

LEAVENWORTH BICYCLE CLUB NEWSLETTER

ISSUE 01-09

Leavenworth, Kansas

January 2009

From The Editor

After an extended absence, the Leavenworth Bicycle Club newsletter is back. The newly elected group of officers believes it is important to increase communications with the general membership to improve club members experience and to encourage club member participation. You will receive a survey in the next few days that attempts to identify changes that the club officers can make to improve club participation. I encourage you to fill out the survey and return it before the Jan 19th club meeting.

This newsletter focuses on introducing you to the new club officers and acquainting the club with last year's activities of a group of riders within the club who call themselves the "Trail Riders." Future newsletters will include more information about club activities and general biking related articles.

I was new to the club last year and attended as many of the planned club activities as I could. With the exception of the Tour of the Seven Cities ride, what surprised me was the small number of club members who participated in the club events. I hope you will let your club officers know through the survey if there are changes to club activities that would cause you to participate more often.

Maintain those winter training activities that keep you fit and ready to hit the ground pedaling in the spring. Best wishes to all for a HAPPY NEW YEAR!

Dan Senterfitt
Newsletter Editor

Meet Your New Officers

Janet Dye: Club President



I am excited to have been given the honor and opportunity to serve as the president of the bicycle club. Some of you have known

me for years, but many of you probably have not met me. I originally joined the club back in the fall of 1993. I was looking for a bicycle group to ride with and someone told me about the Leavenworth Bicycle Club, and gave me Gregg Scircle's number. The next scheduled ride (and so happened the last scheduled ride of the season) was a ride from DeSoto to Lawrence. Since that was too ambitious for my first ride, I met up with the group in Eudora. That was about a 19 mile round trip. I was so appreciative of Gregg staying back with me.

For the next several years, I rode regularly with the club and missed very few weekly rides. With a few seasons riding and switching from a hybrid to a road bike, I even found that I wasn't the slowest rider anymore. I quit riding for a few years because I found that I had so little free time between keeping up with my three sons' activities and working full time. As my sons got older and way too cool to hang with Mom, I found that I had time to start riding again.

Two years ago, I again joined the club. In the past two years, most of my club rides have been on Saturday mornings with Bob Wallis and the other "trail riders." I enjoy both trail rides and roads rides. A few months ago, when asked if I would be willing to serve as an officer of the club, I felt it was time to give back to the organization that has done so much for me over the years. I look forward to serving you this next year.

Deborah Kidwell: VP for Administration



Greetings to all Leavenworth Bicycle Club members, prospective members, and friends of cycling! I'm very glad to be working with you as vice-president and pledge to use my time and energy to promote cycling opportunities for all of us throughout the coming months.

I'm very new to cycling, but look forward to learning more about this great sport and riding more each year. In a case of the student teaching the teacher (I'm a history professor), one of my students insisted that I try cycling as a hobby. After considering his recommendation, I talked so much about it that I received a bike for Christmas. I was hooked from the very beginning! My family soon joined me with bikes of their own.

This past year, my husband Les and I were active in the trail riders group and made several trips in and around Weston, to Smithville Lake, and finally traversed the entire Mill Creek trail in Shawnee Mission. We also rode two-thirds of the Katy trail (camping out along the way), and made 64 miles of the Gorilla Century in Pittsburg, KS. This year I'm planning to train for a century ride. Come join me as I struggle up and down the hills on the trail and near our home in Lansing.

My immediate family includes husband Les, four children and three grandchildren, but extends to include my parents, numerous siblings, and many nieces and nephews. I'm

working on making avid cyclists out of all of them! I wish you luck and lots of fun, challenge, and fellowship in your cycling endeavors and look forward to working with you along your journey.

Dianne and Don Park: Secretary

Dianne Park



Biking is a great way to enjoy exercise and the outdoors at the same time, not to mention the health benefits. At 62, I didn't think I would like it as much as I do. My husband, Don, is always talking me into new activities and I end up liking most of them. We have been riding together since 2003 and have bought over 12 bikes including those for Grandkids. I guess you could say we are somewhat addicted.

