



**Johnson County Bicycle Club**

# **Chain Chatter**

**[www.jcbikeclub.org](http://www.jcbikeclub.org)**

**November 2007**

**At Last...**

**A Kansas Statewide Bicycle Advocacy Organization**

**Is in the Making**

by Dale Crawford, JCBC Advocacy Chair

At last month's Kansas Trails Summit in Lawrence, a group of bicyclists from around Kansas gathered to discuss the formation of a statewide bicycle advocacy organization for Kansas. It is the hope of this group that this organization will quickly grow to become as or more effective than the Missouri Bicycle Federation is at affecting legislation and improving conditions and acceptance among local governments for bicycling.

The first organizational meeting was scheduled, tentative dates for meetings through all of 2008 were set and a chairperson was announced. Gina Poertner, Emporia, avid cyclist and current Kanza Rail Trail Conservancy president, has agreed to be the chair during the crucial establishment period. She is an energetic, connected person with lots of experience in volunteer-based organizations and should be a valuable leader during this critical period.

## **Get Involved**

### **First Organizational Meeting:**

Where: [Emporia Public Library](#)  
110 E 6th Ave  
Emporia, KS 66801 -3922

When: Sunday, December 2, 2007  
2:00-5:00 PM

Please RSVP to [advocacy@jcbikeclub.org](mailto:advocacy@jcbikeclub.org) so we can get a handle on the number of attending and coordinate car pools.

There is a lot of opportunity to improve conditions for bicycling in Kansas, which translates into a lot of work. It was refreshing to see interest from many areas of the state, not just the major metropolitan areas like Kansas City and Wichita. Such a group will need this dispersed representation to be effective and to be truly representative of all Kansas bicyclists. Anyone interested in becoming involved at the ground level and making Kansas a safer place to bicycle is welcome to attend the first meeting. Your involvement at any effort level will be needed.

**JCBC Board Meeting Dates:**

The JCBC Board Meetings are held @ 7pm on the 2nd Wednesday of each month at:

Community America Credit Union  
5601 95th St.  
Overland Park, KS

Members are welcome to attend.

- November 14
- December 12
- January 9

**2007 JCBC Officers & Board of Directors**

President	Scott Stiles	913-385-9023	president@jcbikeclub.org
Vice President	Rich Davis	913-498-3689	vicepresident@jcbikeclub.org
Treasurer	Kent Fulton	913-236-7223	treasurer@jcbikeclub.org
Marketing	Fred Wohlgemuth	913-385-9438	marketing@jcbikeclub.org
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To ensure that you receive your newsletter, please notify us of any address change by sending an email to: **membership@jcbikeclub.org**

Or in writing to: **JCBC, P.O. Box 2203, Shawnee Mission, KS 66201-2203.**

Newsletter contributions are welcome and may be sent to **chainchatter@jcbikeclub.org**. Please type "JCBC Newsletter..." in subject line. Newsletter Deadline is the 20th of each month.

**JCBC Member Survey Results Indicate an Interest in Bicycle Tours**

By Fred Wohlgemuth, JCBC Marketing Director

Through last summer's member survey, many of you indicated that you would like to participate in Tours of Europe and the US. Well, we have great news! Before we were willing to recommend to a particular tour agency, several JCBC members "volunteered" (at their own expense of course) to take the trip to see if this would be something that we could endorse. Jill and I with several of our cycling friends made the trip to Spain and Michele and Mike Souder with several of their cycling friends made the trip to Italy. Both groups can now state that these were **trips of a life time**.



**Bicycle Touring  
In  
Italy**



# Tour of Italy

## Arranged by Bike Tours Direct

By Michele Souder

Tour of Italy with Mike, Michele, Phil, Dee, and Keith... arranged by Bike Tours Direct.

Our ride was from Bolzano to Venice over 6 days. Hotels were definitely 4 star hotels, the bikes were very nicely equipped hybrids. You had the options of doing a guided or unguided tour. We did the unguided tour. We viewed getting lost by ourselves as opportunity to see more things and places!

Most of our ride was on excellently maintained bike paths. Occasionally, usually when we went into the destination town, we had to be on roads. However, the Italian drivers are very aware of and courteous of bikers! Everyone there bikes, including women in stiletto heels (they just hang them off the back of the pedals). We had a written explanation of our directions, a marked map of our directions and then there were stickers placed on various poles etc that were used to help mark our way. Those stickers sometimes were akin to finding Where's Waldo, but helped point us in the right direction.

Our ride began in Bolzano where the language is German. The climate there is very mild and beautiful. The Alps surrounded us. We were within a valley of the Dolomites so it was very beautiful. As a matter of fact, the people themselves were very beautiful in that area. We managed to squeeze in a visit to the famous Otzi - the ice mummy that surfaced in Otztaler glacier. He is about 5300 years old! Would absolutely recommend this museum!

