

Upcoming Events

Spring ride/picnic
April 18, 2010

**City of Fountains
Bicycle Tour**
June 20, 2010

Summer Breeze
August 29, 2010

**KCBC/JCBC
Fall picnic/ride**
TBA

Northland Nightmare
October 17, 2010

For information on other area rides visit <http://freecal.brownbears.com/jcbcrides>

VOLUNTEERS NEEDED FOR BREW TO BREW

Volunteers are needed for the 16th annual Kansas City Track Club Brew to Brew Relay to be held Sunday, April 11.

If you can volunteer please e-mail Richard Johnson, richj@northcs.com



facebook

There is now a KCBC group on Facebook! Go check it out! You have to be a Facebook member to see it. Sign-up is fast and free.

Featured Monthly Guest Article continued from page 1

You know you have the beginnings of a good bicycle family when after a long, hot and draining ride; everyone stays around to talk, has snacks and drinks, or even decides to ride their bikes for a bite and a drink at a nearby pub. You tend to start doing more than just bike with your biking family. You celebrate their triumphs and console them for the sorrows they encounter. You miss them when they go on vacation. And you are nearly as

nervous as they are when they go off to do the event they have been training all summer for.

Family is a precious thing. Family is to be honored, treasured and cherished. I believe the same should hold for one's cycling family. When I'm with my biking family, I don't care how hot, how cold, how wet, how windy, how hilly or how long the ride is. I only know it will be fun, when I'm riding with my cycling family. 🚲

2010 Jamesport ride update

By Ron Puett

Is this a transition year? As long as I have been a member of the Kansas City Bicycle Club (KCBC), the club has held a ride on Memorial Day Weekend. For the past several years, that has been the Jamesport Double Nickel. In thinking back, prior to the Jamesport ride, there were two years the club rode to Lexington, Mo. to see the Civil War cannon ball hole in the courthouse. Prior to that, some may recall the Nebraska 200—two back to back century rides that conditioned those bound for Bike Across Kansas (BAK).

Early last year, I sent a reservation form and a \$50 check to Crowder State Park to reserve the facilities for 2010. Both were sent back about mid-year stating that they did not have their reservation system open for 2010 and would contact us when they did. In November, I got a phone call that they had a large group scheduled to arrive on Memorial Day and stay for the entire following week. They wanted to know if we wanted the facilities for that Saturday and Sunday until noon. We would need to leave on Sunday this year. We could also request a different

weekend. It seems groups requesting entire weeks at a time get priority over weekend groups. This would mean riders would not have access to showers after a day of riding on Sunday.

Last year we had a very low attendance and most of the "old timers" were not there. This year we are working on becoming a 501(c) 3 organization. One of the many requirements is that we have five years of financial statements. To date, we have only done a monthly report. Upon reviewing the past five years, the Jamesport Ride stood out as never making money. Not that we intended it to, we could fix that. But, it is not an event that has drawn a lot of attendees—never over 40. The fix would involve doubling the fees.

Finally, while I have typically headed up the ride, I will not be able to this year.

So, it seems that this year may be one of those transition years. Do we do the Jamesport ride in 2011? Or, do we do something else? I would encourage all to communicate your interests to the board for future planning. 🚲

Get your kicks(stand) on Route 66

From Adventure Cycling

As gleaned from the Web site of the ITS (Illinois Traction System) Trail Committee, there's a movement afoot in Staunton, Illinois, to transform a local portion of historic Route 66 into a recreational trail for cyclists and other self-propelled travelers. How cool is that? www.its-trail.org

We've caught wind of other segments

of the original "Mother Road" that make for good cycling, too, including a stretch in the vicinity of Williams, Arizona. You can read a brief passage about it on the Web site of one Brian DeSousa: <http://bit.ly/bMf5fY>

You may also want to check out Susan Weaver's article on "Cycling the Mother Road Through Missouri" from the February 2010 issue of Adventure Cyclist: <http://bit.ly/9skEgw> 🚲

Cliff Drive

By Dana Meier

Think about your favorite bicycle rides? There is usually a place on that route that is your favorite. It may have perfectly spaced rolling hills. It may be perfectly banked for accelerating into an upcoming turn. It may run by a local Dairy Queen that knows you on a first name basis...not that I know what that is like.

