'Connor
Clark Bennett	Michael Krischer	Paul Sotherland
Baerbel Mitchell	Pam Selden	Paul Guimond
Katie Little	Marc Irwin	Leah Peterson
Mark Johnson	Jillian Howland	Mike Boersma
Paul Wells	Charlie Grdina	Paul Guthrie

President John Knowlton opened the meeting and welcomed members and guests to the evening's discussion on Bicycle Commuting 101. Vice President Paul Guimond introduced the panel of guest speakers:

Mark Johnson has been commuting for fifty years and began commuting year-round three years ago. He easily puts 2,000 miles on his bike each year and with the proper equipment, loves to ride year-round.

Paul Guthrie started commuting to work in 2010, inspired by several co-workers who also rode their bikes to work. Since then, Paul estimates that he has completed the trip about 2000 times, or 40,000 miles, saving many miles on his car and creating far less CO2.

Leah Peterson started commuting in 2012 with her two small boys in tow, taking them to parks and to school, on shopping trips and to church. Her boys ride their own bikes now, and Leah has a stable of Rivendell bicycles that she uses on KBC club rides, on neighborhood excursions, and while hauling groceries for her family.

Katie Little began commuting to work in 2020 when KBC group rides were put on hold during the pandemic. She developed a route to the dental office and commutes several times a week. *(Note: Katie often extends her commute to include a ride-out to the KBC ride she leads before heading back home at the end of the day!)*

Marc Irwin started commuting in 1971, in an effort to fit exercise into a busy schedule of work and school. Now it has become a daily habit, as he uses his bike to get to work, shop, run errands, as well as for recreation. Marc considers it the most practical and pleasant way to get around.

The panel's tips and suggestions are compiled on the next page, *Bike Commuting 101*.

A short business meeting was held after the panel discussion:

President John Knowlton shared several important examples of how KBC is fulfilling this year's theme of "connecting" with our community:

KBC received a request from Texas Township for input about regulating e-bikes on Township trails and parks. After discussion with the EC, a recommendation was made that the Township regulate speed, not e-bikes, a recommendation that the Township implemented in their policy.

KBC is looking to invest money in our community through our Grants and Awards program and would like input from membership about innovative and useful projects that will have a positive impact on the cycling community. You can find more information and an application on our website: After logging in, click on the **About KBC** tab. You will find the **Grants and Awards** tab in the drop-down menu.

Mike Krischer presented a check in the amount of \$590 to a representative from AMBUCS, for helping us out with KalTour again this year. The check was accepted with gratitude for the long-standing relationship between KBC and AMBUCS, which provides adaptive bicycles to children and adults in the community.

Paul Selden thanked KBC for donating to All Kids Bike and for a donation of supplies to the Fall Bicycle Celebration.

Mike Boersma reminds us to use Amazon Smile when we shop.

The meeting was adjourned at 8:09.

SEP 2022 Membership

Total Memberships: 301

Total Individuals: 484

New or Renewed Members: Chris Bol; Melissa Dipert; James Henderson; Jeff Newhouse; John & Teri Olbrot; Walter Smolenski & Family; Tom Stoner; Mike & Sharon VanderMeulen

September Expired Members: Karl Freye; Mike Hughes; Bob Klose; Mike Krischer; Mike Mock; Joseph Morton; Kelly O'Sullivan; Jason Sparks

Rick Whaley, Membership Director

Bicycle Commuting 101

On August 9, 2022, KBC hosted an elite panel of bicyclists to share their collective wisdom on the topic of commuting. The following is a summary of their tips and recommendations from that meeting:

What is your essential gear for commuting?

- A sturdy, good quality bike that won't break down on you and a high-visibility helmet.
- Always carry basic tools for fixing a flat, such as a spare tube, patch kit, levers, pump, multitool.
- Wear obnoxiously bright and contrasting colors and reflective clothing at night.
- Bright flashing lights on the front and back are essential and two sets are even better, especially at night.
- Rain gear makes riding in the rain fun!
- In cold weather, dress in layers and start your commute feeling a little under-dressed. You'll warm up as you go, and you don't want to sweat in the cold. Rain gear makes riding in the rain fun!
- The correct tires are essential for the conditions you will be riding in. Studded tires are necessary for the winter, or even a fat tire bike when the snow is deep.
- Fenders are essential, to keep road slime off your clothing and gear.

