

## Gear Up—KBC Rides in '95

The weather was mild today and it reminded me that Spring is just around the corner and *that* means it's time to begin thinking about riding outside again. Well, at least it's time to start thinking about it. I can't believe I volunteered to be Ride Captain again. That means hours upon hours on the telephone and at Club meetings arm twisting, pleading, bribe making, and begging people to be ride leaders for the 1995 KBC ride calendar beginning as soon as the weather permits—by April 1 at least a partial schedule (?).

In reality club members have been willing to volunteer to lead rides if asked. If anyone is interested in leading rides this year, please give your Ride Captain a call. You do not have to wait to be asked. No experience is necessary, just the willingness to ride with a great group of people who enjoy riding their bikes. The Club (or at least your Ride Captain) is planning to continue the popular Monday, Wednesday, and Friday rides. I am open to suggestions for additional and/or alternative rides.

The Monday Recovery Ride at Texas Drive Park will provide three ride leaders which should provide a pace to suit riders of all abilities. Mike Higgins will lead a group for 15-20 miles at 10-15 mph and Kathy Barrett will lead the 19+ mph group. These two ride leaders have agreed to lead this ride all season but will need substitutes once in awhile. We need volunteers to sub for Mike and Kathy and also for the 16-18 mph group.

The Wednesday ride meets at Kalamazoo Central HS. Last year this ride consisted of two groups, the race group at 20++ mph and a 16-18 mph group. We need ride leaders for both of these rides. *[Editor's note: At this time, there's talk of moving the race team training ride from Wednesdays to Tuesdays, to better coordinate with the Grattan Training Race series, held on Thursdays all summer long.]*

The Friday ride meets at Billy's Bike Shop in Galesburg for the *Tour de Gull Lake* and the pace varies depending on who shows up. The TDGL has been a Club staple for many years. The route for this ride is well established so the ride leader job is easy. We need ride leaders for this ride.

If anyone is interested in establishing a regular

ride, road or mountain, or a one-day ride at another time, please contact me. I would like to establish some regular weekend rides and would welcome any suggestions on types of rides, locations, and times that KBC members would be interested in. Details will be revealed in future newsletters. Think about being a ride captain for a week, a month, the season, or any combination of the above. Please call me, Randy Putt, at 649-1814 to volunteer or to get more information on being a ride leader. Hope to see you on the road soon, well, in a couple of months.

### Massage Demonstrations at February KBC Meeting

Make plans now to attend the February meeting. Bring along your spouse or significant other—we will be having a 1 hour info meeting on the benefits of THERAPEUTIC MASSAGE for the athlete and others. Representatives from the Kalamazoo Center for the Healing Arts will be giving a presentation on the Center and massage. This will be followed by demonstrations of neck and shoulder massages for some lucky volunteers! There will be handouts available on the Center's classes and massage options.

SUNDAY FEB. 12th @ 7:30 pm. AT THE KALAMAZOO CENTER FOR THE HEALING ARTS, 3715 West Main (across from American Health on Turwill Lane) 616-373-1000

### In This Issue

Classifieds .....	4
February Meeting .....	1
K'zoo River Valley Trail .....	2
Note From The President .....	2
Ride Planning for 1995 .....	1
Snow Riding Tips .....	3

# Watt's Happening? (Note From the President)

## Thank You!

**Randy Putt**

for agreeing to be ride captain again.

**Kathy Barrett**

for being Monday ride leader in 1995

**Mike Higgins**

for being Monday ride leader in 1995

**Mary Rass**

for arranging a cool February meeting.

**The KBC Board**

for putting on a great Christmas Party.

**Area bike stores mentioned at right**

for donating prizes for our raffle.

**Peter Tarchlinski** for working on the club brochure.

*Do you know a Club member who deserves special thanks for helping KBC? Call me with their name and what they did.*  
—Marc

**O**ur traditional Holiday Party (Saturday, December 17th) at The Corner Bar & Grill was quite a success. This was in part due to a good attendance and the generous donation of raffle prizes by Alfred E. Bike, Billy's Bike Shop, Breakaway Bicycles, Milwood Schwinn Cyclery and Village Cyclery. Thanks again for the donations! Our volunteer-of-the-year, Libbie Wetters, was congratulated by the membership, as well. Thanks again, Libbie for helping so much this past year. Some of the raffle prizes ranged from bottles/gator bars to an aero helmet (the pointed end goes towards the back of the head, Mike!).

During the off-season, many of you might be wondering how to stay in shape for this year's cycling season. There are some cyclists who use rollers and some who use a wind trainer—of course, there are those that alternate between the two. Although these are effective means of maintaining conditioning, the looming specter of cabin fever can put quite a damper on your psychological fortitude. I personally find cross-country skiing a pleasurable, very aerobic form of conditioning. If one uses skate skis, the cross-training benefits for cycling are great.

Our February General Membership Meeting will be well worth attending. Mary Rass, our V.P., has made arrangements for The Kalamazoo Center For The Healing Arts to give a presentation on massage therapy.

We are also in the early stages of restructuring the Race Team in the KBC. A meeting was held in the middle of January but due to time constraints the results of this meeting will not be published until the March newsletter. If you have any questions or concerns, feel free to contact me.

Bill Watt

NOTE:

Congratulations to KBC's Kathy Barrett for

placing first in her age group at the 1994 Iceman Cometh Challenge. Her winning time was 2:32:57. Not too shabby for a beginner! Hey Kath, do you ever enter a race and NOT come in first??

## K'zoo River Valley Trailway Update

The main focus of this proposed Trailway is, from the mission statement:

"...to create and foster the care of a trailway for multiple forms of recreational use from Allegan to Battle Creek."