We traveled from Bolzano to Trient the first day - a distance of 68 km of relatively flat terrain. The route was along the river Etsch. We traveled to Trient where the 16th century architecture was magnificent! It is at this city mark that the language turns back to Italian.

On Day 2 we traveled from Trient to Lake Garda South. This was 52 km of somewhat hilly terrain. We traveled thru valleys of olives, apples and kiwi vines along with the expected vineyards to Riva del Garda where we caught a very large Ferry to Desenzano. This was a 4 hour boat ride! Lake Garda is the largest lake in Italy and positively breathtaking! There were thousands of wind surfers on it the day we arrived. The city of Desenzano was obviously a European tourist destination with restaurants and night life galore!

On day 3 we rode from Desenzano to Verona, a distance of 53 km. This day was also a bit hilly since we were climbing out of Lake Garda. The views were breathtaking and there were a number of "castles" to be seen in the hills. Verona is the city where supposedly the Romeo and Juliet story took place. We visited the bronze statue of Juliet and did the customary rubbing of the left breast of the statue for good luck. It was amazing how many tourists partook of this adventure. We also made a visit to the Anfiteatro Arena. It is the largest preserved amphitheatre in Italy and stage for many famous operas in July and August.

Day 4 we rode from Verona to Vicenza, a distance of 68 km. This stage was the hilliest yet. We took the Berici hills (an ascent of 4 km, 300 altitude meters) to the top where the Holy Mary sanctuary, a baroque basilica was located. The view from up there into the valleys that held the towns, including Vicenza, was magnificent! We had purchased pizza, wine and cheese at a small village and open market along the way which made for quite the lunch feast!

Day 5 Vicenza to Abano Terme (city of spas). This day was the shortest of the trip, 35 km to allow us to take advantage of the thermal springs and spas at the hotel. Rain and clouds were part of our day but we hid out in local cafes when necessary. We scheduled an early morning massage as a way to start the next day. The town of Abano Terme was not much to talk about.

Day 6 Abano Terme to Venice 49 km. Beautiful route with numerous points of interest including the city of Padova. Padova is the most modern city of the region Veneto. We went to a very small chapel there to see the paintings done depicting the story of Christ. Beautiful ride into Venice where we enjoyed yet another fine meal and an evening of getting lost in the twists and turns of the canal city.

# Tour of Spain

## With Pack & Pedal Europe

By Fred Wohlgemuth

Tour of Spain with Fred, Jill, Mark, Michelle, Cheryel, Bob, Jody and Paul - - arranged by **Pack and Pedal Europe**. [www.tripsite.com](http://www.tripsite.com) As an added benefit for your JCBC membership, Pack and Pedal is now offering a 5% discount for their Europe and US tours. I have included a letter from them later in this news letter.

**What a great trip!** 6 days of cycling through some of the most scenic country that we have ever seen. Great hotel accommodations, fantastic meals in every city, no hassle transfer of our luggage to each destination. This is definitely the way to see a European country. I have included a day by day account of the trip from the web site. We rode about 270 miles total, through hilly and mountainous terrain, stopping in many small villages and local bars along the way to absorb the local culture. I can tell you that the Spanish people were extremely friendly and helpful everywhere we went. All of the towns were beautiful, extremely clean with many sites to see. You must make this trip a priority in your future.

### **DAY 1: Arrival into Oviedo.**

This old Royal city has many treasures to offer.

### **DAY 2: Oviedo - León (cycling through the Cantabrica Mountains), ca. 25 or 36 mi. (40 or 58 km)**

In the morning, transfer by bus into the Cantabrica Mountains. Then, you'll mount your bicycle and ride through scenic landscapes with an alpine backdrop, followed by emerald-green valleys into the heart of León. Overnight in León, one of northern Spain's most interesting cities.

### **DAY 3: León – Astorga, 32 mi. (52 km)**

Next, you'll leave the old castle-like city of León and ride through tranquil landscapes before reaching your final destination for the day in Astorga, known as the principal place of the "Maragateria". The bishop palace built by Gaudi and the Gothic cathedral dominate the townscape.

### **DAY 4: Astorga – Villafranca, 30 mi. by bike & 15 by bus (50 km bike/25 km bus)**

In the morning, you'll first follow the "Codex Calixtinus" up to the "Crux de Ferro" (with an iron cross of 1500m height seen by bus). With a wonderful view over a majestic mountain layout, you'll next come to Ponferrada.

### **DAY 5: Villafranca – Sarria, ca. 28 mi. (ca. 47 km)**

Then, you will follow the Camino de Santiago downhill through the green Galicia region and past the Pallozas, the elliptical farms reminiscent of the time of the Celts.

