

KBC PedalPress

www.angelfire.com/mi/kbc/

The Newsletter of the Kalamazoo Bicycle Club

January 2003

President's Letter: January, 2003

KBC's annual **Recovery Party** is **Saturday, January 18, 2003 at the home of David Newman**. I hope each one of you is able to attend. As noted last month, KBC will provide the liquid refreshment and pizza, and members are asked to bring a dish to pass.

But the important thing is to be there. The Recovery Party has really improved the last three years or so, and I can guarantee a good time for everyone. Besides food and drink, we'll have awards, bike equipment give-aways, videos, a Tuesday Night Time Trial slide show and more.

Kathy & I are adding a new element to the party this year. Many of you know that we've been riding a long, long time. As a result, we have quite a few pieces of clothing and a few bike parts that are perfectly good, but that we simply don't need.

So we're gathering this stuff up and bringing it to the party for anyone and everyone to rummage through and take what they want. The only catch is that we ask that you take only things that you really will use - eBay has too much stuff as it is. The idea is NOT to sell stuff, just to let people pick out what they might use

I suspect we aren't the only folks who have a few bits of biking paraphernalia they can let go, so I encourage all of you to take a good look around at your bike stuff to see what you're not using that another KBC member might want and bring it to the party.

And I encourage EVERYONE to come and have a good time. Between the camaraderie, awards, food, beer, gifts, and free stuff, the odds are extremely good you'll leave with more than you came with. I look forward to seeing you January 18th at about 7:00 at David Newman's house.

Directions to the party site are on page two of this newsletter.

Doug Kirk
KBC President
Kirkdoug@aol.com

KBC Wish List

Next KBC Meeting – Thursday, February 13th, 7:00 PM, Borgess Fitness Center on Gull Road.

Attendance at KBC's monthly meetings has been picking up in recent months. And with more members coming to the meetings, there is the possibility of more "stuff" getting done in the club. Others people than the "usual suspects" are volunteering to take on fun KBC tasks, and the work load is being spread around onto more shoulders. This makes for a stronger, more versatile club.

There's the entire season next year to prepare and plan for; the regularly scheduled weekly rides, annual rides and tours, Flowerfest, the Tuesday Night Time Trial Series, bike give-aways, parties and get-togethers. The mind reels with possibilities. Won't you join us at a meeting to see what is going on in your bike club?

Community Resource Coordinator:

This is the fourth time this notice has appeared in the PedalPress, and we still need someone to step up and take on this enjoyable position. As of now, we have no one to comprehensively coordinate the community projects KBC is involved in.

With a number of community projects on the yearly agenda (bike giveaway programs, Portage Bikeway Tour, etc.), KBC needs a "point person" to organize and administer various bike related community projects.

KBC's Community Resource Coordinator would also facilitate programs concerned with child safety, bike helmet giveaways, bike rodeos, and other community events. This would be a good opportunity for someone interested in more episodic volunteer work, as each project could be handled as it came up. Contact any KBC board member if you're interested, using the information on the back page of this newsletter.

Upcoming KBC Event: Big Recovery Party

A last-minute change of the Recovery Party venue meant we had to do a quick paste-up job with last month's *PedalPress*. We hope the information got through all right.

The Recovery Party will take place at **Dave Newman's** house, at **9754 Sunnywood, on Saturday, January 18th, at 7:00 PM**. Here are directions to Dave's house:

From Kalamazoo, take **M-43 (West Main Street) West to 2nd St. -- 2nd St. is at the bottom of a big hill just before the road narrows to two lanes. Take 2nd St. South to Springwood -- Springwood is the first left. Take Springwood East to Sunnywood -- Sunnywood is the first right. Dave's house, at 9754 Sunnywood, is on the left, with a yellow mailbox.** If you do not understand these directions or cannot find the house, please call Dave at 375-8105. Please park in the street, and don't block any of the nearby driveways.

Last year the Recovery Party was one of our best-attended events, with food, beer, prizes, awards, and lots of good cheer to go around. This year KBC will provide soft drinks and beer, utensils, cups and napkins, plus a few catered foods (pizza anyone?).

