

Kansas City

BICYCLE CLUB

NEWSLETTER

www.kcbc.org

LEAGUE 2010
CLUB NEWSLETTER
of the YEAR
RUNNER-UP

Inside this Issue

- 1 Prez Corner
 - Gonzo Wrider:
 - Biking skills
- 2 Upcoming Events
 - Prez Corner cont.
 - Fountain Tour
- 3 Gonzo Wrider cont.
- 4 Spring picnic recap
- 5 Spring picnic cont.
 - KC brevets
- 6 Fort Osage/Buckner
- 7 Racing news
- 8 MS training schedule
- 9 Training ride locations
 - Local bike shops
- 10 Touring on Katy Trail
 - Jack & Coke ride
- 11 May: Bike Month
 - Sunday Parkways
- 12 "Hangin' On"
- 13 City of Fountains
 - Bicycle Tour form
- 14 Summer Breeze
- 15 Northland
 - Nightmare
- 16 Membership form

Member of:



Prez Corner

By Mitchell Williams

It's been a long spring nap and, Man, I feel like Rip Van Winkle. The nap didn't help much with my weight loss though, but, oh, well. I'm back! In all seriousness, though, it has been a good spring for KCBC. The board and I have been busy making preparations for the upcoming cycling year and for the future growth and continuity of our club.

We have been doing things like; forming alliances, making plans for officer succession, attending conferences and getting input from various sources on how to make our rides bigger and better. Finally, we have been making friends. KCBC recently participated in the anniversary celebration of the Wheel Cyclery bike shop and staffed a table there. Several of the board members had an opportunity to do a Saturday morning ride before the event, and as a result, we

recruited at least one new member and made a ton of new friends from the cycling and business community.

We are also talking more with other clubs throughout the Area. We are receiving the Oz newsletter from the Wichita Bicycle club and, of course, relations are very strong with our sister club, JCBC. I just had a phone conversation the other day with the organizer of the Amelia Earhart Century, a very popular ride around this part of the Midwest about making all of our rides bigger and better.

That seems to be the buzz word, bigger and better. I believe that our efforts are paying dividends. We recently held our spring picnic and ride and the attendance was phenomenal. I can remember my first term as President when we hosted the

continued on page 2



Gonzo Wrider

Biking skills

By Dana Meier

It is the middle of May and we are well into cycling season. There are a ton of biking skills you can be working on by now for the coming season. The bunny hop, to get your bike over those vicious little two inch pavement cut outs they seem to be doing everywhere. You can work on getting comfortable in your aero bars. You can work on standing to climb hills. You can work on sitting to climb hills. You can even work on avoiding hills. You can work on your VO₂ Max (I have no idea what that really is...) You can work on your nutrition and your hydration, which, through personal experimentation is seldom found lurking on the menu at a Dairy Queen,

Taco Bell or your favorite buffet line. Perhaps most importantly, it is time to work on your bicycling story telling skills.

This is not story telling 101. And while I have been known to tell a tall one on occasion, I am by no means a master story teller. But I've been blessed to have spent serious time with some of the best. So, take it for what it is...my story, on story telling.

One of the two keys to telling a good story is having good material to work from. Telling the story of how you fixed your flat in under five blessed minutes is a job well done, but not good story telling material. Explaining how I fixed my flat while keeping two vicious junk yard dogs at bay, in a down pour,

continued on page 2

Upcoming Events

Katy Trail: 2-day tour
May 15-16

**City of Fountains
Bicycle Tour**
June 20, 2010

Summer Breeze
August 29, 2010

**KCBC/JCBC
Fall picnic/ride**
TBA

Northland Nightmare
October 17, 2010

For information on other
area rides visit [http://
freecal.brownbears.
com/jcbrides](http://freecal.brownbears.com/jcbrides)



There is now a KCBC
group on Facebook!
Go check it out! You
have to be a Facebook
member to see it.
Sign-up is fast and free.



Prez Corner continued from page 1

event. We had maybe 50 or 60 attend and the next year around 80 people attended. This year we had over 150 participants and the best part of it all was that we had children there.

We have often talked about making KCBC more family oriented. Well the proof is in the pudding. This is following the trend of the winter banquet where we saw a much larger attendance there.

Our next event will be part of the celebration of Bike Month. Did you know that May is officially designated as Bike Month and all over the United States activities are planned in its honor? In Kansas City, we are part of the larger movement. KCBC is again—for the 3rd year—co-hosting an event at the Trolley Track Trail—“Breakfast on the Trolley Track Trail.” We are teaming up with; Family Bicycles, the American Diabetes Association, Kansas City

Area Transportation Authority and The University of Missouri-Kansas City to make this event a success. This is done as part of the local bike week events that are happening May 15–23. Our event will be that Friday. Come by and say Hi. There will also be a Ride of Silence that will honor those cyclists that lost their lives doing what we all do so passionately love. For more information on all of these events, please go to this Web site- [http://
bikekc.org/bikeweek/](http://bikekc.org/bikeweek/).

One more thing, June 20 is our Fountain Tour ride which we have renamed the City of Fountains Bicycle Tour. We are partnering with the City and the Parks Department to make this a “Bigger and Better” ride. More information will be forthcoming—See New Name, New Alliances below. Stay tuned. Well, that’s all for now. Take care and ride strong. See you soon. 🚲

Gonzo Wrider continued from page 1

between bouts of hail, while keeping an eye on the crazy drunk, homeless guy who was yelling at me (seems he felt I was a government spy keeping surveillance on him)...has the scent of a tale just waiting to take flight. Heck, everybody has good material, but many just don’t realize it. Practice being a good listener. Work on asking the right questions to draw people out of their shell.

Be aware of your surroundings and realize the uniqueness of your situation.

I’m on a cross state ride when I come up on a rider. At a casual 15 mph, I introduce myself, we exchange pleasantries, home towns and then I ask him what that large structure on the horizon is all about. He says he lives nearby and that structure is a nuclear

continued on page 3

New name, new alliances

By Ron Puett

The Fountain Tour has a new name this year as a result of new alliances made by the Club with the Kansas City Parks and Recreation Department and the Kansas City Public Works Department (City). The Fountain Tour is now The City of Fountains Bicycle Tour. We are focusing the ride on fountains in Kansas City. We are teaming with the City to help promote the ride and share any ride profits with the Friends of the Fountains and Trails KC.

The goal is to make the ride appealing to a broader range of riders. To that end, there will be a short route of less than nine miles. Shorter routes will allow less skilled riders to participate. Also, the routes can be used by Boy Scouts wishing to complete

their cycling merit badge that requires two rides each at 10, 15 and 25 mile lengths. This year’s route options will offer two of these ride lengths.

As we expect the number of riders to increase this year and in future years, we have moved the start of the ride from the River Market to Washington Square Park located north of Pershing between Main and Grand streets. This starting location will provide more parking capacity as well as offer many post ride activities. Washington Square Park borders Crown Center, Union Station and The National World War I Museum at Liberty Memorial as well as other city attractions. There is also a greater selection of restaurants nearby.

Mark your calendars for June 20, 2010. 🚲

Gonzo Wrider continued from page 2

power plant. I get silly and ask him if in the middle of the night, when he looks in the mirror, does his smile glow in the dark? He calmly replies, "No, but you should see the size of the vegetables I grow in my garden!"

This guy made a great comment, it was totally off the cuff and it made a great, very short story.

The other key to good story telling is natural ability. Face it...some people can tell riveting stories for hours at a time... and you can't get enough of them. For others, giving out their phone number correctly is when they hit their peak. Here are a few guidelines to be watching for when you are in the wind up to deliver an amusing anecdote.

