

“I went from white knuckle to love.”

“This was extremely well organized and complete. Everyone was so helpful and friendly. And what an economic deal!”

“This has been fun and far from as intimidating as I feared – we have had a great time & would happily recommend it to others.”

“I think Bike Camp was awesome – I learned a lot, met some great new folks and just had a fabulous time. I’ve talked next year’s camp up to my friends!”

**Past participants in Bike Camp said this about their experience:**

**Kalamazoo Bicycle Club**  
 PO Box 50527  
 Kalamazoo, MI 49005



**Kalamazoo  
 Bicycle  
 CLUB**

**Bike  
 Camp  
 2009**

**Do you  
 want to:**

- Lose a few pounds?
- Learn how to ride a bike properly, efficiently and safely?
- Find out how to make your bike more comfortable to ride?
- Create a fitness goal for yourself this summer?
- Join others with similar interests in fitness and health on a fun and exciting adventure?

**Then  
 Bike Camp  
 (a training and educational  
 program sponsored by the  
 Kalamazoo Bicycle Club )  
 is for you!**



## Bike Camp participants will:

- 1 Attend an informational meeting at 7:00 PM on Tuesday, May 12, 2009, in room 5830 in the Kalamazoo Valley Community College's Advanced Technology Center, in the southwest corner of KVCC's Oshtemo Campus, Texas Township.
- 2 On Saturday, May 16, 2009, begin 5 consecutive Saturday morning informational and training sessions, starting at 8:30 AM at the Portage YMCA, 2900 West Centre.
- 3 Train toward a 12, 15, 30, 62 or 100 mile distance goal at the Kalamazoo Bicycle Club's "Kalamazoo Scenic Bicycle Tour" – KalTour – on Sunday, July 12, 2009.
- 4 Become a member of the Kalamazoo Bicycle Club for one year. Benefits include receiving the PedalPress Newsletter each month, and access to the club's summer-long 4 weekly evening and 6 special weekend rides.

The initial evening meeting on the KVCC campus will provide an overview of the educational and training sessions to come, and will summarize safe bike handling practices for riding individually and in groups, and with respect to automobile traffic on the roadway.

At the first Saturday session, local "bike fit" experts will put you and your bike up on a stationary trainer to evaluate – and possibly adjust – your riding position in order to ensure you're as comfortable as you can be on your bike. Before embarking on the first training ride, Bike Campers will be

split into several groups to accommodate each individual's fitness goals and riding expertise. All groups will attend a skills training session before taking their first ride.

Subsequent Saturday sessions will include presentations on how to make your pedaling more efficient, what to wear to make riding more comfortable, nutrition and hydration tips during training, and the best way to train for your distance goal at KalTour. We'll also cover simple bike maintenance needs, procedures and tools, and instruction on how to repair a flat tire on the road or trail. After each informational session we'll go for a training ride along bike-laned roadways near the Portage YMCA.

Bike Camp participants will be given weekly training plans specific to their distance goals at KalTour, and are encouraged to take advantage of KBC's weekly club riding schedule. Some may wish to form groups with other Bike Campers to ride on days in between the Saturday sessions.

Families are welcome at Bike Camp. You must bring your own bike - and everyone must bring and wear a bike helmet. Children under the age of 18 must be accompanied by an adult. Every Bike Camp participant will be required to sign a waiver of liability.

Please register online at [www.kalamazoobicycleclub.org](http://www.kalamazoobicycleclub.org), or send this completed application along with a check to:

**Kalamazoo Bicycle Club**  
 PO Box 50527  
 Kalamazoo, MI 49005

## Bike Camp Fees:

- \$50 for individual registrations sent in on or **before** May 1
- \$60 for individual registrations sent in **after** May 1
- \$60 for family registrations sent in on or **before** May 1
- \$70 for family registrations sent in **after** May 1

For more Bike Camp information or to register online, go to:  
[www.kalamazoobicycleclub.org](http://www.kalamazoobicycleclub.org)

For further assistance,  
 e-mail: [bikecamp@kalamazoobicycleclub.org](mailto:bikecamp@kalamazoobicycleclub.org)  
 or call Jim Kindle at (269) 344-6747

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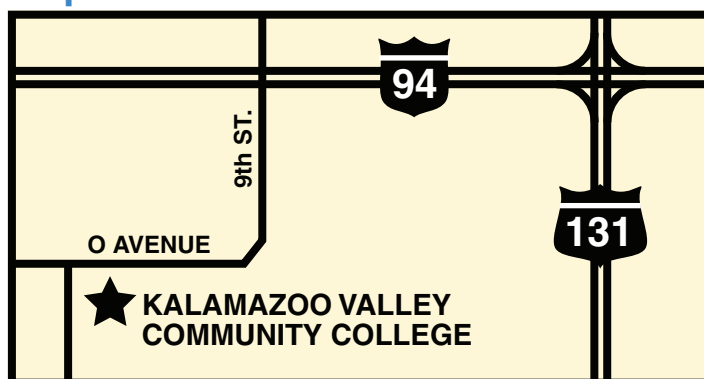
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## Map to KVCC



## Map to Centre St. YMCA

