

PEDAL PRESS

may 1983

MAY MEETING

Monday May 16
7:30 in Room 2006
at Kalamazoo Valley
Community College

PROGRAM: Jeff Willson from Sports Medicine Clinic on stretching excercises.

Ride Schedules

weekends

SATURDAY May 7: 10:30 from Commuter Lot D Ave and 131. Flat to rolling 17 miles. First ten new riders treated to free ice cream cone. Alvin Holmes 349-3546.

SUNDAY May 8: 2 PM Centre Street and 131 Car Pool Lot. 14-18 flat to rolling miles John Hart.

SATURDAY May 14: 8 AM Tobey School 12-53 miles flat to rolling miles. Tobey School is at QR and Long Lake Drive. A Preview of the Spring Ride. (Intended primarily for the sag crew.)

SUNDAY May 15: KBC Spring Ride

SATURDAY May 21: 10:00 from Fred's Grocery in Schoolcraft 18-60 miles of flat to rolling terrain. Jan McLain 327-2256.

SUNDAY May 22 2:00 from Kalamazoo Valley Community College at 0 and 9th Ave. 20-60 rolling miles Sandy Kimbrough 381-1724

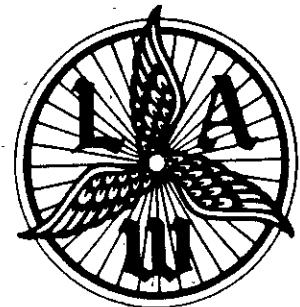
SATURDAY May 28: 10:30 Schrier Park on Osterhout Road 36 miles flat in 3-4 hours, bring lunch. Memorial Patches \$1.50 Marlene Hoyer 327-4263

SUNDAY May 29: 1:00 PM from KVCC. Three routes ranging from 15 to 40 miles. Mostly rolling. Most of the loops will go through Mattawan. Joel Dinda.

MONDAY May 30: No ride (no one available to lead ride)

SATURDAY June 4: 1PM Lexington Green at Milham and Sprinkle. 10 or 20-30 flat, 1-3 hours. June Godfrey 349-4787

SUNDAY June 5: 2 PM from Spring Valley Park at Water Tower on Mt. Olivet. 20 to 30 rolling miles. Phil Caruso 381-0135.



thursday evening

(This month we will start our Thursday Evening rides. These rides are intended to be shorter than our typical weekend rides. They are an excellent ride for people just beginning to ride. Come out and join us. All of them start from what used to be Lexington Green Elementary School at the corner of Sprinkle and Milham. The terrain is flat. Starting time is 7:00!!

May 5: Jini Caruso
May 12: Sandy Kimbrough
May 19: Jan Hageman
May 26: Marlene Hoyer
June 2: Phil Caruso

tuesdays

(We will also begin our weekday rides this month. These start from various places and times.)

May 10: 1 PM Spring Valley Park at water tower. 17 or 22 miles of rolling terrain. Jini Caruso 381-0135
May 17: 1 PM Lexington Green School 20 miles, flat. Jini Caruso 381-0135.
May 24: 1 PM Pavilion Township Hall 14 and 19 flat miles. Jini Caruso 381-0135
May 31 No ride scheduled

DATES OF RIDES SPONSORED BY NEARBY CLUBS (For further information, call Jini or Phil at 381-0135.)

June 4: 100 Grand from Grand Rapids sponsored by Rapid Wheelman.
June 11: 100,000 Meter T-shirt Ride sponsored by TCBA from Grand Ledge, Michigan
June 12: Pioneer Century from Atwood, Indiana sponsored by Warsaw Wheelmen
June 18, 19: Great Northwest Tour from Maple City, Michigan near Traverse City.
July 3: Seaway Festival from Muskegon Michigan
July 9, 1983: One Helluva Ride from Dexter Michigan sponsored by Ann Arbor Bicycle Touring Society
July 30, 31: Amishland and Lakes (Ride limited to 1300 riders.)
September 18: Cereal City Century sponsored by Battle Creek Bicycle Club
August 31 to September 5: DALMAC sponsored by Tri County Bicycle Club
September 25: Apple Cider Century from Three Oaks Michigan sponsored by Three Oaks Spokes (Limited to 3500 riders.)

