



Kansas City BICYCLE CLUB

NEWSLETTER

www.kcbc.org

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Prez Corner

By Mitchell Williams

Hello Everyone,

We are fast forwarding to fall. It has been a great year so far in terms of club activities. The City of Fountains Bicycle Tour was extremely well attended. Summer Breeze had it highest attendance in clubs history. There is only one big club ride left this year—the Northland Nightmare (NLN)! The board has been reviewing the route—see article in this month's newsletter. I have been assured that this year we will have an absolutely great day for a ride. Last year, there was a record low for the NLN. I clearly remember spending most of the day shivering and wishing I was riding as opposed to working. Since this is the season for ghosts and goblins, this year's NLN will be

a theme ride. So, break out your costumes and masks and win a prize. I urge each of you to come out and enjoy the last club ride of the year before you hang up the bike up and hibernate in front of your big screen TV and a shelf full of bon-bons or other related comfort food.



On another front, LAB (League of American Bicyclists) instructors will be offering bike safety classes on October and November. You might say "I know how to safely ride a bicycle." But do you? Ok, ok, here is a pop quiz. You are on a street that has 2 lanes in one direction. You are traveling behind a motorist that is approaching an intersection. Here is the

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Gonzo Wrider

No gifts for you

By Dana Meier

Invite me over to your house for dinner and I'm showing up ready to eat. But I'm not bringing gifts for the host. No chocolate babka, no black & white marble rye bread, no bottle (or box) of wine. I'll do the dishes. I help prep the meal. I'll even do the cooking for the entire party. However—I just can't bring gifts for the host—too dangerous a precedent. Where does it stop; a bottle of white, a case of New Castle, oil change certificates, furniture, country club membership, room addition? With the money I save, I can afford an ER visit when I get sick from my own cooking. (Who knew chicken goes bad after two days in the sun on the counter?)

these rules to pay bicycle rides. I don't mind NOT getting a bag of goodies/SWAG at rides I attend. I have enough water bottles. I have enough t-shirts. (On a consistent basis, I've discovered that wearing a biking t-shirt on a first date does not impress like I thought it might.) Now, I did like the key chains we gave away at The City of Fountains Bicycle Tour, but do I really need another key chain. (Well, in this case, yes, I did). And I am working on building a set of glasses from the JCBC Cider Mill rides. Now socks, I love getting socks. The Tour de Lakes gave away a pair of socks that are to die for. In fact, I'd unplug my mother from her iron lung for a good pair of biking socks. (Sorry mom, I must have tripped over the cord.) But for every great item I receive, there are triple the items I give away, throw away or put on my dresser to gather dust. What

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Member of:



Upcoming Events

LAB Traffic Skills 101
November TBD

Northland Nightmare
October 17

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



There is 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.

Prez Corner continued from page 1

question. As the motorist comes to a stop, what do you, as a cyclist, do?

1. Ride next to the motorist on the passenger side pulling up in line with the automobile
2. Stop and let all cars go ahead of you.
3. Do nothing; I ride on the side walk.
4. Pull behind the car as if you were a motorist and wait your turn to proceed.

For 100 points, what is the correct answer? The question might sound silly, but you would be surprised at what actually happens in real life. With the number of people cycling, it is imperative that good examples are set by our club members. This knowledge could save lives. Consequently, we have allocated funds to offer 24- \$25 tuition reimbursements. Again, see the related article in this month's newsletter.

On another note, we are required by the club by-laws to seek nominations to the board. If there is anyone interested in serving on the Board, please submit your name to any board member. We are putting together the ballots for the 2011 year. Ballots must be sent out by October 31. I feel that we have had an excellent board for the past several years. As with investments, past performance is no guarantee of future performance. It takes the commitment of the board and, more importantly, those special volunteers to make the club a successful enterprise. So please get involved. Help your club grow into something that all will be truly proud of.

Well, that's all for now. I hope to see you at the NLN and please check our website for discounts on upcoming rides, like the Tour de BBQ. Membership has its advantages.

Take care and ride strong. 

Gonzo Wrider continued from page 1

if instead of SWAG, organizations just keep the price of their ride reasonable? At KCBC board meetings, this topic is discussed every year. ("Discussed" is an interesting term. Mitchell is big on the point, grunt and gesture meeting leadership style). We usually talk ourselves out of spending your money on SWAG. Instead, we save the money to maintain club equipment. The equipment is then used to lend to other groups/rides. If there is a large bike ride in KC, there is a good chance KCBC is lending volunteers and/or equipment (our trailer, water jugs, signs, pop-up tents, coolers). Our approach is to support cycling in and around Kansas City. By supporting the pay rides of other organizations through lending equipment, we are helping to promote bicycling and bicycling advocacy.

The City of Fountains Bicycle Tour is a directed giving ride. A portion of the proceeds go to the Kansas City Parks and Recreation department to assist in keeping our city's fountains running. Other proceeds go to the Public Works Department to assist in maintenance of bicycle trails. Our "Summer Breeze" and "Northland Nightmare" rides are not affiliated with fundraising for other organizations. They don't raise funds for

cancer, diabetes, MS, AIDS or any other cause. And you don't have to raise money in order to go on our rides. And we don't give you a bunch of stuff you just have to dust around. However, rides that do raise money for these causes use the club's equipment. At year end, we look at our club's cash position and the more we're "up" for the year, the more money we donate to biking advocacy programs at the local, state and national levels. So, instead of giving money to a "cause", we give money to support and advocate cycling. Through advocacy, we educate the general public that seeing a cyclist doesn't mean one should try for "points" and run them into a ditch. Through advocacy, we educate the public and slowly we begin to get the neo-cyclist to participate in rides and do so safely. We believe this helps rides grow in participation numbers each year. To paraphrase the commercial: "We don't give money directly to the ride; we help the ride raise more money."

