



Johnson County Bicycle Club

Chain Chatter

www.jcbikeclub.org

April 2009

Come and Ride

Johnson County Bicycle Club's

2009 Spring Classic

Saturday, April 18

Support the JCBC, get your cycling legs back, and welcome in the 2009 cycling season.

Ride 26, 46, or 70 mile routes through Bonner Springs, DeSoto, Gardner and Edgerton.

Ride includes maps, limited support, and rest stops every 17-18 miles.

Support will be available for riders needing assistance or unable to complete the ride by 3:00 pm.

Ride BEGINS and ENDS at parking lot on the southwest corner of 95th & Loiret, Lenexa, KS (just east of I-435 & 95th St).

Registration opens at 7:30 AM

Ride starts at 8:00 AM

Register today [on-line](#) or by mail, or register at the ride start.

More information and registration form inside.

April is Membership Renewal Time

The JCBC works hard to make our area a better place to ride. We need your support and participation. Please renew your membership or join the club today. Renew or join by mail (see form on back page) or [on-line](#) or buy a membership with your Spring Classic registration (form enclosed).

JCBC Board Meetings:

The JCBC Board Meetings are usually held at 7:00 PM on the 2nd Wednesday of each month at:

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

Members are welcome to attend. Please contact a board member to confirm meeting time and location.

Next Meeting: April 8

2009 JCBC Officers & Board of Directors

President	Maggi Hacker	913-498-3689	president@jcbikeclub.org
Vice President	Ken Cobb	913-548-6717	vicepresident@jcbikeclub.org
Secretary	Jan Hudzicki	913-432-0677	secretary@jcbikeclub.org
Treasurer	Kent Fulton	913-236-7223	treasurer@jcbikeclub.org
Advocacy	Doug Polson		advocacy@jcbikeclub.org
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
Webmaster	Jim Coggins	816-721-6524	webmaster@jcbikeclub.org
Board Member	Elise Hickman		
Board Member	Doug Stone		

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.

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 is 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 March 11, 2009 JCBC Board Meeting

Members Present: Maggi Hacker, Jan Hudzicki, Doug Stone, Elise Hickman, Ken Cobb, Maury Brown, Fred Wohlgemuth, Doug Polson, Kent Fulton, Jim Coggins

Minutes: Minutes were approved as written.

Treasurer's Report: Kent Fulton will have the new budget ready by the next meeting. Kent was instructed by the board to have the taxes completed and pay any taxes due.

Advocacy – Doug Polson wants to get more people involved in advocacy. He wants JCBC to be more visible – walk the walk and talk the talk. He feels we need more contact with legislators. Unfortunately, he knows that this effort can't take much time since we are all busy. He is going to make some talking points and put some information on the JCBC website about how to talk to your congressman and how to get involved in advocacy. When members talk to the legislators they have to have some financial information to present along with the advocacy associated with it in order to make a difference to the representative that you talk to. Doug feels that it is important to lay groundwork prior to going to the reps. to begin asking for legislation and other efforts on their part. Maury suggested that we should copy what Brent Hugh does – drafts a letter and members can just personalize it a bit to initiate dialog with our representatives.

Website and Membership: Jim Coggins reported that currently the numbers stand at 368 memberships with headcount of 456. He reported that 4 people have already signed up for Spring Classic via Active.com. The new membership database is working well.

March board meeting summary continued

Jim prepared a map noting the location of our members. All but 4 members are in the metro area. The map has been posted on the website. He are not sure what we will do with this information, but it may help in expanding our membership and serving the needs of our cycling community better.

Old Business:

General Ride Policies: Several issues have been mentioned over the past year and the board feels that it is time to address these items. The first is whether or not kids should ride free and what age is the limit. The board decided that kids 17 years old and younger can ride for free. The rationale was that if a person can vote, they need to pay for the rides.

The cost of our three pay rides was discussed next. The board feels that we need to keep the early bird registration discount, with day of ride pricing \$5 higher. The Cider Mill should cost slightly more than the Spring Classic and Lone Star since the riders get more support and everyone gets lunch for this ride.

Marketing the Summer Rides: Fred Wohlgemuth wants to send out the postcard announcing our annual summer rides. The cost was discussed and it was decided to proceed with the printing and mailing within a one hour driving time radius of Kansas City.

Family Membership pricing: Due to time constraints, it was decided to table this discussion for now. Maury suggests a committee be formed to come up with a proposal so we can discuss whether or not to change it for next year.

Spring Classic concerns and Issues: Maury Brown reported that the planning for the ride is going well. Permits and permissions are being taken care of or are in place already. Doug Polson has been helping Maury take care of some planning items. Jim Coggins has offered to handle the pre-registrations for the ride since a lot of membership renewals come along with the registrations. Ken Cobb has offered to take charge of the registration table the morning of the ride.

