



**Johnson County Bicycle Club**

# **Chain Chatter**

**www.jcbikeclub.org**

**July-August 2009**

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**Come and enjoy one of the most spectacular and fun cycling events in our area—the JCBC's annual extravaganza:**

## **The Cider Mill Century**

**Sunday, August 2, 2009 Rain or Shine**

**Day-of Registration: 6:00 AM**

**Start/Finish at the Louisburg Cider Mill**

**Mass Start: 7:00 AM**

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

**Early Registration Discount**

**Registration Form and Details Inside**

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### **The JCBC's 4th Annual Cider Mill Century**

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

8 SAG Locations

Free JCBC Cider Mill Pint Glasses for pre-registrants

Tattoo Parlor at SAG 1

Lunch served at the Cider Mill after the ride.



### **Volunteers Needed**

JCBC events like the Cider Mill Century don't just happen. They take an incredible amount of work to plan, prepare, and to actually staff the event. We are still in need of a few volunteers to help out with the Cider Mill Century. Have you volunteered for a JCBC event recently? Can you or someone you know help us out?

To volunteer for the 2009 Cider Mill Century, please contact Ride Leader Jan Hudzicki at: **913-432-0677** or **secretary@jcbikeclub.org**

## 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: Aug 12**

## 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](mailto: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](mailto:chainchatter@jcbikeclub.org). Please type "JCBC Newsletter..." in subject line. Newsletter Deadline is the 20th of each month.

## Are Bike Helmets Going Out of Style?

By Maury Brown

I have become aware of a disturbing trend in the last couple of years: cool and hip young urban cyclists are not wearing helmets. I live near Westport in Kansas City, where I see cyclists, usually between the ages of 18 and 25, on a daily basis riding in traffic without helmets. I commute to work through the Plaza and I see other cyclists (usually young adults) commuting in traffic without helmets. I work at UMKC, where students and employees can now borrow bikes for commuting, and I regularly see students at this institution of higher learning riding in traffic without helmets. Recently I became aware of a new rider on one of the Prairie Village Yacht Club rides, which I regularly participate in, who was offended by PVYC members who didn't want him doing their rides without a helmet. Just as I was beginning to think helmet use was becoming nearly universal among serious cyclists...

I have been a helmet-wearing cyclist for over a quarter of a century, and during that time, I have seen helmet wearing become increasingly ubiquitous among American cyclists. While slower to catch on in Europe, even the Tour de France now requires riders to wear helmets, a development that occurred partly as a result of the death of Italian racer Fabio Casartelli in a tragic accident during the 1995 Tour. It is encouraging to see people, and young people especially, embracing cycling as an alternative means of transportation to driving. It is unfortunate, however, that despite being educated and progressive enough to choose cycling as a practical, inexpensive, and non-polluting form of transportation, so many young people are choosing to follow a current style trend, and not wear helmets. We are accustomed to seeing children on bicycles whose parents don't require them to wear helmets, and people of all ages on inexpensive bikes who perhaps cannot afford a helmet or lack the education about the importance of head protection. But seeing large numbers of college students on decent bikes, who should be able to afford helmets, and should know better than to ride without one, but are choosing to follow a no-helmet fashion trend—is something I find very disturbing.

Some of these "invincible" young adults are going to pay a very steep price for this stupid fashion statement. Hopefully, riding sans helmet will be a short-lived trend. In the meantime, I would challenge cyclists to not cave in to this apparent fashion trend, and to help educate young people and new riders about the importance of wearing helmets. Make cycling a safe activity. Wear a lid.



**She wears a helmet—and so should you. Photo by Maury Brown**

# 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.*

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## Summary Report of Business Conducted at the May 13, 2009 JCBC Board Meeting

Members Present at this month's meeting were: Jan Hudzicki, Kent Fulton, Ken Cobb, Fred Wohlgemuth, Maggi Hacker, Jim Coggins, Elise Hickman, and Doug Stone.

Minutes of the April meeting were approved as written. The treasurer's report was presented and accepted. The final financial report for the Spring Classic was presented. Due to the strategic planning of Maury Brown, the ride leader, a small profit was made despite the rainy weather.

Web Master Report: The Blue Host service that supports our website will be expiring soon. Following a brief discussion the board approved Jim Coggins to renew the service for 2 years.

Current memberships stand at 191, with a head count of 251. This drop in number is due to all the 2009 membership expiring at the end of April. We expect that the Lone Star Ride will draw more membership renewals.

### Unfinished Business

Because of the time it would take to delete members from the Cycling-n-JC list serve, then reinstate members when they renew, it was decided to keep them active until after the Lone Star Ride, then delete non-renewing members.

JCBC and KCBC will go together to produce a joint postcard advertising our summer rides. A proof of the postcard was shown to the board and Fred says he can have it out to the members by Monday. 2872 postcards will be sent out after combining the two club mailing lists.

Ride of Silence: All the planning for the annual Ride of Silence is in place. We expect to have a good turnout and the weather should be good that evening.

