

pedal press

FEB-MARCH 83

RENEW NOW

If you have not renewed your membership by late March, you will not receive the April Newsletter and Ride Schedule.

RENEW NOW

NEXT MEETING:

March 21 in ROOM 2006 at Kalamazoo Valley Community College.
NO MEETING IN FEBRUARY.

RIDE SCHEDULE FOR FEBRUARY & MARCH

Sunday Feb. 13 bicycle from Lexington Green Milham at Sprinkle 2 PM
Valentines Patch Ride, Jini Caruso 381-0135 LAW Patch \$1.25, Ride free.

Sunday Feb. 20 Ride or Ski from Spring Valley Park at Mt. Olivet by water
tower. 2 P M. Al Holmes.

Sunday February 2 Ski from Milham Park. at 2 PM. Use Lover's Lane parking
lot. Phil Caruso 381-0135.

Saturday March 5 Roller Races at Crossroads Mall (see article below)

Sunday March 6 Bicycle from Green Meadows School MN and 26th Ave. at 2 PM
15-25 miles, Jan Hageman 382-2656

Saturday March 12 Bike or Ski from Schrier Park on Osterhout Road
at 11 AM Jan McLain

Saturday March 19 St. Pat's Day Ride Ride 25-30 miles from Pavilion
Township 29th and Q Ave at 10:30 to the Leprechaun Cafe in Fulton for
Lunch. Bring money for lunch. Ride free, patch \$1.25. Marlene Hoyer.

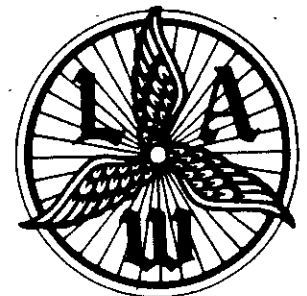
Saturday March 26 MARCH MADNESS 10 AM from Kalamazoo Valley Community
College Ninth and O Ave. 15 to 50 miles Jini-Caruso 381-0135.

TUESDAY NIGHT SKIING from Milham Park at 7 PM. Use Lover's Lane
parking lot.

February 15 Phil Caruso
February 22 Arne Maki



Kalamazoo Bicycle Club



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AN APOLOGY FROM THE EDITOR The Newsletter Editor omitted one name from those who were to be thanked for their efforts for the Club last year. That person was Brian Richards. Brian put in many long hours organizing last years very successful Spring Valley Road Race. Sorry about the omission, Brian.

MINUTES OF THE MEETING.

NEXT MEETING The members who attended the January meeting voted unanimously to not hold a meeting in February. It was felt that it was sufficient to publish a ride/ski schedule for February and March and not send out a special newsletter in February.

SPRING RIDE John Hart has agreed to help organize a Spring ride sometime in May. The ride will include a short loop and the intent is to make serious attempts to get new riders to join us. John will need our help so those who are willing please volunteer. If everyone does something, it will be easy. To volunteer Call Phil or Jini Caruso at 381-0135.

ROLLER RACES The Club will stage roller races March 5 at Crossroads Mall as we did last year. Gordie Vader is going to do the organizing. For those of you who have never seen a roller race, place the date on your calendar. Races will be from Noon to 5. Registration will be about 11 AM. Racers must have 1983 USCF license. there will be trophies and prizes. For information call Gordon Vader at 327-9846.

MAILING LISTS It was agreed that those shops which advertise in the newsletter, thus subsidizing the Club, should be given copies of the mailing list.

PEDAL ACROSS LOWER MICHIGAN PALM will be staged again this year by the Great Lakes Bicycle Council. The ride is 270 miles from Warren Dunes State Park to downtown Detroit. The dates are June 20 through June 25. If you want further information, contact Phil at 381-0135.

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MILEAGE CHARTS One copy of the 1983 mileage chart is attached. Record your mileage as you proceed through the year. The Club awards mileage patches at the end of the year to those who complete 500, 1,000, 1,500, 2,000, etc. miles. You can count all miles you pedal to a Club ride, miles on the Club ride and miles completed with other Club's rides.