- 1) Never argue with yourself (I think it was Monday, no wait, it was Tuesday, no Monday...)
- 2) Stay away from the math (it was 60°, the wind was blowing at 40 mph, I rode 60 miles)
- 3) Start with the big picture; if your victim's eyes aren't glazing over after you set up the story, then you can chip off a few details for them to chew on.
- 4) Don't use pronouns (e.g. he, she, it, them). Names and nouns are a good thing. (Ed, Fred, the dog, the cat, the man on the red bicycle) It is hard to follow a story with four characters of whom all are referred to as "he".
- 5) Resist repeating the punch line more than once. This is especially tempting when you get a good laugh the first time you tell the punch line.
- 6) Don't make your listener answer questions during your story (do you know why I didn't go back into the burning house?)

While this is not an exhaustive list, my personal experience has shown these to be tall tale killers and are likely to bring the curtain down on any thoughts of a possible second act.

Now, let's remember, story telling is not limited to being a performance art. Story telling is also done in the written form. On a bicycle, gliding down a

long, hot, dry road, away from intruding phones, temporally relieved from the responsibilities of everyday life and the numbing glare of the television, you can explore the far eddies of your mind, participating in your very own customized therapy program. So after a long bicycle ride, I have lots of thoughts and ideas floating around in my brain. The trick is to get them down on paper before they all get pushed aside with thoughts of how to move my legs to operate the car's brake pedal after 65 miles on a Saturday. I've had a great many fantastic newsletter story ideas vanish as I coasted into the parking lot on my bike after a long ride. For me, I keep a pencil and notepad in the car and jot down just a few key words so I can remember my scattered thoughts at a later date.

A couple of good reads for plain ol' good story telling would include: The Last Cattle Drive—by Robert Day. "Semi-Tough" and "Rude Behavior"—Dan Jenkins. Hunter S. Thompson is also a good story teller, "The Great Shark Hunt" and "Fear and Loathing in Las Vegas". All of these books either have cussing, sex, drugs or a combination of the three. But if you are going for good stories... you might give them a try. The books by James Herriot about a country vet, make great use of everyday events to tell good stories. These are all non-bicycling in nature. There is a guy named John Hobbs who used to run the bicycle ride called, "The Death Ride" in Mattfield Green, Kan. They have revived the ride this year as "The Flint Hills Death Ride" on July 24–25, 2010 in Madison, Kan., www.flinthillsdeathride.com. John is no longer associated with the ride, but his no nonsense approach to doing this ride still rings from their Web site.

....sorry, I got a little off track there. So...as the weather heats up and we all begin to get more time in the saddle remember there are always new bicycling skills to work on; increasing your stamina, becoming a better paceline rider, trying out bib shorts for the first time. Every time you get on your bicycle, it has the potential to be the beginning of another grand adventure. Take the time to relish it, enjoy it and immerse yourself in it. And, if the adventure is really good, you should share it. Remember it...and tell it in your own wonderful way. 🚲

2010 Board

- President:
Mitchell Williams
- V.P. Touring:
Lou Joline
- V.P. Racing
Michael Ruder
- Secretary:
Bob Pisciotta
- Treasurer:
Dana Meier
- Advocacy:
Laurie Chipman
- Publicity:
Chris Pace
- Hospitality:
Gloria Larson
- Volunteer Coordinator:
Richard Johnson
- Newsletter Editor:
Melinda Kelsey
- Membership:
Wendy Biggerstaff
- Webmaster:
Robb Jones
- Long Term Planning:
Ron Puett
- Visit our Web site for
contact information.

Newsletter Submissions

Do you have any interesting bike stories? Perhaps a bike Kodak moment? If so, we would like to hear from you.

Please forward any newsletter information to: editor@kcabc.org by the first of the month prior to the publish month.

Pacific pedaling portraits


From Adventure Cycling

Are you planning to ride the California coast in 2010? Mark Johnson, a professional photographer and Adventure Cycling life member from Del Mar, is undertaking a project aimed at photographing as many bike travelers riding the Pacific Coast Route through San Diego as he can find. Everyone who stops for a portrait will receive an 8"x10" print; if you are interested in taking part, contact Mark at bikephoto@ironstring.com.

You can find out more about him and his cycling photography here: www.ironstring.com 

Ride the divide

From Adventure Cycling

Ride the Divide, the film from Mike Dion about the self-supported race on Adventure Cycling's Great Divide Mountain Bike Race, premiered at the Vail Film Festival in Colorado April 2. Adventure Cycling field editor Michael McCoy attended the event, which you can read about here: <http://bit.ly/dfRZIW> 

Spring Picnic recap – 2010

By Dana Meier

The 2010 Spring Picnic was held on April 18, just down the road on Hwy 78, East from Lake City. Great weather for a bike ride and a picnic afterwards. First let's talk about the food. There was homemade cheesecake, there were homemade cookies. There were deviled eggs, with paprika sprinkled on them. Whoever brought the deviled eggs...I love you man! There was a strawberry dessert that involved strawberries, a homemade crust and whipped cream. I can't remember the name of the dessert, it was written right there on the dish (RAGBRAI pie), but that was also great. There were plenty of healthy things to eat. I tried to stay away from them as much as I could. As I was grazing the dessert section, for the third time, I remembered I should get a head count. I counted about 120 people, but many people had already left. So I'm giving an official count of 150 people who participated in some capacity at the picnic. We even had people directing the parking of cars so everyone would fit into the parking area. What a great turnout. Thanks to everyone who attended, helped setup, take down and otherwise contributed to the event's success. You are awesome! A special thank you to Gloria and Wendy. Ordering the food, marking the course, taking down the course signs after the ride. A lot of hard work...thank you very much.

Some unfinished items...we had a rider take a tumble after rounding the corner by the orchard on N Buckner Tarsney Rd. on the way into Buckner. I believe it happened after going over the bump in the road, which was marked "Bump". Word on the street was the gentleman had a dislocated shoulder. We need the name of the individual who went down. One, to see if you are all right and also, we need to fill out an accident report for insurance purposes. If you would be so kind as to e-mail me (treasurer@kcbc.org) with your name and contact information, I would greatly appreciate it.

People, when you get injured on a KCBC ride, tell one of the ride leaders or board members your name and how we can get in touch with you. And people, when you pick up an injured rider, ask him his name and get a phone number so a

club board member can contact him/her. Ok?

Let's talk about the food...one of the items left over at the picnic (which I took home with me) was a large bag of Sun Chips. I like these chips...but the new bag they come in is really noisy. Have you noticed that? I was going to complain (I'm a grade A complainer) about these new bags until I did a little research online about these bags. Turns out the noisy bags have a lot of research/technology behind them. These bags will break down in 13 weeks when properly composted. How cool is that? Way to go KCBC members.

Say...I may have misled some folks on there being no hills of consequence on the course into and returning from Buckner. There actually were a couple of hills that made one sit up and take notice... I apologize for that oversight.

I heard some comments on how hard the picnic was to find on a GPS or using Google maps. People, the directions on our Web site really nailed it on how to get to the picnic. Hwy 70 to Hwy 7. Take Hwy 7 North to the roundabout in front of the ammunition plant and go west about one mile. I have a GPS and it had no idea how to get to the picnic site. Sometimes, ya gotta go old school with a real map and directions.

Let's talk food...the sandwiches were pretty good. I took the tomatoes off my sandwich(es), but otherwise they were great. The sandwiches were a bit late in showing up, although no one seemed to notice. It seems that when Gloria and Freda were on their way back from the sandwich shop, they got a call about the man down with the shoulder injury. So they drove the course to find him, and then delivered the sandwiches to the shelter, along with the man. Just in case you were wondering.

