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Kansas City

BICYCLE CLUB

NEWSLETTER

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Prez Corner

By Mitchell Williams

Hello Everyone

It's me, just waking up from my long nap. How has everyone been since my last chat? It seems as if it has been such a long time since I have had the opportunity to ride with or see many of you. I truly hope that with the warm late October and early November weather you have been putting in the miles and enjoying our outdoors. It has been absolutely fantastic! The trees were so vibrant this year and it made me appreciate this area so much.

I just wanted to give you all an update on what we have been doing. The Board has been working hard making plans for the coming year and for the future of our club as a whole. Much has been accomplished. Still much more is needed. We are gradually putting in place an infrastructure that will allow for us to become the best there is. I feel that KCBC

has a fabulous group of members and friends. I also feel that such a group is deserving of all of the work and effort that its' elected members have put into it.



I am sure that many of you have heard some talk about the proposed revision of our current by-laws that you will be asked to vote on. They are available on our Web site for the members to peruse along with a summary of the changes from the current by-laws. We felt that in order for us to grow, we had to have the organizational framework that would easily allow us to do so.

It is the dream of the Board to make KCBC the premier cycling club in the region. In order to do that, it becomes necessary to define who we are, what we want to do and then come up with

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Featured Monthly Guest Article

Glorious Gifts

By Dana Meier

"These are the times that try men's souls."—The Crisis by Thomas Paine, December 23, 1776. I haven't read Mr. Paine's entire letter, but I'm pretty certain he was talking about riding bicycles in the Fall and Winter.

There is no light for "after work" bike rides. The weather is changing and unpredictable. It's warm at the start of a ride, windy and cold by the end. No longer are there upcoming rides to train for. The swimsuits have been packed away for the summer. You came close to your mileage goal. You're ready to sleep late on the weekends. It is time to ease off the training

and put the bicycle away for the winter. Right?

Oh, come on people!!

You were just getting good at it and now you want to stop? You just successfully completed the MS150 ride. You are becoming comfortable at doing 65 to 110 miles in a single day. You can ride up hills like never before. You can push yourself on flats and at the end of a training ride you are laughing and smiling. And now, you are considering retiring to the couch and do what? Watch sports? Dude (and dudettes), you were making your own sporting history just a few weeks ago and now you want to turn into a spectator?

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Upcoming Events

Presidents ride

January 1, 2010

Winter Banquet

January 16, 2010

Spring ride/picnic

April 18, 2010

Jamesport

Double Nickel

May 29-30, 2010

Fountain Tour

June 20, 2010

Summer Breeze

August 29, 2010

KCBC/JCBC

Fall picnic/ride

September 6, 2010

Northland Nightmare

October 17, 2010

For information on other area rides visit <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

concrete plans toward accomplishing that goal. We do have vision and we hope that you share in the vision that we hold.

We want our pay rides to be without peer, especially our Fountain Tour and our Summer Breeze. We are making plans to gain corporate support for the Fountain Tour so that we can have a national flavor. We want to attract riders from all across this great country to come to Kansas City on Father's Day and take a tour of the, "**City of Fountains**" by bicycle.

We have resurrected the racing team of KCBC and I, along with the other board members, am extremely proud of their valiant efforts to promote the name of KCBC in their beautifully designed race kits. Each week throughout the year they are doing what they do, proudly wearing our logo and promoting our club. It is our goal that this team will grow and become a force in the area for many years to come.

We also are interested in developing a touring aspect to our club as well. We are currently working on at least two tours for 2010 and we really would like input from you all as to what kind of tour you would like to do. The tours can range from the sub 24 to extended multi-day tours. The

imagination is the limit on what we can do.

We also want to show the community who we are. We want each other to know who we are. By this, I mean that we want to do at least one ride a month as a club. I mean all of us together, once a month. No SAGs or anything; we just show and go. We have no boundaries; just getting together for a club ride to as my friend Ed says, "That map maker in our mind" takes us. Adventure!

