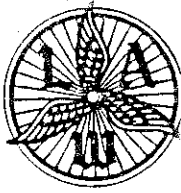




1988

# PEDAL PRESS



Kalamazoo Bicycle Club

## SEPTEMBER/OCTOBER NEWSLETTER

**SEPTEMBER MEETING:** The September meeting will be held Saturday, September 17 at Prairieview Park on U Avenue between Portage and Oakland. The Club meeting will start at 10:00 am. Admission to the park will be \$2.00 per vehicle. Those who ride bicycles into the park will be admitted to the park free. Various group rides will begin at 10:30 AM from the park with lunch to follow. The Club will be providing the food (Brats, chips, fruits) and beverages. Tandems and mountain bikes will be on hand for those who are interested in trying something different. Please R.S.V.P. to Gail Slaughter at 343-0535 by September 14th so the right quantities of food may be ordered. (If anyone has an unusual bike they would be willing to let people try please feel free to bring it. Are there any recumbents? adult tricycles? track bikes? unicycles? ordinaries??)

**OCTOBER MEETING:** The October meeting will be held Monday, October 3 at The Fitness Center at 7:45. Svein Thoen, Director of Physical Therapy at Borgess Medical Center, will speak about prevention of joint injuries while biking, with emphasis on the knee.

### THE PRESIDENT'S CORNER

**KBC BOARD MEMBERS NEEDED--** November is the month when the Club elects its officers for the new year. The positions which are elected are President, Vice-President, Treasurer, Ride Captain and Newsletter Editor. The basic responsibilities of each position are:

**President:** Effectively coordinate and oversee other board members to insure the Club meets the needs of the majority of its members.

**Vice-President:** Secure interesting presentations for the monthly club meetings and carry out the duties of the president in his/her absence.

**Treasurer:** Responsible for all banking responsibilities, issuing funds as needed, and balancing the KBC bank accounts.

**Ride Captain-** Secure ride leaders for the club touring rides offered each week during the season and maintain the file of maps.

**Newsletter Editor:** Edit and produce the KBC newsletter every other month

Anyone interested in running for any of the positions or wanting more information, please call Gail Slaughter at 343-0535.

(P.S. I will not be available to hold any official position because in January I am moving to Lansing to complete a graduate program.--Gail)

**BIKE-KASES** KBC has recently purchased two Bike-Kases, which is the brand name for a lightweight steel reinforced container used to protect a bicycle while traveling. These containers are available for rental to KBC MEMBERS from the Club for a small fee. If you are interested in using a Bike-Kase, you will be asked to put down a \$50 security deposit, pay \$5 for the first day of use and \$1 for each additional day until returned. The Bike-Kases will be stored at Karen and Joe Torre's, phone 381-4329

**LUNCH AT WARNER'S VINEYARD** The Club will ride to Paw Paw on September 24 for lunch at Warner's Vineyard. We will leave KVCC at 10:00 am; reservations will be for 12:00 noon. Mark your calendars and come along. If you are interested, please call Terry or Jacquie Jackson at 349-4110 so that we can let them know how many will be there.

**KBC JERSEYS** In the last newsletter there was a call for those who were interested in purchasing a KBC jersey. Unfortunately, only five members expressed interest where 25 were needed to meet a minimum order so we will not be able to place an order. Sorry to those five members.

**BE SEEN** While it probably doesn't pay to be obscene on your bike, it definitely is a very good idea to be seen, especially when riding early in the morning or late at night. Several options are available to maximize your visibility to motorists. "Belt Beacons" are small flashers which can be attached to saddle, belt, etc. and are highly visible. A closeout on last year's model makes them available for \$9.95 from Ampec & Associates, Inc., Arcadia Station, Box 15461, Phoenix, Arizona 85060.

"Sidelights" are small stick-on reflectors for your bike or accessories. The microprism reflective technology was developed by the Coast Guard. For a dealer write: Custom Wheelights, Inc., Box 100156, Fort Worth, TX 76185. A similar product is "Hot Spot," available from many running shops. The very highly reflective tape is extremely visible in minimal lighting conditions.

### **RIDE SCHEDULE FOR SEPTEMBER AND OCTOBER**

#### **Ride Classification**

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.

**Starting Locations:** Kalamazoo Academy (Sprinkle and Milham)  
K.V.C.C. (9th and "O" Ave.)  
The Fitness Center (315 Turwill Lane)

**Citizen Ride:** For a Citizen Ride there is no ride leader. Those who show up on that ride will agree on distance and pace. Each rider should bring a map if they have one. NOTE: If anyone is in need of some maps or ride routes, please contact Karen Torre after 8:00 PM at 381-4329.

Thursday, September 1: 6:30 PM from Kalamazoo Academy 20 miles. Marty Knop/Bob McCulfor.

Saturday, September 3: CITIZENS RIDE 10:00 AM Kalamazoo Academy

Sunday, September 4: CITIZENS RIDE 1:00 PM K.V.C.C.