After the ride was over, a gentleman named Bryan was trying to leave but I kept talking with him. He used to be a KCBC member and over the last few years his time on his bicycle had decreased. He wished out loud that his wife would start cycling with him. I suggested he begin putting her bicycle next to where she sits

Spring Picnic continued from page 4

at the breakfast table in the morning. You are welcome for the idea...hope it works out. Oh, and Bryan just rejoined KCBC... welcome back.

And...I gotta tell you this...I'm reviewing the checks the club gets in the mail for club memberships. On one of the applications, near the bottom of the sheet, there is

a section where one checks a box to learn more about...being a ride leader, a volunteer, bicycle advocacy... Well, a new member makes his own box and writes that he wants to learn more about smoking and drinking. It is midnight and I just can't keep from laughing out loud. I love our bicycle club!! 🚲

USBRS fan base explodes

From Adventure Cycling

In only 13 weeks on Facebook, the U.S. Bicycle Route System has attracted a collection of almost 9,000 fans (or "likes" according to Facebook's new method of connecting with a page). Do you think it's safe to say there's some pent-up interest there? You can add to that amazing number by becoming a fan (or "liking") the page yourself. By doing so, you'll also keep current on all the great progress Ginny Sullivan and company are making.

www.facebook.com/usbrs

You might also want to read Ginny's "Complete Streets" blog entry: <http://bit.ly/d20J8V> 🚲

Kansas City Brevets

By David Mathews

Kansas City Bicycle Club has a long history with ultra marathon cycling. Steve Krueger, one of the early Race Across America (RAAM) finishers, began organizing long distance events for the club in the 1980s. His legacy is demonstrated by the numerous club members participating in once-in-a-lifetime events like RAAM and Paris-Brest-Paris over the last 25 years. One of the things Steve started was a local brevet series. Bob Burns, Regional Brevet Administrator and long time KCBC member, has continued to carry the torch and invest countless hours organizing these local rides.

What's a Brevet? First, it is a French word and is pronounced bruh vay. It translates to "certificate" or "diploma" which on the surface doesn't seem to have much to do with cycling. The translation begins to make sense once you realize that brevet riders are required to carry a card and have it signed at designated control points along the way. Brevets are not races, but rather they are fast touring events with time limits. The challenge arises from their lengths, which are typically 200, 300, 400, 600, and even 1,000 km. Remember 100 km equals 62.4 miles so the shortest brevet starts at 125 miles. Many brevets involve at least some night riding.

Riders are required to be self sufficient. There are no organized SAGs so

participants are expected to carry what they might need - food, clothes, tools, and lights.

The 2010 local brevet series is well underway. It kicked off with a cold rainy 200 km in late March, followed by the 300 km a couple weeks later. The 400 km and 600 km will occur this month as the rides are sequenced to increase the distance over time. One interesting point about this year's schedule is that there are more brevets than there have been in past years. Also, there are many 200 km opportunities, either in conjunction with longer brevets or as stand alone rides later in the season. See www.kcbrevets.blogspot.com for the complete schedule and more details.

Everyone is encouraged to review the schedule with an eye towards one of the upcoming 200 km rides. If you have never done a brevet, this year's schedule should be enticing. Since there are multiple 200 km rides scheduled throughout the summer, you still have plenty of time to ramp up your riding mileage so you can finish one in comfort.

Dana Meier and I were discussing ultra cycling a couple weeks ago and he raised an interesting question, 'Why?' I'm pretty sure there is no logical, coherent answer. But, what matters is, there is a hardy group of avid cyclists out there that ride far beyond the limits of that question. Heck, you might be one of them; the only way to find out for sure is to try. 🚲



Fort Osage/Buckner

By Karta Purkh Khalsa

Riding with a group is great way to get into biking. It generates friendships, and a way to challenge yourself. Group riding for instance, helps with “drafting”. If you don’t know the term, you’ll learn it soon enough if you ride with a group. It’s simple: You can go faster in a group. I remember watching the pack go by in last year’s Tour of Missouri. Truly, these professionals generated a lot of energy. So much in fact that, the last few riders in the pack were hardly pedaling—they were literally being “pulled” along by the strength of the pack! Honest!

First a little personal history: as a kid, I scoured the borough of Queens in NYC with my buddies by bicycle. Mine was a balloon tired girls bike I inherited from my sister! We even got as far as the dark underbelly of Brooklyn. But as a group, some would say “gang,” we were fearless and part of that was due to the mobility provided by our bikes. As I got older, into my 20s, I became a “lone rider” using a Peugeot 10 speed to get around Manhattan—I was still fearless, you see.

Then biking took a back seat to a career, the opposite sex and various other interests. I returned to biking here in Kansas City when I was in my 40s. Initially, I was again the lone rider until I discovered various group rides, including the Colonel’s Ice Cream Ride on Sundays out of Loose Park by the tennis courts. Recently, by which I mean the last few years, I caught up with other group rides and have made new friends, sharpened my cycling skills and seen more of Missouri and Kansas than I would have otherwise.

But now I’d like to tell you about one of my favorite rides. It happens on Wednesday mornings (8:30 a.m.) out of Independence going to Fort Osage and Buckner, Mo. It is usually led by KCBC’s Vice President of Touring, Lou Joline—who’s been doing it for about 10 years, except when the temperature falls below 40° F. and/or the roads are wet.

Currently, the group is starting from the Buffalo Wild Wings restaurant off of Little Blue Parkway. Last year, it started from the parking lot for the Little Blue Trace Trail on RD Mize Rd. but there’s a lot of road construction in the area and that interferes with both parking and riding (Thanks a lot, President Obama!) When the dust settles, maybe we’ll go back, but then again, maybe not—give Lou a call if you’d like to try it.

I’ll just hit the highlights and lowlights of the ride as I see them. (Be aware that I bonked on this ride due to the high winds, a little bit of heat and my poor conditioning earlier this season.)

Anyway, we go west on 39th St. up Pink Hill Rd. (39th St. S). “Pink” is the color of your face as you grind up this long gradual ascent and wind up heading east on Crenshaw. (Detours may change the complexion of the ride as well, but Lou takes pretty good care of the pack

and usually knows ways around them.) The last mile or two of Crenshaw is a long howler of a downhill that T’s on to E Truman Rd. (left turn) to MO-78. This begins a lengthy flat section that goes all the way to the Lake City Ammunition Plant where you go around a nicely marked traffic circle (Thanks a lot, President Obama!) and then head north on MO-7 to Bundschu Rd. The manageable hills on Bundschu Rd. turn serious when you go left on Charlton Rd.—just shift into low and pedal with your head down, no use looking up, it really does never end! That is until you reach the top and find another nice downhill that takes you almost all the way to a right onto US-24.

Stay on the shoulder because traffic does whiz by at a good rate. Check your mirror and make a left at Elsea Smith Rd. that crosses US-24. This starts some of the area’s nicest scenery, both spring and fall, with rolling hills, farmland and rural homesites (and signs that read “Say NO to Annexation!”). It continues with a right turn onto newly repaved Blue Mills Rd. (Thanks a lot, President Obama!)

The rolling hills continue all the way to the Fort Osage turnoff (Buckner Tarsney Rd.). Follow the signs to the actual Fort Osage, a much neglected historical area that is really quite pleasant. We’ve met cyclists from the U.K. there, on a ride following the Sante Fe Trail from New Mexico, as well as a group of elementary school kids doing yoga! Go figure!

This is our turnaround point. We head back the way we came to Blue Mills Rd. where we turn left and find another long downhill into Buckner. It’s a rippled road but nothing that can’t be managed if you’re paying attention; and you should pay attention since there are a couple of dogs at the bottom of the hill who are sometimes fond of protecting their property. They haven’t caught anyone yet and I don’t think they’d know what to do if they DID catch a biker. But, that’s another adventure entirely—I hope.

