



**Johnson County Bicycle Club**

# **Chain Chatter**

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

**Oct-Nov 2009**

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## **JCBC Task Force Meets With Prairie Village Police Department**

As reported in the September JCBC newsletter, the Prairie Village Police have been targeting group rides and individual cyclists for traffic violations and issuing tickets in Prairie Village and Mission Hills. Some of the weekly group rides through Prairie Village can be very large, generating road rage and motorist complaints to the police due to the amount of traffic inconvenienced by them. It is difficult for motorists to pass a long line of cyclists, even if the cyclists are riding single file and following traffic laws. And some riders are not well-behaved, riding several abreast, swarming cars at intersections, and running stop signs. On large show-and-go rides without ride leaders, this kind of behavior can be very difficult to control. However, it was felt by many cyclists that the police emphasis on cyclists was becoming unreasonable (how often do motorists roll through stop signs without coming to a complete stop?) and unwarranted, and that anyone riding a bicycle through Prairie Village or Mission Hills was likely to receive a ticket for one nit-picking little infraction or another.

While most traffic laws pertaining to cyclists are pretty clear, there are some shades of gray, particularly with regard to the practical expectations of riders in groups, in which enforcement falls to the discretion of the police. An example of this is when a large group of cyclists approaches a stop sign. Is each cyclist supposed to approach the intersection, and stop in turn before proceeding through (a process that would hold up traffic for considerable time with a large group) or is it permissible for a group of cyclists to stop at the intersection and proceed through as a group?

As a result of the Police action in Prairie Village and the uncertainty about what it would take to end police scrutiny and targeting of cyclists, a group of concerned JCBC members, some of whom are on the Board of Directors, formed a task force to meet with the Prairie Village police to discuss these issues. The result of these meetings, we think, has been some constructive discussion, sharing of concerns, and clarification and refinement of enforcement practices.

As increasing numbers of cyclists take to the roads and the popularity of group rides grow, cyclists are going to attract more attention from police departments with regard to issues of safety, sharing the road, and following traffic laws. While this task force was formed in response to incidents taking place in Prairie Village, the matters of group ride safety, motorists and cyclists sharing the roads, traffic law enforcement and police attitude toward cyclists are issues that concern all cyclists in all municipalities. The JCBC is concerned with the relationship of police and cyclists and the reputation of cycling groups throughout our region.

Below is a summary of some specific traffic enforcement issues that the JCBC clarified with the Prairie Village Police. Some of these points may seem pretty obvious to many riders, but if you ride in Prairie Village, expect to be ticketed if you are caught violating them.

### **Stop Signs:**

Make complete stops.

Up to 10 riders (one car length) can proceed as one group after stopping together. Each group takes its own turn.

Don't swarm or creep past stopped cars on either side (same for stop lights).

**Continued on Page 2**

### 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: Dec 9**

## 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	Mauy 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.

## JCBC Task Force Meets With Prairie Village Police Department continued

### Stop Lights:

Individual riders can enter the intersection on yellow, but not on red. Trailing riders in a group may be ticketed if they enter on red.

It's okay for a group to consolidate at a red light in order to clear the intersection faster.

### Riding Single and Double File:

Never ride more than double file except when passing.

Merge to single file on two lane streets when cars are back.

Ride single file on busy two lane streets.

Ride as far to the right as practicable, whether in single or double file.

### Passing:

Complete the pass promptly.

Do not impede trailing cars.

Pass all the way to the next break in the group.



## PRAIRIE VILLAGE POLICE DEPARTMENT

**WES JORDAN-CHIEF OF POLICE**

7710 Mission Road • Prairie Village, Kansas 66208  
Phone: 913/642-6868 • Fax: 913/385-7710



**Sgt. Byron K. Roberson**  
**Patrol Operations**

Cycling continues to gain popularity as a sport and leisure activity in our metropolitan community. With the increase of cyclists on our roadways, it becomes imperative that guidelines be established and followed to protect everyone who uses them. The Prairie Village Police Department was receiving complaints concerning bicyclists who were not obeying traffic laws. The Department began by informing bicyclists of the complaints and asking for compliance with traffic laws before enforcement action was taken. The Department met with the President and other representatives of the Johnson County Bicycle Club to improve communication and get a better understanding of the concerns at hand.

