KBC PedalPress

The Newsletter of the Kalamazoo Bicycle Club May, 2016
www.kalamazoobicycleclub.org

KALAMAZOO BIKE WEEK IS MAY 14th thru MAY 21st

Lots of KBC, local and national bicycling events are planned during the week, including rides, the start of KBC's Bike Camp, a community preview of bicycling facilities planned for 2016, the Ride of Silence, and the Kalamazoo Bicycle Film Festival. KBC member David Warwick is again chairing the event, with the help of many volunteers. Check out www.kalamazoobikeweek.com for more detailed information.

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THE NEXT KBC MONTHLY MEETING IS MAY 10th at 7:00 P.M. at the Kalamazoo YMCA on Maple Street, 1st floor conference room. All KBC members are welcome to attend.

IF YOU HAVE AN ARTICLE, AD, ETC. that you want in the *Pedal Press*, please e-mail it to editor@kalamazoobicycleclub.org by the 20th of the month before its intended publication.

PRESIDENT'S MESSAGE:

Wow, it is great to be back on the bike and joining so many others on club rides! It's nice getting reacquainted with biking buddies while rolling on the roads of southwest Michigan. May is National Bike Month so be sure to get out and ride your bike to enjoy all that spring riding has to offer. Even a ride in a warm spring rain shower can be refreshing! Following up from last month's letter, I found out that the City of Kalamazoo also offers bike registrations. This can be accomplished by:

1) Knowing/copying down your bicycle serial number
2) Going to the Kalamazoo Public Safety Headquarters at 150 E. Crosstown Pkwy, Suite A
3) Filling out a bicycle registration form
4) Placing the registration sticker on your bike that coordinates with your form

There is a lot going with May being National Bike Month. Communities all over the country hold special events celebrating this wonderful mode of transportation, exercise and fun! We celebrate cycling during Kalamazoo Bike Week with many events being held May 14th through May 21st. The Kalamazoo Bicycle Film Festival can be especially entertaining, hope to see you there! Check out all the happenings at http://www.kalamazoobikeweek.com.

As we embark on another season of riding, I'd like to remind everyone that the Kalamazoo Bicycle Club is more than just weeknight or weekend rides. Our rides are a great way to connect with fellow cyclists and challenge ourselves to become better, stronger riders. In addition, KBC offers opportunities for members to share their passion of cycling with others through education, tours, advocacy and various activities. KBC's Mission as stated in our constitution is:

The purpose of the Club shall be to promote bicycling; to encourage and facilitate touring, races, bicycle outings, and all forms of recreational bicycling activities; to defend and protect the rights of bicyclists; to secure

a better understanding and recognition of the need for safer riding conditions; to encourage the allocation of facilities for bicycling on public lands; to cooperate with the public authorities in the observance of all traffic regulations; to provide an opportunity for members to socialize with others who have an interest in bicycling; and to recognize bicycles as vehicles used for pleasure, fitness and transportation. The Club may cooperate with other organizations with a similar goal and purpose.

It's a big mission for a volunteer run organization and is only accomplished by KBC members coming together to share their passion of cycling. KBC has a couple of club-sponsored events coming up that provide a great way for you to help us with our mission, Bike Camp and KalTour.

Bike Camp is in its 11th year of training and educating community members on safe cycling principles and starts this month. More information on Bike Camp can be found at http://www.kalamazoobicycleclub.org/club/bikeCamp.php. Volunteering at Bike Camp is very rewarding, there's nothing like sharing your cycling knowledge with campers eager to listen and learn. Do you like to talk, they will listen! To volunteer, please email bikecamp@kalamazoobicycleclub.org.

KalTour is KBC's annual tour and is being held Sunday, June 26th. KalTour is a ride for all ages and cycling abilities over the quiet country roads of beautiful Kalamazoo and Van Buren counties. More information can be found at http://www.kalamazoobicycleclub.org/rides/kalTour.php. Volunteers are always needed and appreciated, please email kaltour@kalamazoobicycleclub.org to volunteer.

Well, time to wrap this up and get it to our new PedalPress editor, Doug Kirk, yeah! Welcome back Doug to a position you held many years ago. Write him to let him know how you think he's doing at editor@kalamazoobicycleclub.org and be safe out there!

