



Johnson County Bicycle Club

Chain Chatter

www.jcbikeclub.org

June—July 2008

The JCBC Presents The 3rd Annual Cider Mill Century Ride

Don't Miss the JCBC's Biggest Ride of the Year!



Sunday, August 3rd, Rain or Shine

Start/Finish at the Louisburg Cider Mill

3 miles west of U.S. 69 and K-68

Day-of Registration: 6:00 AM

Mass Start: 7:00 AM

Space for 600 Riders

Register Early by Mail or On-line to Ensure Your Place

Registration Info and Details Inside

Ride 25, 50, 70, or 100 mile loops through scenic Miami and Linn counties.

Lunch served on ride.

Volunteers Needed for The Cider Mill Century

Now that the Lone Star has passed, it is time to start thinking about the Cider Mill Century Ride coming up on August 3.

As the new coordinator of the ride - I have some pretty big shoes to fill since Jim Coggins has done a great job the past few years. So I am looking for a lot of good volunteers who would be willing to help out with making this the best Cider Mill Ever.

PLEASE SIGN UP TO BECOME A "FRIEND OF THE CIDER MILL CENTURY"

I am looking for two groups of people - those to lead various sections of the ride as the coordinator of a specific area (Didn't you always want to be Coordinator of Porta-potties?) - and those who are willing to volunteer as worker bees.

Send me an email—janhudkc@sbcglobal.net—and I will add your name to my growing list of Friends who will work together to make this the "hottest" ride of the summer.

So far I have a leader for the Registration Area, but we will need many helpers to get everyone checked in.

Jan Hudzicki

Ride Leader

2008 JCBC Officers & Board of Directors

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.

- June 11
- July 9
- August 13

President	Maggi Hacker	913-498-3689	president@jcbikeclub.org
Vice President	Rich Davis	913-498-3689	vicepresident@jcbikeclub.org
Secretary	Jan Hudzicki	913-432-0677	secretary@jcbikeclub.org
Treasurer	Kent Fulton	913-236-7223	treasurer@jcbikeclub.org
Advocacy	Ken Cobb		advocacy@jcbikeclub.org
Advocacy	Dale Crawford	913-829-6588	kanbike@comcast.net
Marketing	Fred Wohlgemuth	913-385-9438	marketing@jcbikeclub.org
Membership	Jim Coggins	816-721-6524	membership@jcbikeclub.org
Newsletter	Maury Brown	816-561-9258	chainchatter@jcbikeclub.org
Touring Director	Nan Borchardt	913-397-6976	tourdir@jcbikeclub.org
Webmaster	Jim Coggins	816-721-6524	webmaster@jcbikeclub.org
Board Member	Scott Stiles	913-385-9023	

JCBC members: to receive a printed newsletter in the mail or to notify us of an address change, please email us at: **membership@jcbikeclub.org**

Or write us at: **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.

From the President

June 1 dawned bright and beautiful as 302 riders arrived at the new start location for the New and Improved Lone Star Century Ride. How the Lone Star team could have known that was the best weekend out of 5 to have a ride is a mystery. (The day after brought torrential rain for hours on end)

All of us who were fortunate enough to be able to attend this ride had a WOW experience. The new and improved ride consisted of a dog bone shaped route. We had some nice flat and slightly rolling roads with good pavement both leaving and arriving back at Vestcom (in contrast to the hills of Dennis Avenue in the previous Lone Star Century where as we left we had a big hill after the bridge as we headed to Gardener and coming back at the end of the ride we had two steep hills to climb back to the park). All of the SAGS were in delightful shaded areas except Vinland where they had plenty of pop-up tents and a table under a shady tree for us to rest on. And there were more SAGS more often than ever before.

The food was incredible. Thanks to the Lone Star crew for making good fruit and lots of variety as well as hamburgers and hot dogs with all the fixin's a priority. Water was plentiful and so were the smiles on all the volunteers' faces as they encouraged us along the road. The HAMM's were everywhere and always a welcome sight. Helmets off to Connie, Dale and Nan for executing the BEST LONE STAR CENTURY ride this club has ever seen. The coordination and planning and concern for the riders were evident throughout the entire ride.

To every volunteer who helped with this ride we are all grateful for your gift of time and selflessness. Everyone doing their part made the event come together and allows JCBC to be able to make donations to organizations that are crucial in getting increased ridership in Kansas City as well as safer streets for all of us. Look for the names of all the people who made this ride happen for us in our newsletter. When you see them, give them special thanks. And to all of you who attended this ride, we thank you for supporting JCBC.

A reminder to all is that the Cider Mill Century is next on our agenda. We want all of you who have participated in our rides to consider taking a turn helping this one succeed also. We have lots of opportunities to get involved – from working a SAG to helping with planning or procuring donations from sponsors. Please email Jan Hudzicki at jan-hudkc@sbcglobal.net

Another incentive to volunteer? Come to the Annual Banquet and you will get raffle tickets for prizes by special drawing. Last year several people won \$100 or \$50 gift certificates to bike shops and other retailers.

Maggi Hacker

Meet the 2008 JCBC Board of Directors

The April, May and June 2008 issues of Chain Chatter feature the 2008 JCBC board of directors. We are the people who have been elected by the membership, and volunteer our time to lead the Johnson County Bicycle Club.