We also have a dream of this metro area becoming a platinum bicycle city in the near future, so advocacy will continue to play an important role in what we do as a club. We will continue to devote a portion of our finances, as well as any other resources that we have toward that goal.

These are some of the areas that we are focusing our time and energies toward making them a reality. It is said that "Where there is no vision, the people perish." Well, I say the same is true of our club, without vision, we perish. Please join in the vision and help us become the best that we can possibly be.

Take care and ride strong!

Mitchell 

Non-Elected Board Members

By Dana Meier

Ever wonder how those people got to be Kansas City Bicycle Club (KCBC) board members? Let me tell you ... becoming one is not the tough part.

The KCBC Board of Directors has five members whom are elected by the general membership. The remainder of the board is comprised of appointments made by the President and approved by the existing Board Members. Most of these appointments are made because someone volunteered to perform a certain task they felt they could help the club with. For example, Ryan Philyaw volunteered to coordinate the Northland Nightmare ride. We had lots of volunteers who helped with the ride. We have developed some pretty detailed checklists for putting on pay rides. And many of the other board members assisted Ryan. But Ryan made sure all the little parts came together on the day of the ride. He did a wonderful job. You could

head up a ride ... just contact Mitchell.

Board Trivia: Did you know the KCBC board rode in a combined 45+ pay rides during 2009.

Some appointments are made for reoccurring tasks. Robb Jones is our new club Webmaster this year. There is no way our new Web site would be working without his assistance. We have several projects we would like to implement but we lack the time to complete them all. Wouldn't it be great to have membership cards you print out yourself online through the KCBC Web site? Board members need to be able to access/store small and large files stored in a central location, like an FTP site, only with more security and with a redundant backup.

The newsletter could use more articles about bicycling related activities in the KC metro area. That means another writer or two.

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Featured Monthly Guest Article continued from page 1

Your legs are solid muscle. Don't let 'em melt away. Your resting pulse is in the low 60s, high 50s. Flights of stairs don't leave you winded. Aren't your clothes beginning to fit a little better? Don't let it slip away... **"The glorious gifts of the gods are not to be cast aside."**
—Homer, *The Iliad*.

This is the time you need to rally around your biking buddy(ies). If you don't have one, find one! Peer pressure works great for me when it comes to getting out of bed, getting off the couch and getting outside for some exercise. You can still ride on the weekends. It's OK to ride short distances. Sure, it is a hassle to put on all those cold weather clothes for a short ride. Now is the time to be setting mileage goals. You set summer mileage goals. Work on increasing your winter mileage. Any mileage is better than seeing a big fat zero on your training log. **"What we obtain too cheap, we esteem too lightly: it is dearness only that gives everything its value."**—Thomas Paine

Perhaps you should look into "Spinning Classes." Take up daily walking. Try some weight training. (Sure, your legs are strong, but you have the upper body of Pee Wee Herman.)

Drag out that trainer. Bring it into the house. Put it in the living room. Set it up

in front of the TV. (Now be smart about this. Set it up when your spouse is out of town. And prepare a favorite meal [with lots of wine] before they see the new look living room.) Maybe get his and her trainers. You've always wanted to bike with your spouse, but your spouse always complained that you'd leave him/her in the dust. Now is the time to work on getting **them** in shape for riding next spring. Remember, it is always easier to buy new biking gear when **both** of you are purchasing new stuff.

I called a riding buddy the other day. I asked him if he was still planning on riding the next day. He made up some really good excuse about a girl, putt-putt golf and dinner. What a sad story!! So, I called another biking buddy who said, "Sure I'll ride. What's a little wind and rain? It'll be great." It turned out to be a great ride. It was cold and a just a bit wet, but we saw a beautiful sunset.

The point is, don't give in to the recliner. Don't give into the Fall TV schedule. Don't give into the Seven Deadly Sins. Well, ... OK maybe biking can't save you from all seven. But biking can hold two or three of them at bay. So ... are you feeling guilty yet? Then let's ride! 🚲

Non-Elected Board Members continued from page 2

Melinda Kelsey, our newsletter editor, does a great job. But, we could always use someone to assist her when she is traveling or when she has a heavy workload at her real job.