Renee Mitchell ☺ President, KBC president@kalamazoobicycleclub.org

KBC JERSEY UPDATE

2010 KBC Jersey

Cost: $45.00

Sizes: Men's Large

2015 KBC Jersey

Cost: $65.00

Sizes: Women's Medium; Men's Medium & X-Large

Most of the new jerseys have found their way home. It's great to see them being worn on club rides. KBC gifted the Mayors of Kalamazoo and Portage with a new jersey with the hopes that they will be sporting them on the Mayors Ride in May.

We do have extras of the new jerseys as well as the previous designs, look left for available sizes. A special thanks to Scott Powers who has agreed to manage the jerseys along with the hats thus officially becoming KBC's Apparel Manager, yeah! Thank you Scott! ☺

If you're interested in purchasing a KBC jersey or hat, please email Scott at Scott@powers53.com.

--Renee Mitchell, Ex-keeper of the jerseys!

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KBC TUESDAY TIME TRIALS START MAY 17

Two thumbs way up to our race team, Clark Logic Racing, for taking on management and timing of KBC's Tuesday time trials again this year. The event runs the 1st & 3rd Tuesdays of the month beginning May 17th and running through August. This is the same schedule as in past years. The format is also unchanged. Everybody meets in the Pavillion Township Hall parking lot at the corner of 29th St. and Q. Ave. (a few miles east of Portage) at 6:15 for sign up. First rider starts at 6:30.

The TT is LOTS of fun. We have folks who take anywhere from 23 minutes to 45 minutes to do the 10 miles, and people show up on everything from full-on TT bikes to ordinary old steel frame upright bikes. Ask anyone who's been there, like Sandy Reid (in the picture getting set to start), there's no pressure at all. So come on out. Our only requirements are that you wear a helmet and have fun. We've even been known to give away prizes!

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MEET OUR NEW RIDE CAPTAIN

Terry Butcher is the newly minted KBC Ride Captain and I, for one, am very glad he's decided to take on this key Club position. AS KBC's Vice-president, I'd like to take this opportunity to introduce you to him and let you know what this position entails.

Terry is married to the lovely Lisa Butcher and they are currently enjoying the charms of their beautiful 5-month-old daughter, Tiffany. Riding with Lisa, his many friends and the club are high on his priority list and he hopes that in the near future Tiffany will be joining as well. Terry and Lisa also love hiking, kayaking and spending time in the great outdoors. Terry is a high school social studies teacher and enjoys working with kids.

Terry has been a KBC member since junior high school. He started out racing with the Club in the Junior circuit and won the Spring Valley Road Race Series twice as a junior (we are talking 35 years ago people!—ed.). Besides his family, there's not much he loves more than traveling by bike. He finds people are much more approachable and that one experiences so much more of this world by riding a bike. And he's got the experience to back it up having ridden across the country and through 37 states. Each of two of his bikes has been ridden over 100,000 miles and the third is 2/3's of the way to surpassing that!

As anyone that's part of the KBC Facebook page knows, Terry is a talented photographer and loves taking pictures of the things he sees and people met while riding.

As Ride Captain Terry is responsible for developing and scheduling Club rides throughout the year. He will recruit Ride Leaders, when necessary, and will work with them to insure Club rides are taking place in an appropriate manner, taking into consideration safety, pace, rider expectations (i.e.: drop or no-drop, distance, route & etc.) and KBC's reputation in the larger community. He will make sure the Club offers additional pace groups with a particular emphasis on offering as wide a range of different paces as possible as long as there are volunteers to lead.

In these and other duties the Ride Captain will be ably assisted by members of the Rides Committee. Current membership in the Rides Committee includes Rick Whaley, Gordie Vader and Scott Baron. These are the folks representing KBC in all things ride related. Please let any of the folks mentioned above, or myself, know about any ideas, questions or concerns you may have about anything KBC ride related.