### **DAY 6: Sarria – Lugo, ca. 20 mi. (ca. 32 km)**

Via styllishly small villages and past luscious green sheep pastures, you'll ride into the medieval city of Lugo.

### **DAY 7: Lugo – Santiago, 40 or 60 mi. (63 or 96 km)**

Departing Lugo, with its enclosed city walls, you'll next soon reach a wonderful fruitful landscape surrounding the Sobrado Lake, great for a picnic stop. Even if you're not a genuine Pilgrim, a venerable feeling will befall upon you nonetheless as you approach the city of Santiago. Twice you'll have the opportunity to shorten the distance to the final destination by taking a bus; although those looking for a challenge will enjoy the full 60 miles of this route. The burial place of the holy Jacob is the final stop of this cycling journey. Besides having the largest Romanesque cathedral in the world, Santiago is a city full of wonders.



## Bicycle Touring in Spain



## Pack & Pedal Europe

See Europe on a Bike or take a  
Hike  
[www.tripsite.com](http://www.tripsite.com)

RR 1 Box 35A  
Springville, PA 18844-9578 USA  
Tel: 877.965.2064; 570.965.2064  
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Email: [hennie@tripsite.com](mailto:hennie@tripsite.com)  
[carla@tripsite.com](mailto:carla@tripsite.com)

Oct 22, 2007

Dear Johnson County Bicycle Club Members,

We at Pack & Pedal Europe, Inc. have been selling Biking and Bike & Boat trips throughout Europe (and some in the U.S. as well) for 8 years, and have serviced over 5000 clients. Our program for 2007 alone included approximately 80 tours. During our 8 years, we have worked with Iceland air, which has allowed us to include airfare with many of our tours. If you like, you may contact Barbara Rankin at [brankin@icelandair.is](mailto:brankin@icelandair.is) about us.

Pack & Pedal is a small company, family owned and operated. We are originally from the Netherlands, and have had the pleasure of personally experiencing most of Europe over the years, be it via bicycle, boat, car or train. The bike routes we sell are well established and have been popular in Europe for decades.

We continue to expand each year to meet the wishes and needs of our clients; and we are continuously working to increase our expertise in the business. To help us in doing so, we have become a member of the **IATAN** (International Airlines Travel Agent Network), an **Austrian Certified Travel Specialist**, an **Irish and Wales Travel Specialist**, a **Holland Travel Professional** as well as a **Switzerland Network Certified Specialist** and of course, a member of the **League of American Bicyclists**.

For the 2008 season, Pack & Pedal is offering a **5% discount to all Johnson County Bicycle Club Members**. This discount is available for the ground portion of your tour. Just give us a call and let us know that you are a current member. Because Pack & Pedal does not sell tours through travel agents, we can offer them most competitive prices in the business.

Sincerely,  
Hennie, Carla & Gea van den Hengel



Umbria



# Cool Weather Cycling

By Maury Brown

There was a time when I, like many cyclists, rode on warm days in the spring and fall, and all through the summer. But come cool weather and winter, the bike would be mounted on the indoor trainer, which would be placed within arm's reach of the stereo, and I would settle in for a long, boring season of indoor cycling. I would sit there pedaling for up to an hour, a few times a week, trying to entertain myself with the "miles" pedaled, the calories burned, or the heart rate monitor. And I would work on my spin with the cadence monitor, and I would sweat like a horse. Try as I might, I couldn't make it fun. I would be pleased with myself for "staying in shape", however.

One warm day in the spring, I would go out for my first real ride of the year. And on that ride, I would invariably go up a hill. And I would blow up. After all that boring work on the trainer, I couldn't even climb a little hill without maxing out my heart rate. So much for staying in shape.

I think it began as procrastination of having to get out the indoor trainer. I began to acquire some cool weather cycling gear, which extended the outdoor season for me. Then I got some cold weather gear, which extended the season to any and every day the roads were clear. I haven't used the dreaded trainer in years, and I haven't gotten severely out-of-shape in years either.

The cool temperatures of spring and fall make these seasons my favorite times of the year for cycling. It's neither too hot, nor so cold that you really have to bundle up. It is nice to breathe the cool air and view the fall leaves or spring flowers. These are the perfect seasons for riding to work and not arriving all hot and sweaty. Best of all, is staying in shape throughout the year and not have to practically start all over again every spring, despite suffering the horrific boredom of an indoor trainer.

Dressing comfortably for cool or cold weather cycling is something of an art. On any given day, you won't know how well you did until after you are already out riding, and perhaps overheating or having trouble staying warm. In addition, riders often have to be prepared for temperature changes of up to 20 to 30 degrees over a few hours. The keys to success here are **layers, flexibility, and practice**.