Board Trivia: Did you know ten of our board members rode more than 1,500 miles each, during 2009. Five of these rode more than 3,000 miles each while one rode more than 5,000 miles this year. We also had two board members who rode less than 300 miles this year. Non-gearheads are also welcome on the KCBC board.

Laura Chipman is our bicycling advocacy member. She attends meetings where bicycling policy is being set at the city, county and state levels. She is a voice always calling out to our government representatives and others who can

impact the future of bicycling in Kansas City (KC) and Missouri. She works tirelessly for the cycling in KC. She would always appreciate having someone to attend meetings with or have someone to split the meetings she needs to attend. We welcome someone who would report on the events of these meetings to the club membership.

Board Trivia: One of our board members hit a maximum speed on a ride this year of 48 mph.

One of the ways we can mark ride routes is by putting "yard sale sized directional signs" into grassy areas along the route, showing riders to turn right or left or continue straight. They are more visible than spray painting arrows on the street. But they cost big bucks to purchase, they take longer to put up and

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2009 Board

President:
Mitchell Williams

V.P. Touring:
Lou Joline

V.P. Racing
David Mathews

Secretary:
Bob Pisciotta

Treasurer:
Ron Puett

Advocacy:
Laurie Chipman

Publicity:
Chris Pace

Hospitality:
Gloria Larson

Volunteer Coordinator:
Richard Johnson

Newsletter Design &
Editor:
Melinda Kelsey

Membership:
Dana Meier

Webmaster:
Robb Jones

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@kcbc.org by the first of the month prior to the publish month.

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KCBC Newsletter

Winter cross training

By David Mathews

This time of year your weekly mileage has likely plummeted. Many of us have started riding the trainer in the basement, began lifting weights, enrolled in a spin class, or taken up running again to provide a fitness bridge to the spring cycling season. One other activity you should consider is cross country skiing which has long been recognized as the ideal winter cross training activity for cyclists.

Last year a group of about 20 local cyclists (KCBC and JCBC members) established the KC Nordic Ski Group. The group served as an informal network to get together and ski locally or road trip to the white stuff when it was nearby. This year the group has established a Yahoo! group. Interested in joining? Go to http://sports.groups.yahoo.com/group/KC_XC/ or e-mail to mathews3@mindspring.com.

I'm standing by my prediction of snow on the ground for 60 days this winter. 🚲

Non-Elected Board Members continued from page 3

most importantly, they must be taken down after a ride. We could use someone who is dedicated to marking ride routes. Currently, board members takes turns ... but it would greatly reduce the work load on a select few if we had help in this area.

Board Trivia: Most of our board members have one or two bikes. One member has 6 bikes.

Before a ride, we fill up 27 10-gallon water coolers with ice and water. We price compare and then purchase bread, peanut butter, bananas, cookies, candy, power bars, watermelon, jelly, beef (for BBQ), sodas and more. All of this needs to be split up among the SAG stops on a ride. After the ride is over, unused, nonperishable items must be stored until the next ride. Silverware, knives, cutting boards and water jugs must be cleaned and dried and stored for the next ride. A great deal of this work over the past few years has fallen to Ron Puett. Certainly Ron would welcome additional hands to take care of these necessary tasks that few people fully appreciate. We also really need a safe place to store our KCBC trailer (besides in Ron's driveway). If anyone has an unused garage stall, or has space in an accessible barn for us to use, please let us know.

We could use someone to help calculate how much food needs to be purchased for each ride and determine the allocation of food among the SAGs on a ride. Again, we have developed some pretty sophisticated spreadsheets to help with this task, but it takes time to generate this information. Again, help is always appreciated.

Board Trivia: The number of jerseys board members own ranged from three to 23. The majority had 10 or more jerseys.

