

www.kcbc.org

Kansas City

BICYCLE CLUB

NEWSLETTER

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Prez Corner

By Mitchell Williams

Happy Holidays

I hope that everyone's Thanksgiving Day was filled with warmth and good cheer. This year, I promised to exercise some self-restraint as far as the Thanksgiving Dinner is concerned. I was determined that I wasn't going to gorge myself on that scrumptious, roasted bird! I must admit that I did live up to my wishes as far as the bird goes, but I forgot to include the pastries and pies. Oh well.

The election ballots are in and counted. The officers for 2009 have been chosen. I am honored that you chose me to serve another term as your President. I will introduce the other members of the board at our annual winter banquet that we will hold Jan. 24. It promises to be a gala event with plenty of prizes and great food. We will once again hold it at the Delaware Café in the historic River market. I hope to see you all there.

This year my focus will be on increasing membership. It is my desire for our club to dramatically expand its membership. I am working to make our rides attract more riders and volunteers than ever. I will work hard to ensure that each rider will have an enjoyable experience that will make them want to tell others about it. I believe that is how we will grow-by attraction and promotion. If you enjoy something you will tell others about it. I plan to make all of our sponsored events enjoyable.

I hope we can add new weekly rides in areas that we are not presently represented. I want to work more closely with our sister club JCBC. I want to make our newsletter more informative with articles on training and health, bike repair, cyclo-touring, advocacy, an on-line store with hot merchandise, a section where members can advertise and sprinkle in

some weird bicycling news in each edition. We can also add a letter to the Prez section where you can voice your concerns and interest. You are the club! We might even think of organizing a bicycle tour somewhere.

Who knows! The sky is the limit. All of this is done in order to make us the premier organization in the Midwest.

I hope that we can also get a steady stream of new volunteers to help with our rides and events. As I have emphasized many times before without our volunteers we could not exist. Many thanks, to our volunteers.

Lastly let's have fun in 2009 without any accidents. We are first and foremost a club- a recreational entity. Even though we aim to promote bicycling and our advocacy programs are aimed to fulfill that directive, we also want to have fun. We want to live healthy lives and share our joy of cycling with others. Please welcome all newbies or those that are new to the group rides with open arms. Make those group rides interesting by changing routes, promoting themes, and so forth. Let's expand our sphere of influence. This group is here for you and not the other way around.

I hope everyone will join me and the MS Society for the first ride of the New Year at Longview College- the Presidents ride. Last year it was bitterly cold, but this year I know the cycling gods will bestow warmth and sunshine. 🚲



Upcoming Events

Winter Banquet

Jan. 24, 2009

For information on other area rides visit <http://freecal.brownbears.com/jcbrides>

KCBC 2009 rides/event dates

Here are the dates that we have chosen for the KCBC 2009 rides/events

Jan. 1	1 p.m.	Presidents ride	Free	Longview Comm. College
Jan. 24	6 p.m.	Winter banquet	\$25	Delaware Café
April 26	10 a.m./noon	Spring Ride/Picnic	Free	Independence, Mo.
May 23-25		Jamesport Double Nickle	Pay	Jamesport, Mo.
June 28		Fountain Tour	Pay	River Market
July 3		KC Riverfest Urban Ride		
Aug. 8-10		Tour of Kansas City	Free	
Aug. 9		Summer picnic at Tour of KC	Free	Cliff Drive
Aug.30		Summer Breeze	Pay	Lee's Summit, Mo.
Sept. 20		Fall Picnic	Free	Location TBA
Sept. 27		Bike 4 the Brain	Pay	Missions, Kan.
Oct. 11		Northland Nightmare	Pay	Liberty, Mo.

2008 Cyclocross National Championships Update

By KLM

I want to reach out to everyone for a few updates for the weekend! Due to the recent snow and warmer temps in the future the Kansas City Parks and Recreation Department will not allow anyone to park on grass areas. How does that impact all of you? Well.... We now have had to move team parking into various locations and re-locate some of the general free parking. When parking in the free parking area (www.kccrossnationals.com/NEW_SITE/Course/) you must park in one stall only. PLEASE DO NOT take two or three stalls for tents, racks etc. You can place those items on the grass near your vehicles. We are now limited on spacing, please abide by the request of the Parks and Recreation Department as well as our


staff. We want to host other events with the city!!! There will be additional parking on Hampton Road north of the free parking area. Please only park on the east side of the road facing north. We have to have Emergency Vehicle Access on that road at all times. If you park on the west side of the road you will be towed at the expense of the owner. No exceptions will be made. I apologize for the late change but, we need to respect the request of the Parks and Recreation Department and Public Safety Officials. Don't forget about all of the great gatherings that will be happening this weekend. Be safe and have a fun weekend of racing. Thanks for supporting our events and sponsors.

For more information check out www.kccrossnationals.com. 

Coffee anyone?

From Adventure Cycling

Does caffeine inhibit or improve athletic performance? According to Australian researcher John Hawley, it helps. "With the ingestion of both caffeine and carbohydrate, the overall amount of glycogen stored in the muscle for the four-hour period was 60 percent higher than with carbohydrate alone," Hawley is quoted

as saying in the following VeloNews piece. "There is absolutely no question that this additional muscle glycogen would improve performance." Potential downsides: the recommended dose can cause side effects such as insomnia, jitteriness, and gastrointestinal upset. Read more here: <http://tinyurl.com/5o7k3c> 

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**
(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

Exercise central

From Adventure Cycling

A report from the United States Centers for Disease Control and Prevention says the nation's healthiest city is Burlington, Vermont. According to the article the link below will take you to, "Many of the city's residents participate in skiing, bicycling,

hiking, and many other exercises that help them to stay fit and active." At the other end of the spectrum: Huntington, West Virginia, which the report says is the least healthy city in the country. www.cnn.com/2008/HEALTH/11/17/healthiest.city.ap/ 


Playing soon in Indianapolis

From Adventure Cycling

The North American Handmade Bicycle Show takes place in the capital city of Indiana February 27 through March 1. From A (Adams Custom Fabrication) to Z (Zullo Tiziano), the best bike builders from around the world will be there strutting their struts and lugs--some four-dozen of them at latest count. Learn more about the event here: www.handmadebicycleshow.com 

You've heard of the cookie lady, right?

From Adventure Cycling

Now you can hear FROM her! To listen to June "Cookie Lady" Curry, in her own words and sweet rural Appalachian accent, go to the Virginia Public Radio link listed below (dated 11/17/08). The recording was made at the gathering (mentioned in the November 5 Bike Bits) where the Richmond Area Bicycling Association presented June with a check of gratitude. www.wvtf.org/news_and_notes 

2008 Board

President:
Mitchell Williams

Secretary:
Bob Pisciotta

Treasurer:
Ron Puett

Advocacy:
Laurie Chipman

V.P. Touring:
Lou Joline

V.P. Racing
Peter Greig

Hospitality:
Gloria Larson

Publicity:
Open

Volunteer Coordinator:
Deb Wood

Web Master:
Bob Omer

Editor:
Ron Puett

Newsletter Design &
Co-Editor:
Melinda Kelsey

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: ronpuett@swbell.net 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 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:

- 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
- Racing

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 _____