Call us up, e-mail us, and speak with us when you see us on a ride. Let us know your concerns and priorities for the JCBC and for cycling in our area, and offer to volunteer for the next JCBC event.

Kent Fulton Treasurer

Kent is relatively new to the world of adult cycling. After wearing out his brother-in-law's loaner, he purchased his first legitimate road bike late in 2002 and has been hooked ever since. Initially he was just looking for some cross training for cross country skiing but soon found biking to be the main attraction. His enthusiasm was elevated early on by his introduction to the Hen House rides. "What could be better than a Saturday morning ride with a breakfast destination? These were my kind of people!" He has also enjoyed discovering the multitude of bike rides throughout the metro area posted on the JCBC calendar and participating in the local Brevet series. His personal bicycling highlight to date was the completion of the 2007 Paris-Brest-Paris 1200 k.



Kent Fulton at the 2008 Lone Star Century.

Kansas City Ride of Silence Report



Kansas City Bicycle and Pedestrian Coordinator Deb Ridgeway speaks to cyclists at the Ride of Silence.

On May 14, between 70 and 100 cyclists turned out to honor local cyclists and pedestrians who have been killed or injured on public roadways. A somber event, the Ride of Silence began with local cyclist Laurie Chipman's reading of a long list of casualties – cyclists and pedestrians killed or injured in the metro area over the years. Cheryl Cooper, the mother of Chris Cooper, a teenaged cyclist who was killed last November in a high speed police chase in Independence, gave a moving speech. Other speakers included Kansas City Bicycle and Pedestrian Coordinator, Deb Ridgeway, 4th District Council Member Jan Marcason, who pledged their support in working to make Kansas City a safer place to bike and walk.

The Ride of Silence is a silent slow-paced ride in honor of those who have been killed or injured while cycling on public roadways. The Ride of Silence takes place in hundreds of locations across the world on May 21 at 7:00 PM.

The Kansas City Ride of Silence was held on May 14 so that it could be during Bike Week.

Lone Star Century

JOHNSON COUNTY
BICYCLE CLUB



Ride Report

Thanks to the Volunteers and the Riders Who Made the Lone Star Century Great this Year

The Johnson County Bicycle Club's 2008 Lone Star Century ride on June 1 was a huge success. Approximately 302 riders rode the 36, 52, 80, and 100 mile routes. That's about 40 more riders than we had last year! Riders and volunteers enjoyed perfect weather. Five rest stops along the way provided riders with refreshments. Riders who did the 100 mile route enjoyed a hamburger lunch at Lone Star Lake. Dale Crawford's new and improved route brought nothing but praise from riders who have done the Lone Star in the past.

Several riders sent feedback on their ride experiences to JCBC board members or posted remarks on local cycling blogs. The rider accounts below are typical of the feedback the JCBC board of directors has received.



Riders relax and enjoy refreshments at the Vinland SAG.

...Remarks we heard from everyone was that they hoped the route etc would stay the same. SAG's were super, everything was beautiful (by the way, who was responsible for the great weather?). Thanks to everyone that had a hand in making it such fun!

Mike and Michele Souder

Thank you to all who worked the ride yesterday. The route was awesome with safe and smooth roads. The SAGs were timely and well run. It was as good as any organized ride in memory.

John P. Tunakan



Prairie Village Yacht Club riders at ride start.

The 2008 Lone Star Century was my first ever Century ride and it was simply fabulous! My thanks go out to EVERYONE who had a hand in making it a success from its inception and planning to its execution...Way to go!

This will be THE EVENT that all other Centuries I ride will be measured against and from all that I've been reading about it, this one sets some pretty high standards. Again my thanks go out to everyone who had a part in making this a wonderful experience for all who participated.

I also want to thank Andrew for riding a great deal of the ride with me and I hope we cross paths again.

Steve Cummings

New JCBC Member Feb. '08



Volunteers serve refreshments at the Kill Creek SAG

Lone Star Century

JOHNSON COUNTY
BICYCLE CLUB



A Big Thanks to the Lone Star Century Volunteers

Volunteers Make the JCBC's Rides Happen

The JCBC pay rides simply would not happen without the dedicated efforts of hard-working volunteers who give their time to make these events possible. Riders see the volunteers staffing the registration table and the rest stops. What they don't see are the countless behind-the-scenes tasks—researching the route, painting arrows on the roads, purchasing foodstuffs, and promoting the ride, to name a few. All of these things are done by volunteers so that the JCBC pay rides will be the great events that they are. Please Consider volunteering yourself to help out with a future JCBC ride.

Below is a list of the volunteers who made the 2008 Lone Star Century happen. The next time you see one of these people, be sure and compliment them on a great job and thank them for their time and effort.



Volunteers Steve Conner and Kallen Hanson grilled burgers and hot dogs at the Lone Star Lake SAG.