Richard Johnson does a wonderful job of recruiting and organizing volunteers who assist with our pay rides and other events during the year. David Mathews has lead the way in bringing back a racing team to the KCBC. Gloria Larson is the key person behind the planning for our club picnics and the winter banquet. Wendy Biggerstaff has lead the push to update our bylaws. In the very near future, we hope to be able to accept corporate monetary support for rides and events.

This past year, we converted to an entirely new way of tracking current member memberships, renewing memberships, sign-up for new members and paying online for rides. Our newsletter is available online and we now have a way to notify our readers when a new newsletter is available. All of this was done by our current board. We could always use more help.

Board Trivia: Most of the board members participated in multi-day weekend rides or weeklong cross state rides. Most participated in events requiring a two to four hour (or longer) car drive to reach the start of the event or an equally lengthy drive to return home after the ride was complete.

We'd also like to become more proactive in long term planning for the club. We'd like to initiate weekly or monthly club rides for members/non-members. No cost, no food, no SAGs, just a gathering of people who want to ride their bicycle.

Are people interested in doing touring type rides over a weekend? If so, where would they like to ride? Let's bring touring back to KCBC.

We would like to make KCBC items (jerseys, shorts, socks, other) available in an online store. These are projects that get pushed aside because we're reserving park shelters and riding the route for an upcoming ride, checking for road closing and dangerous intersections. More hands would help us complete more projects.

Do you like what the KCBC did in 2009? Then, tell us what you liked. Do you believe our club could do something differently in 2010 and be more successful? Then, tell us what we should change. I invite you to attend a KCBC board meeting¹. Share your ideas with the board or champion an idea, an activity or an event and become an appointed member yourself. Like I said, becoming an appointed board member is not the tough part.

¹Board meetings are the second Tuesday of every month. They begin at 5:30 p.m. The location of the board meetings may change. Contact a board member for the location of the next meeting. 🚲

Racing News—2009 Year End Review

By David Mathews

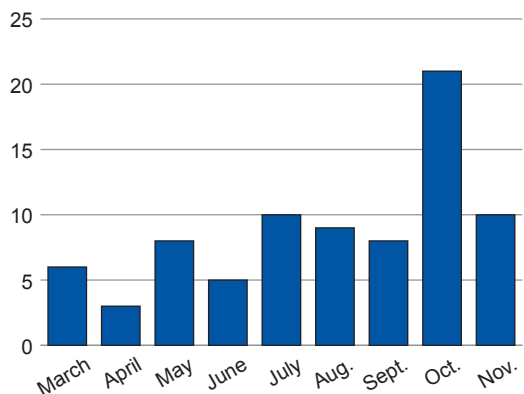
The 2009 season was an exciting year for KCBC Racing. After a brief hiatus in racing, the club began to reestablish its presence in the local racing scene.

The race team's conception began over pizza in the Country Club Plaza in late February. Ten of us, including KCBC President Mitchell Williams, got to know one another and exchanged ideas on the upcoming race season. Our first big task was to order race kits (team apparel) before too much of the season slipped away. Cheryl Shakespeare and Pat Robinson jointly took on the challenge of developing a new design. After many ideas were exchanged via e-mail, the design was finalized in March over breakfast in Westport. The fuchsia and yellow that had represented KCBC Racing for 15 years was replaced with baby blue and orange trim. The jersey prominently displays the KCBC Logo and includes "creating a better cycling community" across the back pockets. Clearly, this is a new era for KCBC Racing.

The team continued to grow with members competing in a variety of races through the spring and early summer. We began weekly team rides in July. Each week a different member took responsibility for organizing the ride so the format and location were different each week. These summer rides continued until September when they were replaced with weekly cyclocross clinics organized by KCOI/Boulevard Racing.