John Olbrot
vicepresident@kalamazoobicycleclub.org

Terry Butcher
ridecaptain@kalamazoobicycleclub.org

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CLARK LOGIC/KBC RACE TEAM RESULTS

Team Clark Logic has had a great start to the race season. With rain, wind, snow, warm-ups, cool-downs, etc. 2016 has proved to be a challenge for the early racers. Despite these difficult conditions, we have pushed through and thus far competed in3 gravel road races: Melting Mann, Barry—Roubaix, and the Lowell 50, the Yankee Springs Time Trial, as well as the Kal-Haven Ultra distance running event. Racers have reported these results:

Melting Mann 32 Mile Race:

1st in Age – 1st overall: **Joe Thomas**
1st in Age – 4th overall: **Jesse Kooistra** (podium)
1st in Age: **Erin Rumery** (22 mile event)
1st in Age: **Ray Fulkerson**
2nd in Age: **Tory Cane** (podium)
3rd in Age: **Meg Zapalowski** (podium)
3rd in Age: **Monica Tory**
4th in Age: **Nicole Obriecht**
10th in Age: **Tyson Gilmore**
13th in Age: **Brad Zapalowski**
5th in Age: **Andy Lowaert**

Barry Roubaix Gravel Grinder Race:

1st in Age: **Ray Fulkerson**

4th in Age: **Tory Cane** (podium)
5th in Age: **Tyson Gilmore** (podium)
18th in Age: **Nicole Obriecht**
17th in Age: **Meg Zapalowski**

Lowell 50 Mile Race Results:

4th in Age: **Tyson Gilmore**

Yankee Springs Time Trial

1st in Age: **Ray Fulkerson**

Kal-Haven Ultra Race Results:

1st in Age: **Ryan Heidenfeld** (podium

Two racers also wrote excellent blogs about their Barry—Roubaix races. Fun reading:
Meg Zapalowski: http://www.stronger.cc/news/the-aftermath-of-barry-roubaix
Jesse Kooistra: http://pedallog.blogspot.com/2016/04/barry-roubaix-lesson-in-nutrition.html

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KAL TOUR UPDATE

The fliers have been distributed to the local bike shops; the KBC website has been updated and online registration is open. Sunday June 26th is not far away. It's time to make your plans. Those of you with a life outside of bicycling (probably only a few KBC members) should be able to figure out if your schedule will accommodate KalTour. The rest of us simply know that we will show up on the 26th of next month.

Ride groups have been increasing in popularity for the last several years. The fast metric century at starting at 9:00 and the 12 or 13 mile family ride at 10:00 have been an element of KalTour for many years. Other groups have used the KBC Facebook page to organize and spread information about starting times. I would like to see a group ride set off every 30 minutes between 7:00 and 10:00. We already have a century group starting at 7:30 and a 31 mile group starting at 9:30. How about a late century at 8:00 and a "half-fast" metric century at8:30?

If you examine the LMB ride calendar as closely as I do, you can see that KalTour is one of the lowest priced one-day century rides in Michigan. Don't forget the value of registering ahead of time for KalTour (by June 10). For KBC members, the advance registration cost is only $15 for an individual or $30 for a family (two adults & minor children).

There has been a definite increase in volunteer activity for the last few years. I hope that this trend continues this year. Please let me know if you can help either the day of the ride or beforehand. Road painting this year will be on Thursday June 16.

What should KalTour look like next year? Should we revive the around-Kalamazoo County century route? Will there be a price increase? What items should be added to the lunch and sag menus? We will be talking about these issues in the fall.

--**Mike Krischer**, Kaltour Director

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APRIL KBC MONTHLY MEETING MINUTES
It was a busy, well-attended meeting

In Attendance: ("*" denotes members who were sworn in as Ride Leaders): April Martin, Barb Hart*, John Hart*, Chris Dahl*, Jerry Dahl*, Dale Krueger, David Jones, David Riggs, Doug Wales*, Flint Wiles, Gordy Vader, , John Idema, John Olbrot, Teri Olbrot*, John Shubnell*, Marc Irwin, Mark Jenson, Matt Lechel*, Mike Boersmam, Mike Krischer, Mike Vandeveer, Pam Sotherland, Paul Sotherland, Paul Wells, Renee Mitchell, Rick Whaley, Scott F. Powers*, Terry Butcher, Terry O'Connor, Zolton Cohen, Dale Krueger*, Valerie Litznerski

Guest Presentation
April Martin appeared on behalf of the **Michigan Blind Athletic Association**. MBAA trains and promotes para-Olympians, including tandem cycling and runs junior and senior camps for ages 9-19. Basic skills are at taught at the junior camp, more sophisticated skills at the senior camps. Students get P. E. credits. The Blind Athletic Association started in the 1980s. Michigan Chapter for Blind Athletes is the most active chapter in the country.

