

1988



# PEDAL PRESS



Kalamazoo Bicycle Club

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MARCH/APRIL NEWSLETTER

## MARCH KBC MEETING

The next meeting of the Kalamazoo Bicycle club will be Monday, March 7 at 7:30 pm, in the Borgess Fitness Center, 315 Turwill Lane. At the meeting Chandler of the Village Cyclery in Schoolcraft will show a tape explaining the use of the "Fit Kit" and demonstrate its use with several individuals.

**\*\*Note the NEW Meeting Day\*\***

### April KBC Meeting

The April meeting will be held April 4 at same time and place. Frank Newton will talk about and demonstrate the cleaning, repacking, and adjustment of bottom bracket and head-set bearings as part of the Winter/Early Spring tuneup.

**RIDE CLASSIFICATION** The Club has decided to institute a ride classification scheme in the hope of better informing people of the nature of each ride in order to make better choices as to whether to ride. Ride leaders will attempt to ride at the indicated pace and riders who want to ride at a different pace (especially a slower pace) should not expect the ride leader to ride with them.

The classification is aimed at eliminating complaints from both riders and ride leaders. Riders occasionally complain that they can't keep up with the pace of the ride leader and end up riding alone. The ride leader occasionally complains that they

had no intention of riding that slowly. The classification scheme may help to match up the desired paces of the riders and ride leaders. The classification is as follows:

A+ 17+ mph, few rest stops, hard rides for the experienced tourist and training racer.

A 15-17 mph, occasional rest stop, designed for the experienced tourist.

B 13-14 mph, frequent rest stops, intended for the average tourist.

C 11-12 mph, frequent rest stops, intended for the developing tourist.

D under 10 mph, less than 15 miles, relaxed pace, frequent rest stops to keep group together, for developing riders and riding families.

Z long (over 50 miles) ride to be ridden at the rider's own pace without on-the road ride leader supervision.

### March/April Ride Schedule

Saturday, March 19: St Patrick's Day Ride 1:00 from Kalamazoo Academy at Sprinkle and Milham 10 miles Class D ride Phil Caruso 381-0135

**Ride Schedule Continued  
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Saturday, March 26: 1:00 from Kalamazoo Valley Community college at 9th and O, 20 miles Class B ride, Bill Fischer

Saturday, April 2: 1:00 from Kalamazoo Central High, 2432 Drake Road, 20 miles, Class B ride, Gail Slaughter

Saturday April 9: 10:00 from Schoolcraft High School. As you enter Schoolcraft, proceed south on Highway 131, turn left on Clay (gas station and florist on corners) 28 or 37 miles, Class B ride, Jan McLain

Saturday, April 16: 1:00 from Kalamazoo Central High, 2432 Drake Road, 20 miles Class A ride. Bob DeBruyn

Sunday, April 17: 2:00 from Kalamazoo Academy at Sprinkle and Milham, 35 miles class A ride. Gail Slaughter

Saturday April 23: 10:00 from KVCC at 9th and O Avenue, 19 miles, Class C ride. Brad Cosgrove

Sunday April 24: 1:00 from KVCC 9th and O Avenue, 25 miles, Class C ride. Terry Jackson

Saturday April 30: 1:00 from KVCC at 9th and O Avenue, 30 miles, Class B ride, Steve Daane

**KAL-HAVEN TRAILBLAZER** May 7, 1988 is the date for the Kal-Haven TrailBlazer. This means now is the time to dust off the bicycle, tune it up and begin to prepare your body for the 10-90 mile ride. The volunteers to staff this ride will be drawn from the membership of the Friends of the Kal-Trail this

year and not from the Kalamazoo Bicycle Club. If you are interested in volunteering some of your time before the ride or the day of the ride call Rick Oberle at 349-3922.

**MAJOR TAYLOR SCHEDULE** The Major Taylor Velodrome is in Indianapolis. Those of us who have attended events at the Major Taylor have found them fascinating and recommend it to anyone who likes watching bicycle racing. If interest warranted, the Club could organize an excursion to the Velodrome.(The following unless stated otherwise begin on Friday.)