We continue to work through the process of becoming a 501(3)(c) organization. This is a tedious process for a group of volunteers to undertake (thank you Ron Puett for all your work in this area). There are hurdles and some expenses. Once we acquire that

Gonzo Wrider continued from page 2

status, we can receive stipends from corporations, which corporations can then write off as charitable deductions. As a club we could then accept corporate sponsors for our pay rides. In return, we could do advertising for the sponsors by handing out really nice SWAG. Having corporate sponsors allows the club to direct more money to sponsoring local groups and causes. We are starting this process by giving away a limited number of "scholarships" to learn/perform basic biking skills. This is a class helping cyclists to learn/refresh basic cycling

skills, including riding in urban traffic. I've already signed up for this class.

At the present time, we don't give out a lot of SWAG. We also don't have charities attached to our rides. However, your club does do things behind the scenes to assist making those other rides the success they are. Everyone who participates in a KCBC ride is helping our club help others raise money for worthy causes. And you're doing it without hitting up your family and friends for money or collecting a pile of items you have to dust around. 🚲

2010 Board

President:
Mitchell Williams

V.P. Touring:
Lou Joline

V.P. Racing
Michael Ruder

Secretary:
Bob Pisciotta

Treasurer:
Dana Meier

Advocacy:
Laurie Chipman

Publicity:
Open position

Hospitality:
Gloria Larson

Volunteer Coordinator:
Richard Johnson

Newsletter Editor:
Melinda Kelsey

Membership:
Wendy Biggerstaff

Webmaster:
Robb Jones

Long Term Planning:
Ron Puett

Visit our website 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.

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KCBC Newsletter

KCBC presents the Northland Nightmare ride

By Laurie Chipman

Enjoy fall colors and have some Halloween fun while riding beautiful roads near Smithville.

Sunday, October 17, at 8:30 a.m. with on site registration beginning at 7:30 a.m.

The ride begins at Bennett Park Shelter house number 2 in Liberty, MO (closest to the ball fields and Clayview Dr.)

25, 50, 63 and 100 mile routes available.

FULL SAG service and traditional "extra" goodies, with a picnic style meal offered at the finish.

It's the season for leaf peeping, Halloween fun and some of the best cycling weather ever! A perfect time of year to ride the beautiful hills around Smithville Lake and rural Missouri. KCBC's great SAGs will be out there with lots of water and tempting goodies. If that isn't enough, there will be a picnic

after the ride at Bennett Park where you can recover and visit with your cycling buddies.

Get in the "spirit" of the season! Wear a costume on your ride. Haunt the route with your own Halloween team! The best costumes will win prizes at the picnic after the ride.

Kansas City Bike Club/Johnson County Bike Club members: \$30. Non-members: \$35.

Save \$5 if you register by October 10!

Register now by clicking this link,
<http://kcbc.org/events>!

The Kansas City Bicycle Club (KCBC) is a non-profit organization that serves the bicycling community in the Kansas City area. Our vision is to create a better community through bicycling. The Kansas City Bicycle Club uses funds from their rides to support bicycling and walking advocacy by donating to TrailsKC, Missouri Bicycle and Pedestrian Federation, the 816 Collective and the League of American Bicyclists. 🚲



NORTHLAND NIGHTMARE

© Laurie Chipman 2010

The 2010 Northland Nightmare—October 17

By Dana Meier

Lightning does NOT strike twice in the same place. Does that also hold true for freezing temperatures? Last year, we encountered record low temperatures the day of the Northland Nightmare ride—33 degrees and rather windy. Throw on some winter gear and it was fine. We had 50 hardy souls (get it—souls—Northland Nightmare—Halloween; I made a funny) do the ride and over half did the 100 mile course.

Wait...did I just hear you say that you've ridden in the Northland (mostly on Interurban Road) and you don't think it is worth the long trip up north to do this ride? Well, first of all, it is NOT like the starting line is near the Canadian border. The ride starts in Liberty. I live near the Plaza area and it is 20 minutes to the starting line. Maybe 25 minutes if I obey the speed limits. It just is NOT that far. Second, this is a great ride, beautiful scenery, low traffic, nicely paved roads and rolling hills make it a ride to seek out. And, there will be food at the end.

Wait...did you say you have heard that it is pretty hilly up north? And you are not sure if you are ready for that. Well, there are some hills up north, but it is NOT like you will be riding the "Triple Bypass" or the "Copper Triangle" rides of Colorado. To abate the anticipated whining, we've stayed away from some of the really tough sections of the north. The ride will NOT include Lowman's Hill, Martin Road just west of RobinHood and we won't make you go on Bethel Hill, or Farmer's Lane, or Winan, or N. Farley Road (I hit 46 mph coasting down that hill).

I ride up north all the time. I love the area. I think you should give it a try. And geez...you have been riding all year long. I don't think you should be worried about anything. Your fitness level should be nearing its peak. And the weather should be ideal for a season ending bicycle ride. Note the ride starts at 8:30 a.m. because of the later sunrise time.

At this time of year, the average high is 70 degrees and the average low is 50. Heck, the record high for this day is 88 degrees. If it gets that hot, everyone will be wishing for the cold temperatures. (What a bunch of whiners...)

Come dressed up this year...we're going with a Halloween theme. We are working on some best costume prizes. And remember, we'll have a hot meal waiting for you at the end of the ride.

Come on out and give the ride a try. I think you'll like it.

I looked it up and what do you know...turns out lightning DOES strike twice. The shuttle launch pad at Cape Canaveral in Florida gets struck by lightning all the time. Sometimes more than once in the same storm. The Empire State building gets struck some 25 times a year. Heck, poor Roy Sullivan (U.S. Park Ranger) got struck by lightning seven times during his life. And lightning isn't what killed him. Turns out he died over an unrequited love. (Shaking my head...) Wow!!! He gets hit by lightning seven times but he gets done over a girl. I can assure you the Northland Nightmare ride cannot be as tough as the fate that ol' Roy met. 🚲

City invites resident input for Street and Traffic planning

"The City of Kansas City, Mo., will host six open house style meetings to receive input from residents as part of an ongoing effort to develop a long-term strategic plan for the Public Works Department's Street and Traffic Division. The Division is responsible for many city services, such as traffic signal timing, snow plowing, pothole repairs and sidewalk maintenance.

