

# KCBC NewsLetter

January 2008

www.kcbc.org



## Prez's Wheel

By Mitchell Williams

**H**appy New Year! I hope that this year will bring to everyone good health, prosperity, safety and good riding weather [I was told once that there is never bad weather only bad clothes].

This is my first post as the new President of this great club. I have enjoyed my experience as a member and I am sure that I will enjoy my term as your Prez. I will work hard to make this the best year that this club has ever had!

This year will be an enormous one in terms of what we do as a club, starting off with the New Years day ride co-sponsored with the MS Society of Greater Kansas City and winding up with KCBC's classic Summer Breeze ride. Plus each week there are dozens of group rides throughout the city where our members can pedal the streets and trails of this Great Metro Area.

My deepest wish for this year is that there are no accidents that result in death. Last year it seems that there were more accidents that resulted in major bodily harm or even death. Cycling is safe. It is healthy. It is green. Let's make a more conscious effort at being safe. We can do this by following a few steps.

When group riding please follow established rules of etiquette. (A copy of those "rules" are posted on this website).

When riding alone, please remember even though we belong, we are not invincible. Be visible, ride according to the traffic laws and please wear a helmet.

We can educate our friends and relatives that do not cycle or walk about the needs of cyclist and pedestrians.

We can also support lobbying efforts aimed at creating and enforcing laws that protect our right and privileges as cyclist.

I enjoy riding and I am sure that you all enjoy it as well. So let's have fun, be safe and ride strong!

Your Prez,

Mitchell

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## Slippin' and Slidin'...or NOT

From Adventure Cyclist

At the following link you'll find some tips for riding through the winter in Minnesota. If you can do it there, you can do it anywhere, right?

<http://www.rideboldly.org/2007/09/12/plan-now-for-winter-cycling>

And here's a review of tires from ICEBIKE, "Home of the Winter Cyclist," that includes several studded models for extra purchase on that snow and ice:

<http://www.icebike.org/Equipment/tires.htm>

## Avoiding the Big Chill

### How to “layer” your way through winter

By Paul K. Nolan, M.D.

**T**he shorter daylight hours and colder temperatures of winter spell an end to riding for many cyclists. With proper attire and preparation, however, you can ride through winter and continue to reap the benefits and pleasures of cycling. Being a year-round bike commuter myself (including a four-year stint in Michigan), I have learned a few lessons about cold-weather riding.

A good lighting system is the first order of business for winter riding. Your headlight should be bright enough to forewarn you of obstacles in the road with plenty of time to avoid them. A good taillight markedly increases your visibility to motorists. I use a Nightsun headlight and a VistaLite taillight.

With the bike well-lit, how do you go about keeping yourself warm? I use an approach used by many a mom to launch her toddler out into the wintry bluster: layering. Granted, the layering system I use does not have me waddling out like a penguin the way Momma used to do me. Using breathable lightweight materials such as thermal underwear for my base, I'll then put on a thicker layer — a sweater or fleece sweatshirt and sweat pants or tights. A windbreaker and, if needed, rain pants, top off the layers.

I always wear a helmet, and will either wear a head band for cool days, or a knit cap and face mask for the hard cold days. On wet days, I wear a waterproof hood. For my hands, I find the “Lobster Claw” style gloves quite effective in extremely cold weather. For riders with combination brake/shifter levers, hunter’s mittens, where the index finger is covered separately from the mittened middle, ring and little fingers, are a good option.

To keep my feet and toes from going numb, I use wool socks. Cotton socks do not insulate well once they have gotten wet with perspiration. You may need to use a different pair of cycling shoes, a half-size larger than normal, to allow room for thicker winter socks. For extremely cold days, I wear a pair of neoprene over-booties.

Don't overdo it when you layer for winter riding. Dressing too warmly causes excess perspiration, which leads to excess cooling. Layering should be done in such a way that during the first two miles of your ride, you're a little cool. You should begin to feel warm only after you've cranked out a few miles.

Of course, you can remove and replace layers as you adjust to the varying temperatures. A rack pack, large fanny pack or small backpack will give you a place to store the removed layers. If your cycling budget allows for a wind screen, such as a Zzipper fairing, so much the better. Such a fairing does require more astute handling of the bike in crosswinds, however.

Hydration is also a key to winter riding. Even though you may not feel like you're sweating, you're losing fluid through your breath and through imperceptible perspiration. You're also losing calories and electrolytes. To replace these losses, I drink at least 16 ounces of 1/2- to 3/4- strength Gatorade, or the equivalent, for every hour of riding, drinking with frequent swallows whether I'm thirsty or not. If you're riding in below-freezing temperatures, a CamelBak bottle worn under the outer layers of your clothing keeps your drink from freezing.