The route map was passed out to the board members. The route will be a synthesis of last year's route with a detour that had to be used in 2007 due to road construction. This new route will avoid several high traffic roads and difficult routing.

Ride Of Silence: Discussion included the route, contacting community leaders, and whether or not we need or want to have a police escort. We also discussed the need for waivers to be signed in order to have riders covered by insurance. The ride will be held on the National Ride of Silence day to maximize its impact.

Book opportunity: The continuation of the discussion about JCBC publishing a book of Kansas City rides. Doug Stone brought a binder that is filled with ride routes that he has created. He has some suggestions as to the format of the book to maximize its user friendliness. The size of the book would be up to us – how many we print is up to us. This book will include pay rides as well as local rides. Traditions, bar rides, and restaurants can also be added to each route. Doug's maps will also have an elevation profile.

The book would be used as a money maker for JCBC. The board feels that we should solicit routes from people in the various areas of the metro area for the book. We also need to let the bike shops know that we are looking for routes. We could sell the book at bike shops and at local bookstores. A CD ROM containing all the maps would be included in the book so riders can print out the maps if they want or need to.

New Business: JCBC in Facebook:

Elise Hickman educated the rest of the board about Facebook. Facebook is a social networking page – it is another group that is moderated. The way it differs from the other groups is that any member can invite another person to join. On the site, you share information about yourself and what you are doing. KCBC already has a Facebook page. Elise brought a printout of the KCBC page and showed it to the other board members. She said that you have to have a Facebook page yourself in order to get onto any other Facebook page. One possible issue is that it would be hard to limit it to JCBC members. Facebook also has message boards, and the site will send you emails when something is posted. Maury asked if it would render the cycling n JCBC group obsolete. The answer was no, since different people would be more likely to use one over the other. It would be another way to advertise our rides and promote the ride route book. You can also add links and photos to the Facebook site. Elise said she will set up a Facebook page for us to try it out. We can decide after a few months if we want to keep it going or not.

Ride Safely In Groups

By Maury Brown

Every spring as the weather gets nice, I see riders who are new to riding in groups showing up to group rides and the big annual pay rides, like the JCBC's Spring Classic and Lone Star Century. And every year, I see some of these riders falling over at stop signs because they forget to clip out of their pedals, changing their lines without looking, bumping wheels due to inattentive drafting - and causing accidents. Group riding is a fun and rewarding activity that I encourage new cyclists and solo riders to try, but there are certain basic safety practices that must be observed to prevent accidents.

Riding with a group of other cyclists is a little different than riding solo. Group riding does have several advantages. Depending on the ride, there may be a social aspect, a competitive aspect, or both. It's fun to ride with friends and fellow cyclists. Group rides often maintain higher speeds than individual riders would on solo rides. The ability to take turns pulling and drafting allows all riders to go faster and longer.

While there is perceived (and possibly real) safety in riding in a group (safety in numbers and better visibility), there are also dangers to group riding. Riding in close proximity to other cyclists can result in collisions, and competitive behavior, such as running stop signs to avoid being dropped, is illegal and can result in serious accidents.

Here are some tips for riding safely in groups.

Be comfortable with your bike. If you are not well accustomed to getting in and out of your pedals, ride solo until you are. If you fall over at a stop sign because you forget to clip out (something most riders have done), you are likely to not only embarrass yourself, but to cause at least one other rider to fall over. To ride with a group, you should be comfortable with controlling your bike, riding in a straight line, and drafting. Practice drafting with a small group before riding with a large group.

Be comfortable with the pace and distance of the ride. Not all group rides are alike. Some are fast and some are not. Some groups follow regular routes, others ride different routes or make them up as they go along. Some groups will wait up for stragglers, others will drop anyone who can't keep up and keep right on going. Learn a little about the ride before starting out with a new group or you may find yourself alone, lost, and farther from the ride start than you expected.

Be predictable and considerate when riding in a group. Do not change your line suddenly or without looking. Communicate your intentions to the riders around you, especially if you are slowing down, turning, or planning to move to the right or left. Assume the riders in front of you and beside you do not know you are there. Be aware of the riders around you. Don't simply fix your attention on the wheel of the rider in front of you; watch where you are going and don't be caught unaware of what is ahead. Be considerate of the rider who is likely only inches from your back wheel, and call out road hazard and when you are slowing or stopping. Avoid passing other riders in situations where visibility is limited or when they are likely to swerve, such as on particularly rough sections of road, or when crossing railroad tracks.