In addition to input from residents, the planning team has interviewed elected City Leaders, Administrators and Field Staff to better ascertain division responsibilities, priorities and monetary needs. A public survey will be mailed to a random sample of City residents this fall to solicit additional input.

"Each week I hear from residents about issues with our roads," said Mayor Funkhouser. "This is your chance to stand up and be heard. I encourage every resident to come to one of the scheduled forums and share their ideas for improvement."

The open houses will last from 6–8 p.m. and be held at the Gregg/Klice Community Center on Wed., Sept. 29; the Line Creek Community Center on Thursday, Sept. 30; the Marlborough Community Center on Tuesday, Oct. 5; and the Hillcrest Community Center on Thursday, Oct. 7. 🚲

Northland Nightmare 2010 detours

By Ron Puett

September 21, 2010, Michael Ruder and I had just completed driving the Northland Nightmare 100 mile route. We wanted to avoid two route alterations that were required in 2009.

The first is on Hwy. E. Last year, one of the bridges on Hwy. E was being replaced. As a result, the route was altered to continue on Hwy. Z out of Edgerton to Hwy. DD to connect to Hwy. E. After driving the route today, the bridge is completed and we will return the route to take Hwy. B south out of Edgerton to connect to Hwy. E. There is fresh asphalt on this stretch as well.

The second 2009 route alteration was on 96th Street. Unfortunately, this road is still being worked on. It appears they are performing a major road upgrade from a single lane road to a two lane divided parkway. They are moving a lot of dirt and landscaping large sections of the area. This means we will retain the return route of taking 120th between Sherman Road and Stark followed by 112th between Stark and Plattensburg Rd. This is a hilly stretch and not our first choice. However, more construction is taking place on Eastern and route alternatives through that area are limited.

More construction was noted going into Dearborn. Hwy. U is torn up just west of I-29. We stopped at the nearest gas station and asked how long the construction was to take. We were told that there was not a consistent

response to that question, but two months seemed to be the most frequent response, i.e. November 13—after our ride date. While I did review MoDOT's website for construction about four weeks ago, this construction was not listed then. After returning from our morning drive, it seems this construction started on September 13 and is reported to be completed by October 8—before our ride date. These two estimates of the construction time are quite different as well as critical to our route options. We will monitor the progress of MoDOT and adjust our route accordingly. The alternate route will cut off four miles as we will take Interurban north to Dearborn from Camden Point. This will only impact the century riders.

At our last board meeting, it was noted that there is a one mile stretch on Hwy. 169 that would be nice to avoid. We did drive an alternate route out from the Trimble SAG location that goes straight west to Ridgely. However, this route would take riders over two miles of gravel road. We noted that the gravel was pretty large and not well suited for high pressure tires. Given we have Edgerton as a key distance for alternate routes and a self-SAG location, there were no acceptable alternative routes found.

While driving the route in our nice full-suspension vehicle, we noticed that on Hwy. B going into Edgerton there are some pretty good cracks in the road. We will mark these areas on the map. As we all know, road maintenance is very inconsistent. So be sure to stay alert while riding and avoid road hazards. 🚲

KCBC donates City of Fountains Tour profits to help Trails and Fountains

By Laurie Chipman

On August 31, the Kansas City Bicycle Club presented two checks for \$1,500 each to the Friends of the Fountains and Friends of the Trails to help with maintenance of fountains and trails. The funds presented were proceeds from the City of Fountains Bicycle Tour. Before the City of Fountains Bicycle Tour, KCMO and KCBC formed a partnership to promote the ride and use some of the profits for trails to benefit bicyclists and fountains that will surely make our rides more scenic.

The partnership is a solid one that we hope will improve the Tour for riders and help put KCMO on the road to becoming a platinum level Bicycle Friendly City by 2020. 🚲



Mark McHenry, Director of KCMO Parks and Recreation gratefully accepts a check from Michael Ruder, KCBC VP of Racing. At right, Stan Harris, Director of Public Works, Deb Ridgway, KCMO Bicycle/Pedestrian Coordinator accepts a check from Wendy Biggerstaff, KCBC Membership Chair.

Fall Clinic Series

October brings us a new round of bike clinics, a partnership with the Sierra Club and a brand new clinic.

Check out the offerings and use the links so sign up! I hope to see you out there for the fun.

***Intro to Urban Bicycling * part of 350.org workshop series**

- Oct. 10 1:30-3 p.m.
- KC Central Library
- [*https://mobikefed.org/civircrm/event/info?id=7420&reset=1](https://mobikefed.org/civircrm/event/info?id=7420&reset=1)
- Ever wonder what the benefits of bike commuting really are? How about the risks? Come to this clinic and you will find out just how awesome bicycling for utility really is.

***Dress Your Bike for Success**

- Oct. 19 6-7:30 p.m.
- KC North Community Center*
- <https://mobikefed.org/civircrm/event/info?id=7421&reset=1>
- From tools to tires and racks to packs this class will give you the lowdown on carrying cargo, keeping clean and riding through KC's changing weather.

***Drive Your Bike**

- Oct. 26 6-7:30 p.m.
- Location TBD*
- <https://mobikefed.org/civircrm/event/info?id=7422&reset=1>
- Crazy intersections and major roads will be a barrier no more. Learn the basics of handling even the stickiest traffic situations on a bike. You'll also learn how basic traffic law affects your riding. 🚲

KCBC Director of Advocacy to be on advisory committee for "greening" of new development code

By Laurie Chipman

Last winter, Eric Rogers, Paul Mohr and I worked with the city and testified at the City Planning Commission to get bicycle parking standards built into the new KCMO development code. The code had not been changed in 50 years so we knew that we needed to take advantage of this opportunity and pursue our cause until the code was adopted. Because we did our homework, we were able to show how bike parking was already in use in other cities, show examples of how it could be implemented and how it works. In spite of the best efforts of the development community's lawyers to squash our efforts, we won! These lawyers are still upset about the success of bicycle parking. So, if suddenly, you get an urgent e-mail asking you to support bike parking, this is why. We'll hope that doesn't happen.