How about you pitching in with some potluck foods? **Members with last names beginning with the letters A – G, please bring a salad or appetizer; those with H – P last names bring an entrée; and you R – Z people, how about some dessert?** Adhering to this request will ensure a good mix of foods – and a nutritious, well balanced party.

For those of you who haven't yet seen the **Tuesday Night Time Trial and 31st Anniversary Party photos**, **Dave Newman** has volunteered to set up a slide show on his laptop computer at the Recovery Party. Come and see your fellow bikers fighting through pain – and get geeked up to participate in next year's Time Trial yourself.

Because we're holding the Recovery Party in a private home this year as opposed to a commercial site, we're probably going to be a bit short on chairs. So, consider bringing a few folding chairs to sit on.

There will also be a wide variety of the popular KBC hats on sale at the party – for only \$10.00 each! That's a 33% savings off the regular price! All of the colors are still available, and one size fits all. So, if you've ever wanted one of these handsome head toppers but were intimidated by the price, now's your chance to own one.

January Birthdays

Deborah Bauer
Jack Bley
Jini Caruso
Mike Cutler
Doug Gaff
Bob Gray
Sarah Kalkman
John Mathieson
Renee Mitchell
Graham Newman
Jim O'Connell
Scott Steurer
Mike Teel
Donald Visker
Mike Wank
Bill Watt
Norm Woodin

New Members

Arianna Holmes
Fred Royce
Cheryl VanDer Meer

Expiring Memberships

Michael Birmann Family
Laurie & Ron Doering
Jeanette Holm
Fred James
Mark McCormick
Jim Patton
Mike Peterson
Megan Smothergill
Scott Steurer
James Stevens
Bill Strome
Rick Updike

Doug Kirk Ascends to Presidency! Vows to Rewrite Constitution!

Actually, it's not as dramatic as all that. As KBC President Kirk pointed out at the last monthly meeting, our Club's Constitution is showing signs of age. Besides numerous references to our non-existent Race Team - and our equally non-existent Race Team Director - there is no mechanism built into the document to allow it to be amended.

What Kirk is proposing is not really a wholesale rewrite, but an updating of the Constitution.

Do you have any thoughts on how you'd like the KBC Constitution to read? Would you like to join a committee (so far consisting of four volunteers) who will undertake the job of reworking this most important document, the backbone of our bike club? If so, please contact Doug Kirk at Kirkdoug@aol.com.

There is a copy of the present KBC Constitution online at the club's website at www.angelfire.com/mi/kbc. If you'd like a hard copy, please contact Doug Kirk.

Try Snowshoeing for Fun Winter Cross-Training

by Curly Stays

Fall is the time to analyze the results of this year's cycling program, to think about your strengths and weaknesses and how you can improve next year.

Some of next year's success will depend on a good base training program during the winter. Perhaps surprisingly, this base training program may require only occasional cycling, especially if your cycling season's more important events aren't until May or even later in the season.

Outdoor winter cycling can be dicey in Southwest Michigan, and indoor cycling can be drudgery, especially when a long endurance ride is scheduled. Instead of a long ride on a trainer or rollers, some form of non-cycling outdoor cross-training such as skiing or snowshoeing can provide a psychological boost in addition to the necessary strength and endurance training. The purpose of this article is to discuss snowshoeing, a fun winter sport and my primary form of off-season cross-training for more than 5 years.

Why should a cyclist consider snowshoeing?

First, it provides excellent aerobic conditioning, especially when running in deep snow. Snowshoe running can be so aerobically demanding that it is easy to make the workout too intense. Just hiking in snowshoes can be a great strength and endurance exercise, particularly when climbing hills in deep snow.

Secondly, the snowshoe stride uses the same muscles employed in pedaling. In lifting the snowshoe out of the snow, the hamstrings are put into play as if they were pulling up and back on the pedals. The quads are used to push the snowshoe forward at the top of the running stride in the same way that they are used to push the pedals forward at the top of the pedal stroke.

The quads and gluts are recruited, especially when running uphill, in the same manner as the power portion of the pedal stroke. Snowshoeing in deep snow can thoroughly fatigue the quads and hamstrings!

