

Pedal Press



The Newsletter of the Kalamazoo Bicycle Club, Inc.
August 1997

President's Letter

We've had some great weather outside to get in some excellent biking. I've had the opportunity to make the weekly rides now and the turnout has been fantastic. Everyone has been having a nice time and the comraderie has been refreshing and competitive.

I've now joined the computer age and I'm sure that there has to be a certain editor that must be pedaling in nirvana somewhere, with a joyous smile and a far away look. You see, I'm what I call a hacker. Not very proficient at the computer and I'm sure I was kind of a pain. I would like to say thanks for your patience, hopefully things will now get better.

Getting back to the riding. I'm still leading a ride on Sundays from Texas Drive Park. Come out and join us, we've had fun so far. Keep an eye to the Pedal Press in the coming months. I hope to have something of interest for the club members this fall. Also, if you see Axel, tell him to watch out for the road kill and call home. Keep those pedals cranking and those lungs burnin' and don't pass a fellow biker without a hello.

- Gerry Blohm

Flowerfest Tour

The weather was terrific for this year's edition of KBC's own annual tour on July 20th. The turnout was great. We'll try to have a full report in the next *Newsletter*, after KBC's tour director, flowerchild Dave Goldberg recovers.

- Doug Kirk

Upcoming Events...

There are no meetings this month. August and September are the perfect months to get out and ride.

Although we have heard that the Cereal City Century has been cancelled this year there are lots of other great tours coming up.

The Vinyard Classic is September 7th in Paw Paw, phone 657-5672.

The Maple Leaf tour is September 6th in Grand Rapids, phone 752-8123.

The Apple Cider Century is September 28th in Three Oaks, phone 756-3361.

South Side Story

The ride from Vicksburg to ride the Bike to Build Tour in Centreville on Saturday July 12, 1997 was a great time. A group of six left Vicksburg High School and enjoyed fantastic weather and a great 100 mile route.

The ride in Centreville is small, less than 100 riders, but it offers a route of very flat, lightly traveled and smooth roads in St Joseph County. It includes a ride across the covered bridge over the St. Joseph River a couple of miles north of Centreville. It is a fund raiser for a good cause, the St Joseph County Habitat for Humanity. Mark the second weekend in July on your calendar for next year.

- Randy Putt

Food for Thought

Here's something to think about the next time that you are out enjoying the summer's pleasures on your bicycle.

Distance traveled per moment of time. I know, that's physics and algebra stuff. But wait, think about this when you are out on your bicycle and you glance away from viewing the road in front, to investigate a neat house, great natural scenery or one of life's other pleasures.

The chart below will provide examples of how far you and your bike travel in a given second, whether you're a lookin' or not. Interesting, isn't it? Bet you never gave it much thought. A good rule of thumb is to multiply your speed by 1-1/2 for number of feet traveled per second.

At 15 MPH you travel 22 feet in a second. Yeah, that's farther than you think, particularly when you glance away from the road in front of you for a couple of seconds. Forty-four feet just went by. You weren't watching?

Better yet, the next time you are out for a casual ride checkin' out the neighborhood or in a big gear heading East on 'U' Avenue, with the wind at your back, make sure you are checkin' out what is in front of you before you get there.

As your speed increases so should your vigilance and forward looking for all the stuff that isn't friendly to bicycles. You know, loose gravel, car parts, dead critters, broken tree limbs, sewer grates, road cracks and potholes to name a few.

From the chart you can see that things can present themselves rather quickly. For another interesting comparison, double all the chart numbers to get an idea of how fast cars are traveling when approaching you and your bike.

Enough for the physics lesson. Ride safely this summer and keep those eyes looking ahead for the unexpected.

- Al Cergol

MPH	Ft/Sec	MPH	Ft/Sec	MPH	Ft/Sec
10	14.67	17	24.94	24	35.21
11	16.14	18	26.41	25	36.68
12	17.60	19	27.87	26	38.14
13	19.07	20	29.34	27	39.61
14	20.54	21	30.81	28	41.08
15	22.01	22	32.27	29	42.54
16	23.47	23	33.74	30	44.01

New Members

Lee Anderson
 Judith Beattie
 Julie Dill
 Joe Dill
 Paul Grabowski
 David May
 Julie May
 Daniel May
 Kathryn May
 Phyllis Vlietstra
 Mary White

August Birthdays

Will Code
 Dan Cunningham
 Stephen Dunyak
 Mike Gapp
 Julee Litchfield
 Tim Mallett
 Grace O'Leary
 Kathy Orr
 Tyson Vonderfecht
 Roberta Young
 Gerren Young

Classified

Wanted: Santana or Canondale, aluminum, large framed, lightweight, late model road tandem in good condition. Call 343-3305

The Cure

by Axel Kleat

Is your summer going by too fast? Feeling distressed that the good weather finally arrived but you can't enjoy it because too much is going on? Not enough time to relax and unwind?

