

President's Letter

We have already lined up our first club sponsors for 1998.

Internet Connection Services will be donating a dial up account and e-mail address. Vision Council of Kalamazoo is helping set-up our web page. Enterprise Computing is designing our web page.

Look for these around January 1st. We should have more information in upcoming issues of *Pedal Press*. If you are a club member and would like to receive your newsletter on-line let us know.

I encourage each of you to become involved in your club. We are in constant need of volunteers. So come to the next Board meeting. It's really wierd to see the riders in street clothes, and without their helmets.

I look forward to seeing all of you and all of our new members this coming year. A big Thank You to everyone in the club who volunteered their efforts in 1997. Welcome back for 1998.

P.S. We are bringing back the race team!

-Tom Cross

Free Spinning Class Offered

Some of you may know that Powerhouse Gyms offer spinning classes. We're definitely not talking textiles here, folks. Spinning is a special form of indoor biking that first caught on around the country last year, primarily in fitness emporiums.

(Continued next column)

Upcoming Events...

January

17 KBC Recovery Party, University Roadhouse, 6:00 pm.

KBC Party January 17

Call your riding buddies. Mark your calendars! Again this year we're partying at the University Roadhouse on Michigan Ave. a couple of blocks up from Stadium Drive Saturday, January 17th at 6:00 pm. KBC (read *your* dues) covers the food AND drink, and we generally harass local bike shops to contribute some prizes. **Don't miss it.**

-Doug Kirk

The spinning "bikes" are very stable stationary trainers and have lots of flywheel effect. The seat, handlebar, and load can be adjusted over a very wide range, but in general, the idea is to spin the pedals at a high cadence. Very user-friendly, in other words. The combination of the equipment, the instructor and one's class mates create an energetic atmosphere that produces a truly high quality workout.

Having done one of these classes last year, I can say in all honesty that they are a far better workout that you'll get riding the trainer yourself *and* ten times more fun.

With the help of our own Franko "Where *did* I leave the car keys?" Machnik and Robin at the Stadium Drive Powerhouse Gym, we have arranged for KBC members to be introduced to this very cool *and* very valuable method of maintaining fitness and cycling form while old man winter makes

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1998 Flowerfest Bicycle Tour Update # 1

With the Holiday Season now a fond memory and the new riding season only months away, your Flowerfest committee has been at work securing sponsors and planning for our club's 1998 Tour. For new members and those not familiar with our club's tour, it's always a great time, distances for all rider skill levels, travel over quiet country roads, good food at a beautiful rest stop, plus super SAG support by our local area bicycle shops.

Mark your calendars now for the 1998 Flowerfest Bicycle Tour on Sunday, July 19, 1998. Registration and the ride begin at the KVCC campus off 9th Street, just South of I-94. To date, your committee is well along in securing sponsors for this year's tour.

The next phase involves advertising and publicity, where we could really use some help from club members and other interested parties. Unfortunately, in working together, we have found that none of the tour committee members are very artistic or creative. We're bicycle riders, not artists—what can we say?

So, if you have artistic abilities or skills, knowledge in the field of publicity or have access to people in the media, or simply just want to help the club, we could surely use your valuable insight to help get the word out to our local community plus the surrounding area, about the Flowerfest tour. We have some ideas but enthusiastically welcome yours also. Please give any of the committee members a call or leave your name and phone number on our new Info Line number; 343-2288.

To keep the club posted on our progress, we will provide updates in future Pedal Press issues. Don't forget to mark your calendars now for the Flowerfest 1998 Tour on July 19.

—Your KBC Flowerfest Bike Tour Coordinators,
Rick Whaley - 329-1285
Paul Stevens - 324-9024
Al Cergol - 375-3786

January Birthdays

Jon Orr
Paul Banner
Jini Caruso
Martin Knop
Bill Watt
John Mathieson
Brad Cosgrove
David Kinsey
Michael Walsh
Jeff Komeyer
Sharon Whitcomb
Maria Rita Camargo
Erin O'Leary
Matthew Gershon
Deborah Bauer
Mike Cutler

New Members

Rich Gellert
Duva Appleman
Alex Appleman

Free Spinning Class (Continued from page 1)

outdoor rides primarily the domain of obsessive-compulsive freaks like Axel Kleat.