Because of our work at City Hall and having the opportunity to meet many people in planning, politics and public

works, I was asked to represent bicycle and pedestrian interests on an advisory committee. The committee will continue working on the development code in ways that will make our city "green." The green changes in the code is one of the projects funded by the Energy Efficiency and Conservation Block Grant (EECBG).

Our committee consists of architects, planners, environmental professionals, the Director of Community Outreach for KC Healthy Kids and the KCBC Director of Advocacy. So far, we've had one meeting where we got to know each other and made plans to meet with different groups to understand how the development code affects them.

I'll let you know if interesting things happen, but for now, I have lots of homework reading the EPA Green Building Toolkit, reviewing the development code itself and perhaps even rereading Jane Jacob's classic [The Death and Life of Great American Cities](#). Tally-ho! 🚲

KCMO asks residents for their comments for street and traffic planning

By Laurie Chipman

The city is doing a revision of its major street plan which doesn't happen very often. Now is your chance to give feedback to the city if you want better bicycling facilities. They need to hear from you often that you still ride a bicycle and you want bicycling to be included in the city's plans. Below is the city notice about these meetings and some items that you can ask for.

Here is an opportunity to ask for bicycling facilities such as:

- bike lanes
- bicycle boulevards
- higher priority for bicycling
- bicycle parking
- road cleaning
- bicycle friendly signals
- road diets
- traffic slowing
- safe ways to walk and bike to schools
- bike route and wayfinding signs
- funding

It's a time to ask for more and better sidewalks such as:

- safer intersections for walkers and runners
- crosswalks
- better signal timing
- higher priority for walking amenities
- making sure construction projects have safe walking facilities when they block the sidewalk
- Americans with Disabilities (ADA) accessibility
- easy to walk to transit stops
- sidewalks that go all the way to the intersection instead of stopping
- funding
- sidewalk snow removal
- wayfinding signs 🚲

Wonders from the saddle

By Dana Meier

Over the years, my prayers are moving away from something that resembles a Christmas list and closer to a thank you card. I've encountered some door dings, scratches to the paint and flat tires over the years. But the great rides I've been on by far outweigh my rides in the rain. While I may appear an adult on the outside (debated by many), my spirit and sense of wonder more closely match a 12 year old child most days. I believe cycling has played an integral part in keeping me young, developing my personality, staying involved in the community and the self confidence to reach out to others.

Riding a bike has helped shape my life in so many ways. The visible ways include keeping me active and healthy: helping keep my medical numbers close to reasonable, keeping my clothes from getting too tight. But in the less obvious ways, riding has helped me with my approach to life. Cycling gives me a reason to participate with and or in nature. Cycling involves me in events around the city. Cycling is the foot in the door to meet new people, cyclists and non-cyclists alike. Cycling is also a great self-confidence builder. I look ahead and see a hill, or is it an obstacle at work? No way can I make it up that hill, or is it taking on a new project with tight deadlines? I train properly, eat right and break down the hill into sections. I

always make it to the hill's summit. Or is it working on that new project a piece at a time, and before you know it, you are now an expert in that area when a few days previously, you thought you were floundering in the abyss.

Biking forces me to look at maps and explore new areas of our fine city. As part of a pay ride a few months back, I rode from Rockhurst University (53rd and Troost) to Leavenworth, Kan. and back in a morning. Leavenworth WAS a place far away. Turns out it is only about a 72 mile round trip...now it is a weekend biking route!

I also treasure the opportunity of experiencing new worlds perched on a bike, instead of trapped in a car. Drive Yellowstone National Park in a car. Then experience the same terrain on a bicycle. It is a totally different experience, totally different perspective and totally different memories.

I realize that life is chock-full of time constraints. These constraints can include family, friends, job, hobbies, school, homework and chores around the house. And there are all the unexpected events that make life interesting, but detract from possible time on a bicycle. I encourage you ride your bike more often and check on the resulting changes in your life. You may start wanting to experience these changes more often. 🚲

Cyclocross season is upon us!

We would welcome you to come out and cheer and show your support for YOUR KCBC race team throughout the season. We race until the second weekend in January.

You can find information on the races and dates on KCA website, <http://kscycling.org/home/>.

For other information on the race team check out the Racing page and see what we are doing.

We look forward to seeing you with cow bells or horns in hand.

10/02 Boss Cross #1

10/03 Boss Cross #2

http://kscycling.org/wp-content/uploads/2010/02/BC10_123_FLYER.pdf

10/10 Cross Out Cancer

http://kscycling.org/wp-content/uploads/2010/02/Cross_Out_Cancer_Flyer_2.pdf

10/16 Quinton Qross Qup

http://kscycling.org/wp-content/uploads/2010/02/2010_Quinton_Qross_Qup_Flyer_Revised_Sept_11.pdf

10/17 Boulevard Cup

10/24 Smithville Cyclocross Festival

10/30 Boss Cross #3

See link above

10/31 Sunflower Cross

11/06 Joules Cross Race

http://kscycling.org/wp-content/uploads/2010/02/Joules_Cross1.pdf

11/07 Vet Cross

<http://kscycling.org/wp-content/uploads/2010/02/2010VetCross1.pdf>

11/13 Grand Prix Heartland Park

http://kscycling.org/wp-content/uploads/2010/02/2010_HPT_Grand_Prix_Flyer_Revised_Sept_11.pdf

11/14 DeStad Cross Cup

<http://kscycling.org/wp-content/uploads/2010/02/2010DeStadCrossCupFlyerv2.pdf>

11/21 Prairie Center Cross 🚲

From the racing desk

By Michael Ruder

Good day to all.

Wow, it has been a very busy few months. Triathlons to volunteer for; bicycle rides to volunteer for, training and training and, oh yes, family stuff.