May 13: Hoosier Opener

May 20: Indy Classic

May 27: White River Madison Night

June 3: US PRO track Championship

June 3 and 10: Indiana/Kentucky district track championship

June 17/18: Canadian -American Challenge

June 24-26 Junior Worlds trials

July 1: Pan American Night

July 9: White River Parks State Games Finals

July 15-16: Sundance Sparkler Invitational

**July 22: US Cycling Federation National Madison championship**

July 29: USCF Masters National Track Championship

August 5: Senior III-IV sectional track championship

Aug 6-7 (Saturday/Sunday) Indianapolis/Scarborough Peace Games

August 12: Schwinn/Major Taylor Open

## Have You Optimized the Fore-Aft Adjustment of Your Saddle? by Steve Cox

Bernard Hinault's book on cycling is scheduled for publication in the U.S. this spring. Excerpts from his book have appeared this year in *Velo-news*, and the December issue contained an excellent discussion about riding position. Based on my calculations from the information provided in the article, Hinault is a proponent of shallow seat tube angles (72-73°). Hinault argues that a shallow seat tube angle, which allows the saddle to be placed substantially behind the bottom bracket, enables a rider to be more effective in pulling back on the pedals at the bottom of the stroke and pushing forward on them at the top of the stroke. His position should be more efficient for climbing and time trialing, but it is commonly assumed in this country that it is not conducive to sprinting.

Paul Koechli, coach of the La Vie Claire team which included Hinault, addressed this issue when he spoke at the 1986 World Conference on the Medical and Scientific Aspects of Cycling. Koechli criticized U.S. riders for having their saddles too far forward. Someone in the audience asked him if the U.S. riders might have adopted a forward saddle position to become more effective in the most common event in this country, a short, flat criterium. Koechli responded that a rider can have an excellent sprint with the saddle set back more than is used by most U.S. riders. To prove his point, he said that Urs Freuler, many time world champion in the points race, uses a bike with a shallow seat tube angle.

I'm reluctant to recommend that anyone try a particular saddle position because of the tremendous individual variations in body dimensions and pedaling style, but I would urge anyone who is dissatisfied with his current riding position to try the one recommended by Hinault. I arrived at his position midway through last season, after much experimentation, in an attempt to eliminate a dead spot in my pedal stroke. At the beginning of the season my saddle was much more forward than it is now, but it was the position recommended in Eddie B's book, *Bicycle Road Racing*. With Eddie B's position, however, my ankles were relatively rigid and my pedal stroke was not very smooth. With Hinault's position, my ankles flex naturally and I can exert much more propulsive force on the pedals during the entire pedal stroke. My pedal stroke is consequently much smoother. Two other members of the KBC racing team have also adopted Hinault's position.

It may be difficult to follow Hinault's recommendation with many of the racing bikes sold in this country, since they typically have a 74° seat tube angle. With these bikes, it is unlikely that the saddle can be pushed far enough behind the bottom bracket to reach Hinault's position unless an adjustable mountain bike seat post, the SR-MTE 100, is used. I use this post on my Guerciotti to put the saddle almost two inches farther behind the bottom bracket than is possible with a standard pillar. This seat post, which effectively creates a shallower seat tube angle, is unfortunately no longer in production and may be difficult to obtain. I've heard that Greg LeMond, also a proponent of shallow seat tube angles, will market his own line of bikes. I hope that his frames will have shallow seat tube angles, since I'm firmly convinced that a 72° angle is best for me.