The MBAA will hold its annual tandem cycling event at the BTR Park May 11th-13th. The first night is for kids who have never ridden a tandem. The second night is for kids who've ridden before. The 3rd night, the kids race 3 mile time trials. Volunteers are needed to help with helmet fit and setting up as well as captaining the tandems. This event is lots of fun. Please contact **John Olbrot** if you can help out at vicepresident@kalamazoobicycleclub.org

Officer & Committee Reports

Vice President John Olbrot reported that a Ride Committee is being formed, and additional routes and ideas for rides have been discussed. We need more volunteers to support regular rides.

Treasurer Mike Boersma requested members to submit any receipts for club related business. Checking account $4684.53. Paypal account: $1,578.14. CD: $11,156.96

Secretary Valerie Litznerski would like to collect photos for KalTour, feel free to share any that you would like to include, so that we can post an event to the page.

Road Safety Director Paul Selden reported Public service announcements are being scripted. Thank you to Midwest Communications for airing these public service events. At the KATS meeting last Wednesday of April, a motion to adopt the KATS Non-Motorized Transportation Plan will be considered.
I**MPORTANTLY**, to report potholes email Pothole@KalamazooBicycleClub.org

Publicity Relations Director Marc Irwin was approached by Parchment in regards to Summer Boredom Busters. Marc will attend this event, but would love to hear ideas at what can be done for the kids.

Dave Jones reported the KBC Website Committee has reviewed the current website, and requests the club approve a budget of $1,500 for the website upgrade. The goal is to move towards a content manager website. The fact that the executive committee is required to approve expenditures of over $500 was mentioned and it was requested that the executive committee vote on the expenditure.

Kaltour Director Mike Krischer asked that we all help distribute the brochures for KalTour. The planning meeting was well attended and productive. Different routes were discussed for future bike club tours.

Bike Camp Head Honcho Zolton Cohen reported that brochures have been distributed and registration is up on the website. There will be a change from the previous years. One of the sessions will be at the Texas Drive Park to show participants where club rides will be held in the future. We hope to see many returning and new volunteers this year during the camp.

New Business: The club received a request from the Clark Logic Race Team was for a platinum sponsorship of $1,000. This is the level that the club has sponsored the event at in the past. Zolton recommends renewing at this level. The race gives us a lot of exposure, in the papers, radios and television. Paul moved to request that the executive committee votes to support this expenditure.

Coming Events:
1) Sea to Sea group will be coming through Michigan August 9th to 12th and would like to invite others to join them during their ride. Feel free to contact **Renee Mitchell**, KBC President for more information

--**Val Litznerski,** KBC Secretary

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MDOT and KATS:
Progressing With Non-Motorized Plans

The Michigan Department of Transportation (MDOT) wants more public input on the Stadium Drive / W. Michigan Corridor. On April 20, 2016 MDOT hosted a public meeting to gather input on potential improvements to the Stadium Drive - W. Michigan Av. corridor. MDOT is open to receiving ideas on how to re-design this congested area. If you have ideas or would like to get involved, either contact MDOT's Kalamazoo office or **Paul Selden** at directorroadsafety@kalamazoobicycleclub.org

On April 27 the Kalamazoo Area Transportation Study (KATS) Policy Committee voted to adopt the 2045 Metropolitan Transportation Plan. The "2045" in this long-term plan's title means that it projects its vision out 30 years, though many elements in the plan will begin almost immediately. This plan goes well beyond trails (like the Kalamazoo River Valley Trail) and city-centric bike lanes. For the first time (and perhaps for the first time in Michigan) our MPO has adopted plans for marked bike routes that will connect every major township, village and city to each other across the entire MPO. Go to www.katsmpo.org/2045-plan for more information about the entire Non-Motorized Plan included within the 2045 Metropolitan Transportation Plan. –-Submitted by **Paul Selden**

KUDOS

We all owe a big thank you to **Christopher Tracy,** who continues to work quietly behind the scenes to make a big difference in bicycling. He thought up the idea for the inaugural Kalamazoo Bike Week in 2012. In addition, Chris is a campaign co-chair for the Kalamazoo River Valley Trail, which continues to grow from Comstock to Galesburg and eventually to the Battle Creek trail system. --Submitted by **Paul Selden**

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16th ANNUAL W RIDE REPORT

Driving to Vicksburg High School the morning of the W Ride, a surprising sight greeted the Ride Leader – the sun. "Hmmm, I might run out of fingers counting the number of riders this year," mused the RL. Then, while passing **Flint Wiles**, who was riding from his home in Decatur, he knew that the odds were very good that he would at least run out of elbows. And at 9:05 A.M. and 48 degrees, according to the electronic billboard in front of the high school, a lucky 13 riders, equipped with their Tootsie Roll Pop W Ride Maps, headed east.