**Layering** clothing allows you to add or remove garments as needed. This is very important for several reasons. When you first start out, your body is not warmed up and you are likely to be cold until you ride up a couple of good hills. The temperature is likely not to be constant throughout your ride. On evening rides, the temperature will be falling as you ride. On early morning rides, you may experience a dramatic increase in temperature by mid-day. Also, you might have miscalculated and need to add or shed a layer. No one layer should be too heavy. You will need a bike bag or ample pockets to hold layers you are not currently wearing.

Some very useful items of clothing are those that are designed around the need for **flexibility**. The ability to don and strip small clothing items that cover only small parts of the body (arm warmers, knee warmers, toe covers) and fit them into a jersey pocket or small bike bag when not needed, greatly increases convenience. With large temperature changes during your ride, this is important. Owning many different clothing options gives you increased flexibility for dressing for various temperatures and changes in temperature during your rides. There are many cool weather clothing products. Start with the most important ones and gradually accumulate more.

Dressing for summer rides is easy – you wear shorts, jersey, sunscreen, and gloves, every time you ride. Dressing for cool weather riding is more complicated and it takes **practice** and experience to get it right. Don't give up on cool weather riding just because you dress wrong the first few times you try it. Besides, if you layer your clothing, you will have some latitude for mistakes. I find it very helpful to look at a weather forecast before riding so I can have an idea of what temperatures and wind conditions (not to mention likelihood of precipitation) to expect on my ride.

Be prepared for changes in temperature during your ride. In warmer weather, this can mean applying sunscreen under layers that you anticipate stripping. Make sure you have adequate pockets or bags to accommodate layers that you will not be wearing at some point during the ride. Bring extra layers when you expect the temperature to fall.

While cross-training in the off-season can be beneficial for overall fitness, if you're primarily interested in staying in shape for cycling, nothing beats actually riding the bicycle—outdoors, in the wind, and up the hills. The best part: once you're properly dressed for cool weather riding, it's as fun, or more so, than riding in the summer.

# Cool Weather Clothing

By Maury Brown

For the purposes of this discussion, I will define "cool weather" as 40 to 65 degrees. At temperatures above 65 degrees, most riders will be comfortable in shorts and a jersey. Below 40 degrees, additional cold weather apparel becomes necessary. I'll discuss cold weather riding next month. The recommendations I give of what to wear in specific conditions are intended to be starting points and guidelines. While some individuals will be wearing tights and toe covers at 55 degrees, others may still be comfortable in shorts. Practice and experience will determine what works for you in various conditions.

One of the first cool weather items a cyclist should invest in is a pair of tights. Tights come in different weights, but the thinnest are usually adequate down to about 45 degrees. Tights are available padded or unpadded. I like unpadded ones; I like to get extra miles out of old cycling shorts by wearing them under my tights. Tights can be rolled up and stuffed in a jersey pocket. Other leg warming items to consider include knickers (padded cycling shorts that extend to below the knees), leg warmers, and knee warmers. Knickers are nice for temperatures in the 50's, but they lack the flexibility of knee or leg warmers or tights. Knee and leg warmers are ideal for rides where temperature change is expected, as they can be donned or stripped as necessary and rolled up very small and stuffed in a pocket. I sometimes combine knee warmers with tights (perfect for temperatures in the lower 40's) and then strip as the temperature rises.

One of my favorite and most often used cool weather riding items are arm warmers. Arm warmers can be combined with a summer weight jersey for riding comfort in the mid to low 60's. They work well with a heavier jersey or a sleeveless shell in temperatures down to 40 degrees. Like knee warmers, arm warmers can be easily put on or removed during a ride, and stuffed in a pocket. Arm warmers can even be pulled down to the wrists while riding, if you are over-heating while climbing a hill, for example.

Long sleeve jerseys are necessary for very cool temperatures, but in temperatures over 45 degrees, I prefer the flexibility of arm warmers. Jersey sleeves are not easy to roll up and a jersey takes up a lot of pocket space. When the temperature dips below about 60 degrees, however, a summer weight jersey will be inadequate for keeping your torso warm enough. Legs and arms will usually be OK with one layer in the 50's and upper 40's, if your torso is warm. If your torso isn't being kept warm enough (at any temperature) you risk getting seriously cold.

I like wool jerseys. Wool is a natural material, it wears well, it's no more difficult to clean than synthetic jerseys, and it looks nice. I often wear it right next to my skin. I didn't for years because I assumed it would be too scratchy. Actually after wearing it next to my skin a couple of times, I didn't even notice the scratchiness any more. While most people wouldn't think of wearing a synthetic jersey twice without laundering it, a wool jersey will usually have no odor whatsoever after a ride. I commonly wear my wool jerseys (next to my skin) two or three times between washings. A short sleeve wool jersey and a pair of arm warmers are perfect from about 65 down to 50 degrees.

