



# PEDAL PRESS



*Kalamazoo Bicycle Club*

APRIL 1986

**NEXT CLUB MEETING:** Monday April 21 at 7:30 in room 4010-C (off of the cafeteria) at Kalamazoo Valley Community College. 9th Street and O Ave.

**SPECIAL NOTE:** KBC will be staging a free seminar on bike set-up. The seminar is described in the flyer included with the newsletter.

**MILEAGE CHART:** Copies of the League of American Wheelmen Mileage Chart are being sent out this month for those who wish to keep track of the miles they ride.

## RIDE SCHEDULE FOR APRIL

(Riders will be required to sign a waiver sheet in order to get a copy of the map of the ride.)

Saturday April 5: 1:30 from Green Meadows School at 26th and MN to Scotts Mill and return. 17 flat miles. John Meek 345-7451

Sunday April 6: 2:00 from the Richland Square about 25 miles around the lake and return. Slightly rolling. Phil Caruso 381-0135

Saturday April 12: 1:30 from Kalamazoo Central High School on Drake Road. 20-25 rolling miles Arne Maki 381-2175

Sunday April 13: 1:00 from Green Meadows School at 26th and MN 20 to 40 mostly flat miles. Sandy Kimbrough 381-1724

Saturday April 19: 1:30 Jan and Alvin's Birthday Ride from Green Meadows School at 26th and MN. 15-25 flat to slightly rolling miles. Refreshments will be served. Jan Hageman 382-2656

Sunday April 20: TWO RIDES

For Slower riders: 2:00 from 131 and D AVE commuter lot to Plainwell and back 16 slightly rolling miles. Al Holmes 349-3546

For faster riders: 9:00 AM from Kalamazoo Central High School on Drake Road to Allegan for lunch. 50 or more miles. 18-20 miles per hour pace. Patrick Florian. 344-8037

Saturday April 26: 10:00 from Tobey Elementary School at 8551 E. Long Lake Drive. 10 to 40 flat miles. Jan McLain 327-2256

Sunday April 27: TWO RIDES.

For Slower Riders: SPRING FORWARD RIDE 2:00 from Kalamazoo Valley Community College to Paw Paw and return. 25 rolling miles. Arne Maki 381-2175

For Faster Riders: 9 AM from Cork Lane Shopping Center to Three Rivers for lunch. About 50 flat miles 18-20 mph pace. Pat Florian 344-8037

Saturday May 3: 1:30 from Green Meadows at 26th and MN 20 to 40 flat to slightly rolling. Phil Caruso 381-0135

Sunday May 4: 2:00 from in front of Park Theatre in Augusta. We will ride to Fine lake and return. about 30 rolling miles.  
Arne Maki 381-2175

ALSO:

Sunday May 4: Blossom Time Metric Century 16 to 62 miles from Berrien Springs, MI. Sponsored by the Berrien Bicycle Club Registration fee \$7 before April 15 and \$9 thereafter.

TIME TRIALS: The ten mile time trials will begin the first Tuesday of May. They start at 7:00 just east of Augusta. Registration begins at 6:30. This ride is open to all riders.

FOR SALE:

Miyata Ridgerunner: 19.5" frame, 18 speed All Terrain Bike with many extras. Asking \$300. Also, a Raleigh Gran Prix 10 speed, 21" frame for \$90. Call DAVID at 349-5157.

The Following is a Schedule for Major rides in Michigan for which the Editor has information from the sponsoring club. Call Phil at 381-0135 if you would like any additional information he has.

May 4: Blossom Time Metric Century

May 17: TRAILBLAZER

May 17: Schwinn-Wolverine 200

May 18: Kodak Liberty Festival Bike Ride a ride to support the restoration of the Statue of Liberty/ Ellis Island National Monument. Closest version of this seems to be sponsored by Muskegon Bicycle Club

June 7: 100 Grand sponsored by Rapid Wheelmen

June 7-8: Tour of Mississippi River Valley (TOMRV) sponsored by Quad Citites Bicycle Club. Begins in Bettendorf Iowa. 90 miles each day. Registration limited.

