



PEDAL PRESS

The newsletter of the Kalamazoo Bicycle Club Inc.
September, 1995

Letter From The President

During the month of August, from the fifth to the twelfth, to be exact, as mentioned in my column of last month's newsletter, several KBC members travelled to Grand Junction, Colorado to participate in the Pedal the Peaks Endurance Bicycle Tour. Kathy Barrett, Harold Gleaves, Doug Kirk, Jim Wilson and I took on some pretty tough landscape and mileage for a week in the San Juan mountains and the canyonlands of Utah. Here is a day-by-day account of my experiences with this highly recommended trip:

Saturday, August 5th: I arrived in Grand Junction in the early afternoon. After checking in at the Days Inn, Harold and I went to the campsite to see the status of our bikes. Since my luggage containing my bike stuff had arrived after me, it seemed that the 40 mile warm-up tour through the Colorado National Monument was to be put on hold (or worse, canceled). Well, my bicycle was packed away in its shipping box (Thanks you guys at Breakaway Bicycles, you did a splendid job!), in await to be assembled. Bill, one of the local mechanics, set it up in about 20 minutes and I rode it back to the Days Inn. At 5:00 pm, my luggage had arrived, so we agreed to meet at 6:00 pm to do the warm-up tour. The warm-up tour, aka "Tour of the Moon", was appropriately named, because the view was spectacular and quite scenic. The change in elevation is from about 4500 to 6500 feet over 18 miles. My 38/28 sure paid off! We noticed the difference in the air right away and descending down a narrow serpentine road with a long drop off on one side is enough to make one go into visual oxygen debt! Today's climbing totalled to about 2500 feet. By 9:30 pm, after getting a little lost and nearly 50 miles, we decided that tomorrow was to be the real test!

Sunday, August 6th: Grand Junction to Delta: Harold, Jim and I left from the campsite, where one could eat a terrific breakfast, at 6:30 am. The first 20 miles was pretty flat, through Clifton and Palisade and we zipped along at about 21 to 22 mph. A nice warm-up pace for what was ahead - THE CLIMB! After the first rest stop, we entered the Grand Mesa Scenic Byway to climb the largest flat-topped mountain in the world - The Grand Mesa - or The Mesa (as the kinfolk

would say). Although the views climbing this are well advertised, SO was the rapid lactic acid in my quads! This climb was brutal! After 6 miles of a greater than 10% grade, I stopped to see if my heart rate would recover and it did! So, I continued and within one minute of starting, my body was in the same situation it was before I had stopped. So, we (and I say we, loosely) decided to continue the climb until we reach the first rest stop, mile 41. "Just think, we are only half way to the summit, Harold!". I received no reply. Just a smile and a somewhat distant stare of a Oh-my- God-what-did-I-get-myself-into-this-week! The next 10 miles of the same climbing wasn't any easier. You know, it is kind of strange, instead of enjoying the pristine lakes and lush forest while I was climbing, my quads kept reminding me that this isn't that much fun. It was mentally quite a challenge as well as physically! FINALLY, we made it to the summit, at 10,839 feet, after 51 miles, I 'hobbled' over to the lunch food station and managed to get something to eat. The view right before the lunch station was quite spectacular and might shutterbug tendencies took every opportunity that was available. After lunch, we started on the descent down the south side of the Mesa. This was lots of fun! I was down the mountain in about 45 minutes, mostly coasting. It was a fairly easy descent but if you put in your 53/12 and try spinning about 80 rpm or more you could really fly. We passed through Cedarredge and into Delta, where the temperature was well over 95. That night, I slept like a rock after 86 miles and 6300 vertical feet of climbing.

Monday, August 7th: Delta to Montrose: This was an option day: one could cycle the North Rim of the Black Canyon of the Gunnison National Monument or choose the shorter "Country Course" and see the South Rim, if one wants to give their legs a break. The North Rim route was about 112 miles and we chose to do that one. We left again, after breakfast, at about 6:30 am. This started out at about 5000 feet and the climb was to Hermit's rest at 9000 feet, then some descents and climbs until we reached Montrose at about 5800 feet. Another very tiring day, and it was quite long, nearly 10 hours. However, this canyon is more than 2,000 feet deep and because of its depth and narrowness, the sun can't bleach the color out of the dark walls of the rock - hence, the name, Black Canyon. For me, this was one of the most awesome