At temperatures below about 50degrees, most riders will want some kind of shell to protect their torso from the cold wind. I find that a sleeveless shell over a wool or mid weight synthetic jersey, (either long sleeve, or short sleeve with arm warmers), works well when riding in the 40's. The best shells for these temperatures have vents or a mesh back. I would not suggest using an unventilated long-sleeve shell in temperatures over 35 degrees or so. While they are very effective at keeping the heat in, they also keep moisture in. You can overheat and sweat very quickly. Sleeveless shells, too, can be easily rolled up and put in a jersey pocket. An effective trick, when you just need a little wind protection on the front of your torso, is to put a thin section of newspaper under your jersey. While not the most refined or comfortable solution, it works! The newspaper is disposable and perfect for the first part of an early morning ride, as the temperatures are rising. If you get caught out in falling temperatures with inadequate clothing, a newspaper or grocery bag under your jersey can save the day.

When riding in temperatures below about 55 degrees, you will need full fingered gloves. I have a thin pair for temperatures in the 50's, and a warmer pair for temperatures below 45, and a still warmer pair for cold weather. On long rides with anticipated temperature change, I will sometimes carry a second pair of gloves in my pocket.

Toe covers can be stretched over the toes of cycling shoes to protect feet from the wind. I find them helpful in temperatures below 45 degrees. These too, can be easily put on or removed during a ride.

Ideally, cyclists will have a variety of cool weather clothing items at their disposal. Start with a pair of tights, full-fingered gloves, arm warmers, and sometimes a newspaper, and you will be ready to significantly extend your riding season into the spring and fall. When purchasing jerseys and shells, be sure and consider visible colors for riding in low light conditions.

# Announcing! Bicycling Venture Crew

The Johnson County Bicycle Club is establishing a Venture Crew with a bicycling emphasis. In order to get this crew off the ground we need your help. **We need youth, both male and female, ages 14 through 20, who are interested in bicycling.** If you know of someone in that age group who has an interest in bicycling please have them contact the initial crew advisor - Bill Humenczuk - at (913) 338-4478 or at [bhumenczuk@kc.rr.com](mailto:bhumenczuk@kc.rr.com).

- **What is a Venture Crew?**

A Venture Crew is part of the co-ed young adult division of the Boy Scouts of America - the group formerly known as Explorers. Venturing matches the interests of young adults with adult expertise and the resources of the community to prepare the Venture Crew members to be responsible and caring adults.

- **What is the purpose of this Crew?**

This Venture Crew is designed to bring together youth who have a common interest in bicycling - recreational or competitive - mountain or road - for learning, service, and ***fun***.

- **What will the Crew do?**

That's the great thing about a Venture Crew! They'll do what the Crew wants to do! As long as it involves some aspect of bicycling (and complies with the safety guidelines of the Boy Scouts of America) the field is open to them. The crew members elect their own officers and select and plan their own activities.

- **Do I need to have Scouting experience?**

**No!** There are no prerequisites to be in a Venture Crew. While all young adults who meet the age guidelines are welcome, our goal is to reach youth that are not current BSA members.

- **How will this Venture Crew be different from taking rides with friends, family, or a bicycle club?**

What sets Venturing apart is the opportunity for young adults to obtain leadership experience, to receive leadership training, and to practice the planning and implementation skills that they will use for the rest of their personal and professional lives.

## **How often will the Venture Crew meet? What will the cost be?**

The frequency, location, and duration of meetings will be determined when the crew is formed. Initially, the thought is for a monthly meeting, plus one or two scheduled rides each month. The rides can be with the crew alone, with the Johnson County Bicycle Club, or with other bicycle clubs. Crew dues will be kept as low as possible and are dependant on the activities chosen by the crew.

- **I have more questions. Who should I call?**

Contact Bill Humenczuk at (913) 338-4478 or at [bhumenczuk@kc.rr.com](mailto:bhumenczuk@kc.rr.com). We welcome your questions and support.

## **Organizational Meeting November 15**

The meeting will be on Thursday, November 15 from 7:30pm to 8:30pm in the Cycling Studio of The Athletic Club of Overland Park at 10440 Marty Street, Overland Park, Kansas. The Athletic Club is one block south of 103rd Street and one block west of Metcalf Avenue. Attendees should check-in at the information desk on the lower level.

# KDOT ANNOUNCES OLATHE K-7 HIGHWAY CORRIDOR OPEN HOUSE

By Dale Crawford, JCBC Advocacy Chair

**Where: Governor's Room, 1<sup>st</sup> Floor  
Olathe City Hall  
100 E. Santa Fe**

**When: Wednesday, November 14, 2007  
3:00-4:30 PM**

All JCBC members have been invited to an open house on the proposed conversion of K-7 Highway within Olathe (K-10 south to 183<sup>rd</sup> Street ) to a limited access freeway similar to K-10 to discuss concerns, needs and desires related to K-7. This is a long range plan for improvements which may be 15 years or more away. But this process sets the policy and right-of-way width for those future improvements. Some sections of K-7 are already limited access (north Olathe , through Lenexa and portions Bonner Springs).