Third, snowshoeing is simple and easy to do, with a low probability of injury. Snowshoeing is a relatively low impact sport, especially when done in deep, unbroken snow. The snowshoes also provide great stability and traction, along with flotation, so that there is a little chance of twisting an ankle on uneven terrain.

Fourth, snowshoeing can be done in variety of places and kinds of snow. It can be great fun wherever you would go mountain biking (e.g., Al Sabo, Ft. Custer, Yankee Springs, etc), in city or county parks, or in other open areas (e.g., portions of the WMU campus.) Snowshoeing is also less dependent on snow conditions than cross-country skiing. Although my best snowshoe workouts have been in deep powdery snow, I've had fun

snowshoeing in slush and when the trails had occasional bare patches.

Our Favorite: - Gear!

In terms of snowshoeing equipment, I've found that the best all-around snowshoes for use in this area have an aluminum frame that is 8" wide by 22-25" long, a rubbery Hypalon deck, beefy cleats under both the heel and ball of the foot, and a spring-loaded binding system that securely connects your shoes to the snowshoes.

Old style wood and rawhide snowshoes are much heavier than the modern aluminum snowshoes and must be much larger than the modern snowshoes in order to provide the same flotation. Although many manufacturers market snowshoes specifically for running, my snowshoeing friends and I don't recommend running snowshoes for the harsh conditions frequently encountered in Michigan. We have broken Tubbs and Atlas snowshoes marketed for running, and we believe that most running snowshoes can't tolerate the logs, rocks, and often icy conditions of SW MI. Instead, we recommend heavier and more durable mountaineering snowshoes. Snowshoes larger than 8 X 25" provide more flotation, but these larger snowshoes are unwieldy for running and the extra flotation is not often needed in SW MI.

My buddies and I believe that the best running snowshoe for SW MI is the Atlas 1022, an 8 X 22" mountaineering snowshoe with a spring loaded binding. This snowshoe, almost a pound heavier than snowshoes marketed for running, is bomb-proof and is unlikely to be broken by heavy runners and harsh conditions. Because of its durability, this snowshoe is often used in snowshoe rental fleets. The binding of the 1022 is superb and more secure than that of snowshoes marketed for running. Because of these features, the 1022 is relatively expensive (\$240), in the same price range as lighter running snowshoes, and twice the price of some lesser quality recreational snowshoes. Be wary of less expensive snowshoes if you intend to use them for running.

Clothing:

Snowshoe running requires far less clothing than cycling at the same temperature. My typical attire for normal conditions (temperatures of 0-30° F) is the following: running or cycling shorts, one thin inner insulating layer on top and bottom, Activent pants and jacket, light gloves or mittens, a hat, wool socks, running shoes and neoprene booties.

The inner insulating layer will usually get soaked with sweat, so it is essential that this layer is made of a fabric such as Thermax, not cotton. The outer layer is needed to protect you from cold winds and the snow that is thrown on your backside because of the →

spring-loaded snowshoe bindings. This snow can accumulate on the butt, and the water-resistant pants and jacket can help keep icy water from seeping to your skin and running down your backside.

Neoprene booties will keep your feet warm and prevent ice from building up on your running shoes and socks. Although I prefer to use running shoes when snowshoeing, as the snowshoes provide a wide enough base to reduce the risk of turning an ankle and I know they won't hurt my feet, hiking boots and gators might work equally well. Some people recommend poles, but I have not found them to be useful for snowshoe running.

Frequent snowshoeing will maintain, if not increase, both your aerobic fitness and cycling strength during the off-season. Cycling may not be needed during these snowy periods except to maintain a good pedal stroke and cadence.

Need more advice or want company for snowshoe runs? e-mail me at curlystays@aol.com.

Another cycling alternative: Cross Country Skiing

by Zolton Cohen

As Steve Cox – er, **Curly Stays**, points out above, there are alternatives to trying to riding on snowy roads or dying a slow death on a trainer during the biking off-season in order to maintain fitness.

One of the “funnest” ways of keeping in decent aerobic shape, as well as building up the upper body (something many bikers could sorely use) is cross country skiing.