My first club ride was across the Missouri River Bridge to Weston on Hwy 45. I do not enjoy "sharing the road" so trail rides are my thing. The Saturday AM club ride to Snow Creek is great. We go the back trail along the Missouri River to Weston and beyond, riding through corn fields to Hwy 45 and up to Snow Creek. I have no problem with this part of Hwy 45 as it is flat with a nice wide shoulder.

The friends we have made in the club are a lot of fun and we find that we have more in

common than just biking. We can bike, kayak and camp (in a tent) all in a weekend.

Don Park



After 22 years in the Army, I retired in '79 and became a Middle School Math/Science teacher for 18 years retiring in 2006. I started biking at the age of 69 in 2004. My wife, Dianne, and I joined the bike club at the Santa Fe Trails Bike Shop. We each have road, hybrid and mountain bikes. I rode the 2004 BAK and have made my first 10,000 miles. We are ski instructors at Snow Creek for three months of the year and have added camping and kayaking to our activity list. We prefer trail riding with Bob Wallis's group because it is a slower pace and most of the time is off the road. We enjoy the Katy Trail and the Prairie Spirit, but our favorite ride is at Smithville Lake where we can ride, camp, and kayak all in the same weekend.

Stephanie Edwards: Treasurer



Hello, I am Stephanie Edwards. The military brought me to this area and I have been here for three years, soon to be forever!!! I am married to a retiring soldier and have a wonderful five year old daughter and a cat named Yoyo.

I have been in the fitness industry off and on for four years. I taught aerobics when I was a teenager in high school. I have taught here in Leavenworth nearly my entire time here. I have biked in interesting places like Hawaii, Alaska and Washington State.

I graduated from the University of Georgia with a Finance degree. I have used it primarily in the capacity of being a treasurer of various organizations.

I love biking and am honored to be involved with this wonderful bike club.

President's Message

I hope everyone had a wonderful holiday! As you may know, the club has a whole new slate of officers this year. The reason is that all the previous officers had served the maximum amount of time in each position. They certainly deserve a break. I want to

thank the outgoing officers for their service over the years. It is much appreciated.

You will be receiving this newsletter both as an email attachment as well as a hard copy in the mail. The reason that we are doing this is to verify that we have both your correct email address and home address on record. If you do not receive the newsletter both ways by the January 15th, let us know by sending an email to [<mailto:president@leavenworthbicycleclub.com>](mailto:president@leavenworthbicycleclub.com). If you don't have access to email and need it sent to by mail, let me know by calling me at 816-686-1544. Our preference is to only send it via email as it is very expensive to mail the newsletter.

There will be a few changes in the coming year. One of our goals is to have increased communications with members. We will do this by frequent updates to the website and frequent emails with news and activities. I know that not everyone will want more email from the club, so we are giving you several options for the frequency of emails you receive from the club. You can opt for:

- no emails
- news/newsletters only (about 10 emails a year)
- email for news/newsletters and all activities (up to weekly)

Unless you tell us otherwise, you will receive emails for news/newsletters and all activities. Contact me at [<mailto:president@leavenworthbicycleclub.com>](mailto:president@leavenworthbicycleclub.com) if you would prefer one of the other less frequent options. You can have up to two emails for each membership, with a different frequency option on each. Let us know if you would like to add a second email address. Every effort will be made to protect the privacy of your email address.

We will continue to have monthly member meetings at 7PM on the 3rd Monday of each month. The location of the meetings will vary month to month, so be sure to check the website or your current newsletter for the location and topic.

Remember this club is run by volunteers and many volunteers are needed to keep the club active and fun. If you are willing to lead a ride or two (or more), let me or the VP for Operations know. You can email the VP for Operations at [<mailto:vice_president_2@leavenworthbicyclub.com>](mailto:vice_president_2@leavenworthbicyclub.com).

We will have a few hikes during the cold months. They will be announced via email and will be listed on the website.