We stop for refreshments and a bathroom break at the Casey’s in Buckner. There are no seats to pass the time at except the curb, so the break is usually pretty short. We head out of town on Central and make a right after the railroad tracks on to the Lake City Rd. which goes around the back of the ammunition plant. Cross the RR tracks again, right on Heidelberger Rd., right on Elsea Smith Rd. and then left back on to Bundschu Rd. After a rather steepish hill (Which means you’ll be glad to put it behind you!) you’re heading back pretty much the way you came. There’s the long flat area on MO-7 and MO-78 highways which if you had the wind at your back on the way out, you now have it IN YOUR GRILL! (Sorry for the emotion, this is where I bonked! It was tough barely maintaining 7 mph when running low on blood sugar.)

Anyway, remember that nice downhill on Crenshaw at the beginning? Now you have to pay the piper, so to speak, and head back up it! It can be done.

From the racing desk

By Michael Ruder

Good day to all in the cycling community.

The race team has been busy racing riding and just having a great time together. Some of the race team members raced in the Joseph Sheehan Road Race on April 18. The day was a grey, windy and cool start to a great day overall for a 50 mile ride.

Masters 40+ / 36 Starters, David Mathews placed 26th

CAT 5 / 47 starters, Stephen Wilcox placed 41st his first road race ever. Nice work Stephen.

CAT 5, Michael Ruder placed 31st

The team's next races are listed below:

2 May: Jesse Blancarte Time Trial, Gardner, Kan.

15 May: Auburn 20K Time Trial, Auburn, Kan.

16 May: Auburn Road Race, Auburn, Kan.

6 June: IronMan Kansas 70.3, Clinton Lake

Time trials are a great way to begin your racing endeavor. You race a clock and you do not have to contend with lots of riders in a confined space on the road. Here are some training series we are participating in now to learn more about criteriums and time trials. The NEET Training series can be found on the www.kcbc.org in the racing forum.

KCBC is looking to grow as a club, and as part of the club, I want to help KCBC grow as well. The Race team is looking for all abilities and ages to join the Race team. Think, "Well, I have never raced and would not be any good!" Trust me, racing is more about getting there than taking the podium. For more on the Race team, log onto www.kcbc.org and click the Racing forum to see what is happening. You can subscribe to this forum and stay up-to-date on what the Team is planning for each week and future events. Everyone is welcome to ride with the TEAM. If you are a member of KCBC you are part of the team.

During the Spring Picnic, several KCBC members expressed interest in obtaining KCBC apparel. An order will be placed for apparel by the end of May. Please log onto www.kcbc.org and go to the racing section, KCBC apparel and get the order form and follow the instructions on how to place your order. You can always send me an e-mail at racing@kcbc.org for the order form or to ask questions.

Fort Osage/Buckner continued from page 6

Depending on detours and road construction (Thanks a lot, President Obama!) its a 30-35 mile trip. Well worth it for the scenery and the company. Nobody gets left behind,

In last month's issue, I added a few training ideas so I wanted to share a few more with you so you can continue to work on the core muscles that aid you in riding better and give you a better overall posture.

Single-Leg Bridge on Stability Ball



Muscles worked: hamstrings, hips and gluteus

Lie on the floor with your heels up on a ball and your hips lifted so your body forms a straight line. Lift your right leg toward the ceiling as far as possible. Slowly lower your leg and gently place your heel on the ball. Repeat with the left leg, and keep alternating for a full set. Start with one set of five reps on each leg, and progress to two sets of 10 each. If stability is a problem, start by keeping both legs on the ball and simply raising and lowering your hips for 10 reps.

Single-Leg Step Down



Muscles worked: gluteus, quads and hamstrings

Holding dumbbells, stand on your right foot on a 6- to 12-inch-high step, allowing your left leg to hang in the air. Pull your navel toward your spine and, keeping your chest lifted and back straight, slowly step down with your left foot and gently tap your left heel on the floor. Return to the starting position, keeping your right heel firmly planted on the step. Do two sets of 15 reps on each leg.

Isometric Oblique Ball Transfer



Muscles worked: obliques and abdominals

Sit on a mat with your chest lifted, knees bent and heels lightly touching the floor. Hold a medicine ball (three to six pounds) directly in front of your chest with your arms straight. Keeping your back perfectly straight, slowly lean back to a 45-degree angle. With your shoulders, back and abs tight, transfer the ball to your left hand and bring your arms out to the sides so they form a T. Bring the ball back to the center and transfer it to your right hand, then form another T with your arms. Do two sets of 20 transfers from hand to hand. 🚴

no matter how far behind you fall—believe me, I've been there!

Ride safe! And maybe I'll see you on Wednesday! 🚴

Bike MS: Kansas City Ride 2010 — Training Ride Schedule

Date	Location	Distance	Difficulty	Time	Contact
Fri, May 7	Bike MS TRAINING RIDE KICKOFF PARTY FIRST FRIDAY EVENT Ride Starts at Boulevard Yoga, 215 Southwest Blvd, KCMO @ 5:45p.m. 16 Mile Route Info: sean.staggs@nmss.org				
Sat, May 8	Longview	11 - 17 - 27 Mile Routes	DOD = 3	7:45 a.m.	Tom thomas.staggs@unisys.com
Wed, May 19	Ride of Silence www.jcbikeclub.org				
Sat, May 22	Greater Liberty Ride www.greaterliberty.org/Greater-Liberty-Ride-for-MS.asp				
Sat, May 29	Longview	11 - 17 - 27 Mile Routes	DOD = 3	7:45 a.m.	Tom thomas.staggs@unisys.com
Sat, June 5	Downtown Airport	Flexible Length 3.7 Mile Loop	DOD = 1	Noon	Gail skirat03@gmail.com
Sun, June 6	JCBC Lone Star Century www.jcbikeclub.org				
Sat, June 12	Liberty	25 - 30 Mile Routes	DOD = 3	7:30 a.m.	David runner_eaton@yahoo.com
Sat, June 12	Shawnee Mission Park	12 - 24 - 33 Mile Routes	DOD = 5	8 a.m.	Paul & Sharon pcurt57@sbcglobal.net
Sun, June 13	Plaza	15 - 30 Mile Routes	DOD = 3	2 p.m.	Sean sean.staggs@nmss.org
Sat, June 19	Blue Valley	15 - 24 - 33 Mile Routes	DOD = 3	8 a.m.	Tim trsabin@comcast.net
Sun, June 20	KCBC Fountain Tour http://kcbc.org/events				
Sat, June 26	Tour de Lakes http://www.tourdelakes.org				
Sat, July 10	Longview	11 - 17 - 27 Mile Routes & FIX A FLAT CLINIC	DOD = 3	7:45 a.m. - RIDE 7:30 a.m. - CLINIC	Tom thomas.staggs@unisys.com
Sat, July 17	Liberty	25 - 30 Mile Routes	DOD = 3	7:30 a.m.	David runner_eaton@yahoo.com
Sat, July 17	Shawnee Mission Park	12 - 24 - 33 Mile Routes	DOD = 5	8 a.m.	Paul & Sharon pcurt57@sbcglobal.net
Sun, July 18	Lizard Under the Skillet - Lawrence KS http://www.lbc-cycling.com				
Sat, July 24	Longview	11 - 17 - 27 Mile Routes & FIX A FLAT CLINIC	DOD = 3	7:45 a.m. - RIDE 7:30 a.m. - CLINIC	Tom thomas.staggs@unisys.com
Sat, July 31	Downtown Airport	Flexible Length 3.7 Mile Loop	DOD = 1	Noon	Gail skirat03@gmail.com
Sun, Aug 1	JCBC Cider Mill Century www.jcbikeclub.org				
Sat, Aug 7	Longview	11 - 17 - 27 Mile Routes	DOD = 3	7:45 a.m.	Tom thomas.staggs@unisys.com
Sun, Aug 8	Plaza	15 - 30 Mile Routes	DOD = 3	2 p.m.	Sean sean.staggs@nmss.org
Sat, Aug 14	Blue Valley	15 - 24 - 33 Mile Routes	DOD = 3	8 a.m.	Tim trsabin@comcast.net
Sat, Aug 14	Shawnee Mission Park	12 - 24 - 33 Mile Routes	DOD = 5	8 a.m.	Paul & Sharon pcurt57@sbcglobal.net
Sat, Aug 21	Longview	11 - 17 - 27 Mile Routes	DOD = 3	7:45 a.m.	Tom thomas.staggs@unisys.com
Sun, Aug 22	Plaza	15 - 30 Mile Routes	DOD = 3	2 p.m.	Sean sean.staggs@nmss.org
Sat, Aug 28	Liberty	25 - 30 Mile Routes	DOD = 3	7:30 a.m.	David runner_eaton@yahoo.com
Sun, Aug 29	KCBC Summer Breeze http://kansascitybikeclub.camp7.org/events Tour De Shawnee www.kansascyclist.com/events/TourDeShawnee.html				
Sat, Sept 11	Longview	11 - 17 - 27 Mile Routes	DOD = 3	7:45 a.m.	Tom thomas.staggs
Sat-Sun, Sept 11-12	Bike Ms: Wichita Ride	Wichita, Kan.		7 a.m	
Sat, Sept 18	Blue Valley	15 - 24 - 33 Mile Routes	DOD = 3	8 a.m.	Tim trsabin@comcast.net
Sat, Sept 18	Buffalo Bill Century http://www.leavenworthbicycleclub.com/pages/buffalobill.html				
Sat-Sun, Sept 18-19	Bike Ms: Ozark Ride	Springfield, Mo.		7 a.m	
Sat-Sun, Sept 25-26	Bike MS: Eastern Kansas Ride	Topeka, Kan.		7 a.m	
Sat-Sun, Sept 25-26	Bike MS: Kansas City Ride	Kansas City, Mo. to Sedelia, Mo		7 a.m	