How do you carry your gear and other necessities?

- Adapt your bike as your needs present themselves. A messenger bag or backpack can carry a change of clothes and a laptop.
- Racks with panniers or baskets, or even a trailer, work for grocery shopping.
- As you progress to all-weather commuting, dry bags and waterproof panniers, backpacks, or mess. bag are helpful.

How do you protect/lock your bike?

- Most of the panel members arrange for safe storage of their bicycles at their workplace. Elsewhere, they use a heavy lock and leave it in a visible location, with people around.
- Choose a U-lock or link lock over a cable lock.
- Lock your bike to something attached to the ground, with two locks, one for the front wheel and one for the frame.

What's your most important safety tips?

- Ride defensively -- assume that cars don't see you.
- Choose secondary roads that have less car traffic when possible and those with generous shoulders or bike lanes.
- Be predictable – ride in a straight line, use hand signals, and frequently scan your surroundings by turning your head and/or using a mirror.
- Consider adding a camera to your bike or helmet
- Consider driving an unfamiliar route first before riding it.

Many thanks to our panelists, Mark Johnson, Paul Guthrie, Leah Peterson, Katie Little, and Marc Irwin, for sharing their expertise, inspiration, and enthusiasm! Outstanding work done by **Teri Olbrot** in capturing these tips to paper.

Kalamazoo Non-Motorized Infrastructure Meeting

Arcus Center—K College

13 September 7:00 pm



Cycling or driving around the city one experiences plenty of new bike lane infrastructure popping up all over Kalamazoo. Great to see it and now time to get an overview of the master plan and where this is all heading.

The monthly KBC Bike Club meeting has been moved from Shakespeare's pub to the Arcus Center on Kalamazoo College Campus on Tuesday 13 September. Start time will remain at 7:00pm. Though I doubt we will be able to get a pint, **Christina Anderson** will be giving a very informative presentation on what has been installed to date and the overall master plan for non-motorized infrastructure for the city.

Parking: No major campus events are scheduled this day so parking should be available on Academy or Monroe streets. If you bike to the meeting there is ALWAYS plenty of parking and bike racks are available.

Location: Arcus Center, 205 Monroe St, Kalamazoo MI (<https://goo.gl/maps/fxtc1Qzep51x3RAF8>) - Very cool looking building and an excellent opportunity to visit. As it seats 100 there is ample room to invite a friend or two.

Read ahead: Come informed - [Get Involved — Imagine Kalamazoo](#) link will provide an overview of the projects.



The 2022 Ride to South Haven Report

The forecast was iffy on the morning of August 20th. It looked like the first half of the ride would be okay, but the ride from South Haven back to Kalamazoo might not be. Possible rain, possible crouching in ditches to avoid being struck by lightning. So, the demographics of those who showed up at the KVCC Texas Township Campus skewed old, which could have been a reflection of the attitude “Well, if worse comes to worse, I’ve had a nice life.” So, five 70-somethings (Dan Goldberger, John Idema, John Olbrot, Tim Stewart, and the Ride Leader), Randy Button, and an appropriately named younger rider (Andy Young, a non-KBC member who heard about the ride and thought that he’d enjoy it) set out at 8:05 AM, in search of not-too-much adventure.

During the ride to Lawrence, the pace was pleasant, but also spirited from time to time, thanks to the efforts of Tim, Randy, and John I. on his ebike. During the stop at Lawrence, the RL enjoyed a delicious cherry pop tart, and the riders consulted weather apps on their phones, deciding to ride on to South Haven. The RL attempted to take a group photo of the other riders, but was thwarted by his lack of smart phone camera expertise.

The pace picked up between Lawrence and South Haven along some long straight stretches of roads and although there was some wet pavement around South Haven, the riders experienced only about a minute of very light rain. At the Subs N More, the riders dined on subs, potato chips, and drinks, the latter two items falling under the category of “More.” This time, the RL managed to take a photo.