One of the first weekly bicycle rides I did in KC started at River Market Cyclery. After you make it up Chestnut Hill (which doesn't seem so bad when I'm sitting on my recliner in the middle of winter) the ride was a piece of cake. My favorite part of that ride is riding the flat "S" shaped curves of Cliff Drive. Ever hear of Cliff Drive? KC Parks and Recreation describes it as follows:

Cliff Drive is located in George E. Kessler Park in historic Northeast Kansas City and is part of the Kansas City, Missouri Park and Boulevard System. Cliff Drive is officially designated a State Scenic Byway, one of only five in the state of Missouri. The byway extends approximately 4.27 miles from The Paseo and Independence Avenue through Indian Mound on Gladstone Boulevard and Belmont Boulevard.
<http://cliffdrive.org/home>

Near Cliff Drive is the Kansas City Museum, a hidden city gem. There is the fountain and columns/stage looking structure near the fountain at Benton Blvd. and St. John Ave., just before St. John Ave. turns into Bellefontaine Ave. The

Flying Disc Golf Park, where the 2009 World Championships were held, is also located in Kessler Park.

This is an amazing area of Kansas City. But, back to Cliff Drive. On the weekends from Friday at 2 p.m. to Monday at 8 a.m., Cliff Drive is closed off to cars, making it a great time to experience it on a bicycle.

There is a water fall along Cliff Drive, there are some spectacular views from Cliff Drive and the ride is flat as a pancake, unless you get brave and take an access road onto/off of Cliff Drive. Then you are talking about some "beginning to get serious" hills.

On Sunday, May 16, Kansas City, Missouri's first Ciclovía-type* festival will take place in conjunction with Car Free Weekends on Cliff Drive and it kicks off the beginning of Kansas City's annual Bike Week. The festival runs from Noon to 4 p.m. So check out the historic neighborhoods, the festival and related activities. And you can ride, walk or jog Cliff Drive. <http://mobikefed.org/content/ciclovía-sunday-parkways-open-streets-come-missouri-summer>.

So, May 16 would be a good time to check out what Cliff Drive is all about. And then you can revisit Cliff Drive again on June 20, Father's Day, when it is a part of the route for the KCBC annual "City of Fountains Bicycle Tour."

*Ciclovía—the street festival where cities close down miles of streets and residents come out to enjoy walking, bicycling, scootering, skating and all other manner of fun physical activity. 🚲

No wolves allowed

From Adventure Cycling

The Little Red Riding Hood Ride, held each June in Utah's Cache Valley (in and around the city of Logan) and offering six distance options, is the most popular all-woman bicycle tour in the country. The 2009 version of the ride attracted some 2,600 female riders, along with a substantial number of male supporter/spectators. A few days ago we ran across a nice tribute to the ride's founder, Alice Telford. At age 86 and with a new knee replacement, Alice recently reduced her maximum daily riding distance to 70 miles. Check it out here: <http://bit.ly/aRVINs>

You can read about the Little Red Riding Hood Ride and sign up here: www.bccutah.org/lrrh2010/ 🚲

Green scene

From Adventure Cycling

Of the "Four Coolest Designs from Green Gadgets 2010" listed at the Web site of Popular Mechanics magazine, at least two are of potential interest to bicycle travelers. See if you can figure out the ones we're talking about (it's a pretty easy assignment): <http://bit.ly/dCRv5u> 🚲

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Visit our Web site for contact information.

Newsletter Submissions

Do you have any interesting bike stories? Perhaps a bike Kodak moment? If so, we would like to hear from you.

Please forward any newsletter information to: editor@kcbc.org by the first of the month prior to the publish month.

Product Review — Lazer Genesis Helmet

By Jeff Williams, Elite Cycling Co-owner & Chief Fit Technician



Item: Lazer Genesis Helmet

Description: Fantastic fitting helmet with excellent ventilation and styling

Price: \$150-\$175

What makes it so great? Belgium based Lazer helmets have begun to make a strong push into the U.S. market within the last 5 years. Going up against Giro, Bell and Specialized helmets is no easy task, but with their innovative designs they are winning over more and more cyclists. Their most innovative design is Lazer's Rollsys fit system. Most other fit systems rely on a series of straps, dials, or fins which apply pressure at the back of half of the head in order to form their 'custom fit'. Rollsys differs by using a thumb dial which sits at the top of the helmet to loosen or tighten a small gauge cable system which wraps 360 degrees around the head. Designs such as Giro's Roc Loc and Bell's Twin Axis Gear (TAG) have a tendency to push the forehead into the front of the helmet often resulting in pressure point induced

headaches. With the Rollsys design, the head seems to securely float inside the helmet alleviating pressure points and hot spots. This freer fit allows not only for better comfort but also improved ventilation.

Large vents and exhaust ports keep the helmet comfortable and its competitive weight reduces neck strain. The pad liners feature a material called X-static. This fabric has excellent antimicrobial properties (great for those of us who sweat a lot) and aids in thermal regulation. The straps used to secure the helmet to the head are comfortable and easily adjustable. With 11 different color options there should be an aesthetic design which caters to most people's taste. With multiple size options paired with the Rollsys should allow for near universal fit. The helmet comes with an extra set of X-static pads as well as a handy storage/travel bag.

