

PEDAL PRESS

Kalamazoo Bicycle Club

Bug Rollers for Wheelers

Today I would like to introduce you, and all handicapped people in wheelchairs, to the Bug Rollers made by McLain Cycle Products. This is the perfect work out to help keep the upper body in good physical shape. It helps build muscular and cardio vascular conditioning and stamina. It also aids in developing a smoother, stronger stroke while gaining strength and better hand speed. In addition, it will aid your mental concentration.

Getting into road racing, I have found that these are the things I need to help me go that last mile.

This being my second year in racing, I've found by using the Bug Rollers during the winter months has enabled me to knock off one to two minutes off my time in this year's races compared to last year's.

When using the Bug Rollers with three drum rollers, you use your racing chair. Also available is the Sports Model which has two drums. With this, you are able to use your everyday (regular) chair. Both models have an eight pound fly wheel to give you the resistance you need to gain strength.

Most races have a wheelchair division. Time out fellas! I need to take a minute to speak to the gals. I need female competition! Now, racing against the guys, isn't all bad, but we should be willing to take some pressure off these fellas and have our own division. This will help with the humbling experience the guys get as I pass them up! Just kidding fellas!!

Even if you are not into sports, you should try to stay in shape for a healthier and happier life. Come join us! For more information about the Bug Roller, call 616-694-9704.

Joan Francisco
McLain Cycle Products
1718 106th Ave.
Otsego, MI 49078

Thanks to Writers

Thank you for all the contributions for the *Pedal Press*. I truly could not do this publication without your continued efforts. Here is your chance to say what is on your mind and to see it in print. Please submit any article related to our club.

The deadline for the next *Pedal Press* is **December 15, 1990**. This newsletter will cover any information for the month of January and February. February is Valentine Time. Perhaps you could write an anonymous love letter to someone in the club. (Or sign your name!) Send your articles or Love Letters to:

Karen Augustine
2825 Glenhaven
Kalamazoo, MI 49004
381-3251

Ft. Custer at a glance:

Where: 1/4 mile east of Augusta on M-96.

Pro: Miles and miles of empty, smooth trails, several lakes, beautiful scenery.

Con: There are few really steep hills, horses make some trails bumpy. For more info: Call Ft. Custer Rec. Area at 731-4200. See related article on page six.

November/December, 1990

November and December Club Meetings

The November meeting will be at Scooters November 5 at 7:00 pm. The members have decided to continue to meet at Scooters throughout the winter. If you have a better suggestion let us know but the ice cream continues to be good. The subject will be winter training programs and mountain biking in the cold.

There will not be another issue of *Pedal Press* until January, 1991. The December meeting will be the Christmas party at Steve's. (See details on page 3.) The agenda of this important meeting will be to have a great time!



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Note from the President



Changes for KBC Membership

At the October meeting I reported that the consensus of the membership was that KBC should have an active presence in the local community. With this consensus in mind, **Mark Luoma** made a motion to require at least two hours per season volunteer help from all KBC members, and if someone chooses not to volunteer to charge \$35 for the KBC newsletter. The motion was passed unanimously.

Since a membership may have multiple members (e.g. families), the new volunteer rule applies to all members over the age of 18. In other words one family member cannot fulfill the volunteer requirement for the entire family. I personally would encourage families to have their children get involved in at least one ride or event so that they may develop a better appreciation for the sport. In early 1991 each member will be called to sign-up for one of KBC's many programs listed below.

1. Vicksburg Community Program on Mountain Biking (1 hr.) - February
2. Spring Valley Circuit Race - April
3. Kal Haven Trailblazer - May
4. Kalamazoo Teen Fest - August
5. Bronson Health Fair - September

6. KBC Mountain Bike Race- October

7. Ride Leaders - Two rides per season (March 15 to October 15)

8. KBC Committees

- Safety Education
- Volunteers Committee
- Ride Scheduling

I hope that the new volunteer plan will be a positive step forward to encourage fellow members to have greater participation in the cycling sport and to get to know one another better.