Cross country skiing is a sport that can be enjoyed nearly anywhere there is snow, and it has the added benefit of getting you up and off the couch at a time of year when many of us are all too prone to that prone position. Like snowshoeing, it can change your perspective on winter. Instead of only dealing with snow while clearing it off your car's windshield or when removing it from your sidewalks and driveway, you get to enjoy it, and even look forward to seeing it appear.

As is the case with biking, there are many ways to partake in cross country skiing. The simplest is to either buy or rent a pair of waxless inline, or “classic” skis, and go hit a nearby municipal or county park. You can break trail going out, then ski in your own tracks on the way back for improved glide.

For those who wish to try a higher tech version of the sport, “skate” or “freestyle” skiing has become very popular in recent years. Skate skiing is (usually) a much faster way to skim over snow. Instead of thrusting the skis in a line, you push them one at a time out to the side in a V shaped configuration – “skating” along. Add double-poling to that leg motion and you've got a way to propel yourself along at a rapid pace.

The only drawback to skate skiing is that you really need to do it where the snow has been “groomed.” Grooming, in this instance, means that the snow is packed down. Unfortunately, at this juncture, there is no place nearby that grooms for cross country skiing. However, there are several places that do groom within about 80 miles of Kalamazoo – and especially further up north around Traverse City and Thompsonville. **Pigeon Creek**, a small park about 12 miles north of Holland, grooms and has a very good set of trails available, as does **Love Creek**, another small park by Berrien Center.

At present, a dedicated cadre of fanatical skiing enthusiasts (many well known in KBC) is trying to work with Kalamazoo City and County officials to get a grooming program going in Kalamazoo. Efforts at **River Oaks Park** in Galesburg last year had moderate success, and the group is hoping to expand on that by getting permission to groom a municipal golf course or two in the future.

As to gear, Kalamazoo is fortunate to have several good places to purchase the equipment and at least one where skis can be rented for a day or a weekend. **Breakaway Bicycles** in Portage carries both skate and classic skis, boots, poles, and waxing gear. **Lee's**, on Westnedge, also carries skies and ski accessories. **Instant Replay** sports, run by **Rick Lee**, carries used equipment for sale, and also rents classic skis (\$20.00 for a day, \$35.00 for the weekend). So, if you'd like to just try the sport, that's a good way to get a feel for it without spending a lot.

When the snow is good and the skis are working well, skiing can bring as much pleasure as biking – and, on the downhills on skate skis, can approach “D Avenue descent” speeds. But even if you're just out for a casual ski around a nature preserve, you see things outside that you'll never glimpse lying on the couch. Give cross country skiing a try sometime. It's a sport that is a great compliment to biking.

Cartoon!

New KBC President **Doug Kirk** asked the *PedalPress* editor at the last monthly meeting if there was a way to print a cartoon in the newsletter. Well, there is. You'd have to get the cartoon, scan it in, and then position it on the page. But before you do all that, you'd have to have the permission of the author to use his work.

So, lacking that important provision (*Copyright law of 1976, use of intellectual property without permission*), we submit the following cartoon Doug cut out of a recent *New Yorker Magazine*. Just visualize:

A man and a woman are lying in bed at night with just their heads visible above the covers. The man is wearing a bicycle helmet. As he moves his hands over to touch the woman, he says softly in her ear, “On your left!”

All right, maybe it loses something in the translation, but at least we won't be sued.

December, 2002 KBC Meeting Minutes

KBC's regular monthly meeting was held Thursday, December 12, 2002 at 7:00 pm at the Borgess Fitness Center off Gull Road. New KBC president Doug Kirk led the meeting. Present were Doug Kirk, Emily Mattes, Jeff Newman, Brad Fry, David Newman, Matt Siebert, Paul Pancella, Zolton Cohen, Ray Murphy, Larry Kissinger, Rand Logga, Norm Wooden, and Randy Putt.

First up on the agenda was the discussion of plans for the **Recovery Party**. The Recovery Party is scheduled for Saturday, January 18th, 2003 at **David Newman's** house. Dave will prepare directions to his home and parking instructions for inclusion in the January *PedalPress*. In addition, **Zolton Cohen** will place an announcement in the *PedalPress* to bring chairs and tables. **Doug Kirk** will send an additional Recovery Party reminder notice to KBC members via the KBC listserve.