2008 Lone Star Century Volunteers

Connie Conner, Ride Leader

Stacey Conner Alexander
Andrea Borchardt
Paul Borchardt
Matthew Conner
Steve Conner
Stephanie Craven
Bill Crawford
Chris Foster
Julie Hanson
Kallen Hanson

Nan Borchardt, Ride Leader

Dave Kass
Terri Kass
Stephanie Conner Layne
Lori Lee
Kendra Lee
Ryan Lee
Darren Martin
Liz Martin
Jon Miegs
Kyle Patchen

Dale Crawford, Ride Leader

Jerry Radek
Laura Scruggs
Nancy Scruggs
Terry Scruggs
Michelle Tevis
Sean Tevis
Laura Turnbull
Julie Williams

HAM Radio Operators

Gary Adams
Frances Adams
John Bennett
Ed Borger
Mike Costello
Wayne Deaver
Dana Delmas
Bill Gery
Dave Good
Doug Goodhart

Lucy Goodhart
Paul Gottesburen
Larry Gunther
Dwayne Hageman
Brad Jackson
Joe Krout
Duncan MacLachlan
Darren Martin
Charlene May
Matt May

Jaci May
Bill Musick
Betty Nieznay
Rob Perez
Leslie Rynott
Brian Short
Dennis Smeltzer
Bud Waugh
Carolyn Wells

JCBC Monthly Board of Directors Meeting Summation

by Jan Hudzicki, JCBC Secretary

To better inform our members of the work being done by the elected Officers and Board of Directors, a brief summary of the monthly Board of Directors meetings will be published in each newsletter. The Board feels that the membership should be aware of the decisions being made for the club, and the activities of the elected officers. We hope that this will encourage more members to take an active interest in the workings of the JCBC. These monthly meetings are open to all members and everyone is invited to attend.

Summary Report of Business Conducted at the May 7, 2008 JCBC Board Meeting

The JCBC Board of Directors' Meeting was held one week early this month so that the Board could participate in the Ride of Silence which will be held on our regular meeting night. President Maggi Hacker called the meeting to order at 7 PM at Winstead's Restaurant. All members of the Board were present.

Officer's Reports:

Short reports were presented by all officers and chairs. Membership chair Connie Connor reported that memberships are currently down, but since this is the time of the year when everyone is renewing, so the numbers are in-line with where they have been in previously years. Most renewals come in during May and June.

Marketing Chair, Fred Wohlgemuth, reported that the postcard reminder was sent out to about 4900 cyclists. Increased marketing for the pay rides is one goal of both the marketing and Tour Director position. Fred and Nan Borchardt will work together to promote our rides.

Advocacy chair, Ken Cobb, reported that he met with the owner of Trek Bicycles and discussed working together to promote cycling and advocacy issues. Ken felt the meeting went well and plans to meet with him at the Shawnee Bike Friendly Meeting on May 21 to continue the discussion.

The Spring Classic Ride Report was submitted by Steve Stricker. 211 riders participated in the ride this year, despite the cool weather.

The planning for the Lone Star ride is progressing as expected. The route will be slightly different than previous years due to construction and an alternate section that will eliminate the need for cyclists to travel on Highway 59. Lunch will be served at the lake.

The Membership Directory has been posted on line. The file is password protected but all members were sent an email from Jim Coggins, webmaster, providing the password to members. Members who want a paper directory can request one from the membership chair. This information will be added to the Membership packet. This was the first use of the email blaster to contact members.

Summary Report of Business Conducted at the June 11, 2008 JCBC Board Meeting

The June meeting of JCBC was held at the Community America Credit Union. All officers were present or submitted reports. The first order of business was to accept the resignation of Connie Connor, the membership chair, who needed to step down due to personal commitments, and to appoint Jim Coggins to act as Membership chair to complete Connie's term. Connie has been a great asset to the club and she will be deeply missed.

The discussion then turned to the successful Lone Star ride, organized by Connie Connor and Dale Crawford. The rider-ship was up by about 40 more riders over last year's numbers. The new route was enjoyed by all and many positive comments were heard following the ride, and submitted via email. The need for some additional equipment was reported by the organizers, and money has been budgeted for this purpose.

Summary Report of Business Conducted at the June 11, 2008 JCBC Board Meeting continued

Recent website problems were determined to be due to a corrupted database. Jim Coggins, the webmaster, now knows how to fix the site if this type of problem occurs again in the future.

The current membership stands as 256 active members, with renewals still coming in and being processed. Reminders will be sent to those who haven't yet renewed for 2008-2009. The contents of the membership packet were discussed and several more items will be added to future membership packets, such as information about cycling laws in Kansas and Missouri, a list of the member discounts, and information about accessing the on-line Member Directory.

This month, several activities regarding advocacy took place and were attended by JCBC board members. The most significant event was The Bike Friendly Workshop, held in Shawnee. It provided useful information for people to help get their cities more attuned to bicycling. Ken Cobb, JCBC Co-advocacy chair, had a chance to meet Jay Thomas, owner of the KC Trek Store (as well as two others) and discuss working with Trek to promote bicycling awareness and advocacy issues in the Kansas City Metropolitan area.

Fred Wolgemuth, the Marketing Director, reported that the increased marketing efforts seemed to pay off for the Lone Star ride with the addition of about 40 more riders than last year. He will continue this marketing effort for the August Cider Mill Century ride with a goal of increasing ridership for that ride also. Fred and his committee are also seeking additional business in the area that might be willing to provide discounts on products and services to JCBC members. Recently Ari's Greek Restaurant signed on to provide discounts to JCBC members dining with them during the upcoming Tour de France. Ari's televisions in the bar area will be broadcasting the race through out the tour. Take your membership card and visit the restaurant during the tour for some big screen action.