Direct communication between the cycling community and law enforcement is very important. Through this letter, we wish to establish better dialogue with the cycling community to foster an exchange of information for all concerned parties. It is not our intention to recite every law pertaining to cycling in this letter; however, we would like to discuss some basic rules of the roadway. We understand that riding in a group offers more safety to the cyclists, but it is very difficult for a group to proceed through a controlled intersection as a group which can create a situation where riders fail to stop for stop signs and red lights in order to stay with the peloton.

In discussion with the Johnson County Bicycle Club, we recognized that it would be difficult for a large group of riders to proceed through a four-way stop one at a time. Therefore, we have agreed that when cyclists are riding in large groups and approach a **STOP SIGN** we encourage them to come to a complete stop and proceed as allowed as a group of no more than 10 cyclist at a time. Riders will cycle through in the same manner as all other motorists at the intersection. All riders in the group of no more than 10 will be expected to come to a complete stop before proceeding through the intersection together. This procedure should not be practiced outside of the City of Prairie Village or Mission Hills without the express permission of the law enforcement agency in that jurisdiction.

Next, we would like to discuss riding formations. Kansas Law specifies that riders may not travel more than two abreast. Although we understand peloton or pack riding is a common practice, it is neither safe nor practical for busy city streets. Riders must obey all traffic control devices in the same manner as any other motorist. By doing so, we can all help reduce the likelihood of collisions with motorists and pedestrians. I would encourage anyone who is a cyclist to visit [www.ksdot.org](http://www.ksdot.org) and review all of the laws pertaining to cyclists on Kansas roadways.

In closing, we consider Prairie Village and Mission Hills as “pro” cycling communities. We want to establish a working partnership with the cycling community -- hopefully what we do now will be of benefit to both current and future riders. Safe Cycling Tip brochures are available in the Prairie Village Police Department lobby. If you have any further questions, feel free to contact me at 913/385-4617, or email me at [broberson@pvkansas.com](mailto:broberson@pvkansas.com).

# 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 September 9, 2009 JCBC Board Meeting

Members Present: Maggi Hacker, Doug Stone, Maury Brown, Fred Wohlgemuth, Kent Fulton, Elise Hickman, Ken Cobb, Jan Hudzicki; Dave Winters

The minutes of the August meeting and the Treasurer's report were approved as written.

### Unfinished Business:

Picnic and Social with KCBC update – The finalized details of the upcoming joint picnic, to be held on September 19 at the Waldo Park were presented by Ken Cobb. The flyer has been out and is posted on the club website. Additional reminders to the membership will be sent out via email list.

Board Positions for 2010 – We will have several vacant board positions. Several names were suggested as possible new board members. Everyone is encouraged to talk to riders who they don't know in order to bring people with new perspectives to the board.

Marketing to JCBC Club Members to attract volunteers to help with rides next year – It was decided to do a phone marketing campaign about 45 days before the first ride of next year. That will also be a good time to remind members that it is time to renew their memberships.

AIDS Bicycle Challenge – No one from the board is able to man the booth at this event. A request to the membership will be sent out to see if there is anyone else who would be able to represent JCBC at this event. KCBC will have a booth at this event.

Discussion regarding the recent ticketing of bicyclists in Prairie Village.

17 cyclists were ticketed at Belinder and 79<sup>th</sup> during the Blue Moose ride. The following week two riders were ticketed during the Brookside ride at the same spot. There was also a solo rider who was ticketed when riding in Mission Hills, during the morning.

Chief of Police Jordan met with several PVYC and JCBC riders to initiate discussions about how to allow group rides yet have the cyclists obey the cycling laws. It was suggested that peer pressure is a good way to change behavior. It has to be consistent and it has to come from more than one or two people. The majority of group riders have to be willing to police themselves if they expect the police to give everyone some leeway regarding cycling in neighborhoods.