Be sure and bookmark our website. The address is <http://www.leavenworthbicycleclub.com>.

I look forward to serving you this coming year.

Janet Dye

Evolution of the Club Trail Riders

TRAIL RIDERS: A couple of years ago, several club members recognized that the club was not providing scheduled rides for those of us who do not like riding on highways in vehicular traffic. In addition, it was thought that more club members would participate in club rides if more class "A" type rides were scheduled.

The "Trail Riders" group was formed within the club in an effort to prove the theory. The plan was to always ride on improved, mostly flat trails, away from traffic, at a modest pace of about 10 to 12 MPH, with rides covering 20 to 25 miles, and with the mandate that no one would be left behind. The group was slow to form with only about three or four riders at first, but this past summer things really improved with 20 names now on our roster and turnouts of 8, 10, and even 12 riders at a time. Some of our members show up for every ride, and the rest ride a couple of times a month. We usually ride Saturday mornings with times depending on the weather and temperature. For out of town rides, we usually meet

somewhere in town and carpool to the trail head.

TRAILS: Unfortunately there are not any trails in Leavenworth or Lansing, but there are several available within various travel distances:

1. Beverly/Weston trail. The trail head for this trail is only a short 6 miles away from Leavenworth starting at Beverly, MO. The ride to Weston is only 3.5 miles, but we ride on north on the North Bluff road to the Iatan power plant and then on up Hwy 45 to the Snow Creek Ski area and return. It is a 22 mile ride and we most often ride this trail. The trail is partly paved and the rest is hard packed gravel. All bikes, except road bikes, can use this trail.

2. Mill Creek Trail. The trail starts south of Bonner Springs off of 47th street. It is about a 25 mile drive from Leavenworth to the nearest trail head. The bicycle ride along the trail to Olathe and back is about 30 miles. The trail is entirely paved and can accommodate all bikes

3. Indian Creek Trail. The trail head is in the Corporate Woods area off College Blvd. in Overland Park, about a 50 mile drive from Leavenworth. Several trails are available, but we ride the trail to Olathe and return. It is all paved and 22 miles round trip. The trail accommodates all bikes.

4. Smithville Lake. Smithville Lake offers a variety of activities: biking, camping, and boating. It has 23 miles of great bike trail, with much of it following the lake shore. You can ride up to 50 miles if you start at one end and ride the entire trail system. The trail is entirely paved and accommodates all bikes. It has two free entry points where you do not have to pay the park entrance fee. It is about 28 miles from Leavenworth to the south entry point. The trail accommodates all bikes.

5. Prairie Spirit Trail. The nearest trail head is in Ottawa, KS. It is about a 65 mile drive from Leavenworth to the trail head. It is a

"Rails to Trails" bike and hiking trail. With the recent completion of the third phase of the trail, a rider can cover 51 miles of trail while passing through several small, Midwestern towns. Most of the trail is a smooth, hard packed, gravel trail. All bikes, except road bikes, can use this trail.

6. Lake Shawnee Trail. The trail is near Topeka. It is about a 60 mile drive to the trail. Camping and picnic areas are available. The entire trail is paved. The trail circles the lake and is about 11 miles long. The trail accommodates all bikes.

7. KATY Trail. This famous "Rails to Trails" bike and hiking trail starts in Clinton, MO. and goes all the way to St. Charles, MO north of St. Louis, a distance of 225 miles. The club usually goes to New Franklin, MO. (Boonville) to camp and ride the trail. Sedalia is also a good choice for camping and riding the trail.

TRAIL RIDER ACTIVITIES: The Trail Riders rode all of these trails this past season. Our total ride mileage was between 650 and 700 miles. We rode the Beverly trail most often, but usually rode one of the others each month. Our trip to Shawnee Lake was hosted by the regular club and only three Trail Riders went. Two regular club members also came.

The Prairie Spirit ride was also led by the regular club and five Trail Riders participated in a heavy rain storm. It was warm though and we had a good time getting thoroughly soaked. It's too bad we didn't get pictures of us washing the trail sand off by standing under the runoff from the roof of the rail depot museum at the trail head. It made a great outdoor shower.