The party will be a potluck, with members to bring items based on the first letter of their last name. These instructions were included in the November *PedalPress* and will be republished. David Newman volunteered to purchase the alcoholic beverages, and **Emily Mattes** will coordinate soft drinks and utensils. **Matt Siebert, Jeff Newman, Randy Putt, and Doug Kirk** volunteered to contact local bike shops for party schwag. A decision was made to sell the remaining KBC baseball hats for a reduced price at the Recovery Party. David Newman will help provide entertainment with a slideshow, and Doug Kirk has agreed to bring a VCR and tapes.

Following the Recovery Party dialogue, discussion focused on proposed future meeting locations. Based on discussion at the last meeting, Zolton followed up with a report on the West Main School. He noted that the monthly fee of \$20 charged by this facility might make this option cost-prohibitive. Zolton agreed to contact *Alfred E Bike* concerning use of their basement for future meetings. Doug volunteered to contact the YMCA to determine availability and cost for meetings at this location. Emily will contact **Karen Sue Mackaluso** to confirm the continued availability of the present Borgess Fitness Center location for meetings in the near future.

Next on the agenda, the first KBC monthly meeting for 2003 was scheduled for Thursday, February 13th, 2003. Due to the Recovery Party, no January meeting will occur. In addition, Zolton indicated that no February newsletter will be published.

David Newman had no update on Flowerfest 2003. He is seeking additional volunteers for assistance on the day of the event.

Doug recounted that he is continuing to "struggle" with the IRS in an effort to obtain tax-exempt organization status for the club. His efforts will continue.

Meeting attendees again discussed the difficulty in getting members signed up for the KBC listserve. **Larry Kissinger** was available at the meeting to discuss the procedure for subscribing. He will again provide instructions for Zolton to include in an upcoming *PedalPress*. Doug agreed to talk to **Kathy Kirk**, KBC database manager, about supplying names of members interested in joining the listserve directly to Larry for automatic inclusion on the list.

After the conclusion of old business, new business was discussed. It was established that Doug would pick the KBC "**Volunteer of the Year**". Nominations should be provided to Doug Kirk.

Next, Doug discussed the need for updating the current club constitution. He proposed having a revised constitution in place by April 2003. Doug is soliciting input on constitutional issues from any club member. Zolton, **Jeff Newman**, and David Newman agreed to assist with the revision effort. Zolton also agreed to write a piece for the *PedalPress* to outline the revisions necessary to the constitution and also solicit assistance for the task.

Doug then brought up the need for the club to participate in a community service project during the coming year. **Brad Fry** will contact **Chris Barnes** to determine if the need for bike repairs at the Lakeside Treatment Center is again required. In addition, Zolton will contact the County Juvenile Home to determine if opportunities exist there. Attending members also discussed programs to introduce kids to bicycling, such as "Rides for Kids." The need for secure storage of any donated bikes for these programs was also discussed, and multiple members volunteered to investigate potential sites.

Finally, **Matt Siebert** spoke about the **WMU Cycling Team** jerseys. He indicated that extra jerseys were available and set to arrive in mid-January. Price for a jersey is \$50, and price for bibs was quoted at \$55. Contact Matt Siebert at MattSiebert@Hotmail.com for more information.

With no further business to attend to, the meeting was adjourned at 8:10 pm.

Respectfully submitted,

Brad Fry, KBC Secretary

KBC YahooGroups Signup by Larry Kissinger

The KBC-general YahooGroup is an excellent system for communication between members of KBC. To hear from and contact other KBC members, all members are encouraged to join the YahooGroup.

Several features are available with this system, but the main function is to send e-mail messages to all members of KBC-general. You need not maintain a mail list, but can use a single e-mail address to send a message to all members of the group. This is a free system and is available for all KBC-general members.

Like going out to get a gallon of milk, there are several simple steps that must be completed and several different ways to join the KBC-general YahooGroup. If you already have a Yahoo e-mail address that you wish to use for the KBC-general YahooGroup, you should first log onto your Yahoo account.