June 14: 24 Hour Challenge Grand Rapids, MI

June 14/15: Great Northwest Tour Glen Lake High School, Maple City, MI

JUNE 21: 100,000 Meter T-shirt ride sponsored by Tri County Bicycle Association. Ride begins in Grand Ledge, Michigan. Loops of 100 KM and 50 KM

June 21-June 27: Pedal Across Lower Michigan (PALM) from Muskegon to Monroe. Preregistration necessary. The person in charge of the starting point appears to be Dick Klecka of the Muskegon Bicycle Club. His number is 780-2402

JUNE 28 & 29: "A Ride of Note" sponsored by Corunna High School Band Boosters. Routes of 50 miles each day. Contact Ed & Jane marin at 619 Ridgeview Drive Corunna, MI 48817

July 2- 5: Bicycle USA 1986 National Rally

July 6-11: Great Annual Bicycle Adventure Along the Wisconsin River sponsored by Common Cause, Bicycle USA. Begins in Land 'Lakes Wisconsin and proceeds to Wisconsin Dells. For more information contact GRABAAWR, Common Cause, 20 N. Carroll St., Madison, WI 53703

July 12, 13: POWWOW Pedal Over Wisconsin Weekend on Wheels

JULY 15: Deadline for registering for Apple Cider Century

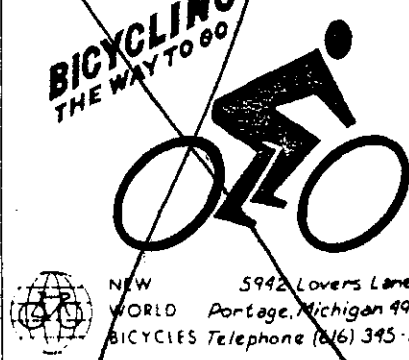
July 19: Women on Wheels Sponsored by Tri County Bicycle Club in Lansing. Ride starts from: Mason, Michigan a 15 mile loop and two loops 30 . Riders may combine loops as they wish. August 28-September 1: DALMAC (Dick Allen Lansing To Mackinaw Bicycle Tour sponsored by TCBA. The East and West tours begin August 28 in Lansing at the Capital and the ride across the bridge occurs August 31. Return on September 1. This year there is an additional five day tour which begins a day earlier on August 27. Registrants are limited to 375, 750 and 375 riders respectively.  
 September 28: Apple Cider Century

**OFFICERS FOR 1986**

President: Tom Kayser 344-0470  
 Vice President: Scot McLain 345-6443  
 Secretary-Treasurer: Jan Mc Lain 327-2256  
 Newsletter Editor: Phil Caruso 381-0135  
 Race Captain: Paul Visich 349-3147  
 Road Captain: Arne Maki 381-2175

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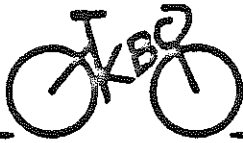
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# Kalamazoo Bicycle Club

P.O. Box 527  
Kalamazoo, Michigan 49005

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FREE SEMINAR: "The set-up, or do you fit?"  
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For: Beginning cyclist, Tourist, Triathlete, Citizen and USCF Racers

Sponsored by: The Kalamazoo Bicycle Club and the Kalamazoo YWCA

Date: Saturday, April 5, 1986

Time: 12 Noon to 3:00 p.m. (Bring your lunch)

Place: Downtown YWCA (Multi-Purpose Room) 353 E. Michigan Ave.

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Purpose:

The Kalamazoo Bicycle Club and the Kalamazoo YWCA recognizes the need to offer programs for local Cyclists that are interested in developing their cycling skills. Therefore, each month (April - June) a different topic will be presented.

The first session will concentrate on how to properly set-up your bike. Making small adjustments to a bicycle, can make a big difference in how comfortable you will feel when riding. Also, the type of riding you intend to do, will determine the way your bicycle should be set-up. For example, we will use a method for setting up cyclists wishing to participate in criterium racing; another method for road racing and time trialing; and also one method for touring.

At this seminar, each method will be demonstrated and area professionals and specially trained members of the Kalamazoo Bicycle Club will assist you in setting up your bike accordingly. So, bring your bike, lunch, cycling shoes, shorts, note-pad and pencil in order to record and achieve the "almost perfect fit"!

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Pre-registration is required. Limit 50 people.  
To register for this seminar, please call the YWCA, 345-5595  
Evenings: Paul Visich 349-3147, or Tom Kayser 344-0470  
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Topics for future seminars in the WYCA Conference Rooms (C. & D.) include:

1. Proper training for specific events - May 3.
2. Basic bicycle maintenance - June 14
3. How to prevent chronic cycling injuries - July 12

Also, time will be spent reviewing different training rides to be offered this year by the Kalamazoo Bicycle Club.

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The Kalamazoo Bicycle Club is dedicated to the promotion of cycling in the Kalamazoo area for all types of riders.