As a person who likes to race and participate in all types of events, I can assure you the most rewarding races or events I have participated in are those for which I have volunteered my time. Really, I do mean this with all my heart. I love to race, but when it comes right down to it, GREAT volunteers make for GREAT events and if I can help make an event GREAT, then I am in. When the call for volunteers comes out for KCBC rides and events, we get the need filled. All the good things we hear are all based on the statement, "GREAT volunteers make GREAT events." You, the KCBC membership, really shine all year. Thank you for your support. By the way, Northland Nightmare is coming soon!!!


I had the wonderful opportunity to be more involved with the Summer Breeze ride this year. I had no idea the amount of work that it takes to get everything ready for a ride. SAG tubs have to be inventoried. Items need to be replaced in SAG tubs. Ice needs to be gathered, a daunting task filling 27-gallon water jugs, 9 or 10 Styrofoam coolers, 5-6 regular coolers and two coffin coolers. That is a lot of ice. WOW! Water has to be filled in the 27 5-gallon water jugs, food needs to be purchased, SAG notes need to be read carefully to ensure that the proper number of food items is ready per each SAG. Loaded grapes, bananas, chips, etc. into the trailer and hope it all comes off the way you have it planned. That was the day before the Summer Breeze.

I had gone out and marked the 45/50 mile route a few days prior and what I thought would take just be a few hours was a long 4-5 hour operation. I, for one, had not marked a ride route before, so I looked at the route as if I were riding the ride. Maybe I over analyzed some of it, but I stopped, backed up and then marked where I thought it most benefited those rolling at 20 mph. With the good responses to the route marking, I think I got it mostly correct. Route marking does come with a few glitches along the way. For one, there are a few intersections and interchanges, no matter how hard you try, you must take some rides through less desirable areas. Keeping that in mind, sometimes it was hard to mark the route perfectly due to traffic.

You know all that stuff in the trailer? It has to be delivered to the SAGs and set up! Oh yes, work starts very early and again with the GREAT volunteers, we pulled it off. The most southern SAG in Drexel, I think, was a just-in-time setup and ready go situation. Whew!

Roving SAG duty? Yes, I did roving SAG duty the day of as well. I took a few people in, but for the most part, I talked with people and made sure people were good and were having a good time.

A small group of us tore the lunch SAG down, cleaned up coolers, divvied up food and loaded into the trailer. See, the ride was over, but the work was not. I know this really has nothing to do with racing, but in a way it does. If you give back to the sports or activities you love to do, it all comes around full circle.

Volunteers are needed for The Northland Nightmare October 17, contact Richard – volunteer@kcbc.org. 


2010 Cyclocross Season has begun

By Michael Ruder

I just wanted to give you a shout that your KCBC race team will be racing Cyclocross this season and will race until the second weekend in January. We would welcome you to come out, cheer, ring a cow bell, toot your horn and show your support for YOUR KCBC race team

throughout the season.

You can find information on the races and dates on KCA website or check out <http://kscycling.org/home/>.

For other information on the race team, check out the Racing page and see what we are doing. We look forward to seeing you with cow bells or horns in hand. 

Cheryl Shakespeare's day at Ironman Branson 70.3, Sept. 19

By Cheryl Shakespeare

It had been 5 years since I'd done a race of this distance. Since 2005, I've had some health issues and my conditioning has been lacking. In June of this year, I decided that I was ready to once again take on the challenge of the Half Ironman. In preparation, I ran long distance every 3-4 weeks building up to 14 miles, and participated regularly in 60-75 mile local organized bike rides, and swam twice per week. I also competed in several shorter distance triathlon races. Race morning came, and fortunately, the water had cooled off enough to be wetsuit legal. I was in the third wave, right after the men and women pros, which is usually not the case...so this was great! The swim went well for me. I am not a fast swimmer, so I try to stay a little to the outside and let the faster swimmers go through which keeps me from getting thrashed. I predicted I would do the 1.2 mile swim in 45 minutes and as I got out of the lake, I glanced at my timing watch to see that I was right on target, awesome! It was a pretty long run to transition so my swim time was 46:21. My first transition did not go well because I am completely out of practice shedding a wetsuit...T1 was 7:04, yikes!! So, I headed out onto the 56 mile bike course. I had heard all kinds of rumbling about how hilly and hard this bike course was. While I believed it, my strongest sport is the bike so I felt that I would be okay. It was a LOT tougher than I ever imagined. The heat and humidity added an extra factor that hurt me quite a bit. The hills were long and fairly steep, therefore a slow grind to get up each one. Yes, the long downhills were great but wow, they seemed to go very quickly by comparison and didn't feel like much of a break! My nutrition plan prior to the race was to take a gel every 15 miles which has always worked well for me in the past. But within the first 10 miles of this bike course, I knew I was burning more calories than normal so I started taking a gel every 12 miles. When I got to about 35 miles, I started to feel a bonk come on, so at the aid station I stopped and took in extra nutrition. It was also starting to get very warm so I took in electrolytes tabs and more fluid. It took probably 10 minutes but I started to feel a lot better and was able to continue. There were two more times that I had to make brief stops.

I lost probably 15-20 minutes of time with the stops, but figured I was better safe than sorry. By the time I got to T2, I was ready to get OFF the bike and almost threw it at the rack, ha! My bike time 3:54:21, a little disappointing because the bike is my strength and I knew it could have been better. T2 was 3:41. Next was the 13.1 mile run, the temperature was in the 90's and I don't run well in the heat. I was so happy to be off of the bike!! Because of the heat and humidity, my strategy was to take walk breaks throughout and attempt to keep my core temperature down. There were a lot of aid stations on the run course that were very well stocked with ice water, Gatorade, power gels, and ice cubes. I made sure to pour cold water over my head and throw ice cubes down the back of my tri jersey. This really made a difference and I felt pretty decent the entire run. My run time was 2:59:00 and I crossed the finish line in 7:50:27! Even though this is my slowest half ironman, I am so happy to have finished because, at times during the bike section, I questioned if I would. This was the second toughest triathlon I have ever done; the full ironman in 2004 being tougher only because it was longer distance. I enjoyed this race because of the other competitors, and most of all the wonderful volunteers. Everyone was so encouraging and helpful and made this race a memorable one. I have included a few photos from the race here (thanks to my support crew/photographer Brian)! 🚴



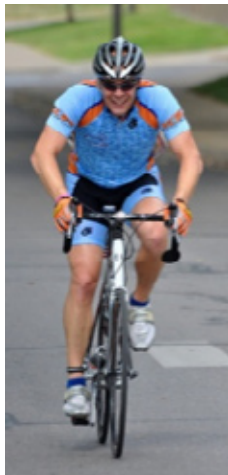
Race team results

Tour of Lawrence Circuit Race July 3 / Criterium July 4

Wow, what a way to celebrate our independence by racing our bicycles.