Twelve riders stayed together while riding into a not-so-strong but noticeable headwind to Calhoun County, averaging 15.6 mph, with **Steve Stapleton, Terry Butcher, Dan Kallewaard, Tracy Reilly**, and Flint doing most of the pulling. After a break to absorb the Calhoun County ambience, the riders headed back to Vicksburg.

During this portion of the ride, these riders broke into 4 groups; Dan and Tracy, followed by **Paul Pancella** on his recumbent, followed by Terry, Flint, Steve, Dan Goldberger and Dick Fridley, followed by **Terry O'Connor, Paul Marquardt** (on his fixed gear bike), **Carl Clatterbuck** and the RL. The latter group reached the high school averaging 16.5 mph.

After the traditional mid-ride snacking, Carl decided not let the exuberance of riding a bicycle for the second time since October get the best of him, and called it a day. Doug Wales announced that he would be turning back at Schoolcraft, and Dan G. and Terry B., who had ridden to the high school, announced that they would be turning north on Oakland Drive to ride home. The explanation for this shocking news from Terry, the man for whom no long ride is long enough, was that he had another engagement, one that inexplicably did not involve cycling.

Past Schoolcraft, the lead group of riders dropped to six, with Dan K., Flint, Dick, and the RL benefitting from some long pulls by Tracy and Steve. At the county line, the RL was now averaging 17.2 mph.

After a break to absorb the Van Buren County ambience, the riders turned east, their tailwind honeymoon over. Despite the slight headwind, the riders picked up the pace. Dan did most of the work, while Steve and Tracy pitched in, and the RL even took a couple of pulls. East of Schoolcraft, they passed Terry O. and Paul M., who had ridden to 2nd Street before turning back. The 6 riders finished the ride at 12:13 P.M. and 55 degrees, the RL averaging 17.6 mph.

To enhance the W Ride riding experience, the RL provided 4 varieties of Gatorade for the post-ride celebration, and the 8 finishers took advantage of this smorgasbord of flavors. They also feasted upon sourdough pretzels, albeit in only one (pretzel) flavor. The riders then headed home, and the RL continued to enhance his W Ride experience by mowing the lawn later that afternoon.

--Rick Whaley, W Ride Leader

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EDITOR'S LETTER: What Goes Around…Comes Around

That's right, **Rick Whaley** has stepped down as Pedal Press Editor, leaving a Hoover-sized vacuum in his wake (or maybe I should say, in his draft). I could employ a whale(y)-sized play on words and claim I was "drafted" to take his place, but I did volunteer, though only after no one else evidenced the slightest interest.

How is it that no one else wanted the prestige and perks associated with one's name sitting atop the *PedalPress* masthead? Possibly no other KBC folks believe the quality of their writing could match Rick's flowing prose, his droll sense of humor, his self-deprecating style, his is encyclopedic knowledge of cycling, or his keen ability to convert lemonade back into lemons (or in Rick's case, Gatorade back into 'gators).

I imagine all of you nodding "yes, yes indeed" to all those reasons and adding few of your own—deadline dread, terminal typos, syntax snafus, and—worst of all—rider's block (tee-hee!). All of which begs a very good question—what does it say about me that I'm willing to stare down these formidable challenges and slide my tender rump into Rick's Editor's chair? That I'm a verbose self-absorbed curmudgeon? A frustrated novelist vainly searching for an audience? A (mostly) retired lawyer who misses the joy of writing briefs? Really, I'm a guy who loves bicycling, who figures you do too, and who hopes to stimulate/irritate/amuse you with some insightful/educational/snappy scrivening.

Many of you know me already but some do not, so here's an abbreviated *curriculum vitae* (in cyclist jargon, my "*palmares*"): I'm a past KBC president, and vice-president. I was also *PedalPress* Editor back around the turn of the century for a few years.