Planning discussions for the Cider Mill Century continued. Organizer, Jan Hudzicki, has made contact with the major players for the ride and recently put out a call for volunteers to assist in all areas. Many more volunteers are needed to make this a successful ride. Confirmation of the route will take place by the end of June. One significant change for this year will be the relocation of the lunch stop to the last SAG stop at Lake Miola. This will allow all riders to have lunch, rather than just those doing the longer distances. Also, this year, a 25 mile route will be offered for those recreational riders who want to challenge themselves a bit this year on a supported ride.

On July 25, Children's Mercy Hospital is hosting a Bike Safety Awareness event, to be held at the Kohl's store at 119th and Metcalf. They will be distributing \$5000 worth of helmets and requested that JCBC be a visible presence at the event.

The next meeting will be held on July 9, at the Community America Credit Union, at 95th and Nall. All members are welcome to attend. The meeting begins at 7 PM.

KanBikeWalk Has a Website

Kansas has a new statewide bicycle and pedestrian advocacy organization called KanBikeWalk. Visit their website at www.kanbikewalk.com. The JCBC is a proud supporter of KanBikeWalk. The club has provided financial support and two members of the JCBC board of directors have volunteered to serve on the KanBikeWalk board of directors during this critical start-up time.

KanBikeWalk is a non-profit, statewide organization whose mission is to promote a safe bicycling and walking environment for Kansans through education and advocacy.

KanBikeWalk's vision for active transportation includes increasing safety to reduce incidences of injury and death for all road users, and encourages walking and bicycling as modes of transportation, recreation, tourism, and sport.

Our members are the power that moves bicycle and pedestrian safety forward. Your membership has real impact. You do make a difference. Please join us.



Cider Mill Century

Sun, Aug 3rd, 2008

RAIN OR SHINE

www.jcbikeclub.org

We have space for 600 riders this year.
Register early to ensure your place on this ride!

Mail-ins should be postmarked by Wed, July 30th.
Online registration ends Sat, Aug 1st @ 11:59pm.
All prices go up \$5 on day of registration.

Lunch will be served on the ride!

Ride 25, 50, 70, or 100 mile loops thru scenic Miami/Linn counties.

The mass start will roll out at 7am so register as early as possible!

The start/finish is at the Louisburg Cider Mill, located 3 miles west of U.S. 69 & K-68.

REGISTRATION: 6:00 A.M.
RIDE START: 7:00 A.M.

Make checks payable to
 (postmarked by Wed, July 30th):
Johnson County Bicycle Club

Mail to:
Marsha Wilson
9409 W. 47th Terrace
Merriam, KS 66203

Or pay via **ACTIVE.COM** – search for
JCBC CIDER MILL CENTURY 2008
 (On-line registration closes Sat, Aug 1st @
 11:59pm)

For more information or to volunteer,
contact Jan Hudzicki
(913) 432-0677
janhudkc@sbcglobal.net

(detach here and mail in)

2008 CIDER MILL CENTURY Registration Form

ONLY EARLY REGISTRATION PRICES ARE SHOWN BELOW

RIDE FEES GO UP \$5 DAY OF REGISTRATION

Postmark by July 30th

NAME _____ **AGE** _____
 (List all family members' names if this is a family membership. Each name will get a member card)

EMAIL _____

ADDRESS _____ **CITY** _____

STATE _____ **ZIP** _____ **PHONE (H)** _____ **(W)** _____

Waiver and disclaimer of Liability: I, the undersigned (parent/guardian for riders under 18), accept that cycling is a hazardous activity, and accept all risks associated with the participation in this event. I agree that in the event of a mishap/accident during the ride, that I will not hold JOHNSON COUNTY BICYCLE CLUB, its officers, members or volunteers responsible for any injury, loss or inconvenience. I further agree to wear an ANSI or SNELL approved helmet and will adhere to the rules and laws of the State of Kansas while riding in this event.

Signed _____ Date _____

Parent/Guardian _____ Date _____

Fee is for a (please check correct box): (MAKE CHECKS PAYABLE TO JCBC)

- | | |
|---|--|
| <input type="checkbox"/> \$25 - JCBC/KCBC member (ride only) | <input type="checkbox"/> \$30 - non-JCBC/KCBC member (ride only) |
| <input type="checkbox"/> \$45 - ride + individual JCBC membership | <input type="checkbox"/> \$50 - ride + family JCBC membership |

- I plan to ride 25 miles 50 miles 70 miles 100 miles
- Renewing? I'd love to volunteer for JCBC events Keep my name out of the directory
- New member? Send a paper newsletter

JCBC memberships purchased today expire April 30th, 2009.



The Kansas City Bicycle Club presents the:

Annual Northland Nightmare Bicycle Tour

Sunday, July 6, 2008

TIME: The ride starts at 7:00 a.m. with on site registration beginning at 6:00 a.m.

WHERE: The ride begins at Bennett Park Shelter house number 2 in Liberty, MO (Closest to The ballfields and Clayview Dr.)

DISTANCE: 100, 62,50 and 25 mile routes available FULL SAG service and traditional "extra" Goodies.

DIRECTIONS: Take I-35 north to MO152 (Barry Rd) exit. Turn right and continue through series of stoplights, passing MO 291. The very next stoplight will be Clayview Dr. Take this left and follow it through the residential neighborhood (winding St.) up the hill. Bennett Park is on the left, but beware! do not take the first left (illegal) at the top of the hill, take the second left. Shelter house #2 is on your first left. Restrooms available.