Monday, September 5: 10:00 AM from Green Meadows Elementary MN and 26th. 20 miles, C ride Phil Caruso

Wednesday, September 7: 6:30 PM from The Fitness Center, 30 miles, A+ ride, Bill Fischer

Thursday, September 8: 6:30 PM from Kalamazoo Academy, 10-20 miles, Phil Caruso

Saturday, Sept. 10: NO CLUB RIDE SCHEDULED

Sunday, September 11: 7th Annual Vineyard Classic Bicycle Tour to be held in Paw Paw starting at Paw Paw High School. Registration from 7 AM to 9 AM. Sponsored by Alfred E. Bike and Paw Paw Service League. The Tour offers cyclists a choice of routes beginning at 20 miles in length, increasing up to both a metric century (100 kilometers) and an American Century (100 miles) through Michigan's wine country. The route begins in Paw Paw and includes Mattawan, Lawton and Lawrence. Cost of the tour is \$3 in advance or \$5 at the gate for individuals. A family rate of \$7 in advance or \$9 at the gate is also available. Proceeds go the Paw Paw Service League, which donates funds for charitable and educational services. Cyclists can also enjoy a pancake breakfast before the tour for a cost of \$2 per person. The McGowan-Johnson American Legion Post 68 of Paw Paw is sponsoring the breakfast.

Wednesday, September 14: NO CLUB RIDE SCHEDULED

Thursday, September 15: 7:00 PM from Kalamazoo Academy, 20 -30 miles, Mike Murrel

Saturday, September 17: 10:00 AM from Prairieview Park. KBC FALL PARTY. See September meeting announcement above for details.

Sunday, September 18: Cereal City Century from Harper Creek High School sponsored by Battle Creek Bicycle Club. Registration 6:30 AM to 2:00 PM. Individuals \$10, Families \$25. The fee includes lunch.

Wednesday, September 21: 6:30 PM from The Fitness Center, 30 miles, A+ ride, Dan DuPree

Thursday, September 22: 7:00 PM from Kalamazoo Academy, 20-30 miles, Mike Murrel

Saturday, September 24: WINERY LUNCH RIDE Lunch at Warner's Vineyard. Depart from KVCC at 10 AM. 40 miles. **RESERVATIONS REQUIRED.** Call Terry or Jacquie Jackson at 349-4110. Details above.

Sunday, September 25: NO CLUB RIDE SCHEDULED

Wednesday, September 28: 6:30 from The Fitness Center, 30 miles, A+ ride, Bill Fischer

Thursday, September 29: 6:30 from Kalamazoo Academy, 10-20 miles, Phil Caruso

Saturday, October 1: NO CLUB RIDE SCHEDULED

Sunday, October 2: 2:00 PM from D Ave. and 131 Commuter Lot, 20-30 miles, A/B ride, Marty Knop

Saturday, October 8: COLORBURST BICYCLE TOUR 25-65 miles. sponsored by Rapid Wheelmen. This ride has been established to aid Mothers Against Drunk Drivers (MADD). 31 and 62 mile routes with three food stops. Contact Pam Campbell, c/o Colorburst, 1135 Foxchase Lane, Grand Rapids, MI 49506.

Sunday, October 9: FAT TIRES ON KAL-HAVEN TRAIL Ride down the Kal-Haven Trail on your mountain bike. (The road is not yet surfaced.) Meet at Kalamazoo Central High at 1:30 pm. We will ride the Trail to the Bee Hive for apple cider and donuts. Mileage to the Bee Hive and back is about 35 miles. Those who wish may proceed to ride the Trail on to Bloomingdale and back. Class B ride. Terry Jackson.

Saturday, October 15: 10:00 AM from K.V.C.C., 30 miles, A+ride, Bill Fischer

Sunday, October 16: NO CLUB RIDE SCHEDULED

Saturday, October 22: NO CLUB RIDE SCHEDULED

Sunday, October 23: 1:30 from Spring Valley Park on Mount Olivet. 20-30 miles, B ride, Terry and Jacquie Jackson. Meet at the Water Tower

Saturday, October 29: 10:00 AM from K.V.C.C., 30 miles, A+ ride, Bill Fischer

Sunday, October 30: NO CLUB RIDE SCHEDULED

**NEARBY INVITATIONAL EVENTS:** (For further information, contact Phil Caruso at 381-0135)

Sunday, September 4: McDonald's Windsor Star Classic Bicycle Race sponsored by Windsor Bicycle Club.

Sunday, September 11: Addison Oaks Mountain Bike Fall Classic & Trials to be held in Oxford, Michigan. Sponsored by Tom Nell Bike Shops and Sterling Schwinn Cyclery

Saturday, September 17, 1988: Mapleleaf Metric Century from Comstock Park, Michigan sponsored by the Rapid Wheelmen. Call 1-245-1728 for details.

Saturday, Sunday, September 24 and 25: Sleeping Bear Mountain Bike Classic at Glen Arbor, Michigan. Call McLain Cycle Shop 1-941-8855 for details.

Sunday, October 9: TURNING LEAVES CENTURY from Edwardsburg, Michigan sponsored by Michiana Bicycle Association. Start at Edwardsburg High School. Registration 7:30 EDT to noon depending upon distance. Day of ride fees \$10 for individuals and \$23 for families.

Saturday, October 15: Trail Trek and Challenge 5 and 10 mile runs and 5 mile fitness walk sponsored by the Friends of the Kal-Haven Trail.

#### **CLASSIFIED ADVERTISEMENT**

**FOR SALE: 15 geared lawchair. INFINITY** recumbent. Lovingly built up but not ridden since we acquired our tandem. Bargain priced at \$350. Tour comfort for yourself or a great gift. Call John or Katie Meek at 345-7451.

#### **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