BICYCLING
THE WAY TO GO



NEW WORLD BICYCLES Telephone (616) 345-1830
5942 Lovers Lane
Portage, Michigan 49081

Ross · Raleigh · Fuji · Mongoose

Village Cyclery
Wheel-Specialist
Schoolcraft
679-4242

MINUTES OF MAY MEETING

TREASURER'S REPORT Jan McLain reported that we now have \$263.18 in the treasury as a result of all of the shops sending us a check for their advertising in the newsletter. (Reminder to the members from the newsletter editor: These are essentially contributions from the shops to support the Club. If it were not for these contributions dues would be approximately \$3 per member higher. SUPPORT YOUR LOCAL SHOPS!!)

Jan reported that we have received three new members and two more renewals. Club membership now totals about 55.

SPRING RIDE John Hart reported that plans for the Spring Ride are progressing. He is searching for restaurants on the route so that riders may know where they can eat if they wish. He has received volunteers to make cookies. The posters were presented and everyone approved of them. Volunteers were sought to help distribute them. Registration will open at 7:00. If you want to volunteer for helping on the day of the ride call John at 342-8549. John is committed to making sure that those who volunteer will be able to ride for a major part of the day if they wish so even if you want to ride call him and volunteer.

RACE Since we have cancelled the Spring race that we usually hold Scot asked whether we wanted to hold a race later in the year or begin planning on a race for next year or neither. Discussion revealed support for beginning planning for a licensed (USCF) race for next year and to begin thinking about the possibility of a citizen's race this year for non licensed riders.

LEAGUE OF MICHIGAN BICYCLISTS The Club received a letter indicating that Steve Leiby of the Tri County Bicycle Association has resigned his position as editor of The Michigan Bicyclist. We enjoyed reading Steve's work and want to thank him for the many, many hours of work he put in to them. Thanks Steve.

OVERNIGHT RIDE After discussion Scot volunteered to continue to research the possibility of a an overnight camping ride.

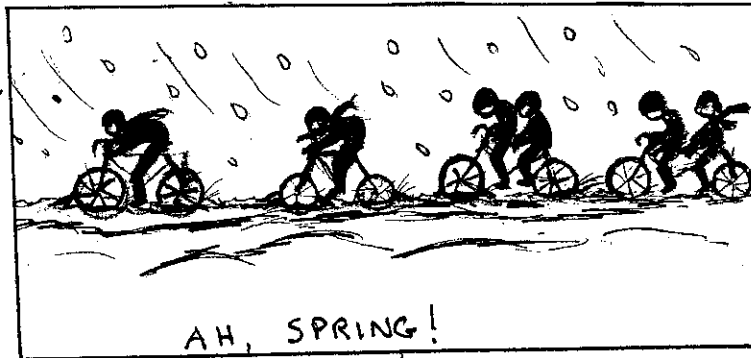
BORGESS RUN FOR THE HEALTH OF IT Pete Wenzlick attended the meeting and asked for volunteers for cyclists to ride alongside the runners of the RUN on April 30th. Jini Caruso and Sandy Kimbrough volunteered.

MAY PROGRAM It was agreed that Scot McLain should try to get Jeff Willson from the Sports Medicine Clinic to demonstrate stretching exercises. (As the program note attached to the meeting announcement indicated, WE SUCCEEDED! Last year Jeff presented a fascinating demonstration of the benefits and techniques of massage. Be sure and come!)

WELCOME TO NEW MEMBERS!!

Vivian Burrows	11718 Portage Rd., Kalamazoo	323-3111
Allegra Congelosi	315 Stuart, Apt. 3, Kalamazoo	349-9871
Matthew Ennis	3033 Heatherdowns, Kalamazoo	345-8854
Norb Mandrick	55143 S. Nottawa, Mendon	496-7487
Kirk, Judy, Allyson & Scott McBride	6852 Windemere, Portage	323-9823

LAW MEMBERSHIP Your newsletter contains a membership form for the League of American Wheelmen along with an article on one of the services the League provides. The League is the national organization for bicyclists and provides articles in the monthly bulletin on safety and current status of the laws as well as touring articles. And, as the attached article mentions the League also compiles a list of members across the nations, a list of bicycle clubs, a list of people willing to allow bicyclists to stay overnight and information about state bicycle maps to help people plan trips. The League engages in lobbying activities to protect the rights of bicyclists. Every bicyclist whether they belong to a local club or not needs to belong to the League!