If the group is riding in an organized pace-line, observe how they are rotating, and conform. There are several different ways to do a pace-line. The important thing is that everyone in the pace-line is working together in a safe and predictable way. If the group is not riding in an organized pace-line it is harder to predict what others will do, and all the more important for everyone to be safe and predictable, and to communicate their intentions.

Ride Defensively. If the behavior of the group is making you nervous, avoid riding next to the worst offenders. Often the front of the pack (if you are fast enough to stay there) and the back of the pack are the safest places to ride.

Don't be stupid. Just because you are riding fast with a couple of dozen other cyclists doesn't mean that you are not responsible for obeying traffic laws. Just because others in the group are doing dangerous things doesn't make it any wiser for you to follow suit. Don't take risks at intersections by running lights or stop signs in order to stay with the group. Riders who do this are risking their lives, breaking the law, and alienating other users of the road against cyclists. There is no shame in getting separated from your group because you stopped for traffic with the right-of-way. In a large group ride, it is unrealistic that the group will be able to stay together while riding in a populated area. Many groups will slow down and allow riders who got caught at the light to catch up.

Be careful and have a fun and safe riding season.

Johnson County Bicycle Club's 2009 Spring Classic

Ride 26, 46, or 70 mile routes through Bonner Springs, DeSoto, Gardner and Edgerton.

Ride **BEGINS** and **ENDS** at parking lot on the southwest corner of 95th & Loiret, Lenexa, KS (just east of I-435 & 95th St).

Ride includes maps, limited support, and rest stops every 17-18 miles. Support will be available for riders needing assistance or unable to complete the ride by 3:00 pm. **Ride requires, at minimum, an appropriate bike in good working order, water, flat repair supplies and a helmet.**

For more information or to volunteer, Contact Maury Brown: (816)561-9258 Or pbmaury@hotmail.com

Register online at: www.jcbikeclub.org/springclassic

Saturday April 18, 2009

REGISTRATION: 7:30 A.M.

RIDE START: 8:00 A.M.

REGISTRATION INFO:

\$5.00 discount for pre-registration. Prices below have been discounted \$5.00 for pre-registration.

Mail-in registrations must be postmarked by April 15th. On-line registration closes April 16th at 11:59pm. To receive JCBC/KCBC membership discount on day-of registration, valid membership card must be presented. Riders under the age of 18 ride free. Ride is rain or shine. Ride may be cancelled in the event of severe weather. Refunds for ride registrations are not given.

Make checks payable and mail to:
Johnson County Bicycle Club
9513 Booth Ave.
Kansas City, MO 64134

(detach here and mail in)

2009 SPRING CLASSIC Registration Form
Prices below reflect \$5.00 pre-registration discount
Postmark by April 15th

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"/> \$20 - JCBC/KCBC member (ride only) | <input type="checkbox"/> \$25 - non-JCBC/KCBC member (ride only) |
| <input type="checkbox"/> \$40 - ride + individual JCBC membership | <input type="checkbox"/> \$45 - ride (one adult) + family JCBC membership |

- I plan to ride 26 miles 46 miles 70 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, 2010.

The JCBC has a Facebook Page

Join our new forum for meeting other cyclists and sharing cycling-related information and discussion

[JCBC Facebook](#)

Volunteers Needed

For 2009 JCBC Pay Rides

Have you enjoyed JCBC's annual pay rides for years? Have you always intended to 'give back' and volunteer to help out on a ride yourself? Our rides are completely organized and run by volunteers. Volunteers plan the routes mark the routes, purchase the food, staff the registration table, and the SAGS, drive the routes providing roving support, assist riders who are having difficulty, and do countless other behind-the-scenes tasks. All of these volunteers are giving up the opportunity to do the ride themselves that day, so they can make it happen for the others.

This is your year to give back. The JCBC needs volunteers for all three of its pay rides this season. Contact a ride leader and let them know you're interested in helping out.

Spring Classic Saturday, April 18

Ride Leader: Maury Brown pbmaury@hotmail.com 816-561-9258

Lone Star Century Sunday, May 31

Ride Leader: Fred Wohlgemuth marketing@jcbikeclub.org 913-385-9438

Cider Mill Century Sunday, August 2

Ride Leader: Jan Hudzicki secretary@jcbikeclub.org 913-432-0677

Upcoming Rides

For Your Calendar

There are many exciting rides scheduled in our region for the spring of 2009. Start planning which ones you will enjoy this year. This partial list provides details that are available at this date. Please note: some ride details may change between now and the actual event.

See the [ride calendar](#) for more rides and details

JCBC Pay Rides

Spring Classic

Saturday, April 18

This annual ride features SAG support and 24, 46, and 70 mile routes to suit riders of different abilities. The Spring Classic is a ride to cut your teeth on early in the season and will leave you in better shape to take on the longer rides that follow. Details and registration form enclosed.