The Powerhouse Gym located at 4418 Stadium Drive (by the K-Mart at Drake Road) has offered an introductory spinning class *free* to the first eleven (11) KBC members to contact me at 388-5045. They have 12 bikes, but the instructor needs one too. *This one-time offer will be Wednesday, January 14, 1998 at 8:30 p.m., so check your calendar and give me a call.*

In addition, Robin from Powerhouse tells us that they are offering ten percent discounts off spinning memberships at the gym to KBC members. The regular membership prices are \$80, \$150, and \$299 for 3-, 6-, and 12 month memberships *for spinning classes only.*

-Doug Kirk

Risks

by Axel Kleat

Last month for a change I wrote about mountain biking. Devoted readers (*I know* you're out there somewhere) might recall that I lean way over toward the road side of the sport. Last month's piece was motivated by a great ride on Fort Custer's dandy trails.

The trip to Fort Custer was prompted by crummy November weather—just too cold and damp to face the road. Sure is lots easier to stay warm in the woods. I've been out on the mountain bike several times lately, back to Fort Custer, to Al Sabo, and to Yankee Springs.

All three trails are lots of fun (Al Sabo is the easiest) and the climbs—far steeper than anything on the road—will get your heart pounding. All in all, it's a great workout and a hoot besides.

I generally manage to fall a time or two each time out. I suppose I'll get better at keeping the rubber side down, but falling's so much a part of mountain biking that just about everyone who's tried any remotely challenging trail has tales to tell. One time I broke a three inch diameter tree trunk in half with my handlebar and *didn't* fall.

I was reflecting on all this, and the fact that—knock on wood—I haven't fallen on the road in several years while chewing the fat with some buddies at the bike shop the other day. I mentioned that all these falls are likely to end up in some sort of real injury sometime. You know, a separated shoulder, broken collar bone, a hip or knee injury, or just a really serious laceration. Rocks and stumps are really hard.

Then there'd be the problem of getting out of the woods and back to civilization if, for example, I couldn't walk or ride. Hanging around while my buddies (who hopefully haven't already dropped me like a bad habit) go call 911 isn't all that heartwarming a scene. Especially in thirty degrees.

Neither is imagining two or three paramedics stumbling about in the woods with me strapped to their lurching stretcher. Hauling a stretcher is hard work. They'd be calling 911 themselves long before they schlepped me a mile or more to the ambulance. Great fodder for America's Funniest Home Videos, but not for the guy—yours truly—bleeding out on the stretcher.

One banzai buddy admitted under my scathing cross-examination to trail riding flat out, in the rain, slippery as can be, all alone, with no sign of anyone on the trails or in the parking lot. Maybe I'm a chicken, or maybe his bike's not all that's made of steel. I'm not sure.

His argument is that almost any fall on the road is likely worse than most mountain bike falls, ruefully pointing out that a close encounter with a car is pretty infrequent on the trails. His theory is that the odds of getting maimed in the woods may be higher than on the road, but the odds of getting killed are higher on asphalt.

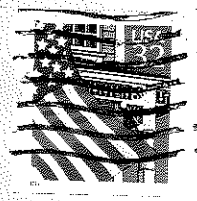
I suppose he's right, but I figure at least the ambulance can get nice and close to me while I'm lying at the edge of the road.

I guess where I'm headed is that we all pick our risks, whether it's sucking wheels in pacelines, negotiating slickrock, or wearing our seat belts. We get comfortable with the situations we expose ourselves to regularly, and with the risks associated with them.

If only because someone's likely to see me when I land on my head, I feel safer hammering on the road than on the trail. So, at the risk of sounding like your mother, or one of those snooty road-types, if you're going to *hammer* on the trail, try to arrange things so there's a reasonable chance that someone will find your ass when—not if—you fall hard enough that it really hurts.



KALAMAZOO BICYCLE CLUB
 P.O. Box 50527
 Kalamazoo, MI 49005



ADDRESS CORRECTION REQUESTED

Expires 98/02
Phil & Jini Caruso
 2301 Fairfield Ave.
 Parchment, MI 49004

KBC OFFICERS

President: Tom Cross 375-0530
 Vice President: Richard Walter 649-1944
 Treasurer: Mike Higgins 327-0387
 Secretary: Angie Richman 353-3752

OTHER IMPORTANT NUMBERS

Database Manager: Jeanette Holm 385-5052
 Flowerfest Co-Directors: Rick Whaley 329-1285
 Paul Stevens 324-9024
 Al Cergol 375-3786
 Info Line: 343-2288
 Newsletter Distribution: Gerry Blohm 375-8121
 Newsletter Editor: Kathy Barrett 388-5045
 E-Mail kbarrett@kvcc.edu
 Ride Captain: Randy Putt 649-1814

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