The best way to subscribe (join) to KBC-general YahooGroup is from the KBC webpage <http://groups.yahoo.com/group/kbc-general/>, which is linked from the KBC website <http://www.angelfire.com/mi/kbc/>. Click on the "Join This Group" button and follow ALL of the steps of the online registration. As the moderator of KBC-general, Larry Kissinger will be notified of your request to join the group. After verifying you are a member of KBC, Larry will approve your membership. It may take a few days for Larry to see the notification, verify your KBC membership, and approve the request.

To facilitate joining the YahooGroup if you're not currently a member or are renewing your memberships, the KBC Membership Application form includes a checkbox for adding your e-mail address to the KBC-general YahooGroup. If you are already a KBC member, you do not have to wait for membership renewal to join the KBC-general YahooGroup.

If your attempt to join the KBC-general Yahoo-Group fails, please try again and be careful to complete all of the steps. If multiple attempts to join are failures, please send the following information to kalamazoobc@yahoo.com: your name, your e-mail address, and indication that you are a current KBC member. Larry will add your e-mail address to the KBC-general YahooGroup.

Once you are a member of the KBC-general YahooGroup, you will be able to conveniently send and receive e-mail messages with other KBC members.

Larry D. Kissinger

What Did Santa Bring You This Year?

KBC hopes Santa was very good to you this year, and left presents under your tree writ in titanium, carbon fiber, Kevlar, and Lycra.

As a bike club, we had hopes for good things as well, and put in our requests early.

First, we wished for good weather during the upcoming 2003 biking season, with few rainouts, bright overcast (the best biking days), and not as much heat and humidity as there was hanging around last year.

We also wished for good roads, no chip and seal resurfacing on our favorite routes, and courteous, patient automobile drivers. Our last request was for safe, challenging rides

Realistically, there's not much we can do (other than hope) to bring these things about (even though we were good boys and girls all season long).

The things we can affect are our conditioning in the off-season, and the maintenance of our bikes and bike related equipment. Winter is a season of preparation for the efforts to come. It's a time to lift the weights that will make us stronger climbing hills next summer. And the long winter nights give us ample opportunity to tune and clean our steeds, doing the work that often gets shunted to the side during the nearly everyday ride pace of the season. In short, it's a chance to work on ourselves and our bikes in a way different than the way we approach them during the summer. Rigor, reflection, and rags. Biking is a year-'round sport.

Americana

By Axel Kleat

Club rides have lots of good points, don't get me wrong. I do dozens of 'em year after year. But let me tell you about a few of the people I met in September while biking day after day on a two week trip through Americana. People you just won't meet riding in a pack over the same routes week after week.

First day out, maybe 80 miles into a hot, humid, century featuring plenty of headwind. I'm fading badly, actually getting woozy on the bike. Lunch is churning faster than my feet and water tastes bad. Definitely time to stop, find some shade, and drink something cool and sweet. But not a town or store in sight.

Is that a mirage up there? No, it really is four young men on bikes...recumbent bikes. I can tell when they ride up and begin shooting questions. Where am I from? You're going how far? They might be Amish, or maybe Mennonite. Not only do they produce fresh lemonade from behind a farmhouse, one of their brothers actually builds the bikes they are riding, which are seriously heavy-duty steel with Shimano parts and nice blue paint. Would I like to ride one, or maybe buy one? Go figure: my personal gas gauge hits empty 100 yards from a guy building his own frames.

Before long, a fully bearded Amish farmer ambles over, politely checking up on the biker now lying half-asleep under his oak tree. The man just makes small talk with me until he's convinced I'm OK, and then leaves me to complete my own recovery. So circumspect was he with his conversation...only later did I realize he was making sure I wasn't too far gone in the heat.

A couple of days later, I coast into a mom-and-pop motel, tired and sweaty. The obviously Asian guy—and his maybe six-year-old daughter—clearly like me and want me to stay, but he's so worried about the bike on his carpet in the spotless room that I offer to wash the bike on the spot right in his parking lot if he'll give me some rags.

Of course I don't bother to tell him his real concern should be the damage my dank and dripping body could do to his sheets and towels, especially my hands after I clean the chain. I may be tired and hungry, but I'm not completely brain-dead, and I don't know where the next motel is. While I'm wiping, the daughter re-appears on her new two-wheeler; showing off, pleased and proud and riding no-handed and going around and around and—oops!—falling over! It's nice to know I can still turn a young lady's head...