CLUB OFFICERS - 1983

President.....	Scot McLain.....	327-2256
Vice President.....	Kaylin Winther.....	323-1951
Secretary-Treasurer.....	Jan McLain.....	327-2256
Newsletter Editor.....	Phil Caruso.....	381-0135
Road Captain.....	Jini Caruso.....	381-0135
Librarian.....	June Godfrey.....	349-4787
Race Information.....	Terry Florian.....	375-0695
Race Promoter.....	Brian Richards.....	349-3484

**ARLWOOD SCHWIMM
CYCLES, INC.**

1015 E. CORK ST.

PH. 349-6384

Alfred E. Bike

ESTABLISHED
1972



SPRING INTO SHAPE RIDE

TOBEY ELEMENTARY SCHOOL
MAY 15

REGISTRATION 7:00-3:00

FAMILY 5.00 SINGLE 2.50

**FEE INCLUDES: MAPS & MARKED ROUTE,
FANNY FLAG, ONE SAG STOP**

ROUTE LENGTH 53.5, 31.5, 14 or 4.4 miles

Fellow cyclists can help make tour safe, enjoyable

This is a parable about preparedness. As millions of boys and former boys know, the Boy Scout motto is, "Be prepared."

As a reward when Fred obtained his Eagle Scout award, his father Bill (fictitious names) suggested they take a bicycle camping trip from their home in Salt Lake City to San Francisco. They prepared for it in common sense ways. They trained for six months. For routing information Bill wrote to the departments of transportation in the three states they would cross. The consequences of their asking non-cycling specialists for information would be enough to make an energetic person found a League of American Wheelmen if such did not already exist. Even so, they almost made it.

Cyclists are allowed to use Interstate 80 in Utah and Nevada, except where signs are posted in Reno and Sparks. But the Nevada DOT told them U.S. 50 was the "only bike route" across Nevada. So when they passed from Utah to Nevada, they obediently exited I-80 and headed south on Alternate U.S. 93, which would carry them 40 miles out of their way to U.S. 50. As Bill related it in the newsletter of Salt Lake City's Bonneville Bicycle Touring Club:

"I had driven highway 93 several times before and assumed it was reasonably flat. Boy, was I wrong! The first incline was near 10 miles straight up, or so it seemed. After it leveled off a bit, Fred came as close to being killed as one can get. We were riding in the southbound lane (there was no shoulder to speak of) when a big, white Cadillac, silent as death on wheels, swept up behind us, swerved into the left lane to pass us, just as Fred momentarily lost control of his overloaded bicycle and also swerved into the same lane. The driver headed for the barrow pit with her tires screeching on the hot pavement. Her right front bumper hit Fred's left pannier, pushed it into the spokes, sprung the wheel, and knocked Fred over on the road. Had the bumper hit two inches to the right, a tragedy would have been the result. As it was, he was not hurt except for a scratch on his shin bone from the bicycle frame. My wife brought us another wheel from Salt Lake City that night, which enabled us to continue the next morning."

Five days later, as they neared the end of a difficult journey across Nevada, the roads were worse.

"The 30 miles between Fallon and Fernley were the worst miles we had ridden; the paved highway was a washboard of ruts and holes; the traffic was frightening. At Fernley we stopped at the local highway patrol office and asked if we might be allowed on the freeway. They broke our hearts by telling us that we could have ridden the whole freeway from Utah, had we so desired. Evidently the Nevada DOT and Nevada Highway Patrol have different interpretations about where bicyclists may ride. We could have saved ourselves some difficult times by riding the freeway."