At the time of this writing (mid-November) KCBC Racing members had competed over 80 times. Figure 1 presents a summary of races by month from March to November. You might note the gradual increase in races over time

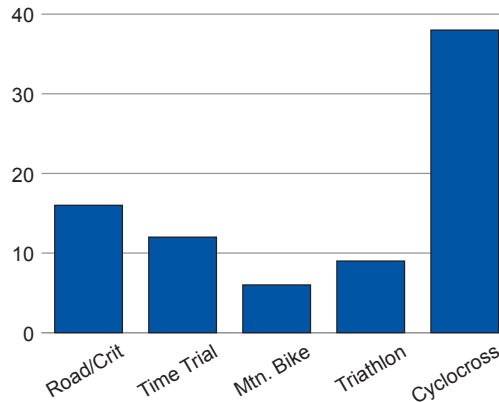
2009 Races by month



with a significant jump in October due to cyclocross season.

Figure 2 presents a summary of races by category. Even though we were a new start-up team, we demonstrated our diversity and covered a wide spectrum of racing disciplines.

2009 Races by category



KCBC Racing members met again in early November to reflect on the 2009 season and discuss the upcoming season. Members shared their individual goals as well as ideas for the whole team. The predominant themes discussed for 2010 include:

- To grow the team by recruiting new members.
- To do more road racing as a team.
- To do more training rides together as a team.
- To consider organizing a race.

Racing has always been important to KCBC. I believe the club's pillars are advocacy, recreational riding (touring) and racing. The thing that makes KCBC strong is the balance that it maintains in these areas. Members can participate in different aspects of cycling without having to join multiple organizations. Attracting new riders has always been a fundamental objective of the club. New riders often enjoy the challenge of riding longer and/or faster as their skill and fitness increase. KCBC Racing provides the ideal stepping stone for all club members that desire to participate in competitive aspects of our sport.

If you are interested in racing in 2010, contact racing@kcbc.org.

Two wheels in Taiwan

From Adventure Cycling


"I do a lot of blogging on Taiwan," writes 'Vorkosigan' of the Daily Kos, "and I also do a lot of biking. Many DKOS readers are enthusiastic cyclists, and I thought I'd share one of the island's best kept secrets: its fantastic potential as a bike tourism destination." Click on the following link to view some special scenes and spectacular scenery from a weekend bike ride on this 250-by-90-mile island controlled by the Republic of China: <http://tinyurl.com/ygag8oy>



KCBC Racing team, photo taken before the Fountain Tour ride by Melinda Kelsey

KC Sprints had their first race Nov. 14 at Harlings on Main

KC's local goldsprints/roller racing series had their season opener at Harlings Upstairs (Main Street at Westport Road). You have to see it to believe how much fun head-to-head roller racing is. It involves stationary bike racing with computer scoring, lots of cheering and beer. And if you're up for, you can join the competition. \$5 to be part of the bracket racing (prizes for the winners) \$2 grudge matches (bragging rights for the winners).

From the reports I heard it was a great success with a bigger crowd and more sponsors signing on. This is the second year of sprints. Here's the blog: <http://kcsprints.blogspot.com/> and here is a source for photos and more news <http://zekesbiken.blogspot.com/>. 

Law firm urges opposition of new KC zoning ordinance

Your club advocate and other advocates for cycling and walking worked with KCMO for more than two years to get bicycle parking written into the new development code—and we got it! The code had not been rewritten since the 1950s. We want KCBC members to be aware of this and to know that this fight is not over even though the code was passed by council in June 2009. In the article below, you can read about developers who will continue to work against our interests. We and KCMO staff actually had a meeting and formed a compromise with the lawyers on the bike parking requirements, yet they are not happy. The lawyers below are at city hall EVERY DAY working for their developer clients. We are there when we find out about bicycling and walking issues and we have to leave work to attend meetings.

Not all developers in town agree with the group below. If you know of any developers who support bicycling and walking we would like to hear from them to help us make sure that city hall listens to us in the future. My comments in [].

Laurie Chipman, KCBC advocate

By Kevin Collison, The Kansas City Star

Kansas City finally has adopted a new zoning ordinance after six years of preparation, but some players in the development industry say this has created another obstacle to investment.