For additional detailed information on the study go to: <http://www.ksdot.org/projects.asp>

In the KDOT Studies box, click on K-7 Management Plan.

## **Why is it critical to attend now and speak up for your safety and access? Here are some quick talking points to which you may add you own personal concerns:**

- Improved, bicycle friendly shoulder design without rumble strips and improved maintenance is needed the entire length of the K-7 corridor for existing and future usability. K-7 north of Olathe has two different width rumble strips on each side making usage awkward and dangerous.
- Existing K-7 highway is a barrier to bicyclists and pedestrian to cross, dividing communities in two. Safe, frequent crossings need to be incorporated as part of the highway design at every interchange and overpass. Additional dedicated footbridges or underpasses should be built whenever bicycle/pedestrian friendly local roadway bridges are more than 1/2-mile apart and at critical destinations, such as major employers like Honeywell and Olathe Medical Center, commercial areas and other destinations, such as major parks like Cedar Lake, Ernie Miller Nature Center and Lone Elm Park.
- Local trail system plans need to be respected and incorporated where called for in local trail plans. Numerous greenway trails and other upland trails need to cross K-7 just like local roads need to and should be incorporated as a matter of KDOT policy. States across the country routinely build footbridges over/under their free-ways, toll-ways and interstates. Kansas can, too.
- Lone Elm Road in south Olathe is a local road historically used by bicyclists to travel south from or north to Olathe and to cross I-35. Bike lanes and a trail are funded and designed into Olathe 's interim local road improvements. JCBC worked hard to assure this major bicycle corridor provided the level of service warranted for safe bicycle-friendly usage. The access must be retained in the ultimate K-7 highway relocation south of Olathe.
- Consideration of a K-7 Trail, similar to the K-10 trail in western Lawrence or the proposed K-10 Smart Trail, in high traffic, restricted areas or the entire corridor could provide safe, convenient access if properly designed with highway and local accessibility coordinated. At the speeds and volumes, this may well be the best solution as long as it is readily accessible from both sides of the highway.
- The K-7 Bridge over the Kansas River is critical to bicycle access over the major river. It has been historically used by bicyclists and is the only, legal crossing between the DeSoto bridge and the Turner Diagonal in KCK.

## KDOT ANNOUNCES OLATHE K-7 HIGHWAY CORRIDOR OPEN HOUSE

(continued)

While this meeting is specifically for the sections of K-7 in Olathe and these consultants, HNTB, are only working on this section at this time, KDOT is studying all of K-7 with two other consultant teams north to Lansing . The KDOT staff is involved in all the highway study and can forward comments related to the Kansas River Bridge to the appropriate consultant team. Stakeholder meetings have either not been held or we were not notified despite JCBC being involved as representatives of the bicycle community in prior public meetings.

In other words, if you have ever crossed K-7 anywhere in Johnson, Wyandotte or Leavenworth Counties or ridden on K-7, such as across the Kansas River to/from Bonner Springs, the outcomes of this meeting affects you personally as a bicyclist! Only you can speak for yourself. JCBC board members will do what we can, but your voice needs to be heard to make our case strong for a bicycle friendly future in our region. Paraphrase to bullets above, add your personal touch or concern as you like or cut/paste to your heart's content. Just, please, do one or the other, email or attend.

We realize this meeting is inconveniently scheduled during the day to minimize stakeholder involvement. If you can not attend please email your comments to:

Kimberly Duffy, HNTB,  
Kim Qualls and David Gurss, KDOT  
Lynn Mockery, City of Olathe  
Nan Borchardt, Secretary, JCBC

Here's the email addresses bundled for pasting into your email. Emails are separated with commas. Verify your email providers address formatting. It may be different:

[ksduffy@hntb.com](mailto:ksduffy@hntb.com), [kqualls@ksdot.org](mailto:kqualls@ksdot.org), [dgurss@ksdot.org](mailto:dgurss@ksdot.org), [lmockery@olatheks.org](mailto:lmockery@olatheks.org), [secretary@jcbc.org](mailto:secretary@jcbc.org)

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### Have Your Ride Posted on the JCBC Ride Calendar

The JCBC board has consolidated some of its job duties. Our beloved ride calendar is now being edited by yours truly. As usual, just send me an email with all the ride details exactly the way you want them to appear and I'll post them. I can host your flyer on our server, or you can host it yourself and send me a link to it. Just email me at...