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September Ride Calendar

Wow, it's September, so summer is almost over. It has been a great summer for riding and I would like to thank the ride leaders for the great job they have done especially those who lead rides for the entire season (Kathy Barrett, Mike Higgins, Steve Vonderfecht, Harold Gleaves, Brad Cosgrove, and Bob Kennedy). I would also like to thank Phil and Gini Caruso, Don Povendo, Clayton Gallup, Jeff Wetters, and Nancy DeBoer for leading rides several times during the season. Steve, Mike, Phil, and Gini deserve a special thanks for trying to involve families in the club rides. I applaud their efforts.

The full ride calendar will continue into September. PLEASE NOTE THAT THE START TIMES FOR ALL RIDES IN SEPTEMBER WILL BE 6:00 PM unless otherwise indicated. Also note the special cider and donut rides starting at Verhage's Cider Mill, 8619 West ML Av., Kalamazoo on Sunday, September 24 1995, starting at 2:00 PM; and Saturday, September 30, 1995, starting at 12:00 PM. If you have any questions about the ride calendar or would like to lead a special ride in October, please give Randy a call at 649-1814.

Monday

There will be three ride leaders at the Monday Recovery Ride at Texas Drive Park. There should be a pace to suit all riding abilities, so come out and give it a try at 6:00 PM. Mike Higgins will lead a group for about 20 miles at 10-15 mph, Steve Vonderfecht plans to lead the 16-18 mph group for 20 to 25 miles, and Kathy Barrett will lead the 19+ mph group for 25 to 30 miles.

Wednesday

The Wednesday ride meets at Kalamazoo Central HS on Drake Rd. This ride consists of two groups, the race group at 20++ mph (about 47 miles to Bloomingdale and back) and a 16-18 mph group for 25 to 30 miles. The 16-18 mph group usually splits into two groups. Both rides will start at 6:00 PM in September. Call Brian Clissold at 324-1153 for details concerning the race group. Harold Gleaves, Don Povendo, and possibly a surprise ride leader will share duties in September for the 16-18 mph group.

Brad Cosgrove is leading a ride on Thursdays from the Kalamazoo Valley Commu-

nity College parking lot at 6:00 PM in September. This ride will be approximately 30 miles at a pace of about 16 mph. So come on out and join Brad on Thursdays. If you have questions about this ride, call Brad at 372-9346.

Friday

Come join us on Fridays in the parking lot behind Billy's Bike Shop in Galesburg at 6:00 PM in September for the Tour deGull Lake. The pace will vary depending on who shows up. The route for this ride is well established, but maps are available.

Saturday/Sunday

Mike Higgins and Steve Vonderfecht are planning to have two family-cider/donut rides in September. Both rides will start at Verhage's Cider Mill, 8619 West ML Av., Kalamazoo. In September the rides will be on, Sunday, 24 September 1995, Start time 2:00 PM; and Saturday, 30 September 1995, Start time 12:00 PM. We hope that these rides will bring out families. The length will be adjusted to take in account different riding abilities. Mike and Steve are also planning additional rides in October as the weather permits.

Sunday

On Sundays in September meet at the parking lot at Breakaway Bicycles at the new location 185 Romence in Portage at 9 AM for a 30-40 mile ride. The pace is generally 18-20 mph but the ride often breaks up into two ride groups with one group being slower than the posted pace. This ride will be lead by Bob Kennedy. This is a friendly group so come on out and give this ride a try. Thanks to Breakaway Bicycles for providing a meeting place for this ride.

1996 Board Members needed for KBC

The Kalamazoo Bicycle Club is seeking board members for next year. Nominations are due in October and elections will be carried out in November. These club positions will be discussed at the October and November general membership meetings. Any club member is eligible for these positions: president, vice president, secretary and treasurer. Please contact Bill Watt at 349-9562, if you are interested in a position.

