

## April Rides

The weather has been wonderful this week and I am thinking it is time to start some club rides. The April ride schedule is listed below.

The Monday Recovery Ride at Texas Drive Park will be lead by Kathy Barrett in April. The ride will begin at 6 PM and go for 20 to 30 miles at an early season pace. Hope to see you there.

Hey you mountain bikers!!! Clayton Gallop will be leading a mountain bike ride on Tuesday evening at 6 PM at the Al Sabo trailhead on Texas Drive in April and May. Riders of all abilities are encouraged, especially beginning mountain bikers. Call Clayton at 375-0265 for further details.

The Wednesday ride meets at Kalamazoo Central HS and only the race group (20++ mph) will be riding at this location in April. Call Brian Clissold at 324-1153 for starting time and ride details.

The Friday ride meets at Billy's Bike Shop in Galesburg at 6 PM in April for the Tour de Gull Lake and the pace will vary depending on who shows up. The route for this ride is well established and Jeff Wetters, Bill Watt, and Randy Putt will share ride leader duties in April. We do need ride leaders for this ride for May and beyond.

### Looking ahead into May

A full Monday schedule will begin in May with 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 and will start in May. Last year this ride consisted of two groups, the race group at 20++ mph and a 16-18 mph group. The race group plans to start in April. Call Brian Crissold at 324-1153 for details. We need ride leaders for both of these rides.

Mike Higgins has expressed interest in starting a Kal-Haven Trail ride on Saturdays in May with a picnic lunch after the ride. Mike is looking for help in establishing and leading this ride. Please give Mike a call at 327-0387 if you're interested in riding or helping Mike with 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.

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 this month.

---

## Letter From The President

Several members of the KBC attended a most interesting meeting at the Greenspire Apartments clubhouse last month. The speaker was Carl Bayha, a local acupuncturist who explained the use of acupuncture and acupressure - a type of massage therapy - for the treatment of pain/injuries sustained from cycling. He demonstrated the use of acupressure in certain meridians of the body as a tool for alleviating pain. I found it quite astonishing that pressure applied in certain areas of the body could have an effect on a distal location.

Our riding season is officially underway. As you may have noticed in this month's newsletter, the

ride calendar might appear a little sparse with very few rides offered at a slower pace. We feel that any complaints on this front are valid; the best way to circumvent this kind of problem is to volunteer to lead a ride by contacting your ride captain, Randy Putt. His phone number is listed on the back of the newsletter. He will be more than happy to accommodate you by having the location, time and speed of the ride published in the May newsletter. Please come forward and lead rides to insure that are paced at the speed that you would like to see. However, as the cycling season progresses into the summer, there will be a greater variety rides offered.

## 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

## New Members

The new members since the March newsletter are:

Kyle Chisholm & Beth Hunt  
Glen, Andrea, Michael and  
Miranda Kellam

Terrance Scahill, Lisa Hunt/  
Scahill and Zachary

Debra Sykes

Sean Webb

James Williamson

### Members with April birthdays:

John Byrnes

Gary Campbell

Antonio Carrillo

Thomas Cross

Dave DeRight

Ray Fulkerson

Greg Johnson

Ruth Lee

Brett Pittman

Rollin Richman

Andrew Rosenbaum

Daniel B. Smith

Susan Tschida

## 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**

**Address Correction**

**Requested**

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

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