

PEDAL PRESS

RIDES & EVENTS

november 1981

- Sun. Nov. 1 Jan McLain 327-2256
Green Meadow School
MN and 26th 2:00 pm
15-30 miles
- Sat. Nov. 7 Jan Hageman 382-2656
Green Meadow School
MN and 26th 10:00 am
30-35 flat to rolling
- Sun. Nov. 8 Sandy Kimbrough 381-1724
KVCC 2:00 pm
N.E. corner parking lot
10-25 rolling miles
- Sat. Nov. 14 June Godfrey 349-4787
Lexington Green School
Sprinkle and Milham 10:00 am
25-30 flat to rolling
- Sun. Nov. 15 Jan McLain 327-2256
Schrier Park
Osterhout Rd. 2:00pm
10 to 30 miles
- Sat. Nov. 21 Phil Caruso 381-0135
Spring Valley Park
Mt. Olivet Rd. 10:00 am
20-30 miles
- Sun. Nov. 22 Dave Hageman 382-2656
Oshtemo Hardings 1:30 pm
Michigan Ave. and 29th
20-30 miles
- Thur. Nov. 26 THANKSGIVING DAY RIDE
Jan Hageman 382-2656
Lexington Green School
Sprinkle and Milham 12:00
10-15 miles
L.A.W. patches available
- Sat. Nov. 28 Sandy Kimbrough 381-1724
Lexington Green School
Sprinkle and Milham 2:00 pm
10-20 flat miles
L.A.W. patches available
- Sun. Nov. 29 Alvin Holmes 349-3546
D Ave and 131 commuter lot
2:00 pm
15-30 miles
L.A.W. patches available

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Kalamazoo Bicycle Club

general meeting

OFFICER ELECTIONS

It is important that your voice be heard at the November meeting. The election of new officers will take place at this meeting. If you are interested in YOUR Club, come and take part in this important meeting.

KVCC - Room 2006 7:30 Mon 6th

Program - Movie - Ski the Norway

minutes

TREASURERS REPORT:

The Club has a balance of \$189.92 in the checking account.

CLUB CENTURY RIDES:

There was discussion on the number of major tours the Club should have each year. Richard Dinda made a motion that the Club stay with having 3 tours a year. It was voted on and did not pass. Phil Caruso made a motion that the Club have 2 tours a year. It was voted on and passed. The dates and places of the tours for next year will be decided at the November meeting.

DONATION:

There was \$20.00 left over from the Leisure Valley camping trip. Members voted to donate the money to the Bronson Burn Center.

ELECTIONS:

November is Election month for the Club offices. We would like to have as many members as possible at this meeting. We need more people willing to run for an office or a volunteer position. GET INVOLVED!!

MAPS:

So that more Club members will want to participate in leading rides the Club will have available maps with all the favorite starting points in Kalamazoo County. Any member can contact the secretary if they are willing to lead a ride and would like to have some maps. Next year if we do not have volunteers to lead the rides there could be some weekends that no rides will be scheduled.

WINTER RIDING WITH A FIXED GEAR

The 1980 cycling has come to an end. For many months we have been thinking of next year's tours and races, and about the early spring miles that will have to be ridden in order to regain this year's strength and endurance, that we are already losing.

I'm John Nuiver, a bike racer, and I'm writing this to share with you a technique that I use to retain some of my cycling strength, and actually improve my pedaling cadence during the off season.

Any physical training must be specifically tailored to the task you wish to perform. To a runner, you have to run. A swimmer has to swim. A bike rider has to ride his bike. In the off season, a bike rider can do several sports like cross country skiing, roller riding, or running. While these activities are well and good in themselves, they are not the specific training techniques you can use to improve your cycling.

My off season "sport" is bike riding.

I don't use my racing bike in winter, it just won't make it. I do use what is called a road fixed-gear. A fixed gear is a very simple bike. No derailleurs, no variable gears, just a single front chainwheel and a single rear sprocket which is fixed rigidly to the rear wheel. When the bike moves, the chain moves and the crank turns, so while you are riding you must be pedaling, as it is impossible to coast.

In order to gain the benefits of fixed-gear riding, you must select a low gear ratio (42 x 21, about a 54 inch gear). You will develop a high smooth cadence because you are forced to maintain a high R.P.M., especially down hill. You won't have to put your foot down a stop sign because you can balance the bike by alternating forward and reverse thrust on the cranks. Slowing down and stopping are even easy in wet snow because reverse pedaling force supplement hand brakes. You will also feel warmer in the coldest weather because you are spinning so fast.

Fixed gear riding does take some getting used to. Since the pedals always turn, you risk hitting your pedal on the pavement during fast leaning turns. Take turns more slowly. You will have to master putting your foot into the toe clip and reaching down to pull the strap, while the pedals are turning. You will also be surprised the first time you try to coast!


So if you have an old bike or frame lying around, pick it up, and make yourself a road fixed-gear. Remove the gears install some fenders, and spin a track sprocket onto the rear hub. Please leave both hand brakes installed.


With your new bike you will now be able to begin riding longer into this winter and begin riding earlier next spring.

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OFFICERS

President	Gordon Vader	327-9846
Vice President	Scott McLain	327-2256
Secretary-Treasurer	Jan McLain	327-2256
Road Captain	Jan & Dave Hageman	382-2656
Program Director	Scott McLain	327-2256
Librarian	Randy Vader	327-9518
Newsletter Editor	Pat Wells	345-6570



membership form

PLEASE PRINT

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Birthdate _____ Sex _____

DUES (check one)

- _____ Adult membership \$5.00
- _____ Family membership \$8.00
- _____ Youth (17 or younger) \$4.00
- _____ Senior (60 or older) \$4.00

For family membership, please list entire family:

Name _____ Birthdate _____ Sex _____

Signature _____ Date _____

(if under 18)

Parent Signature _____

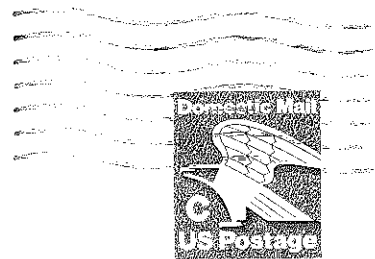
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