It's even more important to stretch and warm up before riding in cold weather. The musculoskeletal system is more prone to injury when it is cold and blood flow is diminished. You should take 10 minutes to stretch before riding, then start off at an easy pace for the first 15 minutes of cycling. These simple measures will significantly improve the circulation of blood to your musculoskeletal system and lessen your chances of cold-stress injuries.

If you are prone to cold-air-induced coughing or wheezing, you should see a doctor who is familiar with the management of asthma. There are several effective medications available that can help prevent this problem. Additionally, wearing a face mask like those designed for working in a dusty environment can help warm the air you inhale, making it less irritating to your airway. 🚲



# 2007 In Review

by Cheryel Cross

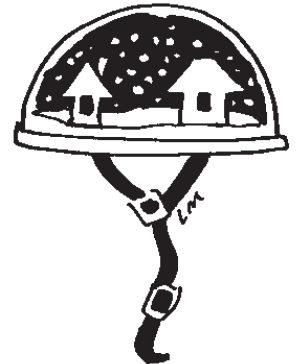
As the outgoing President, I just could not resist writing one more article for our newsletter.

- January 2007:** President's Ride with MS Society had over 150 riders. KCBC banquet, I think we got about six inches of snow that night. Introduction of the 2007 Board of Directors. Ron Puett presented the George Kern Award.
- February 2007** First board meeting with new board members. Dates set for the 2007 ride schedule.
- March 2007:** Work started on designing tee shirts for the 2007 rides.
- April 2007:** KCBC volunteers worked with KC Track on the Brew 2 Brew.
- May 2007:** Jamesport Double Nickel ride was the best ever. Work on the new KCBC website was started. The new Welcome to Kansas City Book came out and had a photo and article about KCBC
- June 2007:** The Fountain Tour Ride had over 300 riders. The tee shirts were a hit and sold out within minutes of start of registration. We had riders as far away as Iowa. New Fountain Tour Route thanks to Pat Leary. Great SAG stops thanks to the volunteers. Active.com initiated for payment of ride fees and membership dues.
- July 2007:** The Northland Delight had nearly 200 riders, the heat god was almost kind and the weather was not too hot, however, the hills were still as brutal. The volunteers were OUTSTANDING. Introduction of the smoker dude who prepared a fantastic picnic. KCBC webpage up and running, and the first newsletter posted on-line.
- August 2007:** KCBC donated \$500 cash to the Gaunt Family after Larry and Sierra were run down and killed while riding around Longview Lake. KCBC had a fund raiser by selling wrist bands and insulated water bottles, donated by Frank Whitney. An additional \$400 was presented to the family. Memorial Ride for the Gaunt family had an attendance of Nearly 700 riders. TV stations and newspapers were present. The Summer Breeze was a huge success, thanks to Chuck Martin And Lynn Cunningham for being in charge. The picnic was fantastic, burgers and dogs burned for you by Bob Salzarulo And Bob Omer. Bob Omer became the new Webmaster and fine-tuned the website.
- September 2007:** MS 150. A rest for the board members, however, KCBC loaned their equipment to the MS Society. Driver charged in the deaths of the Gaunt's.
- October 2007:** Bike4Brain nearly double their riders from the previous year. KCBC/JCBC fall ride and picnic. Picnic, ride, beer cake and good times at Swope Park. Event was put on by the hospitality persons from KCBC, Gloria Larson, and JCBC, Jan Hudzicki. Process started to change the name of the Northland Delight.
- November 2007:** Voting started for the new President and the George Kern Award. KCBC Banquet info announced.
- December 2007:** The votes are in, new Board Members announced. Nathan Lathrop agreed to be the 2008 Editor. George Kern Award recipient voted on by the board based on the members nominations. Plans for the President's ride on January 1, 2008 made. Throne handed over to Mitchell Williams

What an awesome, busy year 2007 was. The club made a lot of progress to grow and become known in the biking community. The progress could not have been accomplished without the help and dedication of the Board of Directors and the volunteers. 🚲

*Nothing compares to  
the simple pleasure of  
a bike ride.*

~John F. Kennedy



## KCBC Ride Schedule

Ride Class: A=Leisurely—Less than 15 mph. avg. B=Medium—15–18 mph avg. C=Fast—over 18 mph avg. Contact the ride leader if you have questions or in case of questionable weather. Helmets are required on all club-sponsored rides.