You may say... "Ho Hum...another rail-trail conversion...big deal". Well, dependent upon feasibility and support, this ambitious vision may have even greater possibilities. Consider this. A spur, perhaps, reaching out to the Kal-Haven Trail that will take you to South Haven. And, if local opposition in Allegan is persuaded, continuation of this trail to Grand Rapids. And then, in our wildest trail-user fantasy, perhaps linking to the "Northcountry Trail" to who knows where...California? Just imagine...and dwell on it a bit. This may not be just a fantasy. And it won't happen over night, either.

Right now, there are only a couple of cyclists, who are the prime expected users of this trail, currently serving on the "Trailway" steering committee. Those cyclists, who are also working in other areas of high cycling priority, would like to see more local cyclist's helping out with this exciting "Trailway" effort. Increased interest and expertise is needed in several areas, or just in general. 501C3 tax deductible contributions are also sought. Feel free to contact Dave DeRight, at 381-2678, Cal Lamoreaux, at 664-4792, or Pat Adams, at 337-7002, to get involved, make a difference, and to make that "dream" a "reality".

# Tips for Winter Riding

## Fat Tires

For snow, you need flotation. That means the widest tire that'll fit in your frame at the lowest possible tire pressure, typically 12-15 psi. This gives you the widest possible footprint in the snow--like a knobby snowshoe--which, hopefully, distributes your weight enough to keep you on top of the snowy crust and not punching through it.

Be sure to glue one bead of your tire to the rim with contact cement such as 3M Fastak, found at most auto-parts stores. Leave the other bead free for changing flats. The glued bead prevents the tire from spinning on the rim at super-low tire pressures. If the tire spins, it might take the tube with it, tearing the valve and leaving you flat.

For the widest possible footprint, we use All-Weather Sports' 44-mm wide rims (\$120 per pair from All-Weather Sports, 907/474-8184; see photo), which let us run tire pressures as low as 5-8 psi. All-Weather recommends Continental Pro 2 tires for optimal snow traction. This is the setup for serious, all-winter snowmobile or dogsled trail riding. You may need to use nearly worn-out pads to fit these ultra-wide rims into your brakes.

## Drinking:

\* Standard bike water bottle spouts freeze easily. Use screw-top Nalgene bottles instead.

\* Or invest in an insulated CamelBak with foam insulated drinking tube.

\* Or wear your regular CamelBak under your insulation layer and keep the hose tucked someplace warm when you're not drinking.

\* Coleman makes an insulated stuff sack that's just the right size for poking holes in so you can mount it with your bottle cage inside.

\* Throw a disposable handwarmer packet in your Coleman bag or CamelBak.

\* Always start out with warm water.

## Lubrication:

\* If you grease your freewheel, clean it out for sub-freezing riding. The grease gets stiff enough to prevent the pawls from engaging.

\* Clean your chain of all lubricant and spray it with pure silicone (look in the hardware store under storm window lube)--the only stuff that'll keep it from icing.

\* The grease in the rest of your bike is good enough for all but the freakiest cold conditions. Simon at Alaska's All-Weather Sports recommends Lubriplate Mag-1 for arctic conditions.

## Staying Warm:

\* Urinate whenever you can. Holding it makes you feel cold.

\* Walk your bike until your toes feel warm again.

\* Drink hot drinks from a thermos.

\* Keep hydrated. Thin blood warms extremities better than thick blood.

\* Eat. Keep the fire burning.

\* Keep moving.

\* Strip before you sweat.

\* Bundle before you shiver.

## Bike Handling:

\* Don't count on a lot of stopping power from tires and brakes on downhills. Instead, sit on the top tube and drag one foot on the ground to steer/slow/balance as you brake. It's called "Iditaskidding" named after Alaska's famed winter off-road event, the Iditabike.

\* Never brake or turn on ice without studded tires.

\* Steer with your hips to relax your arms and shoulders and you won't weave around as much on packed snow.

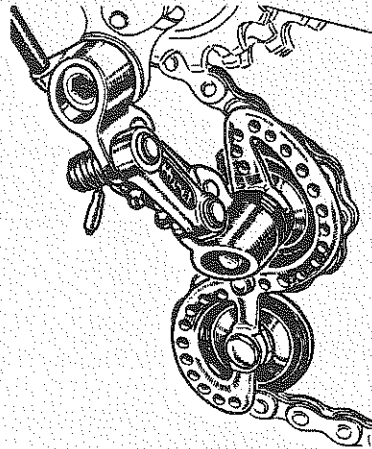
Copyright (C) 1995, Mountain Bike Magazine. All rights reserved.

### KBC Phone Numbers

**President**  
Bill Watt ..... 385-4585  
**Vice President**  
Mary Rass .....  
**Secretary**  
Michele Cudahy ... 731-2739  
**Treasurer**  
Dan Smith .....  
**Race Team**  
Mike Teel ..... 344-7354  
**Ride Captain**  
Randy Putt ..... 649-1814  
**Database**  
Phil Caruso ..... 381-0135  
**Ride Line**  
Ann Johnson ..... 327-7767  
**Newsletter**  
Marc Luoma ..... 731-2739

### Classified

**WANTED:** One solid, 24-25" c-c, commuting bike sought. If someone knows of one, call 381-2678, after 2pm, and ask for Dave.



### 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)

KALAMAZOO



BICYCLE CLUB

P.O. Box 50527

Kalamazoo, MI 49005

BULK RATE  
U.S. POSTAGE  
PAID  
KALAMAZOO, MICHIGAN  
PERMIT NO 105

*Address Correction  
Requested*

\*\*\*\*\*EXPIRES 96/01

Phil & Jini Caruso  
2301 Fairfield Ave.  
Parchment MI 49004