Hospice Donation: Bill Marshall was an originator of Bill's Burrito Blast, which was one of the most popular rides that JCBC had. He recently passed away and it was suggested by another member that JCBC make a donation to the hospice in his memory. A motion was made, seconded, and unanimously voted to make a \$100 donation from JCBC.

### New Business

Lone Star Ride planning continues on schedule. Fred Wohlgemuth, who is the ride leader has done a great job of planning the ride.

The meeting was adjourned at 8:30 PM.

# Summary Report of Business Conducted at the June 10, 2009 JCBC Board Meeting

By Jan Hudzicki

**Members present:** Maggi Hacker, Fred Wohlgemuth, Maury Brown, Jim Coggins, Ken Cobb, Elise Hickman, Jan Hudzicki, Kent Fulton.

President Maggi Hacker called the June 10, 2009 meeting of the Johnson County Bicycle Club to order. The minutes of the May meeting and the Treasurer's Report were approved as submitted.

Jim Coggins, Membership Chair, reported that we have 269 memberships with a head count of 356. The Lone Star ride brought in a lot of renewals and some new memberships as well. Since we are now past the Lone Star ride Jim is now removing people from the Cycling-n-JC forum who have not renewed their membership. They will have to renew in order to get reinstated on the list serve.

Ride of Silence: Elise Hickman reported that 130 riders participated in the Ride of Silence. Since this was the first year that JCBC had organized the ride, the parts of the ride that went well were noted for recording in the minutes. There were several components of the ride that did not go as smoothly as we had planned. These were also listed for inclusion in the minutes for review when we begin planning next year's Ride of Silence.

Lone Star Century Ride Recap: Overall, the ride was very successful. The weather was great and the HAM Radio operators counted 305 riders, with lunch being served to over 100 riders. There was some competition with other rides scheduled for that same day or weekend. This was noticed in the number of paid riders which was lower than last year's count. Again, the high and low points of the ride were noted for inclusion in the minutes so that next year, planning can include minimizing the low points of the ride. Many thanks to all the volunteers who will be listed on the JCBC website as well as recognized in the next newsletter.

Cider Mill Century Report: Ride Leader, Jan Hudzicki, reported that the majority of the planning for the Cider Mill Century Ride is complete. There will need to be a slight route change due to a bridge closed just south of Osawatomie. Lunch will be served at the Cider Mill this year. The Juvenile Diabetes Research Foundation staff has been great to work with, and so far they have over 70 riders signed up. Jan is still looking for more volunteers to help with some planning activities as well as help with the SAG stops.

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## 2009 Lone Star Century Ride Report

It was with considerable relief for Lone Star ride organizers, JCBC Board members, and eager Lone Star riders, that Sunday, May 31 brought dry weather, moderate winds, and reasonable temperature. After disappointing weather all but ruined the Spring Classic ride, hopes were running high for the second annual JCBC ride.

The 2009 Lone Star Century turned out to be a tremendous success and a great effort by first-time ride leader Fred Wohlgemuth and about 60 volunteers who helped make this ride happen. Members of the JCBC Board of Directors have received feedback from several riders who consider it one of the best rides they have done.

Over 300 riders turned out for this year's Lone Star Century. Lunch at Lone Star Lake Campground, was served to over 100 riders, most of whom rode the entire 100 mile route. Best of all, we had a safe ride with no accidents or injuries being reported.

Thanks to all the riders who rode the Lone Star and to the volunteers who worked so hard to make this ride great. If you know someone who volunteered for the Lone Star, thank them for a great job. It's not easy to recruit volunteers for these rides, and many of this year's volunteers are cyclists who will want to ride next year. If you didn't volunteer this year please do in the future. The JCBC needs all the help we can get planning and running our events.



Prairie Village Yacht Club riders at Lone Star ride start. Photo by Maury Brown

# Cider Mill Century

Sun, Aug 2nd, 2009

RAIN OR SHINE

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

Mail-ins should be postmarked by Wed, July 29th.  
Online registration ends Thurs, July 30th @ 11:59pm.

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.

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.

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

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

Make checks payable to:  
Johnson County Bicycle Club

Mail to:(postmark by Wed, July 29th)

Jim Coggins  
9513 Booth Ave.  
Kansas City, MO 64134

**Register online by July 30th,  
midnight and take \$5 off all  
prices shown below!  
Go to ACTIVE.COM and search  
for this event:  
JCBC Cider Mill Century 2009**

(detach here and mail in)

## 2009 CIDER MILL CENTURY Registration Form

**Postmark by July 29th and take \$5.00 off all prices shown below!**

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"/> \$30 - JCBC/KCBC member (ride fee only)      | <input type="checkbox"/> \$35 - non-JCBC/KCBC member (ride fee only) |
| <input type="checkbox"/> \$50 - ride fee + individual JCBC membership | <input type="checkbox"/> \$55 - ride fee + family JCBC membership    |

**Postmark by July  
29th and take \$5.00  
off all pricing seen  
here!**

- 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

# Thank You Lone Star Volunteers

## For a Job Well-Done

The JCBC's annual rides like the Lone Star Century are fun events that many area cyclists look forward to riding every year. The Lone Star Century, along with the Spring Classic and the Cider Mill Century are also important sources of revenue for the JCBC, without which we would be unable to sponsor other events and make sizeable annual donations to several organizations which support cycling in our area. The success of these rides is critical to much of what the JCBC does.