\* Indicates the ride is NOT sponsored or insured by the KCBC.

### Weekday Rides

**\*Mondays, 6:30 p.m., Gringo's Ride (A, B, C):** Meet in the Westlake shopping mall east of I-35 at Santa Fe in Olathe.

**\*Tuesdays, 6:30 p.m., 75th St. Brewery (B, C):** 18 fast miles of Johnson County

**\*Tuesday, Thursday 6:00 p.m., Blazing Saddles:** Start at Price Chopper at Hwy 470 and Woods Chapel Road. Meet up with the next group starting at 6:30 PM at Buffalo Wild Wings, Little Blue Parkway at I-70. Two starting times and two mileage options. All riding levels welcome.

**Tuesday, 9:00 a.m., Caribou Coffee Ride (A):** Departs from Epic Bike and Sport and ends at Caribou Coffee. Ten miles at a leisurely pace. Free coffee at the end of the ride.

**\*Taco Tuesday Ride 1st and 3rd Tuesday of every month 6:00 p.m..** Starting from the NW corner from the Old Tequila Harry's located at 10239 North Oak, Kansas City MO 64155. Depending on a group decision there will be a 25/30 loop and for those who want to get in some extra miles before meeting for dinner there is an additional loop around the lake. Just look for the Sun Fresh store in the center of the lot. All are welcome; no one will be left behind bring a friend.

**\*Tuesdays, 6:00 p.m., Nothland Ride:** Meet at the north parking lot of the Embassy suites, turn right off the Tiffany Springs Exit of I-29 and left at the next light.. This is a ride for riders looking for an easier terrain, moderately hilly course approximately 25–30 miles and longer later. Last ride to be Sept 18th.

**Wednesdays, 8:30 a.m., Little Blue Parking Lot to Buckner (A, B):** Exit I-70 at Blue Parkway. Go north past 39th St. until the road dead ends into RD. Mize. Turn east a quarter mile to Necessary Road, the new lot is just 100 yards up Necessary. This is a nice loop, passing Ft. Osage, Sibley, and Buckner, then home a different way. Lou Joline, (816) 228-3842, ljoline@aol.com. The ride continues through the winter when the streets are not covered with snow and ice and when the temperature is over 20 degrees.

**\*Wednesdays, 6 p.m., Platte County Scenic (and hilly) 25 miles (B,C):** Want to improve your climbing abilities? This 25 mile loop has plenty of consecutive medium hills that will put the burn in your legs. Meet at the Picture Hills Athletic parking lot west of I-29 and 64th Street (45 Hwy) in Picture Hills Shopping Center. The address is 6501 North Cosby. Ride will take under two ours but lights might be necessary when lack of day light warrants. Questions? Call Joe Miriani at 816-746-4650 or E-mail at joemiriani@hotmail.com

**\*Wednesdays, 6:30 p.m., Chelley's Cafe (A, B):** 85th St. just east of Wornall on the north side of 85th. Expect a slower than usual pace to keep everyone together on the flat to lightly rolling roads.

**\*Wednesdays, 6:30 p.m., Lucky Brew :** Meet on Johnson Dr. between Roe & Nall for 15 miles of KCK hills.

**\*Wednesdays, 6:30 p.m., Discover Vision Centers Welcome Ride:** Join Bill Crawford (816) 350-6943 for this leisurely 10–17 mile ride—Leader stays with the slowest rider—and stay afterwards for fine dining and conversation at the Cactus Grill or the Hen House Food Court. Meet Bill in the parking lot in front of Discover Vision Centers at the southeast corner of 117th & Roe. DONE FOR THE SEASON.

**Wednesdays, 6:00 p.m. Epic Bike Ride (A):** Departs from Epic Bike and Sport for a 12–15 miles depending on the groups' mood.

**\*Thursdays, 6:30 p.m., Blue Moose (A, B, C):** Meet at 71st St. and Tomahawk Creek Road for a fast ride with hills.

**\*Thursdays, 6:00 p.m., Nothland Ride:** Meet at the north parking lot of the Embassy suites, turn right off the Tiffany Springs Exit of I-29 and left at the next light.. This is a ride for riders looking for an easier terrain, moderately hilly course approximately 25–30 miles and longer later.

**Thursdays, 6:30 p.m., Brookside Weekly Ride (A, B):** Meet in the parking lot North of 63rd behind "Breadsmith." You should be able to average 10 mph. We regroup at Village Church and just east of 79 and Lamar where riders choose a shorter or longer route 16–20 miles. We ride all year, weather permitting. Laurie Chapman, (816) 753-3164, chipdsn1@swbell.net.