The group of cyclists created a document with talking points to address when they meet with Chief Jordan again. They wanted JCBC to approve of the future discussion since they want the support of the club in these discussions.

Bicycle Friendly Community Local Review of Leawood KS. (Results will be completed in October.)

Several board members were asked by the city of Leawood to read their application for designation as a Bike Friendly City and compare the document with the standards set by the League Of American Bicyclists. Kent Fulton and Maggi Hacker reviewed the application and made suggestions to the city.

## Summary Report of September 9 Board Meeting continued

JCBC Annual Winter banquet: Ken Cobb suggested that we look into bringing Bob Mionske, a Cycling Law lawyer, writer and national bicycling guru to speak at the banquet. Ken will contact him and see what the cost would be to bring him to Kansas City. Ken will send a link to the rest of the board so they can look over his webpage. If bringing this speaker to Kansas City is a possibility, we could see if KCBC wants to hold a joint banquet and we could possible invite the public and make it a big event.

There being no further business the meeting was adjourned.

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## Summary Report of Business Conducted at the October 14, 2009 JCBC Board Meeting

The minutes of the September meeting were approved after corrections were made.

The Treasurer's report was presented by Kent. This time of the year we run in deficit mode due to the end of income generating events for the year, but the club is financially sound.

October Social and Bike Ride Wrap-up: Close to 100 riders attended the picnic. The weather was great and everyone had a great time.

Follow-up to meeting with PV police department and task force: The club received a letter from the PV police outlining what they will and will not overlook in the behavior of bicyclists. The task force believes that we have created an environment where cyclists are now more aware of their behavior during group rides. Several riders reported that riding behavior has improved, with the exception of a few riders who still choose to disobey the laws. This has opened a dialogue and will hopefully keep our relationship with the police in a good light.

Volunteer participation from membership: Doug Stone suggested that we use our volunteer services to count as community service for high school students. Elise said that community service hours are needed by students and our club rides would count as community service. Contact will be made to several schools to initiate this activity.

Winter Banquet venue- Maggi suggested that we hold a Swap and Shop at the banquet. It usually is a good, fun, activity and might attract more people to the banquet. Ken feels that if we publicize the banquet right we might attract more attendees and at the banquet we can do more face to face marketing for volunteers. Kent suggested having a special raffle for volunteers. It was suggested that Ken contact some of the people at the League of American Bicyclists or someone from Bicycling magazine. We should also ask the Prairie Village Chief of Police come and speak at the meetings. Ken will investigate possible venues for the banquet.

Donations for 2009: We need to solicit ideas about where to make our yearly donation for next month's board meeting. We need to gather input from the membership so Maury will put something in the newsletter asking the members to call Elise with suggestions. Elise will also post this to JCBC list serve. We gave to the following charitable organizations last year: Head strong for Jake \$500, Missouri Bike Fed \$1000, KanBikeWalk \$1000, HAMs \$800, Kansas Trails \$500, Commuter bike challenge \$500. We have also given to the Major Taylor foundation in the past.

Club Items to be purchased: We are planning on having some signage made to place along the routes of our pay rides. These signs will be safety reminders. Kent will get a couple of estimates for the signs. We do not need to replace any of our SAG equipment since everything is in good condition and we have adequate amounts of supplies in the storage unit.

The club needs to have new brochures printed. Our current brochures are very dated and need a complete re-design. Fred reported that he has obtained one quote so far. Maggi suggested that we contact Randy Breeden since he does the Lawrence club brochures.

We need to renew our membership to the League of American Bicyclists. Kent was directed to renew our membership to the League of American Bicyclists.

The next meeting will be Wednesday, November 11 at the Community America Credit Union at 95<sup>th</sup> and Nall. Starting time is 7 PM and all members are welcome.

# Cool Weather Cycling

By Maury Brown

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

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

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

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

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

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

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

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

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

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

## Ride Invitation

With the onslaught of shorter days and darkness before the evening news, you are invited to the weekly Mid Day Mid Week ride leaving the Bike Source at 135<sup>th</sup> and Quivira on Wednesdays year round. Watch the JCBC ride schedule as we leave at 10am in the winter and 9 am in the summer. The weather must be above 40 degrees and the pavement dry for the ride to start. That doesn't mean that we may not end up riding in rain and we have cheated on the temp if the sun is shining brightly.