For more information about Bike MS www.nationalmssociety.org.

Training Ride Locations

Blue Valley

Church of the Resurrection

13720 Roe Ave., SE Parking Lot C in Leawood, Kan.
Versatile start location that offers longer route options as the year progresses. Up to 40-mile routes on paved roads around Leawood, Overland Park, Stanley, Louisburg and Spring Hill.

Contact: Tim, tsabin@comcast.net

Downtown Airport

300 NW Richards Road

A flat tour of the airport as you loop around the grounds as many times as you would like (3.7 mile circuit).

Contact: Gale, skirat03@gmail.com

Liberty

Biscari Brothers Bicycles

884 S. 291 Hwy in Liberty, Mo.

Heading north out of Liberty, this ride offers some good hills as you ride old Highway 10 toward Kearney or Excelsior Springs.

Contact: David, runner_eaton@yahoo.com

Longview—presented by Bicycle Shack

Longview Rec Center

View High Drive & 3rd St. in Lee's Summit, Mo.
Winds over roads with light suburban traffic through Lee's Summit and Raymore with a few challenges along the way.

Contact: Tom, thomas.staggs@unisys.com

Jerry, jjames52@live.com

Plaza

Loose Park - East Side, Near Pavilion

51st & Wornall in Kansas City, Mo.

Follows retail and residential streets south and east toward Brookside and Swope Park.

Contact: Sean, sean.staggs@nmss.org

Shawnee Mission Park

National Guard Armory

18200 W 87th St. in Lenexa, Kan.

Most challenging of route options with a long hill near the end of the ride (there are routes that bypass hill section of the route).

Contact: Paul & Sharon, pcourt57@sbcglobal.net


Discount for KCBC Membership

These bike shops support the Kansas City Bicycle Club with member discounts and donations of time and merchandise for special events. Return the favor and support these shops with your business. Shop your local bike shops first!

In alphabetical order:

- **Bicycle Shack**
(816) 761-3233
10415 Blue Ridge Blvd., KC, MO
- **Bike America**
(816) 524-1819
325 S. E. 3rd, Lee's Summit, MO
(913) 780-4500
138 S. Clairborne, Olathe, KS
(913) 381-5431, 9514 Nall, OP, KS
- **BikeSource**
(913) 451-1515, 11500 W. 135th St., OP, KS
- **Bike Stop Bicycle Stores**
(816) 224-8588
925 W. 40 Hwy, Blue Springs, MO
(816) 525-8686
248 N.W. Oldham Pkwy, Lee's Summit, MO
- **Biscari Brothers Bicycles**
(816) 231-1331
5116 Independence Ave, KC, MO
(816) 792-8877
884 S. 291 Hwy, Liberty, MO
- **Cycle City Liberty**
(816) 415-0001, 9765 N. Cedar, KC, MO
- **Cycle City Bike & Running Company**
(816) 587-8181
6328 N. Lewis St. Suite 200, Parkville, MO
- **Elite Cycling NEW LOCATION**
(913) 648-6277
10673 Mission Rd., Leawood, KS
- **Epic Bike and Sport**
(816) 382-3100
6000 NW 63rd Terrace, KC, MO
- **Leawood Bicycles**
(816) 942-4442,
12311 State Line Rd., KC, MO
- **Midwest Cyclery**
(816) 931-4653, 3850 Main St., KC, MO
(off street parking on Baltimore St.)
- **Pace Bicycle Haven,**
(816) 461-7433,
1215 W. Elm, Independence, MO
- **Peddlers**
(816) 254-6855
139 E. Lexington St., Independence, MO
- **River Market Cyclery**
(816) 842-2453, 315 E. 3rd, KC, MO
- **Trek Bicycle Store**
(913) 631-6800, 10412 Shawnee Mission Pkwy., Shawnee, KS
- **Turner's Cycling and Fitness,**
(913) 381-5298, 8909 Sante Fe Dr., OP, KS

Did you know?

Every hour in the United States someone is newly diagnosed with Multiple Sclerosis, an unpredictable, often disabling disease of the central nervous system. Symptoms range from numbness and tingling to blindness and paralysis. MS affects more than 400,000 people in the U.S., and 2.5 million people worldwide. Learn more at www.nationalmssociety.org. 

 www.facebook.com/MSmidamerica

 www.twitter.com/BikeMSkc


About Jack

In November, 2007, 26-year-old Jack Polson of Lenexa, Kan., was diagnosed with a rare liver cancer. Jack began aggressive chemotherapy at the KU Medical Center in January. Even though the chemotherapy had very little effect on his cancer, Jack never gave up hope of beating the cancer. He did not let the cancer keep him from enjoying life.

On December 23, 2008, Jack and his family were overjoyed because the doctors were finally able to remove a nine pound tumor the size of a football. Jack enjoyed five months cancer-free. During that time he immersed himself into raising money for the American Cancer Society through his Relay for Life Team Strong Liver.

Even after receiving devastating news in June 2009, that his cancer was back and now very aggressive, Jack continued to raise funds and participate as captain of his Relay for Life team.

Jack lost his battle with cancer on August 23, 2009. We want to continue his fundraising efforts so that one day no one will have to go through what Jack and his family experienced. For more information on Jack, go to <http://polson.heartlandconnection.org/> and click on TRACKING JACK.

Thus, the purpose of the Jack & Coke Bike Ride - it's a Fundraiser for the Relay for Life Team Strong Liver in memory of Jack Polson!! 