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please Note that the start times for all Rides in September will be 6:00 PM</p>						
3	4	5	6	7	8	9
	Monday Recovery Ride 6:00PM Texas Drive Park		Kalamazoo Central HS 6:00 PM	KVCC 6:00 PM	Tour deGull Lake Billy's Bike Shop Galesburg 6:00PM	
10	11	12	13	14	15	16
Little Big Race Ft. Custer Augusta	Monday Recovery Ride 6:00PM Texas Drive Park		Kalamazoo Central HS 6:00 PM	KVCC 6:00 PM	Tour deGull Lake Billy's Bike Shop Galesburg 6:00PM	
17	18	19	20	21	22	23
Breakaway Bicycles 9:00AM	Monday Recovery Ride 6:00PM Texas Drive Park		Kalamazoo Central HS 6:00 PM	KVCC 6:00 PM	Tour deGull Lake Billy's Bike Shop Galesburg 6:00PM	
24	25	26	27	28	29	30
Cider Mill Rides Verhage's Cider Mill	Monday Recovery Ride 6:00PM Texas Drive Park		Kalamazoo Central HS 6:00 PM	KVCC 6:00 PM	Tour deGull Lake Billy's Bike Shop Galesburg 6:00PM	Cider Mill Rides Verhage's Cider Mill

sights on the entire trip! Even though, I was feeling pretty beat up from the toughness of the terrain, the Black Canyon's North Rim made it well worth the trip!! After this too brief of an encounter, we started our descent to the Blue Mesa Dam and Reservoir. Only two shorter climbs left before we reach the lunch stop and then to Montrose. The last climb to the Cerro Summit - 1800 feet in 6.5 miles in 100+ degree heat - was nearly my breaking point. Today's total was about 7,900 feet of climbing and 112 miles. The Super 8 motel after the lunch stop was 7 miles away and it was downhill. Yesss!

Tuesday, August 8th: Montrose to Ouray: This was an option day like yesterday: one could cycle to Ouray, about 35 miles; or, add the Red Mountain Pass Summit, at 11,018 feet. At this point, I was feeling if we have another day like the North Rim day, I will come unglued. My legs were tired and it was mentally exhausting, as well. We opted for the ride into Ouray and nix the ride to the summit. The ride started out pretty early, 6:45 am. We rode from Montrose to Ouray with Kathy and Doug and it was easy spinning. If you want to call 35 miles of uphill that changed in elevation of approximately 2100 feet, easy? Well, relatively speaking, it was easy spinning! It didn't matter because I had no legs for pushing the pace at this point anyway. I would have been happy with any speed under 18 mph! During the ride, after the first stop at Ridgway State Recreation Area, as we were heading up to Ouray (or Little Switzerland), since it was so scenic, phototaking wasn't an option, a problem had arisen. After I changed to a new roll of film in the camera from the day before, I put the used roll in my jersey pocket, or, I thought I did; it popped out of my pocket and fell onto the ground along the side of the road. My heart sank when I discovered the missing film in Ouray at the rest (lunch) stop and told Harold what happened. "Harold, all of the North Rim pictures are on that roll!" Harold said, "Well, we can go back and look for it, since you know when you last had it. It is probably still on the side of the road." Well, we started heading back towards Ridgway and at the 6 mile mark from Ouray, we turned around and slowly headed back looking on the side of the road. Well, just by luck, he was right. There it was lying on the side of the road. It made me feel so much better. Even the old tired legs had

some life left in them on the way back to downtown Ouray. What a beautiful little town nestled in the mountains at about 7000 feet. I highly recommend Plain Jane's Sack and Snack, Kit is really quite a hostess and she has some very interesting artwork around her house.

Wednesday, August 9th: Ouray to Nucla: This was probably one of the most enjoyable rides, considering the condition my legs were in. We started at our usual time and had a nice warm-up ride back to Ridgway - mostly downhill. Then we headed up to the Dallas Divide Summit over the next 11.5 miles. That is, a gain in elevation of 2000 feet over the 11.5 miles! This was tough, but not as bad as the previous days. It seemed like I was getting acclimated, stronger or something like that. After reaching the DD Summit food stop, we started a 27 mile descent down the San Miguel River Canyon Scenic Byway. This had to be the most entertaining riding of the week. Not only was it scenic, our average speed over the 27 miles was a little under 35 mph! Harold and I would slingshot pass each other on the way down the byway just having the time of our lives. "Just think Harold, the Tour de France cyclists average what we are doing in a time trial. Pretty amazing, isn't it?" Harold said, "Miguel does this even including some hills!!" By the time we reached the end of the slope, we started the climb up Norwood Hill summit; it was about 700 feet over 3 miles, but that didn't seem too tough. After filling up at food station #2, Kathy, Doug, Harold and I hammered another 20 mile downhill stretch with Doug pulling us like-a-man-possessed! Day 4 and Doug still has legs left! Maybe, just maybe, he is possessed. We reached the town of Naturita - a town landscaped with junk cars and I had this hunch that Nucla was going to be a real dump. The last 5 mile climb in 100+ degrees to Nucla (pronounced nookla, NOT knuckla, Doug!!) was difficult! As it turned out, the day's total of climbing was about 3,200 feet over 73 miles but much of the riding was downhill.