Committees

I have formed four new committees to help with KBC activities. The first is the ride committee which has been asked

to come up with the best possible method for ride classifications and to organize rides for 1991. If you have a desire to setup a ride of a particular style, speed, location, etc. contact the Ride Line and we will forward your desire. This group will also come up with a map book which KBC will have published and we will issue each member a copy. Each ride next year will be published with a ride map number. The individual member is then responsible for bringing their copy of the map for the ride. This removes the hassle for ride leaders. **Joe Torrie** and myself hope that this plan will allow for race team riders to help with the tourists on some days to teach better ride skills. I have asked **Don Provendo** to pull the volunteers for this committee together and issue their recommendations by March.

The second committee currently

composed of **Kim Socia-Chosay**, **Jim Wyrich**, **Dave Deright**, and **Martin Knop** has been asked to organize a strategy for increasing bike safety and public awareness of cyclists rights and obligations. Funds for this program are provided by the contributions to the safety fund in memory of local cyclists killed by drunk drivers.



Agenda

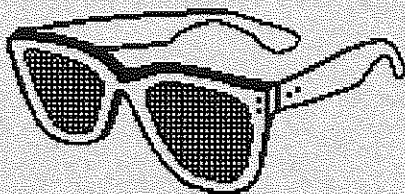
The third committee is the volunteer recruitment committee. This committee consists of **Jim Berg**, **Deb Butterfield**, **Nancy Harwood**, **Sheryl Drenth**, and **Mike Gacki**. I am asking Sheryl to get this group together. The objective of this committee is to establish a strategy to contact KBC members for one of our many activities and to keep record of the members volunteering for 1991 events. It is this committee's responsibility to arrange for the volunteers, that is why we have so many sweet talkers on the committee.

Finally, the fourth committee is charged with re writing the KBC constitution. This group consists of myself, **Mark Luoma**, **Steve Cox**, **Kim Socia-Chosay**, and **Phil Caruso**. I will call this group together some time in January to get started on addressing issues such as spending policy and member responsibilities.

Any member is welcome to join any and all of these committees. If you wish to join one, please call the ride line and leave your name and number.

Visually Impaired Tandem

KBC has been asked if anyone would like to captain a tandem for a visually impaired stoker. I do not know the size of the tandem but the stoker is 5'9". If you have an interest in helping please call me or the ride line.



Donations

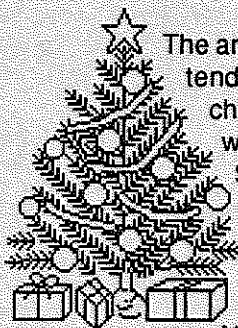
Thank you to all of you who have contributed to the safety program in memory of cyclists killed by drunk drivers. A special thanks to the GR club for their contribution. The money will be used during 1991. Donations will always be accepted.



Mileage

All mileage totals for 1990 are final November 15. If you have mileage in various tours, please turn them in.

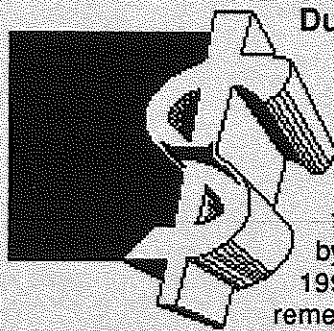
Christmas Party



The annual well attended and fun christmas party will be at **Steve Clarke's** house December 10 at 7 pm.

Note the change from our usual meeting date.

Membership Dues

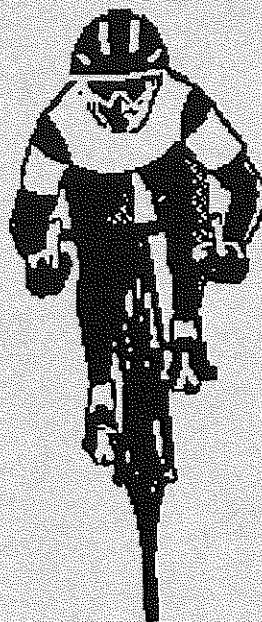


All 1991 membership dues are now due for payment by January 15, 1991. Please remember to re-new your member-

ship.

Mountain Biking

KVCC and the Boy Scout camp have closed their access areas to mountain bikes in Al Salbo Preserve. We are one step away from losing the area entirely for biking. Extra care is needed to protect walkers and help with trail maintenance. From now on we must enter Al Salbo from the paved entrance in the northeast corner of KVCC parking area. Please do not enter in the usual place going down to the creek.



Rules of the Trail

With the fall mountain biking season upon us, we need to remember to ride softly when on multi-use trails. The following are the rules for trail use published by the International Mountain Biking Association (IMBA).

