



PEDAL PRESS

The newsletter of the Kalamazoo Bicycle Club

Bike Legislation Update

June, 1994

ISTEA Update

The Michigan Department of Transportation is in the process of developing their twenty year transportation plan as mandated by the Intermodal Surface Transportation Efficiency Act of '91 (ISTEA).

Bicyclists have been encouraged to be involved in this process to provide their much needed input. The next round of public meetings for the "Sub-State" plan is scheduled for sometime in July and those interested in attending can contact the Corradino group at 1-800-819-2631, to be put on their mailing list, or stay tuned to these pages.

Kalamazoo Area Transportation Study (KATS) Seeking Volunteers

Interested club members who would like to help draft the bicycle component of the Kalamazoo area long range plan should contact either Dave Patrick, Dave DeRight at 381-2678, or David Kruger, of KATS, at 343-0766.

HB4864 Update

As of press time, HB4864, which would repeal the State side-path mandate, is still in Committee with a hearing in Lansing scheduled for May 18th. However, according to the bill sponsor Representative McNutt, and bicycle lobbyist Dick Allen; the House Transportation

Committee now has the needed votes and is expected to recommend the bill shortly after the May 18th hearing. Therefore, letter's in support of this bill, pending Committee action, would now appropriately be directed to your State Representatives and Senator's. Petition's circulated within KBC and at local bike shops have been forwarded to Committee Co-Chair, Terry London.

-- Dave DeRight

TOURING RIDERS UNITE!

Touring riders are those cyclists who typically ride at a pace of 8-15 miles per hour. One of the most frequent complaints within the club during the past few years was that the touring cyclist was not being accommodated by our ride calendar. Our club offers rides for all abilities and our '94 ride calendar backs this up. It is now time for the club members who fit into the touring category to start participating in our rides. We have numerous families within the club that should take part in these rides, as well as many individuals who want to meet other people and improve their cycling skills. We want you to participate. If you have questions about a ride fitting your abilities, feel free to call Randy Putt or one of the club officers, but please make the effort to take part.

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Dave's World

Good News

It's good to begin this month with the good news that rider turnout for our club rides during May has been off to a great start. In fact, we've been getting the best participation in over two years. All KBC riders should be participating in these rides, so if you're reading this and the extent of your activity this spring has been limited to riding the couch and channel surfing, show up at our rides. Randy Putt has been doing a great job of putting together a ride calendar that accommodates riders of all abilities, so don't feel intimidated.

Flowerfest Committee

The next item to report are some changes in the Flowerfest Committee. As of May 9th, KBC members Libbie Wetters and Jim Wyrick are serving as co-chairs, and join existing co-chair Clayton Gallup in organizing and planning the Flowerfest Tour. A special thanks goes out to both Libbie and Jim for answering a plea for help. Sponsorship for the tour is now falling into place and it looks like the '94 Flowerfest will be a success.

Spring Valley

The Spring Valley Circuit Race that KBC promotes is being held this month and we need your help. The date is Sunday, June 26th and we expect between 200 to 400 racers from throughout the midwest and Canada to converge on Kalamazoo for a day of racing. Putting this race on each year is part of our commitment to being a USCF affiliated club and we will need between 30 to 40 volunteers on the day of the race to stage a successful event. We need people starting at 6:30 a.m. to help with event setup, and then we need people to work in 2 1/2 hour shifts there after to act as course marshals until the racing is finished at 5:00

p.m. When you get a phone call asking for your help, please volunteer for a few hours and then enjoy a great day of bicycle racing.

New Club Logo

The last item on the list this month is the news that KBC now has a new official club logo. The board of directors voted in April to adopt the new design featured in this newsletter, as we feel this new logo is a bit more contemporary in design and it will update the image of the club. We hope you like it.

Dave Patrick
KBC President

SPRING VALLEY RACE SET FOR JUNE 26

The Spring Valley Circuit Race is taking place on Sunday, June 26 between 8:00 a.m. and 5:00 p.m. The location is Spring Valley Park on Olivet Road in Parchment. This is the annual USCF sanctioned race that we promote each year, and we are expecting a good turnout. Breakaway Bicycles has come on board as the primary bike shop sponsor with a contribution to the prize list, and we would like to thank them for their support. Plan on attending this event and volunteer your time to make this a successful day of racing.