### Weekend Rides

**\*Saturdays, 8:00 a.m., Ed's Greater Liberty Ride:** Typically meet at Biscari Bros. Bicycles in Liberty, MO on Saturday mornings and ride out to one of five towns for breakfast. Sometimes we meet at Mt. Gilead Church west of Kearney. All speeds welcome. Routes normally range from 30–50 miles. Normally meet at 8:00 a.m. to start each ride. The riding schedule is posted on the web site [www.greaterliberty.org](http://www.greaterliberty.org).

**Saturdays, 9 a.m., Northland Show and Go (A, B):** Meet at 94th and North Oak in the office building parking lot across from the Phillips 66, just north of Hwy 152. Route and distance determined by the weather and mood of the group, usually out for breakfast or lunch somewhere.

*(Continued Page 5)*

## 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) 353-8448, 4013 Sterling, KC, 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  
6000 NW 63rd Terrace, Kansas City, MO 64151
- 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

*(Continued from Page 4)*

**\*Saturdays, 8 am Northland Show & Go from Embassy Suites Hotel (A):** Leave from the Embassy Suites Hotel, north parking lot. Tiffany Springs exit off of I-29, next exit north of Barry Road. Destination is negotiable, but breakfast is always on our mind. Mileage will vary from 20–60 depending on the mood of the group. We may ride somewhere to meet another group of riders. This is a TOUR, not a race. No one left behind. Contact Kryisia Gornicki (816) 245-4123 [kryisiaag@juno.com](mailto:kryisiaag@juno.com)

**\*Saturdays and Sundays, 9 a.m., Prairie Village Hen House Show & Go (A, B, C+):** Saturdays and Sundays, 9 a.m., Prairie Village Hen House Show & Go (A, B, C+): Meet at 69th & Mission Road in the Prairie Village Shopping Center. Ride usually splits into two groups with average speeds of 13–15 and 18–up. Ride regroup along the way. The route, distance and breakfast spot are decided by the participants. Two groups meet in the parking lot. One group goes a shorter distance and at a slower pace than the other. The faster group averages 17–18 mph and reaches speeds of 35+ mph during the ride.

**\*Saturdays, 8:00 a.m., Epic Bike Ride (B, C):** departs from Epic Bike and Sport for 15–30 miles depending on groups' mood.

**\*Sundays, 8 a.m., Bloomsday Show and Go (A):** The very flexible Bloomsday Ride begins at Brookside, KCMO, in the parking lot next to the Brookside Sun Fresh grocery store, currently being gutted and renovated. Next stop for the ride is the City Market Coffeehouse downtown, around 8:45 to 9:15 am. And beyond... D1 & D3 (Doug Havich and Doug Polson)

**Sundays, 3 p.m., Raytown Fun Welcome Ride (A, B, C):** Meet at Raytown Square parking lot, 350 Hwy and Gregory in Raytown, near Schlotsky's Deli. We ride every Sunday unless the temperature is above 32 or there is pouring rain. Plan about 90 minutes for the ride. For info, contact Brent Hugh (816) 356-1740, [bhugh@mwsc.edu](mailto:bhugh@mwsc.edu), 10–12 mph average.

**Sundays, 4:00 p.m., Epic Plaza Bike Ride (B, C):** departs from Epic Bike and Sport for 38 miles

Please check the website as rides and times may change. 🚲

## 2008 Board

President:	Mitchell Williams
Secretary:	Pat Leary
Treasurer:	Ron Puett
Advocacy:	Laurie Chipman
V.P. Touring:	Lou Joline
V.P. Racing:	Peter Greig
Hospitality:	Gloria Larson
Publicity:	Open
Volunteer Coordinator:	Open
Web Master:	Bob Omer

Editor:  
Nathan Lathrop

Visit our web site for contact information.

## News Letter 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 news letter information to:  
[editor@kcbc.org](mailto:editor@kcbc.org) by the 1st of the month prior to the publish month. 🚲

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 Cycling 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 Cycling 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 "RELEASEES" 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 "RELEASEES" 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 "RELEASEES" 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 Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES 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:

- Helping plan or run some of the club's events.
- Being a ride leader.
- Making a difference for all cyclists (advocacy)
- Volunteering for club-sponsored rides

Mail to: Kansas City Bicycle Club  
P.O. Box 412163  
Kansas City, MO 64141-2163

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 \_\_\_\_\_