Ride on open trails only.

Respect trail closures, don't trespass, obtain the authorization needed. Your riding example will determine what trails remain open.

Control your bicycle.

Inattention for even a second can cause disaster. Excessive speed maims and threatens people, there are no excuses for it.

Always yield trail.

Make your approach known with a friendly greeting. Show your respect when passing others by slowing to a walk or even stopping. Anticipate that other trail users may be around corners.

Never spook animals.

All animals are startled by an unannounced approach, a sudden movement, or a loud noise. Give animals extra room and time to adjust to you. In passing, use special care and follow the directions of equestrians. Leave gates as you found them or [as] marked.

Leave no trace.

Practice low impact cycling. Even on open trails, you shouldn't ride under conditions where you will leave evidence of your passing such as shortly after a rain. Stay on the trail and don't create any new ones.

Plan ahead.

Be self sufficient at all times, keep your machine in good repair and carry necessary supplies for changes in weather or other conditions.

For more information about trail access issues and mountain biking, contact IMBA at Route 2, Box 303, Bishop, California, 93514; or call 619/387-2757.

KBC Ride Mileage

Name	# of Rides	Apr	May	June	July	Aug	Sept	Oct	Total Miles	Avg per Ride
Armstrong, Mike	5		30	78					108	22
Atkinson, Mark	3					93			93	31
Augustine, Karen	2		50		16				66	33
Bauer, Deb	1					20			20	20
Berg, Jim	3	43			17	18			78	26
Blake, Bill	8	93	83	30	32				238	30
Bohl, W.H.	1		20						20	20
Brawer, Milton	2		11			15			26	13
Brawer, Neltje	2		11			15			26	13
Brennan, Thom	12		55	25	86	151	30		347	29
Butterfield, Debra	3		23		17				40	13
Carlson, Christine	1			9					9	9
Caruso, Phil	9		64	64					128	14
Caruso, Virginia	2		21						21	11
Chosay, Kimberly	23	44	238	191	259	90			822	36
Christopherson, Bob	31	98	130	293	576				1,097	35
Clark, Steve	28	210	273	552	294	239	432		2,000	71
Clawitter, Janet	1			41					41	41
Cobb, Tracy	1	14							14	14
Cohon, Larry	2		25			30			55	28
Cosgrove, Brad	7	25		100	50				175	25
Cramer, Louis	2					30	30		60	30
Deboer, Nancy	5				84	60	30		174	35
Debruyne, Bob	1			20					20	20
DeDee, Bruce	10			20	122	90	50		282	28
Drenth, Sheryl	2				1	18			19	10
Dudly, Blair	8	30	43	30		38			141	18
Dunyak, Steve	1			24					24	24
Ehhardt, Mark	16	26	83	83	149	162			503	31
Erlandson, Holly	2			29					29	15
Eshuis, Rita	4		12	12	48				72	18
Ferrara, Dan	1			30					30	30
Fischer, Bill	1		30						30	30
Forero, Andres	7		54	105					159	23
Fuentes, Charlie	26	88	119	108	594	136	30		1,075	41
Fuentes, Pat	10			36	481		15		532	53
Gackie, Mike	22	25	30	166	165	128	50		564	26
Gualdoni	1				20				20	20
Hackman, Brad	10	30	50	25	82	65			252	25
Harwood, Nancy	3		23		17				40	13
Hauschild, Dave	11	100	374	65		65			604	55
Hazemen, Dave	2		30	30					60	30
Hazemen, Jan	2		30	30					60	30
Henderson, Jim	2	60							60	30
Henderson, Steve	1		20						20	20
Hiles, Hanna	2			56					56	28
Hillman, Roberta	13	121	56	90	104	30			401	31
Holms, Alvin	4		24		106				130	33
Horak, Paul	1				24				24	24
Kayser, Erik	1		14						14	14
Kayser, Laura	1		14						14	14
Kellam, Glen	1	30							30	30
King, F. H.	1		9						9	9
Klein, Bill	1					30			30	30
Klein, Marlene	1					30			30	30
Knop, Marty	7		54	50	86				190	27
Lander, Amy	3		9		23		30		62	21
Lewandowski, John	2	100		23					123	62
Little, Keith	2	43		40					83	42