JUNE MEETING

There will be a meeting of the board of directors on Sunday, June 12 at 5:00 p.m. The meeting will take place at Bilbo's on Campus, and the committee chairs for both Flowerfest and Spring Valley should plan on attending. Call Dave Patrick with any questions you might have.

Kalamazoo Bicycle Club Events—June 1994

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Unless otherwise noted, all rides start at 6:30.</p> <p>For more information about any ride, see the June ride descriptions on page 4.</p>						
<ul style="list-style-type: none"> Morning Lakes Tour, Kalamazoo Academy, 8:30. Linear Park Ride, Augusta Library, 1:00 p.m. <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> Monday Recovery Ride, Texas Drive Park <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> Mike & Janet's Big Bike Adventure, Eastwood Plaza <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> 6:00-Bloomingdale Loop, from Kalamazoo Central HS 6:30-Also from Kalamazoo Central HS <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> Ice Cream Ride-from Scotts Elementary School <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> Tour de Gull Lake <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> Vickburg Old Car Festival Ride, Vivkburg HS, 8:00 a.m. <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> Morning Lakes Tour, Kalamazoo Academy, 8:30. Linear Park Ride, Augusta Library, 1:00 p.m. <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> Monday Recovery Ride, Texas Drive Park <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> Mike & Janet's Big Bike Adventure, Eastwood Plaza <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> 6:00-Bloomingdale Loop, from Kalamazoo Central HS 6:30-Also from Kalamazoo Central HS <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> Ice Cream Ride-from Scotts Elementary School <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> Tour de Gull Lake <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> MTB Ride, Ft. Custer Rec. Area, 10:00 a.m. <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> Morning Lakes Tour, Kalamazoo Academy, 8:30. <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> Monday Recovery Ride, Texas Drive Park <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> Mike & Janet's Big Bike Adventure, Eastwood Plaza <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> 6:00-Bloomingdale Loop, from Kalamazoo Central HS 6:30-Also from Kalamazoo Central HS <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> Ice Cream Ride-from Scotts Elementary School <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> Tour de Gull Lake <p style="text-align: right;">24</p>	<p style="text-align: right;">25</p>
<ul style="list-style-type: none"> "SPRING VALLEY CIRCUIT RACE" -- VOLUNTEER! <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> Monday Recovery Ride, Texas Drive Park <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> Mike & Janet's Big Bike Adventure, Eastwood Plaza <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> 6:00-Bloomingdale Loop, from Kalamazoo Central HS 6:30-Also from Kalamazoo Central HS <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> Ice Cream Ride-from Scotts Elementary School <p style="text-align: right;">30</p>		

June Rides

KBC Ride Policy Statement

You must wear an ANSI or Snell approved helmet on all KBC rides. All riders should also bring a spare tube and tire, frame pump, water, food, money, and identification. Dress appropriately for the weather conditions, obey traffic rules, and ride on the right side of the road. Check your bicycle, especially the brakes, before each ride.

This is your club and we need ride leaders for July and beyond (especially for the 10-16 mph ride pace) to continue our full ride calendar for the remainder of the year. No prior experience is required to be a ride leader, so give it a try. Please call Randy Putt at 649-1814 for additional information.

Mondays

The Monday Recovery Ride continues into June with 3 ride leaders with a pace to suit riders of all abilities. If you haven't tried a club ride yet, this ride is for you. Join Jeff Wetters, Mike Higgins, and Deb Carlson (all the way from Three Rivers) at Texas Drive Park, just east of Texas Corners on Texas Drive (Milham Rd.) for a ride in the flats south of Texas.

- Jeff will lead riders at about 18 mph for 20-30 miles.
- Mike will lead his group at 13-16 mph for 20-25 miles.
- Deb will be leading her group at 8-12 mph.

Memorial Day Only:

Phil Caruso has planned a Memorial Day ride at Kalamazoo Academy (East of the Airport off of Sprinkle Rd. and east on E. Milham 1 block to the school) beginning at 9:30 AM. This will be a leisurely ride of 15-20 miles at about 10 mph. The route will be mostly flat.