Touring opportunity on the Katy Trail

Join friends and make new ones on a two-day tour of the Katy Trail. **This is a self-supported tour.** Here is the plan, but you are free to make your own arrangements, too:

We will drive down Friday evening, **May 14** or early Saturday morning, **May 15**-meeting at the New Franklin campgrounds. This is base camp. We will set up camp there and leave our equipment. The nearest bed & breakfast for those that choose comfort is located in Boonville about four miles to the West.

We could chose to go east one day and back to the base camp and west the following day, return and depart for home on late afternoon Sunday, **May 16**.

Distances will be determined according to mood of the group. We also plan to do another excursion in the fall.

Day 1 to the East

Rocheport 10 miles out or 20 round trip
Huntsdale 17/34
Mcbaine 19/38
Easley 26/52
Hartsburg 34/68

Day 2 to the West

Boonville 4/8
Pilot Grove 19/38
Clifton City 27/54

Recommended gear (if camping)

Tent, groundcloth, pillow, flashlight, towel, toiletries (soap, shampoo, tp, toothbrush/paste, ...), rain gear, spare tube, bike tools, water bottles &/or camelbak, maybe a jacket, street clothes (or ride in street clothes w/bike shorts underneath), snacks, sunglasses, sunscreen, bug spray, maybe a hat, camera, notebook,...

Food

We will eat at restaurants, so you only need snacks for in between meals. Most places take plastic, but some do not. Bring enough **cash** to eat on so you don't have to worry about it.

Trail surface

In case you are wondering, most types of bikes will do well on the trail. The surface is a finely crushed gravel, and is very well maintained. It is also recommended that riders visit the local towns in and around the trail. Points of interest and maps will be available.

If you would like to join us, please register (free) on our Web site <http://kansascitybikeclub.camp7.org/events?eventId=154520&EventViewMode=\>

Hope to see you there! 

Jack & Coke bike ride

HOW TO PARTICIPATE: All you need is a bike, helmet, and your \$30 entry fee, (\$40 late entry fee after April 24). For that you will receive food and refreshment breaks, a great ride, music, and a cookout at the end. Entries postmarked by April 24, will receive a beer glass commemorating the ride and are guaranteed a ride t-shirt. All riders are required to wear a helmet, and the ride will be held rain or shine.

THE RIDE: This is a loop ride with 15, 25, 48, 55, 64, and 71 mile route options. The route is fairly flat for most loops. The 55, 64 and 71 mile loops have hilly sections. Loops go through Kerrville, Camden Point, Dearborn, Faucett, Edgerton, Ridgely, and Ferrelview, Mo.

TIME: Packet pickup and ride day Saturday May 15 - registration begins at 7 a.m. Ride begins at 8 a.m.

WHERE: The ride starts from the parking lot in the southeast corner of Park Hill High School. Take I-29 to the NW Barry Road exit. Go west on NW Barry Road ½ mile to N. Congress Ave. At the traffic light at N. Congress Ave., turn left and follow ¼ mile to the high school parking lot. Use 8278 N Congress Ave, KC, Mo. 64152 for GPS navigation to the start.

IF YOU CANNOT RIDE THAT DAY...

You can help raise more money for the American Cancer Society by donating through Relay for Life Team Strong Liver. Visit http://main.acsevents.org/site/TR/RelayForLife/RFLFY10PL?team_id=543034&pg=team&fr_id=23797 to the Relay for Life - Team Strong Liver Web site to learn more about the cause and how you can help.

www.jackandcokebikeride.org 

May is Bike Month!

It's time to celebrate one of the most marvelous machines ever devised by man.

Sign up for the Car-free Challenge

How many car trips can you replace with bicycling, walking, or riding the bus? Form a team with your friends or co-workers, or go solo. Just go car free! Brookside/KCBC has a team and we would love for you to participate. Here is some information about commuting from the Web site bikekc.org—the source for bike week information and schedule of events.

Getting Started

- **Resources for beginners** - <http://bikekc.org/bikeweek/beginners.php> - Some basic pointers for getting started with bike commuting or riding on the street for transportation.

Find a Route

- **Google Maps** - now shows designated bike routes and calculates directions for bicycling between two or more points.
- **Bike Week Route Map** - several popular commuter routes and trails in the metro area.
- **RouteSlip** - Browse dozens of routes mapped by local cyclists.
- **Bikely** - Another great bike mapping site with lots of local routes.
- **KC Bike Commuters Mailing List** - sign up for the local mailing list and ask other bike commuters for their advice.

Local Resources

- **MARC Ride Share** - www.marc.org/rideshare/ - Register as a bike commuter with the Mid-America Regional Council and get a Guaranteed Ride Home in case of emergency.
- **Metro bus/bike info** - www.kcata.org/bikenbus.html - The KCATA offers bike racks on most Metro buses in KCMO, KCK, and the Missouri suburbs.
- **JO bus/bike info** - Johnson County Transit offers bike racks on most "JO" buses in the Kansas suburbs.
- **Advice from local bike commuters** Les Sires - <http://home.everestkc.net/bkr795/> and the CommuterDude - www.commuterdude.com/.

Crossing the River?

There are few good options for crossing the Missouri or Kansas Rivers, especially for novice or cautious cyclists.

- **The Heart of America Bridge** (a.k.a. Burlington or North Oak) is doable, but intimidating for many.

- **The Chouteau Bridge** is a little out of the way, but much better than the H.O.A. However, Front St. between Chouteau and Downtown has a lot of truck traffic.
- **Adding the bus** to your bike commute is a good option, and three Northland bus routes do have bike racks: #142 North Oak, #133 Vivion/Antioch, and #129 I-29 Express.
- **See Also: Bike-N-Bus info** www.kcata.org/bikenbus.html and Northland bus routes www.kcata.org/maps_schedules/metro_service_in_the_northland/

Tips and Tricks

- **Missouri Bicycle-related laws** <http://mobikefed.org/statutes.html>. Helpful to have in case there is a dispute with a motorist or police officer.
- **Kansas Bicycle-related laws** www.ksdot.org/burRail/bike/biking/KsBicyStatutes.asp
- **Report a hostile motorist** <http://mobikefed.org/motoristcontact.html>. Missouri Bike Federation members can report a hostile or careless driver's license plate number and have a warning letter sent.

Bicycling classes teach people how to ride with confidence

Many people want to ride but are apprehensive about the roads. Here is the opportunity to learn safe road riding practices. This year the Missouri Bicycle & Pedestrian Federation and the City of Kansas City, Mo. are offering **free** bicycle education courses to the general public and customized training for businesses and other work places.


Public Bicycle Education

Stay tuned for a schedule of free spring bike clinics covering topics like selecting a bike and safely riding in traffic.

Customized and On-Site Training

We can also customize an on-site training program at your business or work place. This is a fee-based service that provides a very valuable experience tailored to your specific needs.

- Lunch-and-Learn presentations
- Bicycle Maintenance hands-on training
- Selecting a bike commute route
- Bicycle riding skills
- Safe riding in traffic


Contact Eric Bunch (bunche@gmail.com) to learn more and to discuss fees and scheduling. 

Sunday Parkways and Bike Week kickoff celebration

In its third year the Car Free Weekends on Cliff Drive expands to include Kansas City's first true Ciclovia event. Cliff Drive and Gladstone Boulevard will be closed to cars and transformed into an open street festival for bicyclists, runners, walkers, roller bladers, etc. Sunday Parkways will include live music, bike tune-ups, dancers, and more. Bring the whole family!

Mayor Mark Funkhouser and City Council Members will officially kick off Bike Week festivities.

For a list of events see www.kcmo.org/CKCMO/Depts/ParksandRecreation/CliffDrive

When: Sunday, May 16 Noon–4 p.m. 