At the end of the article (which ran five single-spaced woeful pages in a seven-

page club newsletter), Patricia Hanson commented, "Had Bill contacted me, the L.A.W.'s touring information director for Utah, he would have been spared the trauma of not riding I-80 through Nevada. We have provided information for cross country cyclists for several years, and probably personally answered over 40 letters this summer alone. If we don't know the answer, we can usually find someone who does know."

Touring information directors can provide other information, too, such as where to camp. Bill and Fred camped in an abandoned quarry one night, only to learn the next day, "had we ridden the nine miles into Eureka last night, we would have had a nice campground with running water and toilet facilities, but such are the inconsistencies of the open road."

Bill and Fred *tried* to prepare. But their trip was far more rugged and difficult than it needed to be. In Sacramento, discouraged by the heat and heavy traffic (apparently getting late starts and traveling in the hottest part of the day), they stopped, and Bill's wife drove 650 miles from Salt Lake City to pick them up.

Bicycle touring doesn't have to be this way, and if it did, it wouldn't be one of the fastest growing activities in the U.S.

The League's volunteer TID's provide info about routing and accommodations. The *Directory of Members and Services* tells where to order state and county maps, U.S. Geological Survey maps and in some areas traffic volume maps. Over 700 Hospitality Homes listed in the *Directory* offer overnight sleeping space, showers and advice on local conditions to cycle-touring fellow League members.

And now the League is expanding its services to bicycle tourists. First, we're selling (among the carefully screened books in our new book sales program) *The Bicycle Touring Book* by Tim and Glenda Wilhelm, and the excellent but little-known *Bicycle*

Camping by Diana Armstrong. And the information available to TID's will be strengthened by a new network of touring information contacts, one in each League-affiliated club, appointed by the club. This will constitute an unpublished grassroots network of experts to tell TID's about local cycling conditions within the state.

In addition, the League has prepared several handouts available to anyone who sends a self-addressed stamped envelope: an annually updated, completely verified list of tour sponsors, and a one-page summary of advice for people planning a bicycle tour.

The November 1982 issue of *American Wheelmen* (still available for \$1.50) contains a directory of all the 220 bike maps known to be published in the U.S. for use by the general public, and a state-by-state summary of laws governing interstate access.

There is simply no need to strike out unprepared, or depend on non-cyclists for routing advice.

For information about any of these programs, write to the League of American Wheelmen, P.O. Box 988, Baltimore, MD 21203.

BIKE MONTH

continued from previous page

Month kit packaged for individuals, with two posters, a patch, five stickers, and useful information on touring, commuting, and checking your bike before a ride.

The back of the poster features dozens of ideas for what individuals and clubs can do to celebrate Bike Month. Memorial Day parades, special rides, roller riding exhibitions, and special proclamations by governor or mayor are just some of the activities you and your club can get involved in.

No one is in a better position to promote cycling than bike clubs and individual cyclists, because it is clear you are doing it for the love of cycling. Every time you ride you demonstrate the Bike Month slogan, "Bicycling: the Way to Go."

American Bike Month is cosponsored by the L.A.W., the Bicycle Federation, and the Bicycle Manufacturers Association.

To order the kit for individuals or for more information, write to the L.A.W., P.O. Box 988, Baltimore, MD 21203.

LEAGUE OF AMERICAN WHEELMEN MEMBERSHIP APPLICATION

(Please print or type)

New

Renewal

NAME(S) _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

TELEPHONE _____

CHECK TYPE OF MEMBERSHIP DESIRED

Individual: \$18

Family: \$24 (two adults and unmarried children to age 21 living at same address)

Sustaining: \$40

Public or school library subscription \$15

Bicycle Dealer: \$40 (Details furnished on request)

Members receive 12 issues of *American Wheelmen* magazine, *Directory*, membership card, patch, bike and window decals, plus discounts on books, League rallies, and classified ads.

Please also list me as a Hospitality Home Please do not include my name when the League rents its mailing list to businesses providing services of interest to bicyclists.