Rides like the Lone Star Century require a tremendous amount of planning, preparation, and a large number of staff to actually run the event. In addition to the people who run the registration table and staff the SAG stops, there are many folks working behind the scenes, who purchase supplies, transport the food, water, and equipment, plan the route, paint the markings on the route, promote the ride, and make the maps. In the case of the Lone Star Century, there is a team of Ham Radio operators who station themselves along the route and provide essential communication services which help the event run smoothly and safely. This is all done by volunteers, many of whom are dedicated cyclists who would be happy to be riding rather than working the event.

One of the most challenging jobs of the Ride Leader, whose job it is to organize all aspects of the ride, is **Recruiting Volunteers**. If you like to do these rides, please volunteer to help pull them off. It's fun and it's satisfying to do your part to make these events happen.



The Lone Star Lake Lunch SAG Crew: Emlen Brown, Debbie Smith, Phoebe Markley, Lauren Hudak, Mike Hickman, Elise Hickman, and Ham Operator Norm. Photo by Maury Brown

## 2009 Lone Star Century Volunteers

Lorri Brenner

Kent Fulton

Bob Omar

Emlen Brown

Maggi Hacker

Debbie Smith

Maury Brown

Elise Hickman

John St. Angels

Cindy Clark

Mike Hickman

Rosemary St. Angels

Jim Clark

Lauren Hudak

Michelle Tevis

Ken Cobb

Dean Huggins

Linda Van Veen

Jim Coggins

Phoebe Markley

Andrea Walker

Dale Crawford

Heather McCarter

Jill Wohlgemuth

Diane Erie

**Brian Short and his team of about 35 Ham Radio Operators**

**Zeke Shepherd and Travis from Bikesource**

**Ride Leader: Fred Wohlgemuth**

# Upcoming Rides

## For Your Calendar

There are many exciting rides scheduled in our region for the summer and fall of 2009. Start planning which ones you will enjoy. 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

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### JCBC Rides

#### Cider Mill Century

Sunday, August 2

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 routes through scenic Miami and Linn counties. SAGS provided. Lunch served. Ride starts and ends at the Louisburg Cider Mill. For up-to-date information and pre-registration, visit the JCBC website at [www.jcbikeclub.org](http://www.jcbikeclub.org).

### Other Local and Regional Rides

#### KCBC's Summer Breeze

Sunday, August 30

A very pleasant ride in southern Jackson County and Cass County. 45, 70, and 100 mile routes. Full SAG service and picnic style meal at the Raymore SAG stop. Ride starts and ends at the Longview Recreation Center, at Longview Community College, 3801 SW Longview Rd. in Lee's Summit, MO. This is a great ride; don't miss it.

Visit [www.kcbc.org](http://www.kcbc.org) for details and registration.

#### Lawrence Bicycle Club's Octoginta

Sunday, October 4

The Lawrence Bicycle Club presents the 40th annual Octoginta ride. This year's Octoginta will feature 40, 80, and 100 mile routes. Octoginta features several SAG stops and great ride support. Don't miss one of the most popular rides in the area.

Visit [www.lbc-cycling.com](http://www.lbc-cycling.com) for details and registration.

#### Bike MS

September 26, 27

Raise funds for the *National Multiple Sclerosis Society*. Ride from Kansas City to Sedalia and back over two days.

For more information visit [www.nationalmssociety.org](http://www.nationalmssociety.org).

#### KCBC's Northland Nightmare

Sunday, October 11

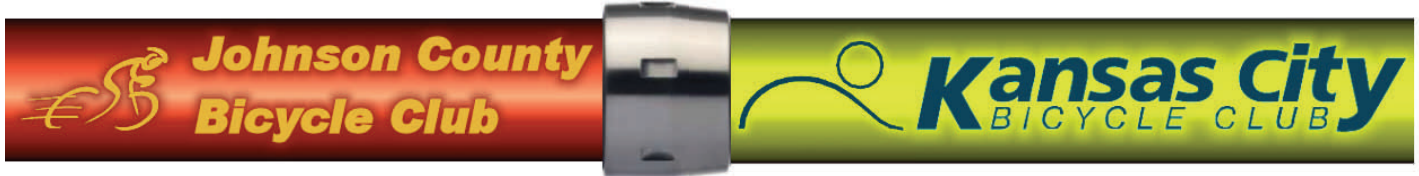
This year the KCBC has moved the Northland Nightmare (formerly known as the Northland Delight) to October. This challenging, hilly ride features 25, 50, 63, and 100 mile routes. Full SAG service with picnic style meal at the end. Ride starts and ends at Bennett Park in Liberty.

Visit [www.kcbc.org](http://www.kcbc.org) for details and registration

# 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



View the interactive calendar by visiting the JCBC website at [www.jcbikeclub.org](http://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](mailto: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*

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## 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](http://Active.com). Search for JCBC**