Worried that October will be here before you know it? Relax. I've the cure. The perfect way to really enjoy the warm weather and generally have a great little vacation. It's cheap, too. It'll cost you somewhere between one and two days and very little money.

Pick a friend or two, do a minimum of planning, meet for breakfast, then go ride your bikes the whole, warm, beautiful, summer day. Be sure to be gone at least seven or eight hours, and actually ride your bike most of the day.

Better yet, ride someplace, spend the night with friends or at a bed & breakfast, and ride home again in the morning.

In July, August and early September, the weather's warm enough to hit the road early in shorts and a jersey and nothing else except maybe a wind breaker. You aren't likely to need any extra riding clothes.

SPD type pedals mean you don't need extra shoes either. Shorts, a T-shirt, a comb and toothbrush, and maybe some clean socks will get you through the night.

Don't worry, your friends have soap and a towel they'll let you borrow. Rinse out your shorts and jersey and hang 'em someplace when you get there. They'll be dry enough in the morning. It's summer, remember?

Everything you need will fit in your jersey pockets and you'll still have room for powerbars. Or go high class and get one of those rear racks that clamp to your seatpost and strap everything on inside a plastic bag.

Even if it rains, you're unlikely to get cold as long as you keep moving. Or go hang out in a restaurant or a bar till it blows over. Or stop under a bridge, or go beg for mercy at the first house that looks inviting.

The important thing is to get out of town, way out of town, and to keep going. You can cover a lot of miles in eight hours of riding. At just 15 miles per hour, that's 120 miles. You can make it to St. Joseph, Berrien Springs, Albion, Saugatuck, Grand Rapids, Eaton Rapids, Elkhart, Sturgis, Dowagiac, Cassopolis, or Lowell and back in 120 miles.

Can't face mileage like that? Eighty miles will get you to Hastings, Battle Creek, Marshall, Allegan, Decatur, or Constantine and back. But part of the idea is to challenge yourself—be sure to make the ride long enough that you can really say you put the better part of the day into riding, and you can be proud of the distance you rode.

Myself, I can't decide whether it's a better vacation to do it all in one day, or do half the ride one afternoon, and the rest the next morning. Spending the night someplace else gives things more of a vacation feel, but being on your bike nearly all day provides a sense of adventure and challenge that is missing with two shorter rides.

The point is to leave the car at home, and bike lots further than you've gone before, just because you've got all day to do it. Make a day when there's nothing else you've got to get back for, and be off.

I'll guarantee you have a great time, as long as you pump the tires up good and hard, bring some food, remember to eat and drink a lot, and go with riders with abilities similar to your own. **Do it!**

August

1997

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
					1 Tour de Gull Lake Billy's Bike Shop 6:30 18-21mph	2
3 Group Ride Texas Drive Park 1:00 Self-paced	4 Recovery Ride Texas Drive Park 6:30 10-15mph 6:30 16-18mph 6:30 19+mph	5	6 Wed Night Ride Kazoo Central HS 6:00 20++mph 6:30 10-15mph 6:30 16-18mph	7	8 Tour de Gull Lake Billy's Bike Shop 6:30 18-21mph	9
10 Group Ride Texas Drive Park 1:00 Self-paced	11 Recovery Ride Texas Drive Park 6:30 10-15mph 6:30 16-18mph 6:30 19+mph	12	13 Wed Night Ride Kazoo Central HS 6:00 20++mph 6:30 10-15mph 6:30 16-18mph	14	15 Tour de Gull Lake Billy's Bike Shop 6:30 18-21mph	16
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August Rides

by Randy Putt

The weather has been great. All evening rides will begin at 6:30 PM in August unless otherwise noted. The Monday night ride has been well attended with about 25-30 riders divided among the three groups. The attendance at the 6:30 Wednesday night ride has been building, and the 6:00 Hammerfest often has over 20 riders. The Friday night group has been smaller but no less enthusiastic.

Sunday

The Sunday afternoon ride will continue in August at 1 PM starting at Texas Drive Park as long as the weather cooperates. KBC president Gerry Blohm plans to lead this ride in August, so this is a great chance to come out and talk about bikes, or anything related to KBC with the Prez himself. The route is typically 30 to 40 miles at about 17 mph. The length and speed of the ride will depend on the riders that show up.