Thursday, August 10th: Nucla to Moab: Well, the town of Nucla was, let's see, hmm, forgettable, I guess is the best way to describe it. The 1995 graduating class of Nucla High School (our 'motel') was 24 people. The sleeping accommodations were army cots

in classrooms that squeaked in harmony with the three year old child's babbling in the cot next to mine. By midnight, I had decided that sleeping would be postponed for a day! Today's riding turned out to be a nature photographer's paradise. The topography changed from the lush San Juan Mountains to the beautiful red sandstone Canyonlands of eastern Utah. This was really a treat for me! There were a couple of tough climbs to Paradox Hill - 900 feet over 3 miles and up Sidewinder Hill, about 2100 feet over 16 miles. We stopped at an interesting natural spring water source that provided cold, good water, especially over one's head. Right, Harold? During the second of the climbs, I broke a spoke and didn't discover it until I stopped. Of course, during the climb when I was going several miles per hour, the rubbing of the rim against the brake wasn't too noticeable because it was difficult anyway! The next twenty miles from just outside of the Town of La Sal, was a 2800 feet descent. My aerobars were handy as I gripped, gently though, them and relaxed as I put it in my 53/12 and pushed my old Cannondale for all I was worth. I reached a speeds over 50 at times and it was as if I was in the air. Doug's words of "Pinch the toptube with your knees and relax your deathgrip on the handlebars" were in my head as I sailed through the Canyonlands. Our lunch stop just outside the Hole-in-the-Rock tourist stop was earlier than I usually eat but the food tasted good. After leaving the food stop, we started a short climb (about 2-3 miles about 600 feet) before the descent into Moab (the hot, and I mean, HOT spot of the tour!!). Of course, after eating, my quads are saying me, okay stomach you've had enough time, start sending the blood because here we go again; and, by the way, don't forget the oxygen this time!! The descent into Moab was fun, too. Keep it in the big ring and just push yourself along at 30 mph for 15 miles and you will be there in no time. The total riding for the day was 84 miles with about 4,300 feet of climbing.

Friday, August 11th: Play in Moab: Moab is, as some already know, one of the top mountain bike meccas in the United States. The famous Slick Rock Trail is unique and popular. I chose to take today off, however. I knew that Saturday would be a long ride and, well, besides, I wanted to do something different. Since Moab is mostly rock and

desert, and the temperatures get over 100 degrees by noon, I decided to try out the local white water rafting. Well, my only comment on that is, it was a waste of time! The Colorado River is not at it best in Moab; one floats (literally floats at about 1-2 knots) down the river over some ripples (rapids??). I did manage to get some souvenirs to bring back and just do a little R&R.

Saturday, August 12th: Moab to Grand Junction: Today, I started out early because I had a little trouble sleeping. I planned on leaving around 6:00 am, but it ended up being at 5:45 am. It was the last day and I was anxious to finish, I knew that it was going to be a long day and I discovered that my rear tire was chewed up pretty badly from the week's riding. The road along the Colorado River through the canyon was pretty hard to ride on because it had pea gravel thrown on it for about 15 miles. The top of the canyon was a little over 1000 feet above us, but after mile 35 or so, the sagebrush and flatland took over. As it turned out, I rode quite a bit of this day alone. I caught up with a couple on a tandem and stayed with them for a little while until they got a flat and I helped them get going again as we hummed along at about 21 mph. This was a gentle day for a century (109 miles) with 2400 feet of climbing thrown in.