The routes run concurrently and along the same roads. All courses are challenging, with many delightful hills. This is not a flat route by any stretch of the imagination so let the rider beware! Temperatures can vary wildly at this time of year, but be prepared for extreme heat. Drink lots of water before, during and after the ride. We do not have a rain date, and have been known to start the ride in rain, but if we have severe lightning conditions we reserve the right to cancel the ride. In case of cancellation (unlikely) there are no refunds.

Email LJoline@aol.com or call Contact Louis JoLine at (816) 679-8185 for addition information.

****Don't forget you can register on-line at www.kcbc.org****

-----Cut here-----

Northland Nightmare 2008

Make checks payable to KCBC and mail to:
KCBC, PO Box 412163, Kansas City, MO 64141-2163

	Members	Non-Members	New Members, check all that apply:
Ride Fee	\$20.00	\$25.00	
Pre-registration discount, if <u>received</u> by June 25, 2007, \$5.00.	_____	_____	<input type="checkbox"/> Please check here if you do not want your address/phone number to appear in the Membership Directory
KCBC Membership Fee:	_____	If you join, use Members column	<input type="checkbox"/> Helping plan or run some of the club events
\$20 Single, \$25 Family, \$30 Sustaining	_____	_____	<input type="checkbox"/> Being a ride leader
	_____	_____	<input type="checkbox"/> Making a difference for all cyclists (advocacy)
	_____	_____	<input type="checkbox"/> Volunteering for club-sponsored rides
Total:	_____	_____	

THERE WILL BE NO DISCOUNTS THE DAY OF THE RIDE

I plan to ride 25 50 62 100 Miles

Name _____ Phone# _____

Address _____

City _____ St _____ Zip _____

Emergency contact (name & number) _____

Waiver and disclaimer of Liability: I, the undersigned (a parent for riders under 18), accept that cycling is a hazardous activity, and I accept all risks associated with participation in this event. I agree, that in the event of a mishap during the ride, I will not hold Kansas City Bicycle Club, its members or officers responsible for any injury, loss or inconvenience. I further agree to wear an ANSI or Snell approved helmet and to adhere to the rules of the road while riding in this event.

Signed _____

Date: _____ Single Member/Rider

Signed _____

Date: _____ Family Member

Email: _____

Staying Safe on the Road

By Maury Brown

Due to the high gas prices, there has been an increase in people cycling to work, and more people cycling in general, around the metro. It is great to see more bikes on the streets as I ride to work in the morning and I hope that new bike commuters are discovering that riding to work is fun and rewarding, and great exercise, as well as being an economical way to commute.

Unfortunately, along with an increase in inexperienced cyclists on the road, (and experienced cyclists who are new to riding during rush hour), there has also been a recent spate of accidents locally, involving bicycles and cars, and a notable road rage incident involving cyclists and a driver. The fact remains that our streets, our intersections, the attitudes of drivers, our codes of behavior on public roadways, and police enforcement of them – are not very friendly to cyclists. Our transportation infrastructure has been designed around the automobile, and cyclists who want to survive in this environment are going to have to be very proactive about their safety.

I worked for years as a bike shop mechanic and during that time, repaired many a blood-splattered bike. Something I noticed over time was that other than new and inexperienced riders, the accident victims tended to be the same people, year after year. There are some very experienced riders out there, who seem to have some really unsafe riding habits. Insurance companies notice the same thing about drivers – that's why premiums for new drivers and "bad" drivers are higher than for people with established safe driving records.

I have been lucky while cycling. I have had close calls, I have done a few stupid things, I have had a few minor crashes, including one with a car, and a couple of scary incidents of contact with a car, in which I did not actually go down. Fortunately none of my accidents required medical attention or caused serious damage to my bikes. I am grateful for each of my accidents, though, as each has been a valuable learning experience, and has helped me avert numerous other accidents, any of which could have been more serious.

We have all read plenty of safety advice for cyclists. And it all reads about the same. Follow the traffic laws. Ride in the same direction as traffic. Wear a helmet. Use lights at night. These are all valid tips, but riders who successfully stay out of accidents year after year, cycling in traffic tens of thousands of miles, know that there is more to keeping safe than this. And it's not all about luck. We read about nightmare scenarios like riders getting hit from behind by an inattentive driver. I believe that the vast majority of accidents, however, can be avoided by cyclists who are riding defensively, even when a driver is completely in the wrong. I would like to share some wisdom that I believe has kept me safe for a long time.

Be Visible

Cyclists tend to get mad when drivers use the excuse of not seeing them. The fact is, though, cyclists are smaller and harder to see than vehicles. The next time you're driving and encounter cyclists, observe them through the eyes of a driver. As a driver negotiating traffic and intersections, you are primarily attuned to watching out for other vehicles. Noticing cyclists and pedestrians is more difficult, especially if a driver is distracted.

As a cyclist, you need to make yourself as visible as possible. Wear bright colored clothing, especially jerseys. Use lights at dawn and dusk, even if it is light enough to see where you are going. Make sure your lights are mounted in an effective position (a blinky light inside a jersey pocket doesn't do much good). Try and make eye contact with drivers at intersections so you have a sense of who sees you and who perhaps doesn't. Use hand signals, particularly for left turns – sticking your arm out draws attention to yourself as well as indicates your intention.