Tuesdays

Mike and Janet's Big Bike Adventure. Bring tandems and singles to Eastwood Plaza (corner of Nazareth and East Main) and discover the east side. Early season rides will be mostly in the flats, moving into the hills as DALMAC nears. 25-35 miles at a moderate pace (16+ mph). Led by Mike "Java Breath" and Janet "Bruiser" Teel.

Wednesdays

Kalamazoo Central High School on Drake Rd., about a mile north of West Main St. two rides:

- The 6:00 group goes to Bloomingdale and back (about 50 miles), at a pretty quick pace. Led by Roberta Hillman.
- The 6:30 group goes for 20-30 miles at about 16 mph. Led by Jim "Camelback" Wyrick and/or "Hyper" Harold Gleaves.

Thursdays

The ice cream ride has been revived. Come join us at Scotts Elementary School (located on QR Ave 1 block East of 36th St. in Scotts) on Thursdays in June at 6:30 PM. The terrain is flat with a few small hills. A 20-30 mile ride at 17-18 mph will be led by either Charlie Fuentes or Vince Odenwaller on June 2, 9, 16, and 23 and by John Mathieson on June 30. Phil and Jini Caruso will also be there leading a 10-15 mile ride at about 10 mph on June 2 and 9.

Fridays

The Tour De Gull Lake. 25-30 miles from Billy's Bike Shop, just east of the five-way intersection in downtown Galesburg. Ride around picturesque Gull Lake. Pace depends on who shows up, but all are cordially invited. Led by Marc and Michele on June 3 and 10.

Saturdays

Join Randy Putt and Charlie Fuentes on June 11 at 8 AM for the first annual Vicksburg Old Car Festival Ride starting at Vicksburg HS on W Ave in Vicksburg (US 131 south to Eliza St. in Schoolcraft then East

Continued on the next page

Flowerfest Tour Update

At the May 9th Flowerfest Meeting, it all finally started to come together. The sponsorship has started to fall into place; the current sponsors include Pepsi, MacKenzie's Bakery, Big Joe's Deli, Cellular One, and many others to be announced in the next issue.

The first two rest stops, KVCC and the Briar Patch, have been chosen. One more will be selected by Jim Wyrick and Jeff Wetters. With this dynamic duo laying out the course, it's hard to say what parts of the state we'll be visiting...

It's time to mark the calendar, tie a string to your finger, or whatever little trick you can use to remember the date: July 24, 1994. We

will need volunteers on that date. It's not an all-day deal; you pick the time that's most convenient for you and/or your family or friends.

Present at the last meeting was Jim Wyrick, Bill Watt, Clayton Gallup, and Libbie Wetters. Jeff (Wetters) was there in spirit. The only question that remains is "what were your reasons for not showing up?"

The next meeting is Tuesday, June 7, at 7:00 P.M. at the Wayside West in their upstairs meeting area. Please come and save us from the Dynamic Duo's course. If you don't put an end to it now, it'll be too late. Come and help us talk some sense into these two, if it's possible.

Club Rides (from page 4)

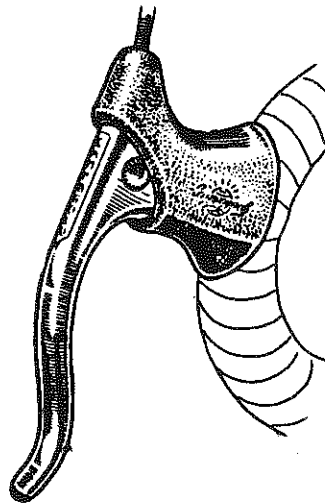
south to Eliza St. in Schoolcraft then East about 6 miles to the HS or call Randy Putt for directions). We will ride about 10 miles and then stop for breakfast at Belle's in Schoolcraft. We will continue into the flats of South Kalamazoo County and North St. Joseph County. We may stop by the Centerville Covered Bridge during the ride. We plan to have routes of about 20 miles at 15-16 mph and 40 miles at about 18 mph. We will adapt the pace and distances depending on the riders in attendance. At the conclusion of the ride plan to attend festivities at the Old Car Festival in downtown Vicksburg. Call Randy at 649-1814 for late breaking details.