The KATY Trail trip in October was cool, but lots of fun too. Again we had five Trail Riders and one from the regular club. We had four tent campers and two roughing it in their RV campers. Saturday evening we all sat around a fire and talked for several hours after having dinner at a local restaurant in Boonville.

Smithville Lake Park was our best find of the season. We made two overnight camping trips to the lake after discovering the great facilities they have available. We had two days of riding each time as well as a cookout in the camping area and camp fire. Each time we had four tent campers and one RV camper. In addition, two couples also brought their kayaks and enjoyed boating after a day of biking. One situation that was funny for the rest of us, but not the couple involved, was when they broke a tent pole and ended up with what looked like an old Indian teepee instead of the round bowed tent they should have enjoyed.

On each of the Smithville outings, we spent Saturday afternoon visiting local historic attractions. We visited the Watkins Woolen Mill on the first trip and the Vaile Mansion in Independence on the second trip. The Watkins Mill was established in the mid 19th century and is still mostly intact. The mansion house and its out buildings have been restored and the woolen factory still has all of its original machinery in a three story brick building. It is a very interesting site that is not well known. The Vaile Mansion is a magnificent brick mansion in Independence. It has 13,000 square feet of space and is furnished with beautiful 19th century furniture and carpets.

We are already planning rides and outings for next season as well as interesting places to visit. We hope we can get more of our club members to join us. You faster riders are also welcome. We'll catch up.

NEWS FROM SANTE FE TRAILS BIKE SHOP

With the cold temperatures and short days, January is usually a difficult time for bicyclists to get out and ride. So at Santa Fe Trails we like to do some fun things to keep the enthusiasm for cycling alive. On Mondays, Wednesdays and Fridays we offer indoor training from 6 to 7 PM. While not quite the same as riding outdoors, with the

help of some great tapes and fellow riders, it makes training indoors fun. Then on Saturday mornings, we offer a 25 mile, **outdoor**, bagel ride (as long as there is no ice or snow). It's amazing how good a cup of coffee and a bagel taste after riding for an hour or two in cold temperatures!

Then the event you have all been waiting for ... the annual Santa Fe Trails CancerThon is set to be held on January 31, 2009 at Abele's Field. In the spirit of the movie "Breaking Away," cyclists can ride for up to six hours on the concrete track in teams of three - men, women, mixed or juniors. Prizes are awarded to the teams who achieve the most distance.

The cost to enter the CancerThon is \$10/person, which includes an event T-shirt, plus soup and coffee for all the riders. All of our food, t-shirts, and prizes are donated and the proceeds go to benefit the American Cancer Society. (Please contact Brendan Sheehan at Santa Fe Trails if you would like to donate. Donations are also accepted onsite).

The CancerThon is great fun and an excellent way to kick off the New Year's cycling training. Riders cheer each other on as they round the flat, concrete track. Sometimes they draft, sometimes they spin easily. But mostly they just ride and put in some great early season miles. Though we have often had to shovel snow off the track, it has never deterred a fantastic group of volunteers and riders.

Whatever your plans this year - Hotter than Hell Hundred, Bike Across Kansas, or the Buffalo Bill, jump start your training this January and have some great rides!

UPCOMING EVENTS

Club General Membership Meetings:

January 19, 7PM at High Noon Saloon, 206 Choctaw Street, Leavenworth, KS

February 16, 7PM at Santa Fe Trails Bicycle and Coffee Shop, 419 Delaware, Leavenworth, KS

For more information about club meetings and activities, go to the club web site at www.leavenworthbicycleclub.com or contact any of the following club officers:

President, Janet Dye: 816-686-1544

VP for Admin, Deb Kidwell: 913-727-3767

Secretary, Dianne & Don Park: 913-727-6137

Treasurer, Stephanie Edwards: 913-680-7683

Chairman, Membership Committee, Bob Wallis: 913-727-6137