At a pair of seminars on the new rules hosted last week by the White Goss Bowers law firm, which coincidentally does substantial real estate work, developers were urged to unite and fight the regulations.

They already have been approved by the Kansas City Council and are set to take effect June 1.

"The new development code can be viewed as the common enemy we have to confront," lawyer James Bowers Jr. told an audience at the Screenland Theater, adding that city planners who crafted the new ordinance were "not evil, but in my view there are some areas where they're overregulating."

Bowers described the new rules as far more complicated and cumbersome than those they were replacing, and giving more power to city staff at the expense of elected officials. *[It's easier for developers to influence elected officials with campaign donations, their presence in city hall, etc. than to influence city staff.]*

To listen to the presentation, the development industry was out-hustled big time over the past couple of years by bicycle enthusiasts, anti-billboard activists and other green-related interests when it came to getting the ear of planners and elected officials.

The more-criticized aspects of the latest rules included what was called an outright ban on new billboards and most electronic signs; requirements to set aside significant amounts of space at projects for bicyclists to park; and when it comes to cars, new landscaping rules that include planting a tree for every five parking spaces.

Substantial time also was devoted to new stream buffer zone requirements that will expand the area restricting development near waterways by up to 150 feet. *[The original proposed stream buffer ordinance was much stricter so the current one is a compromise to the developers.]*

"There's somebody in this room who will lose substantial value, but you don't know about it yet," Bowers said.

There was one bright spot in the new ordinance, according to lawyer Aaron March.

"No parking is required if a building being developed is historic or a landmark," he said.

On the other hand, the former ordinance allowed developers to redevelop old warehouses and other industrial buildings into residential lofts without additional red tape. Now, a special permit will be required.

Bowers urged anyone contemplating a development to submit a plan to City Hall before the new rules go into effect.

In the months leading up to the policy adoption, a group called KC DEED (Developers for Enduring and Environmentally Sensitive Development) was organized.

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St. Louis named bronze-level Bicycle Friendly Community

By Brent Hugh at 10/20/2009

Missouri landed its second officially designated **Bicycle Friendly Community** today, as the League of American Bicyclists named the city of St. Louis, Missouri, as a bronze-level Bicycle Friendly Community.

Columbia, Missouri, was recently designated as a silver-level Bicycle Friendly Community.

Missouri also has two Bicycle Friendly Businesses: REI St. Louis and the Velocity Cafe and Cyclery.

The goal in **MoBikeFed's Vision for Bicycling & Walking in Missouri** is one silver-level Bicycle Friendly Community, five bronze-level, and at least 5 more working towards BFC status by 2012. So we're getting there!

To find out more about the program see: www.bikeleague.org/programs/bicyclefriendlyamerica/

From the League of American Bicyclists' press release:

St. Louis, Mo., for example, is one of the 70 largest cities surveyed in the ACS and a new BFC.

The community nearly doubled their number of bicycle commuters from 2000 to 2008. The city has completed several noteworthy projects within the past year, including 53 new miles of on-street additions to the bikeway system, a \$10 million investment, and an expansion of bicycling education offerings for children and adults. "St. Louis like cities across the country, is making smart investments in building a welcoming community for biking that will inevitably lead to more, healthier and sustainable transportation options and increased recreational opportunities." stated Bill Nesper, League Director of the Bicycle Friendly America program.

The BFC program is revolutionizing the way states and communities evaluate their quality of life, sustainability and transportation networks, while allowing them to benchmark their progress and work toward improving their bicycle-friendliness.

The application process to become a BFC is rigorous;

currently only 124 of the 318 total applicants have a BFC four-year designation. The renewal process and four levels of the award – platinum, gold, silver and bronze – provide a clear incentive for communities to continuously improve.

The BFC application process itself for St. Louis was a major job--the process was spearheaded by a committee including representatives from the **Great Rivers Greenway District**, the **Missouri Bicycle & Pedestrian Federation**, **TrailNet**, the **St. Louis Regional Bicycle Federation**, the City of St. Louis, and a number of others.