KBC Ride Mileage

Name	# of Rides	Apr	May	June	July	Aug	Sept	Oct	Total Miles	Avg per Ride
Long, Wilma	31	25	60	230	330	365	23		1,033	33
Luoma, Machell	3		62	138					200	67
Luoma, Marc	40	198	381	440	417	230	467		2,133	53
Maile, Jean	1		20						20	20
Maile, Tom	2		20	30					50	25
Mathieson, John	15	14	30	110	108	150	34		446	30
McClintock, Cathy	3	43	50			20			113	38
McWethy, Don	1	43							43	43
Miller, Mark	1				25				25	25
Murrel, Mike	16	25	74	161	50	101			411	26
Oas, Donna	3		20	9		18			47	16
Oas, Renny	3		20	9		18			47	16
Odenwaller, Vince	62	280	382	387	911	339	151		2,450	40
Ogren, Janice	8			20	70	96			186	23
Opria, Joyce	3		9		16	51			76	25
Pendergast, Tim	1		9						9	9
Peters, Thomas	1				26				26	26
Povendo, Don	17	71	235	84	118	104			612	36
Putt, Randy	6			20	77	60			157	26
Rector, Judy	5		50	120					170	34
Rhoderick, Carol	1					20			20	20
Ritchie, Beatrice	2			18		21			39	20
Ritchie, Bill	2			18		21			39	20
Ritchie, Frances	2			18		21			39	20
Ritchie, Margaret	1					21			21	21
Rusin, Marcia	12		80	110	109		20		319	27
Schwenk, Mary Ann	1					35			35	35
Seabold, Dick	3					100			100	33
Senchuk, Eric	1				28				28	28
Senchuk, James	1				28				28	28
Smith, Conrad	2		20	23					43	22
Smith, Jennifer	1		9						9	9
Smith, Tamara	3			25	50				75	25
Snell, Frank III	8		54	75	50	30			209	26
Snell, Frank IV	2			25	24				49	25
Stubbs, Gerald	3			30		60			90	30
Stubbs, Kathy	3			30		60			90	30
Supnick, Chris	2			30		38			68	34
Teel, Janet	4		53		26	25			104	26
Teel, Mike	2		30			25			55	28
Thomas, Ann	5		16	60		21			97	19
Tiller, James	38	25	80	273	300	399	114		1,191	31
Torre, Joe	6		53			86	30		169	28
Torre, Karen	5		60			55	30		145	29
Truesdell, Scott	3			18	82				100	33
Utrecht, Karl	13	29	30	100	54	120	30		363	28
Van Sweden	1	28							28	28
Vanderwielen, A.	6			56	28	66			150	25
Walen, Jim	4		54	40	25				119	30
Wasche, Kristin	4		41	30		21			92	23
Waters, Larry	2		12	12					24	12
Wawra, Walter	1				23				23	23
Wetters, Jeff	9				106	90	50		246	27
Winterburn, John	9	19	100	83	26				228	25
Wyrick, Jennifer	1			41					41	41
Wyrick, Jim	25	90	120	220	581	170	34		1,215	49
Young, Melanie	18	25	60	93	293	156			627	35
Zajac, Frank	8		30	153	32				215	27
Club Totals	773	2095	4436	5794	7466	4766	1680	0	26237	27

Editors Note: The following articles were submitted by Marc Luoma. This editor sends hugs and kisses to Marc.

No More Bicycling Merit Badges?

The local chapter of the Boy Scouts has banned bicycles from its camp that borders on the Al Sabo land preserve. The dirt roads in the camp were often used by cyclists to get from one Al Sabo trail to another. A Boy Scouts spokesperson cited fear of erosion and fear of damage by cyclists.

This is just another reminder that when it comes to bicycles, especially off road bicycles, some folks minds are already made up, regardless of the facts. We need to work hard to change these misconceptions. Call the ride line today to find out about the next Al Sabo trail maintenance day.