The KCBC race team was out pushing ourselves this weekend; first with the

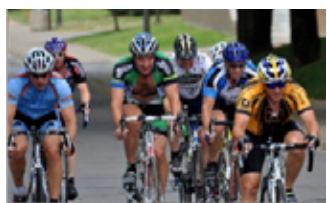
- Tour of Lawrence Circuit race on the KU campus, July 3.
CAT 5 with 54 starters
Michael Ruder 22nd
Mark Horn 23rd
Full results here, www.kcbc.org/Resources/Documents/ToL_KU_Cat5_Final_Results.pdf



- Tour of Lawrence Criterium Downtown Lawrence, July 4.
Cat 5 with 54 starters
Mark Horn 8th
Pat Robinson 28th
Full results here, www.kcbc.org/Resources/Documents/2010_ToL_Crit_Juniors_Final_Results.pdf
- Juniors with 16 starters
Brodie Robinson 16th in his first Criterium race!
Full results here, www.kcbc.org/Resources/Documents/2010_ToL_Crit_Juniors_Final_Results.pdf



I am very proud of the Team for training and pushing to have as much fun as we can!



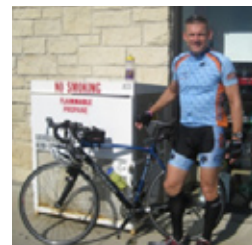
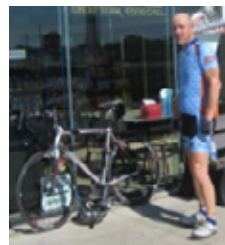
Topeka 200k Brevet, July 10

Matthew, Mark and Michael participated in the Topeka 200k Brevet this past weekend. I know I had a blast with great company, the best weather and very nice roads.



This is what I had as far as time. If I am off Matthew or Mark will make corrections.

"Time on the bike was 6:31:?? total out time, Start to finish was 7:28:00, 200 kilometer = 124.274 238 45 miles. A few of us set PR's today. You could not have scripted a better day in July for a little ride"



2010 Prairie Punisher Duathlon July 24

The results are in for the Gardner Prairie Punisher Duathlon held on a hot, muggy, and very windy day.

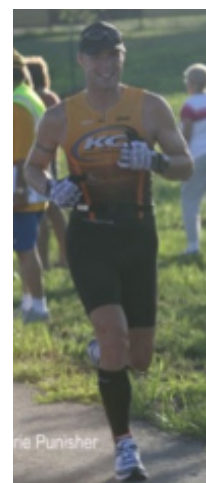
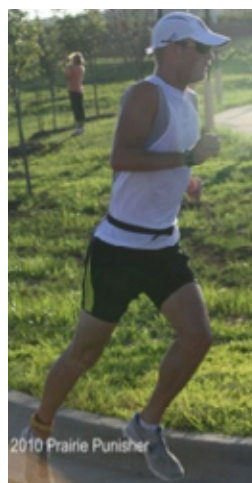
The Duathlon consisted of a 5k run, 29.5k bike and a 5k run.

- Bret Burgess, one of KCBC's newest members had a great race today. M25/29 **1st place** out of 4 with a time of 1:49:28. Bret placed 11th overall with 74 starters
- Mark Horn put together a great race today. M35/39 4th place out of 16 with a time of 1:50:02. Mark placed 12th overall with 74 starters

Note: the guys who took **1st and 3rd overall** were in the M35/39 age group.

I see some competition here! Great racing guys!!!!

Full results here; www.kcbc.org/Resources/Documents/2010%20Gardner%20Prairie%20Punisher.html



Race team results continued from page 10

XTERRA Branched Oak Lake Triathlon

Wow, our very own David Mathews, behind the curtain, rolled up to the land of Nebraska to do an Xterra Triathlon.

In David's words, "Small, but very fun race...I gave up 3rd place in last 50 m of run (sigh)."

Fantastic work out there today, David! I am envious for sure and very impressed with your stellar effort.

Time: 1:15:52

Overall Place: 4

Place in Gender: 4 of 13

Place in Division M5054: 1 of 2

Swim: 8:39

Tran1: 2:14

Bike: 37:35

Tran2: 1:18

Run: 26:08



www.onlineraceresults.com/event/view_event.php?event_id=5375

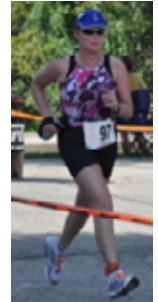
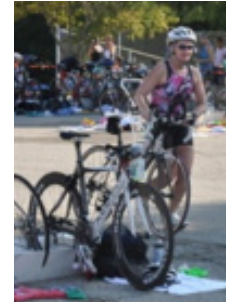
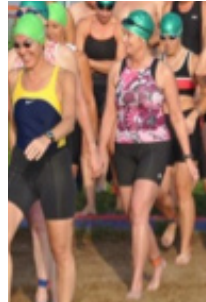
2010 Jackson County Triathlon

Our very own Cheryl Shakespeare takes 3rd place in the Ladies 45-49 age group with a time of 2:42:39. 150th overall out of 199 total participants

Very nice race, Cheryl. You looked very strong coming into the finish. Great work and looks like your training will pay off at Branson 70.3.