(Left to Right: John I., Randy, John O., Tim, Dan, and Andy)

Here, the RL reminisced to his somewhat captive audience about his previous cycling trip to South Haven, riding his fat tire bike on the KalHaven Trail from Bloomingdale to South Haven and back. He discovered that his rear tire was soft as he arrived at the Subs N More for a Ride to South Haven taste test, and by the time he finished his meal, the tire was completely flat. While removing the tire under the shade of a tree, he found a nail imbedded in his tire. “Hmmm, this could explain the flat,” Sherlock RL thought. So, he removed the nail, placed it on a window ledge outside the Subs N More, and replaced the tube. (And in case you were curious and even if you aren’t, a fat tire tube takes up an entire Pocket of a Jersey N More.) Pumping up a fat tire with a mini-pump worked better than expected, but it was still a relief to have a bike shop a couple blocks away in order to fully inflate the tire. Twenty-two days later, there was still no plaque by the shade tree commemorating “The Changing of the Fat Tire Tube” but the nail still remained on the ledge. The RL looks forward to seeing it next year.



Look closely, it's there.

Andy met his wife his wife in South Haven, completing his trip, and the Almost All Septuagenarian Six began their ride back to Kalamazoo. After about 60 miles and into a headwind, the pace picked up and the RL realized that he was going to regret not bringing his A-legs with him. Soon after, the riders split up into two groups, Alpha riders, Tim, Randy, and John I. and Beta riders Dan, John O., and the RL. The riders would occasionally regroup, but the two-group pattern continued to reassert itself. A few miles from Lawrence, the 3 Alpha riders missed a turn and the RL attempted to chase them down (where the word "chase" is defined loosely), but after failing to do so, he rationalized that they'd eventually reach Red Arrow Highway and take this lousy-to-ride-on road to Lawrence. What the RL didn't anticipate was that once they reached Red Arrow Highway that they would turn right instead of left and ride into Hartford before noticing their mistake. So, they eventually reached the Lawrence Citgo, adding 5 miles to their ride.

The Beta riders waited for them, taking a long break in the process, which for the RL, at least, was probably a mistake, giving his legs and back an even greater opportunity to stiffen. So, it wasn't long before the 3 Alpha riders asserted themselves as Alpha riders always do. The RL attempted to chase them down (again, using the word "chase" loosely) and was caught by Dan and John O. outside of Paw Paw. The Alpha riders were never seen again by the Beta riders.

The Betas rode the remaining 15 miles together, stopping at the park in Mattawan for a bio-break. They arrived at KVCC at 5:05 PM, after exactly 9 hours with slightly over 7 hours of riding time. The RL averaged 14.5 mph, reflecting his sloth like pedaling during the last third of the ride, for 102.90 miles. The Betas then drank Gatorade and ate pretzels, while the Alphas ate and drank watery gruel for all the RL knows; they were gone by the time the Betas got back to KVCC. He later learned that they had finished 20 minutes earlier, but whether or not they dined on watery gruel is still unknown. The RL then rode around the parking lot, just to finish with 103 (actually 103.01) miles on his odometer.

That evening, the RL realized that he was too tired to be of capable of any intelligent thought, so he watched a movie, "The Green Slime," courtesy of Turner Classic Movies (their tagline should be "It has to be good, it's a *classic*.") This movie came out during the RL's high school years and he somehow missed seeing this cinematic gem at that time. The movie did indeed satisfy his intellectual needs and the theme song (sample lyrics, "*Is it something in your head? Will you believe it when you're dead? Green Shiiiiiiiiime!*") will provide an irresistible earworm for long rides in the future. Go ahead, google and listen to this song; you'll be forever in my debt.

All and all, not a bad day, even if the RL did have *dead leeeeeeeegs*.