“Hangin’ on”

By Chris Pace

One of the best kept secrets about riding better and faster is not in the bearings or the wheels—it starts in the tires. I have read about this for years and always kept track of what tests and reviews were saying. Most importantly, I have witnessed it dozens of times.

I ride a lot with a few good friends, enough so, that over the years, I know their riding habits like the back of my hand. We know which one will be the first to the top of the hill, the strongest on the flats etc. When one of them changes tires it can make a drastic improvement or it can send them off the back where they can't quite hang on. We have witnessed it dozens of times and we are starting to really believe all the data that's out there.

Tires do have variable rolling resistance. The difference can be around 20 watts of power over the whole range. 20 watts is a lot considering it takes 150-200 watts just to roll down the road at 16 mph. 20 free watts would be nice. What the tests have shown, over and over again, is that tires make as much a difference as using a set of Zipp 404's for most people. 20-25 watts is what you gain by switching to deep Zipp rims.

What makes this difference? It's the threads per inch; tire casings made of 320 threads versus 26 or 180 larger threads. The casings need a lot less rubber to fill the gaps. This makes them a lot more supple and easier for the sidewalls to flex over the road surfaces. (See the examples).

Virtually any tire brand you buy will have several levels of tires and the low priced ones will start with 26 threads per inch (TPI) and their top models will have 320 or 330. Please note that the “All Season” and Gator” puncture proof tires have extra protection but will not roll as well. This may be a trade off you can live with. Tandem and touring tires are usually of this variety and the extra puncture resistance may be worth it. I don't think this necessarily means that the higher end tires have more flats. I

managed 4000 miles plus last year without any flats on the high thread count tires.

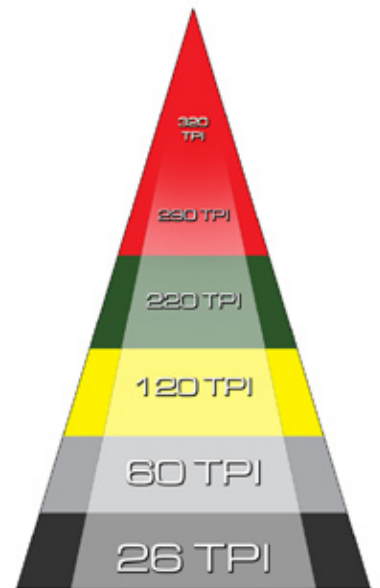
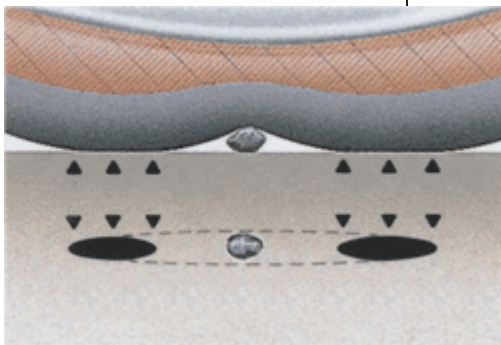
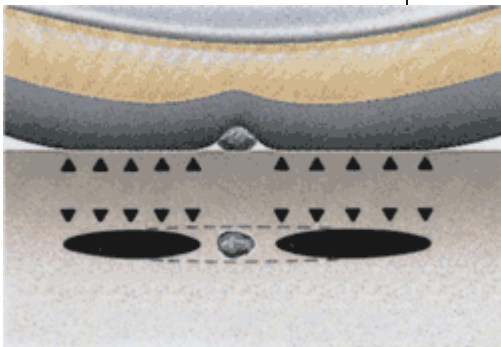
The 3 top tires we have witnessed are the Michelin Pro Race 3, Continental Grand Prix 4000 series, and the Vittoria EO series. Continental has a new rubber compound which has a similar concept in rubber as we have been talking about in the threads. Black Chili uses nano sized rubber particles so they are touting more individual rubber particles per inch. I believe Vittoria and Michelin are also using a different rubber in their top of the line tires.

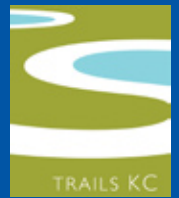
Wider tires are also a little better on rolling resistance. Many of the tires mentioned above actually measure out closer to 24mm instead of the normal 23mm. If you weigh over 200 pounds, you may want to consider using a 25mm for the rear tire if not both. Wider tires roll slightly better under load.

The down side is cost, these tires are never on sale, you are never going to find them for \$9 each at Nashbar with free shipping. They always hover around \$50-65 each and the local bike stores seem to usually have a little better price or at least the same as online.

This rolling resistance issue is not only for human powered consumption, Automobile tires are having similar offerings.

Goodyear and others have tires promising 10% improvement in gas mileage, that's usually 2-3 MPG better. If you want to see more test data (mostly European testing) Send me an e-mail at publicity@kcbc.org and I will forward a few pdf's or weblinks. Keep an eye on the newsletter as I will run a series of “Hangin’ on” articles this summer. 🚲





PRESENTS THE:

CITY OF FOUNTAINS BICYCLE TOUR

SUNDAY, JUNE 20

TIME: The ride starts at **7:30 a.m.** with on site **registration** beginning at **6:30 a.m.**

WHERE: Washington Square Park at Pershing Rd. between Main and Grand Ave.

DISTANCE: 9, 17, 22 and 49 mile routes available with FULL SAG service.

DIRECTIONS: From North, US-169 S becomes Broadway Blvd., turn left (east) onto Truman Rd. S, turn right (south) onto Main St., turn left (east) onto E Pershing Rd., turn right (south) onto Grand Ave.

From South/East, US-71 driving north take the 29th St. exit toward 27th St., turn left (west) onto E 27th St., turn right (north) onto Gillham Rd., turn slight left onto E Pershing Rd., turn left (south) onto Grand Ave.

PARKING: Union Station: Garage located on the west side of Union Station: 3 hrs. **FREE**, afterwards \$1 each half hour, up to \$10 a day.

Front Lot: 6–9 a.m. **FREE**, after 9 a.m. \$1 for 2 hours, \$2 for 2–4 hours, \$10 for 4+ hours.

Crown Center: Weekend Parking is **FREE** in retail parking garage at 2450 Grand Blvd.

The City of Fountains Bicycle Tour is a family-friendly tour that starts at Washington Square Park. It goes to many of Kansas City's historic fountains and other landmarks such as the Kansas City Museum, the Plaza, Liberty Memorial, and Cliff Drive.

Kansas City has over 200 fountains, only Rome, Italy has more. Some fountains are more than 300 years old. Bring your camera, take a few pictures and check out the spectacular fountains and other sights. Along the way, you will be pampered by those always-great KCBC SAGs with plenty of cold water, fresh fruit, and goodies to make this the ride of the year. And to make sure your bike ride is trouble-free, there will be cellular equipped SAGs roving the ride. This year we are starting from a new location, Washington Square Park. Visit our Web site for a detailed listing of post ride activities available to riders.

Ride proceeds benefit Friends of the Fountains and Friends of Trails KC. These organizations will conserve Kansas City's fountains for our enjoyment and help construct and maintain trails for cycling and walking.