Matthew Mellor placed 1st in the Male 40-44 age group 1:50:07. 8th over all out of 199 participants.

Full results here: www.theracershub.com/results_view.php?id=964&result_type=file



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

2010 Cy-Man Triathlon

A big congratulations goes out to David Mathews for an outstanding performance at the 2010 Cy-Man Triathlon held in Big Creek State Park, just northwest of Des Moines, Iowa on Sept. 12.

500 yard swim, 14.3 mile bike, and a 3.1 mile run.

M 50/54
4th place out of 8
57th overall out of 127 males
Time: 1:19:55

Great race David, you rock! We need to work on the T1 and T2 time!!

The coach in me gave you the praise but third took you by 1:40 and your T2 time was 1:18 slower. Just saying!

continued on page 12

2010 Ironman Branson 70.3 Triathlon

I am pleased to announce Cheryl Shakespeare completed the 2010 Ironman Branson 70.3 triathlon on Sept. 19.

Cheryl we are proud of you for your achievement and solid performance on what was a very warm day in September.

1.2 mile swim,
56 mile bike ride,
half marathon
13.2 miles

Overall Time 7:50:27

Swim= 46:21
Bike= 3:54:21
Run= 2:59:00

F45/49 Place 27/33 

Communities making the bicycle friendly businesses connection

The League of American Bicyclists Announces New Bicycle Friendly Businesses

Washington, DC – September 23, 2010 – The League of American Bicyclists is announcing 63 new Bicycle Friendly Businesses (BFB) and eight renewing BFBs today, September 23 at Interbike in Las Vegas during the International Mountain Biking Association (IMBA) Industry Breakfast in the Sands Expo Rooms 106–107. This round of awards was especially noteworthy because of the number of awardees and because “we’re seeing a growing relationship between Bicycle Friendly Communities and BFBs,” said Andy Clarke, president of the League. “Typically what is good for businesses is good for communities, in terms of bicycling.” We are proud to award three local governments the BFB designation – Bloomington City Hall, Ind.; Arlington County Government, Va.; and the City of Fayetteville, Ark.

There was a 45 percent increase in applications this cycle from the last BFB cycle. “Businesses across the country, from hospitals to telecommunications firms, are using the BFB program to measure their bicycle friendliness and to get the tools they need to better promote bicycling,” said Bill Nesper, Director of the Bicycle Friendly America program. “The BFB program has inspired companies to use bicycling as a simple way to improve worker health and satisfaction while promoting sustainability and social responsibility.” Currently, there are 196 awardees in 31 states that span a wide range of industries.

This is the fifth BFB announcement since the program’s inception in 2008 when the League announced the first 13 designees. BFB recipients promote bicycling into their business culture and give employees and customers the opportunity to be active stewards of their personal and environmental health through bicycling.

“BFBs are innovative businesses that demonstrate their commitment to encouraging healthy lifestyles, creating more affordable transportation, and leading the way in sustainable business practices and environmental stewardship,” said Andy Clarke, League President.

The Bicycle Friendly Community,

Bicycle Friendly State, Bicycle Friendly Business and Bicycle Friendly University programs are

generously supported by program partners Bikes Belong and Trek Bicycle’s One World, Two Wheels Campaign. Special thanks to New Belgium Brewing Co. for a grant to develop the BFU program application. To learn more about building a Bicycle Friendly America, visit www.bikeleague.org.

2010 Fall Bicycle Friendly Business Winners

63 businesses are awarded the BFB designation for the first time:

Platinum Level

- TTR Bikes

Gold Level

- Bicycle Technologies International
- MIT Lincoln Lab
- Washington Area Bicyclist Association

Silver Level

- 360 Architecture
- Arlington County Government
- Big Shark Bicycle Company
- Bike City Recyclery Inc.
- Bike World
- BikeAthens
- Campbell Thomas & Co. Architects
- Charleston Civic Design Center
- City of Bloomington City Hall (Ind.)
- Crystal City Business Improvement District
- Corporate Executive Board
- Destination Sales and Marketing Group
- Ecologic Design – Green Guru Gear
- Family Bicycles, LLC
- Fort Wayne Outfitters and Bike Depot
- Garver
- Gearhead Outfitters
- Kimberly–Clark (Neenah, Wis. sites)
- KTU+A Planning +Landscape Architecture

PRESS RELEASE

September 21, 2010

Embargo until

September 23, 2010

Contact: meghan@bikeleague.org

Communications Director

League of American Bicyclists

202.822.1333

- Olson, Bzdok & Howard, P.C.
- Peace Coffee
- Peckham & Wright Architects, Inc.
- Penn Cycle
- Phoenix Bikes
- Southcentral Foundation
- Sugar Cycles, Inc.
- University of Kentucky
- Wiebenson & Dorman Architects PC

- OTB Bicycle Cafe
- Park Tool Co.
- Pearl Izumi
- Providence Alaska Medical Center
- RCI
- RCommunity Bikes
- REI College Park
- SAP Labs – La Crosse
- Spyeglass
- The Green Institute
- Urban Eats Cafe
- Walt’s Bicycle, Fitness, and Wilderness Company

- City of Shawnee, Kan.
- Cooper Cargill Chant, PA
- Crim Fitness Foundation
- Daniel Boone Regional Library
- FMC Technologies – Houston
- Helmtops
- IndyGo, Indianapolis Public Transportation Corporation
- LandPlan Consultants, Inc.
- Mid–America Regional Council (MARC)
- Myrexix, Inc.
- Poudre Valley Hospital
- PricewaterhouseCoopers
- PricewaterhouseCoopers–Mclean
- Sprint Nextel
- Texas Instruments Inc.
- The Broadbent Company
- Traffic Engineers, Inc.
- Trailnet
- Tribune Publishing Co/ Columbia Daily Tribune
- UMB Financial Corporation
- Wake Forest University Baptist Medical Center
- Whitcraft LLC

Bronze Level

- Advanced Micro Devices
- Banner Health
- Birchwood Cafe
- Bloomington Cooperative Services
- Charlotte County Health Department
- Ciclismo Classico
- City of Fayetteville
- Colle+McVoy
- Economic Research Service/ USDA
- Eli Lilly and Co.
- Finnegan Henderson
- Farabow Garrett & Dunner LLP
- Foth IE – Kansas City Friends Committee on National Legislation
- Great River Energy
- In–Situ Inc.
- Java Shack
- Loris and Associates
- National Interagency Fire Center (NIFC)
- Old Spokes Home

Eight businesses successfully renewed their designation.