For those of you looking for arguably the most comfy helmet on the market look no further than Lazer. By the way, the low profile also minimizes the helmet 'mushroom' affect often experienced with competitor's helmets. 🚲

2010 Santa Fe Trail Parish bike ride

By Colleen Anderson

This marks the 10th anniversary of the Santa Fe Trail Parish of the United Methodist Church Mountain Bike Tour.

Date: Saturday, Oct. 16, 2010

Where: Kansas Prairie and Flint Hills near Alta Vista, Kan.

Distance: 30 Miles

Purpose: to raise funds for youth and adult mission trips/camps and scholarships for the seven churches in the Santa Fe Trail Parish

Cost: \$25 for early registration (Oct. 10) or on-site for \$30

Long sleeved shirt with this years 10 year commemoration logo for \$15.

Registration at the city park with hot cocoa, coffee and breakfast rolls
Lunch at the city park pavilion in Alta Vista, Kan.

Sags along the route, support staff on 4-wheelers.

Sites: old stone fences, beautiful stone homes and buildings, low water bridges, autumn colors on the hills and trees, stone arch bridges, minimal traffic on the gravel roads. "Little Egypt" and rolling hills, a challenge for the beginners and a wonder for the advanced cyclist.

Contact: Colleen Anderson
kcnet@fhrd.net with questions or registration confirmation.
Checks payable to Santa Fe Trail Parish, c/o Colleen Anderson
788 KS Hwy 177
Council Grove, KS 66846

Indicate shirt size if also ordering, small, medium, large, extra-large, double extra large.

Alta Vista is located 15 miles south of I-70 on 177, then east on Hwy 4. Park is at the water tower. 🚲


Next goal: bigger than ice fishing!

From Adventure Cycling

According to a report cited at the link below, bicycling now makes a bigger economic impact in Wisconsin than deer hunting does. "State Rep. Spencer Black, D-Madison, commissioned this first-ever study, done by graduate students in UW-Madison's Nelson Institute for Environmental Studies. The results: Recreational cycling generates \$1.5 billion (with a "b") in annual economic activity in Wisconsin. That tops the \$1.4 billion economic impact of deer hunting in 2006, the most recent DNR study." This is quite the news, really, as Wisconsin has long been regarded as one of the premier deer-hunting states in the nation. <http://bit.ly/ag8wM8> 

Miles of Montana smiles


From Adventure Cycling

How would you like to make 150 new cycling friends this summer while pedaling through some of the most spectacular country in the Rocky Mountain West? If this sounds intriguing, then consider signing up for the fully-supported Cycle Montana tour, slated for June 19 through the 26th. This year the ever-popular weeklong adventure features a brand new route and itinerary, beginning and ending in the vibrant university town of Bozeman, and making a loop through southwest Montana that takes in highlights like blue-ribbon trout streams (the Madison, Big Hole, and other rivers), cloud-scratching mountain ranges (the Bridgers, Tobacco Roots, Pioneers, and more), and mile after mile of sprawling ranchlands and tall timber stands. This is Big Sky Country, bicycle travel, and the new old West--all at their very best. www.adventurecycling.org/tours/tourdetail.cfm?t=EV10&id=178&p=1 

New weekday ride coming this spring

Meet in the northwest corner of New Market Sunfresh parking lot 10225 N Oak Trafficway Kansas City, Mo.

The route, distance and any stops are decided by the participants, all are welcome. Helmets must be worn; riders should be able to average 12 mph. This is a social ride with hills; riders will regroup along the way. The ride leaves at 6 p.m. the first and third Tuesday of every month beginning May 4 and ending Sept. 28.

Ride Leader:
Don Ingram
816.806.4452 

Discount for KCBC Membership


These bike shops support the Kansas City Bicycle Club with member discounts and donations of time and merchandise for special events. Return the favor and support these shops with your business. Shop your local bike shops first!