City of Fountains Bicycle Tour 2010

Make checks payable to **KCBC** and mail to: KCBC, PO Box 412163, Kansas City, MO 64141-2163

Register online at www.kcbc.org

Adult Pre-registration Ride Fee Adult: day of ride fee \$35	Members \$25	Non-Members \$30	Day of ride fee \$35
Children: 11-17 years old \$10 Children: under 11 Free			
KCBC Membership Fee: \$20 Single, \$25 Family, \$30 Sustaining		If you join, use Members column	
Total:			

Check all that apply:

- Learn about racing on the KCBC team
- Help plan club-sponsored rides and events
- Learn how to be a ride leader
- Help advocate to make the roads better for cyclists
- Volunteer for club-sponsored rides and events

REGISTRATION FEE FOR ALL ADULTS THE DAY OF RIDE IS \$35

I plan to ride 9 17 22 49 Miles

E-mail: (required for membership--it is your login) _____

Name: _____ Phone #: _____

Address: _____

City: _____ St: _____ Zip: _____

Emergency contact (name & number): _____

Waiver and disclaimer of Liability: I, the undersigned (a parent for riders under 18), accept that cycling is a hazardous activity, and I accept all risks associated with participation in this event. I agree that in the event of a mishap during the ride, I will not hold Kansas City Bicycle Club, its members or officers responsible for any injury, loss or inconvenience. I further agree to wear an ANSI or Snell approved helmet and to adhere to the rules of the road while riding in this event.

Signed: _____ Date: _____ Single Member/Guardian

Signed: _____ Date: _____ Family Member



Kansas City BICYCLE CLUB

PRESENTS: **SUMMER BREEZE** **SUNDAY, AUGUST 29**

TIME: On site **registration** opens at **6 a.m.** with the **ride start 7 a.m.**

WHERE: The ride starts from the Longview Recreation Center, 3801 SW Longview Rd.

DISTANCE: 45, 70 and 100 mile routes available. FULL SAG service and traditional "extra" goodies with a picnic style meal at the Raymore SAG stop.

DIRECTIONS: Take 470 east from the Grandview triangle to Exit 5, View High Dr., then south (right) to the Longview College Campus. Turn west (right) just before the college at 3rd Street.

Enjoy a ride on the gently rolling roads of southern Jackson County and Cass County.
Great opportunity for an MS 150 shakedown ride

****Don't forget you can register on-line at www.kcbc.org****



Summer Breeze 2010

Make checks payable to **KCBC** and mail to: KCBC, PO Box 412163, Kansas City, MO 64141-2163
Or register online a www.kcbc.org Follow the links to our new Web site.

Ride Fee	Members \$30	Non-Members \$35
Pre-registration discount: if received by Aug. 25, \$5		
KCBC Membership Fee: \$20 Single, \$25 Family, \$30 Sustaining		If you join, use Members column
Total:		

Check all that apply:

- Learn about racing on the KCBC team
- Help plan club-sponsored rides and events
- Learn how to be a ride leader
- Help advocate to make the roads better for cyclists
- Volunteer for club-sponsored rides and events

THERE WILL BE NO DISCOUNTS THE DAY OF THE RIDE

I plan to ride 45 70 100 Miles

E-mail: (required for membership--it is your login) _____

Name: _____ Phone #: _____

Address: _____

City: _____ St: _____ Zip: _____

Emergency contact (name & number): _____

Waiver and disclaimer of Liability: I, the undersigned (a parent for riders under 18), accept that cycling is a hazardous activity, and I accept all risks associated with participation in this event. I agree that in the event of a mishap during the ride, I will not hold Kansas City Bicycle Club, its members or officers responsible for any injury, loss or inconvenience. I further agree to wear an ANSI or Snell approved helmet and to adhere to the rules of the road while riding in this event.

Signed: _____ Date: _____ Single Member/Rider

Signed: _____ Date: _____ Family Member



PRESENTS: **NORTHLAND NIGHTMARE**
SUNDAY, OCTOBER 17

TIME: The ride starts at **8:30 a.m.** with on site **registration** beginning at **7:30 a.m.**

WHERE: The ride begins at Bennett Park Shelter house number 2 in Liberty, Mo. (closest to the ball fields and Clayview Dr.)

DISTANCE: 25, 50, 63 and 100 mile routes available. FULL SAG service and traditional "extra" goodies, with a picnic style meal offered at the finish.

DIRECTIONS: Take I-35 north to MO 152 (Barry Rd.) exit. Turn right and continue through series of stoplights, passing MO 291. The next stoplight will be Clayview Dr. Take this left and follow it through the residential neighborhood up the hill. Take the second left at the top of the hill to enter Bennett Park. Shelter house #2 is on your first left. Restrooms are available.

It's the season for leaf peeping and cool, crisp days. A perfect time of year to ride the beautiful hills around Smithville Lake and rural Missouri. KCBC's great SAGs will be out there with lots of water and tempting goodies. If that isn't enough, there will be a picnic after the ride at Bennett Park where you can recover and visit with your cycling buddies.

****Don't forget you can register on-line at www.kcbc.org****



Northland Nightmare 2010

Make checks payable to **KCBC** and mail to: KCBC, PO Box 412163, Kansas City, MO 64141-2163
 Or register online a www.kcbc.org Follow the links to our new Web site.

Ride Fee	Members \$30	Non-Members \$35
Pre-registration discount: if received by Oct 13, \$5		
KCBC Membership Fee: \$20 Single, \$25 Family, \$30 Sustaining		If you join, use Members column
Total:		

Check all that apply:

- Learn about racing on the KCBC team
- Help plan club-sponsored rides and events
- Learn how to be a ride leader
- Help advocate to make the roads better for cyclists
- Volunteer for club-sponsored rides and events

THERE WILL BE NO DISCOUNTS THE DAY OF THE RIDE

I plan to ride 25 50 62 100 Miles

E-mail: (required for membership--it is your login) _____

Name: _____ Phone #: _____

Address: _____

City: _____ St: _____ Zip: _____

Emergency contact (name & number): _____

Waiver and disclaimer of Liability: I, the undersigned (a parent for riders under 18), accept that cycling is a hazardous activity, and I accept all risks associated with participation in this event. I agree that in the event of a mishap during the ride, I will not hold Kansas City Bicycle Club, its members or officers responsible for any injury, loss or inconvenience. I further agree to wear an ANSI or Snell approved helmet and to adhere to the rules of the road while riding in this event.

Signed: _____ Date: _____ Single Member/Rider

Signed: _____ Date: _____ Family Member

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY, AND PARENTAL CONSENT AGREEMENT
("Agreement") for LEAGUE OF AMERICAN WHEELMAN D/B/A LEAGUE OF AMERICAN BICYCLISTS ("LAB")

IN CONSIDERATION of being permitted to participate in any way in The Kansas City Bicycle Club ("Club") sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I may incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, its respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS. And, I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I AM 18 YEARS OF AGE OR OLDER, HAVE READ AND UNDERSTAND THE TERMS OF THIS AGREEMENT, UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, HAVE SIGNED IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW. I AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Kansas City Bicycle Club Membership Form

The oldest cycling organization in Kansas City, The Kansas City Bicycle Club is a great way to meet people with similar interests and find the best places to ride in the metro area. Annual memberships are only \$20 for Individual Membership, \$25 for Family Membership or \$30 for Sustaining Membership. We hope you'll join us and have your best cycling season ever.

Name: _____

Family Members: _____

Address: _____

City: _____ St.: _____ Zip: _____

E-mail Address: _____ Phone #: _____

Renewal New Member

Please check here if you don't want your address/ phone number to appear in the Membership Directory.

Please check the appropriate line below to learn about:

Mail to: Kansas City Bicycle Club

Interested in racing on the KCBC team

P.O. Box 412163

Helping to plan or work at club events

Kansas City, MO 64141-2163

Being a ride leader

Working in advocacy to make the roads better for cyclists

Volunteering to work club-sponsored rides

IMPORTANT, All members are required to read, understand and sign understanding of the waiver.

I have read and understand the LEAGUE OF AMERICAN WHEELMAN D/B/A LEAGUE OF AMERICAN BICYCLISTS (LAB) RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY A copy of the agreement is printed above.

Signature _____ Date _____

Signature _____ Date _____