Be Aware of Common Dangerous Situations

Cyclists are particularly prone to being hit by cars in certain situations, even if they are following traffic laws and have the right-of-way. For an excellent discussion with good illustrations of these common situations, visit the website www.bicyclesafe.com. All three of the times I have collided with vehicles have been one of the situations discussed in the bicyclesafe website. The worst one was when a car going the opposite direction made a left turn across my path, right in front of me, and I slammed into the rear fender of the car. The driver was at fault, and claimed she didn't see me. In hindsight, I wasn't being very careful; it was dusk, I was going fast, and I had no lights. I survived with a little road rash, and my bike frame (which I still ride, 20 years later) has an ever-so-slightly more aggressive geometry than it used

Staying Safe on the Road continued

to. Twice, I have been hit by a vehicle which has passed me and then proceeded to make a right turn, in to me. In both cases, I instantly realized what was happening and turned with the car without even going down. Both cars suffered minor dents to the doors. In all three situations, I was lucky. I am now hyper alert to prevent them from occurring again.

Never change lanes, swerve out into your lane, or make a left turn without looking behind you first. A vehicle might be passing you at a high rate of speed at just the wrong time. Drivers will pass cyclists anywhere, including narrow roads with limited visibility, across double yellow lines, in intersections, and despite the fact a cyclist is signaling a left turn. Look in your mirror or over your shoulder before moving out into the lane.

Stay off the sidewalks. Sidewalks are for pedestrians. Drivers exiting driveways or crossing crosswalks have limited vision down sidewalks, and (at best) are watching out for pedestrians, not cyclists going 15 miles per hour. If you must ride down a sidewalk, slow down to the speed of a pedestrian and be super alert.

When stopping or turning at intersections signal your intentions and take up the lane (after looking behind you to make sure it is safe to do so). This prevents drivers from pulling up beside you and blocking your turn or turning into you. Do not pull up beside a vehicle in the same lane at an intersection. That driver likely doesn't know you are there. The vehicle may be turning, even if no signal is given. Instead, pull up behind the vehicle and wait for your turn to cross the intersection. Again, visit www.bicyclesafe.com for a more thorough discussion and illustrations of these scenarios.

Plan your route so that you avoid dangerous roads and intersections. Particularly dangerous are narrow roads with heavy or fast traffic, areas with poor visibility, roads in poor condition that force a cyclist to ride around potholes, left turns in general, and large, complicated multi-lane intersections. When possible, it's best to avoid these situations altogether. When you can't avoid them, be extra vigilant.

Be Aware of What's Happening Around You

Part of riding (or driving, for that matter) safely is developing an extra sense of awareness of what is going on around you. This requires paying attention. Use your eyes and your ears. Avoid distractions, such as chatting with other cyclists on group rides. Never impair yourself with cell phones or iPods while riding. Learn to anticipate a mistake that a driver might likely make, particularly in a common dangerous situation, and be prepared to react quickly. Slow down and use your eyes to scan all around you. For example, if I am entering an intersection and a vehicle is approaching from the opposite direction and signaling a left turn, slowing, or looking in any way like the driver might be about to turn left into my path, my feet stop going around and my hands go to my brake levers. It is best to assume drivers don't see you until you are sure they have seen you.

Be alert for very dangerous drivers. When you hear screeching tires and a gunned engine coming your way, look for the safest place to get off the road. If it's coming up behind you, get off the road.

When riding beside parallel-parked cars, slow down and be prepared for a car to pull out in front of you or for a door to open. I look through the rear windows of parked cars. If I see a person in the car, I assume the door is going to open. If I see brake lights on or front wheels pointed toward the street, I assume the vehicle may be about to pull in front of me. I don't ride in constant terror of an accident, but I try and constantly keep my guard up, particularly when encountering risky situations.

Be Predictable and Courteous

Do your part to not alienate drivers against cyclists. Cyclists are bound by the same traffic laws that drivers are. Flagrant traffic violations are illegal, stupid, and dangerous. Moreover, when done in front of drivers, it sends the message that cyclists don't take traffic laws seriously, and begs the question of why drivers should take them seriously around cyclists. Many drivers are terrified (and annoyed) around cyclists because of the stupid, illegal, dangerous, and unpredictable things cyclists do. Acting like stop signs and red lights don't apply to them, turning without signaling, swerving into the lane, pulling up beside a car at a red light, etc. are not things that promote respect from even reasonable, law-abiding drivers. Riding several abreast and holding up vehicles on group rides is guaranteed to bring out the worst in drivers. Again, notice the behavior of cyclists when you are driving and consider the impact on you and other drivers. Ride like you would want cyclists to ride when you are driving. Keep to the right. Ride single file on narrow roads. Signal and look before pulling out into the lane. Stop at stop signs and yield the right of way as appropriate.

Staying Safe on the Road continued

Be Cognizant of Your Vulnerability

As my grandfather used to say, *the graveyard is full of people who had the right of way*. Rude, careless, or dangerous drivers may be in the wrong and they may make you very angry. But the thing is, if you get hit, it's not going to be a fender-bender for you. When driving in a steel cage with a seatbelt, airbags, and a horn, it may be tempting to bluff your way around rude drivers who don't want to wait their turn at an intersection. When riding your bike, it just isn't worth it. Give it to them and let it go. Cuss under your breath and thank your lucky stars that you were paying attention and averted an accident. But don't play chicken with a car.