Another couple of hundred miles along, the town is lovely but the motel's closed. Good thing there's a bed and breakfast, and in the fancy part of town, no less. High ceilings...beautiful magnolias...a giant double bed lurking beneath innumerable pillows...a room the size of five or six motel rooms...with an enormous porch...and fabulous breakfast...and a charming hostess. All for half the cost of a chain motel room I'd been stuck with earlier in the trip.

A nap and an eight-block walk to dinner felt fine, but then it started to rain. Hmmm. Eight blocks in the rain...in the only street clothes I have. Just when I'm wondering about throwing synthetic stuff into someone else's dryer, lo and behold, there's my hostess driving by, hunting me up, complete with umbrella.

Or the very next night, another bed and breakfast. The guy looks Amish, but he's not. He bikes every day at work, and builds and flies ultralight aircraft on the side. He proudly points out that in ten years he's had "only" three unplanned landings! I think about my last unplanned landing off my bicycle and suggest maybe one unplanned landing ought to be enough, but he clearly doesn't get too excited about blowing the engine a few hundred feet off *terra firma*. He's maybe the most relaxed guy I ever met.

I could go on—the lady that sat me on her porch, fetched me water and told me about her mother; the farmers at the steam-engine show I happened upon; but maybe you get the point. The America you see from the freeway, the gas station, the convenience and chain store has virtually nothing to do with Americana—rural, small-town America. On the freeway, you're just passing by. In the chain stores, "cash or charge" is about as personal as it gets. Sure is quick and efficient.

And it entirely misses what makes this country great. On your bike, it's another place entirely. Hard to believe it's the same batch of people, really. If you want to gain some understanding of America and who Americans really are, you've got to visit Americana. Ride the country roads. Hit every county seat you can. Miss all towns with populations over maybe 20,000. Avoid chain businesses like the plague.

I can't imagine anything more heartening, anything more apt to restore your faith in your country and its people. Summer's not that far away. Pack light. Take a friend or someone you love. Just go.

KBC Kalamazoo Bicycle Club

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2003 KBC Officers

President: Doug Kirk-----388-5045
e-mail: kirkdoug@aol.com
Vice President: Jeff Newman-----488-2516
e-mail: jeff@newmanit.com
Secretary: Brad Fry-----383-8047
e-mail: bafry@netonecom.net
Treasurer: Terry O'Connor-----342-4608
e-mail: Terry.OConnor@Davenport.edu

Other Important KBC Folks

Database Manager: Kathy Kirk-----388-5045
e-mail: kirk@ameritech.net
Newsletter Editor: Zolton Cohen-----344-0700
e-mail: zcohen@ameritech.net
Ride Captain: Randy Putt-----649-1814
e-mail: SRBike@aol.com
Social Director: Emily Mattes-----388-9861
e-mail: jedi_tri_girl@hotmail.com

Kalamazoo Area Bike Shops

- Alfred E. Bike-----349-9423
- Billy's Bike Shop-----665-5202
- Breakaway Bicycles-----324-5555
- Freedom Recreation-----381-7233
- Instant Replay Sports-----345-9040
- Milwood Schwinn-----349-6384
- Parchment Bicycle-----343-8118
- Portage Schwinn-----327-3393
- Team Active-----962-7688
- Village Cyclery-----679-4242

Kalamazoo Bicycle Club Membership Application

- Yearly Adult Membership-----\$15.00
- 3 Year Adult Membership-----\$40.00
- Yearly Family Membership-----\$17.00
- 3 Year Family Membership-----\$45.00
- Yearly Senior (60+) Membership-----\$13.00
- 3 Year Senior (60+) Membership-----\$35.00

Renewal? Yes No

Please Print:

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

Permission to register your name with the KBC
groupserve list and receive all the group's email messages?
Yes No

Family Member Names

Birthdates

Signature _____

Parent's Signature (If under 18) _____

Interested in working on KBC Events? Yes No

Ride Category: Fitness Casual Competitive

Send to: Kalamazoo Bicycle Club P.O. Box 50527, Kalamazoo MI 49005