[webmaster@jcbikeclub.org](mailto:webmaster@jcbikeclub.org)

I prefer flyers in PDF format. To make PDF's for free please go to the site listed below and download the installation files. It will create a virtual printer in your list of existing printers and behave as such. Instead of making a physical print it will produce a PDF file. Very cool... and FREE!!!

<http://www.cutepdf.com/products/cutepdf/Writer.asp>

Existing ride leaders, now would be a good time to go to our calendar and verify your current posting(s) are still accurate, if you haven't already done so. Considering the lack of sunlight and the cooler temps, you might want to update your posting with route and/or time changes. Either way let me know.

Thanks for making our calendar one of the the best sources of cycling event info in KC!

Jim Coggins  
JCBC Webmaster

### JCBC/KCBC Joint Picnic A Success

The second annual JCBC/KCBC joint picnic and ride was held at Swope Park in Kansas City, on October 14. The event was well attended, with an estimated 75 people turning out for the ride, which took us south to Grandview, and back up Blue River Rd. to Swope Park.

Back at Swope Park, riders found tables, heavily laden with barbequed meats, ice chests stocked with beer, and a large cake. If only every ride could end like this...

Deb Ridgeway, Bicycle and Pedestrian Coordinator of the Kansas City, MO Public Works Department gave a presentation on area bicycle safety initiatives, including multi-jurisdictional enforcement and education campaign that took place across the metro area on the last week of September.

A good time was had by all and we can look forward to continuing the tradition of this annual event in the future.



KCBC President Cheryel Cross and JCBC President Scott Stiles, presenting the cake

# JCBC Online

## Johnson County Bicycle Club

Johnson County, Kansas

To post your ride email: [webmaster@jcbikeclub.org](mailto:webmaster@jcbikeclub.org)

Helmets required on ALL rides

Please note that the information listed here may change at any time.

The information on this calendar is only as accurate as the information that has been given to JCBC.