Join Mike Teel for a mountain bike ride at Ft. Custer on June 18 at 10 AM. Riders of all levels are invited to attend. Meet Mike at the horse staging area at Ft. Custer for a 1-2 hr ride. For more information call Mike Teel at 344-7354. Sundays

Join Vince Odenwaller in Augusta to ride the Battle Creek Linear Park on June 5 and 12 at 1PM. Meet Vince at the McKay Library in Augusta and ride about 24 miles at 15-16

mph. in the Linear Park. Give Vince a call at 343-4439 for further details.

If early morning rides are more to your taste, join John Mathieson on June 5, 12, and 19 to tour the lakes of east Kalamazoo County starting at Kalamazoo Academy (East of the Airport east on E. Milham 1 block east of Sprinkle Rd.) at 8:30 AM. The routes which are mostly flat with a few small hills will be about 30 miles at 15-16 mph.



Tales From The Bike Shop

Wendy

by Maynard Hershon

"WHEN I first started coming out with you guys," Wendy said, "I was not having a good time. I liked the idea, you know, of training with the men, learning how to ride a wheel and get along in a paceline. The reality of the rides, though, was not good.

"I always got dropped," she said. "I got dropped on the flats when the hammer fell. I got dropped on long gentle upgrades when guys would decide to use the big chainring.

"But mostly, I got dropped on the climbs. I can't tell you how many times I got left alone on some hill, watching half a dozen of you guys pedal effortlessly away.

"I felt slow and I felt fat," Wendy said. "Each time, I'd think: this is a futile effort. I'm never going to be good enough. You guys would always ride away, chatting amiably among yourselves while I struggled to the top of the hill.

"I wasn't fat, really," she said. "In fact, I didn't weigh any more than I do now. I just couldn't make the bike go fast enough. If you remember, during that time I was seeing David a lot. He never exactly asked me to train with the guys, but I liked the idea of sharing an athletic activity, and I liked being with him.

"So I borrowed Susan's bike, and I got sawed off a mile and a half into the ride.

"I guess I didn't truly understand the level of effort required. I'd seen David come home sweaty and exhausted; I knew we weren't headed for the country with picnic baskets. Still, I underestimated the agony.

"Why I kept coming back, I don't know," Wendy said. "I guess I thought that if a man could do it, a woman could do it too. I couldn't see anything about a bicycle that favored one sex over the other.

"By the time David quit riding, I'd bought

my own bike. I was pretty committed to finishing those rides in the group. I could've quit easily myself, but there was No Way. I was still getting dropped, and getting angry and frustrated, but I was not giving up.

"It would be neat to say that I persevered and got fitter and fitter, and finally I hung in. It didn't happen that way. Bob helped me a lot during that time. He'd always been nice to me when I came in the shop, but he never took a personal interest until David quit turning up for the rides.

"One day at the shop he asked me how my riding was going. I felt particularly defeated at the time, so I unloaded all my helplessness and resentment on him. Bob listened sympathetically but didn't say much.

"If I'd looked to him for a quick magic cure, I'd have been disappointed. He said he'd try to keep an eye on me when he could.

"Two days later," Wendy said, "Bob showed up for the ride. On the flat, the fast part out there by the dam, I started to drift off the back, like usual. I was three bike lengths back when Bob appeared next to me pointing at his back wheel.

"I had just enough left to jump into his draft. It took three tries, but eventually he dragged me back up to the group. I was cooked, but I was jubilant.

"I began to understand the necessity of the draft, the need to be on a wheel, in the shelter of the pack. That understanding helped me; I started to hang in better on the flats. Bob would come out once or twice a week and coach me. "He'd say, 'Close that gap,' or, 'Why are you in such a big gear?' He taught me to save energy, to relax when I could so I'd have something in reserve for the crunches.

