

1995 Ride List Starts to Gel

Even though the weather is still wintry, think Spring and cycling and about being a ride leader. We hope to offer at least a partial ride schedule in April. Please call Randy Putt at 649-1814 to volunteer so that I won't have to spend 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 rides. 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 me a call. No experience is necessary, just the willingness to ride with a great group of people who enjoy riding their bikes.

February's newsletter generated two volunteers to assist as ride leaders for the upcoming riding season. Many thanks to Steve Vonderfecht who plans to lead the 16-18 mph group on the Monday Recovery Ride at Texas Drive Park and to Deb Carlson who plans to assist Mike Higgins with the 10-15 mph group on Mondays. Deb's availability will be somewhat limited since she is 5 months pregnant (congratulations to the Carlson's).

The Club is planning to continue the popular Monday, Wednesday, and Friday 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, Steve Vonderfecht will lead his group at 16-18 mph, and Kathy Barrett will lead the 19+ mph group. These three ride leaders have agreed to lead this ride all season but will need substitutes once in awhile. We need volunteers to sub for Mike, Steve, and Kathy.

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. The race group is thinking about changing this ride to Tuesdays in 1995, but a final decision has not been made at press time. We need ride leaders for both of these rides.

The Friday ride meets at Billy's Bike Shop in Galesburg for the Tour deGull Lake and the pace varies depending on who shows up. The route for this ride is well established so the ride leader job is easy. We do 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. The club would like to establish some regular weekend rides and would welcome any suggestions on types of rides, locations, and times that would interest KBC members. Details will be revealed in future newsletters.

Think about being a ride leader for a week, a month, the season, or any combination of the above. Please give Randy Putt a call at 649-1814 to volunteer or to get more information on being a ride leader. Hope to see you on the road or trail this month.

March Meeting— Accupuncture Demonstration (!)

The March meeting will be Sunday, March 5 at 3:00. The featured presentation is on accupuncture. Benefits before and after injury and competitions will be stressed. Bring your questions and curiosity! The meeting will be held at the Greenspire clubhouse. Greenspire is an apartment complex located on Centre St. near the 131 exit. It is across from the Woodbridge Hills complex. The clubhouse is clearly marked on the right as you enter the complex.

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Watt's Happening? (Note From the President)

Thank You!

Dave DeBack
for helping with the club's incorporation.

Brian Clissold and Jim Wyrick
for taking over race team coordination.

Mike Teel
for coordinating the race team for the last 42 years. (You, too, Joe.)

Steve Vonderfecht, Deb Carlson, Mike Higgins and Kathy Barrett
for signing on as ride leaders.

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

On the evening of February 12th, several members of the KBC braved the cold weather to attend a most interesting meeting at the Kalamazoo Center for the Healing Arts. The two speakers, Lisa Kaplan and Pat Fisher, provided us with a background on the use of sports massage for cyclists. Many questions were asked that ranged from employing self massage after competitive events to problems with bruises due to injury. During this question and answer period, each one in attendance received a shoulder and neck massage from one of the speakers. I personally felt terrific after the several minutes of treatment and thought it was 'well worth the price of admission'.

The results of our January Race Team Meeting were quite positive. The proposal that was discussed was accepted with some discussion on the reimbursement schedule and the jersey sponsorship. We have a group of 20-25 cyclists who have stated an interest in participating on the race team for this year. Our reimbursement pool is being partially

subsidized by our bike shop sponsors, Alfred E. Bike, Breakaway Bicycles and Village Cyclery. The KBC would like to express their appreciation for their support. In addition to the bike shop sponsors support, we have sought financial support to help partially subsidize the jersey costs. We have three sponsors, Parkstone Mutual Funds, The Big Burrito and First of America Securities, whose logos will appear on the jersey.

During the last month, several KBC friends made a trip to the Muskegon State Park's Wintersports Complex. The park has groomed cross country trail loops of 5.0km and 2.5km, so it is great for skate skiing. In addition to the ski trails, they have two luge tracks. I found this sport to be quite enjoyable without being very difficult. The local instructors provide a tutorial on steering and position on these thirty pound sleds. One surprising fact that was borne out of the conversations with one of the instructors was the cost of the sled approaches \$1000! A far cry from the cost of the sleds we had as kids.

Race Team News

The Spring Valley Circuit Race is tentatively scheduled for Sunday, June 25. This event needs a capable and hard-working director. The date is still slightly flexible, but this is an ideal time in the season for the event. If interested contact Bill Watt or Brian Clissold

The KBC Race Team is reorganizing this year. The team is led by director Jim Wyrick and captain Brian Clissold. This year the team features a reimbursement pool, official training rides, new jerseys, and a welcoming attitude for new racers as well as veterans. To contact someone about the team call Brian Clissold or use email and send to X91CLISSOLD@wmich.edu.

You'll have better luck with email!