Lone Star Century

Sunday, May 31

This out-and-back ride from Olathe to Lone Star Lake will have four SAG stops, including a hamburger lunch at the mid-way point. 25, 45 and 72 mile options will be available as well as the full century. Visit www.jcbikeclub.org for more information.

Other Local and Regional Rides

Ride of Silence

Wednesday, May 20 7:00 PM

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.

On May 20, 2009, at 7:00 PM, the Ride of Silence will begin in North America and roll across the globe. Cyclists will take to the roads in a silent procession to honor those who have been killed or injured while cycling on public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves.

In 2008, 7,955 riders participated in the ride of silence in 299 locations around the world.

The local ride of silence is being organized by the JCBC this year. Look for more details in the May newsletter and on the [JCBC website](#).

KCBC's Jamesport Double Nickel

Saturday, May 23—Monday, May 25

Join KCBC cyclists for the annual Memorial Day Weekend ride in Jamesport, Missouri. 20-55 mile loops. Camp in the Jamesport area. Enjoy Amish food and shopping in Jamesport. Plenty of fun for families, including non-riders.

For more information and registration, contact the KCBC at www.kcbc.org.

Tour de Cure

Sunday, June 14

Tour de Cure is a fundraising event for the American Diabetes Association. 10, 40, 60, and 100 mile routes. Well supported ride with rest stops every 10 to 15 miles. New start location and routes. Lunch served after ride. For more information and registration, visit www.tour.diabetes.org.

Upcoming Rides

continued

Regional Multi-day Tours

The Nebraska 200

Saturday, June 6—Sunday, June 7

The Nebraska 200 is a traditional annual weekend ride from Parkville to Falls City, NE. Ride 100 miles up on Saturday and return by a slightly different route on Sunday.

The scenic route includes miles of flats along the Missouri River and rolling hills of northeast Kansas. The route goes through Leavenworth, Atchison, and other smaller towns.

Need miles? Don't have time or money for far-away week-long rides? Here's your opportunity to get out of town and ride 200 miles in one weekend! Completion of this ride is guaranteed to boost your stamina for challenging rides to come. Great training for brevets.

The Nebraska 200 is a challenging ride for strong, experienced, and self-sufficient cyclists who can ride long distances at a moderate-to-fast pace. Support is limited.

Contact Janie Oldberg cjb@kc.rr.com for details.

BAK (Biking Across Kansas)

Friday, June 5—Saturday, June 13

Ride 532 miles from the Colorado border, near Syracuse, to Louisburg. BAK is an annual ride that has been held since 1975. BAK is a recreational and social rally for cyclists, not an endurance contest or a race. All capable riders are welcome. Experience beautiful scenery and get a feel for life in small towns, while learning that Kansas is not flat. SAG vehicles provide support along the route. Overnight in small towns. Sleep in high school gymnasiums or tent on school grounds.

For more information and registration, visit www.bak.org.

Border Raiders

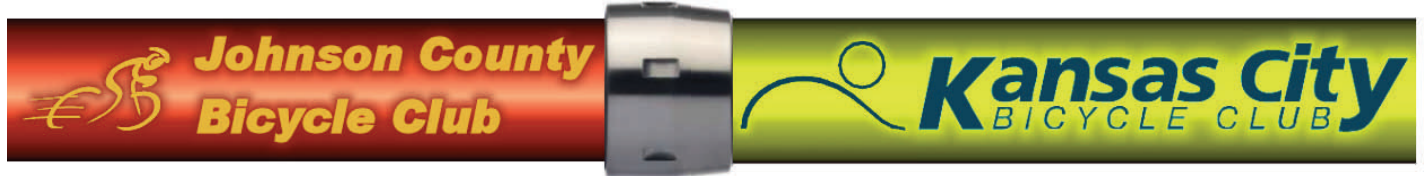
Saturday, June 20—Saturday, June 27

Ride 500 miles of history, through four states, in eight days! Tour historic places where the border wars ignited the Civil War in the Midwest. Ride 50 to 75 miles each day. Optional Long Riders Century challenge. Many rest stops feature local community organizations who sell food and refreshments as a means of raising funds for their charities. Ride accommodations include baggage transportation between destinations, overnight facilities in school gyms and camping areas, shower facilities and restroom facilities. The route starts and ends in Lawrence, KS. For more information and registration, visit www.borderraiders.com.

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 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.brownbears.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 2009

Join the JCBC and support cycling - Membership good until **April 30th, 2010**

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. **\$20 Individual**

Please send a paper newsletter **\$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