MILEAGE BARS Those members who have ridden more than 500 miles qualify for a mileage bar. They will be ordered by February 21. Please let Jini Caruso know what your mileage in 1982 was before then. Bars will cost about \$2.50 to \$3.00. As in the past contributions will be accepted to help cover the cost.

RIDING ROLLERS

After reading the announcement about the roller races above, some of you may be wondering what "rollers" are. A set of rollers consists of three round drums (rollers) on axles, each about sixteen inches wide and four inches in diameter that are bolted on a metal frame. The rear wheel of a bicycle sits on two of these rollers, spaced about ten inches apart; the front wheel sits on the third. A belt connects the front roller and one of the rollers in the rear, so that pedaling the bicycle sets the rear rollers in motion, which in turn set the front roller and consequently the front wheel in motion—a moving road! Roller riding is hard to master at first because the small diameter of the rollers makes steering very sensitive—you unavoidably find yourself steering right off the edge of the roller. One thing to remember is that the bigger the gear you use and the faster you go, the more stable you become. Eventually, however, one gains the feel of things and is ready to try shifting gears, riding no-handed, and even dressing and undressing while riding!

Now you ask—what will roller riding do for me? Since there is no resistance on rollers, even at speeds of 30-40 mph, nothing is to be gained as far as muscular strength is concerned. Roller riding does enable you to ride your bicycle during the cold winter months and helps you maintain the "feel" of riding; also, since roller riding is so smooth, it really does a great job of loosening up muscles in your legs and back. With a proper training program of sprint intervals, roller riding can help you improve your cardiovascular efficiency (lung capacity and breathing rhythm, for example) and can give you a smoother, faster, cadence.

(Thanks to Gordon Vader for the explanation of rollers.)

FROM THE RIDE CAPTAIN

We were disappointed with the ride attendance last season and would like to know how we can provide rides that more people would like. We do intend to take steps to insure that the Thursday night rides have a short loop for beginners. Still, we would appreciate it if you would fill this survey out and mail it to Kalamazoo Bicycle Club Box 527 Kalamazoo, MI 49005. If there are additional people reading this newsletter, additional answers may be submitted on a blank sheet of paper. YOU NEED NOT BE A MEMBER TO ANSWER.

1. What kinds of rides do you prefer?
 - a. length_____
 - b. starting times for weekday rides_____
 - c. starting times for Saturday rides_____
 - d. Starting times for Sunday rides_____
 - e. pace of the rides_____
 - f. side of town from which to start_____

2. When riding with the Club, which of the following most interest you?
 - a. stopping for food
 always_____ most of the time_____ some of the time_____ never_____
 - b. visiting some point of interest such as Scotts Mill Park or Lake Michigan
 always_____ most of the time_____ some of the time_____ never_____

3. If you did not ride in as many rides last season as you would have liked, what was the reason?
 - a. the time of the rides was inconvenient_____
 - b. other commitments (such as work, family obligations)_____
 - c. the rides offered were not what I wanted_____
 - d. other reasons (please explain)_____

4. Would you like to see one or more overnight rides organized this year? Would you be willing to help organize one?_____

5. Please add miscellaneous comments on what you would like the Club to be. Place your comments on the back of this page.

membership form

Kalamazoo Bicycle Club

PLEASE PRINT

Name_____

DUES (check one)

Address_____

_____Adult Membership \$6.00

City_____STATE_____ZIP_____

_____Family Membership \$8.00

Phone_____Birthdate_____

_____Youth (17 or younger) \$4.00

_____Senior (60 or older) \$4.00

For family membership, please list entire family:

_____NEW MEMBER

Name Birthdate

_____RENEWAL

Signature_____Date_____

(if under 18)

Parent Signature_____

Mail to: KBC

Box 527

Kalamazoo, MI 49005