Rick Whaley, Ride to South Haven Ride Leader

Fall Bike Celebration Weekend Coming Sept. 16-18

Scenic Rides-- Kids Bike Rodeo -- Farmers Market Cycle-In! -- Guided Tours -- & More

Kalamazoo, MI. This year the 4th annual Fall Bike Celebration Weekend offers a 7+ route **Bike Tour**, a kid's **Bike Rodeo**, a **Farmers Market Cycle-In!** event, guided tours of the **Vicksburg Historic Village**, plus fascinating live and online presentations, all during the third weekend in September from September 16-18. The weekend also highlights attractions in and around the charming village of Vicksburg, MI and southwest Michigan and raises awareness of the need to bike safely as the hours of darkness increase during the fall, all with the help of many KBC members. For full details, see www.fallbikecelebration.org.

Three new events are planned for Friday Sept. 16. **The first 30 bicyclists to ride their bikes to the Vicksburg Farmers Market can receive a \$5 coupon good for purchases at the Farmers Market.** Another new offering allows the public and area school groups to schedule guided tours of the Vicksburg Historic Village. That Friday afternoon a webinar will cover the City of Kalamazoo's innovative **Streets Design Manual**, illustrating plans for how roadways and adjacent right-of-ways can accommodate non-motorists and motorists alike.

Also new for 2022, a free **Bike Rodeo** for children from the entire area is planned for the morning of Saturday Sept 17, courtesy of Vicksburg Community Schools. This new event aims to teach and encourage kids to ride bikes safely on a closed course set up with fun and realistic educational challenges. KBC members with interest in child safety and education are welcome to volunteer. The Rodeo will include a helmet check, a bike mechanical check, and a chance to have fun and exercise while learning rules of the road. Saturday afternoon features two guided tours of the Vicksburg Historic Village, a bicycle mural exhibit at the Prairie Ronde Art Gallery and an **Ice Cream Social at Apple Knockers Ice Cream Parlor with a free cone for pre-registered riders.**

On Sunday Sept. 18 the **Fall Bike Celebration Bike Tour** will offer routes that take cyclists back in time, starting and ending at the lovingly restored Vicksburg Historic Village while featuring views of Vicksburg Quilt Trail paintings. Cyclists can pick from scenic destinations all the way to **Shipshewana**, over Michigan's longest **covered bridge**, along the **Vicksburg Quilt Trail**, visiting **Scotts Mill Park**, through the village of Climax, as well as more bite-sized family-friendly routes. A number of KBC members will be leading some of the routes out at the start, including a flight of recumbents led out by local recumbent enthusiast Paul Pancella!

Bill Adams, former Vicksburg Village President and honorary event Co-Chair observes, "Vicksburg welcomes bicyclists and encourages everyone from the region to enjoy the Fall Bike Celebration. We are grateful for the support of the generous sponsors and wonderful in-kind supporters who make this fantastic fall bicycle festival possible."

The weekend long event is organized by civic leaders, local charities, and KBC members, packing the weekend with dozens of reasons to ride, showcase local amenities, provide ways to support bicycling, emphasize the need for motorist and bicyclist safety and have fun. Some activities are free, some require waivers and some may require children to be accompanied by an adult. KBC is donating 5 Foot Safe Passing yard signs to event participants and volunteers. The latest updates can be found at www.fallbikecelebration.org/schedule/.

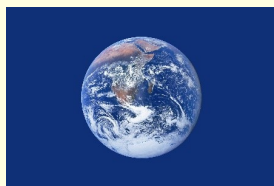
"This year the Fall Bike Celebration will be more exciting and enjoyable than ever," observes KBC member / Bike Friendly Kalamazoo President Paul Selden. "We welcome everyone to enjoy the entire weekend at any level -- bicycling or virtual."

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Bike Friendly Kalamazoo (BFK) is a Michigan non-profit organization mission is to help make our greater community even more bicycle friendly. Its programs include funding the All Kids Bike Kindergarten PE program (thanks in part to a generous donation from KBC), public murals, grants and scholarships to support bicycle/motorist safety, education and infrastructure, all while fostering collaboration among local leaders and organizations to improve the quality of life. For more information and downloads of our fantastic, artist-designed posters, please see www.bikefriendlykalamazoo.org.



