

PEDAL PRESS

may 1982

MAY MEETING will be Monday, May 17, 7:30 PM at Kalamazoo Valley Community College, Ninth and O Avenue.

We will have a film of the 1981 Coors Classic race, to be shown at 8:15.

COMMUNITY RIDE

This will be held on May 15. There are a number of activities planned. Two movies will be shown throughout the day, police officers will be there for bicycle registration, clinics will be given on fixing flats and making minor repairs to your bike, and of course, we will be riding.

Help is needed in several areas, please call Pat Wells, 345-6570 if you have a few hours to spare that day.

TIME TRIALS

Beginning May 4, and every Tuesday after, just east of Augusta by the railroad tracks. Open to everyone. Will not be held in May if weather is unusually cold. Try to be out there by 6:30 for warming up, riding will start promptly at 7:00.

THURSDAY NIGHT RIDES are starting in May at 6:30, at Lexington Green School, Milham at Sprinkle.

These rides are short, flat, good for getting into shape early in the season. Several distances are planned so you may choose a ride of 30 minutes or an hour.

May 6	June Godfrey	349-4787
May 13	Sandy Kimbrough	381-1724
May 20	Pat Wells	345-6570
May 27	Jan Hageman	382-2656

Sat. May 1 10:00 at Kalamazoo Valley Community College, 15-30 miles of rolling hills. Richard Dinda

Sun. May 2 2:00 at commuter lot on Centre St at U.S. 131. 20-30 miles
Jan McLain 327-2256

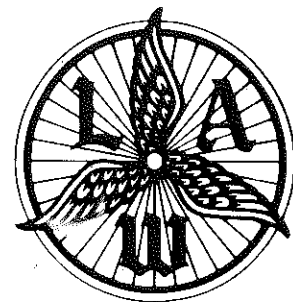
Sat. May 8 11:00 at Oshtemo Hardings, Michigan & Ninth St. 15-30 rolling miles. Dave Hageman 382-2656

Sun. May 9 3:00 Pavillion Township Hall, 29th and Q Avenue. Flat terrain. No leader.

Sat. May 15 Community Ride



Kalamazoo Bicycle Club



Sun. May 16 2:00 at Green Meadow
Schol, MN Avenue & 26th. 10-40
flat to rolling. Sandy K. 381-1724

Mon. May 17 6:30 at Kalamazoo Valley
Community College, Ninth & O Avenue.
10-25 flat to hilly miles. Attend
meeting afterwards! Richard Dinda
349-9503

Sat. May 22 10:00 at Lexington Green
School, Milham at Sprinkle. 10-30
flat, easy miles. Jan Hageman
382-2656

Sun. May 23 1:30 at Schrier Park on
Osterhout Rd. 10-30 miles, flat
Jan McLain 327-2256

Sat. May 29 10:00 at Spring Valley
Park on Mt. Olivet. Rolling terrain,
no leader.

Sun. May 30 2:00 at Kalamazoo Central
on Drake Rd. Hilly terrain, no leader.

Mon May 31 11:00 at Lexington Green
School, Milham at Sprinkle. 20-40
flat miles. Ride to Coldbrook Park
for a picnic lunch. Hot dogs and
beverage furnished, bring a dish to
pass.

LAW Memorial Day patches will be available
for any of the rides on Memorial weekend,
\$1.25. Let Jan Hageman know if you want
one.

**MILWOOD SCHWINN
CYCLERY, INC**

1015 E. CORK St.

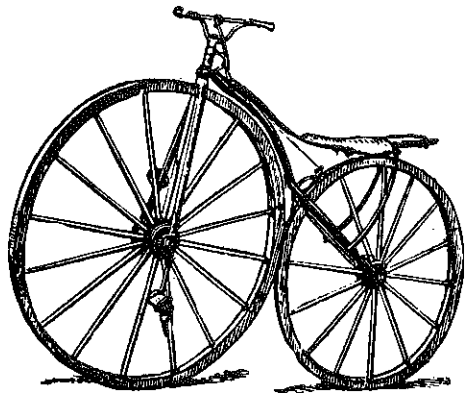
PH. 349-6384

FITTING YOUR BICYCLE TO YOUR BODY

1. Adjust the seat so it is level or slightly tilted up in front.
2. Adjust the seat height so that your rear doesn't rock when pedaling backward with your heels on the pedals.
3. Adjust the seat fore and aft so that the middle of your knee is over the pedal axle.
4. When riding on the drops, the tip of your nose (while looking forward) should be 1" in back of the handlebars. Also, when looking down at the handlebars, the front hub should be hidden. If needed, buy a new stem that is the correct reach.
5. Adjust the handlebars to the same height as the seat. Then lower the bars until you feel comfortable.
6. Center the ball of your foot over the pedal axle. There should be 1/8th inch or so clearance between the end of your cycling shoe and the toe clip if cleated shoes are worn; and the toe clip should stop the shoe in the proper position over the pedal if shoes are not cleated.
7. NOW - Remember you can make any adjustments you feel are necessary to make your riding comfortable. Any adjustments you do now should be in very small increments. And only adjust one thing at a time, riding a couple times before making any further adjustments.




FRAME FOR SALE: 22" Silver Fuji Newest in good condition. Bell Helmet also available. Both good buys. Call Mary Beth, Battle Creek, 963-1236



English Velocipede, 1869

BICYCLING
THE WAY TO GO



NEW 5942 Lovers Lane
WORLD Portage, Michigan 49081
BICYCLES Telephone (616) 395-1830

Ross · Raleigh · Fuji · Mongoose

RIDING COMPANION WANTED - for summer trip through Canadian Rockies and back by way of the Upper Peninsula. Call Kathy at 345-6765.

officers

President	Pat Wells	345-6570
Vice President	Earl Atkins	
Secretary/ Treasurer	Jan McLain	327-2256
Road Captain	Jan & Dave Hageman	382-2656
Program Director	Paul Wells	345-6570
Librarian	June Godfrey	349-4787
Editor	Sandy Kimbrough	381-1724

MAY IS AMERICAN BIKE MONTH

BICYCLING—THE WAY TO GO!

membership form

PLEASE PRINT

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Birthdate _____ Sex _____

For family membership, please list entire family:

Name _____ Birthdate _____ Sex _____

Signature _____ Date _____

(if under 18)

Parent Signature _____

Kalamazoo Bicycle Club

DUES (check one)

<input type="checkbox"/>	Adult membership	\$6.00
<input type="checkbox"/>	Family membership	\$8.00
<input type="checkbox"/>	Youth (17 or younger)	\$4.00
<input type="checkbox"/>	Senior (60 or older)	\$4.00

Mail to: KBC

Box 527

Kalamazoo, MI 49005