Ancient history: after ditching my bike the moment the State entrusted me with a driver's license in 1968, I returned to cycling in 1982. I've logged several thousand miles a year ever since, most of them with my wife and riding partner since 1995, Kathy. We've biked in Europe and Canada and across the United States—horizontally and vertically. I've toured, raced, and crashed—badly. I've sweated into heat exhaustion and frozen my sorry butt more times than I want to think about. I do all our bike maintenance and have constructed 25 frames, including the tandem on which Kathy & I won an age group national time trial championship in 2009.

I simply love this sport, the melding of man and machine and environment, and how embracing all the bike has to offer creates a healthier and happier way of life. I'll tell anyone the world would be a far better place if everyone regularly rode a bike. Having done this editor gig before, I recall the one thing I really wished for back then—long

before Facebook, etc. caught on—was feedback. You know, letters to the editor, snide comments, and corrections, even an occasional accolade. I want to hear from you. Please. Till next month then…

Doug Kirk, *PedalPress* Editor
editor@kalamazoobicycleclub.org

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KBC STATISTICS

New Members:
Andrew Barnell • David Boboltz • Heather Boersma • Valerie Botzum • Kristen Cochran • Melody Daacon • Cameron Fletcher • Dylan Gonda • Lori Hughes • Dan Jekic • Yvonne Johnson • Kevin Kimbrough • Brok Lamorandier • AJ Larivee • Lauren Larivee • Matt Lechel • Michael Stinchcomb • Pam Stinchcomb • Charlie Sweet • Danielle Sweet • Faith Sweet • Olivia Sweet

May Expiring memberships:
Tania Brammer • Terry Butcher • Alan Dahl • Allison Kelaher Hart-Young • Daryl & Amber Hutson • Michelle Karpinski • Marguerite Mosher • Dick Nivala • Joseph & Kara Nuismer • Michael Roe • Scott Veramay

Renewed memberships:
Doug & Kathy Kirk • Dave Hauschild • Rick Whaley • Steven R. Cox • Tom Cross • Thomas Noverr • Jim Patton • Steve Stapleton • Jim Kindle • Mike Berry • Andrea & Donald Fore • Ellen Mack • Paul Clift • Kevin High • Kevin Philion • Matt Gunderson • Benjamin Clark • Donald Payerle • John Clark • Jerry & Chris Dahl • Sandy Reid • Roger Poorman • Anne Hoover • Shelley Klotz • Colby Novar • Molly Cartwright • Cheryl Koopman • Nicole Obriecht • Evan St. Peter • Susan DeHollander • Roger Pozeznik

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YOUR LOCAL BIKE SHOPS:

They support us so please support them—seriously, what goes around comes around

Alfred E. Bike, 320 East Michigan, Kalamazoo, (269) 349-9423, www.aebike.com.

Billy's Bike Shop, 63 East Battle Creek Street, Galesburg, (269) 665-5202, www.billysbikeshop.com.

Custer Cyclery, 104 North Augusta, Augusta, (269) 731-3492, www.custercyclery.com.

Gazelle Sports, 214 South Kalamazoo Mall, Kalamazoo, (269) 342-5996, www.Gazellesports.com.

Did you know **Gazelle Sports** has a customer rewards program? With**MyGazelle Rewards** you earn one point for every dollar spent at Gazelle Sports. Once you earn 250 points you are given a $20 Gazelle Sports gift certificate. Enjoy lots of other perks, too, including Double Points shopping days!
Sign up at any Gazelle Sports location and learn more here: http://gazellesports.com/wp/mygazelle/

Kzoo Swift, 445 Forest St, Kalamazoo, (269) 929-8053,
www.kzooswift.com.

Pedal Downtown, 611 W Michigan Avenue, Kalamazoo, **(269) 567-3325,**
Pedal South, 185 Romence Road, Portage (269) 324-5555,

info@pedalbicycle.com and www.pedalbicycle.com.

Team Active, 22 West Michigan, Battle Creek, 1-800-841-494, www.teamactive.com.

Village Cyclery, US 131 in Schoolcraft, (269) 679-4242, www.villagecyclery.com.

Zoo City Cycle & Sports, 4328 South Westnedge, Kalamazoo, (269) 552-3000, www.zoocitycycle.com.

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BICYCLING SAFETY ADVICE

You can get seriously injured riding your bike. Even killed. Trust me, I ought to know (not the killed part). Be sure your bike is in good condition. Ride like your life depends on it! It's a really good idea to wear a bike helmet. Work on generating good karma throughout your life. It might just save your you-know-what when all else fails.