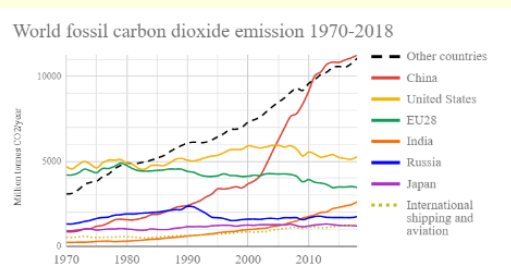
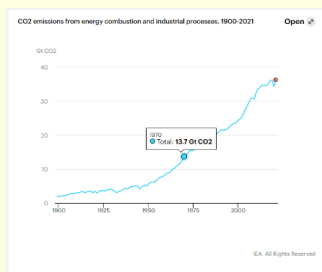
Shifting Modes & Changing Habits



“We, even we here, hold the power and bear the responsibility” *Abraham Lincoln 1862*

Is it just me or does it seem the rate of change in the world accelerating these days? Concerns of the environment are front and center with images of fire, drought and flooding across the globe making the news on a regular basis. We watch these images from the comfort of an air conditioned or heated home drinking a glass of clean water and breathing fairly clean air and say to ourselves it must be hard there. The blue dot, a interconnected small space, and things good and bad spread rapidly these days. One contemplates the possibility of the images from the evening news the view outside one's front window. I suspect I am not be alone in my thinking.

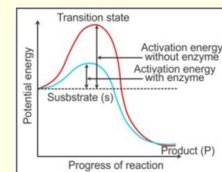
At the crux of the climate matter is burning of fossil fuels and the generation of approx. 40B tons (B is for billions) of CO₂ per year. The graphs below show the increase of CO₂ emissions since the start of KBC till now. Even me, with my Indiana math skills, can see they have doubled in the past 50 years. Also of note: even that even though you offshore manufacturing, you still own the problem.



Our attention has been focused here before. In 1970 the concern for the environment kicked off “Earth Day” with the largest global single day protest in human history. Maybe it is human nature to deal with such things when they have come to crisis levels and we can no longer avoid them, probably the same gene that influences waiting till the last day to submit college course work – we may never know.

The bicycle alone will not solve this ecological problem but certainly can be part of the solution of creating a healthier environment. The average car now burns about 411 grams (nearly a pound) of CO₂ per mile. Do the math and for each mile you pedal instead of driving you save 1/80,000,000,000,000 of the overall CO₂ emissions. Sounds crazy but remember there are lots of us now – like 7 billion+ and growing. Time for more math, you bet, so if each us pedals like 12K miles per year we should be carbon neutral and have enough left over to some light candles. I believe Paul G. biked 14K one year and so he gets one free year off go-pass. Your welcome buddy.

But seriously - what does it take to mode shift and use a bicycle for commuting or running errands instead of grabbing the car keys? The answer is unique to everyone and the situation they are in. Weather, proximity, safety and countless other outside factors flood the mind but other internal factors are equally important. A brilliant K-college biology professor sent me this graph.



How does something to transition from a passive to active state? An enzyme (let us call this motivation) significantly reduces the amount of energy required move a product (your butt to the bike seat) and down the road to work or the grocery store to pick up that gallon of milk and loaf of bread. I believe we are the enzyme for each other and the bike community is the petri dish that enables this growth. The more of us out there commuting by bike, the more others will be influenced to solve another 1/80,000,000,000,000 of the problem 1 mile at a time. We will all be healthier and fitter for it and some hopefully watch that grandchild inherit and ride that bike.

Charlie Grdina, Editor KBC

2022 Cycling Events.

Not an all inclusive list of all rides in the area but certainly the major ones in driving proximity to Kalamazoo.



the tour de france 1920

<u>Event</u>	<u>Date</u>	<u>Link</u>
Vineyard Classic (Paw Paw)	11 September 2022	https://www.vineyardclassicbiketou
BFK's Fall Bike Celebration	18 September 2022	https://fallbikecelebration.org/registration/
Gilmore Gravel	08 October 2022	Gilmore Gravel Grand Prix