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 6:30 PM. Maps will be available and the ride leaders will make sure that the groups stay together. The riders in each group will start and finish the ride together.

1. Mike Higgins will lead a group for about 20 miles at 10-15 mph (the riders present will decide the pace each week).
2. Steve Vonderfecht plans to lead the 16-18 mph group 20 to 25 miles.
3. Paul and Anne Guimond will lead the 19+ mph group for 25 to 30 miles.

Larry Kissinger and John Thome are available to sub for Paul and Anne. We still need some volunteers to sub for Mike, and Steve.

Wednesday

The Wednesday ride meets at Kalamazoo Central HS and consists of two rides. Maps will be available and the ride leaders will make sure that the groups stay together. The riders in each of the above groups will start and finish the ride together.

1. A fitness ride for 10-15 miles on the Kal-Haven Trail will be lead by Chris Walters. The fitness group has

been growing in size. Great job, Chris.

2. In addition to the fitness ride, enjoy the rolling hills of northwest Kalamazoo County for a ride of about 20 to 30 miles at 16-18 mph lead by Charlie Fuentes and Jim Wyrick in August. Bill Watt is available to sub on occasion. We do need additional ride leaders for both groups.

Also, a fast group (the Hammerfest) rides from Kalamazoo Central on Wednesday evenings at 6:00 PM. The pace of the ride is typically greater than 20++ mph and the route goes to Bloomingdale and back (about 46 miles). Since the route is well known to most of the riders, no maps are available for this ride. This group is typically large (more than 15 riders) and consists of racers and other experienced riders. This ride is hard and is not suitable for inexperienced riders. There is no designated ride leader and the group typically fragments into smaller groups. The ride is a loop and those riders who get dropped meet up with the main group on the return part of the loop.

Friday

Come join us on Fridays in the parking lot behind Billy's Bike Shop in Galesburg at 6:30 PM for the Tour de Gull Lake. The pace (18-21 mph) will vary depending on who shows up. The route for this ride is well established, but maps are available. Richard Walter and Randy Putt will share ride leader duties with assistance of John Thome. Even though this ride can split into more than one group the ride leaders will make sure that all riders finish the ride.

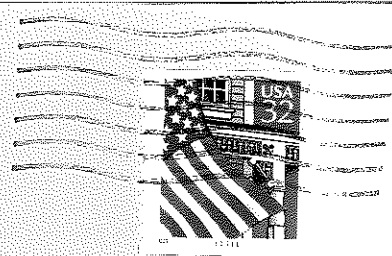
There is a group of Mountain bikers from Battle Creek who meet at 6:30 PM on Thursdays at the trailhead in Fort Custer. This ride is not sponsored by KBC, but I've been told that riders of all abilities are welcome. Call 962-7688 or 1-800-841-9494 for more details.

There is also a group of road riders which usually includes several tandems that meet at Team Active in downtown Battle Creek at 8:30 AM on Sundays. This ride is not sponsored by the KBC, but I'm told that it is a fast paced hard ride and is not for beginning riders. Call 962-7688 or 1-800-841-9494 for more details.

- Randy Putt



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ADDRESS CORRECTION REQUESTED

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 Treasurer: Mike Higgins 327-0387
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 Race Team Representative: John Brady 668-3878

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KALAMAZOO AREA BIKE SHOPS

Alfred E. Bike 349-9423
 Billy's Bike Shop 665-5202
 Breakaway Bicycles 324-5555
 Cycle Works & Sports 353-7615
 Milwood Schwinn 349-6384
 Parchment Bicycle 343-8118
 Portage Schwinn 327-3393
 Pro Sport 381-7233
 Team Active Schwinn 962-7688
 Village Cyclery 679-4242
 Vorncamp Bike 344-3599

KALAMAZOO BICYCLE CLUB MEMBERSHIP APPLICATION

Dues (Check One)

- Adult Membership \$15.00
- Family \$17.00
- Senior (60+) \$13.00
- Youth (17 or younger) \$13.00

Please Print

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ Birthdate _____
 E-mail _____

Family Member Names

Birthdates

_____	_____
_____	_____
_____	_____

Signature _____
 Parent's Signature (if under 18) _____

Interested in working on KBC Events? Yes No
 Registered Racer: USCF NORBA

SEND TO: KALAMAZOO BICYCLE CLUB PO BOX 50527, KALAMAZOO MI 49005