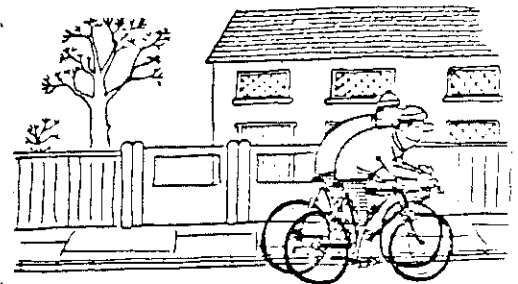


Other dates obtained from other newsletters and ride brochures:

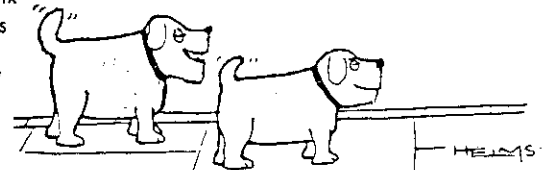
June 18,19: Great Northwest Tour

June 25: Race the Sun Across Michigan(SAM) sponsored by Tri-City Cyclists in Bay City-Midland-Saginaw area. 150 miles in 15 hours. Contact ride leader Jack Rich at 893-4078

The Colorado Heart Cycle Association is sponsoring tours of the Colorado Rockies. The tours range from 5 to 14 days and from 286 miles to 1000 miles. Dates cover the time period June 1 through 25. There are two special tours designed for All Terrain Bicycles. Tour groups will contain from 10 to 20 people. Helmets required. A flyer can be obtained by writing to Heart Cycle, P.O. Box 10743, Denver, CO 80210.



"I just think of them as Meals on Wheels."



**FOR SALE:** Sport Look pedals, slightly used, \$60. Steve Daane 982-4086

**KALAMAZOO BICYCLE CLUB — MEMBERSHIP FORM**

*Renewal*

DUES (check one):  Adult membership \$10.00  Family \$12.00  
 Youth (17 or younger) \$8.00  Senior (60 or older) \$8.00

PLEASE PRINT

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Birthdate \_\_\_\_\_

For family membership, please list entire family:

Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Other memberships you hold: LAW \_\_\_\_\_ USCF \_\_\_\_\_ AYH \_\_\_\_\_ Other \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_

(if under 18)

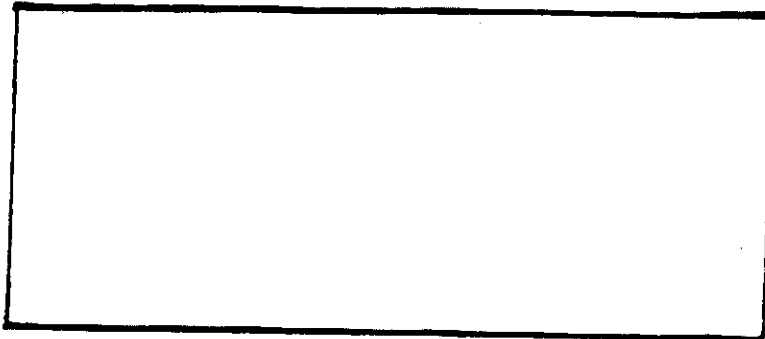
Mail to:

KBC  
 Box 527  
 Kalamazoo, MI 49005



**MEMBERSHIP INCLUDES:**

- Mailed newsletter and ride schedule
- Membership Card
- KBC County Map
- Reduced fees at certain club events
- Access to collection of touring maps
- Access to club library



Kalamazoo Bicycle Club  
P.O. Box 527  
Kalamazoo, Michigan 49005



KALAMAZOO BICYCLE CLUB OFFICERS, 1988

|                     |                 |          |
|---------------------|-----------------|----------|
| President-          | Gail Slaughter: | 343-0535 |
| Vice President -    | Terry Jackson:  | 349-4110 |
| Sec/Treasurer -     | Steve Daane:    |          |
| Race Captain -      | Tim Greening:   | 327-1074 |
| Ride Captain -      | Karen Torre:    | 381-4329 |
| Newsletter Editor - | Phil Caruso:    | 381-0135 |

~~JANUARY MEETING: Monday 18th  
Borgess Fitness Center  
315 Turwill Lane- 7:45~~

~~FEBRUARY MEETING: Monday 15th  
Borgess Fitness Center  
315 Turwill Lane- 7:45~~