### November 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Oct	29	30	31	1 Nov	2	3
8:00am SUNDAY HEN HOUSE RIDES Eldon's Route of Champions Donation Presentation & Boulevard Cup Cyclocross Race	6:30pm Jerry's Bait Shop Ride 6:00am Monday Night Recovery Ride (S,L,M) 9:00am - 11:00am MONDAY MORNING BROOKSIDE ROASTERIE RIDE - S,M 6:30pm Gringos Ride - S,M,F	8:00am TUESDAY HEN HOUSE RIDE - (S,M) 6:30pm BREWERY RIDE, (M,F,VF)	Halloween 6:30am CHELLEY'S RIDE 9:00am Mid Day/Mid Week BikeSource Ride, (M) 6:00pm WEDNESDAY CYCLOCROSS RIDE	Last Quarter JCBC ONLINE NEWSLETTER 6:30pm BLUE MOOSE RIDE - (M,F,VF)	8:00am FRIDAY HEN HOUSE RIDE (S,M)	8:00am SATURDAY HEN HOUSE RIDES 6:00am SCOOTERS RIDE (M,F)
4 End Daylight Saving Time 7:00am SUNDAY HEN HOUSE RIDES Welcome Ride 9:00am MTFGKC/Chubby's Breakfast Burrito Group Ride	6:00am Monday Night Recovery Ride (S,L,M) 9:00am - 11:00am MONDAY MORNING BROOKSIDE ROASTERIE RIDE - S,M 6:30pm Gringos Ride - S,M,F	Election Day 6:00pm - 7:15pm Jiva Yoga Studio Gentle Yoga 8:00am TUESDAY HEN HOUSE RIDE - (S,M) 6:30pm BREWERY RIDE, (M,F,VF)	7:15pm - 8:30pm Jiva Yoga Studio Beginners Yoga 6:30am CHELLEY'S RIDE 9:00am Mid Day/Mid Week BikeSource Ride, (M) 6:00pm WEDNESDAY CYCLOCROSS RIDE	6:30pm BLUE MOOSE RIDE - (M,F,VF)	New Moon 8:00am FRIDAY HEN HOUSE RIDE (S,M)	8:00am SATURDAY HEN HOUSE RIDES 6:00am SCOOTERS RIDE (M,F)
11 Veterans Day 8:00am SUNDAY HEN HOUSE RIDES Welcome Ride 9:00am MTFGKC/Chubby's Breakfast Burrito Group Ride	6:00am Monday Night Recovery Ride (S,L,M) 9:00am - 11:00am MONDAY MORNING BROOKSIDE ROASTERIE RIDE - S,M 6:30pm Gringos Ride - S,M,F	6:00pm - 7:15pm Jiva Yoga Studio Gentle Yoga 8:00am TUESDAY HEN HOUSE RIDE - (S,M) 6:30pm BREWERY RIDE, (M,F,VF)	Advocacy Alert 9:00pm - 10:30pm KDOT ANNOUNCES OLATHE K-7 HIGHWAY CORRIDOR STUDY OPEN HOUSE 7:15pm - 8:30pm Jiva Yoga Studio Beginners Yoga 6:30am CHELLEY'S RIDE 9:00am Mid Day/Mid Week BikeSource Ride, (M) 6:00pm WEDNESDAY CYCLOCROSS RIDE 7:00pm - 9:00pm JCBC Board Meeting	6:30pm BLUE MOOSE RIDE - (M,F,VF)	8:00am FRIDAY HEN HOUSE RIDE (S,M)	First Quarter 9:30am - 10:30am Jiva Yoga Studio Yoga for Cyclists 8:00am GEORGE'S WESTON RIDE 8:00am SATURDAY HEN HOUSE RIDES 6:00am SCOOTERS RIDE (M,F)
18 El Tour de Tucson 8:00am SUNDAY HEN HOUSE RIDES 1:00pm Cranksgiving Charity Race Welcome Ride 9:00am MTFGKC/Chubby's Breakfast Burrito Group Ride	6:00am Monday Night Recovery Ride (S,L,M) 9:00am - 11:00am MONDAY MORNING BROOKSIDE ROASTERIE RIDE - S,M 6:30pm Gringos Ride - S,M,F	6:00pm - 7:15pm Jiva Yoga Studio Gentle Yoga 8:00am TUESDAY HEN HOUSE RIDE - (S,M) 6:30pm BREWERY RIDE, (M,F,VF)	7:15pm - 8:30pm Jiva Yoga Studio Beginners Yoga 6:30am CHELLEY'S RIDE 9:00am Mid Day/Mid Week BikeSource Ride, (M) 6:00pm WEDNESDAY CYCLOCROSS RIDE	Thanksgiving 6:30pm BLUE MOOSE RIDE - (M,F,VF)	8:00am FRIDAY HEN HOUSE RIDE (S,M)	Full Moon 8:00am SATURDAY HEN HOUSE RIDES 6:00am SCOOTERS RIDE (M,F)
25 8:00am SUNDAY HEN HOUSE RIDES Welcome Ride 9:00am MTFGKC/Chubby's Breakfast Burrito Group Ride	6:00am Monday Night Recovery Ride (S,L,M) 9:00am - 11:00am MONDAY MORNING BROOKSIDE ROASTERIE RIDE - S,M 6:30pm Gringos Ride - S,M,F	6:00pm - 7:15pm Jiva Yoga Studio Gentle Yoga 8:00am TUESDAY HEN HOUSE RIDE - (S,M) 6:30pm BREWERY RIDE, (M,F,VF)	7:15pm - 8:30pm Jiva Yoga Studio Beginners Yoga 6:30am CHELLEY'S RIDE 9:00am Mid Day/Mid Week BikeSource Ride, (M) 6:00pm WEDNESDAY CYCLOCROSS RIDE	6:30pm BLUE MOOSE RIDE - (M,F,VF)	8:00am FRIDAY HEN HOUSE RIDE (S,M)	1 Dec Last Quarter JCBC ONLINE NEWSLETTER 6:00am SCOOTERS RIDE (M,F) 8:00am HEN HOUSE RIDE

Please browse our website for all ride calendar details.

[www.jcbikeclub.org](http://www.jcbikeclub.org)



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Shawnee Mission KS 66201-2203

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**KDOT K-7  
Highway  
Corridor  
Open house  
Wednesday  
November 14**

Johnson County Bike Club Membership application for 2007

**Join the JCBC and Support Cycling - Membership good until April 1st, 2008**

Name(s): \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City, St, ZIP: \_\_\_\_\_

Telephone (H) \_\_\_\_\_ (W) \_\_\_\_\_ E-Mail: \_\_\_\_\_

If this is a household membership, please list other members at this address.

Name(s): \_\_\_\_\_ Age: \_\_\_\_\_

Name(s): \_\_\_\_\_ Age: \_\_\_\_\_

New Member                       Renewal                       Address Change Notification

**I would love to volunteer** once this year to assist with a ride or other activity.

Please do not publish my name in the annual club member directory.

Please send a paper newsletter

**Still Only \$20**

I, the undersigned (a parent for members under 18), accept that cycling is a hazardous activity and I accept all risks associated with participation in the Johnson County Bicycle Club and its events and activities. I agree that in the event of a mishap during a ride or activity, I will not hold the JCBC, its members or officers responsible for any injury, loss or inconvenience.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Make \$20 check payable to JCBC and send this form to:

**JCBC, PO Box 2203, Shawnee Mission, KS 66201**

**Sign up is also available online at [Active.com](http://Active.com). Search for JCBC**