This is pretty much the week's riding summed up and it was quite the challenge but I was glad to have been a participant. My week's riding was about 550 miles with 28,700 feet of climbing. So, would I do it again? Yes, absolutely! It is fun and difficult, but I think it got a little easier by the end of the week. How would I recommend one to train for such a tour? It depends on the individual. Make sure you have the proper gear setup, for starters. Next, ride multiple day long distances and try to get some interval training in, as well. Since there is no terrain around Michigan that compares with Colorado, one can't train with that in mind. Finally, you can't hammer the hills and it isn't a race so you have to remain positive even though you might be questioning your abilities!

Bill Watt

Note From The Editor...

I have to apologize for the late newsletter this month. I was out in Colorado for two weeks helping a former bicycle club member move to his new home in Ft. Collins. Riding with me, packed in the truck, was my trusty aluminum solid suspensionless bike. Driving to the mountains takes approximately 30hrs, but it is worth it. Coming back to Kalamazoo was the most difficult part. You learn to respect the pros who can pedal like hell up the side of the mountain. You dream about looking out your back window at a skyline of mountains pondering where to go on a daily ride. Two, Horsetooth Mountain Park, and Vail Mountain, stuck in my mind, when I left.

Just a short drive (about 8 miles (20 minutes)) from Ft. Collins is Horsetooth Mountain Park. In this 2100 acre park there are 120+ miles of trails for use by hikers, horses and most of all mountain bikers. The scenery is beautiful. On one side of the mountain you will find ferns growing in lush mountain fed ponds and on the other cactus springing from cracks in the rocks. Trail maps are available at the bottom, and there is a small daily fee for maintenance.

For the first mile, an 1100 vertical foot service ascends to a fork, where the trails begin. Horsetooth Rock, visible from Ft. Collins is another 400 vertical feet over a 1/2 mile stretch, has a path clearly marked on the map. Most of the trails are well maintained by Larimer County Parks Department with railroad ties for steps in places and brush cut away for good viewing of rocks and dropoffs. Be careful of rattlers. If you are ever in the Ft Collins area and want pedal a challenging but rewarding ride, take a trip to the Park. From Ft. Collins, one hour south to Denver and two hours west into the Rocky Mountains is Vail Mountain. This is true mountain biking, where the big boys train. These are the thigh burners, real climbs!

We started in Lionshead Village in Vail, at the base of the gondola where we watched riders pay an all day fee to sit in a lift with their bikes for the ride to the top. Next to the cheaters way up, a service road ascends from 8250ft to Eagles Nest at 10350ft. This single lane service road winds 7.9 miles to

the top. Climbing is now a new feeling. Gravity has not gone away but the air has. Breathing becomes an art of control. An 1 hour 15 minutes later we are standing at the point of drop off, above the treeline looking 75 miles in every direction. There is an outdoor lounge to sit and eat just in case you got tired riding the lift to the top. You gaze in all directions from your plastic seat, for a little while before descending back to the valley floor. Nah... fill the water bottles and go. Now comes the fun part descent! Fast bone jarring descents; I wished I had a mouth piece. All that climbing and just 12 short minutes to get down...50 m.p.h.+ on a stiff frame and fork... It was worth the climb... What a rush! What to pedal up it again?

After this I schemed up a few things about what mountain biking changes needed to be made riding in the west. We found out quick that in 90 degree heat no matter how much water you take, it is not enough to last for 2 hours. A second tip always check your equipment, especially the little things. One example, make sure your cleats in your shoes are tight, before trying to pull out of your pedal, on the edge of a steep cliff... Finally a final tip, buy a snake bite kite and keep it in your bag... It is a long way to drag your riding partner and his bike back to the car, especially over mountains. We were lucky and avoided the rattlers and did not meet any bears. I will be ready to go back, and find more images that will stick in my mind.

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Dan Smith 388-5247
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Database
Phil Caruso 381-0135
Ride Line
Ann Johnson 327-7767
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New Members

Brian Betz
Patricia Frye
Joan Kramlich
Mary Ann Schwenk
Barbara West
Bill Willging

Birthdays in September
Susan Baker Mary Rass
Gerald Blohm Don Schmidt
Karen Borgerding Stuart Smoot
Nancy DeBoer
Kelly Delaney-Klinger
Philip Dietrich
Carie Engelman
David Hauschild
Roberta Hillman
Matt Holloway
John Hosley
Glen Kellam
Elaine VanBellegham
Richard Walter
Vicki Weichlein
Richard Wright
James Wyrick

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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