Congratulations to all involved on a job well done! 🚲



KC zoning ordinance continued from page 6

While there were some improvements, according to the group, the city ignored key requests that additional staff be hired to implement the plan, and that an ombudsman be established to resolve conflicts between departments.

In a May letter, DEED members warned the council and City Manager Wayne Cauthen that the new rules could seriously hamper economic development in Kansas City and push development to the suburbs. *[Many of the suburbs have more regulations than KCMO.]*

"If you adopt the new development code, it will be a key component of the factors considered by those deciding whether they want to invest in Kansas City ... not only for the short term but for the future as well," DEED members warned.

Patricia Noll, the planner who led the city's overhaul of the code, said it wasn't done to make life more difficult for developers.

"I know they're not happy with some of these issues," she said, "but we've certainly afforded the KC DEED group the opportunity to be involved."

DEED was disbanded after the new ordinance was approved, but Bowers wants to start a new association so developers can push back on attempts to add new amendments.

"This isn't over," he said. "The city will continue to propose other regulations that will make it more difficult and expensive for you to develop in Kansas City.

"I view this as a competition with the city over these regulations and how far it will go." 🚲 December 2009–Page 7
KCBC Newsletter

Lodge welcomes coast range ramblers

From *Adventure Cycling*

You say this headline sounds like an announcement for a bluegrass band's upcoming gig? Well, it's actually the header of a story concerning the new Coastal Mountain Sport Haus on the Nehalem River near Vernonia, Oregon. "Designed as a European-style bicycle touring lodge," writes Terry Richard of *The Oregonian*, "the retreat is a dream come true for Glen and Sandy Crinklaw, a vibrant silver-haired couple who gave up suburban life in Washington County for 100 acres held by Sandy's family since 1938. Their hope is that guests will stay for several days ... cycling the bucolic roads, getting close to nature, and simply relaxing, while gorging on Sandy's gourmet cooking three times a day." Where do we sign up?

<http://tinyurl.com/ydza7ha> 

Draft dodger

By *Dana Meier*

In a time long ago, before cell phones, I needed change to make a call from a pay phone. I had been dragged to a mall. I was near a national store chain. So as to not point a finger at an innocent retailer, let's just call this store, "Banana Republic" or BR. I asked the cashier if I might have four quarters change for a dollar. No ... you have to buy something in order to break a dollar. Fine, I pledge never to purchase anything from this store chain. Never, ever!!

When I took up cycling as a serious means of exercise, some 15 years ago, I just couldn't see why I would want to ride in a paceline or draft off riders in front of me. I pledged not to wheel suck off strangers and even worst family and friends. Oh, I know all about the benefits of drafting. I've read articles where drafting can reduce your energy output by 20 to 35%, or more. There are some who say that drafting actually helps reduce the energy output of the lead rider, or the draftee. We all know drafting is a key component and tactic in all bicycle racing.

But, I took up cycling to get exercise. Doesn't it seem weird that in a sport we do for exercise, we so quickly find ways to reduce the actual amount of energy we expend? Riding in a paceline can be dangerous and nerve racking. If you are riding with people whose biking habits you do not know and trust ... a paceline and the whole drafting thing can get a bit dicey. And ... when there is so much scenery to see on a bike trip, who wants to miss the landscape in exchange for staring at the rear wheel in front of you for miles on end.

As I began to participate in longer rides and enjoy week long tours, I began to realize the benefits of drafting. I could keep a steady pace for those 90+ mile rides. I wasn't fatigued out of my mind by the end of the ride. And depending upon whose shapely behind you happened to be trailing, the scenery could turn out to be very nice. (David Mathews wrote an


excellent article in the Oct./Nov. 2009 Newsletter about how to safely draft.)