Platinum

- Landry’s Bicycles

Gold

- Clif Bar & Company

Silver

- Community Cycles
- EasyStreet Online Services
- RDG Planning & Design
- Urban Adventours
- Whatcom Council of Governments

Bronze

- Roanoke Valley Alleghany Regional Commission

Fall 2010 Honorable Mentions

- Boone County Lumber Co.
- City of Mission, Kan.

The League of American Bicyclists promotes bicycling for fun, fitness and transportation, and works through advocacy and education for a bicycle–friendly America. The League represents the interests of America’s 57 million bicyclists, including its 300,000 members and affiliates. For more information or to support the League, visit www.bikeleague.org. 

Name of Business	Award	Contact Name	Contact e-mail	City, State	Company website
360 Architecture	Silver	Chris DeVolder	cdevolder@360architects.com	Kansas City, Mo.	www.360architects.com
Big Shark Bicycle Company	Silver	Michael Weiss	mike@bigshark.com	St. Louis, Mo.	www.bigshark.com
Family Bicycles, LLC	Silver	Theresa M. Van Ackeren	theresav@familybicycleskc.com	Kansas City, Mo.	familybicycleskc.com
Peckham & Wright Architects, Inc	Silver	Suzanne Wright	frontdesk@pwarchitects.com	Columbia, Mo.	www.pwarchitects.com
Urban Eats Cafe	Bronze	Caya Auferio	caya@urbaneatscafe.com	St. Louis, Mo.	www.urbaneatscafe.com
Walt’s Bicycle, Fitness, and Wilderness Company	Bronze	Sarah Ashman	sarah@waltsbikeshop.com	Columbia, Mo.	www.waltsbikeshop.com
Boone County Lumber Co.	HM	Brad Eiffert	beiffert@boonecountylumber.com	Columbia, Mo.	www.boonecountylumber.com
Daniel Boone Regional Library	HM	Elinor Barrett	ebarrett@dbri.org	Columbia, Mo.	www.dbri.org
Mid-America Regional Council (MARC)	HM	Heidi Schallberg	hschallberg@marc.org	Kansas City, Mo.	www.marc.org
Trailnet	HM	Cindy Mense	cindy@trailnet.org	St. Louis, Mo.	www.trailnet.org
Tribune Publishing Co/ Columbia Daily Tribune	HM	Mary Waters	mjwaters@columbiatribune.com	Columbia, Mo.	www.columbiatribune.com
UMB Financial Corporation	HM	Malenda Shahane	malenda.shahane@umb.com	Kansas City, Mo.	umb.com



www.kcbc.org

PRESENTS: **NORTHLAND NIGHTMARE**

SUNDAY, OCTOBER 17

TIME: The ride starts at **8:30 a.m.** with on site **registration** beginning at **7:30 a.m.**

WHERE: The ride begins at Bennett Park Shelter house # 2 in Liberty, Mo. (closest to the ball fields and Clayview Dr.)

DISTANCE: 20, 52, 63 and 103 mile routes available. FULL SAG service and traditional "extra" goodies, with a picnic style meal offered at the finish.

DIRECTIONS: Take I-35 north to MO 152 (Barry Rd.) exit. Turn right and continue through series of stoplights, passing MO 291. The next stoplight will be Clayview Dr. Take this left and follow it through the residential neighborhood up the hill. Take the second left at the top of the hill to enter Bennett Park. Shelter house #2 is on your first left. Restrooms are available.

It's the season for leaf peeping and cool, crisp days. A perfect time of year to ride the beautiful hills around Smithville Lake and rural Missouri. KCBC's great SAGs will be out there with lots of water and tempting goodies. If that isn't enough, there will be a picnic after the ride at Bennett Park where you can recover and visit with your cycling buddies.

****Don't forget you can register online at www.kcbc.org****



Northland Nightmare 2010

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

Or register online a www.kcbc.org

Adult Ride Pre-registration Fee: make checks payable to KCBC, if received by Oct. 10 \$25 Members, \$30 Non-Members	
Adult Ride Fee: \$30 Members, \$35 Non-Members	
Children 11-17: \$10 Children under 11 ride for free	
KCBC Membership Fee: \$20 Single, \$25 Family, \$30 Sustaining	
Total: Check <input type="checkbox"/> Cash <input type="checkbox"/> Voucher <input type="checkbox"/>	

Check all that apply:

- Learn about racing on the KCBC team
- Help plan club-sponsored rides and events
- Learn how to be a ride leader
- Help advocate to make the roads better for cyclists
- Volunteer for club-sponsored rides and events

THERE WILL BE NO DISCOUNTS THE DAY OF THE RIDE

I plan to ride 20 52 63 103 Miles

E-mail: (required for membership—it is your login) _____

Name(s): _____ Phone #: _____

Name(s) cont.: _____

Address: _____

City: _____ St: _____ Zip: _____

Emergency contact (name & number): _____

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

Signed: _____ Date: _____ Single Member/Rider

Signed: _____ Date: _____ Family Member

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: _____ Phone #: _____

Family Members: _____

Address: _____

City: _____ St.: _____ Zip: _____

E-mail Address: _____

Renewal New Member

Please check the appropriate line below to learn about:

- Interested in racing on the KCBC team
- Helping to plan or work at club events
- Being a ride leader
- Working in advocacy to make the roads better for cyclists
- Volunteering to work club-sponsored rides

Mail to: Kansas City Bicycle Club
P.O. Box 412163
Kansas City, MO 64141-2163

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 _____