Please find my additional contribution as indicated, to help the League's legislative efforts:

\$50

\$25

\$ _____

\$15

\$10

Club supplying this application form _____

Enclose check or money order payable to:

LEAGUE OF AMERICAN WHEELMEN, P.O. Box 988, Baltimore, MD 21203

The following is written by Joel Dinda. He promises additional contributions and proposes to call the contributions Tailwinds.

NEARLY EVERYONE KNOWS ABOUT MY BICYCLE. BEING AN OBVIOUS ECCENTRIC HAS SIGNIFICANT DRAWBACKS. FOR INSTANCE, EVEN FAIRLY CLOSE FRIENDS TEND TO DISMISS MY CAREFULLY CONSIDERED OPINIONS ON, SAY, POLITICS, AS THE PRODUCTS OF AN OBVIOUSLY DEMENTED MIND. ARRANGING DATES CAN BE A PROBLEM. AND FOLKS SOMETIMES SUPPOSE THAT BICYCLES ARE THE ONLY TOPIC I'M COMPETENT TO CONVERSE ABOUT--NO MATTER, APPARENTLY, THAT EQUIPMENT IS GENERALLY BORING, AND THAT MILES ARE SIDE EFFECTS.

WHY DO YOU RIDE? PEOPLE GENERALLY IMAGINE THAT I RIDE EITHER FOR FITNESS --"IT'S GOOD EXERCISE"--OR BECAUSE THE BIKE'S CHEAPER THAN A CAR. TRUE ENOUGH, BOTH; BUT, REALLY. EVEN I CAN SEE THAT IT'S NOT A GOOD TRADE. BICYCLES HAVE REAL SHORTCOMINGS. SECURE PARKING IS A SERIOUS PROBLEM. LUGGAGE CAPACITY IS LIMITED. THERE'S A DOG DOWN THE STREET WHO THINKS I'M A CUTE TOY. WEATHER--WELL, IT'S ALWAYS THERE. LIKEWISE, TRAFFIC. AND HILLS, AND HEADWINDS. CHANGING CLOTHES AT WORK IS A BOTHER. NOW AND THEN I FALL.

THEN, WHY? LILACS BY THE ROADSIDE. THURSDAYS AT LEXINGTON GREEN. ICY COKES AT BAYVIEW. JINI'S WATERFALL, AND THE SWANS. CLOSE FRIENDS WHO AREN'T POLITICIANS--AND WHO DON'T MUCH CARE THAT I AM. DELTON'S MARSHES AT MORNING. PEOPLE WHO WAVE FROM THEIR PORCHES. CONQUERING ALAMO HILL LATE IN A CENTURY. CLIFF CONROYD, DESPITE EVERYTHING. TREE FROGS NEAR MILLER'S CORNERS, AND RIPE GRAPES OUTSIDE LAWTON. ACCIDENTALLY DISCOVERING DUTCH SETTLEMENT'S ROLLER COASTER HILLS. A DEER DANCING IN A CORN FIELD. MATT ASSENMACHER'S MASTERPIECES. A TAILWIND TO LANSING. MOST ESPECIALLY THE LILACS.

OVER THE YEARS, I'VE USED MY BIKE FOR ALMOST EVERYTHING. I'VE RACED. I RIDE TO WORK. I MAKE DAY TOURS OF ALL LENGTHS. I SHOP. I CAMP. SOME DAYS I FIGHT THE DAMN BEAST FOR FIFTEEN MISERABLE MILES, WHILE OTHERS BRING ME ALMOST EFFORTLESS CENTURIES. I CAN'T IMAGINE LIFE WITHOUT EITHER. AND THAT, FRIENDS, IS WHY I RIDE. . . .

membership form

Kalamazoo Bicycle Club

PLEASE PRINT

Name _____

DUES (check one)

Address _____

____ Adult Membership \$6.0

City _____ STATE _____ ZIP _____

____ Family Membership \$8.0

Phone _____ Birthdate _____

____ Youth (17 or younger) \$4.0

____ Senior (60 or older) \$4.0

For family membership, please list entire family:

Name _____ Birthdate _____

____ NEW MEMBER

____ RENEWAL

Signature _____ Date _____

(if under 18)

Parent Signature _____

Mail to: KBC

Box 527

Kalamazoo, MI 4900