Likewise, it makes no sense to confront a rude driver. To begin with, you are dealing with someone who has already demonstrated no regard for your safety. The driver may be mentally unstable or under the influence of drugs. And then there is that several ton missile he is driving, not to mention what ever additional weapons may lie within it. The driver is holding all the cards. He has the ability to do you serious harm and to make a quick getaway. Escalating a road rage situation will not turn things in your favor. If what the driver did was intentional, shouting at him is not likely to change his attitude. If it was accidental, the driver probably already regrets it. The most you will accomplish by yelling, gesturing, etc., will be to vent your own rage. Find a smarter way to do that and don't risk provoking a fight that you can't win.

While riding a bicycle, is no time to be careless about traffic rules. It's not just a matter of etiquette, it's a matter of survival. Too many times, I have seen cyclists dart through stop signs in front of on-coming cars, causing drivers to hit their brakes - counting on drivers to hit their brakes. What if that driver had slow reflexes or was impaired or distracted? What if the cyclist miscalculated, just a little? Again, it just isn't worth the risk. Never pull out from a two-way stop sign until you have taken a careful look in both directions (hint: this usually requires stopping or very nearly stopping). Never make drivers hit their brakes just because you are in a hurry to get through an intersection.

I have bitten my lip and swallowed my pride. But mostly, I have ridden wisely and defensively, remaining aware of my surroundings, and alert to risky situations. I choose my routes carefully and try and be ever mindful of my own vulnerability. I have been lucky and my luck could change tomorrow. But I think it's more than luck that has kept me out of serious accidents, and largely accident free for over 58,000 miles during the last 24 years.

Car-Free Challenge Report

JCBC Team Takes Third Place in Bike Miles

The Kansas City area's Car Free Challenge, held during Bike Week (May) was a tremendous success this year. Participation more than doubled this from last year, with 1,094 people registered and 799 people logging car-free trips. In total, 41,019 miles were logged, saving 2,279 gallons of gas. The JCBC team, one of 61 teams competing in the challenge, placed third in bike miles and fourth in total miles. Twenty-eight members of the JCBC team logged 1,834 car-free miles overall, and 1,730 bike miles. Congratulations to the JCBC Car-Free Challenge team; they did the JCBC proud!

JCBC Car-Free Challenge Team and Miles

Jane Allen	49.65	Caleb Dady	16.00	Tim Oberle	13.00
Mike Bales	43.00	Rich Davis	38.00	Lee Phillips	70.00
Nan Borchardt	63.20	Chris Foster	63.20	Mark Raney	20.50
Jay Brenner	90.00	Julie Hanson	36.40	Randy Rasa	34.50
Maury Brown	51.50	Dean Huggins	100.00	Mark Scrivner	134.29
Dan Budd	48.00	Gene Lamb	30.00	John Wickstrom	91.94
Ken Cobb	25.60	Doug Linder	135.40	Fred Wohlgemuth	133.30
Jim Coggins	148.15	Liz Martin	20.00	Jill Wohlgemuth	134.30
Connie Conner	91.77	Darren Martin	42.00		
Dale Crawford	87.00	Luke McGlynn	23.00		

Upcoming Rides

For Your Calendar

There are many exciting rides scheduled in our region for the summer of 2008. This partial list provides details that are available at this date. Please note: some ride details may change between now and the actual event.

Kansas City Bicycle Club Northland Nightmare (formerly Northland Delight)

Sunday, July 6

Always one of the KCBC's most popular rides. Discover the brutal hills of the Northland. Ride 25, 50, 62, or 100 mile route. Ride starts at Bennett Park, 1101 Lake Dr., Liberty, MO. Day-of registration starts at 6:00 AM. Ride starts at 7:00 AM. Full SAG service and traditional KCBC "extra" goodies. Barbeque lunch served after the ride. For more information, visit www.kcbc.org.

Cider Mill Century

Sunday, August 3

Don't miss the final and greatest of the annual JCBC fund-raising rides, the Cider Mill Century. Ride 25, 50, 70, or 100 mile route through scenic Miami and Linn counties. SAGS provided. Lunch served. Ride starts and ends at the Louisburg Cider Mill, 3 miles west of U.S. 69 and K-68. Day-of registration at 6:00 AM. Mass start at 7:00 AM. For up-to-date information and pre-registration, visit the JCBC website at www.jcbikeclub.org.

Summer Breeze

Sunday, August 24

The Kansas City Bicycle Club presents the annual Summer Breeze Bike Tour. Enjoy a ride on the gently rolling roads of southern Jackson County and Cass County. Ride starts and finishes at the Longview Recreation Center, 3801 SW Longview Rd., Lee's Summit, MO. Ride 45, 70, or 100 mile route. Full SAG service. Day-of registration at 6:00 AM, ride starts at 7:00 AM. Visit www.kcbc.org for more information and pre-registration.