--- ML

Fall Fisk Knob Time Trial

The weather for the fall Fisk Knob Time Trial was about like it was for the spring version of this hilly TT: about 45-50 degrees and 25 mph winds. In the fall, the mileage was expanded to 22.5 miles. Once again, the competition started on top of Fisk Knob, the highest point in Kent County. Only two KBC racers made the trip. Only one of them stayed on course. The results are as follows:

USC

1. Randy Dickerson, Team Yogurt - 55:36
2. Kevin Obermeyer, Flying Rhino - 57:47
3. Tim Lawson, Artic BC - 58:01

USCF Junior Men

1. Mark Millward, Rapid Wheelmen - 58:29
2. Mitch Henderson - 1:04:34
3. Jirk O'Bee, Rapid Wheelmen - 1:25:24

USCF Master Men 30-39

1. Kent Sante - 55:54
2. Bill Otten, Rapid Wheelmen - 1:00:36

USCF Master Men 40-49

1. Robert Linden, Flying Rhino - 1:02:36
2. Jay Muller, Rapid Wheelmen - 1:05:06

USCF Master Men 50-59

1. Jochen Ditterich, Rapid Wheelmen - 1:02:54
2. Gen Dehnert, Road Lobsters - 1:09:25

Development Senior Women

1. Melanie Young, KBC - 1:23:34

Development Master Women

1. Karen Stanely - 1:15:12
2. Judith Donald - 1:15:54

Development Senior Men

1. Ross Kucera, Novi, MI - 1:00:27
2. Brent Walk, Wyoming, MI - 1:00:54
3. Keith Kinard, Taylor, MI - 1:01:02

Development Junior Men

1. Lee Dart, Mason, MI - 1:05:25
2. Seth Klain, Mason, MI - 1:09:41
3. James Leblanc, Lansing, MI - 1:17:32

Development Master Men 30-39

1. Tom Jackson, Kentwood, MI - 1:02:15
2. Marc Luoma, KBC - 1:02:51
3. Mike Brouwer, Ada, MI - 1:03:53

Development Master Men 40-49

1. Clifford Logan, Lansing, MI - 1:03:10
2. Bob Martin, Marne, MI - 1:14:33

Development Master Men 50+

1. David McPhee, Clarkston, MI - 1:13:05

---ML

Ft. Custer Recreation Area Offers Great Off Road Riding

Hey mountain bikers, are those Al Sabo trails getting just a little bit too familiar? If you've got every twist in the trail memorized, give the Ft. Custer Recreation Area a try.

What?

Ft. Custer offers miles and miles of trails of all kinds: singletrack with rolling hills, jeep trails where you can ride side by side and talk, and gravel roads where you can "big ring it" to your heart's content.

The trails in the area are designated as bike trail (really just a road), horseback riding trail, or foot trail. As of this writing, bicycles are allowed on all types of trails.



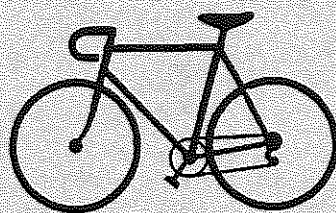
Where?

To get to Ft. Custer, take M-96 east out of Galesburg (I-94 exit #85) for four miles to Augusta. Just on the other side of Augusta, cross the railroad tracks and Ft. Custer is immediately on your right. I recommend starting your ride at the area labeled "Parking - Picnic Shelter."

Cost?

Ft. Custer is a State recreation area, meaning that your motor vehicle must have a current state parks pass. A one day pass costs \$3.00. A one-year pass costs \$15.00, and is good for one calendar year. As with all other state parks and recreation areas, bicycles get in for free.

For more information, call the Ft. Custer office at 731-4200 or call me (Marc) at 778-3565.



Welcome New Member

Cal and Jenny Lamoreaux
Annie, Chuck, Shannon, & Bob Marks

Julie Pawlicki
Eric McEntyre
Michael Wells

Classified

Mountain Bike Bridgestone MB-0 (zip). One of the world's lightest production mountain bikes. Number 31 of a limited series. Perfect condition, barely ridden. Size: 21" center to top. Asking \$1,299. Call 668-2409 for more information and leave a message.

Racing Bike: Colnago Super with Campagnolo Super Record components. Chrome forks, a beautiful Italian bike. Size: 62 cm. Asking \$799 or call with best offer. 668-2409 and leave message.

GEARING PART 1: MY GEAR'S BIGGER

By Marc Luoma

How many gears does your bike have? "That's easy" you say. "Six cogs in back and two chainrings up front make it a twelve speed." "Not so easy," I counter. You may have a twelve speed bike, but it may have as few as six usable gears. Your high-tech, hot stuff 14 speed bike may have as few as 10 usable gears. Some manufacturers, trying to get the best prices on components, don't spend as much time as they should when putting together gearing.