—Brian Clissold

A proposal for the race team was presented at the meeting on January 19th. The items discussed were to unify under a single KBC jersey, implement a reimbursement schedule and develop a training ride schedule. The team elected Brian Clissold as their team captain and he replaces Mike Teel, whose long tenure has come to a close. The team would like to thank Mike for all of his efforts. Jim Wyrick has agreed to be the race team director, an administrative position. Jim's responsibilities will include overseeing the reimbursement pool, jerseys and call a meeting if he believes it is necessary. The team currently has 20-25 members and if there are any other riders interested in participating, please call Brian Clissold at 325-1153 or Bill Watt at 385-4585.

—Bill Watt

GEAR '95 - Amherst, MA

Join 1,500 fellow cycling enthusiasts for a four-day celebration of bicycling in and around Amherst, Massachusetts! In the quiet countryside of western Massachusetts, the beautiful Pioneer Valley shines sweet and peaceful in the sun. Wild, wooded hills taper down to hedge the great flats of rich river soil below. 1995 marks the 30th anniversary of League of American Bicyclists GEARS, known throughout the world of recreational cycling as the best party of the year. Take this opportunity to enjoy exciting rides planned by the local club, the Franklin Hampshire Freewheelers. And after each day's rides, enjoy workshops, entertainment, socializing with friends, and great food worthy of a cyclist's appetite.

A selection of over 30 rides allow you to cycle through this outstanding area dotted with tobacco farms and dairies. Much of the countryside and the small towns you will bike through look like a scene from a Norman Rockwell painting. Throughout the area are spectacular waterfalls, historic colonial homes, sleepy New England villages, ivy-laden colleges, and traditional covered bridges. The Pioneer Valley is steeped in history, highlighted by the town of Deerfield, you will have chance to tour historic homes dating back over 300 years. Poet Emily Dickinson found her inspiration in Amherst. Rides will also explore the natural bounty that helped sustain the early colonists. The renowned Northfield Nature Center is nearby, and will be the destination of one of the rides. Several of the wooded areas near Amherst also have excellent trails for mountain biking, and there will be off-road opportunities for both novice and expert riding. There is even a trail that winds all the way to the Connecticut River.

Exclusive tandem rides will be led by local tandem aficionados, and there will be a special remote picnic lunch at the Northfield Nature Center just for tandem riders! GEAR

'95 will have several workshops devoted to tandem topics, and a tandem hospitality room will be available for socializing after your ride. An exhibit hall full of product displays, industry vendors, technological advances, and special deals will be available only to GEAR attendees. And this year all attendees have the opportunity to test-ride recumbents and tandems. The wide variety of workshops will cover every aspect of bicycling, and will be led by nationally-known experts.



Relaxing after each day of cycling will be easy, with informal evening entertainment, opportunities for greeting old friends and meeting new ones, and music at the local favorite, the Blue Wall Pub. Comfortable lodging in campus dormitories, with more upscale facilities available at the on-campus hotel. Don't miss this

chance to celebrate cycling the beautiful Pioneer Valley we commemorate 30 years of GEARS!

For information and registrations forms contact the League at: (800) 288-BIKE. Fax: (410) 539-3496. E-mail: Bikeleague@aol.com

Kid's Ride Forming

I am interested in developing a regularly scheduled ride for children accompanied by one or both parents. This would not be a "ride around the neighborhood" type ride, but a real bicycle ride. I envisage something like a 10 mile ride on road or possibly trail that focuses on learning good riding skills and the enjoyment of bicycling. I think we can do this and make it fun. Is there any interest out there? More ideas? If so, please call Steve Vonderfecht, 329-0540.

New Members

John & Alyce Brady
Jay Feuerstein
Ken, Jan, Ludo & Heidi Fouts
Rollin Richman

March Birthdays

Joanne Barrick
John Brady
Shree Doctor
Charlie Grdina
Jeanette Holm
Terry Jackson
Grant Kasten
Maureen Mead
Christine Robbins
Mark Thompson
Jim Wilson

Flowerfest Tour director needed...

As we go to press, the Flowerfest Tour is still without a director. The FFBT is a prime moneymaker for the Club. If you can serve as director, or if you're thinking about it and would like to see a job description, call Bill Watt at 385-4585.

KBC Phone Numbers

President
Bill Watt 385-4585

Vice President
Mary Rass

Secretary
Michele Cudahy ... 731-2739

Treasurer
Dan Smith 388-5247

Race Team
Brian Clissold 324-1153
Jim Wyrick 349-1744

Ride Captain
Randy Putt 649-1814

Database
Phil Caruso 381-0135

Ride Line
Ann Johnson 327-7767

Newsletter
Marc Luoma 731-2739

Classified

FOR SALE

BICYCLE: 56 cm silver polished 1994 Cannondale R900 2.8 road bike. Ultegra STI components, Open 4cd Rims. Excellent shape, must sell. Call Fred at 372-7646.

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

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*****expires 96/01
Phil & Jini Caruso
2301 Fairfield Ave.
Parchment MI 49004