I was on the latter stages of a particularly brutal Thursday evening ride "up north" by the airport in mid-summer. We had climbed our hills, pushed ourselves and I was focusing on making it to the finish line before my legs turned into Jell-O. A biking buddy, relatively new to our group, had arrived late at the start of our ride. He had ridden his guts out to catch us and now he was having issues making it back home. I hung back until he caught up with me. Then, I invited him draft off of me the final 10+ miles of the ride.

As my buddy and I coasted into the parking lot at the end of the ride, a thought came to me.

- Like Wiley E. Coyote realizing he is no longer on solid ground.
- The shock you get, realizing the circuit breaker is NOT off when you rewire an electric outlet.
- Like the feeling the Grinch had when he realized that maybe Christmas wasn't about presents, boxes, ribbon and bows.

Maybe I should view drafting as a giving thing ... not a selfish act of taking. I had offered my rear wheel to my friend and he had happily accepted the invitation. I felt really good helping my friend finish the ride. And, he thanked me for lending him a wheel to follow.

Long ago I decided to abandon my pledge to never draft. Drafting is a regular part of my group riding. When I'm dragging tail at the end of a ride and someone offers me a wheel ... I willingly accept the gift and gladly thank them when we finish the ride. And if I see someone who could use some help, I happily lend them a wheel. Drafting is a giving thing. As for shopping at "Banana Republic," I have not given them one single dime in over 21 years. 

Armour Boulevard apartments are bike-friendly

From KCBikeinfo

The photo on the right is the **bike room at The Hamilton apartments** on Armour Boulevard in Midtown. It is just one of eleven historic Armour Boulevard buildings being renovated by **MAC Properties**, a bicycle-friendly business that is actively

marketing bicycle storage as an amenity for residents. This keycard-secured room has a capacity of 30-40 bikes and is well

used by tenants of the 70-unit building. While **some real estate developers** have made news for **their skepticism of bicycling**, this one is providing some great leadership.

MAC is planning a **second, larger bike room** across the street to service three buildings currently under renovation – the Bellerive, Park Central and Clyde Manor. This company is doing a great job restoring Armour's elegant old apartment buildings. These Hyde Park apartment homes were a very fashionable at the turn of the century, and still offer great convenience to Westport, the Plaza, Downtown, UMKC, Rockhurst, Penn Valley, Art Institute, etc. 🚲



Eleven years and counting

From Adventure Cycling

It seems that certain Japanese cyclists, perhaps more than any other nationality, take the phrase “long-distance tour” to extremes. Consider 39-year-old Daisuke Nakanishi, for instance, who according to this story has been traveling on his bicycle since he was 28:

<http://tinyurl.com/y8brgyc> 🚲

City cycling soars

From Adventure Cycling

According to the following piece at Treehugger.com, cycling is way up in New York City this year, and it was way WAY up the year before.

Check out the graph; the growth since 2002 is amazing, and bodes well for the future of bicycling in the Big Apple and elsewhere. <http://tinyurl.com/ygpj4xj> 🚲

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:

- **Acme Bicycle Company**
(816) 221-2045
412 East 18th Street, Kansas City, MO
- **Bicycle Shack**
(816) 761-3233
10415 Blue Ridge Blvd., KC, MO
- **Bike America**
(816) 524-1819
325 E. 3rd, Lee's Summit, MO
(913) 780-4500
15291 W. 119th St., 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 NW 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**
(816) 587-8181
7749 N. W. Prairieview Rd., KC, MO
- **Epic Bike and Sport**
(816) 382-3100
6000 NW 63rd Terrace, Kansas City, MO
- **Leawood Bicycles**
(816) 942-4442,
12311 State Line Rd., KC, MO
- **Midwest Cyclery**
(816) 931-4653, 3957 Broadway, KC, MO
- **Pace Bicycle Haven,**
(816) 461-7433,
1215 W. Elm, Independence, MO
- **Peddlers**
(816) 254-6855
139 E. Lexington, 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
- **The Wheel Cyclery**
(816) 455-2453, 5126 N. E. Antioch, KC, MO

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 _____