Lizard Under the Skillet

Sunday, July 13

The Lawrence Bicycle Club presents the annual Lizard Under the Skillet Ride. 30, 40, and 65 mile routes available. SAG stops provided. Ride starts and ends at Broken Arrow Park, on S. Louisiana St., just north of W. 31st St. Day-of registration and ride start: 6:00 AM—8:00 AM. Pre-register on Saturday, July 12 from 10:00 AM—6:00 PM at CycleWorks, 21st and Kasold, North of Hy-Vee on Clinton Pkwy, Lawrence, Kansas. For more information, visit www.lawrencebicycleclub.org.

Sunflowers to Roses

Sunday, August 17

The Sunflowers to Roses organization raises money and awareness to fight cancer. The 6th annual bike tour features 3, 10, 32, and 62 mile routes in western Wyandotte County, KS. Live music at post ride beer garden. Food and fun for the entire family. Ride starts at level one of the parking garage on the north side of The Legends at Village West. Ride starts at 8:00 AM. For more information and registration, visit www.sunflowerstoroses.org.

Bike MS

September 6, 7

Raise funds for the National Multiple Sclerosis Society. Ride from Peculiar to Sedalia and back over two days. Weekend includes catered meals and frequent rest stops. For more information and registration, visit www.nationalmssociety.org.

JCBC Members Will Receive 10% Discount at Ari's During the Tour

10% Tour de France Discount

For Johnson County Bicycle Club members only
From July 5th to July 27th



Family Owned & Operated
Featuring American and Mediterranean Cuisine
Monday - Saturday, 11 AM-9 PM
2049 E Santa Fe
Olathe, KS
913-393-3950

(1/4 mile east of I-35 on the south side of Santa Fe)

For the duration of the 95th Annual Tour de France, Ari's Greek Restaurant is offering a 10% discount to all Johnson County Bicycle Club members with proof of membership. Enjoy the Tour in their spacious bar area on their large screen TV while enjoying some of Kansas City's most authentic Greek food.

Offer good July 5th through July 27th, 2008
Must present your current JCBC membership card to receive discount.

For menu information, go to:
<http://www.arisgreekrestaurant.com/>

Corporate Challenge Report

By Michelle Douglas

I did accomplish my goal: to beat the fastest guy here at the office. His time was 6 min. 42 sec., mine was 6 min. 38 sec. according to official sources. That makes me the fastest woman in my division!

ALSO of note, it was WAAAAAAAAAY more windy last night than when my co-worker went the previous night, and that worked against me. I got a nice strong push from the starter guy, HOWEVER, somehow my right foot became UN-CLIPPED right at the start, darn it. I recovered without hesitation, and once clipped in, I stood up and hammered out a few strong strokes and up shifted a gear or two, in order to make up for what was probably a second or two delay. I did in fact take Cheryl's advice, and kept very close to the inside of the track - I don't think anyone had a tighter line! I almost went into the friggin grass! I tried to keep low in position, but my legs would tire, so I stood up in the pedals to use different muscles, and just hammered. It was great to have Mark 100 yards off the finish line, yelling at me to dig in and turn the pedals. At that point every competitor was losing steam, but that is the very best time to dig deep and give it all you can. I finished pedaling hard. My mouth is still dry...

Michelle Douglas rides with the KCBC and the PVYC. Michelle finished at the top of her age range and her division in the 2008 Corporate Challenge. Congratulations Michelle!

Local Bike Shops

<u>Shop</u>	<u>Phone Number</u>
Acme Bicycle Company	816-221-2045
Bicycle Shack	816-761-3233
Bike America—Lee's Summit	816-524-1819
Bike America—Olathe	913-7804500
Bike America—Overland Park	913-381-5431
Bike Source	913-451-1515
Bike Stop—Blue Springs	816-224-8588
Bike Stop—Kansas City	816-353-8448
Biscari Brothers Bicycles—Liberty	816-792-8877
Biscari Brothers Bicycles—Kansas City	816-231-1331
Epic Bike and Sport	816-382-3100
Family Bicycles	816-268-1757
Harry's Bike & Pipe Shop	913-321-3161
Leawood Bicycles	816-942-4442
Midwest Cyclery	816-931-4653
Pace Bicycle Haven	816-461-7433
Peddlers Cycling and Fitness	816-254-6855
Precision Tandems	913-962-8866
River Market Cyclery	816-842-BIKE
The Wheel Cyclery	816-455-2453
Trek Bicycle Store of Kansas City	913-631-6800
Turner's Cycling & Fitness	913-381-6800
Volker Bicycles	816-756-5510
Waldo Bike Shop	816-333-6595

Check Out the New Joint JCBC/KCBC Ride Calendar



Note: The ride calendar will no longer appear in the on-line version of Chain Chatter.

The interactive calendar is best viewed directly from the website. Excluding it from the newsletter will reduce file size and make room for other content. View the interactive calendar by visiting the JCBC website at www.jcbikeclub.org. Click the Ride Calendar button at the top of the page.

Or just click here <http://freecal.brownbearsww.com/jcbcrides>

To post your ride on the calendar, email: webmaster@jcbikeclub.org

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

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

Johnson County Bike Club Membership Application for 2008

Join the JCBC and support cycling - Membership good until **April 30th, 2009**

Name(s): _____ Age: _____

Address: _____ City, St, ZIP: _____

Telephone (H) _____ (W) _____ E-Mail: _____

If this is a family 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. **Annual Membership Fees:**

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

Please send a paper newsletter

\$20 Individual

\$25 Family

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 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. Search for JCBC