

# kc b c N E W S

april 2008

www.kcbc.org



## Prez's Wheel

by Mitchell Williams

Hip Hip Hurray! Warmer weather is rapidly approaching, the birds are chirping, the flowers and trees blooming, and the grass is greening—spring has arrived. The daylight hours are getting longer and with that, thoughts of another riding season are filling my head. It indeed has been a long, cold, and wet winter, but winter always turns into spring.

April is the start of the local riding season. This month there are two events: JCBC's Spring Classic (April 19) and the next day April 20th our club is hosting our Spring Picnic and ride in Eastern Jackson County. Please go to the website, [www.KCBC.org](http://www.KCBC.org) for more details. JCBC could use the support of our club with volunteers and riders so visit their website at [www.jcbikeclub.org](http://www.jcbikeclub.org). Remember that as a member of KCBC you get a discount on all of their pay rides and they get a discount on all of our rides as well.

The month of May brings the traditional "Bike to Work Week". The ride will be held the week of May 11–17 at various sites in the Metropolitan area. It is our great fortune as a club to host 2 significant events that week. Wednesday, May 14th at the Brookside location we will participate in the national Ride of Silence. The stated objective of this ride: "Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves". KCBC will also host breakfast on the Trolley Trail May 16th from 6am to 9am. It is a joint event sponsored by KCBC, The American Diabetes Association, Family Bicycles and the KC Area Transit Authority. Towards the end of May KCBC will sponsor the Jamesport Double Nickel, May 24-26. This is a quaint tour of Missouri Ammish Country with routes of varying distances.

June will see our most popular ride, the Fountain Tour which will be bigger and better than the previous years. It will be held June 22nd. June will also see the ADA's ride—The Tour de Cure, which is one of my favorite causes; educating the public about diabetes and raising money seeking a cure to this terrible disease. JCBC will also host the Lone Star Century ride this month.

July will see our old ride with a new name—The Northland Nightmare, formerly the Northland Delight. If you are looking for hills and a thigh busting ride this is the one to do. Many attempt, but few...

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In August we will sponsor our Summer Breeze ride from Longview Lake—KCBC's last major ride of the year. August will also see the 45th annual Tour of KC, a benefit for the Kansas City Metropolitan Crime Commission. Our summer picnic and ride will be held at this event in the beautiful and historic Northeast area of Kansas City.

September will bring the largest cycling event in this area, the MS150. October is the joint ride and picnic cosponsored with the JCBC. We are planning this to be a community oriented event and a gift from both clubs to the cycling community; those who currently cycle and those aspiring to ride.

We have a packed agenda for this year with events that are open to all. It is my desire as President to make each of these events better than previous years and accident free. I am asking for your support and input to make Kansas City the best city in America for cycling. **MN**

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## Seeking bikes for Bicycles on Parade

By Quad-City Times Staff | Tuesday, March 11, 2008

LeCLAIRE, Iowa — As Chicago had Cows on Parade a few years ago, LeClaire will have Bicycles on Parade this summer for RAGBRAI's arrival and to celebrate Quad-City bicycling activities.

The LeClaire Chamber of Commerce is seeking donations of 100 bicycles by April 30. The bicycles may be in any condition and will be painted and decorated to be placed as art in downtown LeClaire to greet summer visitors and bicycle riders. The Register's Annual Great Bicycle Ride Across Iowa will end in LeClaire on Saturday, July 26.

Donated bicycles may be dropped off from 7am to 3pm, M–F at the LeClaire Public Works facility on Iowa Drive behind the Mississippi Valley Welcome Center. For more information, call Pam Ellis at (563) 322-3911, Ext. 118.

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## Ride4Habitat

Ride4Habitat is a charitable cycling event that supports the Habitat for Humanity affiliate of Johnson County, Missouri. During the summer of 2008, Pam Culbertson, Carol Kaufman and Barbara Torres will ride the Northern Tier to help raise funds for Habitat for Humanity.