This article, and some to follow, will guide you through gearing basics and maybe even some advanced topics, letting you design the ultimate gearing combination for any situation.

The most basic: gear inches

When we talk about gearing, we usually talk in gear inches. The bigger the number, the higher the gear. For example, a bike with a 52 tooth chainring and 13 tooth freewheel cog (in shorthand, 52 X 13) has a 110 inch gear. A 42 X 24, commonly the lowest on many of today's "sport" bikes yields a 47 inch gear. When you use this terminology, you can always tell which gear is higher. That may not be so easy when you just talk in gear combinations. For example, which is a higher gear, a 42 X 14 or a 53 X 19? Read on...

The formula: don't be scared, it's not new math.

There's a simple formula for converting these combinations into gear inches. It appears below:

$$\frac{\text{\# chainring teeth}}{\text{\# freewheel cog teeth}} \times 27 = \text{gear in.}$$

Or, in English, the number of chainring teeth, divided by the number of freewheel cog teeth, times 27, equals the gear inches. Let's try an example. How many gear inches is a 42 X 14?

$$\begin{array}{r} \text{Step 1: } 42 \\ \text{---} = 3 \\ 14 \end{array}$$

$$\text{Step 2: } 3 \times 27 = 81$$

So, the answer to our question is that 42 X 14 is 81 gear inches, a moderately high gear.

You try it now. Try to figure out that 53 X 19 we mentioned above, to see if it's higher or lower than the 42 X 14 we just figured out. The formula would look like this:

$$\begin{array}{r} 53 \\ \text{---} \times 27 = ? \\ 19 \end{array}$$

Give up? Your answer should match the one below:

$$\begin{array}{r} \text{Step 1: } 53 \\ \text{---} = 2.789 \\ 19 \end{array}$$

$$\text{Step 2: } 2.789 \times 27 = 75$$

So, the answer to our original question is that the 42 X 14 is really a bigger gear than the 53 X 19.

The goal of all of this is to help you figure out whether the gearing you have now is the best it can be, and how to change it if it's not. For next week, figure out your bikes "gear chart" by using the above formula (those of you with spreadsheet experience will instantly recognize a ready application here). The example below is of a "typical" drivetrain and will show you an example of how your chart should look

Well, if you're not asleep now, you will be soon, so we'll leave the rest for next month.



BULK RATE
U.S. POSTAGE
PAID
PERMIT NO. 1480
BATTLE CREEK, MI

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

Address Correction Requested

Ride Classifications

A+	17+ mph	MTB	Off-road
A	15-17 mph		
B	13-14 mph		
C	11-12 mph		
D	under 10 mph, frequent stops		
E	over 50 miles, at your own pace		
F	Family ride		

Note: All mph given indicate pace while on the bike that the ride leader would like to maintain. Please feel free to come to any ride and ride at your own pace. Rest stops, their number and duration are a separate issue.

Club Phone Numbers

President	Steve Clarke	327-9956	MTB	Valerie Marsh	343-9637
Vice President	Mike Gacki	349-6527	Race Captain	Mike Teel	
Secretary/Treasurer	Karen Torre	381-4329	Race Captain	Joe Torre	381-4329
Ride Captains:			Membership List	Phil Caruso	381-0135
A	Roberta Hillman	381-4450	Mileage Statistician	Jim Tiller	375-8112
B	Open		Ride Line		327-7767
C	Brad Cosgrove		Newsletter	K.aren Augustine	381-3251

Kalamazoo Bicycle Club - Membership Form

Your name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Birthdate _____

For family membership, please list other family members:

Other memberships you hold: LAW USCF

Other _____

Parent's Signature (if under 18) _____

I can help with: Ride leading _____ Newsletter _____

Meeting programs _____ Other _____

Dues: Adult - \$15 Family - \$17 Youth (<18) - \$13 Senior (>60) - \$13

New Membership _____ Renewal _____ (mark one)

Mail to:

KBC

Box 527

Kalamazoo, MI 49005

MEMBERSHIP INCLUDES:

- Mailed newsletter and ride schedule
- KBC Kalamazoo County map
- Access to collection of touring maps
- Access to Club library
- Availability of membership services