In alphabetical order:

- **Bicycle Shack**
(816) 761-3233
10415 Blue Ridge Blvd., KC, MO
- **Bike America**
(816) 524-1819
325 S. E. 3rd, Lee's Summit, MO
(913) 780-4500
138 S. Clairborne, Olathe, KS
(913) 381-5431, 9514 Nall, OP, KS
- **BikeSource**
(913) 451-1515, 11500 W. 135th St., OP, KS
- **Bike Stop Bicycle Stores**
(816) 224-8588
925 W. 40 Hwy, Blue Springs, MO
(816) 525-8686
248 N.W. Oldham Pkwy, Lee's Summit, MO
- **Biscari Brothers Bicycles**
(816) 231-1331
5116 Independence Ave, KC, MO
(816) 792-8877
884 S. 291 Hwy, Liberty, MO
- **Cycle City Liberty**
(816) 415-0001, 9765 N. Cedar, KC, MO
- **Cycle City Bike & Running Company**
(816) 587-8181
6328 N. Lewis St. Suite 200, Parkville, MO
- **Elite Cycling NEW LOCATION**
(913) 648-6277
10673 Mission Rd., Leawood, KS
- **Epic Bike and Sport**
(816) 382-3100
6000 NW 63rd Terrace, KC, MO
- **Leawood Bicycles**
(816) 942-4442,
12311 State Line Rd., KC, MO
- **Midwest Cyclery**
(816) 931-4653, 3850 Main St., KC, MO
(off street parking on Baltimore St.)
- **Pace Bicycle Haven,**
(816) 461-7433,
1215 W. Elm, Independence, MO
- **Peddlers**
(816) 254-6855
139 E. Lexington St., Independence, MO
- **River Market Cyclery**
(816) 842-2453, 315 E. 3rd, KC, MO
- **Trek Bicycle Store**
(913) 631-6800, 10412 Shawnee Mission Pkwy., Shawnee, KS
- **Turner's Cycling and Fitness,**
(913) 381-5298, 8909 Sante Fe Dr., OP, KS
- **The Wheel Cyclery**
(816) 455-2453, 5126 N. E. Antioch, KC, MO

48-hour road trip: rock stars & wheel urbanism

From Adventure Cycling

We won't even begin to list out the items Adventure Cycling's executive director Jim Sayer covers in this blog post. Suffice it to say that he covers a lot of ground; specifically, Pacific Northwest ground. Point here and let your mouse do the walking: <http://bit.ly/chgQVb> 



KCBC will host a ride and picnic

When: Sunday, April 18

Time: Ride starts at 10 a.m., picnic follows

Route: Road ride To Buckner (approximately 28 miles) or trail ride (not paved) on Little Blue Trace Trail with mileage options

Picnic: Potluck (bring what you wish - NOTE there is no electricity available for crock pots). KCBC will provide sandwiches.

Where: Little Blue Trace Trail picnic area (Hwy 78—1 mile west of Hwy 7)

How do I get there: From I-70, take Hwy 7 Exit, go North to Hwy 78 (circle), go West one mile to picnic area on your right (North) at trail entrance. OR, from I-70, take Hwy 291 Exit North to 23rd Street (Hwy 78) turn right (East) about 4 miles to the picnic area on your left (North) at trail entrance.

ACTION: RSVP due by Wednesday, April 14, with the below information at www.kcbc.org

Your name: _____

How many in your party? _____

I don't care to ride, but will join you for lunch _____

I plan to ride and have lunch _____

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY, AND PARENTAL CONSENT AGREEMENT
("Agreement") for LEAGUE OF AMERICAN WHEELMAN D/B/A LEAGUE OF AMERICAN BICYCLISTS ("LAB")

IN CONSIDERATION of being permitted to participate in any way in The Kansas City Bicycle Club ("Club") sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I may incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, its respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS. And, I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I AM 18 YEARS OF AGE OR OLDER, HAVE READ AND UNDERSTAND THE TERMS OF THIS AGREEMENT, UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, HAVE SIGNED IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW. I AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Kansas City Bicycle Club Membership Form

The oldest cycling organization in Kansas City, The Kansas City Bicycle Club is a great way to meet people with similar interests and find the best places to ride in the metro area. Annual memberships are only \$20 for Individual Membership, \$25 for Family Membership or \$30 for Sustaining Membership. We hope you'll join us and have your best cycling season ever.

Name: _____

Family Members: _____

Address: _____

City: _____ St.: _____ Zip: _____

E-mail Address: _____ Phone #: _____

Renewal New Member

Please check here if you don't want your address/ phone number to appear in the Membership Directory.

Please check the appropriate line below to learn about:

Mail to: Kansas City Bicycle Club

Interested in racing on the KCBC team

P.O. Box 412163

Helping to plan or work at club events

Kansas City, MO 64141-2163

Being a ride leader

Working in advocacy to make the roads better for cyclists

Volunteering to work club-sponsored rides

IMPORTANT, All members are required to read, understand and sign understanding of the waiver.

I have read and understand the LEAGUE OF AMERICAN WHEELMAN D/B/A LEAGUE OF AMERICAN BICYCLISTS (LAB) RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY A copy of the agreement is printed above.

Signature _____ Date _____

Signature _____ Date _____