Continued on the next page

KBC Board Meeting Minutes

April, 1994

Present: Harold Gleaves, Dave Patrick, Mike Teel, Bill Watt, Jim Wyrick

Flowerfest Tour

Meeting in March discussed details about publishing, routes, sag, Libbie Wetters was very helpful, no April meeting was planned. The meeting in May will discuss sponsors, entry fee, and the amount paid to Flowerfest.

Spring Valley

The race will be listed in Velo News and Michigan Cyclist. We lost PHP as a sponsor and will solicit the Kalamazoo Brewery and Seelye Ford.

Treasurer's Report

Jim gave a quarterly summary, the race team has \$3,000 in savings and the general KBC account has \$4,000 with \$1,000 in savings.

Membership

Bill Watt send Doug [Stevens, of Alfred E. Bike] a letter thanking him for SuperSale Weekend. 150-170 membership applications were handed out. Complimentary newsletters were sent out to 46 former members and two of them decided to rejoin.

Club Logo

A drawing of the new logo by Mike Teel and Dave Hauschild mentioned and seconded.

Newsletter

Writing responsibilities divided between the board members. *[Oh, really? -- ed.]*

New Business

May party at Gull Run Apartments, packet for new bicycle sales, IMBA affiliation considered at \$30 per year. Club member disciplinary action moved and seconded.

— Harold Gleaves, Secretary

"The hills," Wendy said, "the hills were another matter. I'd got to where I could make it to the bottoms of the climbs with the others, but then.... Anyway, one day Bob dropped back to me, where I usually was, about 20 uphill yards behind the pack. 'Jump the distance and sit in,' he said. 'The group is only going a little faster than you are.' I glared at him; obviously he didn't understand that I was maxed out. 'Come on,' he said. 'I jumped as hard as I could and gained back about half the distance. I could scarcely breathe. Bob reached over and put his hand on the back of my saddle and pushed me to the pack.

"I fixated on a wheel and hung on as fiercely as I could. When I'd begin to lose the wheel, Bob would heave me back up. The effort was unbelievable, but so was the thrill of reaching the top of the hill with the guys. And starting down the other side without having to chase.

"Now, obviously, it didn't suddenly get easy for me to hang in on the hills. But, from then on I knew, I knew, that I could do it. It's not like I don't hardly get a workout today, but I have a little left now, even when you guys get kinda competitive, like today.

"And once in a while, I get to give a little bit back. Last week, you remember the guy in the red jersey, wearing a brand new yellow hat? Well, he started to drift off the back on Pinehurst Hill, up where it gets steep.

"Well, I couldn't get him to bridge by talking to him. I grabbed his saddle and pushed him to the top. It felt good to be able to do that," Wendy said.

"When the guy looked back at me to say thanks, I smiled at him like Bob would've. After the ride, he came over and thanked me again. 'That's okay,' I told him. 'I've been off the back myself.'"

KBC Phone Numbers

President
Dave Patrick 382-5818
Vice President
Bill Watt 349-9562
Secretary
Harold Gleaves 381-9753
Treasurer
Jim Wyrick 349-1744
Race Team
Open
Ride Captain
Randy Putt 649-1814
Spring Valley Race
Erik Kayser 388-5287
Database
Phil Caruso 381-0135
Ride Line
Ann Johnson 327-7767

Classified

For Sale:

Bicycle: 58 cm Raleigh Technium Tri-Lite Pro. Shimano 105 STI equipped; spare wheels, newly rebuilt; Scott drop-in bars. Great novice racer setup. \$525 or best offer. Call Brian at 324-1153.

Personals

Pookie: I miss your draft. All is forgiven, so give up the breakaway. I'm tired of singing solo on this Burley Duet. Love, Clincher.

Frequently-Called Numbers

Alfred E. Bike 349-9423
Billy's Bike Shop 665-5202
Breakaway Bicycles ... 349-5555
Millwood Schwinn 349-6384
Parchment Bicycle 343-8118
Portage Schwinn 327-3393
Safety Cycle 381-7233
Scooter's Malt Shop ... 626-8860
Team III Schwinn 962-7688
Village Cyclery 679-4242
Vorncamp Bike 344-3599
Weather Line ... 382-8585 (3333)

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