Originally designed for the retired, under-employed and unemployed, we have been graced by independent business people between trips and moms with kids at school. The ride's length is usually around 25 to 30 miles with an average speed of 13 to 15 mph. We ride as a group: i.e. we wait for everyone at the top of hills. The route varies each week depending on the desires of the riders assembled.

We have made an attempt to capture the spirit of the "social ride" of old by stopping once during the ride for coffee and conversation (Arboretum, Roasterie, etc). Our favorite stop last winter on a chilly day was lounging in rocking chairs at the Arboretum in front of a roaring fire while sharing ride sagas from the past year. The real challenge was who would "get up first" to trade this comfort for the north wind home. It wasn't me!

We also venture out of the routine for a ride/lunch to Gardner and planned trips to Weston and the Katy Trail. The group of ride regulars have been joined by international visitors (Denmark and Sweden...but one stayed) while trading one of our own to Australia. Hey, watch for tweets from Lance. You just never know.

In summary, you just can't beat a winter sunny day in 50's to share a journey like the Mid Day Mid Week Ride. We stop at all the stop signs in Prairie Village. So come and join us for miles of smiles. Contact **Ron Johnson at 913-897-3045** for more information.

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## Volunteers Needed for JCBC Leadership and Events

Did you enjoy this year's JCBC events? Do you utilize our website, read our newsletter, and use our Yahoo forum? Your membership dues buy these, and more. But the actual production, maintenance, and development of JCBC's events and resources, not to mention our advocacy activity, takes time and work. These efforts are all made by volunteers—cyclists who choose to work for a ride instead of doing the ride and local cycling advocates who choose to put some of their spare time into making a bike club happen.

It takes a lot of people to put on events like the Cider Mill Century. You likely know and ride with some of the people who helped out with our rides. If you haven't volunteered for a JCBC event, please consider doing so next year. We simply cannot continue to do these rides without volunteers to organize and staff them. Volunteering for club events is a great way to meet new people, do new things, and give back for all of the rides you have enjoyed in the past. It is a fun and rewarding experience.

If you are experienced with JCBC rides and think you can make them better, consider volunteering as a ride leader. We need people with good organizational skills to take charge of coordinating these events. This year we had difficulty finding people to lead our rides and members of the board of directors stepped up to make the events happen. The same people cannot continue to do all of the work. We need others to take on some of these roles.

The JCBC is also in need of people with ideas and leadership ability to serve on our board of directors. We have a few people leaving the board after their terms are up and there will be positions open. If you have an interest in the future direction of your bicycle club and its activities, please consider serving on the board of directors. If you think you can make the JCBC better, here is your opportunity to put some of your ideas into action. The board of directors meets on the second Wednesday evening of every month. All members are welcome to attend board meetings—come and sit in on a meeting and see what it's all about.

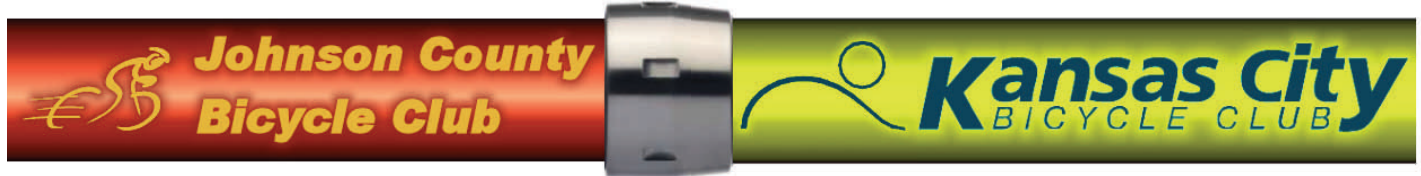


**The 2009 Lone Star Century Lunch SAG Crew.  
Photo by Maury Brown**

# 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 2010

Join the JCBC and support cycling - Membership good until **April 30th, 2011**

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**