Fortunately, their dedication to the cause of Habitat for Humanity matches the task at hand. To fully fund a Habitat home in Johnson County, the Ride4Habitat riders will need to raise \$60,000. Donations will help eliminate substandard housing and providing a simple, decent house for a local family. Habitat for Humanity Johnson County has 501(c)(3) status and donations are tax-deductible.

For more information please visit: <http://www.ride4habitat.org/index.php>

## 2008 Rides

April 20, 2008  
Spring Club Ride & Picnic

May 24-26, 2008  
Jamesport Double Nickel

June 22, 2008  
Fountain Tour

July 6, 2008  
Northland Nightmare  
(formerly Northern Delight)

August 9, 2008  
Tour of KC Ride & Picnic

August 24, 2008  
Summer Breeze

October 11, 2008  
Joint Club Ride & Picnic

## Cycling for Food: Engineers Work on Pedal-powered Grain Crusher

Heather Klein crisscrosses the campus of Glassboro, N.J.'s Rowan University, from the College of Engineering to the townhouses, the dining hall to the Rec Center, on a blue Huffy 26-inch beach cruiser bicycle. She's hoping a clone of the bike, picked up at the K-Mart in Glassboro for about a hundred bucks, may some day make the difference in the lives of people living half a world away.

Klein, 22, a senior civil engineering major from Toms River; Josh Bonzella, 22, a senior civil engineering major from Mullica Hill; and Kevin McGarvey, 22, a senior mechanical engineering major from Williamstown, are working with Dr. Beena Sukumaran, a civil and environmental engineering professor, to develop a pedal-powered grain crusher.

Their goal? To produce a fairly simple mechanical device that people in developing countries can use to process anything from corn to barley. If it's successful, the grain crusher can help produce food for residents of Third World countries and enable some people to generate an income as they travel from community to community crushing foodstuff for a price.

Right now, the device—which students have been working on for the better part of two years and which has gone through several iterations—is in the development stage. The students and professor, as part of a Rowan Engineering Clinic, have built an aluminum grain crusher that attaches to the bicycle, which is mounted on a stand. As a rider pedals, the back wheel moves a contact element that turns a pulley that moves plates in the crusher to process the food from large to fine pieces suitable for cooking. Corn, lentils, split peas and barley — the grain crusher has worked on them all.

“That’s why we didn’t want a very complicated design,” said Sukumaran. “We wanted to come up with some kind of mechanized device that does not depend on power.” She hopes if the Rowan team members come up with a workable design they can transfer it to people in developing nations to produce themselves.

“This bike could be any bike. We made the grain crusher so many different size tires and wheel configurations will work with it. Someone could ride this from village to village and then connect to the community grinder and basically perform this task,” said Bonzella. He noted variations of the grain crusher do exist, but they generally feature store-bought, hand-operated grinders that are very labor intensive.

Klein is pleased to be lending her expertise and energy to such an important effort. “It will be nice to see it used by people who really need it,” she said. “That will be the best thing—that people’s lives can be made easier because of this project.”

## Woods Chapel Road renovation begins

From The Examiner

Woods Chapel Road, from I-470 to Liggett Road, is going to become a lot wider.

Jackson County Executive Mike Sanders and Lee's Summit Mayor Karen R. Messerli broke ground this morning at the Fleming Meeting Hall, 21906 Woods Chapel Road, on the \$7.82 million project.

This 2.1-mile stretch will go from two lanes to four and five lanes, including a center turning lane. Some preliminary work began Wednesday. Work is expected to take 241 working days or the equivalent of one-and-a-half to two years, depending on weather.

Two lanes of traffic will remain open throughout construction; however, there will be temporary closures, for as much as a couple of days at a time, at intersections.

Other renovations to the road will include upgrading street lights and water mains, as well as installing storm sewers and generally improving the grade of the road.

A 10-foot wide bicycling path will also be created on the south side of Woods Chapel Road and a five-foot wide sidewalk will be placed on the north side of the road.

## 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 PM, Gringo's Ride (A, B, C):** Meet in the Westlake shopping mall east of I-35 at Santa Fe in Olathe.

\***Tuesdays, 6:30 PM, 75th Street Brewery (B, C):** 18 fast miles of Johnson County

\***Tuesday, Thursday 6:00 PM, 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 AM, 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 PM.** 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 PM, Northland 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 AM, 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°.

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

\***Wednesdays, 6:00 PM, Platte County Scenic (and hilly) 25 miles (B, C):** Want to improve your climbing abilities? This 25 mile loop has plenty

## 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!

### Acme Bicycle Company

(816) 221-2045  
412 East 18th Street  
Kansas City, MO

### Bicycle Shack

(816) 761-3233  
10415 Blue Ridge Blvd.  
Kansas City, MO

### Bike America #1

(816) 524-1819  
325 E. 3rd  
Lee's Summit, MO

### Bike America #2

(913) 780-4500  
15291 W. 119th St.  
Olathe, KS

### Bike America #3

(913) 381-5431  
9514 Nall  
Overland Park, KS

### BikeSource

(913) 451-1515  
11500 W. 135th St.  
Overland Park, KS

### Bike Stop Bicycle Store #1

(816) 224-8588  
925 W. 40 Hwy  
Blue Springs, MO

### Bike Stop Bicycle Store #2

(816) 353-8448  
4013 Sterling  
Kansas City, MO

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 hours 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 PM, 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 PM, Lucky Brew:** Meet on Johnson Dr. between Roe & Nall for 15 miles of KCK hills.

**\*Wednesdays, 6:30 PM, 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.**

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

**\*Thursdays, 6:00 PM, Northland 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 PM, 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 AM, 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, 9:00 AM, 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.

**\*Saturdays, 8:00 AM, Northland Show & Go from Embassy Suites Hotel (A):** Leave from the Embassy Suites Hotel, north parking lot. Tiffany

**Biscari Brothers Bicycles #1**  
(816) 231-1331  
5116 Independence Ave  
Kansas City, MO

**Biscari Brothers Bicycles #2**  
(816) 792-8877  
884 S. 291 Hwy  
Liberty, MO

**Cycle City**  
(816) 587-8181  
7749 N. W. Prairieview Rd.  
Kansas City, MO

**Epic Bike and Sport**  
(816) 382-3100  
6000 NW 63rd Terrace  
Kansas City, MO 64151

**Leawood Bicycles**  
(816) 942-4442  
12311 State Line Rd.  
Kansas City, MO

**Midwest Cyclery**  
(816) 931-4653  
3957 Broadway  
Kansas City, 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  
Kansas City, MO

**Trek Bicycle Store**  
(913) 631-6800  
10412 Shawnee Mission Pkwy.  
Shawnee, KS

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 Krysia Gornicki (816) 245-4123 krysiaag@juno.com

**\*Saturdays and Sundays, 9:00 AM, 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 AM, Epic Bike Ride (B, C):** Departs from Epic Bike and Sport for 15–30 miles depending on groups' mood.

**\*Sundays, 8:00 AM, 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 Havach and Doug Polson)

**Sundays, 3:00 PM, Raytown Fun Welcome Ride (A, B, C):** Meet at Raytown Square parking lot, 350 Hwy and Gregory in Raytown, near Schlotzky'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, 10–12 mph average.

**Sundays, 4:00 PM, 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.

**Turner's Cycling and Fitness**  
(913) 381-5298  
8909 Sante Fe Dr.  
Overland Park, KS

**The Wheel Cyclery**  
(816) 455-2453  
5126 N. E. Antioch  
Kansas City, MO

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### 2008 Board

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*Visit our web site for contact information.*

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## Reader's Rides

Who: Nathan Lathrop

What: Custom early '60s Huff Constellation

I got the itch to add a single-speed to my ever-expanding stable. When I found the frame on Ebay it was love at first site. It is actually a French "Carlton" that Huff imported and re-badged/painted from 1960-1964. It's a blast to ride and the green paint and chrome lugs turn quite a few heads.

*Have your own rig or epic ride photos? Send them to [editor@kcbc.org](mailto:editor@kcbc.org) by the 1st of the month.*

